



DISCOVER

GROTON PARKS AND RECREATION

WINTER 2015



**TRY IT
FREE!**
See p. 15

Warm Up with
Winter Programs

grotonrec.com





FROM THE DIRECTOR

New Year, New You

We are here to help your “Get in Better Shape” resolution become a reality. Not sure which fitness program best meets your needs? Try one for free the first week of the Winter session! See p. 15 for more information. In addition to classes designed to improve your health and wellness, we have classes for personal enrichment and growth. Make a positive change this year!

To help you stay focused on your goal of better health, we are in the planning stages of adding two new special events in 2015. We are working with the Downtown Mystic Merchants Association and the Mystic Irish Parade Committee on the Mystic Irish 5K Road Race - a St. Patrick’s themed event. See details on p. 6. Running not your thing? We are also working with Fields of Fire to develop an exciting new Cyclocross Race to take place next fall. More info coming soon!

The Senior Center is continuing to diversify its program offerings. Beginning this winter is a year-long gardening program taught by UConn Master Gardeners. Classes will range from water gardens to beneficial bugs. Other new enrichment classes include digital Photography, ballroom dancing and quilting.

Be Active, Be Healthy!

Sincerely,

Mark Berry, Director of 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
Mark Berry, Director	
Kate Bradley, Marketing/Special Events	860-536-5007
Parks and Forestry	
Sam Popinchalk, Tree Warden/Foreman	860-446-5950
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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
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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	
Keith Johnson, Assistant Pro	
Eric Morrison, Golf Course Superintendent	860-445-6912

PARKS AND RECREATION COMMISSION

- Jim Kamercia, **Chair**
- Phil Butta, **Vice Chair**
- June Evered, **Secretary**
- Jeff Zuliani, **Member**

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



7 - Celebrate

William Seely School is now available to rent for your child's next birthday party or special occasion.



16 - Get fit

Get moving and stay in shape this winter with one of our many fitness programs like NEW Aqua Zumba. Try it free!



19 - Go for the gold

Athletes are training for Special Olympics in exciting winter sports. Learn how you can join the fun as an athlete, Unified Partner or volunteer!

ON THE COVER:
Dominick Zuliani makes a splash
in Level 3 Swim lessons

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GROTON PARKS AND RECREATION

860-536-5680

Email: parksrec@groton-ct.gov



grotonrec.com

Winter 2015

IMPORTANT INFORMATION

Resident (R)

A resident 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, or Fitch Middle
- Online at GrotonRec.com/Discover

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.

NEW! 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
- *For Camps Only* - No refunds for camps within two weeks of the start date

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.

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

NEW! Age of Participants

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

NEW! 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 (press 2). 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.

BULLETIN BOARD



Register for Photography! P. 11

Apply for a summer job with
parks and Rec
January 10
1-4 p.m.
Groton Public Library
see p. 6

GROTON SEEKS SPONSORS FOR SUMMER EVENTS
The Groton Parks and Recreation Department is seeking support from businesses to sponsor a variety of summer events, including the Tour de Noank bike race, Summer SoundWaves Concert Series at Esker Point Beach and the Fort Griswold Celebration on the Thames.

Program cancellation
info-line:
860-441-6791
Call before you go!

Like and recommend us on

facebook
Facebook.com/GrotonParksandRec

Download a Household Calendar for each month at
GrotonRec.com/Discover

2015 ACTIVITY CALENDAR
Household

Wednesday		Thursday	
2 10:25A - 11:05A - Donald Swim Level 2 UConn Avery Point(Lane 2)	3 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	4 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	5 9:00A - 9:45A - Gooftay Par. & Tod. Dance William Seely School Seely R.
6 10:25A - 11:05A - Donald Swim Level 2 UConn Avery Point(Lane 2)	7 6:15P - 7:30P - Mickey, Minne Active Yoga William Seely School Seely G	8 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	9 3:50P - 4:30P - Daisy Swim Level 5/6 UConn Avery Point(Lane 5)
10 10:25A - 11:05A - Donald Swim Level 2 UConn Avery Point(Lane 2)	11 6:15P - 7:30P - Mickey, Minne Active Yoga William Seely School Seely G	12 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	13 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla
14 10:25A - 11:05A - Donald Swim Level 2 UConn Avery Point(Lane 2)	15 6:15P - 7:30P - Mickey, Minne Active Yoga William Seely School Seely G	16 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	17 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla
18 10:25A - 11:05A - Donald Swim Level 2 UConn Avery Point(Lane 2)	19 6:15P - 7:30P - Mickey, Minne Active Yoga William Seely School Seely G	20 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	21 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla
22 10:25A - 11:05A - Donald Swim Level 2 UConn Avery Point(Lane 2)	23 6:15P - 7:30P - Mickey, Minne Active Yoga William Seely School Seely G	24 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	25 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla
26 10:25A - 11:05A - Donald Swim Level 2 UConn Avery Point(Lane 2)	27 6:15P - 7:30P - Mickey, Minne Active Yoga William Seely School Seely G	28 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla	29 9:00A - 10:30A - Pluto Painting Groton Senior Center SR Cla

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

SPECIAL EVENTS

Mystic Irish 5K Road Race

Saturday, March 21

10:00 a.m.

Try your luck at the first-ever Mystic Irish 5K Road Race! Join us the Saturday before the annual Mystic Irish Parade for a chance to prove yourself in this fun race, part of an exciting weekend of Irish merriment in Downtown Mystic. The course starts and ends in downtown Mystic and travels along scenic River Road on the banks of the Mystic River. Race winners receive an opportunity to march in Sunday's Mystic Irish Parade. Register now for Early Bird pricing!

May the luck of the Irish be with you!

Register for Activity #: 638318-01

Early Bird (before Feb. 21): \$25

Before March 19: \$35

Race day: \$40



Think Summer!



Summer 2015 Special Event sponsorships are now available! By sponsoring Groton Parks and Recreation you promote health and wellness, create a sense of community and protect and preserve Groton's natural resources. Show your support for Groton Parks and Recreation by becoming a sponsor today!

GrotonRec.com/Sponsors.asp

Parks and Recreation Job Fair

Saturday, January 10
1-4 p.m.

Groton Public Library

Learn about jobs in Parks and Recreation, get application tips and tricks from the experts, and apply for a position to be entered to win prizes!

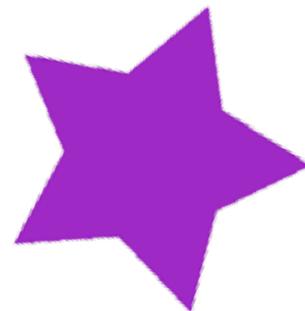
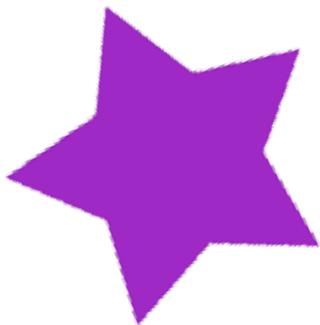
Positions include:

Summer Camp Counselors, Aquatics
Instructors, and more!

YOUR AD HERE

Contact Kate Bradley at kbradley@groton-ct.gov or (860) 536-5007 to learn how to increase your business's exposure and show the community you support Parks and Recreation!

CELEBRATE



William Seely School is available to rent for your next birthday party or special event! For more information please visit GrotonRec.com/Birthday.asp



Birthday Party Packages include use of a classroom and the gym for 2 hours.

Just \$150!



INVESTMENT IN OUR PARKS

If you have visited the Copp Family Park lately you may have noticed some exciting changes taking place. Work has begun on an extensive project to enhance trails at the park, including the creation of an accessible trail around the park. The trails project will be completed in phases, beginning with work to the events field and the area past the dog park, "Central Bark."

The park remains open during construction, however, for your safety, alternate routes are identified. Please use caution, observe all signs, and be aware of construction equipment while using the trails.

The long-term plan is to establish one trail that loops through the property providing access to various features and to increase accessibility for users. A future phase of the project is the development of a trail "spine" that will run from the existing parking lot to the Old Homestead.

The cost of the project including design and construction is approximately \$190,000, which has been fully funded by a DEEP grant.

These improvements are being made in an effort to meet the needs and wants of the community. In a 2009 survey, community members expressed



Copp Family Park Trails

a desire for community-wide walking trails and increased trails within existing parks.

In addition to the expansion at the Copp Family Park, numerous other trail projects have been identified but are currently underfunded. Many of these projects would help meet the goal of creating a community-wide trail network. The Trails Task Force, a group which represents numerous trail advocacy groups in Groton, has initiated a campaign to advocate for and raise awareness of trails within Groton to help meet the demand for more and better trails in town.



Since its formation in 2000, the Groton Parks Foundation has supported Groton'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, including the current Copp Family Park trails improvements.

If you would like to continue to see improvements made to Groton's parks and recreational opportunities, lend your support with a tax-deductible donation to the Groton Parks Foundation. It's easy! Just check the box on your registration form when signing up for a Parks and Recreation program or mail your donation to:

Groton Parks Foundation, Inc.
c/o Neil Brown, Treasurer
79 Edgecomb Street
Mystic, CT 06355.

NEW YEAR, NEW YOU

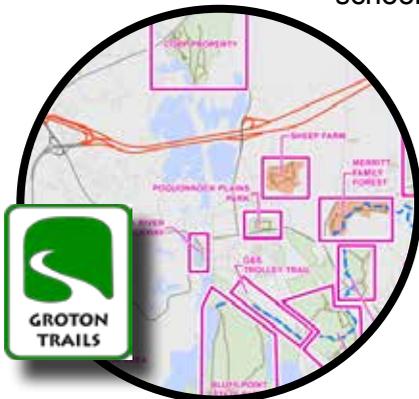
Keep your New Year's resolutions with Groton Parks and Recreation!

1. Get in Shape

Our selection of fitness programs get you moving and on the right track to reaching your fitness and weight loss goals. Try a fitness or adult sports program for FREE this winter before committing! See p. 15 for more info.

2. Spend more time with family

Groton Parks and Recreation offers a variety of programs that are great for families of all kinds. Our Family Swim program gets the whole family in the pool together and Clayworks tap into your family's creative side while Parent & Toddler Dance gets and your pre-schooler moving and having fun together.

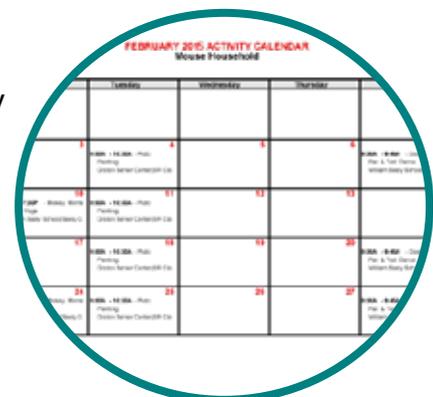


3. Try something new

With our long list of programs and events, there is always something new going on with Groton Parks and Recreation. Sign up for a new program or get out and explore one of Groton's many beautiful trails with our online interactive trails map at GrotonRec.com/Trails. Try something outside your comfort zone this year!

4. Stay organized

Keep track of each member of your household with our monthly activity calendars! When you register for a program with us online or at our office, you can print a monthly calendar for your entire family. You can even add your programs to your Google calendar right from our website. Never miss a program! Log-in to your household account at GrotonRec.com/Discover for more options to keep you organized.



5. Give back to the community

Groton Parks and Recreation loves help from the community! You can volunteer at one of our special events, organize a park clean-up project, or support the Groton Parks Foundation with a donation (see p. 8 for more information.)

TRIPS & TRAVEL

FEATURED EXTENDED TRAVEL



Best of Eastern Canada

Experience beauty and history!

August 2-9, 2015

8 Days • 11 Meals

Featuring Montreal, Quebec City, Ottawa, Niagara Falls & Toronto

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

Rome & the Amalfi Coast

The trip of a life time!

August 2-9, 2015

10 Days • 13 Meals

Highlights: Rome, Regional Wines with Dinner, Ravello, Villa Rufolo, Sorrento, Buffalo Milk Mozzarella Factory, Amalfi Coast, Paestum, Pompeii, Wine Tasting, Naples, Archaeological Museum



Special Trip Presentation
 Monday, February 9, 2015
 12:30 PM
 Groton Senior Center
 102 Newtown Rd.

FEATURED DAY TRIPS

American Museum of Natural History

Spend the day with Groton Parks and Recreation at The American Museum of Natural History in New York City, one of the world's greatest museums, featuring the most important collection of dinosaur fossils in the world.

Activity #	Date	Day	Time	FEE
644524-01	2/15	Su	8:00A-6:00P	\$85



Kinky Boots at the Bushnell

Winner of six Tony Awards including Best Musical, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of some sturdy stilettos. Together, this unlikely pair finds that they have more in common than they ever dreamed possible... proving that when you change your mind about someone, you can change your whole world.

Activity #	Date	Day	Time	FEE
344520-01	6/28	Su	11:30A-5:00P	\$89

The Bronx Zoo

Experience life on the wild side! The Bronx Zoo's world-class exhibits will bring you eye-to-eye with massive crocodiles, majestic tigers, and inquisitive gorillas. Hailed as America's largest metropolitan zoo, the Bronx Zoo will take you on an adventure through the African Plains to the Himalayan Highlands.

Activity #	Date	Day	Time	FEE
244526-01	4/15	W	8:00A-6:00P	\$88

See more day & extended trips online at:
GrotonRec.com/Trips

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
634603-01	1/29-3/19	Th	7:15-9:15P	18+	\$99/\$119
634603-02	1/26-3/23	M	6-8P	18+	\$99/\$119

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 #	Level	Date	Day	Time	Age	R/NR
634601-01		1/28-3/18	W	5-7P	18+	\$99/\$119
634602-01	Adv.	1/28-3/18	W	7-9P	18+	\$99/\$119

Clayworks

Location: Groton Senior Center

Instructor: Nancy Bordeau

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 are 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
644601-01	1/7-2/25	W	6-8P	All	\$28/\$38
244601-01	3/4-4/22	W	6-8P	All	\$28/\$38

NEW! Basic Digital Photography

Location: Groton Senior Center

Instructor: AnnaLeah Cogan

This four-week course will include a short introduction to the main facets of photography including composition, light, point of view, and how to use your digital camera. There are two classes "in the field" and two in the classroom. Participants must bring their own digital camera.

Activity #	Date	Day	Time	Age	R/NR
644602-01	2/12-3/5	Th	3:30-5P	18+	\$32/\$42
244602-01	3/26-4/16	Th	3:30-5P	18+	\$32/\$42



NEW! Gardening from the Ground Up

Location: Groton Senior Center

Instructor: UConn Master Gardeners

This program features local Master Gardeners with a different topic each month to improve your gardening skills. Topics include: Planting seedlings, container gardening, vegetable garden planning, rain gardens, soil preparation, herb gardens, and more. Class topics and dates can be found at GrotonRec.com/Seniors. Sign up for individual sessions or register for all 11 and save \$10!

Activity #	Date	Day	Time	Age	FEE
244301-01-11	Jan-Nov	Th	6:30P	18+	\$5 each
244301-12	Jan-Nov	Th	6:30P	18+	\$45/all

NEW! Ballroom & Latin Dance

Location: Groton Senior Center

Instructor: Janine Crane

Come learn what all the fuss is about! Each week our instructor takes you through a new dance style including waltz, foxtrot, tango, cha-cha, salsa, swing, and rumba. Learn the dos and don'ts of lead and follow along with a simple, smooth Latin technique. At the end of each class there will be a 30 minute practice dance party to try out your new moves.

Activity #	Date	Day	Time	Age	R/NR
644102-01	1/6-2/24	Tu	6:30-7:30	18+	\$32/\$42
644102-02	1/8-2/26	Th	6:30-7:30	18+	\$32/\$42
244102-01	3/3-4/20	Tu	6:30-7:30	18+	\$32/\$42
244102-02	3/5-4/22	Th	6:30-7:30	18+	\$32/\$42

Latin Line Dancing

Location: Groton Senior Center

Instructor: Margery Winslow

Learn dances including samba, merengue, salsa, rumba, cha-cha, and swing - including steps that can be used on the ballroom dance floor.

Activity #	Date	Day	Time	Age	R/NR
644101-01	1/8-2/26	Th	11A-12P	55+	\$30/\$40
244101-01	3/5-4/22	Th	11A-12P	55+	\$30/\$40

EARLY CHILDHOOD

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
604405-01	1/29-3/19	Th	9:15-10A	<1	\$45/\$65
604405-03	1/29-3/19	Th	10:05-10:50A	1-3	\$45/\$65
604405-04	1/30-3/20	F	10:05-10:50A	1-3	\$45/\$65
604405-05	1/29-3/19	Th	10:55-11:40A	1-3	\$45/\$65
604405-06	1/30-3/20	F	10:55-11:40A	3-5	\$45/\$65

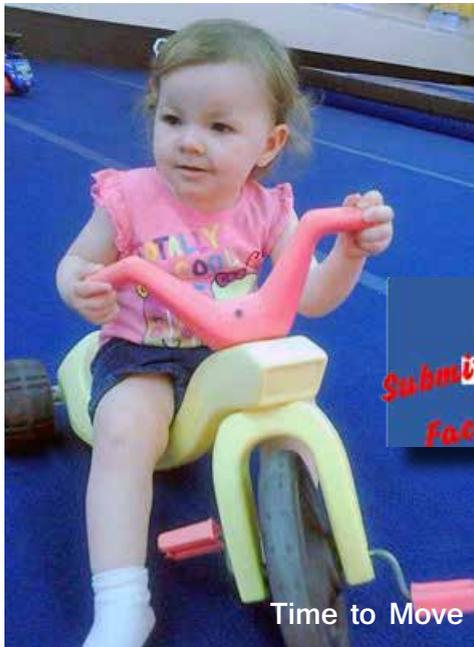
NEW! Time to Move - Adaptive

Location: William Seely School

Instructor: Faith Richardson

Designed for the child with special needs. 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
606101-01	1/30-3/20	F	9:15-10A	<3	\$45/\$65



According to National Physical Activity Recommendations for Children 0-5 years, toddlers and pre-schoolers should be physically active every day for at least 3 hours, spread throughout the day.

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
604406-01	1/28-3/18	W	9:30-10A	1-4	\$45/\$65
604406-02	1/28-3/18	W	10:15-10:45A	1-4	\$45/\$65

Munchkin Soccer

Location: Fitch Middle School

Instructor: Faith Richardson

Pre-school children learn basic soccer skills under the direction of our coaches.

Activity #	Date	Day	Time	Age	R/NR
608301-02	1/31-3/7	Sa	9-9:45A	4-5	\$40/\$60
608301-03	1/31-3/7	Sa	10-10:45A	4-5	\$40/\$60

INSTRUCTOR Q&A Faith Richardson

Q: How long have you worked for Groton Parks and Recreation?

A: I was a playground leader for 5 years during college and I am coming up on just about a year this time. I have been a volunteer for Special Olympics through Parks and Rec since I was 15 so about 20 years now.

Q: What is your favorite part about teaching early childhood programs?

A: My favorite part is watching the participants grow and develop. Every week I see them they have gained a new skill, whether it is a new word or a willingness to try something new. I love being an observer of these changes.

Q: My toddler's behavior can be unpredictable. Are your programs flexible to accommodate that?

A: My programs are totally flexible. You can't force a toddler to do something he or she doesn't want to so we can work around that, whether it is rearranging the gross motor options in Time to Move or offering a different activity in the sensory table in Time to Get Messy.

Q: What is the benefit of enrolling my child in an art or sports program at such a young age?

A: The benefits of art and sports are huge for young children. Art is a way for a child to express himself before they know a lot of words. It encourages communication, social skills, and fine motor skills. Sports are a great way to encourage working together and helps children burn off extra energy so they get better, more restorative sleep.

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
608101-01	1/24-3/21	Sa	8:30-9:10A	\$65/\$85
608101-02	1/27-3/17	Tu	10:15-10:55A	\$65/\$85
608101-03	1/24-3/21	Sa	10:50-11:30A	\$65/\$85
608101-04	1/28-3/18	W	10:55-11:35A	\$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
608102-01	1/24-3/21	Sa	9:20-10A	\$65/\$85
608102-03	1/27-3/17	Tu	9:30-10:10A	\$65/\$85
608102-05	1/27-3/17	Tu	11-11:50A	\$65/\$85
608102-04	1/28-3/18	W	10:10-10:50A	\$65/\$85

NEW! First Time Beginner: Ages 5-15

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

618101-02	1/24-3/21	Sa	11:30A-12:10P	5-15	\$65/\$85
618101-05	1/26-3/23	M	4-4:40P	5-15	\$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
618101-01	1/24-3/21	Sa	10:05-10:45A	5-15	\$65/\$85
618101-03	1/26-3/23	M	4:45-5:25P	5-15	\$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
618103-01	1/26-3/23	M	5:30-6:10P	\$65/\$85

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
604102-01	1/30-3/20	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
604101-01	1/30-3/20	F	9:50-10:35A	3-5	\$55/\$75
604101-02	1/29-3/19	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
614105-01	1/27-3/17	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
614103-01	1/29-3/19	Th	4:50-5:35P	5-6	\$55/\$75
614103-02	1/30-3/20	F	4-4:45P	7-8	\$55/\$75
614103-03	1/30-3/20	F	4:50-5:35P	8-10	\$55/\$75
624101-01	1/30-3/20	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
634112-01	1/30-3/20	F	10:40-11:25A	16+	\$55/\$75
634112-02	1/29-3/19	Th	5:40-6:25P	16+	\$55/\$75

YOUTH SPORTS

Instructional Lacrosse

Location: Fitch High School Gym

Instructor: Groton/Mystic Lacrosse

Designed to introduce young players to the game of lacrosse in a safe and structured setting. Players learn the basics of catching, throwing, shooting, scooping and team play from experienced coaches. Time is divided between age appropriate drills and simulated game play. Equipment is provided, but players should bring their own sticks if they have one. Our goal is to provide an opportunity for children and parents to learn more about the exciting game of lacrosse in a fun and family orientated atmosphere. For more detailed information about the lacrosse programs, please visit: grotonmysticlacrosse.org. Register participants based on their age as of August 31, 2015.

Activity #	Level	Date	Day	Time	Age	R/NR
618303-01	U9&11	1/25-2/22	Su	2:30-2P	5-10	\$45/\$65

Recreational Lacrosse

Location: Fitch High School Gym

Instructor: Groton/Mystic Lacrosse

Improve players' skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning. The emphasis is on teaching and having fun. Participants may register for Weekday Lacrosse (Boys - Tuesday; Girls - Wednesday) for an additional \$20. Register participants based on their age as of August 31, 2015.

Activity #	Level	Date	Day	Time	Age	R/NR
618304-01	U9&11	3/1-3/29	Su	1:15-2:30P	5-10	\$45/\$65
628304-01	U13&14	3/1-3/29	Su	11:45A-1:15P	11-15	\$45/\$65

NEW! Weekday Lacrosse

Location: Fitch Middle School

Instructor: Groton/Mystic Lacrosse

Designed for older players, this program is will focus on improving players' skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning with an emphasis on learning and fun. Boys meet on Tuesday, Girls meet on Wednesday. Register participants based on their age as of August 31, 2015.

Activity #	Level	Date	Day	Time	Age	Gender	R/NR
628311-01	U11/13/15	3/3-3/31	Tu	6:30-8P	8-15	M	\$45/\$65
628311-02	U11/13/15	3/4-4/1	W	6:30-8P	8-15	F	\$45/\$65

NEW! Girls Indoor Field Hockey

Location: Fitch Middle School Gym

Instructor: Diane Kolnaski

Learn the fundamentals of field hockey through drills, rules and games. Bring hockey stick, goggles, shin pads and mouth guard.

Activity #	Date	Day	Time	Age	R/NR
628302-01	1/29-3/19	Th	4-5P	10-13	\$60/\$80

Indoor Youth Soccer

Location: Fitch Middle School Gym

Instructor: UK International Soccer

This program is geared toward technique and skills development through drills and mini round robin games. Register participants based on their age as of July 31, 2014.

Activity #	Level	Date	Day	Time	Age	R/NR
618310-01	U7	1/24-3/14	Sa	12-12:45P	5-7	\$45/\$65
618310-02	U11	1/24-3/14	Sa	1-1:55P	8-10	\$45/\$65
618310-02	U14	1/24-3/14	Sa	2-2:55P	11-14	\$45/\$65



Basketball: 6 & 7

Location: Catherine Kolnaski Magnet School

Instructor: Byron Knox

Have fun learning hoop basics including dribbling, shooting and defense through instruction and non-competitive games.

Activity #	Date	Day	Time	Age	R/NR
618302-01	1/24-3/7	Sa	9:30-10:15A	6-7	\$45/\$65
618302-02	1/24-3/7	Sa	10:30-11:15A	6-7	\$45/\$65

Youth Hockey

Location: Fitch Middle School Gym

Instructor: Mike Smith

A controlled introduction to lightly competitive street hockey. Recommended equipment: gloves, shin guards, eye protection, mouth guard, and cup. All levels of play welcome.

Activity #	Date	Day	Time	Age	R/NR
618308-01	1/25-3/15	Su	1-2:00P	5-7	\$40/\$60
618308-02	1/25-3/15	Su	2-3:00P	8-10	\$40/\$60
618308-03	1/25-3/15	Su	3-4:00P	11-15	\$40/\$60

ADULT SPORTS

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
638309-01	Ongoing	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
638307-01	Ongoing	Th	7:30-9P	18+	\$20

Men's Pick-up Basketball

Location: Fitch Middle School

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

Activity #	Date	Day	Time	Age	FEE
638311-01	Ongoing	M	7-9P	18+	\$20

Co-ed Indoor Soccer

Location: Fitch High School

Recreational, non-league pickup soccer games for adults of all skill levels, from beginners through advanced. New players are welcome!

Activity #	Date	Day	Time	Age	FEE
638301-01	1/11-3/15	Su	2:30-4P	18+	\$20



Sample one of our Adult Sports or Fitness programs for FREE! Attend the first program meeting of the Winter session and get a feel of what the class is about before you register. All programs on pages 15-17 are eligible!*

*Participants must sign a waiver.
*Programs that have met the maximum number of participants are excluded.

Take it to the Box!

Drop unused meds in the green box at one of these locations:

Town of Groton Police Department
68 Groton Long Point Road

City of Groton Police Department
295 Meridian Street

- Accepted:**
- Prescription and over-the-counter medications
 - patches
 - ointments
 - vitamins
 - sample medications
 - pet medications

- Not Accepted:**
- lotions or liquids
 - aerosol cans
 - inhalers
 - hydrogen peroxide
 - thermometers
 - needles or other sharp objects
 - meds from businesses or clinics





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
615121-01	1/31-3/21	Sa	10-11A	5-9	\$49/\$69
615120-01	1/26-3/23	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
635103-01	1/26-3/23	M	6:15-7:30P	14+	\$59/\$79

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
635122-01	1/26-3/23	M	5:30-6:25P	12+	\$55/\$75
635122-02	1/28-3/18	W	5:30-6:25P	12+	\$55/\$75
635122-03	1/26-3/18	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
635127-01	1/29-3/19	Th	5:30-6:25P	18+	\$55/\$75

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
635109-01	1/28-3/18	W	5:30-6:25P	13+	\$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 and to challenge all fitness levels.

Activity #	Date	Day	Time	Age	R/NR
635134-01	1/26-3/23	M	6:30-7:30P	13+	\$55/\$75

NEW! Monday Mash-Up

Location: William Seely School

Instructor: Alisha Strayer

Tired of taking the same class every week? Monday Mash-Up mixes up the type of fitness classes taught each week to add variety to your workout schedule. Classes will cover a variety of fitness disciplines such as stability ball aerobics, pilates, boxing, step aerobics, bootcamp, weight lifting, and more.

Activity #	Date	Day	Time	Age	R/NR
635107-01	1/26-3/23	M	5:30-6:25P	13+	\$55/\$75

Boxing Bootcamp

Location: William Seely School

Instructor: Alisha Strayer

Want to become a lean boxing machine? Boxing Bootcamp combines boxing with Bootcamp conditioning. Improve your personal strength and conditioning to achieve your personal fitness goals. Modifications are provided to ensure proper execution of form and technique for all participants and to challenge all fitness levels.

Activity #	Date	Day	Time	Age	R/NR
635133-01	1/28-3/11	W	6:30-7:30P	13+	\$55/\$75

According to the CDC, only 20.3% of Americans 18 years of age and over met the Physical Activity Guidelines for both aerobic physical and muscle-strengthening activity in 2012.

Fitness - Winter 2015 Session

Jan 26 - Mar 23, 2015

Jan. 5 - Feb. 27, 2015

Yoga Vinyasa Power

Location: Charles Barnum Elem. School

Instructor: Tamar 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. Please bring a mat, block, and water bottle.

Activity #	Date	Day	Time	Age	R/NR
635136-01	1/26-3/23	M	4-5P	18+	\$55/\$75

NEW! Aqua Zumba

Location: UConn Avery Point Pool

Instructor: Sue Roos

Aqua Zumba features the same high-energy music and dance moves as regular Zumba, but in the pool! Participants stand chest deep and follow the instructor on the deck of the pool. The class is low-impact, easy on the joints, and a fun way to burn calories and tone muscles. The instructor is AFAA certified and licensed in Aqua Zumba.

Activity #	Date	Day	Time	Age	R/NR
631202-01	1/25-3/15	Sa	11-11:40A	16+	\$30/\$50

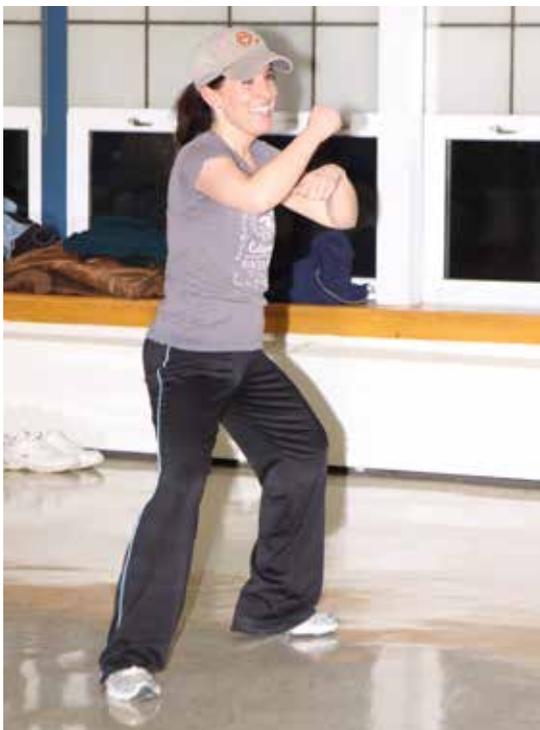
Zumba

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
635119-01	1/27-3/17	Tu	9-9:45A	13+	\$55/\$75



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-5:00 Yoga Vinyasa Power	9:00-9:45 Zumba	5:15-6:15 Strength Training	5:00-6:00 Zumba Gold	5:30-6:25 Heart Healthy Fitness	10:00-11:00 Yoga 4 Youth
5:00-6:00 Yoga 4 Tweens	5:00-6:00 Zumba Gold	5:30-6:25 Step Fitness Blend	5:30-6:25 Xtreme Interval Kick		11:00-11:40 Aqua Zumba
5:15-6:15 Strength Training	5:30-6:25 Pilates	5:30-6:25 Heart Healthy Fitness	5:30-6:45 Tai Chi - Experienced		
5:30-6:25 Step Fitness Blend		5:30-6:25 Pilates	6:45-8:00 Begin. Tai Chi		
5:30-6:25 Heart Healthy Fitness		6:30-7:30 Boxing Bootcamp			
6:15-7:30 Active Yoga					
6:30-7:30 Pilates Plus					

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.

Activity #	Date	Day	Time	Age	R/NR
645104-01	1/5-2/25	M,W	5:15-6:15P	55+	\$60/\$70
245104-01	3/9-4/29	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
645105-01	1/5-2/27	M,W,F	4-5P	55+	\$72/\$82
245105-01	3/9-5/1	M,W,F	4-5P	55+	\$72/\$82

Tai Chi

Location: Cutler Middle School

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.

Activity #	Date	Day	Time	Age	R/NR
Beginner:					
635116-01	1/29-3/19	Th	6:45-8P	14+	\$55/\$75
Advanced:					
635115-01	1/29-3/19	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 modifications, 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
616103-01	1/24-3/21	Sa	1:05-1:45P	6-21	\$59/\$79

NEW! Adaptive Private Swim Lessons

Location: UCONN Avery Point

Instructor: Staff

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

Activity #	Date	Day	Time	Age	R/NR
626101-01	1/24-3/21	Sa	12:30-1P	2+	\$140/\$160
626101-02	1/24-3/21	Sa	3:20-3:50P	2+	\$140/\$160

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 #	Level	Date	Day	Time	Age	R/NR
616101-01	1	1/27-3/17	Tu	5:30-6:10P	5+	\$45/\$65
616102-01	2	1/27-3/17	Tu	6:15-6:55P	5+	\$45/\$65

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
626201-01	1/27-3/17	Tu	6:30-8P	11-30	FREE



Cooking for Fun

Location: Fitch High School

Instructor: Andy Plasse

Special needs students 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
636107-01	1/28-3/18	W	5-7P	13-35	\$48/\$68

Adaptive Painting

Location: Groton Senior Center

Instructor: Andy Plasse

People with 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
636202-01	1/27-3/17	Tu	9-10:30A	21+	\$15/\$35

NEW! Time to Move - Adaptive

Location: William Seely School

Instructor: Faith Richardson

Designed for the child with special needs. 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
606101-01	1/30-3/20	F	9:15-10A	<3	\$45/\$65

Groton Parks and Recreation has been a leader in adaptive programming for over 35 years!

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 in Special Recreation!

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, coaches, Unified partners and volunteers needed!

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



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
626201-01	1/30-3/20	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). Winter session meets Feb. 7, 21; March 7 and 21.

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

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
636102-01	1/22-3/26	Th	6:30-8:30P	14+	\$35/\$55



Wayne Robinson
office

Mark Robinson
shop



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

860-445-7093

AQUATICS

REGISTRATION DEADLINE: Sunday, Jan. 18

Location: UConn Avery Point Pool

NEW! Aqua Zumba

Location: UConn Avery Point Pool

Instructor: Sue Roos

Aqua Zumba features the same high-energy music and dance moves as regular Zumba, but in the pool! Participants stand chest deep and follow the instructor on the deck of the pool. The class is low-impact, easy on the joints, and a fun way to burn calories and tone muscles. The instructor is AFAA certified and licensed in Aqua Zumba.

Activity #	Date	Day	Time	Age	R/NR
631202-01	1/25-3/15	Sa	11-11:40A	16+	\$30/\$50

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 two students per instructor to ensure personal attention.

Activity #	Date	Day	Time	Age	R/NR
611108-01	1/25-3/15	Su	9:50-10:20A	3-6	\$89/\$99
611108-02	1/25-3/15	Su	9:50-10:20A	7-15	\$89/\$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 two students per instructor to ensure personal attention.

Activity #	Date	Day	Time	Age	R/NR
631101-01	1/24-3/21	Sa	12:30-1P	16+	\$89/\$109

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.

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
631301-01	1/25-3/21	Sa/	3:55-5P	
		Su	11:55A-1P	\$49/\$69

Private Lessons

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

Activity #	Date	Day	Time	Age	R/NR
621107-01	1/24-3/21	Sa	12:30-1P	2+	\$140/\$160
621107-02	1/24-3/21	Sa	3:20-3:50P	2+	\$140/\$160
621107-03	1/25-3/15	Su	9:50-10:20A	2+	\$140/\$160

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
621108-01	1/24-3/21	Sa	3:20-3:50P	2+	\$140/\$160
621108-02	1/25-3/15	Su	8:30-9A	2+	\$140/\$160

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
601100-01	1/25-3/15	Su	8:30-9:00A	6 mos-3	\$20/\$40

Aquatics - Winter 2015

Jan 24 - Mar 21

11-11:40 Aqua Zumba	11:45-12:25 Level 1, 2, 3, 4	12:30-1:00 Private Lessons Adult Small Group	1:05-1:45 Adaptive Swim	1:50-2:30 Intro to L1 Level 2, 3, 5/6	2:35-3:15 Level 1, 2, 3	3:20-3:50 Private Lessons Private Adv Lsn	3:55-5:00 Family Swim
8:30-9:00 Baby & Me Social	9:05-9:45 Level 1, 2, 3, 4	9:50-10:20 Small Grp Child Private Lesson	10:25-11:05 Level 1, 2, 3, 5/6	11:10-11:50 Intro to L1 Level 1	11:55-1:00 Family Swim		

REGISTRATION DEADLINE: Sunday, January 18

Swim Lessons

Ages 3-15

R/NR: \$59/\$79

Intro to Level 1

Activity #	Date	Day	Time
601106-01	1/24-3/21	Sa	1:50-2:30P
601106-02	1/25-3/15	Su	11:10-11:50A

Level 1

611101-01	1/24-3/21	Sa	11:45A-12:25P
611101-02	1/24-3/21	Sa	2:35-3:15P
611101-03	1/25-3/15	Su	9:05-9:45A
611101-04	1/25-3/15	Su	10:25-11:05A
611101-05	1/25-3/15	Su	11:10-11:50A

Level 2

611102-01	1/24-3/21	Sa	11:45A-12:25P
611102-02	1/24-3/21	Sa	1:50-2:30P
611102-03	1/24-3/21	Sa	2:35-3:15P
611102-04	1/25-3/15	Su	9:05-9:45A
611102-05	1/25-3/15	Su	10:25-11:05A

Level 3

611103-01	1/24-3/21	Sa	11:45A-12:25P
611103-02	1/24-3/21	Sa	1:50-2:30P
611103-03	1/24-3/21	Sa	2:35-3:15P
611103-04	1/25-3/15	Su	9:05-9:45A
611103-05	1/25-3/15	Su	10:25-11:05A

Level 4

611104-01	1/24-3/21	Sa	11:45A-12:25P
611104-03	1/25-3/15	Su	9:05-9:45A

Level 5/6

611105-01	1/24-3/21	Sa	1:50-2:30P
611105-02	1/25-3/15	Su	10:25-11:05A



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

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

Research has shown that participation in formal swimming lessons can reduce the risk of drowning among children aged 1 to 4 years.

Experience golf history...



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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



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
608201-01	1/30-3/20	F	4:30-5P	3-5	\$55/\$75
608201-02	1/27-3/17	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
608202-01	1/30-3/20	F	5-5:30P	3-5	\$55/\$75
608202-02	1/27-3/17	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
608203-01	1/30-3/20	F	5:30-6:15P	3-5	\$65/\$85

Beginners

Activity #	Date	Day	Time	Age	R/NR
618201-01	1/30-3/20	F	6:15-7P	6-12	\$65/\$85

Advanced Beginners/Intermediate

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

Activity #	Date	Day	Time	Age	R/NR
638201-01	1/28-3/19	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
618202-01	1/28-3/19	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
618203-01	1/28-3/19	W,Th	5-6P	6-12	\$129/\$149

New Year's Morning Training

Get the year off to a great start with this Okinawan tradition! The Okinawan Karate-ka believe that whatever you do on the first of the year will create a good habit for the entire year. This special one or two hour training session is for all students.

Activity #	Date	Day	Time	Age	R/NR
618205-01	1/1	Th	8-9A	3-5	\$5/\$15
618205-02	1/1	Th	8-10A	6+	\$10/\$20



Junior Black Belt

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

Activity #	Date	Day	Time	Age	R/NR
628205-01	1/28-3/19	W,Th	6-7P	8-12	\$129/\$149

Black Belt

Activity #	Date	Day	Time	Age	R/NR
628206-01	1/28-3/19	W,Th	7-8P	8+	\$129/\$149

All Ranks

Activity #	Date	Day	Time	Age	R/NR
638202-01	1/27-3/19	Tu,Th	12-1P	13+	\$129/\$149

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 #	Level	Date	Day	Time	Age	R/NR
616101-01	1	1/27-3/17	Tu	5:30-6:10P	5+	\$45/\$65
616102-01	2	1/27-3/17	Tu	6:15-6:55P	5+	\$45/\$65

Grading - Ages 3-6

Level 2 - test takes approximately 30 minutes. Level 3 - must bring their safety equipment.

Activity #	Date	Day	Time	Age	FEE
608204-01	3/7	Sa	1:15-2P	3-6	\$20

Grading - Ages 6+

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
628208-01	3/7	Sa	2-4:15P	6+	\$20

Karate is great exercise for the mind and body!

TOWN OF GROTON RESOURCES

www.Groton-CT.gov

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

Mobile Food Pantry

On the second Wednesday of each month, the United Way Mobile Pantry visits Groton Human Services, providing healthy foods for FREE to individuals and families in need. All are welcome!

For additional information please call Groton Human Services at 860-441-6760.

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

Emergency Management

For information on any weather related or other emergency alerts, please visit the Announcements section on the town's main page or follow the Town of Groton Office of Emergency Management on Facebook.



FREQUENTLY REQUESTED CONTACTS

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

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

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

Groton Little League & Softball Little League
Doug Dickey
860-213-4138

Mystic Babe Ruth
Tom Taber
860-908-6566
mystic.baberuthonline.com

Mystic Little League
Tom Taber
860-908-6566

ALWAYS SOMETHING NEW!



ARTS



ENTERTAINMENT



FITNESS



FUN



SPORTS

DISCOVER the Groton Senior Center

For residents & non-residents ages 55+!

102 Newtown Road, Groton

(860) 441-6785

GrotonRec.com/Seniors

COMING IN 2015..

Souper Bowl Saturday

Saturday, January 31

5:00 p.m.

Purchase a hand-painted bowl and fill it with delicious soups and chili from local restaurants! Also featuring a chance drawing for exciting sports memorabilia. \$10 includes soup, bread, drinks & dessert!

The 28th Annual GNOG Show

Friday, February 20

Dinner: 5:30 p.m., Showtime: 6:30 p.m.

Enjoy an evening of laughter and entertainment along with a delicious meal. Seating is limited for this popular annual tradition! Please register in advance.

Active Living Expo

Wednesday, March 25

10 a.m. - 2 p.m.

Free information for all ages on better living: health, insurance, nutrition, home care, state programs, legal issues and more!

Bootcamp for Boomers

Featuring a new topic each month to help you live a better life!

Supper at 5:30pm for only \$6

Presentation from 6pm to 7pm

Upcoming topics:

January 13 - *Protecting Your Nest Egg*

February 10 - *The Healing Power of Meditation*

March 10 - *Decide, Create, Share*



We'll pick you up!

Call for transportation:

(860) 441-6785



Like us at Facebook.com/GrotonSC

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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John F. Scott IV, CIC

Owner/Agent



New Location at 15 Thames Street in Groton!

860.446.8255

15 Thames Street, Groton | baileyagencies.com