

# Old Saybrook Parks & Recreation



## September – December 2022

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  
Monday, August 22nd**

**Fall Soccer Registration has already begun  
Registration closes on  
Wednesday, August 17th**

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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 given after program starts. Athletic Leagues with OSPR are considered started once registration ends and jerseys are ordered.
- 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.
- 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 - Friday**

9:00AM — 4:00PM

### **Saturdays**

9:00AM-4:00PM

### **Sundays (Starting 10/17)**

11:00AM-4:00PM

## **BUILDING HOURS**

### **Monday- Thursday**

7:00AM – 8:30PM

### **Friday**

7:00AM – 4:00PM

### **Saturday**

7:00AM - 4:00pm

### **Sunday (Starting 10/2)**

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  
Kevin Lane - Vice Chair  
Jim Henderson - Secretary  
Star Rueckert  
Nancy Gatta  
Bror Ashe  
Jane Wisialowski  
Clerk: Gerri Lewis

## **Staff**

Ray Allen - Director  
Jonathan Paradis- Asst. Director  
Rick Pine- Office Manager  
Tony Bielawa—Rec. Center Maintainer  
Matt Hoadley & Mike Pace Jr.—Park Maintainers

## 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:** 9:00-9:45AM

**Dates:** Sept. 17<sup>th</sup>, 24<sup>th</sup> Oct. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

**Ages:** 3-5

**Fee:** \$20.00



### Soccer Shots - Pre-K Soccer

This 45 min. 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 outside at the Recreation Center.

**Saturdays:** 9, 10 or 11:00am

**Dates:** Sept 10<sup>th</sup>, 17<sup>th</sup> 24<sup>th</sup> Oct. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

**Ages:** 3-4yrs old

**Fee:** \$50.00



### 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 takes place at the Recreation Center. **TWO SESSIONS**

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

**Dates:** Sept. 15<sup>th</sup> - Oct. 13<sup>th</sup> & Nov. 3<sup>rd</sup> – Dec. 8<sup>th</sup>



### 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

**Dates:** Nov. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> Dec. 3<sup>rd</sup>, 10<sup>th</sup>

**Ages:** 3– 5

**Fee:** \$50.00



### 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 take home and decorate your home. A fun way to spend some fall afternoons. Class takes place at the Rec Center.

**Saturdays:** 10:00AM – 10:45AM

**Dates:** Nov. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> Dec. 3<sup>rd</sup>, 10<sup>th</sup>

**Ages:** 3-5

**Fee:** \$20.00



# Fall Outdoor Programming

**Winter Solstice “Silent” Walk**, Wednesday, December 21, 2:30 – 4:30 p.m. Celebrate the shortest daylight of the year by walking at The Preserve State Forest. This moderately paced walk will be silent for the first mile or so, leaving plenty of time for conversation during the second half. Walkers will arrive at the Pequot bog overlook in time to watch the solstice sunset. Optional: Bring a short poem or a paragraph to share with other walkers. Moderately smooth terrain, with a few rocky or hilly areas. Wear boots, bring water. Rain or snow cancels event. Leader: Kathy Connolly, 860-510-2136. Meet at 2:15 at the Ingham Hill Road parking lot in Old Saybrook, across the street from #231.

**Winter Weed-Whacking at The Preserve**: Saturday, December 3, 1 p.m. – 3 p.m. This is the first of five “Weed-Whacks” for 2022-23. This highly successful group effort met five times last year and made a big reduction in the barberry population. Bring loppers or other weed removal tools, and gloves (or borrow ours). Wear boots; bring water. Meet at 12:45 at the Ingham Hill Road parking lot in Old Saybrook, across the street from #231. Students in need of community service are welcome. Rain/snow date: Sunday, December 4, same time and place. Leader: Kathy Connolly, 860-510-2136.

## **Letter Boxing at Great Cedars**

Letterboxing is an intriguing mix of treasure hunting, art, navigation, and exploring interesting and scenic places. Join us as we hunt for the 10 hidden boxes in Great Cedars. This trail is open daily and maps can be found at the trail head, at The Rec. Center or on our website.

**Location:** Great Cedars West

**Parking:** Ingham Hill Road

## 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.

### **Bats of Connecticut – Tuesday, October 11**

Are their vampire bats amongst us? Learn about Nature's only true flying mammals that are found in CT and what disease still haunts them taking hundreds of lives each year.

### **Fisher Cats – Tuesday, November 8**

They are not fish eaters, nor are they a member of the cat family...so what are they? Discover more about one of CT's smaller predators that is here to stay.

### **Red Fox...Gray Fox...Cross Fox – Tuesday, December 13**

Join us to learn about the similarities and differences of these 3 Foxy mammals and their Natural History.

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

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

**Ages:** All

**Fee:** \$5.00

## **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 afterschool at The Goodwin Elementary school, and volunteers are needed for our youth basketball leagues keeping score.

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

## **One Book, One Town**

O.S.E.C.C. (Old Saybrook Early Childhood Council) will be setting up a Book Walk at the Acton Public Library. Each page will have a fun activity to go along with the story! Be sure to be on the lookout for more family fun activities to go along with this event!

O.S.E.C.C. wants to keep you up to date and be sure to like us on Facebook @osecc06475.

For more information, please contact Old Saybrook Youth and Family Services at 860-395-3190 or online at [www.OLDSAYBROOKCT.org](http://www.OLDSAYBROOKCT.org)



## **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 all that is 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!!

# 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 5 <sup>th</sup>	Labor Day	Closed
Wed.	November 23 <sup>rd</sup>	Pre - Thanksgiving	Closing at 4:00PM
Thursday	November 24 <sup>th</sup>	Thanksgiving	Closed
Friday	November 25 <sup>th</sup>	Day after Thanksgiving	Closed
Saturday	December 24 <sup>th</sup>	Christmas Eve	Closed
Sunday	December 25 <sup>th</sup>	Christmas	Closed
Saturday	December 31 <sup>st</sup>	New Year's Eve	Closing at 4:00PM
Sunday	January 1 <sup>st</sup>	New Year's Day	Closed

## Evening Open Gym Schedule

(when available)

Mon-Thurs	High School Pick-up Basketball	5:30-7:00pm
Monday	Adult 18 & over - Open Gym	7:00-8:30pm
Tuesdays	Adult 18 & over - Open Gym through Oct.	7:00-8:30pm
Wednesday	Adult Co-ed Pick-up Volleyball	7:00-8:30pm
Thursdays	High School/Women's Open Gym	7:00-8:30pm

Full Gym Schedule available at the Recreation Center Office  
Open gym times may change due to programs being offered

## Be on the lookout for

- **Indoor Adult Ultimate Frisbee at The Rec. Nov-Dec.**
- **Indoor Soccer for K-4<sup>th</sup>, registration ends in early October.**
- **Basketball registration for grades 2<sup>nd</sup>-8<sup>th</sup> in November.**
- **6<sup>th</sup> Annual Adult Kickball League begins in January**

## 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 10:00am – 10:00pm

Sunday 10:00am – 8:00pm

\$7 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."*



# K – 4<sup>th</sup> Grade Programs

## Kickball 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 outside after school at Goodwin Elementary.

**Mondays:** 3:15– 4:00PM

**Dates:** Sept. 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Oct. 3<sup>rd</sup>, 17<sup>th</sup>

**Grades:** K-2

**Fee:** \$20.00

## Flag Football at Goodwin

Students in Grades 3<sup>rd</sup> & 4<sup>th</sup> are invited to learn the basics of the game of flag football. Program meets at Goodwin. Dress appropriately for outside play.

**Wednesday** 3:15-4:00PM

**Dates:** Sept. 7<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct. 5<sup>th</sup>, 12<sup>th</sup>

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

**Fee:** \$20.00



## Dancing Class at Goodwin

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 Goodwin Elementary. Class is taught by Samantha Maltz of Fred Astaire.

**Thursdays** 3:00PM – 4:00PM

**Dates:** Sept 15<sup>th</sup>-Oct 13<sup>th</sup> & Nov 3<sup>rd</sup>-Dec 8<sup>th</sup>

**Grades:** 1<sup>st</sup>-4<sup>th</sup>

**Fee:** \$20.00

## Dodgeball

Your Child can enjoy the good old game of dodgeball and a few varieties, in this fun & energetic class. A great way to get that energy out afterschool. Class takes place after school at Goodwin Elementary.

**Mondays:** 3:15-4:00PM

**Dates:** Nov. 7<sup>th</sup> 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Dec. 5<sup>th</sup>

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

**Fee:** \$20.00

## Softy Hockey

Your child will enjoy this program that will teach the basic skills needed to play the sport. All equipment is provided. Sticks are soft for safety reasons. Class will be held at The Rec. Center.

**Wednesdays:** 3:45—4:30 PM

**Dates:** Nov. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> Dec. 7<sup>th</sup>

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

**Fee:** \$20.00



## 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.

**Saturdays:** At The Rec. Center

**2<sup>nd</sup> Grade:** 9:30-10:15am

**Dates:** Nov 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> Dec. 3<sup>rd</sup>

**3<sup>rd</sup> Grade:** 10:30-11:15pm

**Ages:** 2<sup>nd</sup> & 3<sup>rd</sup> **Fee:** \$20.00



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

### 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. 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, Oct. 4<sup>th</sup>

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

**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.

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

**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



### 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.

**Fridays:** 2:45—4:00 PM

**Dates:** Sept. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup>

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

**Fee:** \$25.00



### Dodgeball Mania

Come to the Recreation Center to compete against your friends in a friendly game of dodge ball. You will learn how to play a different dodge ball game each week, from jail dodge ball, wall dodge ball, bombardment, medic, and others. Class is for 4th-8th graders. Class lasts for 5 weeks and takes place at the Recreation Center.

**Mondays:** 2:45—3:45 PM

**Dates:** Nov. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Dec. 5<sup>th</sup>

**Grades:** 5<sup>th</sup> - 8<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, slurve, knuckleball, sinker, fastball and more. Each week we will play a game of wiffleball either inside or outside. A great way to spend some time after school.

**Tuesdays:** 2:45—3:45 PM

**Dates:** Nov. 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Dec. 6<sup>th</sup>

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

**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

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

**Dates:** Nov. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Dec. 1<sup>st</sup> & 8<sup>th</sup>

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

**Fee:** \$20.00

## Teen Center

### **5<sup>th</sup> Grade Youth Center Friday Drop - In**

Your 5<sup>th</sup> Grader can 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: \$10.00 for the WHOLE YEAR!!**

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

**1<sup>st</sup> Friday is Sept. 2<sup>nd</sup>**

### **6<sup>th</sup>—8<sup>th</sup> Grade Teen Center After-School Drop-In**

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.

**Monday—Thursday: 2:45—5:30PM**

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

**Grades 6<sup>th</sup>—8<sup>th</sup> Only**

**Membership: \$30.00 for the WHOLE YEAR!!**

Membership Year September – August

**Membership required for after school times.**

**Online Form needs to be filled out to attend!!!**

**\*After school Teen Center Begins Tuesday, September 6<sup>th</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 Friday nights. Non-Members pay \$5.00 Each Friday. Memberships are encouraged and cost \$30.00 per school year and includes Friday Nights.

**Friday Nights Begins September 16<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

Each Friday, 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!

## **Dodgeball Tournament – September 30<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**

## **Teen Center Halloween Parties – October 28<sup>th</sup> see below 5<sup>th</sup> Grade Halloween Party – October 29<sup>th</sup>**

We will have our annual Halloween Party for just 5<sup>th</sup> Graders. Event will take place directly afterschool. Event will run 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 and some great games and activities to get everyone in the Halloween mood!

**Free for Members or \$5.00 at the door Time: 2:45pm-4:00pm**

## **Annual Teen Center Halloween Party – October 28<sup>th</sup>**

On October 29<sup>th</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! In addition, we'll have plenty of Halloween Candy on hand, a photo booth and some 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 Flag Football League- Nov. 4<sup>th</sup> – Jan. 6<sup>th</sup>**



## **Annual Teen Center Ugly Sweater Party – December 16<sup>th</sup>**

On December 16<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.



## **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.

### **Athletic Leagues**

2021 Fall Soccer – Central CT Pediatric Dentistry & Orthodontics

2021 Indoor Soccer – Sharon Linder of Berkshire Hathaway

2022 Basketball – Mike's Barbershop

2022 T-Ball and Coach Pitch – The Parthenon Dinner

### **Program Sponsors**

Fenwick Golf Course - College Planning Partnerships

Sweet Luna's – The Pursuit of Pastry – Penny Lane Pub – KUR –

Atlantic Seafood - SoundRunner

### **Special Events**

Trunk or Treat – Dunkin Donuts of Old Saybrook

Easter Egg Hunt – Old Saybrook Lion's Club

Fishing Derby – Dunkin Donuts of Old Saybrook, Ted's Bait & Tackle

### **Summer Concerts**

#### **Lead Sponsor**

Old Saybrook Rotary Club

#### **Exclusive Show Sponsors**

Middlesex Health

Oliver Asset Advisors

JM Realty

Vea Health Consulting

Saybrook Republican Town  
Committee

ServiceMaster of Old  
Saybrook

Sharon Linder of Berkshire  
Hathaway

Jack Giegerich of Edward  
Jones

Tina Rupp REALTOR William  
Pitt Sotheby's

Old Saybrook Democratic  
Town Committee

#### **Co-Sponsors**

OS Lions Club

TJ's Pizza

Penny Lane Pub

### **Summer Movie Nights**

#### **Lead Sponsor**

Little Pub

#### **Exclusive Movie Sponsor**

HR Block & Child & Adult Orthodontics & Saybrook Reading

## OSPR Strategic Plan Updates

We are very pleased to share that construction has begun on our 36 hole disc golf course at Clark Community Park and want to send a special THANK YOU to Rob LeMire who has been a driving force for the project. We are grateful for his expertise, time and commitment to our community. The woods at Town Park will soon be offering another amenity other than hiking. Disc golf is one of the fastest growing sports in the World.



The disc golf course is designed around the existing trail system so both will coexist without intruding on each other. Some clearing has been done around Crystal Lake for the baskets or green areas enhancing the lakes natural aesthetics. There will be 2 courses of 18 holes each broken out in a White and Blue layout. Sometimes the holes will share a tee pad or a basket. A kiosk will be built at the entrance which will explain the rules and have a course map.

To date all the fairways are cut and cleared and tee pad Construction has begun. We hope to have the course completed and open by late fall.

## Upgrades at Town Beach

We would like to thank the Department of Public Works for their help installing our new ramp and entrance to the pavilion at Town Beach and Mobi-Mat at Harvey's Beach for better access to the water for all.



# 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 - osyouthfootball@gmail.com  
Website – www.osyouthfootball.com



Old Saybrook Little League  
Contact Person – Marc Wacker  
Phone – 914-474-4315  
Email – sbcash@aol.com



Old Saybrook Basketball Club  
Contact Person – Ryan Percival  
Email – Info@oldsaybrookbasketball.com  
Website – www.oldsaybrookbasketball.com



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



## Self Defense

### **Intro to Karate and Self Defense**

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.



**Classes start Nov. 1<sup>st</sup> and run through Dec. 15<sup>th</sup>**  
**Monday and Wednesday Classes have 5 seats per class**  
**Tuesday and Thursday Classes have 10 seats per class**

**3-5 Year Olds – M&W or T&TH – 3:50-4:30pm**  
**6-8 Year Olds – M&W 4:30-5:10pm or T&TH 5:10-5:50pm**  
**9-12 Year Olds – M&W 5:50-6:30pm**  
**Teen and Adult – M&W 7:50-8:50pm**  
**All Ages/Family – Tues & TH 6:30-7:10pm**

**Classes are \$15.00 for the whole program.**

# 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

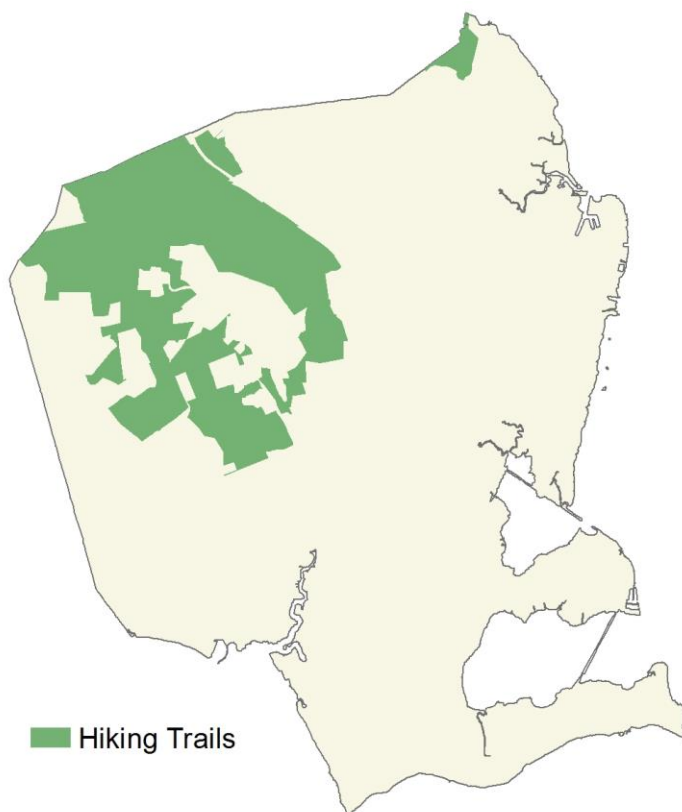
1,000 acres of preserved coastal forest

Interim trails are blazed: red, yellow, blue and green. Limited Parking on Ingham Hill Rd in Old Saybrook

## **Turtle Cove**

WATROUS POINT RD

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





# 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, and items to design your scarecrow. All you have to bring are the clothes to stuff with hay and great big smiles.



**Saturday: Oct 1<sup>st</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.



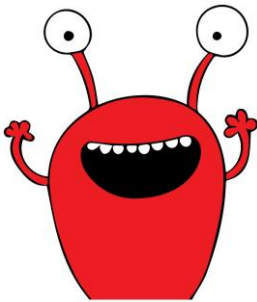
**Saturday: Oct 8<sup>th</sup>**

**Time: 11:00—12:00 PM**

**Town Green Gazebo**

**Fee: \$5.00 per Pumpkin**

## Halloween Monster Hunt on Main St.



Oh no, our monsters have moved from Great Cedars to Main St. and we need your help to find them! Help us find the 10 friendly monsters hiding on Main St. Many of the monsters will be hiding at your favorite shops and in their windows. You will need a camera to capture each monster. Costumes are encouraged!!

**Dates:** October 15<sup>th</sup>-31<sup>st</sup>

Please use all crosswalks and follow all pedestrian laws on Main St.

## Trunk or Treat Party and Parade

Back for the 2<sup>nd</sup> year is our Trunk or Treat Parade. We are looking for people to decorate the trunks of their vehicles in a spooky way to celebrate Halloween. We will then have family's 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 wave will have max participation numbers.



Happy Halloween  
OLD SAYBROOK  
**OSPR**  
PARKS AND RECREATION

**Saturday:** October 22<sup>nd</sup> (rain date 29<sup>th</sup>) **Location:** The Rec.

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

**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'**

# Team Sports

## Fall Youth Soccer

OSPR Youth Fall Soccer program begins September 10<sup>th</sup> and runs through October 23<sup>rd</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, 11:45AM or 1:00PM. The players are divided into Co-Ed groups for Kindergarten. Shin Guards mandatory for every player and must be supplied by participants.



**Grades 1<sup>st</sup> & 2<sup>nd</sup> will be divided by gender.**

Practices will start the week of Sept. 5<sup>th</sup>.

Game Dates: Sept. 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> Oct. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>

**FEE: \$50.00**

**Registration Deadline August 17<sup>th</sup>**

**Coaches meeting will be Wednesday, August 24<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 4<sup>th</sup> grade, we have several leagues. A 5 yrs old and Kindergarten, 1<sup>st</sup>-2<sup>nd</sup> grade league and 3<sup>rd</sup>-4<sup>th</sup> grade. 1<sup>st</sup>-4<sup>th</sup> grade leagues will have boys and girls separate; Kindergarten will be coed. Shirts for all participants. This 5-week, games only program, is intended to teach youngsters the rules of indoor soccer and to gain the skills needed to play the sport. All games are played at the Recreation Center. Shin guards & sneakers are required!



**Possible Game Times: 5:00PM or 5:45PM or 6:10pm      Fee: \$40.00**

**Coaches are needed!!!**

**Games will be played Monday – Thursday between 5-7pm. The game schedule will be available after October 26<sup>th</sup>**

**Indoor Soccer Registration closes on Friday, October 14<sup>th</sup>**

**OSPR Youth Indoor Soccer League is sponsored by:  
Sharon Linder of**



**BERKSHIRE HATHAWAY**  
HomeServices  
New England Properties

**Attention:** These programs are always in need of coaches, if interested please contact Jonathan Paradis by email at [Jonathan.Paradis@OldSaybrookCT.gov](mailto:Jonathan.Paradis@OldSaybrookCT.gov) or visit our coaches information page on our website.

## Team Sports

### 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. Program will not meet on 12/25, 1/1 or 2/5

**Sundays:** 6:30-8:00pm    **Ages:** 21+    **Fee:** \$25.00

**Dates:** Dec. 4<sup>th</sup> – Feb. 26<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)**

### FNTC Flag Football League

This year marks the 9th season of OSPRFFL during the Friday Night Teen Center program. This is a 7 week, co-ed indoor flag football league which is free to all 6<sup>th</sup>-8<sup>th</sup> grade students. Registration is required and forms can be found online and at the Rec. Center. Players will be put on teams and will play each Friday night. Games start at 7pm and will be over by 9:30pm.

**Friday Night Teen Center: 7-9:30pm**

**Dates:** Nov. 4<sup>th</sup> – Jan. 6<sup>th</sup>

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

**Fee:** FREE w/ membership



### 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 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Feb. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

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

**Fee:** \$50.00

If you are interested in coaching either soccer or basketball, please contact Jonathan Paradis by email at [Jonathan.Paradis@oldsaybrookct.gov](mailto:Jonathan.Paradis@oldsaybrookct.gov) or at the Rec. Center

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



# Adults

## 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 \$2.00.

**Day:** Wednesdays until 10/12

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

## Indoor Ultimate Frisbee

For 10 weeks we will have a new action packed, fast paced sport in the Rec. Center. Teams will be made on the fly and we will play in the gym which will prove to be a lot of fun and very active on such a short area. Teams will rotate play. Play is for Old Saybrook residents only. Residents may bring a guest for a \$2.00 fee.

**Day:** Wednesdays 10/19 to 12/28 **Time:** 7:00-8:30PM

## Pickle Ball for Adults

You know the game 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 for Tuesday and Saturday programs.

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

**Ages:** 30+

**Fee:** \$20.00

**Session 1:** Sept 22<sup>nd</sup> – Nov. 7<sup>th</sup>

**Session 2:** Nov 10<sup>th</sup> – Jan. 12<sup>th</sup> \***No Class on 11/25 or 12/26\***

## Saturdays at the Main St. Courts

**Ages:** 18+

**Fee:** \$20.00

**Time:** 9:30-11:30am

**Dates:** Sept. 3<sup>rd</sup> – Nov. 5<sup>th</sup>

## Tuesday Night Pickleball

This outdoor program will take place at the Main St. Courts. Come meet new people and play this popular sport under the lights. The 2<sup>nd</sup> session will take place inside at the Rec. Center. Only 24 spaces available.

**Tuesdays:** 7:00-9:00pm

**Ages:** 18+

**Dates:** 9/6 - 10/25 or 11/8 – 12/27 **Fee:** \$20.00

## Sound Steppers at Goodwin

Looking for something fun and new this fall, try Modern Western Square Dancing. OSPR is now offering square dancing! This is a fun and easy program that is just as much social as it is physical. There is skill progression learning new calls through the weeks. Program meets in Cafeteria.

**Wednesdays:** 6:30-8:30pm

**Ages:** 18+

**Dates:** Sept. 28<sup>h</sup> – Dec. 21<sup>st</sup>

**Fee:** \$15.00



## Adults

### **The Next Level: Intermediate Seasonal Watercolor**

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. Focus is to relax and enjoy while creating 3 finished pieces inspired by the season using the three individual methods: Line & Wash, Loose Form, Vignettes. These sessions are Instructional with some practices in sketching. 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 = Intermediate**

**Sundays:** 9:30am-12:00pm

**Age:** 16+

October 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> – The Harvest

November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> – Time of Dormancy

December 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> – Winter Wildlife

**Location:** The Rec. Center

**Fee:** \$40.00 per session

### **Keep Moving! A Joyful Movement Class**

#### **An Intermediate/Advanced Class**

Come join us to cultivate the joy and wellbeing of moving, while witnessing 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. Questions: email Chloe Carlson at [chloedance@comcast.net](mailto:chloedance@comcast.net).

**Tuesdays** – 5:30-6:30pm

**Dates:** Sept. 20<sup>th</sup> – Nov. 1<sup>st</sup>

Class takes place at the Vicki G Duffy Pavilion

**Ages:** 18+

**Fee:** \$65/75 Res/Non-res

# Yoga

## 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:** Sept 26<sup>th</sup> – Nov. 7<sup>th</sup> \***no Class on Monday, Oct. 10<sup>th</sup> \***

**Session 2:** Nov. 10<sup>th</sup> – Dec. 22<sup>nd</sup> \***no Class on Thursday, Nov. 23<sup>rd</sup> \***

**Session 3:** Dec. 28<sup>th</sup> – Feb 8<sup>th</sup> \***no Class on Mon, 12/26, ½ & 1/16\***



## 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

**Dates:** Sept 25<sup>th</sup> – Nov. 13<sup>th</sup>

**Ages:** 16+

**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:** Aug 16<sup>th</sup> –Nov 1<sup>st</sup> or Nov 8-Jan 24<sup>th</sup>

**Ages:** 16 and over

**Fee:** \$75.00/\$90.00

## 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:** 11:30-12:15PM

**Dates:** Saturday, Dec 3<sup>rd</sup>

**Ages:** 3 – 5 year olds

**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!!

**Dates:** Saturday, Dec. 10<sup>th</sup>

**Fee:** \$10.00

**Ages:** 3 – 5 yr olds 11:30-12:15PM - K - 3<sup>rd</sup> 12:15 – 1:00PM



### 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 15<sup>th</sup>**

**Fee:** \$2.00



## School Vacation Day Camps

### Winter Break Vacation Camp School Out's 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.

**Monday through Friday**

**Dates:** Dec. 26<sup>th</sup> – 30<sup>th</sup>

**Times:** 9:00AM—4:00PM

**Ages:** K —5<sup>th</sup> Grade

**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.

**Dates:** Dec. 26<sup>th</sup> – 30<sup>th</sup>.

The TC will be closed on 12/24 and close at 4:00pm on 12/31.

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



## Summer Fun in 2022

We had a great summer of live music and entertainment on the Town Green and at Harvey's Beach. We would like to take a moment to thank both of our lead sponsors who helped make this past summer such a memorable one! Thank you to our Summer Concert Series Lead Sponsor The Old Saybrook Rotary Club and our Summer Movie Night Lead Sponsor, Little Pub.

Old Saybrook  
**Rotary**



## OSCC Fall Arts & Crafts Festival

The Chamber of Commerce will hold their 58<sup>th</sup> annual Arts & Crafts Festival the weekend of October 2<sup>nd</sup> & 3<sup>rd</sup>. Moved from the Summer to the Fall due to the pandemic, the Chamber has a great festival lined up with 100 plus vendors, food, music and more.

**Sat. & Sun.** October 1<sup>st</sup> & 2<sup>nd</sup>

**Location:** Town Green

**Times:** Saturday 10:00am-5:00pm – Sunday 10:00am-4:00pm

For more information please visit the Chamber's website at [www.oldsaybrookchamber.com](http://www.oldsaybrookchamber.com)

