

# **Old Saybrook Parks & Recreation Winter Activities**

**January – March 2024**



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

**Registration for all programs begin on  
Wednesday, December 20<sup>th</sup>**

**Youth Basketball Registration closes on  
12/27/23**

## Table of Contents

Office Hours/ Commissioners/Staff .....	2-3
Department and Town Information .....	4
Strategic Plan Update.....	5
3 - 5 yr Old Programs.....	6
K - 4 <sup>th</sup> Grade Programs .....	7
5 <sup>th</sup> - 8 <sup>th</sup> Grade Programs .....	8
Teen Center.....	9
Adult Programming .....	10-11
Athletics and Team Sports.....	12-13
Family and Special Events.....	14-15
Outdoor and Nature Programming.....	16
Pickleball.....	17
T-Ball and OS Litte Leauge & Ice Skating .....	18
Vacation Camps and Summer Employment.....	19-20

### **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 the deadline.
- Full refunds given (7) seven days prior to the start date of program.
- 50% refund will be given if cancellation occurs less than (7) seven days prior to program.
- No refund will be given to the following programs, Summer Camp, School Vacation Camps and Sport Camps, if cancellation occurs less than (7) seven days.
- Other cancelation fees may apply.
- No refund is 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 4/7)**

11:00AM — 4:00PM

## OFFICE PHONE

(860) 395-3152/3154 (fax)

## ADDRESS

308 MAIN ST.

(Recreation Center)

## COMMISSIONERS

Susan Esty - Chair

Jim Henderson

Star Rueckert

Nancy Gatta

Jane Wisalowski

Robert Lemire

Elizabeth Soden

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 Maintainer

## Important Websites & Numbers

- Town of Old Saybrook [www.Oldsaybrookct.org](http://www.Oldsaybrookct.org)
- OS Board of Education [www.oldsaybrookschools.org](http://www.oldsaybrookschools.org)
- Old Saybrook Youth & Family Services  
[http://www.oldsaybrookct.org/pages/oldsaybrookct\\_youth/index](http://www.oldsaybrookct.org/pages/oldsaybrookct_youth/index)
- Acton Public Library <http://www.actonlibrary.org>
- Greater OS Chamber [www.oldsaybrookchamber.com](http://www.oldsaybrookchamber.com)
- OS Little League <http://leagueathletics.com/?org=osll.net>
- Old Saybrook Soccer Club <http://ossoccer.org/>
- Youth Football [www.coastalchargersyouthfootball.com](http://www.coastalchargersyouthfootball.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
15-Jan	MLK Day	Rec Center Open
19-Feb	President's Day	Rec Center Open

## Winter Program Facilities

<b>Facility</b>	<b>Address</b>
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. Vicki Duffy Pavilion	154 College St.
9. 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](http://oldsaybrookrec.com). Then simply stop by the Rec. Center to have your picture taken and card assigned.



## 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

**Indoor Session 1:** Nov. 15<sup>th</sup> – Jan. 10<sup>th</sup>

**Indoor Session 2:** Jan. 17<sup>th</sup> – March. 6<sup>th</sup>

**Indoor Session 3:** March 13<sup>th</sup> – May 1<sup>st</sup> \*will transition to outdoor Courts in April\*

#### Intermediate Open Play

**Mon. & Thurs:** 9:30-11:30AM      **Ages:** 30+      **Fee:** \$25.00

**Indoor Session 1:** Nov 16<sup>th</sup> – Jan. 18 \*No Class on 11/23 or 12/25 or 1/1\*

**Indoor Session 2:** Jan. 22<sup>nd</sup> – March 18<sup>th</sup> \*no class on 2/19\*

**Outdoor Session 1:** March 21<sup>st</sup> – May 13<sup>th</sup>

#### Mixed Level Open Play

**Sundays:** 8:00-10:00am      **Ages:** 18+      **Fee:** \$25.00

**Dates:** Jan 7<sup>th</sup> – March 10<sup>th</sup>

#### Tuesday Night Mixed Level Open Play

This indoor program will take place at The Rec Center. Come meet new people and play this popular sport in the gym. Only 30 spaces available.

**Tuesdays:** 7:00-8:30pm      **Ages:** 18+      **Fee:** \$25.00

**Indoor Session 1:** Nov. 7<sup>th</sup> – Dec. 26<sup>th</sup>

**Indoor Session 2:** Jan. 2<sup>nd</sup> – Feb 20<sup>th</sup>

**Indoor Session 3:** Feb 27<sup>th</sup> – April 16<sup>th</sup> \*will transition to outdoor Courts in April\*

### Instructional Lessons

OSPR is proud to offer pickleball lessons to anyone looking to learn the game or touch up on their skill set to raise their level. From grip, how to keep score, serving, & game play, our lessons will have you ready for game play. Classes are instructed by Wayne Qian and take place at The Rec.

**Beginner:** 9:30-10:30am      **Advanced Beginner:** 10:45-11:45am

**Fee:** \$75.00/\$100.00

**Session 1:** Jan 9<sup>th</sup> -30<sup>th</sup>

**Session 2:** Feb 13<sup>th</sup> – March 12<sup>th</sup> no class on Feb 20<sup>th</sup>

## OSLL Spring Training at OSPR

Welcome to spring training with Old Saybrook Little League. This year, spring training will take place at Lumber 2 Leather. There will be two, four-week programs designed to prepare you 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.



**Session 1:** January 6, 13, 20 and 27th

**Saturdays:** 5:30 – 7:00pm

**Session 2:** January 7, 14, 21 and 28

**Sundays:** 9:00 – 10:30am \*1/28 is 6:00 – 7:30pm

Open to all kids 3rd through 6th grade (boys and girls) and kids can register for both sessions on Old Saybrook Little League's website.

## T-Ball and Coach Pitch with OSPR & OSLL

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

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

If you child is in 1<sup>st</sup> 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.

## 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.



## 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 K – 5<sup>th</sup> Grade

Looking for something fun and exciting for your child to do while school is out? Your child can enjoy activities such as tag games, dodge ball, Arts –n- Crafts, movies and more. Please bring 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 8<sup>th</sup>-12<sup>th</sup>

**Ages:** K —5th Grade

**Times:** 9:00AM—4:00PM

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

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

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—5<sup>th</sup> graders. Camp is held at the Recreation Center. 2/22 is a “snowflake” day and may become a school day.

**Registration will begin Jan. 2<sup>nd</sup>. Space is limited. Sign up early!!**

**Dates:** Feb. 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>

**Ages:** K —5<sup>th</sup> Grade

**Times:** 9:00AM—4:00PM

**Fee:** \$100 per wk

**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](http://www.oldsaybrookrec.com)

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



## **Strategic Plan Update**

### **New Gazebo Patio installed on Town Green**

Since we last updated you, we have finished the gazebo project which now includes a large patio and beautiful LED lighting. If you attended any of our summer concerts, you would see just how popular this new “dance floor” is!



### **Vin Baker Basketball Courts Resurfaced**

Late this past summer we resurfaced the two basketball courts outside at The Rec. Center. These courts get a ton of use and came out great!



### **Irrigation installed at Maple Ave**

We are very happy to announce we have installed a solar powered irrigation system at our Maple Ave. Ball field. This park supports our Kindergarten soccer program as well as the Old Saybrook Soccer Club spring soccer season. This will not only promote the growth of grass and eliminate unwanted weeds but will allow for a softer and more level play surface for our athletes.

### **Fort Saybrook Bathrooms Get Stone Façade**

The bathrooms at Fort Saybrook Monument Park at Saybrook Point have undergone some great improvements in the last year and most recently have had a river stone façade installed by the Department of Public Works.



## 3- 5 Year Old Programs

### Silly Science for Jr's

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

**Saturdays:** 9:30-10:15am

**Ages:** 3-5

**Dates:** Jan. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> 27<sup>th</sup> Feb. 3<sup>rd</sup>

**Fee:** \$25.00

### 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:** 10:30-11:15am

**Ages:** 3– 5

**Dates:** Jan. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb. 3<sup>rd</sup>

**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 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup>

**Fee:** \$40.00/\$65.00



## 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

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

**Dates:** Jan. 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> Feb. 7<sup>th</sup>

**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 – 4:15pm

**Grades:** K-3

**Dates:** Jan. 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb. 1<sup>st</sup>, 8<sup>th</sup>

**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 – 4:15PM

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

**Dates:** Jan. 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb. 2<sup>nd</sup>, 9<sup>th</sup>

**Fee:** \$30.00

### Peewee Basketball

Children in 1<sup>st</sup> 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:** 1<sup>st</sup>

**Dates:** Feb 28<sup>th</sup> March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

**Fee:** \$20.00

### 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.

**Thursdays:** 3:15-4:15pm

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

**Dates:** Feb 29<sup>th</sup> March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Fee:** \$50.00



## 5<sup>th</sup> - 8<sup>TH</sup> Grade Programs

### Cardio Sport ATHLETES for Kids

There's an athlete in all of us. Give your child a chance to show it with Cardio Sport's CS-ATHLETE for kids. Our mission is to teach children to love sports and movement - one child and one community at a time.

The Cardio Sport method challenges participants to solve problems and puzzles, individually and as a team, throughout each training experience.

**Mon. & Wed:** 3:30-4:30pm

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

**Dates:** 1/8- 2/14 or 2/26 – 4/3

**Fee:** \$75.00



### 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.

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

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

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

**Fee:** \$20.00

### Handball

This fast-paced sport is played like soccer and lacrosse, except you don't



use your feet or a stick. and you use a dodgeball and limited steps to advance the ball and score!! Learn the rules and then play the game. Class takes place at The Rec.

**Thursdays:** 2:45-3:45pm

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

**Dates:** Jan. 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb. 1<sup>st</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.

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

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

**Dates:** March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> April 2<sup>nd</sup>

**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.

**Thursdays:** 2:45-3:45pm

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

**Dates:** March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> April 4<sup>th</sup>

**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 2<sup>nd</sup> – 8<sup>th</sup> of all abilities. All players receive a shirt and loads of fun. The leagues 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>. Players will be divided up by gender in the two older divisions and our 2<sup>nd</sup>-3<sup>rd</sup> 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 3<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>

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

**Fee:** \$50.00

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



### Adult Kickball League

Back for the 5<sup>th</sup> 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 the first game is played.

**Wednesdays:** 7:00 – 9:00pm

**Ages:** 18+

**Dates:** Feb 7<sup>th</sup> – March 27<sup>th</sup>

**Fee:** \$75.00 per team

### Kindergarten T-Ball

OSPR T-Ball program is designed to teach skills, encourage teamwork, provide fun, and to build self-esteem. Tee ball is a fundamental step to playing baseball and softball. Participants will have one practice per week and play games on Saturdays. Registration open is Dec.

**Saturdays:** 10:00 or 11:15AM

**Grades:** 5 yrs. olds - K

**Dates:** April 29<sup>th</sup> – June 10<sup>th</sup>

**Fee:** \$30.00



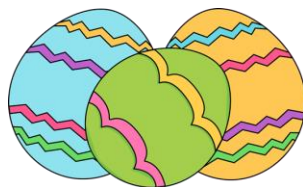
**Our league is sponsored by:**



## 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 the Town Green, 5yr old’s - 1st graders on the Middle school field, and 2<sup>nd</sup> & 3<sup>rd</sup> graders on the Town Green. Please bring a basket to put the goodies in. Bring a camera to take pictures with the Easter Bunny. Co-Sponsored by Old Saybrook Lions Club.



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

**Fee:** FREE

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

5yr - 1st Grades 11:15am

2<sup>nd</sup> & 3<sup>rd</sup> Grades 11:30am



### Annual Rock Hunt at Town Park

It’s time to go rock hunting!! This fun annual event will be 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, March 29<sup>th</sup>

**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 the 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 25<sup>th</sup>.

**Date:** Saturday, April 27<sup>th</sup>

**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**



## Chili Fest '24

The 27<sup>th</sup> Annual Old Saybrook Chili fest takes place on March 2<sup>nd</sup> along Main Street. Twenty-five chefs will compete for the title of "Best Chili," as determined by you, the voting public. Tasting Ballots are \$15 each, sold at the Chamber office (1 Main Street) and at ballot stations along Main Street. Each ballot allows purchaser to sample all chilis. Mark your ballot with your top choice and return the ballot to a ballot station.

## Community Calendar

The Greater 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](http://www.oldsaybrookchamber.com) to see all that is going on!

## 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. In February we will have a Valentine's Day theme and in March we will have a Spring themed class. Youth will each decorate 6 amazing cupcakes, and YES!! They will come out that good!! Everyone will get to take them home to enjoy. All supplies are included.

**Saturday:** 1:30-3:30pm

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

**Dates:** Feb. 10<sup>th</sup> or March 30<sup>th</sup>

**Fee:** \$50.00



[www.OLDSAYBROOKREC.com](http://www.OLDSAYBROOKREC.com)



## 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.

### **Raccoons, Our Human Conflict Species - February 13, 2024**

Raccoons live in a variety of habitats, including residential and urban areas; learn about them and find out what to do if they are causing problems on your property.

### **The Notorious Invasive Lionfish - March 12, 2024**

Is it really possible that this dangerous tropical Pacific Ocean species is showing up in lower New England marine waters? Join us to find out more.

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

**Fee:** \$5.00

**Ages:** All

## Forest Stewardship

### **Stewardship Events at The Preserve State Forest**

Winter Weed Warriors will convene at The Preserve in 2023 and 2024. This activity met ten times over the past two years and volunteers of all ages joined to cut woodland barberry, creating better habitat for native plant survival. Almost 200 hours of community service were donated. Plus, everyone got to meet new people and have plenty of good conversation. (As one high school participant said, "This was a lot of fun.") 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 Ingham Hill. Rain/snow dates are the next days, Sundays, same times and place.

**Saturdays:** Please arrive by 12:45. We depart the parking lot at 1:00 and return by 3:00pm. **Ages:** 14+

**Dates:** Dec. 3<sup>rd</sup>, Jan. 6<sup>th</sup>, Jan. 20<sup>th</sup>, March 23<sup>rd</sup> **Fee:** FREE

## Snowman Building Championship 2024

Whether there is snow from Mother Nature, or we have to make it ourselves, we will hold our championship on Saturday, January 27<sup>th</sup> on the Town Green at 2:00pm. We are opening the field for 2024 and are looking for 20 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](http://oldsaybrookrec.com).





## Teen Center

### **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.

Teen's 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:** 6<sup>th</sup>-8<sup>th</sup>

**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 6<sup>th</sup>-8<sup>th</sup> and then on Friday afternoons, the Teen center is open for 5<sup>th</sup> 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 6<sup>th</sup>-8<sup>th</sup>. A Membership is required to attend after-school, for more information, please visit our website, or contact Nick Morrell at [nicholas.morrell@oldsaybrookct.gov](mailto:nicholas.morrell@oldsaybrookct.gov).

**Monday - Thursday:** 2:30—5:30PM

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

Membership Fee: \$30.00

**Friday Afternoons:** 2:30 -4:00pm

**Grades:** 5<sup>th</sup> 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 5<sup>th</sup> grade only and until 4:00pm. ½ days on Mondays through Thursdays are for 6<sup>th</sup>-8<sup>th</sup> and until 5:30pm.

**Use your QR Reader to register online**



## 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. 8<sup>th</sup> – Feb 15<sup>th</sup>

**Session 4 Dates:** Feb 22<sup>nd</sup> – April 1<sup>st</sup>

**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:** Jan 14<sup>th</sup> – March 3<sup>rd</sup> or March 10<sup>th</sup> – April 28<sup>th</sup> **Fee:** \$60.00/\$75.00

### 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 2** Dec. 12<sup>th</sup> – Jan 30<sup>th</sup>

**Session 3** Feb. 6<sup>th</sup> – March 26<sup>th</sup>

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

### Beginner Yoga with Becca

Yoga Basic Fundamentals Class will explore aspects of yoga through pranayama (breathwork), asanas (postures), meditation, mindfulness, chanting. Learn how to do a sun salutation and so much more. Wear comfortable clothing. Bring a yoga mat and water bottle. If you have any props (blankets, cushion or blocks) feel free to bring them as well. Class meets at The Rec. Center.

**Wednesdays:** 6:00-7:00pm

**Ages:** 14+

**January Session:** Jan 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Fee:** \$40.00/\$50.00

**February Session:** Feb. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**March Session:** March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, April 3<sup>rd</sup>

## Adults

### 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.

**Mon & Wed:** 6:15-7:00pm

**Ages:** 16 and over

**2 Sessions:** 12/18 – 2/7 or 2/12 – 3/27

**Fee:** \$100.00/\$125.00

**\*Class will not meet on 12/25, 12/27, 1/15, 2/19 & 2/21\***



### Sound Steppers at Goodwin

For many years, Sound Steppers has been teaching residents all about square dancing. 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 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 10<sup>th</sup> – June 5<sup>th</sup>

**Fee:** \$15.00



### 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.

**Mondays:** 18 & Over

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



**ADULT  
BASKETBALL**

### 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.

## Highschool Athletics

### Highschool LAX Club

In its 4<sup>th</sup> 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:** 9<sup>th</sup>-12<sup>th</sup>

**Dates:** Jan 9<sup>th</sup> – March 12<sup>th</sup>

**Fee:** \$20.00



## Athletic Clubs in Old Saybrook

Old Saybrook Soccer Club

Contact Person: Martin Artimaik

Club Website– [clubs.bluesombrero.com/oldsaybrook](http://clubs.bluesombrero.com/oldsaybrook)

Email – [ossoccerct@gmail.com](mailto:ossoccerct@gmail.com)



Coastal Chargers Youth Football & Cheerleading

Contact Person – Johanna Dwire

Club Website– [www.coastalchargersyouthfootball.com](http://www.coastalchargersyouthfootball.com)

Email - [osyouthfootball@gmail.com](mailto:osyouthfootball@gmail.com)



Old Saybrook Little League

Contact Person – Matt O'Connor

Phone – 914-474-3897

Email – [matthewhoconnor@gmail.com](mailto:matthewhoconnor@gmail.com)



Old Saybrook Basketball Club

Contact Person – Robert Laurie

Phone – 617-905-5495

Email – [info@oldsaybrookbasketball.com](mailto:info@oldsaybrookbasketball.com)



Connecticut River Ticks Lacrosse Club

League Website – [Tickslacrosse.com](http://Tickslacrosse.com)

League Email – [tickslacrosse@gmail.com](mailto: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 4/20/24

### **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 2024 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.