

Old Saybrook Parks & Recreation Winter Activities January – March 2023



Visit our website at
www.OLDSAYBROOKREC.com

Registration for all programs begin on
Wednesday, December 21st

Youth Basketball Registration closes on
12/27/22

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PROGRAM REGISTRATION, CANCELANATION AND REFUND INFORMATION

- All recreational programs require advance registration unless noted. Programs are filled on a first come first serve basis.
- Residents and non-residents may register in person or online.
- Please note deadlines for registration as certain programs may have shorter or extended registration periods.
- If insufficient enrollment causes a class to be cancelled, notification will be given and full tuition refunded, or a credit will be given for future use.
- OSPR reserves the right to change dates, consolidate classes, and/or modify programs in order to make programs accessible to the general public.
- Late charges may be applied to registrations obtained after deadline.
- Full refunds given (7) seven days prior to start date of program.
- 50% refund will be given if cancellation occurs less than (7) seven days prior to program.
- No refund will be given to the following programs, Summer Camp, School Vacation Camps and Sport Camps, if cancellation occurs less than (7) seven days.
- Other cancellation fees may apply.
- No refund given after program starts. Athletic Leagues with OSPR are considered started once registration ends and jerseys are ordered.
- Medical conditions verified by a physician's letter will be honored and full tuition refunded, or a credit will be given for future use.
- Registration Starts at 9:00AM promptly in the office or online
- Office Registration Accepts Cash, Check, or Credit/Debit Cards (MasterCard, Visa, Discover). Online registration is credit/debit cards only.
- Partial scholarships are available for most programs, please speak with the Director or Assistant Director for assistance.

Weather Related Cancellations

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

OFFICE HOURS

Monday - Friday

9:00AM — 4:00PM

Saturdays

9:00AM-4:00PM

BUILDING HOURS

Monday- Thursday

7:00AM — 8:30PM

Friday

7:00AM — 4:00PM

Saturday

9:00AM - 4:00pm

Sunday (until 4/5)

11:00AM — 4:00PM

OFFICE PHONE

(860) 395-3152/3154 (fax)

ADDRESS

308 MAIN ST.

(Recreation Center)

COMMISSIONERS

Susan Esty - Chair

Jim Henderson

Kevin Lane

Star Rueckert

Nancy Gatta

Bhor Ashe

Jane Wisalowski

Clerk: Gerri Lewis

STAFF

Ray Allen – Director

Jonathan Paradis - Asst. Director

Nick Morrell – Programs & Facility Assistant

Rick Pine- Office Manager

Tony Bielawa—Rec. Center Maintainer

Matt Hoadley & Mike Pace Jr.—Park Maintainer

Important Websites & Numbers

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

Recreation Center Special Hours & Closings

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

Winter Program Facilities

<u>Facility</u>	<u>Address</u>
1. The Recreation Center	308 Main St.
2. Goodwin Elementary School	80 Old Boston Post Rd.
3. OS Middle School	60 Sheffield St.
4. OS High School	1100 Boston Post
5. Town Green	302 Main St.
6. The Preserve	231 Ingham Hill Rd.
7. Exchange Pond	Bokum Rd.
8. Old Saybrook Racquet Club	299 Springbrook Rd.
9. Vicki Duffy Pavilion	154 College St.
10. Clark Community Park	170 Schoolhouse Rd.

Membership Cards for The Rec

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



Athletic Clubs in Old Saybrook

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



Old Saybrook Westbrook Youth Football & Cheerleading
Contact Person – Johanna Dwire
Phone –
Email - oswyouthfootball@gmail.com



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



Old Saybrook Basketball Club
Contact Person – Robert Laurie
Phone – 617-905-5495
Email – info@oldsaybrookbasketball.com



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



Important Athletic Dates in Town

Old Saybrook Little League

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

Old Saybrook Basketball Club

- Annual Meeting in April
- Be on the lookout for some great summer offerings including, summer camp and summer basketball league under the lights!!

Tick's Lacrosse

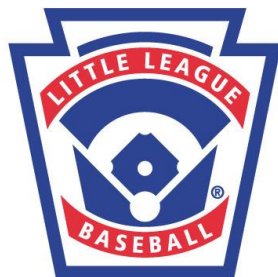
- Registration for the 2023 season is now open and will close in February

Old Saybrook Soccer Club

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

OSLL Spring Training at OSPR

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



Minor League Spring Training I

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

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

Ages: 6-7

Dates: March 2nd – 23rd

Fee: \$5.00

Minor League Spring Training II

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

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

Ages: 8-9

Dates: March 2nd – 23rd

Fee: \$5.00

OSLL will be offering separate spring training opportunities for all 10 – 12 boys and 10-13 year old girls. For more info please visit them online.

T-Ball and Coach Pitch with OSPR & OSLL

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

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

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

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

Summer Employment w/ OSPR

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

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



Volunteer Opportunities through Parks and Rec

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

April Vacation Camp 1st – 5th Grade

Looking for something fun and exciting for your child to do while school is out? Your child can enjoy activities such as tag games, dodge ball, Arts –n- Crafts, movies and more. Please bring snack and lunch and active clothes, Program is held at the Recreation Center. A special field trip will be planned. **Space is limited. Sign up early!!**

Dates: Mon. – Fri. April 10th-14th

Ages: K —5th Grade

Times: 9:00AM—4:00PM

Fee: \$125.00 for the Week

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

APRIL VACATION
Camp

Winter Fun

February Vacation Camp

Looking for something fun and exciting for your child to do during our mid-winter break? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, bowling and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K—5th graders. Program is held at the Recreation Center. 2/22 is a “snowflake” day and may become a school day.

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

Dates: Feb. 20th, 21st, 22nd

Ages: K —5th Grade

Times: 9:00AM—4:00PM

Fee: \$90 per wk

HotShots Contest

Each player will have one minute to shoot from “hotspots” placed on one half of the court. Starting at the center of half-court, the player dribbles into shooting range. The contest challenges a player’s speed, shooting, dribbling, and rebounding ability The top scorer in each division will move on to the next level of the contest. The HotShots Contest is a recreational program designed to promote basketball enthusiasm as much as basketball skill, fun, physical fitness, friendship, and good sportsmanship.

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

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

Date: Saturday, March 4th

Time: Starts at 1:00PM

Ages: 9 - 15

Fee: FREE



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

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



308 Main St.
Old Saybrook, CT, 06475

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

3- 5 Year Old Programs

Tennis w/ OS Racquet Club

Using 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. Program meets at The Saybrook Racquet Club

Wednesdays: 4:00 – 4:45pm

Ages: 4-5

Dates: Jan 1st, 18th, 25th Feb 1st, 8th

Fee: \$50.00

Pre-k Soccer with Soccer Shots

This class will be taught by Soccer Shots. Your child will learn some basic foot skills, dribbling, passing, and shooting. Children must wear sneakers and shin guards are advised. Class takes place at the Recreation Center and last for 6 weeks.



Saturdays: 9:15, 10:15 or 11:15am

Ages: 3-5yrs old

Dates: March 4th, 11th, 18th, 25th

Fee: \$40.00

Creative Dance Movements

Kids learn how to groove to the rhythm of their favorite songs. Kids will learn some basic dance moves with an imaginative mind, clapping hands, and cool props. Class lasts for 5 weeks and takes place at the Recreation Center.

Thursdays: 4:45-5:30pm

Ages: 3yr-Kindergarten

Dates: Jan 12th - Feb 9th & March 2nd – 30th

Fee: \$20.00

Birthday Parties at The Rec.

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



K – 4th Grade Programs

Extreme LEGOS Club

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

Mondays: 3:15-4:15pm

Grades: 1st – 3rd

Dates: Jan. 9th, 23rd, 30th Feb. 6th, 13th

Fee: \$50.00

Chess Club

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

Wednesdays: 3:15- 4:00pm

Grades: 2nd – 4th

Dates: Jan. 11th, 15th, 25th Feb. 1st, 8th

Fee: \$20.00

Color By Number

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

Thursdays 3:15 – 4:00pm

Grades: K-3

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

Fee: \$20.00

Cooking Kids

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

Fridays: 3:15M – 4:00PM

Grades: 2nd – 4th

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

Fee: \$30.00



Tennis w/ OS Racquet Club

Using 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. Program meets at The Saybrook Racquet Club

Wednesdays: 5:00-5:45pm

Grades: 1-4th

Dates: Jan 1th, 18th, 25th Feb 1st, 8th

Fee: \$50.00



K – 4thGrade Programs

Arts-N-Crafts

Children in grades 1-4th can join us at the Goodwin school where we will make great seasonal arts-n-crafts projects. Each week they will leave with a great new project to show the whole family.

Mondays: 3:15 – 4:00PM

Grades: 1st-3rd

Dates: Feb. 27th March 6th, 13th, 20th & 27th **Fee:** \$20.00



Softy Hockey

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

Tuesday: 3:15 – 4:30pm

Grades: K – 2nd

Dates: Feb. 28th March 7th, 14th, 21st, & 28th **Fee:** \$20.00



Peewee Basketball

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

Wednesdays: 3:15-4:00pm

Grades: 1st

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

Fee: \$20.00



Dancing Class at Goodwin

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

Thursday: 3:15-4:00PM

Grades: 1st-4th

Dates: 2/2 to 3/2 or 3/9 to 4/6

Fee: \$20.00



Community Calendar

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



www.OLDSAYBROOKREC.com

5th - 8th Grade Programs

KickBall

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

Mondays: 2:45-3:45pm

Dates: Jan. 9th, 23rd, 30th Feb. 6th, 13th

Grades: 5th-8th

Fee: \$20.00



Ultimate Frisbee

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

Wednesdays: 2:45-3:45pm

Dates: Jan. 11th, 18th, 25th Feb. 1st, 8th

Grades: 5th-8th

Fee: \$20.00

Field Hockey

We are happy to offer an intro to Field Hockey class this winter at The Rec. Come learn the basic skills of the sport with Alexa Mulvihill, JV coach at OSHS. This class is also apart of a OSHS Senior Class project.

Thursdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00

Afterschool Basketball

For 5 weeks come to the Rec afterschool to play some real basketball w/ a ref and a score board. We will have two divisions (courts) based on skill level.

Mondays: 2:45-3:45pm

Dates: March 6th, 13th, 20th, 27th April 3rd

Ages: 5th – 8th

Fee: \$20.00

Floor Hockey

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

Tuesdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00

Indoor Soccer

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

Wednesdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00



Flag Football

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

Thursdays: 2:45-3:45pm

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

Grades: 5th-8th

Fee: \$20.00

Team Sports / Special Programs

Youth Basketball League

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

Divisions are subject to change based on registration numbers.

Coaches are Needed!!!

Games: Jan 14th, 21st, 28th Feb. 4th, 11th, 18th, 25th

Ages: 2nd —8th Grades Boys & Girls

Fee: \$50.00

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



Adult Futsal Soccer

With the cold weather we will bring soccer indoors with pick up Futsal Soccer for adults on Sunday nights at the Rec. Participants must be 18 years of age or older. This will be a pickup style program, with new teams made new each night. There will be round robin action, with teams of 4 rotating two games on, one game off.

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

Dates: Dec. 4th – Feb. 26th **Location:** Rec Center Gym

Adult Kickball League

Back for a 4th season, games are played at the Rec. with OSPR special rules which make for a fun and interesting game. Teams of 10, only the captain needs to register. Rosters and waivers are due before first game is played.

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

Dates: Feb 1st – March 29th **Fee:** \$50.00 per team

Winter Ice Skating

Ice Skating on Exchange Pond

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



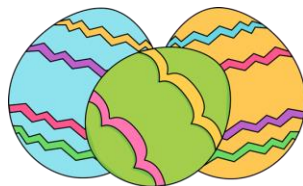
Clark Community Park (Town Park)

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

Special Family Events

Easter Egg Hunt

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



Date: Saturday, April 1st

Fee: FREE

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

5yr - 1st Grades 11:15am

2nd & 3rd Grades 11:30am



Annual Rock Hunt at Town Park

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

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

Date: Friday, April 7th

Grades: 4th—6th

Time: 10:00am

Fee: FREE

Ray Dobratz Annual Fishing Derby

Join us for a fishing derby at Crystal Lake at Clark Community Park on Schoolhouse Rd. See who can claim bragging rights, the children, or the adults? Who will get the biggest catch of the day? Children age 5-15 can be accompanied by a family member in this great derby which kicks off the fishing season. The lake will be stocked with trout for all to enjoy. Prizes will be awarded for biggest fish caught.



Coffee, Hot chocolate & donuts will be served in the morning and Hotdogs will be available later in the morning. Please register by April 20th.

Date: Saturday, April 22nd

Fee: \$5.00 per person

Time: 7:00-10:00am

Participants 16 and older must have a valid CT fishing license.

Old Saybrook Residents Only

Strategic Plan Update

New Gazebo installed on Town Green

After standing in place for close to 40 years, the iconic gazebo on the Town Green was torn down by our Department of Public Works and moved over to make way for a brand-new gazebo and patio. Here are some photos of the demolition.



New Sidewalks at Kavanagh Park

This fall we updated and added concrete sidewalks within and along Kavanagh Park on Trask Rd. making our park more accessible to all our residents. With new walks to the bathrooms, tennis courts and splashpad our park is setup to better suit our community.



More Pickleball Courts Added

With such a high demand for court time at our Main St. Park, we lined and added four more pickleball courts at Kavanagh Park. If the courts are not being used, you can set up a net and play.



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.

Owls of Connecticut - January 10th

Come learn about the 8 species of Owls that are found in CT, and why we should give a hoot about them!

The American Beaver - February 14th

This native mammal is an important part of our ecosystems, however, it is considered a nuisance by many. Join us to learn about the facts.

Snakes Are Fascinating - March 14th

We have 14 species in our State, find out who is rare and how to be aware as we briefly introduce each species and their habitats.

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

Fee: \$5.00

Ages: All

Forest Stewardship

Winter Weed Warriors will convene at The Preserve in 2022 and 2023. This activity met five times last year and volunteers significantly reduced the woodland barberry population, creating better habitat for native plant survival and reducing tick habitat. Almost 100 hours of community service were donated. Plus, we got to meet new people and have plenty of good conversation. 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. Rain/snow

Saturdays: 1:00-3:00pm

Ages: 14+

Dates: Dec. 3rd, Jan. 7th, March 11th and April 1st

Fee: FREE

Snowman Building Championship 2022

We are bringing back the Snowman Championship for 2022!! Whether there is snow from Mother Nature, or we have to make it ourselves, we will hold our championship on Saturday, January 28th on the Town Green at 2:00pm. We are opening the field for 2022 and are looking for 16 teams to compete for coveted award of *Best in Snow*. We would like to thank Eric Lintleman and the OS Fire Department for their help with this program. To register, please visit oldsaybrookrec.com.



Teen Center

Friday Night Teen Center

Each Friday night 6th-8th graders can enjoy a night in the Teen Center. The Teen Center offers a wide variety of activities to do in a safe & supervised environment.

We have some special events coming up:

- **Co-Ed Indoor Soccer Tournament – January 13th & 20th**
- **Kickball – February 24th**
- **Co-Ed 3 on 3 Basketball Tournament – March 17th**

Teens sign-in when they arrive and **are not** allowed to leave unless a parent/guardian picks them up or provides permission for them to leave.

Friday Nights: 7:00—9:30PM

Grades: 6th-8th

Membership Fee: \$30.00

Non-Members \$5.00 Each Friday

Teen Center After-School Drop – In

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

The Teen Center offers endless fun and socialization afterschool with a large gym, game room with a pool table, bumper pool table, ping pong, foosball, air hockey and 3 new arcade games! We also have 2 gaming centers and a great lounge. The Teen Center is staffed with youth development professionals and is a great place to make new friends and hang out with old ones.

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

Monday - Thursday: 2:30—5:30PM

Grades: 6th-8th Only

Membership Fee: \$30.00

Friday Afternoons: 2:30 -4:00pm

Grades: 5th Only

Membership Fee: \$10.00

½ Days at the Rec.

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

Use your QR Reader to register online



Adults

Adults Indoor Pickle Ball

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



Mon. & Thurs.: 9:30am – 11:30am

Ages: 18+ and over

Dates: Session 3 Jan. 26th - March 20th

Fee: \$20.00 Non-Resident \$30.00

Adult Evening Pickleball

Geared to our working adults, we are bringing our pickleball program inside on Tuesday nights for the winter. Join us for 8 fun weeks of recreational pickleball at The Rec. Participants set up and break down equipment within program time.



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

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

Session III Indoor Dates: Jan 10th – Feb 28th

Session IV Indoor Dates: March 3rd to April 25th

Pickleball BootCamp

Join us for a one-week boot camp to get your skills and knowledge of the game ready for the upcoming outdoor season. In this 4 session, beginners clinic, you will learn the rules of the game, scoring, serving and return of serve. Class is taught by Rosemary Hokanson

Mon – Thurs: 7:00-8:00am & 1:00-2:00pm

Ages: 16+

Dates: March 20th – 23rd

Fee: \$75.00

Pick-up Basketball Times

Come Down to the Recreation Center and play some great Men's Pickup basketball Games. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.



**ADULT
BASKETBALL**

Mondays: 18 & Over

Time: 7:00-8:30pm

Intermediate Seasonal Watercolors for Adults

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. Class meets at the Rec. Center.

- January 8th, 15th & 22nd Ice & Snow
- February 5th, 12th & 19th Moody Moments
- March 5th, 12th & 19th The Awakening

Sundays – 9:30-12:00PM **Ages:** 16+

Fee: \$40.00 per session

Adults

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 meets twice a week on Monday and Thursday mornings at The Vicki G Duffy Pavilion at Saybrook Point.

Session 3 Dates: Jan. 2nd – Feb 13th **No Class on 1/16**

Session 4 Dates: Feb 16th – March 30th **No Class on 2/20**

Session 5 Dates: April 3rd – May 11th

Class Times: 10:00-11:00AM

Fee: \$75.00 Resident \$90.00 Non-resident



LYT Yoga® with Thia

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



Sundays: 9:00-10:00AM

Ages: 16 and over

Dates: Dec. 11th – Feb. 12th or Feb 26th – April 16th

Fee: \$50.00/\$60.00

Gentle LYT Yoga® with Thia

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

Tuesdays: 7:00-8:00PM

Ages: 16 and over

Session 1 Nov. 22-Feb 7th

Session 2 Feb. 21st- May 9th

Fee: \$75.00/\$90.00

Fitness w/ Jill Temple

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

Tues & Thurs: 6:00-6:45pm

Ages: 16 and over

2 Sessions: 1/3 – 2/9 or 2/14 – 3/23

Fee: \$100.00/\$125.00



Adults

Sound Steppers at Goodwin

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



Wednesdays: 6:30-8:30pm

Ages: 18+

Dates: Jan 1th – June 7th

Fee: \$15.00

Indoor Walking Track

The indoor walking track is available for all Old Saybrook Residents and is in the gymnasium of the Recreation Center. The track is 1/18 of a mile long, meaning it takes 18 laps to complete 1 Mile. Walkers are required to sign in at the front desk. Non-residents must be accompanied by a resident and pay a \$2.00 fee.

Pronatal Fitness with Jill

Having a baby in the next couple of months or did you recently just become a new mom?

PRONATAL
— FITNESS —

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 this class we will safely learn different exercises to help ease the pressure. We are offering two sessions.

Wednesday: Via Zoom

Fee: \$80/100.00 Res/Non-Res

Dates: Jan 11th – March 29th

Times: 5:15-6:00pm

Highschool Athletics

Highschool LAX Club

In its 2nd official year, we aim to provide a contact free spring training opportunity for high school students to gear up for the upcoming season. Play is “pick-up style” and indoor swax balls are used. Participants must wear sneakers, gloves and helmet.

Tuesdays: 6:00-7:00pm

Grades: 9th-12th

Dates: Jan 10th – March 14th

Fee: \$20.00

