



DISCOVER

GROTON PARKS AND RECREATION

FALL 2016



NEW!

**Two for the Road
10K Relay**

**Fall Programs
and Events for
All Ages!**

grotonrec.com



FROM THE DIRECTOR



With our Department's mission in mind for Fall 2016, one of our goals is to expand our collaboration and programming with local healthcare providers to increase the role that parks has in maintaining and improving the health of the community. This initiative started with the Walk with a Doc and Walk With Ease programs last spring, both of which will be continuing this fall (details on page 5). These programs are designed to be a first step towards a healthier you.

The department has also begun taking a closer look at those we serve to help us identify and reach underserved populations. Our goal is to diversify our programming to better meet the needs of the broader population of the community. Have an idea for a program? We'd love to hear from you!

We are very excited for the all new Two for the Road 10K Relay race on September 24. This year any 2 person team can join the fun and funds raised support the Groton Parks Foundation. Find out more on page 6.

Be active, be healthy!

Sincerely,



Director, Groton Parks and Recreation



Our Mission:

to provide quality leisure opportunities in a safe and healthy atmosphere and to enhance the quality of life of the community through the responsible management of fiscal and natural resources.

GET TO KNOW OUR STAFF

The staff at Groton Parks and Recreation come from many different backgrounds and have lots of unique experiences, but we all share something in common - a love for the outdoors and recreation activities. Here are a few more things we all share together:

- 131** Combined Years Experience in Parks and Recreation
- 4** Certified Parks and Recreation Professionals
- 14** Children (we are all parents!)

We are proud of what we do and hold ourselves to high standards. Since 2000 Groton Parks and Recreation has been honored with:

- 3** National awards for excellence
- 8** Connecticut awards for excellence



Groton Parks and Recreation Staff (l-r)

Ben Morse, Cathy Hoffman, Kirsti Zarn, Mark Berry, Kate Bradley, Eileen Cicchese, Jerry Lokken (missing), Terri Cedio



DISCOVER

GROTON PARKS AND RECREATION



5 - Walk This Way

Popular walking programs Walk with Ease and Walk with a Doc continue this Fall with new dates.



13 - We are the Champions

Karate students learn and compete at the fall Sawayaka Taikai Karate Tournament & Seminar.



16 - Let's Get Physical

Fitness programs get your blood pumping with cardio and muscle toning for all ages.

ON THE COVER:

Groton Basketball Association season begins in October for boys and girls.

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GROTON PARKS AND RECREATION

860-536-5680

parksrec@groton-ct.gov



grotonrec.com



BULLETIN BOARD

**TRY IT
FREE!**

Attend the first program meeting of the Fall 1 or 2 session of any fitness class for FREE!

*Participants must sign a waiver.

*Programs that have met the maximum number of participants are excluded.

Like and
recommend
us on



facebook

Sign up to reserve a booth at
Groton's Fall Festival!
Saturday, October 8, 2016
11 am - 5 pm
Poquonnock Plains Park
Register at: GrotonBiz.com
Deadline: September 23

NEW THIS FALL!

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Mystic Muddy Mayhem 5K p. 7

The Creative Child p. 9

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Wake Up Workout p. 17

Call before you go!

860-441-6791

Weather info-line for
programs and
special events.

Fall 1 Session:
September 10-November 7
(No classes October 10)

Fall 2 Session:
November 12 - January 27
(No classes Nov. 24-27, Dec. 23-Jan 1, Jan 16)

**Recreation division programs only*

FEATURED PARK: Poquonnock Plains Park

Poquonnock Plains Park is a 15.87 acre piece of land located just east of Groton's commercial district on US Route 1. The park contains three full size sports fields surrounded by a half-mile long stone dust walking path. The Town of Groton acquired the property in 1991 and construction of athletic fields began in 1995. In 2008 the new handicapped accessible Tercentennial Legacy Playground was added.

The sports fields are used for youth and adult soccer, lacrosse, football, and other sports throughout the year. Poquonnock Plains Park is also the location of the annual Groton Fall Festival (see page 7).

Families and people of all ages will enjoy a visit to Poquonnock Plains Park! Wear your walking shoes and enjoy the track or register for one of our walking programs coming up this Fall.



WALKING

WALK WITH EASE

a program for better living

Location: Poquonnock Plains Park
Instructor: Connie Steffes

Join us for this fun and educational Arthritis Foundation walking program for anyone who has joint problems or has not been regularly exercising. Meet at Poquonnock Plains Park; On rain days meet inside at the Groton Senior Center.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|------|-----|-----------|
| WALK1A | 9/7-10/26 | W | 9A | 18+ | \$10/\$20 |
| WALK2B | 9/7-10/26 | W | 6P | 18+ | \$10/\$20 |

Program funded by Groton Parks Foundation and supported by Best Health Physical Therapy



Location: Poquonnock Plains Park

Walk with a Doc is a national program aimed at getting people walking for health. Walks are staffed by a "Doc" from L+M Hospital. The Doc will share tips on how to be healthier, answer general questions, and of course we'll be walking! Bring your walking shoes, sunscreen and a water bottle. **Please pre-register! More Fall dates to come soon - visit GrotonRec.com/Walk.asp for more information.**

| Activity # | Date | Day | Time | Age | FEE |
|------------|------|-----|------|-----|------|
| 159481-4A | 9/17 | Sa | 9A | All | FREE |

In partnership with



Brisk walking helps reduce body fat, lower blood pressure, and increase high-density lipoprotein.

SPECIAL EVENTS

TWO FOR THE ROAD 10K RELAY

Saturday, September 24 - 4:00 p.m.
Esker Point Beach

The former Mixed Doubles 10k Relay has evolved into a new event! Two for the Road has MORE categories so any 2 person team can join the fun!

You and your partner each run a 5K race, one after the other. Team scoring is by combined ages in your category. The certified 5K loop is flat, fast, and scenic, meandering through Groton Long Point and Noank, with spectacular views of Long Island Sound.

Registrations processed by August 24 receive Early Bird rate, \$20 per runner. By Sept. 22 - \$25. On race day: \$30 at Esker Point Beach, from 2:30-3:30 PM.

Team Activity # 110880-1A Single Runner Activity # 110880-1B

[View categories and more info at GrotonRec.com/Mixed10K.asp!](http://GrotonRec.com/Mixed10K.asp)

**T-shirt
deadline:
Friday,
September 9**



Special thanks to our generous sponsors!



**THAMES VALLEY
COMMUNICATIONS**



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**100.9
ROXY FM**
The Best Music!

97.7 WCTY
Eastern Connecticut's County



Groton FALL FESTIVAL

SATURDAY, OCTOBER 8

POQUONNOCK PLAINS PARK

11 A.M. - 5 P.M.

Free family fun!

CRAFTERS - VENDORS - BUSINESSES - COMMUNITY ORGANIZATIONS - FOOD

GROTONBIZ.COM

Groton City Farmer's Market

Bringing the farm to the city



Field of Greens Farmer's Market

Washington Park (Mitchell/Meridian St.)

Tuesdays 3 to 6pm

July - October 2016

For information call 860-625-4896

www.fog.newlondonfarmersmarket.com

EBT/SNAP and WIC Cards welcome - Credit Cards accepted



18th Annual Groton Holiday Lights Parade and Tree Lighting

with Santa!

Saturday, Dec. 3
5:00 p.m.

U.S. Route 1



GROTON

BUSINESS ASSOCIATION
AN AFFILIATION OF THE GREATER MYSTIC CHAMBER OF COMMERCE

COMING THIS SPRING...

MYSTIC MUDDY MAYHEM 5K MUD RUN

Saturday, April 29

Fields of Fire Adventure Park

Heats from 9 a.m. - 4 p.m.

An all new 5k muddy run for ages 10+ with obstacles all along the trails of Fields of Fire Adventure Park. Choose from a beginner or expert level trail with fun challenges and obstacles and of course lots of MUD!
Register as a team (4 people) to save!

Heats begin every 20 minutes from 9 a.m. to 4 p.m.

GrotonRec.com/MudRun.asp



TRIPS & TRAVEL

Featured Extended Trips



South American Cruise Uruguay, Argentina, & Chile January 7-23, 2017

Experience South America's hottest spots as you cruise around Cape Horn. Witness the fascinating marine life at the "far end of the earth" as you make your way to the historic city of Montevideo, Uruguay and see the diverse landscapes of mountains, glaciers and forests in Argentina. This cruise offers a cultural experience of a lifetime!



Spotlight on Tuscany Florence, Siena, Pisa, and more March 23-March 31, 2017

Discover beautiful Tuscany on this Italian adventure! Visit historic sites including the Leaning Tower of Pisa. Experience a Tuscan winery and sample a selection of local wines. Enjoy a Tuscan feast featuring traditional cuisine and savory wines while overlooking the magical Tuscan countryside.

Featured Day Trips

Boston Red Sox vs. Toronto Blue Jays Saturday, October 1 - Time TBA

Join us for a special trip to Boston, MA and Fenway Park to see the Boston Red Sox take on the Toronto Blue Jays. See David Ortiz "Big Papi" in one of his last home games of his historic career. Fee: \$110/resident, \$120/non-resident



***The Nutcracker* at the Garde Arts Center** Sunday, December 11 - 1:30 p.m.

A holiday classic! Eastern Connecticut Ballet presents New York City Ballet sensation, Sara Mearns, "the great American ballerina of our time", returns for another breathtaking season with ECB and Eastern Connecticut Symphony Orchestra in Connecticut's seafaring *Nutcracker*. Fee: Adult \$47/resident, \$52/non-resident; Child \$24/resident, \$29/non-resident

The Company Men & lunch at Aqua Turf Wednesday, December 7

The Company Men have a unique talent for combining timeless classics with today's hits and turning them into a brilliant musical experience. This "Modern Day Rat Pack" has audiences up on their feet, dancing and singing along! Enjoy a delicious family-style lunch before the show. Fee: \$106/resident, \$116/non-resident

Trips are open to the public!
For more information or to register
call the Groton Senior Center at
(860) 441-6785

ARTS & ENRICHMENT

NEW! The Creative Child

Location: William Seely School

Instructor: Jamie Jackson

Explore the vast world of art! Children learn about techniques, materials, mediums and genres. Hands on projects hone the skills of the young artist, teaching them to think critically about their work. Come spend some time having fun and being creative!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|------|-----------|
| 133220-1A | 9/16-11/4 | F | 4:30- 5:30P | 7-11 | \$45/\$65 |
| 133220-2A | 11/18-1/27 | F | 4:30- 5:30P | 7-11 | \$45/\$65 |

NEW! Stress-Free Paint Night

Location: William Seely School

Instructor: Heather Yeitz

In the midst of chaos lies creativity! Enjoy a stress-free paint night with other adults and let your mind relax and your hand flow with watercolors.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-------------|-----|-------------|-----|-----------|
| 133440-1A | 9/27-11/1 | Tu | 6:30- 7:30P | 18+ | \$40/\$60 |
| 133440-2A | 11/15-12/20 | Tu | 6:30- 7:30P | 18+ | \$40/\$60 |

Clayworks

Location: Groton Senior Center

Instructor: Nancy Bordeau

Paint and glaze your choice of ceramic green ware. Also learn different techniques to change and carve green ware to add new dimensions to your piece. Items are fired in kilns at the Center. Item to fit all abilities from beginner to advanced. Separate green ware fee is determined and payable at the time on the pieces are selected.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-------------|-----|---------|-----|-----------|
| 234580-1A | 9/5-10/24 | M | 10A-12P | 18+ | \$28/\$38 |
| 234580-1B | 9/8-10/27 | Th | 1- 3P | 18+ | \$28/\$38 |
| 234580-2A | 10/31-12/19 | M | 10A-12P | 18+ | \$28/\$38 |
| 234580-2B | 11/3-12/23 | Th | 1- 3P | 18+ | \$28/\$38 |

Short Story Writing

Location: William Seely School

Instructor: Nicholas Checker

Learn the tactics & techniques for developing the right type of language & skills for writing fiction that can be marketed successfully. Also learn how to approach the publication market and query agents & managers as well. The end of the course culminates with a public presentation of the students' short works. The class is taught by local writer Nicholas Checker, author of the film WISP and two recent paperback novels, DRUIDS and SCRATCH. Younger participants must receive permission from the instructor.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------|-----|------------|
| 135420-1A | 9/12-11/7 | M | 6- 8P | 13+ | \$99/\$119 |
| 135420-1B | 9/14-11/2 | W | 5- 7P | 13+ | \$99/\$119 |
| 135420-2A | 11/14-1/9 | M | 6- 8P | 13+ | \$99/\$119 |
| 135420-2B | 11/16-1/11 | W | 5- 7P | 13+ | \$99/\$119 |

Advanced Screenwriting

Location: William Seely School

Instructor: Nicholas Checker

Development of feature-length screenplays for marketing, and shorter scripts that can be shot and shown locally via Southeastern Connecticut TV. Class culminates with a public presentation. Local actors perform the scripts and audience members offer commentary afterward. This class is also taught by Nicholas Checker, writer & director for Wisp. Prerequisite: Screenwriting

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------|-----|-------------|
| 135430-1A | 9/14-11/2 | W | 7- 9P | 13+ | \$99/\$119 |
| 135430-2A | 11/16-1/11 | W | 7- 9P | 13+ | \$99/ \$119 |

Legal doesn't mean safe. Prescription drug abuse is a big deal.

**BUST
THE MYTH
.COM**



EARLY CHILDHOOD

Time to Move

Location: William Seely School
Instructor: Faith Richardson

Spend time with your child to build strength and coordination through play with ramps, slides, climbers, balance beams, tumbling, music, and movement games.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|---------|-----------|
| 132181-1A | 9/15-11/3 | Th | 9:15-10A | 9-18mos | \$45/\$65 |
| 132181-1B | 9/15-11/3 | Th | 10:05-10:50A | 1.5-3 | \$45/\$65 |
| 132181-1C | 9/15-11/3 | Th | 10:55-11:40A | 1.5-3 | \$45/\$65 |
| 132181-1D | 9/16-11/4 | F | 9:15-10A | 1.5-3 | \$45/\$65 |
| 132181-1E | 9/16-11/4 | F | 10:05-10:50A | 1-5 | \$45/\$65 |
| 132181-1F | 9/16-11/4 | F | 10:55-11:40A | 3-5.5 | \$45/\$65 |
| 132181-2A | 11/17-1/19 | Th | 9:15-10A | 9-18mos | \$45/\$65 |
| 132181-2B | 11/17-1/19 | Th | 10:05-10:50A | 1.5-3 | \$45/\$65 |
| 132181-2C | 11/17-1/19 | Th | 10:55-11:40A | 1.5-3 | \$45/\$65 |
| 132181-2D | 11/18-1/27 | F | 9:15-10A | 1.5-3 | \$45/\$65 |
| 132181-2E | 11/18-1/27 | F | 10:05-10:50A | 1-5 | \$45/\$65 |
| 132181-2F | 11/18-1/27 | F | 10:55-11:40A | 3-5.5 | \$45/\$65 |

Munchkin Soccer

Location: Fitch Middle School
Instructor: Youth Elite Soccer

Children learn basic soccer skills with a focus on having fun under the direction of our instructor.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-----------|-----|-----------|
| 132184-1A | 9/10-10/29 | Sa | 9- 9:45A | 4-5 | \$45/\$65 |
| 132184-1B | 9/10-10/29 | Sa | 10-10:45A | 4-5 | \$45/\$65 |
| 132184-2A | 11/12-1/21 | Sa | 9- 9:45A | 4-5 | \$45/\$65 |
| 132184-2B | 11/12-1/21 | Sa | 10-10:45A | 4-5 | \$45/\$65 |



Munchin Soccer

Time to Get Messy



Time to Get Messy

Location: William Seely School
Instructor: Faith Richardson

A very hands-on way for pre-school children to explore art. Children experiment with clay, paint, markers, crayons, glue, recycled materials and so much more. Dress for the mess!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-------|-----------|
| 133181-1A | 9/13-11/1 | Tu | 10:15-10:45A | 1.5-4 | \$45/\$65 |
| 133181-2A | 11/15-1/10 | Tu | 10:15-10:45A | 1.5-4 | \$45/\$65 |

Create & Movement Combo

Location: William Seely School
Instructor: Faith Richardson

Our two most popular preschool programs - combined! Spend time with your child exploring messy art and building strength and coordination through play with this Time to Get Mess/Time to Move combo. Dress to get messy and run and play!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------|-------|-----------|
| 133180-1A | 9/13-11/1 | Tu | 9-10A | 1.5-5 | \$65/\$85 |
| 133180-2A | 11/15-1/10 | Tu | 9-10A | 1.5-5 | \$65/\$85 |

Holistic 
Musical 
Expressions 
Giving Voice to Your Talent!

Holistic Voice Instruction for singers, public speakers & performers. Also piano and guitar, all ages, all styles.

Valerie Walsh, Holistic Expressions LLC
25+ years experience!

(860) 460-6266

GYMNASTICS

Location: William Seely School
Instructor: ABC Gymnastics

Tiny Tumblers

Learn the basics of proper warm-up, tumbling, and balance beam from a USA Gymnastics certified instructor and explore a wide range of special motor skills with a clear emphasis on movement, music and balance. Program specifically designed for parent/child interaction together.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-------|-----------|
| 141180-1A | 9/10-10/29 | Sa | 8:30- 9:10A | 1.5-3 | \$65/\$85 |
| 141180-1C | 9/13-11/1 | Tu | 10:15-10:55A | 1.5-3 | \$65/\$85 |
| 141180-1D | 9/13-11/1 | Tu | 11-11:40A | 1.5-3 | \$65/\$85 |
| 141180-2A | 11/12-1/21 | Sa | 8:30- 9:10A | 1.5-3 | \$65/\$85 |
| 141180-2C | 11/15-1/10 | Tu | 10:15-10:55A | 1.5-3 | \$65/\$85 |
| 141180-2D | 11/15-1/10 | Tu | 11-11:40A | 1.5-3 | \$65/\$85 |

Mini Stars

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam from a USA Gymnastics certified instructor.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 141181-1A | 9/10-10/29 | Sa | 9:20-10A | 4-5 | \$65/\$85 |
| 141181-1B | 9/13-11/1 | Tu | 9:30-10:10A | 4-5 | \$65/\$85 |
| 141181-2A | 11/12-1/21 | Sa | 9:20-10A | 4-5 | \$65/\$85 |
| 141181-2B | 11/15-1/10 | Tu | 9:30-10:10A | 4-5 | \$65/\$85 |

Beginner Gymnastics

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam from a USA Gymnastics certified instructor.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|------|-----------|
| 141200-1A | 9/10-10/29 | Sa | 10:05-10:45A | 5-15 | \$65/\$85 |
| 141200-1B | 9/10-10/29 | Sa | 10:50-11:30A | 5-15 | \$65/\$85 |
| 141200-1C | 9/12-11/7 | M | 4:25- 5:05P | 5-15 | \$65/\$85 |
| 141200-2A | 11/12-1/21 | Sa | 10:05-10:45A | 5-15 | \$65/\$85 |
| 141200-2B | 11/12-1/21 | Sa | 10:50-11:30A | 5-15 | \$65/\$85 |
| 141200-1C | 11/14-1/23 | M | 4:25- 5:05P | 5-15 | \$65/\$85 |

Intermediate Gymnastics

Requirements for Intermediate Gymnastics: Must have mastered a forward roll with feet together, cartwheel, and bridge on floor, be able to walk across high beam forward and backward without assistance, and be able to jump up to a front support and cast on the bar.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|---------------|------|-----------|
| 141201-1A | 9/10-10/29 | Sa | 11:35A-12:15P | 5-15 | \$65/\$85 |
| 141201-1B | 9/12-11/7 | M | 5:10- 5:50P | 5-15 | \$65/\$85 |
| 141201-2A | 11/12-1/21 | Sa | 11:35A-12:15P | 5-15 | \$65/\$85 |
| 141201-2B | 11/14-1/9 | M | 5:10- 5:50P | 5-15 | \$65/\$85 |

Advanced Gymnastics

Requirements: Must have mastered a backward roll, full handstand, bridge kick-over, and a pull-over on bars, and should be comfortable doing jumps and handstands on beam. Must be hard workers and good listeners.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|------|------------|
| 141202-1A | 9/10-10/29 | Sa | 12:20- 1:20P | 7-17 | \$95/\$115 |
| 141202-2A | 11/12-1/21 | Sa | 12:20- 1:20P | 7-17 | \$95/\$115 |

Scholarships Available!

We offer financial assistance for qualifying Groton Residents. See the scholarship form on page 27 for more information.



Tiny Tumblers

CIVIL AIR PATROL www.gocivilairpatrol.com

Do you want to prepare for your future while making new friends?

Then rise to the challenge of cadet membership in the U.S. Air Force Auxiliary, Civil Air Patrol!

The CAP Cadet Program is a year-round program where youth ages 12-18 learn all about aerospace education (including flying!), leadership, and search and rescue. If you're dreaming about a career in aviation, space, or the military, CAP's Cadet Program is for you.



The Thames River Composite Squadron meets Tuesday evenings from 5:45-8:30 p.m. at the Groton Airport (300 Tower Road, Groton, CT). If you or your child are interested in learning more about this program, please email our commander at commander@ct075.org.

Learn more at our Open House!

Tuesday, September 6
6:15-7:15

DANCE

Parent & Toddler Dance

Location: William Seely School

Instructor: Joy Fidrych

Toddlers develop basic motor skills and improve coordination as they dance, sing, and play in this fun-filled class.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|-----|-----------|
| 131080-1A | 9/14-11/2 | W | 9- 9:45A | 1-3 | \$55/\$75 |
| 131080-2A | 11/16-1/11 | W | 9- 9:45A | 1-3 | \$55/\$75 |

Intro to Dance

Location: William Seely School

Instructor: Joy Fidrych

Children move as they combine creative dance with an introduction to ballet and tap dancing.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 131183-1A | 9/15-11/3 | Th | 4:35- 5:20P | 3-5 | \$55/\$75 |
| 131183-1B | 9/14-11/2 | W | 9:50-10:35A | 3-5 | \$55/\$75 |
| 131183-2A | 11/17-1/19 | Th | 4:35- 5:20P | 3-5 | \$55/\$75 |
| 131183-2B | 11/16-1/11 | W | 9:50-10:35A | 3-5 | \$55/\$75 |

Princess Ballet

Location: William Seely School

Instructor: Joy Fidrych

Dancers learn the story of a featured princess and dance a princess dance! Lots of moving and fun!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|----------|-----|-----------|
| 131184-1B | 9/12-11/7 | M | 4- 4:30P | 3-5 | \$49/\$69 |
| 131184-2B | 11/14-1/9 | M | 4- 4:30P | 3-5 | \$49/\$69 |

Tot Time

Location: William Seely School

Instructor: Joy Fidrych

Children enjoy rhythm and motor coordination skills along with imagination activities and dances.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|-------|-------------|
| 131185-1A | 9/15-11/3 | Th | 4- 4:30P | 2-3.5 | \$49 / \$69 |
| 131185-2A | 11/17-1/19 | Th | 4- 4:30P | 2-3.5 | \$49 / \$69 |

Dance Combo

Location: William Seely School

Instructor: Joy Fidrych

Try this fun combination class that introduces children to ballet, tap, and jazz skills through center work and dances.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|------|-----------|
| 131280-1A | 9/15-11/3 | Th | 5:25- 6:10P | 5-6 | \$55/\$75 |
| 131280-1B | 9/12-11/7 | M | 4:35- 5:20P | 7-8 | \$55/\$75 |
| 131280-1C | 9/12-11/7 | M | 5:25- 6:10P | 9-12 | \$55/\$75 |
| 131280-2A | 11/17-1/19 | Th | 5:25- 6:10P | 5-6 | \$55/\$75 |
| 131280-2B | 11/14-1/9 | M | 4:35- 5:20P | 7-8 | \$55/\$75 |
| 131280-2C | 11/14-1/9 | M | 5:25- 6:10P | 9-12 | \$55/\$75 |



NEW! Beginner Tap

Location: William Seely School

Instructor: Joy Fidrych

Beginner Tap is for adults who want to give tap dancing a go or who have some experience. Learn the terminology, technique and footwork in this easy to follow class. Come along for some great music, some fine dance and a social atmosphere.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|----------|-----|-----------|
| 131410-1A | 9/12-11/7 | M | 6:15- 7P | 16+ | \$55/\$75 |
| 131410-2A | 11/14-1/9 | M | 6:15- 7P | 16+ | \$55/\$75 |

Intermediate Tap

Location: William Seely School

Instructor: Joy Fidrych

Perfect for those who've learned all the basics of tap, or have had tap dance experience in the past, and are ready to attempt to learn some slightly more challenging steps, and to put their existing repertoire of steps into combinations. This class is a fun way to continue to learn the fundamentals of this amazing art-form in a relaxed and welcoming environment.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-----|-----------|
| 131420-1A | 9/14-11/2 | W | 10:40-11:25A | 16+ | \$55/\$75 |
| 131420-2A | 11/16-1/11 | W | 10:40-11:25A | 16+ | \$55/\$75 |

Ballroom & Latin Dance

Location: Groton Senior Center

Instructor: Janine Crane

Come learn what all the fuss is about! Each week our instructor will take you through a new Dance style, everything from classic waltz, foxtrot, Tango to American Rhythm of cha-cha, salsa, swing and rumba. You are taught the dos and don'ts of lead and follow along with simple smooth Latin technique. At end of each class there is a 30-minute practice dance party.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 231480-1A | 9/6-10/15 | Tu | 6:30- 7:30P | 18+ | \$45/\$55 |
| 231480-1B | 9/8-10/27 | Th | 6:30- 7:30P | 18+ | \$45/\$55 |
| 231480-2A | 11/1-12/20 | Tu | 6:30- 7:30P | 18+ | \$45/\$55 |
| 231480-2B | 11/3-12/23 | Th | 6:30- 7:30P | 18+ | \$45/\$55 |

KARATE

Location: William Seely School
Instructor: Ralph Batty, Jr.

Acquire increased self-esteem, self-respect, and self-discipline while developing strong minds, bodies, and spirits. All classes Level II and higher require approved uniform and safety equipment. Taught in a safe and structured environment.

Lil' Tiger I

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 142111-1A | 9/13-11/1 | Tu | 4:15- 4:45P | 3-5 | \$55/\$75 |
| 142111-1B | 9/15-11/3 | Th | 4:15- 4:45P | 3-5 | \$55/\$75 |
| 142111-2A | 11/15-1/10 | Tu | 4:15- 4:45P | 3-5 | \$55/\$75 |
| 142111-2B | 11/17-1/19 | Th | 4:15- 4:45P | 3-5 | \$55/\$75 |

Lil' Tiger II

Ranks: White, White w/Yellow Stripe, Yellow w/White Stripe, Yellow

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|-----|-----------|
| 142111-1C | 9/14-11/2 | W | 4:30- 5P | 3-5 | \$55/\$75 |
| 142111-1D | 9/16-11/4 | F | 4:30- 5P | 3-5 | \$55/\$75 |
| 142111-2C | 11/16-1/11 | W | 4:30- 5P | 3-5 | \$55/\$75 |
| 142111-2D | 11/18-1/27 | F | 4:30- 5P | 3-5 | \$55/\$75 |

Lil' Tiger III

Ranks: White w/Green, Blue, Purple Stripe.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 142111-1E | 9/16-11/4 | F | 5:45- 6:30P | 3-5 | \$65/\$85 |
| 142111-2E | 11/18-1/27 | F | 5:45- 6:30P | 3-5 | \$65/\$85 |

Fall Sawayaka Taikai Tournament & Seminar

Location: Fitch High School

Connecticut Goju Kan welcomes Sensei Chris deWet 6th Degree Black Belt, International Okinawan Goju-Ryu Karate-Do Federation (IOGKF), to Groton for the "2016 Sawayaka Taikai" 2-day event where students can learn from top instructors.

Day 1 - The Shiai (tournament) consists of the following divisions: IOGKF kata, Traditional kata, kubudo kata and adaptive divisions. Iri kumi ju, iri kumi go, semi knockdown and knockdown divisions. This event will include Blocker sparring divisions for the younger students.

Day 2: - The Gasshuku (seminar) takes place on Sunday, led by Sensei Chris deWet. This is open to everyone age 6 and older. Spectators Welcome: FREE admission to both days.

| Activity # | Date | Day | Time | Age | FEE |
|------------|------|-----|-----------|-----|------|
| 142103-1A | 10/1 | Sa | 7:30A- 6P | 6+ | \$45 |
| 142103-1B | 10/2 | Su | 7:30A- 6P | 6+ | \$45 |

Register for both days together and save \$10!

Jr. Dragon I

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|------|-----------|
| 142210-1A | 9/14-11/2 | W | 7- 7:45P | 6-12 | \$65/\$85 |
| 142210-2A | 11/16-1/11 | W | 7- 7:45P | 6-12 | \$65/\$85 |

Jr. Dragon II

Ranks: White, White w/Yellow Stripe, Yellow w/White Stripe, Yellow

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|------|-------------|
| 142210-1B | 9/14-11/4 | W,F | 5- 5:45P | 6-12 | \$115/\$135 |
| 142210-2B | 11/16-1/20 | W,F | 5- 5:45P | 6-12 | \$115/\$135 |

Jr. Dragon III

Ranks: Orange, Green and Blue belts

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------|------|-------------|
| 142210-1C | 9/12-11/9 | M,W | 6- 7P | 6-12 | \$129/\$149 |
| 142210-2C | 11/14-1/11 | M,W | 6- 7P | 6-12 | \$129/\$149 |

Jr. Dragon IV

Ranks: Brown belt and higher.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-------|-------------|------|-------------|
| 142210-1D | 9/13-11/3 | Tu,Th | 5:30- 6:30P | 6-12 | \$129/\$149 |
| 142210-2D | 11/15-1/19 | Tu,Th | 5:30- 6:30P | 6-12 | \$129/\$149 |

Jr. Black Belt

Ranks: Brown belt and higher.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-------|-------------|------|-------------|
| 142280-1A | 9/13-11/3 | Tu,Th | 6:30- 7:30P | 8-12 | \$129/\$149 |
| 142280-2A | 11/15-1/17 | Tu,Th | 6:30- 7:30P | 8-12 | \$129/\$149 |

Black Belt

Ranks: Brown belt and higher

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-------|-------------|-----|-------------|
| 142280-1B | 9/13-11/3 | Tu,Th | 7:30- 8:30P | 8+ | \$129/\$149 |
| 142280-2B | 11/15-1/17 | Tu,Th | 7:30- 8:30P | 8+ | \$129/\$149 |

Adult Beginner & Intermediate

Ranks: White Belt (All Beginners) through Purple w/Black Stripe.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-------------|
| 142410-1A | 9/12-11/7 | M,W | 7:45- 8:45P | 13+ | \$129/\$149 |
| 142410-2A | 11/14-1/11 | M,W | 7:45- 8:45P | 13+ | \$129/\$149 |

Grading Ages 3-6

Lil' Tigers Grading (belt testing) Level 2 - test takes approximately 30 minutes. Level 3 - must bring their safety equipment

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-------|-----|-------------|-----|------|
| 142105-1A | 10/15 | Sa | 1:30- 2:15P | 3-6 | \$20 |
| 142105-2A | 1/7 | Sa | 1:30- 2:15P | 3-6 | \$20 |

Grading age 6+

Karate Grading (Belt testing) Jr. Dragons Levels 2 & 3, Jr. Black Belt, Black Belt and Adults. All participants MUST bring their safety equipment. Lower rank students dismissed upon completion of their test.

| Activity # | Date | Day | Time | Age | FEE |
|------------|-------|-----|-------------|-----|------|
| 142105-1B | 10/15 | Sa | 2:15- 4:30P | 6+ | \$20 |
| 142105-2B | 1/7 | Sa | 2:15- 4:30P | 6+ | \$20 |

YOUTH SPORTS

Pre-Season Basketball Clinic

Location: Fitch Middle School

Instructor: Charles Silvan

Boys and girls get ready for the upcoming basketball season. Players work to improve dribbling, passing, shooting, and on court communication and defense.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-------|-----------|
| 144180-1A | 9/13-11/1 | M | 5:30- 6:15P | 8-9 | \$49/\$69 |
| 144180-1B | 9/10-10/29 | Sa | 8:30- 9:15A | 8-9 | \$49/\$69 |
| 144180-1D | 9/10-10/29 | Sa | 9:30-10:30A | 10-14 | \$49/\$69 |

Junior Basketball

Location: Catherine Kolnaski Magnet School

Instructor: Byron Knox

Young boys and girls have fun learning hoop basics including dribbling, shooting and defense through instruction and non-competitive games.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-----|-----------|
| 144281-2A | 11/12-1/21 | Sa | 9:30-10:15A | 6-7 | \$45/\$65 |
| 144281-2B | 11/12-1/21 | Sa | 10:30-11:15A | 6-7 | \$45/\$65 |

Groton Basketball Association (GBA)

Groton Basketball Association (GBA) is a volunteer-coached, youth recreational league that places high emphasis on fun, instruction/skill development, and good sportsmanship. Teams practice two evenings a week and play games on weekends. **To be guaranteed placement on a team, players must be registered by November 3.** After November 3 players will be waitlisted and if space allows will be added to a team. A \$25 late fee applies to anyone registering after November 3. Practices begin the second week of November and games begin in December. Age is determined as of January 1, 2017. Team selection follows Skills Day at Cutler Middle School for all players-choose ONE day to attend: Sat., October 29: Micros (8-9 years old) - 8:00 a.m., Juniors (10-11 years old) - 8:30 am, Seniors (12-15 years old) - 9:00 a.m. OR Thurs, November 3: Micros - 6:00 p.m., Juniors - 6:30 p.m., Seniors - 7:00 p.m.

| Activity # | Division | Day | Time | R/NR |
|------------|-------------|-----|--------------|-----------|
| 145280-2A | Boys 8-9 | Su | 8:30-9:30A | \$75/\$95 |
| 145280-2D | Girls 8-9 | Sa | 8:30-10:30A | \$75/\$95 |
| 145280-2B | Boys 10-11 | Su | 12:30-3:30P | \$75/\$95 |
| 145280-2E | Girls 10-11 | Sa | 12:30-3:30P | \$75/\$95 |
| 145280-2C | Boys 12-14 | Sa | 1:30-3:30P | \$75/\$95 |
| 145280-2F | Girls 12-15 | Sa | 11:30A-1:30P | \$75/\$95 |

CELEBRATE

Host your child's next birthday party at William Seely School - it's easy and fun! Parties include classroom and gym.

For more info call
(860) 536-5680
or visit GrotonRec.com/Birthday.asp



Groton Basketball Association

Volunteer coaches are needed for GBA! All head coaches may sign one child up for free provided they sign up for and attend one of the mandatory coaches training sessions. Interested in coaching? Call 860-536-5680.

ADULT SPORTS

Dodgeball

Location: Fitch Middle

Instructor: Staff

Come have a great workout and enjoy some old playground fun. All levels!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------|-----|-----------|
| 144480-1A | 9/11-10/30 | Su | 6- 8P | 18+ | \$30/\$30 |
| 144480-2A | 11/13-1/22 | Su | 6- 8P | 18+ | \$30/\$30 |

Indoor Volleyball League

Location: Grasso Tech, Cutler Middle School

League registration information, schedules, and stats, can be found online at GrotonRec.com. Team captains register the team on-line, pay the fee and players add themselves to the roster. Registration opens immediately. League includes a minimum of 15 days plus playoffs. Practices begin October 10, games begin October 31 and run through April. Returning teams may register beginning September 8 and new teams may register beginning September 9.

A Division (Mondays): This division has a very strong level of play with structured and quick offensive and experienced defensive systems. It is recommended that players be at an advanced level. This division is predominantly men players but is open to women also.

Women Division (Mondays): The women's division is open to all women of any skill level.

B-1 Division (Tuesdays): These teams pass, set, and hit with some authority. These are competitive teams who have consistent setters and players who can hit the ball crisply. Teams can be composed of any number of men and/or women. Beginning players will find this division to be difficult.

B-2 Division (Wednesdays): For players who have played some organized volleyball, have a general understanding of the rules, can usually bump-set-spike. Teams can be composed of any number of men and/or women.

Co-Ed Power (Wednesdays): This is a power division. USA co-ed rules are used with the exception that teams are only required to have at least two women on the court at all times. Most of the men in this division have played or are playing in the "A" division. Hits are hard-driven.

| Activity # | Date | Day | Time | Age | TEAM FEE |
|------------|-----------|-----|------|-----|----------|
| 145482-1A | 9/12-11/7 | M | 6-9P | 18+ | \$525 |
| 145482-1B | 9/12-11/7 | M | 6-9P | 18+ | \$525 |
| 145482-1C | 9/13-11/1 | Tu | 6-9P | 18+ | \$525 |
| 145482-1D | 9/14-11/2 | W | 6-9P | 18+ | \$525 |
| 145482-1E | 9/14-11/2 | W | 6-9P | 18+ | \$525 |



Steve Lambert Memorial Roller Hockey Tournament

Location: Groton Hockey Rink

A two-day roller hockey tournament with two champions. Teams play a 6-game qualifying round. At the end of the qualifying round, teams are divided into two divisions based on seed. Each division plays a single elimination tournament for their respective championship. All games have two 9 minute periods. AAU/USARS and ECRHL house rules are in effect.

| Activity # | Date | Day | Time | Age | TEAM FEE |
|------------|-----------|-------|---------|-----|----------|
| 146420-1A | 9/24-9/25 | Sa,Su | 10A- 6P | 17+ | \$270 |

RUNNING

NEW! Two for the Road 10K Relay

Location: Esker Point Beach

Date: Saturday, September 24 - 4:00 p.m.

Our 10K Relay has been redesigned for 2016! This year, any two person team can compete in the Two for the Road 10K Relay on Saturday, September 24. You and your partner take turns running 5K through beautiful Groton Long Point. A portion of proceeds benefits the Groton Parks Foundation. Registrations processed by August 24 receive Early Bird rate, \$20 per runner. By Sept. 22 - \$25. On race day: \$30 at Esker Point Beach, from 2:30-3:30 PM. Register before September 9 to be guaranteed a t-shirt!

Visit GrotonRec.com/10KRelay.asp for more information!



FITNESS

Bootcamp

Location: William Seely School

Instructor: Kate Singer

This course utilizes interval training with basic exercises and weights to improve your physical fitness as well as your cardiovascular health. Bonus Feature: The class wraps up with 15 minutes of *CORE EXPRESS* to build strength and tone your core! Intensity modifications are provided, choose your own level (or switch between levels) for a custom workout made just for you! New exercises are introduced to maintain your interest and ensure a total body workout. Best of all, Kate provides you with the course content so you can do these workouts at home between classes to reach your goals faster! Join the team and use the group dynamic to motivate yourself to push harder than you would on your own! If you would like more information, or have specific questions about the class, contact Kate at katesinger99@gmail.com Try the first class for FREE!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 151480-1A | 9/15-11/1 | Th | 5:30- 6:25P | 18+ | \$55/\$75 |
| 151480-2A | 11/17-1/19 | Th | 5:30- 6:25P | 18+ | \$55/\$75 |



Bootcamp

Active Yoga

Location: Fitch Middle School

Instructor: Lori Miller

Yogis increase physical and spiritual power using ancient yoga techniques. Some yoga experience is preferred, but not necessary. Wear comfortable clothing and bring a mat or large towel.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|-------------|-----|-----------|
| 153480-1A | 9/12-11/7 | M | 6:15- 7:30P | 14+ | \$59/\$79 |
| 153480-2A | 11/14-1/9 | M | 6:15- 7:30P | 14+ | \$59/\$79 |

Attend the first program meeting of the Fall 1 or 2 session of any fitness class for FREE!

*Participants must sign a waiver.

*Programs that have met the maximum number of participants are excluded.

TRY IT
FREE!

Zumba

Location: William Seely School

Instructor: Yolla El Khoury

Zumba fuses different Latin dances into a great workout that helps you lose weight and tone your body.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 151482-1A | 9/13-11/1 | Tu | 6:30- 7:25P | 13+ | \$55/\$75 |
| 151482-2A | 11/15-1/10 | Tu | 6:30- 7:25P | 13+ | \$55/\$75 |

Zumba Toning

Location: William Seely School

Instructor: Yolla El Khoury

Challenge yourself by using light weights to help you focus on specific muscle groups, so you and your muscles stay engaged. Light weights enhance a sense of rhythm and coordination while toning target zones, including arms, core and lower body.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 151483-1A | 9/15-11/3 | Th | 6:30- 7:25 | 13+ | \$55/\$75 |
| 151483-2A | 11/17-1/19 | Th | 6:30- 7:25P | 13+ | \$55/\$75 |

NEW! Strength and Conditioning

Location: William Seely School

Instructor: Yolla El Khoury

Rev up your metabolism with a full-body workout focused on functional strength, core conditioning and flexibility.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|-----|-----------|
| 151481-1A | 9/15-11/3 | Th | 9- 9:55A | 13+ | \$55/\$75 |
| 151481-2A | 11/17-1/19 | Th | 9- 9:55A | 13+ | \$55/\$75 |



Step Fitness Blend

Zumba Gold

Location: Groton Senior Center
Instructor: Monica Bengston

Perfect for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|---------------|-----|-----------|
| 251581-1A | 9/6-10/25 | Tu | 6:10-7:10P | 55+ | \$24/\$34 |
| 251581-1B | 9/8-10/27 | Th | 6:10-7:10P | 55+ | \$24/\$34 |
| 251581-1C | 9/7-10/26 | W | 11:45A-12:45P | 55+ | \$24/\$34 |
| 251581-2A | 11/1-12/20 | Tu | 6:10-7:10P | 55+ | \$24/\$34 |
| 251581-2B | 11/3-12/22 | Th | 6:10-7:10P | 55+ | \$24/\$34 |
| 251581-2C | 11/2-12/21 | W | 11:45A-12:45P | 55+ | \$24/\$34 |

Zumba Gold Toning

Location: Groton Senior Center
Instructor: Monica Bengston

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. How it works - blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks to shake up those muscles!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------|-----|-----------|
| 251583-1B | 9/9-10/29 | F | 12- 1P | 55+ | \$24/\$34 |
| 251583-2B | 11/4-12/23 | F | 12- 1P | 55+ | \$24/\$34 |

Strength Training

Location: Groton Senior Center
Instructor: Lorraine Raimondi

This class focuses on improving muscular endurance and strength. A wide variety of strength tools are used including hand weights, dynabands, and exertubes. Evening - Good for all levels of strength.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-------------|-----|-------|-----|-----------|
| 251582-1A | 9/7-10/26 | M,W | 5- 6P | 55+ | \$60/\$70 |
| 251582-2A | 10/31-12/21 | M,W | 5- 6P | 55+ | \$60/\$70 |

NEW! Wake Up Workout

Location: Groton Senior Center
Instructor: Christina Palacois

For all you morning people, we have a workout for you! This circuit class includes cardio and resistance to build endurance and increase mobility with the use of balls, bands, and handweights.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-------------|-------|-------|-----|-----------|
| 251584-1A | 9/7-10/29 | M,W,F | 7- 8A | 55+ | \$60/\$70 |
| 251584-2A | 10/31-12/23 | M,W,F | 7- 8A | 55+ | \$60/\$70 |

Heart Healthy Fitness

Location: Groton Senior Center
Instructor: Lorraine Raimondi

This is a moderate to moderately heavy low-impact aerobics program. Exercises focus on improving cardiovascular endurance and strength. Evening - Good for anyone who has had a heart attack, mild stroke with minimal physical constrains, or other health issue, also good for anyone looking to get back into shape - 4pm, 3 days per week.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-------------|-------|------|-----|-----------|
| 251580-1A | 9/7-10/29 | M,W,F | 4-5P | 55+ | \$72/\$82 |
| 251580-2A | 10/31-12/23 | M,W,F | 4-5P | 55+ | \$72/\$82 |

Self Defense for Women

Location: William Seely School
Instructor: John Upholz, Bob Chester

Learn to protect yourself and your loved ones using simple and effective techniques that cover both mental and physical aspects of self-defense including home invasion, identity theft and stalking.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|-------|-----|-----------|
| 159480-1A | 9/12-11/7 | M | 6- 8P | 18+ | \$69/\$89 |
| 159480-2A | 11/14-1/9 | M | 6- 8P | 18+ | \$69/\$89 |

Step Fitness Blend

Location: William Seely School
Instructor: Denise Descheneaux

Fun choreographed step aerobics, total body strength training, followed by a great core workout, all done in an interval format that has you feeling great as you increase your overall strength and endurance. *Sign up for both days and save \$10! Non-residents only pay the fee once.*

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-----------|
| 151488-1A | 9/12-11/7 | M | 5:30- 6:25P | 12+ | \$60/\$80 |
| 151488-1B | 9/14-11/2 | W | 5:30- 6:25P | 12+ | \$60/\$80 |
| 151488-2A | 11/14-1/9 | M | 5:30- 6:25P | 12+ | \$60/\$80 |
| 151488-2B | 11/16-1/11 | W | 5:30- 6:25P | 12+ | \$60/\$80 |



Heart Healthy Fitness

Tai Chi

Location: William Seely School (A.M.)
Cutler Middle School (P.M.)

Instructor: John Sidoli

Participants of all abilities refine Tai Chi movements, postures, meditation, and breathing techniques to promote physical and mental well-being and longevity. Selected Qi Gong fundamentals are included.

| Lvl | Activity # | Date | Day | Time | Age | R/NR |
|---------|------------|------------|-----|--------------|-----|-----------|
| Beg/Exp | 153410-1A | 9/13-11/1 | Tu | 10:30-11:45A | 14+ | \$55/\$75 |
| Exp | 153410-1B | 9/15-11/3 | Th | 5:30- 6:45P | 14+ | \$55/\$75 |
| Beg | 153410-1C | 9/15-11/3 | Th | 6:45- 8P | 14+ | \$55/\$75 |
| Beg/Exp | 153410-2A | 11/15-1/10 | Tu | 10:30-11:45A | 14+ | \$55/\$75 |
| Exp | 153410-2B | 11/17-1/19 | Th | 5:30- 6:45P | 14+ | \$55/\$75 |
| Beg | 153410-2C | 11/17-1/19 | Th | 6:45- 8P | 14+ | \$55/\$75 |

ADAPTIVE PROGRAMS

While all of Groton Parks and Recreation's programs and activities are open to individuals with disabilities, we also offer a selection of programs with special support and adaptations for those who need them. For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.

Adaptive Karate

Location: William Seely School

Instructor: Ralph Batty, Jr.

Students learn how to overcome physical challenges by utilizing their strengths and improving their weaknesses. Participants also develop a strong mind, body and spirit while increasing self-confidence and self-esteem.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-------|-------------|-----|------------|
| 142110-1A | 9/12-11/7 | M | 7-7:40P | 5+ | \$45/\$65 |
| 142110-1B | 9/14-11/3 | Tu,Th | 4:50- 5:30P | 5+ | \$85/\$105 |
| 142110-2A | 11/14-1/9 | M | 7- 7:40P | 5+ | \$45/\$65 |
| 142110-2B | 11/15-1/19 | Tu,Th | 4:50- 5:30P | 5+ | \$85/\$105 |



Adaptive Karate

Adaptive Painting

Location: Groton Senior Center

Instructor: Andy Plasse

People with people with and without disabilities learn the basics of drawing and painting by working on individually chosen projects in a group setting. Supplies for drawing and water color provided.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|-----|-----------|
| 134400-1A | 9/13-11/1 | Tu | 9-10:30A | 21+ | \$30/\$50 |
| 134400-2A | 11/15-1/10 | Tu | 9-10:30A | 21+ | \$30/\$50 |

Cooking for Fun

Location: Fitch High School

Instructor: Andy Plasse

People with disabilities enjoy the art of cooking in a social setting. Learn to follow directions, use a kitchen safely, make healthy choices, collect recipes, and share with peers.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------|-------|-----------|
| 137400-1A | 9/14-11/2 | W | 5- 7P | 13-35 | \$70/\$90 |
| 137400-2A | 11/16-1/11 | W | 5- 7P | 13-35 | \$70/\$90 |

Adaptive Swimming

Location: UCONN Avery Point

Instructor: Andy Plasse

Level 1-2 swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water. Extra staff is available in the water to provide support. See aquatics page for skill level. *Add this program and then Family Swim to your cart to save \$35! You can use the family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!*

| Lv. | Activity # | Date | Day | Time | Age | R/NR |
|-----|------------|------------|-----|--------------|------|-----------|
| 1 | 181109-1A | 9/10-10/29 | Sa | 12:45- 1:25P | 6-21 | \$75/\$95 |
| 2 | 181109-1B | 9/10-10/29 | Sa | 1:40- 2:20P | 6-21 | \$75/\$95 |
| 1 | 181109-2A | 11/12-1/21 | Sa | 12:45- 1:25P | 6-21 | \$75/\$95 |
| 2 | 181109-2B | 11/12-1/21 | Sa | 1:40- 2:20P | 6-21 | \$75/\$95 |

Adaptive Private Swim Lessons

Location: UCONN Avery Point Pool

Instructor: Staff

Weekly, 30-minute, one-on-one swim lessons. Limited space.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------------|-----|-------------|
| 180300-1A | 9/10-10/29 | Sa | 2:25- 2:55P | 2+ | \$149/\$169 |
| 180300-2A | 11/12-1/21 | Sa | 2:25- 2:55P | 2+ | \$149/\$169 |

Adaptive Kayaking

Location: Spicer Park

Instructor: Samantha Perkins

Beginning kayakers experience the joy of being on the water, learn kayaking basics and address accessibility issues. Dress to get wet. To request an accommodation, please note it on the registration form.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|-----------|-----|-------|------|-----------|
| 171400-1A | 9/12-11/7 | M | 4- 6P | 9-99 | \$55/\$75 |

Scholarships Available!

We offer financial assistance for qualifying Groton Residents. See the scholarship form on page 27 for more information.

Teen/Young Adult Social Club

Location: William Seely School

Instructor: Jamie Jackson

Teens and young adults plan group activities weekly. Participants have opportunities to learn new leisure activities, meet new friends, all while having fun in age-appropriate groups. Please identify any disability in the comment section on the registration form.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|------|-------|-----------|
| 130300-1A | 9/16-11/4 | F | 6-9P | 13-25 | \$65/\$85 |
| 130300-2A | 11/18-1/27 | F | 6-9P | 13-25 | \$65/\$85 |

Adult Social Nite

Location: Groton Public Library

Instructor: Andy Plasse

Learn social skills through peer interaction, while dining out and experiencing entertainment, such as, movies, dancing, bowling, art shows, and other cultural events. Participants are responsible for cost of meal and events, (events not to exceed \$10). **Fall 1: Sept. 16 and 30, Oct. 4 and 28. Fall 2: Nov. 18, Dec. 2, 16, and 30.**

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|------|-----|-----------|
| 130400-1A | 9/16-10/28 | F | 5-9P | 18+ | \$75/\$95 |
| 130400-2A | 11/13-1/8 | F | 5-9P | 18+ | \$75/\$95 |

Adaptive Fitness

Location: William Seely School

Instructor: Staff

Exercise program designed and implemented to provide a safe, fun and effective workout for people with disabilities. All fitness levels invited.

| Activity # | Date | Day | Time | Age | FEE |
|------------|------------|-----|------------|-------|------|
| 151400-1A | 9/13-11/1 | Tu | 5:45-7:15P | 12-45 | \$20 |
| 151400-2A | 11/15-1/10 | Tu | 5:45-7:15P | 12-45 | \$20 |



Adaptive Fitness



Special Recreation

Special Recreation

Location: Fitch Middle School

Instructor: Victor Cicchese

Individuals with disabilities participate in arts & crafts, sports activities and compete in Special Olympics sports. Days and times vary, please check monthly calendar for specifics.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|---------|-----|-----------|
| 130401-1A | 9/15-11/3 | Th | 6:30-8P | 14+ | \$40/\$60 |
| 130401-2A | 11/17-2/23 | Th | 6:30-8P | 14+ | \$40/\$60 |

**Special
Olympics
Connecticut**



Special Olympics provides year-round sports training and competition opportunities to athletes with intellectual disabilities. It also offers Special Olympics Unified Sports® which teams up athletes with intellectual disabilities and their peers without disabilities, known as Unified partners, to play sports. Participants train for a minimum of eight weeks prior to competition.

Athletes must register for Special Recreation!

Sports offered:

January - March: floor hockey, basketball, snow shoe and Nordic ski

March - June: track and field, aquatics, wheelchair track and field, tennis, soccer, cycling

June- September: sailing, golf, softball, and bocce

September - November: bowling and volleyball

Athletes, coaches, Unified partners and volunteers needed!

For more information contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.

AQUATICS

Location: UConn Avery Point Pool

Baby & Me Swim Social

Introduce your child to the water in this unstructured program. Staff is available to offer tips using activities, toys and songs. Participate with your baby in your grasp. One parent per child required. Swim diapers required. TIP: Bring a stroller into the locker room for easier changing.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|---------|-----------|
| 184080-1A | 9/11-10/30 | Su | 8:30- 9A | 6 mos-3 | \$25/\$45 |
| 184080-2A | 11/13-1/22 | Su | 8:30- 9A | 6 mos-3 | \$25/\$45 |

Children's Small Group Swim Lessons

Learn the basics of swimming including breathing techniques, floating and balance, jumps, retrieval skills and more. This class is perfect for anyone who may have fears surrounding water. No prior experience in the water necessary. Limit of two students per instructor to ensure personal attention. Add this program and then Family Swim to your cart to save \$35! You can use the family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-----|------------|
| 182280-1A | 9/11-10/30 | Su | 10:35-11:05A | 3-6 | \$99/\$119 |
| 182280-1B | 9/11-10/30 | Su | 10:35-11:05A | 3-6 | \$99/\$119 |
| 182280-2A | 11/13-1/22 | Su | 10:35-11:05A | 3-6 | \$99/\$119 |
| 182280-2B | 11/13-1/22 | Su | 10:35-11:05A | 3-6 | \$99/\$119 |

Adult Swim Lessons

Designed for the beginner swimmer to learn the basics of swimming including breathing techniques, floating and balance, jumps, retrieval skills and more. This class is perfect for adults who may have fears surrounding water. No prior experience in the water necessary. Add this program and then Family Swim to your cart to save \$35! You can use the family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-----|------------|
| 181480-1A | 9/10-10/29 | Sa | 10:30-11:10A | 16+ | \$99/\$119 |
| 181480-2A | 11/12-1/21 | Sa | 10:30-11:10A | 16+ | \$99/\$119 |

Pre-Competition Swimming

Pre-Competition Swimming prepares swimmers for competition swimming either on a high school swim team or club team. Swimmers build endurance by swimming laps in the pool and fine tune their strokes through drills. Swimmers need to have met requirements for level 5 in order to take in this class (see opposite page for requirements).

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-----|-----------|
| 182232-1A | 9/11-10/30 | Su | 11:10-11:50A | 8+ | \$65/\$85 |
| 182232-2A | 11/13-1/22 | Su | 11:10-11:50A | 8+ | \$65/\$85 |

Sign up for any swim lesson and Family Swim together and save \$35! You can use the family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

Family Open Swim

Enjoy the pool to relax, work on skills, or just have fun. Two lanes will be set up for lap swim. Pool capacity is set at a maximum of 80 participants per swim time. Children must be supervised at all times. Registration includes both Saturdays & Sundays.

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|-------|-----|-----------|
| 184880-1A | 9/10-10/30 | Sa | 12-1P | | |
| | | Su | 3- 4P | 8+ | \$55/\$75 |
| 184880-2A | 11/12-1/22 | Sa | 12-1 | | |
| | | Su | 3- 4P | 8+ | \$55/\$75 |

Private Lessons

Weekly, 30-minute, one-on-one swim lessons. **Limited space!**

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|--------------|-----|-------------|
| 180300-1B | 9/10-10/29 | Sa | 10:30-11A | 2+ | \$149/\$169 |
| 180300-1C | 9/10-10/29 | Sa | 2:25- 2:55P | 2+ | \$149/\$169 |
| 180300-1D | 9/11-10/30 | Su | 10:35-11:05A | 2+ | \$149/\$169 |
| 180300-2B | 11/12-1/21 | Sa | 10:30-11A | 2+ | \$149/\$169 |
| 180300-2C | 11/12-1/21 | Sa | 2:25- 2:55P | 2+ | \$149/\$169 |
| 180300-2D | 11/13-1/22 | Su | 10:35-11:05A | 2+ | \$149/\$169 |

Private Lessons - Advanced

Weekly, 30-minute, one-on-one swim lessons in the deep end of the pool. Average level 3+. **Limited space!**

| Activity # | Date | Day | Time | Age | R/NR |
|------------|------------|-----|----------|-----|-------------|
| 180300-1E | 9/11-10/30 | Su | 8:30- 9A | 2+ | \$149/\$169 |
| 180300-2E | 11/13-1/22 | Su | 8:30- 9A | 2+ | \$149/\$169 |



SWIMMING LESSONS

Ages 3-15

R/NR: \$65/\$85

Intro to Level 1

| Activity # | Date | Day | Time |
|------------|------------|-----|-------------|
| 182110-1A | 9/10-10/29 | Sa | 1:40- 2:20P |
| 182110-2A | 11/12-1/21 | Sa | 1:40- 2:20P |

Level 1

| | | | |
|-----------|------------|----|--------------|
| 182111-1A | 9/10-10/29 | Sa | 11:15-11:55A |
| 182111-1B | 9/10-10/29 | Sa | 12-12:40P |
| 182111-1C | 9/11-10/30 | Su | 9:05- 9:45A |
| 182111-1D | 9/11-10/30 | Su | 9:50-10:30A |
| 182111-1E | 9/11-10/30 | Su | 11:10-11:50A |
| 182111-2A | 11/12-1/21 | Sa | 11:15-11:55A |
| 182111-2B | 11/12-1/21 | Sa | 12-12:40P |
| 182111-2C | 11/13-1/22 | Su | 9:05- 9:45A |
| 182111-2D | 11/13-1/22 | Su | 9:50-10:30A |
| 182111-2E | 11/13-1/22 | Su | 11:10-11:50A |

Level 2

| | | | |
|-----------|------------|----|--------------|
| 182210-1A | 9/10-10/29 | Sa | 11:15-11:55A |
| 182210-1B | 9/10-10/29 | Sa | 12-12:40P |
| 182210-1C | 9/11-10/30 | Su | 9:05- 9:45A |
| 182210-1D | 9/11-10/30 | Su | 9:50-10:30A |
| 182210-2A | 11/12-1/21 | Sa | 11:15-11:55A |
| 182210-2B | 11/12-1/21 | Sa | 12-12:40P |
| 182210-2C | 11/13-1/22 | Su | 9:05- 9:45A |
| 182210-2D | 11/13-1/22 | Su | 9:50-10:30A |

Level 3

| | | | |
|-----------|------------|----|--------------|
| 182220-1A | 9/10-10/29 | Sa | 11:15-11:55A |
| 182220-1B | 9/10-10/29 | Sa | 12-12:40P |
| 182220-1C | 9/11-10/30 | Su | 9:05- 9:45A |
| 182220-1D | 9/11-10/30 | Su | 9:50-10:30A |
| 182220-2A | 11/12-1/21 | Sa | 11:15-11:55A |
| 182220-2B | 11/12-1/21 | Sa | 12-12:40P |
| 182220-2C | 11/13-1/22 | Su | 9:05- 9:45A |
| 182220-2D | 11/13-1/22 | Su | 9:50-10:30A |

Level 4

| | | | |
|-----------|------------|----|--------------|
| 182221-1A | 9/10-10/29 | Sa | 11:15-11:55A |
| 182221-1B | 9/10-10/29 | Sa | 12-12:40P |
| 182221-1C | 9/11-10/30 | Su | 9:05- 9:45A |
| 182221-2A | 11/12-1/21 | Sa | 11:15-11:55A |
| 182221-2B | 11/12-1/21 | Sa | 12-12:40P |
| 182221-2C | 11/13-1/22 | Su | 9:05- 9:45A |

Level 5

| | | | |
|-----------|------------|----|--------------|
| 182230-1A | 9/10-10/29 | Sa | 12:45- 1:35P |
| 182230-1B | 9/11-10/30 | Su | 9:50-10:30A |
| 182230-2A | 11/12-1/21 | Sa | 12:45- 1:35P |
| 182230-2B | 11/13-1/22 | Su | 9:50-10:30A |



Swimming Lessons Quiz

Baby & Me: Can your child maintain an upright position in the water with minimal effort?

Yes (continue) No - Stay in Baby & Me

Intro. to Level 1: Is your child comfortable swimming in the water with a bubble on and can swim without breathing in water?

Yes (continue) No - Stay in Intro. to Level 1

Level 1: Can your child swim at least ten feet in the water without any assistance?

Yes (continue) No - Stay in Level 1

Level 2: Can your child swim 15 feet in the water, perform a front or back float for at least 15 seconds and swim basic freestyle with a flutter kick?

Yes (continue) No - Stay in Level 2

Level 3: Can your child perform a kneeling dive, swim a proficient freestyle stroke as well as swim both elementary and regular backstroke?

Yes (continue) No - Stay in Level 3

Level 4: Has your child mastered freestyle and backstroke as well as being able to perform basic breaststroke and dolphin kick? Can they tread water for at least 1 minute?

Yes (continue) No - Stay in Level 4

Level 5: Has your child mastered freestyle, backstroke and breaststroke and is able to perform them for more than 25 feet? Can they tread water for three minutes and perform a standing dive?

Yes (continue) No - Stay in Level 5

Pre-Comp: Has your child mastered freestyle, backstroke, breaststroke and butterfly and are they able to perform them more than 25 feet? Can they tread water for four minutes; perform a standing dive, open turn, flip turn and dive down to a depth of ten feet?

No - Stay In Pre-Comp

If you are still unsure which level is right for your child, register him or her for the level you think is best and our instructors will evaluate your child's skills for proper placement.

Wayne Robinson office
Mark Robinson shop



325 Rogers Road
(off Rte. 184)
Groton, CT 06340

860-445-7093



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Groton, CT 06340
860-448-1867

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(860) 441-6785

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INDEPENDENCE

LEARNING



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ENERGY

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CONTACT INFORMATION

PARKS AND RECREATION STAFF

| | |
|---|--------------|
| Parks and Recreation Admin | 860-536-5680 |
| Mark Berry, Director | |
| Kate Bradley, Marketing/Special Events | 860-536-5007 |
| Parks and Forestry | 860-446-5950 |
| Recreational Services | 860-536-5680 |
| Jerry Lokken, Mgr. of Recreation Services | 860-536-5682 |
| Catherine Hoffman, Office Assistant III | 860-536-5685 |
| Terri Cedio, Office Assistant II | 860-536-5680 |
| Kirsti Zarn, Office Assistant | 860-536-5680 |
| Eileen Cicchese, Program Supervisor | 860-536-5691 |
| Ben Morse, Program Supervisor | 860-536-5687 |
| Senior Services | 860-441-6785 |
| Mary Jo Riley, Senior Center Supervisor | 860-441-6636 |
| Joanne Forgacs, Office Assistant II | 860-441-6785 |
| Kathy Williams, Office Assistant II | 860-441-6785 |
| Carol Pratt, Program Supervisor | 860-441-6795 |
| Cindy Morrison, Program Supervisor | 860-441-6623 |
| Shennecossett Golf Course | 860-448-1867 |
| Todd Goodhue, Golf Professional | |
| Eric Morrison, Golf Course Superintendent | 860-445-6912 |

Email: first initial and last name@groton-ct.gov
example jdoe@groton-ct.gov

PARKS AND RECREATION COMMISSION

The Groton Parks and Recreation Commission serves as a liaison of the residents of the community for guiding the Parks and Recreation Department. The Commission wishes to provide you the opportunity to raise questions, ideas, or comments involving parks and recreation in Groton. Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00 p.m. at Groton Senior Center.

Jim Kamercia, **Chair**
kamercia@comcast.net

June Evered, **Secretary**
juneathome@tvconnect.net

Jeff Zuliani, **Member**
jzuliani@gmail.com

Jon Grossman, **Member**
soxfanjsmg@gmail.com

Vacancy

The Groton Parks and Recreation Commission is currently seeking applications to fill a vacant position. For more information about applying for this volunteer post, please visit www.groton-ct.gov.

TOWN OF GROTON RESOURCES

www.Groton-CT.gov 



TOWN OF GROTON PHONE NUMBERS

| | |
|-----------------------------|--------------|
| Assessment | 860-441-6660 |
| Building Inspection | 860-446-5982 |
| Human Services | 860-441-6760 |
| Planning & Community Devel. | 860-446-5970 |
| Police (routine) | 860-441-6712 |
| Public Library | 860-441-6750 |
| Public Works | 860-448-4083 |
| Transfer Station | 860-536-5698 |
| Tax Collection | 860-441-6670 |
| Town Clerk | 860-441-6640 |
| Town Manager | 860-441-6630 |
| Voter Registration | 860-441-6650 |

FREQUENTLY REQUESTED CONTACTS

| | |
|---|--|
| Groton City Recreation | 860-446-4128 |
| Groton Soccer Club | grotonsoccer@yahoo.com |
| Groton/Mystic Lacrosse | grotonlax@gmail.com |
| Groton Mystic Youth Football | GMFVP@yahoo.com |
| Groton Little League & Softball Little League | Jon Grossman 860-287-1480 Jeff Zuliani 860-941-0789 |
| Groton Babe Ruth | |
| Mystic Babe Ruth | mystic.baberuthonline.com |
| Mystic Little League | Jeff Lalima 860-572-7793 |

IMPORTANT INFORMATION

Residency

A resident (R) is someone whose primary residence is in the Town of Groton. Resident and non-resident (NR) registration forms may be submitted at any time.

Registration Options

- U.S. Mail
- Walk-in at Spicer House
- Drop-off box at Spicer House, William Seely, Fitch Middle, or the Groton Senior Center
- Online at GrotonRec.com/Discover

Scholarships

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. See page 35 for scholarship application.

Program Grants

In addition to scholarships, one-time grants are given to qualifying people to enable them to participate in recreational programs. Please contact the office for an application and more information.

Refunds

- No refunds after the 2nd meeting of a program
- A \$15 administrative fee is charged for any money returned
- Administrative fees are waived if a class is canceled or when a refund is placed on account

People with Disabilities

All programs and activities are available to Groton residents with disabilities. **UPON REQUEST**, we provide reasonable modifications, including extra staff support when necessary, to allow your participation. Please use the comment section on the registration form or attach a separate sheet to the registration form detailing your circumstances and any assistance requested. It is also required that you complete the Inclusive Recreation Assessment, available at GrotonRec.com or from our office with your registration. This form helps us determine any necessary modifications to enable participation. Contact Eileen at ecicchese@groton-ct.gov or call (860) 536-5691 with questions.

Age of Participants

Unless otherwise noted, age refers to participant's age on the *last* day of class.

DIRECTIONS

Spicer House - 27 Spicer Avenue, Noank, CT 06340

The Parks and Recreation office is located in Noank on Spicer Avenue. For online or GPS directions, use 1 Wilbur Court, Noank.

From I-95: Take exit 88 and go south on Route 117. Turn left on US Route 1. Bear right at top of hill onto Route 215. Go past Fitch High School and turn left on Brook Street (third left). Turn right on Elm Street. Take first left onto Spicer Avenue. We are the second house on the left on Spicer Ave.

From Mystic: Take Water Street towards Noank, past Beebe Cove. Spicer Avenue is on the left. We are the second house on the left.

William Seely School - 55 Seely School Road, Groton, CT 06340

- I-95 North to Exit 86: (left exit) First right onto Route 12. Second traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.
- I-95 South to Exit 86: At end of the off ramp bear right onto Route 12. Fourth traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.
- Route 1 (turns into Route 12) towards Subase: At traffic light after Groton Square (Super Stop & Shop) make a left onto Walker Hill Rd. At top of hill, William Seely is on the left.

For directions to all other locations please visit GrotonRec.com

Cancellation Procedure

If schools are closed, all classes scheduled to begin prior to 3:00 p.m. are canceled. A decision to cancel afternoon and evening classes is made by 1:00 p.m. ● If schools are dismissed early due to weather conditions, classes scheduled after 3:00 p.m. are canceled. ● If schools have a delayed opening due to weather conditions, programs scheduled to begin prior to 3:00 p.m. are canceled. ● Decisions for weekend programs are made by 7:00 a.m. for morning classes and 11 a.m. for afternoon and evening classes. For cancellation information, please visit our Facebook page at [Facebook.com/GrotonParksandRec](https://www.facebook.com/GrotonParksandRec) or call our info line at (860) 441-6791. **Call before you go!**

Medical Conditions

If you have a medical condition that you would like us to be aware of during your participation in our programs, please note this on your registration form.

Participant Behavior

Participants are expected to exhibit appropriate behavior at all times. Participants shall behave in a safe and responsible manner, show courtesy and respect to other participants, volunteers and staff, and treat equipment and facilities with care. We use a positive approach to behavior management. However, we reserve the right to take appropriate action based on an evaluation of each situation on its own merits.

Spicer House - Parks and Recreation Office

Telephone: 860-536-5680 Fax: 860-536-5690

E-mail: parksrec@groton-ct.gov

Website: GrotonRec.com

Facebook: [Facebook.com/GrotonParksandRec](https://www.facebook.com/GrotonParksandRec)

Mailing Address:

Groton Parks and Recreation
27 Spicer Avenue, Noank, CT 06340-5659

Hours: 8:30 am - 4:30 pm

OOPS!

Despite our best efforts, sometimes errors sneak into print. We apologize for any problems these errors may cause.

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.

Discount/Scholarship Application

Please follow these steps to apply.

GROTON RESIDENTS ONLY

Applicant must appear in person (mail-in information is not accepted)

Must bring completed scholarship and registration forms between 8:30 AM - 3:45 PM to:
Groton Parks and Recreation Office (860-536-5680) at 27 Spicer Ave, Noank (using GPS: enter 1 Wilbur Ct, Noank for accurate directions)

Documents to bring for ALL HOUSEHOLD members:

- Proof of Wages/Earnings for the past four (4) weeks/month for all working Household members
- Alimony
- Social Security Income/Disability
- Child Support
- Other Income

Proof of Supplemental Income from State to include:

- Rent Assistance (Rental Agreement)
- Food Subsidies (SNAP)
- Unemployment
- Cash Assistance from State of Connecticut

COMPLETE

Address, Town, Zip

Primary Phone E-Mail

HOUSEHOLD MEMBERS (Names of ALL people **residing** at this address.)

| Name | Relationship | Date of Birth |
|----------------------|----------------------|----------------------|
| <input type="text"/> | SELF | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

I acknowledge that the information supplied by me to be true to the best of my knowledge.

Applicant's Signature Date

| HOUSEHOLD INCOME | | FOR OFFICE USE ONLY | |
|------------------------------------|----------------------|--------------------------------|----------------------|
| Source | Wages / Income | Source | Wages / Income |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Total Monthly Income (All Sources) | <input type="text"/> | Scholarship Percentage Awarded | <input type="text"/> |
| Processed by: | <input type="text"/> | Date: | <input type="text"/> |

(fees reduced by this amount)

GROTON PARKS & RECREATION DEPT.

27 SPICER AVENUE

NOANK, CT 06340-5659

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“The STIHL brand reflects a culture that transcends generations. People who use STIHL share our company’s beliefs – a belief in unwavering quality, a belief in the value of technical service, and a belief that the equipment should be as dependable as the people who use it. STIHL Strong is more than a motto; it’s a way of life. After all, staying strong by setting ourselves apart and refusing to compromise has always been the STIHL way.”

Thank you America for making STIHL Strong!

*A majority of STIHL powerheads are built in the United States from domestic and foreign parts and components.

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