



Suffield Parks & Recreation Department

Spring Programs

2019



Address: Town Hall Annex, 97 Mountain Road, Suffield CT 06078

Phone: 860-668-3862 **Fax:** 860-758-0417 **Town Website:** suffieldct.gov

Office Hours: Monday -Thursday, 8:00 a.m. – 4:30 p.m. Friday, 8:00 a.m. – 1:00 p.m.

Like us on  and follow us for the latest program information and updates!

Register on-line at suffieldrec.com



Youth Programs

Parents are responsible for notifying school, with a note, that child will participate in Parks & Recreation Programs. The Parks & Recreation program instructor will transition and supervise the children from the 3:15 p.m. school dismissal time to the program start time of the 3:30 p.m. **NO TRANSPORTATION IS PROVIDED.** After school programs are inclusive for all children. Children must be of the correct age or corresponding grade level to participate in programs. Special considerations may be made for children on a case by case situation. Space is limited on a first come/first paid basis.

Martial Arts/Self Defense for Children - NEW - FREE

Children will discover the excitement of martial arts while learning about respect and focus. Participants will learn basic martial arts techniques. This is an introductory program designed for first time students. The course is in collaboration with Integrity Martial Arts, a martial arts community dedicated to helping children succeed through their fun and practical courses. This class will provide needed tips to help your child stay safe but also will teach about focus, respect, confidence and important life skills.

Instructor: Jonathan Metcalf, Integrity Martial Arts Owner

Date: March 21

Day: Thursday

Time: 3:30 - 4:30 p.m.

Ages: K-2

Location: Spaulding School Gym

Fee: FREE (This program is free but class space is limited and all participants must pre-register at suffieldrec.com)

In addition, visit PlayAtIMA.com website to complete on-line waiver.

Registration closes on **Thursday, March 14** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Self Defense for Children – NEW - FREE

Discover the excitement of martial arts while learning about respect and focus in this introductory program that is designed for first time students. Participants will learn important basic martial arts techniques along with important life skills such as focus, confidence and effective thinking. Parents/Caregivers are also welcome to attend the class to see what the children are learning if they wish. The course is in collaboration with Integrity Martial Arts, a martial arts community dedicated to helping participants succeed through their fun and practical courses.

Instructor: Jonathan Metcalf, Integrity Martial Arts Owner

Date: March 21

Day: Thursday

Time: 5:00 - 6:00 p.m.

Grades: 3-8

Location: Spaulding School Gym

Fee: FREE (This program is free but class space is limited and all participants must pre-register at suffieldrec.com)

In addition, visit PlayAtIMA.com website to complete on-line waiver.

Registration closes on **Thursday, March 14** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Healthy After School Snack Making - NEW - FREE

Join Enfield ShopRite Dietitian Michelle Mattia for a FREE workshop, which encourages kids to roll up their sleeves and make healthy snacks while learning and having fun. The session includes fun, no-cook recipes that the whole family will enjoy. Participants will engage in a healthy, hands-on nutrition discussion followed by the food preparation portion of the event. Please note any food allergies or intolerance when registering. Children attending from Spaulding School must check in at the McAlister School Office and then proceed to the cafeteria. Parents may pick children up from back of the McAlister School Cafeteria entrance, near the playscape.

Instructor: Michelle Mattia, RDN, ShopRite of Enfield

Date: March 21

Day: Thursday

Time: 3:30 - 4:45 p.m.

Grades: 1-5

Location: McAlister School Cafeteria

Fee: FREE (This program is free but limited to the first 14 children that enroll)

Registration closes on **Wednesday, March 13** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Re-Cycled and Re-Purposed Art - NEW

Children will have an enjoyable afternoon while designing original craft creations. We will make a variety of fun Spring craft projects and turn recycled items including cards, calendars and paper towel rolls into beautiful treasures in this fun and creative class. Please have your child bring or wear an old T-shirt/clothes to class. A snack will be provided. If your child has a food allergy, dietary accommodations will be made so that they will enjoy class too. Children attending from Spaulding School must check in at the McAlister School Office and then proceed to the cafeteria. Parents may pick children up from back of the McAlister School Cafeteria entrance, near the playscape.

Instructor: Donna Carney-Bastrzycki

Date: April 1

Day: Monday

Time: 3:30 - 5:00 p.m.

Grades: 1-5

Location: McAlister School Cafeteria

Fee: \$12.00 **Non-Res:** \$17.00

Registration closes on **Monday, March 25** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Egg-Citing Easter Egg Hunt and Party - NEW

Your child will have a blast while we celebrate Easter and Spring at our fun party. Children will participate in an interactive Egg Hunt and also decorate a variety of fun Easter projects and eggs. This fun and messy class will be open for children in grades K-5 and they will be separated into two different age groups. Your child will have a great time in this enjoyable and messy program. Please have your child bring or wear an old T-shirt/clothes to class and outside/old clothes including coat/boots. A snack will be provided. Easter Egg Hunt eggs are toy and candy filled. Please be sure to let us know if your child has a food allergy. Children attending from Spaulding School must check in at the McAlister School Office and then proceed to the cafeteria. Parents may pick children up from back of the McAlister School Cafeteria entrance, near the playscape.

Instructor: Donna Carney-Bastrzycki

Date: April 10

Day: Wednesday

Time: 3:30 - 5:00 p.m.

Grades: K-5

Location: McAlister School Cafeteria

Fee: \$12.00 **Non-Res:** \$17.00

Registration closes on **Monday, April 1** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Agility, Strength and Speed Training - NEW

This clinic offers it all for a great cross training workout for fitness fans and athletes. We will take our Speed Training program to the next level while having fun. Participants will learn to perform a proper warm-up before exercise, focus on the best practices of acceleration and change of direction, cool down of static stretches and core exercises. This clinic will help both boys and girls who participate in any type of sport, looking to enhance coordination, running technique, body weight strength, first step quickness, agility, flexibility, injury prevention, weight loss, and most importantly a better sense of self-confidence.

Instructor: Parisi Speed School Trained Coach
Dates: April 30, May 14, 21, 28 (No program on May 7)
Day: Tuesdays
Time: 3:30 - 4:30 p.m.
Grades: 3-8
Location: McAlister School Gym
Fee: \$47.00 **Non-Res:** \$52.00

Registration closes on **Monday, April 22** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Spring Fitness Squad

Join our popular clinic designed to accommodate boys and girls in grades 3-8 and various fitness levels. Children will engage in core, strength and agility training, plyometrics and other training exercises. The class focus is to motivate with positivity and fun activities in a safe non-judgmental environment. Program is geared toward making fitness a lifestyle. Children attending from Spaulding School must check in at the McAlister School Office and then proceed to the Gym.

Instructor: Joseph Hicks, Certified Personal Trainer, ISTA.
Dates: April 22, 29, May 6, 13, 20
Day: Mondays
Time: 3:30 - 4:30 p.m.
Grades: 3-8
Location: McAlister School Gym
Fee: \$40.00 **Non-Res:** \$50.00

Registration closes on **Monday, April 8** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Art-ventures for Kids in the Rainforest

Head off on a jungle art safari! Art explorers trek through the rainforest, discovering the wondrous and rare creatures that call it home. Journey into the world of parrots, jungle cats, snakes, red-eyed tree frogs and more and experiment with whimsical and original art forms and techniques. Create stained glass tigers, build rockin' rain sticks, paint ceramic turtles, design repoussé reptiles, and sculpt froggy light switch covers. Throughout the voyage art adventurers learn about the importance of saving the rainforest, and pick up super artist survival skills like printmaking, painting, collage, and journaling. They even make their own t-shirts using a unique and unusual oil pastel technique. Surprises and laughter round out this fun filled art safari. Adventurers return home with awesome works of art each week. Children may bring a snack to eat during this program.

Instructor: ART-ventures for Kids Staff
Dates: April 22, 29, May 6, 13, 20 June 3 (No program on Monday, May 27)
Day: Mondays
Time: 3:30 – 4:40 p.m.
Grades: K–2
Location: Spaulding School Cafeteria A.
Fee: \$84.00 per person includes instruction, supplies and materials. **Non Res:** \$94.00

Registration closes on **Monday, April 15** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Cheerleading Fun

Your child will have a wonderful time in this introduction to the fundamentals of cheerleading and tumbling. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers and dances, in a safe and age appropriate manner. Children attending from Spaulding School must check in at the McAlister School Office and then proceed to the gym.

Instructor: World Cup Polaris All Stars Staff

Dates: April 24, May 1, 8, 15, 22, 29

Day: Wednesdays

Time: 3:30 - 4:30 p.m.

Grades: 1-5

Location: McAlister School Gym

Fee: \$55.00

Registration closes on **Tuesday, April 9** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Strike a Pose Yoga for Middle Schoolers - NEW

Your child will have a wonderful time in this fun and invigorating yoga class. This class offers a great way for both boys and girls to build physical and emotional strength, make new friends and learn great ways to relax and breathe when stress and challenges arise. Yoga is great cross training for all sports and also teaches valuable life skills and coping techniques while having fun. This class will help participants increase self-esteem, confidence, acceptance & positive body image.

Instructor: Amy Manning, Certified Yoga Instructor and owner of Zag Fitness, Suffield

Dates: April 24, May 1, 8, 15, 22

Day: Wednesdays

Time: 2:20 - 3:15 p.m.

Grades: 6-8

Location: Middle School Back Gym

Fee: \$40.00 **Non-Res:** \$50.00

Registration closes on **Tuesday, April 16** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Introduction To Horseback Riding For Children – Spring Session

Learn to ride or improve current riding skills under the guidance of an advanced riding instructor. An approved safety riding helmet will be provided. Riders must wear jeans or riding pants, shoes with low heels. No sneakers or work boots with wide treads.

Instructor: End of Hunt Farms Staff

Dates: May 7, 14, 21

Day: Tuesdays

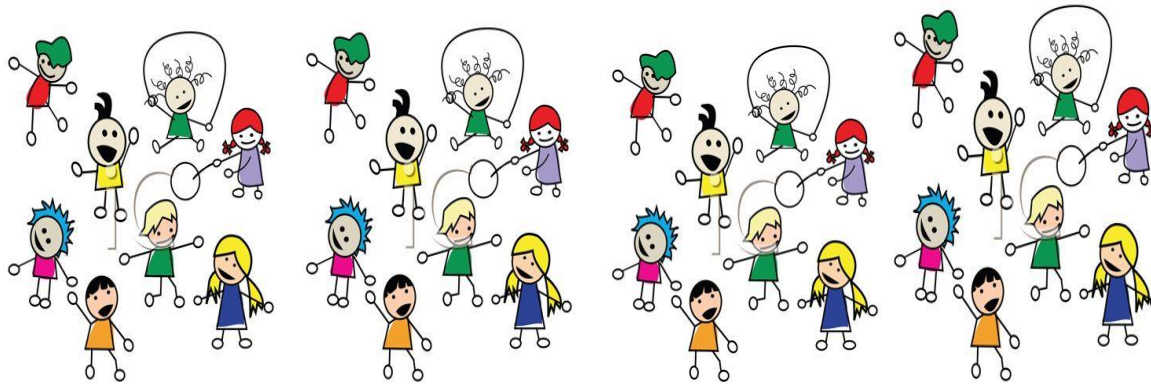
Time: 4:30 - 5:30 p.m.

Ages: 3-17 years old. (Ages 3-8 must be accompanied by an adult at all times on premises)

Location: End of Hunt Farms Training Center, 1360 Hill St., Suffield

Fee: \$105.00 **Non-Res:** \$115.00

Registration closes on **Wednesday, May 1** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.



Pre-School Programs

Pre-School Playtime and Fitness Program (Pre-Schooler with a Parent/Caregiver) - NEW

Do you want to get fit and have fun while making new friends with your child? Pre-schoolers and their parent/caregiver will participate in a variety of fun and interactive activities that help keep your family fit while helping to develop balance, flexibility, gross motor skills, with music and movement. This class is a ton of fun and a great workout too.

Instructor: Joseph Hicks, Certified Personal Trainer, ISTA. teamjtraining.com

Dates: April 1, 8, 15, 22, 29, May 6

Day: Mondays

Time: 1:00 - 1:45 p.m.

Location: Suffield Town Hall Lower Level Meeting Room

Ages: 3-5 and parent/caregiver

Fee: \$45.00 per child and one adult

Registration closes on **Monday, March 25** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

My Little One and Me Movement and Meditation Class (Pre-Schooler with a Parent/Caregiver) - NEW

Come join our fun new class that incorporates mindful movement exercises, de-stressing and fun. This class is designed for parent/caregiver and child to practice yoga in a fun way that engages the child and gives the parent a chance to practice on the mat. The class will be a fun mixture of mindful movement exercises, animal poses, music, breathing and relaxation that is age appropriate and fun for the parent/caregiver as well.

Instructor: Amy Manning, Certified Yoga Instructor and owner of Zag Fitness, Suffield

Dates: April 3, 10, 17, 24, May 1, 8

Day: Wednesdays

Time: 11:00 - 11:45 a.m.

Location: Suffield Town Hall Lower Level Meeting Room

Ages: 3-5 and parent/caregiver

Fee: \$45.00 per child and one adult

Registration closes on **Wednesday, March 27** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Adult Programs



Yoga and Meditation at Lunchtime - NEW

Enjoy all the benefits of yoga and mindfulness as we practice and enjoy a healthy de-stressing lunch time. Vinyasa flow style of yoga is empowering, edgy, creative and athletic for any level. We will use specific sequences to create a practice that is challenging and healing for everyone. This class will help you clear your mind of everyday thoughts. Practicing yoga creates a satisfying and rewarding feeling of achievement. Please wear comfortable clothes that allow for movement and bring a water bottle and a yoga mat. This is the perfect mini session to get you started for our six week Spring session.

Instructor: Amy Manning, Certified Yoga Instructor and owner of Zag Fitness, Suffield

Dates: March 6, 13, 20, 27

Day: Wednesdays

Time: 12:10 - 12:50 p.m.

Location: Town Hall Lower Level Meeting Room

Ages: 18 and up

Fee: \$30.00

Registration closes on **Monday, March 4** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Self Defense for Teens and Adults - NEW - FREE

Self-defense is a real and necessary skill. Learn simple strategies to minimize risk and easy to learn tactics that will get you to safety quickly. You will understand the psychology behind most violence and how to avert it. This class will also teach the fundamentals of striking and escaping. People who are confident in crisis seldom need to defend themselves. Their belief in themselves turns predators away. But this belief has to be strong, even under pressure, under threat. This class is for people ages 14 & up. Parental consent is required for minors since mature topics will be covered.

Instructor: Jonathan Metcalf, Integrity Martial Arts Owner

Date: March 21

Day: Thursday

Time: 6:30 - 8:30 p.m.

Ages: Age 14 - adult

Location: Spaulding School Gym

Fee: FREE (This program is free but class space is limited and all participants must pre-register at Suffieldrec.com)

In addition, visit keepyou safer.com website to complete on-line waiver.

Registration closes on **Thursday, March 14** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

Spring Steppers, Walkers, Runners and Strollers - FREE

Do you want to get in shape, stay motivated and get some spring back in your step? Are you tired of trying to fit your daily steps in but have excuses of not being able to walk because of lack of time, safety and also not wanting to walk alone? Join our group and make new walking friends and get in shape at the same time. Did you know you should be walking 10,000 steps a day? We will go over warming up, fitness walking and have a fun time getting you re-energized for the rest of the day. We will walk rain or shine so please bring proper gear. Even if you can only walk for a half hour, you are encouraged to join the group. Prizes will be awarded to the most dedicated walkers. All ages and abilities welcome including parents with strollers and seniors.

Instructor: Donna Carney-Bastrzycki
Dates: March 26, April 2, 9, 16, 23, 30
Day: Tuesdays
Times: 12:00 - 1:00 p.m.
Ages: All ages
Location: Meet at the Middle School Track
Fee: FREE (Must pre-register)

Registration closes on **Wednesday, March 20** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Cupcake Decorating Made Easy

Decorate like a pro, get ready to impress all of your guests with your special goodies!

This is an introduction to cupcake decorating taught by Sandy Nelson, former award winning Hall of Fame Certified Wilton Method Decorating Instructor. Sandy has taught cake decorating classes for over 30 years. Sandy's goal is to make your experience with decorating as easy and enjoyable as possible. You will learn how to tint icing, fill a decorating bag, fill a cupcake and pipe a variety of decorations, including the popular 1M Swirl and Drop Flowers. Best of all you will take home your decorated cupcake creations to share with family and friends.

Instructor: Sandy Nelson
Date: March 26
Day: Tuesday
Time: 6:00 - 9:00 p.m.
Ages: 16 and up
Location: Suffield Parks and Recreation Office/Activity Room, 97 Mountain Road
Fee: \$18.00 (additional supplies are necessary to be purchased for this class, please see the info on www.suffieldrec.com when registering)

Registration closes on **Monday, March 18** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Kickboxing Recharge - NEW

Re-charge your morning routine with this super fun, calorie burning and innovative body sculpting class. Achieve your fitness goals combining rhythmic cardio kick boxing moves and high energy music. This class will help you get lean and toned all while having a blast.

Instructor: Tessa Eichelberger, Certified Kickboxing Instructor
Dates: April 1, 8, 15, 22, 29, May 6
Day: Mondays
Time: 9:30 - 10:15 a.m.
Location: Town Hall Lower Level Meeting Room
Ages: 18 and up
Fee: \$45.00

Registration closes on **Monday, March 25** and/or earlier if enrollment reaches maximum capacity.
Limited enrollment.

Cardio Kickboxing - NEW

Re-vamp your after work routine or exercise program with our new Cardio Kickboxing class. This fun and action packed workout pairs motivating music with fun punching and kicking combinations. You will be burning many calories, get tightened and toned all while having a blast in this action packed class. All levels and abilities are welcome.

Instructor: Tessa Eichelberger, Certified Kickboxing Instructor

Dates: April 1, 8, 15, 22, 29, May 6

Day: Mondays

Time: 4:45 - 5:30 p.m.

Location: Town Hall Lower Level Meeting Room

Ages: 14 and up

Fee: \$45.00

Registration closes on **Monday, March 25** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Spring Shape Up Challenge - NEW

Are you looking for a fun class that offers great motivation to help you with your fitness resolutions made back in January? This lunch time shape up and strengthening class will focus on toning and building lean muscle while incorporating cardio. No experience necessary as the instructor will accommodate and modify to suit all of your individual needs and fitness levels. Come learn about your muscles, mechanics and improve even further on your strengths. Take a break from the sedentary day and join us. This class offers a great way to get in shape while having fun. Challenge yourself and make your afternoon a fit one.

Instructor: Joseph Hicks, Certified Personal Trainer, ISTA

Dates: April 1, 8, 15, 22, 29, May 6

Day: Mondays

Time: 12:05 - 12:50 p.m.

Ages: 18 and up

Location: Suffield Town Hall Conference Room

Fee: \$45.00

Registration closes on **Monday, March 25** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Lunchtime Yoga

Enjoy all the benefits of Yoga as we practice and enjoy a healthy de-stressing lunch time. Vinyasa flow style of yoga is empowering, edgy, creative and athletic for any level. We will use specific sequences to create a practice that is challenging and healing for everyone. This class will help you clear your mind of everyday thoughts. Practicing yoga creates a satisfying and rewarding feeling of achievement. Please wear comfortable clothes that allow for movement and bring a water bottle and a yoga mat.

Instructor: Amy Manning, Certified Yoga Instructor and owner of Zag Fitness, Suffield

Dates: April 3, 10, 17, 24, May 1, 8

Day: Wednesdays

Time: 12:10 - 12:50 p.m.

Location: Town Hall Lower Level Meeting Room

Ages: 18 and up

Fee: \$45.00

Registration closes on **Monday, March 25** and/or earlier if enrollment reaches maximum capacity. Limited enrollment.

Candy Making for Beginners - NEW

This is a fun introduction to candy making taught by Sandy Nelson, former award winning Hall of Fame Certified Wilton Method Decorating Instructor. Sandy has taught cake decorating and candy making classes for over 30 years. Sandy's goal is to make your experience with decorating as easy and enjoyable as possible. If you ever wanted to make candy at home but were too intimidated to try, this class is for you. Class consists of 1 hour instructor demonstration followed by 2 hours of students' hands on participation. You will learn how to melt, mold, color, flavor, marbleize, fill, and layer chocolate. You'll make and take home beautiful candies including Nonpareils, Caramel Delights/Turtles, Clusters, Truffles, and Bark that taste as good as they look. This is the perfect class to take before the Easter and Spring holidays. Home-made delicious candy makes perfect presents.

Instructor: Sandy Nelson

Date: April 9

Day: Tuesday

Time: 6:00 - 9:00 p.m.

Ages: 16 and up

Location: Suffield Parks and Recreation Office/Activity Room, 97 Mountain Road

Fee: \$18.00 (additional supplies are necessary to be purchased for this class, please see the info on www.suffieldrec.com when registering)

Registration closes on **Friday, March 29** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.



FAMILY & COMMUNITY



Suffield Parks and Recreation offers inclusive Special Needs Programs and Group Outings

These programs foster friendships, socialization, promote community involvement and independence. The group enjoys educational presentations, fitness activities, crafting classes, games and evening trips that are inclusive. We also go on many fun outings throughout the year. The program is for high school students through adult. Enrollment is on a first come first paid basis. **Volunteers are always welcome.** If you wish to join the group and receive notifications of upcoming events you must pre-register. Please contact Donna Carney-Bastrzycki, Director of Special Programs at (860)-668-3862.

Bowling Buddies and Outing Group

Enjoy a great evening of bowling and meeting new friends. Get some exercise and have some fun. This is for high school students through adults.

Volunteer special partners, coaches and helpers are always needed and welcome.

Instructor: Donna Carney-Bastrzycki

Dates: Ongoing thru May 2019

Day: Tuesdays

Time: 4:30 - 6:30 p.m.

Ages: High School students through adult

Location: Spare Time Lanes, Route 75, Windsor Locks

Fee: \$11.00 for three games and shoe rental (You must pre-register for this program)

Registration deadline is ongoing.

Family and Friends Bowling Nights

Enjoy real fun at a real value. Get your friends and family together for some real fun this winter.

This program offers great exercise and fun. Each week participants will bowl three games. Shoe rental not included.

Dates: March 21, 28, April 4, 11, 18, 25

Day: Thursdays

Time: 6:45 - 9:00 p.m.

Location: Spare Time Lanes, Route 75, Windsor Locks

Ages: All ages

Fee: \$60.00 (You must pre-register)

Registration closes on **Friday, March 15** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.

You must pre-register and pre-pay before the deadline.

Bowling Buddies JR. - Spring

Enjoy a great evening of bowling and meeting new friends. Bowling Buddies JR. is for any child with special needs in grades 2-12. Each buddy will bowl one string and enjoy pizza and refreshments.

Facilitators: Donna Carney-Bastrzycki, Director of Special Programs, Suffield Parks and Recreation Department, Sue Davis and Jill Caron, Foundation for Exceptional Children of Suffield Founders.

Dates: March 19, 26, April 2, 9, 23, 30 (No program on April 16)

Day: Tuesdays

Time: 5:30 - 7:00 p.m.

Grades: 2-12

Location: Spare Time Lanes, Route 75, Windsor Locks

Fee: FREE

A maximum of 16 special needs children will be sponsored by the Foundation for Exceptional Children of Suffield. Enrollment is on a first come first registered basis. Parent volunteers and Special Partner helpers are needed in order for this program to be successful. Enrollment maximum is 16 children. Please register at

www.suffieldrec.com

Registration closes on **Tuesday, March 12** and/or earlier if enrollment reaches maximum capacity.

Limited enrollment.



**HELP
WANTED**

**Lifeguards for Sunrise Day Camp
and Babb's Beach &
Gate Attendants for Babb's Beach**

Are you interested in a rewarding job this summer?

Now is the time to start planning!

Start training now to become a certified Lifeguard or Water Safety Instructor. The Parks & Recreation Department is looking for qualified waterfront staff for our summer programs. Applicants must have current Lifeguard and Waterfront Certifications along with first aid and C.P.R. training. The Sunrise Day Camp is an outdoor summer camp program held at Sunrise Park, West Suffield. Lifeguards assist in teaching swimming lessons and guard at Whites Pond, which is part of Sunrise Park.

Babb's Beach is located on Congamond Lake. Lifeguards will guard at this beautiful lakefront. In addition, we are accepting applications for Gate Attendants for Babb's Beach and Park.



Mark your calendars!

Summer Camps and Programs

Information and online registration will begin late April.

REGISTRATION INFORMATION

Easy ways to register for a program

1. ON-LINE, register at suffieldrec.com with a credit card. Create a new account and follow the easy steps that will provide us with names, phone numbers, emergency contacts, allergy information online registration will allow you to conveniently register for programs.
2. You may still pay by cash or check, but you must first set up a household account on-line to initiate this form of payment and procedure.
 - Create a household account, at check-out time, click on form of payment (Cash or Check).
 - Print out invoice and mail or drop off final payment to Suffield Parks & Recreation Office, 97 Mountain Road, Suffield.

Programs are for Suffield residents and for certain programs, non-residents. Non-resident registration will be accepted at an additional fee. Suffield residents will receive first priority in the registration process. Children must be of the correct age or corresponding grade level to participate in programs. Special considerations may be made for children on a case by case situation. Programs have limited enrollment. The Department reserves the right to set a maximum for each program and to cancel a program due to insufficient enrollment. No unregistered person may attend a program. No on-site registrations. Your early registration helps us make the decision to run the program.

For payments that are mailed, we recommend you call the office to verify receipt. A mail box is located in the front of the Town Hall Annex building for customers who need to conduct business before or after our scheduled office hours. There will be a fee of \$10.00 for checks returned for insufficient funds. Please plan your selections in advance. Any change or modification to your initial registration will incur a \$10.00 processing fee.

Reasons to Register Early: Many programs are very popular and people know that in order to get a spot, they need to register early. But there are also reasons to register early for programs that don't usually fill up. All of our programs are self-supporting and we must reach minimum enrollment for it to run. There is a point (usually about one week before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people look to register after the program has been canceled, and if the registrations were done earlier, in many cases, the program would have run. So, if you know you want to join a program, please register early.

General Information: Children must be of the correct age or corresponding grade level to participate in specific programs. Special considerations may be made for children on a case by case situation. Children will be placed in groups accordingly by Parks & Recreation staff, please no special requests. **Please mark your calendars with dates of programs your child is registered for – you will not receive a call to remind you of your child's enrollment.**

Check your email - Your program receipt will have this information on it. All programs are based on a limited enrollment - either deadline date and/or when program reaches capacity. Please register early to ensure that you have a spot and that the programs are not canceled for insufficient enrollment.

Cancellations: Cancellations or weather related changes will be announced on the department phone system, call: **860-668-3862, press 2** for a recorded announcement.

School activities and sports have priority over the Parks and Recreation activities. Whenever school is canceled due to inclement weather, or if there is an early release, all recreation activities held in the public schools will be cancelled. Regarding programs other than those held in public schools, a decision to cancel a program will be made by 4:00 p.m., Monday-Thursday, OR one hour prior to the start of the program on Saturday. Cancellations will be announced on the following television station: **WFSB-TV3**, our **Facebook** page and **suffieldrec.com**

Refund Policy: All programs are based on a limited enrollment – either deadline date or when program is full – please register early to ensure that you have a spot and that the programs are not canceled. If the Parks & Recreation Office is notified 5 business days prior to the start of the program, all but 25% of the program fee will be refunded. No refunds once program starts.

We reserve the right to cancel or consolidate programs based on registrations.
Full refunds are given for any cancelled programs.



Suffield Parks & Recreation Department

Address: Town Hall Annex, 97 Mountain Road, Suffield CT 06078

Phone: 860-668-3862 Fax: 860-758-0417 Town Website: suffieldct.gov

Office Hours: Monday -Thursday, 8:00 a.m. – 4:30 p.m. Friday, 8:00 a.m. – 1:00 p.m.

Like us on [facebook](#) and follow us for the latest program information and updates!

Register on-line at suffieldrec.com