

Old Saybrook Parks & Recreation



Nov – Dec Activities 2017

Visit our website at
www.OLDSAYBROOKREC.com
to sign up online using your credit card.
In person registrations accepted at office.

**Registration for all Programs begins on
Tuesday, Oct. 10th**

**Indoor Soccer and Adult Futsal Soccer
Registration Begins Oct. 1st**

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PROGRAM REGISTRATION INFORMATION

- All recreational programs require advance registration unless noted. Programs are filled on a first come first served basis.
- Residents may register in person at the Rec. or online..
- Parents please note deadlines for registration as materials and/or supplies must be purchased prior to the start of programs.
- 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
- Registration starts at 9:00am promptly in the office or online



Cancellations

At times it is necessary for us to cancel programs due to circumstances beyond our control. Every effort is made to notify participants and schedule make-up sessions. We follow the lead of Old Saybrook schools when cancelling activities due to the weather. If school is cancelled, recreation programs are cancelled. If school is delayed by 1 hr., recreation programs beginning before 12PM noon will begin 1Hr after scheduled start time. If school is delayed by 2 hrs. Recreation programs beginning before 12PM noon will be cancelled. All other programs will start at scheduled time. If school dismisses early, Recreation programs scheduled for after 12PM are cancelled.

OFFICE HOURS

Mondays, Tuesdays, Thursdays

9:00AM — 4:30PM

Wednesdays

10:00AM—4:30PM

Fridays

9:00AM-4:00PM

Pick-up schedules for
Gym/Track/Teen Center hours in office

OFFICE PHONE

(860)395-3152/3154 (fax)

ADDRESS

308 MAIN ST, 06475
(Recreation Center)

COMMISSIONERS

Susan Esty-Chair

Robert Burke

Tom Boland

Jim Henderson

Dennis Interlandi

Kevin Lane

Star Rueckert

Clerk: Sharon Tiezzi

Staff

Ray Allen - Director

Jonathan Paradis- Asst. Director

Taryn Erb – Program Assistant

Judy Sherman- Office Manager

Jim Price—Rec. Center Maintainer

Adam Laverty—Park Maintainer

Fall Outdoor Programming

The Natural Side

OSPR is happy to offer a full line up of outdoor family fun this fall, *The Natural Side!* From nature walks to hikes to water fun!! Each of these events will get the family outdoor, learning and active!

Interpretive walks and guides will be led by Patricia Laudano, Naturalist Field Researcher and Educator. Her programs will last roughly 1 ½ hours.

Jonathan Paradis from OSPR, will lead our kayak event on North Cove and Chris Cryder of Save the Sound, will lead out late Fall Adventure Hike.

Salt Marsh Bird watching at Founders Park

A short walk to the kayak launch and to the top in search of migrating birds using the area or just passing through. Discussion on this prime Estuary area and wildlife use. Bring binoculars/.scopes. LIMITED SPACES!!

Date: Sunday, Oct. 8th

Parking: Coulter St.

Time: 10:00am

Fee: FREE

Halloween Letter Boxing at Great Cedars

Letterboxing is an intriguing mix of treasure hunting, art, navigation, and exploring interesting and scenic places. Join us as we hunt for the 10 hidden boxes in Great Cedars with a Halloween twist! Costumes are encouraged!!

Date: Saturday, October 28th

Parking: Ingham Hill Road

Time: 11:00-12:00pm

Fee: FREE

Strong Hike in Great Cedars

This 2hr strong hike will take you through the whole property as we head to the Largest Great White Cedar in CT, see Lake Rockview and the foundation of Ebenezer Ingham from 1710!! You should bring water and a small snack.

Date: Saturday, November 18th

Parking: 155 Ingham Hill Rd

Time: 9:45am

Fee: FREE

Parking at The Preserve!!

The new parking lot at The Preserve is finally here!! The majority of the work was completed this summer, with only minor details left, but this spacious lot is ready to get some use!! The parking lot is located on Route 153 in Westbrook, CT.



Team Sports / Special Programs

Kindergarten Youth Indoor Soccer

Open to children 5 years old or in Kindergarten only. Shirts for all participants. This 5 week program is intended to teach youngsters the rules of indoor soccer and to gain the skills needed to play the sport. Kindergarten meets on Tuesdays at the Recreation Center. Shin guards required!

Possible Game Times: 5:00PM or 5:45PM or 6:10pm

Coaches are needed!!!

Dates: Nov 14th, 21st, 28th, Dec. 5th, 12th **Fee:** \$25.00

1st & 2nd Grade Youth Indoor Soccer

Open to 1st & 2nd grades only. Shirts for all participants. This 5 week fun fast-paced season will keep your youngsters soccer skills sharp during the winter months. Games last 30 minutes. Maximum six teams. All games played at the Recreation Center on Thursdays nights. Shin Guards required!

Coaches are Needed!!!

Possible Game Times: 5:00PM, 5:40PM or 6:10PM

Dates: Nov 16th, 30th Dec 7th, 14th, 21st **Fee:** \$25.00



Soccer Registration closes on Friday, October 27th

If you are interested in coaching either soccer or basketball, please contact Jonathan Paradis by email at Jonathan.Paradis@OldSaybrookCT.gov or at the Rec. Center

Scarecrow Making Workshop

Join Parks & Recreation for this great family fun workshop. Make a cool scarecrow for the “spooky” season for the whole family to enjoy. We will supply the hay, instruction, Cider and Donuts. All you have to bring are the clothes to stuff with hay and great big smiles.

Saturday: Oct 7th
From 10:30—11:30 PM

Town Green Gazebo
Fee: \$5.00 per Family



Winter Holiday Programs

Tree Ornament Class

Your child will make an ornament that can go on your Christmas tree. A great way to have a keepsake to remember the younger years. Class takes place at the Rec. Center.

Dates: Saturday, Dec 2nd **Fee:** \$5.00

Ages: 3 – 5 year olds 10:30-11:15AM



Cookie Decorating Class

We are going to supply the cookies, frosting and all the fixins' all you have to do is provide the smiles & creativity. Class takes place at the Rec. Center. All the cookies for this program are donated by Pursuit of Pastry!!

Dates: Saturday, Dec. 9th **Fee:** \$5.00

Ages: 3 – 5 yr olds 10:30-11:15AM - **K - 3rd** 11:30AM- 12:15PM



Letters to Santa

OSPR has a special deal with Santa. We will accept the names of children and send their information to the North Pole for Santa to see. Santa will then take time out of his busy schedule to sit down and write a letter to each name sent to him. Just come down to the Parks & Recreation office and fill out the information sheet and we will take care of the rest.

Deadline is December 11th.

Fee: \$2.00



School Vacation Day Camps

Winter Break Vacation Camp School Out's Vacation Camp

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, and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K –5th graders. Program is held at the Recreation Center.

Tuesday through Friday - Space is limited. Sign up early!!

Dates: Dec. 26th - 29st **Ages:** K —5th Grade

Times: 9:00AM—4:00PM **Fee:** \$100.00 - Week

February Vacation Camp

Looking for something fun and exciting for your child to do during our mid-winter break? 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 –5th graders. Program is held at the Recreation Center.

Registration will begin Jan. 5th Space is limited. Sign up early!!

Dates: Feb. 19th, 20th and 21st **Ages:** K —5th Grade

Times: 9:00AM—4:00PM **Fee:** \$75.00



Miscellaneous

Important Websites

- **Town of Old Saybrook** www.Oldsbrookct.org
- **Old Saybrook Youth & Family Services**
http://www.oldsbrookct.org/pages/oldsbrookct_youth/index
- **OS Little League** <http://leagueathletics.com/?org=osll.net>
- **Old Saybrook Soccer Club** <http://ossoccer.org/>
- **Old Saybrook Youth Football** www.osyouthfootball.com
- **CT River Ticks Lacrosse Club** <http://tickslacrosse.com/>
- **OS Basketball Club** <http://www.oldsbrookbasketballclub.com>

REMINDERS:

Please help keep all Parks & Beach areas clean.

The law requires that all dogs must be on a leash and you must clean up after them!!

No Dogs allowed on Beaches or Ball fields

Thank You

The Old Saybrook Parks & Recreation Department would like to thank all of the volunteer coaches who helped coach a sport this year. Without all of you, the sports programs that have benefited so many youths would not be possible. Thank You!!!

Recreation Center Special Hours/ Closings

Wednesday	November 22 nd	Pre - Thanksgiving	Closing at 4:00PM
Thursday	November 23 rd	Thanksgiving	Closed
Friday	November 24 th	Day after Thanksgiving	Closed
Sunday	December 24 th	Christmas Eve	Closed
Monday	December 25 th	Christmas	Closed
Sunday	December 31 st	New Year's Eve	Closing at 4:00PM
Monday	January 1 st	New Years Day	Closed

Evening Gym Schedule

Mondays	Adult 18 & over Open Gym + Games room	7:00-8:30pm
	High School Pick-up Basketball	5:30-7:00pm
Tuesdays	Adult 30- over Gym + Games room	7:00- 8:30pm
Wednesday	High School Pick-up Basketball	5:30-7:00pm
	Adult Co-ed Pick -up Volleyball	7:00-8:30pm
Thursdays	High School/Women's Open Gym	7:00-8:30pm

Full Gym Schedule available at the Recreation Center Office

Indoor Walking Track

The indoor walking track is available for all Old Saybrook Residents and is located in the gymnasium of the Recreation Center. The track is 1/18 of a mile long, meaning it takes 18 laps to complete 1 Mile

Mon – Thurs. - 6:30AM– 8:30PM Friday - 6:30AM– 4:00PM

Saturday - 7:00AM– 4:00PM

Sundays - 11:00AM – 4:00PM (After Columbus Day)



Annual Halloween Party

This plans to be a scary cool night. Great music and dancing, Cookie decorating, games, prizes, giveaways, pictures and plenty of candy for all to enjoy.

Saturday, October 28th

From 5:00-7:00pm preschool to Grade 3

At the Old Saybrook Recreation Center



**For up to date information on programs and events,
be sure to follow us on...**



Follow us on Twitter at @OSParksRec



Find us on Facebook Old Saybrook Parks and Recreation



308 Main St.
Old Saybrook, CT, 06475

860-395-3152
860-395-3154 (F)
www.oldsaybrookrec.com

3- 5 Yr Old Programs

Playhouse Recreation Mornings

Children 3 & 4 can join in an exciting playhouse 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 5 weeks. Class takes place on Tuesdays & Thursdays. *No Class Nov 26th*

Tuesdays & Thursdays

Times: 9:30AM-11:30AM

Age: 3 + 4 Yr Olds

Dates: Oct. 31st – Dec 12th

Fee: \$50.00/Child

Tuesday & Thurs Mid-Day Social

Make it a full day w/ OSPR on 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: 11:30PM-12:30PM

Ages: 3– 5

Fee: \$20.00

Dates: Nov. 7th – Dec. 12th

Fun & Games

This class features lots of games and a whole lot of fun. Your child will play games such as parachute games, tag and more. Class takes place in the rec center for 5 weeks.

Tuesdays: 12:30—1:15PM

Ages: 3– 5

Dates: Nov. 7th, 14th, 21st, 28th Dec. 5th

Fee: \$15.00

Theme of the Day

Each week an activity, craft & story will be highlighted towards the theme of day. We will be using the classroom as well as the gym. Designed for 3-5 yr olds, class last for 5 weeks and takes place at the recreation center.

Wednesday: 10:00—10:45AM

Ages: 3– 5

Dates: Nov. 8th, 15th, 22nd, 29th Dec 6th

Fee: \$15.00

Lil' Builders

Each week your 3 – 5 yr old will explore different building materials. We will create Cities of Lego's, build castles and igloos, K'nex cars and more. Class takes place at Recreation Center for 5 weeks.

Wednesdays: 10:45—11:30PM

Ages: 3– 5

Dates: Nov. 8th, 15th, 22nd, 29th Dec 6th

Fee: \$30.00

Apple Hour

Each week you will be working with Apples to create a different project. Make craft projects, apple sauce, caramel apples and more. A fun way to spend some fall afternoons. Class takes place at the Rec Center and Lasts for 5 weeks.

Thursday: 12:30 – 1:15PM

Ages: 3-5

Dates: Nov. 9th, 16th, 30th Dec 7th, 14th

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: 1:30PM-2:15PM

Ages: 3-5

Dates: Nov. 2nd, 9th, 16th, 30th Dec. 7th

Fee: \$15.00

Intro to Karate

Sensei Darryl Baleshiski of New England Rendokan will be teaching intro to karate classes of traditional Okinawan Shorin-Ryu Karate and Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem.

Mon, Wed, Fridays: 3:30—4:30PM

Ages: 3– 5

Dates: Nov. 6th – Dec. 13th

Fee: \$15.00

K – 3rd Grade Programs

Intro to Karate

Sensei Darryl Baleshiski of New England Rendokan teaches Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly instead of concerning themselves with a “must-win” feeling. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.

Mon & Wed: 4:30—5:30PM

Ages: K – 3rd

Dates: Nov. 6th – Dec 13th

Fee: \$15.00

Softy Hockey

Your K– 3rd grader can enjoy this program that will teach the basic skills needed to play the sport. All equipment is provided. Sticks are soft for safety reasons. Class will be held at the Recreation Center.

Tuesdays: 3:15—4:00 PM

Grades: 1st - 3rd

Dates: Nov. 28th Dec 5th, 12th, 19th

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 – 3rd

Dates: Nov. 1st, 29th Dec 6th, 13th, 20th

Fee: \$15.00

Crazy 8's Math Club 2nd & 3rd Grade

Season 1, Session 1 Join us for this fun & exciting math program. This program will take math to a whole new and cool level. We will have games and activities all afternoon that will improve math skills.

Thursdays: 3:15-4:00 PM

Grades: 2nd - 3rd

Dates: Nov. 2nd, 16th, 30th Dec. 7th, 14th

Fee: \$15.00

Dance Class at Goodwin

Dance for joy with Deb'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 the Goodwin. Class is taught by Deb Mals

Fridays: 3:15-4:15

Ages: K - 3rd

Dates: Nov. 2nd, 9th, 30th Dec. 7th, 14th

Fee: \$15.00

Basketball Skill Builder for grades 2nd & 3rd

Children in 2nd & 3rd grade who wish to play in the Park & Rec Basketball league this is the class for you. Learn dribbling, shooting, passing, and Many Rules, so you will be prepared for what the league is like. Class meets for 4 weeks at The Rec Center.

Saturdays: 10:30-11:30am

Ages: 2nd & 3rd Grade only!

Dates: Nov 18th Dec. 2nd, 9th, 16th

Fee: \$15.00

4th – 8th Grade Programs

Jr. Souls Yoga

Junior Souls is an 8wk program derived from the vinyasa style of yoga, but with a new age twist! JSYP uses the philosophy that to work into a meditation of the mind, you first must physically work out your body. Combining a youthful, energetic series of postures with fast tempo, upbeat pop music, we'll get the kids moving and grooving for 45 minutes, followed by a 15 minute meditation. Class takes place at the Rec.

Mondays: 2:45-4:00pm

Grades: 4th-8th

Dates: 9/18-11/13 *no class on 10/9*

Fee: \$20.00

Session 2 – Nov. 20 to Jan. 29th *no class 12/25 &1/1*



Youth Floor Hockey

Open to 4th—8th grades. This fun—fast paced game is one all can enjoy. The program will review the basic rules of the game, work on basic skills, proper technique, safety, sportsmanship and provide a lot of smiles. All equipment is provided so be ready to have fun. Class lasts for 5 weeks and takes place at the Recreation Center.

Tuesdays: 2:45– 3:45PM

Grades: 4th – 8th

Dates: Nov. 14th, 28th Dec. 5th, 12th, 19th

Fee: \$15.00



Dodgeball Mania

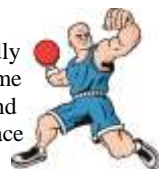
Come to the Recreation Center to compete against your friends in a friendly game of dodge ball. You will learn how to play a different dodge ball game each week, from jail dodge ball, wall dodge ball, bombardment, medic, and others. Class is for 4th-6th graders. Class lasts for 5 weeks and takes place at the Recreation Center.

Wednesdays: 2:45—3:45 PM

Grades: 4th - 8th

Dates: Nov. 8th, 15th, 29th Dec. 6th, 13th

Fee: \$15.00



Wiffle Ball

That's right, 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.

Thursdays: 2:45—3:45 PM

Grades: 4th - 8th

Dates: Nov. 16th, 30th, Dec. 7th, 14th, 21st

Fee: \$15.00



Intro to Karate

Sensei Darryl Baleshiski of New England Rendokan teaches traditional Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.

Mon & Wed: 5:30 – 7:00PM

Ages: 4th - +

Dates: Nov. 6th – Dec 13th

Fee: \$15.00



Teen Center

4th & 5th Grade Youth Center Friday Drop - In

4th & 5th Graders have the opportunity to enjoy all the teen center has to offer each Friday from 2:45—4:00PM. Try playing the XBOX One, shoot some pool, play some basketball, get a snack or just hang with friends. Teen center is fully supervised and children must sign-in and have proper paper work filled out to attend. Parents please note this program ends at 4:00PM and your child must be picked up on time!

Fridays Only 2:45—4:00PM Grades 4th & 5th Only!!!

Membership \$5.00 for the WHOLE YEAR!!!

Paper work needs to be filled out to attend!!!



6th—8th Grade Teen Center

After-School Drop-In

Enjoy “The Rec” after school hanging out with all your friends! Stay active playing basketball, soccer, and dodgeball games in our gymnasium. Play billiards on our pool table and ping pong in the Teen Center. Relax with games on our XBOX One and PS3! Plus, don’t forget to check out air hockey, bumper pool, foosball and our brand new ping pong table!!!

Monday—Thursday: 2:45—5:30PM Friday Nights: 7:00-9:30pm

Grades 6th—8th Only

Membership required for after school times.

Paper work needs to be filled out.

Membership Fee: \$20.00 Membership Year Sept 1st – Aug. 31st.

Friday Night Teen Center

Each Friday night 6th-8th graders can enjoy a night with friends in the Teen Center. We have some special events coming up such as Dodgeball Tournaments, a Flag Football League, and our annual Halloween Party. **Teens sign-in when they arrive and are not allowed to leave unless a parent/guardian picks them up or provides permission for them to leave.**

Members are free on Fridays nights. Non-Members pay \$5.00 Each Friday.

Memberships are encouraged and cost \$20.00 per school year. Membership covers Friday nights and Monday—Thursday for School Year.

When: Fridays **Time:** 7:00—9:30PM **Free for Members**

Non-Members \$5.00 Each Friday

Age: 6th– 8th Grade ONLY!!

Friday Night Flag Football League

This year marks the 5th season of OSPRFFL during the Friday Night Teen Center program. This is a 6 week, co-ed indoor flag football league which is free to all 6th-8th grade students. Registration is required and forms can be found online and at the Rec. Center. Players will be put on teams and will play each Friday night.



Games start at 7pm and will be over by 9:30pm.

Friday Night Teen Center: 7-9:30pm

Grades: 6th-8th

Dates: Nov. 3rd – Dec. 15th
door

Fee: FREE w/ membership / \$5 at

Teen Center Halloween Party



This year, we're celebrating Halloween a few days early at the Teen Center! Students are encouraged to wear costumes for a chance to win the annual costume contest judged by Teen Center Staff. In addition, we'll have plenty of Halloween Candy on hand as well as some great games and activities to get everyone in the Halloween mood! We might even throw in a ghoulish surprise or two, so you won't want to miss out!

Date: Friday, October 27th

Ages: 6th-8th Grades

Free for Members or \$5.00 at the door

Time: 7:00-9:30pm

4th & 5th Grade Halloween Party

This is the 2nd year we will be offering a Halloween Party just for our 4th & 5th grade participants. Come spend your Friday with us as we provide some safe and ghoulish fun. Students are encouraged to wear costumes for a chance to win the costume contest judged by Teen Center Staff. We'll have plenty of candy on hand and a few games you don't want to miss out on!

Date: Friday, October 27th

Ages: 4th&5th Grades

Free for Members or \$5.00 at the door

Time: 2:45-4:00pm



Teen Center Upgrades

Our members are buzzing over the renovations and new additions that have been added to the Teen Center in the last month. We have a brand new Ping Pong Table for our members to enjoy. In addition, we've also re-felted our Pool and Bumper Pool tables, to give them an updated look. Stop in and see the space for yourself!!!



Adults

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 Saybrook Point Pavilion.

Session 2 Dates: Oct. 9th – Nov. 13th **Session 3 Dates:** Nov 16th – Dec 21st

Class Times: 10:00-11:00AM or 11:15-12:15PM.

Fee: \$65.00 Resident \$75.00 Non-resident ***session 3 is \$5.00 off***

Pick-up Basketball Times

Come Down to the New Recreation Center and play some great Men's Pickup basketball Games. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.

Mondays: 18 & Over **Time:** 7:00-8:30PM

Tuesdays: 30 & Over

Wednesday: High School 5:30-7:00pm

Thursdays: Women's Night



Co-Ed Adult Pick-up Volleyball

Co-ed Adult Volleyball night will give you fun competitive games. A great way to get out of the house and have some fun with friends. Play is for Old Saybrook Residents.

Day: Wednesdays

Time: 7:00-8:30PM

Adult Pickleball

On Monday mornings here at the Rec. Center we are offering this exciting game that is taking the country by storm. Pickle ball is very similar to Tennis, except it is played on a smaller court with a wooden paddle and plastic ball. We will have three courts set up and game will be singles or doubles.

Mondays: 9:30am – 11:00am

Ages: 30 and over

Dates: Nov 6th – Dec 18th.

Fee: \$10



Self Defense Class

New England Rendokan teaches traditional Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.

Mon, Wed, Fridays: 5:30 – 7:00PM

Ages: 9th grade and up

Dates: Nov. 7th – Dec 16th

Fee: \$15.00

Community Calendar

The Old Saybrook Chamber of Commerce has a great community events calendar on their website to keep the whole community informed on some wonderful events going on in and around town. Visit their website, www.oldsaybrookchamber.com to see all that is going on!



Volunteer Opportunities through Parks and Rec

Parks and Recreation offers many opportunities for your 7-12 grader to earn volunteer hours throughout the year, via our afterschool programs or our season athletic programs. Afterschool opportunities include 1 hour, 5 week programs afterschool at The Goodwin Elementary school, and volunteers are needed for our youth basketball leagues keeping score.

If your child is interested in volunteering with OSPR, please contact Jonathan Paradis (Jonathan.Paradis@oldsaybrookct.gov). Spaces are limited depending on the programs being offered.

Adult Futsal Soccer League

Back by popular demand...OSPR Futsal Soccer for adults on Sunday nights at the Rec. Participants must be 25 years of age or older. This league will include; team play for 7 weeks, rosters and rules, scheduled game times and jerseys. Games will be two 20 min halves, and there will be up to three games per night. There will be no games on Dec. 25th & Jan. 1st

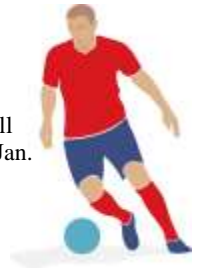
Sundays: 6:00-9:00pm

Ages: 25+

Fee: \$40.00

Dates: Nov.26th – Feb. 18th

Location: Rec Center Gym



Participants will NEED to register online or at the Rec and have their own file within their household account at OldSaybrookRec.com

Registration will begin on September 26th, and will close on NOVEMBER 1st.

Games will not be played on 12/24, 12/31 and 2/4

Main St. Park Update!!

Phase 1A is almost completed on our new park off of Main St. This phase of the project includes, a new parking lot, trees and shrubbery, lighting, benches and walkways. This phase of the project should be completed by the end of Oct.



Winter Basketball

YOUTH BASKETBALL



OSPR Youth Basketball program begins in Jan. with practices and games and runs for (7) weeks. This basketball program is open to boys & girls in grades 2nd – 8th of all abilities. All players receive a shirt and loads of fun. Players will be divided up by gender in the two older divisions and our 2nd-3rd grade league will be co-ed and play on 8' hoops. The league will be divided by Grades 2nd & 3rd, 4th & 5th, and 6th -8th. Teams will have weekly practices and games will be played on Saturday mornings at the Recreation Center. Divisions are subject to change based on registration numbers.

Leagues:

Grades 2nd & 3rd – Games on Friday or Saturday
4th & 5th Grade Boys and Girls – Games on Saturday
6th-8th Grade Boys and Girls – Games on Saturday

Coaches are Needed!!!

Games: Jan 13th, 20th, 27th Feb. 3rd, 10th, 17th, 24th

Grades: 2nd —8th Grades Boys & Girls

Fee: \$30.00

If you are interested in coaching either soccer or basketball, please contact Jonathan Paradis by email at jparadis@town.old-saybrook.ct.us or at the Rec. Center

OSPR Rec. Basketball League is sponsored by:



CRPA HotShots Contest

The Connecticut Recreation and Parks Association HotShots Contest is a statewide event. Each player will have one minute to shoot from “hotspots” placed on one half of the court. Starting at the center of half-court, the player dribbles into shooting range. The contest challenges a player’s speed, shooting, dribbling, and rebounding ability. Three one-minute rounds constitute the duration of play for each player. The top scorer in each division will move on to the next level of the contest. The HotShots Contest is a recreational program designed to promote basketball enthusiasm as much as basketball skill, fun, physical fitness, friendship, and good sportsmanship. Regional winners will play at the state championship level.



Boys: Ages 9-10, 11-12, 13-15

Girls: Ages 9-10, 11-12, 13-15

Date: Saturday, March 3rd

Time: Starts at 9:00AM

Fee: FREE