



DISCOVER

GROTON PARKS AND RECREATION

SPRING/SUMMER 2014

CELEBRATE SPRING

**SUMMER FUN
FOR EVERYONE**



18

**NEW
Programs**



grotonrec.com





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DISCOVER

GROTON PARKS AND RECREATION



8 - Special Events

Celebrate summer 2014 with the 4th of July Parade, Summer SoundWaves Concert Series at Esker Point Beach, Tour de Noank, Small Boat Day, and more!



17 - Aquatics

Give your children the training they need to be confident and safe swimmers with our popular swimming lessons.



25 - Early Childhood

Kids get moving, messy, and musical with our great variety of programs for pre-school age children.

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GROTON PARKS AND RECREATION
860-536-5680

Email: parksrec@groton-ct.gov





FROM THE DIRECTOR

As we move closer to spring and the weather is more inviting to get outside, you will see that we have added a number of new programs to encourage you to get outside and get active. The Park RACE (Regional Adventure Challenge Expedition) is a cooperative program with other parks and recreation departments. Various fun, outdoor family activities will be planned to challenge participants at various parks in Southeastern CT.

For adults, we have added some great new pick-up sports programs including, ultimate frisbee, dodgeball and kickball. Try them all for free at the Expo in April.

To provide better quality programming, we are collaborating with the athletic department at Fitch High School to offer a number of new sports summer camps, including football, volleyball and golf. Varsity coaches and staff are directing the camps with assistance from varsity athletes. We have also partnered with the Mystic Schooners baseball team this summer to instruct our baseball camp.

We encourage you to Get Out and Get Active!

Sincerely,

Mark Berry, Director of Parks and Recreation

Our Mission:

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

PARKS AND RECREATION STAFF

Parks and Recreation Admin	860-536-5680
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Kate Bradley, Marketing/Special Events	860-536-5007
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Ben Morse, Program Supervisor	860-536-5687
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Carol Pratt, Program Supervisor	860-441-6795
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Shennecossett Golf Course	860-445-1867
Todd Goodhue, Golf Professional	
Keith Johnson, Assistant Pro	
Eric S. Morrison, Golf Course Superintendent	860-445-6912

Parks and Recreation Commission

Jim Kamercia, **Chair**
June Evered, **Vice Chair**
Tricia Semancik, **Secretary**
Phil Butta, Ed Kolnaski

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



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

GrotonRec.com

BULLETIN BOARD

S.E.C.T.
**PARK
RACE**
Regional Adventure Challenge & Expedition
FAMILY FUN AHEAD >



REGISTER EARLY!
Classes that do not meet minimum enrollment will be canceled!
If you wait, it may be too late!

You asked for it -
cooking for kids!
p. 24

Set your GPS for FUN!



Discover Southeastern Connecticut's parks this summer with the 1st Annual Park RACE—Regional Adventure Challenge & Expedition! Form a team with friends and family and receive a passport with exciting outdoor challenges in parks throughout the area. Complete challenges for chances to win great prizes for all summer long!

FREE! *Register today!*

Adult pick-up sports -
try them for FREE!
p. 28

Instructor Q+As
Denise Descheneaux p. 22
Nicholas Checker p. 24
**TWIST UP YOUR
FITNESS ROUTINE!**
P. 21

Like us on Facebook for all the latest news and information from Groton Parks and Recreation!

NEW! Submit your photos on our page each month for a chance to win a free program! Look for photos submitted by our fans in this issue!

Facebook.com/GrotonParksandRec

IMPORTANT INFORMATION

Resident (R)

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

Registration Options

U.S. Mail

Walk-in at Spicer House

Drop-off box at Spicer House, William Seely, Fitch Middle

On-line at GrotonRec.com

Scholarships

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. Stop by our office between the hours of 8:30 a.m. and 3:45 p.m. to apply in person. See page 34 for scholarship application.

Program Grants

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

Refunds

- NO REFUNDS after the 2nd class
- A \$15 administrative fee is charged for all refunds
- Administrative fees are waived if the class is canceled

People with Disabilities

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

DIRECTIONS

Spicer House – 27 Spicer Avenue, Noank, CT 06340

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

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

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

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

I-95 North to Exit 86: (left exit) First right onto Route 12. Second traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.

I-95 South to Exit 86: At end of the off ramp bear right onto Route 12. Fourth traffic light left onto Walker Hill Rd. At top of hill, William Seely is on the left.

Route 1 (turns into Route 12) towards Subase: At traffic light after Groton Square (Super Stop & Shop) make a left onto Walker Hill Rd. At top of hill, William Seely is on the left.

For directions to all other locations please visit GrotonRec.com

Cancelations

At times it is necessary for us to cancel programs due to circumstances beyond our control. Every effort is made to notify participants and schedule make-up sessions. We follow the lead of Groton schools when cancelling activities due to the weather. If school is canceled, recreation programs are cancelled. If school is delayed, recreation programs begin at 12 pm (noon). If school dismisses early, Recreation programs scheduled for after 12 pm are canceled.

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.

Age of Participants

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

Participant Behavior

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

Spicer House - Parks and Recreation Office

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

E-mail: parksrec@groton-ct.gov

Website: GrotonRec.com

Facebook: Facebook.com/GrotonParksandRec
(transactions processed until 4:15 p.m.)

Mailing Address:

Groton Parks and Recreation

27 Spicer Avenue, Noank, CT 06340-5659

Hours: 8:30 am - 4:30 pm

OOPS!

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

Satisfaction Guarantee

Groton Parks and Recreation is committed to providing the highest quality service to our customers. If you are not fully satisfied with any of our services or classes, we want to hear from you. Please give us the opportunity to resolve your issue.

THE IMPACT OF PARKS AND RECREATION

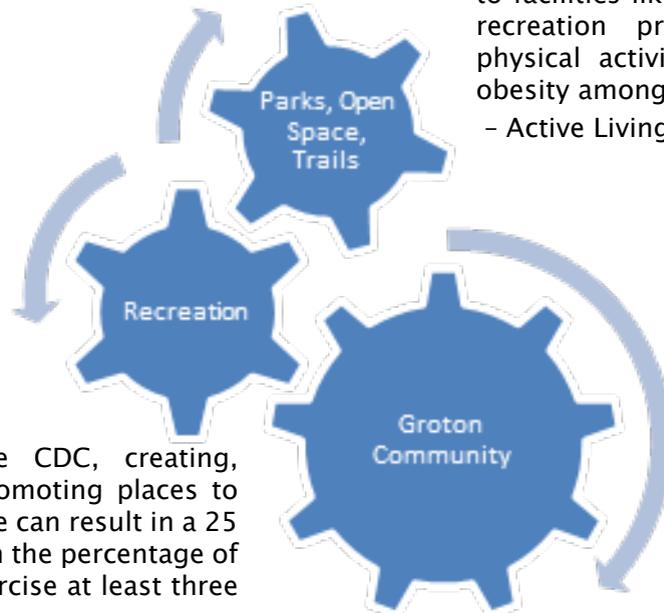
Parks and Recreation is an essential part of keeping the community of Groton healthy while helping to attract new residents and maintain a vibrant workforce.

Planning for the future and making investments in our existing parks and recreational facilities will keep the community thriving.

A survey by the National Association of Realtors (NAR) revealed that 57 percent of voters would choose a home close to parks and open space over one that was not.

“There is strong evidence linking access to facilities like parks, playgrounds and recreation programs with increased physical activity and reduced risk for obesity among kids.”

- Active Living Research



According to the CDC, creating, improving and promoting places to be physically active can result in a 25 percent increase in the percentage of residents who exercise at least three times per week.

The National Association of Home Builders found that 65 percent of home shoppers surveyed felt that parks would seriously influence them to move to a community.

Currently Groton Parks and Recreation is involved in a number of initiatives to improve our community for Groton residents and visitors including:

- Implementation of the 2009 Recreation Master Plan
- Improvements to trails within the Copp Family Park
- Expansion of the Trolley Trail
- Merritt property field use plan

Wayne Robinson office Mark Robinson shop

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

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2014 SPECIAL EVENTS

PRESENTED BY:



Media Partners:



25TH ANNUAL SUMMER SOUNDWAVES CONCERT SERIES

Thursday Nights, 6-8 p.m.
Esker Point Beach

For 25 years we have brought you fun, family friendly concerts at beautiful Esker Point Beach! Don't miss the amazing lineup of bands we have for 2014:

- June 19 - High Times
- June 26 - Rock and Soul Revue
- July 3 - Aquanett
- July 10 - Will Evans Band
- July 17 - Branded
- July 24 - SUGAR
- July 31 - Sunday Gravy
- August 7 & 14 - Rain Dates (5:30-7 p.m.)



Sponsored by:



*FREE CONVENIENT PARKING
AT THE BEACH OR TAKE THE
FREE SHUTTLE FROM FITCH
HIGH SCHOOL*



TOUR DE NOANK 5K AND FUN RUN

June 14, 10 a.m.
Esker Point Beach

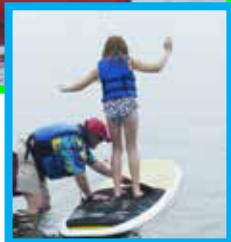
This challenging 5K road race winds through the scenic streets of Noank. Race begins and ends at Esker Point Beach. For race route map, go to GrotonRec.com. A portion of the proceeds benefit Groton's special needs recreation programs. T-shirts are given to all volunteers and to the first 200 runners/walkers. Please indicate unisex t-shirt size in comment section of the registration form. Registrations processed by June 8 receive the Early Bird discount. Race Day registration opens at 8:30 am and closes 15 minutes prior to start of race.

See p. 23 for registration information!

Sponsored by:



SMALL BOAT DAY



Saturday, May 31

10 a.m. - 2 p.m.

Esker Point Beach

Bring the entire family and try out a kayak, sailboat, paddleboard, or sliding seat shell. Meet with distributors of small boats, learn about water sports and recreational activities in Groton, talk with CT DEEP to learn about boating safety and keeping our waters clean, and learn about adaptive opportunities in small boats for people with special needs. Life jackets provided. To make your small boats available for demonstration or use during this event, please contact Bill Grady at (860) 271-1288.

35TH ANNIVERSARY CELEBRATION

of Programs for People With Disabilities

Thursday, June 12

6-7 p.m.

Poquonnock Plains Park

(next to Tercentennial playground)

35 years ago, a group of civic leaders and advocates for people with disabilities gathered together to create recreation programs for people with disabilities. Groton Parks and Recreation has been a leader in adaptive programs ever since. Help us celebrate this milestone with activity demonstrations, testimonies, exhibits and of course cake!



4TH OF JULY PARADE

Friday, July 4

10:00 a.m.

Celebrate America with the annual Groton 4th of July Parade! The parade starts at Poquonnock Plains Park and travels along US Route 1 to the Groton Shopping Plaza. The entire family will enjoy the floats, marchers, and entertainment.

2014 Parade Theme: The American Dream

Register to participate at GrotonRec.com!



FORT GRISWOLD CELEBRATION ON THE THAMES

Saturday, July 12

Fort Griswold, Groton

Fireworks: 9:20 p.m.

Music beginning at 6 p.m. with the Shaded Soul Band. Celebrate with us at this fun family event highlighted by fireworks over the Thames River.

Sponsored by:



Event sponsorships are still available!
Please contact Kate Bradley at
(860) 536-5007 or kbradley@groton-ct.gov

SUMMER CAMP 2014



Summer Camp - Ages 5-13

8 a.m. - 3 p.m.

Campers participate in groups by age in activities that include sports, arts & crafts, outdoor games, literacy, drama, music, dress up days, beach trips, water activities, special events, and within a caring and safe environment! Select one of three sites: SB Butler, Claude Chester or William Seely.

No Camp July 3 & 4. Camp is also open to Non-Residents.

R/NR

\$49/\$89 per week

Summer Camp After Care

3-5 p.m.

Location: William Seely School

Extended camp supervision is available to the Groton Summer Camp participants at the William Seely site only. Time for your child to unwind and relax.

No After Care on July 3 & 4.

R/NR

\$49/\$89 per week

PLEASE SEE SUMMER CAMP REGISTRATION FORM (P. 33) FOR DATES AND MORE INFO!

SUMMER CAMP TRIPS (FOR REGISTERED CAMPERS ONLY)

Mystic Schooners Trip - FREE!

All campers in attendance this day are going to the Mystic Schooner's baseball game at Fitch High School.

Activity #	Date	Day	Time	Age	Site
313207-01	6/27	F	11:30A-2:30P	5-13	Claude Chester
313207-02	6/27	F	11:30A-2:30P	5-13	S.B. Butler
313207-03	6/27	F	11:30A-2:30P	5-13	William Seely

Connecticut Science Center*

Visit the Connecticut Science Center--150+ hands-on activities and four educational labs. Children learn about sound, sight, motion, space, LEGO creations, and more!

Activity #	Date	Day	Time	Age	Fee
313203-01	7/9	W	9:30A-3P	5-13	\$20

Ocean Beach*

Campers can enjoy the ocean, pool or mini-golf while at Ocean Beach.

Activity #	Date	Day	Time	Age	Fee
313204-01	8/1	F	10A-2:30P	5-13	\$5

USS Nautilus - FREE!

Summer Camp sites are visiting history in our own backyard. Campers walk through the museum and get to board the USS Nautilus.

Activity #	Date	Day	Time	Age	Site
313206-01	7/16	W	9A-12P	5-13	Claude Chester
313206-02	7/23	W	9A-12P	5-13	S.B. Butler
313206-03	7/30	W	9A-12P	5-13	William Seely

Galaxy Rollerskating*

Enjoy a morning of rollerskating at the Galaxy Roller Rink. Fee includes skate rental.

Activity #	Date	Day	Time	Age	Fee
313205-01	7/25	F	9:30A-12P	5-13	\$6

Lake Compounce*

New England's Family Theme Park is filled with fun games, activities, and rides including a water park.

Activity #	Date	Day	Time	Age	Fee
313202-01	8/6	W	9:30A-5P	7-13	\$35

*Bus departs from and returns to William Seely School

Spring Programs

Summer Programs

Registration Policy for Summer Camp and Sunshine Camp

The deadline to register for each week of camp is Monday of the prior week. In order to keep camp safe and provide the best experience for your child, camps have a fixed number of spots available based on staffing. Children signed up after the maximum is reached will be put on the waiting list. Unfortunately, transferring from one site to another after registering is not possible. Please contact us before registering if you have any questions regarding this policy.

Sunshine Camp - Ages 3-5

9-11:30 a.m.

Location: Claude Chester

Preschool campers develop a greater awareness of themselves and their surroundings by taking part in a variety of stimulating and fun activities such as music, arts and crafts, games, trips and water play. Children must be toilet-trained.

No Camp July 3 & 4. Camp is also open to Non-Residents.

\$49/89 per week



Camp Button - Ages 5-13

12-3 p.m.

Location: Claude Chester

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). All campers are evaluated for appropriate placement into Camp Button. Open to Groton residents only.

No Camp July 3 & 4.

\$125 for summer session

Teen Adventure Camp, Age 11-15

8 a.m. - 3 p.m.

Location: William Seely School

No need to be bored this summer! Teens travel each day to exciting places such as Brownstone, Six Flags, Lake Compounce, RI beaches or spend the day hiking scenic CT trails or the Boston Freedom Trail. Get up and go! Make new friends or have your friends come too!

Activity #	Date	Day	R/NR
323402-01	7/8-7/17	Tu,W,Th	\$200/\$220
323402-02	7/22-7/31	Tu,W,Th	\$200/\$220
323402-03	8/5-8/14	Tu,W,Th	\$200/\$220



YOUTH SPORTS

Sports Squirts, Age 3-5

Location: Poquonnock Plains Park

Instructor: US Sports Institute

Total Sport Squirts introduces children to a variety of sports such as soccer, T-ball, basketball, lacrosse and hockey. All activities promote hand-eye coordination, movement and balance and most importantly fun!

Activity #	Date	Day	Time	R/NR
307102-01	8/18-8/22	M-F	4:30-5:30P	\$99/\$119

Basketball Camp, Age 8-14

Location: Fitch High School

Instructor: Alick Furtick (Boys)/Dave Huber (Girls)

Boys and girls who have completed 3rd - 8th grade learn the individual, fundamental offensive skills needed to be a successful player. Features whole-group and individual instruction, focusing on shooting, ball handling, moves off the dribble, perimeter play and post play.

Activity #	Date	Day	Time	Gender	R/NR
317103-01	7/7-7/11	M-F	9A-12P	M	\$55/\$75
317103-02	7/28-8/1	M-F	5-8P	F	\$55/\$75
317103-03	7/7-7/11	M-F	9A-3P	M	\$99/\$119

Tennis Camp, Age 7-14

Location: Fitch High School

Instructor: Matt Brown/Todd Higgins

Beginner and intermediate tennis players develop basic strokes and skills in this fun camp.

Activity #	Date	Day	Time	R/NR
317104-01	7/7-7/11	M-F	9A-12P	\$90/\$110
317104-02	7/21-7/25	M-F	9A-12P	\$90/\$110
317104-03	8/11-8/15	M-F	9A-12P	\$90/\$110



Youth Elite Soccer Camp

Location: Poquonnock Plains Park

Instructor: Youth Elite Soccer

Grouped 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	R/NR
317106-01	6/23-6/27	M-F	9-10:30A	5-6	\$99/\$119
317106-02	6/23-6/27	M-F	10:45A-12:15P	5-6	\$99/\$119
317106-03	6/23-6/27	M-F	9A-12P	7-18	\$125/\$145
317106-04	6/23-6/27	M-F	9A-3P	7-18	\$199/\$219

UK International Soccer Camp

Location: Poquonnock Plains Park

Instructor: UK International

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. Indicate t-shirt size on registration form.

Activity #	Date	Day	Time	Age	R/NR
307101-01	8/4-8/8	M-F	9-10A	3-4	\$70/\$90
317105-01	8/4-8/8	M-F	10:30A-12P	5-6	\$86/\$106
317105-02	8/4-8/8	M-F	9A-12P	6-16	\$133/\$153
317105-03	8/4-8/8	M-F	9A-3P	6-16	\$200/\$195

NEW! Spring Soccer Clinic

Location: Poquonnock Plains Park

Instructor: Youth Elite Soccer

Grouped according to ability and age. Bring shin guards and a water bottle.

Activity #	Date	Day	Time	Age	R/NR
218314-01	4/14-4/17	M-Th	9-10:30A	4-6	\$75/\$95
218314-02	4/14-4/17	M-Th	10:45A-12:15P	4-6	\$75/\$95
218314-03	4/14-4/17	M-Th	9A-12P	7-9	\$95/\$115
218314-04	4/14-4/17	M-Th	9A-3P	10-18	\$115/\$135

Multi Sports Camp

Location: Poquonnock Plains Park

Instructor: US Sports Institute

Experience over 16 different sports from around the world including, soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more at US Sports Institute's Total Play Multi Sports camp. All activities promote good sportsmanship, teamwork and most of all fun. Campers receive technical instruction, have the chance experience the sport in a realistic game situation, and participate in the exciting USSI World Cup Competition*. All participants receive a t-shirt and certificate. Indicate shirt size on registration form. *Please note registrants of the Multi Sports Camp PM class only (1pm-4pm) will experience only the World Cup competition segment of this camp, focus is mainly on friendly competition and scrimmaging.

Activity #	Date	Day	Time	Age	R/NR
317107-01	8/18-8/22	M-F	9A-4P	6-12	\$219/\$239
317107-02	8/18-8/22	M-F	9A-12:30P	5-12	\$179/\$199
317107-03	8/18-8/22	M-F	1-4P	5-12	\$125/\$145

NEW! Football: Falcon Youth Camp, Age 8-13

Location: Fitch High School

Instructor: Jordan Panucci

Players learn and build upon fundamentals as they head into their football season in August. This non-contact football camp allows youth players to have direct contact with high school coaches and athletes integrating drill stations with position specific skill instruction. Along with practical football skills; integrity, effort and teamwork are instilled during camp.

Activity #	Date	Day	Time	R/NR
317108-01	7/21-7/25	M-F	5:30-7P	\$50/\$70

NEW! Volleyball: Fitch Camp

Location: Fitch High School

Instructor: Steve Banks/Staff

Learn all aspects of the sport.

Activity #	Date	Day	Time	Age	R/NR	
327111-01	8/18-8/21	M-Th	9A-12P	11-14	\$95/\$115	Banks
327111-02	8/18-8/21	M-Th	1-4P	14-17	\$95/\$115	Staff

NEW! Golf: Falcon Camp, Age 13-18

Location: Shennecossett Golf Course

Instructor: Glen Graham

Beginners: taught the basic fundamentals of golf (grip, stance, swing as well as basic golf rules and etiquette). Intermediate: basic fundamentals on the practice areas at Shennecossett. Advance: begin with the basics and upon showing mastery of the basics, are allowed to go on the course with individualized instruction.

Activity #	Date	Day	Time	R/NR
327110-01	6/23-6/27	M-F	9-11A	\$65/\$85



NEW! Schooners Baseball/Softball Clinic

Location: Developing Baseball International

Instructor: Mystic Schooners

Two hours of positive hitting, pitching and fielding instruction by DBI and Schooners players. Get ready for the season by sharpening your game at the DBI Training Center.

Activity #	Date	Day	Time	Age	R/NR
218315-01	3/22	Sa	10A-12P	8-9	\$25/\$45
218315-02	3/22	Sa	12:30-2:30P	10-12	\$25/\$45

Baseball: Schooners Camp, Age 8-12

Location: Fitch High School

Instructor: Mystic Schooners

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

Activity #	Date	Day	Time	R/NR
317109-01	7/7-7/10	M-Th	9A-12	\$100/\$120
317109-02	7/14-7/17	M-Th	9A-12P	\$100/\$120
317109-03	7/21-7/24	M-Th	9A-12P	\$100/\$120



YOUTH SPORTS CONT.

Track Camp, Age 11-14

Location: Fitch High School

Instructor: Rich Kosta

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	R/NR
327104-01	7/14-7/18	M-F	9A-12P	\$60/\$80

Cross Country Camp, Age 10-14

Location: Fitch High School

Instructor: Rich Kosta

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

Activity #	Date	Day	Time	R/NR
327101-01	7/28-8/1	M-F	9A-12P	\$60/\$80



Sailing Camp – Age 6+

Location: Esker Point Beach

Instructor: 2B Sailing

Learn basic sailing maneuvers, terminology, boat rigging, safety procedures, knot tying, and team work using our sailboats. Intermediate sailors also learn capsized recovery, man over board, introduction to wind direction, sail trim, boat balance, launch and dock approach.

Activity #	Date	Day	Time	R/NR
317202-01	7/7-7/10	M-Th	9A-12P	\$85/\$105
317202-02	7/7-7/10	M-Th	12:30-3:30P	\$85/\$105
317202-03	7/14-7/17	M-Th	9A-12P	\$85/\$105
317202-04	7/14-7/17	M-Th	12:30-3:30P	\$85/\$105
317202-05	7/21-7/24	M-Th	9A-12P	\$85/\$105
317202-06	7/21-7/24	M-Th	12:30-3:30P	\$85/\$105
317202-07	7/28-7/31	M-Th	9A-12P	\$85/\$105
317202-08	7/28-7/31	M-Th	12:30-3:30P	\$85/\$105

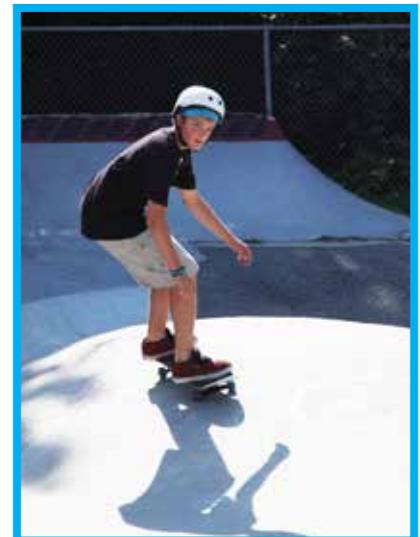
Skateboard Camp, Age 6-16

Location: Sutton Park

Instructor: Donny Barley

Skate alongside Professional Skateboarder, Donny Barley! Skaters learn various, tips, tricks, and techniques. Please note beginner or intermediate skill level on your registration form. Required Equipment: skateboard and helmet. Knee, elbow, and wrist pads along with a water bottle are strongly recommended.

Activity #	Date	Day	Time	R/NR
327106-01	6/23-6/27	M-F	9A-3P	\$239/\$259
327106-02	6/23	M	9A-3P	\$54/\$64
327106-03	6/24	Tu	9A-3P	\$54/\$64
327106-04	6/25	W	9A-3P	\$54/\$64
327106-05	6/26	Th	9A-3P	\$54/\$64
327106-06	6/27	F	9A-3P	\$54/\$64



SPECIALTY CAMPS

Engineering with Legos, Age 5-7

Location: William Seely School

Instructor: Playwell TEKnologies

Explore the many possibilities of LEGOs building systems while learning useful construction techniques. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Children will not receive any LEGOs to take home.

Activity #	Date	Day	Time	R/NR
217305-01	4/14-4/17	M-Th	9A-12P	\$135/\$155
317303-01	8/11-8/15	M-F	9A-12P	\$179/\$199

Lego Engineering FUNdamentals, Age 7-10

Location: William Seely School

Instructor: Playwell TEKnologies

Explore concepts in physics, mechanical engineering, structural engineering and more. Children will not receive any LEGOs to take home.

Activity #	Date	Day	Time	R/NR
317302-01	8/11-8/15	M-F	1-4P	\$179/\$199

Dance Combo, Age 5-13

Location: William Seely School

Instructor: Joy Fidrych

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

Activity #	Date	Day	Time	R/NR
314103-01	6/23-6/27	M-F	10:40-11:25A	\$42/\$62

Intro to Dance, Age 3-5

Location: William Seely School

Instructor: Joy Fidrych

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

Activity #	Date	Day	Time	R/NR
304101-01	6/23-6/27	M-F	9:50-10:35A	\$42/\$62



SPRING BREAK FUN



NEW! Engineering with Legos, Age 5-7

Location: William Seely School

Instructor: Playwell TEKnologies

Explore the many possibilities of LEGOs building systems while learning useful construction techniques. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Children will not receive any LEGOs to take home.

Activity #	Date	Day	Time	R/NR
217305-01	4/14-4/17	M-Th	9A-12P	\$135/\$155

NEW! Spring Soccer Clinic

Location: Poquonock Plains Park

Instructor: Youth Elite Soccer

Grouped according to ability and age. Bring shin guards and a water bottle.

Activity #	Date	Day	Time	Age	R/NR
218314-01	4/14-4/17	M-Th	9-10:30A	4-6	\$75/\$95
218314-02	4/14-4/17	M-Th	10:45A-12:15P	4-6	\$75/\$95
218314-03	4/14-4/17	M-Th	9A-12P	7-9	\$95/\$115
218314-04	4/14-4/17	M-Th	9A-3P	10-18	\$115/\$135

NEW! Schooners Baseball/Softball Clinic

Location: Developing Baseball International

Instructor: Mystic Schooners

Two hours of positive hitting, pitching and fielding instruction by DBI and Schooners players. Get ready for the season by sharpening your game at the DBI Training Center.

Activity #	Date	Day	Time	Age	R/NR
218315-01	3/22	Sa	10A-12P	8-9	\$25/\$45
218315-02	3/22	Sa	12:30-2:30P	10-12	\$25/\$45

AQUATICS

Location: UConn Avery Point Pool

Instructor: Staff

Swim Lessons

Ages 3-15

R/NR: \$59/\$79

Intro to Level 1 - 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. 3-10 instructor to student ratio.

Level 1 - 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). Parental assistance is allowed but not required. 2-10 instructor to student ratio.

Level 2 - Swimmers learn how to float and balance in the front, back and side positions, underwater movement and retrieval skills, water safety, and movement. Goggles required. 2-10 instructor to student ratio.

Level 3 - Swimmers learn kicks used in all swim strokes, pulls used in side stroke and elementary back stroke, treading, rules for safe diving, HELP and Huddle positions with PFD, reaching assists. Goggles required.

Level 4 - Swimmers learn underwater swimming, surface diving, pulls for competitive strokes, whole-stroke swimming of all strokes, and safe diving rules. Goggles required.

Level 5/6 Combo - Advanced Swimmers refine the Breast and Side Strokes and begin short lap swimming using the front and back crawl, flip turns, and surface dives and begin the Butterfly Stroke. Participants learn the skills needed to be on a competitive swim team. Goggles required.



Intro to Level 1			
Activity #	Date	Day	Time
201106-01	4/12-5/31	Sa	3:50-4:30P
201106-02	4/13-6/8	Su	11:10-11:50A
301106-01	6/28-8/16	Sa	9:50-10:30A
Level 1			
211101-01	4/12-5/31	Sa	1:50-2:30P
211101-02	4/12-5/31	Sa	2:35-3:15P
211101-03	4/13-6/8	Su	9:05-9:45A
211101-04	4/13-6/8	Su	10:25-11:05A
211101-05	4/13-6/8	Su	11:10-11:50A
311101-01	6/28-8/16	Sa	9:05-9:45A
311101-02	6/28-8/16	Sa	11:45A-12:25P
311101-03	6/28-8/16	Sa	9:50-10:30A
Level 2			
211102-01	4/12-5/31	Sa	1:50-2:30P
211102-02	4/12-5/31	Sa	2:35-3:15P
211102-03	4/12-5/31	Sa	3:50-4:30P
211102-04	4/13-6/8	Su	9:05-9:45A
211102-05	4/13-6/8	Su	10:25-11:05A
311102-01	6/28-8/16	Sa	9:05-9:45A
311102-03	6/28-8/16	Sa	11:45A-12:25
Level 3			
211103-01	4/12-5/31	Sa	1:50-2:30P
211103-02	4/12-5/31	Sa	2:35-3:15P
211103-03	4/12-5/31	Sa	3:50-4:30P
211103-04	4/13-6/8	Su	9:05-9:45A
211103-05	4/13-6/8	Su	10:25-11:05A
311103-01	6/28-8/16	Sa	9:05-9:45A
311103-02	6/28-8/16	Sa	9:50-10:30A
311103-03	6/28-8/16	Sa	11:45A-12:25P
Level 4			
211104-01	4/12-5/31	Sa	1:50-2:30P
211104-02	4/12-5/31	Sa	2:35-3:15P
211104-03	4/13-6/8	Su	9:05-9:45A
211104-04	4/13-6/8	Su	11:10-11:50A
311104-01	6/28-8/16	Sa	9:05-9:45A
311104-02	6/28-8/16	Sa	11:45A-12:25P
Level 5/6			
211105-01	4/12-5/31	Sa	3:50-4:30P
211105-02	4/13-6/8	Su	10:25-11:05A
311105-01	6/28-8/16	Sa	9:50A-10:30P

Baby & Me Swim Social

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

Activity #	Date	Day	Time	Age	R/NR
201100-02	4/13-6/8	Su	8:30-9A	6 mos-3	\$20/\$40
301100-01	6/28-8/16	Sa	8:30-9A	6 mos-3	\$20/\$40

Child Small Group Swimming

Learn the basics of swimming including breathing techniques, floating and balance, jumps, retrieval skills and more. This class is perfect for anyone who may have fears surrounding water. No prior experience in the water necessary. Limit of 2 students per instructor to ensure personal attention.

Activity #	Date	Day	Time	Age	R/NR
211108-01	4/13-6/8	Su	9:50-10:20A	3-6	\$79/\$99
211108-02	4/13-6/8	Su	9:50-10:20A	3-6	\$79/\$99



Private Swim Lessons

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

Activity #	Date	Day	Time	Age	R/NR
221107-01	4/12-5/31	Sa	4:35-5:05P	2+	\$130/\$150
221107-02	4/13-6/8	Su	9:50-10:20A	2+	\$130/\$150
321107-01	6/28-8/16	Sa	12:30-1P	2+	\$130/\$150

Private Swim Lessons - Advanced

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

Activity #	Date	Day	Time	Age	R/NR
221108-01	4/13-6/8	Su	8:30-9A	2+	\$130/\$150
321108-01	6/29-8/17	Su	8:30-9A	2+	\$130/\$150

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

Adult Small Group Swimming

Beginners learn the basics of swimming including breathing techniques, floating and balance, jumps, retrieval skills and more. This class is perfect for adults who may have fears surrounding water. No prior experience in the water necessary. Limit of 2 students per instructor to ensure personal attention.

Activity #	Date	Day	Time	Age	R/NR
231101-01	4/12-5/31	Sa	4:35-5:05P	16+	\$79/\$99

Family Swim

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

Activity #	Date	Day	Time	R/NR
231301-01	04/12-6/08	Sa	5:05-6P	
		Su	11:55A-1P	\$39/\$59

Lifeguard Training

Future American Red Cross lifeguards learn the skills and knowledge needed to prevent and respond to aquatic emergencies. Class prerequisites include the ability to swim 300 yards continuously, using front crawl and breaststroke and the ability to do a surface dive to retrieve a submerged object. All classes must be attended. Class includes book, rescue mask and certifications.

Activity #	Date	Day	Time	Age	R/NR
231102-01	4/12-5/31	Sa	4:30-6P	15+	\$155/\$175



DANCE

Location: William Seely School
Instructor: Joy Fidrych

Parent & Toddler Dance, Age 1-3

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

Activity #	Date	Day	Time	Age	R/NR
204102-01	4/11-6/6	F	9-9:45A	1-3	\$55/\$75

Intro to Dance. Age 3-5

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

Activity #	Date	Day	Time	R/NR
204101-01	4/11-6/6	F	9:50-10:35A	\$55/\$75
204101-02	4/10-5/29	Th	4-4:45P	\$55/\$75
304101-01	6/23-6/27	M-F	9:50-10:35A	\$42/\$62

Princess Ballet. Age 3-5

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

Activity #	Date	Day	Time	Age	R/NR
214105-01	4/8-5/27	Tu	9:50-10:20A	3-5	\$50/\$70



Dance Combo

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

Activity #	Date	Day	Time	Age	R/NR
214103-01	4/10-5/29	Th	4:50-5:35P	5-6	\$55/\$75
214103-02	4/11-6/6	F	4-4:45P	7	\$55/\$75
214103-03	4/11-6/6	F	4:50-5:35P	8-10	\$55/\$75
224101-01	4/11-6/6	F	5:40-6:25	11-13	\$55/\$75
314103-01	6/23-6/27	M-f	10:40-11:25A	5-13	\$42/\$62

Tap Dance - Intermediate

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

Activity #	Date	Day	Time	Age	R/NR
234112-01	4/11-6/6	F	10:40-11:25A	16+	\$55/\$75
234112-02	4/10-5/29	Th	5:40-6:25P	16+	\$55/\$75

GYMNASTICS

Location: William Seely School
Instructor: ABC Gymnastics



Gymnastics: Ages 18m-3y

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

Activity#	Date	Day	Time	R/NR
208101-01	4/12-5/31	Sa	8:30-9:10A	\$65/\$85
208101-02	4/8-5/27	Tu	10:15-10:55A	\$65/\$85
208101-03	4/12-5/31	Sa	10:50-11:30A	\$65/\$85

Gymnastics: Ages 4-5

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

Activity #	Date	Day	Time	R/NR
208102-01	4/12-5/31	Sa	9:20-10A	\$65/\$85
208102-02	4/12-5/31	Sa	12:15-12:55P	\$65/\$85
208102-03	4/8-5/27	Tu	9:30-10:10A	\$65/\$85

Beginners: Ages 5-15

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

Activity #	Date	Day	Time	R/NR
218102-02	4/7-6/2	M	4:45-5:25P	\$65/\$85
218101-01	4/12-5/31	Sa	10:05-10:45A	\$65/\$85
218101-02	4/12-5/31	Sa	11:35A-12:15P	\$65/\$85
218101-03	4/7-6/2	M	4-4:40P	\$65/\$85
318101-01	6/23-7/21	M	4-4:40P	\$40/\$60
318102-01	6/23-7/21	M	4:45-5:25P	\$40/\$60

Intermediate: Ages 5-15

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

Activity #	Date	Day	Time	R/NR
218103-01	4/7-6/2	M	5:30-6:10P	\$65/\$85
318103-01	6/23-7/21	M	5:30-6:10P	\$40/\$60

KARATE

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

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

Lil' Tigers I, Age 3-5

Activity #	Date	Day	Time	R/NR
208201-01	4/11-6/6	F	4:30-5P	\$55/\$75
208201-02	4/8-5/27	Tu	4:30-5P	\$55/\$75
308201-01	6/27-8/22	F	4:30-5P	\$55/\$75
308201-02	6/24-8/12	Tu	4:30-5P	\$55/\$75

Lil' Tigers 2, Age 3-5

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

208202-01	4/11-6/6	F	5-5:30P	\$55/\$75
208202-02	4/8-5/27	Tu	5-5:30P	\$55/\$75
308202-01	6/27-8/22	F	5-5:30P	\$55/\$75
308202-02	6/24-8/12	Tu	5-5:30P	\$55/\$75

Lil' Tigers 3, Age 3-5

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

208203-01	4/11-6/6	F	5:30-6:15P	\$65/\$85
308203-01	6/27-8/22	F	5:30-6:15P	\$65/\$85

Beginners, Age 6-12

218201-01	4/11-6/6	F	6:15-7P	\$65/\$85
318201-01	6/27-8/22	F	6:15-7P	\$69/\$89



Submitted on
 Facebook!



Intermediate, Age 13+

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

238201-01	4/9-5/29	W,Th	8-9P	\$129/\$149
338201-01	6/25-8/14	W,Th	7-8P	\$129/\$149

Jr. Dragons II, Age 6-12

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

218202-01	4/9-5/29	W,Th	4:15-5P	\$115/\$135
318202-01	6/25-8/14	W,Th	4:15-5P	\$112/\$132

Jr. Dragon III, Age 6-12

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

218203-01	4/9-5/29	W,Th	5-6P	\$129/\$149
318203-01	6/25-8/14	W,Th	5-6P	\$128/\$148

Junior Black Belt, Age 8-12

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

228205-01	4/9-5/29	W,Th	6-7P	\$129/\$149
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Black & Jr Black Belt, Age 8+

ALL RANKS.

328207-01	6/25-8/14	W,Th	6-7P	\$128/\$148
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All Ranks, Age 13+

Ranks: White Belt (All Beginners) through Black Belt.

238202-01	4/8-5/29	Tu,Th	12-1P	\$129/\$149
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Black Belt, Age 8+

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

228206-01	4/9-5/29	W,Th	7-8P	\$129/\$149
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Adaptive Karate Level 1 & 2, Age 5+

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

Lv 1 216101-01	4/8-5/27	Tu	5:30-6:10P	5+	\$45/\$65
Lv 2 216102-01	4/8-5/27	Tu	6:15-6:55P	5+	\$45/\$65
Lv 1&2 316101-01	6/24-8/12	Tu	5:30-6:10P	5+	\$45/\$65

FITNESS

Yoga 4 Youth & Tweens

Location: William Seely School

Instructor: Lori Miller

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

and bring a mat, towel and water bottle to each class.

Activity #	Date	Day	Time	Age	R/NR
215121-01	4/12-5/31	Sa	10-10:45A	5-9	\$49/\$69
315121-01	6/28-8/16	Sa	9:30-10:15A	5-9	\$30/\$50
215120-01	4/7-6/2	M	5-5:45P	10-15	\$49/\$69



Active Yoga

Location: William Seely School (Spring)
Avery Point (Summer)

Instructor: Lori Miller

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

Activity #	Date	Day	Time	Age	R/NR
235103-01	4/7-6/2	M	6:15-7:30P	14+	\$59/\$79
335103-01	6/23-8/11	M	6:15-7:30P	14+	\$59/\$79

NEW! Yoga Flow

Location: William Seely School

Instructor: Molly Murkett

Take your yoga practice to a deeper level. Learn optimal alignment, build strength and flexibility, while linking breath to movement in an invigorating flow. Some yoga experience preferred but not necessary.

Activity #	Date	Day	Time	Age	R/NR
235131-01	4/8-5/27	Tu	4:45-6P	16+	\$59/\$79
335131-01	6/24-8/14	Tu	4:45-6P	16+	\$59/\$79

Core & Power Yoga

Location: William Seely School

Instructor: Charlotte Malavenda

Whether you're a beginner at yoga or continuing in yoga, this class offers a truly unique yoga practice that's accessible more than traditional. Energizing music, this class strengthens, balances, detoxifies and exhilarates the body and mind. Core & power Yoga gets you moving, breathing and sweating. No matter your age, strength or flexibility level. Bring your yoga mat and a water bottle.

Activity #	Date	Day	Time	Age	R/NR
235130-01	4/10-5/29	Th	4:30-5:25P	16+	\$55/\$75
335130-01	6/26-8/4	Th	4:30-5:25P	16+	\$55/\$75

Pilates and Yoga Fusion

Location: William Seely School

Instructor: Charlotte Malavenda

An invigorating fusion of your favorite aspects of yoga and pilates. Increase flexibility, strengthen core muscles and perform various yoga postures and yogic breathing.

Activity #	Date	Day	Time	Age	R/NR
235110-01	4/10-5/29	Th	6:30-7:25P	16+	\$55/\$75
335110-01	6/26-8/14	Th	6:30-7:30P	16+	\$39/\$59

Xtreme Interval with Kick

Location: William Seely School

Instructor: Kate Singer

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

Activity #	Date	Day	Time	Age	R/NR
235127-01	4/10-5/29	Th	5:30-6:25P	18+	\$55/\$75

Zumba

Location: William Seely School

Instructor: Joy Fidrych

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

Activity #	Date	Day	Time	Age	R/NR
235119-03	4/8-5/27	Tu	9-9:45A	13+	\$55/\$75



SPRING & SUMMER FITNESS SPECIAL

with Alisha Strayer

Take multiple classes with Alisha in the same season and pay only \$41.65/\$61.65 per additional class!

Bootcamp

Location: William Seely School

Instructor: Alisha Strayer

Want a full body workout? Bootcamp is designed to combine athletic and explosive movement with strength, agility, balance and quickness drills. The class challenges participants to improvement their personal strength and conditioning in order to achieve personal fitness goals. Modifications are provided to ensure proper execution of form and technique for all participants. The class is catered to challenge all fitness levels.

Activity #	Date	Day	Time	Age	R/NR
235132-01	4/7-6/2	M	5:30-6:30P	13+	\$49/\$69
335132-01	6/23-8/11	M	5:30-6:30P	13+	\$49/\$69

Boxing Bootcamp

Location: William Seely School

Instructor: Alisha Strayer

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

Activity #	Date	Day	Time	Age	R/NR
235133-01	4/9-5/28	W	6:30-7:30P	13+	\$49/\$69
335133-01	6/25-8/13	W	6:30-7:30P	13+	\$49/\$69

Tai Chi

Location: Groton Senior Center
Spicer Park (Summer)

Instructor: John Sidoli

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

Beginner:

Activity #	Date	Day	Time	Age	R/NR
235116-01	4/10-5/29	Th	6:45-8P	14+	\$55/\$75

Advanced:

Activity #	Date	Day	Time	Age	R/NR
235115-01	4/10-5/29	Th	5:30-6:45P	14+	\$55/\$75
335115-01	6/26-8/14	Th	5:30-6:45P	14+	\$55/\$75

Pilates

Location: William Seely School

Instructor: Alisha Strayer

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

Activity #	Date	Day	Time	Age	R/NR
235109-01	4/9-5/28	W	5:30-6:30P	13+	\$49/\$69
335109-01	6/25-8/13	W	5:30-6:30P	13+	\$49/\$69

Pilates Plus

Location: William Seely School

Instructor: Alisha Strayer

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

Activity #	Date	Day	Time	Age	R/NR
235134-01	4/7-6/2	M	6:30-7:30P	13+	\$49/\$69
335134-01	6/23-8/11	M	6:30-7:30P	13+	\$49/\$69

NEW! Twisted Tuesdays

Location: William Seely School

Instructor: Alisha Strayer

Tired of taking the same class every week? Twisted Tuesdays mixes up the type of fitness classes taught each week to add variety to your workout schedule. Classes contain a variety of fitness disciplines such as stability ball aerobics, Pilates, boxing, step aerobics, Bootcamp, weight lifting and more. Modifications are provided to ensure proper execution of form and technique for all participants. The class is catered to challenge all fitness levels.

Activity #	Date	Day	Time	Age	R/NR
335135-01	6/24-8/12	Tu	5:30-6:30P	13+	\$49/\$69



860.536.5680

FITNESS CONT.

Step Fitness Blend

Location: William Seely School

Instructor: Denise Descheneaux

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

Activity #	Date	Day	Time	Age	R/NR
235122-01	4/7-6/2	M	5:30-6:25P	12+	\$55/\$75
235122-02	4/9-5/28	W	5:30-6:25P	12+	\$55/\$75
235122-03	4/9-5/28	M,W	5:30-6:25P	12+	\$110/\$130



INSTRUCTOR Q&A: Denise Descheneaux

Q: How long have you been teaching fitness classes?

A: I have been teaching fitness classes for about 12 years. I started teaching Cardiac Rehab classes at the Groton Senior Center, then I began teaching Hi-Lo Aerobics about 10 years ago. I now mostly teach Step/Weight/Core classes and Fusion classes. I also run a cross country running program for kids in the spring and a Fun Run series for all ages during the Summer on Friday nights.

Q: What made you want to be an instructor for Groton Parks and Recreation?

A: I started out as a volunteer. I was then asked to be an instructor for some of the inclusive programs. I enjoyed working for the recreation department with these programs, and saw a need for more fitness programs in Groton. Since my background is in Physical Education/Human Performance it was a great fit.

Q: What is the best part about the job?

A: There are so many aspects of my job that I love. I have met so many great people, a good number have been with me for many years, some since I started. Teaching my fitness classes is more like getting together with a great group of friends. We all have a great time! As for working for the recreation department, we have

Sculpt Total Fitness

Location: Spicer Park

Instructor: Denise Descheneaux

Cardio, core, strength, balance, and flexibility, are all done in an interval format to maximize time and efficiency. Please bring a mat and light hand weights.

Activity #	Date	Day	Time	Age	R/NR
335112-02	6/24-8/12	Tu	4:45-5:45P	12+	\$55/\$75
335112-04	6/26-8/14	Th	4:45-5:45P	12+	\$55/\$75

Try one of Denise's fitness or running programs this Spring and Summer!

great supervisors and office staff which always make me feel valued and respected. They always work hard to make sure that all my programs run smoothly.

Q; Do I have to be in good shape to participate in your programs?

A: In my classes I have a wide variety of ages and fitness levels. For example in my Step Blend class with both men and women, the ages range from 23-64. With all the higher intensity moves I do I show modifications.

Q: What would you say to someone who wants to begin a fitness program but doesn't know where to begin?

A: I would say to start with trying to walk at least 6 days a week for a minimum of 30 minutes if possible, then work up to a hour. Then find a fitness class to take that interests you and commit to coming to every class and finish out the session. After the session is over, evaluate if you liked the class and if it addressed the the fitness concerns you would like to improve on. We have a variety of fitness classes to try in Groton, the important thing is to have a positive attitude and be willing to try new things.

RUNNING

Tour de Noank 5K

Location: Esker Point Beach

The 5K road race winds through the scenic streets of Noank. Race begins and ends at Esker Point Beach. For race route map, go to GrotonRec.com. A portion of the proceeds benefit Groton special needs recreation programs. Volunteers are needed. T-shirts are given to all volunteers and to the first 200 runners/walkers. Indicate unisex t-shirt size in comment section of the registration form. Registrations processed by June 9 receive the Early Bird discount. Race Day registration opens at 8:30 am and closes 15 minutes prior to start of race.

Activity #	Date	Day	Time	Age	R/NR
238308-01	6/14	Sa	10-11A	3+	Race Day \$25/\$25 Early Bird \$15/\$15



Tour de Noank Fun Run, Age 3-12

Location: Esker Point Beach

The kids Fun Run starts before the 5K race. Race begins and ends at Esker Point Beach. Early bird registration closes June 9.

Activity #	Date	Day	Time	Age	R/NR
218309-01	6/14	Sa	9:30-9:45A	3-12	Race Day \$10/\$10 Early Bird \$5/\$5



Hershey Track – FREE!

Location: New London H.S.

Introduces children to physical fitness through running, jumping and throwing. Winners may qualify for District, State or national meets. Download your registration form for Hershey Track & Field at GrotonRec.com. Pre-register or on-site registration at New London High School begins at 5:30 PM. Events begin promptly at 6 PM. For more information on Hershey, visit www.crupa.com and look under Events. Volunteers needed! Participants compete in according to their age as of December 31, 2014.

Activity #	Date	Gender	Time	Age
218306-01	5/16	M	6-8P	9-10
218306-02	5/16	F	6-8P	9-10
228303-01	5/16	M	6-8P	11-12
228303-03	5/16	F	6-8P	11-12
228303-02	5/16	M	6-8P	13-14
228303-04	5/16	F	6-8P	13-14

Summer Fun Runs – FREE!

Location: Bluff Point State Park

Instructor: Denise Descheneaux

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.

Activity #	Date	Day	Time	Age
338401-01	6/27-8/22	F	6-7P	5+

Bluff Point Running Club, Age 5-14

Location: Bluff Point State Park

Instructor: Denise Descheneaux

Learn proper warm up, running techniques, stretching, and earn award bands and charms by improving on your own personal best times. Children 5-7 years old must be accompanied by an adult. More advanced runners are encouraged to sign up for the elite club. Families with 2 children qualify for Family rate. Each additional child is free!

	Activity #	Date	Day	Time	R/NR
Individ.	218401-01	4/8-5/29	Tu,Th	5:15-6:15P	\$69/\$89
Family	218401-02	4/8-5/29	Tu,Th	5:15-6:15P	\$109/\$129

NEW! Bluff Point Running Club Elite, Age 9-14

Location: Bluff Point State Park

This program is for advanced younger runners and middle school athletes and mirrors the Bluff Point Running Club with an additional Saturday run that has a high level of instruction and workouts. Also includes training for 5K races. Fee is for all three times. Families with 2 children qualify for Family rate. Each additional child is free!

	Activity #	Date	Day	Time	R/NR
Individ.	218402-01	04/08-5/31	Tu/Th	5:15-6:15P	
			Sa	9:30-10:30A	\$75/\$95
Family	218402-01	04/08-5/31	Tu/Th	5:15-6:15P	
			Sa	9:30-10:30A	\$95/\$115

ENRICHMENT

French – Conversational

Location: Groton Senior Center

Instructor: Catherine Conant

Build skills needed to be self-sufficient with the spoken language, through grammar, conversations and cultural add-ons. Basic knowledge of French needed.

Activity #	Date	Day	Time	Age	R/NR
234201-01	4/10-5/29	Th	9:30-11A	16+	\$69/\$89

French - Advanced Conversational

Location: Groton Senior Center

Instructor: Catherine Conant

Practice listening to and speaking the language, discussing different topics through various media and/or chosen current and past events.

Activity #	Date	Day	Time	Age	R/NR
234202-01	4/9-5/28	W	7-8:30P	16+	\$69/\$89

NEW! Kids Can Cook

Location: Fitch High School

Instructor: Katrina Korpi

An introductory cooking program for young people. Fee includes a \$40 supply fee.

Activity #	Date	Day	Time	Age	R/NR
214602-01	4/10-5/29	Th	5-6:30P	10-16	\$99/\$119

NEW! Parents' Night Out

Location: William Seely School

Need time to take a quiet walk on the beach at sunset, go for ice cream, or just enjoy a summer evening? Then Parent's Night Out is for you. Youth enjoy an evening with our staff watching a movie and eating popcorn.

Activity #	Date	Day	Time	Age	R/NR
214601-01	5/31	Sa	6-8:30P	5+	\$10/\$10
314601-01	7/12	Sa	6-8:30P	5+	\$10/\$10
314601-02	8/16	Sa	6-8:30P	5+	\$10/\$10

Screenwriting & Advanced Screenwriting

Location: William Seely School

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

Activity #	Date	Day	Time	Age	R/NR
234601-01	4/9-5/28	W	5-7P	13+	\$99/\$119
334601-01	6/25-8/13	W	5-7P	18+	\$99/\$119
Adv. 234602-01	4/9-5/28	W	7-9P	13+	\$99/\$119
Adv. 334602-01	6/25-8/13	W	7-9P	18+	\$99/\$119

Short Story Writing

Location: William Seely School

Learn the tactics & techniques for developing the right type of language & skills for writing fiction. Also learn how to approach the publication market and how to query agents & managers. The course culminates with a public presentation of the students' short works.

Activity #	Date	Day	Time	Age	R/NR
234603-01	4/10-5/29	Th	7:15-9:15P	13+	\$99/\$119
234603-02	4/7-6/2	M	6-8P	13+	\$99/\$119
334603-01	6/26-8/14	Th	7:15-9:15P	13+	\$99/\$119

INSTRUCTOR Q&A:

Nicolas Checker

Groton Parks and Recreation's Screenwriting and Short Story Writing programs are taught by Nicholas Checker, writer & director for the recently premiered film, Wisp.

Q: What made you want to be a writer?

A: I chose to be a writer because of all the reading I did as a child and throughout my life. Reading is pure adventure and the craft of writing is akin to being an explorer. There is a thrill in the journey one undertakes in the course of creating characters and the adventures they experience. You wind up going right along with them, and you are also in a position to weave important messages into your

written works. People tend to listen more that way.

Q: How long have you been teaching writing?

A: I have been teaching writing for about 25 years.

Q: What is your favorite thing about the job?

A: Generating in students (of all ages) the same excitement I feel for the craft, and witnessing their triumphs after the inevitable struggle that led them there.

Q: What would you say to someone who wants to learn to write but isn't sure where to begin?

A: Read everything you can first and then purchase a copy of Strunk & White's The Elements of Style. Study that brilliant book over-and-over and watch how its essence is practiced by accomplished writers. You'll be well ahead of the game then.

EARLY CHILDHOOD

Time to Move

Location: William Seely School

Instructor: Michelle Noll

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

Activity #	Date	Day	Time	Age	R/NR
204405-01	4/10-5/29	Th	9:15-10A	8-20 mos	\$35/\$55
204405-02	4/11-6/6	F	9:15-10A	8-20 mos	\$35/\$55
204405-03	4/10-5/29	Th	10:05-10:50A	1-3	\$35/\$55
204405-04	4/11-6/6	F	10:05-10:50A	1-3	\$35/\$55
204405-05	4/10-5/29	Th	10:55-11:40A	1-3	\$35/\$55
204405-06	4/11-6/6	F	10:55-11:40A	3-5	\$35/\$55



Time to Get Messy

Location: William Seely School

Instructor: Michelle Noll

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

Activity #	Date	Day	Time	Age	R/NR
204406-01	4/9-5/28	W	9:15-9:45A	1-3	\$45/\$65
204406-02	4/9-5/28	W	10-10:45A	3-5	\$45/\$65

NEW! Tunes N Tots

Location: William Seely School

Instructor: Nicole Clarke

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

Activity #	Date	Day	Time	Age	R/NR
204411-01	4/8-5/27	Tu	11-11:45A	0-5	\$49/\$69
304411-01	6/24-8/12	Tu	11-11:45A	0-5	\$49/\$69

Soccer: Munchkin

Location: Spicer Park

Instructor: Staff

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

Activity #	Date	Day	Time	Age	R/NR
208301-01	4/12-5/17	Sa	10:30-11:15A	4-5	\$45/\$65
208301-02	4/12-5/17	Sa	11:30A-12:15P	4-5	\$45/\$65

NEW! Mini Masters

Location: William Seely School

Instructor: Amy Stich

A preschool art class that introduces many famous artists along with the styles and materials that the artists used while completing our own masterpieces. Each week, a new artist is introduced and we'll complete masterpieces using different art techniques and materials similar to the ones used by the introduced artist.

Activity #	Date	Day	Time	Age	R/NR
204601-01	4/10-5/29	Th	9:30-10:30A	3-5	\$45/\$65

Also check out Dance, Karate and Gymnastics (p. 18-19)!

ADAPTIVE PROGRAMS

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

Adaptive Swimming

Location: UCONN Avery Point

Instructor: Andy Plasse

Beginning swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water. Extra staff is available in the water to provide support.

Activity #	Date	Day	Time	Age	R/NR
216103-01	4/12-5/31	Sa	1-1:40P	6-21	\$59/\$79
316103-01	6/28-8/16	Sa	10:35-11:15A	6-21	\$59/\$79

Adaptive Rowing - FREE!

Location: Spicer Park

Instructor: Corrine Houle

Rowers work with qualified instructors to learn the basics of adaptive equipment configurations, getting in and out of a rowing shell and the fundamentals of the rowing stroke appropriate to the participant's capabilities.

Activity #	Date	Day	Time	Age	R/NR
336101-01	6/27-8/29	F	5:30-7P	16+	

Adaptive Kayaking

Location: Spicer Park

Instructor: Samantha Day

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

Activity #	Date	Day	Time	Age	R/NR
336106-01	6/23-7/14	M	4-6P	9+	\$55/\$75
336106-02	7/21-8/11	M	4-6P	9+	\$55/\$75



GrotonRec.com

Adaptive Karate Levels 1 & 2

Location: William Seely School

Instructor: Ralph Batty, Jr.

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

	Activity #	Date	Day	Time	Age	R/NR
	Lv 1	216101-01	4/8-5/27	Tu	5:30-6:10P	5+ \$45/\$65
	Lv 2	216102-01	4/8-5/27	Tu	6:15-6:55P	5+ \$45/\$65
	Lv 1&2	316101-01	6/24-8/12	Tu	5:30-6:10P	5+ \$45/\$65

Special Recreation

Location: Fitch Middle

Instructor: Victor Cicchese

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

Activity #	Date	Day	Time	Age	R/NR
236102-01	Spring	Th	6:30-8:30P	14+	\$35/\$55
336102-01	Summer	Th	6:30-8:30P	14+	\$35/\$55

Cooking for Fun

Location: Fitch High School

Instructor: Andy Plasse

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

Activity #	Date	Day	Time	Age	R/NR
236107-01	4/9-5/28	W	4-6P	13+	\$49/\$69

Painting

Location: Groton Senior Center

Instructor: Andy Plasse

Learn basics of drawing and painting by working on individually chosen projects in a group setting. Supplies for drawing and water color provided.

Activity #	Date	Day	Time	Age	R/NR
236202-01	5/6-6/24	Tu	9-10:30A	21+	\$15/\$35
336202-01	7/8-8/26	Tu	9-10:30A	21+	\$15/\$35

Camp Button

Location: Claude Chester

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). All campers are evaluated for appropriate placement into Camp Button. Open to Groton residents only. No Camp July 3 & 4.

Activity #	Date	Day	Time	Age	R Only
316301-01	6/25-8/13	M-F	12-3P	5-13	\$125

Teen/Young Adult Social Club

Location: William Seely School

Instructor: Katherine Wilhelm

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

Activity #	Date	Day	Time	Age	R/NR
226201-01	4/11-6/6	F	6-9P	13-25	\$65/\$85
326201-01	6/24-8/12	Tu	6-8:30P	13-25	\$59/\$79

Adult Social Nite

Location: Groton Library Parking Lot

Instructor: Andy Plasse

Learn social skills through peer interaction while dining out and experiencing entertainment, such as, movies, dancing, bowling, art shows, and other cultural events. Participants are responsible for cost of meal and events, (events not to exceed \$10). Spring session meets April 11, 25, May 9, 23. Summer session meets June 27, July 11, 25, Aug. 8.

Activity #	Date	Day	Time	Age	R/NR
236203-01	Spring	F	5-10P	18+	\$65/\$85
336203-01	Summer	F	5-10P	18+	\$65/\$85

**GROTON PARKS AND RECREATION
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PROGRAMS! SEE P. 9 FOR MORE DETAILS!**



Special Olympics Connecticut

Groton Special Olympics provides sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship. Unified Sports is a program that combines approximately equal numbers of individuals with and without intellectual disabilities on the same sports teams for training and competition.

Athletes, coaches, partners and volunteers needed.

Sports offered:

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

June - September: sailing, golf softball and bocce

September - November: bowling and volleyball

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

Athletes must register in Special Recreation.

For more information, please contact Eileen at
860-536-5691 or ecicchese@groton-ct.gov

BOATING

Small Boat Day

Saturday, May 31, 10 a.m. - 2 p.m.

Location: Esker Point Beach

Try out a kayak, sailboat, paddleboard, or sliding seat shell. Meet with distributors of small boats, learn about water sports and recreational activities in Groton, talk with CT DEEP to learn about boating safety and keeping our waters clean, and learn about adaptive opportunities in small boats for people with special needs. Life jackets provided.

DEEP State Boating Class

Location: Groton Senior Center

Instructor: CT DEEP

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

Activity #	Date	Day	Time	Age	R/NR
232201-01	5/13-5/15	Tu,W,Th	5:30-8:30P	10+	\$20/\$20
232201-02	6/17-6/19	Tu,W,Th	5:30-8:30P	10+	\$20/\$20



GROTON COMMUNITY BOATING CLUB

2014-15 MEMBERSHIP

(April 1, 2014 - March 31, 2015)

YEARLY MEMBERSHIP

		R/NR
932103-04	Family	\$175/\$195
932103-01	Adult (19-59)	\$100/\$120
932103-02	Senior (60+)	\$75/\$95
932103-03	Youth (12-18)	\$50/\$70

Membership includes the use of Club boats (kayaks, shells, and canoe) and the boathouse, located on Beebe Cove in Spicer Park in Noank.

Weekly rates available at GrotonRec.com!

BOAT STORAGE SPACE RENTALS

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

		Member/Non-member
932102-01	Indoor	\$325/\$345
932101-02	Outdoor	\$150/\$170

860.536.5680

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ADULT SPORTS

NEW! Sports Expo - FREE!

Location: Farquhar Park

Instructor: Staff

Try a new sport. Sports boosts mood, burns calories and are lots of fun. Try Pickleball, Kickball or Ultimate Frisbee. Pre-registration encouraged. All pre-registered participants are entered into a raffle for a new free adult program.

Activity #	Date	Day	Time	Age
238315-01	4/26	Sa	1-3P	18+

Dodgeball

Location: Fitch Middle

Instructor: Faith Richardson

Come have a great workout and some old playground fun. All levels! Pick-up style.

Activity #	Date	Day	Time	Age	R/NR
238309-01	4/13-6/8	Su	7-9P	18+	\$25/\$45
338309-01	6/29-8/17	Su	7-9P	18+	\$25/\$45

NEW! Ultimate Frisbee

Location: Poquonnock Plains Pk

Instructor: Emily Powden

Ultimate is an exciting, non-contact team sport. It mixes the features of sports such as soccer, basketball, football and Netball into a simple yet demanding game. Pick-up style.

Activity #	Date	Day	Time	Age	R/NR
238313-01	4/8-5/27	Tu	5:30-8P	16+	\$25/\$45
338313-01	6/24-8/12	Tu	5:30-8:30P	16+	\$25/\$45

NEW! Kickball

Location: William Seely School

Instructor: Faith Richardson

A great work out. All the running and kicking is estimated to burn anywhere from 300 to 500 calories an hour. Relieve stress and have fun. Pick-up style.

Activity #	Date	Day	Time	Age	R/NR
238314-01	4/25-6/6	F	5:30-8P	18 +	\$25/\$45
338314-01	6/27-8/22	F	5:30-8:30P	18+	\$25/\$45

NEW! Pickleball

Location: Farquhar Park

Instructor: Emily Powden

Pickle ball is a racquet sport which combines elements of badminton, tennis and table tennis. Pickleball specifically works on your balance and agility. Pick-up style.

Activity #	Date	Day	Time	Age	R/NR
338312-01	6/28-8/16	Sa	10A-12P	18+	\$25/\$45

Beach Volleyball League

Location: Esker Point Beach

Instructor: Keith Westrate

Returning teams can register beginning February 19th. Open registration begins March 19th at 8:30am and will be first come first serve. Team captains may register online in leagues or in person at the Recreation office. Payment due at the time of registration. Rosters/waivers due by the first night of games.

League #	Division	Date	Day	Time	Age	R/NR
BVM2A	Men's 2's A	6/2-8/18	M	5:30-8P	18+	\$150
BVW2	Wmn's 2's A	6/2-8/18	M	5:30-8P	18+	\$150
BVW2	Wmn's 2'sB	6/2-8/18	M	5:30-8P	18+	\$150
BVM2B	Men's 2 B	6/3-8/19	Tu	5:30-8P	18+	\$150
BVBCO6A	Co-ed 6's A	6/3-8/19	Tu	5:30-8P	18+	\$150
BVBCO6B	Co-ed 6's B	6/3-8/19	Tu	5:30-8P	18+	\$150
BVBOP4A	Open 4's A	6/4-8/20	W	5:30-8P	18+	\$150
BVBOP4B	Open 4's B	6/4-8/20	W	5:30-8P	18+	\$150
BVBCO2A	Co-ed 2's A	6/5-8/21	Th	5:30-8P	18+	\$150
BVBCO2B	Co-ed 2's B	6/5-8/21	Th	5:30-8P	18+	\$150
BVBCO2B2	Co-ed 2's B2	6/5-8/21	Th	5:30-8P	18+	\$150



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"LOVE YOU GUYS - Tech was wonderful!"

-AS, Pawcatuck

"Happy...Good Speed!"

-DA, Groton

"Very Happy with Everything!"

-JL, Groton

Happy with TVC...**Glad to come back!**

-JN, Groton

"VERY HAPPY!"

-RC, Gales Ferry

We're **VERY PLEASED** with TVC!

-AC, Pawcatuck

Sign Up Today - 860.446.4009

www.TVCconnect.com

**On comparable price packages, as of November 2013*

SHENNECOSSETT GOLF COURSE



93 Plant Street, Groton
(860) 448-1867



Shennecossett is a historic 18-hole public course designed by Donald Ross. Located on beautiful Long Island Sound and the Thames River, the course has sweeping water views from several holes. Shennecossett was founded in 1898 and remains a top New England golfing destination year-round.

Experience golf history - play Shennecossett!

Book a tee time today!



2014 Greens Fees

Daily Fees

Weekday (Mon-Thurs)

18 Hole	43
After 12 PM	33
9 Hole League	21
18 Hole Youth	21
Twilight	21
9 Hole (After 12 PM)	21
Tournament	41

Weekend/Holiday (Fri-Sun)

18 Hole	48
After 12 PM	38
Twilight (After 5 PM)	21
9 Hole (After 2 PM)	24
Tournament	46

Golf Cart Rates (per person)

Senior (Before 9 AM, M-F)	13
18 Hole Single	18
9 Hole Single	13
Tournament	20



Like us on Facebook!

GROTON SENIOR CENTER



DISCOVER the Groton Senior Center
102 Newtown Road, Groton
(860) 441-6785

Monday-Friday, 8:30AM to 4:30PM and some evenings

- Fitness programs
- Computer classes
- Special Events
- Benefits and Health Insurance Counseling
- Salon & Massage Therapist
- Health Services
- Music
- Games/Cards
- Crafts
- Trips

AND MORE!
Visit us today!

Upcoming Events



Groton Regional Theatre Presents: Tribute

March 14-16, 21-23, 28-30

Friday & Saturdays: 8:00pm, Sundays: 2:00pm

\$12.00 in advance & Seniors 55+, \$15.00 at the door



Groton Senior Center Active Living Expo

March 26

10 a.m. - 2 p.m.

Information for all ages!



Please Take a Seat Chair-ity Auction

April 4, 2014

6:00 p.m.

Bid on chairs that have been beautifully transformed by local artists.



Like us on Facebook!



Call for transportation!
(860) 441-6785

TOWN OF GROTON RESOURCES

PHONE NUMBERS

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

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

C.A.T.C.H.
(Citizen's Access To Confidential Help)

Tell us about Drug Dealings,
Illegal Activities, Community Concerns,
Safety Concerns, Your Concerns, Tips
For calls requiring immediate
attention call:

Emergency: 911
Routine: 860-441-6712

Groton Municipal Television

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



FREQUENTLY REQUESTED PHONE #S

Dolphin Sports and Recreation	www.dolphinsportsandrec.org	Jabez Smith House	860-445-6689
Girls & Boys Club SECT	Cindy Morrison 860-574-9040	Lacrosse – Groton/Mystic	Greg Roberts www.grotonmysticlacrosse.org grotonlax@gmail.com
Groton Babe Ruth	Joe Moscovitz 860-445-6071	Lacrosse – Stonington	Paul Kezer p5kezer@comcast.net
Groton City Recreation		Mystic Babe Ruth	Tom Taber 860-908-6566 mystic.baberuthonline.com
Washington Park, Eastern Point Beach & Zbierski House	860-446-4128	Mystic Little League	Tom Tabor 860-908-6566 http://www.eteamz.com/mysticlittleleague
Groton Mystic Youth Football League	eteamz.com/grotonmystic GMFVP@yahoo.com	Mystic River Chorale	kathleenobeirne@aol.com
GMFYL - Cheerleading	Jeanne Rogers 860-857-3597	Mystic YMCA	860-536-3575
Groton Little League	Bill Kelly (860) 213-4138	Sea Scouts	Marshall Parsons sss584dragon@yahoo.com twinpars@earthlink.net
Groton Soccer Club	Tom Taber 860-908-6566 grotonsoccer@yahoo.com		
Groton Softball Little League	Bill Kelly (860) 213-4138		

SCHOLARSHIP APPLICATION

Please follow these steps to apply.

GROTON RESIDENTS ONLY

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

Must bring completed scholarship and registration forms to:

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

Documents to bring for ALL HOUSEHOLD members:

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

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

PARTICIPANT TO COMPLETE THE FOLLOWING

Address, Town, Zip

Primary Phone

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

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

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

Applicant's Signature

Date

FOR OFFICE USE ONLY

HOUSEHOLD INCOME

Household Member	Source	Wages	Other Income

Total Monthly Income (All Sources) _____

Scholarship Percentage Awarded _____%

Processed by: _____

Date: _____

(fees reduced by this percentage)

Programs: _____

GROTON PARKS & RECREATION DEPT.

27 SPICER AVENUE

NOANK, CT 06340-5659

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John F. Scott IV, CIC

Owner/Agent



New Location at 15 Thames Street in Groton!

860.446.8255

15 Thames Street, Groton | baileyagencies.com