

*I'm A New Member... Now what? (page 13), Adult Trivia Night (page 24) New Winding Trails Mountain Bike Series (page 27), and more!*



**MEMBERSHIP  
RENEWALS**

Don't forget to  
renew by 12/31!  
See page 3 for details.

WINTER/SPRING 2023

# Winding Trails Newsletter



*Fostering a Love for the Outdoors • Developing Leadership and Life Skills • Creating a Sense of Community*



Dear Friends,

Winding Trails has had another successful year and we are looking forward to 2023. Last year we ran hundreds of programs and had tens of thousands of visits through the park. The year has been filled with many great memories. The highlight for me will be the installation of our new playground at Dunning Lake. When I started here in 1986, one of the first big projects was the installation of a playground at the beach. This area became the centerpiece of the beach. A place where children made friends and parents could share stories on child rearing and life in general. Like that old car you loved, eventually you needed a newer model and those are expensive. Thanks to the support of hundreds of generous families, we were able to install a new playground and it is impressive. The smiles and laughter you hear while children climb, slide, and play, is heartwarming. The old playground created many memories and this new one promises to do the same.

We continue to see an incredible demand for everything from membership and camp to programs and special events. Winding Trails has been popular for several decades but the past two years we have seen the interest in our programs more than double. This has created issues where the wait for membership is eight years long, summer camp registration is filled in a matter of days, and programs and events can fill within hours of opening. The issue of demand has been a topic of numerous staff and Board meetings this entire year. Our mission is to provide educational and recreational activities for the enjoyment and growth of all families and individuals. Having to tell people we are full is not something we like to do. We have brainstormed a number of different ideas and had many spirited debates about the pros and cons of these ideas. There is no simple solution. We have garnished our support through offering quality programs, good customer service, in a beautiful safe environment with some wonderful facilities.

We have enough demand on the waitlist to double the number of members. Although financially this is very enticing, it would be detrimental to the community we have worked so hard to establish. People enjoy being here because they can relax and rejuvenate. Overcrowding the facility will most certainly lead to poor experiences. Winding Trails has a limited amount of space, staff, and time, and as much as we want to serve as many people as we can, it is just not possible. It is a problem that does not have any easy solution and I ask for your understanding and patience as we try to improve the situation.

As you look through this newsletter you will see several changes. First, we are moving to two newsletters a year. There will be a winter-spring newsletter and a summer-fall newsletter. This new format will help us in our planning and save us printing costs. With this new format we are also going to be changing the timing of our program registration. We will be opening program registration one month in advance (with some exceptions). Notification of program registration opening will be done via email. Please be sure to read these emails carefully, as we will also be adding new programs and sessions as time and staffing permits.

This newsletter is full of interesting articles and some wonderful programs. The most important piece to keep in mind is that it is renewal time. Please remember to renew your membership by December 31st. Our membership fills each year. There is a record waitlist of over 1900 families looking to join. If we don't hear from you, we assume you are giving up your membership and we will offer your spot to someone on the waitlist. Once the quota for the year is met, we do not take any more members. As we move to the holiday season, we want to thank all of you for your support this year and hope for a healthy, safe, New Year. If you have any questions, suggestions, or concerns please contact me at [scott@windingtrails.org](mailto:scott@windingtrails.org) or call (860) 677-8458 x 18.

Sincerely

Scott Brown, CPRP



## WINDING TRAILS 2023 INCOMING BOARD OF DIRECTORS

Dave Kinahan, *President*  
Jonathan Chaia, *Vice President*  
Tom Greenebaum, *Treasurer*  
Wendy Ku, *Secretary*  
Stacie Aubrey  
Chris Chisholm  
Cedric DeLaCruz

Donna Hamzy  
Steve Juers  
Patty Lavendier  
Alana Ledford  
Reem Nouh  
Betsy Sargent  
James Sullivan

## WINDING TRAILS 2023 INCOMING COMMITTEE MEMBER VOLUNTEERS

Tom Atkins  
Kristen Burns  
Kerry Callahan  
Jusin Carbonneau  
Patrick Carrier  
Ann Clark  
Jill Clark  
Sal Corio  
Brian Cunningham  
Elizabeth Daly-Standish  
Kate Doemland  
Lisa Duquette  
Aliza Elwell  
Joy Fausey  
Colette Fennessy  
Jeff Ferraro  
Patricia Freeman

Emily French  
Eric Garcia  
Alex Kushnir  
Rob Low  
Scott Muska  
Pam Nahorniak  
Jim Platosh  
Jeff Rogers  
Tim Roy  
Tom Roy  
Shannon Rutherford  
Danitza Sieklicki  
Greg Sieklicki  
Tiffany Smetak  
Rob Tacinelli  
Danielle Truncali  
Jon Wu

## WINDING TRAILS ANNUAL MEETING

Winding Trails will hold its Annual Meeting on Thursday, January 12th, 2023, at 6:30pm in the Main Office Conference Room. This meeting is open to the general membership. Anyone interested in attending or putting an item on the agenda should contact Scott Brown, Executive Director, at (860) 677-8458 x18 or email [scott@windingtrails.org](mailto:scott@windingtrails.org) by Friday, January 6th.

## WINDING TRAILS STAFF • (860) 677-8458

Membership/Programs Administrator	Kim Kowalski	Ext. 10	<a href="mailto:kim@windingtrails.org">kim@windingtrails.org</a>
Recreation Supervisor	Bailey Dailey	Ext. 11	<a href="mailto:bailey@windingtrails.org">bailey@windingtrails.org</a>
Camp Administrator	Renee Felter	Ext. 12	<a href="mailto:renee@windingtrails.org">renee@windingtrails.org</a>
Recreation Supervisor	Shawn Hussey	Ext. 13	<a href="mailto:shawn@windingtrails.org">shawn@windingtrails.org</a>
Camp Director	Keith Garbart	Ext. 14	<a href="mailto:keith@windingtrails.org">keith@windingtrails.org</a>
Education Director	Mark Dale	Ext. 16	<a href="mailto:mark@windingtrails.org">mark@windingtrails.org</a>
Executive Director	Scott Brown, CPRP	Ext. 18	<a href="mailto:scott@windingtrails.org">scott@windingtrails.org</a>
Financial Manager	Pat Schnee	Ext. 19	<a href="mailto:pat@windingtrails.org">pat@windingtrails.org</a>
Park Director	Bryan Martin	Ext. 21	<a href="mailto:bryan@windingtrails.org">bryan@windingtrails.org</a>
Park Maintainer	Anthony Baio		
Park Maintainer	Kyle Harding		
Park Maintainer	Paul Kelly		
Park Maintainer	Nick Voitkevics		

## MEMBERSHIP REMINDER

Membership renewals were sent out on October 3rd. We have also sent multiple reminders through email and Facebook about renewing your membership for 2023. Many of you have already taken advantage of our convenient online renewal process. If you still need to renew, just go to [windingtrails.org](http://windingtrails.org) and click on the Membership Renewal link. You can call our office to have a paper copy mailed to you if you prefer. Your 2022 membership expires on December 31, 2022. *As our wait list is over 1900 families, we will only be able to guarantee your membership spot until December 31st.* Don't forget to renew!!

As a member you agree to follow all our rules and policies. If you would like to review these policies, you can find our new Member Handbook on the Membership tab of our website. Your membership is based on your acceptance of the membership policies and procedures listed in the handbook. Please be sure to read these policies and abide by them.

With our barcode system, new stickers will only be issued if you change vehicles or there is a problem scanning your sticker. If your sticker has trouble scanning at the gate, please contact our office for a replacement. Barcode stickers will remain valid as long as dues are paid up to date. If you sell a vehicle or have the windshield replaced, you should remove your sticker and return it to the office. We hope to see you next year!

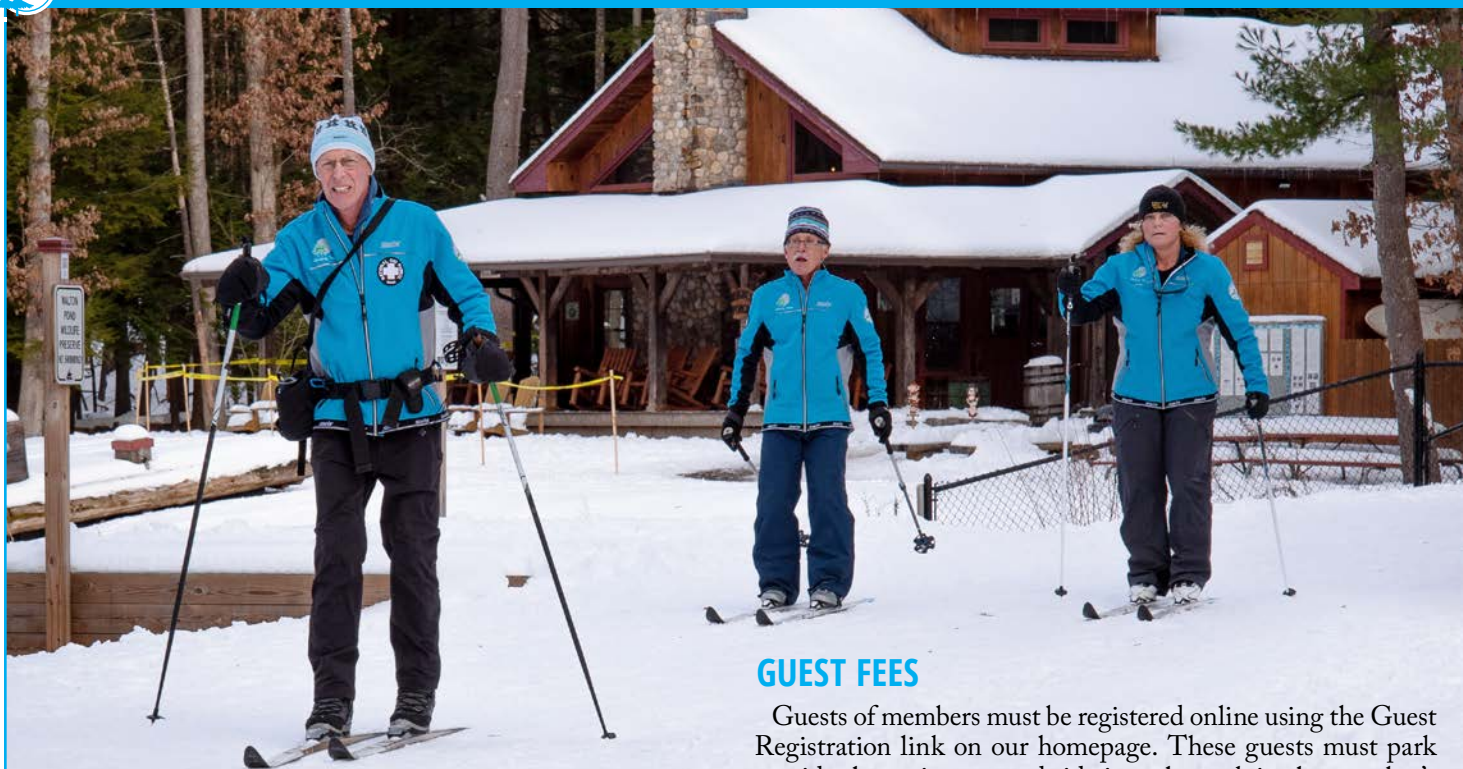
## OFFICE HOURS/DROP BOX

The Main Office is open 8:30am–4:00pm, Monday through Friday. If you miss our office hours, you can always use the Drop Box located next to the office door.

## HOLIDAY HOURS

Our Main Office will be closed on Monday, December 26th for the Christmas Holiday and on Monday, January 2nd for the New Year holiday. In the event we have snow, the Cross-Country Ski Center will also be closed on Christmas Day. The Main Office will also be closed on Friday, April 7th and Monday, May 29th for Good Friday and Memorial Day, respectively.





## NATURE PORCH HOURS

Nature's Porch is located on the eastern shore of Walton Pond and offers nature-themed "drop-in" activities during open hours. Nature programs, from birdwatching and walks to fishing classes and more, are offered for families and individuals on many weekends so check the calendar for program dates. The large front porch and its inviting chairs are available anytime during park hours. Come visit us and explore this portion of the property!

Dates: . . . . . Saturday & Sundays, April 29th – September 24th

Hours: . . . . . 12:00pm – 5:00pm

## PARK ENTRANCE

Winding Trails access is through our Main Gate only. The job of our Gatehouse staff is to greet constituents, verifying membership and guests, and provide park information. Our gatehouse staff are here to ensure the integrity of your membership. Although the winter and spring may be "quieter" seasons at Winding Trails, all rules and policies are still in effect. This includes the fact that membership is required all year, along with paying for guests, and no pets are allowed. Please remember to roll your windows down when approaching the gate and announce any guests you may have. Also be sure your vehicle has your membership sticker affixed in the lower left hand side of your windshield. The gate attendant will welcome you and scan your vehicle membership sticker which will let us know you are on property. If you see any issues or problems on property and the Main Office is not open, be sure to let the gate attendant know and they can contact the appropriate staff.



## GUEST FEES

Guests of members must be registered online using the Guest Registration link on our homepage. These guests must park outside the main gate and ride into the park in the member's car. Members are limited to six guests per membership per day. Guest fees are \$7.00 for adults and \$5.00 for children ages 3 to 15. Discounted guest books are available at the front gate or in the main office.

## NO SMOKING POLICY

If you are a smoker and must smoke on property, we ask that you do not smoke on Dunning Lake beach or in the picnic area. Smoking will be permitted north of the wooden guard rail fence. We ask for your cooperation in complying with this policy.

## FISHING ON DUNNING LAKE

Dunning Lake is open for fishing year-round except for March 27th through April 1st at 10:00am due to our annual Trout stocking. (Please note we will be holding the Children's Fishing Derby on Saturday, April 1st from 8:00am – 10:00am.) Members 16 years of age and older must have a valid CT fishing license. To help with the health of our fish population and the enjoyment of all fishermen, we encourage you to "catch and release". If you do intend to take the fish, you are limited to three trout or bass per day. If you bring a guest, you and your guest are limited to five trout or bass per day. There is also a size limit on bass. 12" - 16" bass are in the protective range and must be released. Only one bass over 16" may be kept each day.

## PICKLEBALL AND TENNIS INFORMATION

The tennis and pickleball courts will officially open on Saturday, April 1st. The hours will be from 8:00am to 7:45pm. Time limit per court is one hour unless no one is waiting to use them. Tennis camp will be using both tennis courts between the hours of 9:00am to noon the week of June 26th - June 30th and July 31st - August 4th. The pickleball courts may be used by the camp program Monday- Friday from 10:00am to 3:00pm, June 26th to August 18th.





## HOW MANY WAYS CAN WE SAY THANK YOU?!

Winding Trails is extremely fortunate to have thousands of people who love the organization and support us in a variety of ways. Most everyone supports us through their annual membership dues, summer camp fees, and program costs and we certainly appreciate this. However, we also have hundreds of others that give to us through our Trails Fund, fundraising events, and major gift initiatives.

These gifts allow us to further our mission by providing the funds to do numerous major projects, send underprivileged children to camp, and other initiatives. With the current state of the country, inflation, and other economic factors, we are even more grateful that these individuals choose to make Winding Trails a priority in their charitable giving.

Winding Trails was fortunate to receive 343 donations to our Annual Trails Fund this year totaling \$86,676. We also took in another \$18,122 for our new playground from 86 donors. This year's fundraising events set a new record raising \$53,844. Just about half of this came from our Drive "fore" Camp golf tournament at \$26,291. We also raised over \$10,000 between our Acoustic Festival and 75th Anniversary of Camp fundraiser. We raised an additional \$4,022 at this year's Nature's Open House event.

In addition to these donations, we were fortunate to have additional funds donated to our Board Designated Endowment, the Winding Trails Endowment at the Hartford Foundation for Public Giving, and the Colan Callahan Memorial Campership Fund. Thank you, Thank you, *Thank you!*

### THE FOLLOWING IS THE BREAKDOWN OF HOW THIS PAST YEAR'S MONIES WERE SPENT OR PLAN TO BE SPENT:

#### CAMPERSHIP:

**\$34,668** was used to send 81 children to camp in 2022. The balance of **\$46,904** will be used for future Campership requests.

#### CAMP IMPROVEMENTS:

**\$7,500** will be spent to build new Gaga pits

**\$2,500** will be spent on new mountain bikes

#### ENVIRONMENTAL INITIATIVES:

**\$3,000** will be spent on free wildlife and nature programs

**\$4,000** was spent on dredging Trout Pond

**\$5,000** will be spent on trees and landscaping

**\$1,970** will be spent on education and conservation initiatives

#### GENERAL SUPPORT:

**\$4,807** was spent on a new 20' x 20' special event tent

**\$2,500** will be used for the installation of a solar speed limit sign on the park entrance road

**\$3,000** will be used to support the Acoustic Nights programs

#### DUNNING LAKE BEACH AND PICNIC AREA:

**\$19,099** will be used for the future construction of a new Grille and pavilion

**\$10,000** will be used to replace the paved walkway to the new playground and add handicapped access to the beach

**\$10,000** will be used to replace a portion of the trash cans in the park

**\$7,000** will be used for the purchase of a shade structure for the new Dunning Lake playground

**\$5,000** will be used for upgrades to the Dunning Lake Bathhouse

**\$2,050** will be used to survey Dunning Lake picnic area for future improvements.





# Bear with me

by Mark Dale





I love seeing bears walk through Winding Trails. It is such a thrill to watch a bear moseying along or tearing up a rotted log looking for insects. I especially like it when they dig up an underground bee's nest that has been giving me problems. I do not like it when they beat me to a full trash can. Before we review the bears', who wander through Winding Trails, let's dig into some history, life cycle information and characteristics.

Black Bears were extirpated (not extinct but gone from state) in Connecticut by the mid-1800's. This was due to the change in CT land cover from forest to farmland and hunting. As farming in CT waned at the beginning of the 20th century, forested areas increased, and black bears started their return. Today, 61% of Connecticut is forested and according to CT DEEP, there are roughly 1,200 bears that call the state home.

The Black Bear, (*Ursus americanus*) is the smallest of the North American bears. Adults are 5 to 6 feet long with a stocky body and short thick legs. Females weigh between 150 and 300 pounds while the males weigh in at 200 to 450 pounds. Bears reach sexual maturity in 3 or 4 years depending on available food supply and females will have 2-3 cubs every two years. Mating occurs in the late spring and babies are born in late December. Bear cubs are born blind, toothless and covered in fine hair weighing between 6-12 ounces or roughly the size of a soda can. Black bears are not classified as true hibernators. While denning, the bear will lower its body temperature and heart rate and forgo eating, drinking, urinating, and defecation. However, they will also wake up and forage during light snow fall or warmer temperatures during the winter. The cubs will stay with the mother until the second spring before finding their own territory. Female bears usually have a home range of 5-7 miles while the males have a range of 12-60 miles. Bears are omnivorous and their food intake consists of grasses, flowering plants, fruits, nuts, berries, ants, bees, and other insects. Occasionally they will eat small mammals like fawns, rabbits, chickens, and other livestock. The average life span of a black bear is 10 to 20 years.

The Farmington Valley is black bear heaven due to large tracts of forested land with Winding Trails, Avon Old Farms, Sub-Edge Farm and Fisher Meadows making a prime habitat. Avon, Simsbury and Farmington are the top three bear sightings towns in the State. Bears are in 156 out of 169 Connecticut municipalities. Avon tops the list with 634 sightings last year. Canton did not make the top five in bear sightings but did make the news with some unnerving home invasions by bears.

Let's look at bears at Winding Trails. First and foremost, the bears live their lives here, we are the guests. Winding Trails policy is to leave them alone in the back woods and put a staff member with them to encourage their departure when they stray into camp, Walton Pond, or heavily used areas. Second, we know of no winter dens on Winding Trails property. We are aware of three rest areas often used during the warmer months. They are off the trails in the middle of the woods and pose no threat to joggers, hikers and bikers. Third, every year is different, and every bear is different, so there is no set gospel concerning bear interactions with the people.

I am going to qualify this section because I am not a scientist nor a bear expert, only a WT staff member that has had the pleasure of interacting with the bears using our property over the last 17 years. This year, we had a mom and two cubs and a single female about three years old who used Winding Trails as part of their territory. The bears do not really care about you and if left alone (and unless you are messing with their babies), they are quite content to continue their own pursuits. Most of the time they are aware of your presence long before you see them. When you encounter a bear make your presence known. I face the bear, ask them how they are doing and take three steps back. This signals that I pose no threat and they are free to resume what they are doing. I will yell and wave my arms if the bear snorts, stomps its feet or bluff charges. This means that my presence is irritating the bear and I move away to give it more room. I also do a quick 360 to make sure there are not any cubs behind me. The mother will often tree the cubs when humans are in the vicinity. Bears have been seen everywhere at Winding Trails including a few trips down to the beach. A common route is Main Street down through camp, down to the wetlands below Walton Pond and back up the east side of Walton between Pond Trail and the Pond. Bears have a route within their territory that they use for forging depending on the season. This year's bears showed up roughly once every other week for a couple days before moving on to the next feeding ground. The mother with cubs stopped showing up in main camp area as the summer progressed. Bears are smart when they are doing a trash run. The three-year-old would commence its run at noon or 3pm. Prime time to find a full and hopefully unpopulated trash can. We have learned that we can't control the bears' route and it does what it wants.

So, here is my take on bears at Winding Trails. First, there are not that many opportunities to see bears in the wild. Second, everyone should be excited, happy and not afraid when you get the slim chance to see a bear at Winding Trails. Third, if you see a bear, be respectful and smart, the bear will let you know if you are bothering it, give it plenty of room to go about its business and enjoy the moment.





## CAMP CORNER



In celebrating 75 years of summer camp at Winding Trails, it gets us thinking about the gift of camp. Looking back over the years we have witnessed how camp has been special for so many that attend. Camp has a positive impact on so many as part of the learning process in a child's life and as part of growing up.



© AMERICAN CAMPING ASSOCIATION

Numerous studies have shown the benefits of being outside and how camp impacts the social and emotional lives of those that attend. Camp benefits a child's socialization skills, ability to problem solve and how to adapt without a parent or teacher intervening. These are skills that are learned by doing and not just by teaching. We can give them the tools, but they must experience it through practice and action. While the pandemic certainly has set kids back a bit, you can see the lessons learned at camp begin to influence their social and emotional needs. Summer camp should be a safe place for kids and we are proud to provide a much-needed service that so many desperately need.

Planning and registration have already begun for the 2023 summer camp season and unfortunately at the time of this publication, we already have waitlists in most groups. *These waitlists are constantly changing, so if you are interested in camp please email [renee@windingtrails.org](mailto:renee@windingtrails.org).*



## THE NAMES HAVE CHANGED... BUT THE COMMUNITY REMAINS THE SAME

Last summer we celebrated our 75th anniversary of Winding Trails Summer Day Camp. It is hard to believe over 80,000 children have participated in our award-winning camp program. In preparation for this milestone, we spent the better part of two years reflecting on our camp program and asked some important questions like...

- Are we still serving children in the way we should?
- Are we still true to our mission and guiding principles?
- Are our traditions, facilities, and programs still relevant?

One item that did come up was the cultural appropriateness of some of our unit names. A decision was made to change our camp unit names to something that is more directly related to Winding Trails and the work we do. This past summer every camp family received a survey asking for their input on new names for our camp units. The "idea bubble" shows some of the more popular names proposed. After numerous meetings, a decision was made to name our camp units after wild-life that has been seen on the property. This provides us with an opportunity to continue building on one of our main guiding principles, which is fostering a love for the outdoors. Each animal has a special place in the ecosystem, and each has unique character traits that can be highlighted and taught through our camp program. Starting next summer, the new names for the various age groups are as follows:



ENTERING GRADE	NEW UNIT NAME
Pre School	Cubs
Kindergarten	Fawns
1st Grade	Owls
2nd Grade	Raccoons
3rd Grade	Hawks
4th Grade	Snappers
5th Grade	Bobcats
6th Grade	Eagles
7th Grade	Moose
8th Grade	Bears

Over the next few months our pavilions, signs and maps will reflect the changes to these new names. We would like to thank everyone that provided input for these new names. Our old unit names will always have a special place in our history and the hearts of those campers who attended Winding Trails. We look forward to continuing to foster a love for the outdoors, building community, and serving our next generation of campers.









## GENERAL SKI INFORMATION

Winding Trails operates the only full-service cross-country ski center in the state. Weather permitting, Winding Trails machine grooms all 12.5 miles of trails for both traditional skiing and skate skiing. As a member of Winding Trails, you always ski for free. If you need to rent skis or take a lesson, there is a fee. Winding Trails has a beautiful fleet of Fisher skis available for rent. We also have a retail shop if you are interested in purchasing equipment. The Ski Center is open to the public and attracts cross country enthusiasts from throughout southern New England and New York. Current conditions are posted on our website.

Winding Trails does plan to open its Cross-Country Ski Center as soon as we get sufficient snowfall. The number of days of skiing is dependent on Mother Nature, we are hopeful for a good winter. As soon as Mother Nature unfolds her 6" white blanket, our 20 km of trails will be groomed and tracked for your skiing pleasure. *Please no walking on ski trails – No pets allowed on premises at any time.*

### HOURS

Daily.....9:00am – 5:00pm, weather permitting

### RATES

**GENERAL PUBLIC TRAIL PASS TICKETS MUST BE PURCHASED IN ADVANCE ONLINE AT: [WINDINGTRAILS.ORG/WINTER-GUEST-REGISTRATION/](http://WINDINGTRAILS.ORG/WINTER-GUEST-REGISTRATION/)**

*NOTE: 2023 Winding Trails members do not pay for trail passes*

Daily Ski Trail Pass	Full Day
Adult .....	\$14
Senior (62+) .....	\$10
Child (3 to 15).....	\$8

### Daily Snowshoeing, Ice Skating, and Sledding Fees

Adult .....	\$7
Child (3 to 15).....	\$5

### WINTER SEASON PASSES

Individual .....	\$125
Family (up to 4 members) .....	\$300
Each Additional Family Member .....	\$50
Senior Pass (62+) .....	\$100

### RENTALS

	Adults	Children (15 & under)
Traditional Skis (skis, boots, poles).....	\$17	\$12
Skate Skis (skis, boots, poles) .....	\$19	
Pulk Sled (2 hour limit).....	\$12	
Snowshoes.....	\$12	\$10
Snow Tube .....	\$6	
Ice Skates .....	\$5	

*All rentals must stay on premises and be returned by 4:30pm*

### LESSONS

	Adults	Children (8 to 15)
Group Beginner Lessons (1 hour) .....	\$20	\$15
Semi-Private Lessons (1 hour) .....	\$25	\$20
Private Lessons (1 hour) .....	\$30	\$25

*Group lessons are offered weekdays at 10am & 1pm, weekends/holidays at 9:30am, 11am, 1pm & 2:30pm. The semi-private lessons are for 2 or more. Prices are per student. Private lessons are scheduled by appointment.*

## CROSS COUNTRY RETAIL SHOP

Winding Trails is the place to purchase a beautiful new set of Fisher skis or pick up a ski accessory or wax. You won't find better prices or service. When the Ski Center is open the retail shop will be open. Typical shop hours: Monday – Friday, 9:00am – 4:30pm. If there is no snow, call ahead at (860) 677-8458 and a staff member will be happy to schedule a time to show you our selection of ski equipment.



# WINDING TRAILS CROSS COUNTRY SKI CENTER

(860) 677-8458

[www.windingtrails.org](http://www.windingtrails.org)

## TRAIL MARKINGS



EASIEST

MORE  
DIFFICULTMOST  
DIFFICULTSKATING  
LOOP

## MAP LEGEND



Campsites



Bridge



Restrooms



Snowshoe Area

Garmany Hall includes the Ski Center, Ski Rentals & Lessons, Ski Shop, Snack Bar and Restrooms.

The Sports Complex includes areas for softball, soccer, basketball, volleyball, tennis, bocci, pickle ball, street hockey, and a playscape.

## SUGGESTED LOOPS

Loops are designated by colored arrows on the trails.

**RED LOOP.....3 MILES**

Skater's loop designated by red arrows. Ski skating only, no diagonal stride.

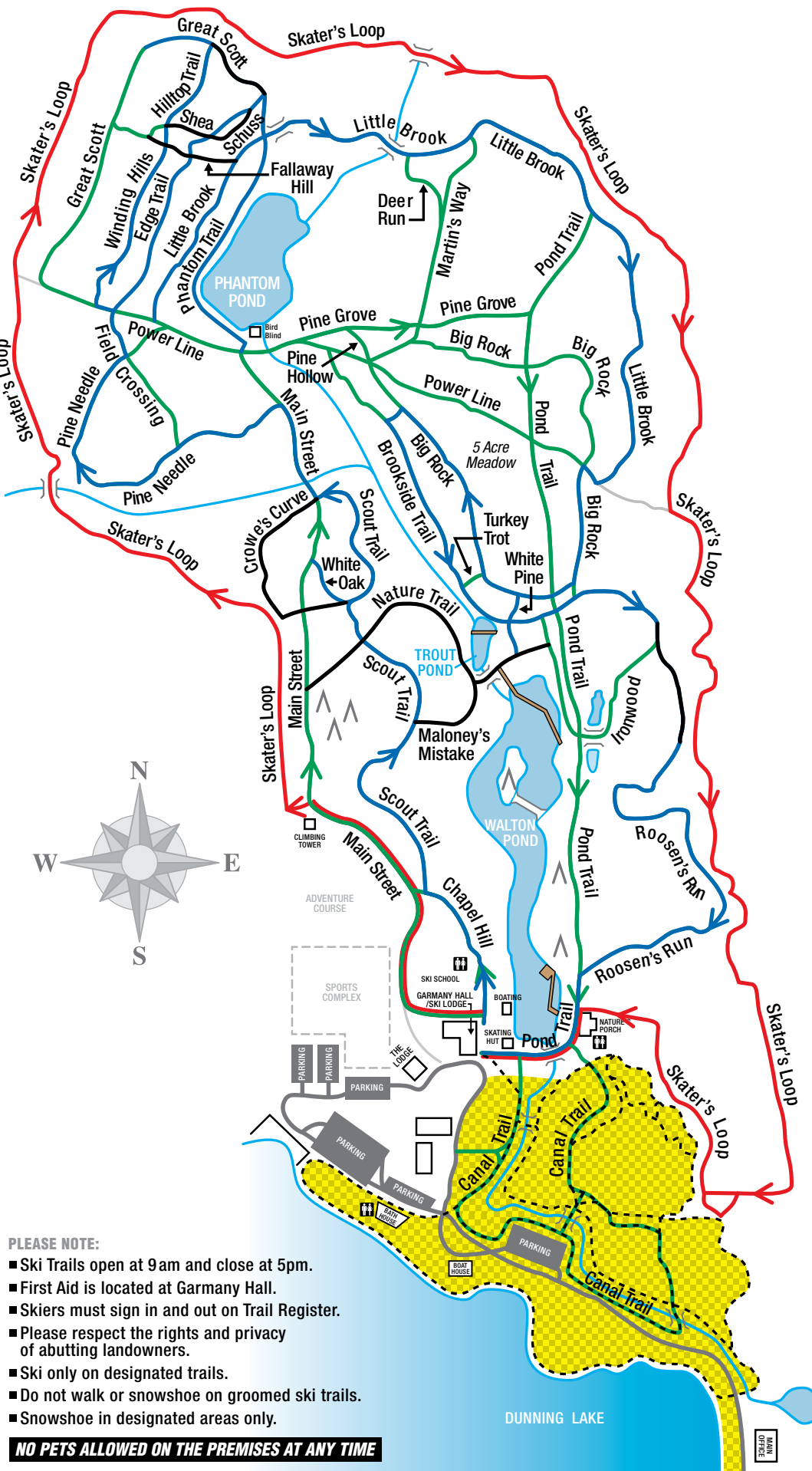
**BLUE LOOP.....3 MILES**

Diagonal stride loop designated by blue arrows. Intermediate.

**GREEN LOOP....1.7 MILES**

Diagonal stride loop designated by green arrows. Beginner.

Everyone must be off trails by 5pm.



### PLEASE NOTE:

- Ski Trails open at 9am and close at 5pm.
- First Aid is located at Garmany Hall.
- Skiers must sign in and out on Trail Register.
- Please respect the rights and privacy of abutting landowners.
- Ski only on designated trails.
- Do not walk or snowshoe on groomed ski trails.
- Snowshoe in designated areas only.

**NO PETS ALLOWED ON THE PREMISES AT ANY TIME**





## ICE FISHING

Each winter dozens of members enjoy the solitude of the season by ice fishing on Dunning Lake. This activity is permitted at your own risk. Winding Trails does not check Dunning Lake for ice thickness and safe conditions. Ice fishing is allowed during normal park hours. No ice fishing is allowed on Walton Pond. All other fishing rules and catch limits apply.

## SLEDDING

Our Sportsplex hill is located adjacent to the soccer field and provides a great location for sledding. It is wide, long, and free of obstacles. Interested sliders can park in the parking lot adjacent to the Sportsplex and walk across the soccer field to get to the hill. Sledding is permitted during regular park hours. Parental supervision is required for any child under the age of 15. Sledding is also at your own risk. Please be sure to sled in designated areas only and use the fenced walking path to get back to the top of the hill. There is no sledding permitted on cross-country ski trails. Check our website for current conditions. Bring your own sled or rent one of our tubes at Garmany Hall when the Ski Center is open. Non-member fee for sledding is \$7.00 for adults and \$5.00 for children ages 3 to 15.



**REMINDER: WINDING TRAILS IS A WILDLIFE PRESERVE. TO PROTECT THE WILDLIFE WE ASK THAT NO DOGS OR PETS BE ALLOWED ON PROPERTY. THIS INCLUDES THE ENTIRE TRAILS SYSTEM. THANK YOU FOR YOUR COOPERATION!**



## ICE SKATING

Winters are unpredictable and the number of days of skating has varied tremendously depending on temperature and snow-fall amounts. Skating is permitted on Walton Pond once the ice reaches a safe thickness of 5" to 8" depending on conditions. Skating will be open daily until 9pm, weather permitting. The lights will go off at 9:00pm each night. Skating conditions will be posted on our website. There is no skating on Dunning Lake. Skating is free for Members. Skate rentals are available in Garmany Hall when the Ski Center is open.

We will also be setting up a skating rink under the Owl Pavilion (formerly named the Hiawatha Pavilion). This size will be 32' x 64' and should freeze much quicker than Walton Pond. Hockey will not be allowed on this rink and our Learn to Skate programs have priority. Non-member fee for skating is \$7.00 for adults and \$5.00 for children ages 3 to 15.



## IMPORTANT NEW PROGRAM REGISTRATION POLICIES

Winding Trails is now producing two newsletters per year. The Winter-Spring edition promotes programs from January through May and the Summer -Fall edition has programs from June through December. The opening of registration for these programs will occur roughly the first of each month before the month the program is running. Check the program description for specific dates for registration openings. Also, please be sure to check our website and emails for the promotion of new programs or additional program offerings.

### EVENING SKI TOURS FOR ADULTS

Skiing under the stars! Does this atmosphere sound good to you? If you answered yes, then you'll want to join us for this unique program. Weather permitting, fellow skiers will meet for a special guided ski tour of our trail system. The warmth of a roaring fire, light fare and conversation will follow this nocturnal trek. This program is not for beginner skiers. (*Weather permitting*) Registration opens December 15th.

#### Session I

Date: .....Friday, January 20th

#### Session II

Date: .....Friday, February 10th

#### Session III

Date: ..... Friday, March 10th

Time: ..... 7:00pm – 10:00pm

Fee: .....\$30.00 (this includes trail guide and refreshments.)

Member Fee: .....\$20.00

Rental: ..... \$10.00

Minimum: 20 .....Maximum: 40

### LEARN, SKI, & LUNCH

Come for a cross country ski program and stay for lunch. If you have never cross country skied or need a refresher this is a great program for you. This program includes rental equipment, a lesson, and lunch. Space is limited, and program is held weather permitting. Lunch will be provided from our snack bar. *This is a member only program. Registration opens December 15th.*

#### Session I

Date: ..... Thursday, January 12th  
(If no snow, Thursday, January 19th)

#### Session II

Date: ..... Thursday, February 9th  
(If no snow, Thursday, February 16th)

#### Session III

Date: .....Thursday, March 9th  
(If no snow, Thursday, March 16th)

Time: ..... 11:00am – 12:30pm

Where: .....Garmany Hall

Member Fee: ..... \$15.00

Age: .....Adults Only

Minimum: 4 .....Maximum: 8

### FREE MEMBER CROSS COUNTRY SKI LESSON

There are still members who have never been out on skis, so for those of you who have never tried, but would like to, we invite you to come out for a one-hour free group lesson. There is a fee for rental equipment. Space is limited. This program will be held weather permitting. *This is a member only program. Registration for this program opens December 15th.*

#### Session I

Date: .....Saturday, January 7th – snow date January 21st

#### Session II

Date: .....Wednesday, January 18th – snow date January 25th

#### Session III

Date: ..... Sunday, February 5th – snow date February 12th

Time: ..... 8:30am – 10:00am

Ages: ..... Adults

Where: .....Ski Center (Garmany Hall)

Fee: .....Members Free (ski rentals are \$17)

Minimum: 4 .....Maximum: 8

### I'M A NEW MEMBER ... NOW WHAT?

Join us for an evening of exploration about everything that Winding Trails has to offer you. Learn how to get the most out of your membership and find out about all the great opportunities that await you. You will learn about our history, our future, how monies are spent, program registration, guest policies, special events and programs, summer day camp, our cross-country ski center, and much more. Meet some of the park's key staff members and ask any questions you may have. This is a great orientation event for any new member or just a wonderful opportunity for returning members to learn more about the facility. This program will be available in person or on Zoom. Please register based on how you plan to attend. There is no fee for this event. *Registration for this program opens December 15th.*

#### Session I: In person

Minimum: 40 .....Maximum 100

#### Session II: On Zoom

No minimum .....No maximum

Date: ..... Wednesday, January 18th

Time: ..... 6:30pm – 8:00pm

Where: .....Garmany Hall

Fee: ..... Free





## FAMILY SKATE NIGHT AT WALTON POND

Join us on Walton Pond for an evening of fun under the lights. There will be music, a roaring fire, hot chocolate, hotdogs, and more. This program will be held weather permitting. *This is a member only program. Registration for this program opens January 3rd.*

Date: ..... Saturday, February 4th  
 Snowdate: ..... Saturday, February 11th  
 Time: ..... 6:30pm – 8:00pm  
 Where: ..... Walton Pond  
 Fee: ..... Free  
 Minimum: 50 ..... Maximum: 200

## FAMILY MOVIE NIGHT

Bring the whole family out for a great dinner served up in front of our big screen movie. A dinner of ziti with red sauce, meatballs, cheesy garlic bread, and salad will be served up family style. Dessert and beverages are also included. Reserve your seats today as seating is limited to only 80 persons. Movie will be DC League of Super-Pets. *Registration for this program opens January 3rd.*



Date: ..... Friday, February 24th  
 Time: ..... 6:00pm – 10:00pm  
 Where: ..... Garmany Hall  
 Fee: ..... \$35.00 per Family  
 Member Fee: ..... \$25.00 per Family  
 Minimum: 30 ..... Maximum: 80

## FAMILY EGG HUNT FEATURING PETER RABBIT

Join Peter Rabbit and your entire family as they scramble for all the holiday goodies scattered about on the trail! We have plenty of treasures and treats for all. In addition to the candy and toys, every family will receive one golden egg with a special prize inside! Don't forget your goodie bag/basket to hold all your findings. The Egg Hunt will take place in a short loop on the trails ending with a continental breakfast at the Owl Pavilion. Space is limited, register early—this program fills up fast! This is a member program only. *Registration for this program opens March 1st.*

Date: ..... Saturday, April 8th  
 Time:  
 Session I: ..... 8:00am  
 Session II: ..... 8:45am  
 Session III: ..... 9:30am  
 Session IV: ..... 10:15am  
 Session V: ..... 11:00am  
 Session VI: ..... 11:45am  
 Ages: ..... 10 and under  
 Where: ..... Meet at the Amphitheater  
 Member Fee: ..... \$25.00 per family  
 Minimum per session: 30 people ..... Max per session: 150 people



## 76TH ANNUAL CHILDREN'S FISHING DERBY

Children ages 5 to 15 can test their fishing skills and are eligible to participate in this long-standing event for prizes. We will have prizes in two different age categories as well as prizes for heaviest fish not a trout, first fish caught, and of course a cash prize for catching the elusive "Golden Trout." So come on down and enjoy the morning fishing at Dunning Lake! *Participation is limited to members, their guests, and Farmington residents only. Registration is not required.*

Date: ..... Saturday, April 1st  
 Time: ..... 8:00am – 10:00am  
 Ages: ..... 5 – 15 years old  
 Where: ..... Dunning Lake  
 Fee: ..... No Charge  
*(Food and worms will be available for a nominal fee)*

## CELEBRATE EARTH DAY – HELP WINDING TRAILS DO SOME SPRING CLEANING!

This year's theme for Earth Day is "Invest in our planet". What better way to do that than by joining the Winding Trails staff as we "spruce" up the park for the coming busy season. Volunteers will be placed in groups and assigned to a project. These will include cleaning up the campsites, splitting wood, waxing the playgrounds, water treating decks, leaf pickup, and more. Come dressed to get dirty and help make your park a better place. Lunch will be provided. *This is a member only program. Registration for this program opens March 1st.*

Date: ..... Saturday, April 22nd  
 Time: ..... 9:00am – 12:00pm  
 Where: ..... Garmany Hall  
 Ages: ..... Adults  
 Fee: ..... Free  
 Minimum: 10 ..... Maximum: 50



WINDING TRAILS ANNUAL

# DRIVE "FORE" CAMP GOLF TOURNAMENT

All proceeds will go to the Winding Trails Summer Day Camp!

**FRIDAY, MAY 19TH • 11:30AM**  
**TUNXIS PLANTATION COUNTRY CLUB**

**18 HOLES \* SHOTGUN START \* BEST BALL**  
**MULLIGANS, RAFFLES, GAMES, CONTESTS, AUCTIONS & MORE!**

**\$600 PER 4-SOME • \$150 PER SINGLE GOLFER**  
**REGISTRATION BEGINS AT 10:30AM, SHOTGUN START AT 11:30AM**  
**INCLUDES 18 HOLES, CART, LUNCH AND DINNER (SERVED AT**  
**WINDING TRAILS IMMEDIATELY FOLLOWING THE TOURNAMENT).**  
**DINNER ONLY (NO GOLF): \$25**







## CALENDAR OF EVENTS

### JANUARY

Learn to Skate (4-5 year olds),  
Session I ..... Tuesdays, January 3rd – 24th, 10:00am – 10:45am

Learn to Skate (4-5 year olds),  
Session II ..... Tuesdays, January 3rd – 24th, 11:00am – 11:45am

Winter Little Adventures,  
Session I ..... Tuesdays, January 3rd – 31st, 2:00pm – 3:00pm

Learn to Skate (6-9 year olds),  
Session III ..... Tuesdays, January 3rd – 24th, 4:15pm – 5:00pm

Learn to Skate (6-9 year olds),  
Session IV ..... Tuesdays, January 3rd – 24th, 5:15pm – 6:00pm

Free Member Cross Country Ski Lesson,  
Session I ..... Saturday, January 7th, 8:30am – 10:00am

Little Kids Exploring Nature,  
Session I: Exploring Winter ..... Saturday, January 7th, 9:30am – 11:30am

Families Exploring Nature,  
Session I: Exploring Winter ..... Saturday, January 7th, 1:30pm – 3:30pm

Little Gliders,  
Session I ..... Tuesdays & Thursdays, January 10th – 19th 11:00am – 12:00pm

Winter Evening Indoor Spinning,  
Session I ..... Tuesdays, January 10th – March 14th, 6:30pm – 7:30pm

Adult Drop-In Hockey Tuesdays, January 10th – March 7th, 6:30pm – 8:00pm

Arts & Crafts for Preschoolers,  
Session I ..... Wednesdays, January 11th – February 8th 11:30am – 12:15pm

Learn, Ski, & Lunch. Session I ... Thursdays, January 12th, 11:00am – 12:30pm

Winter Evening Indoor Spinning,  
Session II ..... Thursdays, January 12th – March 16th, 6:30pm – 7:30pm

Trivia Night at Winding Trails ..... Friday, January 13th 7:00pm – 10:00pm

CARE Ice Fishing Class & Field Trip .Saturday, January 14th, 9:30am – 3:00pm

Winter Little Adventures,  
Session II ... Tuesdays & Thursdays, January 17th – 31st, 10:00am – 11:00am

Free Member Cross Country Ski Lesson,  
Session II ..... Wednesday, January 18th, 8:30am – 10:00am

I'm a New Member Now What? Wednesdays, January 18th, 6:30pm – 8:00pm

Wood Floral Workshop, Session I .... Friday, January 20th 6:30pm – 8:30pm

Evening Ski Tour, Session I ..... Friday January 20th, 7:00pm – 10:00pm

After School Gliders ... Tuesdays & Thursdays, January 24th – February 2nd, 4:00pm – 5:00pm

Winter Little Adventures, Session III ..... Mondays & Wednesdays, January 30th – February 13th, 10:00am – 11:00am

Winter Little Adventures, Session IV ..... Mondays & Wednesdays, January 30th – February 13th, 3:00pm – 4:00pm

American Red Cross Adult and Pediatric First Aid/CPR/AED Training,  
Session II (Recertification). .... Wednesday, March 22nd, 5:30pm – 7:30pm

Walk, Talk, and Gawk Adult Walk,  
Session I: Equinox Finds ..... Thursday, March 23rd, 9:00am – 11:00am

Wood Floral Workshop, Session II ..... Friday, March 24th, 6:30pm – 8:30pm

Acoustic Night, Session II ..... Friday, March 24th, 7:00pm – 9:00pm

Walk, Talk, and Gawk Adult Walk,  
Session II: Equinox Finds ..... Sunday, March 26th, 9:00am – 11:00am

### APRIL

Children's Fishing Derby ..... Saturday, April 1st, 8:00am – 10:00am

Family Egg Hunt Featuring Peter Rabbit ..... Saturday, April 8th

Opening Day for Fishing ..... Saturday, April 8th

Birdwatching: Spring Migration ..... Sunday, April 9th, 8:00am – 10:00am

Little Kids Exploring Nature,  
Session IV: Early Spring Finds. .... Saturday, April 15th, 9:30am – 11:30am

Families Exploring Nature,  
Session IV: Early Spring Finds. .... Saturday, April 15th, 1:30pm – 3:30pm

Climbing Tower Days, Session I ..... Sunday, April 16th, 10:00am – 12:00pm

Winding Trails  
Mountain Bike Series ..... Tuesdays, April 18th, – May 16th 6:00pm

Pilates at the  
Boathouse Pavilion ... Wednesdays, April 19th – May 17th, 9:15am – 10:15am

Soccer for  
3-year-olds ..... Wednesdays, April 19th – May 17th, 9:30am – 10:00am

Little Feet Soccer .... Wednesdays, April 19th– May 17th, 10:15am – 11:15am

Spring Adult Luncheon –  
Trees of Winding Trails ..... Wednesday, April 19th, 11:00am – 1:00pm

Arts & Crafts for Preschoolers,  
Session II ..... Wednesdays, April 19th – May 17th, 11:30am – 12:15pm

Celebrate Earth Day – Help Winding Trails  
with Spring Clean Up ..... Saturday, April 22nd, 9:00am – 12:00pm

Introduction to  
Pickleball ..... Saturdays, April 22nd – May 13th, 10:00am – 11:00am

TREK Bicycle Demo Day ..... Saturday, April 22nd, 10:00am – 12:00pm

Pickleball for Intermediate  
Players ..... Saturdays, April 22nd – May 13th, 11:00am – 12:00pm

Fat Tire Classic Mountain Bike Race ..... Sunday, April 23rd

Little Adventures ..... Tuesdays and Thursdays, April 25th – May 9th,  
10:00am – 11:00am

# WINTER/Spring

## FEBRUARY

Family Skate Night at Walton Pond .....	Saturday, February 4th, 6:30pm - 8:00pm
Free Member Cross Country Ski Lesson, Session III. ....	Sunday, February 5th, 8:30am - 10:00am
Little Gliders, Session II .....	Mondays & Wednesdays, February 6th - 15th, 11:00am - 12:00pm
Learn, Ski, & Lunch, Session II ...	Thursday, February 9th, 11:00am - 12:30pm
Evening Ski Tour, Session II .....	Friday, February 10th, 7:00pm - 10:00pm
Little Kids Exploring Nature, Session II - Exploring Winter .....	Saturday, February 11th, 9:30am - 11:30am
Families Exploring Nature, Session II - Exploring Winter .....	Saturday, February 11th, 1:30pm - 3:30pm
Acoustic Night, Session I .....	Friday, February 17th, 7:00pm - 9:00pm
CARE Ice Fishing Field Trip, Session I .....	Saturday, February 18th, 8:00am - 10:00am
CARE Ice Fishing Field Trip, Session II .....	Saturday, February 18th, 10:30am - 12:30pm
Family Movie Night .....	Friday, February 24th, 6:00pm - 10:00pm
<b>MARCH</b>	
Kids Night Out, Session I .....	Friday, March 3rd, 6:00pm - 10:00pm
Learn, Ski, & Lunch, Session III. ....	Thursday, March 9th, 11:00am - 12:30pm
Evening Ski Tour, Session III .....	Friday March 10th, 7:00pm - 10:00pm
Little Kids Exploring Nature, Session III: Maple Sugaring .....	Saturday, March 11th, 9:30am - 11:30am
Families Exploring Nature, Session III: Maple Sugaring .....	Saturday, March 11th, 1:30pm - 3:30pm
American Red Cross Adult and Pediatric First Aid/CPR/AED Training, Session I .....	Wednesday, March 15th, 5:30pm - 8:30pm

After School Adventures .....	Tuesdays and Thursdays, April 25th - May 9th, 4:30pm - 6:00pm
Walk, Talk, & Gawk Adult Walk, Session III: Early Spring Finds .....	Thursday, April 27th, 9:00am - 11:00am
CARE Introduction to Fishing Class & Field Trip .....	Saturday, April 29th, 9:00am - 12:00pm
Nature's Porch Open on Weekends .....	Saturday, April 29th - Sunday, September 24th, 12:00pm - 5:00pm
Natural Lawn Care .....	Saturday, April 29th, 1:30pm - 3:00pm
Walk, Talk, & Gawk Adult Walk, Session IV - Early Spring Finds .....	Sunday, April 30th, 9:00am - 11:00am
<b>MAY</b>	
Kid's Mountain Bike Club .....	Wednesdays, May 3rd - 24th, 4:30pm - 5:30pm
Climbing Tower Days, Session II .....	Saturday, May 6th, 10:00am - 12:00pm
Touch-A-Truck .....	Sunday, May 7th, 1:00pm - 3:00pm
Kid's Night Out, Session II .....	Friday, May 12th, 6:00pm - 10:00pm
Acoustic Night, Session III .....	Friday, May 12th, 7:00pm - 9:00pm
CARE Introduction to Fly Fishing & Field Trip .....	Thursday, May 18th, 5:30pm - 8:00pm
Drive "fore" Camp Golf Tournament .....	Friday, May 19th
For All Ages Intergenerational Learn to Fish Derby .....	Saturday, May 20th, 8:30am - 12:30pm
Winding Trails Campus Tours .....	Saturday, May 20th, 10:00am - 11:30am
Climbing Tower Days, Session III ...	Saturday, May 20th, 10:00am - 12:00pm
Walk, Talk, & Gawk Adult Walk, Session V: May Flowers & Plants .....	Sunday, May 28th, 9:00am - 11:00am
Tri-Series Demo Day .....	Tuesday, May 30th, 5:00pm - 7:30pm







## 27TH ANNUAL WINDING TRAILS FAT TIRE CLASSIC PRESENTED BY TREK BICYCLE NEWINGTON



Come on out and enjoy the 5-mile loop on Winding Trails' 12.5-mile trail system which includes wide-open trails, hills, and turns combined with sections of technical single track. Cat 3, Cat 2, Cat 1, and Pro classes will run with a variety of age groups. Distances will vary according to each class. There will also be a special First Timers' Race on a separate 2-mile course, two laps, and a free short kids' race. Proceeds from the event go to the Winding Trails Endowment Fund at the Hartford Foundation. Call 860-677-8458 or visit our website for race flyer and information. We will be using BikeReg for registrations for this race at [www.bikereg.com](http://www.bikereg.com). All levels of riders are encouraged to pre-register. *Registration opens for this program March 15th.*

Date: ..... Sunday, April 23rd

Time: ..... 9:00am - 2:45pm

(Start times vary depending on race class)

*Registration opens at 7:30am for morning races*

### Pre Registration Fees:

Children under 10 (participating in the kids race): ..... Free

Junior Racers (9-18): Cat 2 & Cat 3. .... \$15.00

*plus \$10.00 USA Cycling license*

First Time Racers (incl. \$10 USAC license): ..... \$20.00

USA Cycling members: Cat 3. .... \$20.00

Non-USA Cycling members: Cat 3 ..... \$30.00

USA Cycling members: Pro, Cat 1, Cat 2 ..... \$30.00

Non-USA Cycling members: Cat 2 only. .... \$40.00

*There is an additional \$10.00 fee for Day of Race Registration.*

*\*You must be a USA CYCLING member to race in Cat 1 and Pro races.*

## TREK BICYCLE DEMO DAY

Try a Trek! Join Trek Bicycle Newington for a Bike Demo Day! Trek will be on site at Winding Trails with a fleet of demo bikes including Mountain Bikes & Road Bikes. The demo is a free event, open to all. Waivers + helmets will be required. Email [newington@trekbikes.com](mailto:newington@trekbikes.com) for more details. *No registration required for this program.*

Date: ..... Saturday, April 22nd

Times: ..... 10:00am - 12:00pm

Where: ..... Tri-Transition area

Fee: ..... Free

## TOUCH-A-TRUCK

Through the generosity of many local businesses, children can see a variety of "special" vehicles up close. Each year we have vehicles from the local fire, police, and EMS. There is also construction equipment, military vehicles, and more. Food is available for a nominal fee. You and your little one won't want to miss this day.

If you are a business and would like to display your vehicle, email [bailey@windingtrails.org](mailto:bailey@windingtrails.org). This is a great community event and a nice way to promote your business. *No registration required for this program.*

Date: ..... Sunday, May 7th

(Rain date - Sunday, May 21st)

Time: ..... 1:00pm - 3:00pm

Where: ..... Upper Parking Lots

Fee: ..... Free



## WINDING TRAILS CAMPUS TOUR

Are you a new member and not quite sure where everything is? Then this extensive tour of the park is just for you. Learn about the history of Winding Trails, where all the facilities are, and where the "special" spots can be found. Dress appropriately for weather and walking. *This is a member only program. Registration for this program opens April 3rd.*

Date: ..... Saturday, May 20th

Times: ..... 10:00am - 11:30am

Where: ..... Garmany Hall

Ages: ..... All ages

Fee: ..... Free

Minimum: 10 ..... Maximum: 50

## "FOR ALL AGES" INTERGENERATIONAL LEARN-TO-FISH DERBY

Local non-profit 'For All Ages' is hosting this morning event where children ages 5 to 12 will be paired with an adult angler to learn to fish and participate as a team in a fun-filled fishing derby. For All Ages will award a variety of prizes, including first fish caught, heaviest fish caught, and best fishing themed hat, among others.

Come enjoy the morning either learning to fish or teaching a youth to fish at Walton Pond. Participation is limited to the first 20 youth and the first 20 experienced adult anglers age 50+. Registration opens April 1st. Please register by Friday, May 12th on the For All Ages website at [www.forallages.org/](http://www.forallages.org/) fishing-derby. Youth must be accompanied for the morning by a parent or guardian.

Date: ..... Saturday, May 20th

Time: ..... 8:30am - 12:30pm

Ages: ..... 5 - 12 years old and 50+ year old anglers

Where: ..... Walton Pond

Fee: ..... No Charge

(Food and worms will be available free of charge)

Minimum: 20 ..... Maximum: 40

## WINTER LITTLE ADVENTURERS

Join the fun! This 5-session program is designed for your 4-5 year olds. Each week your child will spend 60 minutes doing a variety of activities such as the outdoor bouldering wall, snow fort building, ice skating, or tubing as well as participating in team building activities and other winter themed programs. (Activity choice will depend on the weather). *Registration for all sessions of this program opens December 15th.*

### Session I (one day a week)

Date: ..... Tuesdays, January 3rd – January 31st

Time: ..... 2:00pm – 3:00pm

### Session II (two days a week)

Date: ..... Tuesdays/Thursdays, January 17th – January 31st

Time: ..... 10:00am – 11:00am

### Session III (two days a week)

Date: ..... Monday/Wednesday, January 30th – February 13th

Time: ..... 10:00am – 11:00am

### Session IV (two days a week)

Date: ..... Monday/Wednesday, January 30th – February 13th

Time: ..... 3:00pm – 4:00pm

Ages: ..... 4–5 years old

Where: ..... Garmany Hall

Fee: ..... \$70.00

Member Fee: ..... \$50.00

Minimum: 6 ..... Maximum: 12

## LITTLE GLIDERS

Your 4-5 year old can begin to learn the sport of cross-country skiing. This fun-based four session program will be a group cross-country ski lesson specially designed for kids. Your child will learn the basics of cross-country skiing on level terrain and become familiar with the snow. Skis and boots will be provided. Helmets are recommended. Classes meet at Garmany Hall Ski Center. *Weather permitting. Registration for all sessions of this program opens December 15th.*



### Session I

Date: ..... Tuesdays/Thursdays, January 10th – 19th

Time: ..... 11:00am – noon

### Session II

Date: ..... Mondays/Wednesdays, February 6th – 15th

Time: ..... 11:00am – noon

Ages: ..... 4 & 5 years old (must be 4 by start of program)

Where: ..... Garmany Hall

Fee: ..... \$70.00

Member Fee: ..... \$50.00

Minimum: 4 ..... Maximum: 8

## AFTER SCHOOL GLIDERS

Learn the sport of cross-country skiing. This fun-based four session program will be a group cross-country ski lesson specially designed for kids. Your child will learn the basics of cross-country skiing on level terrain and become familiar with the snow. Skis, poles and boots will be provided. Helmets are recommended. Classes meet at Garmany Hall Ski Center weather permitting. *Registration for this program opens December 15th.*

Date: ..... Tuesdays/Thursdays, January 24th – February 2nd

Time: ..... 4:00pm – 5:00pm

Age: ..... 6 – 10 years old

Where: ..... Ski Center

Fee: ..... \$70.00

Members Fee: ..... \$50.00

Minimum: 4 ..... Maximum: 8

## LEARN TO SKATE CLINIC

Your child can begin to learn the wonderful sport of ice skating. This fun-based four session class will involve getting your children up and around on skates. The basics of forward skating, turning, and stopping will be covered. Children must have their own skates or rent. (If you need to rent skates, please call ahead to arrange for them.) Single blade skates only please, and don't forget to have them sharpened! Helmets are recommended. *Registration for all sessions of this program opens December 15th.*

### Session I

Date: ..... Tuesdays, January 3rd – 24th

(Snowdate: January 31st)

Time: ..... 10:00am – 10:45am

Ages: ..... 4 – 5 years old

### Session II

Date: ..... Tuesdays, January 3rd – 24th

(Snowdate: January 31st)

Time: ..... 11:00am – 11:45am

Ages: ..... 4 – 5 years old

### Session III

Date: ..... Tuesdays, January 3rd – 24th

(Snowdate: January 31st)

Time: ..... 4:15pm – 5:00pm

Ages: ..... 6 – 9 years old

### Session IV

Date: ..... Tuesdays, January 3rd – 24th

(Snowdate: January 31st)

Time: ..... 5:15pm – 6:00pm

Ages: ..... 6 – 9 years old

Where: ... Owl Pavilion Skating Rink (formerly Hiawatha Pavilion)

Fee: ..... \$40.00

Members Fee: ..... \$25.00

Minimum: 4 ..... Maximum: 8





## ARTS & CRAFTS FOR PRESCHOOLERS

Come join us for a fun filled creative class that will stir your preschooler's imagination. Every week your child will enjoy 45 minutes of creative arts and crafts projects that they will be able to take home and show off to the entire family.

### Session I

Dates: ..... Wednesdays, January 11th – February 8th  
Registration opens December 15th

### Session II

Dates: ..... Wednesdays, April 19th – May 17th  
Registration opens March 1st

Time: ..... 11:30am – 12:15pm

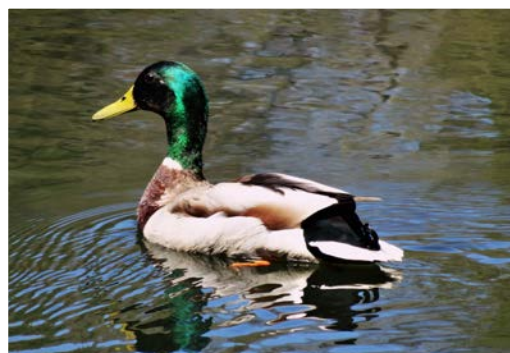
Ages: ..... 3 – 5 years old

Where: ..... The Lodge Activity Room

Fee: ..... \$30.00

Member Fee: ..... \$20.00

Minimum: 3 ..... Maximum 8



## LITTLE KIDS EXPLORING NATURE

This winter and spring young children 6-years-old and under with their families will join Miss Judy for a fun Saturday morning of learning something new about the great outdoors. The program format is an introduction about the day's topic followed by a hands-on outdoor activity to try out what you learned. Each month, we will be exploring different locations and topics as we discover the many animals and plants that make up Winding Trails' fields, forests, and waterbodies. Since the weather is always fluid, the experience changes from year to year.

The January and February programs will have activities based on the weather on that day – checking out ice on the pond or building a snow fort or taking a hike. In March, we will be experiencing the entire maple sugaring process from taping the trees to boiling down the sap into syrup. Dress for the weather with layers, snow pants (when appropriate), and boots so everyone is warm in the cold.

With April, we have hopes for the early spring season as we look for skunk cabbage and early spring flowers to listening for calling frogs at the vernal pools. Dress for the weather with good walking shoes. Bring along water boots or shoes for exploring the vernal pool areas up close.

All of these activities and more are out there to explore as we spend an exciting winter and spring season with your family. *Registration for all sessions of this program opens December 15th.*

### Session I: Exploring Winter in January

Date: ..... Saturday, January 7th

Time: ..... 9:30am – 11:30am

### Session II: Exploring Winter in February

Date: ..... Saturday, February 11th

Time: ..... 9:30am – 11:30am

### Session III: Maple Sugaring Magic

Date: ..... Saturday, March 11th

Time: ..... 9:30am – 11:30am

### Session IV: Early Spring Finds

Date: ..... Saturday, April 15th

Time: ..... 9:30am – 11:30am

Where: ..... The Lodge (January, February, and March)

Where: ..... Nature's Porch (April)

Ages: ..... All

Fee: ..... \$25.00 per Family

Member Fee: ..... \$15.00 per Family

Minimum: 3 families ..... Maximum: 5 Families



## KID'S NIGHT OUT

This is the ultimate night out for any kid! Tons of games, pizza, an ice cream sundae bar, a big screen movie, and endless amounts of fun await you here at the Trails. This program has evolved into a very popular kid's event and space fills up quickly. So, parents plan your night out and send the kids here for theirs. Head on over to the Trails for a night out that you will never forget. Sorry, parents not allowed! Please bring clothing that is appropriate for outdoor (weather dependent) and indoor play as well as provide a sleeping bag/blanket and pillow for the movie.

### Session I

Date: ..... Friday, March 3rd  
Registration opens February 1st

### Session II

Date: ..... Friday, May 12th  
Registration opens April 3rd

Time: ..... 6:00pm – 10:00pm

Age: ..... 1st – 7th Grade (approximate ages 6–12)

Where: ..... Garmany Hall

Fee: ..... \$30.00

Members Fee: ..... \$20.00

Minimum: 15 ..... Maximum: 25

## SOCCER FOR 3-YEAR-OLDS

A soccer program for boys and girls will provide very basic instruction in the fundamentals of the game of soccer. Skills and exercise will be presented with the emphasis on FUN! *Registration for this program opens March 1st.*

Dates: ..... Wednesdays, April 19th – May 17th  
 Time: ..... 9:30am – 10:00am  
 Ages: ..... 3 years old (must be 3 by start of program)  
 Where: ..... Meet at Soccer field  
 Fee: ..... \$70.00  
 Member Fee: ..... \$50.00  
 Minimum: 6 ..... Maximum: 12

## LITTLE FEET SOCCER

A soccer program for boys and girls, ages 4 & 5, will provide instruction in the fundamentals of the game of soccer. Skills and exercise will be presented with the emphasis on FUN! *Registration for this program opens March 1st.*

Dates: ..... Wednesdays, April 19th – May 17th  
 Time: ..... 10:15am – 11:15am  
 Ages: ..... 4 & 5 years old (must be 4 by start of program)  
 Where: ..... Soccer field  
 Fee: ..... \$70.00  
 Member Fee: ..... \$50.00  
 Minimum: 6 ..... Maximum: 12



## LITTLE ADVENTURERS

Join the fun with this 5-week program which is designed for your 4- and 5-year-old. Each week your child will spend 1.5 hours learning and practicing their skills participating in outdoor adventure activities. Skills such as balance and coordination will be presented with the emphasis on FUN! *Registration for this program opens March 1st.*

Dates: ..... Tuesday and Thursdays April 25th – May 9th  
 Time: ..... 10:00am – 11:00am  
 Ages: ..... 4 & 5 years old (must be 4 by start of program)  
 Where: ..... Climbing tower  
 Fee: ..... \$70.00  
 Member Fee: ..... \$50.00  
 Minimum: 6 ..... Maximum: 12

## AFTER SCHOOL ADVENTURERS

Your child will spend 1.5 hours a week participating in a variety of outdoor adventure activities from developing communication skills on our low elements, to learning the basics of rock climbing on our 40' climbing tower consisting of 4 sides; a 15' beginner wall, a 35' intermediate wall, a 35' advanced wall and the fourth side is a 60' x 35' cargo net. Through this program your child can overcome personal fears and develop new self-confidence and trust. *Registration for this program opens March 1st.*

Dates: ..... Tuesday and Thursdays, April 25th – May 9th  
 Ages: ..... 6 – 9 years old  
 Time: ..... 4:30pm – 6:00pm  
 Where: ..... Meet at the climbing tower  
 Fee: ..... \$100.00  
 Member Fee: ..... \$75.00  
 Minimum: 6 ..... Maximum: 12



## KIDS MOUNTAIN BIKE CLUB

Calling all kids ready to have some bicycling fun on the trails! This club is intended to have fun, sharpen our mountain biking skills and most importantly make some new friends! Mountain bikes only, helmet mandatory. This club is not intended for beginner riders. Participants must bring a helmet and bike. *Registration for this program opens April 3rd.*

Dates: ..... Wednesdays, May 3rd – May 24th  
 Time: ..... 4:30pm – 5:30pm  
 Where: ..... Garmany Hall  
 Ages: ..... 9 – 12 years old  
 Fee: ..... \$25.00  
 Member Fee: ..... \$15.00  
 Minimum: 6 ..... Maximum: 12





## FAMILIES EXPLORING NATURE

This winter and spring families with older children will join Miss Judy for a fun Saturday afternoon of learning something new about the great outdoors. The program format is an introduction about the day's topic followed by a hands-on outdoor activity to try out what you learned. Each month, we will be exploring different locations and topics as we discover the many animals and plants that make up Winding Trails' fields, forests, and waterbodies. Since the weather is always fluid, the experience changes from year to year.

The January and February programs will have activities based on the weather on that day – checking out ice on the pond or building a snow fort or taking a hike. In March, we will be experiencing the entire maple sugaring process from taping the trees to boiling down the sap into syrup. Dress for the weather with layers, snow pants (when appropriate), and boots so everyone is warm in the cold.

With April, we have hopes for the early spring season as we look for skunk cabbage and early spring flowers to listening for calling frogs at the vernal pools. Dress for the weather with good walking shoes. Bring along water boots or shoes for exploring the vernal pool areas up close.

All of these activities and more are out there to explore as we spend an exciting winter and spring season with your family. *Registration for all sessions of this program opens December 15th.*

### Session I

Saturday, January 7th ..... Exploring Winter in January  
Time: ..... 1:30pm – 3:30pm

### Session II

Saturday, February 11th ..... Exploring Winter in February  
Time: ..... 1:30pm – 3:30pm

### Session III

Saturday, March 11th ..... Maple Sugaring Magic  
Time: ..... 1:30pm – 3:30pm

### Session IV

Saturday, April 15th ..... Early Spring Finds  
Time: ..... 1:30pm – 3:30pm

Where (January, February, and March): ..... The Lodge

Where (April): ..... Nature's Porch

Ages: ..... All

Fee: ..... \$25.00 per Family

Member Fee: ..... \$15.00 per Family

Minimum: 3 families ..... Maximum: 5 Families



## CARE ICE FISHING CLASS

The Connecticut Aquatic Resources Education (CARE) Program offers a free in-depth ice fishing class that introduces you to the wonders of water, fish, and fishing during the winter. Miss Judy and other state certified volunteer instructors will pass along the knowledge they have learned through years of angling. The morning class includes a video, hands-on demonstrations with the equipment, how to stay safe on the ice, and additional activities that will teach and entertain youths and adults alike. Visit the CARE program ICEFISHING webpage to prepare yourself and for more ice fishing information.

If ice conditions are safe, an outside ice fishing practice will be offered in the afternoon. All equipment is provided for your use. It is very important to dress in layers for the weather conditions and to wear boots for the afternoon practice – no sneakers are allowed. *Registration for this program opens December 15th. Please register by Monday, January 9th.*

Date: ..... Saturday, January 14th

Times:

9:30am – 11:30am ..... Indoor class – Attendance is required

11:30am – 12:00pm ..... Bring your own lunch

12:00pm – 3:00pm ..... Ice Fishing on Dunning Lake

(runs only if the ice is safe)

Where: ..... The Lodge Activity Room

Ages: ..... 8 years old through adults

Fee: ..... Free

Minimum: 10 ..... Maximum: 20



## CARE ICE FISHING

For those that have completed the Ice Fishing Course, this class offered by The Connecticut Aquatic Resources Education (CARE) Program. This ice fishing experience is designed for anglers that have completed the online CARE Ice Fishing ZOOM Webinar or attended an in-person class. All equipment is provided for your use. It is very important to dress in layers for the weather conditions and to wear boots for the afternoon practice – no sneakers are allowed. Ice fishing only runs when ice conditions are safe. *Registration for this program opens January 3rd. Please register by Monday, February 13th.*

### Session I

Date: ..... Saturday, February 18th

Time: ..... 8:00am – 10:00am

### Session II

Date: ..... Saturday, February 18th

Time: ..... 10:30am – 12:30pm

Where: ..... Dunning Lake Camp Beach

Ages: ..... 8 years old through adult

Fee: ..... Free

Minimum: 10 ..... Maximum: 20

## CARE INTRODUCTION TO FISHING CLASS

Have you or someone you know always wanted to learn how to fish? Well, this year we have a new learning experience to get you outdoors and fishing. The CT DEEP Fisheries Division offers an online Let's Go Fishing, course to learn all about fishing from the comfort of your home. Join Certified Fishing Instructors for a quick review of what you've learned at Nature's Porch classroom. Then, we will do hands-on activities that cover all the basic fishing skills from how to set up a fishing rod, casting practice, and putting that line into the water to catch your first fish at Walton Pond for the start of a lifetime of fishing with family and friends. Upon your registration for this program, you will be asked to do your "homework" online prior to the event. Then, come to Walton Pond on April 29th to complete the hands-on portion of this program and begin your lifetime of fishing. *Registration for this program opens March 1st. Registration closes on Monday, April 24th.*

Date: ..... Saturday, April 29th  
Practice at Walton Pond: ..... 9:00am - 12:00 noon  
Where: ..... Nature's Porch at Walton Pond  
Ages: ..... 8 years old through adults  
Member Fee: ..... Free  
Minimum: 10 people. .... Maximum: 20 people

## CARE INTRODUCTION TO FLY FISHING

Designed for anglers who have some previous fishing experience, this class offered by The Connecticut Aquatic Resources Education (CARE) program helps you continue to build your fishing knowledge and skills. Participants should be 12 years old and older.

**WEBINAR:** CARE Instructors will cover all the basics of the art of fly fishing during a 1-hour ZOOM webinar class which you complete in the comfort of your home. The webinar will discuss how to select and use fly fishing rods, reels, flies, and tackle, what knots to use and how to use them, how to cast, and much more. This is a mandatory pre-requisite before attending the Fly-Fishing Field Trip (space is limited). You will be given a code for the Registration Code at the end of the Webinar that is used to register for the fly-fishing field trips.

**FLY FISHING:** You will get the opportunity to practice your casting with instructor coaching and then fish for panfish in Walton Pond. CARE Instructors will provide loaner fly rods and flies to get you started fishing confidently on the path to success or bring your own gear and we can show you how to use it and setup it up properly. A fishing license is required for all participants ages 16 and above.

*Registration for this program opens April 3rd. Registration closes on Monday, May 15th.*

Date: ..... Thursday, May 18th  
Time: ..... 5:30 - 8:00pm  
Where: ..... Black Bear Pavilion by Walton Pond  
Ages: ..... 12 years old through adults  
Fee: ..... Free  
Minimum: 5 ..... Maximum: 10

## CT DEEP CARE FISHING EVENTS

Unable to attend one of the CARE fishing events at Winding Trails? No worries. Just Google "Fish with CARE", click on the "Fish with CARE - Connecticut Aquatic Resources Education" link, and you will be taken to the website. Click on "Classes and Events" and scroll through to find your option:

- Introduction to Fishing
- Let's Go Fishing! Online Course - English or Spanish
- Fishing Events
- Advanced Fishing Classes
- Ice Fishing Classes



## CLIMBING TOWER DAYS

This two hour program allows you to get onto the climbing tower and enjoy the vertical realm. The climbing tower is 40' high consisting of four sides: a 15' beginner wall with incline, a 40' intermediate vertical wall, a 40' advanced wall with incline and over hangs and a 60' x 35' cargo net for the quickest way to the top. Once on top, it's time for the ride, a 300' long zip line down Main Street. *Registration for this program opens April 3rd.*

### Session I

Date: ..... Sunday, April 16th  
Time: ..... 10:00am - 12:00pm

### Session II

Date: ..... Saturday, May 6th  
Time: ..... 10:00am - 12:00pm

### Session III

Date: ..... Saturday, May 20th  
Time: ..... 10:00am - 12:00pm  
Where: ..... Meet at the Climbing Tower  
Fee: ..... \$45.00  
Member Fee: ..... \$30.00  
Minimum: 15 ..... Maximum: 30





## ADULT DROP-IN HOCKEY

Why let the kids have all the fun? If you have played hockey before or have an interest in playing hockey, join us for this recreational “pond” hockey under the lights on Walton Pond. Interested participants are recommended to wear protective gear. Be sure to check the website to ensure the pond is open for skating. *Registration is required. Registration for this program opens December 15th.*

Date: ...Tuesdays, January 10th – March 7th, weather permitting  
Time: ..... 6:30pm – 8:00pm  
Where: ..... Walton Pond  
Fee: ..... \$7.00 per night  
Member Fee: ..... Free

## TRIVIA NIGHT AT WINDING TRAILS

The holidays are over, and the rushing and stressing are behind us. Come to Winding Trails with your friends to celebrate with Trivia! We will supply the music, Trivia and atmosphere. You just need to supply your own food and beverages. Reserve your spot today or get a group of friends together for a whole table! *This is a member only program. Registration for this program opens December 15th.*

Date: ..... Friday, January 13th  
Time: ..... 7:00pm – 10:00pm  
Place: ..... Garmany Hall  
Ages: ..... Adults Only  
Member Fee: ..... \$10.00  
Minimum: 25 ..... Maximum: 75



## WOOD FLORAL CRAFT WORKSHOP

Come enjoy a night of crafting with Wood Florals. Learn how to dye and assemble wood flowers. Each session will be a season themed décor craft for your home. We will supply all the materials for these projects.

### Session I

Date: ..... Friday, January 20th  
*Registration opens January 1st*

### Session II

Date: ..... Friday, March 24th  
*Registration opens February 1st*

Time: ..... 6:30pm – 8:30pm  
Where: ..... Lodge Activity Room  
Fee: ..... \$60.00  
Member Fee: ..... \$40.00 per session  
Minimum: 6 ..... Maximum: 20

## WINTER EVENING INDOOR CYCLING/SPINNING

Looking for a great cardio workout? Spinning offers the calorie burning, energy enhancing, stress decreasing overall workout that is easy on the joints. This is a 10-week program that will sure help you stay or get into shape. Indoor cycling allows you the opportunity to work hard and have fun while you spin to your favorite tunes. You provide comfortable workout attire, sneakers or SPD compatible shoes, H<sub>2</sub>O, towel and desire. *Registration for both sessions of this program opens December 15th.*

### Session I

Dates: .....Tuesdays, January 10th – March 14th

### Session II

Dates: .....Thursdays, January 12th – March 16th

Instructor: ..... Dave Cappello

Time: ..... 6:30pm – 7:30pm

Where: ..... The Lodge Basement

Fee: ..... \$130.00 per session

Member Fee: ..... \$100.00 per session

Minimum: 6 ..... Maximum: 16

## ACOUSTIC NIGHTS AT WINDING TRAILS

Come and enjoy some great local music in a variety of different venues at Winding Trails. The music is always excellent, and it is a great time to enjoy the park and friends. Feel free to bring your own food and drinks.

### Session I: Bill Benson

Dates: .....Friday, February 17th

Time: ..... 7:00pm – 9:00pm

Place: .....Garmany Hall

Minimum: 40 ..... Maximum 80

*Registration for this session opens on December 15th*

### Session II: Charlie Diamond

Dates: ..... Friday, March 24th

Time: ..... 7:00pm – 9:00pm

Place: .....Nature's Porch

Minimum: 30 ..... Maximum 60

*Registration for this session opens on February 1st*

### Session III: Brian Blumenthal

Dates: ..... Friday, May 12th

Time: ..... 7:00pm – 9:00pm

Place: ..... Dunning Lake Boathouse

Minimum: 50 ..... Maximum: 250

*Registration for this session opens on April 1st*

Ages: .....Adults Only

Fee: ..... \$7.00

Member Fee: ..... Free

## AMERICAN RED CROSS FIRST AID/CPR/AED TRAINING

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age — adults (12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. This is a blended learning class, with an online requirement before the class starts. A processing fee to the Red Cross is required when registering for the online portion. *Registration for both sessions of this program opens February 1st.*

### Session I

Dates: ..... Wednesday, March 15th

Time: ..... 5:30pm – 8:30pm

### Session II: For anyone holding the certification and needs to be recertified

Dates: .....Wednesday, March 22nd

Time: ..... 5:30pm – 7:30pm

Ages: ..... 13 and up

Where: .....Lodge Activity Room

Fee: ..... \$90.00

Member Fee: ..... \$65.00

Minimum: 4 ..... Maximum: 10

## ADULT NATURE WALKS - WALK, TALK, AND GAWK

Come join Miss Judy, Winding Trails' naturalist, for a casual exploration as we walk along some of our many trails to observe monthly seasonal changes. We'll talk about what we see or some of the current nature topics in the news. Sometimes we'll stop to gawk at an interesting find alongside the trail. A different route and seasonal topic are planned for each date. Always dress for the weather, wear a good pair of walking shoes, and bring your curiosity. *Registration for all sessions of this program opens February 1st.*

### Session I: Equinox Finds

Date: ..... Thursday, March 23rd

### Session II: Equinox Finds

Date: ..... Sunday, March 26th

### Session III: Early Spring Finds

Date: .....Thursday, April 27th

### Session IV: Early Spring Finds

Date: ..... Sunday, April 30th

### Session V: May Flowers and Plants

Date: ..... Sunday, May 28th

Time: ..... 9:00am – 11:00am

Where: .....Nature's Porch

Ages: ..... Adults

Fee: ..... \$10.00

Member Fee: ..... Free

Minimum: 6 ..... Maximum: 16





## BIRDWATCHING: SEASONAL EVENTS

Join Blair Wlochowski, Winding Trails' bird volunteer, as we explore the Winding Trails' property to discover what birds are found here during the changing seasons. Learn tips on how to enhance your birding skills and work on your Bird Life List. The walks will travel through many habitat areas, so a good variety of birds are expected to be seen. Always dress for the weather and wear a good pair of walking shoes. Please bring a pair of binoculars, a field guide, and a bottle of water. We usually have a couple of extra binoculars and a field guide to share with those without. *Registration for this program opens March 1st.*



### Session I: Spring Migration

Date: ..... Sunday, April 9th  
Walk Time: ..... 8:00 – 10:00am  
Where: ..... Boathouse Pavilion  
Ages: ..... 10 and up  
Fee: ..... \$7.00  
Member Fee: ..... Free  
Minimum: 6 ..... Maximum: 16

## PILATES AT THE BOATHOUSE PAVILION

Get a great workout and view at our Pilates class under the Boathouse Pavilion. Instructor Lisa McMahon has over 15 years of experience teaching Pilates and group exercise. You will need to bring your own mat and water bottle. *Registration Opens March 1st.*

Instructor: ..... Lisa McMahon  
Dates: ..... Wednesdays, April 19th – May 17th  
Time: ..... 9:15am – 10:15am  
Where: ..... Boathouse Pavilion  
Fee: ..... \$75.00 per session  
Member Fee: ..... \$55.00 per session  
Minimum: 6 ..... Maximum: 20

## MOUNTAIN BIKE SERIES - NEW PROGRAM!

Are you planning on racing in our Tri Series? Why not get into the Tuesday evening routine ahead of time with our brand-new mountain bike series. For 5 weeks, on Tuesday evenings, we will be having a 5-mile and a 10-mile race. The course winds through our trail system using open and single-track trails. This is a fitness event to get ready for the Tri season or just to get out and have fun. Event will not be professionally timed. *Registration for this program opens on March 1st.*

Short Course: ..... 5 miles on our bike course

Long Course: ..... 10 Miles (2 two loops)

Dates: ..... Tuesdays, April 18th – May 16th

Time: Registration opens at 5:00pm with rolling starts to follow

Where: ..... Tri Transition Area at Walton Pond

Fee: ..... \$25.00 per race or \$80.00 Series Pass

Member Fee: ..... \$15.00 per race or \$40.00 Series Pass

Minimum: 20 ..... Maximum: 200

## SPRING ADULT LUNCHEON: TREES OF WINDING TRAILS

Join us for a lunch and education on the various forest stands Winding Trails has on property. Retired science teacher and Winding Trails volunteer Steve Messier will share with you his research into the age and history of our park forest and the variety of species we have. A lunch will follow the presentation. *Registration for this program opens March 1st.*

Date: ..... Wednesday, April 19th

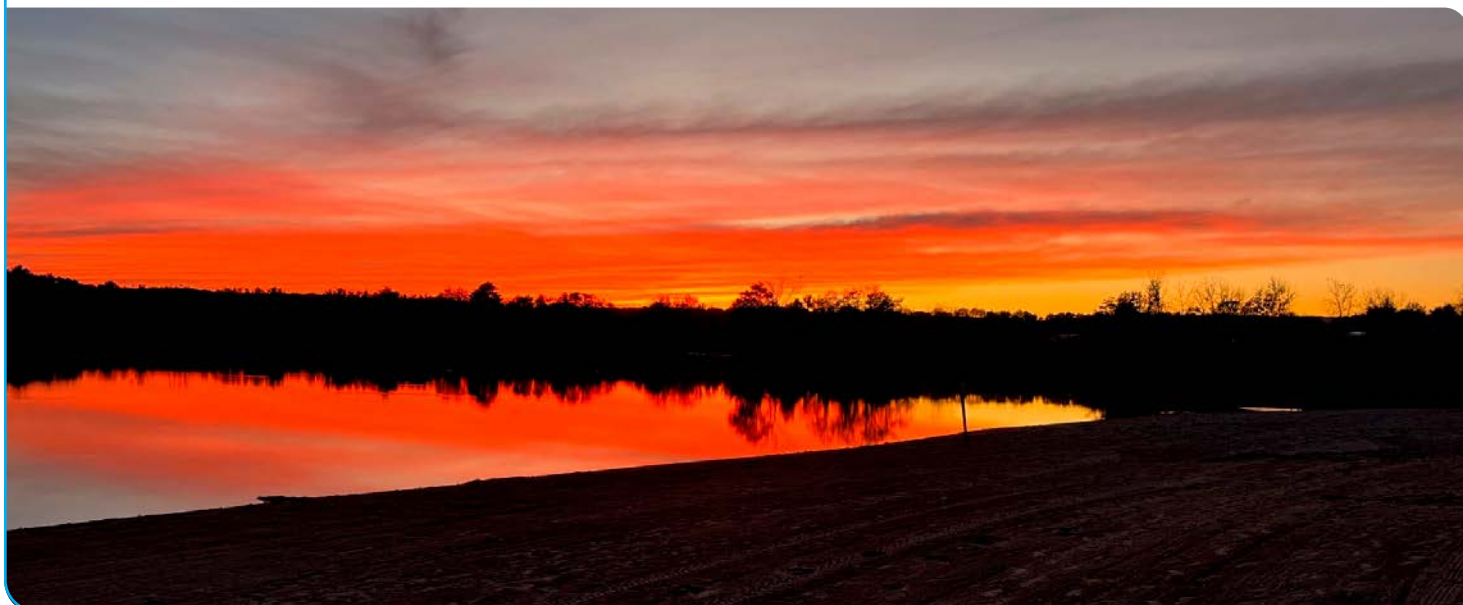
Time: ..... 11:00am – 1:00pm

Where: ..... Garmany Hall

Fee: ..... \$10.00

Member Fee: ..... \$5.00

Minimum: 20 ..... Maximum: 50



## NATURAL LAWN CARE

The Farmington River Watershed Association (FRWA) and Winding Trails are teaming up for this timely workshop. Aimee Petras, Executive Director at the FRWA, will present this program that covers how to manage your lawn without using chemical fertilizers and pesticides. We will outline the steps you need to take including mowing techniques to manage weeds. Additionally, we'll delve into common lawn problems such as grubs and thatch. After the program, time will be available for additional questions.

Prior to the program, test your soil via the UConn soil testing lab (<http://soiltest.uconn.edu/sampling.php>) and bring your results so we can customize a lawn care plan to your specific needs. *Registration opens on March 1st. Registration closes on Monday, April 24th.*

Date: ..... Saturday, April 29th  
 Time: ..... 1:30pm – 3:00pm  
 Where: ..... Nature's Porch & Black Bear Pavilion  
 Ages: ..... Adults  
 Fee: ..... Free  
 Minimum: 10 ..... Maximum: 25



## INTRODUCTION TO PICKLEBALL

Interest in Pickleball is surging across the country. If you are new to Pickleball and looking to learn more about the sport, then this program is for you! We will be offering a four-week program to help beginners learn all about pickleball. Equipment will be provided. *Registration for this program opens March 1st.*

Dates: ..... Saturdays, April 22nd – May 13th  
 Time: ..... 10:00am – 11:00am  
 Where: ..... Pickleball Courts  
 Fee: ..... \$60.00  
 Ages: ..... Adults  
 Member Fee: ..... \$40.00  
 Minimum: 4 ..... Maximum: 12

## PICKLEBALL FOR INTERMEDIATE PLAYERS

Calling all Intermediate Pickleball enthusiasts! If you are one of the individuals who has caught the pickleball craze you will want to sign up for this new program. Come out and meet new friends, get some exercise, and enjoy the outdoors. We will have an instructor onsite to help with scoring and answering any questions you may have. *Registration for this program opens March 1st.*

Dates: ..... Saturdays, April 22nd – May 13th  
 Time: ..... 11:00am – 12:00pm  
 Where: ..... Pickleball Courts  
 Fee: ..... \$60.00  
 Ages: ..... Adults  
 Member Fee: ..... \$40.00  
 Minimum: 4 ..... Maximum: 12



## TRI SERIES FREE DEMO DAY

Come and practice the Triathlon race courses. We will have swim, transition, run clinics, and a BLUE course mountain bike ride. Visit our awesome sponsors and learn about what they have to offer. Demo bikes will be available as well as certified bike mechanics to check your ride. Get your body ready for the season! This event is **FREE!** *Registration is not required for this event.*

Date: ..... Tuesday, May 30th  
 Time: ..... 5:00pm – 7:30pm  
*Schedule of Events will be announced in early May!*  
 Where: ..... Transition Area (located by Walton Pond)  
 Fee: ..... Free  
 Minimum: 20 ..... Maximum: 200

## SPRINT & TINY TRI-TRAINING SERIES

Join us for our 23rd season of the weekly triathlon series! This series runs on Tuesday evenings at Winding Trails for 10 weeks. SPRINT distance series will again consist of a 1/4-mile swim in Dunning Lake, a 5-mile mountain bike ride (you must use a mountain bike ~ no hybrids), and a three mile trail-run through our beautiful woods. All ability levels are encouraged to come out and train in this friendly and fun environment. Our truly beginner Tiny Tri, consists of 1/8th mile swim, 3-mile ride (hybrid bikes are OK but mountain bike recommended) and a 1+ mile run. It is a great confidence booster for young and old alike. You CAN do this one and work up to the sprint distance.

This year's series will start on Tuesday, June 6th and will end on Tuesday, August 15th (No Race on July 4th). More details about the series and registration will be in our Summer Newsletter!





## UPCOMING AQUATIC PROGRAMS

We have many popular aquatic programs over the summer! An aquatic program newsletter will be emailed out in early April with details about programs, schedules and registration dates. For now, here is a quick overview and dates for planning purposes!

### SWIM LESSONS

Early Session Swim Lessons .....	June 19th – June 23rd
Session I .....	June 26th – July 7th
Session II .....	July 10th – July 21st
Session III .....	July 24th – August 4th
Session IV .....	August 7th – August 18th

### INTRODUCTION TO BOATS

Session I .....	June 26th – June 30th
Session II .....	July 10th – July 14th
Session III .....	July 24th – July 28th
Session IV .....	August 7th – August 11th

### WINDING TRAILS SAILING

Session I .....	June 26th – July 7th
Session II .....	July 10th – July 21st
Session III .....	July 24th – August 4th
Session IV .....	August 7th – August 18th

### AMERICAN RED CROSS LIFEGUARDING COURSE WITH WATERFRONT MODULE (BLENDED LEARNING)

Session I: .....	Monday – Thursday, June 19th – June 29th
Session II: .....	Monday – Thursday, July 17th – July 27th



## BEACH RULES

- Swimming is permitted only in designated areas when lifeguards are on duty.
- Open water swimming is not permitted.
- Swimmers must be able to swim to the rafts unassisted.
- No pushing or flipping off of the rafts.
- Bubbles, water wings, rafts and other floating devices are prohibited. Coast Guard approved lifejackets are allowed but cannot be used to aid someone getting to the raft.
- No child under the age of 15 is to be left unattended.
- Keep paths in front of the lifeguard chairs free of chairs, towels, umbrellas, and beach toys.
- Only single poled shade structures are allowed on beach and must not block lifeguard sight line or access to the water.
- Playing of music should be kept to a low volume and not hinder other's enjoyment of the park.
- No alcoholic beverages are permitted in the water.
- Glass containers are prohibited from the park. Please use non-breakable containers.
- Smoking is prohibited from the beach area and all picnic areas.
- Picnic tables and grills are used on a first come first serve basis. Reserving of tables is not allowed.
- Changing of babies on picnic tables is not allowed. Baby changing tables are provided in both sides of the bathhouse.
- Fishing is not permitted from the beach or in swimming areas.

## BOATING GUIDELINES

- All persons renting boats must be at least 8 years old and have passed level 4 swimming lessons. Boat Attendants have the right to refuse boat rentals to any person(s) unable to manage a specific craft.
- Boats are available for rent at the boathouse daily between the hours of 11:00am and 6:00pm with the last boat into shore at 7:00pm. Rates are posted at the boat house.
- Damage to the boats caused by horseplay or operator error will be charged to the member.
- Individuals using the boats should not bring any valuables on to the water. Winding Trails will not be responsible for damage done to cell phones, car keys, etc.
- All boaters, whether in Winding Trails boats or their own must wear lifejackets. If we cannot properly fit your child in a lifejacket, they will be unable to accompany you in the boat – No Exceptions!
- All boaters operating an electric engine must be registered with the State of Connecticut and have a valid Safe Boaters Certificate and have a valid Safe Boaters Certificate. Electric motors not to exceed 5hp are permitted on the lake.
- No gas motors are allowed.
- Launching of boats is allowed only from the provided launch site across from the Main Office building.
- No inflatable boats are permitted.
- Boats are restricted from swimming areas.
- If you are transporting your boat to Dunning Lake from another lake, please be sure to wash your boat thoroughly prior to launch. This will help prevent the spread of weeds and other organisms from one lake to another. A hose is located on the side of the office building for your convenience.

■ Failure to follow the posted rules and regulations will result in forfeiture of your membership.



## BOAT STORAGE

- Boats may be stored on the peninsula across from the Main Office for 6 or 12 months for a fee.
- Limit 2 boat slips per membership.
- All boats are stored at the owner's risk. Winding Trails accepts no responsibility for loss or damage.
- Only one boat can be stored at each boat slip.
- Stickers will be issued showing the member number and assigned boat slip. Stickers must be visibly displayed on all boats. Boats without a sticker will be removed.
- Registration forms for storage of non-motorized boats less than 15 feet are available at the Main Office.
- Fees must be kept up to date. Once you are notified of delinquent fees the boat will be removed from the peninsula and not released until all delinquent fees are paid.





## FISHING RULES

- Members, 16 years of age and older must have a valid fishing license. Children under 16 do not need a fishing license.
- Please be sure to stick to posted limits on daily catches. Anyone with more than their limit will have his or her fishing privileges revoked. Keep in mind fishing is for all members. Over fishing only hurts all fishermen in the end. Please catch and release.
- All boaters operating an electric engine must be registered with the State of Connecticut and have a valid Safe Boaters Certificate and have a valid Safe Boaters Certificate.
- Members are allowed three trout or bass per day. If you bring a guest, you and your guests' limit together cannot exceed the five trout or bass limit per day.
- Bass Protective Slot Limits: 12"-16" long bass are in a protective range and must be released. Only one bass over 16" may be kept each day
- Failure to follow the posted rules and regulations will result in forfeiture of your membership.

## GENERAL POLICIES

- Winding Trails membership runs the calendar year: January 1st–December 31st. There is no prororation of your dues should you wish to terminate your membership early.
- All vehicles must stop at the gatehouse to scan stickers and collect guest fees. Membership stickers must be affixed to the lower left side of your windshield. Stickers not affixed will be turned into the main office.
- Walkers/Bikers should use the main gate and will be permitted in the park only if they can provide photo ID to verify membership. The Gate Attendant will verify membership.
- All windows on the driver's side of the vehicle should be rolled down so the gate attendants can welcome drivers, verify members, and any guests.
- Each membership is limited to 6 guests per day that are registered in advance online. Larger groups must call the office at (860) 677-8458 so special arrangement can be made.
- Guests must park their vehicles outside the gate along the edge of the entrance roadway.
- Members should park in the designated lots and not on the grass. Parking along the road creates visual problems. Parking violations will be issued for cars parking in non designated areas.
- No dogs or other pets are allowed in the park.
- Drive slowly in the park. Speed limit in the park is 20 MPH. Bikers, walkers and wildlife utilize the roadway as well as the cars.
- Please dispose of diapers by wrapping in a plastic bag before putting in the trash receptacles. Use the baby changing stations and not the picnic tables for changing.
- Toddlers/Babies must wear swim diapers in the lake.

■ Please put trash and recyclables in the proper receptacles. No glass containers, please.

■ Picnic Tables and Grills are used on a first come first serve basis. Reserving of tables is not allowed.

## PROGRAM REGISTRATION AND CANCELLATION POLICIES

### PROGRAM REGISTRATION

■ Participants will be notified by email if a class is filled or if the class has been canceled. Registration for most programs can be done online on our website. If you prefer, you can register by mail or in our main office.

### PROGRAM CANCELLATION POLICY

Winding Trails reserves the right to cancel any program due to low enrollment. Please register early!

■ Three working days prior to the start date for each program, a decision will be made to cancel or run the program. If canceled, you will be notified by Winding Trails and will receive a full refund.

■ Winding Trails reserves the right to combine or divide classes, to change the time, date, and/or location and to make other revisions in these offerings, which may become necessary.

■ Every effort will be made to make up classes. However, activities canceled due to circumstances beyond the control of Winding Trails that cannot be made up may not be refunded.

### REFUND POLICY

Winding Trails has multiple programs and specific policies for major programs such as camp and rentals. Please check website for details on these programs. The following refund policies are for our general programs and special events.

■ Full refunds will be given when requested up to one (1) week prior to the start of the program.

■ Once the decision has been made to run a particular program, no refund will be given unless Winding Trails can find a substitute, or there is a medical emergency.

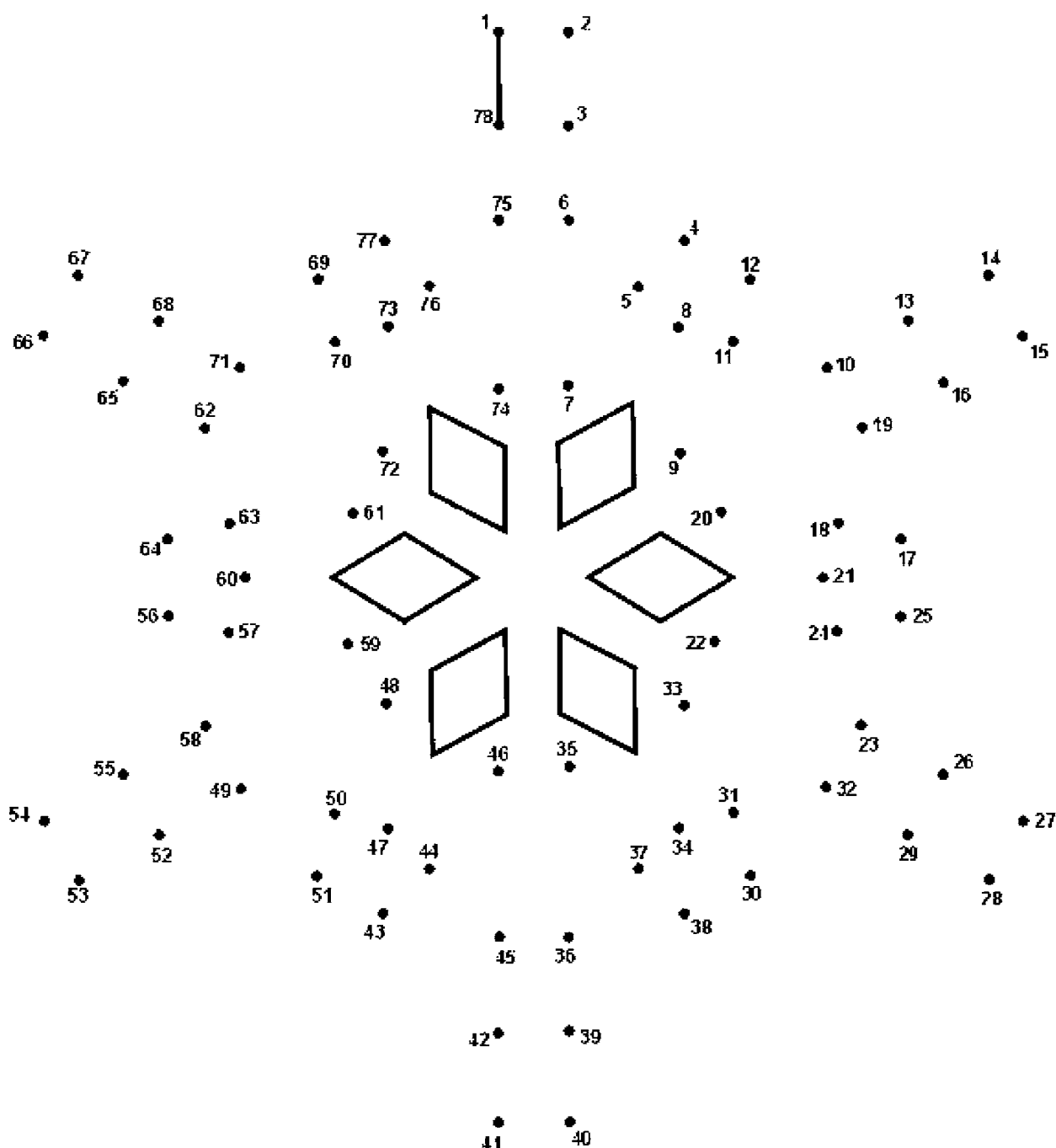
■ Absolutely no refunds will be given for any attended portion of a program.

■ There will be no cash refunds. Allow two (2) to four (4) weeks to process a refund.

■ A \$25.00 fee will be assessed for *ALL* bounced checks!



# Winter Connect the Dots







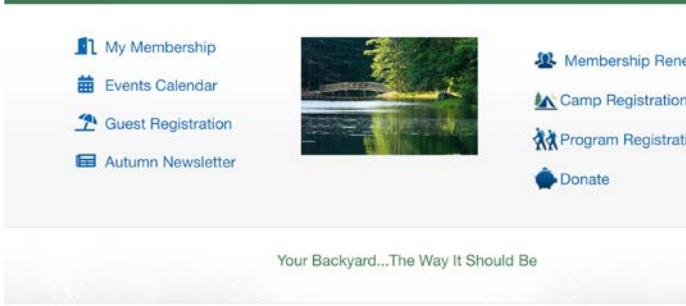
**Winding Trails, Inc.**  
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Farmington, CT 06032  
(860) 677-8458 FAX (860) 676-9407  
www.windingtrails.org

Non-Profit  
Organization  
U.S. Postage  
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Permit #1862  
Hartford, CT

### MISSION STATEMENT

*Winding Trails, Inc. is a non-profit, organization serving people from Farmington and surrounding communities, providing year round recreational and educational activities for the enjoyment and growth of families and individuals of all ages. Winding Trails is dedicated to the conservation and stewardship of our natural woodlands and waterways that allow outdoor programming, character development, and other activities that strengthen the lives of those we serve.*

www.windingtrails.org



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### FIND IT ONLINE

You can find online registration, medical forms, summer camp bus schedules, ski and skate conditions and much more on our website. We encourage our members and non-members alike to browse our site and send us feedback.



*Fostering a Love for the Outdoors • Creating a Sense of Community • Developing Leadership and Lifeskills*