

Old Saybrook Parks & Recreation



September – December 2019

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 27th**

**Fall Soccer Registration has already begun
Registration closes on
Wednesday, August 28th**

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PROGRAM REGISTRATION, CANCELTION AND REFUND INFORMATION

- All recreational programs require advance registration unless noted. Programs are filled on a first come first serve basis.
- Residents and non-residents may register in person or online.
- Please note deadlines for registration as certain programs may have shorter or extended registration periods.
- If insufficient enrollment causes a class to be cancelled, notification will be given and full tuition refunded, or a credit will be given for future use.
- 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 (7) seven days prior to start date of program.
- 50% refund will be given if cancellation occurs less than (7) seven days prior to program.
- No refund will be given to the following programs, Summer Camp, School Vacation Camps and Sport Camps, if cancellation occurs less than (7) seven days.
- Other cancelation fees may apply.
- No refund given after program starts. Athletic Leagues with OSPR are considered started once registration ends and jerseys are ordered.
- Medical conditions verified by a physician's letter will be honored and full tuition refunded or a credit will be given for future use.
- Registration Starts at 9:00AM promptly in the office or online
- Office Registration Accepts Cash, Check, or Credit/Debit Cards (MasterCard, Visa, Discover). Online registration is credit/debit cards only.
- Partial scholarships are available for most programs, please speak with the Director or Assistant Director for assistance.



WWW.OLDSAYBROOKREC.COM

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 (seasonal Starting 11/3/19)

11:00AM-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: Christina Antolino

Staff

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

3- 5 Yr Old Programs

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.

Saturdays: 9:00-9:45AM

Ages: 3-5

Dates: Sept. 14th, 21st, 28th Oct. 5th, 12th

Fee: \$15.00



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: 10:00-10:45AM

Ages: 3-4yrs old

Dates: Sept 7th, 14th, 21st, 28th Oct. 5th & 12th

Fee: \$30.00

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. 25th Oct. 2nd, 9th, 16th, 23rd

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. **TWO SESSIONS**

Thursdays 4:45PM – 5:30PM

Ages: 3- 5

Fee: \$15.00

Dates: Sept. 19th - Oct. 17th & Nov. 7th – Dec. 12th



Kavanagh Park and the Splash Pad

Have you taken your preschooler down to Trask yet this season? With the splash pad open through September and our large pre-K to school age playground, Kavanagh Park is a great family stop for some outdoor fun!

For splash pad hours, please visit our website.



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 - oswyouthfootball@gmail.com
Website – www.oswyouthfootball.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 21st

* Rain Date – 22nd *

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



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.

Main St. Park Update!!

We are pleased to announce that phase 1 of the Main St. Park is completed! In addition of the beautifully landscaped parking lot and walk ways, we now have 3 official pickleball courts. They were finished late last year, but this year we have added amenities to the park to make it fully functional. We look forward to phase 2 and what it will bring to our community in the future.



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!

OSPR would also like to thank the Chamber of Commerce and all their members for their continued support of our department and programs, Thank you!!



Miscellaneous

Important Websites or Phone Numbers

- **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

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 2nd	Labor Day	Closed
Wed.	November 27 th	Pre - Thanksgiving	Closing at 4:00PM
Thursday	November 28 th	Thanksgiving	Closed
Friday	November 29 th	Day after Thanksgiving	Closed
Tuesday	December 24 th	Christmas Eve	Closed
Wednesday	December 25 th	Christmas	Closed
Tuesday	December 31 st	New Year's Eve	Closing at 4:00PM
Wednesday	January 1 st	New Year's Day	Closed

Evening Gym Schedule

(when available)

Mondays	High School Pick-up Basketball	5:30-7:00pm
	Adult 18 & over Open Gym + Games room	7:00-8:30pm
Tuesdays	Adult 30- over Gym + Games room	7:00-8:30pm
	High School Pick-up Basketball	5:30-7:00pm
Wednesday	Adult Co-ed Pick -up Volleyball	7:00-8:30pm
	High School/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.**
- **Indoor Soccer for K-2nd, registration ends in early October.**
- **Basketball registration for grades 2nd-8th in November.**

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

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 3:30—4:30PM

Ages: 3– 5

Dates: Nov. 4th – Dec. 16th

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 the Recreation Center for 5 weeks.



Saturdays: 9:00-9:45AM

Ages: 3– 5

Dates: Nov. 2nd, 9th, 16th, 23rd Dec. 7th

Fee: \$40.00

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: Nov. 2nd, 9th, 16th, 23rd Dec. 7th

Fee: \$15.00

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. 4th, 11th, 18th, 25th Dec. 2nd & 9th

Fee: \$40.00

K – 4th 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-4th

Dates: Sept. 9th, 16th, 23rd, 30th Oct. 7th

Fee: \$20.00



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: 3rd & 4th

Dates: Sept. 11th, 25th, Oct. 2nd, 9th, 16th

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 – 4th

Dates: Sept. 5th, 12th, 19th, 26th Oct. 3rd

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 3:15PM – 4:15PM

Grades: K- 4

Fee: \$15.00

Dates: Sept. 19th - Oct. 17th & Nov. 7th – Dec. 12th



If your child is enrolled in an afterschool enrichment program at Goodwin, please notify the office or your child's teacher that they will be attending an OSPR program that day afterschool.

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.



K – 4th 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

Dates: Nov. 4th - Dec. 16th

Ages: K – 3rd

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.

Tuesdays: 3:15-4:00PM

Dates: Nov. 12th, 19th, Dec. 3rd, 10th & 17th

Grades: 2nd – 4th

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 Rec. Center.

Wednesdays: 3:30—4:15 PM

Dates: Nov. 13th, 20th, Dec. 4th, 11th & 18th

Grades: 1st - 3rd

Fee: \$15.00



Crazy 8's Math Club 3rd & 4th Grade

Season 2, 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

Dates: Nov. 7th, 14th, 21st Dec. 5th & 12th

Grades: 3rd & 4th

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

Dates: Nov 2nd, 9th, 16th and 23rd

Ages: 2nd & 3rd

Fee: \$20.00



5th – 8th Grade Programs

Mini Golf Club at Saybrook Point

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

Tuesdays: 3:00-4:00pm

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

Grades: 5th-8th

Fee: \$15.00



Ultimate Frisbee

This fast paced sport is played like football except you don't tackle and you use a Frisbee to score touchdowns!! Learn to throw the Frisbee, pass to teammates, and how to score goals. Class takes place at The Rec.

Thursdays: 3:00-3:45pm

Dates: Sept. 12th, 19th, 26th Oct. 3rd, 10th

Grades: 5th-8th

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

Dates: Sept. 5th, 12th, 19th, 26th Oct. 3rd

Grades: 5th -8th

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

5th-8th

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

Grades:

Fee: \$20.00



Pickleball at the Main St. Courts

Come down to our new courts and see what all the buzz is about. Pickleball is a very fun and easy game to learn. You will be a pro in no time. We will learn the rules and play the game.

Saturdays: 1:00-2:00pm

Dates: Sept. 14th, 21st, 28th Oct. 5th & 12th

Grades: 4th-8th

Fee: \$15.00

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.

Times: 11:30-12:15PM

Ages: 3 – 5 year olds

Dates: Saturday, Dec 7th

Fee: \$5.00



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.14th

Fee: \$5.00

Ages: 3 – 5 yr olds 11:30-12:15PM - **K - 3rd** 12:15 – 1:00PM

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 13th.

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 is held at the Recreation Center.

Mon. Tues, Thurs. Fri, Mon, Tues

Dates: Dec. 23rd – 31st

Ages: K —5th Grade

Times: 9:00AM—4:00PM

Fee: \$120.00 - Week

Holiday Teen Center

During Winter Break, the Teen Center will be open 12:00-5:00pm for all children in grades 6th-12th. They can use the Teen Center/games room and the gym when available. We will have staff here and have some fun games and activities planned.

Dates: Dec. 23, 24, 26, 27, 30 and 31st.

We will close at 4:00pm on 12/24 and 12/31.

Grades: 6th - 12th

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 14th

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. 22nd

Parking: RT 154 Plum Bank Rd.

Time: 9:00am

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

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

Date: Saturday, October 19th

Parking: Ingham Hill Road

Time: 11:00-12:00pm

Fee: FREE

Hike in The Preserve

Join us for a walk through The Preserve. We will explore interesting natural features throughout the property. Please dress accordingly and bring water and a small snack. Rain date = Sunday, the 17th

Date: Saturday, November 16th

Parking: TBD.

Time: 9:00am

Fee: FREE



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



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

2018 Fall Soccer – Central CT Pediatric Dentistry & Orthodontics
2018 Indoor Soccer – Liberty Bank
2019 Youth Basketball League – Mike’s Barbershop
2019 T-Ball and Coach Pitch – The Parthenon Dinner

Program Sponsors

Fenwick Golf Course - College Planning Partnerships
Sweet Luna’s – The Pursuit of Pastry

Special Events

Halloween Party – Liberty Dunkin Donuts of Old Saybrook
Easter Egg Hunt – Lions Club of Old Saybrook
Fishing Derby – Dunkin Donuts of Old Saybrook, River’s End Tackle,
Ted’s Bait & Tackle

Summer Concerts

Lead Sponsor

Guilford Savings Bank

Exclusive Show Sponsors

Yale New Haven Health
Saybrook Republican Town Committee
Middlesex Primary Care
JM Realty
Denali
Grossman Chevrolet and Nissan
Dana Gibson & Karen Ursini of Coldwell Banker
Sharon Linder and Mark Patterson of Berkshire Hathaway

Co-Sponsors

OS Youth and Family Services
TJ’s Pizza
Penny Lane Pub
Cloutier & Cassella Attorneys

Summer Movie Nights

Lead Sponsor - Yale New Haven Health

Exclusive Movie Sponsor – Child & Adult Orthodontics - HR Block - Sharon Linder and Mark Patterson of Berkshire Hathaway

5th – 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.



Mondays: 2:45—3:45 PM

Grades: 5th - 8th

Dates: Nov. 11th, 18th, 25th Dec. 2nd, 9th

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.



Tuesdays: 2:45—3:45 PM

Grades: 5th - 8th

Dates: Nov. 5th, 12th, 19th 26th Dec. 3rd

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.



No Class on Nov. 27th

Mon & Wed: 5:30 – 7:00PM

Ages: 4th – 8th

Dates: Nov. 4th – Dec. 16th

Fee: \$15.00

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.



Thursdays: 3:00pm-4:00PM

Grades: 5th-8th

Dates: Nov. 7th, 14th, 21st Dec. 5th 12th

Fee: \$15.00

Teen Center

5th Grade Youth Center Friday Drop - In

Your 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 5th Only!!

Membership: \$5.00 for the WHOLE YEAR!!

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

1st Friday is Sept. 6th

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 September – August

Membership required for after school times.

Paperwork needs to be filled out to attend!!!

After school Teen Center Begins Tuesday, September 3rd

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 Begins September 13th

When: Fridays **Time:** 7:00—9:30PM

Free for Members

Non-Members \$5.00 Each Friday

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 27th

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

Teen Center Halloween Parties – October 25th see below

5th Grade Halloween Party – October 25th

On October 25th we will have our annual Halloween Party for just 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 25th

On October 25th, 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



OSPR Flag Football League- November 1st- December 6th



Annual Teen Center Ugly Sweater Party – December 6th

On December 6th, you will have to dig into your closet to find the ugliest holiday sweater to wear at the Rec for all to see.



Team Sports

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 start the week of Sept. 2nd.

Game Dates: Sept. 14th, 21st, 28th Oct. 5th, 12th, 19th & 26th

FEE: \$30.00

Registration Deadline August 28th

Coaches meeting will be Thursday, August 29th at 5:30pm

This League is sponsored by Central CT Pediatric Dentistry & Orthodontics



YOUTH INDOOR SOCCER

Open to children 5 years old through 2nd grade, we have two leagues. 5 yrs old and Kindergarten and a 1st-2nd grade league. Both of our leagues are coed. 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 and 1st-2nd on Thursdays at the Recreation Center. Shin guards & sneakers are required!

Possible Game Times: 5:00PM or 5:45PM or 6:10pm **Fee:** \$25.00



Coaches are needed!!!

5ys & Kindergarten Dates: Nov 12th, 19th, 26th Dec. 3rd & 10th

1st & 2nd Dates: Nov. 14th, 21st Dec. 5th, 12th, & 19th

Indoor Soccer Registration closes on Friday, October 25th

OSPR Youth Indoor Soccer League is sponsored by:
Sharon Linder of



Attention: These program are always in need for coaches, if interested please contact Jonathan Paradis by email at Jonathan.Paradis@OldSaybrookCT.gov or at the office!

Team Sports

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. 1st – Feb. 2nd **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

FNTC Flag Football League

This year marks the 8th 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. 1st – Dec. 6th **Fee:** FREE w/ membership



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 2nd – 8th of all abilities. All players receive a shirt and loads of fun. Players will be divided up by gender. Our 2nd-3rd grade league will 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 Saturdays at The Rec.



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

Divisions are subject to change based on registration numbers.

Coaches are Needed!!!

Games: Jan 11th, 18th, 25th Feb. 1st, 8th, 15th & 22nd

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:



Adults

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. Program takes place at Kavanagh Park on Trask Rd.



Days: Saturdays 8/31 - 11/16

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: 9:30-11:30AM **Ages:** 30+ **Fee:** \$20.00

Outdoor Dates: Aug. 26th – Oct. 24th *No Class on 9/2 and 10/14*

Indoor Dates: Oct 28th - Dec 23rd *No Class on 11/28*

Saturdays at the Main St. Courts

Ages: 18+ **Fee:** \$20.00

Time: 9:30-11:30am **Dates:** Aug. 31st – Oct. 19th

Sound Steppers at Goodwin

Looking for something fun and new this fall, try Modern Western Square Dancing. OSPR is now offering square dancing! This is a fun and easy program that is just as much social as it is physical. There is skill progression learning new calls through the weeks. Program meets in Cafeteria.



Wednesdays: 6:30-8:30pm **Ages:** 18+

Dates: Sept. 25th – Dec. 18th **Fee:** \$5.00 per person per night

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: 10/16- 12/18 *no class on 11/27* **Fee:** \$50 per team

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.

Class will not meet on 11/27

Mon, Wed, Fridays: 5:30 – 7:00PM

Ages: 9th grade and up

Dates: Nov. 4th – Dec. 16th

Fee: \$15.00

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.26th – Oct. 7th *no class on 9/2*

Session 2 Dates: Oct. 10th – Nov. 18th

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

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

Wednesday Night Moderate Yoga

A practice to build energy through conscious release of tension, attention to alignment, and connection to breathing techniques. This class is suitable for those beginning their yoga exploration as well as those who have an experienced yoga practice. Each class includes breath practice, deep warm ups, yoga postures and flows. We end with deep relaxation to bring calm into your evening This program will take place at the Vicki Duffy Pavilion at Saybrook Point.

Wednesdays: 7:00-8:00PM

Ages: 16 and over

Dates: Sept 11th – Dec 4th.

Fee: \$65.00/\$75.00

Pick-up Basketball Times

Pick up style basketball, teams made on the spot. Win two games in a row, sit the next. 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

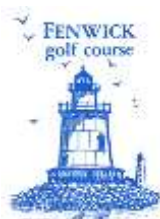
Co-ed Adult Volleyball night will give you fun competitive games. Pick up style, teams made on the spot. Win two games in a row, sit the next. Play is for Old Saybrook residents only. Residents may bring a guest for a \$2.00 fee.

Day: Wednesdays until 10/9

Time: 7:00-8:30PM

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 Stonington Country Club



Mondays: 5:00PM-Sunset

Dates: Sept. 9th, 16th, 23rd, & 30th

Ages: 18+

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

Fall Holiday Programs

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 5th

Time: 11:00—12:00 PM

Town Green Gazebo

Fee: \$5.00 per Family

Pumpkin Decorating Workshop

Join us for a fun morning of Pumpkin Decorating as we get ready for all the Halloween fun heading our way. All you need to provide is the pumpkin and OSPR will provide the rest. We will have paint, stickers, felt, glue guns and props to make the best pumpkins in town.



Saturday: Oct 12th

Time: 11:00—12:00 PM

Town Green Gazebo

Fee: \$5.00 per Family

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 19th

Time: 11:00-12:00pm

Parking: Ingham Hill Road

Fee: FREE

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 26th

The Rec. Center

Time: 5:00-7:00pm

Location:

Ages: Pre-K to Grade 4

**Our family Halloween Party is sponsored by Liberty Dunkin Donuts, locally owned and operated by the Rianhard Family.
Thank you for your continued support!**

DUNKIN'