

SPECIAL INTEREST

CERT TRAINING

AGES 14 & OVER

NCC DEPARTMENT OF EMERGENCY MANAGEMENT

The City of Newark, in cooperation with New Castle County Office of Emergency Management, will be conducting a Basic CERT training course. This 12 hour training program will be provided free of charge at the City Municipal Building located at 220 South Main Street.

During this two day, 12 hour course of instruction, students will learn a variety of hazard awareness and emergency preparedness skills which will make them and their families better equipped to deal with all hazardous emergency situations, as well as assist first responders and emergency management officials in certain aspects of response and post event recovery activities.

Course curriculum includes American Heart Association CPR/AED Certification, basic first aid, hazardous materials awareness training, basic family preparedness strategies, proper use of home and office fire extinguishers, search and rescue, and more. Students also receive a CERT participant's training manual, and a CERT backpack with basic personal protective equipment including hard hat, gloves, safety glasses, and a flashlight.

Students will be provided a light dinner at the Friday evening session, and breakfast and lunch at the Saturday session at no cost.

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

REGISTER AT:

www.newcastlede.gov/158/Community-Emergency-Response-Team

Activity #: 3359-109 Fee / RDF: FREE
Dates: April 26 & 27 Days: Fri. & Sat.
Hours: Fri. 4:30 - 9:30 p.m. - Sat. 8 a.m. - 4 p.m.
Location: City Municipal Building

CPR / AED & FIRST AID

AGES 12 & OVER

PATTI REYNOLDS

Participants learn to recognize and respond appropriately to cardiac and breathing emergencies. The course teaches the skills participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Students who successfully complete this course will receive certificates for CPR/AED - Adult, which are valid for two years. Infant/Child CPR will be covered for any participant who requires it.

CPR / AED ONLY

Activity #: 3332-109 Fee: \$80 RDF: \$69
Dates: Feb. 24
Days: Sun. Hours: 12 - 2 p.m.
Location: Newark Senior Center

Activity #: 3332-209 Fee: \$80 RDF: \$69
Dates: June 6
Days: Thu. Hours: 6 - 9 p.m.
Location: Newark Senior Center

CPR / AED & FIRST AID

Activity #: 3332-119 Fee: \$106 RDF: \$94
Dates: Feb. 24
Days: Sun. Hours: 12 - 2 p.m.
Location: Newark Senior Center

Activity #: 3332-219 Fee: \$106 RDF: \$94
Dates: June 6
Days: Thu. Hours: 6 - 9 p.m.
Location: Newark Senior Center

NEW!**KIDS EMOTIONAL WELLNESS WORKSHOP****AGES 5 - 15****WELLNESS BY JASMINE**

Join us for a fun, fast, free, kid-friendly class to help children process emotions using essential oils. Using characters from Disney/Pixar's "Inside Out," children will learn how to identify their emotions and take control. Families will also develop their language for discussing feelings and essential oils, in a safe, fun environment. This workshop is perfect for all children, especially those with special struggles handling emotion. This class was developed by a master-teacher, board certified aromatherapist and board-certified physician. It will be taught by a certified holistic health coach/essential oils educator. Optional: Create an emotional oils keychain to take home for \$20. Class size is small, so as not to overwhelm the children. Pre-register no later than 4 p.m. on the previous business day.

Activity #: 1356-109

Fee: FREE

Dates: Feb. 2

Days: Sat.

Hours: 10 a.m. - 12 p.m.

Location: George Wilson Center

NEW!**DIY ESSENTIAL OILS AND EDUCATION WORKSHOP****AGES 18 & OVER****WELLNESS BY JASMIN**

Curious about essential oils, just don't know how to use them? Join us for a fun workshop to learn all about them with an optional DIY! We'll show you how to incorporate essential oils into your everyday life, using fast and simple roll on bottles! You can make as many of these rollers as you want for \$5 each. Seasonal discomfort, focus, sniffles, sleep issues? We've got you covered and we're making all kinds! Pre-register no later than 4 p.m. on the previous business day.

Activity #: 3326-109

Fee: FREE

Dates: Feb. 13

Days: Wed.

Hours: 6 - 8 p.m.

Location: George Wilson Center

Activity #: 3326-119

Fee: FREE

Dates: March 16

Days: Sat.

Hours: 10 a.m. - 12 p.m.

Location: George Wilson Center

Activity #: 3326-129

Fee: FREE

Dates: April 3

Days: Wed.

Hours: 6 - 8 p.m.

Location: George Wilson Center

RESIDENT DISCOUNT FEE (RDF)

In recognizing that City of Newark residents support our department through their city taxes, the City offers residents a discounted fee. Non-residents will pay the regular fee for the programs.

NEW!**DELAWARE ALTERNATIVES TO VIOLENCE PROGRAM DEMO****AGES 14 & OVER****DE ALTERNATIVES TO VIOLENCE**

The Alternatives to Violence Project is a global organization that teaches community-building, communication, and conflict resolution skills. Founded in 1975, AVP has participated in repairing the social damage from conflicts in Kosovo, South Africa, and Rwanda. It is credited with kickstarting the end of The Troubles in Northern Ireland. Here in Delaware, we have been active in the correctional system for nearly 30 years and are considered an "evidence-based program" by the Delaware Department of Corrections. But you don't have to go to jail to learn these skills! Whether you are the victim of violence, have trouble managing your own anger, or desire to help your community, AVP has something for you.

Activity #: 3329-109

Fee / RDF: FREE

Dates: Jan. 17

Days: Thu.

Hours: 7 - 8:30 p.m.

Location: Newark Natural Foods

NEW!**DELAWARE ALTERNATIVES TO VIOLENCE PROGRAM****AGES 14 & OVER****DE ALTERNATIVE TO VIOLENCE**

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Activity #: 3329-119

Fee: \$52 RDF: \$40

Dates: Jan. 23 - Feb 6

Days: Wed. & Thu.

Hours: 6 - 9 p.m.

Location: Newark Senior Center





NEWARK COMMUNITY GARDEN



ACTIVITY # 3338 - 109
FEE: \$55 • RESIDENT FEE: \$40

City of Newark Community Garden will again take root in 2019 at Fairfield Park! Meet others with the same interest and experience the gratification of producing flowers and food for your table. There are a limited number of plots available so register now to reserve your 10' x 4' space. Services provided will include the initial preparation of the garden area, water sources, maintained paths, composting facilities, tool shed and more. Once you register you will be contacted about organizational and informational meetings for the Community Garden.

GARDEN PARTY

6 - 8 PM • FAIRFIELD PARK

Newark Community Gardeners are invited to join other Newark Community Garden members for the Spring kick off on Friday, April 19 from 6 - 8 p.m. Light refreshments will be provided.



STEWARDS OF CHILDREN

AGES 18 & OVER

BEAU BIDEN FOUNDATION

Stewards of Children is the only evidence-informed child sexual abuse prevention training for adults currently available. The Beau Biden Foundation for the Protection of Children is working to create a societal shift in thinking: to place the responsibility for preventing child sexual abuse with adults. Delaware's current statutory language makes EVERY adult a mandatory reporter. This two-hour training will prepare adults to: recognize boundary crossing behaviors and settings that increase the risk of victimization, how to handle a direct observation or disclosure of abuse, and to make a report. Stewards is an interactive training, with the use of video containing information from: law enforcement, mental health and medical professionals; youth sports, survivors, and youth serving organizations. The training is free; the Beau Biden Foundation will incur the cost of materials.

Activity #: 3320-109 Fee / RDF: FREE
Dates: May 8
Days: Wed. Hours: 7 - 9 p.m.
Location: City Municipal Building

PROCEDURES FOR REPORTING CHILD ABUSE

AGES 18 & OVER

BEAU BIDEN FOUNDATION

Mandatory Reporting is a one-hour Delaware-specific training on Mandatory Reporting of child abuse, neglect and dependency. Attendees will now learn to recognize the relationship between physical and behavioral indicators and suspicion of child abuse and neglect. The training is free.

Activity #: 3321-109 Fee / RDF: FREE
Dates: May 15
Days: Wed. Hours: 7 - 9 p.m.
Location: City Municipal Building



BUILDING A WRITING PLATFORM

AGES 18 & OVER

LOIS HOFFMAN

As a writer, you've been told you need a platform. A writing platform is where you and your work are on and offline and how you interact with your readers. In this workshop, you'll learn the basics of what it looks like, why you need one, and how to begin the process of building one even if you are better with words than widgets. We'll explore various ways to get your name and your message out to readers whether you are just stepping into the writing space or have a book or two under your belt. This workshop is for those just beginning their journeys into the platform-building process. Your instructor, Lois Hoffman, is the owner of The Happy Self-Publisher and author of Write a Book, Grow Your Business and The Self-Publishing Roadmap. She is passionate about helping writers share their words with the world.

Activity #: 3080-109 Fee: \$47 RDF: \$32
Dates: Jan. 14
Days: Mon Hours: 7 - 8:30 p.m.
Location: Newark Senior Center

NEW! SPRING MIGRATORY BIRD WALK

AGES 12 & OVER

SHEILA SMITH

Join birder Sheila Smith at Curtis Mill Park as resident birds are returning and migrating birds are moving through in May. This slow-paced walking program will cover identification, birding vs. birdwatching and the importance of habitat just in time for Global Day of Birding. Beginner to advanced bird watchers are welcomed. Wear comfortable shoes and dress for the weather. Binoculars are encouraged but not required. Some binoculars will be available to borrow. Pre-register by no later than 4 p.m. on the previous business day. In case of inclement weather please call the Leisure Time Hotline at (302) 366-7147 after 7 a.m. for program cancellation information. Rain Date will be held on Saturday, May 11

Activity #: 3420-109 Fee / RDF: FREE
Dates: May 4 (Rain date 5/11)
Days: Sat. Hours: 8 - 10 a.m.
Location: Curtis Mill Park

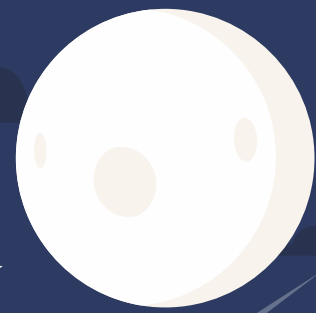
FOUR WAYS TO REGISTER

ONLINE
newarkde.gov/play

WALK IN
220 S Main St, Newark, DE 19711
Mon. - Fri. 8:30 a.m. - 5 p.m.

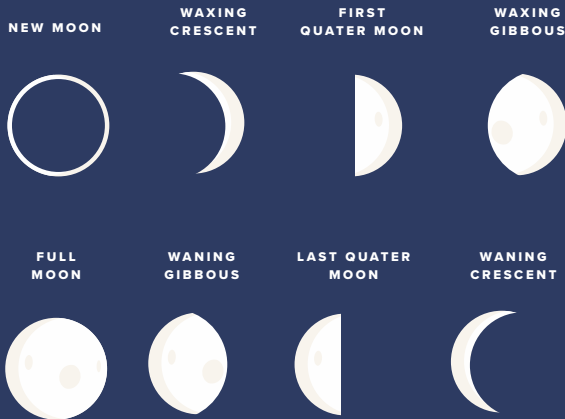
MAIL
Newark Parks & Recreation
220 S Main St, Newark, DE 19711

FAX
(302) 366-7169



FULL MOON HIKES

MOON PHASES



FOR UPDATES ON ACTIVITY CANCELLATIONS CALL THE LEISURE TIME HOTLINE (302) 366-7147

CHANGES?

For updates on activity cancellations call the leisure time hotline (302) 366-7147.

FRIDAY FULL MOON HIKE SERIES

AGES 5 & OVER

WILMINGTON TRAIL CLUB

Enjoy a night of hiking by the light of the full moon! Join hike leaders from the Wilmington Trail Club at the Newark Reservoir as they lead a family-friendly hike on the paved path with a beautiful view of the night sky. Wear comfortable shoes and dress for the weather. Pre-register by no later than 4 p.m. on the previous business day.

Fee / RDF: \$2 Children 16 & under FREE

Days: Fri.

Location: Newark Reservoir

Activity #:	Dates:	Hours:
3415-109	Jan. 18	6 - 7 p.m.
3415-119	Feb. 15	6 - 7 p.m.
3415-129	March 22	7 - 8 p.m.
3415-139	April 19	8 - 9 p.m.
3415-149	May 17	8 - 9 p.m.

NEW! SECOND SATURDAY HISTORY STROLLS

ALL AGES

JIM JONES

Do you know the fascinating history behind the City of Newark? Historian Dr. Jim Jones will lead an hour-long family-friendly walking tour of downtown Newark guiding participants through noteworthy landmarks and discussing how the town developed. The tour, offered in partnership with the Newark Historical Society, starts in front of the Academy Building at the corner of Main and Academy Streets. All routes are ADA accessible and cover approximately 0.5 miles. This rain or shine event is free and open to the public. Wear comfortable shoes and dress for the weather. Pre-registration is encouraged but not required.

Fee / RDF: FREE

Days: Sat.

Hours: 10 - 11 a.m.

Location: Academy Building Lawn

Activity #:	Dates:
3414-109	April 13
3414-119	May 11
3414-209	June 8



PONY UP

AGES 5 - 12

SUNSET STABLES

Pony Up is geared to give young children an introduction to horseback riding and horsemanship. Children will be introduced to grooming, how to lead a pony properly, putting the saddle on and riding all in a safe and FUN environment. We work very hard to have only the very best ponies in attitude and ability at Sunset Stables. Our little horses love their work, are patient and tolerate a lot from our young riders. Safety helmets are required and provided at no extra charge. Children must wear long pants and closed-toed shoes.

Fee: \$30 RDF: \$30

Days: Sat.

Hours: 11 a.m. - 12 p.m.

Location: Sunset Stables

Activity #:	Dates:
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1506-109	Feb. 16
1506-119	March 16
1506-129	April 27
1506-209	May 18

A DAY AT SUNSET STABLES

AGES 8 & OVER

SUNSET STABLES

Spend the day at Sunset Stables, learning about horsemanship, horse care, watching demonstrations of riding and enjoying a short trail ride.

Activity #: 1502-109

Fee / RDF: \$75

Dates: April 13

Days: Sat.

Hours: 11 a.m. - 2 p.m.

Location: Sunset Stables

Activity #: 1502-209

Fee / RDF: \$75

Dates: July 20

Days: Sat.

Hours: 11 a.m. - 2 p.m.

Location: Sunset Stables

TRAIL RIDE

AGES 10 & OVER

SUNSET STABLES

Join the staff of Sunset Stables for a one of a kind, one-hour trail ride through Lums Pond State Park. Enjoy mother nature from atop of one of their friendly horses. Helmets are required and provided at no extra charge. There is a weight restriction of 240lbs for this activity. Participants must wear long pants and closed-toed shoes.

Fee / RDF: \$45

Days: Sat.

Hours: 12 - 1 p.m.

Location: Sunset Stables

Activity #:	Dates:
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1504-119	March 16
1504-129	April 27
1504-209	May 18

SWEETHEART TRAIL RIDE

AGES 10 & OVER

SUNSET STABLES

Join the staff of Sunset Stables for a one of a kind, one hour trail ride with your sweetheart through Lums Pond State Park. Enjoy mother nature from atop of one of their friendly horses. Helmets are required and provided at no extra charge. There is a weight restriction of 240lbs for this activity. Participants must wear long pants and closed-toed shoes.

Activity #: 1504-109

Fee / RDF: \$45

Dates: Feb.16

Days: Sat.

Hours: 12 - 1 p.m.

Location: Sunset Stables

INTRO TO HORSEMANSIP

AGES 9 & OVER

SUNSET STABLES

Have you ever wanted to be around horses but were intimidated by them? Have you ever wanted to learn more about horses in general? Here is your chance! Sue Campbell from Sunset Stables will give a full hour of information on horse anatomy, horse care, cost, and riding information. There is no riding in this class.

Activity #: 1505-209

Fee / RDF: \$15

Dates: May 25

Days: Sat.

Hours: 11 a.m. - 12 p.m.

Location: Sunset Stables

Activity #: 1505-219

Fee / RDF: \$15

Dates: July 27

Days: Sat.

Hours: 11 a.m. - 12 p.m.

Location: Sunset Stables

HORSEBACK RIDING LESSONS

AGES 8 & OVER

SUNSET STABLES

Group riding lessons at Sunset Stables. Lessons taught Western style. The horses are safe, reliable, and take good care of their riders. We choose only the best horses and pair them up with our guests according to riding ability.

Activity #: 1508-209

Fee / RDF: \$150

Dates: May 1 - 22

Days: Wed.

Hours: 6 - 7 p.m.

Location: Sunset Stables

