Director’s Message

The department remains committed to providing quality programs, facilities and services to the community. We are looking ahead with great anticipation to some upcoming initiatives. Each project will enhance the user experience through improved recreational facilities. Work will take place at the Groton Community Center, Esker Point Beach, Deerfield Park and Boulder Heights. More details are available in the adjoining “Looking Ahead” section.

Mark Berry, Director
Groton Parks and Recreation

Looking Ahead

Thanks to the Groton Public Works staff and a group of volunteers from the Subase we are relocating the Pleasant Valley School playground to the Groton Community Center. Additional work includes a walking path from the parking lot to the playground, benches and planting trees. Future plans call for a shade canopy near the playground and basketball court.

The bathhouse at Esker Point Beach is getting an upgrade. Work includes improving the bathrooms and creating an accessible outdoor shower.

The basketball court at Deerfield Park and the Hockey Rink adjacent to the Senior Center are getting repaired and painted to prevent further cracking and provide a safer playing surface.

A new trail and signage is being added to Boulder Heights creating a loop. The new trail highlights some of the unique features within the open space.

The Senior Center is conducting a Barriers and Perceptions survey within the community. The goal is to increase participation and diversity of users by better understanding the limiting factors to participation.

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or cicchese@groton-ct.gov.

GrotonRec.com/Discover
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**Groton Parks and Recreation**
27 Spicer Ave
Noank, CT 06340

**860.536.5680**

parksrec@groton-ct.gov
grotonrec.com

Facebook: grotonparksandrec
Instagram: grotonrec
Do you have ideas or requests you’d like to share?

Please send us your thoughts to parksrec@groton-ct.gov

Help wanted!

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.

Why “Dekouvri” on the cover?

By adding the word “Discover” in different languages, this time in Haitian Creole, to the cover of each edition of our program guide, we hope to reinforce the message that 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!
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 & 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.

Future projects:
- Groton Community Center Outdoor Seating Area
- Esker Point Beach Volleyball Courts Improvements
- Groton Skate Park Improvements
- Mountain Biking Trail Improvements
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!

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 since we must protect your personal information!

If you do not file income taxes, you will be granted the 40% discount. Discounts expire on 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. Please 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!
We depend on community-minded businesses to bring events to the community. If you would like to partner with us on community events, please contact Jessica Patterson at jpatterson@groton-ct.gov or 860-536-5685.

What’s cooler than pink hair?
Setting expectations about not using drugs or alcohol.

Parents: When it comes to prevention, you matter!
Groton Fall Festival
Saturday, October 5
Held at Poquonnock Plains Park
11A – 4P
Join us for a family-friendly day of fun at Poquonnock Plains Park in Groton for our 14th Annual Groton Fall Festival! We’ll have traditional fall activities, family tournament games with prizes, food and beverage trucks, and nearly 100 local vendors and businesses including artists, artisans, crafters and non-profits from around the Groton and Mystic regions. See you there!

Holiday Kickoff Celebration
Saturday, December 7
Held at Groton Senior Center
5 – 7P
Indoor & outdoor festivities include a visit with Santa, caroling, entertainment, food trucks and holiday treats & crafts. Santa Arrives by Firetruck & Tree Lighting at 5:30P.
Chili Cook Off
Saturday, October 19
Held at Groton Senior Center
5 – 7P
Who Makes the Best Chili?
A healthy competition between surrounding Police, Fire and EMS Departments searing flavors in this fierce Chili Cook Off event that will ensure five alarm fun, a hot time, and great bowls of savory taste. Which Town or City Emergency Responders will win the 2019 Chili Cook Off?
*Tasters cast ballots for the Winner.*

Sponsored by

*Which Department will take the Trophy away from the 2018 Winner Groton Ambulance?*

Sponsorship Opportunities

Groton Parks & Recreation sponsorship opportunities are as unique and varied as our events. Take a look through our sponsorship levels to see how they could work for your organization. Don’t see one that fits your needs? Contact us and we will work with to customize a package. We want you to be happy with the results you receive for your investment.

grotonrec.com/sponsor
TRIPS AND TRAVEL

BIG E
Friday, September 13
8:30A – 6:30P
Enjoy exhibits, events, & food at New England’s Great State Fair. Activity #222911-1A $52 res / $62 non res

New York City On Your Own
Saturday, November 23
7:30A – 9:30P
We provide the ride. You enjoy the day! New York City will be decked out for the holidays!!
We drop off at Metropolitan Museum of Art, Rockefeller Center and Times Square. Cost is $53 res / $63 non res (includes coach transportation and driver gratuity.)
Activity #221411-2A open to all | Min. 20/Max. 25
Depart from Groton Senior Center

Radio City Music Hall
Christmas Spectacular
Saturday, November 23
7:30A – 9:30P
The Christmas Spectacular Starring the Radio City Rockettes is an annual musical holiday stage show presented at Radio City Music Hall in NYC.
Activity #222912-2A 55+ | $138 res / $148 non res
Depart from Groton Senior Center

Ark Encounter Trip
Experience the Bible June 20-26, 2020
Trip Presentation
Wednesday, September 4 • 11A
Experience the Bible like never before on this journey that brings you face to face with Genesis and the life-size recreation of Noah’s Ark at the Creation Museum. Cruise through the glorious Allegheny Mountains; experience the charming lifestyle of Amish Country in Ohio and the Mennonite and Amish people of Pennsylvania on this enriching trip. From Ohio to Lancaster Amish Countries, the Ark Encounter, the Creation Museum, ‘Queen Esther’ at Sight & Sound Theatre, and much more in a 7-Day 6-Night tour.

New York Botanical Gardens-Holiday Train Show
Monday, December 30
8A – 9:30P
The New York Botanical Garden is one of the greatest botanical gardens in the world and the largest in the US. Includes: Deluxe motor coach transportation, Friendship Tours Tour Director, driver gratuity and admissions.
Activity #222904-2A 55+ | $98 res / $108 non res
Depart from Groton Senior Center

Countryside of the Emerald Isle
August 2-11, 2020 | 10 Days 12 Meals
Trip Presentation
Thursday, September 19 • 1P
From remote islands and historic Dublin, to less-traveled roads and charming villages, experience the best of the Emerald Isle. Step off the beaten path in the seaside village of Kinsale, known as Ireland’s “gourmet capital.” Overnight amongst a labyrinth of stone walls in the Aran Islands. Discover the windswept terrain of the Wild Atlantic Way. Travel amongst the tranquil countryside in the Dingle Peninsula. Give traditional Irish fare a modern twist at a cooking class in Dublin.
### 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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>130300-1A</td>
<td>9/13-11/1</td>
<td>F</td>
<td>6-9P</td>
<td>13-29</td>
<td>$65 / 85</td>
</tr>
<tr>
<td>130300-2A</td>
<td>11/22-1/24</td>
<td>F</td>
<td>6-9P</td>
<td>13-29</td>
<td>$65 / 85</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** TBD | 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 Groton Library Parking Lot.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee Res./Non-Res.</th>
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</thead>
<tbody>
<tr>
<td>130400-1A</td>
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<td>5-9P</td>
<td>18+</td>
<td>$75 / 95</td>
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<tr>
<td>130400-2A</td>
<td>11/22-1/24</td>
<td>F</td>
<td>5-9P</td>
<td>18+</td>
<td>$75 / 95</td>
</tr>
</tbody>
</table>

**Location:** Groton Library  
**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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>130401-1A</td>
<td>9/12-11/14</td>
<td>Th</td>
<td>6:30-8P</td>
<td>14+</td>
<td>$50 / 70</td>
</tr>
<tr>
<td>130401-2A</td>
<td>11/21-3/5</td>
<td>Th</td>
<td>6:30-8P</td>
<td>14+</td>
<td>$50 / 70</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>134400-1A</td>
<td>9/10-10/29</td>
<td>Tu</td>
<td>9-10:30A</td>
<td>21+</td>
<td>$29 / 49</td>
</tr>
<tr>
<td>134400-2A</td>
<td>11/19-1/21</td>
<td>Tu</td>
<td>9-10:30A</td>
<td>21+</td>
<td>$29 / 49</td>
</tr>
</tbody>
</table>

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

### Adaptive Cooking for Fun
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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee Res./Non-Res.</th>
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</thead>
<tbody>
<tr>
<td>137400-1A</td>
<td>9/11-10/30</td>
<td>W</td>
<td>5-7P</td>
<td>13-35</td>
<td>$70 / 90</td>
</tr>
<tr>
<td>137400-2A</td>
<td>11/20-1/29</td>
<td>W</td>
<td>5-7P</td>
<td>13-35</td>
<td>$70 / 90</td>
</tr>
</tbody>
</table>

**Location:** Fitch High School  
**Instructor:** Andy Plasse | Min. 5/Max. 8

### 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, “Droids” and “Scratch.” Younger participants must receive permission from the instructor.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>135420-1A</td>
<td>9/9-9/14</td>
<td>M</td>
<td>6-8P</td>
<td>13+</td>
<td>$99 / 119</td>
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<tr>
<td>135420-2A</td>
<td>9/11-10/30</td>
<td>W</td>
<td>5-7P</td>
<td>13+</td>
<td>$99 / 119</td>
</tr>
</tbody>
</table>

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

### Advanced Screenwriting
Develop feature-length screenplays for marketing, and shorter scripts that can be shot and shown locally via Southeastern Connecticut TV. The class culminates with a public presentation where local actors perform the scripts and audience members offer commentary afterward. This class is taught by Nicholas Checker, writer & director for “Wisp.” This class is open only to those who were enrolled in our previous Advanced Screenwriting class session.

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee Res./Non-Res.</th>
</tr>
</thead>
<tbody>
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<td>135430-1A</td>
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<td>W</td>
<td>7-9P</td>
<td>13+</td>
<td>$99 / 119</td>
</tr>
<tr>
<td>135430-2A</td>
<td>11/20-1/29</td>
<td>W</td>
<td>7-9P</td>
<td>13+</td>
<td>$99 / 119</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Nicholas Checker | Min. 2/Max. 5

### Stock Market Basics
Learn how the Stock Market works and ways to invest in it. This 5-week course is open to anyone interested. Registration is free online or people can even just show up and register on-site, provided space is available.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
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<td>9/13-10/11</td>
<td>F</td>
<td>5:30-6:30P</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Community Level Up Inc | Min. 3/Max. 20
### 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.

<table>
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<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>132181-1A</td>
<td>9/12-10/31</td>
<td>Th</td>
<td>9:30-10:15A</td>
<td>9-18 mths</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>132181-1B</td>
<td>9/12-10/31</td>
<td>Th</td>
<td>10:20-11:05A</td>
<td>18-36 mths</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>132181-1C</td>
<td>9/12-10/31</td>
<td>Th</td>
<td>11:10-11:55A</td>
<td>1-5</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>132181-1D</td>
<td>9/13-11/1</td>
<td>F</td>
<td>9:30-10:15A</td>
<td>1-5</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>132181-1E</td>
<td>9/13-11/1</td>
<td>F</td>
<td>10:20-11:05A</td>
<td>1-5</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>132181-2A</td>
<td>11/21-1/23</td>
<td>Th</td>
<td>9:30-10:15A</td>
<td>9-18 mths</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>132181-2D</td>
<td>11/22-1/24</td>
<td>F</td>
<td>9:30-10:15A</td>
<td>1-5</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>132181-2E</td>
<td>11/22-1/24</td>
<td>F</td>
<td>10:20-11:05A</td>
<td>1-5</td>
<td>$45 / 65</td>
</tr>
</tbody>
</table>

#### Location:
Groton Community Center

#### Instructor:
Rachel Goodman | Min. 6/Max. 12

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### HappyFeet Soccer
HappyFeet soccer uses “story time with a soccer ball” to engage children. Through the imaginary adventures, children learn basic soccer skills, develop their balance and coordination, become self-confident, and most importantly have a blast! Visit [www.HappyFeetCT.com](http://www.HappyFeetCT.com) for more information.

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>132184-1A</td>
<td>9/14-11/2</td>
<td>Sa</td>
<td>8:30-9:15A</td>
<td>0-4</td>
<td>$49 / 69</td>
</tr>
<tr>
<td>132184-2A</td>
<td>11/16-1/18</td>
<td>Sa</td>
<td>8:30-9:15A</td>
<td>0-4</td>
<td>$49 / 69</td>
</tr>
</tbody>
</table>

#### Location:
Groton Community Center

#### Instructor:
Steve Elci | Min. 5/Max. 20

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### Imagination Nation
Sing, move, and most of all laugh in the Imagination Nation movement class taught by Emmy nominated Steve Elci of Steve Elci and Friends. With Steve’s extensive award-winning original kids music catalog, learn and explore themes such as: bullying, the environment, diversity and love of animals! Parents encouraged to participate.

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>139100-1A</td>
<td>9/14-11/2</td>
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<td>9:30-10:05A</td>
<td>0-4</td>
<td>$49 / 69</td>
</tr>
<tr>
<td>139100-2A</td>
<td>11/16-1/18</td>
<td>Sa</td>
<td>9:30-10:05A</td>
<td>0-4</td>
<td>$49 / 69</td>
</tr>
</tbody>
</table>

#### Location:
Groton Community Center

#### Instructor:
Steve Elci | Min. 5/Max. 20

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### Shining Stars
Kids build bravery, gain confidence, exercise creativity, become leaders and sharpen communication skills as they take part in fun exercises and games focused on acting.

<table>
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<tr>
<th>Activity #</th>
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<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
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<tbody>
<tr>
<td>139180-1A</td>
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<td>Tu</td>
<td>5:30-6:15P</td>
<td>3-5</td>
<td>$59 / 79</td>
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<tr>
<td>139180-2A</td>
<td>11/19-1/21</td>
<td>Tu</td>
<td>5:30-6:15P</td>
<td>3-5</td>
<td>$59 / 79</td>
</tr>
</tbody>
</table>

#### Location:
Groton Community Center

#### Instructor:
HappyFeet of South Central CT | Min. 8/Max. 12

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### Petite Players Acting Troop
Children play theater-related games and explore drama as they help write lines, plan, and create costumes, props, and more! Each class ends with a performance for families. This is just a fun opportunity for children to try theater without the pressure or high price tag.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
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<tr>
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<td>9/14-11/2</td>
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<td>$35 / 55</td>
</tr>
</tbody>
</table>

#### Location:
Groton Community Center

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

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### Create & Movement Combo
Our two most popular preschool programs combined! Spend time with your child exploring messy art and building strength and coordination through play. Dress to get messy and have fun!

<table>
<thead>
<tr>
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<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
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<tbody>
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<td>10:45-11:45A</td>
<td>1.5-5</td>
<td>$55 / 75</td>
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</tbody>
</table>

#### Location:
Groton Community Center

#### Instructor:
Rachel Goodman | Min. 6/Max. 12

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For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or cicchese@groton-ct.gov.
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.
139801-1A  9/11-10/30 W  5-5:30P  6+      $79 / 99
139801-1B  9/11-10/30 W  5:30-6P  6+      $79 / 99
139801-1C  9/11-10/30 W  6-7P  6+      $159 / 179
139801-1D  9/11-10/30 W  7-8P  6+      $159 / 179
139801-1E  9/11-10/30 W  8-9P  6+      $159 / 179
139801-1F  9/12-10/31 Th  5-5:30P  6+      $79 / 99
139801-1G  9/12-10/31 Th  5:30-6P  6+      $79 / 99
139801-1H  9/12-10/31 Th  6-7P  6+      $159 / 179
139801-1J  9/12-10/31 Th  7-8P  6+      $159 / 179
139801-1K  9/12-10/31 Th  8-9P  6+      $159 / 179
139801-1L  9/12-10/31 Th  9-10P  6+      $159 / 179

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  Res./Non-Res.
131080-1A  10/10-10/31 Th  4-4:45P  1-3      $28 / 48
131080-2A  11/21-1/23 Th  4-4:45P  1-3      $55 / 75

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.
131080-1A  9/11-10/30 W  5-5:30P  6+      $79 / 99
131080-1B  9/11-10/30 W  5:30-6P  6+      $79 / 99
131080-1C  9/11-10/30 W  6-7P  6+      $159 / 179
131080-1D  9/11-10/30 W  7-8P  6+      $159 / 179
131080-1E  9/11-10/30 W  8-9P  6+      $159 / 179
131080-1F  9/12-10/31 Th  5-5:30P  6+      $79 / 99
131080-1G  9/12-10/31 Th  5:30-6P  6+      $79 / 99
131080-1H  9/12-10/31 Th  6-7P  6+      $159 / 179
131080-1J  9/12-10/31 Th  7-8P  6+      $159 / 179
131080-1K  9/12-10/31 Th  8-9P  6+      $159 / 179
131080-1L  9/12-10/31 Th  9-10P  6+      $159 / 179

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  Res./Non-Res.
131080-1A  10/10-10/31 Th  4-4:45P  1-3      $28 / 48
131080-2A  11/21-1/23 Th  4-4:45P  1-3      $55 / 75

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  Res./Non-Res.
131080-1A  10/10-10/31 Th  4-4:45P  1-3      $28 / 48
131080-2A  11/21-1/23 Th  4-4:45P  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  Res./Non-Res.
131183-1A  10/10-10/31 Th  4:50-5:35P  3-5      $28 / 48
131183-2A  11/21-1/23 Th  4:50-5:35P  3-5      $55 / 75

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.
131184-1B  11/18-1/27 M  4-4:30P  3-5      $25 / 35
131184-2B  11/18-1/27 M  4-4:30P  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  Res./Non-Res.
131280-1A  10/10-10/31 Th  5:40-6:25P  5-6      $28 / 48
131280-1B  10/7-11/4 M  6:30-7:15P  5-6      $28 / 48
131280-2B  11/18-1/27 M  4:35-5:20P  7-10      $55 / 75

Beginner Tap
Adult Tap is aimed at those adults who want to give tap dancing a go or who have some experience. Learn the terminology, technique and footwork in this easy to follow class. Come along for some great music, some fine dance and a social atmosphere. There is an opportunity to participate in performances – optional, of course!!

Activity #  Date       Day  Time   Age  Res./Non-Res.
131410-1A  10/7-11/4 M  6:30-7:15P  16+      $28 / 48
131410-2A  11/18-1/27 M  6:30-7:15P  16+      $55 / 75

860.536.5680 | GrotonRec.com/Discover | 13
Tiny Tumblers Gymnastics
Learn the basics of proper warm-up, tumbling, and balance beam from a USA Gymnastics certified instructor and explore a wide range of special motor skills with a clear emphasis on movement, music and balance. The program specifically designed for parent/child interaction together.

Activity # Date Day Time Age Res./Non-Res.
141180-1A 9/7-10/26 Sa 8:30-9:10A 1.5-3 $72 / 92
141180-2A 11/9-1/11 Sa 8:30-9:10A 1.5-3 $72 / 92
Location: Groton Community Center
Instructor: ABC Gymnastics | Min. 6/Max. 16

Mini Stars 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.
141181-1A 9/7-10/26 Sa 9:15-9:55A 4-5 $72 / 92
Location: Groton Community Center
Instructor: ABC Gymnastics | Min. 6/Max. 16

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.
141210-1A 9/14-11/2 Sa 9:55-10:35A 5-15 $72 / 92
141210-1B 9/14-11/2 Sa 10:35-11:15A 5-15 $72 / 92
141210-1C 9/9-11/4 M 4:25-5:05P 5-15 $72 / 92
Location: Groton Community Center
Instructor: ABC Gymnastics | Min. 6/Max. 14

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.
141220-1A 9/14-11/2 Sa 11:15-11:55A 5-15 $72 / 92
141220-1B 9/9-11/4 M 5:10-5:50P 5-15 $72 / 92
Location: Groton Community Center
Instructor: ABC Gymnastics | Min. 6/Max. 18

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or cicchese@groton-ct.gov.
**National American Championships**

This 2-day national event gives competitors a chance to compete against athletes from across the USA. Various divisions of Kata, Kobudo and Kumite are on the schedule! Sign up and take a shot at going for gold! 4-5 year-olds: FREE; 6-8 year-olds: $50; Ages 9+: $75

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>142080-1A</td>
<td>11/2-11/3</td>
<td>F-Su</td>
<td>7:30A-6P</td>
<td>All Ages</td>
<td>Varies</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 20/Max. 250

**Grappling Gasshuku**

Don't miss the Friday training seminars with 5th degree black belt Sensei Steven “Kumite” Smith from Idaho. All ranks welcome!

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>142880-1A</td>
<td>11/1</td>
<td>F</td>
<td>5-6:30P</td>
<td>Ages 6-11</td>
<td>$20 / 20</td>
</tr>
<tr>
<td>142880-1B</td>
<td>11/1</td>
<td>F</td>
<td>6:30-8:30P</td>
<td>12+</td>
<td>$20 / 20</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 10/Max. 80

**CGK Competition Training**

Karate students of all ranks learn and prepare for Competitive Karate by focusing on training and technique that is competition specific! Participants learn rules and strategies along with the different types of tournament divisions such as; Iri kumi ju (continuous non-contact), Iri kumi go (continuous full contact), Sanbon (3 point), Ippon (1 point) and kata. Ring etiquette and sportsmanship are emphasized.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>142104-1A</td>
<td>9/28</td>
<td>Sa</td>
<td>12:30-2:30P</td>
<td>7+</td>
<td>$25 / 35</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 10/Max. 200

**Karate Grading**

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lil' Tigers</td>
<td>142105-1A</td>
<td>10/8</td>
<td>Tu</td>
<td>4:30-5P</td>
<td>3-6</td>
</tr>
<tr>
<td>White-Orange</td>
<td>142105-1B</td>
<td>10/8</td>
<td>Tu</td>
<td>5:15-6:15P</td>
<td>6+</td>
</tr>
<tr>
<td>Green+</td>
<td>142105-1C</td>
<td>10/8</td>
<td>Tu</td>
<td>6:30-8:30P</td>
<td>6+</td>
</tr>
<tr>
<td>Lil' Tigers</td>
<td>142105-2A</td>
<td>12/10</td>
<td>Tu</td>
<td>4:30-5P</td>
<td>3-6</td>
</tr>
<tr>
<td>White-Orange</td>
<td>142105-2B</td>
<td>12/10</td>
<td>Tu</td>
<td>5:15-6:15P</td>
<td>6+</td>
</tr>
<tr>
<td>Green+</td>
<td>142105-2C</td>
<td>12/10</td>
<td>Tu</td>
<td>6:30-8:30P</td>
<td>6+</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karate I</td>
<td>142110-1A</td>
<td>9/9-11/4</td>
<td>M</td>
<td>4:50-5:20P</td>
<td>4+</td>
</tr>
<tr>
<td>Karate II</td>
<td>142110-1B</td>
<td>9/10-11/7</td>
<td>Tu, Th</td>
<td>4:50-5:30P</td>
<td>4+</td>
</tr>
<tr>
<td>Karate III</td>
<td>142110-2B</td>
<td>11/12-11/16</td>
<td>Tu, Th</td>
<td>4:50-5:30P</td>
<td>4+</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 3/Max. 20

**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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lil’ Tiger I</td>
<td>142111-1A</td>
<td>9/10-10/29</td>
<td>Tu</td>
<td>4:15-4:45P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger I</td>
<td>142111-1C</td>
<td>9/5-9/17</td>
<td>Th</td>
<td>4:15-4:45P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger II</td>
<td>142111-1D</td>
<td>9/11-11/30</td>
<td>W</td>
<td>4:30-5P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger II</td>
<td>142111-1E</td>
<td>9/5-9/17</td>
<td>Th</td>
<td>1-1:30P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger II</td>
<td>142111-1F</td>
<td>9/6-9/17</td>
<td>F</td>
<td>4:30-5P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger III</td>
<td>142111-1G</td>
<td>9/6-9/18</td>
<td>F</td>
<td>5:45-6:30P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger I</td>
<td>142111-2A</td>
<td>11/19-12/2</td>
<td>Tu</td>
<td>4:15-4:45P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger I</td>
<td>142111-2C</td>
<td>11/21-12/23</td>
<td>Th</td>
<td>4:15-4:45P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger II</td>
<td>142111-2D</td>
<td>11/20-11/30</td>
<td>W</td>
<td>4:30-5P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger II</td>
<td>142111-2E</td>
<td>11/21-12/23</td>
<td>Th</td>
<td>1-1:30P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger II</td>
<td>142111-2F</td>
<td>11/15-12/17</td>
<td>F</td>
<td>4:30-5P</td>
<td>3-5</td>
</tr>
<tr>
<td>Lil’ Tiger III</td>
<td>142111-2G</td>
<td>11/22-12/24</td>
<td>F</td>
<td>5:45-6:30P</td>
<td>3-5</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Ralph Batty, Jr. | Min. 3/Max. 30

860.536.5680 | GrotonRec.com/Discover | 15
### 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. The class is taught in a safe and structured environment. 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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Dragon I</td>
<td>1/12-4/29</td>
<td>W</td>
<td>6-7P</td>
<td>12+</td>
<td>$129 / 149</td>
<td>Ralph Batty, Jr.</td>
</tr>
<tr>
<td>Jr. Dragon II</td>
<td>1/12-4/29</td>
<td>W,F</td>
<td>6-7P</td>
<td>12+</td>
<td>$129 / 149</td>
<td>Ralph Batty, Jr.</td>
</tr>
</tbody>
</table>

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

### 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 and structured environment. Ranks: Brown belt and higher.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Black Belt</td>
<td>12/1-4/29</td>
<td>W</td>
<td>6-7P</td>
<td>12+</td>
<td>$129 / 149</td>
<td>Ralph Batty, Jr.</td>
</tr>
</tbody>
</table>

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

### 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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>142410-1A</td>
<td>9/9-10/30</td>
<td>M,W</td>
<td>8-9P</td>
<td>13+</td>
<td>$129 / 149</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>142410-1B</td>
<td>9/10-11/7</td>
<td>Tu, Th</td>
<td>12-1P</td>
<td>13+</td>
<td>$129 / 149</td>
<td>Groton Community Center</td>
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<tr>
<td>142410-2A</td>
<td>11/18-12/9</td>
<td>M,W</td>
<td>8-9P</td>
<td>13+</td>
<td>$129 / 149</td>
<td>Groton Community Center</td>
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<tr>
<td>142410-2B</td>
<td>11/19-1/16</td>
<td>Tu, Th</td>
<td>12-1P</td>
<td>13+</td>
<td>$129 / 149</td>
<td>Groton Community Center</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate Bo-Jutsu</td>
<td>9/9-11/4</td>
<td>M</td>
<td>7-7:30P</td>
<td>9+</td>
<td>$35 / 55</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>Beginner Bo-Jutsu</td>
<td>9/6-11/8</td>
<td>F</td>
<td>6-7:15P</td>
<td>9+</td>
<td>$35 / 55</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>Intermediate Sai-Jutsu</td>
<td>9/9-11/4</td>
<td>M</td>
<td>7-7:30P</td>
<td>6-12</td>
<td>$35 / 55</td>
<td>Groton Community Center</td>
</tr>
</tbody>
</table>

Location: Groton Community Center  
Instructor: Ralph Batty, Jr.  | Min. 10/Max. 40

### 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 physically. Mobility & stretching will be a consistent part of class as well as learning fundamentals for self-protection.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Karate I</td>
<td>9/9-10/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
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</tr>
<tr>
<td>Senior Karate II</td>
<td>9/9-10/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
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</tr>
<tr>
<td>Senior Karate Bo</td>
<td>9/9-10/23</td>
<td>M,W</td>
<td>10-11:15A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>Senior Karate I</td>
<td>10/28-12/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>Senior Karate II</td>
<td>10/28-12/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
</tbody>
</table>

Location: Groton Community Center  
Instructor: Ralph Batty, Jr.  | Min. 5/Max. 15

### 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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>262510-1A</td>
<td>9/9-10/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>262510-1B</td>
<td>9/9-10/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>262510-1C</td>
<td>9/9-10/23</td>
<td>M,W</td>
<td>10-11:15A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>262510-2A</td>
<td>10/28-12/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
<tr>
<td>262510-2B</td>
<td>10/28-12/23</td>
<td>M,W</td>
<td>9-9:45A</td>
<td>55+</td>
<td>$65 / 75</td>
<td>Groton Community Center</td>
</tr>
</tbody>
</table>

Location: Groton Community Center  
Instructor: Ralph Batty, Jr.  | Min. 5/Max. 15
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.
151400-1A   9/10-10/29 Tu 5:45-7:15P 12-45 $20 / 40
151400-2A   11/19-1/21 Tu 5:45-7:15P 12-45 $20 / 40

Location: Groton Community Center
Instructor: Hannah Watson | Min. 6/Max. 12

GBA Youth Basketball
GBA is a volunteer-coached, youth recreational league that places high emphasis on fun, instruction/skill development, and good sportsmanship. Teams practice two evenings a week and play games on weekends. Volunteer coaches needed! All head coaches may sign one child up for free provided they sign up for and attend one of the mandatory coaches training sessions. Interested in coaching? Call 860-536-5680. Registration deadline for players is Oct 18. A $25 late fee applies to anyone registering after the deadline and those players are placed on a Waiting List. A decision regarding player placement are made after Nov 1. Practices begin the second week of November and games begin in December. Age is determined as of January 1, 2020. All players must attend a skills assessment. Dates TBD.

Activity #   Date     Day Time Age Res./Non-Res.
145280-2A   11/19-1/21 Tu 5:45-7:15P 10-11 $75 / 95
145280-2B   11/19-1/21 Tu 5:45-7:15P 12-15 $75 / 95
145280-2C   9/10-10/29 Tu 5:45-7:15P 8-9 $75 / 95
145280-2D   9/10-10/29 Tu 5:45-7:15P 12-14 $75 / 95
145280-2E   9/10-10/29 Tu 5:45-7:15P 10-11 $75 / 95
145280-2F   9/10-10/29 Tu 5:45-7:15P 12-15 $75 / 95

Boxing for Parkinson’s and More
People with neurological diseases can enhance their quality of life and build impressive power, strength, flexibility and speed. Boxing works by moving the body in all planes of motion while continuously changing the routine as boxers progress through the workout. Participants must provide gloves, shin guards and bring water.

Activity #   Date     Day Time Age Res./Non-Res.
151402-1A   9/10-10/4 Tu,Th,F 4:30-6P 18+ $59 / 59
151402-1B   10/8-11/1 Tu,Th,F 4:30-6P 18+ $59 / 59
151402-2A   11/19-12/20 Tu,Th,F 4:30-6P 18+ $59 / 59
151402-2B   1/2-1/24 Tu,Th,F 4:30-6P 18+ $59 / 59

Location: Groton Community Center
Instructor: Rosie Leopoldino | Min. 6/Max. 40

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

Activity #   Date     Day Time Age Res./Non-Res.
151480-1A   9/10-10/29 Tu 5:30-6:25P 18+ $59 / 79
151480-2A   11/19-1/21 Tu 5:30-6:25P 18+ $59 / 79

Location: Groton Community Center
Instructor: Kate Singer | Min. 6/Max. 20

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-1A   9/9-11/4 M 6-7P 15+ $60 / 80
15148C-1B   9/11-10/30 W 6-7P 15+ $60 / 80
15148C-2A   11/18-1/27 M 6-7P 15+ $60 / 80
15148C-2B   11/20-1/29 W 6-7P 15+ $60 / 80

Location: Groton Community Center
Instructor: Joe Russack-Baker | Min. 5/Max. 15
Happy Hour at the BARRE
This class mixes moves from Pilates, Yoga, and Ballet to increase core strength, sculpt, and tone. The Barre portion of the class consists of high reps of small range-of-motion movements. The HIIT step, “done on the old school step bench” is short interval cardio bursts. Combining both these training techniques brings your fitness to a new level. Sign up for both days in the same season and save $10! Non-residents only have to pay the out of town fee once.

**Activity #** | **Date** | **Day** | **Time** | **Age** | **Res./Non-Res.**
--- | --- | --- | --- | --- | ---
15148D-1A | 9/9-11/4 | M | 5:30-6:25P | 12+ | $60 / 80
15148D-1B | 9/11-10/30 | W | 5:30-6:25P | 12+ | $60 / 80
15148D-2A | 11/18-1/27 | M | 5:30-6:25P | 12+ | $60 / 80
15148D-2B | 11/20-1/29 | W | 5:30-6:25P | 12+ | $60 / 80

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

Forged Fitness
Individuals looking to get lean, toned and fit utilize body weight movements, light to moderate weights, and high repetitions to improve strength, stability, and lean muscle. This is a high-intensity class meant to help forge a path to a happier and healthier you!

**Activity #** | **Date** | **Day** | **Time** | **Age** | **Res./Non-Res.**
--- | --- | --- | --- | --- | ---
15148F-1A | 9/10-10/29 | T | 6:30-7:30P | 12+ | $60 / 80
15148F-2A | 11/19-1/21 | T | 6:30-7:30P | 12+ | $60 / 80

**Location:** Groton Community Center  
**Instructor:** Allie Wille | Min. 8/Max. 20

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-1A | 9/12-10/31 | Th | 6:35-7:20P | 16+ | $59 / 79

**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.**
--- | --- | --- | --- | --- | ---
Beginner 153410-1B | 9/12-10/31 | Th | 6:45-8P | 14+ | $55 / 75
Experienced 153410-1C | 9/12-10/31 | Th | 5:30-6:45P | 14+ | $55 / 75
Beginner 153410-2B | 11/21-1/23 | Th | 6:45-8P | 14+ | $55 / 75
Experienced 153410-2C | 11/21-1/23 | Th | 5:30-6:45P | 14+ | $55 / 75

**Location:** Cutler Middle School  
**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.**
--- | --- | --- | --- | --- | ---
153481-1A | 9/9-11/4 | M | 6:15-7:30P | 14+ | $59 / 79
153481-2A | 11/18-1/27 | M | 6:15-7:30P | 14+ | $59 / 79

**Location:** Groton Senior Center  
**Instructor:** Lori Miller | Min. 15/Max. 44

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or cicchese@groton-ct.gov.
## ADULT SOCIAL SPORTS

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>144480-1A</td>
<td>9/15-11/3</td>
<td>Su</td>
<td>6:30-8:30P</td>
<td>18+</td>
<td>$30</td>
</tr>
<tr>
<td>144480-2A</td>
<td>11/17-1/19</td>
<td>Su</td>
<td>6:30-8:30P</td>
<td>18+</td>
<td>$30</td>
</tr>
</tbody>
</table>

**Location:** Groton Community Center  
**Instructor:** Staff | Min. 10/Max. 32

### Co-Ed Soccer • FREE
Recreational, non-league, pick-up soccer games for adults of all skill levels, from beginners through advanced. New players are welcome!

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>144483-1A</td>
<td>9/15-12/8</td>
<td>Su</td>
<td>2:30-4P</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Location:** Poquonnock Plains Park  
**Instructor:** John Watson | Min. 10/Max. 45

### ECRHL Draft Hockey Tournament
grotonrec.com/hockey

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>146422-6A</td>
<td>9/11-10/30</td>
<td>W</td>
<td>5:30-7:30P</td>
<td>17+</td>
<td>$ /</td>
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<tr>
<td>146422-6B</td>
<td>9/11-10/30</td>
<td>W</td>
<td>5:30-7:30P</td>
<td>17+</td>
<td>$ /</td>
</tr>
</tbody>
</table>

**Location:** Groton Hockey Rink  
**Instructor:** TBD | Min. 20/Max. 32
**SWIMMING**

**Baby & Me Social Swim**
Introduce your child to the water in this unstructured program. Staff is available to offer tips using activities, toys & songs. Participate with your baby in your grasp. One parent per child required. Swim diapers required.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>184080-1A</td>
<td>9/15-11/3</td>
<td>Su</td>
<td>8:30-9A</td>
<td>0.5-3</td>
<td>$25 / 45</td>
</tr>
<tr>
<td>184080-2A</td>
<td>11/17-1/19</td>
<td>Su</td>
<td>8:30-9A</td>
<td>0.5-3</td>
<td>$25 / 45</td>
</tr>
</tbody>
</table>

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 4/Max. 30

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**Family Open Swim**
Enjoy the pool to relax, work on skills, or just have fun. Two lanes are set up for lap swim. Pool capacity is set at a maximum of 80 participants per swim time. Children must be supervised at all times. Registration includes both Saturdays at 3:30-4:30pm & Sundays at 12-1pm. Sign up for any swim lesson and add Family Swim to your cart before checking out and save $35! You can use the family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>184880-1A</td>
<td>9/7-11/3</td>
<td>Sa</td>
<td>Su</td>
<td>18+</td>
<td>$55 / 75</td>
</tr>
<tr>
<td>184880-2A</td>
<td>11/16-1/19</td>
<td>Sa,Su</td>
<td>18+</td>
<td>$55 / 75</td>
<td></td>
</tr>
</tbody>
</table>

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 10/Max. 250

---

**Private Swim Lessons**
Weekly, 30-minute, one-on-one swim lessons. Staff is trained to work with people with disabilities. Limited space.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptive Lesson 180300-1A</td>
<td>9/14-11/2</td>
<td>Sa 2:25-2:55P</td>
<td>2+</td>
<td>$159 / 179</td>
</tr>
<tr>
<td>Private Lesson 180300-1B</td>
<td>9/14-11/2</td>
<td>Sa 3:30P</td>
<td>2+</td>
<td>$159 / 179</td>
</tr>
<tr>
<td>180300-1C</td>
<td>9/14-11/2</td>
<td>Sa 2:25-2:55P</td>
<td>2+</td>
<td>$159 / 179</td>
</tr>
<tr>
<td>180300-1D</td>
<td>9/15-11/3</td>
<td>Su 10:35-11:05A</td>
<td>2+</td>
<td>$159 / 179</td>
</tr>
<tr>
<td>Advanced Lesson 180300-1E</td>
<td>9/15-11/3</td>
<td>Su 8:30-9A</td>
<td>8+</td>
<td>$159 / 179</td>
</tr>
<tr>
<td>Private Lesson 180300-2B</td>
<td>11/16-1/18</td>
<td>Sa 3:30P</td>
<td>2+</td>
<td>$159 / 179</td>
</tr>
<tr>
<td>180300-2D</td>
<td>11/17-1/19</td>
<td>Su 10:35-11:05A</td>
<td>2+</td>
<td>$159 / 179</td>
</tr>
<tr>
<td>Advanced Lesson 180300-2E</td>
<td>11/17-1/19</td>
<td>Su 8:30-9A</td>
<td>8+</td>
<td>$159 / 179</td>
</tr>
</tbody>
</table>

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 1/Max. 2

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**For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or cicchese@groton-ct.gov.**

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**Adult Swim Lessons**
Weekly, 30-minute, small group swim lessons. Staff is trained to work with people with disabilities.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>181480-1A</td>
<td>9/14-11/2</td>
<td>Sa</td>
<td>1:40-2:20P</td>
<td>16+</td>
<td>$99 / 119</td>
</tr>
</tbody>
</table>

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 2/Max. 4

---

**Small Group Child Swim Lessons**
Learn the basics of swimming including breathing techniques, floating and balance, jumps, retrieval skills and more. This class is perfect for anyone who may have fears surrounding water. No prior experience in the water necessary. Limit of two students per instructor to ensure personal attention.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>182280-1A</td>
<td>9/15-11/3</td>
<td>Su</td>
<td>10:35-11:05A</td>
<td>3-6</td>
<td>$99 / 119</td>
</tr>
<tr>
<td>182280-1B</td>
<td>9/15-11/3</td>
<td>Su</td>
<td>10:35-11:05A</td>
<td>3-6</td>
<td>$99 / 119</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1 181109-1A</td>
<td>9/14-11/2</td>
<td>Sa</td>
<td>12:45-1:25P</td>
<td>6-21</td>
<td>$75 / 95</td>
</tr>
<tr>
<td>181109-1B</td>
<td>9/14-11/2</td>
<td>Sa</td>
<td>1:40-2:20P</td>
<td>6-21</td>
<td>$75 / 95</td>
</tr>
<tr>
<td>181109-2A</td>
<td>11/16-1/18</td>
<td>Sa</td>
<td>12:45-1:25P</td>
<td>6-21</td>
<td>$75 / 95</td>
</tr>
<tr>
<td>181109-2B</td>
<td>11/16-1/18</td>
<td>Sa</td>
<td>1:40-2:20P</td>
<td>6-21</td>
<td>$75 / 95</td>
</tr>
</tbody>
</table>

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

---

**Adaptive Adult Small Group Swim Lessons**
Weekly, 30-minute, small group swim lessons. Staff is trained to work with people with disabilities.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
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</thead>
<tbody>
<tr>
<td>181400-1A</td>
<td>9/14-11/2</td>
<td>Sa</td>
<td>1:40-2:20P</td>
<td>16+</td>
<td>$99 / 119</td>
</tr>
</tbody>
</table>

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 1/Max. 4

---

**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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>182110-1A</td>
<td>9/14-11/2</td>
<td>Sa</td>
<td>3:30P</td>
<td>3-5</td>
<td>$69 / 89</td>
</tr>
<tr>
<td>182110-2A</td>
<td>11/16-1/18</td>
<td>Sa</td>
<td>3:30P</td>
<td>3-5</td>
<td>$69 / 89</td>
</tr>
</tbody>
</table>

**Location:** UCONN Avery Point  
**Instructor:** Aquatics Staff | Min. 4/Max. 10

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For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or cicchese@groton-ct.gov.
Level 1 Swim Lessons
Level 1 Swim - Swimmers learn water safety rules, safe water entry and exit, 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. Activity # Date Day Time Age Res./Non-Res.
182111-1A 9/14-11/2 Sa 11:15-11:55A 3-15 $69 / 89
182111-1B 9/14-11/2 Sa 12:12-40P 3-15 $69 / 89

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

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. Activity # Date Day Time Age Res./Non-Res.
182210-1A 9/14-11/2 Sa 11:15-11:55A 3-15 $69 / 89
182210-1B 9/14-11/2 Sa 12:12-40P 3-15 $69 / 89
182210-1D 9/15-11/3 Su 9:50-10:30A 3-15 $69 / 89

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

Level 3 Swim Lessons
Level 3 Swim - Further 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. Activity # Date Day Time Age Res./Non-Res.
182220-1A 9/14-11/2 Sa 11:15-11:55A 3-15 $69 / 89
182220-1B 9/14-11/2 Sa 12:12-40P 3-15 $69 / 89
182220-1D 9/15-11/3 Su 9:50-10:30A 3-15 $69 / 89

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

Level 4 Swim Lessons
Level 4 Swim - Swimmers learn how to completely swim with limited or no instructor support. Swimmers review freestyle and backstroke techniques. Swimmers learn breaststroke and body dolphin, as well as getting more in depth diving training. Goggles are REQUIRED.

Activity # Date Day Time Age Res./Non-Res. Activity # Date Day Time Age Res./Non-Res.
182221-1A 9/14-11/2 Sa 11:15-11:55A 3-15 $69 / 89
182221-1B 9/14-11/2 Sa 12:12-40P 3-15 $69 / 89
182221-1C 9/15-11/3 Su 9:05-9:45A 3-15 $69 / 89
182221-2B 11/16-11/18 Sa 12-12:40P 3-15 $69 / 89

Location: UCONN Avery Point
Instructor: Aquatics Staff | Min. 4/Max. 10

Level 5 Swim Lessons
Advanced swimmers learn butterfly stroke, flip turns, and diving off the blocks. Swimmers also review all previous strokes. Participants learn the skills needed to be on a competitive swim team. Goggles are REQUIRED.

Activity # Date Day Time Age Res./Non-Res. Activity # Date Day Time Age Res./Non-Res.
182230-1A 9/14-11/2 Sa 12:45- 1:25P 3-15 $69 / 89
182230-1B 9/14-11/2 Sa 9:50-10:30A 3-15 $69 / 89
182230-1A 9/15-11/3 Su 12:45- 1:25P 3-15 $69 / 89
182230-1B 9/15-11/3 Su 9:50-10:30A 3-15 $69 / 89

Location: UCONN Avery Point
Instructor: Aquatics Staff | Min. 4/Max. 10

Pre-Competition Swim
Pre-Competition swimmers use all previous stroke knowledge to further prepare them for competition. Swimmers learn starts and get in-depth teaching of the rules in competitive swimming. Swimmers will be timed and be swimming the length of the pool rather than the width. Participants need to have met requirements for level 5 in order to partake in this class. Goggles are recommended.

Activity # Date Day Time Age Res./Non-Res. Activity # Date Day Time Age Res./Non-Res.
182232-1A 9/14-11/2 Sa 2:25-2:55P 8+ $69 / 89
182232-1A 9/15-11/3 Su 11:10-11:50A 8+ $69 / 89

Location: UCONN Avery Point
Instructor: Aquatics Staff | Min. 4/Max. 12
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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>134400-1A</td>
<td>9/10-10/29</td>
<td>Tu</td>
<td>9-10:30A</td>
<td>21+</td>
<td>$29 / 49</td>
</tr>
<tr>
<td>134400-2A</td>
<td>11/19-1/21</td>
<td>Tu</td>
<td>9-10:30A</td>
<td>21+</td>
<td>$29 / 49</td>
</tr>
</tbody>
</table>

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

Adaptive Cooking for Fun
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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>137400-1A</td>
<td>9/11-10/30</td>
<td>W</td>
<td>5-7P</td>
<td>13-35</td>
<td>$70 / 90</td>
</tr>
<tr>
<td>137400-2A</td>
<td>11/20-1/29</td>
<td>W</td>
<td>5-7P</td>
<td>13-35</td>
<td>$70 / 90</td>
</tr>
</tbody>
</table>

Location: Fitch High School
Instructor: Andy Plasse | Min. 5/Max. 8

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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karate I</td>
<td>142110-1A</td>
<td>M</td>
<td>4:50-5:20P</td>
<td>4+</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>Karate II</td>
<td>142110-1B</td>
<td>Tu, Th</td>
<td>4:50-5:30P</td>
<td>4+</td>
<td>$85 / 105</td>
</tr>
<tr>
<td>Karate I</td>
<td>142110-2A</td>
<td>M</td>
<td>4:50-5:20P</td>
<td>4+</td>
<td>$45 / 65</td>
</tr>
<tr>
<td>Karate II</td>
<td>142110-2B</td>
<td>M</td>
<td>4:50-5:30P</td>
<td>4+</td>
<td>$85 / 105</td>
</tr>
</tbody>
</table>

Location: Groton Community Center
Instructor: Ralph Batty, Jr. | Min. 3/Max. 20

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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>181109-1A</td>
<td>Sa</td>
<td>12:45-1:25P</td>
<td>6-21</td>
<td>$75 / 95</td>
</tr>
<tr>
<td>181109-1B</td>
<td>Sa</td>
<td>1:40-2:20P</td>
<td>6-21</td>
<td>$75 / 95</td>
<td></td>
</tr>
<tr>
<td>181109-2A</td>
<td>11/16-1/18</td>
<td>Sa</td>
<td>12:45-1:25P</td>
<td>6-21</td>
<td>$75 / 95</td>
</tr>
<tr>
<td>181109-2B</td>
<td>11/16-1/18</td>
<td>Sa</td>
<td>1:40-2:20P</td>
<td>6-21</td>
<td>$75 / 95</td>
</tr>
</tbody>
</table>

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

Adaptive Adult Small Group Swim Lessons
Weekly, 30-minute, small group swim lessons. Staff is trained to work with people with disabilities.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>181400-1A</td>
<td>9/14-11/2</td>
<td>Sa</td>
<td>1:40-2:20P</td>
<td>16+</td>
<td>$99 / 119</td>
</tr>
</tbody>
</table>

Location: UCONN Avery Point
Instructor: Staff | 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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>151400-1A</td>
<td>9/9-11/4</td>
<td>M</td>
<td>6-7:30P</td>
<td>12-45</td>
<td>$20 / 40</td>
</tr>
<tr>
<td>151400-2A</td>
<td>11/18-1/27</td>
<td>M</td>
<td>6-7:30P</td>
<td>12-45</td>
<td>$20 / 40</td>
</tr>
</tbody>
</table>

Location: Groton Community Center
Instructor: Hannah Watson | Min. 6/Max. 12
WALK WITH EASE
This program designed by the Arthritis Foundation is a walking program proven to reduce pain and improve your overall health. A great way to begin a regular exercise routine. WWE11 is a walk on your own program with limited instructor guidance.

Activity # Date Day Time Age Res./Non-Res.
262507-1B 9/4-10/25 M,W,F 11:30A-12:30P 55+ $25

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

YOGA
Simple yoga poses are used to focus on relaxation and flexibility. Yoga Healing Warriors is a free class for veterans and military personnel who may be experiencing PTSD or stress associated with civilian readjustment or just need a place to rest and restore. Yoga Plus is a class with a combination of yoga and tai chi poses.

Activity # Date Day Time Age Res./Non-Res.
262508-1A 9/4-10/23 W 8-9A 55+ $28 / 38
262508-1B 9/4-10/23 F 5p-6p 18+ Free
262508-1C 9/7-10/26 Sa 9-10A 18+ $28/38

Yoga Healing Warriors (Free to Veterans & Military Personnel)
262508-1B 9/6-10/25 F 5p-6p 18+ Free

Yoga
262508-2A 10/30-12/18 W 8-9A 55+ $28 / 38
262508-2B 11/1-12/20 F 5p-6p 18+ Free

Yoga Healing Warriors (Free to Veterans & Military Personnel)
262508-2B 11/1-12/20 F 5p-6p 18+ Free

Yoga Plus
262508-2C 11/2-12/21 Sa 9-10A 18+ $28/38

Location: Groton Senior Center
Instructor: Connie Steffes | Min. 5/Max. 35

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.
262400-1A 9/4-10/23 M,W 5-6P 18+ $60 / 70
262400-1B 10/28-12/23 M,W 5-6P 18+ $60 / 70

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

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

Activity # Date Day Time Age Res./Non-Res.
262403-1A 9/4-10/23 M,W 4-5P 18+ $50 / 60
262403-1B 10/28-12/23 M,W 4-5P 18+ $50 / 60

Location: Groton Senior Center
Instructor: Lorraine Raimondi | Min. 5/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 flex program.

Activity # Date Day Time Age Res./Non-Res.
Tai Chi Tues 262509-1A 9/3-10/22 Tu 2-3P 55+ $28 / 38
Tai Chi Thurs 262509-1B 9/6-10/25 Th 11:30A-12:30P 55+ $28 / 38
Tai Chi Tues 262509-2A 10/29-12/17 Tu 2-3P 55+ $28 / 38
Tai Chi Thurs 262509-2B 10/31-12/19 Th 11:30A-12:30P 55+ $28 / 38

Location: Groton Senior Center
Instructor: Julie Oliver | Min. 5/Max. 35

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

Activity # Date Day Time Age Res./Non-Res.
Line Dancing 263500-1A 9/9-10/21 M 10:30A-12P 55+ $40 / 50
263500-2A 10/28-12/23 M 10:30A-12P 55+ $40 / 50

Location: Groton Senior Center
Instructor: Jack McLaughlin | Min. 5/Max. 40

860.536.5680 | GrotonRec.com/Discover | 23
ACTIVITIES FOR 55+

For a complete listing of all 55+ programs, please visit grotonrec.com/seniors

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

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mah Jongg</td>
<td>255500-1A</td>
<td>M,F</td>
<td>9:30-11:30A</td>
<td>55+</td>
<td>$8 / 8</td>
</tr>
<tr>
<td></td>
<td>255500-2A</td>
<td>M,F</td>
<td>9:30-11:30A</td>
<td>55+</td>
<td>$8 / 8</td>
</tr>
<tr>
<td>Beginner Mah Jongg</td>
<td>25500-1B</td>
<td>Tu</td>
<td>10:15A-12P</td>
<td>55+</td>
<td>$10/10</td>
</tr>
<tr>
<td></td>
<td>25500-2B</td>
<td>Tu</td>
<td>10:15A-12P</td>
<td>55+</td>
<td>$10/10</td>
</tr>
</tbody>
</table>

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

Beginner Bridge
An introduction to the basic elements of contract bridge. Oriented toward those with little or no experience playing bridge or other card games.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner Bridge 1</td>
<td>256502-1A</td>
<td>Tu</td>
<td>10A-12P</td>
<td>18+</td>
<td>$24 / 34</td>
</tr>
<tr>
<td>Beginner Bridge 2</td>
<td>256502-2A</td>
<td>Tu</td>
<td>10A-12P</td>
<td>18+</td>
<td>$24 / 34</td>
</tr>
</tbody>
</table>

Location: Groton Senior Center
Instructor: Larry Eppler | Min. 0/Max. 24

Calligraphy
Learn the basics of the art of Calligraphy while creating a beautiful card to send.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>239503-1A</td>
<td>10/11</td>
<td>F</td>
<td>9:30-11:30A</td>
<td>55+</td>
<td>$10</td>
</tr>
<tr>
<td>239503-2A</td>
<td>12/13</td>
<td>F</td>
<td>9:30-11:30A</td>
<td>55+</td>
<td>$10</td>
</tr>
</tbody>
</table>

Location: Groton Senior Center
Instructor: Sean Kane | Min. 0/Max. 10

Dining Out/Breakfast Out
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.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dining Out -Flanagans</td>
<td>229900-1A</td>
<td>9/10-9/10</td>
<td>Tu</td>
<td>5-7:30P</td>
<td></td>
</tr>
<tr>
<td>Dining Out – Steak Loft</td>
<td>229900-1B</td>
<td>10/8-10/8</td>
<td>Tu</td>
<td>5-7:30P</td>
<td></td>
</tr>
<tr>
<td>Breakfast Out – The Shack 229900-1C</td>
<td>9/28-9/28</td>
<td>Sa</td>
<td>8:30A-10A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dining Out – Bridge, Westerly 229900-2A</td>
<td>11/12-11/12</td>
<td>Tu</td>
<td>5-7:30P</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast Out – Captain Daniel Packer Inne 229990-2B</td>
<td>12/10-12/10</td>
<td>Tu</td>
<td>5-7:30P</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast Out – Groton Town House 229990-2C</td>
<td>11/23-11/23</td>
<td>Sat</td>
<td>8:30A-10A</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or cicchese@groton-ct.gov.

Lectures/Speakers-General
TODD GIPSTEIN PHOTOGRAPHY Presentation
Award-Winning National Geographic Photographer & Producer Todd Gipstein will explore the art and artistry of photography. He will share insights from 50 years behind the camera shooting for documentary media. All are welcome. Free – yet, registration is required. 860-441-6785.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
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<th>Time</th>
<th>Age</th>
<th>Res./Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>241409-1A</td>
<td>11/14-11/14</td>
<td>Th</td>
<td>5-6P</td>
<td>18+</td>
<td>Free</td>
</tr>
</tbody>
</table>

Location: Groton Senior Center
Instructor: TBD | Min. 20/Max. 75
**Seniors Cautious About Money (SCAM)**
5-6:30P Tuesdays, September 10, 17 and 24
This educational course is focused on Preventing Financial Exploitation of Older Adults. The goal of this program is to educate and improve the financial security of older adults by engaging them in a hands on education program. Discussion will be on why older adults are targeted, types of scams and prevention. This series is in collaboration with Groton Town Police Department, State and Local Agencies, NCOA and Walmart.

**Location:** Groton Senior Center

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**TRIAD-Yellow Dot Spaghetti Dinner**
This national TRIAD initiative provides a yellow dot to adhere in the car’s rear window to alert emergency response personnel to senior drivers’ and passengers’ medical information stored in the vehicle. Please bring all current medical information when registering. Photos will be taken on site. Information cards are also utilized to alert emergency personnel of the injured senior’s family members whose care may be dependent upon the senior, such as a homebound spouse.

**Activity #** Date Day Time Age Res./Non-Res.
213400-1A 9/26 Th 5-7P 18+ $6 / 6

**Location:** Groton Senior Center

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**Harvest Bazaar**
Saturday, November 16 • 9A – 1P
Purchase a table to sell your handcrafted items; Long or Round tables are available for this annual craft fair. Be a Buyer of all the unique items being sold by the variety of vendors.

**Location:** Groton Senior Center

---

**Deck the Halls**
Friday, November 22 • 1:30P
Come join us for afternoon refreshments to decorate for the upcoming holiday season. You can bring in ornaments/decorations or use ours to decorate for the festivities. All are welcome for a jolly time!

**Location:** Groton Senior Center

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**Club Holiday Luncheon**
Join Club 55 in celebrating the holidays with a spectacular luncheon. Enjoy a fabulous meal and entertainment.

**Activity #** Date Day Time Age Res./Non-Res.
Club Holiday Dinner 213502-2B 12/17 Tu 11:30A-1P 55+ $15 / 15

**Location:** Groton Senior Center

---

**Rotary Dinner**
To Benefit Groton Rotary Scholarship Fund. Rotary scholar awards of $2,000 will be given to three graduating seniors from of the Groton high schools. Selection of awardees is based on: Scholastic Achievements, School/Club Leadership Activities, and Community Service to Others, with consideration of Need and Educational Ambitions.

**Activity #** Date Day Time Age Res./Non-Res.
219500-1A 10/4 F 5-7P 55+ $7 / 7

**Location:** Groton Senior Center

---

**Active Aging Week**
Active Aging Week takes place nationally, October 1 – 7. The events during this week celebrates aging and active living by engaging older adults in a variety of activities, such as fitness, health and wellness and much more.

In addition to being able to sample any class this week; stop in to the Groton Senior Center and hear about the following informational topics:

**Balance Builder**
**Tuesday, October 1 • 11 A**
Come learn about common risk factors and steps you can take to prevent falls, including exercises to strengthen and improve balance. This program is offered in conjunction with Blue Cross/Blue Shield.

**Parkinson Program**
**Wednesday, October 2 • 11A**
Discussion on improving movements for any activity, whether “small motor” tasks like buttoning a shirt or “large motor” tasks like getting up from sofa or chair or maintaining balance while walking. L&M Pequot Treatment Center Occupational Health is offering this topic discussion.

**Vertigo**
**Thursday, October 3 • 11A**
Physical Therapy & Sports Medicine Centers will be here to discuss “Vertigo, it’s enough to make your head spin!” Have you or someone you know suffered from vertigo? Come learn what causes vertigo, dizziness, headaches and imbalance.
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.

Jim Kamercia, Chair .................................. kamercia@comcast.net
Scott Peirce, Vice Chair ............................. sdpvero@fastmail.com
June Evered, Secretary ............................... juneathome@tvccconnect.net
Dom Bassi, Commissioner .......................... dksbassi98@yahoo.com
Frances Whitney, Commissioner ............. whitneyfm@sbcglobal.net

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 ............................ Chris Chappell 201-924-2522

Town of Groton Phone Numbers

Assessment ..................................................... 860-441-6660
Building Inspection ......................................... 860-446-5982
Human Services ............................................... 860-441-6760
Planning & Community Devel. ...................... 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

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 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.

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 cancelation information, please visit our Facebook page at 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
Website: GrotonRec.com
Facebook: Facebook.com/GrotonParksandRec

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.

860.536.5680 | GrotonRec.com/Discover | 27
Groton Parks & Recreation Department
27 Spicer Avenue
Noank, CT 06340-5659

Keeping Groton Healthy

- **14,241** visits to the Groton Senior Center Fitness Room
- **1,325** hours of fitness classes at Groton Senior Center
- **9,780** hours played on department-managed fields
- **Players from 19 towns** competed in our first Pickleball Tournament
- **2,800** free meals served at summer camp
- **13,600** healthy low-cost meals served at the Groton Senior Center