

Old Saybrook Parks & Recreation

308 Main Street
Old Saybrook, CT 06475
(860)395-3152
OLDSAYBROOKREC.com



Fall 2024

OLD SAYBROOK
OSPR
PARKS AND RECREATION

**Registration for all Programs begins on
Monday, August 26th at 9:00am**

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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 the deadline.
- Full refunds given (7) seven days prior to the start date of the program.
- 50% refund will be given if cancellation occurs less than (7) seven days prior to program.
- No refunds will be given after the program starts. Athletic Leagues with OSPR are considered started once registration ends and jerseys are ordered.
- No refund will be given to the following programs, Summer Camp, School Vacation Camps and Sport Camps, if cancellation occurs less than (7) seven days.
- Other cancellation fees may apply.
- Medical conditions verified by a physician's letter will be honored and full tuition refunded or a credit will be given for future use.
- Registration Starts at 9:00am promptly in the office or online
- Office Registration Accepts Cash, Check, or Credit/Debit Cards (MasterCard, Visa, Discover). Online registration is credit/debit cards only.
- Partial scholarships are available for most programs, please speak with the Director or Assistant Director for assistance.
- Non-Residents may register for select programs, at a later date and for an increased fee.

OFFICE HOURS

Monday - Friday

9:00AM - 4:00PM

Saturdays

9:00AM - 4:00PM

Sundays

(Starting 11/3)

11:00AM - 4:00PM

BUILDING HOURS

Monday - Thursday

7:00AM - 8:30PM

Friday

7:00AM - 4:00PM

Saturday

9:00AM - 4:00pm

Sunday

(Starting 11/3)

11:00AM - 4:00PM

OFFICE PHONE

(860)395-3152/3154 (fax)

WEBSITE

www.OldSaybrookRec.com

ADDRESS

308 Main Street
Old Saybrook, CT 06475
(Recreation Center)

COMMISSIONERS

Susan Esty - Chair

Jim Henderson

Star Rueckert

Nancy Gatta

Jane Wisialowski

Elizabeth Soden

Robert Lemire

Clerk: Gerri Lewis

STAFF

Ray Allen - Director

Taryn Erb - Assistant Director

Rick Pine - Administrative Assistant

Nolan Clack - Program Assistant

Tony Bielawa - Rec. Center Maintainer

Matt Hoadley & Mike Pace - Park Maintainers

Fall Activities

Scarecrow Making Workshop

Join Parks & Recreation for this great family fun workshop. Make a scarecrow for the "spooky" season for the whole family to enjoy. We will supply the hay, all you need to bring are clothes to stuff.



Registration Deadline: Thursday, October 3rd

Day: Saturday **Date:** October 5th **Time:** 1:00 - 2:30pm
Location: Town Green Gazebo **Fee:** \$5.00 per Scarecrow

Pumpkin Decorating Workshop

Join us for a fun afternoon of Pumpkin Decorating as we get ready for all the Halloween fun heading our way. **Bring a pumpkin** and OSPR will provide paint, stickers, felt, glue guns and props to make your very best pumpkin! **Registration Deadline: Thursday, October 10th**

Day: Saturday **Date:** October 12th **Time:** 1:00 - 2:30pm
Location: Town Green Gazebo **Fee:** \$5.00 per Pumpkin

Halloween Monster Hunt on Main St.



Oh no, the monsters are back and have decided to hide out on Main Street, we are asking for your help to find them! There are 10 friendly monsters hiding on Main Street, many of the monsters will be hiding at your favorite shops and in their windows. You can find the Scoresheet online or in our office. Each completed/returned scoresheet will receive a halloween prize bag. Costumes are encouraged as you go out on your hunt! Please be safe and use all crosswalks and follow pedestrian laws on Main Street. **Dates: October 12th - 30th**

Trunk or Treat Party and Parade

Back for the 4th 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**. **Rain Date:** October 27th

Day: Saturday **Date:** October 26th **Time:** 5:00 - 7:00pm
Location: OSPR **Ages:** Families w/ Pre-K - Grade 4

Our family Halloween Party is sponsored by Liberty Dunkin

DUNKIN'

3 - 5 Year Old Programs

Soccer Shots (Ages 3 - 4 years)

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.



Day: Saturday

Dates: September 7th - October 12th

Time: 9:15 - 10:00am, 10:15 - 11:00am, or 11:15am - 12:00pm

Location: OSPR

Fee: \$60.00

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. **Max 10 participants.**

Ages 3 - 5 Years:

Day: Mon & Wed **Dates:** Nov 4th - Dec 18th **Time:** 3:50 - 4:30pm **Fee:** \$15.00

Day: Tue & Thu **Dates:** Nov 5th - Dec 19th **Time:** 3:50 - 4:30pm **Fee:** \$15.00

No Class: November 28th

Ages 6 - 8 Years:

Day: Mon & Wed **Dates:** Nov 4th - Dec 18th **Time:** 4:30 - 5:10pm **Fee:** \$15.00

Day: Tue & Thu **Dates:** Nov 5th - Dec 19th **Time:** 5:10 - 5:50pm **Fee:** \$15.00

No Class: November 28th

Ages 9 - 12 Years:

Day: Mon & Wed **Dates:** Nov 4th - Dec 18th **Time:** 5:50 - 6:30pm **Fee:** \$15.00

Teen and Adult (Ages 13+):

Day: Mon & Wed **Dates:** Nov 4th - Dec 18th **Time:** 7:50 - 8:50pm **Fee:** \$15.00

All Ages and Family:

Day: Tue & Thu **Dates:** Nov 5th - Dec 19th **Time:** 6:30 - 7:10pm **Fee:** \$15.00

No Class: November 28th



K - 4th Grade Programs

Softy Hockey (Grades K - 2nd)

Your child will enjoy this program that will teach the basic skills, passing, shooting, teamwork and overall game play.

Day: Wednesday

Dates: November 6 - December 11

No Class: November 27th **Time:** 4:00 - 4:45pm **Location:** OSPR

Fee: \$20.00

Kickball Club (Grades 1st - 3rd)

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, dress appropriately with sneakers! Kids will be dismissed to OSPR Staff.

Day: Wednesday

Dates: September 18 - October 16

Time: 3:15 - 4:00pm

Location: Goodwin Elementary

Fee: \$20.00

Basketball Skill Builder (Grades 2nd - 3rd)

Interested in playing basketball this winter? Come join us for dribbling, passing, shooting and game rules, so you will better understand the game.

Day: Saturday

Dates: November 9 - December 7th

Time: 9:30 - 10:15am

Location: OSPR

Fee: \$20.00

Flag Football (Grades 3rd - 4th)

Join us for a fun afternoon of flag football. The basics of the game will be taught. Class takes place outside, dress appropriately with sneakers! Kids will be dismissed to OSPR Staff.

Day: Thursday

Dates: September 5 - October 3

Time: 3:15 - 4:00pm

Location: Goodwin Elementary

Fee: \$20.00

Afterschool Basketball (Grades 3rd - 4th)

Get ready for the upcoming basketball season! Skills, drills and pick-up style game play. dress appropriately with sneakers! Kids will be dismissed to OSPR Staff.

Day: Thursday

Dates: November 7 - December 12th

No Class: November 28th

Time: 3:15 - 4:00pm

Location: Goodwin Elementary

Fee: \$20.00

The Great British Cupcake LLC

Cupcake Decorating Class w/ The British Baker (Grades 1st - 6th)

The British baker from the Great British Cupcake LLC is back to teach students how to make these fun Taylor Swift inspired cupcakes. Taylor's songs play in the class so swifities can sing along as they create these fun cupcakes. All students leave with their own 6 cupcakes in a cupcake carrier, all supplies included.

Day: Saturday

Date: October 19th

Time: 10:30am - 12:30pm

Location: OSPR



Fee: \$50.00

5th - 8th Grade Programs

Crabbing at North Cove (Grades 5th - 8th)

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.

Day: Friday

Dates: September 13th - October 4th

Time: 2:45 - 4:00pm

Location: North Cove

Fee: \$25.00

Flag Football (Grades 5th - 8th)

What's fall without a little flag football. Join us for some friendly, non-contact fun. Skills, drills and game play each week!

Day: Tuesday

Dates: September 10th - October 8th

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$20.00

Ultimate Frisbee (Grades 5th - 8th)

This fast-paced sport is played like football except, there is no contact and you use a Frisbee to score a touchdown! Learn to throw, pass and score.

Day: Thursday

Dates: September 12th - October 10th

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$20.00

Afterschool Basketball (Grades 5th - 8th)

Join us afterschool to play some real basketball with a ref and a score board. We will have two divisions(courts) based on skill level.

Day: Thursday

Dates: November 7th - December 12th

No Class: November 28th

Time: 3:00 - 3:45pm

Fee: \$20.00

Location: OSPR

Wiffle Ball (Grades 5th - 8th)

That's right, it's your favorite backyard game! Learn how to throw the curve, slurve, knuckleball, sinker, fastball and more. Gather your friends and come join us for a fun afternoon!

Day: Tuesday

Dates: November 12th - December 10th

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$20.00

Cardio Sport ATHLETES for Kids (Grades 5th - 8th)

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.

Day: Monday & Wednesday

Time: 3:00 - 4:00pm

Fee: \$75.00

Session 1: September 16th - October 28th

No Class: October 14th

Session 2: November 11th - December 18th

No Class: November 27th

Location: OSPR



Teen Center

-The Rec-

Respect Yourself, Respect Others & Respect The Rec

5th Grade - After-School Drop - In

Your 5th Grader can enjoy all the teen center has to offer! Try playing the XBOX, shoot some pool, play basketball, purchase a snack or just hang with friends. The teen center is fully supervised.

Children **must sign in** and be **picked up** by **4:00pm**.

Membership is required to attend.

Day: Friday **Time:** 2:35 - 4:00pm **Membership:** \$10.00

Membership is good for the entire school year.

FIRST FRIDAY: September 13th

6th - 8th Grade - 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.

Membership is required to attend. Membership is good for the entire school year.

Day: Monday - Thursday **Time:** 2:35 - 5:30pm

Membership: \$30.00

Membership is good for the entire school year & includes Friday nights!

FIRST DAY: Tuesday, September 3rd

6th - 8th Grade - Friday Night Teen Center

6th-8th graders can enjoy Friday nights in the Teen Center. The Teen Center offers a wide variety of activities to do in a safe supervised environment. Throughout the year there will be special events and tournaments such as, Flag Football, Dodgeball and 3-on-3 Basketball, our Annual Halloween Party and so much more! Teens **sign-in when they arrive** and are **not allowed** to leave until a **parent/guardian picks them up** or **provides permission for them to do so**.

Day: Friday **Time:** 7:00 - 9:30pm

Fee: **Members** - FREE **Non-Members** - \$5.00 every Friday

FIRST FRIDAY NIGHT: September 20th

Teen Center - Special Events

5th Grade - Halloween Party

Our annual **Halloween Party** will take place directly after school. Students are encouraged to wear costumes as we will be having a costume contest with prizes for most creative, funniest & best overall. In addition, there will be themed games, activities and Halloween candy to get everyone in a spooktacular mood!

Day: Friday

Date: Friday, October 25th

Time: 2:35 - 4:00pm

Fee: Members - FREE

Non-Members - \$5.00

6th - 8th Grade - Friday Night - Halloween Party

It's time for our annual Friday night **Halloween Party!** There will be a DJ, photobooth, themed games & activities for all to enjoy. Don't forget to wear a costume as we will be having a costume contest with prizes for most creative, funniest & best overall.

Day: Friday

Date: Friday, October 25th

Time: 7:00 - 9:30pm

Fee: Members - FREE

Non-Members - \$5.00

6th - 8th Grade - Friday Night - Ugly Sweater Party

Join us in the Teen Center as we spread holiday cheer! We are asking everyone to dig deep into your closet and find your ugliest holiday sweater!

Day: Friday

Date: Friday, December 13th

Time: 7:00 - 9:30pm

Fee: Members - FREE

Non-Members - \$5.00



6th - 8th Grade - Teen Center Friday Night Tournaments

Dodgeball Tournament

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.** See Nolan in the Teen Center to sign up your team. **All teams must sign up no later than Wednesday, September 25th!**

Day: Friday

Date: Friday, September 27th

Time: 7:00 - 9:30pm

Fee: Members - FREE

Non-Members - \$5.00

Flag Football League

Grab your friends, create a team and try to win the league. OSPR Staff Member will be the Quarterback. See Nolan in the Teen Center to sign up your team. **All teams must sign up no later than Wednesday, October 30th!**

Day: Friday

Date: Friday, November 1st - January 3rd

Time: 7:00 - 9:30pm

Fee: Members - FREE

Non-Members - \$5.00



Tennis Lessons w/ OSRC

Lessons include a combination of drills and play-based activities aimed at developing an overall mastery of the fundamentals of tennis.

Day: TBD

Time: TBD

Fee: TBD

Date: TBD

Location: TBD

Instructor: TBD

Forest Yoga

Forest Yoga (Ages 18+)

Come out and enjoy the peaceful, lush, forested landscapes and natural beauty of our local parks. You will learn gentle yoga and meditation techniques to improve your well-being and meet others who are also lovers of nature. Each experience includes easy but invigorating hikes, standing yoga, and seated meditation on a mat in the fresh air that will inspire your inner child and get your body back in balance. Your experienced instructor will ensure your safety and tailor the experience to your unique health goals. Whether you are an experienced yogi or just starting out, you will discover exactly the next step you need. Come out and join us!

Day: Tuesday & Thursday

Time: 9:30 - 11:30am

Fee: \$100.00/\$125.00(5 weeks)

Date: September 10th - October 10th

Location: The Preserve

Instructor: Ingles Tucker



Adult Programs

Ultimate Frisbee

Pick up style, teams will be made on the fly. Teams will rotate play. Play is for Old Saybrook residents only. Residents may bring a guest for a \$2.00 fee.

Day: Wednesday **Date:** 8/28 - 10/16(Outside) **Time:** 5:00 - 6:30pm
Day: Wednesdays **Date:** 10/23 - 12/18(Indoors) **Time:** 7:00 - 8:30pm

No Class: November 27th

Pick-up Basketball

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.

Start Date: Monday, September 9th

Mondays: 18+

Time: 7:00 - 8:30pm

Tuesdays: High School Students - until 10/29

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: Wednesday **Date:** September 4th - October 9th **Time:** 7:00 - 8:30pm

Fitness w/ Jill Temple (Ages 18+)

Let's get fit and have fun! These classes will get your body moving and your heart pumping to reach your fitness goals. We will be performing all body weight exercises and a little cardio sequence. All you need to bring is a yoga mat and water.

Day: Monday & Wednesday **Time:** 5:30 - 6:15pm

Fee: \$100.00/\$125.00 Res/Non-Res

Session 1: September 9th - October 16th

Session 2: October 21st - November 27th (Weather depended: outside or Zoom)

Location: Town Green

Instructor: Jill Temple



Sound Steppers at Goodwin (Age 18+)

Looking for something fun and new this fall, try Modern Western 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.

Day: Wednesday **Dates:** September 25th - December 18th

No Class: November 27th

Time: 6:30 - 8:30pm

Location: Goodwin Elementary(Cafeteria)

Fee: \$15.00

Cake Decorating Class w/ The British Baker (Ages 18+)

The Great British Cupcake LLC owner, Alison Luciana, is back to teach students how to create this four layer fall inspired cake. You will learn how to mask a cake in buttercream, work with fondant and learn the tips and tricks of the professionals. Each student will leave with their own cake and it can be frozen for Thanksgiving dessert. All supplies included.

Day: Thursday

Date: November 7th

Fee: \$75.00

Time: 6:30 - 8:30pm

Location: OSPR



Pickleball Programs

Instructional Lessons (Ages 18+)

These programs will teach the skills and strategies of the sport based on your skill level. These are programs for anyone who is just starting or has yet to master the sport.

Day: Tuesday

Fee: \$75.00

Time: Beginner: 9:30 - 10:30am / Advanced Beginner: 10:30 - 11:30am

Session 1: September 10th - October 1st

Location: Main Street Courts

Session 2: October 8th - October 29th

Location: Main Street Courts

Session 3: November 5th - November 26th

Location: OSPR

Session 4: December 10th - December 31st

Location: OSPR

Instructor: Wayne Quain, Professional Pickleball Registry (PPR) Certified Coach



Open Play

Pickleball is a great program to be active and have fun at the same time. We offer three open play programs, Beginner, Intermediate and mixed players. These are **NOT** instructional programs. Those who have never played before are advised to take our lessons prior to joining open play. Players must play for a year in our beginner's program before they advance to our intermediate play. 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. Only 30 spaces available.

Beginner Play (Ages 18+)

Day: Wednesday

Time: 9:30 - 11:00am

Fee: \$15.00

Session 1: August 28th - October 26th

Location: Main Street Courts

Session 2: October 23rd - December 11th

Location: OSPR

Instructor: Dennis Interlandi

Intermediate Play (Ages 30+)

Day: Monday & Thursday

Time: 8:00 - 9:30am or 10:00 - 11:30am

Fee: \$25.00

Session 1: September 16th - November 7th

Location: Main Street Courts

No Class: October 14th

Session 2: November 11th - January 6th

Location: OSPR

No Class: November 28th

Instructor: Dennis Interlandi

Mixed Level Play (Ages 18+)

Day: Saturday

Dates: October 19th - December 7th

Time: 9:30 - 11:30am

Location: Main Street Courts **Fee:** \$25.00

Day: Tuesday

Time: 7:00 - 8:30pm

Fee: \$25.00

Session 1: September 3rd - October 22nd

Location: Main Street Courts

Session 2: October 29th - December 7th

Location: OSPR

Instructor: Dennis Interlandi

Doubles League Play (Age 18+)

Choose a partner and join us for this co-ed, friendly league, focusing on play, socializing and staying active. Each teammate must register separately. There are NO refs, you will make your own calls. Teams will play a match in a best of 7 format and one hour to play. Teams will be given a schedule with dates, court times and opponents each week. This league requires a strong level of commitment from all participants. Balls will be provided; players will need a paddle.

Beginner: Day: Monday

Dates: September 9th - October 28th

No Class: October 14th

Time: 5:30 - 8:30pm

Fee: \$75.00

Intermediate: Day: Wednesday

Dates: September 11th - October 30th

Time: 5:30 - 8:30pm

Fee: \$75.00

Yoga

Restorative Yoga (Ages 16+)

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.

Day: Wednesday

Time: 5:30 - 6:30pm

Fee: \$50.00/\$75.00

Date: September 4th - October 9th

Location: Town Green Gazebo

Instructor: Cheryl Miller



Gentle Yoga (Ages 18+)

This gentle yoga class is accessible to all levels with variations offered that encourage individual adaptations to fit every body. Starting with opening meditation and breath work, class progresses through warm up exercises to unlock tensions and ignite inner power. Creative sequencing of basic yoga postures focuses on mind-body connections, core strength, balance, flexibility, and the joy of movement.

Day: Monday & Thursday

Time: 10:00 – 11:00am

Fee: \$75/\$90

Session 1: October 7th - November 18th

No Class: October 14th

Session 2: November 25th - January 2nd

No Class: November 28th

Location: The Vicki G. Duffy Pavilion

Instructor: Terri Cain

Day: Thursday

Time: 11:15am - 12:00pm

Fee: \$75/\$90

Session 1: October 10th - November 14th

Session 2: December 5th - January 2nd

Location: The Vicki G. Duffy Pavilion

Instructor: Terri Cain

LYT Yoga® (Ages 16+)

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.

Day: Sunday

Time: 9:00 - 10:00am

Session 1: September 29th - November 17th

Session 2: November 24th - January 12th

Location: The Vicki G. Duffy Pavilion

Fee: 60.00/\$75.00 Res/Non-Res

Instructor: Thia Wrightsman



Gentle LYT Yoga® (Ages 16+)

This is an 8 week, slow flow yoga class. 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.

Day: Tuesday

Time: 7:00 - 8:00pm

Session 1: November 5th - December 17th

Session 2: January 7th - February 25th

Location: The Vicki G. Duffy Pavilion

Fee: \$60.00/\$75.00

Instructor: Thia Wrightsman

Team Sports

Fall Youth Soccer (Grades K - 2nd)

Teams will meet once a week for practice and games will be played on Saturdays. Kindergarten is divided into co-ed teams. Then we will have 1st & 2nd grade girls and 1st & 2nd grade boys. Shin Guards are mandatory for every player.

Registration Deadline: Wednesday, August 14th

Practices start the week of **September 2nd**

Games start **Saturday, September 14th**

Game Dates: September 14th, 21st, 28th, October 5th, 12th, 19th, 26th

Fee: \$50.00

Coaches meeting will be on **Wednesday, August 28th at 5:30pm**

This League is sponsored by Central CT Pediatric Dentistry & Orthodontics



Youth Indoor Soccer (Age 5 years - Grade 4)

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. 5 years old and Kindergarten will be divided into co-ed teams.

Then we will have 1st & 2nd grade and 3rd & 4th grade. 1st - 4th grade will have a boys and girls league. Shirts for all participants. Shin guards & sneakers are mandatory for every player.

Registration Deadline: Friday, October 11th

Games are played Monday - Thursday

Games start the week of **November 11th**

Possible Game Times: 5:00pm, 5:45pm or 6:10pm

Fee: \$40.00

Location: OSPR

Coaches meeting will be on **Wednesday, November 6th at 5:30pm**

This league is sponsored by Sharon Linder of Berkshire Hathaway



BERKSHIRE HATHAWAY
HomeServices
New England Properties

Team Sports

Youth Basketball (Grades 2nd - 8th)

The program begins in January with practice and games that run for 7 weeks. This basketball program is open to boys & girls of all abilities. All players receive a shirt. The league will be divided by Grades 2nd & 3rd, 4th & 5th and 6th - 8th. There will be a boys and girls league. Our 2nd & 3rd grade league will play on 8' hoops. Teams will have weekly practices and games.

Registration Deadline: Friday, December 20th

Leagues

Grades 2nd & 3rd - Games on Friday or Saturday

4th & 5th - Games on Saturday

6th- 8th - Games on Saturday

Divisions are subject to change based on registration numbers

Games: January 11th, 18th, 25th, February 1st, 8th, 15th & 22nd

Fee: \$50.00

Location: OSPR

Coaches meeting will be on **Thursday, January 2nd at 5:30pm**

This league is sponsored by Mikes's Barbershop



Attention: These programs are always in **need of coaches**, if interested please contact Taryn by email at Taryn.Erb@OldSaybrookCT.gov or visit our coaches information page on our website.

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. In previous years, we have acknowledged and awarded 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!

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

Email: coastalchargers@gmail.com
Website: www.coastalchargeryouthfootball.com



Old Saybrook Little League

Contact Person: Matt O'Connor
Email: matthewhoconnor@gmail.com



Old Saybrook Basketball Club

Contact Person: Eric Dussault
Email: Info@oldsaybrookbasketball.com
Website: www.oldsaybrookbasketball.com



Connecticut River Ticks Lacrosse Club

Contact Person: Jessica Demaio
Email: tickslacrosse@gmail.com



Winter Activities

Ornament Decorating (Ages 3 - 10 years)

Your child will make an ornament that can go on your Christmas Tree. This is a fun way to have a keepsake to remember the holiday season. Class takes place at the Rec. Center.

Day: Saturday **Date:** December 7th **Time:** 1:00 - 1:45pm
Location: OSPR **Fee:** \$10.00

Holiday Cookie Decorating (Ages 3 - 12 Years)

We are going to supply the cookies, frosting and all the fixins' all you have to do is provide the smiles & creativity. The cookies for this program are donated by Pursuit of Pastry!



Day: Saturday **Date:** December 14th
Session 1: 11:00 - 11:45am **Session 2:** 12:15 - 1:00pm
Location: OSPR **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 13th**
Fee: \$2.00

School Vacation Camp

Winter Break - Vacation Camp (Grades K - 5th)

Looking for something fun and exciting for your child to do while school is out? Sign them up for vacation camp where they will participate in activities such as dodge ball, Kickball, arts-n-crafts and so much more! Please pack a snack, lunch, drinks and active clothes.

Day: Monday – Friday **Dates:** December 23 - 31st
No Class: December 24th & 25th
Time: 9:00am - 4:00pm **Location:** OSPR **Fee:** \$150.00

Teen Center - Winter Break Hours

Teen Center (Grades 6th - 12th)

During Winter Break, the Teen Center will be open and fully supervised. Kids are welcome to use the Teen Center and Gymnasium.

Day: Monday – Friday **Dates:** December 23 - 31st
TC Closed: December 24th & 25th
Time: 12:00pm - 5:00pm

Outdoor Programming

Winter Solstice Walk, Saturday, December 21, 2:30 - 4:30pm. 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. Walking sticks are recommended. 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 Ingham Hill Road. This is a FREE event, but registration is required.

Nature Talks

OSPR proudly introduces our 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. Open to all ages!

Owls of Connecticut - Part I - Tuesday, October 8th

An overview of Owls: history, historical influences, unique characteristics, local habitat/environmental issues...and why we should give a hoot.

Time: 4:00 - 5:00pm

Location: Vicki Duffy Pavilion

Fee: \$5.00

Owls of Connecticut - Part II - Tuesday, November 12th

An in-depth look at the life history of each of the 8 Owl species found in Connecticut and listening to their individual calls.

Time: 4:00 - 5:00pm

Location: Vicki Duffy Pavilion

Fee: \$5.00

Wildlife & Connecticut's Changing Landscape - Tuesday, December 10th

Join us as we go back in time to the first settlers' impression of Connecticut in the early 1600s, and travel to the present exploring the many changes that took place to the land, its effects on Wildlife, and see some of CTDEEP Wildlife Management Projects that have evolved to ensure an abundance of Wildlife for generations to come.

Time: 4:00 - 5:00pm

Location: Vicki Duffy Pavilion

Fee: \$5.00

Community Events

GOSC 60th Annual Arts & Crafts Festival

The Greater Old Saybrook Chamber will hold their 60th Annual Arts & Crafts Festival the weekend of October 5th. The Chamber has a great festival lined up with 150 artists and crafters, food and more.

For more information, please visit the Chamber's website at

www.goschamber.com

Date: Saturday, October 5th & Sunday, October 6th.

Location: Town Green

Time: Saturday, 10:00am - 5:00pm & Sunday, 10:00am - 4:00pm



Starlight Festival

Mark your calendars, **Saturday, December 7th** for Old Saybrook's 3rd annual Starlight Festival! 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. This has quickly become an Old Saybrook tradition to kick off the winter season!

OS-Starlight.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 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!

Summer Fun in 2024

We had a great summer filled with live music and entertainment on the Town Green and at Harvey's Beach. We would like to take a moment to thank our lead sponsors who helped make this all possible.

Summer Concert Series - *The Old Saybrook Rotary Club*

Summer Movie Nights - *Little Pub*

Old Saybrook
Rotary



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 forest
Interim trails are blue and green.
Ingham Hill Rd in Old



preserved coastal

blazed: red, yellow,
Limited Parking on
Saybrook.

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

Fall Soccer - Central CT Pediatric Dentistry & Orthodontics
Indoor Soccer - Sharon Linder of Berkshire Hathaway
Basketball - Mike's Barbershop
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

Easter Egg Hunt - Old Saybrook Lion's Club
Fishing Derby - Dunkin Donuts of Old Saybrook, Ted's Bait & Tackle
Trunk or Treat - Dunkin Donuts of Old Saybrook

Summer Concerts

Lead Sponsor

Old Saybrook Rotary Club

Exclusive Show Sponsors

Middlesex Health - VEA Health Consulting - JM Realty -
Service Master of Old Saybrook – Saybrook Republican Town
Committee - Jack Giegerich of Edward Jones -
Sharon Linder of Berkshire Hathaway –
Old Saybrook Democratic Town Committee -
Tina Rupp Realtor William Pitt Sotheby's -
OS Republican Woman Club – Valley Shore YMCA – The Kate

Co-Sponsors

TJ's Pizza
Penny Lane Pub

Summer Movie Nights

Lead Sponsor

Little Pub
Exclusive Movie Sponsor
HR Block

Volunteer Opportunities through Parks and Recreation

Parks and Recreation offers many opportunities for your 7th – 12th 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 at Goodwin Elementary School and score keepers are needed for our youth basketball leagues.

If your child is interested in volunteering with OSPR, please contact Taryn(Taryn.Erb@OldSaybrookCT.gov). Spaces are limited depending on the programs being offered.

One Book One Town Storywalk® Event

Old Saybrook Youth and Family Services, O.S.E.C.C. (Old Saybrook Early Childhood Council) and the Acton Public Library, will be setting up a Storywalk® at the Acton Library leading up to our well-loved One Book One Town annual literacy event. This year's book is *I Am Love* written by Susan Verde. *I Am Love* is a book that celebrates kindness, compassion, self-care and love in all its forms. Join us on October 5, 2024 for our launch party from 10:00am - 12:30pm at the Acton Public Library! We will have Storytime in English and Spanish, Henry the therapy dog, crafts and much more! Help us "Turn Old Saybrook Purple" for the month of October. Our mission for "Turn Old Saybrook Purple" is to remind everyone that everyone is heard, seen and loved! Purple lights can be purchased at Old Saybrook Youth & Family Services for \$5.00. All proceeds go to O.S.E.C.C.

Be sure to like and follow O.S.E.C.C. on Facebook [@osecc06475](https://www.facebook.com/osecc06475). For more information, please contact Old Saybrook Youth & Family Services at 860-395-3190 or online at www.osyfs.org



Miscellaneous

Important Websites & Phone Numbers

- Town of Old Saybrook - www.oldsaybrookct.gov
- OS Public Schools - www.oldsaybrookschoools.org
- OS Youth & Family Services - (860)395-3190
- Acton Public Library - www.actonlibrary.org
- OS Chamber of Commerce - 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 2 nd	Labor Day	Closed
Wed.	November 27 th	Pre - Thanksgiving	Closing at 4:00PM
Thursday	November 28 th	Thanksgiving	Closed
Friday	November 29 th	Day after Thanksgiving	Closed
Tuesday	December 24 th	Christmas Eve	Closed
Wednesday	December 25 th	Christmas	Closed
Tuesday	December 31 st	New Year's Eve	Closing at 4:00PM
Wednesday	January 1 st	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.

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: 5:00 - 10:00pm

Saturday: 10:00am - 10:00pm

Sunday: 10:00am - 8:00pm

\$7 per round (Cash or Credit)

Snack & Refreshments available for purchase

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

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