

Torrington Parks and Recreation
153 South Main Street
Torrington, CT 06790



Tel: (860) 489-2274
Fax: (860) 489-2588
www.torringtonct.org

Torrington Parks and Recreation Announces Equestrian, Tennis and Golf Lessons

FOR IMMEDIATE RELEASE

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Media Contact: J. Brett Simmons, Superintendent of Parks and Recreation
Torrington Parks and Recreation Department
brett_simmons@torringtonct.org, 860-489-2274

Torrington Parks and Recreation Department would like to announce some upcoming opportunities for Equestrian, Tennis and Golf Lessons.

EQUESTRIAN VAULTING

This program teaches people of all ages balance, harmony, and safety on horseback. The instructor teaches participants how to mount and dismount the horses safely, as well as hand holds and soft landings. Participants will learn team building and have time to bond with the horses. www.litchfieldhillsvaulting.com.

For: Ages 7-100

Min: 6 **Max:** 15

Date: Oct. 11, 2014 **Time:** 12:30-2:30 PM

Location: Lazy D Ranch, Terryville, CT

Fee: \$53.00

Instructor: Kristen Soto

GOLF - Ready, Set, Golf!

Chet Dunlop, invites you to his five hour exploration of all aspects of the game designed for the novice as well as the experienced player who needs to get back to the basics of the swing. Instruction is based on utilizing practical, technical experience to build consistency of play. Chet will help you to discover your own potential and explore your natural ability in a fun and relaxed atmosphere. This program covers the full swing, the short game, strategy, and rules of the game. Equipment is provided for those who need it at no extra charge.

For: Adults

Session #1:

Date: Saturdays, September 27; October 4, 11, 2014

Time: 1:00 - 2:40 PM

Location: Burlington Golf Center

Session #2:

Date: Thursdays, January 22, 29; February 5, 12, 19, 2015

Time: 6:00 - 7:00 PM
Location: Indoors at Canton Indoor Golf Center
Fee: \$93.00 per student; per session
Instructor: Chet Dunlop

ADULT BEGINNERS TENNIS LESSONS

You will learn the basics of tennis and how to play 'real' games by the end. The class will cover ground strokes, volleys, serves, scoring, and positioning. It is still not too late to sign up.

For: 18 and up **Min:** 2 **Max:** 7

Dates/Times:

Tues., Sept. 23-Oct. 14, 11 AM - 12 PM
Tues., Sept. 23-Oct. 14, 6 PM - 7 PM
Wed., Sept. 24-Oct. 15, 10 AM - 11 AM
Wed., Sept. 24-Oct. 15, 6 PM - 7 PM
Thurs., Sept. 25-Oct. 16, 11 AM - 12 PM
Fri., Sept. 26-Oct. 17, 11 AM - 12 PM

Location: Pinewoods Racquet Club

Fee: \$60/Person/Session

QUICK START TENNIS FOR JUNIORS

The Quick Start method makes tennis size appropriate for younger students by utilizing slower bouncing balls, smaller racquets, and a shortened court.

For: Level 1: Ages 4-6, Level 2: ages 7-8, Level 3: ages 9-10 (Min: 3; Max: 7 per class)

Dates: Winter 1: Nov. 8th - Jan. 3rd (7 weeks) - No classes - 11/29, 12/27

Winter 2: Jan. 10th -March 14th (10 weeks)

Time: Level 1: Sat. 11 AM -12 PM, Level 2: Sat. 10-11 AM, Level 3: Sat. 11 AM -12 PM.

Location: Pinewoods Racquet Club

Fee: Winter 1: \$136/Person; Winter 2: \$170/Person

Instructor: Pinewood Racquet Club Staff

Call (860) 489-2274 for more information.

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