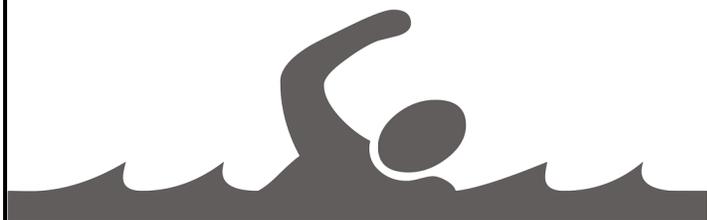


Registration forms online at www.ashfordtownhall.org



start Smart Soccer

For Kids Ages 3-5 years!

Meets Friday Afternoons,
3:45-4:30 at
Ashford Memorial Park

INTRO to SOCCER

Come and learn to kick, dribble and trap the soccer ball. Run, play and enjoy the great outdoors and experience the fun of a team sport!

Fee: \$30 (6 wks) 9/13-10/18



S W I M M I N G

RED CROSS 'LEARN TO SWIM' LESSONS

offered on **Monday nights** at the Evangelical Christian Center Pool, 8 week session, **Sept. 16th—Nov. 4th**
Fee: \$60

Parent Tot/ Preschool 6:00-6:30

Preschool & Level I 6:30-7:00

Level II & III 7:00- 7:30

Level IV & V 7:30-8:00

Register early, class sizes are limited, times subject to change based on groupings.



Gymnastics

(Being Right side up is Overrated !)

AFTER SCHOOL on THURSDAYS from 3:30-4:30 pm

For boys and girls in **Grades K-4**

Learn to stretch, tumble, balance and flip!

Build your strength, practice cartwheels, scales, hand stands and learn new tricks.

6 week session runs from September 19th through October 24th. **Fee: \$48**



YOGA



Certified Yoga Instructor, Karrie Kirchner will lead an early morning Hatha Yoga practice on **Tuesdays from 8:15 to 9:15 am at Knowlton Memorial Hall**. Yoga is a beautiful sacred practice of mindful movement and traditions of wisdom to help you along your path to healing and self discovery. The 8 week fall session will run from Sept. 10th thru October 29th. Fee: \$64 (or \$10 drop in fee) *Namaste'*

TAI CHI

**Monday Evenings, 5:30-6:30 pm,
at Knowlton Memorial Hall.**

Start your week with rejuvenating, relaxing exercises from traditional *tai chi* and *qigong*. These centuries old exercises are sometimes called "moving meditation" and "internal martial arts", and are shown in studies to improve your balance and health!

Instructor: JOE PANDOLFO, Fee: \$56 (or \$10 drop in)

7 week session, runs Sept. 9th –Nov. 4th



Ashford Parks and Recreation BUS TRIPS & SPECIAL EVENTS

ROGER WILLIAMS SPOOKY ZOO - Saturday October 26th, 2019



Spooky Zoo is back, offering daytime outdoor autumn activities for the whole family. Come trick-or-treat (while supplies last) with us beginning at 10:00 am. Kids and adults will enjoy a packed schedule of seasonal activities including: animal encounters, the annual elephant pumpkin stomp, meet & greet with costumed characters, hands on crafts, and free trick-or-treat bags provided by National Grid! Your coach bus leaves at 8:30 a.m. from the Tolland Commuter Lot at I-84 Exit 68. Return time is approximately 5:30 p.m. Fee: \$46 per person (ages 13+up) \$41 per child (age 12 + under) **Registration Deadline: Sept. 26th.**

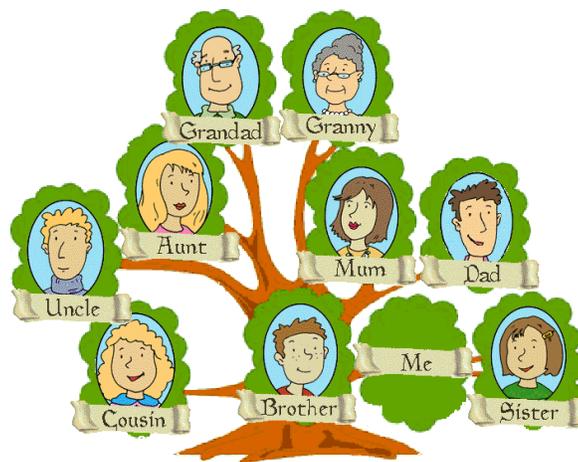
DAY ON YOUR OWN IN N.Y.C. - Saturday December 7th, 2019

Enjoy a Day in the "Big Apple" with family and friends. Get a jump on your holiday shopping, visit the museums, see a Broadway show or just enjoy the sights and sounds of the city at holiday time. Bus drop offs and pickups will be determined by the driver on the day of the trip. Departure Time 7:00 a.m. Bus leaves from the Tolland Commuter Lot at I-84 Exit 68 Return time: approximately 10:30 p.m. Fee: \$68 per person (includes coach bus only) **Registration deadline: November 22nd.**



FAMILY DAY!

Sunday 9/15
1-4 pm Pompey
Hollow Park



Join us for the 19th Annual Family Day Festivities!

Free Food, Games, Inflatables, Music, Raffles, & Arts and Crafts.

Contact 860-487-4409 to reserve a table so your organization can be represented! Watch for more details, and bring Mom, Grandpop, and Auntie Em to join the fun!

THE GREAT PUMPKIN'S
HALLOWEEN PARTY
Friday Oct. 25th, 5:30-7:30
Ashford School! (Preschool—5th Gr.)

