

# Old Saybrook Parks & Recreation



## September – December 2020

Visit our website for online registration at

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

Or in person at The Rec. Center

**Registration for all Programs begins on  
Tuesday, August 25<sup>th</sup>**

**Fall Soccer Registration has already begun  
Registration closes on  
Wednesday, August 26<sup>th</sup>**

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## **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 cancellation fees may apply.
- No refund given after program starts. Athletic Leagues with OSPR are considered started once registration ends and jerseys are ordered.
- Medical conditions verified by a physician's letter will be honored and full tuition refunded or a credit will be given for future use.
- Registration Starts at 9:00AM promptly in the office or online
- Office Registration Accepts Cash, Check, or Credit/Debit Cards (MasterCard, Visa, Discover). Online registration is credit/debit cards only.
- Partial scholarships are available for most programs, please speak with the Director or Assistant Director for assistance.



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

## **Office Hours**

**Monday - Thursday**

9:00AM — 4:30PM

**Friday**

9:00AM-4:00PM

**Saturday**

9:00AM-4:00PM

**Sunday (starting 11/1)**

11:00AM-4:00PM

## **Building Hours**

**Monday- Thursday**

7:00AM-8:30PM

**Friday**

7:00AM-4:00PM

**Saturday**

9:00AM-4:00PM

**Sunday (starting 11/1)**

11:00AM-4:00PM

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

## **OFFICE PHONE**

(860)395-3152/3154 (fax)

## **Website**

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

## **ADDRESS**

308 MAIN ST, 06475  
(Recreation Center)

## **COMMISSIONERS**

Susan Esty-Chair  
Steve Pernal – Vice Chair  
Jim Henderson - Secretary  
Bror Ashe  
Star Ruekert  
Nancy Gatta  
Kevin Lane  
Clerk: Christina Antolino

## **Staff**

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

## A Note From Our Staff



I hope you all enjoyed a nice summer and while this summer was certainly different to say the least, I hope you were able to take advantage of the extra family time and find solace in these troubling times.

We would like thank everyone who completed our survey for our 2020 Strategic Plan. We will use this information as we set plans for our department and facilities for generations to enjoy.

This fall we are looking to bring some normality back to our community, but with safety at the forefront. We look to offer as many programs as we can that will keep our community active and healthy. When able to, we will follow our school system to offer programming through cohorts based on last name (A-Lac & Lad-Z). However, in order to achieve this, we will need your help. All of our programs will require you to wear a mask and if you are displaying any symptoms of COVID-19 as outlined by the CDC, we ask that you do not attend any programs. We are One Community, One Team and together we will get through this and be stronger because of it.

Jonathan Paradis  
Assistant Director  
Old Saybrook Parks and Recreation  
Jonathan.Paradis@oldsaybrookct.gov

## 3- 5 Yr Old Programs

### Apple Hour

Each week you will be working with apples to create a different project. Make craft projects, apple sauce, caramel apples and more. A fun way to spend some fall afternoons. Class takes place at the Rec Center and lasts for 5 weeks.

**Saturdays:** 10:00-10:45AM

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

**Ages:** 3-5

**Fee:** \$20.00



### UKSI Soccer League for Pre-K

This program is designed to combine dynamic activity with rapidly developing imagination of preschoolers. Your child will learn some basic foot skills, dribbling, passing, and shooting. Cleats & shin guards are optional. Class takes place outside at the Recreation Center.

**Saturdays:** 9:00-9:45AM

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

**Ages:** 3-4yrs old

**Fee:** \$40.00



### 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 Raeleen St. Pierre and takes place at the Recreation Center. **TWO SESSIONS**

**Thursdays** 4:45PM – 5:30PM **Ages:** 3- 5 **Fee:** \$20.00

**Dates:** Oct. 1st - Oct. 29th & Nov. 5th – Dec. 10th



## Athletic Clubs in Old Saybrook

Old Saybrook Soccer Club  
Contact Person: Mike Gilson  
Phone – 860-604-2891  
Email – lupimojo@yahoo.com



Old Saybrook Westbrook Youth Football & Cheerleading  
Contact Person – Hannah Rascoe  
Email - oswyouthfootball@gmail.com  
Website – www.oswyouthfootball.com



Old Saybrook Little League  
Contact Person – Jon Walden  
Phone - 860-304-9243  
Email – Jonwalden@hotmail.com



Old Saybrook Basketball Club  
Contact Person – Ryan Percival  
Phone – 434-249-0398  
Email – Ryanpercival@comcast.net



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



## Sunset Walking Club

Join Parks and Rec. as a member of our inaugural walking group, the Sunset Club. We will meet at various starting points throughout town and our parks system. We will get some light exercise and great conversation. With the uncertainty of the Covid pandemic, this will be a safe and fun way to socialize and a great way to connect with others in town.

**Tuesday & Thursday:** 6:00-Sunset

**Ages:** 18+

**Dates:** Sept. 8<sup>th</sup> – Oct. 1<sup>st</sup>

**Fee:** FREE

## Community Calendar

The Old Saybrook Chamber of Commerce has a great community events calendar on their website to keep the whole community informed on some wonderful events going on in and around town. Visit their website, [www.oldsaybrookchamber.com](http://www.oldsaybrookchamber.com) to see what's going on! OSPR would also like to thank the Chamber of Commerce and all their members for their continued support of our department and programs, Thank you!!



## **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 seasonal athletic programs. Afterschool opportunities include 1 hour, 5 week programs at The Goodwin Elementary school. Volunteers are also needed for our youth soccer, basketball and t-ball leagues.

If your child is interested in volunteering with OSPR, please contact Jonathan Paradis ([Jonathan.Paradis@oldsaybrookct.gov](mailto:Jonathan.Paradis@oldsaybrookct.gov)). Spaces are limited depending on the programs being offered.

## **Kavanagh Park Tennis Courts Update!!**

We are pleased to announce that our renovation of the tennis courts at Kavanagh Park is completed! With great support from the Town we were able to add new fencing, new posts and nets and a complete resurfacing of the four courts. We hope you enjoy them!



## **We have Lights!!**

If you have driven by our Main St. Park in the evening you may have noticed something new at our pickleball courts... WE HAVE LIGHTS!! We are so happy to now have additional hours and opportunities for programming for our residents. The lights will go on at dusk and off at 8:00pm.



# Miscellaneous

## Important Websites or Phone Numbers

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

## REMINDERS:

- Please help keep all Parks & Beach areas clean.
- The law requires that all dogs must be on a leash and you must clean up after them! Sorry, No Dogs allowed on Beaches or Ball fields

## Thank You

OSPR would like to thank all of the volunteer coaches who helped coach a sport this year. Without all of you, the sports programs that have benefited so many youths would not be possible.

## Recreation Center Special Hours/ Closings

Monday	September 7th	Labor Day	Closed
Wed.	November 25 <sup>th</sup>	Pre - Thanksgiving	Closing at 4:00PM
Thursday	November 26 <sup>th</sup>	Thanksgiving	Closed
Friday	November 27 <sup>th</sup>	Day after Thanksgiving	Closed
Thursday	December 24 <sup>th</sup>	Christmas Eve	Closed
Friday	December 25 <sup>th</sup>	Christmas	Closed
Thursday	December 31 <sup>st</sup>	New Year's Eve	Closing at 4:00PM
Friday	January 1 <sup>st</sup>	New Year's Day	Closed

## Evening Gym Schedule

(when available)

Mondays	High School Pick-up Basketball	5:30-7:00pm
	Adult 18 & over Open Gym	7:00-8:30pm
Tuesdays	Adult Programming	7:00-8:30pm
Wednesday	High School Pick-up Basketball	5:00-6:00pm
	Adult Co-ed Programming	6:00-8:30pm
Thursdays	High School/Women's Open Gym	7:00-8:30pm

\*Full Gym Schedule available at the Recreation Center Office\*

## Be on the lookout for

- **OSPR's 2<sup>nd</sup> annual Adult Dodgeball League starting in Mid-October. Reg. will start in September.**
- **Indoor 1<sup>st</sup> Grade T-Ball Program – Games on Saturdays**
- **Indoor Soccer for K-2<sup>nd</sup>, registration ends in early October.**
- **Basketball registration for grades 2<sup>nd</sup>-8<sup>th</sup> in November.**

Saybrook Point



Miniature Golf

Saybrook Point Mini Golf will be open this fall!!

**Hours of Operation after Labor Day  
Weekends only through Columbus Day**

Friday 5:00pm - 10:00pm

Saturday 11:00am – 10:00pm

Sunday 11:00am – 8:00pm

\$5 per round (cash or Credit)

Refreshments

**Putt A Round, Down By The Sound**



**For up to date information on programs and events,  
be sure to follow us on...**



**OLD SAYBROOK**  
**OSPR**  
**PARKS AND RECREATION**

308 Main St.  
Old Saybrook, CT, 06475

860-395-3152  
860-395-3154 (F)  
[www.oldsaybrookrec.com](http://www.oldsaybrookrec.com)

*"Bringing our Community together through excellence in our  
beaches, parks, fields, facilities and programs."*



## 3- 5 Yr Old Programs

### Intro to Karate

Sensei Darryl Baleshiski of New England Rendokan will be teaching intro to karate classes of traditional Okinawan Shorin-Ryu Karate and Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem.



**Mon & Wed** 3:30—4:30PM

**Ages:** 3– 5

**Dates:** Nov. 2<sup>nd</sup> – Dec. 14<sup>th</sup>

**Fee:** \$15.00

### Lil' Builders

Each week your 3 – 5 yr old will explore different building materials. We will create cities of Lego's, build castles and igloos, K'nex cars and more. Class takes place at the Recreation Center for 5 weeks.



**Saturdays:** 9:00-9:45AM

**Ages:** 3– 5

**Dates:** Nov. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, Dec. 5<sup>th</sup>, 12<sup>th</sup>

**Fee:** \$40.00

### Fall Time Crafts

Join us in this new program dedicated to the Fall and unique fall crafts. Each week your child will create a new project to decorate your home with. A fun way to spend some fall afternoons. Class takes place at the Rec Center.



**Saturdays:** 10:00AM – 10:45AM

**Ages:** 3-5

**Dates:** Nov. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, Dec. 5<sup>th</sup>, 12<sup>th</sup>

**Fee:** \$20.00

## Kavanagh Park and the Splash Pad

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

For splash pad hours, please visit our website.



# K – 4<sup>th</sup> Grade Programs

## 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 Erin Reid OSHS Varsity Girls Tennis Coach



**Thursdays:** 4:15 – 5:00pm

**Grades** 1<sup>st</sup> – 4<sup>th</sup>

**Dates:** Sept. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Oct. 1<sup>st</sup>

**Fee:** \$25.00

## Dancing Class

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



Raeleen St. Pierre. **TWO SESSIONS**

**Thursdays** 3:45PM – 4:30PM **Grades:** K- 4 **Fee:** \$20.00

**Dates:** Oct. 1<sup>st</sup> - Oct. 29<sup>th</sup> & Nov. 5<sup>th</sup> – Dec. 10<sup>th</sup>

## Intro to Karate

Sensei Darryl Baleshiski of New England Rendokan teaches Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly instead of concerning themselves with a "must-win" feeling. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.



**Mon & Wed:** 4:30—5:30PM

**Ages:** K – 3<sup>rd</sup>

**Dates:** Nov. 2<sup>nd</sup> - Dec. 14<sup>th</sup>

**Fee:** \$15.00

## Basketball Skill Builder for grades 2<sup>nd</sup> & 3<sup>rd</sup>

Children in 2<sup>nd</sup> & 3<sup>rd</sup> grade who wish to play in the Park & Rec Basketball league this is the class for you. Learn dribbling, shooting, passing, and many rules, so you will be prepared for what the league is like. Class meets for 4 weeks at The Rec Center. Two Sessions

**Saturdays:** 9:00-9:45am or 10:00-10:45am

**Ages:** 2<sup>nd</sup> & 3<sup>rd</sup>

**Dates:** Nov 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> Dec 5<sup>th</sup>

**Fee:** \$20.00

**If your child is enrolled in an afterschool program at Goodwin, please notify the office or your child's teacher that they will be attending an OSPR program that day afterschool. Classes at Goodwin Elementary School will meet in the cafeteria by James and the Giant Peach. Pick up will be in the lobby or at the red benches near the front entrance of the school.**



# Fall Holiday Programs

## Scarecrow Making Workshop

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



**Saturday: Oct 3<sup>rd</sup>**

**Time: 11:00—12:00 PM**

**Town Green Gazebo**

**Fee: \$5.00 per Scarecrow**

## Pumpkin Decorating Workshop

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



**Saturday: Oct 17<sup>th</sup>**

**Time: 11:00—12:00 PM**

**Town Green Gazebo**

**Fee: \$5.00 per Pumpkin**

## Halloween Monster Hunt at Great Cedars

Help us find the 10 friendly monsters hiding in our park. You will need a camera to capture each monster. Costumes are encouraged!! There will be a starting time every 5 minutes, please email [Jonathan.Paradis@oldsaybrookct.gov](mailto:Jonathan.Paradis@oldsaybrookct.gov) to secure your time.



**Date: Saturday, October 24<sup>th</sup>**

**Time: 10:00-12:00pm**

**Parking: Ingham Hill Road**

**Fee: \$5.00 per family**

## Trunk or Treat Party and Parade

New this year, we are looking for people to decorate the trunks of their vehicles in a spooky way to celebrate Halloween. We will then have families parade around the vehicles showing off their cool costumes while checking out the spooky trunks. Cars and participants must register for this event as each waiver will have max participation numbers. We will have two sessions one at 5pm and one at 6pm.



**Friday: October 23<sup>rd</sup>** (rain date 24<sup>th</sup>)

**Time: 5:00-7:00pm**

**Location: Town Green**

**Ages: Families w/ Pre-K to Grade 4**

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

**DUNKIN'**

## 5<sup>th</sup> – 8<sup>th</sup> Grade Programs

### Homerun Derby at MacMurray

Come to the Rec afterschool to try and drop bombs over the fence. We will keep score for all HR's as well as defensive stops in the field. This friendly competition will have your child spread out in the outfield and one batter with no base running.

**Mondays:** 2:45—3:45 PM

**Dates:** Sept 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct. 5<sup>th</sup> 19<sup>th</sup>

**Grades:** 5<sup>th</sup> - 8<sup>th</sup>

**Fee:** \$20.00

### Kickball at MacMurray

There is nothing like an afternoon playing this classic game with your friends. We will make new teams each week and play as many innings as we can in one hour.

**Tuesdays:** 2:45—3:45 PM

**Dates:** Sept. 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct. 6<sup>th</sup>, 13<sup>th</sup>

**Grades:** 5<sup>th</sup> - 8<sup>th</sup>

**Fee:** \$20.00

### Mini Golf Club at Saybrook Point

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

**Tuesdays:** 3:00-4:00pm

**Dates:** Sept. 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct. 6<sup>th</sup>, 13<sup>th</sup>

**Grades:** 5<sup>th</sup>-8<sup>th</sup>

**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 Eric Reid, OSHS Varsity Girls Tennis Coach

**Thursdays:** 3:00pm – 4:00pm

**Dates:** Sept. 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Oct. 1<sup>st</sup>, 8<sup>th</sup>

**Grades:** 5<sup>th</sup> -8<sup>th</sup>

**Fee:** \$25.00



### Crabbing at North Cove

Enjoy Friday afternoons at the dock crabbing the old school way with a line, some bait and a net. We will enjoy the last few weeks of warm weather learning about the regulations of crabbing and other wildlife in North Cove and the Lower CT River watershed. **Masks Required**

**Fridays:** 2:45—4:00 PM

**Dates:** Sept. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

**Grades:** 5<sup>th</sup>-8<sup>th</sup>

**Fee:** \$25.00



## A message from OS Youth & Family Services



For news on upcoming social/emotional and positive youth development groups, please sign up for OSYFS newsletter at [www.osyfs.org](http://www.osyfs.org)

# Pickleball

## **Pickle Ball for Adults**

We are offering at the Rec. the exciting game of pickle ball. Pickle ball is very similar to tennis, except it is played on a smaller court w/ a paddle & plastic ball. Only 24 spaces are available.

**Mon. & Thurs:** 9:30-11:30AM      **Ages:** 30+      **Fee:** \$20.00

**Outdoor Dates:** Aug. 31<sup>st</sup> – Oct. 22<sup>nd</sup>

**Indoor Dates: Wed & Fri** - Oct 26<sup>th</sup> - Dec 21<sup>st</sup> \*No Class on 11/26\*

## **Saturdays at the Main St. Courts**

**Ages:** 18+      **Fee:** \$20.00

**Time:** 9:30-11:30am      **Dates:** Aug. 29<sup>th</sup> – Oct. 24<sup>th</sup>

## **Tuesday Night Indoor Pickleball**

This indoor program will take place at the Rec. Center. Nets, balls and wooden paddles can be provided, you may bring your own paddle and water. Only 24 spaces available.

**Tuesdays:** 7:00-9:00pm      **Ages:** 18+

**Dates:** Sept. 8<sup>th</sup> – Dec 22<sup>nd</sup>      **Fee:** \$20.00

## **Instructional Pickleball Lessons**

This program will teach some more **advanced techniques and strategies** of the game. This is a program for anyone who has yet to master the sport! Class is taught by USAPA Ambassador, Pro and referee, Kathy Reidy. We have two sessions this fall. Both will take place at the Main St. Park.

**Tuesdays:** 5:00-6:00pm      **Dates:** Sept 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Oct. 6<sup>th</sup>

**Sundays:** 9:00-10:00AM      **Dates:** Sept. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>

**Ages:** 18+      **Fee:** \$40.00

# Nature Talks

OSPR proudly introduces this New & Exciting Ongoing Monthly Series called, **The Wild Side of Connecticut**. Join Patricia Laudano, Master Wildlife Conservationist for CTDEEP, as she delves into this informative series with Artifacts, Specimens, Handouts, PowerPoint and Q&A's time.

## ***Wildlife & Connecticut's Changing Landscape – Tuesday, October 13***

We will go back in time to the first settlers' impression of Connecticut in the early 1600s, and travel to the present exploring the many changes that took place to the land, its effects on Wildlife, and see some of CTDEEP Wildlife Management Projects that have evolved to ensure an abundance of Wildlife for generations to come.

## ***Connecticut's Whitetailed Deer – Tuesday, November 10***

Come learn about the Natural History and Management of this beautiful and valuable resource to the Connecticut environment while obtaining how to live compatibly with this impressive animal.

## ***Eastern Coyotes in Connecticut – Tuesday, December 8***

This highly intelligent and social opportunist predator is one to be reckoned with. We will go over safety tips on preventing conflicts to coexist with Coyotes and look at their Natural History.

**2<sup>nd</sup> Tuesday of Month:** 4:00-5:00 PM

**Dates:** 10/13, 11/10, 12/8

**Ages:** All

**Fee:** \$5.00

# Fall Outdoor Programming

## The Natural Side

OSPR is happy to offer a full lineup of outdoor family fun this fall, with *The Natural Side!* With nature walks, hikes and water fun!! Each of these events will get the family learning and being active outdoors! Interpretive guided programs will be led by Patricia Laudano, Naturalist Field Researcher and Educator. Her programs will last roughly 1 ½ hours and members of the Old Saybrook Land Trust, will lead our Fall Hikes.

### Ecology Explores Club

This hands on, two session outdoor class will let you explore what lives in our beach areas and then compare it to what is living in our fresh water lakes. Nets will be used for bin identification. Dress accordingly; as we will be going into the water that is knee and thigh high. Each participant will get their own exploration kit, including net, bin & magnifying lens.

**Date:** Sundays, Sept. 27<sup>th</sup> & Oct. 4<sup>th</sup>

**Parking:** Multiple Location

**Time:** 1:30PM

**Fee:** \$40.00

### Guided Paddle Exploration of our Salt Marshes

A guided leisurely paddle to explore the natural beauty found in the Salt Marsh Habitats of Back River and Plum Bank Marsh Wildlife Area. **Please arrive at Harvey's Beach by 12:45.** BYO: Kayak, PFD, Water, Sunscreen, Insect Repellent, Binoculars. (Masks / Social Distancing will apply)

10 Kayaks maximum. **Rain date: Sunday 20<sup>th</sup>**

**Date:** Saturday, Sept. 19<sup>th</sup>

**Parking:** Harvey's Beach

**Time:** 1:00PM

**Fee:** \$10.00

### Halloween Full Moon Hike in The Preserve

Join us for a walk through The Preserve. We will explore interesting natural features throughout the property. Please dress accordingly and bring water and a small snack.

**Date:** Friday, Oct 30<sup>th</sup> \*rain date 11/1\*

**Parking:** TBD.

**Time:** 6:00-7:30pm

**Fee:** FREE

### Hike at Great Cedars West

Join us for a 2 hour hike through the trail system. We will explore interesting natural features throughout the property. This hike will be lead by Chris Cryder. Please dress accordingly and bring water and a small snack. Rain date = Sunday, the 22<sup>nd</sup>

**Date:** Saturday, November 21<sup>st</sup>

**Parking:** Ingham Hill Rd, OS

**Time:** 9:00am

**Fee:** FREE



# Hiking Trails in Old Saybrook

## **Clark Community Park (Town Park)**

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

## **Great Cedars West**

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

## **Great Cedars East**

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

## **The Preserve**

241 Ingham Hill Rd  
1,000 acres of preserved coastal forest  
Interim trails are blazed: red, yellow, blue and green. Limited Parking on Ingham Hill Rd in Old Saybrook. Large parking lot at 1278 Essex Rd. in Westbrook on Rt 153

## **Turtle Cove**

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





## **Thank you to our sponsors**

As we start another program year, OSPR would like to extend a HUGE thank you to the following community members for their support and contributions to our department this past year. Without your support the following programs could not happen.

### **Athletic Leagues**

2019 Fall Soccer – Central CT Pediatric Dentistry & Orthodontics  
2019 Indoor Soccer – Sharon Linder of BHNEP  
2020 Youth Basketball League – Mike’s Barbershop  
2020 T-Ball and Coach Pitch – The Parthenon Dinner

### **Program Sponsors**

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

### **Special Events**

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

### **Summer Concerts**

#### **Lead Sponsor**

Guilford Savings Bank

#### **Exclusive Show Sponsors**

JM Realty

Middlesex Primary Care

Saybrook Republican Town Committee

Grossman Chevrolet and Nissan

Sharon Linder and Mark Patterson of Berkshire Hathaway

Gladeview Rehabilitation and Health Care Center

Tina Rupp Realtor of William Pitt Sotheby’s

Oliver Asset Advisors

#### **Co-Sponsors**

OS Youth and Family Services

Penny Lane Pub

### **Summer Movie Nights**

#### **Lead Sponsor**

Child And Adult Orthodontics

#### **Exclusive Movie Sponsor**

HR Block – Gladeview Rehab & Health Care Center – Old Saybrook  
Little League



## 5<sup>th</sup> – 8<sup>th</sup> Grade Programs

### Intro to Karate

Sensei Darryl Baleshiski of New England Rendokan teaches traditional Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.



**No Class on Nov. 27<sup>th</sup>**

**Mon & Wed:** 5:30 – 7:00PM

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

**Dates:** Nov. 2<sup>nd</sup> – Dec. 14<sup>th</sup>

**Fee:** \$20.00

### Wiffle Ball

That's right, your favorite backyard game is here at Park & Rec. Learn how to throw the curve, knuckleball, sinker, fastball and more. Each week we will play a game of wiffleball and what a great way to spend some time afterschool.



**Mondays:** 2:45-3:45 PM

**Grades:** 5<sup>th</sup> – 8<sup>th</sup>

**Dates:** Nov. 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Dec. 7<sup>th</sup>

**Fee:** \$20.00

### Pickleball at the Rec.

We will meet at the rec and use our 3 indoor courts. Pickleball is a very fun and easy game to learn. You will be a pro in no time. We will learn the rules and play the game.

**Tuesdays:** 2:45-3:45PM

**Grades:** 5<sup>th</sup>-8<sup>th</sup>

**Dates:** Nov. 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, Dec. 1<sup>st</sup> & 8<sup>th</sup> **Fee:** \$20.00

### Kickball

Your Child can enjoy the great game of kickball in this fun & lively class. A great way to get that energy out afterschool. Class takes place at the Rec.

**Wednesdays:** 2:45-3:45PM

**Grades:** 5<sup>th</sup>-8<sup>th</sup>

**Dates:** Nov. 11<sup>th</sup>, 18<sup>th</sup> Dec. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> **Fee:** \$20.00

### Arts N Crafts

Meeting in the back classroom at The Rec, each week they will leave with a great new project to show the whole family. We will have fun with friends while completing fun projects.

**Thursdays:** 2:45-3:45PM

**Grades:** 5<sup>th</sup>-8<sup>th</sup>

**Dates:** Nov. 12<sup>th</sup>, 19<sup>th</sup> Dec. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> **Fee:** \$25.00

# Teen Center

## **5<sup>th</sup> Grade Teen Center Membership (Starting October 9<sup>th</sup>)**

Your 5<sup>th</sup> Grader has the opportunity to enjoy all the teen center has to offer each Friday from 2:45—4:00PM. Try playing the XBOX, shoot some pool, play some basketball, get a snack or just hang with friends. Teen center is fully supervised and children must sign-in and have proper paperwork filled out. Parents please note this program ends at 4:00PM and your child must be picked up on time!

**Fridays Only** 2:45—4:00PM Grades 5<sup>th</sup> Only!!

**Membership: \$5.00** for the WHOLE YEAR!!

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

**1<sup>st</sup> Friday is October 9<sup>th</sup>**

## **6<sup>th</sup>—8<sup>th</sup> Grade Teen Center Full Membership**

Enjoy "The Rec" after school hanging out with all your friends! Stay active playing basketball, soccer, flag football and dodgeball games in our gymnasium. Play billiards on our pool table and ping pong in the Teen Center. Relax with games on our XBOX and PS3! Plus, we always have all the latest movies to watch on our big screen T.V.

**Grades:** 6<sup>th</sup>—8<sup>th</sup> Only **Friday Nights:** 7:00-9:30pm (Starting on Oct. 9<sup>th</sup>)

**Monday—Thursday:** 2:45—5:30PM – Alphabetical Cohorts for SEPT

**Membership:** \$20.00 for the WHOLE YEAR (Sept. – Aug.)

**Membership required for after school times. Limited Daily spaces**

**Paperwork needs to be filled out to attend!!!**

**\*After school Teen Center Begins Tuesday, September 1<sup>st</sup>**

## **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 such as a Flag Football League, Dodgeball Tournament and Annual Halloween Party. **Teens sign-in when they arrive and are not allowed to leave unless a parent/guardian picks them up or provides permission for them to leave.** Members are free on Fridays nights. Non-Members pay \$5.00 Each Friday. Memberships are encouraged and cost \$20.00 per school year. \$20.00 Membership covers Friday nights and Monday—Thursday for School Year.

## **Friday Nights Begins October 9<sup>th</sup>**

**When:** Fridays **Time:** 7:00—9:30PM

**Free for Members**

**Non-Members** \$5.00 Each Friday

**Ages:** 6<sup>th</sup>– 8<sup>th</sup> Grade ONLY!!

# Youth Development Center

**Respect yourself, Respect Others & Respect The Rec**

# Friday Night Teen Center Special Events

Starting on Friday, October 9<sup>th</sup>, the Teen Center is open to all Old Saybrook youth in 6<sup>th</sup>-8<sup>th</sup> 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!

## **Kickball – October 16<sup>th</sup>**

Students will kick off the beginning of Friday nights with an exciting game of kickball! The games will start promptly at 7:30pm.

**Free for Members or \$5.00 at the door**      **Time: 7:00-9:30pm**



## **Teen Center Halloween Parties**

### **5<sup>th</sup> Grade Halloween Party – October 23<sup>rd</sup>**

We will have our annual Halloween Party just for 5<sup>th</sup> Graders. This event will take place directly afterschool and runs from 2:45pm-4:00pm. Students are encouraged to wear costumes as we will be having a costume contest with prizes for most creative, funniest & best overall. In addition, we'll have plenty of Halloween Candy on hand to get everyone in the Halloween mood!

**Free for Members**      **Time: 2:45pm-4:00pm**

### **6<sup>th</sup>-8<sup>th</sup> Teen Center Halloween Party – October 23<sup>rd</sup>**

We're celebrating Halloween early at the Teen Center! Students are encouraged to wear costumes as we will be having a costume contest judged by Teen Center staff! There will be plenty of 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 Dodgeball League- November 6<sup>th</sup>- December 4<sup>th</sup>**

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**

## **Annual Teen Center Ugly Sweater Party – December 11<sup>th</sup>**

On December 11<sup>th</sup>, you will have to dig into your closet to find the ugliest holiday sweater to wear at the Rec for all to see.



# Team Sports

## Fall Youth Soccer

OSPR Youth Fall Soccer program begins September 12<sup>th</sup> and runs through October 24<sup>th</sup>. Soccer is offered to children in Grades K-3<sup>rd</sup>. There will be one practice weekly and one game on Saturdays at 10:30AM, 12:00PM or 1:30PM. The players are divided into Co-Ed groups for: Kindergarten, Grade 1<sup>st</sup>. Shin Guards mandatory for every player and must be supplied by participants. **Grades 2<sup>nd</sup> & 3<sup>rd</sup> will be divided by gender.**



Practices will start the week of Aug 31<sup>st</sup>.

Game Dates: Sept. 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Oct. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

**FEE: \$30.00**

**Registration Deadline August 26<sup>th</sup>**

**Coaches meeting will be Thursday, August 27<sup>th</sup> at 5:30pm**

**\*This League is sponsored by Central CT Pediatric Dentistry & Orthodontics\***



## YOUTH INDOOR SOCCER

Open to children 5 years old through 2<sup>nd</sup> grade, we have two leagues. 5 yrs old and Kindergarten and a 1<sup>st</sup>-2<sup>nd</sup> grade league. Both of our leagues are coed. Shirts for all participants. This 5 week program is intended to teach youngsters the rules of indoor soccer and to gain the skills needed to play the sport. Kindergarten meets on Tuesdays and 1<sup>st</sup>-2<sup>nd</sup> graders on Thursdays at the Recreation Center. Shin guards & sneakers are required!



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

**Coaches are needed!!!**

**5yrs & Kindergarten Dates:** Nov 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Dec. 1<sup>st</sup>, 8<sup>th</sup>

**1<sup>st</sup> & 2<sup>nd</sup> Dates:** Nov. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> Dec. 3<sup>rd</sup>, 10<sup>th</sup>

**Indoor Soccer Registration closes on Friday, October 23<sup>rd</sup>**

OSPR Youth Indoor Soccer League is sponsored by:

Sharon Linder of



BERKSHIRE HATHAWAY  
HomeServices  
New England Properties

## Adult Dodgeball League

The wait is over... Adult Dodgeball is here! Teams of 6 will battle in the gym in this high intensity sport. If you have seen the movie, you'll know what to expect. **ONLY CAPTIANs NEED TO REGISTER!**

**Day:** Wednesdays 7:30-9:00pm

**Ages:** 18+

**Dates:** 10/14- 12/16 **\*no games on 11/25\*** **Fee:** \$75 per team

# Team Sports

## **Adult Futsal Soccer**

Participants must be 18 years of age or older. This will be a pick up style program, with new teams made new each night. There will be round robin action, with teams of 4 rotating two games on, one game off.

**Sundays:** 6:30-8:00pm

**Ages:** 25+

**Fee:** \$25.00

**Dates:** Nov. 29<sup>th</sup> – Feb. 28<sup>th</sup>

**Location:** Rec Center Gym



**Participants will NEED to register online or at the Rec and have their own file within their household account at [OldSaybrookRec.com](http://OldSaybrookRec.com)**

## **1<sup>st</sup> Grade Tee-Ball**

OSPR Tee-Ball program is designed to teach skills, encourage team work, provide fun, and to build self-esteem. Tee ball is a fundamental step to playing baseball and softball. Participants will have one practice per week and play games on Saturdays.

**Saturdays:** 10:00 or 11:15AM

**Grades:** 5 yr olds - K

**Dates:** Nov. 14<sup>th</sup> – Dec. 19<sup>th</sup>

**Fee:** \$30.00



**Our league is sponsored by:**



**Registration deadline is Tuesday, October 27<sup>th</sup>.**

Coaches meeting will be Thursday, Oct. 29<sup>th</sup> at 5:30pm at the Rec.

## **YOUTH BASKETBALL**

Program begins in Jan. with practices and games that run for (7) weeks. This basketball program is open to boys & girls in grades 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. Our 2<sup>nd</sup>-3<sup>rd</sup> grade league will 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 Saturdays at The Rec.



**Leagues:**

**Grades 2<sup>nd</sup> & 3<sup>rd</sup> – Games on Friday or Saturday**  
**4<sup>th</sup> & 5<sup>th</sup> Grade Boys and Girls – Games on Saturday**  
**6<sup>th</sup>-8<sup>th</sup> Grade Boys and Girls – Games on Saturday**

Divisions are subject to change based on registration numbers.

**Coaches are Needed!!!**

**Games:** Jan 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Feb. 1<sup>st</sup>, 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>

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

**Fee:** \$30.00

**OSPR Rec. Basketball League is sponsored by:**



## Adults

### Pick up Soccer Saturday Mornings

Head to Ferry Rd. Ball Field on Saturday mornings for a great start to the weekend. Teams will be made on the fly based on arrival time. We will play short quick games to rotate everyone in.

**Days:** Saturdays 9/5 - 11/21

**Time:** 8-9:00AM



### Open Level Modern Dance Workshop

Freeing, flowing, spacious and strong movement will be our focus for this workshop, as will be the joy of dancing, especially together (socially distanced). We will play with some fundamental ingredients of Contemporary Modern dance. Variations of phrases will be provided to engage dancers.

**Thursdays** – 5:30-6:30PM

**Ages:** 18+

**Dates:** Sept. 10<sup>th</sup> & 17<sup>th</sup>

**Fee:** \$15.00

### Modern Dance in the Park – Intermediate/Advanced Class

Join us outside to spread the empowering magic of dance (socially distanced) on the beautiful Town Green! This class offers a thorough, structured warmup followed by longer phrases focusing on buoyancy, expansiveness and the joy of dancing. Prior modern/ballet training required.

**Saturdays** – 11:00-12:15PM

**Ages:** 18+

**Dates:** Sept. 12<sup>th</sup>, 26<sup>th</sup> Oct. 3<sup>rd</sup> 17<sup>th</sup>

**Fee:** \$30.00

### Virtual Sound Steppers via Zoom

Sound Steppers is keeping square dancing alive through this COVID period. Our four week workshop will help you learn the 20 easiest square dance calls, including do-si-do and left allemande, from the comfort of your home via Zoom meetings on your computer. Let's have some fun!

**Wednesdays:** 7:00-7:45PM

**Ages:** 18+

**Dates:** Sept. 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Oct. 7<sup>th</sup>

**Fee:** \$10.00

### Self Defense Class w/ NE Rendokan

NE Rendokan teaches traditional Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem. **Class will not meet on**

**11/27**

**Mon & Wed:** 5:30 – 7:00PM

**Ages:** 9<sup>th</sup> grade and up

**Dates:** Nov. 2<sup>nd</sup> – Dec. 14<sup>th</sup>

**Fee:** \$15.00

# Adults

## Virtual Gentle Yoga

A Unique class designed to truly introduce you to your body and all the amazing movements it is capable of. Explore your flexibility to both beginners and experienced. Class lasts for 6 weeks and takes place on Monday's and Thursdays via ZOOM

**Session 1 Dates:** Sept. 24<sup>th</sup> – Oct. 26<sup>th</sup>

**Session 2 Dates:** Oct. 29<sup>th</sup> – Nov. 30<sup>th</sup>

**Session 3 Dates:** Dec. 3<sup>rd</sup> – Jan. 11<sup>th</sup>

**Class Times:** 10:00-11:00AM

**Fee:** \$40.00 Resident \$50.00 Non-resident



## Mixed Level Yoga

Unwind your day with this hatha/vinyasa evening practice. We will balance breath-work with gentle stretching, inspiring movement flow sequences and strengthening held poses. Our practice will culminate in a deep relaxation designed to nourish a restful night. All levels of experience will be supported with modifications for intensifying or easing postures. This program will take place at The Rec Center behind Town Hall.

**Wednesdays:** 6:00pm-7:00PM

**Ages:** 16 and over

**Dates:** Sept 16<sup>th</sup> – Dec 9<sup>th</sup>.

**Fee:** \$65.00/\$75.00

## Pick-up Basketball Times

Pick up style basketball, teams made on the spot. Win two games in a row, sit the next. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.

**Mondays:** 18 & Over

**Time:** 7:00-8:30PM

**Thursdays:** Women's Night

## Co-Ed Adult Pick-up Volleyball Times

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

**Day:** Wednesdays until 10/7

**Time:** 7:00-8:30PM

## Adult Golf Lessons @ Fenwick

Know it all or need help improving your game, OSPR is proud to work with Fenwick Golf course to offer golf lessons at the Ryder Cup Course. These lessons will cover 130 yards and down, irons and approaches, putting and how to improve your swing. Instructed by Jackie Beck, PGA golf professional at New Cannon Country Club.

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

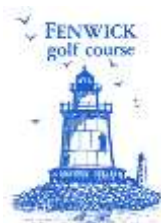
**Dates:** Sept 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct. 5<sup>th</sup>

**Saturdays:** 9:30-11:00AM

**Dates:** Sept 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Oct. 3<sup>rd</sup>

**Ages:** 18+

**Fee:** \$100 Res. \$125 Non Res.



# Winter Holiday Programs



## Tree Ornament Class

Your child will make an ornament that can go on your Christmas tree. A great way to have a keepsake to remember the younger years. Class takes place at the Rec. Center.

**Times:** 1:00-1:45PM

**Ages:** 3 – 5 year olds

**Dates:** Saturday, Dec 5<sup>th</sup>

**Fee:** \$10.00

## Cookie Decorating Class

We are going to supply the cookies, frosting and all the fixins' all you have to do is provide the smiles & creativity. Class takes place at the Rec. Center. All the cookies for this program are donated by Pursuit of Pastry!! **Masks are required**



**Dates:** Saturday, Dec.12<sup>th</sup>

**Fee:** \$10.00

**Session 1** – 1:00-1:45PM **Session 2** - 2:15 – 3:00PM

## Letters to Santa

OSPR has a special deal with Santa. We will accept the names of children and send their information to the North Pole for Santa to see. Santa will then take time out of his busy schedule to sit down and write a letter to each name sent to him. Just come down to the Parks & Recreation office and fill out the information sheet and we will take care of the rest.



**Deadline is December 11<sup>th</sup>.**

**Fee:** \$2.00

# School Vacation Day Camps

## Winter Break Vacation Camp

Looking for something fun and exciting for your child to do while school is out? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, and more. Please bring snack and lunch and active clothes. Program is held at the Recreation Center.

**Mon. Tues, Thurs. Fri, Mon, Tues**

**Dates:** Dec. 28<sup>th</sup> – 31<sup>st</sup>

**Ages:** K —5<sup>th</sup> Grade

**Times:** 9:00AM—4:00PM

**Fee:** \$150.00 - Week

## Holiday Teen Center

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

**Dates:** Dec. 28 - 31<sup>st</sup>.

**Grades:** 6<sup>th</sup> - 12<sup>th</sup>

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