

Summer 2020

# DISCOVER

# खोजना



**GROTON**  
PARKS & RECREATION

[GrotonRec.com/Discover](http://GrotonRec.com/Discover)

# WELCOME TO GROTON



## Director's Message

In April, the department began a public engagement process to gather information about the recreational needs and interest of the community. The process included stakeholder meetings, focus groups and a town meeting, all virtual. The next step will be a Community Needs

Assessment. Questionnaires will be mailed to 3,000 randomly selected households. Residents will have an opportunity to speak and have their voices heard.

We encourage you to complete the questionnaire. There will also be an online version of the needs assessment. The needs assessment is being conducted by RRC Associates.

Results from the Community Needs Assessment will be used to help chart the course for the community and the department for the next 5-10 years by establishing priorities for recreational facilities throughout Groton. Data from the survey will also be used to establish priorities within the Pratt Recreation Building, part of the Mystic Education Center project.

Mark Berry, *Director*  
Groton Parks and Recreation

**Looking Ahead** Funding to complete the rebuilding of the community dock project at Spicer Park was approved. Plans include encapsulating the stone pier in concrete and installing rails improving accessibility and a stonedust pad for handicapped parking.

Numerous small investments in various parks are planned. The basketball court behind the community center will be painted and pickleball lines will be added to meet the growing demand of that sport. A well will be added to Central Bark Dog Park to provide much needed access to water for our four legged friends. Renovations to the Millwood Creek Disc Golf Course are also scheduled to take place.

Work will begin on one of the athletic fields at the community center, and will include regrading and overseeding the field and installing an irrigation system. This work will improve the safety and playability of the field. This project is part of a larger initiative in developing a plan to address the shortage of available playing times in the community.

## Why “खोजना” on the cover?

**By adding the word “Discover” in different languages, this time in Hindi (one of many languages used in India), we’re reinforcing the message we welcome all members of our community in our programs and services.**

**Over time, we hope this results in more diverse participation and better service to the entire community. Our work grows and thrives because of YOU!**

## Our Mission is to Build a Happy, Healthy More Connected Community.

We do this by offering affordable, inclusive recreational programming; working with community partners to promote events and bring services to communities of socioeconomic need; and building and maintaining a thriving system of accessible parks, trails and recreational facilities. Groton Parks and Recreation recognizes the value of including people with varying levels of ability as a means of strengthening our community.

## The Department

- makes all programs, services and activities equally available to children and adults with disabilities.
- makes special efforts to be welcoming to all citizens.
- supports efforts to affirm the dignity of all participants.
- strives to enhance individual potential for full and active participation.
- provides specialized programs specifically designed for children and adults who need more assistance.

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**GROTON**  
**PARKS & RECREATION**

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 27 Spicer Ave  
 Noank, CT 06340

**860.536.5680**  
**Email:** [parksrec@groton-ct.gov](mailto:parksrec@groton-ct.gov)  
**Web:** [grotonrec.com](http://grotonrec.com)  
**Facebook:** @grotonparksandrec  
**Instagram:** @grotonrec

## 55+

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# Do you have ideas or requests you'd like to share?



Please send us your thoughts to [parksrec@groton-ct.gov](mailto:parksrec@groton-ct.gov) or call 860-536-5680.



We're looking for passionate people who have a desire to share their passion with others by **teaching programs**. If you're into music, art, fitness, sports or something else, call us and let's talk about making it a program others can enjoy!

If you speak a second language and are willing to volunteer to **help with translating** for neighbors who have a hard time communicating with us, please call us and we'll add you to our list of resources.



Since its founding in 2002, Groton Parks Foundation strives to increase public awareness of, and achieve broad community support for unmet equipment and program needs of Groton's Park and Recreation system.

## Make an impact today for a difference tomorrow!

We encourage support for unmet needs to improve access and equipment for community programs, parks, playgrounds, and recreational facilities.

### Support your favorite projects:

- Groton Community Center Outdoor Seating Area
- Esker Point Beach Volleyball Courts Improvements
- Safety Fencing around Tercentennial Playground
- Mountain Biking Trail Improvements

#### Support & Sponsor

Support a project like park improvements, or sponsor a program like programming cost assistance.

#### Adopt a Park

Adopt a park like Central Bark Dog Park, and be an advocate for maintenance and improvements.

#### Fundraising

Host a fundraiser to support local projects and programs.

#### Join

Join a committee and help lead a cause.

[grotonparks.org](http://grotonparks.org)

# FINANCIAL AID 1•2•3

## 1 Determine your annual Total Income

- Line 7 on Form 1040
- If married filing separately, combine figures from both income tax filings!

## 2 Determine Household Size

Number of people listed on your income tax filing(s).

3 If your **Total Income** is less than the amount listed for your Household Size on the chart you qualify for a Discount!

DISCOUNT	65%	40%	20%
Household Size	Total Annual Income		
1	\$12,490	\$25,000	\$37,500
2	\$16,910	\$33,800	\$50,700
3	\$21,330	\$42,700	\$64,000
4	\$25,750	\$51,500	\$77,300
5	\$30,170	\$60,300	\$90,500
6	\$34,590	\$69,200	\$103,800
7	\$39,010	\$78,000	\$117,000
8	\$43,430	\$86,900	\$130,300
each add'l	\$4,420	\$8,840	\$13,260

Financial Aid discounts are available for Groton residents only. In order to claim the discount for Recreation programs (Senior Center programs not included), bring a copy of your most recent federal income tax filing(s) to our office. We don't keep a copy, we just need to see it. Sorry we can't accept electronic copies, fax copies or information over the phone. We must protect your personal information!

If you do not file income taxes, you'll be granted the 40% discount. Discounts expire April 30 of each year.

Additionally, many of our customers donate money to help those who can't pay participate. These donations are used to provide grants to help pay for programs, including non-residents. The amount of grant funds available is based on donations received. Visit **GrotonRec.com** for details and a grant form.

**In FY2019, we gave out over \$40,000 in financial aid discounts and grants to neighbors!**

**Covid-19 has impacted all of us. How we work, how we stay connected, and even the types of activities we participate in. As the situation continues to evolve we are committed more than ever to positively impact our Groton Community through essential programming, services, and events. We will continue to follow the best practices for safety as advised by our local, state, and federal public health officials. We recognize this will likely affect our Summer programs and events and we'll do our best to keep you informed of changes. If you have any questions please contact us at 860-536-5680 or [parksrec@groton-ct.gov](mailto:parksrec@groton-ct.gov) and follow us on our social medias for updates. We will all get through this together and come out stronger on the other side.**

**Stay healthy and positive,  
The Groton Parks & Recreation Team**

# COMMUNITY EVENTS



## Tour de Noank 5K

Saturday, June 13

Take in the scenic streets of Noank with our first-ever **VIRTUAL** 5K road race! The race begins and ends at beautiful Esker Point Beach.

For race details go to **GrotonRec.com/Races**.

A portion of the proceeds benefits Groton's special needs programming.



10A – 2P  
FREE

Saturday, June 20

Fun at the beach and an opportunity to use kayaks, paddle boards, and other small boats. This event is open to all ages, residents and non-residents.



Declaration of Inclusion

Saturday, July 4 • 10A

This year's parade is a **VIRTUAL** parade.

Sign up at **GrotonRec.com/July4th** to participate in the parade!

## CANCELLED

This year's July 11 celebration has been cancelled but will return next year!



THE FORT GRISWOLD  
**CELEBRATION**  
ON THE **THAMES**



# SUMMER SOUND WAVES AT ESKER POINT BEACH

PRESENTED BY:



2020 Concerts: Thursday Evenings 6-8P

JUNE 18	BRANDED
JUNE 25	MYSTIC DEAD
JULY 2	LA BACKSTAGE
JULY 9	WILL EVANS & RISING TIDE
JULY 16	RED LIGHT
JULY 23	SUGAR
JULY 30	HOPE ROAD <i>A Tribute To Bob Marley &amp; The Wailers</i>



Your favorite FREE summer tradition is back for another year of great music & good times at Esker Point Beach! Concerts are family-friendly and alcohol free. *Please leave pets at home!* Shows are weather permitting. **Know Before You Go!** Call first 860-441-6791 or check Facebook



## SUPPORTING COMMUNITY PARTNERS:



Live Music

Family  
Friendly



# FORT GRISWOLD PRE-FIREWORKS CELEBRATION

**JULY 11TH 6PM**



GROTON UTILITIES

SPONSORED BY GROTON UTILITIES

**"GIVING BACK TO THE COMMUNITY"**

Groton Utilities is pleased and honored to sponsor this special pre-fireworks celebration at Fort Griswold State Park in the City of Groton

[www.grotonutilities.com](http://www.grotonutilities.com)



## Registration Deadline

The deadline to register for each week of camp is Wednesday of the week prior, provided space allows. Children signed up after the maximum enrollment is reached are put on the waiting list. **No Camp July 2 & 3.** We offer Financial Aid for families that qualify.

## Refunds

Sorry, no transfers between sites or refunds within 2 weeks of start date for each camp week. A \$15 administrative fee is charged for any money returned. Customers get full credit if they place money on account and use it for a future program. We do not issue refunds for a child who is suspended or dismissed from attendance due to behavior issues.

## Special Needs

If your child has any special needs or requires special assistance, please fill out forms available at [GrotonRec.com/Camps](http://GrotonRec.com/Camps) to share information that will help us give your child the best possible experience this summer.

The Summer Camp Parent Handbook is also available at [GrotonRec.com/Camps](http://GrotonRec.com/Camps).

## Camp Button Ages 5-16

### S.B. Butler

**Dates** 7/6-8/7 | M – F • 11:30A-3P • Fri 10A-3P  
**Fee** \$325

**Camp Button** is a physically, socially, and emotionally safe recreation environment for children who require a more controlled camp setting (typically child is in a self-contained classroom). Friday hours are 10-3P. All campers are evaluated for appropriate placement into Camp Button. **Open to Groton residents only.**

We offer Financial Aid for families that qualify. Please fill out inclusion/assessment forms available at [GrotonRec.com/Camps](http://GrotonRec.com/Camps) to share information that will help us give your child the best possible experience this summer.

## Discover Camps Ages 5-12

### Claude Chester or Mary Morrisson

Mon – Fri • 8A-4P | **Cost** Res. \$85 / Non-Res. \$105

**Under guidance of local, state, and federal public health officials we will be offering Discover Camp day programs this summer as an essential service for parents who need to return to work. We are limiting the number of campers and activities.**

Campers participate in separate **small groups** by family, age and/or grade in activities that include sports, arts and crafts, outdoor games, literacy, drama, music, and dress up days all within a caring and safe environment!

- There will be **NO** field trips or large group activities this year.
- Breakfast and lunch **WILL BE** provided at all sites.
- **NO** Camp July 2 & 3.

**Since we have limited space available, we ask that everyone give priority to families whose parents must return to work.**

We offer Financial Aid for families that qualify. If your child has any special needs or requires special assistance, please fill out forms available at [GrotonRec.com/Camps](http://GrotonRec.com/Camps) to share information that will help us give your child the best possible experience this summer.

The Summer Camp Parent Handbook is available at [GrotonRec.com/Camps](http://GrotonRec.com/Camps).



# SPORTS CAMPS



## UK International Soccer Camp

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Morning</b>					
123181-6A	6/22-6/26	M-F	9-10A	3-4	\$85 / 105
123181-6B	6/22-6/26	M-F	10:30A-12P	5-6	\$105 / 125
<b>Half Day / Full Day</b>					
123181-6C	6/22-6/26	M-F	9A-12P	6-14	\$149 / 169
123181-6D	6/22-6/26	M-F	9A- 3P	8-14	\$219 / 239
<b>Morning</b>					
123181-6E	7/27-7/31	M-F	9-10A	3-4	\$85 / 105
123181-6F	7/27-7/31	M-F	10:30A-12P	5-6	\$105 / 125
<b>Half Day / Full Day</b>					
123181-6G	7/27-7/31	M-F	9A-12P	6-14	\$149 / 169
123181-6H	7/27-7/31	M-F	9A- 3P	8-14	\$219 / 239
<b>Morning</b>					
123181-6J	8/17-8/21	M-F	9-10A	3-4	\$85 / 105
123181-6K	8/17-8/21	M-F	10:30A-12P	5-6	\$105 / 125
<b>Half Day / Full Day</b>					
123181-6L	8/17-8/21	M-F	9A-12P	6-14	\$149 / 169
123181-6M	8/17-8/21	M-F	9A- 3P	6-14	\$219 / 239

**Location:** Poquonnock Plains Pk  
**Instructor:** UK International | Min. 15/Max. 99

## Schooners Baseball Camp

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
123280-6A	7/6-7/9	M-Th	9A-12P	8-13	\$109 / 129

**Location:** Fitch High School  
**Instructor:** Mystic Schooners | Min. 14/Max. 99

## Tennis Camp

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
123285-6A	6/22-6/26	M-F	8:30-11:30A	6-14	\$109 / 129
123285-6B	7/13-7/17	M-F	8:30-11:30A	6-14	\$109 / 129
123285-6C	8/3-8/7	M-F	8:30-11:30A	6-14	\$109 / 129

**Location:** Farquhar Park  
**Instructor:** Todd Higgins | Min. 8/Max. 24

## Track Camp

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
123381-6A	7/6-7/10	M-F	9A-12P	11-14	\$69 / 89

**Location:** Fitch High School  
**Instructor:** Rich Kosta | Min. 5/Max. 50

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## PGA Beginner Golf Camp

Learn the grip and stance of putting/chipping, alignment of iron shots, when to use each club and how far each club goes. Golfers receive individual instruction while they rotate through three distinct short game centers. Use newly acquired skills to play multiple holes on Shennecossett Golf Course. Intermediate golfers continue the practicing fundamentals and also learn proper course management, etiquette, and the rules of the game while testing abilities through on-course practice. Shared golf clubs are provided, but please feel free to bring your own. Collared shirts are required.

Activity #	Date	Day	Time	Age	Res./Non-Res.
123310-6A	7/27-7/30	M-Th	9-11A	10-18	\$99 / 119

**Location:** Shennecossett GC  
**Instructor:** Casey Roan | Min. 4/Max. 8

## PGA Advanced Golf Camp

Shennecossett's two PGA professionals offer this great opportunity for young golfers with some experience. Instruction includes the golf swing, short game instruction on Shennecossett's excellent practice areas and playing instruction, including rules of golf and golf course etiquette, on the historic course. Golf clubs are available to golfers who do not have equipment. Proper golf attire is required. Visit [ShennyGolf.com](http://ShennyGolf.com) for more information on the course!

Activity #	Date	Day	Time	Age	Res./Non-Res.
123330-6A	8/3-8/7	M-F	9-11A	10-21	\$129 / 149

**Location:** Shennecossett GC  
**Instructor:** Todd Goodhue | Min. 3/Max. 16

## Cross Country Camp

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
123380-6A	7/20-7/24	M-F	9A-12P	11-14	\$69 / 89

**Location:** Fitch High School  
**Instructor:** Rich Kosta | Min. 5/Max. 50

## Volleyball Camp

Learn, develop and improve volleyball skills while having fun. Participants have opportunities to improve their technical skills and to effectively apply them in match situations. Please bring knee pads, sneakers, and water bottle to camp.

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Ages 9-12</b>					
123382-6A	7/27-7/31	M-F	9A-12P	9-12	\$95 / 115
<b>Ages 13-18</b>					
123382-6B	7/27-7/31	M-F	1-4P	13-18	\$95 / 115

**Location:** Mystic Indoor Sports  
**Instructor:** Elena Lockett | Min. 10/Max. 24



# SPORTS CAMPS



## Basketball Camp

Players learn the individual, fundamental offensive skills needed to be successful at basketball. The camp features group and individual instruction focusing on shooting, ball handling, moves off the dribble, perimeter play and post play.

Activity #	Date	Day	Time	Age	Res./Non-Res.
123287-6A	7/6-7/10	M-F	8:30A-11:30A	8-14	\$69 / 89
123287-6B	7/6-7/10	M-F	12P-3P	8-14	\$69 / 89
123287-6C	7/20-7/24	M-F	8:30A-11:30A	8-14	\$69 / 89
123287-6D	7/20-7/24	M-F	12P-3P	8-14	\$69 / 89

**Location:** Grasso Tech Gym

**Instructor:** Groton Mystic Basketball | Min. 20/Max. 80

## Mountain Biking Adventure Camp

Come ride your bike through the forest on flowy single and double tracks. Tackle small roots and rocks. Change a flat tire and learn the parts of your bike. Join in a supportive environment where we cheer you on to do your best. Be ready for fresh air, fun, and working your legs and lungs so you become brave, strong, and fast. Bring a mountain bike or hybrid bike, a helmet, close-toed shoes, water and a snack and way to carry it, clothes appropriate for the day (rain gear for light rain).

Activity #	Date	Day	Time	Age	Res./Non-Res.
12428C-6A	7/27-7/31	M-F	9:30A-12:30P	8-12	\$89 / 109

**Location:** Bluff Point State Pk

**Instructor:** Lynn DeLima | Min. 3/Max. 8

## Gymnastics Camp

Join us in the gym to learn new gymnastics skills while playing games, making new friends, and getting stronger! Gymnastics Camp builds confidence and is open to kids with all levels of experience. FRIDAY AUGUST 14, 2020 camp will ONLY be held from 9AM - 12PM.

Activity #	Date	Day	Time	Age	Res./Non-Res.
12428D-6A	8/10-8/14	M-F	9A-3P	5-15	\$259 / 279

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics | Min. 10/Max. 24

## Black Bear Archery Camp

Participants will learn the basic skills of archery in a great atmosphere for learning and fun. New and experienced archer, ages 7-12, will enjoy a safe experience under the supervision of our instructors, who are all certified by the National Archery Association and the American Red Cross.

Activity #	Date	Day	Time	Age	Res./Non-Res.
12428E-6A	7/27-7/31	M-F	9-11:30A	7-12	\$165 / 185

**Location:** Groton Community Center

**Instructor:** TBD | Min. 5/Max. 20

# JOIN THE YOUTH GOLFER CLUB PROGRAM



JUNIOR GOLFERS  
GET A SET OF USED  
CLUBS FOR FREE  
AFTER PLAYING AT  
SHENECOSSETT  
6 TIMES

- The free used clubs offer is available to the **first eight golfers** registered for the program.
- Perfect for girls & boys ages 8-21.
- Program membership is free, but youth golfers pay \$20 at the course each time they play.
- Loaner clubs are provided during the six visits.
- Tee times are available Monday – Friday all day & weekends after 12p.

Register now at [GrotonRec.com/discover](https://GrotonRec.com/discover)

# STEAM CAMPS



## STEM + Animal Architects w/ LEGO®

Gear up for a full day LEGO® Camp packed with hands-on and minds-on STEM fun! Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

Activity #	Date	Day	Time	Age	Res./Non-Res.
124281-6B	8/17-8/21	M-F	9A-2P	5-12	\$219 / 239

**Location:** Groton Community Center

**Instructor:** Playwell TEKnologies - camp | Min. 10/Max. 24



# JUST FOR TEENS



## Teen Adventure Camp

No need to be bored this summer! Teens explore state parks, trails, beaches, and other amusements. The camp emphasizes leadership, team building, physical activity, positive social interactions, structure, and meaningful participation. Teens participate in a community volunteer experience each week. Please bring clothing appropriate for hiking, swimming, boating or other activities as appropriate. Sunscreen, insect repellent, water bottles, and snack/lunch!

Activity #	Date	Day	Time	Age	Res./Non-Res.
124382-T1	6/22-6/25	M-Th	9A-4P	11-16	\$189 / 209
124382-T2	7/6-7/9	M-Th	9A-4P	11-16	\$189 / 209
124382-T3	7/13-7/16	M-Th	9A-4P	11-16	\$189 / 209
124382-T4	7/20-7/23	M-Th	9A-4P	11-16	\$189 / 209
124382-T5	7/27-7/30	M-Th	9A-4P	11-16	\$189 / 209

**Location:** Groton Senior Center

**Instructor:** Staff | Min. 10/Max. 22

## Leader In Training

The Leader in Training (LIT) program offers opportunities for youth to prepare for future employment by assisting in our summer camp. Candidates must complete and submit the LIT application available at GrotonRec.com/Camps. Groton Parks and Recreation will screen and interview candidates from among the applications received by May 29, 2020. Candidates who make it past the interviews must attend Summer Camp Orientation training sessions in June.

Activity #	Date	Day	Time	Age	Fee
136310-6A	6/22-6/25	M-Su	8A-3P	14-16	\$30/week

# SPECIALTY CAMPS



## JC Model & Fashion Camp

Children develop etiquette skills for any setting, feel good about themselves, tap into fashion talent and perfect whom they are inside and out. Each day has fun-filled theme activities like Makeover Mon., T-shirt Design Tues., and Fashion Show Friday where parents are invited to watch! Each child gets a photo shoot with a professional photographer.

Activity #	Date	Day	Time	Age	Res./Non-Res.
124285-6A	7/6-7/10	M-F	9A-12P	5-13	\$165 / 185

**Location:** Groton Community Center

**Instructor:** John Casablancas of CT | Min. 6/Max. 30

## Children's Theater Workshop

Children have the opportunity to make friends and build self-confidence while playing theater-related games and exploring the art of drama. Children will have the opportunity to write their own lines, and create costumes and props. Each session ends with a performance for families and a small celebration. This is just a fun opportunity for children to try theater without the pressure or high price tag. All children should bring a snack and a bottle of water.

Activity #	Date	Day	Time	Age	Res./Non-Res.
12428B-6A	7/20-7/24	M-F	3-5P	6-12	\$99 / 119
12428B-6B	7/27-7/31	M-F	3-5P	6-12	\$99 / 119

**Location:** Groton Community Center

**Instructor:** Kathleen Rowsam | Min. 3/Max. 12



# ARTS & ACTIVITIES



## Adult Social Nite

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 \$15). The group meets every other week at the Senior Center Rear Parking Lot.

Activity #	Date	Day	Time	Age	Res./Non-Res.
130400-6A	6/26-8/7	F	5-9P	21-54	\$79 / 99

**Location:** Groton Senior Center  
**Instructor:** Andy Plasse | Min. 4/Max. 11

## Special Recreation

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	Res./Non-Res.
130401-6A	6/25-9/17	Th	6-8P	14+	\$59 / 79

**Location:** Groton Community Center  
**Instructor:** Victor Cicchese | Min. 4/Max. 99

## Special Olympics Groton

Special Olympics Groton offers year round sport training and competition opportunities to athletes with intellectual disabilities. We also offer Unified Sports which teams up athletes and with intellectual disabilities and their peers without disabilities, known as Special Partners to play sports.

Register at [www.groton-ct.gov](http://www.groton-ct.gov) for Special Recreation to become an athlete.

### January – March:

Floor hockey, basketball and aquatics

### March – June:

Track and field, wheel chair athletics, tennis, soccer, & cycling.

### June – September:

Sailing, golf, softball, bocce

### September – November:

Bowling, volleyball and flag football

## Adaptive Painting

People with disabilities learn the basics of drawing and painting by working on individually chosen projects in a group setting. Supplies for drawing and watercolor provided.

Activity #	Date	Day	Time	Age	Res./Non-Res.
134400-6A	6/23-8/11	Tu	9-10:30A	21+	\$35 / 55

**Location:** Groton Senior Center  
**Instructor:** Andy Plasse | Min. 4/Max. 10

## Short Story Writing

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
135420-6A	6/22-8/10	M	6-8P	18+	\$105 / 125
135420-6B	6/24-8/12	W	5-7P	18+	\$105 / 125

**Location:** Groton Community Center  
**Instructor:** Nicholas Checker | Min. 2/Max. 7

# MUSIC



## Private Drumming Lessons

Private one-on-one instruction helps students refine technique, rhythm, and basic notation. Students need to purchase and bring: Innovative Percussion IP1 Drumsticks or Vic Firth SD1 Drumsticks, and any practice pad and stand combo of their choosing.

Activity #	Date	Day	Time	Age	Res./Non-Res.
139801-6A	6/23-8/11	Tu	5-5:30P	6+	\$85 / 105
139801-6B	6/23-8/11	Tu	5:30-6P	6+	\$85 / 105
139801-6C	6/23-8/11	Tu	6-7P	6+	\$165 / 185
139801-6D	6/23-8/11	Tu	7-8P	6+	\$165 / 185
139801-6E	6/23-8/11	Tu	8-9P	6+	\$165 / 185
139801-6F	6/25-8/20	Th	5-5:30P	6+	\$85 / 105
139801-6G	6/25-8/20	Th	5:30-6P	6+	\$85 / 105
139801-6H	6/25-8/20	Th	6-7P	6+	\$165 / 185
139801-6J	6/25-8/20	Th	7-8P	6+	\$165 / 185
139801-6K	6/25-8/20	Th	8-9P	6+	\$165 / 185

**Location:** Groton Community Center  
**Instructor:** Patrick Howard | Min. 1/Max. 1

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or [ecicchese@groton-ct.gov](mailto:ecicchese@groton-ct.gov).

## Time to Move

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

Activity #	Date	Day	Time	Age	Res./Non-Res
132181-6B	6/25-8/20	Th	10:05-10:50A	18-36mths	\$49 / 69
132181-6C	6/25-8/20	Th	10:55-11:40A	1-5	\$49 / 69

**Location:** Groton Community Center

**Instructor:** Rachel Goodman | Min. 6/Max. 14

## Intro to Dance

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
131183-6A	6/26-8/21	F	4-4:45P	3-5	\$59 / 79

**Location:** Groton Community Center

**Instructor:** Brittany Sullivan | Min. 5/Max. 20

## Princess Ballet

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
131184-6B	6/22-8/10	M	4-4:30P	3-5	\$55 / 75

**Location:** Groton Community Center

**Instructor:** Brittany Sullivan | Min. 5/Max. 20

## 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	Res./Non-Res.
<b>7-10 yrs</b>					
131280-6B	6/22-8/10	M	4:35-5:20P	7-10	\$59 / 79
<b>5-6 yrs</b>					
131280-6C	6/26-8/21	F	4:50-5:35P	5-6	\$59 / 79

**Location:** Groton Community Center

**Instructor:** Brittany Sullivan | Min. 5/Max. 20



## Summer Fun Runs

Come alone or with your family and try a course: a 0.4 mile short fun run for children, 2.8 miles to the beach and back, or the full 3.5 mile loop. Walkers welcome. Volunteer timers needed.

Activity #	Date	Day	Time	Age	Fee
143480-6A	7/3-8/14	F	6-7P	5+	Free

**Location:** Bluff Point State Park

**Instructor:** Denise Descheneaux | Min. 8/Max. 200

# GYMNASTICS



## Beginner Gymnastics

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
141210-6A	6/22-8/10	M	4:25-5:05P	5-15	\$79 / 99

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics | Min. 6/Max. 16

## Intermediate Gymnastics

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
141220-6A	6/22-8/10	M	5:10-5:50P	5-15	\$79 / 99

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics | Min. 6/Max. 18

## Gymnastics Camp

Join us in the gym to learn new gymnastics skills while playing games, making new friends, and getting stronger! Gymnastics Camp builds confidence and is open to kids with all levels of experience. FRIDAY AUGUST 14, 2020 camp will ONLY be held from 9A – 12P.

Activity #	Date	Day	Time	Age	Res./Non-Res.
12428D-6A	8/10-8/14	M-F	9A-3P	5-15	\$259 / 279

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics | Min. 10/Max. 24

## Quick Links

Facebook: [@grotonparksandrec](#)

Groton Senior Center FB: [@GrotonSC](#)

Groton P&R instagram: [@grotonrec](#)



## Karate Grading

Lil' Tiger Grading (belt testing) Level II - test takes approximately 30 minutes. Level III - must bring their safety equipment.

Activity #	Date	Day	Time	Age	Res./Non-Res.
142105-6A	8/8-8/8	Sa	8:30-9:15A	3-6	\$25 / 25
142105-6B	8/8-8/8	Sa	9:15A-12:12P	6+	\$25 / 25

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 1/Max. 99

## Adaptive Karate

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Adaptive Karate I</b>					
142110-6A	6/22-8/17	M	5:25-5:55P	4-12	\$49 / 69
<b>Adaptive Karate II</b>					
142110-6B	6/18-8/25	Tu,Th	4:50-5:30P	4+	\$85 / 105

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 1/Max. 8

## Teen/Adult Adaptive Karate

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
142400-6A	6/22-8/17	M	4:50-5:20P	13+	\$49 / 69

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 1/Max. 8

## Lil' Tiger Karate

Lil' Tiger II Ranks: White, White w/Yellow Stripe, White w/ Orange Stripe. Lil' Tiger III Ranks: White w/Green, White w/Blue, White w/ Purple, White w/Brown.

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Lil' Tiger I</b>					
142111-6A	6/23-8/18	Tu	4:15-4:45P	3-5	\$59 / 79
142111-6C	6/18-8/27	Th	4:15-4:45P	3-5	\$55 / 75
<b>Lil' Tiger II</b>					
142111-6D	6/24-8/19	W	4:30-5P	3-5	\$59 / 79
142111-6E	6/18-8/27	Th	1-1:30P	3-5	\$55 / 75
142111-6F	6/19-8/28	F	4:30-5P	3-5	\$55 / 75
<b>Lil' Tiger III</b>					
142111-6G	6/19-8/28	F	5:45-6:30P	3-5	\$65 / 85

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 6/Max. 50

## Jr Dragon Karate

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. Classes are taught in a safe and structured environment. Jr Dragon II Ranks: White, Yellow with White, Yellow Jr Dragon III Ranks: Orange, Green and Blue Jr Dragon IV Ranks: Purple, Purple w/ Black, Brown w/ White

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Jr. Dragon I</b>					
142210-6A	6/24-8/19	W	7-7:45P	6-12	\$69 / 89
<b>Jr. Dragon II</b>					
142210-6B	6/19-8/26	W,F	5-5:45P	6-12	\$115 / 135
<b>Jr. Dragon III</b>					
142210-6C	6/22-8/19	M,W	6-7P	6-12	\$135 / 155
<b>Jr. Dragon IV</b>					
142210-6D	6/18-8/25	Tu,Th	5:30-6:30P	6-12	\$131 / 151

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 6/Max. 40

## Black Belt Karate

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. The class is taught in a safe & structured environment. Ranks: Brown belt & higher.

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Jr. Black Belt</b>					
142280-6A	6/18-8/25	Tu,Th	6:30-7:30P	8-12	\$129 / 149
<b>Black Belt</b>					
142280-6B	6/18-8/25	Tu,Th	7:30-9P		\$193 / 213

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 3/Max. 45

# KARATE



## Beginner & Intermediate Karate

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. The class is taught in a safe and structured environment. Ranks: White belt (all beginners) through Purple with Black.

Activity #	Date	Day	Time	Age	Res./Non-Res.
142410-6A	6/22-8/19	M,W	8-9P	13+	\$135 / 155
142410-6B	6/18-8/25	Tu,Th	12-1P	13+	\$129 / 149

**Location:** Groton Community Center

**Instructor:** Ralph Batty, Jr. | Min. 1/Max. 45

## Yamanni Ryu Kobudo

Students learn fundamentals of kobudo (traditional weapons) which include basics, basics with movement, Hojo undo and kata. All participants must have their own Bo staff or pair of Sai which must be pre-approved by Sensei.

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Intermediate Bo-Jutsu</b>					
142431-6A	6/22-8/17	M	7-7:30P	9+	\$39 / 59
<b>Beginner Bo-Jutsu</b>					
142431-6B	6/19-8/28	F	6:30-7:15P	9+	\$35 / 55
<b>Intermediate Sai-Jutsu</b>					
142431-6C	6/22-8/17	M	7:30-8P	9+	\$39 / 59

**Location:** Groton Community Center

**Instructor:** Ralph Batty, Jr. | Min. 10/Max. 40

# SPORTS & FITNESS



## ADULT DROP-IN SPORTS AT GROTON COMMUNITY CENTER

### Pickleball

#### Pick-up — \$4

Monday • 4:15-6:45P (Recreational Open Play)

Tuesday • 10A-12P (Recreational Open Play)

Wednesday • 5-8P (Intermediate/Advanced)

Friday • 5-8P • Drills 5-6P (Experienced & Competitive)

#### Pickleball “Social” — \$5

1st & 3rd Saturday of each month • 5-8 pm  
(Intermediate/Advanced)

### Basketball — \$5

Monday • 7:30-9P

Wed and Fri • 7-9A

### Dodgeball — \$5

Sundays, 6:30-8:30P

## Pickleball Lessons at Groton Community Center

Wear sneakers and comfortable clothes. Lessons are \$5 payable in cash at the gym. There is no fee to reserve the lesson online. Just click the calendar icon on the left of a row below to choose a date. After lessons, join us for open play! [GrotonRec.com/pickleball](http://GrotonRec.com/pickleball)

Activity #	Date	Day	Time	Age	Fee
<b>Pickleball Lessons (Working Adults Only)</b>					
143400-MPM1	6-12/31	M	5-6P	18+	\$5 cash
<b>Pickleball Lessons</b>					
143400-TAM	1/6-12/31	Tu	9-10A	18+	\$5 cash
<b>Pickleball Lessons</b>					
143400-WPM1	6-12/31	W	4-5P	18+	\$5 cash

**Location:** Groton Community Center

**Instructor:** TBD | Min. 1/Max. 4

## Adaptive Fitness

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
151400-6A	6/23-8/11	Tu	5:30-6:15P	12-45	\$15 / 35
151400-6B	6/23-8/11	Tu	6:15-7P	12-45	\$15 / 35

**Location:** Groton Community Center

**Instructor:** Hannah Watson | Min. 4/Max. 6



## Rock Steady Boxing for Parkinson's Disease

People with Parkinson's disease can slow the progression of their illness and enhance their quality of life while building impressive power, strength, flexibility and speed. Rock Steady Boxing is non-contact and works to improve stability, balance, and coordination through workouts modified to meet the challenges of PD. All ages and ability levels are welcome. Caregiver participation is encouraged. Participants must provide gloves, wraps, and bring water.

Activity #	Date	Day	Time	Age	Res./Non-Res.
151402-6A	6/23-8/21	Tu,Th,F	4:30-6P	18+	\$99 / 119

**Location:** Groton Community Center  
**Instructor:** Geoff Visgilio | Min. 6/Max. 40

## Kick Boxing

Experience Fun, Full-Body Workouts – In every class, every part of your body gets the best work out of your life. You'll do fun, crazy exercises you've never seen. And you'll slim down every inch of yourself! Countless studies have shown how powerful it is to combine cardio & resistance training. In every class, you get the perfect amount of each. After being bored by gyms, trainers, and other ineffective programs – our members can't stop raving about how fun our workouts really are. They say the best part is working with REAL kickboxing equipment for an authentic experience. Participants must provide gloves, shin guards and bring water.

Activity #	Date	Day	Time	Age	Res./Non-Res.
15148C-6A	6/22-8/10	M	6-7P	15+	\$65 / 85
15148C-6B	6/24-8/12	W	6-7P	15+	\$65 / 85

**Location:** Groton Community Center  
**Instructor:** Joe Russack-Baker | Min. 6/Max. 40

## Happy Hour at the Barre

This class mixes moves from Pilates, Yoga, and Ballet to increase core strength, sculpt, and tone. Barre classes consist of high reps/small range-of-motion movements designed to tone your whole body. Even better, this class includes short-interval cardio bursts bringing your fitness to the next level! Sign up for two sessions and save \$10. Sign up for all three and save \$15! Non-residents only pay the out of town fee once. Barre Classes are taught barefoot in order to feel connection with the floor, improve balance, and, strengthen the muscles of the feet. A personal yoga mat and Yoga/Barre socks with gripper bottoms are suggested equipment for class.

Activity #	Date	Day	Time	Age	Res./Non-Res.
15148D-6A	6/22-8/10	M	5:30-6:25P	12+	\$65 / 85

**Location:** Groton Community Center  
**Instructor:** Denise Descheneaux | Min. 8/Max. 17

## Mornings at the Barre

This class mixes moves from Pilates, Yoga, and Ballet to increase core strength, sculpt, and tone. Barre classes consist of high reps/small range-of-motion movements designed to tone your whole body. Even better, this class includes short-interval cardio bursts bringing your fitness to the next level! Sign up for two sessions and save \$10. Sign up for all three and save \$15! Non-residents only pay the out of town fee once. Barre Classes are taught barefoot in order to feel connection with the floor, improve balance, and, strengthen the muscles of the feet. A personal yoga mat and Yoga/Barre socks with gripper bottoms are suggested equipment for class.

Activity #	Date	Day	Time	Age	Res./Non-Res.
15148E-6B	6/23-8/11	Tu	9:15-10:15A	13+	\$65 / 85
15148E-6C	6/25-8/20	Th	9:15-10:15A	13+	\$65 / 85

**Location:** Groton Community Center  
**Instructor:** Denise Descheneaux | Min. 8/Max. 15

## POUND

Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix, lightly weighted drumsticks (that we provide) engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Activity #	Date	Day	Time	Age	Res./Non-Res.
15148H-6A	6/25-8/20	Th	6:35-7:20P	16+	\$65 / 85

**Location:** Groton Community Center  
**Instructor:** Lindsay Strand | Min. 5/Max. 15

## Tai Chi

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	Res./Non-Res.
153410-6B	6/25-8/20	Th	5:30-6:45P	14+	\$59 / 79

**Location:** Spicer Park  
**Instructor:** John Sidoli | Min. 3/Max. 24

## Yoga for All

Experience the union of mind, body and spirit while you mindfully move and breathe while building muscle strength in this class that is suitable for beginners and experienced yoga practitioners. The instructor has some equipment and props, but please bring your own yoga mat.

Activity #	Date	Day	Time	Age	Res./Non-Res.
153481-6A	6/22-8/10	M	6:15-7:30P	14+	\$65 / 85

**Location:** UCONN Avery Point  
**Instructor:** Lori Miller | Min. 15/Max. 45

**23** – Copp Park has a 2.3 mile trail system that features a great forest setting and is good for all skill levels for hiking, walking, trail running, and nature trips. Dogs are also able to use this trail but must be kept on leash.

Central Bark Dog Park located inside the Copp Property has separate fully fenced areas for both small and large dogs, your furry friends are sure to have a great time and get some exercise.



**1** – The Groton Senior Center is a state of the art facility and is nationally accredited.

**2** – The Groton Hockey Rink is the only outdoor roller hockey rink in the area!

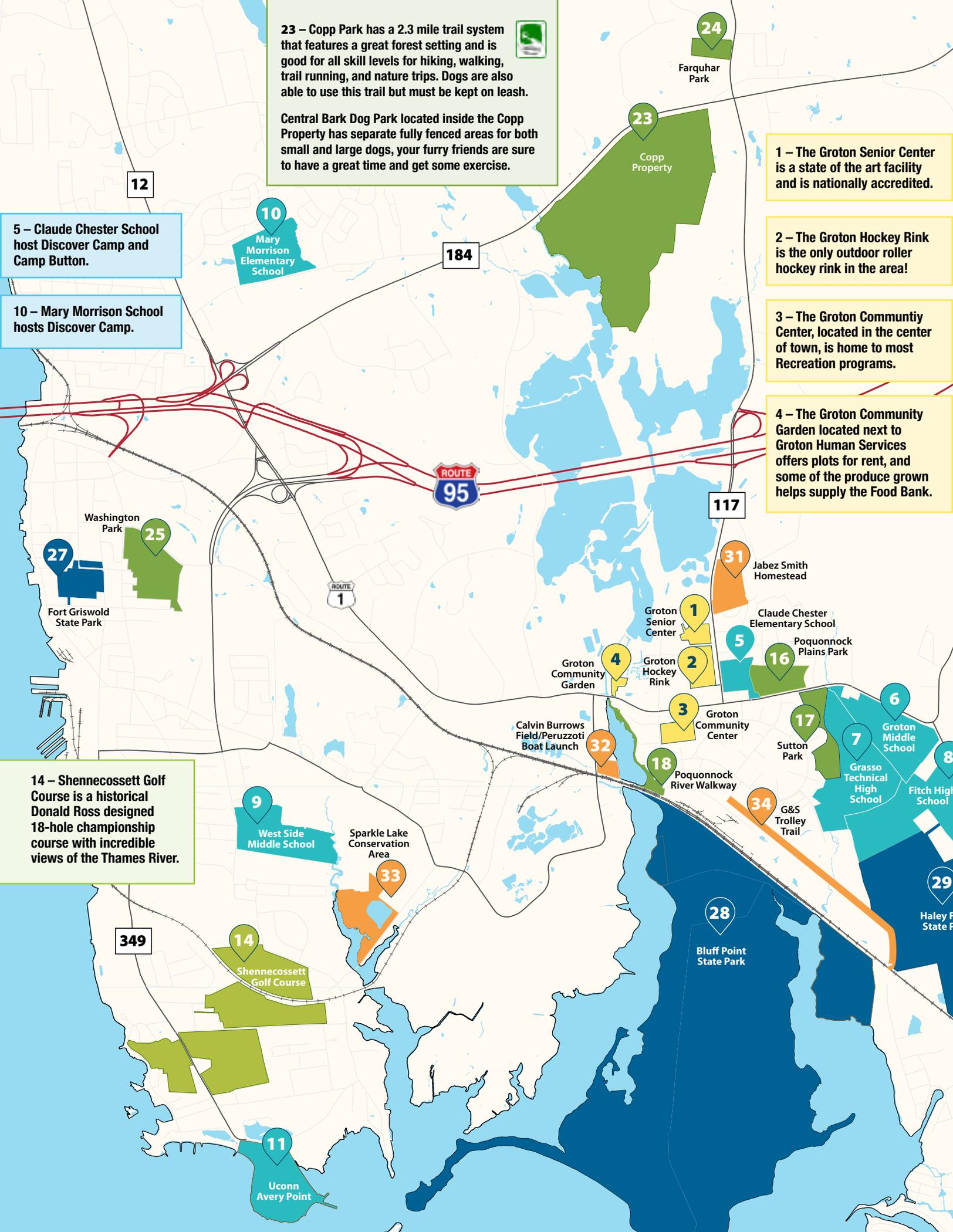
**3** – The Groton Community Center, located in the center of town, is home to most Recreation programs.

**4** – The Groton Community Garden located next to Groton Human Services offers plots for rent, and some of the produce grown helps supply the Food Bank.

**5** – Claude Chester School host Discover Camp and Camp Button.

**10** – Mary Morrison School hosts Discover Camp.

**14** – Shennecossett Golf Course is a historical Donald Ross designed 18-hole championship course with incredible views of the Thames River.



12

10

Mary Morrison Elementary School

184

23

Copp Property

24

Farquhar Park

117



Washington Park

25

Fort Griswold State Park

27

117

31

Jabez Smith Homestead

1

Groton Senior Center

2

Groton Hockey Rink

5

Claude Chester Elementary School

Poquonnock Plains Park

16

4

Groton Community Garden

3

Groton Community Center

17

Sutton Park

6

Groton Middle School

8

Fitch High School

Calvin Burrows Field/Peruzzoti Boat Launch

32

18

Poquonnock River Walkway

34

G&S Trolley Trail

9

West Side Middle School

Sparkle Lake Conservation Area

33

349

14

Shennecossett Golf Course

11

Uconn Avery Point

28

Bluff Point State Park

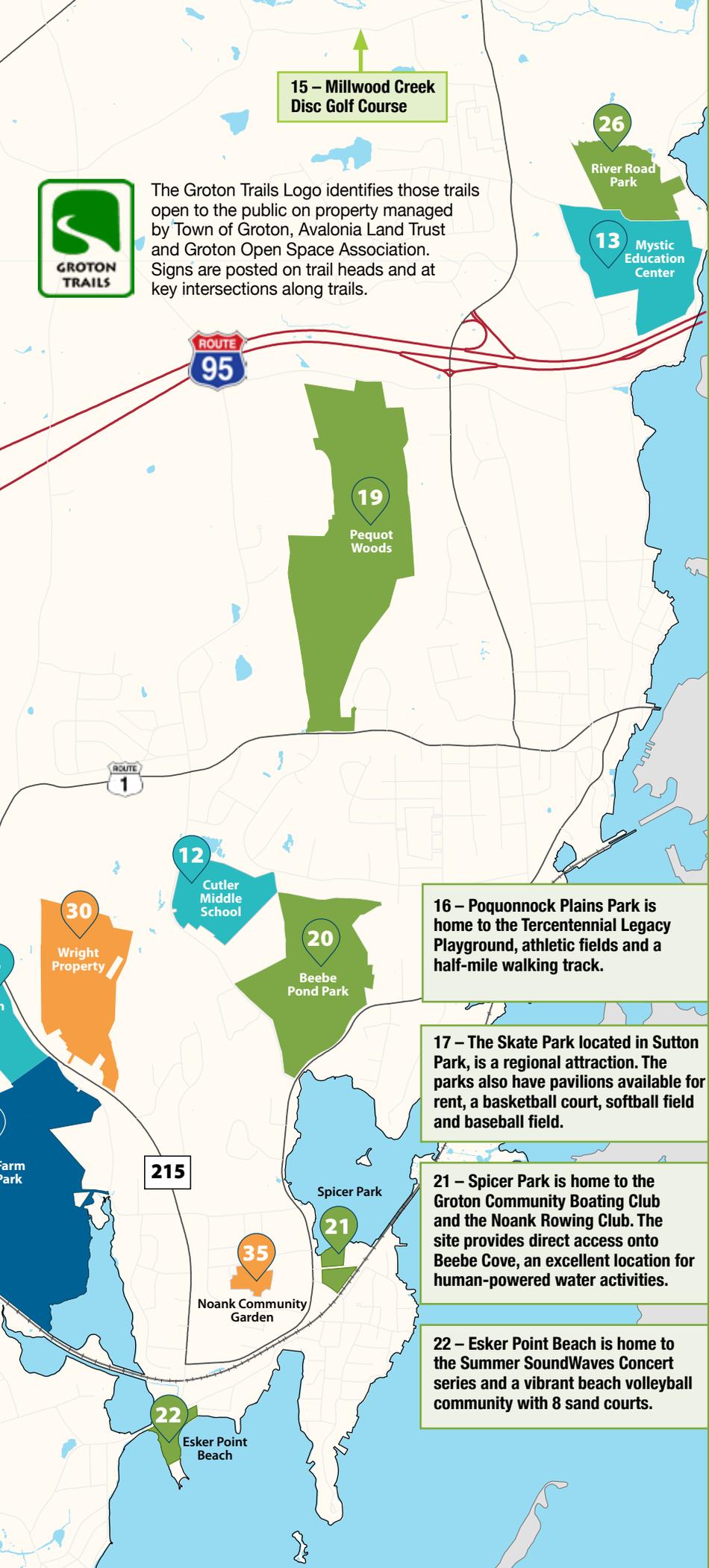
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Haley P State Park

**15 – Millwood Creek Disc Golf Course**



The Groton Trails Logo identifies those trails open to the public on property managed by Town of Groton, Avalonia Land Trust and Groton Open Space Association. Signs are posted on trail heads and at key intersections along trails.



**16 – Poquonnock Plains Park is home to the Tercentennial Legacy Playground, athletic fields and a half-mile walking track.**

**17 – The Skate Park located in Sutton Park, is a regional attraction. The parks also have pavilions available for rent, a basketball court, softball field and baseball field.**

**21 – Spicer Park is home to the Groton Community Boating Club and the Noank Rowing Club. The site provides direct access onto Beebe Cove, an excellent location for human-powered water activities.**

**22 – Esker Point Beach is home to the Summer SoundWaves Concert series and a vibrant beach volleyball community with 8 sand courts.**

**GP&R PROGRAM LOCATIONS**

1	Groton Senior Center
2	Groton Hockey Rink
3	Groton Community Center
4	Groton Community Garden

**GROTON SCHOOL LOCATIONS**

5	Claude Chester Elementary School
6	Groton Middle School
7	Grasso Technical High School
8	Fitch High School
9	West Side Middle School
10	Mary Morrison Elementary School
11	Uconn Avery Point
12	Cutler Middle School
13	Mystic Education Center

**GOLF COURSES**

14	Shennecossett Golf Course
15	Millwood Creek Disc Golf Course

**COMMUNITY PARKS**

16	Poquonnock Plains Park
17	Sutton Park
18	Poquonnock River Walkway
19	Pequot Woods
20	Beebe Pond Park
21	Spicer Park
22	Esker Point Beach
23	Copp Property
24	Farquhar Park
25	Washington Park
26	River Road Park

**STATE PARKS**

27	Fort Griswold State Park
28	Bluff Point State Park
29	Haley Farm State Park

**POINTS OF INTEREST**

30	Wright Property
31	Jabez Smith Homestead
32	Calvin Burrows Field/Peruzzoti Boat Launch
33	Sparkle Lake Conservation Area
34	G&S Trolley Trail
35	Noank Community Garden

# BOATING



## Adaptive Kayaking

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
171400-6A	6/22-7/13	M	4-6P	9+	\$89 / 109
171400-6B	7/20-8/10	M	4-6P	9+	\$89 / 109

**Location:** Spicer Park  
**Instructor:** Andy Plasse | Min. 2/Max. 2

## DEEP State Boating Class

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. Doesn't include DEEP cost of certificate. Attendance is REQUIRED all 3 days.

Activity #	Date	Day	Time	Age	Fee
172880-4C	6/8-6/15	M,W,M	6-9P	10+	\$25

**Location:** Groton Senior Center  
**Instructor:** Staff DEEP | Min. 20/Max. 20

## Groton Community Boating Club

**JANUARY 1, 2020- DECEMBER 31, 2020**

Membership includes the use of Club boats (kayaks and stand up paddle boards) and boathouse, located on Beebe Cove in Spicer Park Noank.

Activity #	Yearly Membership	Res./Non-Res.
921303-01	Family	\$175 / 195
921303-02	Adult (19-59)	\$100 / 120
921303-03	Senior (60+)	\$75 / 95
921303-04	Youth (12-18)	\$75 / 95

### Kayak Rack Rentals

Limited shell and kayak storage is available to both members and non-members.

Activity #	Yearly Membership	Res./Non-Res.
179891-8A	Outdoor	\$150 / 170
179892-8A	Indoor	\$325 / 345



# SWIMMING



## Private Swim Lessons

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Private Lesson</b>					
180300-6A	6/27-8/22	Sa	8-8:30A	2+	\$179 / 199
<b>Advanced Lesson</b>					
180300-6B	6/27-8/22	Sa	8:30-9A	2+	\$179 / 199

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 1/Max. 3

## Adaptive Swimming

Swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water. Extra staff is available in the water to provide support. See aquatics page for skill level. Adaptive Level 1 equals "typical" Level 1 and 2 requirements. Adaptive Level 2 equals "typical" Level 3+ swim lessons.

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Level 1</b>					
181109-6A	6/27-8/22	Sa	10:35-11:15A	6-21	\$79 / 99
<b>Level 2</b>					
181109-6B	6/27-8/22	Sa	9:50-10:30A	6-21	\$79 / 99

**Location:** UCONN Avery Point  
**Instructor:** Andy Plasse | Min. 4/Max. 8

## Intro to Level 1 Swim Lessons

This parent & child class is for your beginning swimmer to prepare for Level 1. Basic introduction to breath control, basic floating and balance in the water, changing directions and rolling over, and using a personal flotation device (PFD) are covered.

Activity #	Date	Day	Time	Age	Res./Non-Res.
182110-6A	6/27-8/22	Sa	8-8:30A	3-5	\$75 / 95

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 4/Max. 8

## Level 1 Swim Lessons

Level 1 Swim - Swimmers learn water safety rules, safe water entry and exits, breath control, basic floating and balance in the water, changing directions and rolling over, and using a personal flotation device (PFD). Flotation devices are provided.

Activity #	Date	Day	Time	Age	Res./Non-Res.
182111-6A	6/27-8/22	Sa	9:05- 9:45A	3-15	\$75 / 95
182111-6B	6/27-8/22	Sa	9:50-10:30A	3-15	\$75 / 95
182111-6C	6/27-8/22	Sa	11:20A-12P	3-15	\$75 / 95

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 4/Max. 8

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or [ecicchese@groton-ct.gov](mailto:ecicchese@groton-ct.gov).

# SWIMMING



## Level 2 Swim Lessons

Level 2 Swim - Swimmers learn how to float and balance in the front, back and side positions, underwater movement and retrieval skills, water safety, and movement. Goggles are REQUIRED.

Activity #	Date	Day	Time	Age	Res./Non-Res.
182210-6A	6/27-8/22	Sa	9:05-9:45A	3-15	\$75 / 95
182210-6B	6/27-8/22	Sa	11:20A-12P	3-15	\$75 / 95

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 4/Max. 8

## Level 3 Swim Lessons

Level 3 Swim - Furthers swimmers' ability in swimming independently. Swimmers work on freestyle, backstroke, frog kick, treading, and diving. Goggles are REQUIRED.

Activity #	Date	Day	Time	Age	Res./Non-Res.
182220-6A	6/27-8/22	Sa	10:35-11:15A	3-15	\$75 / 95

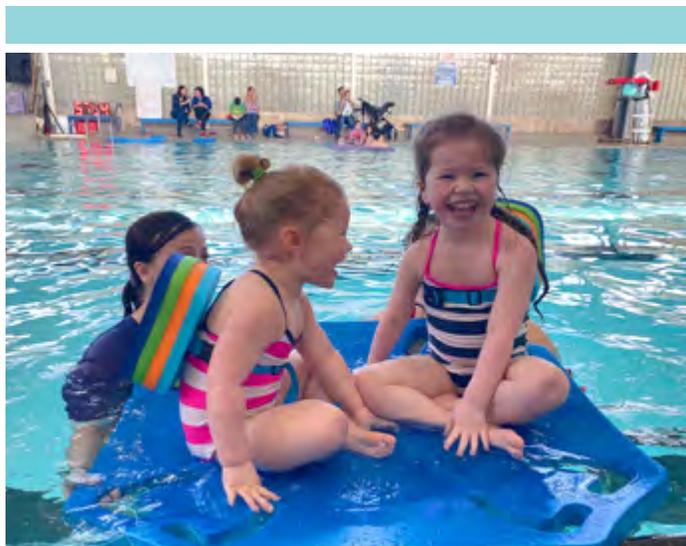
**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 4/Max. 8

## Baby & Me Social Swim

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.

Activity #	Date	Day	Time	Age	Res./Non-Res.
184080-6A	6/27-8/22	Sa	8:30-9A	0.5-3	\$29 / 49

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 4/Max. 25



## Swimming 101: What level do I choose?

**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 100 feet? Can they tread water for three minutes and perform a standing dive?

Yes (continue) No – Stay in Level 5

**PRE-COMP:** Has your child mastered freestyle, backstroke, breaststroke and butterfly and are they able to perform them more than 100 feet? Can they tread water for four minutes; perform a standing dive, open turn, flip turn and dive down to a depth of ten feet?

No – Stay In Pre-Comp

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

## Quick Links

Facebook: [@grotonparksandrec](#)  
Groton Senior Center FB: [@GrotonSC](#)  
Groton P&R instagram: [@grotonrec](#)



## Teen/Young Adult Social Club

Teens and young adults plan group activities weekly. Participants have opportunities to learn new leisure activities, meet new friends, all the while having fun in age-appropriate groups.

Activity #	Date	Day	Time	Age	Res./Non-Res.
130300-6A	6/26-8/21	F	6-9P	13-29.9	\$75 / 95

**Location:** Groton Community Center  
**Instructor:** Jamie Jackson | Min. 10/Max. 22

## Adult Social Nite

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 \$15). The group meets every other week at the Senior Center Rear Parking Lot.

Activity #	Date	Day	Time	Age	Res./Non-Res.
130400-6A	6/26-8/7	F	5-9P	21-54	\$79 / 99

**Location:** Groton Senior Center  
**Instructor:** Andy Plasse | Min. 4/Max. 11

## Special Recreation

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	Res./Non-Res.
130401-6A	6/25-9/17	Th	6-8P	14+	\$59 / 79

**Location:** Groton Community Center  
**Instructor:** Victor Cicchese | Min. 4/Max. 99

## Adaptive Painting

People with disabilities learn the basics of drawing and painting by working on individually chosen projects in a group setting. Supplies for drawing and watercolor provided.

Activity #	Date	Day	Time	Age	Res./Non-Res.
134400-6A	6/23-8/11	Tu	9-10:30A	21+	\$35 / 55

**Location:** Groton Senior Center  
**Instructor:** Andy Plasse | Min. 4/Max. 10

## Adaptive Karate

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
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**Adaptive Karate I**  
 142110-6A 6/22-8/17 M 5:25-5:55P 4-12 \$49 / 69

**Adaptive Karate II**  
 142110-6B 6/18-8/25 Tu,Th 4:50-5:30P 4-110 \$85 / 105

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 1/Max. 8

## Teen/Adult Adaptive Karate

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
142400-6A	6/22-8/17	M	4:50-5:20P	13+	\$49 / 69

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 1/Max. 8

## Adaptive Fitness

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
151400-6A	6/23-8/11	Tu	5:30-6:15P	12-45	\$15 / 35
151400-6B	6/23-8/11	Tu	6:15-7P	12-45	\$15 / 35

**Location:** Groton Community Center  
**Instructor:** Hannah Watson | Min. 4/Max. 6

## Rock Steady Boxing for Parkinson's Disease

People with Parkinson's disease can slow the progression of their illness and enhance their quality of life while building impressive power, strength, flexibility and speed. Rock Steady Boxing is non-contact and works to improve stability, balance, and coordination through workouts modified to meet the challenges of PD. All ages and ability levels are welcome. Caregiver participation is encouraged. Participants must provide gloves, wraps, and bring water.

Activity #	Date	Day	Time	Age	Res./Non-Res.
151402-6A	6/23-8/21	Tu,Th,F	4:30-6P	18+	\$99 / 119

**Location:** Groton Community Center  
**Instructor:** Geoff Visgilio | Min. 6/Max. 40

## Adaptive Kayaking

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

Activity #	Date	Day	Time	Age	Res./Non-Res.
171400-6A	6/22-7/13	M	4-6P	9+	\$89 / 109
171400-6B	7/20-8/10	M	4-6P	9+	\$89 / 109

**Location:** Spicer Park  
**Instructor:** Andy Plasse | Min. 2/Max. 2

## Adaptive Swimming

Swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water. Extra staff is available in the water to provide support. See aquatics page for skill level. Adaptive Level 1 equals "typical" Level 1 and 2 requirements. Adaptive Level 2 equals "typical" Level 3+ swim lessons.

Activity #	Date	Day	Time	Age	Res./Non-Res.
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**Level 1**  
 181109-6A 6/27-8/22 Sa 10:35-11:15A 6-21 \$79 / 99

**Level 2**  
 181109-6B 6/27-8/22 Sa 9:50-10:30A 6-21 \$79 / 99

**Location:** UCONN Avery Point  
**Instructor:** Andy Plasse | Min. 4/Max. 8



## Strength Training

This program utilizes hand weights, dynabands, exertubes and body weight to help improve muscular strength and endurance.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262400-6A	7/6-8/26	M,W	5-6P	18+	\$60 / 70

**Location:** Groton Senior Center  
**Instructor:** Lorraine Raimondi | Min. 12/Max. 35

## Heart Healthy Fitness

This program focuses on aerobic exercised designed to strengthen the heart and lung systems. Light resistance exercise and flexibility exercises also included.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262403-6A	7/6-8/26	M,W	4-5P	18+	\$50 / 60

**Location:** Groton Senior Center  
**Instructor:** Lorraine Raimondi | Min. 5/Max. 35

## Stretch Strength Balance

This program focuses on muscular strength and endurance and flexibility with a goal of improving fitness level and balance. Joint health and safety and fall prevention included. Chairs are used.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262500-6A	7/6-8/28	M,W,F	10-11A	55+	\$60 / 70

**Location:** Groton Senior Center  
**Instructor:** Christina Palacois | Min. 5/Max. 40

## Zumba Gold

Far from being slow and boring, Zumba Gold™ is still that exhilarating dance fitness party you love! Less emphasis on high impact moves for joint safety, added rhythms for balance and flexibility emphasis, and all the fun left in! Perfect for active older adults, and those new and returning to fitness. NO experience necessary! A comfortable pair of shoes and water is all you need.

Activity #	Date	Day	Time	Age	Res./Non-Res.
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### Zumba Gold Tues

262501-6A	7/7-8/25	Tu	5-6P	18+	\$28 / 38
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### Zumba Gold Weds

262501-6B	7/8-8/26	W	11:45A-12:45P	55+	\$28 / 38
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### Zumba Gold Thurs

262501-6C	7/9-8/27	Th	5-6P	18+	\$28 / 38
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**Location:** Groton Senior Center  
**Instructor:** Monica Bengston | Min. 14/Max. 35

## Strength & Balance/Arthritis

This Arthritis Foundation Exercise Program focuses on joint health and the fitness needs of people with joint disease and those with a low fitness level. SILVER SNEAKERS Program.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262503-6A	7/7-8/20	Tu,Th	10-11A	55+	\$50 / 60

**Location:** Groton Senior Center  
**Instructor:** Julie Oliver | Min. 16/Max. 40

## Boom Move

This is a moderate to moderately heavy low impact aerobics program. Exercises focus on the major muscle groups and strengthening the heart and lungs. 25 to 30 minutes of aerobic work is done. SILVER SNEAKERS FLEX Program

Activity #	Date	Day	Time	Age	Res./Non-Res.
262504-6A	7/7-8/20	Tu,Th	9-10A	55+	\$50 / 60
262504-6B	7/11-8/22	Sa	9-10A	55+	\$50 / 60

**Location:** Groton Senior Center  
**Instructor:** Julie Oliver | Min. 16/Max. 40

## Cardio Sculpt

This class is a combination of cardio and strength training intervals. The Cardio portion is approximately 25-30 min with intervals of strength and resistance moves utilizing tools such as hand weights, elastic tubing and balls. This class is approx. 55 min long.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262505-6A	7/6-8/28	M,W,F	9-10A	55+	\$60 / 70

**Location:** Groton Senior Center  
**Instructor:** Christina Palacois | Min. 20/Max. 40

## Zumba Gold Toning

Zumba Gold Toning is perfect for those looking for a safe and fun way to strength train! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass and strength. Walk in ready to have a blast and tone up, and leave exhilarated and empowered! Perfect for the active older adult and those new or returning to fitness.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262506-6A	7/6-8/24	M	6:10-7:10P	18+	\$28 / 38
262506-6B	7/10-8/28	F	11:45A-12:45P	55+	\$28 / 38

**Location:** Groton Senior Center  
**Instructor:** Monica Bengston | Min. 13/Max. 35

## Walk with Ease

Join us for this fun and educational Arthritis Foundation walking program for anyone who has joint problems or has not been exercising. This class is a great way to begin a regular exercise routine.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262507-6A	7/6-8/28	M,W,F	11A-12P	55+	\$50 / 60

**Location:** Groton Senior Center  
**Instructor:** Christina Palacois | Min. 5/Max. 35

## Quick Links

Facebook: [@grotonparksandrec](#)  
 Groton Senior Center FB: [@GrotonSC](#)  
 Groton P&R instagram: [@grotonrec](#)



## Yoga

Simple yoga poses are used to focus on relaxation and flexibility. **Yoga Plus is a Saturday class** with a combination of yoga and tai chi poses.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262508-6A	7/8-8/26	W	8-9A	55+	\$28 / 38
262508-6C	7/11-8/29	Sa	9-10A	55+	\$28 / 38

**Location:** Groton Senior Center

**Instructor:** Connie Steffes | Min. 13/Max. 35

## Tai Chi

Originally a martial art 700 years young, this practice is well established to promote balance, flexibility, range of motion, grace, increased energy and relaxation. Immune system function is also enhanced. Creates mind-body harmony. SILVER SNEAKERS Program.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262509-6A	7/7-8/19	Tu	2-3P	55+	\$24 / 34
262509-6B	7/9-8/20	Th	11:30A-12:30P	55+	\$24/34

**Location:** Groton Senior Center

**Instructor:** Julie Oliver | Min. 16/Max. 35

## Senior Karate

This program promotes positive personal development of the student. This class is an introduction to traditional karate-do taught in a safe and structured manner which will cater to every student's personal needs. Students will learn basic karate technique which will strengthen them mentally as well as physical mobility and stretching will be a consistent part of class as well as learning fundamentals for self-protection.

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Senior Karate I</b>					
262510-6A	7/6-8/24	M,W	9-9:45A	55+	\$65 / 75
<b>Senior Karate II</b>					
262510-6B	7/6-8/24	M,W	9:45-10:30A	55+	\$65 / 75
<b>Senior Karate - Kobudo</b>					
262510-6C	7/6-8/24	M,W	10:30-11:15A	55+	\$65 / 75

**Location:** Groton Community Center

**Instructor:** Ralph Batty, Jr. | Min. 5/Max. 15



## Flow Fitness Class

A combination of yoga, pilates and barre. Soft and gentle movements designed to work the core and body using mainly the body as resistance. Good for all levels. Must be able to stand for most of the class.

Activity #	Date	Day	Time	Age	Res./Non-Res.
262512-6A	7/10-8/28	F	8-8:50A	55+	\$28 / 38

**Location:** Groton Senior Center

**Instructor:** Christina Palacois | Min. 8/Max. 35

## Line Dancing

This program offers a variety of country line dancing steps and music.

Activity #	Date	Day	Time	Age	Res./Non-Res.
263500-6A	7/6-8/24	M	10:30-11:30A	55+	\$40 / 50

**Location:** Groton Senior Center

**Instructor:** Jack McLaughlin | Min. 10/Max. 40

## Dance Conditioning

Focus is on strengthening, toning, and stretching. The goal is to develop physical endurance, strength, flexibility, and coordination. With newly developed abilities, other classes we take may come easier to us with less exhaustion and/or soreness.

Activity #	Date	Day	Time	Age	Res./Non-Res.
263502-6A	7/7-8/25	Tu	8-8:50A	55+	\$28 / 38

**Location:** Groton Senior Center

**Instructor:** Monica Bengston | Min. 5/Max. 30

## Pickleball at the Groton Senior Center

**\$37/yr or \$3 daily drop-in**

<b>M</b>	12-1P (Beginners only) & 1-3P
<b>T</b>	11:30A-1:50P
<b>W</b>	1-3:45P
<b>Th</b>	12:30-4:45P
<b>F</b>	1-3:45P



# ACTIVITIES FOR 55+



For a complete listing of all 55+ programs, please visit [grotonrec.com/seniors](http://grotonrec.com/seniors)

## Ceramics

Paint and glaze your choice of ceramic green ware. Items are fired in kilns at the Senior Center. Items to fit all abilities from beginner to advanced.

Activity #	Date	Day	Time	Age	Res./Non-Res.
231500-6A	7/6-8/24	M	10A-12P	18+	\$32 / 42
231500-6B	7/9-8/27	Th	1-3P	18+	\$32 / 42

**Location:** Groton Senior Center

**Instructor:** Nancy Bordeau | Min. 5/Max. 15

## Watercolor

The Watercolor class is taught with a 'have no fear' approach and is a winner with both beginner artists and those further along. Classes are small with much individual attention. Techniques such as wet into wet washes, glazing, textured effects, saturated darks and important design elements are always taught. Learn how to let a watercolor paint itself! Class supply list provided. **Fee is \$200** payable to instructor at first class. Students still register at center.

Activity #	Date	Day	Time	Age
232400-6A	7/7-8/25	Tu	1:30-3:30P	18+
232400-6B	7/7-8/25	Tu	6-8P	18+

**Location:** Groton Senior Center

**Instructor:** Lizbeth McGee | Min. 5/Max. 10

## Beginning Sewing

This class is an independent class. Each person works on their own project. Some supplies are available but participants should bring their own materials. Sewing machines are available for use. There is NO INSTRUCTOR for this class.

Activity #	Date	Day	Time	Age	Fee
233500-6A	7/8-8/26	W	3-5:30P	55+	\$8

**Location:** Groton Senior Center

**Instructor:** Volunteer | Min. 5/Max. 12

## Quilting Bee

The quilting bee provides a fun environment for all abilities to work on projects. All types of quilting can be done. There is no instructor for this class. Participants help one another on projects.

Activity #	Date	Day	Time	Age	Fee
233501-6A	7/10-8/28	F	10A-12P	55+	\$8

**Location:** Groton Senior Center

**Instructor:** Volunteer | Min. 5/Max. 10

## Scrapbooking Bee

Dig out all of those precious photos and preserve them in a special way. All skill levels, welcome. There is no instructor for this class. Participants help one another on projects.

Activity #	Date	Day	Time	Age	Fee
234501-6A	7/7-8/25	Tu	10A-3P	55+	\$8

**Location:** Groton Senior Center

**Instructor:** Volunteer | Min. 5/Max. 12

## Bingo

Bingo is a simple game but at the Senior Center, it starts with simple Bingo and gradually adds more difficult and challenging options. Think of this as Bingo Aerobics for the mind.

Activity #	Date	Day	Time	Age	Fee
251500-6A	7/9-8/27	Th	1-3P	55+	50 cents/card

**Location:** Groton Senior Center

**Instructor:** Volunteer | Min. 5/Max. 40

## Wii Bowling

Instead of wooden lanes and pins, seniors hit the virtual lanes using Nintendo's Wii Game System. No heavy balls to lift and throw and no special bowling shoes. You pick up your Wii-mote and simulate the throwing of a bowling ball.

Activity #	Date	Day	Time	Age	Fee
252500-6B	7/8-8/26	W	12:30-3P	55+	\$8

**Location:** Groton Senior Center

**Instructor:** Wally Post | Min. 6/Max. 24

## Cribbage - Instructional

Learn the basic rules and game play of Cribbage. A card game for two to four players in which the objective is to play so that the value of one's cards played reaches exactly 15 or 31. Practice games will be played to allow practical learning.

Activity #	Date	Day	Time	Age	Fee
253500-6A	7/6-8/24	M	10:30-11:30A	55+	Free

**Location:** Groton Senior Center

**Instructor:** Ed Dowd | Min. 5/Max. 12

## Cribbage - Play

If you know the game, join us for open play of Cribbage. Free

Activity #	Date	Day	Time	Age	Fee
253501-6A	7/6-8/24	M	10:30-11:30A	55+	Free

**Location:** Groton Senior Center

**Instructor:** Ed Dowd | Min. 5/Max. 25

## Pinochle

Single deck pinochle with 4 people to a table is played.

Activity #	Date	Day	Time	Age	Fee
254500-6A	7/8-8/26	W	12:15-3P	55+	Free

**Location:** Groton Senior Center

**Instructor:** Volunteer | Min. 5/Max. 26

## Quick Links

Facebook: [@grotonparksandrec](https://www.facebook.com/grotonparksandrec)  
Groton Senior Center FB: [@GrotonSC](https://www.facebook.com/GrotonSC)  
Groton P&R instagram: [@grotonrec](https://www.instagram.com/grotonrec)

# ACTIVITIES FOR 55+



## Mah Jongg

A Chinese tile game. Beginners and novices are welcome as well as experienced players. Facilitated by volunteers. There is no instructor for this class.

Activity #	Date	Day	Time	Age	Fee
255500-6A	7/6-8/28	M,F	9:30-11:30A	55+	\$8 / 8
255500-6B	7/7-8/25	Tu	10:15A-12P	55+	\$10

**Location:** Groton Senior Center  
**Instructor:** Volunteer | Min. 5/Max. 30

## Mindful Movements

This class is for those with beginning to mild cognitive concerns. Class includes walking, yoga, balancing, getting up and moving with mindful awareness of participant limitations.

Activity #	Date	Day	Time	Age	Fee
262513-6A	7/8-8/26	W	9:30A-10:30A	55+	\$28 / 38

**Location:** Groton Senior Center  
**Instructor:** Connie Steffes | Min. 5/Max. 30

## Discover Connections

Discover Connections is a welcoming and nurturing program designed for individuals 55 and over with varied needs. This program is designed for those people with mild cognitive challenges or anyone at risk for isolation. Each individual will be asked to meet with the program facilitator for an assessment and orientation. It is recommended that a family member accompany the prospective participant for this meeting. Each class will offer different experiences that will challenge participants. The activities are planned to be fun with a purpose.

Connections is a class for both care partners and their loved one to participate in a fun interactive class together. It provides the opportunity for socialization and to meet new people who can identify and relate to each other.

Connections is for anyone with a mild to moderate cognitive challenge and their care partner.

Activity #	Date	Day	Time	Age	Fee
<b>Discover Connections</b>					
278501-6A	7/7-8/27	Tu,Th	9:30A-12:45P	55+	\$25 / 35
<b>Connections</b>					
278501-6B	7/8-8/26	W	10:30-11:30A	55+	\$20

**Location:** Groton Senior Center  
**Instructor:** Tomi Stanley | Min. 4/Max. 10

## AARP Safe Driving

This course reviews and reinforces safe driving skills. **Payment of \$19.95 for AARP members** is made directly to class instructor by check the day of class. Space is limited.

Activity #	Date	Day	Time	Age
279509-6A	7/24-7/24	F	12:30-4:30P	55+

**Location:** Groton Senior Center  
**Instructor:** AARP Instructors | Min. 5/Max. 20

## SPEAKERS

### Tuesday, July 7

#### 245409-6A • 1P

Bankers Life invites you to attend a seminar on Medicare – What it covers and What It Does Not Cover. Learn about the potential gaps in your Medicare Coverage.

Please register ONLINE for this seminar.

### Tuesday, July 14 & July 28

#### 245409-6B & 6C • 11A

Hartford Healthcare Oncologist will speak on types and treatments of the variety of cancers. Advances made on detection and treatment.

Please register ONLINE for these seminars.

### Wednesday, August 12 & August 26

#### 245409-6D & 6E • 11A

Hartford Healthcare Neuropathy Group will be here to discuss symptoms of Neurological diseases... headaches, epilepsy, stroke, movement disorders, tremors, and many more.

Please register ONLINE for these seminars.

## SPECIAL EVENTS AT GROTON SENIOR CENTER

### June

## Block Island Day Trip

**Tour Includes:** Motor Coach Tour Director, Round Trip Ferry, Lunch, Wind Farm Tour, All Gratuities (Including Driver and Tour Director). The day begins with a traditional ferry ride from Pt. Judith to Block Island. Hop back on the ferry at the end of the day. Once you get off the ferry, you'll be able to enjoy an elegant luncheon at the National Hotel. Pre-select Pan seared chicken breast (finished with a lemon basil butter sauce), New England scrod (with breadcrumbs, toasted garlic lemon oil) or flame grilled salmon (with a lemon herb butter sauce). Your meal also includes salad, starch and vegetable, coffee and dessert. This afternoon, head out on a tour to America's first off shore wind farm. This five-turbine farm is supplying power to the island and is sending surplus energy to the mainland. This up and coming power provider will help us to get away from the usage of fossil fuels. Not only is it great for providing energy and helping to decrease the amounts of pollution-emitting fuels, many would argue that this energy form is better for the wildlife.

Activity #	Date	Day	Time	Age	Res./Non-Res.
222919-6A	6/24-6/24	W	9:45A-8P		\$133 / 143

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 25/Max. 40

# SPECIAL EVENTS AT GROTON SENIOR CENTER

July

## McLews

Breakfast is the main meal of the day when it's McLew's Day! Come enjoy a hearty breakfast, morning socialization and fun door prizes. Registration is required.

Activity #	Date	Day	Time	Age	Fee
212502-6A	7/10-7/10	F	8:40-9:30A	55+	\$7

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 10/Max. 50

## Active Living Expo

Wednesday, July 15 10A – 1P

Area Business share their information on Health, Insurance, Home Care, State Programs, Nutrition, Legal Issues, Technical Support, and so Much More. This is Free Information for All Ages on Better Living. Stop to gather valuable Free information.

**Location:** Groton Senior Center

## Trip Presentation

Activity #	Date	Day	Time	Age	Fee
<b>Trip presentation – New Orleans</b>					
229400-6A	7/16	Th	2P-3P	18+	Free

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 5/Max. 18

## Great American Picnic

This is a Club 55 annual favorite. Enjoy your favorite picnic food while listening to The Elderly Brothers performs music for your dining pleasure.

Activity #	Date	Day	Time	Age	Club55Member/ NonClub55Member
212451-6A	7/21-7/21	Tu	11:30A-1:30P	55+	\$12 / 15

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 50/Max. 100

## Harlem Day Trip including Tour of Apollo Theater

Harlem is so much more than you can imagine! Our Unforgettable Day will include: Special guided tour of Harlem's famed Apollo Theatre. The tour is educational, entertaining and inspirational. Hear the story of the theatre and the legendary people who performed here. See what it feels like to stand on the stage. Take a peek at the wall back stage full of signatures. Then we lunch at Dinosaur Barbeque, a popular Harlem restaurant. Our family style menu will include: Chopped Salad, BBQ Ribs, 1/4 Chicken, 2 Sides, Soft Drinks & Cookies. Then we take a guided riding tour highlights the diversity, history and beauty that is in Harlem, from the Harlem Meer in Central Park, the Cathedral Church of St. John the Divine, the famous brownstones, the Beautiful West side and so much more! We include a few on & off stops along the way – that will give folks a chance to stretch. Cost includes: Roundtrip Motor-coach, Apollo Theater Tour, lunch, Tours of Distinction Tour Director, Gratuities for Tour Director & Driver.

Activity #	Date	Day	Time	Age	Res./Non-Res.
222906-6A	7/23	Th	7A-7:30P	18+	\$130 / 140

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 35/Max. 40

August

## Baseball Game

Take me out to the ball game! We take a deluxe coach bus from Groton Senior Center to Fenway to cheer on our 2018 World Series Champs play the Twins from our Loge Box section seats. This is a family friendly afternoon game against the Minnesota Twins. **We have 40 seats only!**

Activity #	Date	Day	Time	Age	Res./Non-Res.
<b>Boston Red Sox vs Twins</b>					
222913-6A	8/13-8/13	Th	9A-9P	18+	\$160 / 170

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 35/Max. 40

## Beach Party

Club 55 annual event! Enjoy a delicious meal while Christine Cooney performs to get up and move hits!

Activity #	Date	Day	Time	Age	Club55Member/ NonClub55Member
212453-6A	8/18-8/18	Tu	5-7P	55+	\$12 / 15

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 50/Max. 100

## TurnAPen

Have you ever wondered how to make those awesome wooden pens? Did you know it is called PEN TURNING. Learn to Turn A Pen from the Eastern Connecticut Woodturners. It's Easy, It's Fun, It's FREE, It's Yours to Keep No Experience Required; Ages 10 and Older Please

Activity #	Date	Day	Time	Age	Fee
219409-6A	8/22-8/22	Sa	10A-3P	18+	Free

**Location:** Groton Senior Center  
**Instructor:** Staff | Min. 10/Max. 80

## Dining Out Breakfast Out (July & August)

Every month the Groton Senior Center gives back to the community that gives to us by joining us for the featured restaurant of the month. Good food, good company, good time!!! Transportation is provided but guests order off the menu on their own! Described as Socially Nutritional by a past participants of DINING OUT.

Activity #	Date	Day	Time
<b>Dining Out - The Spot</b>			
229900-6A	7/14-7/14	Tu	5-7P
<b>Breakfast Out- Flanagans</b>			
229900-6C	7/25-7/25	Sa	8:30-10:30A
<b>Dining Out - Applebees</b>			
229900-6B	8/11-8/11	Tu	5-7P

**Location:** Groton Senior Center

**Quick Links**

Facebook: [@grotonparksandrec](#)  
Groton Senior Center FB: [@GrotonSC](#)  
Groton P&R instagram: [@grotonrec](#)

# CONTACTS

## Parks & Recreation Staff

**Parks and Recreation Admin** .....860-536-5680

Mark Berry, Director

Faith Richardson, Financial Assistant .....860-441-6695

**Parks and Forestry** .....860-446-5950

**Recreational Services** .....860-536-5680

Jerry Lokken, Mgr. of Recreation Services .....860-536-5682

Eileen Cicchese, Program Supervisor .....860-536-5691

Ben Morse, Program Supervisor .....860-536-5687

Jessica Patterson,

Community Outreach Coordinator .....860-536-5685

Asya Staples, Office Assistant II.....860-536-5680

### Senior Services

Mary Jo Riley, Senior Center Supervisor .....860-441-6785

Lamont Hill, Food Service Supervisor .....860-441-6671

Kathy Williams, Program Supervisor .....860-441-6795

Cindy Olsen, Program Supervisor .....860-441-6623

Kirsti Zarn, Office Assistant II .....860-441-6785

Jennifer Meakem, Office Assistant II .....860-441-6785

**Shennecossett Golf Course** .....860-448-1867

Todd Goodhue, Golf Professional

Eric Morrison, Golf Course Superintendent .....860-445-6912

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

**example jdoe@groton-ct.gov**

## Parks & Recreation Commission

The Groton Parks and Recreation Commission serves as a liaison of the residents of the community to share ideas or comments involving parks and recreation. Commissioners are also charged with advocating for the Parks and Recreation Department. As advocates, commission members are encouraged to represent the department at public meetings and community events.

Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00P at the Groton Senior Center.

### Vacancy, Chair

**Angela McGuirk, Vice Chair**..... angela.mcguirk@icloud.com

**Dom Bassi, Vice Chair**..... dksbassi98@yahoo.com

**Frances Whitney, Secretary**..... whitneyfm@sbcglobal.net

### Vacancy

# RESOURCES

## Frequently Requested Contacts

Groton City Recreation .....860-446-4128

Groton Soccer Club .....James Southers 860-303-5197

Groton/Mystic Lacrosse .....grotonlax@gmail.com

Groton Mystic Youth Football ..... GMFVP@yahoo.com

Groton-Mystic Softball ..... mysticlittleleague.com

Mystic Babe Ruth .....mystic.baberuthonline.com

Mystic Little League .....Jessica Donnel  
jessgrotonlittleleague@gmail.com

## Town of Groton Phone Numbers

Assessment .....860-441-6660

Building Inspection .....860-446-5982

Human Services .....860-441-6760

Planning & Community Development .....860-446-5995

Police (routine) .....860-441-6712

Public Library .....860-441-6750

Public Works .....860-448-4083

Tax Collection .....860-441-6670

Town Clerk .....860-441-6640

Town Manager .....860-441-6630

Transfer Station .....860-536-5698

Voter Registration .....860-441-6650

# 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 Spicer Park, 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.

### Groton Community Center – 61 Fort Hill Rd, Groton, Ct 06340

**From I-95:** Take exit 88 and go south on Route 117. Turn right on US Route 1. The Groton Community Center is 1/2 block down on the left.

### Groton Senior Center – 102 Newtown Rd, Groton Ct 06340

**From I-95.** Take exit 88 and go south on Route 117 (North Road into Newtown Road). Approximately 0.6 mile. Arrive at Town of Groton Senior Center. Your destination is on the right. We are in the same parking lot as the Groton Public Library.

**For directions to all locations please visit GrotonRec.com.**

# IMPORTANT INFORMATION

## Residency

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

## Registration Options

- U.S. Mail
- Walk-in at Spicer House
- Drop-off box at Spicer House, Groton Community Center, or the Groton Senior Center
- Online at [GrotonRec.com/Discover](http://GrotonRec.com/Discover)

## Financial Aid

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. Please see Page 6 for more details, or to see if you qualify.

## Program Grants

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

## Refunds for Recreation

### Division Programs

- 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
- No refunds within 2 weeks of start date for each camp week.
- We do not issue refunds for a child who is suspended or dismissed from continuing attendance due to behavior issues.

## Age of Participants

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

## 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](http://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](mailto:ecicchese@groton-ct.gov) or call 860-536-5691 with questions.

## Rec. Division Cancellation Procedure

If schools are closed, all classes scheduled to begin prior to 3P are canceled. A decision to cancel afternoon and evening classes is made by 1P. If schools are dismissed early due to weather conditions, classes scheduled after 3P are canceled.

If schools have a delayed opening due to weather conditions, programs scheduled to begin prior to 3P are canceled. Decisions for weekend programs are made by 7A for morning classes and 11A for afternoon and evening classes. For cancellation information, please visit our Facebook page at [Facebook.com/GrotonParksandRec](https://www.facebook.com/GrotonParksandRec) or call our info line at 860-441-6791.

**Call before you go!**

## Medical Conditions

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

## Participant Behavior

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

## Spicer House – Parks & Recreation Office

Telephone: **860-536-5680**

Fax: **860-536-5690**

E-mail: [parksrec@groton-ct.gov](mailto:parksrec@groton-ct.gov)

Website: [GrotonRec.com](http://GrotonRec.com)

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

Instagram: [@grotonrec](https://www.instagram.com/grotonrec)

## Mailing Address

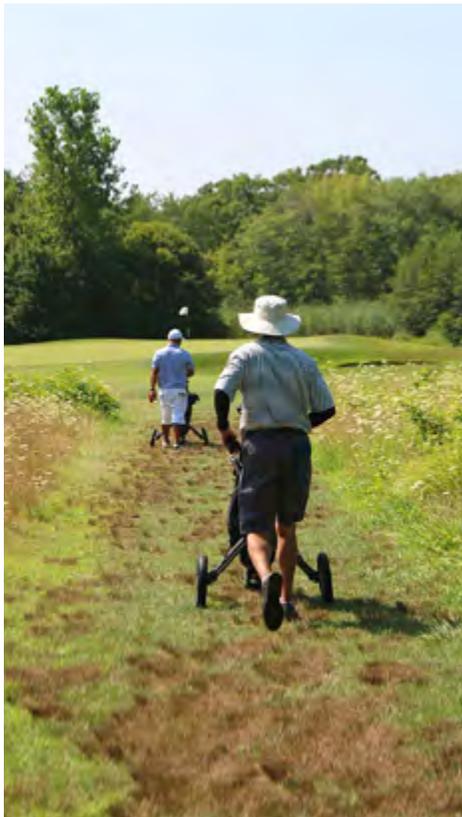
Groton Parks and Recreation  
27 Spicer Avenue, Noank, CT 06340-5659

Hours: 8:30A – 4:30P

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.



# Registration Form

Use address and contact information already on file. If checked, continue with participant information.

Adult First & Last Name	*Race/Ethnicity
Primary Phone	Address
Alt Phone	City
E-mail	State
	Zip

Participant Information								Activity Name/#	Fee
First Name	Last Name	Date of Birth	Gender	*Race/Ethnicity	Permission to use photo for print and on-line marketing Y/N				
<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"/>	<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"/>	<input type="text"/>	<input type="text"/>

Join others who support the Groton Parks Foundation in providing funding for needed parks projects in our community.  \$10  \$25  \$50  Other

**Total Fees:**

**Checks payable to: "Groton Parks and Recreation"**  
Payment must accompany this form.

**Groton Parks and Recreation Welcomes everyone!**  
Use the comment box or attach a separate sheet to alert us of any special health concerns, accessibility issues or behavioral needs or to request a modification.  
Please register as early as possible so that we can plan accordingly. You will be contacted for additional information if needed.

**Mail to:**  
Groton Parks and Recreation  
27 Spicer Avenue  
Noank, CT 06340-5659

\*Please provide us with your household income and the race/ethnicity of family members. The information collected will be used to compare against existing demographic data from the town census. This information will be viewed collectively and will never be used to identify you individually. Your cooperation is vital, if everyone provides that information we can compare participation rates to the population of the town to find out if we're serving everyone.

Household income  up to \$50K  \$50K-\$100K  \$100-\$150K  \$150K+

Comments

Volunteers: Please send me information on Volunteer Opportunities (list your interests above).

**PARTICIPATION RELEASE WAIVER**  
In consideration of my participation or that of my above named child(ren) in activities conducted and/or sponsored by the Town of Groton Parks and Recreation Department, I acknowledge that such activities are potentially hazardous and pose a risk of injuries that can be significant and that I assume such risks. I agree to release, hold harmless and waive any claims that might arise against the Town of Groton Parks and Recreation Department, the Town of Groton, and their officials, representatives, agents and employees on account of any and all injuries and claims of injury to person while participating in and/or traveling to and/or from said activities.

By my signature below, I agree to the provisions of paragraph above:

Signature:

Date:

# Groton Parks & Recreation Department

27 Spicer Avenue

Noank, CT 06340-5659

\*\*\*\*\*ECRWSSSEDDM\*\*\*\*\*

Local Postal Customer

PRSRTD STD  
US POSTAGE  
PAID  
NEW LONDON CT  
PERMIT NO #378

# Groton Parks & Recreation

## Keeping Groton Healthy

The average golfer walks   
**5-6 miles**  
and burns  
**1,442 calories**  
at Shennecossett  
Golf Course



**20%** increase  
in **volunteer**  
**hours** at  
the Senior  
Center 



Special Olympic  
athletes competed  
in **210** sports  
competitions, and in  
**13** different sports  
throughout the year 



**1,500**  
Beach Sea  
Grass plants  
planted at  
Esler Point  
Beach 

**340 LED** lights  
installed at Groton  
Community Center  
saving an estimated  
**\$16,000** annually 



Over **10,000**  
people attend  
Esler Point  
Beach Concerts 

