OLD SAYBROOK
PARKS & RECREATION

2027 WINTER PROGRAM GUIDE







Registration for all programs begin on Tuesday, December 8th at 9:00am

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

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

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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
Casey Costa	Program Assistant	Casey.Costa@oldsaybrookct.gov
Tony Bielawa	OSPR Maintainer	
	Park Maintainer	
	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 4/11): 11:00am - 4:00pm

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

Parks and Recreation Commission Members

Susan Esty, Chairwomen

Robert Lemire, Vice-Chair

Star Rueckert, Secretary

Nancy Shepard Gatta

Barbara Kruko

Elizabeth Soden

Theresa Watford

Commission meetings are held the second Wednesday of each 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.

Saturday, December 5th

1:00pm - 4:00pm Town Green

Food, Games, Inflatables and SANTA!



Youth Team Sports



Preschool Programs

Little Lacrosse Stars (Ages 2 - 4 years) NEW!

Led by Coach Jill Temple, your child will experience all the introductory fundamentals of the fun game of Lacrosse. Currently a Division II Lacrosse Coach herself at Southern Connecticut University, Jill is extremely passionate about the game and will strive to emphasize fun, teamwork, proper hand-eye coordination, and motor skills of all players in a fun, recess setting. Small lacrosse sticks and bouncy balls will be provided.

Day: Sunday
Session 1: January 10th - February 7th
Session 2: February 14th - March 14th
Time: 9:30am - 10:00am
Location: OSPR
Fee: $40.00
Instructor: Jill Temple

Sports R' Fun (Ages 2 - 4 years) NEW!

Come get your energy out with learning a different sport each week. We will be playing a different sport each class. Practicing our stretching, running, kicking, and throwing.

Day: Sunday
Session 1: January 10th - February 7th
Session 2: February 14th - March 14th
Time: 10:00am - 10:30am
Location: OSPR
Fee: $40.00
Instructor: Jill Temple

Arctic Explorers (Ages 3 - 5 years) NEW!

Winter is a magical time! We will have many sensory and hands on activities to show the children the wonder of Wintry Weather, Shimmering Snowflakes, and Playful Penquins! **Instructor:** Rory Pinaud

Day: Saturday
Dates: January 23rd - February 20th
Time: 9:30am - 10:30am
Location: OSPR
Fee: $30.00

Little Sprouts (Ages 3 - 5 years) NEW!

March is full of seasonal change and exciting themes. We will start with Weather and Rainbows, celebrate St. Patrick's Day, and of course, the Start of Spring!

Day: Saturday
Dates: March 6th - April 3rd
Time: 9:30am - 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 6th - April 3rd**
Time: 9:15am - 10:00am, 10:15am - 11:00am **or** 11:15am - 12:00pm
Location: OSPR
Fee: $60.00

Youth Programs

Extreme LEGOS Club (Grades 1st - 3rd)
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 12th - February 9th
Time: 3:15pm - 4:15pm
Location: Goodwin Elementary
Fee: $60.00

Let's Get Cooking (Grades 2nd - 4th)
Come learn how to make a delicious after school snack!
Day: Wednesday
Dates: January 13th - February 10th
Time: 3:15pm - 4:15pm
Location: Goodwin Elementary
Fee: $50.00

Afterschool Basketball (Grades K - 1st)
Participants will have the opportunity to learn the basic skills of Basketball. Dribbling, shooting, passing and teamwork!
Day: Tuesday
Dates: March 2nd - March 30th
Time: 3:15pm - 4:00pm
Location: Goodwin Elementary
Fee: $25.00

Dodgeball Mania (Grades 3rd - 4th)
Dodge, duck, dip and dive. Come play a different game each week!
Day: Thursday
Dates: **March 4th - April 1st**
Time: 3:15pm - 4:00pm
Location: Goodwin Elementary
Fee: $25.00

Youth Soccer Skills Clinic (Grades K - 4th)
This class is designed to build up a basic foundation for younger players to better prepare them for the more competitive ages of travel/premier soccer. Games and drills will be organized to build up proper dribbling mechanics for multiple surfaces of the foot, passing, receiving, and striking the ball with laces and instep of the foot. Games will be played to build upon skills learned in class and basic tactics like 1v1 situations where players gain experience in proper attacking and defending.
Day: Monday
Dates: March 15th - April 12th
Time: 5:00pm - 6:00pm (K - 1st), 6:00pm - 7:00pm (2nd - 4th)
Location: OSPR
Fee: $50.00
Instructor: Ross Demay - Morgan Boys Soccer - Head Coach

Youth Volleyball

Volleyball Clinic (Grades 3rd - 8th)

Bump, Set, Spike! This 5 night clinic is an instructional program designed to introduce kids to the sport of volleyball. The program will consist of instruction time as well as game play.
Day: Tuesday & Thursday
Dates: March 16th - March 30th
Time: 5:00pm - 6:00pm (3rd & 4th), 6:00pm - 7:00pm (5th - 8th)
Location: OSPR
Fee: $40.00
Instructor: Roxanne Sulots





Middle School Programs

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: Wednesday
Dates: January 13th - February 24th
No Class: January 20th & February 17th
Time: 2:45pm - 3:45pm
Location: OSPR
Fee: $30.00

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
Dates: March 1st - March 29th
Time: 2:45pm - 3:45pm
Location: OSPR
Fee: $25.00

Teen Center

-The Rec-

Respect Yourself, Respect Others & Respect The Rec

5th - 8th Grade - After-School Teen Center

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.

Day: Monday - Friday
Time: 2:35pm - 5:30pm(Monday - Thursday)
Time: 2:35pm - 4:00pm(Friday)
Membership: $30.00

Membership is good for the entire school year & includes Friday Night Teen Center!

5th - 8th Grade - Friday Night Teen Center

5th - 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: 6:00pm - 8:30pm
Fee: **Members** - FREE **Non-Members** - $5.00 every Friday
No Friday Night Teen Center - 1/1, 2/12, 3/5, 3/26

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 until **5:30pm**. If a half day falls on Friday, the TC is open until **4:00pm.**

NEW!!! Monthly Teen Center Activity Calendar

All activities included with your Teen Center Membership

Teen Center - Special Events

5th - 8th 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 17th

Luckys Golden Coin Hunt!

Come find Luckys golden coins throughout OSPR to exchange for prizes!
Day: Wednesday
Date: March 17th
Time: 2:35pm - 5:30pm
You must be a TC Member to participate!

Friday Night Teen Center Special Events

NFL Madden Tournament!

Sign up to take on your peers in Madden 2026. Sign up with Casey when you arrive, tournament will start at 7:00pm.
Day: Friday
Date: January 15th
Time: 6:00 - 8:30pm
Fee: Members - FREE
Non-Members - $5.00

Valentine's Day Jeopardy!

Come test your Valentines Day knowledge and win some prizes!
Day: Friday
Date: February 19th
Time: 6:00 - 8:30pm
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**

Location: Old Saybrook Swim & Racquet Club **Fee:** $173.00

Red Ball (Ages 4 - 7 years)
Day: Thursday
Session 1: January 7th - February 11th
Session 2: February 18th - March 25th
Time: 4:00pm - 5:00pm

Orange Ball (Ages 7 - 10 years)
Day: Thursday
Session 1: January 7th - February 11th
Session 2: February 18th - March 25th
Time: 5:00pm - 6:00pm



Special Event

OLD SAYBROOK PARKS AND RECREATION CONNECTICUT

SNOWMAN BUILDING CONTEST

SATURDAY, FEBRUARY 6TH

2:00PM ON THE TOWN GREEN

REGISTRATION DEADLINE: WEDNESDAY, FEBRUARY 3RD



WE 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!

FOR MORE INFORMATION OR TO REGISTER, VISIT WWW.OLDSAYBROOKREC.COM

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. Space is limited.

Day: Monday - Wednesday
Time: 9:00am - 4:00pm
Fee: $100.00

Dates: **February 15th - 17th**
Location: OSPR

Monday: *Cozy Crafts* - Winter theme crafts for all to enjoy

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

Wednesday: *Staycation* - Pj's, movie, snacks & MORE!







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:** $173.00

Beginner/Advanced Beginner
Day: Wednesday
Session 1: January 6th - February 10th
Session 2: February 17th - March 24th
Time: 9:00am - 10:00am
Max 12 Players

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!

Location: The Estuary **Time:** 4:00pm - 5:00pm **Fee:**$5.00

Thursday, March 11th...Eagles in Connecticut

Bald Eagles have made a remarkable ecological comeback in CT, rebounding from near-total absence, to active nesting territories across our State...Join us for an overview of our National Symbol.

Thursday, April 15th...Red Fox, Gray Fox, Cross Fox

Together, these Foxes showcase the incredible diversity of Wild Canines, each distinguished by unique genetics and traits....Discover the details and more in this presentation.





Adult Team Sports



Pickleball Programs

Open Play (Ages 30+)

Pickleball is a great program to be active and have fun at the same time. These are **NOT** instructional programs. **Those who have never played before are advised to take lessons prior to joining open play.** Players must play for a year in beginner's before they advance to intermediate play.

Instructors: Dennis Interlandi & Tracy Dardick
Location: Old Saybrook Parks and Recreation - Gymnasium
Fee:$25.00
Will transition outside to Main Street Courts in April

Beginner
Day: Wednesday
Time: 8:00am - 9:30am
Session 1: January 13th - March 3rd
Session 2: March 10th - April 28th

Advanced Beginner
Day: Wednesday
Time: 10:00am - 11:30am
Session 1: January 13th - March 3rd
Session 2: March 10th - April 28th

Intermediate Play
Day: Monday
Time: 8:00am - 9:30am **or** 10:00am - 11:30am
Session 1: February 15th - April 5th

Intermediate Play
Day: Thursday
Time: 8:00am - 9:30am **or** 10:00am - 11:30am
Session 1: February 18th - April 8th

Mixed Level Play
Day: Tuesday
Time: 7:00pm - 8:30pm
Session 1: January 12th - March 2nd
Session 2: March 9th - April 27th

Pickleball Registration Information…

When can I sign up for Pickleball???

***Residents** can register 1 month prior to the session start date
***Non-Residents** can register 2 weeks prior to the session start date

Tai Chi Foundations

Stability, Stretching, Stamina

As the season invites us to slow down and reconnect with ourselves, this session of Tai Chi Foundations focuses on the essential skills that support healthy movement throughout life: balance, strength, mobility, circulation, and mindful awareness.

Through a series of progressive Tai Chi & Qigong exercises, participants will cultivate stability from the ground up while developing greater confidence in how they move through the world. Gentle stretching, balance drills, strength-building practices, and mindful movement sequences work together to improve coordination, posture, and functional mobility for everyday activities.

Tai Chi challenges memory, concentration, and coordination while encouraging adaptability and lifelong learning. The result is a practice that not only supports physical wellbeing but also keeps us mentally engaged and present.

Balance, Breath, Body Awareness



Day: Thursday
Session 1: January 7th - February 4th
Session 2: February 18th - March 18th
Time: 7:00am - 7:45am
Location: OSPR
Fee: $60.00
Instructor: Stephen Watson

Yoga & Fitness Programs

Fitness with Jill Temple

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
Session 1: January 11th - March 1st
No Class: January 18th, February 15th, February 17th
Session 2: March 15th - April 28th
No Class: April 12th & April 14th
Time: 6:00pm - 6:45pm
Location: Old Saybrook Middle School
Fee: $100.00
Instructor: Jill Temple

Yoga & Fitness Programs

LYT Yoga®

This is a nontraditional yoga class. We'll explore a different aspect of the body each week through a combination of strength, stretch, and joint-mobility movements. The instructor offers alternative positions and cues to get more out of each pose. You'll need to move from the floor to standing multiple times throughout class, or be willing to modify the movements. If you're in an aging body and want to explore new ways of moving, this class is for you. Please bring 2 blocks.

Instructor: Thia Wrightsman
Fee: 60.00/$75.00



Day: Tuesday
Session 1: January 5th - March 2nd
No Class: February 16th
Session 2: March 16th - May 11th
No Class: April 13th
Time: 6:00pm - 7:00pm
NEW Location: Old Saybrook Middle School - Exercise Room

Day: Sunday
Session 1: January 24th - March 14th
Session 2: March 28th - May 16th
Time: 9:00am - 10:00am
NEW Location: Old Saybrook Parks and Recreation - 308 Main Street

Gentle Yoga

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.

Instructor: Terri Cain



Day: Monday & Thursday
Session 1: January 25th - March 4th
Session 2: March 8th - April 15th
Time: 10:00am - 11:00am **OR** 11:15am - 12:15pm
NEW Location: Jazzercise Old Saybrook - 186 Main Street
Fee: $75.00/$90.00

Youth Team Sports



T-BALL

PREK-4 - KINDERGARTEN

REGISTRATION DEADLINE : MARCH 24TH

OLD SAYBROOK PARKS AND RECREATION CONNECTICUT

PRACTICES START THE WEEK OF **APRIL 19TH**

GAMES START **SATURDAY, MAY 1ST - JUNE 5TH**

REGISTARTION FEE: $60.00

ALL PLAYERS RECEIVE A SHIRT AND HAT

PARTHENON
DINER - RESTAURANT

LEAGUE SPONSOR: PARTHENON DINER - OLD SAYBROOK

FOR MORE INFORMATION OR TO REGISTER, VISIT WWW.OLDSAYBROOKREC.COM

Special Events



Annual Easter Egg Hunt

Saturday, March 20, 2027
Start Time: 11:00am

This event is Co-Sponsored by Old Saybrook Lions Club



Rock Hunt

Saturday, March 20, 2027
Start Time: 10:00am
Grades 4th - 6th



Ray Dobratz Fishing Derby

Saturday, April 24, 2027
7:00am - 10:00am
Registration Required - $5.00

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, youth recreation programs are cancelled.

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

If school is dismissed early, the Teen Center will be open from dismissal until 5:30pm.

All other programs will start at their scheduled time. Check our website for any updates or additional cancelations.

Winter Skating

Skating at Exchange Pond
Check for announcements!

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Weather Permitting

