

2024 ADULT SPRING

Program Guide



Pottery

Tuesdays 3-5:30 p.m. or 6-8:30 p.m.

Wednesdays 1-3:30 p.m. or 6:15-8:45 p.m.

Thursdays 12-2:30 p.m. or 6-8:30 p.m. | Saturdays 9-11:30 a.m.

Class Price Range: \$260 - \$345

Explore throwing on the wheel, hand-building and glazing as you learn and practice creating with clay. This class is open to all levels of experience and projects can be catered to individuals needs and goals.

Watercolor Wonders with Mystic Museum of Art

Wednesdays | May 8 - June 5

6:30-7:30 p.m. \$150 (members) \$180 (non-members)

A partnership with the Mystic Museum of Art. Join MMoA artist educator, Carol Mann, and learn how to paint in watercolor. In this class, students will learn the basics of watercolor, using still life and landscape as subject matter.

Makerspace Open Studio [COMOMEMBERPERK](#)

Mondays | 10 a.m. - 12 p.m.

Free for COMO Members | Ages 18+

*Materials fee may apply depending on the project

Come into the COMO makerspace to bring your creative projects to life! Includes access to makerspace equipment.

GET CREATIVE!

Connecting Memories: Writing Class with Laser-Engraved Keepsake

Saturdays | May 4, 11, 18, June 1

11-12:30 p.m. Price \$150 (members) \$180 (non-members)

A partnership with the Thought Fox Writers Den. Transform your personal experiences into compelling written narratives through various forms of writing, including letters, personal essays, and memoirs. A copy of your writing will be engraved on maple hardwood either in your handwriting or a font of your choice.

Raffetto's Palate Adult Cooking Class

Fridays | Upcoming Dates: April 26, May 10

5:30-8 p.m. BYOB 21+ \$70

Each class will feature a carefully curated menu with Susan Raffetto's delicious tips and tricks as the guide. Participants will cook in small teams and learn how ingredients work together to make flavorful dishes. After all the cooking is done, it will be time to taste!

Sample Menu:

Pasta Rotolo with Spinach and Ricotta

Neapolitan Provolone Buns

Basque Cheese Cake

Intro to Leathercraft Workshops: DIY Leather and Brass Personalized Keychain

Fridays | Upcoming Dates April 12, April 26, May 10

6:30-8 p.m. BYOB 21+ \$65

Experienced leatherworker and maker Brian Keefe will teach you how to use leathercraft hand tools to cut, thin out, smoothen, and polish leather. Participants will make and leave with a unique leather loop keychain that has a solid brass snap and their initials stamped on it.

GET ACTIVE!

Pickleball [COMOMEMBERPERK](#)

The COMO gym is lined for two indoor pickleball courts with permanent lines and portable nets located in the gymnasium at the main building. Access to the COMO pickleball courts is included for all active adult members (ages 18+) at the COMO free of charge. Membership is required. *Designated times only

Pickleball Open Play Schedule:*

Mondays & Wednesdays - 12-3 p.m. & 8-10 p.m.

Tuesdays & Thursdays - 6-8:30 a.m.

Fridays - 12-3 p.m. Sundays - 8 a.m.-3 p.m.

**Subject to change depending on attendance and gym availability.*

Beginner Stretch & Strengthen

Tuesdays | May 7-28

2-3 p.m. Price \$60 (members) \$90 (non-members)

Stretch and Strengthen for Beginners will help you to improve your strength and increase your flexibility leading to better balance. Using small bands, light hand weights, half rollers and coordination exercises, students will enhance their independence and overall fitness. Please bring a mat and water bottle.

Basketball Open Gym [COMOMEMBERPERK](#)

Tuesdays 6:30-8:30 p.m. Saturdays 8-10 a.m.

Drop In - \$5 weekly | Season Passes \$40

Please bring your own basketball and water bottle. No equipment will be provided. Free for Stonington COMO Members. Ages 30+

Cycling Without Age

Sign up for a ride online! Free rides leaving from the COMO.

We are excited to partner with Mystic Cycling Without Age (CWA) to offer free bike rides for our community for people of all ages and abilities.

Nordic Walking

Thursdays | May 9 - 30

6:30-7:30 p.m. Price \$60 (members) \$90 (non-members)

Nordic walking offers older adults numerous benefits over regular walking or basic pole walking. Nordic walking provides total body exercise that burns more calories, improves posture, protects knees, improves cardiovascular health and offers greater stability. It can be done alone, with a friend or in a group. Nordic Walking poles required.

STONINGTON COMMUNITY CENTER

VALUE IN MEMBERSHIP



WELCOME TO THE COMO!

Since its inception in 1945, the Stonington Community Center (COMO) has been dedicated to strengthening families and community while fostering multi-generational ties to the region. As a member, you become an important part of this COMO legacy. Unlike most community centers, the COMO is not operated by the town. We are a private 501(c)(3) non-profit organization and we rely on public support. In addition to the various benefits provided to you, your annual membership supports the COMO in our effort to build a strong, vibrant community.

COMO BASIC MEMBERSHIP

BASIC MEMBERSHIP RATES

BENEFITS:

- Access to priority registration
 - Discounted rates for youth & adult COMO programs
 - Access to indoor pickleball courts for open play*
 - Free entry during Adult Open Gym hours and Makerspace Open Studios*
 - Waiver of enrollment fees where applicable
 - Access to COMO members-only events
 - Discounted facility rentals and birthday party packages
 - \$25 discount on duBois Beach season pass*
- (Available as adult individual or family passes. *Not included with Basic Youth.)*

YOUTH \$55
YOUNG ADULT \$65
ADULT \$85
FAMILY \$110

UPGRADE YOUR MEMBERSHIP!

Enjoy all the benefits of a basic membership with added access to our four regulation decoTurf tennis courts and/or our four paddle tennis courts and warming hut as well as the ability to reserve private court time and book private lessons with our nationally-ranked COMO racquet pro!

TENNIS MEMBERSHIP

PADDLE MEMBERSHIP

COMBINED PADDLE + TENNIS MEMBERSHIP



← Sign up today!

The Stonington Community Center

28 Cutler St. Stonington, CT 06378 | 860-535-2476 | www.thecomoo.org

