

PROGRAM REGISTRATION BEGINS SATURDAY, JANUARY 3
WWW.WOODBURYPARKSANDREC.ORG

GENERAL INFORMATION

WHAT WE DO

Throughout the year the Parks & Recreation Department strives to offer a variety of cultural, educational, active and fun programs for community members of all ages.

PARKS & RECREATION STAFF

Jenifer Miller, *Director*Mike Lodice, *Parks Superintendent*Bruce Hackenson, *Parks Maintainer*Judy Bennett, *Clerk*

PARKS & RECREATION COMMISSION

Dorothy Kippy West, *Chairman* Leslie Gamsjager Timothy Drakeley Sean Moran Michelle Escedy Kelly Packett

COMMISSION MEETINGS

The commission meets every first Tuesday at 7:00pm at the Parks & Recreation Building. More information, including minutes, can be found at the town website: www.woodburyct.org

HOW TO REACH US

Phone: (203) 263-3113

Fax: (203) 266-4118

Website: www.woodburyparksandrec.org

Email: jmiller@woodburyct.org

Mailing Address: Parks and Recreation

281 Main Street South Woodbury, CT 06798

Physical Address: Parks and Recreation

7 Mountain Road Woodbury, CT 06798

OFFICE

Hours: 8:00am -4:00pm, Monday - Friday

COMMUNITY SPORTS ORGANIZATIONS

Nonnewaug Lacrosse (High School Club Team) http://nonnewauglax.com

Pomperaug Lacrosse (Youth League) www.pomperauglacrosse.com

Woodbury Baseball & Softball www.wbsct.leagueapps.com

Woodbury Bethlehem Youth Soccer www.wbysclub.com

COMMUNITY ARTS ORGANIZATIONS

Arts Alliance of Woodbury (AAW) www.artsallianceofwoodbury.org

Community Theatre at Woodbury (CTAW) www.ctaw-ct.org

What's On in Woodbury (WOW) www.wowbury.org

Woodbury Bethlehem Community Music Foundation

www.wbcmusicfoundation.org

INSIDE THIS ISSUE

General Information3-4
Toddler/Pre-School Activities5
Youth Activities5-7
Teen Activities7-8
Adult Activities8-9
Community Events10

GENERAL INFORMATION

DOG LEASH LAWS

Please remember that while dogs are permitted in the parks, they must be leashed at ALL times. The leash may not exceed seven feet in length and owners are responsible for cleaning up after their dog. For more information, please see Chapter 130 of the Town Ordinances: https://www.ecode36o.com/WO3765

FACILITIES

The Parks & Recreation Department currently maintains and oversees the following:

Cannon Green
Hollow Park
Nonnewaug Falls
North Green
Orenaug Park
Strong Preserve
Three Rivers Park
Trolley Bed Preserve

For information about renting the Pavilion at Hollow Park, the Gazebo at North Green, or other recreation areas, please visit: woodburyparks.org or call the office.

GET SOCIAL WITH US

Facebook: Search for "Woodbury Parks and Recreation".



E-NEWSLETTER

We send out a monthly newsletter highlighting upcoming events and programs. If you do not currently receive the newsletter, but would like to, you may call and request to be added to the list or sign up online at:

http://bit.ly/WPRnewslettersignup

TOWN OF WOODBURY INFORMATION

Website: www.woodburyct.org Address: 281 Main Street South Woodbury, CT 06798

Phone: (203) 263-2141

ENROLLMENT

Most programs require a minimum number of registrations. In addition, some programs do have an enrollment limit. Therefore, registration is always on a first come, first served basis and programs are subject to cancellation.

AGE AND GRADE REQUIREMENTS

Some programs have age and/or grade level requirements. Grade levels advance on June 1st. If you have an incorrect age or grade level, please contact the office to correct the issue. Please do not set up a new account.

RESIDENCY REQUIREMENTS

We are proud to offer our programs to residents and non-residents of Woodbury. Some programs carry an additional fee for non-residents. In addition, some programs are priced for Region 14 and non-Region 14 residents. At present, we are unable to assign Region 14 residency in our online registration system. If you live in Bethlehem and are eligible for Region 14 pricing, please call the office when registering, at 203-263-3113.

WOODBURY TOWN PARKS

Hollow Park, 43 Hollow Road Athletic fields, trails, GaGa pit and playground

Three Rivers, Jacks Bridge Road Athletic fields, trails , dog friendly

Strong River Preserve, Scratchville Road Trails and open space

Nonnewaug Falls, Nonnewaug Road Trails and Scenic Falls

Orenaug Park, Park Road
Observation Tower, Scenic Trail, Disc Golf
Course

Trolley Bed Preserve, Trolley Bed Road Reservoir and Scenic Trail



REGISTRATION INFORMATION

WAYS TO REGISTER

- 1. Online www.woodburyparksandrec.org
- 2. In person at 7 Mountain Rd, Woodbury
- 3. By phone at 203-263-3113

ONLINE REGISTRATION PROCESS

- 1. Log in to your account. If you do not have one Create a New Account.
- 2. Click on the Register icon at the top your account or click the Register from the navigation bar and select a program of interest.
- Click Add to Cart or Purchase Options next to the desired activity to add activities to the cart for that member of your household or click Change Member to add activities to the cart for another member in the household.
- Click Check Out to review your shopping cart, then Continue to move forward with your order.
- Choose Check Out Online (when available) or Create a Registration Form (if available) and follow the steps.

If you have questions, please don't hesitate to call the office and we will be happy to help you.

REGISTRATION PAYMENT

The Parks & Recreation Department can accept credit cards (VISA, Mastercard, Discover/Novus, and American Express), money orders, business or personal checks. *We cannot accept cash payments*. Checks should be made payable to "Town of Woodbury".

RETURNED CHECKS

If a check is returned to the Parks & Recreation Department for any reason, an additional payment of \$20.00 will be required in order to re-deposit your check.

REGISTER EARLY!

Nothing cancels a program faster than everyone waiting until the last minute to register. If there are not enough registrations by a certain date (sometimes weeks before the program even starts), we cancel the activity, which in most situations cannot be undone.

REFUND POLICY

- 1. If a program is cancelled by the Parks & Recreation Department a full refund will be issued.
- 2. If a refund is requested more than one week before a program is set to begin a refund will be given minus an administrative charge of \$25.
 3. If there is a medical reason for withdrawing from a program when it is in progress, the administrative charge is owed and the refund is pro-rated.
- 4. No refunds are given once a program has begun.
- 5. All requests must be made in writing by emailing jmiller@woodburyct.org.6. If a refund is approved, it is available either as a check or an account credit. It is the responsibility of the participant to let the Department know which form is preferred.

INCLUSION POLICY

The Woodbury Parks and Recreation encourages and supports the participation of residents with disabilities in all programs and services. We strive to make every program accessible to all community members, and we recognize that this includes a wide range of abilities and skills. We provide inclusion support services and reasonable accommodations. To make each program as successful as possible for all participants, please notify the Parks and Recreation office at least 21 days in advance for accommodations. Woodbury Parks and Recreation is not licensed to administer medication.

INCLEMENT WEATHER POLICY

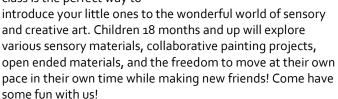
Programs held in the Region 14 schools will follow the Region 14 school schedule. Programs in other facilities do not necessarily follow the school schedule. Please be sure to check the website for the most up-to-date information regarding weather related schedule changes. In the event of a cancellation, a make up session will be offered. If you cannot attend the make up session no refunds will be given.

TODDLER, PRESCHOOLER & YOUTH ACTIVITIES

MY GROWN UP & ME (IN-PERSON)

Courtney Ewing, Instructor

This open ended process focused class is the perfect way to



Age: 18 months and up with Grown Up
Times: Tuesdays 10:00am - 10:45am or
Fridays 10:00am - 10:45am

Dates: Session One: Tues 1/11, 1/18, 1/25, 2/1, 2/8, 2/15

(Weather make-up day: 2/22) Fri 1/14, 1/21, 1/28, 2/4, 2/11, 2/18 (Weather make-up day: 2/25)

Session Two: Tues 3/1, 3/8, 3/15, 3/22, 3/29, 4/5

(Weather make-up day: 4/12) Fri 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 (Weather make-up day: 5/15)

Where: Rec. House, 7 Mountain Road, Woodbury

Fee: \$85 per 6 week session. \$95 per 6 week session

for non-residents. All materials are provided.

FOOD EXPLORERS: PASTRY BOOT CAMP

Katie Shepherd, Instructor

You'll learn how to make mix, roll and cut your own pastry to create two delicious recipes: pop-tarts and mini pies! Each child will make their own individual portions.

All recipes are nut free but do contain dairy and/or eggs.

April vacation program Time: 9:00am-12:00pm

Dates: 4/13

Where: Rec House, 7 Mountain Rd, Woodbury

Fee: \$40 for resident, \$50 for non-resident





DANCE PROGRAMS FOR YOUNG DANCERS

Maggie Gillette, Main Street Ballet Instructor

Maggie brings her background in ballet and theater to a class that is full of fun and learning. The class highlights basic ballet movements, musicality, and imagination.

All MSB facilities and classes adhere to strict CT Covid guidelines with your family's health and safety of top concern. *Parents/Guardians will always be required to wear a mask. Class sizes are limited. Enroll now! If there is a snow day, in person class will be taught using Zoom.

ENCHANTED BALLET FOR 3-YEAR OLDS IN-PERSON

Age: 3 years old, with parent/guardian*
Times: Thursdays, 10:30am to 11:15am OR
Saturdays, 9:00am to 9:45am

Dates: Session One:

Thursdays: 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11 Saturdays: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13

Session Two:

Thursdays: 3/25, 4/1, 4/8, 4/22, 4/29, 5/6, 5/13, 5/20

(no class 4/15)

Saturdays: 4/3, 4/10, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29

(no class 4/17)

Where: Main Street Ballet, Woodbury

Fee: \$85 per 8 week session. \$85 per 8 week session for

non-residents.

CREATIVE DANCE FOR 4-YEAR OLDS IN-PERSON AND VIRTUAL VIA ZOOM

Age: 4 year olds with non-participating parent/guardian*
Times: Tuesdays, 4:15pm to 5:00pm (*in Person Only*)

OR Saturdays, 10:00-10:45 am

Dates:

Session One:

Tuesdays: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9 Saturdays: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13

Session Two:

Tuesdays: 3/23, 3/30, 4/6, 4/20, 4/27, 5/4, 5/11, 5/18

(no class 4/13)

Saturdays: 4/3, 4/10, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29

(no class 4/17)

Where: Main Street Ballet, Woodbury

Fee: \$85 per 8 week session, \$95 per 8 week session

for non-residents.

TODDLER & PRESCHOOLER

YOUTH & TEEN ACTIVITIES

MAKE YOUR LIFE SPARKLE!

Debbie Gabriele, Instructor

Join Miss Debbie for all things that Sparkle!!

Be with us to read uplifting stories and make a craft that sparkles. This class will include Stars of Hope — A New York foundation project I have, that teaches children the importance of giving, empathy, and compassion. We will be painting/decorating and sparkling wooden stars, that we will send to a town in need. There they hang them up to give people hope as they regroup their lives.

Time: 3:30pm-4:30pm

Dates: 3/29, 4/5, 4/19, 4/26, 5/3

Where: Mitchell Elementary School

Fee: \$50 for residents and Region 14, \$60 for non-residents

PUPPETS & STORIES

Debbie Gabriele, Instructor

Learn about different kinds of puppets and puppet shows with Miss Debbie. This will be a hands-on class where children will use different kinds of puppets, and work together to create their own Stage, puppet shows, etc. We will also make a stick puppet & a sock puppet that children can take home at the completion of classes.

Time: 3:3opm-4:3opm

Dates: 3/28, 4/4, 4/11, 4/25, 5/2

Where: Mitchell Elementary School

Fee: \$40 for residents and Region 14, \$50 for non-residents



KID'S BRAZILIAN JIU JITSU & CHARACTER DEVELOPMENT Ed Berberich, Instructor

Did you know Martial Arts Training is 10 times better than Team Sports for developing a child's self-esteem and self-confidence? Here at Soulcraft BJJ Woodbury we teach the skills that will last a lifetime! This 6 week program will teach fundamentals of self-defense, improved self-confidence and introduce the art team work, improved self-confidence and introduce the art of Brazilian Jiu Jitsu as popularized by the Gracie Family of Brazil. Our program is designed to teach the core values of Jiu Jitsu as a lifestyle—striving to create a fun and practical approach to not only prepare children to defend themselves so they don't have to; but as a way to teach respect, self-confidence, teamwork and valuable listening skills they can carry into the classroom and beyond. Wear comfortable gym clothing and bring a water bottle.

Ages: 8-13 years old

Times: Mon, 5:00 – 5:45 pm OR Wed, 5:00 – 5:45 pm

Winter Session One:

Mondays: 1/10, 1/24, 1/31, 2/7, 2/14, 2/28 (snow 3/7) Wednesdays: 1/12,1/19, 1/26, 2/2, 2/9, 2/16, (snow 2/23)

Winter Session Two:

Mondays: 3/14, 3/21, 3/28, 4/4, 4/18, 4/25 (snow 5/2) Wednesdays: 3/2, 3/9, 3/16, 3/23, 3/30, 4/6 (snow 4/20)

Where: Monkey Bar Gym, 125 Main Street North, Unit 4,

Woodbury

Fee: \$100 for Region 14, \$110 for non-Region 14

MINDS IN MOTION: BRIDGES AND BUILDING

German Galindo, Instructor

Have you ever been across a bridge and wondered how it works? Get ready to get your mind in motion as you work with and take home your very own Structures Set! Learn all about buildings and bridges and how they literally support our lives! Experiment with different types of bridges and find out how their architectural design provides massive weight support. Discover all the types of forces applied and how engineers manage to reduce their effects. With your kit, you can build up to nine working models such as a house, pyramid, and various types of bridges: beam, arch, truss, cable-stayed and suspension bridge. You will study theory and learn the history of some amazing structures and historical landmarks.

Time: 9:00am-3:00pm

Dates: 3/4

Where: Old Town Hall

Fee: \$120 for residents, and Region 14,

\$130 for non-residents

YOUTH & TEEN ACTIVITIES

PRIVATE VIOLIN & VIOLA LESSONS

Lisa Laquidara, Instructor

The student is responsible for renting or buying his or her own instrument. The instructor may require one or more music books be purchased prior to the start of lessons. Classical method of violin playing is taught, though these techniques can be applied to all styles of violin playing including jazz, country and Irish fiddle. Lisa Laquidara is a professional violinist and teacher.

Age: 7 years to adult

Time: 30 minute time slots, Mondays or Tuesdays

(call for a time)

Dates: Six week session, ongoing **Where:** Woodbury Middle School

Fee: \$195 for residents, \$205 for non-region 14



BABYSITTING CERTIFICATE COURSE

Teresa Paternoster, Instructor

Age: 10-16 years

Time: 10:00am – 2:00pm

Date: Saturday, March 19th

Location: Rec House, 7 Mountain Road,

Woodbury

Fee: \$45 for Region-14,

\$55 for non-Region 14

Have you always wanted to be a babysitter? In this program, you will learn basic information on child development; bottles and feeding children, diaper changing, potty time, temper tantrums, appropriate toys and play for all ages, allergies, safety, information gathered from parents, and cover situations related to police, fire, health safety and basic first aid. Participants will receive a Certificate of Completion once you have completed the course. Please bring lunch, snack and water bottle.



VOLLEYBALL

Volleyball Clinic for Girls Coach Fred Raymond Instructor

Older teens, here is your chance to take your skills and knowledge of the sport to the next level with a 6 session coed clinic. Minimum 2 years experience in an organized league setting, AAU, Juniors or VARSITY high school will get to join. All aspects of the game from serving, hitting, blocking passing as well as defensive and offensive tactics will be covered over the six—1-1/2 hour sessions. Coach Fred hold a CT State coaching certificate and has over 30 years of experience with the sport of volleyball which covers his time as a girl's High School head coach, boy's High School coach, CT Juniors head boy's coach, as well as being the founder and head coach of the Performance Volleyball clinics. Coach Fred has coached a N.E. Region Alternate setter to the USA boy's National Team, as well as working one on one with several female players who have gone on to play in college at the Division I, II and III levels.

Age: Grades 9 - 12 **Time:** 6:00pm - 7:30pm

Date: Session One: 1/13, 2/27, 3/3, 3/10, 3/17, 3/24

Session Two: 3/17, 3/24, 3/31, 4/7, 4/21, 4/28

Location: Woodbury Middle School Gym

Fee: \$40 for Region-14,

\$50 for non-Region 14

Volleyball for Beginners: Boys and Girls

Coach Sandy Stone, Instructor

Here is your chance to make a difference in your volleyball career! Middle schoolers with little to no experience will train with Coach Sandy, learning individual and team skills to prepare you for high school tryouts. Coach Sandy is a CT high school certified coach, High School Girls assistant coach.

Age: Grades 6 - 8 **Time:** 6:00pm - 7:30pm

Date: Session One: 1/13, 2/27, 3/3, 3/10, 3/17, 3/24 Session Two: 3/10, 3/17, 3/24, 3/31, 4/7, 4/21,

Location: Woodbury Middle School Gym

Fee: \$40 for Region-14, \$50 for non-Region 14

PROGRAM IDEAS & INSTRUCTORS

The Woodbury Parks and Recreation Department is always looking for enthusiastic and innovative instructors who are qualified to run a program that we do not currently provide.

If you have a unique talent, skill or idea for a new class, please contact the Parks and Recreation office at 203-263-3113 or by email at jmiller@woodburyct.org

TEEN & ADULT ACTIVITIES

1-DAY COMBINATION: SAFE BOATING & PERSONAL WATERCRAFT

Patrick Kilby, Instructor



in one (8 hour) day. This class includes the newest requirement for towing skiers & tubes. Successful completion will allow the student to purchase a Connecticut Certificate of Personal Watercraft Operation with Waterski endorsement, which enables them to operate any recreational vessel up to 65 feet in length, with some age restrictions for younger operators. An easy to understand classroom format is designed for students age 12 and over. PRIOR TO TAKING THIS CLASS each student should create an account online at https://www.ct.wildlifelicense.com/internetsales, and click the START button. Create an account if you don't already have one, and then print the page that includes your Conservation ID number and bring it to class. Once we have entered your score in the DEEP system you will use your account to purchase & print the certificate after the class. Students should bring a pen or pencil to class.

Time: 8:30am - 4:30pm

Dates: 3 offerings! Saturdays, 3/12, 4/2 or 5/7 Where: Rec House, 7 Mountain Rd, Woodbury \$65 for resident, \$75 for non-resident

LINE DANCING FOR FITNESS

Tricia Marino-Brown, Instructor

Come join the fun! Learn to line dance in a fun, nonjudgmental atmosphere. We will do some basic, traditional line dances plus many others will be introduced. We will dance to both country and pop songs! No experience necessary, just a desire to have fun! By the end of 6 weeks, you will know 7-10 different dances. End the last 15 minutes with core/mat work. Bring a mat, wear sneakers and comfortable clothes.

Email triciabrown562@yahoo.com with any questions. Try one of our Beginner Line Dancing Classes or sign up for weekly fun!

Time: 5:30pm—7:00pm

Fee:

Dates: Session One: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15

Session Two: 3/1, 3/8, 3/15, 3/22, 3/29, 4/5 One Evening Beginner Class: 1/12 or 2/6 Where: Old Town Hall, 5 Mountain Rd, Woodbury \$65 for resident and Region 14 employees,

\$75 for non-resident.

One Evening Class: \$20 each.

*Region 14 employees will need to call to have price adjusted. 203-263-3113

HEALTH & FITNESS

ZUMBA FITNESS

MOVING THE WORLD TO A NEW BEAT!

Emperatriz Ochoa, Licensed ZUMBA® Instructor

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness

party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and

check! The benefits are a total

workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class! Burn Up to 1,000 CALORIES in 1-HOUR!!!!

Adults and Teens Age: **Times:** Mondays, 7:30-8:30 pm

Dates: Session One: 1/10, 1/17, 1/24, 1/31, 2/7, 2/21

(No class 2/14. Snow date 2/28)

Session Two: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11

(snow date 4/18)

Where: Old Town Hall, 5 Mountain Rd, Woodbury \$65 for residents, \$75 for non-residents

CARDIO KICKBOXING

Tricia Marino-Brown, Instructor

This high-energy interval workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories with this fun and challenging workout in a no judgement zone. The last 20-25 minutes of class will focus on full body conditioning and core work.

All levels are welcome as modifications will be given. Bring a mat and water bottle.

Email triciabrown562@yahoo.com with questions.

Time: Thursdays, 3:45pm-4:45pm

Dates: Session One: 1/13, 1/20, 1/27, 2/3, 2/10, 2/17

Session Two: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7 Where: Old Town Hall, 5 Mountain Rd, Woodbury

Fee: \$65 for resident and Region 14 employees,

\$75 for non-resident.

*Region 14 employees will need to call to have price adjusted. 203-263-3113

ADULT ACTIVITIES

BASKETBALL: OPEN GYM

You must be registered to participate in these programs! For residents of Woodbury and Bethlehem. \$5.00 to register Ages 18 to 29: Mondays, 7:00pm-9:00pm at Bethlehem Elementary Gym

Ages 30 and Over: Mondays, 7:00pm-9:00pm at Mitchell

Elementary Gym

Dates subject to change. Check website.

TAI CHI & QUIGONG

Adam Tilbe, Instructor

These classes will teach you a simple, but powerful set of exercises that can help you improve your health, posture, and lifestyle. All these gentle, effective, exercises are performed standing up and at your comfort level. You will also learn the movements of the Yang style short form and its applications. Benefits of Tai Chi include: reduced stress and anxiety, increased mental clarity, enhanced mind/body connection, improved balance, stability and coordination, improved joint mobility and flexibility, increased range of motion, improved strength and muscle tone and improved respiratory function. For more information or any questions Contact: adam@vitalenergyct.com (203)982-9253

Wednesdays, Group & Form Class Days: Times: Group Class: 9:15am – 10:15am

Form Class: 10:15am - 10:45am

Evening Group Class: 6:00pm - 7:00pm

Dates: Session 1: 1/12, 1/19, 1/26, 2/2, 2/9 2/16

(snow date 4/21)

Session 2: 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

(snow date 4/21)

Location: Old Town Hall, 5 Mountain Rd, Woodbury Fee: Group Class: \$99 per 6-week session. \$109 per 6-week session for non-residents

Form Class: \$45 per 6-week session. \$50 per 6-week session for non-residents.

Tai Chi and Qigong Group Class: 9:15am - 10:15am

In this class you will learn a simple, but powerful set of qigong exercises that can help you improve your health, posture, balance, energy level, and lifestyle. These gentle, effective, exercises are performed slowly, standing up, and at your individual comfort level. Class also includes introduction to the Yang style 24 step Tai Chi form.

Tai Chi Form Class: Immediately following the Group Class, 10:15 am (MUST HAVE TAKEN 1 session of the Group Class before participating.) After the first class is over, take your practice to the next level by learning and practicing the movements of the traditional Yang Style 24 step Tai Chi form. This class is designed to help each student to progress at their own speed and includes individualized instruction tailored to each student's current level.

PILATES/BODY BARRE WITH PROPS (VIRTUAL)

Megan Lutz, Instructor

www.peacefulwaywellness.com

Pilates | Body Barre is a combination of traditional Pilates postures and Body Barres low impact, high intensity movements designed to tone, strengthen and stretch the total body. *This class uses a Pilates ring, 3 lb weights and a Glider. The instructor will help you obtain the props, reach her at peacefulwaywellness@gmail.com.

The class meets on the virtual platform - Zoom.

Times: Wednesdays 7:00am—8:00am

Dates: Mondays, Session 1: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16

Mondays, Session 2: 2/23, 3/2, 3/9, 3/16, 3/23, 3/30

Location: Virtually, at home

Fee: \$65 per 6-week session.

KRIPALU VINYASA YOGA

Megan Lutz, Instructor www.peacefulwaywellness.com Kripalu Vinyasa Yoqa moves through active, breath guided, flowing postures, allowing students to fully embody alignment and movement energetically and physically. The sequences

integrate standing, standing twist, standing balance, arm balance, hip opener, backbend, seated twist, forward bend, inversion and restorative postures while strengthening and stretching muscles, increasing bone density, releasing tension, and centering body-mind.

Time: Mondays, 6:15pm-7:15pm

Thursdays, 9:00am-10:15am

Dates: Mondays, **Session One**: 1/10,1/24,1/31,2/7,2/14,2/28

Mondays, Session Two: 3/14,3/21,3/28,4/4,4/11,4/18 Thursdays, **Session One**: 1/13,1/20,1/27,2/3,2/10,2/17 Thursdays, **Session Two**: 3/3, 3/10, 3/17, 3/24, /31,4/7

Where: Old Town Hall

Mondays: \$65 for residents, \$75 for non-residents. Fee:

Thursdays: \$80 for residents, \$90 for non-residents.

TOTAL BODY WORKOUT

Tricia Marino-Brown, Instructor

A muscle toning and endurance class designed to challenge and work the entire body. We will also work on flexibility and

balance. Bring a mat, free weights and a water

bottle. Modifications will be given, as no one body is the same! Email triciabrown562@yahoo.com with guestions.

Time: 3:30pm-4:20pm

Dates: Session One: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15

Session Two: 3/1, 3/8, 3/15, 3/22, 3/29, 4/5

Where: Old Town Hall, 5 Mountain Rd, Woodbury \$60 for resident and Region 14 employees,

\$70 for non-resident.

*Region 14 employees will need to call to have price adjusted. 203-263-3113

COMMUNITY EVENTS

SNOWSHOE PROGRAM

Have you always wanted to try snowshoeing? Here's your chance! Snowshoes available for you to borrow at the Woodbury Library! In an effort to give our patrons an opportunity to try something new and get outside, we are happy to announce that we have a limited number of adult and child sized snowshoes available to borrow to see if you like this outdoor sport.

Get your library card ready, head to the Woodbury Library and borrow a pair of snowshoes for a 1-week period. (No renewals.) You will need a sturdy pair of boots for the snowshoes to strap onto. Head out into your backyard, the Hollow, Three Rivers or another local spot to try them out.

EGG HUNT!

The annual Spring Egg Hunt will be held (rain or shine) on Saturday, April 9th, 2022 at Hollow Park. The hunt begins at exactly 10:000am! Wear your prettiest or funniest spring bonnet and come join the Easter Bunny at the Hollow! Take your child's photo with the Easter Bunny before or after they race to fill their basket with chocolate eggs hidden in the park! This is appropriate and lots of fun for children up to 10 years old. If you have questions, please email jmiller@woodburyct.org.

Easter Bunny will arrive at 9:30 am. Egg Hunt starts at exactly 10:00 am This is a FREE event, but we kindly accept DONATIONS of toiletries for the WOODBURY FOOD BANK. This is a rain or shine event! If we have to change our plans for any reason, please watch our website and your emails for notification.

WOODBURY SPRING 2022 CLEAN UP DAY

Saturday April 2nd, 2022: Sign up starts at 8:00am at Hollow Park. Join a group, or sign your group in at the Hollow, or work independently, all are welcome to help! Bags and gloves provided.

Enjoy chili and hotdogs after the work is done around noon at Hollow Park. Sponsored by the Woodbury Conservation Commission. For more information call Jeff Sherman, (203) 263-5408 or email him at ijsherm@yahoo.com

WOODBURY EARTH DAY!

On Saturday, April 30th, Pomperaug River Watershed
Coalition will present Earth Day at Hollow
Park, Woodbury. The plans are still
underway, they are hoping to bring back the
fun filled day they have brought to us before
Covid-19 of music, food, family activities,
artisans' market and local organizations. For
updates and more information, please visit their website at:
www.pomperaug.org

SCHOLARSHIP FUND TAG SALE FOR WOODBURY DOLLARS FOR SCHOLARS

The Fund will hold its annual tag sale at Hollow Park in Woodbury on Saturday, May 7th from 8:00am to 2:30pm. Donations to the sale are accepted, and we may be able to provide pick-up services.

The Fund has opened the event to include craft, flower, and produce vendors, as well as individuals who would like their own 10 x 10 space for rent. 25 plots will be available for rent, at \$25.

Questions about donations or vendor spaces can be directed to tagsale_info@wsfund.org or info@wsfund.org



POMPERAUG VALLEY GARDEN CLUB ANNUAL PLANT SALE AT HOLLOW PARK

On Saturday, May 21st from 9:00am - 1:00pm you can come select and buy a wide assortment of plants for your garden, patio or home! Stop by the Hollow Park Pavilion, 43 Hollow Rd, Woodbury.

Woodbury Town Community Calendar

Check out the community calendar on the Town website for more events as they become available. Visit www.woodburyct.org and navigate to the "Community Calendar" tab.