

New ~ SAW II- Success at Work

Many high school students can build independence and start making money with a first job...but how? This six week program, led by a HR professional, will help students prepare for employment. Weekly topics include: applying for a job, successful interviewing, understanding employer expectations, professional interactions with employers and basic financial planning. Through mock interviews, classroom participation and practice applications, this hands-on class will teach real-life skills to build confidence and better prepare students to enter the workforce.

Day: Tuesday Time: 2:30 – 4:00 p.m. Place: BHS Room
Dates: 4/26 – 5/31 (6 wks) Instructor: Kelly McGovern Fee: \$60.00

New ~ HS Summer Strength & Conditioning

“Get stronger, faster, and better prepared than the competition!” The NO-LIMIT Summer Strength and Conditioning Program is for high school athletes who are looking to enhance their current abilities through incorporating Advanced Cross Training methods into their training. Training is done in a class setting with a coach to ensure training is done correctly with proper form and mechanics. This program is open to all skill levels and abilities. Our programming focuses on basic elements of strength, speed, agility, intensity, endurance, and variety. It prepares you to be a better overall athlete. The more athletic you become, the better you will be able to meet the demands of your sport. To improve overall performance, mobility, recovery techniques and nutritional guidance are also used to educate young athletes on how decisions off the field, between games, and at practices can also improve their athletic ability. ADDED VALUE: Class also includes full gym membership to No-Limit for the duration of the program.

Day/Time: Tuesday and Thursday 4:00 – 5:00 p.m.
Session 1: 5/3 – 6/9 (11 classes) – no class 5/26
Session 2: 6/21 – 8/11 (15 classes) – no class 7/5
Fee: \$125.00 for session 1, \$160 for session 2
Place: No-Limit Health & Fitness, 1120 Federal Road

Advanced Drawing and Watercolor

Beneath every painting there should be an accurate line drawing. Students in grades 9-12 will learn how to train their eyes to see accurate shapes, values and colors. They will learn how to use color theory; primary, secondary and complementary colors, along with warm and cool colors. Classes will involve drawing and painting sharp focus realistic still life paintings. This class is for the serious student who would like to produce exhibit worthy paintings and drawings. Instructor Victoria Lange is a professional artist and graduate of Paier College of Art. She has designed and illustrated for many greeting card companies including C.R. Gibson, Dayspring, and Henson Associates. Supplies are provided by the student and are estimated at \$125 for the session. (A supply list will be emailed to you along with your receipt at registration.)

Day: Wednesday Time: 2:30 – 4:00 p.m. Place: BHS Room
Dates: 4/27 – 6/15 (8 wks) Instructor: Victoria Lange Fee: \$88.00

USTA Junior Tennis

USTA Jr. Team Tennis is a recreational tennis league for children ages 5–18 with some previous tennis experience. Children play on co-ed teams offering a fun and competitive environment. Participants (adv. beginner, intermediate and advanced) will gain match play experience as they compete with and against individuals of similar age from surrounding areas. Older players should already be comfortable with keeping score, serving, and have knowledge of the basic rules when playing singles and doubles matches.

The season will run approximately June 10 through August 7 with a practice once a week and four to six matches during the season. At least two home matches will be played on Saturday afternoons on the BHS Courts and at least two away matches TBA in towns throughout Fairfield County. Depending on the number of kids on each team, each player may not play in every match officially. Every effort will be made to have practice on a set day and time each week when all team members can participate. Practices may or may not be rescheduled if cancelled due to the weather, but matches will be rescheduled.

Total fee to participate is \$143.00. \$100 will be paid directly to Parks & Rec. at registration for coaches' fees and team t-shirt. \$43 will be paid when you register for your team online and includes USTA membership and the fee for the league. You MUST register with Parks and Recreation by Friday, May 13 in order to play.

To learn more about Junior Team Tennis please join us for an informational meeting on Monday, May 9 at 6:30 p.m. in Town Hall. We are always looking for coaches. If you are interested, please attend the meeting on May 9 or call the Parks & Recreation Office at 775-7310.