

Old Saybrook Parks & Recreation

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



Fall 2025

OLD SAYBROOK
OSPR
PARKS AND RECREATION

**Registration for all Programs begins on
Monday, August 11th at 9:00am**

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Staff Directory

Name	Title	Email
Ray Allen	Parks & Recreation Director	Ray.Allen@oldsaybrookct.gov
Taryn Erb	Parks & Recreation Assistant Director	Taryn.Erb@oldsaybrookct.gov
Rick Pine	Administrative Assistant	Rick.Pine@oldsaybrookct.gov
Nolan Clack	Program Assistant	Nolan.Clack@oldsaybrookct.gov
Tony Bielawa	OSPR Maintainer	
Matt Hoadley	Park Maintainer	
Mike Pace	Park Maintainer	

Office Hours

Monday - Friday

9:00am - 4:00pm

Building Hours

Monday - Thursday: 7:00am - 8:30pm

Friday: 7:00am - 4:00pm

Saturday: 9:00am - 4:00pm

Sunday(Starting 11/2): 11:00am - 4:00pm

*For Open Gym/Track schedule, visit www.oldsaybrookrec.com

Parks and Recreation Commission Members

Susan Esty, Chairwomen

Jim Henderson

Star Rueckert

Nancy Gatta

Jane Wisialowski

Elizabeth Soden

Robert Lemire

Gerri Lewis, Clerk

*Commission meetings are held the second Wednesday
of the month at 6:30pm at OSPR.*

Volunteer Opportunities

OSPR offers many opportunities for 7th - 12th graders to earn volunteer hours throughout the year, via our afterschool programs or seasonal athletic programs. We offer afterschool programs at Goodwin Elementary School. Programs run for 1 hour for 5 weeks. Interested in athletics? We need score keepers & referees.

If your child is interested in volunteering, please contact Taryn!

Program Information

PAYMENT: Payment must be made in full at the time of registration. Programs are not prorated. Non-Residents must add an additional \$10 per participant per program unless indicated otherwise.

REFUND POLICY: Since programs are self-supporting and commitments need to be made to instructors and staff, the following is the department's refund policy. Please read carefully before registering for a program. • A full refund will automatically be given for any program cancelled by the Department. • A full refund will be given when requested one week prior to the start of a program. • 50% refund will be given if cancelation occurs less than one week prior to program. • No refunds will be given after the program starts. Athletic Leagues are considered started once registration ends and jerseys are ordered. • No refunds will be given for any used portion of a program.

MAKEUP CLASSES: Every effort will be made to makeup any cancelled class date. However, due to extenuating circumstances, this is not always possible. We apologize for any inconvenience. No refunds will be given.

CANCELLATION POLICY: We reserve the right to set a minimum and maximum for each program and to cancel any program due to low enrollment or weather conditions. One week prior to a program start date a decision will be made to cancel or run the program.

Fall Activities

Scarecrow Making

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 9th**

Day: Saturday **Date:** October 11th

Time: 1:00 - 2:30pm

Location: Town Green Gazebo

Fee: \$5.00 per Scarecrow

Pumpkin Decorating

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 and props to make your very best pumpkin! **Registration Deadline: Thursday, October 16th**

Day: Saturday **Date:** October 18th

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. **Dates: October 11th - 30th**

Halloween Trunk or Treat

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. **Vehicles and participants must register** for this event as **each wave** will have **max participation.**

Vehicle Registration Deadline: Friday, October 17th

Day: Saturday **Date:** October 25th

Time: 5:00 - 7:00pm

Location: OSPR **Ages:** Families w/ Pre-K - Grade 4

Rain Date: Sunday, October 26th

This event is sponsored by Liberty Dunkin Donuts

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. Class takes place outside.



Day: Saturday

Dates: September 6th - October 18th

No Class: October 4th

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

Location: OSPR

Fee: \$60.00

Let's Get Moving (Ages 3 - 5 years)

Science fun, arts and crafts and so much more!

Day: Saturday

Dates: September 6th - October 11th

No Class: October 4th

Time: 9:30 - 10:15am

Location: OSPR

Fee: \$30.00

Instructor: Rory Pinaud

Ready, Set, Leap (Ages 3 - 5 years)

This is a developmental program for 3-5 year olds to learn skills through cooperative play. Children will have activity centers, snack, outdoor play, crafts, songs and stories related to weekly themes. **Must be potty trained to attend.** Please pack a snack & drink. **No Peanut Products!**



Day: Tuesday & Thursday

Dates: September 9th - October 9th

Time: 9:30am - 12:00pm

Location: OSPR

Fee: \$150.00

Instructor: Rory Pinaud

Autumn Adventures (Ages 3 - 5 years)

Join us in this new program dedicated to the Fall and unique fall crafts.

Day: Saturday

Dates: October 18th - November 15th

Time: 9:30 - 10:15am

Location: OSPR

Fee: \$30.00

Instructor: Rory Pinaud

Martial Arts

Martial Arts Confidence Course

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 - 4 Years:

Day: Mon & Wed **Dates:** Nov 3rd - Dec 17th **Time:** 3:50 - 4:20pm

Day: Tue & Thu **Dates:** Nov 4th - Dec 18th **Time:** 3:50 - 4:20pm

No Class: November 27th

Fee: \$20.00

Ages 5 - 7 Years:

Day: Mon & Wed **Dates:** Nov 3rd - Dec 17th **Time:** 4:30 - 5:10pm

Day: Tue & Thu **Dates:** Nov 4th - Dec 18th **Time:** 5:10 - 5:50pm

No Class: November 27th

Fee: \$20.00

Ages 8 - 12 Years:

Day: Mon & Wed **Dates:** Nov 3rd - Dec 17th **Time:** 5:50 - 6:30pm

Fee: \$20.00

Teen and Adult (Ages 13+):

Day: Mon & Wed **Dates:** Nov 3rd - Dec 17th **Time:** 7:50 - 8:50pm

Fee: \$20.00

All Ages and Family:

Day: Tue & Thu **Dates:** Nov 4th - Dec 18th **Time:** 6:30 - 7:10pm

No Class: November 27th

Fee: \$20.00



K - 4th Grade Programs

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 10th - October 8th

Time: 3:15 - 4:00pm

Location: Goodwin Elementary

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 11th - October 9th

Time: 3:15 - 4:00pm

Location: Goodwin Elementary

Fee: \$20.00

Color By Number (Grades K - 3rd)

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.

Day: Tuesday

Dates: October 14th - November 18th

No Class: November 4th

Time: 3:15 - 4:00pm

Location: Goodwin Elementary

Fee: \$20.00

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 5th - December 10th

No Class: November 26th

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 6th - December 11th

No Class: November 27th

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 8th - December 6th

Time: 9:30 - 10:15am

Location: OSPR

Fee: \$20.00

The Great British Cupcake LLC

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

The British Baker is back to teach students how to create these fun cupcakes. Students will be learning different piping techniques and using fondant, candy and different mediums. Students only need to bring their imagination! All participants will leave with their own 6 cupcakes in a cupcake carrier. Supplies included.

Halloween Cupcake's

Calling all cupcakers and Halloween lovers! Join us for a fun-filled hands-on cupcake decorating class where kids can create delightfully spooky treats! From ghosts to witches, we'll turn cupcakes into edible masterpieces. Perfect for all skill levels.

Day: Saturday

Time: 10:30am - 12:30pm

Date: October 18th

Location: OSPR

Fee: \$50.00



Thanksgiving Cupcake's

Ready to decorate some festive treats? From cherry pies, thanksgiving dinner delights, and beautiful cornucopias this is the perfect way to celebrate the season with creativity and deliciousness. These cupcakes can be frozen and served for Thanksgiving dessert.

Day: Sunday

Time: 10:30am - 12:30pm

Date: November 9th

Location: OSPR

Fee: \$50.00



Holiday Reindeer Cake

Join us for a magical cake-decorating experience featuring everyone's favorite bright-nosed reindeer! In this festive class students will create their own three-layer cake, learn piping techniques and how to use edible decorations. Your child will create a stunning cake that captures the spirit of the season.

Day: Sunday

Time: 10:30am - 12:30pm

Date: December 7th

Location: OSPR

Fee: \$50.00



5th - 8th Grade Programs

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.

Day: Friday

Dates: September 12th - October 17th

No Class: October 10th

Time: 2:45 - 4:00pm

Location: North Cove

Fee: \$25.00

Fun Afterschool Fitness

Get your body moving in a fun way. Speed, agility, hand eye coordination, and even learning to write your own workouts. We will use a bunch of different fitness accessories (ladders, hoops, tennis balls) and make fun different obstacle courses using all different exercises.



Day: Monday & Wednesday

Dates: September 15th - October 20th

No Class: October 13th

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$50.00

Instructor: Jill Temple, Personal Trainer & Collegiate Coach

Flag Football

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

Day: Tuesday

Dates: September 23rd - October 21st

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$20.00

Backyard Sports

A new sport every week. Join OSPR for activities like Cornhole, Spike Ball, Wiffle Ball, Kan Jam and more. Become the ultimate backyard athlete with OSPR!

Day: Thursday

Dates: September 25th - October 23rd

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$20.00

Softy Hockey

Grab a stick, hit the floor, and score big with our action-packed softy hockey program! Develop your skills and get ready for the 2026 Winter Olympics.

Day: Monday

Dates: November 10th - December 8th

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$20.00

Indoor Soccer

Join us for indoor soccer and get ready for the 2026 World Cup. It's the perfect mix of friendly competition, skill-building, and fun!

Day: Wednesday

Dates: November 12th - December 17th

No Class: November 26th

Time: 2:45 - 3:45pm

Location: OSPR

Fee: \$20.00

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 XBOX or PS5, 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 5th

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 and PS5! Plus, we always have all the latest movies to watch on our big-screen TV.

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 2nd

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 Dodgeball, Basketball, and Soccer, 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 19th

Half Days at The Rec.

The Teen Center will open at 11:50am when school is dismissed. If a half day falls on Monday - Thursday, the TC is open to 6th - 8th graders until 5:30pm. If a half day falls on Friday, the TC is open to 5th graders until 4:00pm.

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 the 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 24th

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, photo booth, themed games and activities for all to enjoy. Don't forget to wear a costume as we will be having a costume contest with prizes for the most creative, funniest & best overall.



Day: Friday

Date: Friday, October 24th

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 19th

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, October 1st!**

Day: Friday

Date: Friday, October 3rd

Time: 7:00 - 9:30pm

Fee: Members - FREE

Non-Members - \$5.00

3 on 3 Basketball Tournament

Students will form Teams of 3 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, November 19th!**

Day: Friday

Date: Friday, November 21st

Time: 7:00 - 9:30pm

Fee: Members - FREE

Non-Members - \$5.00

Old Saybrook Swim & Racquet Club



Junior Tennis

Our junior program is designed for beginner to intermediate players. Our pros will develop athletic and tennis skills in a fun environment. The junior program runs for 6 weeks. Play will be indoors. **Max 12 Players**

Orange Ball (Ages 7 - 10 years)

Day: Thursday

Time: 5:00 - 6:00pm

Fee: \$150.00

Dates: September 11th - October 16th

Location: Old Saybrook Swim & Racquet Club

Green Ball (Ages 10 - 13 years)

Day: Thursday

Time: 4:00 - 5:00pm

Fee: \$150.00

Dates: September 11th - October 16th

Location: Old Saybrook Swim & Racquet Club

Adult Tennis

Whether you want to learn tennis or you are looking for a reason to get back on the court, this is the class for you. Our pros will work with you to improve your tennis skills. The adult program runs for 6 weeks. Play will be indoors.

Location: Old Saybrook Swim & Racquet Club

Fee: \$145.00

Day: Monday - Adv Beg

Time: 8:00 - 9:00pm

Dates: September 8th - October 13th

Max 6 Players

Day: Thursday - Adv Beg

Time: 9:00 - 10:00am

Dates: September 11th - October 16th

Max 12 Players

Day: Thursday - Intermediate

Time: 10:00 - 11:00am

Dates: September 11th - October 16th

Max 12 Players

Day: Saturday - Intermediate

Time: 11:00am - 12:00pm

Dates: September 13th - October 18th

Max 12 Players



Art Classes

Beginners Watercolor (Ages 18+)

These step by step relaxing instructional sessions are for those who have an interest in, but were too intimidated to begin their journey in Watercolor painting. Familiarity of supplies, color, techniques and various applications will be covered as we practice and create towards our final seasonal piece at our last session.

Day: Sunday

Date: September 28th - November 2nd

No Class: October 12th

Time: 9:30am - 12:00pm

Location: OSPR

Fee: \$100.00

Instructor: Patricia Laudano



NEW

Themed Intermediate Watercolor (Ages 18+)

These step by step instructional 3 session classes are geared towards the next level for a watercolor beginner or intermediate. We will complete a finished painting at each session in the approaches of: Wash, Line & Wash, and Loose using learned and new applications.



NEW

Autumn Landscapes

Day: Sunday

Date: November 9th, 16th, 23rd

Time: 9:30am - 12:00pm

Location: OSPR

Fee: \$60.00

Instructor: Patricia Laudano

Winter Barns

Day: Sunday

Date: December 7th, 14th, 21st

Time: 9:30am - 12:00pm

Location: OSPR

Fee: \$60.00

Instructor: Patricia Laudano

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 a PowerPoint presentation, Q&A's time and more. Open to all ages!

BEWARE...Venomous LionFish Now in CT Waters - Tuesday, October 14th

We'll take a closer look at this Notorious Invasive species' characteristics, life history, destructive Biodiversity impacts and the Conservation efforts being made to try and keep this species from decimating our Eastern-coastal Ecosystems.

Time: 4:00 - 5:00pm

Location: Vicki Duffy Pavilion

Fee: \$5.00

Connecticut's Eastern Wild Turkey - Tuesday, November 11th

Just in time for Thanksgiving...Join us to learn more about these large, majestic birds' attributes, life history, the impact early European settlers had, to their being celebrated at our Holiday tables and their status in our State today.

Time: 4:00 - 5:00pm

Location: Vicki Duffy Pavilion

Fee: \$5.00

Eastern Coyotes in CT - Tuesday, December 9th

Though we don't always see them...they're out there. These elusive canine predators are very successful in adapting to a wide variety of environments while being undetected, even in areas of high human populations. Come learn all about them and why they are a thriving species.

Time: 4:00 - 5:00pm

Location: Vicki Duffy Pavilion

Fee: \$5.00

Adult Programs

Introduction to Bocce

Did you know that 2 Bocce Courts have been added to Main Street Park? Join us for an introduction to the game of Bocce!

Day: Friday

Dates: September 19th - October 17th

Time: 9:00am - 10:30am

Location: Main Street Park

Fee: \$25.00

NEW

Fitness with 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

Session 1: September 8th - October 15th

Session 2: October 20th - November 26th

Location: Town Green

Fee: \$100.00/\$125.00



Instructor: Jill Temple

Inclement Weather - Class will take place via ZOOM

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

The British baker from The Great British Cupcake LLC will lead students in creating a cake masterpiece that will surely wow your family and friends. This class will cover masking a three-layer cake and decorating with a boho, art deco theme in flowers and fans. Students will leave with their own amazing cake in a cake box. All supplies included. This cake can be frozen for up to a month.

Day: Thursday

Date: September 18th

Time: 6:30 - 8:30pm

Location: OSPR

Fee: \$75.00



Golf Lessons at Fenwick Golf Course

Know it all or need help improving your game. These lessons will cover 130 yards and down, irons, putting and how to improve your swing. Don't have clubs? That's okay Fenwick will provide ones for you to use.

NEW

Week 1 - 60 min / **Weeks 2 & 3** - 90 Min / **Week 4** - 120 Min and Match Play

Day: Tuesday

Time: 5:30pm

Dates: September 9th - September 30th

Day: Saturday

Time: 8:30am

Dates: September 13th - October 4th

Location: Fenwick Golf Course

Fee: \$100.00

Instructor: Josh Detmer - Teaching Professional

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 16th - October 7th

Location: Main Street Courts

Session 2: October 21st - November 11th

Location: OSPR

Session 3: November 18th - December 9th

Location: OSPR

Session 4: December 16th - January 6th

Location: OSPR

Instructor: Wayne Qian, 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 play. 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 beginner's program before they advance to intermediate play. **Residents can register 1 month prior, and non-residents can register 2 weeks prior to the start of each program.**

Beginner Play (Ages 18+)

Day: Wednesday

Time: 9:30 - 11:00am

Fee: \$25.00

Session 1: October 15th - December 3rd

Location: Main Street Courts

Session 2: December 10th - February 4th

Location: OSPR

No Class: December 24th

Instructor: Dennis Interlandi

Intermediate Play (Ages 30+)

Day: Monday

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

Session 1: September 8th - October 27th

Location: Main Street Courts

Session 2: November 3rd - December 22nd

Location: OSPR

Instructor: Dennis Interlandi

Fee: \$25.00

Intermediate Play (Ages 30+)

Day: Thursday

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

Session 1: September 11th - October 30th

Location: Main Street Courts

Session 2: November 6th - January 15th

Location: OSPR

No Class: November 27th, December 25th & January 1st

Instructor: Dennis Interlandi

Fee: \$25.00

Mixed Level Play (Ages 18+)

Day: Saturday

Dates: October 11th - November 29th

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 23rd - November 11th

Location: Main Street Courts

Session 2: November 18th - January 6th

Location: OSPR

Instructor: Dennis Interlandi

Doubles League Play (Age 18+)

Choose a partner and join us for this co-ed, friendly league. 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. This league requires a strong level of commitment from all participants.

Beginner: Day: Monday

Dates: September 8th - October 27th

No Class: October 13th

Time: 5:30 - 8:30pm

Fee: \$75.00

Intermediate: Day: Wednesday

Dates: September 10th - October 29th

Time: 5:30 - 8:30pm

Fee: \$75.00

Yoga

Yoga Magic (Ages 16+)

Yoga Magic is everything you could ask for in a yoga class and is appropriate for practitioners at all levels. It incorporates grounding, movement, strength building, increasing flexibility, breath awareness, stillness and deep relaxation. Each class begins with a brief centering and grounding, followed by 20 or so minutes of slow vinyasa flow, then progressing into 20 or so minutes of long-held, passive Yin postures, and culminating with stillness during a guided meditation and extended savasana. This class is deeply restorative and magical. You should wear comfortable clothes that allow free movement and bring socks for the last part of class. Layers are always good and are recommended. Bring a mat, a blanket (or two), a cushion, pillow or bolster, and blocks if you have them.



Day: Wednesday

Date: September 3rd - October 8th

Time: 5:30 - 6:30pm

Location: Town Green Gazebo

Fee: \$60.00/\$75.00

Instructor: Cheryl Miller

Inclement Weather - Class will be moved inside or made up at the end of the session

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

Session 1: October 2nd - November 10th

Session 2: November 13th - December 29th

No Class: November 27th & December 25th

Location: The Vicki G. Duffy Pavilion

Fee: \$75.00/\$90.00

Instructor: Terri Cain

Day: Thursday

Time: 11:15am - 12:00pm

Session 1: October 9th - November 13th

Session 2: November 20th - January 15th

No Class: November 27th, December 25th & January 1st

Location: The Vicki G. Duffy Pavilion

Fee: \$60.00/\$75.00

Instructor: Terri Cain

Yoga

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 21st - November 9th

Session 2: November 16th - January 4th

Location: The Vicki G. Duffy Pavilion

Fee: 60.00/\$75.00

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: September 16th - November 4th

Session 2: November 11th - December 30th

Location: The Vicki G. Duffy Pavilion

Fee: \$60.00/\$75.00

Instructor: Thia Wrightsman

Tai Chi

Tai Chi Foundations

Join us and be guided through a healthful journey of meditative movement. It's Tàijíquán but you may know it as Tai Chi. Find fluid flexibility, focused flow, & freedom from physical frustrations through the graceful gestures of Tàijíquán and Qigong. Connect and create community while carefully cultivating mindful movement and serene stillness - a harmonious blend of socialization that soothes the spirit alongside the morning mobilization of muscles for magnificent health benefits.

Day: Thursday

Date: October 9th - November 6th

Time: 7:00 - 7:45am

Location: Founders Memorial Park

Fee: \$60.00

Instructor: Stephen Watson



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. **This League is sponsored by Central CT Pediatric Dentistry & Orthodontics.**



Registration Deadline: Wednesday, August 13th

Practices start the week of **September 1st**

Games start **Saturday, September 13th**

Game Dates: September 13th, 20th, 27th, October 4th, 11th, 18th, 25th

Fee: \$50.00

Coaches meeting will be on **Wednesday, August 27th at 5:30pm**

Youth Indoor Soccer (Age 5 years - Grade 4)

This 5-week, **games only** league, 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. Shin guards & sneakers are mandatory for every player. **This league is sponsored by Sharon Linder of Berkshire Hathaway.**

Registration Deadline: Wednesday, October 8th

Games are played Monday - Thursday

Games start the week of **November 10th**

Games will be **scheduled** between 5:00 - 7:30pm

Fee: \$50.00

Location: OSPR

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



Youth Basketball (Grades 2nd - 8th)

Teams will meet once a week for practice and games will be played on Saturdays. The league will be divided by Grades 2nd & 3rd, 4th & 5th and 6th - 8th. Divisions are subject to change based on registration numbers.

This league is sponsored by Mike's Barbershop.

Registration Deadline: Tuesday, December 9th

Practices start the week of **January 5th**

Games start **Saturday, January 10th**

Game Dates: January 10th, 17th, 24th, 31st, February 7th, 14th & 21st

Fee: \$50.00

Coaches meeting will be on **Tuesday, December 30th at 5:30pm**



Attention: interested in coaching? When you register your child, please indicate that you would like to be a volunteer coach!

Outdoor Programming

Join the Woods & Trails Team - Tuesday, October 7th

Do you love to walk or run in the woods? Would you like to find some buddies with similar interests? Old Saybrook Parks & Rec is looking for walkers, runners, event leaders, and trail stewards who want to participate in our town's 1600 acres of conserved, forested space. Join us at an organizational meeting to learn more and share your ideas, such as: A walking series for families with children (Treasure hunts, letterboxing, etc.), a walking series for trail stewardship, a trail runner series.

Registration required.

Time: 6:00pm

Location: OSPR

Fee: FREE

Walk & Work Series

Old Saybrook contains 1600 acres of contiguous conservation land, surrounded by about 12 miles of trails. Join with like-minded locals this fall as we visit the loop in four segments of 3 miles each. In addition to walking, we'll take notes on trail conditions and do some light trail clean-up. The series will finish on December 21, the Winter Solstice. Kids 8 and older are welcome to join. Bring water, work gloves, insect protection, and wear boots.

Registration required. Location and parking instructions will be sent after registration. No dogs, please. **Instructor:** Kathy Connolly

Date: Saturday, October 18th

Time: 1:00 - 3:00pm

Fee: FREE

RAIN DATE: Sunday, October 19th

Date: Saturday, November 8th

Time: 1:00 - 3:00pm

Fee: FREE

RAIN DATE: Sunday, November 9th

Date: Saturday, November 22nd

Time: 1:00 - 3:00pm

Fee: FREE

RAIN DATE: Sunday, November 23rd

Date: Sunday, December 21st

Time: 10:00am - 12:00pm **Fee:** FREE

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.



Athletic Clubs in Old Saybrook

Old Saybrook Soccer Club

Email: ossocertct@gmail.com



Coastal Chargers Youth Football & Cheerleading

Email: coastalchargers@gmail.com

Website: www.coastalchargersyouthfootball.com



Old Saybrook Little League

Contact Person: Matt O'Connor

Email: matthewhoconnor@gmail.com

Website: oslittleleague.com



Old Saybrook Basketball Club

Contact Person: Eric Dussault

Email: Info@oldsaybrookbasketball.com

Website: www.oldsaybrookbasketball.com



Connecticut River Ticks Lacrosse Club

Contact Person: Alex Strekel

Email: tickslacrosse@gmail.com

Website: tickslacrosse.com



Winter Activities

Ornament Decorating (Ages 3 - 10 years)

Join us as we make an ornament for your Christmas Tree or maybe a gift for someone. This is a fun way to have a keepsake to remember the holiday season.

Day: Saturday

Time: 1:00 - 1:45pm

Date: December 6th

Location: OSPR

Fee: \$15.00

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 are donated by Pursuit of Pastry!



Day: Saturday

Session 1: 11:00 - 11:45am

Location: OSPR

Date: December 13th

Session 2: 12:15 - 1:00pm

Fee: \$15.00

A Letter From 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 11th**

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.

Dates: December 29th - December 31st

Time: 9:00am - 4:00pm

Location: OSPR

Fee: \$100.00

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.

Dates: December 29th - December 31st

Time: 12:00pm - 5:00pm

Community Events

GOSC 61st Annual Arts & Crafts Festival

The Greater Old Saybrook Chamber will hold their 61st Annual Arts & Crafts Festival. 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 4th & Sunday, October 5th

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

Location: Town Green



Starlight Festival

Mark your calendars for Old Saybrook's 4th annual Starlight Festival!

There will be family activities, shopping up and down Main St., a meet and greet with Santa, caroling, 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

Date: Saturday, December 6th

Time: 2:00 - 5:00pm

Location: Town Green



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

Youth Basketball - Mike's Barbershop

T-Ball - The Parthenon Diner

Programs

Sweet Luna's - The Pursuit of Pastry

Special Events

Easter Egg Hunt - Old Saybrook Lion's Club

Fishing Derby - Dunkin Donuts of Old Saybrook

Celebrate Saybrook - Fun Zone - Builders Concrete Westbrook
& JM Realty

Trunk or Treat - Dunkin Donuts of Old Saybrook

Summer Concerts

Lead Sponsor

Old Saybrook Rotary Club



Show Sponsors

TJ's Pizza - JM Realty - Valley Shore YMCA - Penny Lane Pub -

The Kate - Kate Bender, APRN with VEA Health Consulting -

Old Saybrook Democratic Town Committee -

Tina Rupp of William Pitt Sotheby's - Jack Giegerich of Edward Jones -
Middlesex Health - Old Saybrook Republican Town Committee & Republican
Women's Club - Sharon Linder of Berkshire Hathaway

Summer Movie Nights

Lead Sponsor

Little Pub



Movie Sponsor

Child and Adult Orthodontics

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 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."*