

Old Saybrook Parks & Recreation



Fall Activities 2018

Visit our website for online registration at
www.OLDSAYBROOKREC.com
Or in person at The Rec. Center

**Registration for all Programs begins on
Tuesday, August 28th**

**Fall Soccer Registration has already begun
Registration closes on
Wednesday, August 29th**

Table of Contents

Office Hours/ Commissioners/Staff.....	3
Fall Outdoor Programming "The Natural Side"	4
3 - 5 yr Old Programs	5
K - 3 rd Grade Programs	6
4 th - 8 th Grade Programs	7
Teen Center.....	8-9
Hiking Trails in Old Saybrook.....	10
Old Saybrook Athletic Clubs	11
Adult Programs.....	12
Fall Soccer and Specials	13
Miscellaneous.....	14
Thank you to our Sponsors.....	15
Mini Golf & Contact Info.....	16

PROGRAM REGISTRATION INFORMATION

- All recreational programs require advance registration unless noted. Programs are filled on a first come first serve basis.
- Residents may register in person or online.
- Phone reservations can not be accepted.
- Parents please note deadlines for registration as materials and/or supplies must be purchased prior to the start of programs.
- OSPR reserves the right to change dates, consolidate classes, and/or modify programs in order to make programs accessible to the general public.
- Late charges may be applied to registrations obtained after deadline.
- Full refunds given (5) working days prior to start date of program.
- 50% refund will be given if cancellation occurs less than (5) working days prior to program.
- No refund given after program starts.
- Registration Starts at 9:00AM promptly in the office or online
- Office Registration Accepts Cash, Check, or charge



www.OLDSAYBROOKREC.com

OFFICE HOURS

Mondays, Tuesdays, Thursdays

9:00AM — 4:30PM

Wednesdays

11:00AM—4:30PM

Fridays

9:00AM-4:00PM

Saturdays

9:00AM-4:00PM

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

OFFICE PHONE

(860)395-3152/3154 (fax)

Website

www.OldSaybrookRec.com

ADDRESS

308 MAIN ST, 06475
(Recreation Center)

COMMISSIONERS

Susan Esty-Chair
Kevin Lane – Vice Chair
Star Ruekert - Secretary
Tom Boland
Jim Henderson
Nancy Gatta
Steven Pernal
Clerk: Sharon Tezzi

Staff

Ray Allen - Director
Jonathan Paradis- Asst. Director
Taryn Erb – Program Assistant
Rick Pine- Office Manager
Tony Bielawa—Rec. Center Maintainer
Adam Laverty—Park Maintainer

Fall Outdoor Programming

The Natural Side

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

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 members of the Old Saybrook Land Trust, will lead our late Fall Hike.

Paddle North Cove and the CT River

Join Jona from OSPR as we enjoy a nice mid-day paddle of historic and scenic North Cove. We will launch from the Town Sheffield St. Dock and head out into the Cove towards the CT River and then make our way towards the Salt Marsh. Paddle will last about 1hr - 1 ½ hours.

Date: Saturday, Sept 8th

Parking: OSMS Parking Lot

Time: 10:00am

Fee: FREE

Marine Ecology at Harvey's Beach

This outdoor class will let you explore what lives in our beach areas. Nets will be used and bins for identification. Dress accordingly; as we will be going into the water that is knee to thigh high.

Date: Sunday, Sept. 23rd

Parking: RT 154 Plum Bank Rd.

Time: 2:00pm

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!!

There will be a starting time every 5 minutes, please email

Jonathan.Paradis@oldsaybrookct.gov to secure your time.

Date: Saturday, October 20th

Parking: Ingham Hill Road

Time: 11:00-12:00pm

Fee: FREE

Hike in Clark Community Park (Town Park)

Join us for a walk through Clark Park to where it connects with The Preserve. We will explore interesting natural features throughout the property. Please dress accordingly and bring water and a small snack.

Date: Saturday, November 17th

Parking: Schoolhouse Rd.

Time: 9:00am

Fee: FREE



FALL YOUTH SOCCER

OSPR Youth Fall Soccer program begins September 15th and runs through October 27th. Soccer is offered to children in Grades K-3rd. There will be one practice weekly and one game on Saturdays at 10:30AM, 11:45AM or 1:00PM. The players are divided into Co-Ed groups for: Kindergarten, Grade 1st. Shin Guards mandatory for every player and must be supplied by participants. **Grades 2nd & 3rd will be divided by gender.**



Practices will take place once a week on Tuesday or Thursday, but the 1st practice will be on September 4th.

Game Dates: Sept. 15th, 22nd, 29th, Oct. 6th, 13th & 27th

FEE: \$30.00

Attention: This program is always in need for coaches, if interested please contact Jonathan Paradis by email at

Jonathan.Paradis@OldSaybrookCT.gov or at the office!

Registration Deadline August 29th

Coaches meeting will be Thursday, August 30th at 5:30pm

This League is sponsored by Central CT Pediatric Dentistry & Orthodontics



Annual Halloween Party

This plans to be a scary cool night. Great music by the live DJ and dancing, Cookie decorating, games, prizes, giveaways, a photo booth to capture the night and plenty of candy for all to enjoy.

Saturday, October 27th

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

At the Old Saybrook Recreation 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 13th

From 10:30—11:30 AM

Town Green Gazebo

Fee: \$5.00 per Family

Miscellaneous

Important Websites

- **Town of Old Saybrook** www.Oldsaybrookct.org
- **Old Saybrook Youth & Family** 860-395-3190
- **Old Saybrook 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/>
- **Old Saybrook Basketball Club** www.oldsaybrookbasketball.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! Sorry, No Dogs allowed on Beaches or Ball fields
- A new flyer for programs in Nov-Dec will be out in the 2nd week in October

Thank You

OSPR 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.

Recreation Center Special Hours/ Closings

Monday September 3 rd	Labor Day	Closed
Monday October 8 th	Columbus Day	9:00AM—4:00PM – Office 12:00PM-5:00PM Teen Center

Evening Gym Schedule

Mondays	Men's 18 & over Open Gym	7:00-8:30pm
Tuesdays	Men's 30– over Gym	7:00-8:30pm
Wednesday	Adult Co-ed Pick –up Volleyball	7:00-8:30pm
Thursdays	Women's Open Gym	7:00-8:30pm

Full Gym Schedule available at the Recreation Center Office

Be on the lookout for

- **OSPR's 1st Adult Dodgeball League starting in Mid-October. Reg. will start in September.**
- **Fall Indoor Soccer starting in November, Registration will be in late October**
- **Saturday morning basketball skill clinics late October – November here at the Rec.**

Thank you to our sponsors

As we start another program year, OSPR would like to extend a HUGE thank you to the following community members for their support and contributions to our department this past year. Without your support the following programs could not happen.

Athletic Leagues

2017 Fall Soccer – Central CT Pediatric Dentistry & Orthodontics
2018 Youth Basketball League – Mike's Barbershop
2018 T-Ball and Coach Pitch – The Parthenon Dinner

Program Sponsors

Fenwick Golf Course
College Planning Partnerships
Sweet Luna's

Special Events

Halloween Party - Dunkin Donuts of Old Saybrook
Easter Egg Hunt – Lions Club of Old Saybrook
Fishing Derby – Dunkin Donuts of Old Saybrook, River's End Tackle,
Old Saybrook Police Officers, Ted's Bait & Tackle

Summer Concerts

Lead Sponsor

Guilford Savings Bank

Exclusive Show Sponsors

Yale New Haven Health
Central CT Pediatric Dentistry & Orthodontics
Middlesex Primary Care
JM Realty
Denali
Saybrook Republican Town Committee
Child & Adult Orthodontics

Co-Sponsors

Saybrook Republican Town Committee
OS Youth and Family Services
TJ's Pizza

Summer Movie Nights

Lead Sponsor - Yale New Haven Health
Exclusive Movie Sponsor - Key Bank

Saybrook Point



Miniature Golf

Saybrook Point Mini Golf will be open this fall!!

Hours of Operation after Labor Day
Weekends only through Columbus Day

Friday 5:00pm - 10:00pm
Saturday 11:00am – 10:00pm
Sunday 11:00am – 8:00pm

\$5 per round (cash or Credit)
Refreshments

Putt A Round, Down By The Sound



**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 at @OldSaybrookParksRecreation



308 Main St.
Old Saybrook, CT, 06475

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

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

3- 5 Yr Old Programs

HappyFeet Soccer League for Pre-K

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 outside at the Recreation Center.



Saturdays: 9:00AM - 10:00AM

Dates: Sept 8th, 15th, 22nd, 29th Oct. 6th, 13th

Ages: 3-4yrs old

Fee: \$30.00

Fall Time Crafts

Join us in this new program dedicated to the Fall and unique fall crafts. Each week your child will create a new project to take home and decorate your home. A fun way to spend some fall afternoons. Class takes place at the Rec Center.



Saturdays: 10:00AM – 10:45AM

Ages: 3-5

Dates: Sept. 15th, 22nd, 29th Oct. 6th, 13th **Fee:** \$15.00

Fun & Games

This class features lots of games and a whole lot of fun for your 3—5 year old. Your child will play games such as parachute games, tag and more. Class takes place at the recreation center.



Wednesday: 10:45AM—11:30AM

Ages: 3- 5

Dates: Sept. 26th Oct. 3rd, 10th, 17th, 24th **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 is taught by Deb Mals and takes place at the Recreation Center.



Thursdays 4:45PM – 5:30PM

Ages: 3- 5

Dates: Sept. 13th, 20th, 27th Oct. 4th, 11th **Fee:** \$15.00

K – 3rd Grade Programs

Silly Science

In this program we will create some cool “science” projects. Make Slime, Jewel Crystals, Worms, and more. Classes take place at the Goodwin School. There will be indoor and outdoor experiments.

Mondays: 3:15– 4:00PM

Grades: 2nd & 3rd

Dates: Sept. 10th, 17th, 24th Oct. 1st, 15th **Fee:** \$15.00



Flag Football at Goodwin

Students in Grades 2nd & 3rd are invited to learn the basics of the game of flag football. Program meets at the Rec Center. Dress appropriately for outside play.

Wednesday 3:15-4:00PM

Grade: 2nd- 3rd

Dates: Sept. 12th, 26th, Oct. 3rd, 10th, 17th **Fee:** \$15.00



Tennis Lessons

Learn the fundamentals of tennis each Friday afternoon at Kavanagh Park on Trask Rd. 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

Thursdays: 4:15 – 5:00pm

Grades 1st - 3rd

Dates: Sept. 6th, 13th, 20th, 27th, Oct. 4th

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. Class is taught by Deb Mals.

Thursdays: 3:15-4:15PM

Grades: K-3rd

Dates: Sept. 13th, 20th, 27th Oct. 4th, 11th **Fee:** \$15.00



Classes at Goodwin Elementary School will meet in the cafeteria by James and the Giant Peach.

Pick up will be in the lobby or at the red benches near the front entrance of the school.



4th – 8th Grade Programs

Mini Golf Club

Don't want to give up summer just yet? Well join OSPR for the Saybrook Summer Classic... MINI GOLF!!

Tuesdays: 3:00-4:00pm

Grades: 4th-8th

Dates: Sept. 11th, 18th, 25th Oct. 2nd **Fee:** \$15



Sports R' Fun

After-school at the Rec we offer an intense hour of action packed sports extravaganza. Each week will focus on a different sport...Basketball, Floor Hockey, Soccer and so much more! You are not going to want to miss out on the fun.

Wednesdays: 3:00pm-4:00pm

Grades: 4th-8th

Dates: Sept. 12th, 19th, 26th Oct. 3rd, 10th **Fee:** \$15.00



Tennis Lessons

Learn the fundamentals of tennis each Friday afternoon at Kavanagh Park on Trask Rd. 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

Thursdays: 3:00pm – 4:00pm

Grades 4th -8th

Dates: Sept. 6th, 13th, 20th, 27th, Oct. 4th

Fee: \$25.00



Crabbing at North Cove

Enjoy Friday afternoons at the dock crabbing the old school way with a line, some bait and a net. We will enjoy the last few weeks of warm weather learning about the regulations of crabbing and other wildlife in North Cove and the Lower CT River watershed.

Fridays: 2:45—4:00 PM

Grades: 4th-8th

Dates: Sept. 7th, 14th, 21st 28th

Fee: \$20.00



Teen Center

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

Your 4th or 5th Grader has the opportunity to enjoy all the teen center has to offer each Friday from 2:45—4:00PM. Try playing the XBOX, 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 paperwork filled out. 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!!!

1st Friday is Sept. 7th

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, flag football 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 and PS3! Plus, we always have all the latest movies to watch on our big screen T.V.

Monday—Thursday: 2:45—5:30PM **Friday Nights:** 7:00-9:30pm
Grades 6th—8th Only

Membership: \$20.00 for the WHOLE YEAR!!

Membership Year August 29th – August 29th

Membership required for after school times.

Paperwork needs to be filled out to attend!!!

After school Teen Center Begins Tuesday, September 4th

Friday Night Teen Center

Each Friday night 6th-8th graders can enjoy a night in the Teen Center. The Teen Center offers a wide variety of activities to do in a safe supervised environment. We have some special events coming up such as a Flag Football League, Dodgeball Tournament and 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. \$20.00 Membership covers Friday nights and Monday—Thursday for School Year.

Friday Nights Start September 14th

When: Fridays **Time:** 7:00—9:30PM

Non-Members \$5.00 Each Friday

Free for Members

Ages: 6th– 8th Grade ONLY!!

Youth Development Center

Respect yourself, Respect Others & Respect The Rec

Friday Night Teen Center Special Events

Each Friday, the Teen Center is open to all Old Saybrook youth in 6th-8th Grade from 7:00-9:30pm. On select nights, we will be offering special programming ranging from Dodgeball Tournaments to our ever popular Flag Football League. Below is a sampling of some of the great activities we have lined up this fall!

Dodgeball Tournament – September 28th

Students will form Teams of 6 for this bracket style elimination tournament. Creativity is encouraged for both team names and team uniforms! Games will start promptly at 7:30pm.

Free for Members or \$5.00 at the door Time: 7:00-9:30pm

OSPR Flag Football League – November 2nd

Our most popular event is back! Running for six weeks, our Teen Center Flag Football league will start on Friday, November 2nd. All participants must have signed permission slips to participate and will be placed onto one of six teams. League will run for six weeks, with the sixth week being the Playoffs and Superbowl Game. All games start promptly at 7:30pm on Friday Nights.

Free for Members or \$5.00 at the door per night

Game Times: 7:30-8:00pm, 8:10-8:40pm, & 8:50-9:20pm



Teen Center Halloween Events

4th & 5th Grade Halloween Party – October 26th

On October 26th we will have our annual Halloween Party for just 4th & 5th Graders. Event will take place directly afterschool. Event will run from 2:45pm-4:00pm. Students are encouraged to wear costumes as we will be having a costume contest with prizes for most creative, funniest & best overall. In addition, we'll have plenty of Halloween Candy on hand and some great games and activities to get everyone in the Halloween mood!

Free for Members or \$5.00 at the door Time: 2:45pm-4:00pm



Annual Teen Center Halloween Party – October 26th

On October 26th, we're celebrating Halloween early at the Teen Center! Students are encouraged to wear costumes as we will be having a costume contest judged by Teen Center staff! In addition, we'll have plenty of Halloween Candy on hand, a photo booth and some great games and activities to get everyone in the Halloween mood!

Free for Members or \$5.00 at the door Time: 7:00-9:30pm

Hiking Trails in Old Saybrook

Clark Community Park (Town Park)

170 Schoolhouse Rd
84 acres of Parks, forest and trails
Red, Yellow, Blue trails, ample parking

Great Cedars West

148 Ingham Hill Rd
200 acres of preserved land with Red, Yellow, Blue trails.

Great Cedars East

Merritt Lane
110 acres of preserved forest with Red, Yellow, Blue trails.

The Preserve

241 Ingham Hill Rd
1,000 acres of preserved coastal forest
Interim trails are blazed: red, yellow, blue and green. Limited Parking on Ingham Hill Rd in Old Saybrook

Turtle Cove

WATROUS POINT RD
30 acres of preserved land with trails. Views of the CT River and salt marsh



Athletic Clubs in Old Saybrook

Old Saybrook Soccer Club
Contact Person: Mike Gilson
Phone – 860-604-2891
Email – lupimojo@yahoo.com



Old Saybrook Westbrook Youth Football & Cheerleading
Contact Person – Hannah Rascoe
Email - osyouthfootball@gmail.com
Website – www.osyouthfootball.com



Old Saybrook Little League
Contact Person – Jon Walden
Phone - 860-304-9243
Email – Jonwalden@hotmail.com



Old Saybrook Basketball Club
Contact Person – Ryan Percival
Phone – 434-249-0398
Email – Ryanpercival@comcast.net



Connecticut River Ticks Lacrosse Club
Contact Person - Hillary Sigersmith
Email – Hsigersmith@icloud.com



OSYFS CommUNITY Day

Come and share in some of what makes Old Saybrook such a special place to live and raise a family! Fun and Games for kids, food, activities for teens and a whole lot more!

September 29th

Town Green

Time: 1:00 to 4:00pm

For more information, please contact Old Saybrook Youth and Family Services at 860-395-3190 or online at

www.OLDSAYBROOKCT.org



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. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the Saybrook Point Pavilion.

Session 1 Dates: Aug.27th – Sept 17th ***Mini Session - 6 classes***

Session 2 Dates: Sept. 27th – Nov. 5th

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

Fee: \$65.00 Resident \$75.00 Non-resident

Pick-up Basketball Times

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

Thursdays: Women's Night

Co-Ed Adult Pick –up Volleyball Times

Co-ed Adult Volleyball night will give you fun competitive games. Play is for Old Saybrook residents only. Residents may bring a guest for a \$2.00 fee.

Day: Wednesdays until 10/10

Time: 7:00-8:30PM

Adult Dodgeball League

The wait is over... Adult Dodgeball is here! Teams of 6 will battle in the gym in this high intensity sport. If you have seen the movie, you'll know what to expect. **ONLY CAPTIAN NEEDS TO REGISTER!**

Day: Wednesdays 7:00-9:00pm

Ages: 18+

Dates: 10/17- 12/19 *no class on 10/31 & 11/21* **Fee:** \$50 per team

Adult Golf Lessons @ 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.

Mondays: 5:00PM-Sunset

Dates: Sept. 10th, 17th, 24th Oct. 1st

Saturdays: 8:00am to 9:30am

Dates: Sept. 15th, 22nd, Oct. 6th, 13th

Ages: 18+

Fee: \$75 Res. \$100 Non Res.



Pick up Soccer Saturday Mornings

Head to Trask Rd. Ball Field on Saturday mornings for a great start to the weekend. Teams will be made on the fly based on arrival time. We will play short quick games to rotate everyone in.

Days: Saturdays till 10/20

Time: 8-9:00am

Pickle Ball for Adults

We are offering at the Rec. the exciting game of pickle ball. Pickle ball is very similar to tennis, except it is played on a smaller court w/ a wooden paddle and plastic ball.

Mon. & Thurs: 9:30-11:00AM

Ages: 30+

Dates: Sept. 6th – October 29th

Fee: \$10.00