

# Old Saybrook Parks & Recreation

308 Main Street  
Old Saybrook, CT 06475  
(860)395-3152  
[oldsaybrookrec.com](http://oldsaybrookrec.com)



## Winter 2026

Registration for all programs begins on  
Tuesday, December 9<sup>th</sup> 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
	Program Assistant	
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(until 4/12):** 11:00am - 4:00pm

\*For Open Gym/Track schedule, visit [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com)\*

# Parks and Recreation Commission Members

Susan Esty, Chairwomen

Star Rueckert, Secretary

Nancy Shepard Gatta

Barbara Kruko

Robert Lemire

Elizabeth Soden

Theresa Watford

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

## 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.

## Volunteer Opportunities

OSPR offers many opportunities for 7<sup>th</sup> - 12<sup>th</sup> graders to earn volunteer hours throughout the year, via our afterschool programs or seasonal athletic programs. If interested in volunteering, please contact Taryn!

# Inclement Weather Policy

At times it is necessary for us to delay or cancel programs due to inclement weather. Every effort is made to notify participants and schedule make-up sessions. OSPR follows the lead of Old Saybrook Public Schools when delaying or cancelling activities.

If **school** is **cancelled**, **recreation programs are cancelled**.

If **school** has a **2-hour delay**, **recreation programs are cancelled**.

All other programs will start at their scheduled time.

If **school** is **dismissed early**, **recreation programs** scheduled **after 12:00pm** are **cancelled**.

If **school** is **dismissed early**, the **Teen Center** will remain **open** its **regular scheduled hours**.

## Winter Activities

### Saybrook Starlight Festival

Enjoy fun activities for the whole family! Visits with Santa, facepainting, crafts, games, stocking walk, hot cocoa, food vendors, carolers, horse drawn wagon rides, extended merchant hours, restaurant specials and tree lighting!

**Day:** Saturday

**Date:** December 6<sup>th</sup>

**Time:** 1:00 - 4:00pm

**Location:** Town Green

### Snowman Building Contest

Whether there is snow from Mother Nature, or we have to make it ourselves, our 6<sup>th</sup> annual Snowman Building Contest is on!

We are opening the field for 2026 and are looking for 10 teams to compete for the coveted award of *Best in Snow!* We will provide the snow, you will provide anything you need to build the BEST snowman. Prizes will be awarded to the winners. **Registration Deadline: Wednesday, February 4<sup>th</sup>**

**Day:** Saturday

**Date:** February 7<sup>th</sup>

**Time:** 2:00pm

**Location:** Town Green

**Fee:** FREE

### Ice Skating at Exchange Pond

#### ***Weather Permitting***

Location: Corner of Rt. 154 and Bokum Road

**Check for announcements!**



## 3 - 5 Year Old Programs

### Silly Science for Jr's (Ages 3 - 5 years)

This 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 more!

**Day:** Saturday

**Dates:** January 17<sup>th</sup> - February 14<sup>th</sup>

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

**Location:** OSPR

**Fee:** \$30.00

**Instructor:** Rory Pinaud

### Lil' Builders (Ages 3 - 5 years)

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!

**Day:** Saturday

**Dates:** February 28<sup>th</sup> - March 28<sup>th</sup>

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

**Location:** OSPR

**Fee:** \$50.00

**Instructor:** Rory Pinaud

### Soccer Shots (Ages 3 - 5 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 sneakers and shin guards are recommended.



**Day:** Saturday

**Dates:** March 7<sup>th</sup> - April 11<sup>th</sup>

**No Class: March 28<sup>th</sup>**

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

**Location:** OSPR

**Fee:** \$60.00

# K - 4<sup>th</sup> Grade Programs

## Extreme LEGOS Club (Grades 1<sup>st</sup> - 3<sup>rd</sup>)

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.

**Day:** Tuesday

**Dates:** January 6<sup>th</sup> - February 3<sup>rd</sup>

**Time:** 3:15 - 4:15pm

**Location:** Goodwin Elementary

**Fee:** \$60.00

## Let's Get Cooking (Grades 2<sup>nd</sup> - 4<sup>th</sup>)

Come learn how to make a delicious after school snack and learn all that goes into it!

**Day:** Thursday

**Dates:** January 8<sup>th</sup> - February 5<sup>th</sup>

**Time:** 3:15 - 4:15pm

**Location:** Goodwin Elementary

**Fee:** \$50.00

## Color By Number (Grades K - 3<sup>rd</sup>)

Join us for an afternoon of art as we all find our inner Picaso. Each participant will be given their own Color By Number workbook where they will master the art of coloring.

**Day:** Wednesday

**Dates:** February 11<sup>th</sup> - March 18<sup>th</sup>

**Time:** 3:15 - 4:00pm

**Location:** Goodwin Elementary

**Fee:** \$20.00

**\*February 18<sup>th</sup> is a "Snowflake Day" and may become a school day. Adjustments will be made if needed\***

## Afterschool Basketball (Grades K - 1<sup>st</sup>)

Participants will have the opportunity to learn the basic skills of Basketball. Dribbling, shooting, passing and teamwork!

**Day:** Thursday

**Dates:** February 19<sup>th</sup> - March 19<sup>th</sup>

**Time:** 3:15 - 4:00pm

**Location:** Goodwin Elementary

**Fee:** \$20.00

## Dodgeball Mania (Grades 3<sup>rd</sup> - 4<sup>th</sup>)

Dodge, duck, dip and dice. Learn how to play a different dodgeball game each week!

**Day:** Tuesday

**Dates:** February 24<sup>th</sup> - March 24<sup>th</sup>

**Time:** 3:15 - 4:00pm

**Location:** Goodwin Elementary

**Fee:** \$20.00

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

## Flag Football

Who doesn't love flag football?! Join us for some friendly, non-contact fun. Skills, drills and game play each week!

**Day:** Monday

**Session 1: January 5<sup>th</sup> - February 9<sup>th</sup>**

**No Class: January 19<sup>th</sup>**

**Session 2: February 23<sup>rd</sup> - March 30<sup>th</sup>**

**Time:** 2:45 - 3:45pm

**Location:** OSPR

**Fee:** \$20.00

**\*March 9<sup>th</sup> is a "Snowflake Day" and may become a school day.  
Adjustments will be made if needed\***

## Kickball

Come get that energy out after school and join us for a fun game of kickball!

**Day:** Wednesday

**Dates: January 14<sup>th</sup> - February 11<sup>th</sup>**

**Time:** 2:45 - 3:45pm

**Location:** OSPR

**Fee:** \$20.00

## Jewelry Making

Looking for a fun and creative art hub? Our jewelry-making class is the perfect hands-on workshop where your imagination can shine!

**Day:** Friday

**Dates: February 27<sup>th</sup> - March 27<sup>th</sup>**

**Time:** 2:45 - 3:45pm

**Location:** OSPR

**Fee:** \$30.00

## Afterschool Basketball

Participants will have the opportunity to learn the basic skills of Basketball. Dribbling, shooting, passing and teamwork!

**Day:** Thursday

**Dates: March 5<sup>th</sup> - April 2<sup>nd</sup>**

**Time:** 2:45 - 3:45pm

**Location:** OSPR

**Fee:** \$20.00

**\*Stay tuned for pop up afterschool programs!\***

# Teen Center

## *-The Rec-*

### *Respect Yourself, Respect Others & Respect The Rec*

#### 5<sup>th</sup> Grade - After-School Drop - In

Your 5<sup>th</sup> 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**.

**Membership is required to attend.**

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

**Day:** Friday      **Time:** 2:35 - 4:00pm

**Membership:** \$10.00

**Membership is good for the entire school year.**

#### 6<sup>th</sup> - 8<sup>th</sup> 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 PS5 and XBOX! Plus, we always have all the latest movies to watch on our big screen T.V.

**Membership is required to attend.**

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

**Membership:** \$30.00

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

#### 6<sup>th</sup> - 8<sup>th</sup> Grade - Friday Night Teen Center

6<sup>th</sup> - 8<sup>th</sup> 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, special themed nights 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:** 6:00 - 8:30pm

**Fee:** **Members** - FREE

**Non-Members** - \$5.00 every Friday

#### Half Days at the Teen Center

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 5<sup>th</sup> - 8<sup>th</sup> graders until 5:30pm. If a half day falls on Friday, the TC is open to 5<sup>th</sup> graders until 4:00pm.

# Teen Center - Special Events

## 5<sup>th</sup> - 8<sup>th</sup> Grade - Teen Center - March Madness Challenge

Visit the Teen Center to pick up a March Madness Bracket. Compete for a chance at a perfect bracket. The winner will be based on overall points from the correct picks. **You must be a TC Member to participate!**

**Bracket Deadline: Wednesday, March 18<sup>th</sup>**

## 6<sup>th</sup> - 8<sup>th</sup> Grade - Teen Center Friday Night Tournaments

### 3 v 3 Basketball Tournament

Enter a team and participate in this fun night of 3 v 3. Get creative with a team name and uniform! **Games will start promptly at 6:30pm.** Signup sheets will be available in the Teen Center, only one person per team needs to sign up.

**All teams must sign up no later than Wednesday, February 25<sup>th</sup>!**

**Day:** Friday

**Date:** Friday, February 27<sup>th</sup>

**Time:** 6:00 - 8:30pm

**Fee:** Members - FREE

Non-Members - \$5.00

### Soccer Tournament

Grab your friends, create a team and win the chance to sign the Teen Center Soccer Ball. Get creative with a team name and uniform!

**Games will start promptly at 6:30pm.** Signup sheets will be available in the Teen Center, only one person per team needs to sign up.

**All teams must sign up no later than Wednesday, March 25<sup>th</sup>!**

**Day:** Friday

**Date:** Friday, March 27<sup>th</sup>

**Time:** 6:00 - 8:30pm

**Fee:** Members - FREE

Non-Members - \$5.00

# School Vacation Camp

## February Break - Vacation Camp (Grades K - 5<sup>th</sup>)

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. Space is limited.

**Max registration: 20**

**\*February 18<sup>th</sup> is a "Snowflake Day" and may become a school day. Adjustments will be made if needed.\***

**Day:** Monday - Wednesday

**Dates:** February 16<sup>th</sup> - 18<sup>th</sup>

**Time:** 9:00am - 4:00pm

**Location:** OSPR

**Fee:** \$100.00

**Monday:** Winter Carnival - Play Carnival games around the gym and Teen Center for a chance to win cool prizes.

**Tuesday:** Sports Day - Try out a unique and new sport and discover new interests and passions.

**Wednesday:** Cozy Staycation - Pj's, movie, enjoy your favorite snacks, hot-cocoa or take up a new craft.

## Teen Center - February Break Hours

### Teen Center (Grades 6<sup>th</sup> - 8<sup>th</sup>)

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

**Day:** Monday - Wednesday

**Dates:** February 16<sup>th</sup> - 18<sup>th</sup>

**Time:** 12:00pm - 5:00pm

**\*February 18<sup>th</sup> is a "Snowflake Day" and may become a school day.\***



# 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. Make ups are offered if we need to cancel a class. **Max 12 Players**

### Session 1:

**Day:** Thursday

**Dates:** January 8<sup>th</sup> - February 12<sup>th</sup>

**Location:** Old Saybrook Swim & Racquet Club

**Fee:** \$163.00

**Green Ball (Ages 10 - 13 years)**

**Time:** 4:00 - 5:00pm

**Orange Ball (Ages 7 - 10 years)**

**Time:** 5:00 - 6:00pm

### Session 2:

**Day:** Thursday

**Dates:** February 19<sup>th</sup> - March 26<sup>th</sup>

**Location:** Old Saybrook Swim & Racquet Club

**Fee:** \$163.00

**Green Ball (Ages 10 - 13 years)**

**Time:** 4:00 - 5:00pm

**Orange Ball (Ages 7 - 10 years)**

**Time:** 5:00 - 6:00pm

## 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. Make ups are offered if we need to cancel a class.

### **Beginner/Advanced Beginner**

#### **Session 1:**

**Location:** Old Saybrook Swim & Racquet Club

**Fee:** \$163.00

**Day:** Wednesday

**Time:** 9:00 - 10:00am

**Dates:** January 7<sup>th</sup> - February 11<sup>th</sup>

**Day:** Thursday

**Time:** 10:00 - 11:00am

**Dates:** January 8<sup>th</sup> - February 12<sup>th</sup>

**Day:** Saturday

**Time:** 11:00am - 12:00pm

**Dates:** January 10<sup>th</sup> - February 14<sup>th</sup>

# Adult Tennis

## Beginner/Advanced Beginner

### Session 2:

**Location:** Old Saybrook Swim & Racquet Club

**Fee:** \$163.00

**Day:** Wednesday                      **Time:** 9:00 - 10:00am

**Dates:** February 18<sup>th</sup> - March 25<sup>th</sup>

**Day:** Thursday                         **Time:** 10:00 - 11:00am

**Dates:** February 19<sup>th</sup> - March 26<sup>th</sup>

**Day:** Saturday                         **Time:** 11:00am - 12:00pm

**Dates:** February 21<sup>st</sup> - March 28<sup>th</sup>

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

## Moose...CT's Giants - Tuesday, January 13<sup>th</sup>

Moose are a powerful and iconic symbol of the Northern Wilderness...so what are they doing in Connecticut...join us to find out more.

**Time:** 4:00 - 5:00pm                      **Location:** Vicki Duffy Pavilion                      **Fee:** \$5.00

## Fishers - Tuesday, February 10<sup>th</sup>

They are not fish eaters, nor are they a member of the cat family...so what are they? Discover more about one of CT's smaller predators that is here to stay.

**Time:** 4:00 - 5:00pm                      **Location:** Vicki Duffy Pavilion                      **Fee:** \$5.00

## The American Beaver - Tuesday, March 10<sup>th</sup>

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

**Time:** 4:00 - 5:00pm                      **Location:** Vicki Duffy Pavilion                      **Fee:** \$5.00

# Adult Programs

## Fitness w/ Jill Temple (Ages 18+)

Let's get fit and have fun! These classes 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 yoga mat and water.

**Day:** Monday & Wednesday

**Time:** 6:15 - 7:00pm

**Fee:** \$100.00

**Session 1:** January 5<sup>th</sup> - February 18<sup>th</sup>

**No Class:** January 19<sup>th</sup> & February 16<sup>th</sup>

**Session 2:** February 23<sup>rd</sup> - April 1<sup>st</sup>

**Location:** Old Saybrook Middle School

**Instructor:** Jill Temple



## 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 Qìgong. This very special Early Spring session will be devoted to cultivating our understanding and expression of each of the Five Elements from Chinese philosophy, medicine, and movement - Wood, Fire, Earth, Metal, and Water. Five sessions and Five Elements to support our embrace of the gentle and generous unfolding of life before us."

**Day:** Thursday

**Date:** March 5<sup>th</sup> - April 2<sup>nd</sup>

**Time:** 7:00 - 7:45am

**Location:** Founders Memorial Park

**Fee:** \$60.00

**Instructor:** Stephen Watson

# 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.

**Beginner/Advanced Beginner:** *New or relatively inexperienced player who is still inconsistent, learning the rules and basic strokes.*

**Intermediate:** *Players can consistently execute fundamental shots like serves, groundstrokes, and volleys with some depth and control, understands the basic rules, and can engage in a fast-paced rally*

**Day:** Tuesday

**Fee:** \$80.00/\$105.00

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

Intermediate: 10:30 - 11:30am

**Session 1:** January 20<sup>th</sup> - February 10<sup>th</sup>

**Location:** OSPR

**Session 2:** February 24<sup>th</sup> - March 17<sup>th</sup>

**Location:** OSPR

**Session 3:** March 31<sup>st</sup> - April 21<sup>st</sup>

**Location:** OSPR

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



# Pickleball Programs

## 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 level. 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 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.** Only 32 spaces are available.

## Beginner Play (Ages 30+)

**Day:** Wednesday **Time:** 9:30 - 11:00am **Fee:** \$25.00

**Session 1: February 11<sup>th</sup> - April 1<sup>st</sup>** **Location:** OSPR

**Session 2: April 8<sup>th</sup> - May 27<sup>th</sup>** **Location:** MSC

**Instructor:** Dennis Interlandi

*\*Will transition to Main Street Courts in April\**

## Intermediate Play (Ages 30+)

**Day:** Monday **Time:** 8:00 - 9:30am **or** 10:00 - 11:30am

**Fee:** \$25.00

**Session 1: December 29<sup>th</sup> - February 16<sup>th</sup>** **Location:** OSPR

**Session 2: February 23<sup>rd</sup> - April 13<sup>th</sup>** **Location:** OSPR

**Instructor:** Dennis Interlandi

*\*Will transition to Main Street Courts in April\**

## Intermediate Play (Ages 30+)

**Day:** Thursday **Time:** 8:00 - 9:30am **or** 10:00 - 11:30am

**Fee:** \$25.00

**Session 1: January 22<sup>nd</sup> - March 12<sup>th</sup>** **Location:** OSPR

**Session 2: March 19<sup>th</sup> - May 7<sup>th</sup>** **Location:** OSPR

**Instructor:** Dennis Interlandi

*\*Will transition to Main Street Courts in April\**

## Mixed Level Play (Ages 30+)

**Day:** Tuesday **Time:** 7:00 - 8:30pm **Fee:** \$25.00

**Session 1: January 13<sup>th</sup> - March 3<sup>rd</sup>** **Location:** OSPR

**Session 2: March 10<sup>th</sup> - April 28<sup>th</sup>** **Location:** OSPR

**Instructor:** Dennis Interlandi

*\*Will transition to Main Street Courts in April\**

# Yoga

## Gentle Yoga w/ Terri Cain (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:** January 19<sup>th</sup> - February 26<sup>th</sup>

**Session 2:** March 2<sup>nd</sup> - April 9<sup>th</sup>

**Day:** Monday & Thursday

**Time:** 11:15am - 12:15pm

**Session 1:** January 19<sup>th</sup> - February 26<sup>th</sup>

**Session 2:** March 2<sup>nd</sup> - April 9<sup>th</sup>

**Location:** The Vicki G. Duffy Pavilion

**Fee:** \$75.00/\$90.00

**Instructor:** Terri Cain

## LYT Yoga® (Ages 18+)

The LYT Yoga® method is a core-based vinyasa practice. It addresses the body's imbalances to create better movement patterns by remapping the brain-body connection and connecting to the core to create more energy in our bodies and lives. Instructions provided for all levels.



**Day:** Sunday

**Time:** 9:00 - 10:00am

**Session 1:** February 1<sup>st</sup> - March 22<sup>nd</sup>

**Session 2:** March 29<sup>th</sup> - May 17<sup>th</sup>

**Location:** The Vicki G. Duffy Pavilion

**Fee:** 60.00/\$75.00

**Instructor:** Thia Wrightsman

## Gentle LYT Yoga® (Ages 18+)

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:** January 20<sup>th</sup> - March 10<sup>th</sup>

**Session 2:** March 17<sup>th</sup> - May 5<sup>th</sup>

**Location:** The Vicki G. Duffy Pavilion

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

**Instructor:** Thia Wrightsman

# Youth Team Sports

## Youth Basketball (Grades 1<sup>st</sup> - 8<sup>th</sup>)

Teams will meet once a week for practice and games will be played on Saturdays. The league will be divided by Grades 1<sup>st</sup> & 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> and 7<sup>th</sup> & 8<sup>th</sup>. Divisions are subject to change based on registration numbers.



**This league is sponsored by Mikes's Barbershop.**

**Registration Deadline: Tuesday, December 9<sup>th</sup>**

**Practices** start the week of **January 5<sup>th</sup>**

**Games** start **Saturday, January 10<sup>th</sup>**

**Game Dates:** January 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup>

**Fee:** \$50.00

**Coaches meeting** will be on **Tuesday, December 30<sup>th</sup>** at **5:30pm**

## Kindergarten T-Ball

OSPR T-Ball program is designed to teach skills, encourage teamwork, provide fun, and 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.

**This league is sponsored by Parthenon Diner**

**Registration Deadline: Wednesday, April 1<sup>st</sup>**

**Practices** start the week of **April 20<sup>th</sup>**

**Games** start **Saturday, May 2<sup>nd</sup>**

**Game Dates:** May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, June 6<sup>th</sup>

**Fee:** \$50.00



**The coaches meeting** will be on **Thursday, April 9<sup>th</sup>** at **5:30pm**

*\*For any child 6 years old and under who has not yet played a full season of T-Ball, must play T-ball with OSPR, before advancing to Coach Pitch with OSL. If your 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 OSL.\**

# Adult Team Sports

## Adult Kickball League (Ages 18+)

Gather your friends and join OSPR for a fun night of Kickball. Teams consist of 10 players, **only the team captain needs to register**. Rosters and waivers are due before the first game is played.



**Day:** Wednesday

**Dates:** February 4<sup>th</sup> - March 25<sup>th</sup>

**Time:** 6:00pm - 9:00pm

**Location:** OSPR

**Fee:** \$75.00/team

## Special Events

### Easter Egg Hunt

**Date:** Saturday, March 28<sup>th</sup>

**Hunt Times:** 11:00am - Town Green - **Ages 2 - 4yrs**

11:15am - OS Middle School Field - **Ages 5yrs - 1<sup>st</sup> Grade**

11:30am - Town Green - **Grades 2<sup>nd</sup> - 3<sup>rd</sup>**

\*Photo opportunity with the Easter Bunny\*

\*Participants should bring a basket to collect their eggs\*

**This event is Co-Sponsored by Old Saybrook Lions Club.**

### Rock Hunt (Grades 4<sup>th</sup> - 6<sup>th</sup>)

Join us for this fun twist on a traditional easter egg hunt! Participants are asked to search the woods and collect painted rocks. Each rock color will represent a different prize. When the hunt is over, you will trade the rocks in for a prize. Participants should bring a bag or bucket to collect their rocks.

**Date:** Friday, April 3<sup>rd</sup>

**Time:** 10:00am

**Location:** Clark Community Park

**Hunts will start promptly, so please make sure to show up on time as we don't want anyone to miss out!**



### Ray Dobratz Annual Fishing Derby

Come kick off the fishing season with us at our annual fishing derby. Participants age 5 - 15 years can be accompanied by a family member. Participants 16 and older must have a valid CT fishing license. This event is rain or shine!

**Date:** Saturday, April 25<sup>th</sup>

**Time:** 7:00 - 10:00am

**Location:** Clark Community Park - Crystal Lake

**Fee:** \$5.00 per person

**Registration Deadline: Thursday, April 23<sup>rd</sup>**

**\*Old Saybrook Residents Only\***

# School Vacation Camp

## Spring Break - Vacation Camp (Grades K - 5<sup>th</sup>)

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. Space is limited.

**Max registration: 20**

**Day:** Monday - Friday

**Time:** 9:00am - 4:00pm

**Dates:** April 13<sup>th</sup> - 17<sup>th</sup>

**Location:** OSPR

**Fee:** \$150.00

**Monday:** Intro to Camp - Explore, learn, and make new friends, all while enjoying fun activities inside and outdoors.

**Tuesday:** Arts and Crafts Galore - An opportunity for campers of all ages to express their creativity, learn new skills, and enjoy a relaxed environment.

**Wednesday:** Field Trip - TBD

**Thursday:** Movie Day - Wear your comfy clothes and come unwind, watch your favorite movies and enjoy your favorite snacks!

**Friday:** OSPR Survivor - Teams will work together to complete challenges, such as obstacle courses, puzzles and so much more!

## Teen Center - Spring Break Hours

### Teen Center (Grades 6<sup>th</sup> - 8<sup>th</sup>)

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

**Day:** Monday - Friday

**Dates:** April 13<sup>th</sup> - 17<sup>th</sup>

**Time:** 12:00pm - 5:00pm (Mon-Thu), 12:00pm - 4:00pm (Friday)

# Athletic Clubs in Old Saybrook

## Old Saybrook Soccer Club

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



## Coastal Chargers Youth Football & Cheerleading

Email: [coastalchargers@gmail.com](mailto:coastalchargers@gmail.com)

Website: [www.coastalchargeryouthfootball.com](http://www.coastalchargeryouthfootball.com)



## Old Saybrook Little League

Contact Person: Matt O'Connor

Email: [matthewoconnor@gmail.com](mailto:matthewoconnor@gmail.com)

Website: [oslittleleague.com](http://oslittleleague.com)



## Old Saybrook Basketball Club

Contact Person: Eric Dussault

Email: [Info@oldsaybrookbasketball.com](mailto:Info@oldsaybrookbasketball.com)

Website: [www.oldsaybrookbasketball.com](http://www.oldsaybrookbasketball.com)



## Connecticut River Ticks Lacrosse Club

Contact Person: Alex Strekel

Email: [tickslacrosse@gmail.com](mailto:tickslacrosse@gmail.com)

Website: [tickslacrosse.com](http://tickslacrosse.com)



**OLD SAYBROOK**  
**OSPR**  
**PARKS AND RECREATION**

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OLDSAYBROOKREC.com

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



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