

Old Saybrook Parks & Recreation



Winter Activities

January – March
2020

Visit our website at
www.OLDSAYBROOKREC.com

Registration for all programs begin on
Wednesday, January 1st

Youth Basketball Registration closes on 12/27/19

Table of Contents

Office Hours/ Commissioners/Staff	3
Department Information	4
3 - 5 yr Old Programs.....	5
K - 4 th Grade Programs	6 & 7
5 th - 8 th Grade Programs	8 & 9
Teen Center.....	10
New Programming	11
Adult Programming.....	12 & 13
Team Sports and Ice Skating.....	14
Special Family Events.....	15
Summer Employment and Snowman Championship	16
Athletics in Town	16-20

PROGRAM REGISTRATION, CANCELATION 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.



Weather Related 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 & Saturdays

9:00AM-4:00PM

Sundays

11:00AM – 4:00PM

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

OFFICE PHONE

(860) 395-3152/3154 (fax)

ADDRESS

308 MAIN ST.
(Recreation Center)

COMMISSIONERS

Susan Esty - Chair

Jim Henderson

Kevin Lane

Star Rueckert

Nancy Gatta

Steve Pernal

Bhor Ashe

Clerk: Christina Antolino

STAFF

Ray Allen – Director

Jonathan Paradis - Asst. Director

Kyle Bohonowicz – Programs & Facility Assistant

Rick Pine- Office Manager

Tony Bielawa—Rec. Center Maintainer

Adam Laverty & Matt Hoadley—Park Maintainer

Cover Photo

OSPR would like to thank local photographer Liz Burnel for donating her artwork titled “Jonas Blizzard” taken at Saybrook Point in the winter of 2016. You can view more of Liz’s artwork on her website

Important Websites & Numbers

- **Town of Old Saybrook** www.Oldsaybrookct.org
- **OS Board of Education** www.oldsaybrookschools.org
- **Old Saybrook 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.osyouthfootball.com
- **CT River Ticks Lacrosse Club** <http://tickslacrosse.com/>
- **Old Saybrook Basketball Club** <http://oldsaybrookbasketball.com>

Recreation Center Special Hours & Closings

24-Dec	Christmas Eve	Closed
25-Dec	Christmas Day	Closed
31-Dec	New Year's Eve	Closing at 4:00pm
1-Jan	New Year's Day	Closed
20-Jan	MLK Day	Rec Center Open
17-Feb	President's Day	Rec Center Open

Facilities

<u>Facility</u>	<u>Address</u>
1. The Recreation Center	308 Main St.
2. Goodwin Elementary School	80 Old Boston Post Rd.
3. OS Middle School	60 Sheffield St.
4. OS High School	1100 Boston Post
5. Renzo Gracie Shoreline Academy	139 Mill Rock Road East
6. Fred Astaire Dance Studio	174 Main St.
7. Exchange Pond	Bokum Rd.
8. Maple Ave Ball Field	Maple Avenue
9. Vicki Duffy Pavilion	154 College St.
10. Clark Community Park	170 Schoolhouse Rd.



Youth Basketball Clinic

w/ the WNBA CT Sun



OSPR is teaming up with the CT Sun of the WNBA to bring you a championship style basketball clinic for your 4th-9th grader. Join us on Saturday, Dec. 7th for 3 hours of professional basketball instruction in a familiar setting at the OSPR Rec. Center. We will have two plus hours of instruction along with time to meet the special guests of the WNBA CT Sun.

All participants receive a swag bag and a ticket to the 2020 season opener at Mohegan Sun. The CT Sun are coming off their best season in recent years, going all the way to the final game in the WNBA Championship.

For more information and to register, please visit OSPR's website.

www.OLDSAYBROOKREC.COM

What: WNBA Youth Basketball Clinic w/ OSPR

When: Saturday, December 7th 9:00-12:00pm

Who: All Youth in Grades 4th -9th

Cost: \$40.00 Res \$50.00 Non-Residents

Where: The Rec. Center

308 Main St., Old Saybrook, CT 06475

Contact: Jonathan Paradis

Old Saybrook Parks and Rec. - 860-395-3152

www.OldSaybrookRec.com



OLD SAYBROOK
OSPR
PARKS AND RECREATION



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 – Heather McIntyre
Phone – 860-575-5148
Email - oswyouthfootball@gmail.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
League Website – Tickslacrosse.com
League Email – tickslacrosse@gmail.com



Important Athletic Dates in Town

Old Saybrook Little League

- Registration begins 12/1 and Early Bird discount ends on 2/1
- Skills Day Middle of March
- Opening Day 4/25/20

Old Saybrook Basketball Club

- Annual Meeting in April
- Be on the lookout for some great summer offerings including, summer camp and summer basketball league under the lights!!

Tick's Lacrosse

- Registration for the 2019 season is now open and will close in February

Old Saybrook Soccer Club

- Indoor Soccer in Montville
- Spring Registration takes place in March
- Skills Day will take place towards the end of May

OSLL Spring Training at OSPR

Welcome to spring training with Old Saybrook Little League. This four week program is a great way to prepare for the upcoming season, or give baseball or softball a shot if you have not played before. Every session is run by the OSHS Varsity Baseball program and a manager or coach of OSLL.



Minor League Spring Training I

This session is designed for the entry level or new player to baseball or softball. Emphasis is on learning basic fundamentals and techniques of the game. This program will focus on throwing, catching and hitting to maximize their minor league or tee ball experience.

Tues & Thurs: 5:00PM-6:00PM

Ages: 6-7

Dates: March 3rd – 26th

Fee: \$5.00

Minor League Spring Training II

This session is designed for the intermediate skill level player or players with some level of baseball/softball experience. Emphasis is on advanced drills in hitting, throwing, running and catching. Goal of this session is to prepare the player to compete effectively at an advanced minor league level.

Tues & Thurs: 6:00PM-7:30PM

Ages: 8-9

Dates: March 3rd – 26th

Fee: \$5.00

OSLL will be offering separate spring training opportunities for all 10 – 12 boys and 10-13 year old girls at the Wide World of Indoor Sports in Montville, CT. For more info please visit them online, their website can be found on page 15.

T-Ball and Coach Pitch with OSPR & OSLL

For the 2020 baseball and softball season, OSPR is working with OSLL to make minor changes and clarify the question of “where and when do I play T-ball or Coach Pitch.” For years, OSPR has handled both, but age and skill was always a question. It left some kids playing up and some kids playing down.

For 2020, any child who is 6 and under who has not yet played a full season of T-Ball, must play T-ball with OSPR. Our T-ball League is for any child 5yrs old or in Kindergarten and will begin in April. If your child has participated in our pre-k “T-Ball for Beginners” program, that does NOT count to a year of T-ball.

If you child is in 1st grade or HAS played a full season of T-Ball, they need to register for Coach Pitch with OSLL.

Registration for both programs will open in December.

Winter Fun

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. 2/21 is a “snow flake” day and may become a school day.

Registration will begin Jan. 2nd Space is limited. Sign up early!!

Dates: Feb. 17th, 18th, & 19th

Ages: K —5th Grade

Times: 9:00AM—4:00PM

Fee: \$75 per wk

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 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. **OSPR will host the State Championship here at The Rec Center on March 28th.** The three division are

Boys: ages 9-10, 11-12, 13-15 Girls: ages 9-10, 11-12, 13-15

Date: Saturday, February 29th

Time: Starts at 10:00AM

Ages: 9 - 15

Fee: FREE

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



Follow us on Twitter @ 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 Year Old Programs

Silly Science for Jr's

This fun science program will have your child exploring the world of science in a silly and easy way. Children will participate in small experiments that will have them playing with slime, bubbles, magnets and a whole lot more!

Saturdays: 9:30-10:15am

Dates: Jan 18th, 25th Feb 1st, 8th, 15th

Ages: 3-5

Fee: \$15.00



Fun with Music

A fun and exciting intro to music, sounds and rhythm. The children will explore a wide range of percussion and other instruments to find the rhythm and keep the beat. Students will even make their own instrument to bring home.

Saturdays: 9:15-10:00am

Dates: Feb. 29th March 7th, 14th, 21st & 28th

Ages: 3-5

Fee: \$15.00

Fun and 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.

Saturdays: 10:00-10:45am

Dates: Feb. 29th March 7th, 14th, 21st & 28th

Ages: 3-5

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: 4:45-5:30pm

Dates: Jan 16th – Feb. 13th or Mar. 5th- April 2nd

Ages: 3-5

Fee: \$15.00

Happy Feet Soccer

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

Saturdays: 8:45-9:30am

Dates: Jan 18th, 25th, Feb 1st, 8th, 15th & 22nd

Ages: 3-5yrs old

Fee: \$30.00



K – 4th Grade Programs

Shining Stars at Goodwin

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: 3:15-4:00pm

Grades: K-4th

Dates: Jan. 13th, 27th Feb 3rd, 10th, 24th Mar. 2nd

Fee: \$40.00

Extreme LEGOS Club

LEGOS Club, where each week your child will get their own LEGOS set to build. These kits will be brand new and contain 60-200 pieces per project. This program will take place at Goodwin Elementary.

Tuesdays: 3:15-4:15pm

Grades: 1st – 3rd

Dates: Jan. 14th, 21st, 28th Feb. 4th, 11th

Fee: \$50.00

Chess Club

We are bringing the original afterschool club back to Goodwin! Come learn how to play the game or if you already know how, hop right into a game with friends.

Wednesdays: 3:15- 4:00pm

Grades: 2nd – 4th

Dates: Jan. 15th, 22nd, 29th Feb. 5th & 12th

Fee: \$15.00

Color By Number

Join us for an afternoon of art as we all find our inner Picasso. Each participant will be given their own Color by number work book where they will master the art of coloring. Class takes place at Goodwin Elementary.



Thursdays 3:15 – 4:00pm

Grades: K-4

Dates: Jan. 16th, 23rd, 30st Feb. 6th, 13th

Fee: \$15.00

Cooking Kids

Learn to make homemade snacks and meals and about their ingredients. An introduction to the culinary world! Class takes place at Goodwin Elementary. If your child has any food allergies, you must contact Jonathan Paradis prior to the start of the program.

Fridays: 3:15M – 4:00PM

Grades: 2nd – 4th

Dates: Jan. 17th, 24th 31st Feb. 14th, 21st

Fee: \$30.00

K – 4thGrade Programs

Arts-N-Crafts

Children in grades 1-3rd can join us on at the Goodwin school where we will make great seasonal arts-n-crafts projects. Each week they will leave with a great new project to show the whole family.

Mondays: 3:15 – 4:00PM

Dates: March 2nd, 9th, 16th, 23rd & 30th

Grades: K-4th

Fee: \$15.00



Softy Hockey

Your K– 3rd grader can enjoy this 5 week program that will teach the basic skills needed to play the sport. Class will feature 20 minutes of skill building and 25 minutes of game play w/ all equipment is provided. Sticks are soft for safety reasons. Players must wear non-marking white soled sneakers. Class will be held at the Recreation Center.

Tuesday: 3:45 – 4:30pm

Dates: March 3rd, 10th, 17th, 24th & 31st

Grades: K – 3rd

Fee: \$15.00



Peewee Basketball

Children in 1st grade will be exposed to the basic skills required in the game of basketball. Learn dribbling, shooting, passing, teamwork and how to give the high five. Program meets after school at Goodwin.

Wednesdays: 3:15-4:00pm

Dates: March 4th, 18th, 25th April 1st

Grades: 1st

Fee: \$15.00



Dancing Class at Goodwin

Dance for joy in our afterschool 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. Class takes place at the Goodwin.

Thursday: 3:15-4:15PM

Dates: Feb 20th, 27th, Mar. 5th, 19th & 26th

Grades: K-4th

Fee: \$15.00



Community Calendar

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



www.OLDSAYBROOKREC.com

5th - 8th Grade Programs

KickBall

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 at the Rec.

Mondays: 2:45-3:45pm

Dates: Jan. 13th, 27th Feb. 3rd, 10th, 24th

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.

Wednesdays: 2:45-3:45pm

Dates: Jan. 15th, 22nd, 29th Feb. 5th & 12th

Grades: 5th-8th

Fee: \$15.00



Pickleball

Come learn pickleball afterschool at the Rec. Beat the winter blues of being stuck inside with this new and fun sport. Class takes place at the Recreation Center.

Thursdays: 2:45-3:45pm

Dates: Jan. 16th, 23rd, 30th Feb 6th & 13th

Grades: 5th-8th

Fee: \$15.00



5TH GRADE ARTS N CRAFTS

OSPR has teamed up w/ two seniors from OSHS to offer a new and fun Art-N-Crafts club on Friday afternoons for 5th grade only. Seats are limited to 12. Students will make all sorts of fun crafts. Class takes place at the Rec.

Fridays: 2:45-3:45pm

Dates: Jan. 17th, 24th, 31st Feb. 7th & 14th

Grades: 5th

Fee: \$15.00



Adults

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: Jan 8th – June 10th

Fee: \$5.00 per person per night

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. Walkers are required to sign in at the front desk. Non-residents must be accompanied by a resident and pay a \$2.00 fee.

Community Dance

at Goodwin Elementary



Friday, Dec. 13th

6:30-8:00pm

\$5.00 per person

No Experience or Partner Necessary!

Join us for a great night of community fun at Goodwin Elementary for our 1st ever Community Dance. Rich Sbardella (Stafford Springs, CT) will be our live caller for the night and a lot of fun. Our dance will be hosted by the Old Saybrook Sound Steppers, a member of the CT Association of Square Dance Clubs. You can register in advance online or in person the night of.

Team Sports / Special Programs

Youth Basketball League

OSPR Youth Basketball program begins in Jan. 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. The leagues will be divided by Grades 2nd & 3rd, 4th & 5th, and 6th -8th. 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. 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.



Coaches are Needed!!!

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

Ages: 2nd —8th Grades Boys & Girls

Fee: \$30.00

This year's league sponsor is **Mike's Barbershop** on Main St.



Adult Kickball League

Back for a 3rd season, games are played at the Rec. with OSPR special rules which make for a fun and interesting game. Teams of 10, only the captain needs to register. Rosters and waivers are due before first game is played.

Wednesdays: 7:00 – 9:00pm

Ages: 18+

Dates: Feb 5th – March 25th

Fee: \$50.00 per team

Outdoor Adult Soccer at Maple Ave.

Be on the lookout this winter for our 5th annual outdoor adult soccer program at Maple Ave. This fun, round robin style program is for any adult 18 and older looking to lace the cleats back up and play outside. Registration will take place in February, and we will start our league in April.

Winter Ice Skating

Ice Skating on Exchange Pond

Exchange Pond – Located on the corner of Rt. 154 and Bokum Rd. will be open for skating this winter as soon as the weather permits. Ice is tested and posted on weekdays. Parents please supervise your children. Department supervision provided on weekend days when ice is safe. A warming fire and lighted skating times will be noted at the Park or Call Park & Recreation at 860-395-3152

Skate Safely!!

Clark Community Park (Town Park)

There is No Ice Skating Permitted on Crystal Lake at Clark Community Park. Open Pond Skating can be hazardous. Ice is untested and should be assumed to be unsafe. Look for safety signs.



Special Family Events

Easter Egg Hunt

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



Date: Saturday, April 4th

Fee: FREE

Hunt Times: 2-4 yr olds 11:00am

5yr - 1st Grades 11:15am

2nd & 3rd Grades 11:30am



Annual Rock Hunt at Town Park

It's time to go rock hunting!! This fun annual event will be at Clark Community Park on Schoolhouse Rd. The Hunt will begin at 10:00AM (sharp). Hunters in grades 4th-6th are invited to search the woods for painted rocks which can be traded in for gift certificates, candy prizes and more. Anyone up for the challenge

should show up on time with a bag or bucket to collect the rocks. This event is FREE, but we ask that you please register online.

Date: Friday, April 10th

Grades: 4th—6th

Time: 10:00am

Fee: FREE

Ray Dobratz Annual Fishing Derby

Join us for a fishing derby at Crystal Lake at Clark Community Park on Schoolhouse Rd. See who can claim bragging rights, the children or the adults? Who will get the biggest catch of the day?

Children age 5-15 can be accompanied by a family member in this great derby which kicks off the fishing season. The lake will be stocked with trout for all to enjoy. Prizes will be awarded for biggest fish caught. Coffee, Hot chocolate & donuts will be served in the morning and Hotdogs will be available later in the morning. Please register by April 24th.

Date: Saturday, April 25th



Fee: \$5.00 per person

Time: 7:00-10:00am

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

Old Saybrook Residents Only

Summer Employment w/ OSPR

Beginning in February, OSPR will begin to collect applications for summer employment. We offer a variety of jobs at our Beaches, Mini Golf and Rec. Center. We look for responsible, outgoing and dedicated individuals to join our team each summer. If you are interested in becoming a member of our team, please stop by the Rec. to pick up an application or download online.

Summer Positions include – Lifeguard, Camp Counselor, Parking Attendant, Concessions Stand, Mini Golf attendant and others.



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. Spaces are limited depending on the programs being offered. If interested, please contact Jonathan Paradis.

Snowman Building Championship 2020

After the great success in year one, we are bringing back the Snowman Championship for 2020!! Whether there is snow from Mother Nature or we have to make it ourselves, we will hold our championship on Saturday, January 18th on the Town Green at 2:00pm. We are opening up the field for 2020 and are looking for 16 teams to compete for coveted award of *Best in Snow*. We hope to have the return of Snow Monster and NBC 30 and would like to thank Eric Lintleman and the OS Fire Department for their help with this program. To register, please visit oldsaybrookrec.com.



5th - 8th Grade Programs

Afterschool Basketball

For 5 weeks come to the Rec afterschool to play some real basketball w/ a ref and a score board. We will have two divisions (courts) based on skill level.

Mondays: 2:45-3:45pm

Dates: March 2nd, 9th, 16th, 23rd, 30th

Ages: 5th – 8th

Fee: \$15.00



Floor Hockey

Afterschool at the Rec we offer an intense hour of action packed floor hockey. Bring your own stick, or use one of ours. If you want to be goalie, throw on the gear and get into the action.

Tuesdays: 2:45-3:45pm

Dates: March 3rd, 10th, 17th, 24th & 31st

Grades: 5th-8th

Fee: \$15.00



Fusion Dance with USA Dance Kidz

Join us for a new program that will have your child laughing and grooving to new styles of dance with traditional standards. Paired with contemporary music, this class will have a social dance core infused with Hip-Hop, Salsa, Jazz and Latin undertones. Partners not needed. Class take place at Fred Astaire Dance Studio on Main St.

Wednesdays: 2:45– 3:45PM

Dates: Jan 15th, 22nd, 29th Feb 5th & 12th

Grades: 5th – 8th

Fee: \$15.00



Indoor Soccer

Come to The Rec afterschool to join our indoor soccer program. We will be playing games the whole time. Kids will be split up in two teams with subs, scoreboards and a lot of action. Takes place at the Rec.

Wednesdays: 2:45-3:45pm

Dates: March 4th 11th, 18th, 25th April 1st

Grades: 4th-8th

Fee: \$15.00



Flag Football

Afterschool at the Rec we are offering non-contact flag football. Coming off a great Winter Season with the Teen Center, your 5th-8th grader can continue to play this fun and fast pace game in the gym at the Rec.

Thursdays: 2:45-3:45pm

Dates: March 5th, 12th, 19th, 26th April 2nd

Grades: 5th-8th

Fee: \$15.00

Teen Center

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:

- **Movie Night – January 17th**
- **Co-Ed Indoor Soccer Tournament- January 31st & February 7th**
- **Co-Ed 3 on 3 Basketball Tournament – March 20th**
- **Volleyball Tournament – April 24th**

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.

Friday Nights: 7:00—9:30PM

Grades: 6th-8th

Membership Fee: \$20.00

Non-Members \$5.00 Each Friday

Teen Center After-School Drop – In

Each day after-school, the Teen Center is open! On Monday through Thursday, the Teen Center is open for grades 6th-8th and then on Friday afternoons, the Teen center is open for 5th grade only!

The Teen Center offers endless fun and socialization afterschool with a large gym, game room with a pool table, bumper pool table, ping pong, foosball, air hockey and a whole lot more. We also have 3 gaming centers and a great lounge. The Teen Center is staffed with youth development professionals and is a great place to make new friends and hang out with old ones.

The Teen Center is open Monday - Thursday afterschool for grades 6th-8th. A Membership is required to attend after-school, for more information, please visit our website, or contact Kyle Bohonowicz at Kyle.bohonowicz@oldsaybrookct.gov.

Monday - Thursday: 2:35—5:30PM

Grades: 6th-8th Only

Membership Fee: \$20.00

Friday Afternoons: 2:35 -4:00pm

Grades: 5th Only

Membership Fee: \$5.00

½ Days at the Rec.

On a ½ day, the Teen Center will open right when school lets out at 11:55am. When a ½ day falls on a Friday, the TC is for 5th grade only and until 4:00pm. ½ days on Mondays through Thursdays are for 6th-8th and until 5:30pm.



Use your QR Reader App to register online

New Programming in 2019

High School Softball Skills Clinic

On Sunday mornings throughout the early winter we will hold a clinic that will focus on hitting, throwing & catching, and fielding to prepare for the upcoming season.

Sundays: 9:30-11:00am

Grades: 9 -12

Dates: Jan 5th – March 8th

Fee: \$60

High school LAX Club

In its 1st official year, we aim to provide a contact free spring training opportunity for high school students to gear up for the upcoming season. Play is “pick-up style” and indoor swax balls are used. Participants must wear sneakers, gloves and helmet.

Tuesdays: 5-6:00pm

Grades: 9th-12th

Dates: Jan 14th – March 10th *No class 2/18***Fee:** \$20.00

Intro to Brazilian Jui-Jitsu for Adults

In this beginner level program students will learn some of the fundamentals and



RENZO GRACIE
Shoreline Academy

theory of BJJ, self-defense and basic techniques. Class structure is formed around a warm-up, a lesson in technique and partner training to practice the lesson. Come see and experience the techniques refined by the Gracie family that revolutionized the Martial Arts world.

Tues & Thurs: 6:00-6:45pm

Ages: 18+

Dates: Feb 4th, 6th, 11th & 13th

Fee: FREE

Youth Intro to Brazilian Jiu Jitsu

This program integrates physical education and self-defense technique with conditioning and skill-building games aimed at improving coordination, motor skills, agility and flexibility. Our program helps young students develop important character traits and values. Class takes place at the Renzo Gracie Shoreline Academy.

Monday & Wednesday: 6:00-6:45pm

Grades: 4th - 8th

Date: Jan. 27th – Feb. 12th

Fee: \$10.00

Zümbini

Created by Zumba® and BabyFirst for kids and caregivers, the Zumbini® program combines music, dance and educational tools for 60 minutes of can't-stop, won't-stop bonding, learning, and fun! This great family movement program designed for child and caregiver. This fun class will take place at the Fed Astaire studios on Main St.



Saturdays: 10:00-11:00am

Ages: Birth - 2yrs

Dates: Jan 11th – Feb 29th

Fee: \$60.00

Adults

Gentle Yoga

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 this New Year. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the Vicki Duffy Pavilion.



Dates: Session 4 Jan 9th – Feb. 17th **Non Res. Reg. Date: 12/26/19**

Dates: Session 5 Feb 20th-March 30th **Non Res. Reg. Date: 2/6/19**

Time: 10:00am – 11:00am or 11:15am – 12:15pm

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

Adults Indoor Pickle Ball

On Mon. & Thurs. 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 paddle and plastic ball.



Mon. & Thurs.: 9:30am – 11:00am

Dates: 1/2 – 2/24 or 2/27 – 4/20

Ages: 18+ and over

Fee: \$20.00 Non-Resident \$30.00

Adult Evening Pickleball

Geared to our working adults, we are bringing our pickleball program to Thursday nights for a limited time! Join us for 8 fun weeks of recreational pickleball at The Rec. After our first sessions this program will switch to Wednesday evenings at The Rec. Participants set up and break down equipment.



Session I

Thursdays: 7:15-8:00pm

Dates: Jan 16th – March 5th

Session II

Wednesdays: 5:30-7:00pm

Dates: March 11th – April 22nd

Ages: 18+

Fee: \$10.00 Non-Res - \$20.00

Ages: 18+

Fee: \$10.00 Non-Res - \$20.00

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: 25 & Over