# Old Saybrook Parks & Recreation



# Nov – Dec Activities 2018

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. 9<sup>th</sup>

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

# **Table of Contents**

Office Hours/ Commissioners/Staff	3
The Natural Side / Community Outreach	4
3 - 5 yr Old Programs	5
K - 3 <sup>rd</sup> Grade Programs	6
4 <sup>th</sup> - 8 <sup>th</sup> Grade Programs	7
Teen Center	8 & 9
Adult Programs	10 & 11
Team Sports and CRPA HotShot Contest	12 & 13
Winter Holiday Programing	14
Miscellaneous	15
Halloween Party	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 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 (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.
- 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



## **Program 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
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 & Pat Reagan—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 1½ 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 Adventure Hike.

#### **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 27<sup>th</sup> **Parking:** Ingham Hill Road

### 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 17<sup>th</sup> **Parking:** Schoolhouse Rd.

Time: 9:00am FEE: FREE





# **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, <u>www.oldsaybrookchamber.com</u> to see all that is going on!

### Winter Basketball

#### YOUTH BASKETBALL

OSPR Youth Basketball program begins in Jan. with practices and games that run for (7) weeks. This basketball program is open to boys & girls in grades 2<sup>nd</sup> – 8<sup>th</sup> 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 2<sup>nd</sup>-3<sup>rd</sup> grade league will be co-ed and play on 8' hoops. The league will be divided by Grades 2<sup>nd</sup> & 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>, and 6<sup>th</sup> -8<sup>th</sup>. 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 2<sup>nd</sup> & 3<sup>rd</sup> – Games on Friday or Saturday 4<sup>th</sup> & 5<sup>th</sup> Grade Boys and Girls – Games on Saturday 6<sup>th</sup>-8<sup>th</sup> Grade Boys and Girls – Games on Saturday

### **Coaches are Needed!!!**

Games: Jan 12th, 19th, 26th Feb. 2nd, 9th, 16th, 23rd

**Grades:** 2nd —8<sup>th</sup> Grades Boys & Girls **Fee:** \$30.00

If you are interested in coaching either soccer or basketball, please contact Jonathan Paradis by email at <a href="mailto:Jparadis@town.old-saybrook.ct.us">Jparadis@town.old-saybrook.ct.us</a> 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.

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

**Date**: Saturday, March 2<sup>nd</sup> **Time**: Starts at 10:00AM **Fee**: FREE

# 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 1st Fee: \$5.00

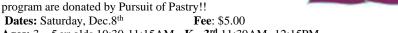
**Ages:** 3 – 5 year olds 10:30-11:15AM

#### **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

**Dates:** Saturday, Dec.8<sup>th</sup>

**Ages:** 3 – 5 yr olds 10:30-11:15AM - K - 3<sup>rd</sup> 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 10th.

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 –5<sup>th</sup> graders. Program is held at the Recreation Center.

Wednesday through the following Monday - Space is limited. Sign up early!!

Ages: K —5<sup>th</sup> Grade **Dates**: Dec. 26<sup>th</sup> – 31<sup>st</sup> Fee: \$80.00 - Week Times: 9:00AM—4:00PM

#### 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 –5<sup>th</sup> graders. Program is held at the Recreation Center.

Registration will begin Jan. 1st Space is limited. Sign up early!!

Feb. 18th, 19th & 20th Ages: K —5<sup>th</sup> Grade

Times: 9:00AM—4:00PM Fee: \$75.00



#### Miscellaneous

#### **Important Websites**

- Town of Old Saybrook www.Oldsaybrookct.org
- **Old Savbrook Youth & Family Services** http://www.oldsaybrookct.org/pages/oldsaybrookct\_youth/index
- OS Little League http://leagueathletics.com/?org=osll.net
- Old Saybrook Soccer Club http://ossoccer.org/
- Old Saybrook Youth Football www.oswyouthfootball.com
- CT River Ticks Lacrosse Club http://tickslacrosse.com/
- OS Basketball Club http://www.oldsaybrookbasketballclub.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 21 <sup>st</sup>	Pre - Thanksgiving	Closing at 4:00PM
Thursday	November 22 <sup>nd</sup>	Thanksgiving	Closed
Friday	November 23 <sup>rd</sup>	Day after Thanksgiving	Closed
Monday	December 24th	Christmas Eve	Closed
Tuesday	December 25th	Christmas	Closed
Monday	December 31st	New Year's Eve	Closing at 4:00PM
Tuesday	January 1st	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 27<sup>th</sup> 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

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

# 3- 5 Yr Old Programs

#### **ShiningStars**

This theatrical program will include highly structured Drama activities and games followed by rehearsals for our live production! Each class, we make sure that your child is having a fantastic time while developing essential life skills along the way. These classes



build on each other, and work towards our big idea for the program. Each class will incorporate fun confidence building activities, games and rehearsals and a live production.

Mondays: 4:45-5:30pm Ages: 3-5 Dates: Nov. 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup> Dec. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Fee: \$30.00

#### 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.



#### **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.

#### 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 the Recreation Center for 5 weeks.



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.

**Saturdays:** 9:45-10:30AM **Ages:** 3-5 **Dates:** Nov .3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Dec. 1<sup>st</sup>, 8<sup>th</sup> **Fee:** \$15.00



# K- 3<sup>rd</sup> 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.

#### **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 Rec. Center.

**Tuesdays:** 3:15—4:00 PM **Grades**: 1<sup>st</sup> - 3<sup>rd</sup> **Dates**: Nov. 13<sup>th</sup>, 27<sup>th</sup> Dec. 4<sup>th</sup>, 11<sup>th</sup> 18<sup>th</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>

Dates: Nov. 7th, 28th Dec. 5th, 12th, 19th 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.



#### **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 Elementary. Class is taught by Deb Mals

**Thursdays: 3:15-4:15 Ages:** K - 3<sup>rd</sup> **Dates:** Nov. 8<sup>th</sup>, 29<sup>th</sup> Dec. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> **Fee:** \$15.00

#### Basketball Skill Builder for grades 2nd & 3rd

Children in 2<sup>nd</sup> & 3<sup>rd</sup> 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:** 2<sup>nd</sup> & 3<sup>rd</sup> **Dates:** Nov 3<sup>rd</sup>, 10<sup>th</sup> Dec. 1<sup>st</sup>, 8<sup>th</sup> **Fee:** \$15.00



# 4th - 8th Grade Programs

#### **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-8th graders. Class lasts for 5 weeks and takes place at the Recreation Center.

**Wednesdays:** 2:45—3:45 PM **Grades:** 4<sup>th</sup> - 8<sup>th</sup> **Dates:** Nov. 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup> Dec. 5<sup>th</sup>, 12<sup>th</sup> **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.

#### 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.

# **FNTC Flag Football League**

#### Friday Night Flag Football League

This year marks the 6th 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 6<sup>th</sup>-8<sup>th</sup> 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. 2nd – Dec. 14th **Fee:** FREE w/ membership or \$5 at

the door every Friday night.

## **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 4<sup>th</sup> & 5<sup>th</sup> 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 6<sup>th</sup>-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. <u>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.</u> Members are free on Friday 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 Ages: 6th—8th Grade ONLY!!



# **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 26<sup>th</sup> Ages: 6<sup>th</sup>-8<sup>th</sup> Grades Free for Members or \$5.00 at the door Time: 7:00-9:30pm

# 4th & 5th Grade Halloween Party



This is the 2<sup>nd</sup> year we will be offering a Halloween Party just for our 4<sup>th</sup> & 5<sup>th</sup> 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 26<sup>th</sup> Ages: 4<sup>th</sup>&5<sup>th</sup> Grades Free for Members or \$5.00 at the door Time: 2:45-4:00pm

# **Building Updates**

This year we made some small and not so small updates to our building during our annual maintenance week. We hope you have noticed the new flooring throughout the building, bright new gym lights and a handicap ramp to our front door. We also cleaned up the front entrance and made our front walkway and patio larger. We hope you all love our renovations as much as we do!



#### **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: Sept. 27<sup>th</sup>- Nov. 5<sup>th</sup> Session 3 Dates: Nov 8<sup>th</sup> – Dec 20<sup>th</sup>

Session 4 Dates: Jan 3rd – Feb 14th

Class Times: 10:00-11:00AM or 11:15-12:15PM. Fee: \$65.00 Resident \$75.00 Non-resident

#### Wednesday Night Power Yoga Yoga

New this fall from OSPR is Power Yoga with Terri Cain. Terri has been leading our gentle yoga program for years and brings her experience to a more upbeat and invigorating yoga class. This program will take place at the OSMS fitness room near the cafeteria.

Wednesdays: 6:00-7:15PM Ages: 16 and over **Dates:** Oct. 10<sup>th</sup> – Dec 12<sup>th</sup>. Fee: \$50.00/\$60.00

#### 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 Mon. & Thur. 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 1<sup>st</sup> – Dec 20<sup>th</sup>. 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.

Ages: 9th grade and up **Mon, Wed, Fridays**: 5:30 – 7:00PM

Dates: Nov. 5<sup>th</sup> – Dec. 17<sup>th</sup> Fee: \$15.00

# 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 (<u>Jonathan.Paradis@oldsaybrookct.gov</u>). Spaces are limited depending on the programs being offered.

### **Adult Futsal Soccer**

With the cold weather we will bring soccer indoors with pick up Futsal Soccer for adults on Sunday nights at the Rec. Participants must be 18 years of age or older. This will be a pick up style program, with new teams made new each night. There will be round robin action, with teams of 4 rotating two games on, one game off.

Sundays: 6:30-8:00pm Ages: 25+ Fee: \$25.00 Dates: Dec. 2<sup>nd</sup> – Feb. 17<sup>th</sup> 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

# Main St. Park Update!!

Last year we saw the completion of Phase 1A on our newest park. We have a beautifully landscaped entrance and parking lot for our newest attraction. Now we are close to completion of phase 1B, the construction of three pickle ball courts which will be ready for play this fall.



# **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 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Dec. 4<sup>th</sup>, 11<sup>th</sup> **Fee:** \$25.00

## 1st & 2nd Grade Youth Indoor Soccer

Open to 1<sup>st</sup> & 2<sup>nd</sup> 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 Thursday nights. Shin Guards required!

#### Coaches are Needed!!!

**Possible Game Times:** 5:00PM, 5:40PM or 6:10PM **Dates:** Nov 15<sup>th</sup>, 29<sup>th</sup> Dec 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> **Fee:** \$25.00

# Soccer Registration closes on Friday, October 26th

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

**OSPR Youth Indoor Soccer League is sponsored by:** 



# **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 13<sup>th</sup>
From 10:30—11:30 PM
Town Green Gazebo
Fee: \$5.00 per Family

