

Old Saybrook Parks & Recreation



Winter Activities

January – March
2017

Visit our website at
www.OLDSAYBROOKREC.com

Registration for all programs begin on
Tuesday, January 3rd

Youth Basketball Registration closes on 12/28/16

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PROGRAM REGISTRATION INFORMATION

- **All recreational programs require advance registration unless noted. Programs are filled on a first come first served basis.**
- **Residents may register in person or online.**
- **Phone reservations can not be accepted.**
- **Parents please note deadlines for registration**
- **Parks and Recreation reserves the right to change dates, consolidate classes, and/or modify programs in order to make programs accessible to the general public.**
- **Full refunds given (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.**
- **A \$5.00 cancellation/transfer fee applies to ALL programs.**
- **Partial scholarships are available for most programs., please speak with Ray Allen for Assistance**



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

Registration Starts at 9:00AM promptly in the office or online
Office Registration Accepts Cash, Check, MasterCard or Visa
Online Registration Accepts MasterCard or Visa Only

OFFICE HOURS

Mondays, Tuesdays, Thursdays

9:00AM — 4:30PM

Wednesdays

10:00AM—4:30PM

Fridays

9:00AM-4:00PM

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

OFFICE PHONE

(860) 395-3152/3154 (fax)

ADDRESS

308 MAIN ST.
(Recreation Center)

COMMISSIONERS

Susan Esty - Chair

Dennis Interlandi

Robert Burke

Tom Boland

Jim Henderson

Kevin Lane

Star Rueckert

Clerk: Sharon Tezzi

STAFF

Ray Allen - Director

Jonathan Paradis - Asst. Director

Judy Sherman- Office Manager

Jim Price—Rec. Center Maintainer

Adam Laverty—Park Maintainer

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.

Recreation Center Special Hours & Closings

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

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 for yourself for a change. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the Vicki Duffy Pavilion.

Dates: Jan 9th – Feb. 16th **Session 4**

Dates: Feb 20th – March 30th **Session 5**

Fee: \$65.00 Resident \$75.00 Non-resident **Time:** 10:00AM – 11:15AM

Pickle Ball for Adults

On Monday mornings here at the Rec. center we are offering this exciting game that is taking the country by storm. Indoor and outdoor Pickle ball courts are popping up everywhere you look. Pickle ball is very similar to Tennis, except it is played on a smaller court with a wooden paddle and plastic ball.

Class will not meet on Presidents Day or April 18th

Mondays: 9:30am – 11:00am

Ages: 40 and over

Dates: Jan 9th – Feb. 27th or March 6th – April 24th **Fee:** \$10.00 Non-Resident \$15.00

Pick-up Basketball Times

Come Down to the New Recreation Center and play some great Men's Pickup basketball Games. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.

Mondays: 18 & Over

Time: 7:00-8:30PM

Tuesdays: 30 & Over

Thursdays: **Women's Night**

Co-Ed Adult Pick –up Volleyball Times

Co-ed Adult Volleyball night. Play is for Old Saybrook Residents.

Day: Wednesdays

Time: 7:00-8:30PM

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.

Morning Workouts with Marie

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

Mon. Wed. & Fri: 6:30am-7:15am

Ages: 18 & over

Dates: Jan. 4th – Feb. 13th

Fee: \$65 Res. \$75 Non Res.

Adult Golf Lessons at Fenwick Golf Course – Early Spring

Get ready for the upcoming season!! OSPR is proud to work with Fenwick Golf course to offer golf lessons at the Ryder Cup Course. These lessons will cover 150 yards and down, irons and approaches, putting and how to improve your swing. Instructed by Sue Cart, PGA golf professional at Lake of Isles a Troon Golf property. Four lessons – **Registration will begin on Feb 1st**

Day: Mondays 5:30-7:30pm

Location: Fenwick Ryder Cup Course

Dates: Early Spring (dates TBD)

Fee: \$75 RES / \$100 Non RES

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. Please sign up online by March 11th. Bring a camera to take pictures with the Easter Bunny. Co-Sponsored by Old Saybrook Lions Club.



Date: Saturday, April 8th

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 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. Please sign up online or in the office for this event to give us an idea of numbers.

Date: Friday, April 14th

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 19th.

Date: Saturday, April 22nd

Fee: \$5.00 per person

Time: 7:00AM-10:00AM

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

Old Saybrook Residents Only



Important Websites & Numbers

- Town of Old Saybrook www.Oldsaybrookct.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.oswyouthfootball.com
- CT River Ticks Lacrosse Club <http://tickslacrosse.com/>
- Old Saybrook Basketball Club <http://ctshorelinebig10.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.

Youth Development Center

Respect yourself, Respect Others & Respect The Rec

New Adult Programming in 2017

Insanity Live

INSANITY LIVE is a group-focused, cardio-conditioning, and athletic-training class that helps you let go of your limits to achieve your best body and health possible. It's challenging, but accessible to all. You're burning calories the whole time using only your body weight so there's no need to worry about bulking up.



Day: Tuesdays 5:30-6:30pm

Location: OSMS Fitness Room

Session 1 Jan. 10th – Feb. 14th

Session 2 Feb. 28th – April 4th

Fee: \$20.00

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.

Registration will begin Jan. 5th Space is limited. Sign up early!!

Dates: Feb. 20th, 21st, 22nd

Ages: K —5th Grade

Times: 9:00AM—4:00PM

Fee: \$25.00 per day / \$60 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 April 1st.** The three division are

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

Date: Saturday, March 4th

Time: Starts at 10:00AM

Ages: 9 - 15

Fee: FREE



Follow us on Twitter at @OSParksRec



Find us on Facebook Old Saybrook Parks and Recreation



308 Main St.
Old Saybrook, CT, 06475

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

3- 5 Year Old Programs

Playhouse Recreation Mornings

Children 3 & 4 can join in an exciting playhouse program, which 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. Class takes place on **Tuesdays & Thursdays**.

Age: 3 + 4 Yr Olds **Dates:** Jan. 10th – Feb 16th **or** **Dates:** Feb 28th – April 6th
Times: 9:30-11:30AM **Fee:** \$50.00/Child



Tuesday Mid-Day Social

Make it a full day w/ OSPR on Tuesdays as we offer three programs back to back to back!! This supervised open play and lunch hour program takes in our Pre-K classroom. Please send your child with a packed lunch at drop off.

Tuesday: 11:30PM-12:30PM **Ages:** 3– 5 **Fee:** \$10.00
Dates: Jan. 10th, 17th, 24th, 31st Feb 7th or Feb 28th March 7th, 14th, 21st, 28th

Puppet Play Time

Children will create their own puppets using finger puppets, Stick puppets, sock puppets, and more. Class takes place at Recreation Center for 5 weeks.

Tuesday 12:30–1:15PM **Ages:** 3– 5
Dates: Jan. 10th, 17th, 24th, 31st Feb 7th **Fee:** \$15.00



Silly Science for Jr's

This fun, new 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!

Tuesdays: 12:30-1:15pm **Ages:** 3-5
Dates: Feb 28th March 7th, 14th, 21st, 28th **Fee:** \$15.00



Building Blocks

Each week your 3 – 5 yr old will explore different building materials. We will read building themed books and play games in the gym based on the building theme. Class takes place at Recreation Center for 5 weeks.

Wednesdays: 12:30—1:15PM **Ages:** 3-5
Dates: Jan 11th, 18th, 25th Feb 1st, 8th **Fee:** \$20.00

Fun with Music

A new program for 2017, is an 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.

Wednesdays: 1:15- 2:00pm **Ages:** 3-5
Dates: Jan 11th, 18th, 25th Feb 1st, 8th **Fee:** \$15.00

3- 5 Year Old Programs

Theme of the Day

Each week an activity, craft & story will be highlighted towards the theme of day. We will be using the classroom as well as the gym. Designed for 3-5 yr olds, class last for 5 weeks and takes place at the recreation center.

Wednesdays: 12:30—1:15PM

Ages: 3— 5

Dates: March 1st, 8th, 15th, 22nd, 29th

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.

Wednesdays: 1:15 – 2:00pm

Ages: 3-5

Dates: March 1st, 8th, 15th, 22nd, 29th

Fee: \$15.00

Fashion Fun

Children will create their own fashion accessories, such as necklaces, earrings, hats, glasses and more. Class takes place at Recreation Center for 5 weeks.

Thursdays: 12:45– 1:30PM

Ages: 3– 5

Dates: Jan 12th, 19th, 26th Feb. 2nd, 9th

Fee: \$15.00



Story Crafts

Your child will enjoy a captive story then will have the opportunity to create a craft project that is themed towards the story. Class lasts for 5 weeks.

Thursdays: 12:45PM-1:30 PM

Ages: 3-5

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

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: 1:30PM-2:15PM

Ages: 3-5

Fee: \$15.00

Dates: Jan 12th, 19th, 26th Feb. 2nd, 9th or March 2nd, 9th 16th 23rd, 30th



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.

Ages: 3-5yrs old

Fee: \$30.00

Fridays: 1:15-2:00PM

Dates: Jan 13th, 20th, 27th Feb. 3rd, 10th, 17th



K – 3rd Grade Programs

Crazy 8's Math Club Season 2

Join us for this fun & exciting new 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.



Tuesdays 3:15 — 4:15PM

Grades: K-2nd

Dates: Jan 10th, 17th, 24th, 31st Feb. 7th

Fee: \$15.00

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.



Wednesday: 3:15 – 4:00PM

Grades: 1st-3rd

Dates: Jan. 11th 18th, 25th Feb 1st, 8th

Fee: \$20.00

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 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.



Wednesday: 4:15-5:00PM

Grades: K – 3rd **Fee:** \$15.00

Dates: Jan. 11th 18th, 25th Feb 1st, 8th or **Mar.** 1st, 8th, 15th, 22nd, 29th

Dancing Class at Goodwin

Dance for joy with Deb's dance party. Warm up, shake it up, and get down to today's hottest jams. Come and enjoy the fun. Wear comfortable clothes, dance shoes or sneakers, no bare feet. Class takes place at the Goodwin.



Thursday: 3:15-4:15PM

Grades: K-3rd **Fee:** \$15.00

Dates: Jan 12th, 19th, 26th Feb. 2nd, 9th or Feb 23rd Mar 2nd, 16th, 23rd 30th

Cooking Kids

Learn to make homemade snacks and about their ingredients. An introduction to the culinary world!

Fridays: 3:15M – 4:00PM

Grades: 1st - 3rd

Dates: Jan. 13th, 20th, 27th, Feb. 10th, 17th

Fee: \$20.00



K – 3rd Grade Programs

Peewee Basketball

Children in grades 1 & 2 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 for 5 weeks after school at Goodwin from 3:15—4:00PM **Fee:** \$15.00

Grade 1 Tuesdays: Feb. 28th, Mar. 7th, 14th, 21st, 28th

Grade 2 Wednesdays: Mar. 1st, 8th, 15th, 22nd, 29th



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 and over the 5 classes, we will have mastered the art of coloring.

Thursdays: 3:15 – 4:00pm

Grades: K-3

Dates: Feb 23rd Mar. 2nd, 23rd, 30th, April 6th

Fee: \$15.00

Ultimate Frisbee

This fast paced sport is played like football except you use a Frisbee to score touchdowns!! Learn to throw the Frisbee, pass to teammates, and how to score goals. Class meets for 4 weeks at the Recreation Center.

Thursdays: 4:15 – 5:00PM

Grades: 2nd & 3rd

Dates: Feb 23rd Mar. 2nd, 23rd, 30th, April 6th

Fee: \$15.00



Program Brochure Cover Photo Contest

This past fall OSPR started a new photo contest to display on the covers of our 4 annual program brochures. The rules were very simple; we are looking for photos that represent the season and the showcase the qualities of our town and department. We will be looking for photos for our spring and summer brochure starting in early March. They can be sent to Jonathan Paradis at Jonathan.Paradis@OldSaybrookCT.gov This booklet's winner was Lynn Dombroskas who sent in a snowy, scenic photo of Cornfield Point beach and a sunset over Long Island Sound. Thank you and congrats!!

Use your QR Reader App to register online



4th – 8th Grade Programs

Youth Floor Hockey

This fun, fast paced game is one all can enjoy. The program will review the basic rules of the game, work on basic skills, proper technique, safety, sportsmanship and provide a lot of smiles. All equipment is provided so be ready to have fun.

Mondays: 2:45-3:45PM

Grades: 4th —8th

Dates: Jan. 9th, 23rd, 30th Feb 6th, 13th

Fee: \$15.00



Kickball

Everyone's favorite playground game is brought indoors for 5 weeks!!

Wednesday: 2:45pm – 3:45pm

Grades: 4th-8th

Dates: Jan. 11th, 18th, 25th Feb. 1st, 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.

Monday: 2:45pm – 3:45pm

Grades: 4th-8th

Dates: Feb 27th March 6th, 13th, 20th, 27th

Fee: \$15.00



Basketball

Open gym at the Rec is taking off to new heights. For 5 weeks come to the Rec afterschool to play some pick up style basketball but with a ref and a score board. We will have two divisions (courts) based on skill level.

Tuesdays: 2:45PM – 3:45PM

Ages: 4th – 8th

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

Fee: \$15.00



Dodge ball Mania

Come to the Recreation Center to compete against your friends in a friendly game of dodgeball. 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-7th graders. Class lasts for 5 weeks and takes place at the Recreation Center.

Wednesdays: 2:45– 3:45PM

Grades: 4th —7th

Dates: March 1st, 8th, 15th, 22nd, 29th

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

- **Black n White New Year's Dance Party – January 6th**
- **Indoor Soccer Tournament – February 10th & 17th**
- **3 on 3 Basketball Tournament – March 10th**
- **Homerun Derby – April 7th**

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 grades 4th & 5th only!

The Teen Center offer endless fun and socialization afterschool with a large gym, games 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 staff 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. Membership is required, for more information, please visit our website, or contact Jonathan Paradis at Jonathan.Paradis@OldSaybrookCT.gov.

Monday—Thursday: 2:35—5:30PM

Grades: 6th-8th

Membership Fee: \$20.00

Friday Afternoons: 2:35 -4:00pm

Grades: 4th & 5th

Membership Fee: \$5.00

Healthy Community, Healthy Youth “HCHY”

HCHY is a community group that promotes healthy engagement of youth in our community. Through positive programs, workshops, community service and education HCHY give our youth a voice and purpose in the community. Many of OSPR's programs are designed to do just that. For more information of HCHY please contact Old Saybrook Youth and Family Services 860-395-3190.



Team Sports / Special Programs

YOUTH BASKETBALL

OSPR Youth Basketball program begins in Jan. with practices and games 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. 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. 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 Saturday mornings at the Recreation Center.

Divisions are subject to change based on registration numbers.

Coaches are Needed!!!

Games: Jan 14th, 21st, 28th Feb. 4th, 11th, 18th, 25th

Ages: 2nd —8th Grades Boys & Girls

Fee: \$30.00



OSLL Spring Training at OSPR

Softball Pitching and Catching Clinic

This clinic is designed only for those players who will be catching or pitching in the majors this season. It is geared for those individuals to learn the fundamental mechanics of these positions.

Tuesdays: 6:00PM-7:00PM

Ages: 10-12

Dates: Feb 28th March 7th, 14th, 21st

Fee: \$5.00

Minor League Spring Training I Co-ed

This session is designed for the entry level or new player to baseball. Emphasis is on learning basic fundamentals and techniques of baseball. This program will focus on throwing, catching and hitting to maximize their minor league or tee ball experience. Sessions are led by Old Saybrook Little League managers and coaches.

Tuesdays: 5:00PM-6:00PM

Ages: 6-7

Dates: Feb 28th March 7th, 14th, 21st

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. Sessions are led by Old Saybrook Little League managers and coaches.

Wednesdays: 5:00PM-7:00PM

Ages: 8-9

Dates: March 1st, 8th, 15th, 22nd

Fee: \$5.00

Softball Spring Training

This session is designed for the entry level or new player to Softball. Emphasis is on learning basic fundamentals of softball. Throwing & catching the ball, fielding, batting, bunting, base running, pitching, and catcher's position will all be covered. In addition, having fun is a must. Class lasts for 4 weeks and takes place at the Rec Center. Class will be taught by Little League Coaches.

Thursdays: 5:00PM-7:00PM

Ages: 8– 12

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

Fee: \$5.00

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 - osyouthfootball@gmail.com



Old Saybrook Little League

Contact Person – Trevor Nichols

Phone – 860-391-3678

Email – tnichols44@comcast.net



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



Important Athletic Dates in Town

Old Saybrook Little League

- Registration begins 12/1 with Early Bird Special Savings & closes on 3/25/17
- Skills day 3/25/17
- Opening Day 4/29/17

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 is now open and will close on 12/31/16
- For more info visit www.tixlacrosse.com

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!

