



UPCOMING BUS TRIPS

Sunday, June 9th, Red Sox vs. Tampa Bay at Fenway @1:05

Join us for another great trip with the **FUN BUS!** Trip includes your seat on the bus (with entertaining games and prizes on the drive), your game ticket in the outfield grandstand #1, and a Fun Bus cookout before the game. (Cook out planned for 10:45) This trip makes a great Father's Day or Graduation gift or a great way to kick-off summer. Coach bus leaves the Tolland Commuter lot at exit #68 at 10:00 am and returns 2 1/2 hours after game ends. Fee: \$150 pp

Thursday, July 4th, James Taylor at Tanglewood! Lennox, MA

Beloved singer songwriter James Taylor will make this a 4th of July to remember as you enjoy his music and the beautiful grounds known as Tanglewood! The Coach Bus departs from the Tolland Commuter Lot at exit #68 at 3 p.m. and returns about midnight. Concert begins at 8 p.m. Price: \$69 pp includes bus and lawn ticket. Fireworks are planned after the show. You may purchase food there or bring in food, coolers, wine, etc. (no cooking). Register early; trip and concert are often a sell-out. (I have the last of the tickets. The other towns have sold out and are requesting more seats. I will hold what I have for Ashford residents until June 10th; after that they will be sold to other towns wait lists.)

Ashford Parks & Recreation is pleased to present our **2019 Summer Concerts Series**

Tuesday nights 6:30– 8:00 p.m. at Pompey Hollow Park!



JULY 9TH, DESIREE BASSETT BAND

JULY 16TH, BOOGALOO BRASS BAND

JULY 23RD, NIGHT SHIFT

JULY 30TH, BAND/TBA (APRC BBQ)

AUG. 6TH, GREAT HILL MOUNTAIN BAND

LOOKING AHEAD!



Family Camp Out Ashford Memorial Park, Aug. 23rd 5:00 pm to Aug. 24th 11:00 am

Labor Day 5k Road Race, Ashford Memorial Park, Sat. Aug. 31st, 10 am

Bus Trip Vermont Vine to Wine Tour, Sun. Sept. 1st

Bike Ride NERAC Earth Cycling Clubs Gravel Grinder, Ashford Memorial Park, Sat. 9/7.

Family Day Pompey Hollow Park, 1-4 pm Sunday Sept. 15th

YOGA



2 New Summer Offerings! NAMASTE'

Early Morning Class on Tuesdays from 8:15-9:15 with Certified Instructor Carrie Kirchner, this class is for all levels and begins June 4th runs 6 weeks till July 9th. In Knowlton Town Hall, Fee: \$48 or \$10 (drop in fee.)

Weds Eves with Health Coach Lisa Terenzio Mead, 5:30-6:30 pm at Knowlton Town Hall. This class has both restorative and hatha yoga poses. Lisa specializes in working with those with high stress or chronic pain or fatigue. It is suitable for all. Class runs June 12th to July 17th, 6 weeks for \$48 or \$10 (drop in fee)

TAI CHI

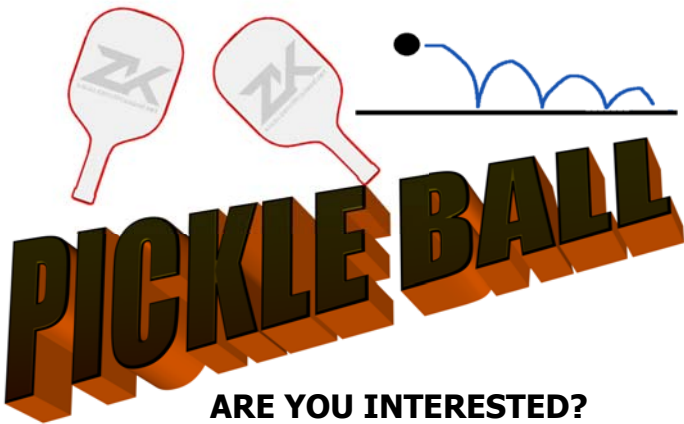
with Joe Pandolfo

Joe is a certified, experienced Tai Chi instructor offering Monday evening classes for adults at the Senior Center from 5:30-6:30 p.m.

Summer Mini Session runs 4 weeks

June 10th thru July 1st
Fee: \$32 for the 4 wk. session or (\$10 per class drop in fee)

TRY IT, Newcomers Welcome!
Questions call Joe at 860-420-5012



ARE YOU INTERESTED?

send an email to syork@ashfortdtownhall.org to be put on a list and connect with other players!

We have launched our pickle ball program and have had between 4 and 12 people playing on Fridays during the month of May. IT'S FUN! good exercise and the players are great about teaching the newcomers. Come try out our new equipment, check out this popular new sport that's a cross between tennis and badminton!

- See how the game is played
- Learn the rules, & scoring
- Practice with a partner!

AT TENNIS COURTS BY THE SENIOR CENTER
FRIDAYS 1:00- 2:30 pm & WEDS 9:30-11:00 am in JUNE!

REGISTRATION FORM

Registration Information: You may register for all activities at the Recreation office in Town Hall or by mail to: 5 Town Hall Rd. Registration and payment are required prior to the start of a program. Permission slips and waivers must be signed before participating in programs. Out of town residents are welcome if space is available and are charged an extra \$5 fee. Refunds are not given once a program begins except for medical reasons. Credits or refunds are given for cancelled programs. Checks may be made out to A.P.R.C. Please call 860-487-4409 with ?s

Participants Name Address & (e-mail)	Program	Phone	Age	Fee

Please list any allergies or medical conditions
(Write "None" if appropriate)

The signer or parent /guardian agree to waive, release and hold harmless the A.P.R.C. any persons connected with A.P.R.C. and or any volunteers from any claims of bodily or property damage resulting from the use of facilities or activity during an A.P.R.C. sponsored program.

(Parent or Guardian Signature)

Youth Programs

Ashford Summer Camp

Register Now!

June 17th-21st & June 24th-28th, 8:30-am-4:30 pm

Half Day or Full Day options available !

\$200 per week, \$150 (additional sibling) \$100 1/2 day

Activities include : Sports, Games, Crafts, Nature, Cooking

Hikes, Swimming (2 days per week), & Local Trips!

Details and forms are available at Ashford School and online at

www.ashfordtownhall.org

Camp sponsored by the Rec. Dept. & Youth Services!



Swimming Lessons

A SAFE SWIMMER

IS A STRONG SWIMMER!

Red Cross Learn to Swim Lessons will be taught at the Evangelical Christian Center Pool. Summer session runs 2 times per week for 3 weeks. June 17, 20, 24, 27, July 1st & (Wed.) July 3rd.

Classes are 45 Min. Fee: \$60 (Baby Class 30 mins)

Baby Class (3 and under with adult) 5:30 -6:00

Preschool & Level I, 6:00-6:45

Level II & III, 6:45-7:30

Level IV & up, 7:30: 8:15

Call 860-487-4409 with questions.



BIKE CAMP 7/15-7/19, 9-11 a.m.

Ashford Memorial Park!

Garth Bean will return to run Bike Camp now in its 10th year! Kids age 4 and up are welcome! At camp they'll practice pedaling, balancing, steering, and have fun with some contests and challenges.

Each rider needs to bring their own bike and helmet each day. Fee: \$50

It's a happy day when you can ride your bike!



Tiny House Makers Do you enjoy using your imagination to create new and fun models? In this class you will design a small house. You will use a low cut cardboard box as the base for your house. You will draw your floor plan, and use a foam core to create the walls and shell for the house. Then you will finish with flooring, wall paper, furniture and more. This Art Class is geared for students in grades 4-6, and will meet on Tues. & Weds. at 1 pm on July 2, 3, 9, 10, 16, & 17 in the air conditioned Warrenville Post Office. Instructor Sharon Puntty, Fee \$50 Register by 6/28.

GIRL POWER FITNESS CAMP

What is Girl Power? It's the power that girls have to be the best they can be!

One Week Camp for Girls in Grades 5-8

Dates: August 12th—August 16th

Hours: 8:30-4:30 **Price:** \$150

Location: Ashford Memorial Park, & Pompey Hollow Park, Knowlton Memorial Hall and the air-conditioned Warrenville Post Office.

Leaders: Sherry York and guest presenters.

Come join us for some summer sports, games and fun! Where girls can try some new activities, build their confidence and make friends. We will provide a healthy snack each day, you will need to bring your own lunch. There will be lots of time for favorite activities like kick ball, capture the flag, an obstacle course, arts and crafts and swimming. We will take a day trip, use kayaks, hike, do some yoga, play tennis, and try a Cross Fit workout. We will make smoothies, discuss nutrition, emotional health, and do some gymnastics and dancing. Mark your calendar now, (10-14 pp needed)

