

# Old Saybrook Parks & Recreation



## Spring & Summer Activities 2017

Visit our website at [www.OLDSAYBROOKREC.com](http://www.OLDSAYBROOKREC.com)

**Registration for all Programs begins on Tuesday, April 4<sup>th</sup>**

**T-Ball and Coach Pitch registration ends on April 21<sup>st</sup>**

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## PROGRAM REGISTRATION INFORMATION/REFUNDS

- All recreational programs require advance registration unless noted. Programs are filled on a first come first served basis.
- Residents may register in person, online or by mail.
- Parks and Recreation reserves the right to change dates, consolidate classes, and/or modify programs in order to make programs accessible to the general public.
- Full refunds given (7) working days prior to start date of program. 50% refund will be given if cancellation occurs less than (7) working days prior to program.
- No refund given after program starts.
- A \$5.00 cancellation/transfer fee applies to ALL programs.
- Partial scholarships are available for most programs, please speak with Ray Allen for assistance.

## Summer & Sport Camp Refund & Cancellation Policies

There is a \$20.00 Non-Refundable fee on all cancellations

Full Refunds will be given prior to 20 working days before camp begins.

50% Refund will be given less than 20 working days prior to camp.

No refund will be given after program starts.

\$10.00 transfer fee will be applied for all transfers into different sessions

**There is a \$10.00 Non-Refundable fee on all cancellation of sport camps**



## OFFICE HOURS

**Mondays, Tuesdays,  
Thursdays**

9:00AM — 4:30PM

**Wednesdays**

10:00AM—4:30PM **Fridays**

9:00AM-4:00PM

**Saturdays**

9:00AM-4:00PM

**Sundays (until 4/10/17)**

11:00AM-4:00PM

## BUILDING HOURS

**Monday- Thursday**

7:00AM – 8:30PM

**Friday**

7:00AM – 4:00PM

**Saturday**

7:00AM - 4:00pm

**Sunday (until 4/10/17)**

9:00AM – 4:00PM

### Recreation Center Special Hours/ Closings

Friday	April 14 <sup>th</sup>	Good Friday	Office Closed
Sunday	April 16 <sup>th</sup>	Easter	Building Closed
Monday	May 29 <sup>th</sup>	Memorial Day	Building Closed
Tuesday	July 4 <sup>th</sup>	Fourth of July	Building Closed
Shutdown Week	8/21-8/26	Offices OPEN	Center Closed

**\* Last Sunday open for the Season will be Sunday April 10<sup>th</sup> \***

## OFFICE PHONE

(860)395-3152/3154 (fax)

## ADDRESS

308 MAIN ST,  
Old Saybrook, CT, 06475  
(Recreation Center)

## COMMISSIONERS

Susan Esty-Chair  
Robert Burke  
Tom Boland  
Jim Henderson  
Dennis Interlandi  
Kevin Lane  
Star Rueckert  
Clerk: Sharon Tezzi

## Staff

Ray Allen - Director  
Jonathan Paradis – Assistant Director  
Taryn Erb – Program & Facility Assistant  
Judy Sherman- Office Manager  
Jim Price—Rec. Center Maintainer  
Adam Lavery—Park Maintainer

## 3- 5 Yr Old Programs

### Happy Feet Soccer

This class will be taught by Happy Feet Soccer. This program is designed to combine dynamic activity with rapidly developing imagination of preschoolers. Your child will learn some basic foot skills, dribbling, passing, and shooting. Children must wear shin guards. Class takes place at the Recreation Center and last for 6 weeks.



**Mondays:** 11:30-12:15PM

**Ages:** 3-5yrs old

**Dates:** April 24<sup>th</sup>, May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, June 5<sup>th</sup>

**Fee:** \$30.00

### Playhouse Recreation Mornings

Children 3 & 4 can join in an exciting program that includes lots of fun & games. Session will consist of a variety of activities such as, arts & crafts, sports & games, dance & music, special events & holiday projects. Children must be potty trained and be able to detach from parent. Session lasts for 6 weeks. Class takes place on Tues & Thurs. **For 5 year olds, please consult Jonathan Paradis at OSPR.**

**Age:** 3 + 4 Yr. Olds

**Dates:** April 25<sup>th</sup> – June 1<sup>st</sup>

**Times:** 9:30-11:30AM

**Fee:** \$50.00/Child

### Tuesday Mid-Day Social

Make it a full day w/ OSPR on Tuesdays as we offer three programs back to back to back!! This supervised open play and lunch hour program takes in our Pre-K classroom. Please send your child with a packed lunch at drop off.

**Tuesday:** 11:30AM-12:30PM

**Ages:** 3– 5

**Dates:** April 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Fee:** \$10.00

### Life at the Beach

This class features lots of crafts projects that will focus on a Beach Theme. We will use shells, sand, stories, sea creatures and more. Class takes place in the Recreation Center. Class lasts 5 weeks.

**Tuesdays:** 12:30 —1:15PM

**Ages:** 3– 5

**Dates:** April 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Fee:** \$15.00

### Lil Builders

Each week we will explore different building materials. We will create Cities of Lego's, houses of Lincoln Logs, K'nex cars and more

**Wednesdays:** 12:30-1:15PM

**Ages:** 3-5

**Dates:** April 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$15.00

### Hand Painting

Join us as we explore the painting using our hands as the medium. We will create fun and colorful works of arts.

**Wednesdays:** 1:15-2:00PM

**Ages:** 3-5

**Dates:** April 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$15.00

### T-Ball for Beginners

Get Into the swing of spring with this great class. Learn the basics of T-Ball, running the bases, throwing, and hitting off the tee. Class will last for 4 weeks take place in the gym at the Rec. Center. Choose one class only!!!

**Age:** 3-4

**Fee:** \$15.00

**Wednesdays:** 10:00 – 10:45AM

**Dates:** May 3<sup>th</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>,

**Fridays:** 11:00 – 11:45AM

**Dates:** May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Saturdays:** 10:00 – 10:45AM

**Dates:** April 29<sup>th</sup>, May 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

## Summer Concert Series



<u>Date</u>	<u>Performer, Genre</u>	<u>Sponsor</u>
June 16 <sup>th</sup>	Nat Guard Band – RipChord, Cover Band	
June 21 <sup>st</sup>	Save the Train, Folk	Becker’s Jewelry
June 28 <sup>th</sup>	Dan Stevens, Blues	
June 30 <sup>th</sup>	Branded Country, Modern Country	
July 5 <sup>th</sup>	Les Julian, Children and Family Show	OS Youth and Family
July 12 <sup>th</sup>	Kathy Thompson Band, Cover Band	Becker’s Jewelry
July 14 <sup>th</sup>	Theo Wallace & Friends, Americana	
July 19 <sup>th</sup>	The Meadows Brothers w/ opening act, Folk Rock	Middlesex Primary Care
July 26 <sup>th</sup>	Cold Chocolate, Americana	Denali
July 28 <sup>th</sup>	Caribbean Vibe Steel Drum, calypso	
Aug. 2 <sup>nd</sup>	Long Island Sound, Cover Band	Child and Adult Orthodontics
Aug. 9 <sup>th</sup>	Black & White, Classic Rock	JM Realty
Aug. 11 <sup>th</sup>	Sweet Tea Daddy, Jam Band	Becker’s Jewelry
Aug. 16 <sup>th</sup>	Gracie Day and the Knights, Country Folk	OS Neighbors Magazine
Aug. 23 <sup>rd</sup>	Late for Dinner, Classic Rock	TJ’s Pizza & OSPR



**Wednesdays 6:30pm - 8:00pm on the Town Green**  
**Bring a blanket or a chair and a picnic basket and enjoy an evening of great music**  
**Shows in Red are on Friday Nights at Harvey’s Beach and start at 7:00pm**

## Outdoor Summer Facilities

### **Saybrook Point Mini Golf**

155 College St  
Old Saybrook, CT, 06475  
Phone 860-388-2407

**Saybrook Point**



**Miniature Golf**

**\$5.00 per Round / Call for group rates of 10 or more  
Schedule**

**Spring Hours – May 6<sup>th</sup> - May 20<sup>th</sup>**

Friday: 4:30pm - 10:00pm

Saturday 11:00am – 10:00pm

Sunday: 11:00am - 8:00pm

**Summer Hours – Memorial Day Weekend – June 15<sup>th</sup>**

Mon - Sunday 11:00AM-8:00PM

**Summer Hours June 16<sup>th</sup> – Labor Day**

Monday – Sunday 11:00aAM – 10:00PM

- Birthday party rates available Mon—Fri. before 4:30PM
- Senior Day (60-over)—Wednesdays 11:00AM—4:30PM Cost is \$3.00
- Kids Day (12 yrs old & younger) Monday 11:00AM-4:30PM Cost is \$3.00
- Ice cream, Hot Dogs, Chips, soda & water available for purchase
- All Hours Weather Permitting

### **Splash Pad at Kavanagh Park**

The splash pad is designed for Old Saybrook toddlers to third graders with adult supervision. The 6 different elements operate on a timer that controls when each goes on and shuts off in a 4 minute cycle. Water can be turned on by the black pad that is located on top of the red post at the front right corner of the play pad. The Splash pad will be open on weekends in June until daily operations begin Memorial Day weekend, weather permitting or as Posted

**Check our website for this seasons hours of operation.**

## OSPR Beaches

### **Town Beach**

Located on Plum Bank Rd. provides swimming and beach activities on Long Island Sound. Restrooms, Food services and Lifeguards are provided from Memorial Day through Labor Day, weather permitting. Required Resident parking passes are available at the Park & recreation Office beginning in April and must be displayed on car at all times to park at Town Beach.

### **Harvey's Beach**

Harvey's Beach welcomes the public and provides access to Old Saybrook's waterfront. Located on Great Hammock Rd. and Long Island Sound, it provides changing rooms, restrooms, playground and lifeguards. Resident parking passes are accepted, or a daily admission fee is required. It is open Memorial Day through Labor Day, weather permitting.

### **Lifeguard and Bathhouse Hours**

Monday - Friday 10:00AM-5:00PM

Saturday & Sunday 10:00AM – 5:30PM

# RECREATION PARKING PASS POLICY

Recreation Parking Passes are issued to residents and property owners for parking privileges at town facilities under the jurisdiction of the Commission. Listed are regulations relative to the issuance of these passes.

## **PERMANENT RESIDENT PASSES**

A maximum of two (2) Recreation Passes may be issued to each household, a fee of \$20.00 will be charged for the first pass and \$30.00 for the second pass. Seniors (62 years+) pay \$10.00 for the first and \$20.00 for the second pass. A \$50.00 fee applies for lost or Stolen Passes. Recreation Parking Passes are valid for one (1) summer season.

## **RENTERS PASSES:**

**Permanent Renter** = Rents year round

**Part –Time Renter** = Person who rents for 1 to 4 weeks

- Permanent renters may apply for Recreation Parking passes. Must have proper proof of residency .I.E proper driver's license, any bills
- Seasonal Renters (5 or more weeks) may NOT apply for a season pass. Owner of property must purchase Recreation Parking Passes. Owner will then allow renter access to pass. Pass is for both beaches
- Part-Time renter's pass will be valid for a two (2) week period. A fee of
- \$20.00 for the two (2) weeks will be charged. Two (2) two weeks period maximum: Pass honored at Harvey's Beach only. The renter's car registration is required along with rental verification

## **BUSINESS OWNER PASS:**

Business owners who own the property where the business is located may apply for one (1) Recreation Parking Pass. MUST PROVIDE VERIFICATION OF BUSINESS OWNERSHIP.

## **DOCKMINIUM OWNERS**

Owners of a dockminium on Ferry Rd. may apply for one (1) Recreation Parking Pass. Pass is honored at both beaches. MUST PROVIDE PROPER VERIFICATION OF OWNERSHIP.

## **INNKEEPER PASSES:**

Innkeeper may purchase Innkeeper's Recreation Parking Passes upon presentation of their letterhead. A maximum of ten (10) passes will be issued. Additional passes will not be issued during the season. A FEE OF \$15.00 WILL BE CHARGED FOR EACH PASS. PASSES GOOD ONLY AT HARVEY'S BEACH. (Room key must be shown with pass)  
\*Establishments with less than 10 rooms may purchase passes for that number.

## **VISITORS:**

A season visitor (friend-house sitting, etc. or family visitor) is NOT ELIGIBLE FOR A RESIDENT/PROPERTY OWNER PARKING PASS).

## **APPLICATION PROCEDURES:**

Provide current driver's license displaying Old Saybrook Address. If driver's license does not include Old Saybrook address, a suitable proof of residency such as tax bills or utility bills must be presented. Office will then check address and name against current Old Saybrook Grand List.

Note: Registered motorbikes require a Rec. Parking Pass. Make checks payable to the Town of Old Saybrook Parks & Recreation Department (O.S.P.R.) Recreation Parking Passes may be obtained in person at the Parks & Recreation Office (entrance on Sheffield St.) backside of the Town Hall.

**PASSES: Must be affixed to your windshield in the lower left-hand corner.**



## MLB Pitch Hit & Run Competition

Saturday, May 6<sup>th</sup> at 10:00Am at the Rec. Center  
Free to all Old Saybrook Residents 7-14 years old!  
OSPR is proud to offer this spring the 4<sup>th</sup> Annual Major League Baseball's Pitch, Hit and Run Competition. Major League Baseball Pitch, Hit & Run (PHR) is a FREE, exciting skills event for boys and girls where participants have the opportunity to compete in four levels of competition including Team Championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game. There are four age groups in two divisions; boys and girls compete separately.

This Event will take place at McMurray Field and on the OSMS Baseball field. Registration will be at the Rec. Center blacktop. To register for this event visit our website, for more information please contact Jonathan Paradis at [Jonathan.Paradis@OldSaybrookCT.gov](mailto:Jonathan.Paradis@OldSaybrookCT.gov) or by phone at The Rec.

## Old Saybrook Recreation Parking Passes

**Stickers are back by popular demand!!**

All residents wishing to park at a town beach this summer may purchase a Recreation parking pass. To obtain a pass, please visit <http://www.cityhallsystems.com/> or come into the Rec

Center with a current Driver's License starting April 1<sup>st</sup>. Passes will be mailed to your home. A Recreation parking pass allows you to park at Town or Harvey's Beach. Without a pass a \$10.00 (weekday) \$20.00 (weekend and Holiday) daily fee is charged at Harvey's Beach. Senior citizen rates available.

**Fees:** 1st car =\$20.00 2nd car =\$30.00



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**Find us on Facebook Old Saybrook Parks and Recreation**



Old Saybrook Parks & Recreation  
308 Main St.  
Old Saybrook, CT, 06475  
860-395-3152  
860-395-3154 (F)  
[www.oldsaybrookrec.com](http://www.oldsaybrookrec.com)

*"Bringing our Community together through excellence in our beaches, parks, fields, facilities and programs."*



## 3-5 Yr Old Programs

### Itty Bitty Gardeners

Your child will be planting and playing in the dirt in this dirty fun class. Plant all sorts of things and see how the garden grows. Class lasts for 5 weeks and takes place at the Recreation Center.

**Thursdays** 12:45– 1:30PM

**Ages:** 3–5

**Dates:** April 27<sup>th</sup>, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$15.00

### Creative Dance Movements

Kids learn how to groove to the rhythm of their favorite songs. Kids will learn some basic dance moves with an imaginative mind, clapping hands, and cool props. Class lasts for 5 weeks and takes place at the Recreation Center.

**Thursdays:** 1:30 - 2:15PM

**Ages:** 3-5

**Dates:** April 27<sup>th</sup>, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$15.00

## K – 3<sup>rd</sup> Grade Program

### Flag Football

Students in 2<sup>nd</sup> & 3<sup>rd</sup> grade are invited to learn the basics of flag football. This Co-ed non-contact activity will meet once a week for 5 weeks. Program meets on Mondays at Goodwin. Dress appropriately for outside play

**Tuesdays:** 3:15 – 4:00PM

**Grades:** 2<sup>nd</sup> & 3<sup>rd</sup> Grade

**Dates:** April 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Fee:** \$15.00



### Kick Ball Club

Your Child can enjoy the great game of kickball in this fun & energetic class. A great way to get that energy out afterschool. Class takes place after school at Goodwin Elementary.

**Wednesdays** 3:15 –4:00PM

**Grades:** K – 3<sup>rd</sup> Grade

**Dates:** May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

**Fee:** \$15.00



### Silly Scientist

In this program your child can create some cool “science” projects. Make Slime, Jewel Crystals, Worms, and more. Classes take place at the Goodwin School. Class will meet for 5 weeks after school at Goodwin

**Thursdays** 3:15– 4:00PM

**Grades** 2<sup>nd</sup> —3<sup>rd</sup> Grade

**Dates:** April 27<sup>th</sup>, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$25.00

### Dancing Class at Goodwin

Dance for joy with OSPR’s dance party. Warm up, shake it up, and get down to today’s hottest jams. Come and enjoy the fun. Wear comfortable clothes, dance shoes or sneakers, no bare feet. Class takes place at Goodwin Elementary.

**Thursdays:** 3:15-4:15PM

**Grades:** K-3rd

**Dates:** April 27<sup>th</sup>, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$15.00



[www.OldSaybrookRec.com](http://www.OldSaybrookRec.com)

## 4<sup>th</sup> – 8<sup>th</sup> Grade Afterschool Programs

### Kickball

We will break into different teams each week and play the game of kickball. This Co-ed non-contact activity will meet once a week for 5 weeks. Participants will meet at the Parks & Rec office. Dress appropriately for outside play.

**Monday:** 2:45—3:45PM

**Grades:** 4<sup>th</sup>-8<sup>th</sup> Grade

**Dates:** April 24<sup>th</sup>, May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

**Fee:** \$15.00

### Wiffle Ball

Your favorite backyard game is here at Park & Rec. Learn how to throw the curve, slurve, knuckleball, sinker, fastball and more. Each week we will play a game of wiffleball either inside or outside. A great way to spend some time after school.



**Tuesdays:** 2:45—3:45 PM

**Grades:** 4<sup>th</sup>-8<sup>th</sup> Grade

**Dates:** Apr. 25<sup>th</sup>, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Fee:** \$15.00

### Indoor Soccer

Come to The Rec afterschool to join our indoor soccer program. We will be playing games the whole time. Kids will be split up in two teams, with subs, scoreboards and a lot of action. Game play will be two 25 min halves, with a 5 min ½ time break.

**Wednesdays:** 2:45-3:45PM

**Grades:** 4<sup>th</sup>-8<sup>th</sup>

**Dates:** April 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$15.00

### Flag Football

Join OSPR at McMurry Field for an afternoon of flag football.

Participants will be placed in teams each week and will play outdoors.

OSPR will provide the flags and teach each participant the skills of throwing, catching and scoring TD's. Class will take place in the gym at the Rec in the event of poor weather.

**Thursdays:** 2:45-3:45PM

**Grades:** 4<sup>th</sup>-8<sup>th</sup> Grade

**Dates:** April 27<sup>th</sup> May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$15.00



### Friday Fishing at Town Park

What better way to end the week than an hour of fishing outdoors! Join OSPR at Crystal Lake from 3:00pm – 4:00pm. This program will focus on how set up your pole, cast and reel in the big ones. You can bring you own pole, or we can provide one for you. Only 8 spots are available for this great program.

**Fridays:** 3:00-4:00 PM

**Grades:** 4<sup>th</sup>-8<sup>th</sup> Grade

**Dates:** April 28<sup>th</sup>, May 12<sup>th</sup>, 19<sup>th</sup>, \*5/26 or 6/9\*

**Fee:** \$15.00



## Friday Night Teen Center Special Nights

Each Friday Night, OSPR provides a safe and fun environment for 6<sup>th</sup>-8<sup>th</sup> graders. Whether it's utilizing the gym, playing a game of pool, or simply socializing with friends, the Teen Center is open! As the warmer weather approaches we have some great events lined up, so don't miss out!

- **Saint Patty's Day Celebration- Dress Code is GREEN– Friday, March 17th**
- **3-on-3 March Madness Co-Ed Basketball Tournament – Friday, March 24th**
- **OSPR Talent Show – Music, Dance, Singing, any and all talents- Friday, April 28th**
- **Home Run Derby – Friday, May 5<sup>th</sup>- Sponsored by: Parthenon Diner**
- **Luau Night- Themed games & Competitions, Dress Code Luau- May 19<sup>th</sup>**
- **8<sup>th</sup> Grade Goodbye BBQ – Friday, June 2nd**

**Friday Nights:** 7:00-9:30pm

**Grades:** 6<sup>th</sup>-8<sup>th</sup>

**Membership Fee:** \$10.00

**Non-Members:** \$5.00 per Friday

***\*Teens must sign-in upon arrival and will not be allowed to leave unless a parent/guardian picks them up or provides permission for them to leave***

## April Vacation Teen Center

During April Vacation, the Teen Center will be open from Monday April 10<sup>th</sup>- Thursday April 13<sup>th</sup> from 12:00PM – 5:00PM. All students in grades 6<sup>th</sup> -12<sup>th</sup> are welcome to attend. Every day at 2:00PM we will have a group activity offered. We will be offering anything from a Castle Ball Tournament to Tie Dye Day. There is no additional cost during this week, it's part of your Teen Center Membership. We ask that all students sign in and out and follow the Teen Center Rules. This is a great opportunity for students to spend time with friends in a fun, safe and supervised setting. As we get closer to April, there will be more information available.

### Teen Center Hours

4<sup>th</sup>&5<sup>th</sup> Grade – Friday Afternoons 2:35pm-4:00pm

6<sup>th</sup>-8<sup>th</sup> Grade – Monday – Thursday Afternoons 2:35pm-5:30pm

Friday Night Teen Center - 6<sup>th</sup>-8<sup>th</sup> Grade - 7:00pm-9:30pm

For more information on the Teen Center, please contact Taryn Erb at [Taryn.Erb@OldSaybrookCT.gov](mailto:Taryn.Erb@OldSaybrookCT.gov) or by phone at 860-395-3152

## Summer Teen Center

The Teen Center is open throughout the summer on Tuesdays and Thursday afternoons starting at 12:00pm and will be open for 5 hours until 5:00pm. Here Teen Center members can use the games room, black top and gym to hang out with friends under the supervision on our Teen Center staff. During the summer months the Teen Center is for anyone member entering grades 6<sup>th</sup>-9<sup>th</sup>.

**Tuesdays & Thursdays:** 12:00 - 5:00PM **Grades:** 6<sup>th</sup>-9<sup>th</sup>

**Free with membership**

## Young Adult Co-ed Futsal Soccer League

OSPR is proud to offer a new opportunity for high school and young adults an opportunity to play recreational soccer at the Rec. This futsal league will consist of 6 wks. of games, and will be 5v5 play with no goalies will make this a fast and fun league. Sign up soon!!

**Saturday** 9:00 - 10:30AM

**Grades:** 9<sup>th</sup>-12<sup>th</sup>

**Dates:** 3/11- 4/29

**Fee:** \$15.00

## Spring Tee-Ball for Kindergarten and 1<sup>st</sup>-2<sup>nd</sup> Grade

### Kindergarten Tee-Ball

OSPR Tee-Ball program is designed to teach skills, encourage team work, provide fun, and to build self-esteem. Tee ball is an excellent intro to baseball and softball. Participants will have one practice per week and play games on Saturdays. Program last for six weeks. All players receive a shirt & hat.

**Saturdays:**

**Dates:** May 13<sup>th</sup> – June 17<sup>th</sup>

**Grades:** Kindergarten

**Fee:** \$30.00



### 1<sup>st</sup> & 2<sup>nd</sup> Grade Coach Pitch

OSPR Coach Pitch program is designed to teach skills, encourage team work, provide fun, and to build self-esteem. This program is an excellent intro to baseball and softball. Participants will have 2 practices per week and play games on Saturdays. Program last for six weeks with practice once a week. All players receive a shirt & hat.

**Saturdays**

**Dates:** May 13<sup>th</sup> – June 17<sup>th</sup>

**Grades:** 1<sup>st</sup> & 2<sup>nd</sup>

**Fee:** \$30.00

**Registration deadline is April 21<sup>st</sup>. Coaches are needed!!!**

Coaches meeting will be Thursday, April 27<sup>th</sup> at 5:30pm at the Rec.

## Yoga Classes at Saybrook Point

### 6 week Gentle Yoga Classes

Every six weeks OSPR holds an ongoing Adult Gentle Yoga program at Saybrook Point. This program meets twice a week on Monday and Thursday mornings. Our Gentle Yoga program is taught by Terri Cain, BFA, MA, MDiv. She is a certified Kripalu Yoga teacher. She has a background in dance, music and movement therapy and decades of teaching experience. Her goal is to help each student find their unique yoga practice. An active community advocate and Beacon Award recipient, please check our website for more information on the next program to register.

### Gentle Yoga

A Unique class designed to truly introduce you to your body and all the amazing movements it is capable of. Explore your flexibility to both beginners and experienced. Lots of modification is offered. It's all about you as an individual. Sign up and do something healthy for yourself for a change. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the pavilion at The Vicki G. Duffy Pavilion at Saybrook Point.



**Time:** 10:00AM – 11:15AM **Ages:** 18+

**Fee:** \$65.00 Res \$75.00 Non-Res

**Session 6:** April 3<sup>rd</sup> – May 11<sup>th</sup>

**Session 7:** May 15<sup>th</sup> – June 26<sup>th</sup>

**Session 8:** June 29<sup>th</sup>-Aug. 3<sup>rd</sup>

**Beach Yoga w/ Terri Cain** at Harvey's Beach rt. 154

**Wednesday:** 6:00-7:00pm

**Age:** 18+

**Dates:** June 21<sup>st</sup>-August 23<sup>rd</sup>

**Fee:** \$60/\$70 Res/NonRes

## Teen Trips 7<sup>th</sup>-12<sup>th</sup> Grade

### Hike the 1,000 Acre Preserve, Old Saybrook, CT

Join us for a day outdoors as we explore the 1,000 acres of coastal forest right here in Old Saybrook. The Preserve is home to cool spots such as the swamp & vernal pools Pack a brown bag lunch and wear comfortable hiking clothes.

**Date:** Friday, June 30<sup>th</sup>

Leave Old Saybrook P&R 10:30am.

**Cost:** \$20.00

Return approximately 2:30 p.m.

### Providence Place / IMAX Theater or Back To School Shopping Providence, RI

On August 16<sup>th</sup>, shop 'till you drop with your friends at Providence Place. Get a jump on your back-to-school shopping or find that "one last item" you've been looking for to complete your summer wardrobe.

**Date:** Tuesday, August 15<sup>th</sup>

Leave Old Saybrook P&R 9:30 a.m.

**Cost:** \$20.00

Return approximately 5:00 p.m.

### Tubing the Farmington River

Park yourself in a river tube and float down the 2.5 mile ride down the wild and scenic Farmington River. Catch some sun and relax through the calm sections and experience the thrill of the splash through three sets of white water rapids. Pack a lunch to enjoy by the river following our ride.

**Date:** Friday, August 18<sup>th</sup>

Leave Old Saybrook P&R 9:30 a.m.

**Cost:** \$25.00

Return approximately 3:30 p.m.

## Summer Basketball League w/ OS Basketball Club

OSPR has teamed up with Old Saybrook Basketball Club (formerly CT River) to offer summer youth basketball leagues on the Vin Baker courts. This is a great opportunity to play the game throughout the summer and get to know your coaches before the season starts. We will have 4 age groups for boys and girls playing pickup style basketball. We will keep score and teams will change week to week.

**Thursdays:** 5:00-8:00PM

**Dates:** June 22<sup>nd</sup> – August 17<sup>th</sup> \*No game 8/3\*

**Grades:** 5<sup>th</sup> – 8<sup>th</sup>

**Fee:** \$25.00



## OS Paddle Club

Bring your own "boat" and meet every Thursday mid-day for a day on the water. Starting in 2016 will be the OS Paddle Club. We will explore the Oyster River, North Cove and LIS! Participants must provide their own paddle boat and Personal floatation device. We will meet for 5 weeks at the various water recreational areas in town depending on the tide and time of day. A schedule will follow in the coming months. We will paddle for 1-1.5 hours each day.

**Thursdays:** 9:00am – 1:30pm

**Dates:** May 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, June 1<sup>st</sup>, 8<sup>th</sup>

**Age:** 18+

**Fee:** FREE



## OSPR Spring Specials

### School Out's Vacation Camp 1<sup>st</sup> – 5<sup>th</sup> Grade

Looking for something fun and exciting for your child to do while school is out? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, bowling and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K –5<sup>th</sup> graders. Program is held at the Recreation Center. Sign up by the day. Monday will be movie Day & Wednesday we will host “The Art Truck”

**Space is limited. Sign up early!!**

**Dates:** Mon. – Fri. April 10 –14

**Ages:** K —5<sup>th</sup> Grade

**Times:** 9:00AM—4:00PM

**Fee:** \$105.00 for the Week

**Teen Center is open Noon – 5:00pm 6<sup>th</sup> – 8<sup>th</sup> ONLY**

### Easter Egg Hunt

Join us for this fun event to find different pieces of wrapped candy. Three different fields around the Recreation Center will be used to “hide” the candy for the kids to find, each field will be for a different age group. Age groups will be 2-4 yr olds on McMurray Field, 5yr olds - 1st graders on the Middle school field, and 2<sup>nd</sup> & 3<sup>rd</sup> graders on the Town Green. Please bring a basket to put the goodies in. Please sign up online by April 6<sup>th</sup> bring a camera to take pictures with the Easter Bunny. Co-Sponsored by Old Saybrook Lions Club.

**Date:** Saturday, April 8<sup>th</sup>

**Fee:** FREE

**Hunt Times:** 2-4 yr olds 11:00AM

5yr - 1st Grades 11:15AM

2<sup>nd</sup> & 3<sup>rd</sup> Grades 11:30AM



### Annual Rock Hunt at Town Park

It's time to go rock hunting!! This fun annual event will be held at Clark Community Park on Schoolhouse Rd. The Hunt will begin at 10:00AM (sharp). Hunters in grades 4th-6th are invited to search the woods for painted rocks which can be traded in for gift certificates, candy prizes and more. Anyone up for the challenge should show up on time with a bag or bucket to collect the rocks. Please sign up online or in the office for this event to give us an idea of numbers.

**Date:** Friday, April 14<sup>th</sup>

**Grades:** 4th—6<sup>th</sup>

**Time:** 10:00AM

**Fee:** FREE

### 4<sup>th</sup> Annual Ray Dobratz Annual Fishing Derby

Join us for a fishing derby at Crystal Lake at Clark Community Park on Schoolhouse Rd. Who will get the biggest catch of the day? Children age 5-15 can be accompanied by a family member in this great derby which kicks off the fishing season. The lake will be stocked with trout for all to enjoy. Prizes will be awarded for biggest fish caught. Coffee, hot chocolate & donuts will be served in the morning and Hotdogs will be available later in the morning. Register by April 20<sup>th</sup>

**Date:** Saturday, April 22<sup>nd</sup>

**Fee:** \$5.00 per person

**Time:** 7:00-10:00AM

**Old Saybrook Residents Only**

**Participants 16 and older must have a valid CT fishing license.**

## Interim Trails at The Preserve



The interim trails of The Preserve have been set and are ready for use. Construction is set to begin this spring on the main parking lot on Essex Road (Rt154) in Westbrook. There is room for several cars in the small parking lot on Ingham Hill Rd in Old Saybrook.

For more information, please visit our office

## CT Trails Weekend in Old Saybrook

### Preserve Hike

Come be a part of the largest trails celebration in the nation as OSPR participates in the annual CT Trails Weekend on Saturday, June 3<sup>rd</sup>. We will meet at the Preserve parking lot in Westbrook off of Rt 153, near 1226 Essex Rd, Westbrook. This 3.75 mile hike of the new interim trail system will be led by Chris Cryder. Please wear appropriate attire and bring some water and snacks.

**Saturday:** 9:00-11:00AM

**Date:** June 3<sup>rd</sup>

**Age:** Open to all

**Fee:** FREE



### Train Run at Town Park

Join us on Sunday, June 4<sup>th</sup> for the annual CT trails weekend for a morning run through the trails of Clark Community Park. Three groups will be led by staff from Sound RUNNER of Old Saybrook. We will have a run for all abilities. We will meet at the basketball courts. Please wear appropriate attire for running through the trails.

**Sunday:** 9:00-10:00AM

**Date:** June 4<sup>th</sup>

**Age:** Open to all

**Fee:** FREE



### Letterboxing

Looking for a great family fun outing this weekend, come try your hand at letterboxing in Great Cedars West Conservation area. For those of you who are not familiar with Letterboxing, it is an outdoor activity that combines elements of orienteering, art and puzzle solving. You will find clues in our guidebooks which will lead you to specific letterboxes within the park. At these letterboxes you will find a special stamp, not pad, ink and the next clue to move through the letterbox trail. Our letterbox trail was revamped last year in part of Girl Scout troop 62128's annual community project.

**Saturday:** 1:00-2:30PM

**Date:** June 3<sup>rd</sup>

**Age:** Open to All

**Fee:** FREE





# Adult Programs and Activities

## Golf Lessons at Fenwick

Know it all or need help improving your game, OSPR is proud to work with Fenwick Golf course to offer golf lessons at the Ryder Cup Course. These lessons will cover 130 yards and down, irons and approaches, putting and how to improve your swing. Instructed by Sue Cart, PGA golf professional at Lake of Isles a Troon Golf property.

**Tuesdays:** 5:30-7:30pm

**Location:** Fenwick Ryder Cup Course

**Date:** March 28<sup>st</sup>, April 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$75 RES / \$100 Non-RES

## Late Spring Adult Co-Ed Outdoor Soccer League

This late spring soccer league will take place at Maple Ave. Ballfield on Sunday evenings. We will be playing 5v5 with no goalies on a smaller field. This league is for males and females 18 and older. Cleats are recommended but shin guards are required. Teams will be made by Rec staff. League fees include soccer jersey. The league will not play on May 28<sup>th</sup>

**Sundays:** 5:00, 5:45 & 6:30pm

**Age:** 18+

**Dates:** 4/23 – 6/11

**Fee:** \$40.00

## Adult Co-Ed Recreational Softball League

League play for adults 25 yrs. and up begins June 19<sup>th</sup>. Teams will play up to twice a week for 10 weeks. Parks & Rec. will be accepting rosters as of April 15<sup>th</sup>. Teams provide scorebooks, umpires and a Gold dot ball for each game. Teams are asked to wear like colored jerseys. League plays on Mondays, Tuesdays & Wednesdays. All games take place at Town Park, The Middle School, Kavanaugh Park Field or Fireman's Field.

**Cost: \$50.00 per team.**

## Men's Pick-up Basketball Times

Come Down to the Recreation Center and play some great Men's Pick-up basketball Games. Residents may bring a non-resident guest for a \$2.00 fee.

**Mondays:** 18 & Over

**Tuesdays:** 30 & Over

**Time:** 7:00-8:30PM

## Co-Ed Adult Pick –up Volleyball Times

Co-ed Adult Volleyball night. Play is for Old Saybrook Residents. Residents may bring 1 guest for a \$2.00 fee.

**Day:** Wednesdays

**Time:** 7:00-8:30PM

## Women's Open Gym Night

Women 18 and over can come down to the Recreation center to enjoy a game of basketball or just hang out in the Games Room. Residents may bring a non-resident guest for a \$2.00 fee. **Day:** Thursdays

**Time:** 7:00-8:30PM

## Insanity Live

INSANITY LIVE is a group-focused, cardio-conditioning, and athletic-training class that helps you let go of your limits to achieve your best body and health possible. It's challenging, but accessible to all.

**Tuesdays:** 5:30-6:30PM

**Ages:** 18+

**Dates:** April 18<sup>th</sup> – May 23<sup>rd</sup>

**Fee:** \$30

## Pickleball for Adults

Pickleball is a great program to be active and have fun at the same time. Beginners to advanced are all welcome. We have two sessions; Spring and Summer.

**Spring:** Monday - 5/1 – 6/12

**Summer:** Saturdays: 6/24 -8/19

**Time:** 9:30AM-11:00AM

**Ages:** 30+

**Fee:** \$10.00



# Summer Camps

## Park & Rec Summer Camp 1<sup>st</sup>-5<sup>th</sup> Grade

Sessions are open to all residents entering 1<sup>st</sup> -5<sup>th</sup> Grade. Summer camp is a series of one week programs that will feature field games, sport activities, arts-N-crafts, trips and special events. Program held Monday-Friday 9:00-4:00PM. Program takes place at the Recreation Center. **\*NO CAMP JULY 4<sup>th</sup>\***

<b>Session 1</b>	6/19 – 6/23	Roger Williams	\$105.00
<b>Session 2</b>	6/26 – 6/30	AMF Lanes	\$105.00
<b>Session 3</b>	7/3 – 7/7 *no 7/4*	Mystic Aquarium	\$100.00
<b>Session 4</b>	7/10 – 7/14	CT Science Center	\$105.00
<b>Session 5</b>	7/17 – 7/21	Imagination Museum	\$105.00
<b>Session 6</b>	7/24 – 7/28	Adventureland	\$105.00
<b>Session 7</b>	7/31 – 8/4	The Dinosaur Park	\$105.00
<b>Session 8</b>	8/7 – 8/11	The Children's Museum	\$105.00
<b>Session 9</b>	8/14 – 8/18	Quassy Water Park	\$105.00

**Tuesday**  
Harvey's Beach

**Wednesday**  
Mini Golf

**Thursday**  
Special Trip

## Color Wars

The last week of camp (**Session 9**) will be our 6<sup>th</sup> Annual Color Wars Week. This week the campers are split up into teams and will have games and activities throughout the week as part of the Color Wars. On Friday Color Wars ends with an Olympic style opening ceremony and tournament with winner being announced during the closing ceremony on Friday Afternoon.

## Before Camp & After Camp Care 1<sup>st</sup>-8<sup>th</sup> Grade

The Park & Recreation Department will offer a Before & After Camp Care program. These extra hours are designed to provide supervision to youth in grade 1<sup>st</sup> – 8<sup>th</sup> whose parents work beyond the 9:00-4:00PM Camp time. We will staff from 8:00 –9:00am and After Care will be available from 4:00 – 5:30 p.m. Staff is not on duty before 8:00 a.m. or after 5:30 p.m.

**Before Care:** 8:00am-9:00am

**Fee:** \$15.00

**After Care:** 4:00pm-5:30pm

**Fee:** \$20.00

## Junior Playground Camp at The Rec. (Age 4 - Kindergarten)

This Fun program will provide a variety of different activities: outdoor games, water color, collages, story time, water games, playground play, trips to the splash pad, and many more exciting activities. Program is held from 9:00AM– 12:00PM at The Rec Center.

Session 1	6/19 – 6/22	\$60.00
Session 2	6/26 – 6/29	\$60.00
Session 3	7/3-7/7* no 7/4*	\$60.00
Session 4	7/10 – 7/13	\$60.00
Session 5	7/17 – 7/20	\$60.00
Session 6	7/24 – 7/27	\$60.00
Session 7	7/31 – 8/3	\$60.00
Session 8	8/7 – 8/10	\$60.00
Session 9	8/14 – 8/17	\$60.00

## Yellow Shirt Jr. Camp Counselor Volunteer 1<sup>st</sup>-5<sup>th</sup> Grade camp (Monday – Friday)

Children who are going into 8<sup>th</sup>- 11<sup>th</sup> grade can "work" as a Yellow Shirt counselor at the camp. As a volunteer counselor that aids the main staff in provided care for the children. Basic duties include set up/breakdown of games, bathroom breaks, group supervision on trips, being active in games, and much more.

**\*\*Register early, this fills up FAST\*\***

**Monday-Friday:** 9:00am-4:00pm

**Fee:** \$5.00 for Jr. Staff shirt

## Summer Camps

### Middle School Summer Camp 6<sup>th</sup>-8<sup>th</sup> Grade

Come to camp this summer and enjoy a day of fun & games, bowling, water activities, basketball, hockey, badminton, the Teen Center, A different trip each Friday and more. Camp is Mondays, Wednesdays, Fridays and meets at the Recreation Center from 9:00AM–4:00PM Space is limited. There will be a different trip each Friday!!

<b>Session 1</b>	6/19 – 6/23	LaserQuest	\$90.00
<b>Session 2</b>	6/26 – 6/30	Preserve Hike	\$90.00
<b>Session 3</b>	7/3 – 7/7	SportsCenter of CT	\$90.00
<b>Session 4</b>	7/10 – 7/14	*Lake Compounce*	\$90.00
<b>Session 5</b>	7/17 – 7/21	*Yardgoats Baseball Game*	\$90.00
<b>Session 6</b>	7/24 – 7/28	Launch Trampoline Park	\$90.00
<b>Session 7</b>	7/31 – 8/4	Brownstone Adventure Park	\$90.00
<b>Session 8</b>	8/7 – 8/11	*Six Flags*	\$90.00
<b>Session 9</b>	8/14 – 8/18	Farmington River Tubing	\$90.00

#### Trips for each session

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
Main St Stroll	Mini Golf & Town Beach	Special Trip *Wednesday trip*

## Summer Sports Camps

### U.K International Soccer Tots Camp

UK international Soccer tots program introduces soccer in a fun filled environment. Players learn the fundamentals through soccer based activities. All campers receive a ball, t-shirt, evaluation, Camp held at Clark Community Park. All Campers must have shin guards and bring a snack + water bottle.

**Dates:** June 19<sup>th</sup> – 23<sup>rd</sup>

**Age:** 3-4 Yr Olds

**Age:** 5-6 Yr Olds

**Time:** 9:00 – 10:15AM

**Time:** 10:30 – 12:00PM

**Fee:** \$40.00

**Fee:** \$50.00

### U.K International Soccer Camp

This soccer camp teaches fundamentals of soccer through a range of activities. Campers will enjoy playing soccer games, tag games and more. All campers receive a ball, t-shirt, evaluation, Camp held at Clark Community Park. All Campers must have shin guards and bring a snack + water bottle.

**Times:** 9:00AM-12:00PM

**Dates:** June 19<sup>th</sup> – 23<sup>rd</sup>

**Age:** 7—15 yr. Olds

**Fee:** \$80.00



### Junior Tennis Camp

Instruction will take place using shorter, lighter racquets, slower and lower-bouncing balls and smaller court dimensions, making the learning process easier and a lot more fun. The emphasis is on basic hand-eye coordination, movement, and making kids' first experience fun, easy, and successful.

Instruction will include the fundamentals of tennis through play-based activities and skills progression. Taught by Ruthanne Rothman, a USPTR Certified Instructor and OSHS Varsity Girls Tennis Coach.

Please bring your own racquet.

**Tues – Fri:** 9:00 – 10:00AM

**Dates:** July 3<sup>rd</sup>, 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup>

**Ages:** 5 -7 Yr olds

**Fee:** \$30.00

### LACROSSE CAMP

Join us for this great camp. Camp is designed to teach beginners, intermediates, and even those with more experience. Camp will focus on catching, throwing, shooting, ground balls, cradling, and 3-man weaves. Bring plenty of water. Lacrosse sticks will be available for those who need them. Camp takes place on the turf at OSHS and is instructed by OSHS Varsity Coach James Hespeler.

**Time:** 5:00—7:00PM **Grades:** 3rd—8th **Dates:** June 26<sup>th</sup>-29<sup>th</sup> **Fee:** \$25.00

## Summer Sport Camps Cont'd

### Tennis Camp

The curriculum is designed to work on stroke technique, footwork, consistency and accuracy as well as match/point play. Classes will include a combination of drills and play-based activities aimed at developing an overall mastery of the fundamentals of tennis, taught by Ruthanne Rothman, a USPTR Certified Instructor and OSHS Varsity Girls Tennis Coach. Please bring your own racquet

**Tues – Fri:** 10:15 – 11:15AM or 11:30AM-12:30PM

**Ages:** 8-14 Yr olds

**Dates:** July 3<sup>rd</sup>, 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup>

**Fee:** \$30.00

### OSPR Summer Adventure Day Camp

New to the summer camp line up is OSPR Adventure Hi and Low ropes camp. Campers will work on Team building exercises, ice breakers, high and low rope stations. This will be a challenge by choice camp. Camp will meet in OSMS Gym and will be instructed by OSMS PE teacher Katey Flanagan.

**Time:** 9:00AM-3:00PM

**Grades:** 7<sup>th</sup>-9<sup>th</sup>

**Dates:** June 26<sup>th</sup> – 30<sup>th</sup>

**Fee:** \$80.00

### SOFTBALL CAMP

Girls in grades 6<sup>th</sup> – 9<sup>th</sup> will learn the fundamentals of softball. Throwing, catching, outfield play, running the bases, sliding, pitching and more. Clinic taught by OSHS Varsity Softball coach and OSMS PE Teacher Katelyn Flanagan. Girls need to bring their own glove, and water, wear cleats, and bring a bat if they have one. Clinic takes place at OSHS Softball Field.

**Mon – Thurs:** 5:30-7:30PM

**Grades:** 6<sup>th</sup>-9<sup>th</sup>

**Dates:** July 10<sup>th</sup>-13<sup>th</sup>

**Fee:** \$25.00

### Football Camp

Back for the 3<sup>rd</sup> year is our 1wk summer football camp instructed by Ryan Percival who has instructed youth football camps with the New Orleans Saints and OSHS Varsity Football Coach Rob Marone. This camp is geared to teach your child the skills needed to play football in a non-contact atmosphere. There will be drills and games and a lot of summer fun. This camp will take place on the turf field at OSHS

**Mon - Thurs** 5:00-7:00PM

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Dates:** July 17<sup>th</sup> – 20<sup>th</sup>

**Fee:** \$25.00

### CT River Basketball Camp

This coed instructional camp is for boys and girls entering grades 3<sup>rd</sup>-8<sup>th</sup> grade. Campers will be divided by age and the boys and girls will have separate coaches throughout the week. Instruction will be provided by CT River Basketball. Camp will meet at the Rec. and will use both the gym and outdoor courts.

**Mon-Thurs:** 5:00-7:00PM

**Grades:** 3<sup>rd</sup>-8<sup>th</sup>

**Dates:** July 31<sup>st</sup> – August 3<sup>rd</sup>

**Fee:** \$25.00

## Workouts w/ Marie

### Body Fusion with Marie

Join us for 6 weeks at the Rec on Monday, Wednesday and Thursday mornings for a complete interval workout consisting of cardio and resistance to see the results. Bodyweight exercises incorporated with small resistance equipment is used to bring you the latest in circuit training. Maximize your time and your workout to results. This program will be led by NASM Certified personal trainer and ACE Certified group fitness instructor Marie Mozzi.

**Time:** 6:15-7:00AM **Ages:** 18 & over

**Fee:** \$65 Res. \$75 Non Res.

**Sessions:** Rec. Center

March 29<sup>th</sup> – May 8<sup>th</sup> & May 10<sup>th</sup> – June 19<sup>th</sup>

**8wk Summer Session at Town Beach:**

June 26<sup>th</sup> – August 17<sup>th</sup>

**\$70 Res. \$80 Non Res.**



# Teens Trips 7<sup>th</sup> -12<sup>th</sup> Grade

## **SportsCenter of CT**

Spend the day with us as we travel to SportsCenter of CT in Shelton. Here, we'll take part in a variety of activities which may include batting cages, ice skating, bowling or even paintball! Pack a lunch and be ready for fun!

**Date:** Friday, July 7<sup>th</sup>

**Cost:** \$35.00

Leave Old Saybrook P&R 9:00am

Return approximately 3:00 p.m.

## **Lake Compounce, Bristol CT**

Cool off from the summer heat at one of New England's largest water parks! Bring your towel, lots of sunscreen and prepare yourself for a load of fun.

**Date:** Wednesday, July 12<sup>th</sup>

**Cost:** \$35.00

Leave Old Saybrook P&R 9:00 a.m.

Return approximately 5:00 p.m.

## **NBA Hall of Fame Springfield, MA**

Take a trip to the birthplace of basketball, Springfield, MA and see all the great basketball memorabilia and all the inductees. Play each of the interactive games and exhibits and shoot around on the HOF Basketball court.

**Date:** Tuesday, July 18<sup>th</sup>

**Cost:** \$40.00

Leave OSPR @ 9:30am

Return approximately 3:30pm

## **Yardgoats Baseball Game Hartford, CT**

Join us for a day at the Ball Park in the BRAND NEW Dunkin' Donuts Park as we watch the AA affiliate of the Minnesota Twins in this 12:05 day baseball game. Check out the future of the Major Leagues!! Bring some extra money to enjoy some snacks at the stadium.

**Date:** Wednesday, July 19<sup>th</sup>

**Cost:** \$20.00

Leave Old Saybrook P&R 10:00 a.m.

Return approximately 4:00 p.m.

## **Launch Trampoline Park, East Hartford, CT**

Spend the day bouncing around with friends. Do some flips on one of many connected trampolines, jump in the foam pit, or play a game of dodgeball. Pack a lunch and socks for the day!

**Date:** Friday, July 28<sup>th</sup>

**Cost:** \$25.00

Leave Old Saybrook P&R 10:00am

Return approximately 4:00 p.m.

## **Brownstone Exploration & Discovery Park, Portland CT**

A day of adventure at the area's newest outdoor action facility in Portland. Your Adventure Sports Pass includes swimming, access to floating water toys, trampoline, zip lines, water slide and, this year newest attraction, rock climbing! Pack a lunch and plenty of sunscreen!

**Date:** Friday, August 4<sup>th</sup>

**Cost:** \$35.00

Leave Old Saybrook P&R 9:15 a.m.

Return approximately 3:00 p.m.

## **Six Flags New England, Agawam MA**

Join us as we spend the day at Six Flags New England. Participants will be able to ride their favorite rides and test their bravery on some of the biggest roller coasters around. Bring some extra money to enjoy park food or grab a souvenir!

**Date:** Wednesday, August 9<sup>th</sup>

**Cost:** \$35.00

Leave Old Saybrook P&R 9:00 a.m.

Return approximately 5:00 p.m.

## **Horseback Riding, Prospect, CT**

Join your friends for a brief riding lesson before we hit the wooded trails of B&R Stables, located on the Prospect/Cheshire town line. Riding experience is not necessary. Pack a lunch to enjoy on the farm's picnic grounds following our riding adventure.

**Date:** Tuesday, June 20<sup>th</sup>

**Cost:** \$60.00

Leave Old Saybrook P&R 10:00 a.m.

Return approximately 4:00 p.m.

## **Laser Tag in Newington, CT**

Laser Quest is a high energy form of hide and seek mixed in with a High-Tech version of tag. Each player will have 3 twenty minute games. Participants should bring their own bagged lunch, and we will eat in their party room.

**Date:** Friday, June 23<sup>rd</sup>

**Cost:** \$25.00

Leave Old Saybrook P&R 9:00 a.m.

Return approximately 3:00 p.m.