



DISCOVER

GROTON PARKS AND RECREATION

FALL 2014



Fall
is for
Fun!

Programs
for All Ages

grotonrec.com





FROM THE DIRECTOR

This fall there are a number of exciting changes taking place within Groton Parks and Recreation.

You asked for it and we delivered. To provide a continuous delivery of programs and services we have added an additional 8 weeks of recreation classes. We have also added programs to better meet your needs.

The Senior Center is expanding the food service at the new Coastal Cafe to include "Grab and Go" meals for those on the run. Call ahead and we will have it ready for you! Have time to sit down for a meal? Enjoy the expanded menu. Thursday evenings at the Center come alive this fall with entertainment at "The Cove." Enjoy local musicians, improv, and more, in partnership with Groton Regional Theater. September 22-26 is Active Aging Week and the Senior Center will be buzzing with events and speakers. One of the many events that week will be an organizational meeting to kick off our OAT (Outdoor Adventure Travel) program which will feature exciting trips (kayaking, zip lines and more).

For more details about these and other programs check out GrotonRec.com.

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.

PARKS AND RECREATION STAFF

Parks and Recreation Admin	860-536-5680
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Kirsti Zarn, Office Assistant	860-536-5680
Eileen Cicchese, Program Supervisor	860-536-5691
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Kathy Williams, Office Assistant II	860-441-6785
Carol Pratt, Program Supervisor	860-441-6795
Shennecossett Golf Course	860-445-1867
Todd Goodhue, Golf Professional	
Keith Johnson, Assistant Pro	
Eric Morrison, Golf Course Superintendent	860-445-6912

PARKS AND RECREATION COMMISSION

Jim Kamercia, **Chair**
June Evered, **Vice Chair**
Ed Kolnaski, **Secretary**
Phil Butta, Jeff Zuliani

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.



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

DISCOVER

GROTON PARKS AND RECREATION



11 - Travel

Visit destinations near and far with our day and extended trips for all ages. Pack your bags and let us handle the rest!



14 - Karate

Students of all ages practice discipline, focus, and life skills with this traditional form of martial arts and one of our most popular programs.



20 - Adult Sports

Fun isn't just for kids! Join a league or pick-up sport and meet new people, get a great workout, and indulge your competitive side.

ON THE COVER:
Maggie Connelly practices her warrior pose in Yoga 4 Tweens

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GROTON PARKS AND RECREATION

860-536-5680

Email: parksrec@groton-ct.gov



grotonrec.com

Fall 2014

IMPORTANT INFORMATION

Resident (R)

A resident is someone whose primary residence is in the Town of Groton. Resident and non-resident 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

On-line at GrotonRec.com

Scholarships

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. See page 26 for scholarship application.

Program Grants

In addition to scholarships, one-time grants are given to deserving 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 class
- A \$15 administrative fee is charged for all refunds
- Administrative fees are waived if the class is canceled

People with Disabilities

All programs and activities are available to Groton residents with disabilities. UPON REQUEST, we provide reasonable accommodations, 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 accommodations to enable participation. Contact Eileen at ecicchese@groton-ct.gov or call (860) 536-5691 with questions.

NEW! 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 on-line 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

NEW! Cancellation Procedure

If schools are closed, all classes scheduled to begin prior to 3:00 p.m. will be canceled. A decision to cancel afternoon and evening classes will be made by 1:00 p.m. If schools are dismissed early due to weather conditions, classes scheduled after 3:00 p.m. will be canceled. If schools have a delayed opening due to weather conditions, programs scheduled to begin prior to 3:00 p.m. will be canceled. Decisions for weekend programs will be 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.

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.

BULLETIN BOARD

Like us on Facebook for all the latest news, info, contests, photos, and MORE!
Facebook.com/GrotonParksandRec



NEW
Enjoy 2 full
Fall Sessions!

Mixed Doubles

10K

Relay

P.20



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GPR TOURS
TICKET
Admit One

Program cancellation
info-line:
860-441-6791

**NEW WEATHER
CANCELLATION POLICY!
SEE P. 4**

Take the Swimming
Lessons Quiz to
see which level is
best for your child!
p. 23

Experience golf history...



Scenic views. Historic Layout.

Shennecossett is a historic 18-hole public course designed by Donald Ross. Located on beautiful Long Island Sound and the Thames River, the course features dramatic views and a chance to spot a tall ship at sail or a US submarine. Founded in 1898, Shennecossett remains a top New England golfing destination. Call today for an opportunity to play.

Shennecossett Golf Course

93 Plant Street
Groton, CT 06340
860-448-1867

shennygolf.com 

Open to the public year-round!

GROTON PARKS FOUNDATION

Invest in Groton's parks and outdoor spaces by supporting the Groton Parks Foundation! Since its formation in 2000, the Groton Parks Foundation has been supporting the town's recreation, sports, leisure, and athletics programs and facilities by collecting funds for special projects such as park improvements, new playground equipment, special needs accommodations, and more.

SUCCESSFUL INITIATIVES

Central Bark Fencing

The Foundation received over \$5,000 in community support to provide fencing at Central Bark dog park.



Tercentennial Legacy Playground

Donations for the Tercentennial Legacy Playground through the Groton Parks Foundation totaled over \$38,000.



Copp Property Improvements

The Foundation received grants for \$230,000 for developments including trail improvements, developing event fields and expanding parking.



JOIN THE FUN!

You can support the Groton Parks Foundation in a number of ways:



Form a Friends Group - Have you always wanted a local splash pad? Perhaps you see a need for a playground in your neighborhood. Form a Friends Group and help make your dream a reality! Friends Groups serve the Groton community by advocating for parks and by raising funds support for their designated park, facility or program.



Volunteer - By contributing your time and talent to fill the needs of our parks, your support makes it possible to offer the services and spaces enjoyed by the community. Challenging and rewarding opportunities exist in gardens, neighborhood parks, athletic fields, recreation centers and golf courses throughout Groton.



Donate - Your donation to the Groton Parks Foundation is tax-deductible and can be designated toward a specific ongoing project or a favorite park. We greatly value and appreciate the support of our donors!

TOP 10

REASONS TO SUPPORT THE GROTON PARKS FOUNDATION

1. Having a park close to home encourages people to be active and healthy.
2. Parks and open spaces increase nearby property value.
3. Open space conservation helps to safeguard drinking water, clean the air, and achieve other environmental goals.
4. Parks provide a meeting place for people to gather, share experiences, socialize, and to build community bonds in common green spaces.
5. Connecting with nature and being exposed to natural open spaces uplifts moods, reduces stress and enhances a sense of wellness.
6. Groton's recreational programs offer children healthy role models and give valuable life lessons.
7. Parks provide a critical safe place for children to play.
8. Parks and open space create a high quality of life that attracts tax-paying businesses and residents to our community.
9. Parks preserve wildlife habitats and protect the natural environment.
10. Park and recreation programming combats the national obesity epidemic through the development of healthy lifestyles, strong minds, and fit bodies.



FALL 2014 SPECIAL EVENTS

DENIM & Diamonds

*An evening of dinner and dancing to benefit the
Groton Senior Center*

Friday, September 26, 2014
6-10 p.m.

Groton Inn and Suites



Featuring:

Buffet dinner
Live music
Swing dance demo
Silent Auction
And MORE!

RSVP:

(860) 441-6785
\$60/person
\$100/couple
\$500/table of 10

Mixed Doubles

10K Relay

Saturday, September 27, 2014

4:00 P.M.

Esker Point Beach

He runs 5K. She runs 5K.

Then the fun begins!



See page 22 for more info!

GROTON'S Fall Festival

SATURDAY, OCTOBER 11
POQUONNOCK PLAINS PARK
10 A.M. - 4 P.M.

Free family fun!

CRAFTERS - VENDORS - BUSINESSES - COMMUNITY ORGANIZATIONS - FOOD

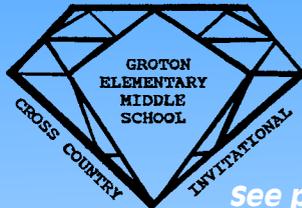
GROTONBIZ.COM

Groton Elementary/Middle School Invitational Cross Country Meet

Saturday, October 18
10 A.M. - 2 P.M.

Catherine Kolnaski Magnet School
G.E.M.S.

**NEW
LOCATION!**



See p.21 for more info!



- **Teen/Adult Autism Social**
- **Tuesday, September 23**
- 6-8 p.m.
- Groton Public Library Teenscape
- *Meet others who have Asperger's or on the high level autism spectrum.*
- *Snacks and activities will be provided.*

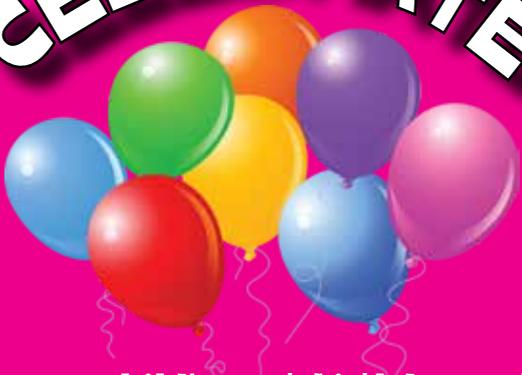
PARENTS' NIGHT OUT
Holiday shopping, date night, "you" time...enjoy a night out your way while we entertain the kids with activities!

Friday, December 19
6-9 p.m.
Ages 5+

Cheaper and more fun than a babysitter!

Activity #514601-01 \$10/R \$20/NR

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

ADVERTISING AND SPONSORSHIP OPPORTUNITIES ARE AVAILABLE!

Please contact Kate Bradley at (860) 536-5007 or kbradley@groton-ct.gov

ARTS & ENRICHMENT

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. Also learn how to approach the publication market and query agents & managers. The course culminates with a public presentation of the students' short works.

Activity #	Date	Day	Time	Age	R/NR
434603-01	9/11-10/30	Th	7:15-9:15P	13+	\$99/\$119
434603-02	9/8-10/27	M	6-8P	13+	\$99/\$119
534603-01	11/13-1/15	Th	7:15-9:15P	13+	\$99/\$119
534603-02	11/10-1/5	M	6-8P	13+	\$99/\$119



Clayworks

Location: Groton Senior Center

Instructor: Nancy Bourdeau

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

Activity #	Date	Day	Time	Age	R/NR
444601-01	9/3-10/22	W	6-8P	All	\$28/\$38
544601-01	10/29-12/17	W	6-8P	All	\$28/\$38

DEEP State Boating Class

Location: Groton Senior Center

Instructor: CT DEEP

BASIC BOATING: Fulfills the education requirements for the Connecticut Certificate of Personal Watercraft Operation. This PWO Certificate allows boaters to operate a motor vessel, including personal watercraft (Jet Ski type boats), in the State of Connecticut. Students must attend all classes to qualify.

Activity #	Date	Day	Time	Age	FEE
432201-01	10/21-10/23	Tu,W,Th	5:30-8:30P	10+	\$20



Screenwriting

Screenwriting & Advanced Screenwriting

Location: William Seely School

Instructor: Nicholas Checker

Learn to write for video or film, create effective dialogue and dramatic conflict between characters, and practice crafting scripts. Create screenplays that can be shown locally via Groton Public Access. Class culminates with a public presentation. Local actors perform the scripts and audience members offer commentary.

Activity #	Date	Day	Time	Age	R/NR
434601-01	9/10-10/29	W	5-7P	13+	\$99/\$119
534601-01	11/12-1/14	W	5-7P	13+	\$99/\$119
Adv. 434602-01	9/10-10/29	W	7-9P	18+	\$99/\$119
Adv. 534602-01	11/12-1/14	W	7-9P	18+	\$99/\$119

Eastern Connecticut Symphony Youth Orchestra

Youth Orchestra available for grades 7-12
Strings Ensemble available for grades 3-8

2014-2015 season begins September 8

● Northeast Academy Elementary, Mystic

For audition information visit:

www.facebook.com/ecsyo

www.ecsyo.com



DISCOVER TRAVEL

Take off on an adventure with Groton Parks and Recreation!

We offer day and extended trips around the US and abroad. Great for singles, couples, families - there's someone for everyone and all ages! Trips are open to the public. For more information about our traveling with us please visit GrotonRec.com/Trips

DESTINATION TRAVEL

America's Music Cities

Featuring New Orleans, Memphis, and Nashville
 April 19-26, 2015
 8 Days • 10 Meals

Highlights: French Quarter, New Orleans School of Cooking, Swamp Tour, Graceland, Grand Ole Opry Show & Backstage Tour, Historic RCA Studio B, Country Music Hall of Fame, Ryman Auditorium, Wildhorse Saloon



Special Trip Presentation
 Monday, October 20, 2014
 6:30 PM
 Groton Senior Center
 102 Newtown Rd.



Best of Eastern Canada

Featuring Montreal, Quebec City, Ottawa, Niagara Falls & Toronto
 August 2-9, 2015
 8 Days • 11 Meals

Highlights: Jacques Cartier Square, Old and New Quebec, breakfast at a local sugar shack, 1000 Islands cruise, Toronto, Niagara Falls

FEATURED DAY TRIPS

Do As You Please in New York City

Let us do the driving! There are many things to do in New York City - shopping, dining, sightseeing, and more. Enjoy everything the city has to offer without the stress.

Activity #	Date	Day	Time	FEE
444503-01	10/4	Sa	7:30A-8:45P	\$45



Radio City Music Hall Christmas Spectacular & Dinner at Carmine's

Enjoy a family style lunch at the famous Carmine's restaurant and then the 2014 Radio City Christmas Spectacular, starring the world-famous Rockettes. A special holiday tradition for all ages.

Activity #	Date	Day	Time	FEE
544521-01	11/14	F	7A-9P	\$171

Christmas in New York City

View NYC as it transforms into a winter wonderland! From the legendary Christmas tree at Rockefeller Center to the magnificent holiday displays in every department store, there are endless holiday sights to enjoy throughout the city. Spend the day as you please - we'll drop you off and pick you up.

Activity #	Date	Day	Time	FEE
544503-02	12/13	Sa	7:15A-8:45P	\$40

See more trips online at:
GrotonRec.com/Trips

DANCE

Location: William Seely School
Instructor: Joy Fidrych

Parent & Toddler Dance

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
404102-02	9/12-10/31	F	9-9:45A	1-3	\$55/\$75
504102-02	11/14-1/16	F	9-9:45A	1-3	\$55/\$75

Intro to Dance

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

Activity #	Date	Day	Time	Age	R/NR
404101-01	9/12-10/31	F	9:50-10:35A	3-5	\$55/\$75
404101-02	9/11-11/6	Th	4-4:45P	3-5	\$55/\$75
504101-01	11/14-1/16	F	9:50-10:35A	3-5	\$55/\$75
504101-02	11/13-1/22	Th	4-4:45P	3-5	\$55/\$75

Princess Ballet

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
414105-01	9/9-10/28	Tu	9:50-10:20A	3-5	\$49/\$69
514105-01	11/18-1/13	Tu	9:50-10:20A	3-5	\$49/\$69

Dance Combo

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
414103-01	9/11-10/30	Th	4:50-5:35P	5-6	\$55/\$75
514103-01	11/13-1/15	Th	4:50-5:35P	5-6	\$55/\$75
414103-02	9/12-11/7	F	4-4:45P	7-8	\$55/\$75
514103-02	11/14-1/16	F	4-4:45P	7-8	\$55/\$75
414103-03	9/12-10/31	F	4:50-5:35P	8-10	\$55/\$75
514103-03	11/14-1/16	F	4:50-5:35P	8-10	\$55/\$75
424101-01	9/12-10/31	F	5:40-6:25P	11-14	\$55/\$75
524101-01	11/14-1/16	F	5:40-6:25P	11-14	\$55/\$75

Tap Dance - Intermediate

This class is a fun way to continue to learn the fundamentals of this amazing art-form in a relaxed and welcoming environment. 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.

Activity #	Date	Day	Time	Age	R/NR
434112-01	9/12-10/31	F	10:40-11:25A	16+	\$55/\$75
434112-02	9/11-10/30	Th	5:40-6:25P	16+	\$55/\$75
534112-01	11/14-1/16	F	10:40-11:25A	16+	\$55/\$75
534112-02	11/13-1/15	Th	5:40-6:25P	16+	\$55/\$75



INSTRUCTOR Q&A Joy Fidrych

Q: How long have you been teaching dance?
A: I have been teaching dance for over 25 years.

Q: What made you want to be an instructor for Groton Parks and Recreation?
A: I wanted to offer families a fun, non-competitive dance class where students can focus on a positive self image and a love for dance.

Q: What is your favorite part about the job?
A: I love the students and love interacting with them.

Q: If my child takes dance will I have to spend a fortune on outfits and accessories?
A: The cost is minimal. Proper dance clothes can be found for a reasonable price at Target and Walmart. Tap and ballet shoes can be found at Payless (purchase shoes when Payless has buy one get one 1/2 price) The year end recital requires a costume which is usually around \$40. Most classes have one to two costumes. The recital is not mandatory, so you can opt out.

Q: What makes your dance programs different from others?
A: The dance program at Groton Parks and Recreation is accessible and affordable for all families. Fun combination classes are offered. This is not an overly technical rigid school to create a professional dancer. Everyone is treated equally regardless of size, age and skill.



GYMNASTICS

Location: William Seely School

Instructor: ABC Gymnastics

Ages 18m-3y

Learn the basics of proper warm-up, tumbling, and balance beam 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	R/NR
408101-01	9/6-10/25	Sa	8:30-9:10A	\$65/\$85
408101-02	9/9-10/28	Tu	10:15-10:55A	\$65/\$85
408101-03	9/6-10/25	Sa	10:50-11:30A	\$65/\$85
508101-01	11/8-1/10	Sa	8:30-9:10A	\$65/\$85
508101-02	11/18-1/13	Tu	10:15-10:55A	\$65/\$85
508101-03	11/8-1/10	Sa	10:50-11:30A	\$65/\$85

Ages 4-5

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam. Child must be able to follow basic instructions such as standing in line. Designed to refine motor skills, Learn the basics learn the basics, develop better coordination and socialization skills.

Activity #	Date	Day	Time	R/NR
408102-01	9/6-10/25	Sa	9:20-10A	\$65/\$85
408102-02	9/6-10/25	Sa	12:15-12:55P	\$65/\$85
408102-03	9/9-10/28	Tu	9:30-10:10A	\$65/\$85
508102-01	11/8-1/10	Sa	9:20-10A	\$65/\$85
508102-02	11/8-1/10	Sa	12:15-12:55P	\$65/\$85
508102-03	11/18-1/13	Tu	9:30-10:10A	\$65/\$85

Beginner: Ages 5-15

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam.

Activity #	Date	Day	Time	Age	R/NR
418101-01	9/6-10/25	Sa	8:30-9:10A	5-15	\$65/\$85
418101-02	9/6-10/25	Sa	11:30A-12:10P	5-15	\$65/\$85
418101-03	9/8-10/27	M	4-4:40P	5-9	\$65/\$85
518101-01	11/8-1/10	Sa	8:30-9:10A	5-15	\$65/\$85
518101-02	11/8-1/10	Sa	11:30A-12:10P	5-15	\$65/\$85
518101-03	11/10-1/5	M	4-4:40P	5-9	\$65/\$85

Beginner: Ages 8-15

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam.

Activity #	Date	Day	Time	R/NR
418102-02	9/8-10/27	M	4:45-5:25P	\$65/\$85
518102-02	11/10-1/5	M	4:45-5:25P	\$65/\$85

Intermediate: Ages 5-15

Required skills: cartwheel, bridges, kick over, chin up pullover, and balance beam leaps.

Activity #	Date	Day	Time	R/NR
418103-01	9/8-10/27	M	5:30-6:10P	\$65/\$85
518103-01	11/10-1/5	M	5:30-6:10P	\$65/\$85

EARLY CHILDHOOD

Time to Get Messy

Location: William Seely School

Instructor: Faith Richardson

A very hands-on way for 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
404406-01	9/10-10/29	W	9:30-10A	1-3	\$45/\$65
404406-02	9/10-10/29	W	10:15-10:45A	1-3	\$45/\$65
504406-01	11/12-1/14	W	9:30-10A	1-3	\$45/\$65
504406-02	11/12-1/14	W	10:15-10:45A	1-3	\$45/\$65

Tunes 'N Tots

Location: William Seely School

Instructor: Nicole Clarke

Babies, toddlers and preschoolers participate in musical experiences involving singing, expressive movement, games, creative play, vocal exploration and instrumental play.

Activity #	Date	Day	Time	Age	R/NR
404411-01	9/8-10/27	M	5-5:45P	0-5	\$49/\$69
504411-01	11/17-1/5	M	5-5:45P	0-5	\$49/\$69



Time to Move

Location: William Seely School

Instructor: Faith Richardson

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

Activity #	Date	Day	Time	Age	R/NR
404405-01	9/11-10/30	Th	9:15-10A	-1	\$45/\$65
404405-03	9/11-10/30	Th	10:05-10:50A	1-3	\$45/\$65
404405-04	9/12-11/7	F	10:05-10:50A	1-3	\$45/\$65
404405-05	9/11-10/30	Th	10:55-11:40A	3-5	\$45/\$65
404405-06	9/12-11/7	F	10:55-11:40A	3-5	\$45/\$65
504405-01	11/13-1/22	Th	9:15-10A	-1	\$45/\$65
504405-03	11/13-1/15	Th	10:05-10:50A	1-3	\$45/\$65
504405-04	11/14-1/16	F	10:05-10:50A	1-3	\$45/\$65
504405-05	11/13-1/22	Th	10:55-11:40A	3-5	\$45/\$65
504405-06	11/14-1/23	F	10:55-11:40A	3-5	\$45/\$65

YOUTH SPORTS AGES 4+
SEE P. 19

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' Tigers I

Activity #	Date	Day	Time	Age	R/NR
408201-01	9/12-10/31	F	4:30-5P	3-5	\$55/\$75
408201-02	9/9-10/28	Tu	4:30-5P	3-5	\$55/\$75
508201-01	11/14-1/16	F	4:30-5P	3-5	\$55/\$75
508201-02	11/18-1/13	Tu	4:30-5P	3-5	\$55/\$75

Lil' Tigers 2

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

Activity #	Date	Day	Time	Age	R/NR
408202-01	9/12-10/31	F	5-5:30P	3-5	\$55/\$75
408202-02	9/9-10/28	Tu	5-5:30P	3-5	\$55/\$75
508202-01	11/14-1/16	F	5-5:30P	3-5	\$55/\$75
508202-02	11/18-1/13	Tu	5-5:30P	3-5	\$55/\$75

Lil' Tigers 3

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

Activity #	Date	Day	Time	Age	R/NR
408203-01	9/12-10/31	F	5:30-6:15P	3-5	\$65/\$85
508203-01	11/14-1/16	F	5:30-6:15P	3-5	\$65/\$85



KARATE LINGO

Karate - Empty Hand
 Do - The way
 Gi - Uniform
 Obi - Belt
 Sensei - Teacher
 Senpei - Senior student
 Dojo - School or training room
 Arigato gozaimashita - "Thank you"

Beginners

Activity #	Date	Day	Time	Age	R/NR
418201-01	9/12-10/31	F	6:15-7P	6-12	\$65/\$85
518201-01	11/14-1/16	F	6:15-7P	6-12	\$65/\$85

Intermediate

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

Activity #	Date	Day	Time	Age	R/NR
438201-01	9/10-10/29	W,Th	8-9P	13+	\$129/\$149
538201-01	11/12-1/15	W,Th	8-9P	13+	\$129/\$149

Jr. Dragons II

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

Activity #	Date	Day	Time	Age	R/NR
418202-01	9/9-10/29	W,Th	4:15-5P	6-12	\$115/\$135
518202-01	11/12-1/15	W,Th	4:15-5P	6-12	\$115/\$135

Jr. Dragon III

Ranks: Green, Blue, Purple, and Purple w/Black Stripe.

Activity #	Date	Day	Time	Age	R/NR
418203-01	9/9-10/29	W,Th	5-6P	6-12	\$129/\$149
518203-01	11/12-1/15	W,Th	5-6P	6-12	\$129/\$149

Junior Black Belt

Ranks: Brown w/White Stripe, Brown, Brown w/Black Stripe, and Jr. Black Belt.

Activity #	Date	Day	Time	Age	R/NR
428205-01	9/9-10/29	W,Th	6-7P	8-12	\$129/\$149
528205-01	11/12-1/15	W,Th	6-7P	8-12	\$129/\$149

Black Belt

Activity #	Date	Day	Time	Age	R/NR
428206-01	9/9-10/29	W,Th	7-8P	8+	\$129/\$149
528206-01	11/12-1/15	W,Th	7-8P	8+	\$129/\$149

All Ranks

Activity #	Date	Day	Time	Age	R/NR
438202-01	9/17-11/7	Tu,Th	12-1P	13+	\$129/\$149
538202-01	11/14-1/15	Tu,Th	12-1P	13+	\$129/\$149

Adaptive Karate

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

Level	Activity #	Date	Day	Time	Age	R/NR
1	416101-01	9/9-10/28	Tu	5:30-6:10	5+	\$45/\$65
1	516101-01	11/18-1/13	Tu	5:30-6:10	5+	\$45/\$65
2	516102-01	9/9-10/28	Tu	6:15-6:55P	5+	\$45/\$65
2	516102-01	11/18-1/13	Tu	6:15-6:55P	5+	\$45/\$65



INSTRUCTOR Q&A

Ralph Batty, Jr.

Worried about fees?
 Scholarships are available to those who qualify.
 See page 26 for application form.

Q: How long have you been teaching karate?

A: I have been training in Okinawa Goju-ryu for over 30 years.

Q: What is your favorite part about the job?

A: I love watching my students as they turn into young adults. I cannot tell you how many students I have had that started at the age of 3 and continued to train until it was time to leave for college. They still come back! It's amazing to watch these little guys and girls grow up.

Q: Will Martial Arts teach my child discipline?

A: Martial Arts training teaches your child discipline and many other positive personal qualities. I teach self-respect, self-discipline, self-control, perseverance and other important lessons by using examples and life stories and encouraging students to practice these lessons daily outside of the dojo.

Q: I don't know much about karate. What do I need to know and why should I start in your program?

A: We have opportunities for all levels of students. Karate can't be learned in a single 8-week class, it takes years to master. Fortunately, my program offered through Groton Parks and Recreation allows beginners to sign up for one season at a time to find out if it is something you really like.

You should also know that Okinawa Goju-ryu Karate that we offer is very traditional. We wear the all-white gi (uniform) and focus on the history, language and culture of our style in addition to practicing the katas and other skills. This program gives students a deep understanding of karate and provides them with skills that will benefit them throughout their lives.

Groton Parks and Recreation tells me that this is one of the largest and most highly rated programs they offer. I've been here for 17 years and we know it works. If you're still wondering whether it is right for you, I welcome you to stop in and observe a class.

**INDEPENDENCE
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www.indeppt.com

FITNESS

Yoga 4 Youth & Tweens

Location: William Seely School

Instructor: Lori Miller

Little yogis enhance health, relaxation, and attention, while gaining more body awareness. Teens learn yoga, which helps them stay healthy and relaxed and supports the development of growing bodies by improving flexibility, strength and balance. Participants should wear comfy clothing and bring a mat, towel and water bottle to each class.

Activity #	Date	Day	Time	Age	R/NR
415121-01	9/6-10/25	Sa	10-11A	5-9	\$49/\$69
515121-1B	11/8-1/10	Sa	10-11A	5-9	\$49/\$69
415120-01	9/8-10/27	M	5-6P	10-15	\$49/\$69
515120-01	11/10-1/5	M	5-6P	10-15	\$49/\$69

Active Yoga

Location: William Seely 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
435103-01	9/8-10/27	M	6:15-7:30P	14+	\$59/\$79
535103-01	11/10-1/5	M	6:15-7:30P	14+	\$59/\$79

Pilates

Location: William Seely School

Instructor: Alisha Strayer

Build core strength, improve posture and prevent injuries using various weights, bands, and Pilates movements. Bring hand weights, water bottle and a yoga mat to each class.

Activity #	Date	Day	Time	Age	R/NR
435109-01	9/10-10/29	W	5:30-6:25P	16+	\$55/\$75
535109-01	11/12-1/14	W	5:30-6:25P	16+	\$55/\$75

Pilates Plus

Location: William Seely School

Instructor: Alisha Strayer

Want to add some cardio to your Pilates workout? Pilates Plus combines Pilates with cardio and boxing to provide a workout that will make you sweat! The class is designed to sculpt and lengthen muscles, as well as increase personal range of motion/flexibility. Modifications are provided to ensure proper execution of form and technique for all participants. The class is catered to challenge all fitness levels.

Activity #	Date	Day	Time	Age	R/NR
435134-01	9/8-11/3	M	6:30-7:30P	13+	\$55/\$75
535134-01	11/3-1/5	M	6:30-7:30P	13+	\$55/\$75



Zumba

Location: William Seely School

Instructor: Joy Fidrych

Zumba classes feature exotic rhythms set to high-energy Latin and international beats for a great workout that helps you lose weight and tone your body.

Activity #	Date	Day	Time	Age	R/NR
435119-02	9/9-10/28	Tu	9-9:45A	13+	\$55/\$75
535119-01	11/18-1/13	Tu	9-9:45A	13+	\$55/\$75

Zumba Gold

Location: Groton Senior Center

Instructor: Susan Wyatt

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Activity #	Date	Day	Time	Age	R/NR
445103-01	9/2-10/21	Tu	5-6P	55+	\$24/\$34
445103-02	9/4-10/23	Th	5-6P	55+	\$24/\$34
545103-01	10/28-12/16	Tu	5-6P	55+	\$24/\$34
545103-02	10/30-12/18	Th	5-6P	55+	\$24/\$34

Step Fitness Blend

Location: William Seely School

Instructor: Denise Descheneaux

Great all-in-one fitness program blending many different styles of fitness training for a complete workout.

Activity #	Date	Day	Time	Age	R/NR
435122-01	9/8-11/3	M	5:30-6:25P	12+	\$55/\$75
435122-02	9/10-10/29	W	5:30-6:25P	12+	\$55/\$75
435122-03	9/8-11/3	M,W	5:30-6:25P	12+	\$110/\$130
535122-01	11/10-1/5	M	5:30-6:25P	12+	\$55/\$75
535122-02	11/12-1/14	W	5:30-6:25P	12+	\$55/\$75
535122-03	11/10-1/14	M,W	5:30-6:25P	12+	\$110/\$130

Xtreme Interval with Kick

Location: William Seely School

Instructor: Kate Singer

This interval training course combines all the best aspects of Circuit Training, Boot Camp, P90X, Insanity, Tabata and Cross-Fit for a calorie blasting and muscle toning experience like no other! This program provides the result you're looking for, whether it be losing weight, maintaining top physical conditioning or building muscle. While this class is suitable for physically fit athletes, modifications are provided for every exercise such that individuals of all fitness levels are welcome and encouraged.

Activity #	Date	Day	Time	Age	R/NR
435127-01	9/11-10/30	Th	5:30-6:25P	18+	\$55/\$75
535127-01	11/13-1/22	Th	5:30-6:25P	18+	\$55/\$75

Boxing Bootcamp

Location: William Seely School

Instructor: Alisha Strayer

Want to become a lean boxing machine? Boxing Bootcamp is designed to combine boxing with Bootcamp conditioning. The class challenges participants to improve their personal strength and conditioning in order to achieve personal fitness goals. Modifications are provided to ensure proper execution of form and technique for all participants. The class is catered to challenge all fitness levels.

Activity #	Date	Day	Time	Age	R/NR
435133-01	9/10-10/29	W	6:30-7:30P	13+	\$55/\$75
535133-01	11/12-1/14	W	6:30-7:30P	13+	\$55/\$75

Yoga Vinyasa Power

Location: Charles Barnum Elementary School

Instructor: Tamara Stearns

Join this energetic form of yoga where you move fluidly from one pose to the next while connecting your breath to each movement. Vinyasa Yoga incorporates strength, flexibility, balance and cardio conditioning and builds physical and mental stamina.

Activity #	Date	Day	Time	Age	R/NR
435136-01	9/8-11/3	M	4-5P	18+	\$55/\$75
535136-01	11/10-1/5	M	4-5P	18+	\$55/\$75



Get a great workout for a great price at the Groton Senior Center!

Fitness Room memberships are available for Groton Residents ages 55+
Open 7 a.m. - 7 p.m., Mon-Fri

Call (860) 441-6785 for more info today!



Strength Training

Location: Groton Senior Center

Instructor: Lorraine Raimondi

This class focuses specifically on helping you build power and strength. Hand weights and other equipment is used in this program.

Activity #	Date	Day	Time	Age	R/NR
445104-01	9/3-10/22	M,W	5:15-6:15P	55+	\$60/\$70
545104-01	10/27-12/17	M,W	5:15-6:15P	55+	\$60/\$70

Heart Healthy Fitness

Location: Groton Senior Center

Instructor: Lorraine Raimondi and Kim Allen

This is a moderate to moderately heavy low impact aerobics program. Exercises focus on the major muscle groups and strengthening the heart and lungs along with overall fitness.

Activity #	Date	Day	Time	Age	R/NR
445105-01	9/2-10/24	M,W,F	4-5P	55+	\$72/\$82
545105-01	10/27-12/15	M,W,F	4-5P	55+	\$72/\$82

Tai Chi

Location: TBD

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.

Beginner:

Activity #	Date	Day	Time	Age	R/NR
435116-01	9/11-11/6	Th	6:45-8P	14+	\$55/\$75
535116-01	11/13-1/22	Th	6:45-8P	14+	\$55/\$75

Advanced:

Activity #	Date	Day	Time	Age	R/NR
435115-01	9/19-11/7	Th	5:30-6:45P	14+	\$55/\$75
535115-01	11/13-1/15	Th	5:30-6:45P	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 accommodations, please contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.

Adaptive Swimming

Location: UCONN Avery Point

Instructor: Andy Plasse

Beginning 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.

Activity #	Date	Day	Time	Age	R/NR
416103-01	9/6-10/25	Sa	1:05-1:45P	6-21	\$59/\$79
516103-01	11/8-1/10	Sa	1:05-1:45P	6-21	\$59/\$79

Adaptive Karate Levels 1 & 2

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
Lv 1 416101-01	9/9-10/28	Tu	5:30-6:10	5+	\$45/\$65
Lv 1 516101-01	11/18-1/13	Tu	5:30-6:10	5+	\$45/\$65
Lv 2 516102-01	9/9-10/28	Tu	6:15-6:55P	5+	\$45/\$65
Lv 2 516102-01	11/18-1/13	Tu	6:15-6:55P	5+	\$45/\$65

Cooking for Fun

Location: Fitch High School

Instructor: Andy Plasse

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
436107-01	9/10-10/29	W	4-6P	13 - 35	\$48/\$68
536107-01	11/12-1/14	W	4-6P	13 - 35	\$48/\$68

Painting

Location: Groton Senior Center

Instructor: Andy Plasse

Learn 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
436202-01	9/2-10/21	Tu	9-10:30A	21+	\$15/\$35
536202-02	11/18-1/13	Tu	9-10:30A	21+	\$15/\$35

Athletes, coaches, partners and volunteers needed!



Special Olympics

Connecticut

Sports offered:

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

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

Athletes must register in Special Recreation.

Special Recreation

Location: Fitch Middle

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
436102-01	8/21-11/20	Th	6:30-8:30P	14+	\$35/\$55
536102-01	11/13-1/22	Th	6:30-8:30P	14+	\$35/\$55

Teen/Young Adult Social Club

Location: William Seely School

Instructor: Katherine Wilhelm

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
426201-01	9/12-10/31	F	6-9P	11-30	\$65/\$85
526201-01	11/14-1/16	F	6-9P	11-30	\$65/\$85

Adult Social Nite

Location: Groton Library Parking Lot

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 session meets September 19, October 3, 17 & 31. Fall 2 session meets November 14, December 5 & 19 and January 9.

Activity #	Date	Day	Time	Age	R/NR
436203-01	Fall 1	F	5-10P	18+	\$65/\$85
536203-01	Fall 2	F	5-10P	18+	\$65/\$85

YOUTH SPORTS

NEW! Sports Skills

Location: William Seely School

Instructor: Faith Richardson

Preschoolers learn the basic skills for group sports. Each week focuses on a fundamental including kicking, throwing, catching, climbing and more. Works on coordination, balance, and motor skills. Parent participation is strongly encouraged.

Activity #	Date	Day	Time	Age	R/NR
404412-01	9/12-10/31	F	9:15-10A	4-5	\$45/\$65
504412-01	11/14-1/16	F	9:15-10A	4-5	\$45/\$65

Muchkin Soccer

Location: Fitch Middle School

Instructor: Faith Richardson

Children learn basic soccer skills while having fun under the direction of our coaches.

Activity #	Date	Day	Time	Age	R/NR
408301-01	9/6-10/25	Sa	9-9:45A	4-5	\$45/\$65
408301-02	9/6-10/25	Sa	10-10:45A	4-5	\$45/\$65
408301-03	9/6-10/25	Sa	11-11:45A	4-5	\$45/\$65
508301-01	11/8-1/10	Sa	9-9:45A	4-5	\$45/\$65
508301-02	11/8-1/10	Sa	10-10:45A	4-5	\$45/\$65
508301-03	11/8-1/10	Sa	11-11:45A	4-5	\$45/\$65

Tennis

Location: Fitch High School

Instructor: Matt Brown

These classes are intended for both beginners and intermediates and cover basic strokes and strategy.

Activity #	Date	Day	Time	Age	R/NR
408302-01	9/9-10/28	Tu	4:15-4:45P	4-7	\$59/\$79
418311-01	9/9-9/30	Tu	4:50-5:50P	7-11	\$59/\$79

G.E.M.S. Cross Country Invitational

Location: Catherine Kolnaski Magnet School

Instructor: Denise Descheneaux

New race, new place! Join the Groton Elementary/Middle School cross-country meet with a free 1.0 mile fun run for elementary school runners and a 2.0 mile route for middle school runners. Pre-registration for this program is preferred. Shirts will be available to purchase at race.

Activity #	Date	Day	Time	Age	FEE
418304-01	10/18	Sa	11A-2P	7-10	FREE
428301-01	10/18	Sa	11A-2P	11-13	\$10

RUNNERS - CHECK OUT THE MIXED DOUBLES 10K RELAY!
P.20

Pre-Season Basketball Clinic

Location: Fitch Middle School

Instructor: Alick Furtick

Boys and girls get ready for the upcoming basketball season by sharpening their skills with the Fitch High School boys basketball staff. Players will work to improve dribbling, passing, shooting, and on court communication and defense.

Activity #	Date	Day	Time	Age	R/NR
418313-01	9/10-10/29	W	5:30-6:15P	8-9	\$49/\$69
418313-02	9/6-10/25	Sa	8:30-9:15A	8-9	\$49/\$69
428310-01	9/10-10/29	W	6:30-7:30P	10-14	\$49/\$69
428310-02	9/6-10/25	Sa	9:30-10:30A	10-14	\$49/\$69



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. Practices begin the week of November 11th and games begin in December. Age is determined as of January 1, 2015. All players must attend a skills day assessment on Saturday, November 1st or Wednesday, November 5th. All players must be registered by November 5th.

Groton residents only.

Activity #	Division	Day	Time	Fee
518501-03	Girls 8-9	Sa	8:30-9:30A	\$75
518501-01	Boys 8-9	Su	12:30-3:30P	\$75
518501-04	Girls 10-11	Sa	9:30-10:30A	\$75
518501-02	Boys 10-12	Su	12:30-3:30P	\$75
528501-02	Girls 12-14	Sa	10:30A-1:30P	\$75
528501-01	Boys 12-14	Sa	1:30-4:30P	\$75



ADULT SPORTS

NEW! Mixed Doubles 10K Relay

Location: Esker Point Beach

Just like "mixed doubles" matches in tennis, you'll partner with an opposite-gender teammate. He runs 5K then she runs 5K. Team scoring by combined ages in these categories: Open, Brother/Sister, Mother/Son, Father/Daughter. The 5K loop is flat, fast, and scenic through Groton Long Point and Noank, with spectacular views of Long Island Sound. Race limited to 400 runners; only first 200 receive t-shirts.

A portion of the proceeds benefits:



Activity #	Date	Day	Time	Age
438317-01	9/27	Sa	4-6P	10+
Fees:				
Early Bird by September 15 - \$20				
Advance by September 25 - \$30				
Race Day - \$35				



Indoor Volleyball League

Location: Cutler Middle School and Grasso Tech
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.

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.

Date	Time	Age	TEAM FEE
9/8-5/4	6-9P	18+	\$525

Tennis

Location: Fitch High School

Instructor: Matt Brown

These classes are intended for both beginners and intermediates and cover basic strokes and strategy.

Activity #	Date	Day	Time	Age	R/NR
428308-01	9/9-9/30	Tu	6-7P	12+	\$59/\$79

Pick-up Basketball

Location: Fitch Middle School

Get a great workout, meet new people, and have fun!

	Activity #	Date	Day	Time	Age	FEE
Men	438311-01	10/6-10/27	M	7-9P	18+	\$20
Women	438310-01	9/16-11/4	Tu	7-9P	18+	\$20

Dodgeball

Location: Fitch High School

Get a great workout with some old school playground fun. All levels are welcome.

Activity #	Date	Day	Time	Age	FEE
438309-01	9/7-10/26	Su	7-9P	18+	\$20
538309-01	11/9-1/11	Su	7-9P	18+	\$20

Co-ed Pick-up Volleyball

Location: Cutler Middle School

Join us for co-ed volleyball without the competitive atmosphere of league play.

Activity #	Date	Day	Time	Age	FEE
438307-01	9/18-12/18	Th	7:30-9P	18+	\$20
538307-01	9/18-12/18	Th	7:30-9P	18+	\$20

Golf - 9 Hole League

Location: Shennecossett Golf Course

Register as an individual and we will pair you up, or as a team. No handicap required, all levels are welcome. \$25 for initial registration and then \$21 each week for greens fee paid at the course. We encourage walking (it's great exercise!) but carts are available for \$13.

Activity #	Date	Day	Time	Age	R/NR
438501-01	9/19-11/7	Th	4:45-7:15P	16+	\$25/\$45

Eastern CT Roller Hockey League

Location: Groton Hockey Rink

Competitive roller hockey is at its finest at Southeast CT's only outdoor regulation rink. Registration is now by team. Team captains can register online at grotonrec.com under leagues or through the Recreation office. Rosters/waivers will be submitted to league coordinator at the first game. Teams consist of up to thirteen players including goalies.

Activity #	Date	Day	Time	Age	TEAM FEE
ECRHLF	9/24-11/23	Su	9A-1P	17+	\$800

Steve Lambert Memorial Tournament

Location: Groton Hockey Rink

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

Activity #	Date	Day	Time	Age	TEAM FEE
438508-01	9/27-9/28	Su,Sa	10A-6P	17+	\$270

A unique advertising opportunity!

Groton Parks and Recreation is offering companies, businesses, and organizations the opportunity to advertise on the dasher boards around The Rink where the Eastern CT Roller Hockey League plays. These boards offer high visibility and great exposure to participants and fans. Colorful and close to the action, dasher boards are an excellent and affordable way to promote a variety of products and services.

Price -

One calendar year sponsorship: \$300.00

One year renewal: \$200.00

Three calendar year sponsorship: \$600.00

Three year renewal: \$500.00

For more information please contact:
Ray Arnott, League Director
(860) 234-2920
ecrhlhockey@gmail.com



Floor Hockey League

Location: Fitch Middle School

Organized teams of players of varying skill levels. League stresses good sportsmanship and safety. All games are officiated and player and team stats are collected. All players who sign up for the league are assigned to a team by the league administrator who honors requests when possible. All games are played four-on-four plus goalie. All league players are free to participate in pick-up games every Friday from 6 - 9 pm. League games are played Sundays between 3 - 7pm based on posted schedule. Practices begin late November. Those interested in serving as referee, scorer or timer for the season should contact Recreation office.

Activity #	Date	Day	Time	Age	R/NR
538504-01	1/5-3/16	Su	4-7P	16+	\$75/\$95

Open Floor Hockey

Location: Fitch Middle School

Enjoy a great cardiovascular workout as you chase a little orange ball in this fast-paced pick-up style floor hockey program. Approved wrapped hockey stick required.

Activity #	Date	Day	Time	Age	R/NR
538304-01	11/9-3/27	F	5:30-7:30P	16+	\$25/\$45

Wayne Robinson office | Mark Robinson shop

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

ROY & sons
Auto Body, Inc.

860-445-7093

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
401100-02	9/7-10/26	Su	8:30-9A	6 mos-3	\$20/\$40
501100-02	11/9-1/11	Su	8:30-9A	6 mos-3	\$20/\$40

Child Small Group 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 2 students per instructor to ensure personal attention.

Activity #	Date	Day	Time	Age	R/NR
411108-01	9/7-10/26	Su	9:50-10:20A	3-6	\$79/\$99
411108-02	9/7-10/26	Su	9:50-10:20A	7-14	\$79/\$99
511108-01	11/9-1/11	Su	9:50-10:20A	3-6	\$79/\$99
511108-02	11/9-1/11	Su	9:50-10:20A	7-15	\$79/\$99

Adult Small Group Lessons

Beginners 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. Limit of 2 students per instructor to ensure personal attention.

Activity #	Date	Day	Time	Age	R/NR
431101-01	9/6-10/25	Sa	12:30-1P	16+	\$79/\$99
531101-01	11/8-1/10	Sa	12:30-1P	16+	\$79/\$99



Family Swim

Enjoy the pool to relax, work on skills, or just have fun. 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	R/NR
431301-01	9/6-10/26	Sa/ Su	s5:05-6P 11:55A-1P	\$39/\$59
531301-01	11/8-1/11	Sa/ Su	5:05-6P 11:55A-1P	\$39/\$59

Private Lessons

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

Activity #	Date	Day	Time	Age	R/NR
421107-01	9/6-10/25	Sa	12:30-1P	2+	\$130/\$150
421107-02	9/6-10/25	Sa	3:20-3:50P	2+	\$130/\$150
421107-03	9/7-10/26	Su	9:50-10:20A	2+	\$130/\$150
521107-01	11/8-1/10	Sa	12:30-1P	2+	\$130/\$150
521107-02	11/8-1/10	Sa	3:20-3:50P	2+	\$130/\$150
521107-03	11/9-1/11	Su	9:50-10:20A	2+	\$130/\$150

Private Lessons - Advanced

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

Activity #	Date	Day	Time	Age	R/NR
421108-01	9/6-10/25	Sa	3:20-3:50P	2+	\$130/\$150
421108-02	9/7-10/26	Su	8:30-9A	2+	\$130/\$150
521108-01	11/8-1/10	Sa	3:20-3:50P	2+	\$130/\$150
521108-02	11/9-1/11	Su	8:30-9A	2+	\$130/\$150

Directions to pool:

UConn Avery Point Campus: I-95 to Exit 87 Clarence B. Sharp Hwy. Right at second traffic light onto Rainville Ave. Left at next traffic light onto Benham Rd. Benham merges into Eastern Point Rd. Eastern Point Rd. to entrance of UConn Avery Point Campus. Left at stop sign, aquatics building is on the left.

Swim Lessons

Ages 3-15

R/NR: \$59/\$79

Intro to Level 1

Activity #	Date	Day	Time
401106-01	9/6-10/25	Sa	1:50-2:30P
401106-02	9/7-10/26	Su	11:10-11:50A
501106-01	11/8-1/10	Sa	1:50-2:30P
501106-02	11/9-1/11	Su	11:10-11:50A

Level 1

411101-01	9/6-10/25	Sa	11:45A-12:25P
411101-02	9/6-10/25	Sa	2:35-3:15P
411101-03	9/7-10/26	Su	9:05-9:45A
411101-04	9/7-10/26	Su	10:25-11:05A
411101-05	9/7-10/26	Su	11:10-11:50A
511101-01	11/8-1/10	Sa	11:45A-12:25P
511101-02	11/8-1/10	Sa	2:35-3:15P
511101-03	11/9-1/11	Su	9:05-9:45A
511101-04	11/9-1/11	Su	10:25-11:05A
511101-05	11/9-1/11	Su	11:10-11:50A

Level 2

411102-01	9/6-10/25	Sa	11:45A-12:25P
411102-02	9/6-10/25	Sa	1:50-2:30P
411102-03	9/6-10/25	Sa	2:35-3:15P
411102-04	9/7-10/26	Su	9:05-9:45A
411102-05	9/7-10/26	Su	10:25-11:05A
411102-06	9/7-10/26	Su	3:20-4P
511102-01	11/8-1/10	Sa	11:45A-12:25P
511102-02	11/8-1/10	Sa	1:50-2:30P
511102-03	11/8-1/10	Sa	2:35-3:15P
511102-04	11/9-1/11	Su	9:05-9:45A
511102-05	11/9-1/11	Su	10:25-11:05A
511102-06	11/9-1/11	Su	3:20-4P

Level 3

411103-01	9/6-10/25	Sa	11:45A-12:25P
411103-02	9/6-10/25	Sa	1:50-2:30P
411103-03	9/6-10/25	Sa	2:35-3:15P
411103-04	9/7-10/26	Su	9:05-9:45A
411103-05	9/7-10/26	Su	10:25-11:05A
511103-01	11/8-1/10	Sa	11:45A-12:25P
511103-02	11/8-1/10	Sa	1:50-2:30P
511103-03	11/8-1/10	Sa	2:35-3:15P
511103-04	11/9-1/11	Su	9:05-9:45A
511103-05	11/9-1/11	Su	10:25-11:05A

Level 4

411104-01	9/6-10/25	Sa	11:45A-12:25P
411104-03	9/7-10/26	Su	9:05-9:45A
511104-01	11/8-1/10	Sa	11:45A-12:25P
511104-03	11/9-1/11	Su	9:05-9:45A

Level 5/6

411105-01	9/6-10/25	Sa	1:50-2:30P
411105-02	9/7-10/26	Su	10:25-11:05A
511105-01	11/8-1/10	Sa	1:50-2:30P
511105-02	11/9-1/11	Su	10:25-11:05A



Which level is right for your child?

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

Level 6: 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 Level 6



TOWN OF GROTON RESOURCES

PHONE NUMBERS

Assessment	860-441-6660
Building Inspection	860-446-5982
Human Services	860-441-6760
Parks	860-446-5950
Planning & Community Devel.	860-446-5970
Police (routine)	860-441-6712
Public Library	860-441-6750
Public Works	860-448-4083
Recreation	860-536-5680
Senior Center	860-441-6785
Shennecossett Golf	860-448-1867
Transfer Station	860-536-5698
Tax Collection	860-447-6670
Town Clerk	860-441-6640
Town Manager	860-441-6630
Voter Registration	860-441-6650

Groton Town Police
 Citizen's Information
 Hotline
 860-441-6772

C.A.T.C.H.
 (Citizen's Access To Confidential Help)
 Tell us about Drug Dealings, Illegal
 Activities, Community Concerns, Safety
 Concerns, Your Concerns, Tips

Emergency: 911
Routine: 860-441-6712

Groton Municipal Television

Groton Municipal Television provides "On Demand" Streaming Video of most Town meetings and monthly GMTV Town programs. To access GMTV's streaming video programming, visit www.groton-ct.gov and click on the "GMTV" logo.

FREQUENTLY REQUESTED CONTACTS

Groton City Recreation
 Washington Park, Eastern Point Beach & Zbierski House
 860-446-4128

Groton Mystic Youth Football League
 Heather Cobb, VP
 860-912-7196
www.GrotonMysticFalcons.com

GMFL - Cheerleading
 Jeanne Rogers
 860-857-3597

Groton Soccer Club
 Tom Taber
 860-908-6566
grotonsoccer@yahoo.com

Groton/Mystic Lacrosse
 Greg Roberts
www.grotonmysticlacrosse.org
grotonlax@gmail.com

REFUSE TO ABUSE!
 ABUSE OF PRESCRIPTION DRUGS
 CAN LEAD TO ADDICTION.
 IF IT'S NOT PRESCRIBED TO
 YOU, YOU SHOULDN'T TAKE IT.
LEGAL-BUT CAN BE LETHAL.

This message is brought to you by Julia Adrian, Allison Georgetti, Morgan Heller and Gillian Jordan of Cutler Middle School.

EXPECT THE UNEXPECTED



ARTS



ENTERTAINMENT



FITNESS



FUN



SPORTS

DISCOVER the Groton Senior Center

102 Newtown Road, Groton

(860) 441-6785

GrotonRec.com/Seniors

TAKE SOME ME TIME

Relax and enjoy Thursday evenings at "The Cove," with a weekly showcase featuring local talent, music, poetry, improv and more with Groton Regional Theater. Also try our new cafe style meals and "take n' go" options.

BROADEN YOUR HORIZONS

Experience Active Aging Week September 22-26, featuring guest speakers, presentations, and events, concluding with the Denim and Diamonds dinner and dancing fundraising gala on Friday, September 26 at Groton Inn and Suites.

SET NEW BOUNDARIES

Get out and discover what you've been missing with new adventurous trips such as kayaking, skiing, zip lining, hot air balloon rides and more. Learn more at our meeting on Monday, September 22 at 6 p.m.

FITNESS CENTER

The Fitness Center at the Groton Senior Center is open to residents 55 and over. Cardio equipment includes an elliptical stepper, treadmills, stationary bikes, recumbent bikes, Schwinn Airdyne bikes and cardio glides. Also available is an eight station weight training set and hand weights. Physician's clearance is required and each member receives a personal orientation with our personal trainer.

SEMI PRIVATE AND SMALL GROUP PERSONAL TRAINING

Give your workout routine an extra boost with a more personalized fitness program. Call today to make an appointment!

(860) 441-6785

Fees:

Semi-private (2 persons) \$40/person

Small Group (3 persons) \$30/person

Small Group (4 persons) \$25/person



Get Active, Get Healthy!



Like us on Facebook!

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 to:

Groton Parks and Recreation Office (860-536-5680) at 27 Spicer Avenue, Noank between 8:30 am-3:45 pm.

Documents to bring for ALL HOUSEHOLD members:

- Proof of Wages/Earnings for the past four (4) weeks for all working family members
- Alimony
- Social Security Income / Social Security Disability
- Proof of Supplemental Income from State to include rent assistance (rental agreement), food (SNAP) subsidies, unemployment, cash assistance
- Child Support
- Any outside source

Enrollments are processed when the participant's portion of the fee is received.

PARTICIPANT TO COMPLETE THE FOLLOWING

Address, Town, Zip _____

Primary Phone _____

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

Name	Relationship	Date of Birth
1.	SELF	
2.		
3.		
4.		
5.		
6.		

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

Applicant's Signature

Date

FOR OFFICE USE ONLY

HOUSEHOLD INCOME

Household Member	Source	Wages	Other Income

Total Monthly Income (All Sources) _____

Scholarship Percentage Awarded _____%

Processed by: _____

Date: _____

(fees reduced by this percentage)

Programs: _____

GROTON PARKS & RECREATION DEPT.

27 SPICER AVENUE

NOANK, CT 06340-5659

*******ECRWSSSEDDM*******

Local Postal Customer

PRSRTD STD

US POSTAGE

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BAILEY **AGENCIES** **INSURANCE**

Home | Auto | Commercial | Life | Health

John F. Scott IV, CIC

Owner/Agent

New Location at 15 Thames Street in Groton!

860.446.8255

15 Thames Street, Groton | baileyagencies.com

