

**Simsbury
Culture,
Parks &
Recreation
Department
Winter 2018
Programs**



Programs:

- Adult Fitness Classes
 - Adult Programs
 - Youth Programs
 - Bus Trips
- Tennis & Paddle Tennis

See reverse side for
more information!

Skating Info:

- Youth Ice Skating Lessons
- Ice Rentals
- Birthday Parties!
- Rink Season Passes
- Public Skating hours

PUBLIC SKATING HOURS

MONDAY-FRIDAY	10:45AM-2:00PM	PUBLIC SKATE
SATURDAY	2:15-4:15 PM	PUBLIC SKATE
SUNDAY	2:15-4:15 PM	PUBLIC SKATE

SATURDAY NIGHT SPECIAL PUBLIC SKATE
7:30-9:00 PM

Winter 2018 Programs: Visit www.simsburyrec.com for more details and information!

Adult Fitness:

Abs, Back & Booty
Reset, Renew & Recharge: A Yoga & Vision Board Workshop
Strength Interval
Yoga



Adult Activities:

Adult Music Appreciation 101
Get Fit & Lose Weight –A Weight Loss Challenge
Make Your Own Ukelele
Mindless vs Mindful Eating
Pregnancy Nutrition
Sports Nutrition Basics
Wellness & Nutrition Basics –Topics vary weekly, please check website for details

Children's Activities:

Acting Classes
Ice Skating Lessons
Indoor Field Hockey Clinics
Fencing
Make Your Own Ukelele (ages 12 & up)
Simsbury Spinners Baton Twirling Team



Tennis & Paddle Tennis:

Paddle/Platform Tennis Instruction
Tennis –Live Ball Action Drill & Play
Tennis Apprentice Adult Beginner/Advanced Beginner
Tennis Apprentice Advanced Beginner/Low Intermediate

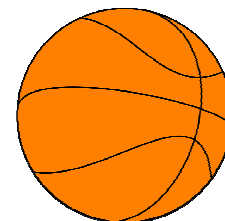


Bus Trips:

New York Yankees vs Boston Red Sox at Yankee Stadium
Boston Red Sox vs Toronto Blue Jays at Fenway Park
Bronx Zoo

Looking for something to do on a Sunday afternoon?

Drop-in to the Family Open Gym!
Held on Sundays (weather permitting) at HJMS
1:00-4:30pm
December 10-March 18
Only \$2 per person, \$5 max per family
Don't forget your basketball!



Keep in touch with the Simsbury Parks & Recreation Department!

Open 24 hours at www.simsburyrec.com

On Facebook at "Simsbury Culture, Parks & Recreation Department"

860-658-3836