

# Old Saybrook Parks & Recreation



## September – December 2023

Visit our website for online registration at  
**[www.OLDSAYBROOKREC.com](http://www.OLDSAYBROOKREC.com)**

**Registration for all Programs begins on  
Monday, August 21<sup>st</sup>**

**Fall Soccer Registration has already begun  
Registration closes on  
Wednesday, August 16th**



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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 cancelation 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 10/16)**

11:00AM-4:00PM

## **BUILDING HOURS**

### **Monday- Thursday**

7:00AM – 8:30PM

### **Friday**

7:00AM – 4:00PM

### **Saturday**

9:00AM - 4:00pm

### **Sunday (Starting 10/1)**

11:00AM – 4:00PM

## **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  
Nick Morrell – Program Assistant  
Tony Bielawa—Rec. Center Maintainer  
Matt Hoadley & Mike Pace Jr.—Park Maintainers

## 3- 5 Yr Old Programs

### 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:** 9:15, 10:15 or 11:15am

**Ages:** 3-4yrs old

**Dates:** Sept 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Oct. 7<sup>th</sup>, 14<sup>th</sup>

**Fee:** \$50.00

### Cupcake Decorating Workshops w/ The British Baker

We have teamed up with The Great British Cupcake to offer two classes of Cupcake Decorating at The Rec. Center. We have one class for 1<sup>st</sup>-6<sup>th</sup> graders and a cake class for adults. Youth will each decorate 6 amazing cupcakes, while adults will make decorate their own cake. Everyone will get to take them home to enjoy. All supplies are included.



**Youth:** 10:30-12:30pm

**Grades:** 1<sup>st</sup>-6<sup>th</sup>

**Dates:** Oct. 21<sup>st</sup>

**Fee:** \$50.00

**Adult:** 6:30-8:30pm

**Ages:** 18+

**Dates:** Nov. 2<sup>nd</sup>

**Fee:** \$75.00



## 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. 6<sup>th</sup> and run through Dec. 21<sup>st</sup>**

**Monday and Wednesday Classes have 10 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.**

# Fall Outdoor Programming

**Winter Solstice Walk**, Thursday, December 21, 2:30 – 4:30 p.m.  
Celebrate the shortest daytime of the year by walking at The Preserve State Forest. This moderately paced walk follows a loop around The Preserve, ending at the Pequot bog overlook in time to watch the solstice sunset. Moderately smooth terrain, with a few rocky or hilly areas. Wear boots, bring water. Rain or snow cancels the 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.

**Invasive Plants Walk, Talk & Work at The Preserve**: Saturday, December 3, 1 p.m. – 3 p.m. Learn to identify and remove invasive plants in winter. The first part of this event will be an introduction to the free resources offered by the Connecticut Invasive Plants Working Group. Then, we'll walk and point out winter features of invasive plants. Upon arrival at a barberry patch, we'll cut barberry for 45 minutes. (Bring clippers or borrow ours.) Return to the parking lot by 3 p.m. Meet at 12:45 at the Ingham Hill Road parking lot in Old Saybrook, across the street from #231. Rain/snow date: Sunday, December 4, same time and place. Leader: Kathy Connolly, 860-510-2136.

## 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 10***

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.

### ***Connecticut's Wild Turkey – Tuesday, November 14***

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.

### ***Moose in Connecticut?? – Tuesday, December 12***

Yes, this large mammal can be found in Connecticut. Join us to learn the facts in this presentation that you wont want to miss.

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

**Dates:** 10/10, 11/14, 12/12

**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 Storywalk® Event**

O.S.E.C.C. (Old Saybrook Early Childhood Council) along with the Acton Public Library, will be setting up a Book Walk at the Acton Public Library throughout October. This year our Storywalk® title is *The Magical Yet*, written by Angela DiTerlizzi. This story is sure to inspire and encourage everyone to keep working through those challenges that life may bring. As DiTerlizzi explains, "With the Yet as your guide, along the way, you'll do all the things you can't do today."

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 & Phone Numbers

- Town of Old Saybrook [www.oldsaybrookct.gov](http://www.oldsaybrookct.gov)
- OS Public Schools – [www.oldsaybrookschools.org](http://www.oldsaybrookschools.org)
- OS Youth & Family Services – 860-395-3190
- Acton Public Library – [www.actonlibrary.org](http://www.actonlibrary.org)
- OS Chamber of Commerce - [www.oldsaybrookchamber.com](http://www.oldsaybrookchamber.com)

## Reminders:

- Please help keep all our 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 4 <sup>th</sup>	Labor Day	Closed
Wed.	November 22 <sup>nd</sup>	Pre - Thanksgiving	Closing at 4:00PM
Thursday	November 23 <sup>rd</sup>	Thanksgiving	Closed
Friday	November 24 <sup>th</sup>	Day after Thanksgiving	Closed
Sunday	December 24 <sup>th</sup>	Christmas Eve	Closed
Monday	December 25 <sup>th</sup>	Christmas	Closed
Sunday	December 31 <sup>st</sup>	New Year's Eve	Closing at 4:00PM
Monday	January 1 <sup>st</sup>	New Year's Day	Closed

## Gym and Track Schedules

You can download a copy of our gym and track schedules on our website or pick up a hard copy at The Rec.

## Be on the lookout for

- **Indoor Adult Ultimate Frisbee at The Rec. Oct.-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.**
- **Starlight Festival Dec. 2<sup>nd</sup> – Town Green & Main St.**
- **8<sup>th</sup> Annual Adult Kickball League - Begins in January**
- **Mark your calendar for the 2<sup>nd</sup> Annual Celebrate Saybrook, June 23, 2024.**

## 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.

**Wednesdays:** 3:15– 4:00PM

**Dates:** Sept. 20<sup>th</sup>, 27<sup>th</sup> Oct. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>

**Grades:** 1<sup>st</sup>-3<sup>rd</sup>

**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.

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

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

**Grade:** 3<sup>rd</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:** 4:00-4:45 PM

**Dates:** Nov. 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup> Dec. 6<sup>th</sup>, 13<sup>th</sup>

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

**Fee:** \$20.00



## Afterschool Basketball

Get your child ready for the upcoming basketball season with 5 weeks of pick-up play after school. Teams will change each week and class takes place after school at Goodwin Elementary.

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

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

**Grades:** 3<sup>rd</sup> – 4<sup>th</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** 9:30-10:15am

**Dates:** Nov 11<sup>th</sup>, 18<sup>th</sup> Dec. 2<sup>nd</sup>, 9<sup>th</sup>

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

**Fee:** \$20.00



## Intro to Disc Golf at Cedar Swamp

Join us for our first ever disc golf program at our new course, Cedar Swap Disc Golf at Clark Community Park. Instructed by Rob LeMire who built and designed our course.

**Mondays:** 4:30-6:00pm

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

**Ages:** 8-12

**Fee:** \$20.00

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

### Intro to Disc Golf at Cedar Swamp

Join us for our first ever disc golf program at our new course, Cedar Swap Disc Golf at Clark Community Park. Instructed by Rob LeMire who built and designed our course.

**Mondays:** 4:30-6:00pm

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

**Ages:** 13-16

**Fee:** \$20.00

### Flag Football

With fall comes football and at OSPR we have afterschool Flag Football. Teams will be made each week and the kids will play all the positions of the game for some friendly, non-contact fun. Class takes place at The Rec.

**Tuesdays:** 2:45-3:45pm

**Dates:** Sept. 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Oct. 3<sup>rd</sup>, 10<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:** 2:45-3:45pm

**Dates:** Sept. 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct. 5<sup>th</sup>, 12<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. 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

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

**Fee:** \$25.00



### 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. 14<sup>th</sup>, 16<sup>th</sup>, 28<sup>th</sup> Dec. 5<sup>th</sup>, 12<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. 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> Dec. 7<sup>th</sup>, 14<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 2:35—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 2:35—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. 1<sup>st</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! Plus, we always have all the latest movies to watch on our big screen T.V.

**Monday—Thursday: 2:35—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 5<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. Membership is encouraged and cost \$30.00 per school year and includes Friday Nights.

**Friday Nights Begins September 15<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 29<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 27<sup>th</sup> see below 5<sup>th</sup> Grade Halloween Party – October 27<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: 2:35pm-4:00pm**

## **Annual Teen Center Halloween Party – October 27<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. 3<sup>rd</sup> – Jan. 5<sup>th</sup>**

Every Friday night we will host Flag Football with a staff member as the Quarterback, grab your friends, create a team and try to win the league!



## **Annual Teen Center Ugly Sweater Party – December 15<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**

2022 Fall Soccer – Central CT Pediatric Dentistry & Orthodontics

2022 Indoor Soccer – Sharon Linder of Berkshire Hathaway

2023 Basketball – Mike's Barbershop

2023 T-Ball and Coach Pitch – The Parthenon Dinner

### **Program Sponsors**

College Planning Partnerships – JM Realty – Builders Concrete East

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

### **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

JM Realty

Saybrook Republican Town

Committee

Sharon Linder of Berkshire

Hathaway

Tina Rupp REALTOR William

Pitt Sotheby's

Oliver Asset Advisors

Vea Health Consulting

ServiceMaster of Old

Saybrook

Jack Giegerich of Edward  
Jones

Old Saybrook Democratic  
Town Committee

OS Republican Woman's Club

#### **Co-Sponsors**

TJ's Pizza

Penny Lane Pub

Maria Pietrosante of Allstate Insurance

### **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 Phase 2 of our Main St. Park is going out to bid and construction will begin soon on the back portion of the park. Construction will include removal of old paved parking lots, grading of the entire back area, installation of sidewalks, lighting, green space, water station, two bocce courts, seating and shade structures.



## Wi-Fi At Our Parks

This summer we made technological improvements to our parks, and we now have complementary Wi-Fi at the following parks.



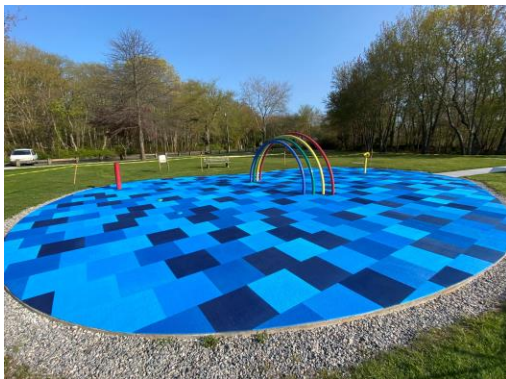
**Town Green  
Mini Golf  
Vicki G Duffy Pavilion**

**Harvey's Beach  
Town Beach  
Kavanagh Park**

For a complete list of Wi-Fi Names and Passwords, please see our website.

## Upgrades at Kavanagh Park

Throughout this past year we have made many improvements to Kavanagh Park and our newest improvements include the resurfacing of both the splash pad and the basketball court. We hope you have all found time to see the new and improved park!



## **Athletic Clubs in Old Saybrook**

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



Coastal Chargers Youth Football & Cheerleading  
Contact Person – Johanna Dwire  
Email - coastalchargers@gmail.com  
Website – www.coastalchargersyouthfootball.com



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



Old Saybrook Basketball Club  
Contact Person – Bob Laurie  
Email – Info@oldsaybrookbasketball.com  
Website – www.oldsaybrookbasketball.com



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



## **Starlight Festival**

Old Saybrook's annual Starlight Festival has quickly become a staple in early December as we welcome the winter season in town. There will be great family activities, shopping up and down Main St., a meet and greet with Santa, caroling and other performances, trolley rides and the lighting of the Heroes Tree at The Kate.

**OS-Starlight.org**

**Saybrook**



# 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

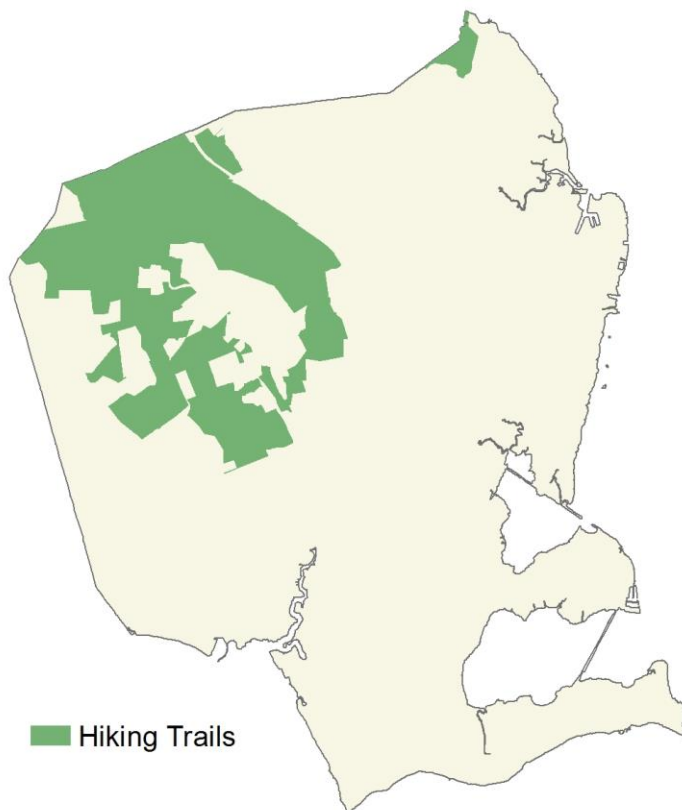
1,000 acres of preserved coastal forest

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 7<sup>th</sup>**

**Time: 1:00—2:30 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.



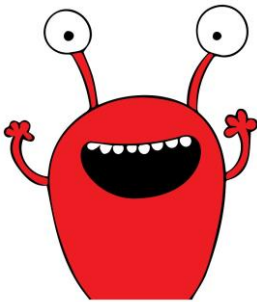
**Saturday: Oct 14<sup>th</sup>**

**Time: 1:00—2:30 PM**

**Town Green Gazebo**

**Fee: \$5.00 per Pumpkin**

### Halloween Monster Hunt on Main St.



Oh no, our monsters have decided to stay and hide out on 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 14<sup>th</sup>-30<sup>th</sup>

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

### Trunk or Treat Party and Parade

Back for the 3<sup>rd</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 28<sup>th</sup>

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

**Location:** The Rec.

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

**Our family Halloween Party is sponsored by Liberty Dunkin**

**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-2<sup>nd</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 are 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. 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Oct. 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>

**FEE: \$50.00**

**Registration Deadline August 16<sup>th</sup>**

**Coaches meeting will be Wednesday, August 30<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 week of Nov. 6<sup>th</sup>.**

**The game schedule will be available after October 25<sup>th</sup>**

**Indoor Soccer Registration closes on Friday, October 13<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

### **FNTC Flag Football League**

This year marks the 10th 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. 3<sup>rd</sup> – Jan. 5<sup>th</sup>

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

**Fee:** FREE w/ membership



### **YOUTH BASKETBALL**

The 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 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<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:**



## Ben Novinski Coaching Award

Every other year we are honored to name the recipient of the Ben Novinski Coaching Award. Ben was a pillar in our community when it came to youth sports. Recipients of this award have coached for 4 or more years at OSPR and other Youth Sport Organizations in town. This year, we are please to acknowledge and award both Ryan Percival (2021) and Mike Gilson (2023). Like Ben, Ryan and Mike have shown superior commitment and dedication to our community through sports. Thank you both for your outstanding support!

# 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

**Tuesdays:** High School through 10/31

**Thursdays:** Women's Night

## Adult Futsal Soccer

Pick up style indoor futsal soccer with cones for goals. Quick games up to 3 to keep teams moving and changing all night. Residents may bring a guest for \$2.00.

**Day:** Wednesdays until 10/11

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

## Ultimate Frisbee

For 9 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. 2<sup>nd</sup> Session moves indoors at Rec. Center

**Day:** Wednesdays 8/30 to 10/11

**Time:** 5:30-6:30PM

**Day:** Wednesdays 10/18 to 12/20

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

## 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. 27<sup>th</sup> – Dec. 20<sup>th</sup>

**Fee:** \$15.00



## Adult Art Classes

### Playful Art for Adults

In these three therapeutic, semi-instructional abstract art sessions, we will practice creating frameable pieces using lines, curves and color. Participants will need to bring their own supplies. Please see our website for the complete list. Each class is \$20 and classes are for anyone 16+yrs.

**Neurotrophic-Art Inspired** – Nov. 12<sup>th</sup>

**NeuroArt & Doodling** – Nov. 19<sup>th</sup>

**3D Curve, Line & Ink Illusion Drawing** – Dec. 17<sup>th</sup>

### Rise & Shine Adult Watercolor for Beginners

Step by step instructional sessions are for those who have an interest in but were too intimidated to begin their journey in Watercolor painting. Familiarity of supplies, techniques, color and various applications will be covered as we practice and create towards a completed seasonal painting at our last session. Participants will need supplies, visit the website for list.

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

**Ages:** 16+

**Dates:** Oct. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Fee:** \$100.00

# Pickleball Programs

## Open Play

### Pickle Ball for Adults Beginner and Intermediate Open Play

These programs are for those who already understand and know how to play the game. These are **NOT** instructional programs. We have a variety of open play programs for everyone. Programs appear online 2 months before they start, Residents can register 1 month prior, and non-residents can register 2 weeks prior to the start of each program.

#### Beginner Open Play

**Wednesdays:** 9:30-11:00am      **Ages:** 18+      **Fee:** \$15.00  
Outdoor Session 4: Sept. 20<sup>th</sup> – Nov. 8<sup>th</sup> (Main St. Courts)  
Indoor Session 1: Nov 15<sup>th</sup> – Jan 10<sup>th</sup> (Rec. Center)

#### Intermediate Open Play

**Mon. & Thurs:** 9:30-11:30AM      **Ages:** 30+      **Fee:** \$25.00  
**Outdoor Session 4:** Sept. 21<sup>st</sup> – Nov. 13<sup>th</sup> (Main St. Courts)  
**Indoor Session 1:** Nov 16<sup>th</sup> – Jan. 18 **\*No Class on 11/23 or 12/25 or 1/1\***

#### Mixed Level Open Play

**Saturdays:** 9:30-11:30am      **Ages:** 18+      **Fee:** \$25.00  
**Dates:** Sept. 9<sup>th</sup> – Nov. 11<sup>th</sup> (Main St. Courts)

#### Tuesday Night Mixed Level Open Play

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 30 spaces available.

**Tuesdays:** 7:00-8:30pm      **Ages:** 18+  
**Dates:** 9/5 - 10/24 or 11/7– 12/26      **Fee:** \$25.00

## Instructional Lessons

We will be offering Fall outdoor lessons throughout the fall season. We are also working on a Bootcamp in the Month of November. Please follow our website for more information.

## League Play

**Doubles League Play** – in our 3<sup>rd</sup> installment of league play, participants will choose their partner for a 8 week fall season of play. Teams will be given a schedule with dates, court times and opponents each week. Teams will play a match in a best of 7 format and one hour to play. This league requires a strong level of commitment from all participants.

**Dates:** September 11<sup>th</sup> – November 1<sup>st</sup>

#### **Beginners:**

**Mondays: 5:30-8:30pm      Ages:** 18+      **Fee:** \$75.00

#### **Intermediate**

**Wednesdays: 5:30-8:30pm      Ages:** 18+      **Fee:** \$75.00

## Yoga

### 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. 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:** Oct. 2<sup>nd</sup> – Nov. 13<sup>th</sup> \*no Class on Monday, Oct. 9<sup>th</sup> \*

**Session 2:** Nov. 16<sup>th</sup> – Jan. 4<sup>th</sup> \*no Class on 11/23, 12/25 or 1/1



### Yoga For Beginners w/ Terri Cain

This is a "yoga for all" class whether you are brand new to yoga, coming back to your practice, or just want to slow down and return to basics. Join us to unwind, energize, and explore your movement potential wherever you are in your journey. We will cover flexibility, stability, strength and balance, postural alignment, basic yoga poses, stress reduction and the use of props to personalize, support and deepen your practice.

**Thursdays:** 11:15 – 12:15pm

**Dates:** Sept 7<sup>th</sup> – Oct. 12<sup>th</sup>

**Ages:** 16+

**Fee:** \$50.00/\$65.00

### 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 10<sup>th</sup>- Oct 29<sup>th</sup> or Nov 5<sup>th</sup> -Dec 31<sup>st</sup>

 **LYT YOGA®**

**Ages:** 16+

**Fee:** 60.00/\$75.00

### Gentle LYT Yoga® with Thia

This 8 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:** Sept 26<sup>th</sup> –Nov 14<sup>th</sup> or Nov 21-Jan 9<sup>th</sup>

**Ages:** 16 and over

**Fee:** \$60.00/\$75.00



### Restorative Yoga w/ Cherry Miller

This gentle yoga class will incorporate grounded movement, restorative poses, and pranayama (or breath) exercises. Each class will conclude with an extended Savasana (relaxation pose). Participants will have an opportunity to slow down, fully experience each pose, and release tension from their body and mind. Class meets on Town Green in Gazebo.

**Wednesdays:** 5:30-6:30pm

**Dates:** Sept. 13<sup>th</sup> – Oct. 11<sup>th</sup>

**Ages:** 16+

**Fee:** \$50.00/\$65.00



## 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:** 11:00-11:45am

**Dates:** Saturday, Dec 2<sup>nd</sup>

**Ages:** 3 – 5 yr 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. 9<sup>th</sup> **Ages:** 3 yr old to 5<sup>th</sup> grade

**Session 1** – 11:00 – 11:45am

**Session 2** – 12:15 – 1:00pm



**Fee:** \$15.00

### 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. The program is held at the Recreation Center.

#### **Monday through Friday**

**Dates:** Dec. 26<sup>th</sup> – 29<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 12/25 and 1/1

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



## Summer Fun in 2023

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**



## GOSC Fall Arts & Crafts Festival

The Chamber of Commerce will hold their 58<sup>th</sup> annual Arts & Crafts Festival the weekend of Sept. 30<sup>th</sup> and Oct. 1<sup>st</sup>. The Chamber has a great festival lined up with 100 plus vendors, food, music and more. For more information, please visit the Chamber's website at [www.oldsaybrookchamber.com](http://www.oldsaybrookchamber.com)

**Sat. & Sun.** Sept. 30<sup>th</sup> & Oct. 1<sup>st</sup>

**Location:** Town Green

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

