

Spring Brochure

Spring 2021



**Parks &
Recreation**

PLAINFIELD
CONNECTICUT

Registration Information

Register online at Plainfieldrecreation.com or by calling the Recreation Office 860-564-1819

Plainfield Resident registration opens March 16, 2021

Non-Plainfield Resident registration opens March 29, 2021

Scholarship and Financial Aid Information: If you are unable to register for a program due to financial limitations please contact the Recreation Office for further assistance. We have partnered with Northeast Opportunities for Wellness (NOW) to provide scholarships for select youth programs.

[Like us on Facebook for updates on new happenings!](#)

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Adult Fitness

Line Dancing

Beginners:

Have you always wanted to learn how to line dance? Now's your chance! No experience needed! In this class you'll learn how to coaster step, jazz box, vine, shuffle, and weave, in addition to learning basic line dancing terms all while making new friends. This is the perfect way to get your steps!

Makeup Date: 6/29



Intermediate:

Step things up a bit in this fun intermediate class. In this class the pace is a bit faster and the steps a little more on point. We'll build off of what was taught in the beginner's class to put everything together for some new dances. Previous line dancing experience strongly recommend.

Makeup Dates: 7/1

Activity	Ages	Day	Date	Time	Location	Fees
Beginner	18 - 99	Tu	04/06/2021 - 06/22/2021	6:30 PM - 8:00 PM	Recreation and Senior Center Building	\$120.00 Res, \$120.00 Non-Res
Intermediate	18 - 99	Th	04/08/2021 - 06/24/2021	6:30 PM - 8:00 PM	Recreation and Senior Center Building	\$120.00 Res, \$120.00 Non-Res

Mixed Fitness

This class will be different each week. We will focus on total body conditioning, strength training, and cardio vascular exercises through different styles of fitness including interval and circuit training. We utilize a mix of free weights, resistance bands, medicine balls, weighted bars, gliders, and much more!



New Virtual Option! This class is now being offered virtually. Virtual classes will be live and scheduled at the same time as the in person classes. Classes will take place on the Google Meet platform. Virtual participants will be responsible for acquiring their own equipment.

Makeup Dates: 6/16

Activity	Ages	Day	Date	Time	Location	Fees
Toning/Mixed Fitness	18 - 99	W	04/21/2021 - 06/09/2021	5:30 PM - 6:20 PM	Recreation and Senior Center Building	\$65.00 Res, \$75.00 Non-Res
Toning/Mixed Fitness - VIRTUAL	18 - 99	W	04/21/2021 - 06/09/2021	5:30 PM - 6:20 PM	Virtual	\$50.00 Res, \$60.00 Non-Res

Parent & Me (Family Fit Class)

This class will focus on Adult & child getting fit together. We will be walking the track and adding fun bodyweight strength training throughout. Children can be in a stroller, worn in a carrier or walk with the parent, whatever works best for you and child!

Make Up Date: 6/21



Activity	Ages	Day	Date	Time	Location	Fees
Parent & Me	18 - 99	M	04/19/2021 - 06/14/2021	10:00 AM - 10:50 AM	Lions Park	\$65.00 Res, \$75.00 Non-Res

STRONG Nation™

This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Each session you will burn calories while toning arms, legs, abs and glutes. As part of your high-intensity sweat session, you'll hit the floor for some core exercises as well.



New! Virtual Option This class is now being offered virtually. Virtual classes will be live and scheduled at the same time as the in person classes. Classes will take place on the Google Meet platform. Virtual participants will be responsible for acquiring their own equipment.

Make Up Date: June 17 2021

Activity	Ages	Day	Date	Time	Location	Fees
Strong	18 - 99	Th	04/22/2021 - 06/10/2021	5:30 PM - 6:20 PM	Recreation and Senior Center Building	\$65.00 Res, \$75.00 Non-Res
Strong - VIRTUAL	18 - 99	Th	04/22/2021 - 06/10/2021	5:30 PM - 6:20 PM	Virtual	\$50.00 Res, \$60.00 Non-Res

Tabata Fitness

Tabata training includes a 20-second exercise followed by a 10-second rest, repeated eight times in a row. A variety of total body conditioning that will involve strength and cardio exercise. This class is designed to target all major muscles groups in a variety of ways. Tuesday & Wednesday classes will be different exercises!



New! Virtual Option! This class is now being offered virtually. Virtual classes will be live and scheduled at the same time as the in person classes. Classes will take place on the Google Meet platform. Virtual participants will be responsible for acquiring their own equipment.

Make Up Date: June 15 & 16 2021

Activity	Ages	Day	Date	Time	Location	Fees
Tabata	18 - 99	Tu	04/20/2021 - 06/08/2021	5:30 PM - 6:20 PM	Recreation and Senior Center Building	\$65.00 Res, \$75.00 Non-Res
Tabata- VIRTUAL	18 - 99	Tu	04/20/2021 - 06/08/2021	5:30 PM - 6:20 PM	Virtual	\$50.00 Res, \$60.00 Non-Res
Tabata	18 - 99	W	04/21/2021 - 06/09/2021	6:30 PM - 7:20 PM	Recreation and Senior Center Building	\$65.00 Res, \$75.00 Non-Res
Tabata- VIRTUAL	18 - 99	W	04/21/2021 - 06/09/2021	6:30 PM - 7:20 PM	Virtual	\$50.00 Res, \$60.00 Non-Res

Lifeguard Training

American Red Cross Lifeguarding

This course will be a blended learning course and will happen both virtually and in person. There is also a pre-course in water portion that will need to be completed before starting the course. The lifeguard class not only teaches an individual life saving skill but also responsibility, leadership and teamwork. Skills learned include professional rescuer CPR/AED, First Aid, water entries and approaches, removal of victims from the water and back boarding.



Please refer to plainfieldrecreation.com for important pre-course information.

Activity	Ages	Day	Date	Time	Location	Fees
Lifeguard Training Course	15 and up	MTuW	04/19/2021 - 04/21/2021	8:00 AM - 3:00 PM	Plainfield Town Hall Pool	\$75.00 Res, \$100.00 Non-Res

STEM Programing

Snapology

Foundational Engineering: Machines & Contraptions

Does your child love to tinker and create new things, or are they the kind of learner who likes to break things apart to see what's inside? If so, they're going to love Snapology's Foundational Engineering: Machines and Contraptions program! This program gives your student the tools they need to understand mechanical movement and the importance of simple machines. They will see these moving parts up-close as they follow instructions to build various machines and contraptions, then use the models to develop new design ideas, test out physics concepts, and even play games with their partners and classmates! Whether they are the creative-constructive type or prefer the inquisitive-deductive way of learning, this program is sure to spark their engineering interests!



Amusement Park Engineering

Design your own amusement park in this super fun program! Learn how to use LEGO® bricks and other building materials to make coasters and other awesome rides. Can you design the next Disney World?

Incredible Inventions Robotics

Do you enjoy inventing new things? Learn about the process real inventors go through while you help design, build and program robotic models to solve problems using LEGO® bricks and robotics. Are you the next Thomas Edison? Learning is enhanced through use of laptops.

Makeup Date: 4/24/21

Activity	Grades	Day	Date	Time	Location	Fees
Foundational Engineering	K - 2	MTuWThF	04/19/2021 - 04/23/2021	9:00 AM - 10:15 AM	Recreation and Senior Center Building	\$90.00 Res, \$100.00 Non-Res
Amusement Park Engineering	3 - 5	MTuWThF	04/19/2021 - 04/23/2021	10:30 AM - 11:45 AM	Recreation and Senior Center Building	\$90.00 Res, \$100.00 Non-Res
Incredible Inventions	6 - 8	MTuWThF	04/19/2021 - 04/23/2021	12:15 PM - 1:30 PM	Recreation and Senior Center Building	\$100.00 Res, \$110.00 Non-Res

Aquatics

American Red Cross Swim Lessons

Please refer to plainfieldrecreation.com for descriptions of swim levels and COVID-19 modifications.



Activity	Ages	Day	Date	Time	Location	Fees
Parent & Tot	0.06 - 2	Tu	05/04/2021 - 06/22/2021	9:30 AM - 10:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Preschool Level 1-3	3 - 5	Th	05/06/2021 - 06/24/2021	9:30 AM - 10:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 5 & 6	6 - 12	Sa	05/08/2021 - 06/26/2021	7:45 AM - 8:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 4	6 - 12	Sa	05/08/2021 - 06/26/2021	8:30 AM - 9:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 3	6 - 12	Sa	05/08/2021 - 06/26/2021	9:00 AM - 9:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 2	6 - 12	Sa	05/08/2021 - 06/26/2021	9:30 AM - 10:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 1	6 - 12	Sa	05/08/2021 - 06/26/2021	10:00 AM - 10:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Preschool Level 1	3 - 5	Sa	05/08/2021 - 06/26/2021	10:30 AM - 11:00 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Preschool Level 2&3	3 - 5	Sa	05/08/2021 - 06/26/2021	11:00 AM - 11:30 AM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Preschool Level 1	3 - 5	Sa	05/08/2021 - 06/26/2021	12:00 PM - 12:30 PM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res
Level 1	6 - 12	Sa	05/08/2021 - 06/26/2021	12:30 PM - 1:00 PM	Plainfield Town Hall Pool	\$75.00 Res, \$85.00 Non-Res

Water Aerobics

Cardio-Aerobic: A medium paced class that can be modify for all levels pick-up the pace or slow it down depending on your level. Includes strength and flexibility exercises.

Light Cardio, Stretch, and Tone: Class includes warm-up followed by cardio segment of standard calisthenics moves in shallow water. The toning portion uses a variety of equipment in both deep and shallow water. Stretching and cool down finish the hour leaving you feeling energized for the day.



COVID MODIFICATIONS

- We will be utilizing the entire pool for the duration of classes. Instructors will be teaching deep end and shallow at the same time.
- There will only be 15 minutes allowed to use the lockers rooms after classes.
- Lockers will not be available.

Activity	Ages	Day	Date	Time	Location	Fees
Light Cardio-Stretch and Tone	18 - 99	TuTh	05/11/2021 - 06/24/2021	7:00 AM - 8:00 AM	Plainfield Town Hall Pool	\$60.00 Res, \$70.00 Non-Res
Cardio Aerobics	18 - 99	TuTh	05/11/2021 - 06/24/2021	8:30 AM - 9:30 AM	Plainfield Town Hall Pool	\$60.00 Res, \$70.00 Non-Res

Yoga

Our yoga classes are all about relaxation! If you are looking for a moving meditation, a full body workout, more flexibility, or just an hour of peace, you will find it all with Yoga. All you need is your body in comfortable clothes and a Yoga mat. Classes are open to all levels and will be modified according to student needs and goals.



Monday Instructor: Karla Desjardins
Thursday Instructor: Mary Silvestri

Monday Makeup Dates: None
Thursday Makeup Dates: 7/1/21

Activity	Ages	Day	Date	Time	Location	Fees
Yoga	18 - 110	M	04/19/2021 - 06/28/2021	6:00 PM - 7:00 PM	Recreation and Senior Center Building	\$80.00 Res, \$90.00 Non-Res
Yoga	18 - 110	M	04/19/2021 - 06/28/2021	7:05 PM - 8:05 PM	Recreation and Senior Center Building	\$80.00 Res, \$90.00 Non-Res
Yoga	18 - 110	Th	04/22/2021 - 06/24/2021	9:30 AM - 10:30 AM	Recreation and Senior Center Building	\$80.00 Res, \$90.00 Non-Res

Youth Sports

F.A.S.T Athletics



Mini Sports

This program is a combination of warm-up games and sports such as soccer, kickball, and tball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class F.A.S.T. Athletics will have new and exciting games planned for the students.

Makeup Dates: 6/5 & 6/12

Pre-K Basketball

Minihoops, miniballs and a ton of fun! This class is created for 3-6 year olds and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program.

Makeup Dates: 6/5 & 6/12

Super Sports

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Mat Ball, Basketball, Dodgeball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day.

Makeup Dates Grades K-2 & 3-5: 6/1 & 6/8

Makeup Dates Grades 6-8: 6/2 & 6/9

Basketball

3.....2.....1.....bzzzz. Our basketball program will help increase the student's confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot they are ready! They will also learn the proper techniques of playing defense, rebounding and boxing out. Besides playing scrimmages, the students will also play games such as knock out, dribbling relay races, and hot hands.

Makeup Dates Grades K-2: 6/1 & 6/8

Makeup Dates Grades 3-5 & 6-8: 6/2 & 6/9

Youth Sports Continued



F.A.S.T Athletics Continued

Activity	Ages	Grades	Day	Date	Time	Location	Fees
Mini Sports	4 - 5	N/A	Sa	04/24/2021 - 05/29/2021	9:00 AM - 9:45 AM	Lions Park	\$85.00 Res, \$95.00 Non-Res
Pre-K Basketball	4 - 5	N/A	Sa	04/24/2021 - 05/29/2021	10:00 AM - 10:45 AM	Lions Park	\$85.00 Res, \$95.00 Non-Res
Super Sports	N/A	K - 2	Tu	04/20/2021 - 05/25/2021	4:00 PM - 5:00 PM	Lions Park	\$85.00 Res, \$95.00 Non-Res
Basketball	N/A	K - 2	Tu	04/20/2021 - 05/25/2021	5:00 PM - 6:00 PM	Lions Park	\$85.00 Res, \$95.00 Non-Res
Super Sports	N/A	3 - 5	Tu	04/20/2021 - 05/25/2021	6:00 PM - 7:00 PM	Lions Park	\$85.00 Res, \$95.00 Non-Res
Basketball	N/A	3 - 5	W	04/21/2021 - 05/26/2021	4:00 PM - 5:00 PM	Lions Park	\$85.00 Res, \$95.00 Non-Res
Super Sports	N/A	6 - 8	W	04/21/2021 - 05/26/2021	5:00 PM - 6:00 PM	Lions Park	\$85.00 Res, \$95.00 Non-Res
Basketball	N/A	6 - 8	W	04/21/2021 - 05/26/2021	6:00 PM - 7:00 PM	Lions Park	\$85.00 Res, \$95.00 Non-Res

Arts and Crafts

Art Classes with A&H | Artisan Home



THE ART OF PAINTING + MIXED MEDIA w/ A&H | ARTISAN & HOME

Learn The Basic Elements of Art: color, line, form, shape, texture, space, + value. All instruction will be age-appropriate and designed for each student to learn something new each week. Students will acquire new art vocabulary, proper use of tools and materials, mixing of color, problem-solving, and on top of that, they will develop a sense of skill + style of their own. All supplies included. Basic drawing + painting techniques will be applied and taught per the required project. All instructional materials are designed around the current Spring Season.

THE YOUNG ARTS CLUB + PLAY GROUP w/ A&H | ARTISAN & HOME

Each week your child will have an opportunity to explore the arts and create something personal. Dependent upon age children may be assisted by attending adult or may work independently, all while being guided by a professional instructor. Students will learn color, lines, shape, + form. Projects will be based on the current Spring Season. Children will utilize a mix of art materials, all age-appropriate. "Free-play" is encouraged, and remember there are no limits in the art world.

Activity	Ages	Grades	Day	Date	Time	Location	Fees
Art of Painting & Mixed Media	N/A	6 - 8	Tu	04/27/2021 - 06/01/2021	4:30 PM - 5:30 PM	125 Norwich Rd, Plainfield	\$110.00 Res, \$120.00 Non-Res
Art of Painting & Mixed Media	N/A	9 - 12	Tu	04/27/2021 - 06/01/2021	6:00 PM - 7:00 PM	125 Norwich Rd, Plainfield	\$110.00 Res, \$120.00 Non-Res
Art of Painting & Mixed Media	18 - 110	N/A	Tu	04/27/2021 - 06/01/2021	7:30 PM - 8:30 PM	125 Norwich Rd, Plainfield	\$110.00 Res, \$120.00 Non-Res
Young Arts Club & Play Group	2 - 5	N/A	Th	04/29/2021 - 06/03/2021	10:00 AM - 10:45 AM	125 Norwich Rd, Plainfield	\$80.00 Res, \$90.00 Non-Res
Young Arts Club & Play Group	2 - 5	N/A	Th	04/29/2021 - 06/03/2021	1:00 PM - 1:45 PM	125 Norwich Rd, Plainfield	\$80.00 Res, \$90.00 Non-Res
Young Arts Club & Play Group	N/A	K - 2	Th	04/29/2021 - 06/03/2021	4:00 PM - 4:45 PM	125 Norwich Rd, Plainfield	\$80.00 Res, \$90.00 Non-Res
Young Arts Club & Play Group	N/A	3 - 5	Th	04/29/2021 - 06/03/2021	5:15 PM - 6:00 PM	125 Norwich Rd, Plainfield	\$80.00 Res, \$90.00 Non-Res