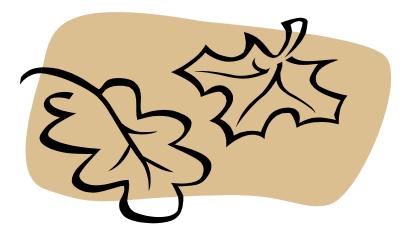
Old Saybrook Parks & Recreation



Fall Activities 2015

Visit our website for online registration at www.OLDSAYBROOKREC.com

In person registrations accepted at office.

Registration for all Programs begins on Tuesday, September 1st

Fall Soccer Registration has already begun, registration closes on Wednesday, Sept. 2nd

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PROGRAM REGISTRATION INFORMATION

- All recreational programs require advance registration unless noted. Programs are filled on a first come first serve basis.
- Residents may register in person or online.
- Phone reservations can not be accepted.
- Parents please note deadlines for registration as materials and/or supplies must be purchased prior to the start of programs.
- 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.
- Late charges may be applied to registrations obtained after deadline.
- Full refunds given (7) working days prior to start date of program. 50% refund will be given if cancellation occurs less than (7) working days prior to program.
- No refund given after program starts.
- Registration Starts at 9:00AM promptly in the office or online
- Office Registration Accepts Cash, Check, Master card or Visa
- Online Registration Accepts Master card or Visa Only

OFFICE HOURS

Mondays, Tuesdays, Thursdays 9:00AM — 4:30PM Wednesdays 11:00AM—4:30PM Fridays 9:00AM-4:00PM Saturdays 9:00AM-4:00PM

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

OFFICE PHONE

(860)395-3152/3154 (fax)

Website www.OldSaybrookRec.com

ADDRESS

308 MAIN ST, 06475 (Recreation Center)

COMMISSIONERS

Steven Murphy-Chrm. Robert Burke Sue Cummings Susan Esty Tom Boland Jim Henderson Dennis Interlandi Clerk: Sharon Tiezzi

Staff

Ray Allen - Director Jonathan Paradis- Asst. Director Samantha Wilson – Program Assistant Judy Sherman- Office Manager Jim Price—Rec. Center Maintainer Adam Laverty—Park Maintainer

3- 5 Yr Old Programs

Playhouse Recreation Mornings

Children 3 & 4 can join in an exciting playhouse program that includes lots of fun & games. Session will consist of a variety of activities such as, arts & crafts, sports & games, dance & music, special events + holiday projects. Children must be potty trained and be able to detach from parent. Session lasts for 5 weeks.

Tuesdays & Thursdays. Times: 9:30-11:30AM

Dates: Sept 15^{th} – Oct. 22^{nd}

Age: 3 + 4 Yr Olds **Fee:** \$50.00/Child

Lil' Builders

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

 Mondays:
 1:15PM - 2:00PM
 Ages:
 3-5

 Dates:
 Sept.
 14th,
 21st,
 28th,
 Oct.
 5th,
 19th
 Fee:
 \$25.00

U.K. Soccer Skills Class

This class will be taught by U.K. International soccer professionals. Your child will learnsome basic foot skills, dribbling, passing, and shooting in a fun energetic fashion.Children will work on a different skill each week leading up to game play. A great wayto keep your soccer skills sharp during the season. Children must wear shin guards.Class takes place at the Recreation Center and last for 6 weeks. No Class Oct 14thTuesdays: 2:00PM- 2:45PMAges: 3 - 5Dates: Sept. 15th, 22nd, 29th, Oct. 6th, 13th, 20thFee: \$30.00

Apple Hour

Each week you will be working with Apples to create a different project. Make craft projects, apple sauce, caramel apples and more. A fun way to spend some fall afternoons. Class takes place at the Rec Center and Lasts for 5 weeks. **Tuesdays:** 1:15 – 2:00PM **Ages:** 3-5 **Dates:** Sept. 15th, 22nd, 29th, Oct. 6th, 13th **Fee:** \$15.00

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.

Thursdays: 12:45 – 1:30PM	Ages: 3-5
Dates: Sept.17 th , 24 th Oct. 1 st , 8 th , 15 th	Fee: \$15.00

Fun & Games

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

Wednesday: 1:15—2:00PM	Ages: 3-5
Dates: Sept.16 th , 23 rd , 30 th , Oct. 7 st , 14 th	Fee: \$15.00

Creative Dance Movements

Kids learn how to groove to the rhythm of their favorite songs. Kids will learn some basic dance moves with an imaginative mind, clapping hands, and cool props. Class is taught by Deb Mals and takes place at the Recreation Center.

Thursdays 1:30PM-2:15PM	Ages: 3-5
Dates: Sept.17 th , 24 th Oct. 1 st , 8 th , 15 th	Fee: \$15.00

<u>Adults</u>

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 1**

Dates: Sept. 14^{th} – Oct. 22thFee: \$55.00 Resident\$65.00 Non-residentTime: 10:00AM - 11:15AMSession 2Dates: Oct. 26^{th} – Dec. 7^{th} No Class on Nov. 26^{th} in honor of ThanksgivingFee: \$55.00 Resident\$65.00 Non-residentTime: 10:00AM - 11:15AM

Morning Workouts with Marie

Join us for 6 weeks on Monday, Wednesday and Friday mornings for a complete interval workout consisting of cardio and resistance to see the results. 3 weeks at Town Beach and 3 weeks at the Rec. This program will be led by NASM Certified personal trainer and ACE Certified group fitness instructor Marie Mozzi.

Mon. Wed. & Fri: 7:30-8:30am	Ages: 18 & over
Dates: Sept. 14 th -Oct. 23 rd	Fee: \$55 Res. \$65 Non Res.

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: <u>18 & Over</u> Tuesdays: <u>30 & Over</u> Thursdays: Women's Night Time: 7:00-8:30PM

Co-Ed Adult Pick –up Volleyball Times

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 your friends. Play is for Old Saybrook residents only. Residents may bring a guest for a \$2.00 fee. **Day:** Wednesdays **Time:** 7:00-8:30PM

Body Jam with Marie

A great chance to integrate movement and cardio in this dance workout. We will integrate balance, cardio and body strength. Music and fun will motivate you to break a sweat and forget you are working out. Moving in all different directions with dance is the best medicine for you brain. This program will be led by NASM Certified personal trainer and ACE Certified group fitness instructor Marie Mozzi. **Day:** Tuesdays &Thursdays **Location:** OSMS Fitness Room **Time:** 5:30-6:30pm **Fee:** \$50.00 Res. \$60 Non Res.

Adult Tennis Lessons

OSPR will be offering adult tennis lessons this fall at Kavanagh Park (Trask Rd.) on Monday evenings. During the program, participants will learn the basics of the game and how to improve their skill level. Whether you are looking to become competitive or just improve you game to play with friends, let our USPTR certified instructor teach you the game.

Mondays: 5:30-7:00

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

Ages: 18+ **Fee:** \$40

Miscellaneous

Important Websites

- Town of Old Saybrook www.Oldsaybrookct.org
- Old Saybrook Youth & Family 860-395-3190
- Old Saybrook Little League <u>http://leagueathletics.com/?org=osll.net</u>
- Old Saybrook Soccer Club http://ossoccer.org/
- Old Saybrook Youth Football <u>www.oswyouthfootball.com</u>
- CT River Ticks Lacrosse Club <u>http://tickslacrosse.com/</u>
- CT River Basketball <u>http://ctshorelinebig10.org/</u>

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!!
- A new flyer for programs in Nov-Dec will be out in the 2nd week in October
- Sorry, No Dogs allowed on Beaches or Ball fields

<u>Thank You</u>

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.

Recreation Center Special Hours/ Closings

Monday September	7 th Labor Day	Closed
Monday October 1	2 th Columbus Day	9:00AM-4:00PM - Office
		12:00PM-5:00PM Teen Center

Evening Gym Schedule

Mondays	Men's 18 & over Open Gym	7:00-8:30pm
Tuesdays	Men's 30– over Gym	7:00-8:30pm
Wednesday	Adult Co-ed Pick –up Volleyball	7:00-8:30pm
Thursdays	Women's Open Gym	7:00-8:30pm
Full Gym Schedule available at the Recreation Center Office		

Be on the lookout for

- OSLT Tree Swallow Cruise Friday, October 2nd 4:30-8:00pm \$45.00 per person contact Oldsaybrooklandtrust@OSLT.org
- Fall Indoor Soccer starting in November, Registration will be in late October
- Adult Pickle ball starting in late October

FALL YOUTH SOCCER

Old Saybrook Parks & Recreation Youth Fall Soccer program begins September 19th and runs through October 24th. Soccer is offered to children in Grades K-6th will meet once weekly for practice and on Saturdays for a game at 10:30AM, 11:45AM or 1:00PM, beginning September 20th. The players are divided into Co-Ed groups for: Kindergarten, Grade 1st, and grades 4th-6th. Shin Guards mandatory for



every player and must be supplied by participants. Grades 2nd & 3rd will be divided by gender. If we find that we do not have enough participants then we will form co-ed teams.

Practices will take place once a week on Tuesday or Thursday and will start on the week of September 7th.

DATES: Sept. 19th, 26th, Oct. 3th, 10th, 17th, 24th FEE: \$25.00

Attention: This program is always in need for coaches, if interested please contact Jonathan Paradis by email at <u>Jonathan.Paradis@OldSaybrookCT.gov</u> or at the office!
 Registration Deadline September 2nd, 2015

Annual Halloween Party

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

Saturday, October 24th From 5:00-6:30pm preschool to Grade 2

From 6:45-8:00pm for grade 3rd -5th

At the Old Saybrook Recreation Center

Scarecrow Making Workshop

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

Saturday: Oct 10th From 12:00—1:00 PM Town Green Gazebo Fee: \$5.00 per Family



Saybrook Point



Saybrook Point Mini Golf will be open this fall!! Hours of Operation after Labor Day Weekends only through Columbus Day, Oct. 12th

> 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...







308 Main St. Old Saybrook, CT, 06475

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



Saturday Morning Craft Shop

On the 3rd Saturday of each Month OSPR along with Kidscapades is offering an hour long program for your 3 year olds through Kindergarten. This program will have a monthly theme and participants will make a craft as well as participate in some fun sensory play and games. This class is one hour long and each participant must be fully potty trained and able to separate and participate.

Fall Themes; Sept. Let's Get Messy, Oct. Fall Into Science, Nov. Toddle Time Art, Dec. Grinch Day.

Saturdays: 9:30am-10:30am at The Rec. Sept. 19th, Oct. 17th, Nov. 21st, Dec. 19th Age: 3yrs - Kindergarten Fee: \$10.00 per session

Mommy (or Daddy) and Me Time

This new program is designed for new parents to get out of the house and socialize with other new parents or any parent with a toddler (6months – 2yrs) at home. This program is designed for you to meet other parents in the area and gain some knowledge about what other programs and services are out there for you and your child. Lite

refreshments will be served. This program will meet weekly at the Saybrook Point Pavilion on Fridays.

Fridays: 10:00-11:00am Dates: Sept.18th, 25th, Oct. 2nd, 9th, 13th

Ages: New born-2yrs Fee: FREE

If this program is a success, we will meet weekly for the year, except for holidays and could move to a Trask Park during nicer weather.



K – 3rd Grade Programs

U.K International Soccer Skills Class

This class will be taught by U.K. International soccer professionals. Your child will learn some basic foot skills, dribbling, passing, and shooting in a fun energetic fashion. Children will work on a different skill each week leading up to game play. Children must wear shin guards. Class takes place at the Recreation Center.

Tuesdays: 3:45PM- 4:30PM

Dates: Sept. 15th, 22nd, 29th, Oct. 6th, 13th, 20th

Silly Scientists

In this program your $1^{st} - 3^{rd}$ grader can create some cool "science" projects. Make Slime, Jewel Crystals, Worms, and more. Classes take place at the Goodwin School. Class meets on Tuesdays for 5 weeks.

Monday 3:15 -4:00PM **Dates:** Sept. 14th, 21st, 28th, Oct. 5th, 19th

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 **Dates:** Sept.16th, 23rd, 30th, Oct. 7st, 14th

Games Galore

The name says it all in this program. We will play tag games, parachute games, four square, and more. Class meets outside at the Goodwin school. Class is designed for $K - 1^{st}$ graders and children simply walk to the gym after school. **Grades**: K – 1st grades

Thursdays **Times**: 3:15-4:00PM Dates: Sept. 17th, Oct 1st, 8th, 15th, 22nd

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 Grades 1st - 3rd

Friday's: 4:15 – 5:00pm

Dates: Sept. 11th, 18th 25th, Oct. 9th. 16th





Grades: K—3rd grade Fee: \$30.00



Grades: 1st – 3rd graders

Grade: 2nd - 3rd Fee: \$15.00

Fee: \$15.00

Fee: \$20.00

4th – 8th Grade Programs

U.K. International Soccer Skills Class

Your child will learn some basic foot skills, dribbling, passing, and shooting in a fun energetic fashion. Children will work on a different skill each week leading up to game play. A great way to keep your soccer skills sharp during the season. Children must wear shin guards. Class takes place at the Recreation Center. **Tuesdays:** 2:45PM– 3:30PM **Grades:** 4th —8th grade **Dates:** Sept. 15th, 22nd, 29th, Oct. 6th, 13th, 20th **Fee:** \$30.00

Flag Football

Students in Grades 4-8 are invited to learn the basics of the game of flag football.This Co-ed non-contact activity will meet once a week for 5 weeks Participants willmeet at the Parks & Rec office.Dress appropriately for outside play.Mondays: 2:45—3:45PMGrades: 4th – 8thDates: Sept. 14th, 21st, 28th, Oct. 5th, 19thFee: \$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.

 Wednesday: 2:45-3:45pm
 Grades: 4th-8th grade

 Dates: Sept.16th, 23rd, 30th, Oct. 7st, 14th
 Fee: \$15.00

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: 2:45-4:15 PM Grades: 4th -8th

Fridays: 2:45—4:15 PM Dates: Sept. 18th, 25th, Oct. 2nd, 9th, 16th

Kayaking at North Cove

Spend the last 5 weeks of the summer weather out on North Cove as we explore the 170 acres saltwater cove and surrounding marshes. Participants must provide their own kayak and personal floatation device and must be able to swim. We will meet and launch from the Sheffield St. docks.

Tuesdays: 2:45 – 4:15pm **Dates:** Sept. 8th, 15th, 22nd, 29th, Oct. 6th **Grades**: 6th —8th Grade **Fee:** \$15.00

Fee: \$20.00

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 Friday's: 3:00pm – 4:00pm Dates: Sept. 11th, 18th 25th, Oct. 9th, 16th Fee: \$20.00

Teen Center

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

Your 4th or 5th Grader has the opportunity to enjoy all the teen center has to offer each Friday from 2:45—4:00PM. Try playing the Wii, 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. Parents please note this program ends at 4:00PM and your child must be picked up on time!

Fridays Only 2:45—4:00PM Grades 4th & 5th Only!! **Membership \$5.00** for the WHOLE YEAR!!

Membership \$5.00 for the wHOLE YEAR!!

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

1st Friday is Sept. 4th

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 Wii 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 required for after school times.

Paper work needs to be filled out.

Membership Fee: \$20.00 Membership Year Sept 1st – Aug. 31st. *After school Teen Center Begins Tuesday, September 1st*

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 Dodgeball Tournaments, Dancing with a DJ, 3on3 Basketball Tournament, and many more to come. <u>Teens sign-in when they arrive and are not allowed to leave unless a</u> <u>parent/guardian picks them up or provides permission for them to leave.</u> Members are free on Fridays nights. Non-Members pay \$5.00 Each Friday. Memberships are encouraged and cost \$20.00 per school year. \$20.00 Membership covers Friday nights and Monday—Thursday for School Year. **Friday Nights Start September 11th** When: Fridays Time: 7:00—9:30PM Free for Members Non-Members \$5.00 Each Friday Ages: 6th– 8th Grade ONLY!!

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 25th

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 Party – October 30th

On October 30th, we're celebrating Halloween a day 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 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 6th

Our most popular event is back! Running for six weeks, our Teen Center Flag Football league will start on Friday, November 6th. All participants must have signed permission slips to participate and will be placed onto one of six teams. League will run for six weeks, with the sixth week being the Playoffs and Superbowl Game. All games start promptly at 7:30pm on Friday Nights.

Free for Members or \$5.00 at the door per night Time: 7:30-8:000pm, 8:10-8:40pm, & 8:50-9:20pm



Saturday Teen Trips

Similar to our Summer Teen Trips, once a month throughout the school year we will be hosting special Saturday Teen Trips. Open to students in grades 7-12, trips will include visits to some of our most popular summer sites, as well as some new trips! Taking place either during the day or evening hours, trips will give students the opportunity to spend time with friends in a fun, safe and supervised setting.

The Adventure Park in Storrs, CT

Join friends for a day of adventure and team building! This aerial obstacle course in the trees provides the perfect opportunity for climbers of all ages to create a memory of a lifetime! Climbers should bring a bagged lunch and closed-toed shoes and be ready for fun.

Date: Saturday, September 19th Time: 9:00-3:30pm

Lyman Orchards in Middlefield, CT

Located on 4 acres of land in beautiful Middlefield, CT students will have the chance to take on the famous Lyman Orchards Corn Maze which features a giant PEZ dispenser design this year. After successfully navigating through the maze, we will stop by the orchards to pick some delicious apples.

Date: Saturday, October 17th Time: 10:00am-3:00pm

Flight Trampoline Park in New Britain, CT

This unique outing allows students the opportunity to participate in trampoline dodgeball, jump in a foam pit, dunk on basketball hoops, or simply jump on over 50 connected trampolines...the possibilities are endless! Students should bring a bagged lunch and socks.

Date: Saturday, November 21st Time: 2:00pm-6:00pm

Bowling at AMF Lanes in East Haven, CT

Students will have the opportunity to compete against friends in classic 10pin bowling. Socks are required as we will be changing into bowling shoes upon arrival.

Date: Saturday, December 19th Time: 7:00pm-10:30pm

Hiking Trails in Old Saybrook

Clark Community Park (Town Park)

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

Great Cedars West

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

Great Cedars East

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

The Preserve

241 Ingham Hill Rd 1,000 acres of preserved coastal forest Limited Parking, un-marked trails. Marked trails to be ready for mid-2016

Turtle Cove

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



Athletic Clubs in Old Saybrook

Old Saybrook Soccer Club Contact Person: Tyler Potts Phone – 860-989-2398 Email – tylerpotts@icloud.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 – David Colella Phone - 860-227-3846 Email – DJC@nerdstogo.com

Connecticut River Basketball Contact Person – Steve King Phone - 860-250-0211 Email - sking@pecofct.com

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











Introducing the Vicki G. Duffy Pavilion at Saybrook Point

The Old Saybrook Parks and Recreation Commission has decided to rename the Pasbeshauke Pavilion at Saybrook Point to the Vicki G. Duffy Pavilion at Saybrook Point, to cherish the memory of our past Director of Parks and Recreation. Vicki was with OSPR for nearly 40 years with the majority of her years in the Director's position. Vicki was very instrumental in the development of the Saybrook Point Park and pavilion.

