

Get Fit Together Aerobics Classes

The Prospect Board of Recreation "Get Fit Together" aerobics classes will not be meeting during the month of August. Classes will resume the regular schedule on September 5.

The regular schedule of classes meet at the Grange Hall building each Tuesday and Thursday morning from 9:30 to 10:30 a.m. All classes are on a pay-as-you-go basis at \$3 per class. You can simply sign up at your first class and come whenever you want. Babysitting is offered for \$2 per child.

The instructor is Debbie Walsh, a Prospect resident, who is certified as an aerobics instructor by the American Muscle and Fitness Personal Training Association. All ages and abilities are welcome, and the routines are easy to follow and learn. Participants are asked to bring a water bottle, mat or towel, and light hand weights (2-3 lbs.). For more information, please contact Debbie Walsh at 527-9319 or email debbiewalsh@dashaw.com

Prospect Gun Club News

The Prospect Gun Club and the Mattatuck VFW Post 8075 are co-sponsoring their annual picnic on September 24. The picnic will take place at the VFW hall on Cheshire Road in Prospect and will run from 11 a.m. to 5 p.m. The picnic will feature a live band and will include hot dogs, hamburgers, clams, corn on the cob, chicken, and more. The picnic is open to the public, so it's a great opportunity for you to bring along the whole family for this enjoyable day out. Last year's picnic was very nice and everyone had a great time visiting with old and new friends, and enjoying delicious food. Club members are encouraged to call Dan at 758-6503 for advance sale tickets, or purchase tickets at the VFW until the middle of August.

The next club meeting will be held on August 7. The September meeting will be held on September 11. Members are strongly encouraged to attend these meetings, since there are many issues to discuss.

The Prospect Gun Club is still accepting applications for membership. If you are interested in becoming a member, please call Dan at the above number or Rich at 758-5070. More news will be forthcoming about the annual Game Dinner, which is set to be held on Friday, February 2, 2007.

**Email Your Sports
News to:**
ProspectPages@aol.com

Fall Dance/Fitness Classes for Kids

The Prospect Board of Recreation will once again be sponsoring dance and fitness classes for children at the Prospect Grange Hall building with instructor Debbie Walsh, a Prospect mom. She has owned her own dance studio and has performed internationally, including in Russia and Israel.

Creative Ballerinas – Level 1: Eight-session course for girls, ages 3-1/2 to 5; Tuesdays from 1:30 to 2:15, beginning September 12 through November 14. The theme for this class, which focuses on ballet and creative movement, will be Little Mermaid/Under the Sea. The course fee is \$40. Classes will not be held on October 17 and October 24.

Creative Ballerinas – Level 2: Eight-session course for girls, ages 3-1/2 to 5; Wednesdays from 10 to 10:45 a.m., beginning September 13 through November 15. The theme for this class, which focuses on ballet and creative movement, will be The Nutcracker. The course fee is \$40. Classes will not be held on October 18 and October 25. This class is designed for those who have already taken "Creative Ballerinas" with Mrs. Walsh or who have had other related dance experience.

Creative Ballerinas – Level 3: Eight-session course for girls, ages 4 to 5; Mondays from 1:30 to 2:15 p.m., beginning September 11 through November 20. The theme for this class will be Barbie at the Ballet, featuring Nutcracker, Swan Lake, Rapunzel, Princess and the Pauper, and Fairytopia. The course fee is \$40. Classes will not be held on October 9, October 16 or October 23. The class is designed for those children who have already taken "Creative Ballerinas" with Mrs. Walsh or who have had other related dance experience.

Salsa Dance Classes Offered

Donna Bonasera, Artistic Director of Connecticut Dance Theatre, Inc., announces registration for Salsa Dance. A four-week session will start on August 7 and will run weekly on Monday nights through August 28. Beginner classes will be held from 6 to 7 p.m. and Intermediate classes will be held from 7:15 to 8:15 p.m. All classes will be held at Connecticut Dance Theatre Studios, 523 Main Street, Watertown, CT 06795.

Salsa is one of the most popular and exciting of the Latin dances. Salsa is a spot dance characterized by a quick-quick-slow rhythm, fancy turns and spicy styling. Salsa dancers enjoy fabulous rhythm, excellent turning ability, and great leading & following skills. Salsa is fun, easy to learn, and a great way to exercise.

All classes are based on

Pre-Ballet/Tap for Kindergarteners – Eight-session course for kindergarten age girls. The theme will be Disney Princesses. This is a 60-minute class; the pre-ballet portion is 40 minutes and the pre-tap portion is 20-minutes. There are two course choices as follows: Mondays from 9:45 to 10:45 a.m., meeting weekly from September 11 through November 20 (no classes held on October 9, October 16 or October 23). The course fee is \$54. Or you can choose Thursdays from 1:30 to 2:30, meeting weekly from September 14 through November 16 (no classes held on October 19 and October 26). The course fee is \$54.

Elementary Ballet Level 1/Tap – Eight-session course for girls ages 6 to 8. This is a 60-minute class. The ballet portion is 40 minutes and the tap portion is 20 minutes. There are two course choices as follows: Mondays from 4:45 to 5:45 p.m., meeting weekly from September 11 through November 20 (no classes held on October 9, October 16 or October 23). The course fee is \$54. Or you can choose Thursdays from 4:45 to 5:45, meeting weekly from September 14 through November 16 (no classes held on October 19 and October 26). The course fee is \$54.

Rhythm Kids – Five-session course for boys and girls, ages 3-1/2 to 5 years old; meeting on Fridays from 10 to 10:45 a.m., beginning September 15 through October 13. The theme for this class, focusing on rhythms, fitness and creative movement, will be The Jungle. The course fee is \$25 for the five sessions.

Class size is limited on all of the above-mentioned classes and reservations are required. For further information and/or to reserve a space for your children, contact Debbie Walsh at 527-9319 or email her at debbiewalsh@dashaw.com

enrollment. The cost is \$65 per student for four weeks. It is not necessary to bring a partner. All classes are instructed by Armando Gonzalez.

Armando began his dance career in New York, where he received instruction from Angel Rodriguez and Eddie Torres. He has performed and choreographed with the Odd Fellow Youth Theater, Guakia Center for the Arts, and Greater Hartford Arts Council's Neighborhood Studios. He has also formed several dance companies, including Salsa Spin Entertainment and Salsa Spin Dance, and hosts an annual Salsa Dance competition.

For registration details, contact us at 860-274-0004. Gift certificates are also available and would make a great gift! CDT is a non-profit arts group committed to bringing a love of dance to the people of Connecticut.

Sports News & Notes

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Prospect Soccer News

Recreational registration is still open to anyone who would like to play soccer this Fall. All Prospect and Beacon Falls boys and girls age four and over are still welcome to sign up via the mail. The recreation fee for fall 2006 is \$40 per child, plus a \$20 late fee after August 1. A maximum family fee is \$110 plus late fees. Registration forms can be obtained at the park and rec offices and also at Spill the Beans Coffeehouse in Prospect. Simply fill out the form and submit it with your check to the address listed on the form.

Get ready for the fall season by attending our Challenger Sportcamp beginning on August 14 through August 18. The 2006 Challenger will coach over

65,000 boys and girls ages 3 to 18 on some 1,500 camps throughout the United States. Don't miss this opportunity; sign up now for the most popular soccer camp in the United States. Mini soccer camp for children between the ages of four and eight will take place from 9 to 10:30 a.m. and the Travel Team training camp will take place in the evening from 5 to 8 p.m. and will be open to players between the ages of 9 and 16. Both camps will be taking place at Hotchkiss Field.

For more information on Prospect Soccer, visit their website at www.ProspectSoccer.com or email questions to them at info@prospectsoccer.com

Stroke & Turn Clinic Set at WRHS

The 2006 swim season is just around the corner for students attending area high schools. The Prospect Board of Recreation is sponsoring a Stroke and Turn Swim Clinic for young swimmers entering high school. Coach Kevin Quill will work with swimmers to improve their turns and practice proper stroke technique. There is a limited amount of space, so swimmers

are encouraged to register early.

The clinic will take place at Woodland Regional High School from August 21 through August 24, from 5 to 7:30 p.m. There is a \$30 fee for residents of Prospect and Beacon Falls and a \$40 fee to residents in surrounding areas.

For registration information, contact Kathy Burke at 729-1603.