

# Old Saybrook Parks & Recreation



## Winter Activities

January – March  
2019

Visit our website at  
[www.OLDSAYBROOKREC.com](http://www.OLDSAYBROOKREC.com)

Registration for all programs begin on  
**Wednesday, January 2<sup>nd</sup>**

**Youth Basketball Registration closes on 12/27/18**

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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 & 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

Tom Boland

Jim Henderson

Kevin Lane

Star Rueckert

Nancy Gatta

Steve Pernal

Clerk: Sharon Tezzi

## STAFF

Ray Allen - Director

Jonathan Paradis - Asst. Director

Rick Pine- Office Manager

Tony Bielawa—Rec. Center Maintainer

Adam Laverty & Pat Reagan—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	Closed
25-Dec	Christmas Day	Closed
31-Dec	New Year's Eve	Closing at 4:00pm
1-Jan	New Year's Day	Closed
21-Jan	MLK Day	Rec Center Open
18-Feb	President's Day	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 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 3<sup>rd</sup> – Feb. 14<sup>th</sup> **Non Res. Reg. Date: 12/20/18**

**Dates: Session 5** Feb 18<sup>th</sup>-March 28<sup>th</sup> **Non Res. Reg. Date: 2/4/18**

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

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

### Indoor Pickle Ball for Adults

On Mon. & Thurs. 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.

**Mon. & Thurs.:** 9:30am – 11:00am

**Ages:** 40 and over

**Dates:** 1/3 – 2/25 or 2/28 – 4/22

**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**

### 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.

### 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 1<sup>st</sup>**



**Day:** Mondays 5:30-7:30pm

**Location:** Fenwick Ryder Cup Course

**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 2<sup>nd</sup> & 3<sup>rd</sup> graders on the Town Green. Please bring a basket to put the goodies in. Please sign up online by March 11<sup>th</sup>. Bring a camera to take pictures with the Easter Bunny. Co-Sponsored by Old Saybrook Lions Club.



**Date:** Saturday, April 13<sup>th</sup>

**Fee:** FREE

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

5yr - 1st Grades 11:15am

2<sup>nd</sup> & 3<sup>rd</sup> 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. Please sign up online or in the office for this event to give us an idea of numbers.

**Date:** Friday, April 19<sup>th</sup>

**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 26<sup>th</sup>.

**Date:** Saturday, April 27<sup>th</sup>



**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**

## 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 6<sup>th</sup> – March 10<sup>th</sup>

**Fee:** \$40

### Intro to Brazilian Jui-Jitsu

The intro to Adult Gracie Jiu-jitsu (also known as Brazilian Jiu-jitsu or BJJ) is a beginner level program for those interested in the art.



Students will learn some of the fundamentals

and 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.

**Fridays:** 6:00-7:00pm

**Ages:** 18+

**Dates:** Feb 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>

**Fee:** \$30.00

### 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: 6:00-7:00pm

Grades: 4<sup>th</sup> - 8<sup>th</sup>

Date: Jan. 14<sup>th</sup> – Feb. 20<sup>th</sup>

Fee: \$15.00

## Important Websites & Numbers

- **Town of Old Saybrook** [www.Oldsaybrookct.org](http://www.Oldsaybrookct.org)
- **Old Saybrook Youth & Family Services**  
[http://www.oldsaybrookct.org/pages/oldsaybrookct\\_youth/index](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](http://www.osyouthfootball.com)
- **CT River Ticks Lacrosse Club** <http://tickslacrosse.com/>
- **Old Saybrook Basketball Club** <http://oldsaybrookbasketball.com>

## 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.

# 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 –5<sup>th</sup> 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. 2<sup>nd</sup> Space is limited. Sign up early!!**

**Dates:** Feb. 18<sup>th</sup>, 19<sup>th</sup>, & 20<sup>th</sup>

**Ages:** K —5<sup>th</sup> 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 April 1<sup>st</sup>.** The three division are

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

**Date:** Saturday, March 2<sup>nd</sup>

**Time:** Starts at 10:00AM

**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, 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!

**Saturdays:** 9:30-10:15am

**Dates:** Jan 19<sup>th</sup>, 26<sup>th</sup> Feb 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>

**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:** March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>th</sup>, & 30<sup>th</sup>

**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:** March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>th</sup>, & 30<sup>th</sup>

**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:** Feb 28<sup>th</sup> March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**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.

**Ages:** 3-5yrs old

**Saturdays:** 8:45-9:30am

**Fee:** \$30.00

**Dates:** Jan 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>



## K – 3<sup>rd</sup> 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-3<sup>rd</sup>

**Dates:** Jan. 14<sup>th</sup>, 28<sup>th</sup>, Feb. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**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. The final project will take two weeks to complete. This program will take place at Goodwin Elementary.

**Tuesdays:** 3:15-4:15pm

**Grades:** 1<sup>st</sup> – 3<sup>rd</sup>

**Dates:** Jan. 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Feb. 5<sup>th</sup>, 12<sup>th</sup>

**Fee:** \$50.00

### 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-3

**Dates:** Jan. 17<sup>th</sup>, 24<sup>th</sup> 31<sup>st</sup> Feb. 7<sup>th</sup>, 14<sup>th</sup>

**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 you child has any food allergies, you must contact Jonathan Paradis prior to the start of the program.

**Fridays:** 3:15M – 4:00PM

**Grades:** 1<sup>st</sup> - 3<sup>rd</sup>

**Dates:** Jan. 18<sup>th</sup>, 25<sup>th</sup> Feb. 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

**Fee:** \$25.00



## Program Brochure Cover Photo Contest

OSPR needs your help with our program brochures. We are running four photo contests to display on the cover of our 4 program brochures. The rules are very simple; we are looking for photos that represent the season and 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](mailto:Jonathan.Paradis@OldSaybrookCT.gov)

## K – 3<sup>rd</sup> Grade Programs

### Arts-N-Crafts

Children in grades 1-3<sup>rd</sup> 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

**Grades:** K-3<sup>rd</sup>

**Dates:** Feb 25<sup>th</sup> March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$15.00



### Softy Hockey

Your K– 3<sup>rd</sup> 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.

**Tuesday:** 3:30 – 4:15pm

**Grades:** K – 3<sup>rd</sup>

**Dates:** Mar. 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, April 3<sup>rd</sup> & 10<sup>th</sup>

**Fee:** \$15.00



### Peewee Basketball

Children in 1<sup>st</sup> 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 for 5 weeks after school at Goodwin.

**Wednesdays:** 3:15-4:00pm

**Grades:** 1<sup>st</sup>

**Dates:** Feb 27<sup>th</sup>, Mar. 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, April 3<sup>rd</sup> **Fee:** \$15.00



### 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. Class takes place at the Goodwin.

**Thursday:** 3:15-4:15PM

**Grades:** K-3<sup>rd</sup>

**Dates:** Feb 28<sup>th</sup>, Mar. 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> April 4<sup>th</sup> **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](http://www.oldsaybrookchamber.com) to see all that is going on!



[www.OLDSAYBROOKREC.com](http://www.OLDSAYBROOKREC.com)

## 4<sup>th</sup> - 8<sup>th</sup> Grade Programs

As part of our new afterschool programming, any 4<sup>th</sup> or 5<sup>th</sup> grader who is signed up for a program at the Rec that starts at 3:00pm, can attend the Teen Center until the program begins.

### 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:** 3:00-3:45pm

**Grades:** 4<sup>th</sup>-8<sup>th</sup>

**Dates:** Jan. 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Feb. 4<sup>th</sup>, 11<sup>th</sup>

**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:** 3:00-3:45pm

**Grades:** 4<sup>th</sup>-8<sup>th</sup>

**Dates:** Jan. 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Feb. 6<sup>th</sup>, & 13<sup>th</sup>

**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.

**Thursdays:** 3:00-3:45pm

**Grades:** 4<sup>th</sup>-8<sup>th</sup>

**Dates:** Jan. 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> Feb. 7<sup>th</sup>, 14<sup>th</sup>

**Fee:** \$15.00

### Dodgeball

Come compete against your friends in a friendly game of dodge ball. You will learn how to play a different dodge ball game each week. Class takes place at the Recreation Center.

**Mondays:** 3:00-3:45pm

**Grades:** 4<sup>th</sup>-8<sup>th</sup>

**Dates:** March, 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April, 1<sup>st</sup> & 8<sup>th</sup>

**Fee:** \$15.00



### 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.

**Wednesdays:** 3:00-3:45pm

**Ages:** 4<sup>th</sup> – 8<sup>th</sup>

**Dates:** March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, April 3<sup>rd</sup>

**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.

**Thursdays:** 3:00-3:45pm

**Grades:** 4<sup>th</sup>-8<sup>th</sup>

**Dates:** Feb. 28<sup>th</sup> March 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, April 4<sup>th</sup>

**Fee:** \$15.00

### Fusion Dance with Fred Astaire

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.

**Tuesdays:** 2:45– 3:45PM

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Dates:** Jan 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Feb 5<sup>th</sup> & 12<sup>th</sup>

**Fee:** \$15.00



## Teen Center

### **Friday Night Teen Center**

Each Friday night 6<sup>th</sup>-8<sup>th</sup> 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 18<sup>th</sup>**
- **Co-Ed Indoor Soccer Tournament – February 1<sup>st</sup> & 8<sup>th</sup>**
- **Co-Ed 3 on 3 Basketball Tournament – March 22<sup>nd</sup>**
- **Volleyball Tournament – April 12<sup>th</sup>**

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:** 6<sup>th</sup>-8<sup>th</sup>

**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 6<sup>th</sup>-8<sup>th</sup> and then on Friday afternoons, the Teen center is open for grades 4<sup>th</sup> & 5<sup>th</sup> 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 6<sup>th</sup>-8<sup>th</sup>.

A Membership is required to attend after-school, for more information, please visit our website, or contact Jonathan Paradis at

[Jonathan.paradis@OldSaybrookCT.gov](mailto:Jonathan.paradis@OldSaybrookCT.gov).

**Monday - Thursday:** 2:35—5:30PM

**Grades:** 6<sup>th</sup>-8<sup>th</sup> Only

Membership Fee: \$20.00

**Friday Afternoons:** 2:35 -4:00pm

**Grades:** 4<sup>th</sup> & 5<sup>th</sup> 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 4<sup>th</sup> and 5<sup>th</sup> grade only and until 4:00pm. ½ days on Mondays through Thursdays are for 6<sup>th</sup>-8<sup>th</sup> and until 5:30pm.



**Use your QR Reader App to register online**

## 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 2<sup>nd</sup> – 8<sup>th</sup> of all abilities. All players receive a shirt and loads of fun. Players will be divided up by gender in the two older divisions and our 2<sup>nd</sup>-3<sup>rd</sup> grade league will be co-ed and play on 8' hoops. The league will be divided by Grades 2<sup>nd</sup> & 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>, and 6<sup>th</sup> -8<sup>th</sup>. Teams will have weekly practices and games will be played on Saturday mornings at the Recreation Center.

Divisions are subject to change based on registration numbers.

### Coaches are Needed!!!

**Games:** Jan 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Ages:** 2<sup>nd</sup> – 8<sup>th</sup> Grades Boys & Girls

**Fee:** \$30.00



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

### Adult Kickball League

Back for its second season off its wildly successful inaugural season. Games are played at the Rec. with OSPR special rules which make for a fun and interesting game. Teams on 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 6<sup>th</sup> – March 27<sup>th</sup>

**Fee:** \$50.00 per team

### Outdoor Adult Soccer at Maple Ave.

Be on the lookout this winter for our 4<sup>th</sup> 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 will fill up fast. We will start our league in April, so registration will end quickly. Don't delay and register online at [oldsaybrookrec.com](http://oldsaybrookrec.com).

### Semi-Private Dancing Program w/ USA Dance Kids at Fred Astaire

Come learn this important life skill in a small group setting. This intro to dance experience uses concepts of "lead and follow", "rise and fall" and "sight lead". We will focus our small learning environment on Waltz as the signature slow dance and Hustle/Swing during the rhythm portion. Although we use playful techniques, the program allows kids to explore their natural dance/rhythm abilities in a safe space. Students will come away with three full dances at the end and don't be surprised if their sports and math skills improve as well!

**Day:** Saturdays 9:00am, 9:30am

**Grades:** 2<sup>nd</sup> – 4<sup>th</sup>

**Dates:** Jan. 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb. 2<sup>nd</sup> & 9<sup>th</sup>

**Fee:** \$50.00

**Location:** Fred Astaire Dance Studio

**4 kids per class, 30 min classes, 1st come, and 1st served. A max of 3 classes**



# 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 – Jon.walden@usi.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 2/28
- Skills Day Middle of March
- Opening Day 4/27/19

### **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**

- 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 a manager or coach of OSLL.



### 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 26<sup>th</sup>, March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

**Fee:** \$5.00

### 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.

**Tuesdays:** 5:00PM-6:00PM

**Ages:** 6-7

**Dates:** Feb 26<sup>th</sup>, March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

**Fee:** \$5.00

### Minor League Baseball 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.

**Wednesdays:** 5:00PM-6:30PM

**Ages:** 8-9

**Dates:** Feb. 27<sup>th</sup> March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

**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.

**Thursdays:** 5:00PM-6:30PM

**Ages:** 8- 9

**Dates:** Feb 28<sup>th</sup> March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

**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.