

CITY OF NEWARK PARKS & RECREATION SPECIAL INTEREST

CERT TRAINING

AGES 14 & OVER
**NEW CASTLE COUNTY 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 on Friday April 24, 4:30 - 9:30 p.m., and Saturday April 25, 8 a.m. - 4 p.m. 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

Fee / RDF: FREE
Dates: April 24 & April 25
Days: Fri. & Sat.
Hours: Fri. 4:30 - 9:30 p.m. – Sat. 8 a.m. - 4 p.m.
Location: City Municipal Building



REGISTER

ONLINE
newarkde.gov/play

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

FAX
(302) 366-7169

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 & FIRST AID

Activity #: 3332-110 Fee: \$106 RDF: \$94
Dates: Feb. 9
Days: Sun. Hours: 12 - 2 p.m.
Location: George Wilson Center

CPR / AED ONLY

Activity #: 3332-100 Fee: \$80 RDF: \$69
Dates: Feb. 9
Days: Sun. Hours: 12 - 2 p.m.
Location: George Wilson Center

TRADITIONAL GOJU KARATE

AGES 12 & OVER

MASTER PETE CLAUDIO

The traditional goju Senkotiros program is a full belted program taught solely by Master Pete Claudio with over 30 years experience. The program consists of self-defense, kicking, punching, take downs as well as Philippine stick fighting. Get great cardio, strength training, and flexibility in this class for male and female participants.

Fee: \$143 RDF: \$125

Days: Tue. & Fri.

Hours: 7 - 9 p.m.

Location: George Wilson Center

Activity #:	Dates:
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3323-100	Feb. 4 - March 13
3323-110	March 17 - April 24
3323-200	May 1 - June 9

TAE KWON DO

AGES 18 & OVER

SEAN MORRISON

This 10-week course will focus on the fundamentals of the Chung Do Kwan style of Tae Kwon Do. Learn the basics and the forms associated with this style alongside your peers and become proficient in focus, balance, speed, power and control as they relate to self-defense. This is a fun way to build confidence, improve strength, endurance and flexibility, and become involved in the martial arts community. This class utilizes a belt system of advancement. Gi pants and white belts will be provided for students new to martial arts. Instructor Sean Morrison is a second-degree black belt who has been studying and teaching Tae Kwon Do in Philadelphia for over 7 years. He is committed to sharing his in-depth martial arts training and experience with all willing to learn.

Activity #: 3331-100
Dates: March 10 - June 2

Fee: \$88 RDF: \$75
(no class 3/24, 4/7 and 4/21)

Days: Tue.

Hours: 6:30 - 8 p.m.

Location: Newark Senior 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.



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.

Location: Sunset Stables

Activity #:	Dates:	Hours:
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1506-100	Feb. 15	11 a.m. - 12 p.m.
1506-110	March 14	11 a.m. - 12 p.m.
1506-120	April 25	11 a.m. - 12 p.m.
1506-200	May 16	10 - 11 a.m.

TRAIL RIDE

AGES 10 & OVER

SUNSET STABLES

Get off the couch and into the saddle! Join us for a relaxing one-hour trail ride around Lums Pond State Park on our beautiful horses. After the ride, come back to the stables for a cup of hot chocolate and time to ask questions about horses that you always wanted to ask. There is a weight restriction of 230lbs. for this activity. Participants must wear long pants and closed-toe shoes.

Activity #: 1504-100
Dates: Feb. 15
Days: Sat.
Location: Sunset Stables

Fee: \$50 RDF: \$50

Hours: 12 - 1 p.m.

Activity #: 1504-110
Dates: March 14
Days: Sat.
Location: Sunset Stables

Fee: \$50 RDF: \$50

Hours: 12 - 1 p.m.

SECOND SATURDAY HISTORY STROLL

ALL AGES

DR. 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 is offered in partnership with the Newark Historical Society. 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: FREE Days: Sat. Hours: 10 - 11 a.m.

Activity #:	Dates:	Location:
3414-100	April 11	New London Avenue opposite Wonderland and across the railroad tracks from the Deer Park Tavern (12 New London Avenue)
3414-110	May 9	Newark train station (429 S. College Avenue)
3414-200	June 13	Academy Building (105 E. Main Street)



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, birdwatching and the importance of habitat just in time for Global Big Day of Birding. Beginner to advanced birders are welcome! Wear comfortable shoes and dress for the weather. Binoculars are encouraged but not required. 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 Sunday, May 3.

Activity #: 3420-100

Dates: May 2

Days: Sat.

Location: Curtis Mill Park

Fee / RDF: FREE

(Rain date 5/3)

Hours: 9 - 11 a.m.

REGISTER

ONLINE
newarkde.gov/play

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NEW**WINTER WELLNESS****AGES 18 & OVER****WELLNESS BY JASMIN**

You don't have to spend the winter sniffing, sneezing, running from doctor to pharmacy and making endless bowls of chicken noodle soup. Learn some natural solutions to keep your family thriving through the sneezing season! Essential oils and aromatherapy are for more than making your house smell good. We'll have some optional roll-on bottles of healthful blends you can make and take home for just \$5 each.

Activity #: 3326-100

Fee: FREE

Dates: Jan. 18

Days: Sat

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

Location: George Wilson Center

SELF-CARE WITH ESSENTIAL OILS**AGES 18 & OVER****WELLNESS BY JASMIN**

It's hard being superwoman! You're everything to everyone - and leave little for yourself. Join us for a night just for YOU! Harness the power of plants through essential oils for dedicated self-care. Feel amazing and empowered! Before you leave, you'll have the option to make aromatherapy bath soaks or body scrubs, so you can take your good feelings home. Each one is \$5 and custom to what you need to pamper yourself.

Activity #: 3326-110

Fee: FREE

Dates: Feb. 13

Days: Thu.

Hours: 7 - 9 p.m.

Location: George Wilson Center

NEW**EVERYDAY USES FOR ESSENTIAL OILS****AGES 18 & OVER****WELLNESS BY JASMIN**

Essential oils aren't some new age, hippie thing ... they are proven natural solutions to everyday problems. Suffering from seasonal nasal discomfort? Need better immune support? What about sleep and stress? Come learn how to use essential oils for all this and more. Plus, there's an optional DIY, so you make roll-on bottles of blends to take home to the whole family. They are only \$5 each and you can make as many as you want.

Activity #: 3326-120

Fee: FREE

Dates: March 12

Days: Thu.

Hours: 7 - 9 p.m.

Location: George Wilson Center

NEW**KIDS EMOTIONAL WELLNESS WORKSHOP****AGES 5 - 15****WELLNESS BY JASMIN**

Children have emotions but don't always know how to deal with them. Join us for a quick, interactive program to help the kids in your life learn how to identify their feelings, and take control, using beloved movie characters. You and your child will also develop your own language for discussing their feelings and the powerful essential oil scents that will help. Optional: Create an emotional oils keychain to take home for \$20 per child. Class size is limited, so as not to overwhelm the children.

Activity #: 1356-100

Fee: FREE

Dates: March 21

Days: Sat.

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

Location: George Wilson Center

NEW**I AM FABULOUS! BYE, BYE BAGGAGE!****AGES 18 & OVER****WELLNESS BY JASMIN**

We've all got emotional baggage hanging around. Let's unpack some of it together, in a safe space. Aromas can make us feel a certain way, or bring back memories, but they can also help us clear out what has us stuck. Using essential oils, this special workshop can help you release fears, eliminate overwhelm, boost self-esteem, and more. You will take home affirmations and specific blends to help you experience the emotional freedom you need.

Activity #: 3326-130

Fee: FREE

Dates: April 9

Days: Thu.

Hours: 7 - 9 p.m.

Location: George Wilson Center

THE POWER OF ARCHETYPES IN YOUR LIFE**AGES 18 & OVER****DEBBIE GILL**

What is an archetype? Why do you want to know what they are? How can they influence your life and help you grow? How many do you have? What are the Survival Archetypes? These questions, and more, will be answered in this interactive workshop where the participants will be given prompts to help identify and explore what their archetypes are. Please bring a notebook and writing utensil.

Activity #: 3405-100

Fee: \$47 RDF: \$31

Dates: Jan. 8

Days: Wed.

Hours: 6 - 8 p.m.

Location: Newark Senior Center

Activity #: 3405-110

Fee: \$47 RDF: \$31

Dates: Feb. 5

Days: Wed.

Hours: 6 - 8 p.m.

Location: Newark Senior Center



NEWARK COMMUNITY GARDEN



ACTIVITY # 3338 - 100
FEE: \$55 • RESIDENT FEE: \$40

City of Newark Community Garden will again take root in 2020 at Fairfield Park! The Newark Community Garden offers a variety of gardening opportunities for individuals and families. There are a limited number of plots available, so register now to reserve your 10' X 4' garden plot at Fairfield Park. Services provided include the initial preparation of the garden area, water sources, maintained paths, composting facilities and a tool shed. Once you register you will be contacted about organizational and informational meetings for the Community Garden. A \$10 fee will be charged for replacement keys. There will be informational meetings leading up to the spring and you will receive information via email. Current garden plot holders can register through the Parks and Recreation Department. Registration for all remaining plots will begin on January 5, 2020. Plots will be open for use beginning on March 1 for new gardeners.