

Old Saybrook Parks & Recreation



Winter Activities

January – March
2022

Visit our website at
www.OLDSAYBROOKREC.com

Registration for all programs begin on
Wednesday, December 29th

Youth Basketball Registration closes on 12/27/21

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PROGRAM REGISTRATION, CANCELANATION 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.

Weather Related Cancellations

At times it is necessary for us to cancel programs due to circumstances beyond our control. Every effort is made to notify participants and schedule make-up sessions. We follow the lead of Old Saybrook schools when cancelling activities due to the weather. If school is cancelled, recreation programs are cancelled. If school is delayed by 1 hr, recreation programs beginning before 12PM noon will begin 1Hr after scheduled start time. If school is delayed by 2 hrs, recreation programs beginning before 12PM noon will be cancelled. All other programs will start at scheduled time. If school dismisses early, Recreation programs scheduled for after 12PM are cancelled

OFFICE HOURS

Monday - Friday

9:00AM — 4:00PM

Saturdays

9:00AM-4:00PM

BUILDING HOURS

Monday- Thursday

7:00AM – 8:30PM

Friday

7:00AM – 4:00PM

Saturday

9:00AM - 4:00pm

Sunday (until 4/5)

11:00AM – 4:00PM

OFFICE PHONE

(860) 395-3152/3154 (fax)

ADDRESS

308 MAIN ST.

(Recreation Center)

COMMISSIONERS

Susan Esty - Chair

Jim Henderson

Kevin Lane

Star Rueckert

Nancy Gatta

Bhor Ashe

Jane Wisalowski

Clerk: Christina Antolino

STAFF

Ray Allen – Director

Jonathan Paradis - Asst. Director

Kyle Bohonowicz – Programs & Facility Assistant

Rick Pine- Office Manager

Tony Bielawa—Rec. Center Maintainer

Matt Hoadley—Park Maintainer

Cover Photo

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

Important Websites & Numbers

- Town of Old Saybrook www.Oldsaybrookct.org
- OS Board of Education www.oldsaybrookschools.org
- Old Saybrook Youth & Family Services
http://www.oldsaybrookct.org/pages/oldsaybrookct_youth/index
- Acton Public Library <http://www.actonlibrary.org>
- OS Little League <http://leagueathletics.com/?org=osll.net>
- Old Saybrook Soccer Club <http://ossoccer.org/>
- Old Saybrook Youth Football www.osyouthfootball.com
- CT River Ticks Lacrosse Club <http://tickslacrosse.com/>
- Old Saybrook Basketball Club <http://oldsaybrookbasketball.com>

Recreation Center Special Hours & Closings

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

Winter Program Facilities

<u>Facility</u>	<u>Address</u>
1. The Recreation Center	308 Main St.
2. Goodwin Elementary School	80 Old Boston Post Rd.
3. OS Middle School	60 Sheffield St.
4. OS High School	1100 Boston Post
5. Town Green	302 Main St.
6. The Preserve	231 Ingham Hill Rd.
7. Exchange Pond	Bokum Rd.
8. Maple Ave Ball Field	Maple Avenue
9. Vicki Duffy Pavilion	154 College St.
10. Clark Community Park	170 Schoolhouse Rd.

Membership Cards for The Rec

We're excited to announce that we now have membership cards and contact free sign in and out at The Rec. Center and for our Teen Center Members. These cards are free to all residents who are registered in the appropriate memberships. Each person will receive a wallet sized card and a key chain card. To get a card, you must have an online account at oldsaybrookrec.com. Then simply stop by the Rec. Center to have your picture taken and card assigned.



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 – Fan Nicklous
Phone – 215-760-2004
Email – Fenicklous@gmail.com



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



Connecticut River Ticks Lacrosse Club
League Website – Tickslacrosse.com
League Email – tickslacrosse@gmail.com



Important Athletic Dates in Town

Old Saybrook Little League

- Registration begins 12/1 and Early Bird discount ends on 2/1
- Skills Day Middle of March
- Opening Day 4/23/22

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 2022 season is now open and will close in February

Old Saybrook Soccer Club

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

OSLL Spring Training at OSPR

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



Minor League Spring Training I

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

Tues & Thurs: 5:00PM-5:45PM

Ages: 6-7

Dates: March 1st – 24th

Fee: \$5.00

Minor League Spring Training II

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

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

Ages: 8-9

Dates: March 1st – 24th

Fee: \$5.00

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

T-Ball and Coach Pitch with OSPR & OSLL

Working with OSLL, we want to clarify the question of “where and when do I play OSPR T-ball or OSLL Coach Pitch.” For years, OSPR has handled both, but age and skill were always a question. It left some kids playing up and some kids playing down.

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

If you child is in 1st grade or HAS played a full season of Kindergarten T-Ball as a 5-year-old, they can register for Coach Pitch with OSLL.

Registration for OSLL will open in December while OSPR T-Ball will open in January. Registration for pre-K “T-Ball for Beginners” will open in April.

Summer Employment w/ OSPR

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

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



Volunteer Opportunities through Parks and Rec

Parks and Recreation offers many opportunities for your 7-12 grader to earn volunteer hours throughout the year, via our afterschool programs or our season athletic programs. Afterschool opportunities include 1 hour, 5 week programs afterschool at The Goodwin Elementary school, and volunteers are needed for our youth basketball leagues keeping score. Spaces are limited depending on the programs being offered. If interested, please contact Jonathan Paradis.

April Vacation Camp 1st – 5th Grade

Looking for something fun and exciting for your child to do while school is out? Your child can enjoy 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. A special field trip will be planned. **Space is limited. Sign up early!!**

Dates: Mon. – Fri. April 15th-19th

Ages: K – 5th Grade

Times: 9:00AM – 4:00PM

Fee: \$105.00 for the Week

Teen Center is open Noon – 5:00pm 6th – 8th ONLY

APRIL VACATION
Camp

Winter Fun

February Vacation Camp

Looking for something fun and exciting for your child to do during our mid-winter break? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, bowling and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K—5th graders. Program is held at the Recreation Center. 2/21 is a “snowflake” day and may become a school day.

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

Dates: Feb. 21st, 22nd, 23rd

Ages: K —5th Grade

Times: 9:00AM—4:00PM

Fee: \$90 per wk

HotShots Contest

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.

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

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

Date: Saturday, March 5th

Time: Starts at 10:00AM

Ages: 9 - 15

Fee: FREE



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

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



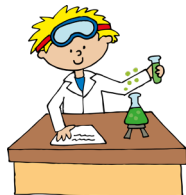
308 Main St.
Old Saybrook, CT, 06475

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

3- 5 Year Old Programs

Silly Science for Jr's

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



Saturdays: 9:30-10:15am

Ages: 3-5

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

Fee: \$20.00

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: 10:30-11:15am

Ages: 3-5

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

Fee: \$20.00

Pre-k Soccer with CAS

This class will be taught by CAS (Community Athletic Solutions). Your child will learn some basic foot skills, dribbling, passing, and shooting. Children must wear shin guards. Class takes place at the Recreation Center and last for 6 weeks.



Saturdays: 9:15- 10:00am or 10:15-11:00am

Ages: 3-5yrs old

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

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 lasts for 5 weeks and takes place at the Recreation Center.

Thursdays: 4:45-5:30pm

Ages: 3-5

Dates: Jan 13th - Feb 10th & March 3rd - 31st

Fee: \$20.00



K – 4th Grade Programs

Extreme LEGOS Club

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

Mondays: 3:15-4:15pm

Grades: 1st – 3rd

Dates: Jan. 10th, 24th, 31st Feb. 7th, 14th

Fee: \$50.00

Chess Club

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

Wednesdays: 3:15- 4:00pm

Grades: 2nd – 4th

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

Fee: \$20.00

Color By Number

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

Thursdays 3:15 – 4:00pm

Grades: K-4

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

Fee: \$20.00

Cooking Kids

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

Fridays: 3:15M – 4:00PM

Grades: 2nd – 4th

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

Fee: \$30.00



Birthday Parties at The Rec.

The Rec. Center is ready and happy to host your child's birthday party this winter. We offer a few packages to use a classroom or Teen Center and the gym, depending on age level, for 90 minutes. A reservation request form can be found on our website, or you can call our offices for more information.



K – 4thGrade Programs

Arts-N-Crafts

Children in grades 1-4th can join us 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: 1st-4th

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

Fee: \$20.00



Softy Hockey

Your K– 2nd grader can enjoy this 5-week program that will teach the basic skills needed to play the sport. Class will feature 20 minutes of skill building and 25 minutes of game play w/ all equipment is provided. Sticks are soft for safety reasons. Players must wear non-marking white soled sneakers.

Tuesday: 3:15 – 4:30pm

Grades: K – 2rd

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

Fee: \$20.00



Peewee Basketball

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

Wednesdays: 3:15-4:00pm

Grades: 1st

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

Fee: \$20.00



Dancing Class at Goodwin

Dance for joy in our afterschool dance party. Warm up, shake it up, and get down to today's hottest jams. Come and enjoy the fun. Wear comfortable clothes, dance shoes or sneakers. Class takes place at the Goodwin.

Thursday: 3:15-4:00PM

Grades: K-4th

Dates: 2/3 to 3/3 or 3/10 to 4/7

Fee: \$20.00



Community Calendar

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



www.OLDSAYBROOKREC.com

5th - 8th Grade Programs

KickBall

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

Mondays: 2:45-3:45pm

Dates: Jan. 10th, 24th 31st, Feb. 7th, 14th

Grades: 5th-8th

Fee: \$20.00



Ultimate Frisbee

This fast-paced sport is played like football except you don't tackle and you use a Frisbee to score touchdowns!! Learn to throw the Frisbee, pass to teammates, and how to score goals. Class takes place at The Rec.

Wednesdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00

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.

Mondays: 2:45-3:45pm

Dates: March 7th, 14th, 21st, 28th April 4th

Ages: 5th – 8th

Fee: \$20.00

Floor Hockey

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

Tuesdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00



Indoor Soccer

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

Wednesdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00



Flag Football

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

Thursdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00

Team Sports / Special Programs

Youth Basketball League

OSPR Youth Basketball program begins in Jan. and runs for (7) weeks. This basketball program is open to boys & girls in grades 2nd – 8th of all abilities. All players receive a shirt and loads of fun. The leagues will be divided by Grades 2nd & 3rd, 4th & 5th, and 6th -8th. Players will be divided up by gender in the two older divisions and our 2nd-3rd grade league will be co-ed and play on 8' hoops. Teams will have weekly practices and games will be played on Saturday mornings at the Recreation Center.

Divisions are subject to change based on registration numbers.

Coaches are Needed!!!

Games: Jan 15th, 22nd, 29th Feb. 5st, 12th, 19th, 26th

Ages: 2nd —8th Grades Boys & Girls

Fee: \$30.00

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



Adult Futsal Soccer

With the cold weather we will bring soccer indoors with pick up Futsal Soccer for adults on Sunday nights at the Rec. Participants must be 18 years of age or older. This will be a pickup 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: Dec. 5th – Feb. 27th **Location:** Rec Center Gym

Adult Kickball League

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

Wednesdays: 7:00 – 9:00pm **Ages:** 18+

Dates: Feb 2nd – March 30th **Fee:** \$50.00 per team

Winter Ice Skating

Ice Skating on Exchange Pond

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



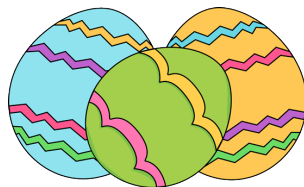
Clark Community Park (Town Park)

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

Special Family Events

Easter Egg Hunt

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



Date: Saturday, April 9th

Fee: FREE

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

5yr - 1st Grades 11:15am

2nd & 3rd Grades 11:30am



Annual Rock Hunt at Town Park

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

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

Date: Friday, April 15th

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 20th.

Date: Saturday, April 23rd

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

Strategic Plan Update

The Old Saybrook Parks and Recreation Commission is proud to share our strategic planning efforts to our community. This plan is a high-level guide for improvements in the coming years to four of our carefully selected locations. Based on community feedback, we have chosen to look at; Clark Community Park, Harvey's Beach, Main St. Park and Saybrook Point. We are excited to leverage this working document into real, usable improvements for our community to enjoy in the coming years. We have begun sourcing funds from state and federal grants, private funding, and the town to begin these improvements. Please see our website, www.oldsaybrookrec.com, for a link to our Strategic Plan document. We will share progress details as they become available. Please contact our department during business hours with comments or questions.

Town of Old Saybrook Parks and Recreation Strategic Plan



OLD SAYBROOK
OSPR
PARKS AND RECREATION

March 2021

2022 – A Community Art Project

How do you winter?

OSPR is inviting you to join a community wide art project to fill The Rec. Center once again with color and creativity. In year two, we are asking you to draw, paint, color, etc. a piece of art that shows what you do during the winter months. All pieces will need to be dropped off at the Rec. Center by Feb. 1st, where they will be hung creating a community wide art collage.

Each piece of art needs to be created on our project templates which can be downloaded for free on our website or picked up at The Rec., Acton Public Library or Old Saybrook Youth and Family Services.

For more information, please visit our website.

Outdoor Programming

Wildlife Walk – Critters in the Mud

The Preserve is a hot spot of reptile and amphibian life. Join Dennis Quinn, professional herpetologist, and soil scientist, on a guided wildlife walk around The Preserve's vernal pools and bog. This trek will combine periods of walking on moderate terrain with many stops to see creatures and their habitats. Hiking boots, water, and insect protection are recommended. Some trails may be wet and muddy. Children 7 and older are welcome. No dogs, please. Meet at 12:45 at the Old Saybrook parking lot across the street from 231 Ingham Hill Road. Leader: Kathy Connolly

Date: Saturday, April 23rd

Parking: TBD.

Time: 1:00-3:00pm

FEE: FREE

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.

Connecticut's Bobcat - Tuesday January 11th

Connecticut's once dwindling Bobcat population has since recovered; come find out why and how while we explore the characteristics, natural history and wildlife management efforts of this elusive top predator in our state.

The American Woodcock - Tuesday February 8th

You will be dazzled when you learn about this most unusual migratory shrubland bird that breeds in our state. You won't want to miss this informative presentation that will go over their unique physiology, characteristics, courtship ritual and regional wildlife management.

Black Bears of Connecticut - Tuesday March 8th

Even from a distance these impressive animals should be respected and not feared. Come learn about their life history, interesting facts, wildlife management and how to be *Bear Aware*.

2nd Tuesday of Month: 4:00-5:00 PM

Fee: \$5.00

Ages: All

Forest Stewardship

If you would like to join a stewardship event at The Preserve we have four events lined up this winter on Saturday afternoon's from 1-3pm. Why winter? The primary activity will be cutting unwanted invasive plants, which are easier to access during the dormant months. Bring clippers or loppers, and wear boots. Gloves that resist thorns are a good idea (leather, for instance). Events will take place when daytime temperatures are forecast to reach 30 degrees with no precipitation on the morning of the event.

Saturdays: 1:00-3:00pm

Ages: 14+

Dates: Dec. 20th, Jan. 8th, Feb 12th and March 12th

Fee: FREE

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:

- **Co-Ed Indoor Soccer Tournament – January 14th & 21st**
- **Kickball – February 25th**
- **Co-Ed 3 on 3 Basketball Tournament – March 18th**

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: \$30.00

Non-Members \$5.00 Each Friday

Teen Center After-School Drop – In

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

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

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

Monday - Thursday: 2:35—5:30PM

Grades: 6th-8th Only

Membership Fee: \$30.00

Friday Afternoons: 2:35 -4:00pm

Grades: 5th Only

Membership Fee: \$10.00

½ Days at the Rec.

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

Use your QR Reader to register online



Adults

Adults Indoor Pickle Ball

On Mon. & Thurs. mornings here at the Rec. center we are offering this exciting game that is taking the country by storm. Pickle ball is very similar to Tennis, except it is played on a smaller court with a paddle and plastic ball.



Mon. & Thurs.: 9:30am – 11:30am

Ages: 18+ and over

Dates Begin: Session 3 Dec. 6th, Session 4 Feb. 2nd, Session 5 March 28th

Fee: \$20.00 Non-Resident \$30.00

Adult Evening Pickleball

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



Tuesdays: 7:15-8:30pm **Ages:** 18+

Fee: \$20.00 Non-Res - \$30.00

Session II Indoor Dates: Dec. 28th – Feb 15th

Session III Indoor Dates: Feb. 22nd to April 12th

Instructional Pickleball Lessons

This class will cover the basics of the sport from grip to swing, rules and game play. This is a program for anyone who has yet to master the sport! Class is taught by USAPA Ambassador, Pro and referee, Kathy Reidy.

Mondays: 5:45-6:45pm

Ages: 18+

Dates: Dec 6th, 13th, 20th, 27th or March 7th, 14th, 21st, 28th **Fee:** \$50.00

Pick-up Basketball Times

Come Down to the 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.



**ADULT
BASKETBALL**

Mondays: 18 & Over

Time: 7:00-8:30pm

Seasonal Watercolors for Adults

These Step-by-Step sessions are for the novice who wants to venture into the Beautiful world of Watercolor. Each session brings a Relaxing instructional progression to understanding the fundamentals of Watercolor through Practice & Creating while Exploring the Beauty of the changing Season. Class meets at The Rec. and with good weather may meet outside.

WinTERIFFIC – Jan. 16th – Feb. 20th

Sprouts of Spring – March 6th - April 10th

Sundays – 9:30-12:00PM **Ages:** 16+

Fee: \$70.00

Adults

Virtual Gentle Yoga w/ Terri Cain

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. This class takes place via Zoom.

Virtual Session 4 Dates: Dec. 13th – Jan. 13th

Virtual Session 5 Dates: Jan 17th – Feb 17th

Virtual Session 6 Dates: Feb 21st – March 24th

Class Times: 10:00-10:45AM

Fee: \$50.00 Resident \$65.00 Non-resident



LYT Yoga® with Thia

The LYT Yoga® method is a core based vinyasa practice to improve our movement in life. The LYT method addresses these imbalances so that our yoga practice can be safer, create better movements patterns by remapping our brain's tendencies, and connect us to our core to make us feel more energetic and alive! Instructions provided for all levels.



Sundays: 9:00-10:00AM

Ages: 16 and over

Dates: Nov. 21st – Jan 23rd or Jan 30th – April 3rd

Fee: \$50.00/\$60.00

Gentle LYT Yoga® with Thia

This 12 week, evening program will have 40 minutes of slow flow followed by 20 minutes of meditation. The LYT Yoga® method addresses these imbalances so that our yoga practice can be safer, create better movements patterns by remapping our brain's tendencies, and connect us to our core to make us feel more energetic and alive! Instructions provided for all levels. Please bring two blocks and a firm yoga blanket.

Tuesdays: 7:00-8:00PM

Ages: 16 and over

Dates: Jan 11th – March 29th

Fee: \$75.00/\$90.00

Fitness w/ Jill Temple

Let's get fit and have fun!! Finish your day strong with this early evening class at the OS Middle School. This class will get your heart pumping and sweating as you wrap up your day. We will be performing all body weight exercises and a little cardio sequence. All you need to bring is a beach towel/yoga mat and water.

Wed & Fri: 5:00-5:45PM

Ages: 18 and over

2 Sessions: 12/10 – 1/28 or 2/2 – 3/16

Fee: \$80.00/\$100.00



Adults

Sound Steppers at Goodwin

For many years, Sound Steppers has been teaching residents all about square dancing. Now, through OSPR, they will be offering some easy line and contra dances as well. This is a fun and easy program that is both social and a moderate physical workout. There is skill progression learning new calls through the weeks. Program meets in Cafeteria.

Wednesdays: 6:30-8:30pm

Dates: Jan 12th – June 8th

Ages: 18+

Fee: \$25.00



Indoor Walking Track

The indoor walking track is available for all Old Saybrook Residents and is 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.

Snowman Building Championship 2022

We are bringing back the Snowman Championship for 2022!! Whether there is snow from Mother Nature, or we have to make it ourselves, we will hold our championship on Saturday, January 29th on the Town Green at 2:00pm. We are opening the field for 2022 and are looking for 16 teams to compete for coveted award of *Best in Snow*. We would like to thank Eric Lintleman and the OS Fire Department for their help with this program. To register, please visit oldsaybrookrec.com.



Highschool Athletics

Highschool LAX Club

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

Tuesdays: 5-6:00pm

Dates: Jan 11th – March 15th

Grades: 9th-12th

Fee: \$20.00

