

Groton Parks and Recreation 2015 SUMMER CAMP GUIDE



grotonrec.com



REGISTRATION INFORMATION

To register please visit GrotonRec.com or visit the Parks and Recreation office at 27 Spicer Ave., Noank. Registrations are accepted between 8:30 a.m. and 4:30 p.m., Monday through Friday. For accurate GPS directions to our office, enter the address 1 Wilbur Court.

For more information call (860) 536-5680 or email parksrec@groton-ct.gov.

Satisfaction Guarantee

Groton Parks and Recreation is committed to providing the highest quality service to our customers. If you are not fully satisfied with any of our services or classes, we want to hear from you. Please give us the opportunity to resolve your issue.

Refunds

For Camps Only - No refunds for camps within two weeks of the start date.

All camps are open to non-residents!

(Excluding Camp Button)

*Visit our website to see our extensive selection of
year-round programs for all ages!*



Registration Policy for Summer Day Camp and Sunshine Camp

The deadline to register for each week of day camp is Monday of the prior week. In order to keep camp safe and provide the best experience for your child, camps have a fixed number of spots available based on staffing. Children signed up after the maximum is reached will be put on the waiting list. Unfortunately, transferring from one site to another after registering is not possible. Please contact us before registering if you have any questions regarding this policy.

Groton Summer Day Camp has gone GREEN!

**All info is available online at
GrotonRec.com/Camps
and posted at camp sites.**





FROM THE DIRECTOR

Summer is here! We have been working hard behind the scenes all year long for this season, and we are very proud of the lineup of camps we have for children ages 3-18. From sports like Golf, Football, Field Hockey, and Lacrosse, to LEGO, Sewing, Fishing and more, there's something for every child to enjoy.

In an effort to stay on top of the latest trends in programming, we are offering 13 new camps that provide children with an opportunity to learn new skills, become specialized in different sports positions, and make new friends.

In response to your feedback, we have expanded the hours of our Summer Day Camp and offered a new preschool section of our Camp Button for children with special needs. We have also redesigned our Teen Adventure Camp and added new day trips for teens.

For family fun this summer, we are excited to once again be part of the Southeastern CT Park RACE - a *FREE* summer-long program that challenges families and friends to get out and visit local parks and events. Visit GrotonRec.com/RACE to see all the events and challenges and register your team today.



Grab your sunscreen and a water bottle and get out and enjoy all that summer has to offer here in Groton!

Mark Berry
Director, Groton Parks and Recreation

COMING THIS SUMMER...



June 27 & 28
Farquhar Park

GrotonRec.com/Shootout



June 13
Esker Point Beach

GrotonRec.com/TourdeNoank.asp

2015 Summer Day Camp

OPEN TO NON-RESIDENTS!

8 Weeks of Summer Fun!

SUMMER CAMP

7 a.m. - 3 p.m.

Ages 5-12

**NEW
HOURS!**

Sports, arts & crafts, outdoor games, drama, music, dress-up days, water activities, trips, special events, and MORE!

So much fun in a safe and caring environment with well-trained staff.

Select one of 3 sites: SB Butler, Claude Chester, or William Seely School

Starting at \$49 per week

SUMMER CAMP

AFTER CARE

3-6 p.m.

*William Seely School
site only.*

**\$49/\$69
per week**



*Trips now included!
No separate registration required!*

See dates & prices at
GrotonRec.com/Camps

SUNSHINE CAMP

8 - 11:30 a.m.
Ages 3-5

Preschool campers enjoy age-appropriate activities such as music, arts & crafts, games, trips, water play and more.

Located at Claude Chester.

Starting at \$35 per week



CAMP BUTTON

12-3 p.m.
Ages 3-12

A physically, socially, and emotionally safe recreation environment for children with special needs. Campers are evaluated for appropriate placement into Camp Button.

Open to Groton residents only.

Preschool session now available!

Located at Claude Chester.

\$145 for all summer



SPORTS CAMPS

Sports Squirts

Location: Poquonnock Plains Park

Instructor: US Sports Institute

Total Sport Squirts introduces children to a variety of sports such as soccer, T-ball, basketball, lacrosse and hockey. All activities promote hand-eye coordination, movement and balance and most importantly fun!

| Activity # | Date | Day | Time | Age | R/NR. |
|------------|-----------|-----|------------|-----|------------|
| 307102-01 | 8/17-8/21 | M-F | 4:30-5:30P | 3-5 | \$99/\$119 |

Multi Sports Camp

Location: Poquonnock Plains Park

Instructor: US Sports Institute

Experience sports from around the world including, soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more. All activities take place in an atmosphere which promotes good sportsmanship, teamwork and most of all fun. All participants receive a t-shirt and certificate. Indicate shirt size on registration form.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|-----------|------|-------------|
| 317107-01 | 8/17-8/21 | M-F | 9A-4P | 5-12 | \$199/\$219 |
| 317107-02 | 8/17-8/21 | M-F | 9A-12:30P | 5-12 | \$169/\$189 |

Tennis Camp

Location: Fitch High School

Instructor: Matt Brown & Todd Higgins

Beginner and intermediate tennis players develop basic strokes and skills in this fun camp. Please bring tennis racquet to camp.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|-------------|------|------------|
| 317104-01 | 7/6-7/10 | M-F | 8:30-11:30A | 7-14 | \$99/\$119 |
| 317104-02 | 7/27-7/31 | M-F | 8:30-11:30A | 7-14 | \$99/\$119 |
| 317104-03 | 8/17-8/21 | M-F | 8:30-11:30A | 7-14 | \$99/\$119 |





Mystic Schooners Baseball Camp

Location: Fitch High School

Instructor: Mystic Schooners

Practice the fundamentals of baseball including: mechanics of throwing, hitting, and fielding. Players grouped by age and skill level to promote skill development.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|--------|------|-------------|
| 317109-01 | 7/6-7/9 | M-Th | 9A-12P | 8-13 | \$100/\$120 |
| 317109-02 | 7/13-7/16 | M-Th | 9A-12P | 8-13 | \$100/\$120 |
| 317109-03 | 7/20-7/23 | M-Th | 9A-12P | 8-13 | \$100/\$120 |



Mystic Schooners Baseball

Fitch High School

SchoonersBaseball.com



Like us on Facebook!

NEW! Softball Camp

Location: Sutton Park

Instructor: Arielle Cooper

Players learn skills to improve their hitting, fielding, base running and tactical skills. Experienced coaches along with high school and college players work to improve everyone's play.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|--------|------|-----------|
| 317111-01 | 7/20-7/23 | M-Th | 9A-12P | 9-13 | \$59/\$79 |

Skateboard Camp

Location: Sutton Park

Instructor: Donny Barley

Skate alongside Professional Skateboarder, Donny Barley! Skaters learn various, tips, tricks, and techniques. Please note beginner or intermediate skill level on your registration form. Required Equipment: skateboard and helmet. Knee, elbow, and wrist pads along with a water bottle are strongly recommended. Registration is also available by the day. See more at GrotonRec.com/Discover.



| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|-------|------|-------------|
| 327106-01 | 8/3-8/7 | M-F | 9A-3P | 6-16 | \$239/\$259 |
| 327106-07 | 8/10-8/14 | M-F | 9A-3P | 6-16 | \$239/\$259 |

Cross Country Camp

Location: Fitch High School Track

Instructor: Rich Kosta

Middle school-aged children learn the basics and are inspired to do their best in this lifetime sport. Topics include core training, stretching, hydration & nutrition, injury prevention, racing strategies, proper shoe selection and more.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|--------|-------|-----------|
| 327101-01 | 7/27-7/31 | M-F | 9A-12P | 11-14 | \$60/\$80 |

Track Camp

Location: Fitch High School Track

Instructor: Rich Kosta

Middle school-aged children learn the basics of track including high jump, long jump, hurdles, sprints, middle distance, relays, shot put, and turbo javelin.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|--------|-------|-----------|
| 327104-01 | 7/13-7/17 | M-F | 9A-12P | 11-14 | \$60/\$80 |

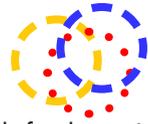


Boys Basketball Camp

Location: Fitch High School

Instructor: Alick Furtick

Boys who have completed 3rd - 8th grade learn the individual, fundamental offensive skills needed to be a successful player. Features whole-group and individual instruction, focusing on shooting, ball handling, moves off the dribble, perimeter play and post play.



| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|--------|------|------------|
| 317103-02 | 7/13-7/17 | M-F | 9A-3P | 8-14 | \$99/\$119 |
| 317103-01 | 7/13-7/17 | M-F | 9A-12P | 8-14 | \$59/\$79 |
| 317103-03 | 7/20-7/24 | M-F | 9A-12P | 8-14 | \$59/\$79 |

NEW! Girls Basketball Camp

Location: Fitch High School

Instructor: Meredith Ward

Girls develop skills and a deeper basketball knowledge through group and individual instruction. Players work on ball handling, passing, defense, shooting, perimeter play, post play, rebounding & court knowledge. Be ready to compete, work hard & have fun!

Special guest appearances by players from the WNBA Connecticut Sun & the University of Connecticut!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|----------|-----|--------|------|-----------|
| 317110-01 | 7/6-7/10 | M-F | 9A-12P | 8-14 | \$59/\$79 |



Volleyball Camp

Location: Fitch High School

Instructor: Elena Lockett and Jackie

Hooper

Learn, develop and improve participant's abilities, while having fun. Participants have an opportunity to improve their technical skills as well as to effectively apply their skills in match situations.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|--------|-------|-----------|
| 327111-01 | 7/27-7/30 | M-Th | 9A-12P | 11-14 | \$55/\$75 |
| 327111-02 | 7/27-7/30 | M-Th | 1-4P | 14-17 | \$55/\$75 |
| 327111-03 | 8/3-8/6 | M-Th | 9A-12P | 11-14 | \$55/\$75 |
| 327111-04 | 8/3-8/6 | M-Th | 1-4P | 14-17 | \$55/\$75 |

NEW! Juniors Beach Volleyball

Visit GrotonRec.com/Discover for more info!

***NEW!* Strength & Conditioning for High School Athletes**

Location: Fitch High School

Instructor: Jay Wolfradt and Mike Porter

High school athletes push themselves to the next level develop speed, agility, flexibility, and strength to compete at the high school or college level and get ready for the next season. Coached by High School certified coaches.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|----------|-------|-------------|
| 327114-01 | 6/22-8/13 | M,Th | 9-10:30A | 13-18 | \$125/\$145 |

***NEW!* Lacrosse Camp**

Location: Poquonock Plains Park

Instructor: Tom Hirsch

Campers receive instruction on fundamentals, skills, rules and techniques. Campers are placed according to ability, size, and /or skill level in order to provide the most competitive and enriching environment for each camper.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|--------|-------|-----------|
| 327118-01 | 7/27-7/31 | M-F | 9A-12P | 10-17 | \$75/\$95 |

Sailing Camp

Location: Esker Point Beach

Instructor: 2B Sailing

Learn basic sailing maneuvers, terminology, boat rigging, safety procedures, knot tying, and team work using our sailboats. Intermediate sailors also learn capsized recovery, man over board, introduction to wind direction, sail trim, boat balance, launch and dock approach.



| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|-------------|-----|------------|
| 317202-01 | 7/6-7/9 | M-Th | 9A-12P | 6+ | \$85/\$105 |
| 317202-03 | 7/13-7/16 | M-Th | 9A-12P | 6+ | \$85/\$105 |
| 317202-05 | 7/20-7/23 | M-Th | 9A-12P | 6+ | \$85/\$105 |
| 317202-07 | 7/27-7/30 | M-Th | 9A-12P | 6+ | \$85/\$105 |
| 317202-02 | 7/6-7/9 | M-Th | 12:30-3:30P | 6+ | \$85/\$105 |
| 317202-04 | 7/13-7/16 | M-Th | 12:30-3:30P | 6+ | \$85/\$105 |
| 317202-06 | 7/20-7/23 | M-Th | 12:30-3:30P | 6+ | \$85/\$105 |
| 317202-08 | 7/27-7/30 | M-Th | 12:30-3:30P | 6+ | \$85/\$105 |

NEW! Football Camp

Location: Fitch High School

Instructor: Mike Ellis

Players learn and build upon fundamentals as they head into their football season in August. This non-contact football camp allows youth players to learn directly from high school coaches and athletes integrating drill stations with position specific skill instruction. Along with practical football skills, integrity, effort and teamwork are instilled during camp.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|---------|------|-----------|
| 317108-01 | 7/20-7/23 | M-Th | 5:30-7P | 8-13 | \$59/\$79 |

Golf Camp

Location: Shennecossett Golf Course

Instructor: Mike Rege

Learn the grip and stance of putting/chipping and alignment of iron shots, when to use each club and how far each club goes. Beginners receive individualized instruction while rotating through three distinct short game centers and use newly acquired skills to play multiple holes on Shennecossett Golf Course. Intermediate golf camp is a continuation and practice of the fundamentals taught in the beginner camp. Golfers also learn proper course management, etiquette, and the rules of the game while testing abilities through multiple days of on-course practice.



| Activity # | Level | Date | Day | Time | Age | R/NR |
|------------|---------|-----------|------|-------|-------|-----------|
| 327110-01 | Begin. | 7/6-7/10 | M-F | 9-11A | 11-18 | \$79/\$99 |
| 327112-01 | Interm. | 7/27-7/30 | M-Th | 9-11A | 11-18 | \$79/\$99 |

NEW! Field Hockey Camp

Location: Poquonnock Plains Park

Instructor: Diane Kolnaski

Middle school girls are introduced to field hockey and learn stick handling, dodge and tackle along with other rules of the game. Learn field positions and practice defensive and offensive drills. Registered participants receive a t-shirt.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|--------|-------|-----------|
| 327102-01 | 7/27-7/30 | M-Th | 9A-12P | 11-13 | \$59/\$79 |

*For more information about all our camps
visit GrotonRec.com/Camps*

Youth Elite Soccer Camp

Location: Poquonnock Plains Park

Instructor: Youth Elite Soccer

Grouped according to ability and age. All campers receive a soccer ball, camp t-shirt and evaluation. Bring shin guards and a water bottle.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|---------------|------|-------------|
| 317106-01 | 7/20-7/24 | M-F | 9-10:30A | 5-6 | \$99/\$119 |
| 317106-02 | 7/20-7/24 | M-F | 10:45A-12:15P | 5-6 | \$99/\$119 |
| 317106-03 | 7/20-7/24 | M-F | 9A-12P | 7-18 | \$125/\$145 |
| 317106-04 | 7/20-7/24 | M-F | 9A-3P | 7-18 | \$199/\$219 |

NEW! YES Speed, Agility, Quickness

Location: Poquonnock Plains Park

Instructor: Youth Elite Soccer

Join YESsoccer's highly educated & qualified coaching staff for a week of soccer specific SAQ training to help develop your game ahead of the fall season. The soccer specific speed training exercises improve agility, foot speed and reaction times. Improving agility improves quickness both on and off the ball, body control and prevents injury. Also, learn how to continue your conditioning throughout the season.



| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|------|-------|-------------|
| 327115-01 | 7/13-7/17 | M-F | 5-7P | 10-14 | \$115/\$135 |
| 327115-02 | 7/13-7/17 | M-F | 5-7P | 15-20 | \$115/\$135 |

NEW! YES Striker & Keeper Training

Location: Poquonnock Plains Park

Instructor: Youth Elite Soccer

This unique program develops the two key areas of the game: scoring goals & saving goals. Join the highly qualified & educated YESsoccer coaches for a week of technical practices aimed at both Goalkeepers & Forwards. Sessions are divided to focus on the individual positions whilst also providing a unique opportunity to practice skills in a highly competitive environment.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|------|-------|-------------|
| 327116-01 | 7/20-7/24 | M-F | 5-8P | 10-14 | \$199/\$219 |
| 327116-02 | 7/20-7/24 | M-F | 5-8P | 15-20 | \$199/\$219 |

NEW! YES Specialty Preseason

Location: Poquonnock Plains Park

Instructor: Youth Elite Soccer

Prepare the three main pillars of your game prior to the fall season. YESsoccer's highly educated & qualified coaches develop & fine tune the technical, tactical & physical pillars of your game to ensure that you enter the fall season in peak condition.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|------|-------|-------------|
| 327117-01 | 8/10-8/14 | M-F | 4-7P | 10-14 | \$199/\$219 |
| 327117-02 | 8/10-8/14 | M-F | 4-7P | 15-20 | \$199/\$219 |

UK International Soccer Camp

Location: Poquonnock Plains Park

Instructor: UK International

Campers are placed into groups according to ability and age. All campers receive a soccer ball, camp t-shirt and evaluation. Bring shin guards and a water bottle. Indicate t-shirt size on registration form.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|---------|-----|------------|------|-------------|
| 307101-01 | 8/3-8/7 | M-F | 9-10A | 3-4 | \$70/\$90 |
| 317105-01 | 8/3-8/7 | M-F | 10:30A-12P | 5-6 | \$86/\$106 |
| 317105-02 | 8/3-8/7 | M-F | 9A-12P | 6-16 | \$139/\$159 |
| 317105-03 | 8/3-8/7 | M-F | 9A-3P | 6-16 | \$199/\$219 |

NEW! UK International High School

Pre-Season Soccer

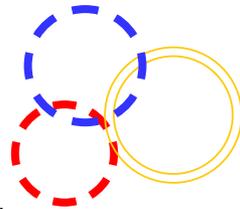
Location: Poquonnock Plains Park

Instructor: UK International

UK International's High School Pre-Season Program provides a great opportunity to prepare individuals for

the coming season. Creates an environment conducive of both individual and team development, and addresses today's demands of an increasing level of play. Players are developed both technically and tactically, with training that provides game realistic scenarios to challenge awareness and decision-making.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|---------|-----|------|-------|-------------|
| 327113-01 | 8/3-8/7 | M-F | 6-8P | 14-18 | \$115/\$135 |



SPECIALTY CAMPS

LEGO Camp

Location: SB Butler School

Instructor: Kids Corner

Build things, over-and-over! Lego has become much more sophisticated over the last 20 years, and for many children, even more fun. Children learn about volume, support, and aesthetics. For aspiring young architects, crafts-persons, and engineers, Lego sets are the building blocks (literally) to scientific success. Children collaborate on one large standing project and individual creations.



| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|--------|------|-------------|
| 317302-01 | 8/10-8/14 | M-F | 9A-12P | 5-7 | \$140/\$160 |
| 317302-02 | 8/10-8/14 | M-F | 1-4P | 7-10 | \$140/\$160 |

NEW! Sew Fun Camp

Location: SB Butler School

Instructor: Ashley Parker

Students learn basic techniques such as threading the machine, using different stitches, and construction techniques such as hems, elastic casings, french seams and more, all while completing "sew on the go" items including a pillowcase, PJ Shorts, a carry all, a novelty pillow and a lap quilt. No experience necessary. All supplies included.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|------|-------|------|-------------|
| 317306-01 | 7/27-7/30 | M-Th | 9A-3P | 8-14 | \$200/\$220 |

NEW! Salt Water Fishing Camp

Location: Bluff Point State Park

Instructor: Mike Rege

Learn the fundamentals of saltwater fishing, how to properly tie a fisherman's knot, create fishing rigs to take home after class and safely cast a fishing rod while selecting the appropriate bait or lures to target our native fish species! Campers also learn how to catch their own bait and clean their own catch!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|---------|-------|-------|-----------|
| 327301-01 | 7/14-7/16 | Tu,W,Th | 9-11A | 11-15 | \$75/\$95 |

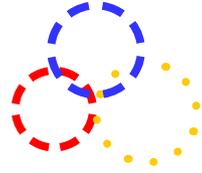
*For more information about all our camps
visit GrotonRec.com/Camps*

Teen Adventure Camp

Location: William Seely School

Instructor: Staff

No need to be bored this summer! Teens get out and explore with exciting adventures and experiences with new and old friends. Now featuring more adventurous trips!



| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|-------|-------|-------------|
| 323402-01 | 6/22-6/26 | M-F | 9A-4P | 11-15 | \$179/\$199 |
| 323402-02 | 7/13-7/17 | M-F | 9A-4P | 11-15 | \$179/\$199 |
| 323402-03 | 8/10-8/14 | M-F | 9A-4P | 11-15 | \$179/\$199 |

NEW! Teen Day Trips

Location: William Seely School

Instructor: Staff

Drop off and pick up at William Seely School. Bus and admission (where necessary) included in cost.

Fields of Fire Mystic - Paintball (Drop off/pick up at Fields of Fire)

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------|-----|-------|-------|-----------|
| 324504-01 | 7/1 | W | 9A-1P | 11-17 | \$49/\$69 |

Lake Compounce

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------|-----|-------|-------|-----------|
| 324502-01 | 7/8 | W | 9A-6P | 11-17 | \$65/\$85 |

Block Island

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------|-----|-------|-------|-----------|
| 324503-01 | 7/22 | W | 9A-6P | 11-17 | \$65/\$85 |

Brownstone Exploration & Discovery Park

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------|-----|-------|-------|-----------|
| 324501-01 | 8/5 | W | 9A-6P | 11-17 | \$65/\$85 |

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Mark
Robinson
shop



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