

# Old Saybrook Parks & Recreation



## Spring & Summer Activities 2022

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

**Registration for all Programs begins on Friday, April 1st**

**T-Ball and Coach Pitch registration ends on April 16<sup>th</sup>**

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## PROGRAM REGISTRATION, CANCELLATION 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 cancelation 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.
- Non-Residents may register for select programs, at a later date and for an increased fee.

**There is a \$10.00 Non-Refundable fee on all cancellation of sport camps**



## OFFICE HOURS

**Mondays, Tuesdays,  
Thursdays**

9:00AM — 4:30PM

**Wednesdays**

9:00AM—4:30PM

**Fridays**

9:00AM-4:00PM

**Saturdays**

9:00AM-4:00PM

**Sundays (until 4/5)**

11:00AM-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

### Recreation Center Special Hours & Closings

Friday	April 15 <sup>th</sup>	Good Friday	Office Closed
Sunday	April 17 <sup>th</sup>	Easter Sunday	Building  Closed
Monday	May 30 <sup>th</sup>	Memorial Day	Building Closed
Monday	July 4 <sup>th</sup>	Fourth of July	Building Closed
Shutdown Week	Aug. 22 <sup>nd</sup> -25 <sup>th</sup>	Offices OPEN	Center CLOSED

**\* Last Sunday open for the season will be Sunday April 2<sup>nd</sup> \***

## 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 & Mike Pace—Park Maintainer

### Increase in Program fees

Friends, as you may or may not know the state minimum wage has been increasing substantially over the course of the last 2 years and as a large employer of seasonal and hourly employees our department has been faced with some budgeting challenges. We do not want to cut services, reduce staffing levels or compromise our programs to close the budgeting gap. Unfortunately, this means we may need to increase the cost of our programs annually to keep up with the rising cost. We hope you will find these increases minimal, however a raise of any degree can be felt. If you have any questions regarding this message or our fees, please contact our offices. - OSPR

## 3- 5 Yr Old Programs

### T-Ball for Beginners

Get Into the swing of spring with this great class. Learn the basics of T-Ball, running the bases, throwing, and hitting off the tee. Class will last for 4 weeks taking place in the gym at the Rec. Center. Choose one class only!!!

**Age:** 3-4

**Fee:** \$20.00

**Saturdays:** 3 Classes

**Dates:** 4/30, May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

**Times:** 9:15-10:00am, 10:15-11:00am & 11:15-12:00pm



### Pre-School Soccer w/ CAS

This class will be taught by Community Athletic Solutions (CAS). 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 lasts for 6 weeks.

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

**Ages:** 3-5yrs old

**Dates:** July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Aug. 6<sup>th</sup>

**Fee:** \$40.00



## K – 4<sup>th</sup> Grade Programs

### Silly Scientist

In this program your child can create some cool “science” projects. Make Slime, Jewel Crystals, Worms, and more. Classes take place at the Goodwin School. Class will meet for 5 weeks after school at Goodwin

**Mondays:** 3:15– 4:00PM

**Grades** 2<sup>nd</sup> —4<sup>th</sup> Grade

**Dates:** April 25<sup>th</sup> May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Fee:** \$50.00



### Flag Football

Students are invited to learn the basics of flag football in a co-ed, noncontact setting. Program meets at Goodwin. Dress appropriately for outside play

**Tuesdays:** 3:15 – 4:00PM

**Grades:** 3<sup>rd</sup> & 4<sup>th</sup> Grade

**Dates:** April 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$20.00



### Kick Ball Club

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 after school at Goodwin Elementary.

**Wednesdays:** 3:15 –4:00PM

**Grades:** K – 2<sup>nd</sup> Grade

**Dates:** April 27<sup>th</sup>, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

**Fee:** \$20.00

### Afterschool Soccer

Join us for a fun afternoon of soccer. Each class we will break into small teams and play some games outside. Class takes place at Goodwin Elementary.

**Thursdays:** 3:15-4:15PM

**Grades:** K-2<sup>nd</sup>

**Dates:** April 28<sup>th</sup>, May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Fee:** \$20.00

# Summer Concert Series



<u>Date</u>	<u>Performer, Genre</u>	<u>Sponsor</u>
June 15 <sup>th</sup>	Timmy Mia, Modern R&B	Oliver Asset Advisors
June 17 <sup>th</sup>	Kathy Thompson, Modern Country	OS Lions & OSPR
June 22 <sup>nd</sup>	Dan Stevens, Blues	TJ's Pizza & OSPR
June 29 <sup>th</sup>	Cold Chocolate, Folk Rock	
July 1 <sup>st</sup>	Caribbean Vibes, Steel Drum	OS Republicans
July 6 <sup>th</sup>	US Coast Guard Band	OS Lions & OSPR
July 13 <sup>th</sup>	The Meadows Brothers, Folk Rock	JM Realty
July 15 <sup>th</sup>	Acoustic Marshpit, Cover Band	Sharon Linder of BHNEP
July 20 <sup>th</sup>	Jukebox 45	
July 27 <sup>th</sup>	Cody Bondra and The Contraband, Country	Vea Health Consulting
July 29 <sup>th</sup>	Mix It Up	ServiceMaster of OS
Aug. 3 <sup>rd</sup>	Gracie Day, County Folk	Tina Rupp of William Pitt Sotheby's
Aug. 10 <sup>th</sup>	American Honey, Country Covers	
Aug. 12 <sup>th</sup>	Southern Voice, Cover Band	
Aug. 17 <sup>th</sup>	Long Island Sound, Big Band	Middlesex Health
Aug. 24 <sup>th</sup>	The Larry Bonin Band	Penny Lane Pub & OSPR



**Wednesdays 6:30pm - 8:00pm on the Town Green**  
**Bring a blanket or a chair and a picnic basket and enjoy an evening of great music**  
**Shows in Red are on Friday Nights at Harvey's Beach and start at 7:00pm**

# Outdoor Summer Facilities

## **Saybrook Point Mini Golf**

155 College St  
Old Saybrook, CT, 06475  
Phone 860-388-2407

## **Saybrook Point**



## **Miniature Golf**

**\$7.00 per Round / Call for group rates of 10 or more**  
**Schedule**

**Spring Hours – May 3rd - May 21<sup>st</sup>**

Friday: 4:30pm - 10:00pm

Saturday 11:00am – 10:00pm

Sunday: 11:00am - 8:00pm

**Summer Hours – Memorial Day Weekend – June 12th**

Sunday- Thursday 11:00AM-8:00PM

Friday & Saturday 11:AM-10:00PM

**Summer Hours June 13<sup>th</sup> – Labor Day**

Monday – Sunday 11:00aAM – 10:00PM

- Birthday party rates available Mon—Fri. before 4:30PM
- Senior Day (60-over)—Wednesdays 11:00AM—4:30PM Cost is \$5.00
- Kids Day (12 yrs old & younger) Monday 11:00AM-4:30PM Cost is \$5.00
- Ice cream, Chips, soda & water available for purchase
- All Hours Weather Permitting

## **Splash Pad at Kavanagh Park**

The splash pad is designed for Old Saybrook toddlers to third graders with adult supervision. The 6 different elements operate on a timer that controls when each goes on and shuts off in a 4 minute cycle. Water can be turned on by the black pad that is located on top of the red post at the front right corner of the play pad. The Splash pad will be open on weekends in June until daily operations begin Memorial Day weekend, weather permitting or as Posted  
**Check our website for this seasons hours of operation.**

## **OSPR Beaches**

### **Town Beach**

Located on Plum Bank Rd. provides swimming and beach activities on Long Island Sound. Restrooms, Food services and Lifeguards are provided from Memorial Day through Labor Day, weather permitting. Required Resident parking passes are available at the Park & recreation Office beginning in April and must be displayed on car at all times to park at Town Beach.



### **Harvey's Beach**

Harvey's Beach welcomes the public and provides access to Old Saybrook's waterfront. Located on Great Hammock Rd. and Long Island Sound, it provides changing rooms, restrooms, playground and lifeguards. Resident parking passes are accepted, or a daily admission fee is required. It is open Memorial Day through Labor Day, weather permitting.

### **Lifeguard and Bathhouse Hours**

Harvey' Beach - Every day - 8:00AM-5:00PM

Town Beach - Every day – 9:00AM-5:00PM

# RECREATION PARKING PASS POLICY

## RECREATION PARKING PASS POLICY

The Parks & Recreation Commission issues Recreation Parking Passes to residents and property owners for parking privileges at town facilities under the jurisdiction of the Commission. Listed are regulations relative to the issuance of these passes.

## APPLICATION PROCEDURES

Recreation Parking Passes may be obtained in person at the Parks & Recreation Office (entrance on Sheffield St.) backside of the Town Hall. Provide current driver's license displaying Old Saybrook Address. If driver's license does not include Old Saybrook address, a suitable proof of residency such as tax bills or utility bills must be presented. Office will then check address and name against current Old Saybrook Grand List.

Note: Registered motorbikes & Golf Carts require a Rec. Parking Pass.

## BUY YOUR PASSES EARLY ONLINE

**When ordering passes online, please be aware it may take up to two(2) weeks for pass to arrive. *You cannot cancel order and pick up pass at OSPR.***

**Passes MUST BE affixed to driver's side of windshield.**

## PERMANENT RESIDENT PASSES

A maximum of two (2) Recreation Passes may be issued to each household. A fee of \$20.00 will be charged for the first pass and \$30.00 for the second pass. Veterans and Seniors (62 years+) pay \$10.00 for the first and \$20.00 for the second pass. A \$50.00 fee applies for lost or Stolen Passes. Recreation Parking Passes are valid for one (1) summer season at Town Beach and Harvey's Beach. **Passes are not transferable!**

## RENTERS PASSES

**Permanent Renter** = Rents year round **Seasonal Renter** = Person who rents a dwelling for 5 or more weeks **Part -Time Renter** = Person who rents for 1 to 4 weeks

**Permanent Renters** may apply for (1) Recreation Parking pass. Must have proper proof of residency .I.E proper driver's license, any bills proving residency (tax, utility etc.)

**Seasonal Renters** (5 or more weeks) may NOT apply for a recreational parking pass

**Part-Time Renter** pass will be valid for a two (2) week period. A fee of \$20.00 for the two (2) weeks will be charged. Two (2) two weeks period maximum: **Pass honored at Harvey's Beach only!** The renter's car registration is required along with rental verification (lease, agreement, etc.). Must be provided to be granted pass

## COMMERCIAL PROPERTY OWNER PASS

Business owners who **own the commercial property** where the business is located may apply for one (1) Recreation Parking Pass. Pass is honored at Town Beach and Harvey's Beach. **MUST PROVIDE VERIFICATION OF BUSINESS OWNERSHIP.**

## DOCKOMINIUM OWNERS

Owners of a dockominium in Old Saybrook may apply for one (1) Recreation Parking Pass. Pass is honored at Town Beach and Harvey's Beach. **MUST PROVIDE PROPER VERIFICATION OF OWNERSHIP.**

## INNKEEPER PASSES

Innkeeper may purchase Innkeeper's Recreation Parking Passes upon presentation of their letterhead. A maximum of ten (10) passes will be issued. Additional passes will not be issued during the season. **A FEE OF \$15.00 WILL BE CHARGED FOR EACH PASS. PASSES GOOD ONLY AT HARVEY'S BEACH.** (Room key must be shown with pass)

\*Establishments with less than 10 rooms may purchase passes for that number.

## VISITORS

A seasonal visitor (friend-house sitting, etc. or family visitor) is **NOT ELIGIBLE FOR A RESIDENT/PROPERTY OWNER PARKING PASS.**

## NON-RESIDENT SEASON PASS

\$150.00 (Good for one car/registration, marker number required from car registration.)

## Cover Photo

OSPR would like to thank local photographer and outdoorsman Nick Kanaras for supplying us with our cover photo. Nick took this photo of Cornfield Point and Long Island Sound in February of 2020. Nick's love for photography stems from his passion of the outdoors. When he's not working at TJ's Restaurant here in Old Saybrook, you can often find him on the water or in the woods with a camera in hand!

To see more of Nick's work and follow along his latest adventure, follow him on Facebook or Instagram @iKanOutdoors

## Old Saybrook Recreation Parking Passes

All residents wishing to park at a town beach this summer may purchase a Recreation parking pass. To obtain a pass, please visit <https://oldsaybrookbeach.cityhallsystems.com/index.php> or come into the Rec Center with a current Driver's License starting April 4<sup>th</sup>. Passes will be mailed to your home. A Recreation parking pass allows you to park at Town or Harvey's Beach. If you do not have a pass there is a weekday and weekend fee to park at Harvey's Beach. Senior citizen rates available.

**Resident Parking Pass Fees:** 1st car =\$20.00 2nd car =\$30.00



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Old Saybrook Parks & 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."*



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

### **Stickball at MacMurray**

OSPR is taking you all the way back to NYC in the 50's for some afterschool fun. We are playing stick ball on MacMurray Field. Using a tennis ball and a broom handle we will bring the fun of baseball and the nostalgia of stick

**Tuesdays:** 2:45—3:45 PM

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

**Dates:** April 26<sup>th</sup> May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$20.00

### **Flag Football**

Participants will be placed in teams each week and will play outdoors. OSPR will provide the flags, footballs and fun. In the event of rain, class will take place in the gym at The Rec.

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

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

**Dates:** April 28<sup>th</sup> May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Fee:** \$20.00

### **Friday Fishing at Town Park**

What better way to end the week than an hour of fishing outdoors! Join OSPR at Crystal Lake from 3:00pm – 4:00pm. This program will focus on how to set up your pole, cast and reel in the big ones. You can bring you own pole, or we can provide one for you. Only 8 spots are available for this great program.

**Fridays:** 3:00-4:00 PM

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

**Dates:** April 29<sup>th</sup> May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

**Fee:** \$30.00

## Teen Center

### **Teen Center Hours**

5<sup>th</sup> Grade – Friday Afternoons 2:35pm-4:00pm

6<sup>th</sup>-8<sup>th</sup> Grade – Monday – Thursday Afternoons 2:35pm-5:30pm

Friday Night Teen Center - 6<sup>th</sup>-8<sup>th</sup> Grade - 7:00pm-9:30pm

### **Friday Night Teen Night**

Each Friday Night, OSPR provides a safe and fun environment for 6<sup>th</sup>-8<sup>th</sup> graders. Whether it's utilizing the gym, playing a game of pool, or simply socializing with friends, the Teen Center is open! As the warmer weather approaches, we have some great events lined up, so don't miss out!

- **March Madness Bracket Challenge March 13<sup>th</sup>-April 4<sup>th</sup>**
- **3-on-3 Co-Ed Basketball Tournament -Friday, March 25<sup>th</sup>**
- **Home Run Derby -Friday, April 15<sup>th</sup>- Sponsored by: Parthenon Diner**
- **Dodgeball Redemption Tournament -May 20<sup>th</sup>**
- **8<sup>th</sup> Grade Goodbye BBQ -Friday, June 3<sup>rd</sup>**



**Friday Nights:** 7:00-9:30pm

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

**Membership Fee:** \$30.00

**Non-Members:** \$5.00 per Friday

***\*Teens must sign-in upon arrival and will not be allowed to leave unless a parent/guardian picks them up or provides permission for them to leave***

## April Vacation Teen Center

During April Vacation, the Teen Center will be open from Monday April 13<sup>th</sup>- Friday April 17<sup>th</sup> from 12:00PM – 5:00PM. All students in grades 6<sup>th</sup> -12<sup>th</sup> are welcome to attend. Every day at 2:00PM we will have a group activity offered. There is no additional cost during this week, it's part of your Teen Center Membership. We ask that all students sign in and out and follow the Teen Center Rules. This is a great opportunity for students to spend time with friends in a fun, safe and supervised setting. As we get closer to April, there will be more information available.

# High School Soccer Programs

## Young Adult Co-ed Futsal Soccer League

This futsal league at the Rec. will consists of 10 wks. of games, and the 5v5 play, with no goalies, makes this a fast and fun league. Sign up soon!!

**Wednesdays:** 9:00 - 10:00AM

**Dates:** 3/19 – 6/11 No games on 4/16 & 4/23

**Grades:** 9<sup>th</sup>-12<sup>th</sup>

**Fee:** \$25.00



## Summer Soccer Leagues - Boys and Girls

Back for its 6<sup>th</sup> year, we bring to you our 8 week summer soccer league for any high school student entering grades 9<sup>th</sup> through 12<sup>th</sup>. This fun, yet competitive league will be pick up style, with teams forming on the fly. This league will be a great way to prepare for the upcoming season, or just have a good time playing during the summer! All games will take place at Ferry Rd.

**Boys – Tuesdays:** 6:00-8:00pm June 21<sup>st</sup> – Aug 9<sup>th</sup>

**Girls – Wednesdays:** Girls 6:00-8:00pm June 22<sup>nd</sup> – Aug 10<sup>th</sup>

**Grades:** 9<sup>th</sup>-12<sup>th</sup> **Fee:** \$25.00

# Adult Fitness Classes

## 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.

**Ages:** 18 and over **Fee:** \$80.00/\$100.00

**Wed & Fri Mornings:** 6:45-7:30AM **Town Beach**

**Dates:** May 4<sup>th</sup> - June 10<sup>th</sup>, June 15<sup>th</sup> – July 22<sup>nd</sup> & July 27<sup>th</sup> – September 2<sup>nd</sup>

**Mon & Wed Evenings:** 5:30-6:15PM **Town Green**

**Dates:** May 2<sup>nd</sup> – June 13<sup>th</sup>, June 15<sup>th</sup> – July 27<sup>th</sup> & August 1<sup>st</sup> – September 7<sup>th</sup>



## Stretching and Flexibility Class w/ Jill Temple

Stretching your full body decreases stiffness, improves posture, and helps with stress management. This class teaches different stretching movements not only with your body weight but also different tools such as a tennis ball or a small foam roller. Everything will be provided. Bring a mat and water bottle. Class meets on Town Green

**Fridays:** 8:00-8:30AM

**Dates:** May 6<sup>th</sup> – June 24<sup>th</sup>

**Ages:** 18 and over

**Fee:** \$50.00/\$75.00

## Pre/Postnatal Fitness w/ Jill Temple

Having a baby in the next couple of months or did you recently just become a new mom? Come join me in the safe way, zoom meeting workout. We will build/ help the muscles needed for labor and also help new moms get their body back into shape while focusing on abdominal muscles. While pregnant and after your body changes tremendously, in this class we will safely learn different exercises to help ease the pressure. We are offering two sessions.

**Tuesdays:** 6:00-6:45PM

**Dates:** May 3<sup>rd</sup> – May 31<sup>st</sup>

**Ages:** 16 and over

**Fee:** \$50.00/\$75.00

## Adult Programs and Activities

### Golf Lessons at Fenwick Golf Course

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 Sam Spector.



**Saturdays:** 9:30-11:00am April 30<sup>th</sup>, May 7<sup>th</sup>, 21<sup>st</sup>, June 4<sup>th</sup>

**Tuesdays:** 5:30-7:00pm May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

**Location:** Fenwick Ryder Cup Course **Fee:** \$100 RES / \$125 Non-RES

### Adult Co-Ed Recreational Softball League

League play for adults 21 yrs. and up begins June 20<sup>th</sup>. Teams will play up to twice a week for 10 weeks. Parks & Rec. will be accepting rosters as of April 1<sup>st</sup>. Teams provide scorebooks, umpires, and a ball for each game. League plays on Mondays - Thursdays. There will be a MANDATORY captain's meeting prior to the season.

**Cost:** \$75.00 per team.

### Pick-up Basketball Times

Come Down to the Recreation Center and play some great Pick-up basketball Games. Residents may bring a non-resident guest for a \$2.00 fee. Tuesdays beginning April – Sept.

**Mondays & Tuesdays:** 18 & Over **Time:** 7:00-8:30PM

### Co-Ed Adult Pick –up Volleyball Times

Co-ed Adult Volleyball night. Play is for Old Saybrook Residents. Residents may bring 1 guest for a \$2.00 fee. **There will be no Volleyball in the month of Feb & March for our Adult kickball league.**

**Day:** Wednesdays through June 19<sup>th</sup> **Time:** 7:00-8:30PM

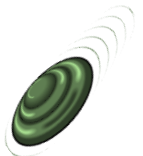
### Women's Open Gym Night

Women 18 and over can come down to the Recreation center to enjoy a game of basketball or just hang out in the Games Room. Residents may bring a non-resident guest for a \$2.00 fee.

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

### Ultimate Frisbee for Adults

We are pleased to be offering two sessions of this fun and fast paced sport this spring and summer. We will play pick up style games for the 1<sup>st</sup> hour and the final 30 minutes will be a scored game. All you need to bring is yourself and some energy we will provide the rest. This program is free, but you MUST register online.



**Wednesdays:** 6:00PM – 7:30PM

**Ages:** 18+

**Spring:** April 6<sup>th</sup> – June 1<sup>st</sup> at OSMS

**Fee:** FREE

## Adult Programs and Activities

### 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 7 Dates:** March 28<sup>th</sup> – April 28<sup>th</sup>

**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

16 and over

**Ages:**



**Dates:** May 1<sup>st</sup> – June 26<sup>th</sup> or July 10<sup>th</sup> – Aug. 28<sup>th</sup>

**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 **Dates:** April 26<sup>th</sup> – July 12<sup>th</sup> or July 19<sup>th</sup> – Oct. 4<sup>th</sup>

**Ages:** 16 and over **Fee:** \$75.00/\$90.00

### Move/Flow: A Joyful Movement Class

Come join us to cultivate the joy and wellbeing of moving, while overlooking where the Connecticut River dances with the Long Island Sound. The perfect inspiration! We'll kick class off with a full-body warmup, followed by guided movement improvisations. Whether you're trying something new or continuing your movement practice, you'll be fostering your creativity as part of a supportive, fun community of movers. Previous dance experience helpful; a sense of openness and playfulness strongly encouraged. Dance or aerobics sneakers or jazz shoes strongly recommended.

**Tuesdays:** 5:30-6:30PM

**Ages:** 18+

**Dates:** April 19<sup>th</sup>, 26<sup>th</sup> May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$60.00/70.00

### Tabata w/ Jill Temple at Town Beach

This class really gets your body moving with the help of music, it makes things more fun. This is a type of interval training with 20 seconds of work to 10 seconds of rest. We will do the same exercises for 8 cycles before moving on to the next exercise and next song. Bring a mat and water bottle.

**Saturdays:** 6:30-7:00AM

**Ages:** 16+

**Dates:** May 7<sup>th</sup> – June 25<sup>th</sup>

**Fee:** \$50.00/\$75.00

# Summer Camps

## Junior Playground Camp at The Rec. (Age 4 - Kindergarten)

This Fun program will provide a variety of different activities: outdoor games, water color, collages, story time, water games, playground play, trips to the splash pad, and many more exciting activities. Children MUST be potty trained. Program is held M-F, from 9:00AM–12:00PM at The Rec Center.

Session 1	6/20 – 6/24	\$90.00
Session 2	6/27 – 7/1	\$90.00
Session 3	7/5-7/8 *Tuesday - Thursday*	\$80.00
Session 4	7/11 – 7/15	\$90.00
Session 5	7/18 – 7/22	\$90.00
Session 6	7/25 – 7/29	\$90.00
Session 7	8/1 – 8/5	\$90.00
Session 8	8/8 – 8/12	\$90.00
Session 9	8/15 – 8/19	\$90.00

## Park & Rec Summer Camp 1<sup>st</sup>-4<sup>th</sup> Grade

Sessions are open to all residents entering 1<sup>st</sup> -4<sup>th</sup> Grade. Summer camp is a series of one week programs that will feature field games, sport activities, arts-N-crafts, trips and special events. Program held Monday-Friday 9:00-4:00PM. Program takes place at the Rec Center.

<b>Session 1</b>	6/20 – 6/24	Bringthehoopla	\$125.00
<b>Session 2</b>	6/27 – 7/1	The Amazing Andy	\$125.00
<b>Session 3</b>	7/5 – 7/8	Marvelous Marvin	\$115.00
<b>Session 4</b>	7/11 – 7/15	Magician Bill	\$125.00
<b>Session 5</b>	7/18 – 7/22	Tom Knight Productions	\$125.00
<b>Session 6</b>	7/25 – 7/29	Sinha Capoeira	\$125.00
<b>Session 7</b>	8/1 – 8/5	George Saterial Magic	\$125.00
<b>Session 8</b>	8/8 – 8/12	Bryson Lang Juggling	\$125.00
<b>Session 9</b>	8/15 – 8/19	Robert Clarke Comedy	\$125.00

### **Tuesday**

Harvey's Beach

### **Wednesday**

Mini Golf

### **Thursday**

In-House Entertainment

## Color Wars

The last week of camp (**Session 9**) will be our 9<sup>th</sup> Annual Color Wars Week. This week the campers are split up into teams and will have games and activities throughout the week as part of the Color Wars. On Friday Color Wars ends with an Olympic style opening ceremony and tournament with winner being announced during the closing ceremony on Friday Afternoon.

## Before Camp & After Camp Care 1<sup>st</sup>-4<sup>th</sup> Grade

The Park & Recreation Department will offer a Before & After Camp Care program. These extra hours are designed to provide supervision to youth in grade 1<sup>st</sup> – 4<sup>th</sup> who need extended camp hours. We will staff from 8:00 –9:00am and After Care will be available from 4:00 – 5:30 p.m. Staff is not on duty before 8:00 a.m. or after 5:30 p.m.

**Before Care:** 8:00am-9:00am

**Fee:** \$20.00

**After Care:** 4:00pm-5:30pm

**Fee:** \$25.00

## Counselor In Training (CIT) Volunteer 1<sup>st</sup>-4<sup>th</sup> Grade camp

Children who are going into 8<sup>th</sup>- 11<sup>th</sup> grade can "work" as a Yellow Shirt CIT in our 1<sup>st</sup>-4<sup>th</sup> grade camp. As a Counselor In Training, they will aid the main staff in providing care for the children. Basic duties include set up/breakdown of games, bathroom breaks, group supervision on trips, being active in games, and much more.

**\*\*Register early, this fills up FAST\*\***

**Monday-Friday:** 9:00am-4:00pm

**Fee:** \$15.00 for Jr. Staff shirt

## Teens Trips 7<sup>th</sup> -12<sup>th</sup> Grade

### Beardsley Zoo, Bridgeport, CT

Beardsley Zoo is celebrating 100 years this summer and we will be there to join in the festivities and celebration! With over 100 species of animal, including an Amur Tiger, we are sure to have a great day at the Zoo. Pack a lunch as we will eat at the zoo with the peacocks.

Date: Thursday, June 23<sup>rd</sup>

Leave Old Saybrook P&R: 9:30am

Cost: \$60.00

Return approximately 3:00pm



### Lake Compounce, Bristol, CT

Bring your bathing suit, towel, lots of sunscreen and prepare yourself for a load of fun.

Date: Thursday, June 30<sup>th</sup>

Leave Old Saybrook P&R: 9:15am

Cost: \$60.00

Return approximately: 5:00pm



### Blast, Waterford, CT

Who is ready for some laser tag? Be ready for some live action laser tag to see if you come out on top. Pack a lunch to refuel for three games of competitive fun.

Date: Thursday, July 7<sup>th</sup>

Leave Old Saybrook P&R 9:30am

Cost: \$60.00

Return approximately 3:00 p.m.



### Brownstone Exploration & Discovery Park, Portland CT

A day of adventure at the park with access to floating water toys, trampoline, water slide and, cliff jumps. Pack a lunch and plenty of sunscreen!

Date: Thursday, July 14<sup>th</sup>

Leave Old Saybrook P&R: 9:15am

Cost: \$60.00

Return approximately: 4:00pm

### WNBA CT Sun, Uncasville, CT

Come join us for CT Sun Camp Day at Mohegan Sun Arena as we watch the WNBA CT Sun take on Atlanta. Tip-off is at 11:30am; please make sure to bring some extra money for a snack during the game.

Date: Tuesday, July 19<sup>th</sup>

Leave Old Saybrook P&R: 10:00am

Cost: \$60.00

Return approximately: 3:30pm



### Rockin Jump, Trumbull, CT

Trampoline courts, basketball, foam pits, arcade, and so much more!

Date: Thursday, July 28<sup>th</sup>

Leave Old Saybrook P&R: 9:30am

Cost: \$60.00

Return approximately 3:00



### SportsCenter, Shelton, CT

Join us for a day full of fun. We will hit the batting cages, the driving range, laser tag, bowling and more. You won't want to miss out on all the fun we fit into this trip!

Date: Thursday, August 4<sup>th</sup>

Leave Old Saybrook P&R: 9:00am

Cost: \$60.00

Return approximately: 4:00pm

### Lake Compounce, Bristol, CT

Back for round two. Bring your bathing suit, towel, lots of sunscreen and prepare yourself for a load of fun.

Date: Thursday, August 11<sup>th</sup>

Leave Old Saybrook P&R: 9:15am

Cost: \$60.00

Return approximately: 5:00pm

### Mystic Aquarium, Mystic, CT

Enjoy a fun day at the Aquarium! We will see a live sea lion show, meet the beluga whales, and visit the touch tank. Pack a lunch as we will have an outdoor picnic.

Date: Thursday, August 18<sup>th</sup>

Leave Old Saybrook P&R 9:30am

Cost: \$60.00

Return approximately 3:00

p.m.



## Summer Camps

### Middle School Summer Camp 5<sup>th</sup>-8<sup>th</sup> Grade

Register for camp this summer and enjoy a week of fun & games! Camp is Monday through Friday and meets at Clark Community Park (Town Park on Schoolhouse Rd) from 9:00AM–4:00PM. Space is limited.

<b>Session 1</b>	6/20–6/24	Beardsley Zoom	\$125.00
<b>Session 2</b>	6/27–7/1	Lake Compounce	\$125.00
<b>Session 3</b>	7-5–7/8	Blast	\$115.00
<b>Session 4</b>	7/11–7/15	Brownstone	\$125.00
<b>Session 5</b>	7/18–7/22	WNBA CT SUN *Tuesday*	\$125.00
<b>Session 6</b>	7/25–7/29	Rocking Jump	\$125.00
<b>Session 7</b>	8/1–8/5	Sports Center	\$125.00
<b>Session 8</b>	8/8–8/12	Lake Compounce	\$125.00
<b>Session 9</b>	8/15–8/19	Mystic Aquarium	\$125.00

#### Trips for each session

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Rec. Center	Mini Golf & Town Beach	Special Trip	Fishing

## Summer Stock Community Theater Camp



Summer Stock Theater Camp is back at OSPR we are pleased to announce that we will be performing Into The Woods Jr. This two week program is for youth entering grades 6<sup>th</sup>-9<sup>th</sup> and we also have a mentor/show coordinator positions available for 10<sup>th</sup>-12<sup>th</sup> graders. This all day camp will take place at OSMS, with one performance on Friday, July, 29<sup>th</sup> at 5:00pm. Tickets to the performance will be sold online and will be \$10.00 per ticket.

**\*Pre-production workshops will take place in May & June\***

### Summer Stock Camp

**Mon.-Friday:** 9:00-3:00pm

**Dates:** July 18<sup>th</sup> – July 29<sup>th</sup>

**Ages:** 6<sup>th</sup>-9<sup>th</sup>

**Fee:** \$250.00

**Summer Stock Mentor/Show Coordinator** \*limited to 10 seats\*

**Mon.-Friday:** 9:00-3:00pm

**Dates:** July 18<sup>th</sup> – July 29<sup>th</sup>

**Ages:** 10<sup>th</sup>-12<sup>th</sup>

**Fee:** \$125.00

## Summer Basketball League

OSPR is bringing back our summer youth basketball leagues on the Vin Baker courts. This is a great opportunity to play the game throughout the summer. We will keep score and teams will change week to week. Those registered prior to June 1<sup>st</sup> will receive a reversible, Blue and White, mesh game jersey.

**Thursdays:** 6:00-8:00PM

**Dates:** June 23<sup>rd</sup> – August 11<sup>th</sup>

**Grades:** 5<sup>th</sup>- 6<sup>th</sup> & 7<sup>th</sup>-8<sup>th</sup>

**Fee:** \$50.00



## Summer Sports Camps

### CAS Soccer Camps

Community Athletic Solutions introduces soccer in a fun filled environment. Players learn the fundamentals through soccer-based activities. Camp for 7-15yr olds teaches fundamentals of soccer through a range of activities. Campers will enjoy playing soccer games, tag games and more. Class will move to OSMS or OSHS in the event of Rain. Sneakers if indoors.



**Monday – Friday:** June 27<sup>th</sup> – July 1<sup>st</sup>

**Age:** 3-4Yr Olds

**Time:** 9:00 – 10:15AM

**Fee:** \$60.00

**Age:** 5-6Yr Olds

**Time:** 10:30 – 12:00PM

**Fee:** \$70.00

**Ages** 7-15Yr Olds

**Times:** 9:00AM-12:00PM

**Fee:** \$100.00

### Jr's & Youth Tennis Camp

Instruction will take place using shorter, lighter racquets, slower and lower-bouncing balls, and smaller court dimensions, making the learning process easier and a lot more fun. The emphasis is on basic hand-eye coordination, movement, and making kids' first experience fun, easy, and successful. Instruction will include the fundamentals of tennis through play-based activities and skills progression. Please bring your own racquet.



**Trask Park Mon - Thurs**

**Ages:** 5 -7 or 8-12

**Dates:** TBD

**Fee:** \$50.00

**Times:** Jr.'s Camp TBD, Youth Camp - TBD

### Wins 4 Life Basketball Camp

This camp is for boys and girls entering grades 4<sup>th</sup>-8<sup>th</sup>. Instruction will be provided by Wins For Life. Individual attention and instruction will be at a premium and delivered via the *WINS Four E's* (Effort, Energy, Enthusiasm, Execution). Our clinics feature teaching key basketball fundamentals and an array of skills, such as ball-handling, passing, shooting, cutting, one on one moves and creating scoring opportunities. Camp will meet at the Rec. and will use both the gym and outdoor courts.



**Mon-Thurs:** 5:00-7:00PM

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

**Dates:** August 15-18

**Fee:** \$60.00

## Summer Movies Nights

In our 5th year of Summer Movie Nights we are offering four movies at three venues. We will have a movie this year at Saybrook Point in addition to the Green and Harvey's Beach. All the movies will take place on a Friday evening, shows will start close to 8:00pm.

<u>Date</u>	<u>Location</u>	<u>Movie</u>	<u>Sponsor</u>
6/24 – 8:30pm	Town Green	Disney's Jungle Cruise	H&R Block
7/22 – 8:15pm	Town Green	Space Jam: A New Legacy	Child & Adult Ortho
8/19 – 8:15pm	Town Green	American Underdog	Saybrook Reading

Summer Movies Nights are sponsored by:



### Summer Movie Nights





# Watercolors w/ Pati

## 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 & creation while exploring the beauty of the changing season. Class meets at The Rec. and with good weather may meet outside.

**Participant Level = Beginner**

**Sprouts of Spring** – March 6<sup>th</sup> - April 10<sup>th</sup>

**Sundays:** 9:30-12:00PM      **Ages:** 16+      **Fee:** \$100.00

**Fundamentals of Watercolor** – April 24<sup>th</sup> – May 22<sup>nd</sup>

**Sundays:** 9:30-12:00pm      **Ages:** 16+      **Fee:** \$90.00

## The Next Level: Individual Watercolor Series

If you've taken the beginners series with Pati, this is your next step. Each class is a separate instructional concentration of technique/subject that will help you in your watercolor journey. Sign up for as many as you like, or the whole series. Participants will need to provide their own supplies. A complete list and where to buy can be found online. There is a discount if you register for all classes at prior to the start of the program.

**Participant Level = Advanced**

**Wednesdays:** 7:00-8:45pm      **Location:** Vicki Duffy Pavilion

**Dates:** June 8<sup>th</sup> – July 27<sup>th</sup>      **Age:** 16+      **Fee:** \$80.00 or \$15.00 per class

- June 8<sup>th</sup> - Blind Contour & 'Negative' Space Drawing
- June 15<sup>th</sup> - One Brush, One Color Landscapes
- June 22<sup>nd</sup> - Fruits & Vegetables
- June 29<sup>th</sup> - 'Negative' Painting
- July 6<sup>th</sup> - 'Negative' Painting & Realism
- July 13<sup>th</sup> - Misty Landscapes
- July 20<sup>th</sup> - Loose Seascapes
- July 27<sup>th</sup> - Vignettes

## House & Garden Plein Air Watercolor

After our first session in the Par & Rec. Building, we will be meeting at the General William Hart House on Main Street in Old Saybrook to sketch and paint the beauty of the morning lights on the house and gardens. We will be making and using a view finder to help us with overview proportions for our compositions; and doing practices to simplify our sketches and paintings. Participants will need to provide their own supplies. A complete list and where to buy can be found online. In case of inclement weather, we will be meeting in the Park & Rec. Building and using 3D items and photos

**Participant Level = Advanced**

**Sundays:** 10:00-12:00pm

**Ages:** 16+

**Dates:** June 19<sup>th</sup>, 26<sup>th</sup> July 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$50.00

## Yoga Classes at Saybrook Point & Harvey's Beach

### 6 week Gentle Yoga Classes

Every six weeks OSPR holds an ongoing Adult Gentle Yoga program at Saybrook Point. This program meets on Monday and Thursday mornings. Our program is taught by Terri Cain, BFA, MA, MDiv. She is a certified Kripalu Yoga teacher. Her goal is to help each student find their unique yoga practice. An active community advocate and Beacon Award recipient, please check our website for more information on the next program to register.



### Gentle Yoga

A Unique class designed to truly introduce you to your body and all the amazing movements it is capable of. Explore your flexibility to both beginners and experienced. Lots of modification is offered. Sign up and do something healthy for yourself. Class lasts for 6 weeks and takes place on Monday's and Thursdays at The Vicki G. Duffy Pavilion at Saybrook Point.

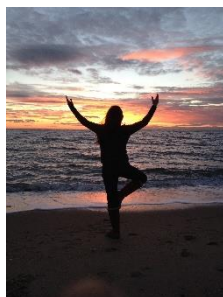
**Time(s):** 10:00AM **Ages:** 18+

**Fee:** \$75/\$90 Res/Non-Res

**Session 1:** May 2<sup>nd</sup> – June 13<sup>th</sup> \*no Class on Monday, May 30<sup>th</sup>

**Session 2:** June 16<sup>th</sup> – July 28<sup>th</sup> \*no Class on Monday, July 4<sup>th</sup>\*

**Session 3:** Aug 1<sup>st</sup> - Sept. 12<sup>th</sup> \*no Class on Monday, Sept. 5<sup>th</sup>\*



**Beach Yoga w/ Terri Cain** at Harvey's Beach rt.154

**Wednesday:** 6:00-7:00pm

**Age:** 18+

**Dates:** June 1<sup>st</sup>-August 24<sup>th</sup>

**Fee:** \$75/\$90 Res/Non-Res

## Spring Tee-Ball for Kindergarten

### Kindergarten 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:** April 30<sup>th</sup> – June 11<sup>th</sup>

**Fee:** \$30.00



**Our league is sponsored by:**



**Registration deadline is Thursday, April 6<sup>th</sup>. Coaches are needed!!!**

Coaches meeting will be Thursday, April 21<sup>st</sup> at 5:30pm at the Rec.

## OSPR Spring Specials

### School's Out Vacation Camp K – 5<sup>th</sup> 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 a snack, 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 18<sup>th</sup>-22<sup>nd</sup>

**Ages:** K—5<sup>th</sup> Grade

**Times:** 9:00AM—4:00PM

**Fee:** \$150.00 for the Week

**Teen Center is open Noon – 5:00pm 6<sup>th</sup> – 8<sup>th</sup> ONLY**

### Easter Egg Hunt

Join us for this fun event to find different pieces of wrapped candy and prizes. Three different fields around the Recreation Center will be used for the kids to hunt. 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. Don't forget to bring a camera to take pictures with the Easter Bunny. Sponsored by Old Saybrook Lions Club.



**Date:** Saturday, April 9<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 held 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 15<sup>th</sup>

**Grades:** 4th—6th

**Time:** 10:00AM

**Fee:** FREE

### 9<sup>th</sup> Annual Ray Dobratz Annual Fishing Derby

Join us for a fishing derby at Crystal Lake at Clark Community Park on Schoolhouse Rd. 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. Register by April 22<sup>nd</sup>

**Date:** Saturday, April 23<sup>rd</sup>

**Fee:** \$5.00 per person

**Time:** 7:00-10:00AM **OS Residents Only - Participants 16+ bring valid fishing license.**



# Fishing and Crabbing in Old Saybrook

## Crystal Lake at Clark

**Community Park** – Opening day is the 2<sup>nd</sup> Sat. in April at 6:00am. In this fresh water lake there are trout, cat fish, bass, pickerel, sunnies and much more wildlife.

## Gardiner's Landing & The Cause Way @ Saybrook Point

– These two locations offer access to the mouth of the CT River. Fish common in this area include, stripers, blues, fluke, black fish and sea bass.

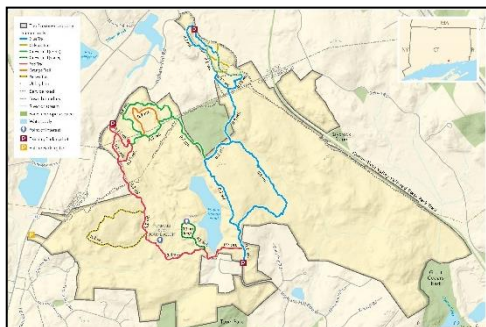
## Crabbing at Sheffield St. Dock in North Cove and Oyster River

– These two locations offer great opportunities for crabbing later in the season as the waters in the Long Island Sound and CT River Estuary warm in late June through early September. Blue crabs must meet certain sizes in order to keep them and blue crabs with eggs are illegal to keep.

Any angler 16 years and older, you must hold a valid CT fishing license. For more information on fishing or crabbing in Old Saybrook and CT, please visit [www.ct.gov/deep](http://www.ct.gov/deep)



## Trails in Old Saybrook

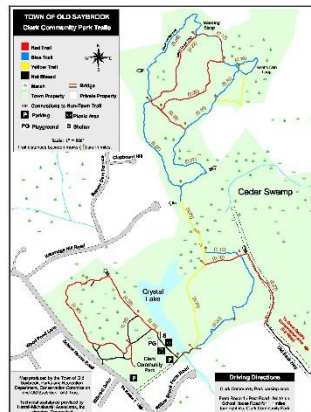


## The Preserve

The interim trails of The Preserve have been set and are ready for use. The main parking lot is located on Essex Road (Rt154) in Westbrook. There is room for several cars in the small parking lot on Ingham Hill Rd in Old Saybrook.

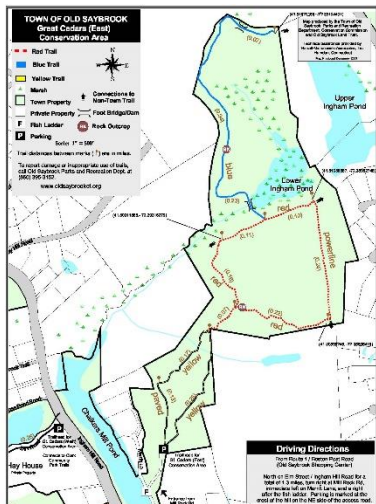
## Clark Community Park

More fondly referred to as Town Park, Clark Community Parks on Schoolhouse Road offers a wide variety of activities including softball and baseball fields, fishing at Crystal Lake and miles of hiking trails. Marked as either red, blue or yellow, these trails connect with other properties to create a vast trail system in Old Saybrook.

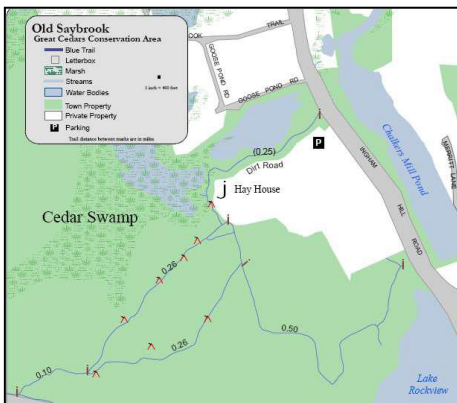


# Trails in Old Saybrook

## Great Cedars East & West

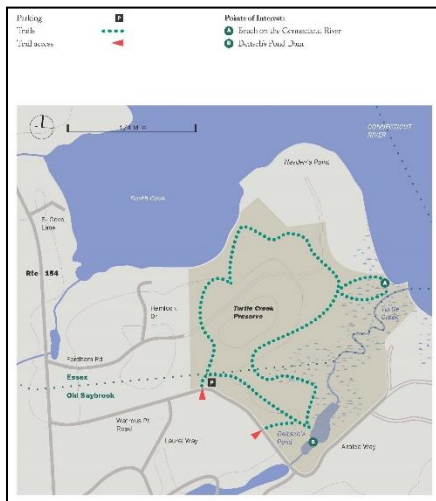


Great Cedars East and West are located off of Ingham Hill Road and offer some great trails that connect to The Preserve and Clark Community Park. Great Cedars East is home to our 1 mile Letterboxing Trail, which contains 10 stamp stations.



## Turtle Creek

While this property is not owned by the Town of Old Saybrook, Turtle Creek offers some very nice, well maintained trails that lead out to the Connecticut River. Nestled in the Otter Cove area of town sitting on the border between Old Saybrook and Essex is roughly 93 acres of preserved land.



For more information, please visit our office or our website at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com). You can pick up printed copies of each map at our office or online.



## Trails Run at Clark Community Park

OLD SAYBROOK  
**OSPR**  
PARKS AND RECREATION

# THE CLARKS TRAIL RUN

Saturday, August 13, 2022

race options:

15K (ish) | 4 Mi (ish)

**9:00 am**  
**Clark Community Park**  
164 School House Rd,  
Old Saybrook, CT

presented by  
College Planning Partnerships  
**soundRUNNER**

*for detailed race information*

**Jonathan Paradis** | (860) 395-3152 | [www.clarkstrailrun.org](http://www.clarkstrailrun.org)

**\$35 Prior to August 13<sup>th</sup> | \$45 Race Day**

*All proceeds benefit OSPR pre-k and after school enrichment programs*



**register at [www.clarkstrailrun.org](http://www.clarkstrailrun.org)**

Register in person at OSPR | 308 Main St. (behind the Town Hall) Old Saybrook, CT 06475

**Thank you to Zac of College Planning Partnerships and  
all of our sponsors!**

## National Trails Day

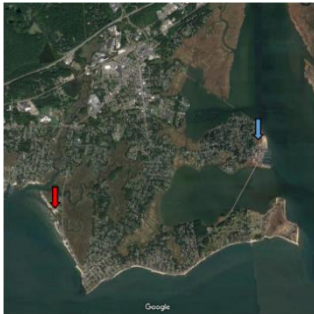
National Trails Day is the only nationally coordinated event designed to unite all muscle-powered trail activities with the goal of connecting more people to trails. Every trail beckons adventure and has a story to share with any person willing to discover it, and American Hiking Society believes these trail experiences can improve the lives of every American.



Each year, on the first Saturday of June, American Hiking Society and the trails community invite Americans of all ages and abilities to find their own adventure and discover their unique story at one of the thousands of events hosted throughout the country.

By coordinating a wide array of trail activities on a single day, National Trails Day attracts new trail users and helps connect existing trail enthusiasts with local clubs and organizations with the hopes of creating trail advocates and stewards.

## CT Trails Weekend & Old Saybrook Events



### Causeway Walk

We are very fortunate to have such wonderful water views in our town, so join us at Saybrook Point to take advantage of them. We will meet at Fort Saybrook Park and walk 1.5 miles to the start of Fenwood Beach where we will take in some views of Long Island and then head back to the Point. We will walk across the Causeway with views of South Cove and the CT River and beautiful Fenwick Golf Course. This walk is 3 miles in total. Please wear appropriate attire and bring some water and snacks.

**Saturday:** 11:00AM

**Age:** Open to all

**Date:** June 4<sup>th</sup>

**Fee:** FREE

### Sandbar Stroll

On Sunday we'll walk the sandbars of Long Island Sound. We will meet at Harvey's Beach and walk to Town beach and back. This scenic walk is one mile in distance and should take about 20 minutes. Bring a camera, enjoy the view, the water, and sand on your toes.

**Sunday:** 8:45AM

**Age:** Open to All

**Date:** June 5<sup>th</sup>

**Fee:** FREE

## 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. 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

# Pickleball

## Pickleball for Adults

Pickleball is a great program to be active and have fun at the same time. Beginners to advanced are all welcome. Our program meets twice a week on Monday and Thursday mornings. Programs take place at the Main St. courts.



**Mon & Thurs:** 9:30AM-11:30AM

**Ages:** 30+

**Fee:** \$20.00

**Spring:** March 28<sup>th</sup> – May 19<sup>th</sup>

**Summer:** May 23<sup>rd</sup> – July 21<sup>st</sup>

**Late Summer:** July 25<sup>th</sup> – September 19<sup>th</sup>

## Saturday Pickleball

It is our same fun year long program, just on Saturdays. 2 hours of fun and social pickleball at the Main St. courts. Teams and games will be formed on the spot and we will rotate all players through three courts.

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

**Ages:** 30+

**Dates:** April 16<sup>th</sup> -June 18<sup>th</sup> & June 25<sup>th</sup> – August 27<sup>th</sup>

**Fee:** \$20.00

## Instructional Pickleball Lessons

These programs will teach the skills and strategies of the sport based on your skill level. These are programs for anyone who is just starting or has yet to master the sport! Class is taught by USAPA Ambassador, Pro and referee, Kathy Reidy.



**Wednesdays:** Beginner -5:30-6:30pm Intermediate - 6:45-7:45pm

**Ages:** 18+

**Dates:** May 25<sup>th</sup> – June 15<sup>th</sup> or June 29<sup>th</sup> – July 20<sup>th</sup>

**Fee:** \$50.00

## Summer Pickleball Recreational Mixed Doubles League

Join us for our inaugural season at the courts on Main St. Individuals will register, but both teammates need be registered for mixed doubles play. This is a co-ed, friendly league focusing on play, socializing, and getting outdoors. There will NOT be refs, you will make your own calls. You will play at least once a week at a pre-determined time. Number of games is dependent on teams registered. Balls will be provided; participants will need a racquet.

**Days:** Wednesday & Thursday 5:00pm -8:00pm

**Ages:** 30 +

**Dates:** June 8<sup>th</sup> – Aug. 25<sup>th</sup>

**Fee:** \$40.00

# Tennis

## Summer Social Tennis League for Adults

We are switching things up for our 3<sup>rd</sup> year of summer tennis. Instead of a traditional league, you will be placed on a team and given 1-2 matches per week that 2-4 of your teammates will need to attend. This will be a multi-week league. Teammates are required at time of registration. ONLY THE CAPTIN NEEDS TO REGISTER. Teams will then decide who plays each week. This program has an 8 team MAX



**Thurs:** 6:00-8:00PM

**Ages:** 18+

**Dates:** June 23<sup>rd</sup> – August 11<sup>th</sup>

**Fee:** \$100.00