

# DISCOVER

Groton Parks and Recreation



Winter 2014

## Inside

- \* Social Media Updates
- \* Special Events
- \* Your comments about our programs
- \* More New Programs 
- \* Volunteers Needed
- \* Trail signs being posted

Register on-line at  
[grotonrec.com](http://grotonrec.com)



**"KNOW BEFORE  
YOU GO"**

Call for program  
updates

860-441-6791





Sprigs  
& Twigs

LANDSCAPES  
TREE CARE  
LAWN CARE

Landscape Design  
**NATIONAL AWARD  
WINNER**  
and Installation

*Stewards Of The Environment*



THE OFFICIAL  
LANDSCAPE COMPANY  
OF MYSTIC SEAPORT



MYSTIC  
AQUARIUM

The Official Landscape Company  
of the Mystic Aquarium

GALES FERRY, CONNECTICUT  
PHONE 860.235.0752  
WWW.SPRIGSANDTWIGS.NET

The Sprigs and Twigs Team of Tree Care, Lawn Care and Landscape Service Professionals are fully licensed and insured. CT Arborist License 5-5637 CT Reg #577341.

©2014



GROTON PARKS AND RECREATION

860-536-5680

Email: parksrec@groton-ct.gov



PARKS AND RECREATION STAFF

PARKS and RECREATION ADMINISTRATION

860-536-5680

- Mark Berry, Director
Kate Bradley, Marketing/Special Events

PARKS and FORESTRY

860-446-5950

- Sam Popinchalk, Tree Warden/Foreman

RECREATIONAL SERVICES

860-536-5680

- Jerry Lokken, Mgr. of Recreation Services
Catherine Hoffman, Office Assistant III
Terri Cedio, Office Assistant II
Kirsti Zarn, Office Assistant
Eileen Cicchese, Program Supervisor
Ben Morse, Program Supervisor

SENIOR SERVICES

860-441-6785

- Mary Jo Riley, Senior Center Supervisor
Joanne Forgacs, Office Assistant II
Kathy Williams, Office Assistant II
Carol Pratt, Program Supervisor
Jackie Whelan, Program Supervisor

SHENNECOSSETT GOLF COURSE

860-445-1867

- Todd Goodhue, Golf Professional
Keith Johnson, Assistant Pro
Eric S. Morrison, Golf Course Superintendent

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

TABLE OF CONTENTS

4 Course Age Information
5 Desk of the Director
6 Important Information
7 No Class Dates & Special Events
8-9 Aquatics
9 Dance
10 Preschool
10 Gymnastics
10-11 Fitness / Fitness Chart
12 Enrichment
12 Boating
13 Individuals with Special Needs
14-15 Sports
16 Karate
17 Social Media
18 Town of Groton Resources
18 Shennecossett Golf Course
19 Directions
19 Trails and Parks
20 Scholarship
21 Registration Form
22 55 Plus Programs
23 Groton Adolescent Substance Abuse Prevention

GROTON PARKS AND RECREATION WELCOMES PARTICIPATION BY EVERYONE!

If you or someone you know is in need of an accommodation or financial assistance, please see page 6 for details.



# COURSE AGE INFORMATION



CATEGORY	PAGE #	PRESCHOOL	YOUTH	TEENS	ADULTS
Aquatics	8-9	X	X	X	X
Boating	12		X	X	X
Dance	9	X	X	X	X
Enrichment	12			X	X
Fitness	10-11	X	X	X	X
Gymnastics	10	X	X	X	
Indiv. w/Special Needs	13		X	X	X
Karate	16	X	X	X	X
Preschool	10	X			
Special Events	7	X	X	X	X
Sports	14-15	X	X	X	

## FREQUENTLY REQUESTED TELEPHONE #'S

Dolphin Sports and Recreation	<a href="http://www.dolphinsportsandrec.org">www.dolphinsportsandrec.org</a>	Jabez Smith House	860-445-6689
Girls & Boys Club SECT	Cindy Morrison 860-574-9040	Lacrosse – Groton/Mystic	Greg Roberts <a href="http://www.grotonmysticlacrosse.org">www.grotonmysticlacrosse.org</a> <a href="mailto:grotonlax@gmail.com">grotonlax@gmail.com</a>
Groton Babe Ruth	Chris Blake 989-330-6851	Lacrosse – Stonington	Paul Kezer <a href="mailto:p5kezer@comcast.net">p5kezer@comcast.net</a>
Groton City Recreation		Mystic Babe Ruth	Tom Taber 860-908-6566 <a href="http://mystic.baberuthonline.com">mystic.baberuthonline.com</a>
Washington Park, Eastern Point Beach & Zbierski House	860-446-4128	Mystic Little League	Tom Tabor 860-908-6566 <a href="http://www.eteamz.com/mysticlittleleague">http://www.eteamz.com/mysticlittleleague</a>
Groton Mystic Youth Football League	<a href="http://eteamz.com/grotonmystic">eteamz.com/grotonmystic</a> <a href="mailto:GMFVP@yahoo.com">GMFVP@yahoo.com</a>	Mystic River Chorale	<a href="mailto:kathleenobeirne@aol.com">kathleenobeirne@aol.com</a>
GMVFL - Cheerleading	Jeanne Rogers 860-857-3597	Mystic YMCA	860-536-3575
Groton Little League	Bill Kelly 860 213-4138	Sea Scouts	Marshall Parsons <a href="mailto:sss584dragon@yahoo.com">sss584dragon@yahoo.com</a> <a href="mailto:twinpars@earthlink.net">twinpars@earthlink.net</a>
Groton Soccer Club	Tom Taber 860-908-6566 <a href="mailto:grotonsoccer@yahoo.com">grotonsoccer@yahoo.com</a>		
Groton Softball Little League	Bill Kelly 860-213-4138		
Info Line - Groton Parks and Recreation	860-441-6791		

Updated October 2013



Our department is built on three fundamental pillars, health and wellness, conservation and social equity. These pillars provide the foundation through which our department operates.

While the nation struggles with a health crisis Groton Parks and Recreation continues to work towards building a healthier community. From organized classes and leagues to self-directed activities and community garden, thousands of residents utilize our programs, parks and trails on a weekly basis.

The parks, trails and open space maintained by our department provide a critical role in preserving our communities' natural resources and connecting children and families to nature. We currently are responsible for over 1,095 acres used for active and passive recreation and open space. Through good environmental practices we are working to ensure our community and future generations the benefits of a protected environment.

We strive to ensure that all members of our community have access to programs, facilities, places and spaces that make your lives and communities great, no matter the color of your skin, age, income level or ability.

As we look forward, we will continue to look for opportunities to build and strengthen these three pillars through new and improved programs, partnerships and initiatives. The success of our department lies in the support from our community; we encourage you to provide feedback and to offer suggestions on how we can improve.

Sincerely,

A handwritten signature in black ink that reads "Mark Berry". The signature is written in a cursive style.

Mark Berry  
Parks and Recreation Director

### 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 Commission

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

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 pm at Groton Senior Center.

# IMPORTANT INFORMATION

## 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 concerns.

## Resident

A resident is someone whose primary residence is in the Town of Groton.

## Registration Acceptance

Resident and non-resident registration forms may be submitted at any time.

## U.S. Mail

Walk-in at Spicer House

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

On-line through [grotonrec.com/discover](http://grotonrec.com/discover)

## Scholarships

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. If you are unable to sign up for any program due financial difficulties. Applicants must appear in person at the Recreation office. Please call if you plan to arrive after 4 PM.

### *Documents to bring for ALL HOUSEHOLD members*

- Proof of Wages/Earnings for the past four (4) weeks
- Alimony
- Social Security Income / Social Security Disability Supplemental Income from State to include rent/food subsidies - SNAP, unemployment, cash assistance
- Child Support or any outside source of income

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

## Program Grants

In addition to scholarships, one-time program grants are awarded 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 cancelled

## OOPS!

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

## 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 participation. Please use the comment section on the registration form or attach a separate sheet detailing your circumstances and any assistance requested. It is also **REQUIRED** you complete the Inclusive Recreation Assessment, available at [grotonrec.com](http://grotonrec.com) or from our office with your registration. This form helps us determine any necessary accommodations to enable participation. Contact Eileen at [ecicchese@groton-ct.gov](mailto:ecicchese@groton-ct.gov) or call 860.536.5691 with questions.

## Cancellations

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 cancelled, 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 cancelled.

## 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 it 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](mailto:parksrec@groton-ct.gov)

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

Facebook: <https://www.facebook.com/grotonparksandrec>



## Mailing Address:

Groton Parks and Recreation

27 Spicer Avenue, Noank, CT 06340-5659

Hours: 8:30 am - 4:30 pm

**Winter 2014 - Program Calendar**

To help plan your calendar, we have included ours. [Normal program dates are indicated below with shaded boxes.](#) Please check individual program descriptions for additional information or exceptions to program dates.

NOTE: This calendar is based on an eight -week schedule, but some of our classes are shorter in duration.

**KNOW BEFORE YOU GO! 860-441-6791**

January							March						
SU	M	T	W	TH	F	SA	SU	M	T	W	TH	F	SA
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					
February							<i>Spring Programs begin in April</i>						
SU	M	T	W	TH	F	SA							
						1							
2	3	4	5	6	7	8							
9	10	11	12	13	14	15							
16	17	18	19	20	21	22							
23	24	25	26	27	28								

Groton Parks and Recreation  
presents

## Parents' Night Out!

Friday, December 20th  
6:30-9:00 p.m.  
Seely School



Get your last minute holiday shopping done, hit the grocery store, get a massage—take some time for you!  
Let us entertain the kids with a movie & activities!

**Ages 5 and up**  
**\$5 per child**  
**Register today!**  
**GrotonRec.com**

Program #514601-01



Don't miss the

## Groton Holiday Lights Parade & Tree Lighting Party

Saturday, December 7  
5:00 p.m.



**Parade goes down Route 1 to  
Groton Shoppers Plaza  
where you can meet and  
take photos with Santa!**

Proudly brought to you by:






**Give the Gift of Health and Happiness**

Looking for the perfect gift?  
Sign your loved one or a friend  
up for a Winter program.

### Community Garden Plot Rental

For more information go to- [www.groton.rec.com/garden](http://www.groton.rec.com/garden).

Activity #	Date	Age	
989301-01	1/1-11/30	All	First Plot
989301-02	1/1-11/30	All	Additional Plots
Location: 1 Fort Hill Road			Res./Non-Res.\$25 / \$45
Min. 5/Max. 50			



**GROTON  
Community  
GARDEN**

Come Grow with Us

## Directions to Pool:

**UConn Avery Point:** I-95 to Exit 87 Clarence B. Sharp Highway. Right at 2nd traffic light onto Rainville Ave. Left at next traffic light onto Benham Road. Benham merges into Easter Point Rd. Eastern Point Rd to entrance of UConn Avery Point Campus. Left at stop sign, aquatics building on the left.

## Swim: Baby & Me 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
501100-02	1/26-3/16	Su	8:30-9A	6mos-3yr
Location: UCONN Avery Point			Res./Non-Res. \$20 / \$40	
Instructor: Staff			Min. 4/Max. 24	

## Swim: 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.

Activity #	Date	Day	Time	Age
501106-01	1/25-3/15	Sa	3:50-4:30P	3 - 5
501106-02	1/26-3/16	Su	11:10-11:50A	3 - 5
Location: UCONN Avery Point			Res./Non-Res. \$56 / \$76	
Instructor: Staff			Min. 4/Max. 9	

## Swim: Child Small Group

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
511108-01	1/26-3/16	Su	9:50-10:20A	3 - 6
511108-02	1/26-3/16	Su	9:50-10:20A	7 - 15
Location: UCONN Avery Point			Res./Non-Res. \$76 / \$96	
Instructor: Staff			Min. 1/Max. 2	

## Swim: Adult Small Group

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
531101-01	1/25-3/15	Sa	4:35-5:05P	16 +
Location: UCONN Avery Point			Res./Non-Res. \$76 / \$96	
Instructor: Staff			Min. 2/Max. 2	

## Swim: Private Lessons

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

Activity #	Date	Day	Time
521107-01	1/25-3/15	Sa	4:35-5:05P
521107-03	1/26-3/16	Su	8:30-9A
521107-02	1/26-3/16	Su	9:50-10:20A

Location: UCONN Avery Point Res./Non-Res. \$120 / \$140  
Age: 2+  
Instructor: Staff Min. 1/Max. 5

## Swim: Family

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	Age
531301-01	01/25-3/16	Sa	5:05-6P 11:55A-1P	All

Location: UCONN Avery Point Res./Non-Res. \$44 / \$64  
Instructor: Staff Min. 0/Max. 80

## Adaptive Swimming

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
516103-01	1/25-3/15	Sa	1-1:40P	6 - 21

Location: UCONN Avery Point Res./Non-Res. \$56 / \$76  
Instructor: Andy Plasse Min. 4/Max. 10

Winter 2014 Swim Lessons 	
Saturday - 1/25-3/15	Sunday - 1/26-3/16
<b>1:50 - 2:30 pm</b> Level 1, 2, 3, 4	<b>8:30 - 9 am</b> Baby & Me Social
<b>2:35 - 3:15 pm</b> Level 1, 2, 3, 4	<b>9:05 - 9:45 am</b> Level 1, 2, 3, 4
<b>3:50 - 4:30 pm</b> Intro to Level 1 Level 2, 3, 5/6	<b>9:50 - 10:20 am</b> Child Small Group Private Lessons
<b>4:35 - 5:05 pm</b> Private Lessons Adult Small Group	<b>10:25 - 11:05 am</b> Level 1, 2, 3, 5/6
<b>5:05 - 6 pm</b> Family Swim	<b>11:10 - 11:50 am</b> Intro to Level 1/Level 1, 4
	<b>11:55 am - 1 pm</b> Family Swim

## DID YOU KNOW?

The average pool temperature is 81 degrees.

## Swim Lessons

*Swim goggles required for Levels 2-5/6*

**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.

**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.

**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.

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

**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.

Location: UCONN Avery Point      Res./Non-Res. \$56 / \$76  
Instructor: Staff      Min. 4/Max. 10

### Level 1

Activity #	Date	Day	Time	Age
511101-01	1/25-3/15	Sa	1:50-2:30P	3 - 15
511101-02	1/25-3/15	Sa	2:35-3:15P	3 - 15
511101-03	1/26-3/16	Su	9:05-9:45A	3 - 15
511101-04	1/26-3/16	Su	10:25-11:05A	3 - 15
511101-05	1/26-3/16	Su	11:10-11:50A	3 - 15

### Level 2

Activity #	Date	Day	Time	Age
511102-01	1/25-3/15	Sa	1:50-2:30P	3 - 15
511102-02	1/25-3/15	Sa	2:35-3:15P	3 - 15
511102-03	1/25-3/15	Sa	3:50-4:30P	3 - 15
511102-04	1/26-3/16	Su	9:05-9:45A	3 - 15
511102-05	1/26-3/16	Su	10:25-11:05A	3 - 15

### Level 3

Activity #	Date	Day	Time	Age
511103-01	1/25-3/15	Sa	1:50-2:30P	3 - 15
511103-02	1/25-3/15	Sa	2:35-3:15P	3 - 15
511103-03	1/25-3/15	Sa	3:50-4:30P	3 - 15
511103-04	1/26-3/16	Su	9:05-9:45A	3 - 15
511103-05	1/26-3/16	Su	10:25-11:05A	3 - 15

### Level 4

Activity #	Date	Day	Time	Age
511104-01	1/25-3/15	Sa	1:50-2:30P	3 - 15
511104-02	1/25-3/15	Sa	2:35-3:15P	3 - 15
511104-03	1/26-3/16	Su	9:05-9:45A	3 - 15
511104-04	1/26-3/16	Su	11:10-11:50A	3 - 15

### Level 5/6

Activity #	Date	Day	Time	Age
511105-01	1/25-3/15	Sa	3:50-4:30P	3 - 15
511105-02	1/26-3/16	Su	10:25-11:05A	3 - 15

## Parent and 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
504102-01	1/24-3/14	F	9-9:45A	1 - 3

Location: William Seely School      Res./Non-Res. \$55 / \$75  
Instructor: Joy Fidrych      Min. 5/Max. 20

## Intro to Dance

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

Activity #	Date	Day	Time	Age
504101-01	1/24-3/14	F	9:50-10:35A	3 - 5
504101-02	1/23-3/13	Th	4-4:45P	3 - 5

Location: William Seely School      Res./Non-Res. \$55 / \$75  
Instructor: Joy Fidrych      Min. 5/Max. 20

## Princess Ballet

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

Activity #	Date	Day	Time	Age
514105-01	1/21-3/11	Tu	9:50-10:20A	3 - 5

Location: William Seely School      Res./Non-Res. \$50 / \$70  
Instructor: Joy Fidrych      Min. 5/Max. 20

## Dance Combo

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

Activity #	Date	Day	Time	Age
514103-01	1/23-3/13	Th	4:50-5:35P	5 - 6
514103-02	1/24-3/14	F	4-4:45P	7 - 8
514103-03	1/24-3/14	F	4:50-5:35P	8 - 10
524101-01	1/24-3/14	F	5:40-6:25P	11 - 13

Location: William Seely School      Res./Non-Res. \$55 / \$75  
Instructor: Joy Fidrych      Min. 5/Max. 20

## Tap Dance - Intermediate

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

Activity #	Date	Day	Time	Age
534112-01	1/24-3/14	F	10:40-11:25A	16 +
534112-02	1/23-3/13	Th	5:40-6:25P	16 +

Location: William Seely School      Res./Non-Res. \$55 / \$75  
Instructor: Joy Fidrych      Min. 5/Max. 15

# PRESCHOOL/GYMNASTICS/FITNESS

## Time to Move

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

Activity #	Date	Day	Time	Age
504405-01	1/23-3/13	Th	9:15-10A	8-20 months
504405-02	1/24-3/14	F	9:15-10A	8-20 months
504405-03	1/23-3/13	Th	10-10:45A	1 - 3
504405-04	1/24-3/14	F	10-10:45A	1 - 3
504405-05	1/23-3/13	Th	10:45-11:30A	3 - 5
504405-06	1/24-3/14	F	10:45-11:30A	3 - 5

Location: William Seely School      Res./Non-Res. \$32 / \$52  
 Instructor: Katherine Wilhelm      Min. 6/Max. 12

## Time to Get Messy

Time to get messy. 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
504406-02	1/22-3/12	W	10-10:45A	1 - 3

Location: William Seely School      Res./Non-Res. \$45 / \$65  
 Instructor: Katherine Wilhelm      Min. 6/Max. 12

## Soccer: Munchkin

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

Activity #	Date	Day	Time	Age
508301-01	1/25-2/22	Sa	10-10:45A	4 - 5
508301-02	1/25-2/22	Sa	11-11:45A	4 - 5

Location: Fitch Middle      Res./Non-Res. \$40 / \$60  
 Instructor: TBD      Min. 10/Max. 22

## 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. Program specifically designed for parent/child interaction together.

Location: William Seely School      Res./Non-Res. \$64 / \$84  
 Instructor: ABC Gymnastics      Min. 6/Max. 20

### Ages 18 months – 3 years

508101-01	1/25-3/15	Sa	10:45-11:25A
508101-02	1/21-3/11	Tu	10:15-10:55A

### Ages 4-5

508102-01	1/25-3/15	Sa	8:30-9:10A
508102-02	1/25-3/15	Sa	10-10:40A
508102-03	1/21-3/11	Tu	9:30-10:10A

### Ages 5-15 Beginner

518102-02	1/27-3/24	M	4:45-5:25P
518101-01	1/25-3/15	Sa	9:15-9:55A
518101-02	1/25-3/15	Sa	11:30A-12:10P
518101-03	1/27-3/24	M	4-4:40P

### Ages 5-15 Intermediate

518103-01	1/27-3/24	M	5:30-6:10P
-----------	-----------	---	------------

## Yoga

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
515120-01	1/27-3/24	M	5-5:45P	10 - 15

Location: William Seely School      Res./Non-Res. \$48 / \$68  
 Instructor: Lori Miller      Min. 3/Max. 14

## Active Yoga

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
535103-01	1/27-3/24	M	6:15-7:30P	14 +

Location: William Seely School      Res./Non-Res. \$52 / \$72  
 Instructor: Lori Miller      Min. 15/Max. 44

## Boot Camp

Experience an intense hour of strengthening muscles and heart military style in this rapid fat loss program that works the entire body; arms, legs, back, chest and abs. All fitness levels.

Activity #	Date	Day	Time	Age
535104-02	1/25-3/15	Sa	9:30-10:25A	12 +

Location: William Seely School      Res./Non-Res. \$52 / \$72  
 Instructor: Charlotte Malavenda      Min. 11/Max. 15

## Pilates and Yoga Fusion

Work internal organs, glands and nerves, while increasing flexibility, strengthening core muscles and perform various yoga postures and yogic breathing.

Activity #	Date	Day	Time	Age
535110-01	1/23-3/13	Th	5:30-6:25P	16 +

Location: William Seely School      Res./Non-Res. \$52 / \$72  
 Instructor: Charlotte Malavenda      Min. 11/Max. 30

## Piloxing

PILOXING is a unique mix of Pilates and boxing moves in a fat torching, muscle sculpting, core-centric interval workout. The class format is designed for all fitness levels and aims for you to attain a sleek and powerful self-image. Sign up for both days in the same season and receive a 15% discount.

Activity #	Date	Day	Time	Age
535111-01	1/27-3/24	M	6:30-7:25P	16 +
535111-02	1/22-3/12	W	6:30-7:25P	16 +

Location: William Seely School      Res./Non-Res. \$50 / \$70  
 Instructor: Alisha Strayer      Min. 8/Max. 24

Winter 2014 (Jan. - Mar.) Fitness					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-5:25 Insanity	9-9:45 Zumba	4:30-5:25 Insanity	4:30-5:25 Core & Power Yoga	5:30-6:30 Zumba	9:30-10:25 Boot Camp
5-5:45 Yoga 4 Twins	5:30-6:25 Zumba	5:30-6:25 Step Fitness Blend	5:30-6:25 Xtreme Interval with Kick.		
5:30-6:25 Step Fitness Blend		6:30-7:25 Piloxing	5:30-6:45 Tai Chi Exper		
6:15-7:30 Active Yoga			5:30-6:25P Pilates and Yoga Fusion		
Piloxing 6:30-7:25			6:45-8 Tai Chi Beg.		

### 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	Level
535115-01	1/23-3/13	Th	5:30-6:45P	Experienced
535116-01	1/23-3/13	Th	6:45-8P	Beginner

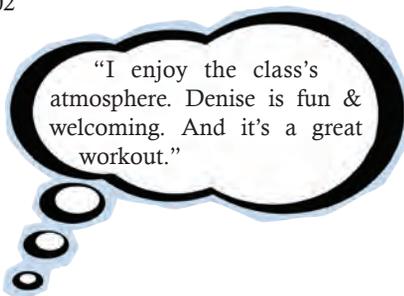
Location: Groton Senior Center      Res./Non-Res. \$56 / \$76  
Age 14+  
Instructor: John Sidoli      Min. 3/Max. 24

### Zumba

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

Activity #	Date	Day	Time	Age
535119-01	1/21-3/11	Tu	5:30-6:25P	13 +
535119-02	1/21-3/11	Tu	9-9:45A	13 +

Location: William Seely School      Res./Non-Res. \$55 / \$75  
Instructor: Ashley Eagle - 01      Min. 15/Max. 30  
Joy Fidrych - 02



### Step Fitness Blend

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

Activity #	Date	Day	Time	Age
535122-01	1/27-3/24	M	5:30-6:25P	12 +
535122-02	1/22-3/12	W	5:30-6:25P	12 +

Location: William Seely School      Res./Non-Res. \$52 / \$72  
Instructor: Denise Descheneaux      Min. 8/Max. 17

### Xtreme Interval with Kick

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
535127-01	1/23-3/13	Th	5:30-6:25P	18 +

Location: William Seely School      Res./Non-Res. \$52 / \$72  
Instructor: Kate Singer      Min. 6/Max. 20



### Insanity



Participants will become familiar with high-intensity workouts, much different than traditional interval training, while having a good time with family and friends and encouraging themselves and others to improve their individual physical and fitness level at their own pace. This class format has been modified to push yourself while enjoying improvement.

Activity #	Date	Day	Time	Age
535129-01	1/22-3/24	M,W	4:30-5:25P	18 +

Location: William Seely School      Res./Non-Res. \$52 / \$72  
Instructor: Brett Sandman      Min. 6/Max. 20

### Core & Power Yoga



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 will get 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
535130-01	1/23-3/13	Th	4:30-5:25P	16 +

Location: William Seely School      Res./Non-Res. \$52 / \$72  
Instructor: Charlotte Malavenda      Min. 11/Max. 30

# ENRICHMENT / BOATING

## UNABLE TO PAY?

**Financial Assistance through scholarships and Grants available.**

Scholarship information is located on page 6 and the application on page 20. Bring form and documentation to the Recreation office for review.

**To schedule a scholarship appointment, call 860-536-5685.**

## Screenwriting

Learn to write for video or film, create effective dialogue and dramatic conflict between characters, and practice crafting scripts.

Create screenplays (feature-length screenplays for marketing, and shorter scripts for advanced class) that can be shot simply and shown locally via Groton Public Access. Class culminates with a public presentation. Local actors perform the scripts and audience members offer commentary afterward. The program is run by Nicholas Checker, writer & director for the recently premiered film, *Wisp*, at Niantic Cinemas.

Activity #	Date	Day	Time	Level
534601-01	1/22-3/12	W	5-7P	Beginner
534602-01	1/22-3/12	W	7-9P	Advanced

Location: William Seely School Res./Non-Res. \$96 / \$116

Age 18 +

Instructor: Nicholas Checker

Min. 4/Max. 8



## Short Story Writing

Nicholas Checker, whose recently published Kindle novel, *Scratch*, continues to gain readership, runs this series of classes on the crafting of short stories. Learn the tactics & techniques for developing the right type of language & skills for writing fiction that can be marketed successfully. Also learn how to approach the publication market and how to query agents & managers as well. The end of the course culminates with a public presentation of the students' short works. Younger participants must receive consent of the instructor.

Activity #	Date	Day	Time	Age
534603-01	1/23-3/13	Th	7:15-9:15P	18 +

Location: William Seely School

Res./Non-Res. \$96 / \$116

Instructor: Nicholas Checker

Min. 4/Max. 8

## French

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

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

Activity #	Date	Day	Time	Level
534202-01	1/22-3/12	W	7-8:30P	Adv. Convers.
534201-01	1/23-3/13	Th	9:30-11A	Conversational

Location: Groton Senior Center

Res./Non-Res. \$69 / \$89

Age 16 +

Instructor: Catherine Conant

Min. 4/Max. 15

## GROTON COMMUNITY BOATING CLUB 2013-14 MEMBERSHIP

(April 1, 2013 – March 31, 2014)

### YEARLY MEMBERSHIP

		Res. / Non-Res.
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.

### RENTAL OF BOAT STORAGE SPACE

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

		Res. / Non-Res.
932102-01	Indoor	\$325 \$345
932101-02	Outdoor	\$150 \$170

Wayne  
Robinson  
office

Mark  
Robinson  
shop

**ROY & SONS**  
Auto Body, Inc.

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

**860-445-7093**

## SPECIAL OLYMPICS

for ages 16 years & older  
Athletes must register for Special Recreation

### COACHES & VOLUNTEERS NEEDED

Unified Sports, offered through Special Olympics Connecticut, is a program that allows people with and without mental retardation to play on the same competitive team. Unified partners are needed in the following sports.

Contact Eileen at 860-536-5691 or [ecicchese@groton-ct.gov](mailto:ecicchese@groton-ct.gov)

**Winter (Nov 28 - Feb. 27):** Nordic Ski, Snow Shoe, Floor Hockey

**Spring: (March 6 - June 26):** Track and Field, Wheelchair Track and Field, Tennis, Cycling, Swimming, Soccer

**Summer: (July 4 - Sept. 12):** Sailing, Golf, Softball, Bocce

### Adaptive Karate

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	Level
516101-01	1/21-3/11	Tu	5:30-6:10P	1
516102-01	1/21-3/11	Tu	6:15-6:55P	2

Location: William Seely School      Res./Non-Res. \$40 / \$60  
Age 5 +  
Instructor: Ralph Batty, Jr.      Min. 6/Max. 15

### Adaptive Swimming

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
516103-01	1/25-3/15	Sa	1-1:40P	6 - 21

Location: UCONN Avery Point      Res./Non-Res. \$56 / \$76  
Instructor: Andy Plasse      Min. 4/Max. 10

### 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.

Activity #	Date	Day	Time	Age
536107-01	1/22-3/12	W	4-6P	12 +

Location: Fitch High School      Res./Non-Res. \$48 / \$68  
Instructor: Andy Plasse      Min. 3/Max. 8

### Special Recreation

Individuals with disabilities participate in arts & crafts, sports activities and Special Olympics.

Activity #	Date	Day	Time	Age
536102-01	12/5-2/27	Th	6:30-8:30P	14+
236102-01	3/6-6/26	Th	6:30-8:30P	14+

Location: Fitch Middle      Res./Non-Res. \$35 / \$55  
Instructor: TBD      Min. 4/Max. 99

### Adaptive Rowing - Indoors

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
536101-01	1/22-3/24	M,W,F	6-7:30P	16 +

Location: William Seely School      Res./Non-Res. Free of charge  
Instructor: TBD      Min. 1/Max. 10

### 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 while having fun in age-appropriate groups. Please identify any disability in the comment section on the registration form.

Activity #	Date	Day	Time	Age
526201-01	1/24-3/14	F	6-9P	11 - 30

Location: William Seely School      Res./Non-Res. \$60 / \$80  
Instructor: Katherine Wilhelm      Min. 10/Max. 30

### 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 \$10). Meets Jan. 24, Feb. 7, 21, and March 7 at the Groton Public Library parking lot.

Activity #	Date	Day	Time
536203-01	01/24, 2/07, 2/21, 3/07	F	5-9P

Location: Groton Library      Res./Non-Res. \$52 / \$72  
Age 18 +  
Instructor: Andy Plasse      Min. 4/Max. 11

### Painting

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
536202-01	1/7-2/25	Tu	9-10:30A	21+

Location: Groton Senior Center      Res./Non-Res. \$15 / \$25  
Instructor: Andy Plasse      Min. 6/Max. 10

## REGISTERING EARLY HELPS EVERYONE!

The decision about whether to hold a class or not is made one week in advanced of the start date.

Very often people try to register after the program has been cancelled, but had they registered earlier the class would have run.

**IF YOU WAIT, IT MAY BE TOO LATE.  
So, go ahead and sign up now!**

## Lacrosse - Instructional

Designed to introduce young players to the game of lacrosse in a safe and structured setting.

Players are taught the basics of catching, throwing, shooting, scooping and team play by experienced coaches. Time is divided

between age appropriate drills and simulated game play. Reversible lacrosse pinnies with the "Falcon" logo are given to each participant. Our goal is to provide an opportunity for children and parents to learn more about the exciting game of lacrosse in a fun and family orientated atmosphere. For more detailed information about the lacrosse programs, please visit: [www.grotonmysticlacrosse.org](http://www.grotonmysticlacrosse.org)

Activity #	Date	Day	Time	Gender
518305-01	1/26-2/16	Su	12-1P	Girls
518303-01	1/26-2/16	Su	1:15-2:15P	Boys

Location: Fitch High School Res./Non-Res. \$36 / \$56  
Age 5 - 8  
Instructor: Groton Mystic Lacrosse Min. 10/Max. 20

## Lacrosse - Indoor Recreational

Improve players' skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning. The emphasis is on teaching and having fun.

Activity #	Date	Time	Age	Gender
518304-01	2/23-4/6	11:45A-12:30P	8 - 9	Boys
518304-02	2/23-4/6	11:45A-12:30P	8 - 9	Girls
518304-03	2/23-4/6	12:30-1:30P	10 - 11	Boys
518304-04	2/23-4/6	12:30-1:30P	10 - 11	Girls
528304-01	2/23-4/6	1:30-2:30P	12 - 14	Boys
528304-02	2/23-4/6	1:30-2:30P	12 - 14	Girls

Location: Fitch High School Res./Non-Res. \$40 / \$60  
Day: Su  
Instructor: Groton Mystic Lacrosse Min. 20/Max. 99

## Basketball: 6 & 7

Have fun learning hoop basics including dribbling, shooting and defense through instruction and non-competitive games. Open to Groton Residents only.

Activity #	Date	Day	Time	Age
518302-01	1/25-3/1	Sa	9:30-10:15A	6 - 7
518302-02	1/25-3/1	Sa	10:30-11:15A	6 - 7

Location: Catherine Kolnaski Res./Non-Res. \$45 / \$65  
Instructor: Andy Plasse Min. 6/Max. 20

## Soccer: Munchkin

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

Activity #	Date	Day	Time	Age
508301-01	1/25-2/22	Sa	10-10:45A	4 - 5
508301-02	1/25-2/22	Sa	11-11:45A	4 - 5

Location: Fitch Middle Res./Non-Res. \$40 / \$60  
Instructor: TBD Min. 10/Max. 22

## Soccer - Youth Winter Series

The program is geared toward technique and skills development through drills and mini round robin games.

Activity #	Date	Day	Time	Age
518310-01	1/26-3/30	Su	12-12:55P	5 - 6
518310-02	1/26-3/30	Su	1-1:55P	6 - 7
518310-03	1/26-3/30	Su	2-2:55P	8 - 10
528307-01	1/26-3/30	Su	3-3:55P	11 - 14

Location: Fitch High School Res./Non-Res. \$45 / \$65  
Instructor: UK International Min. 6/Max. 18

## Soccer: Coed Indoor

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

Activity #	Date	Day	Time	Age
538301-01	1/12-3/16	Su	2:30-4P	18 +

Location: Fitch High School Res./Non-Res. \$25 / \$45  
Instructor: John Watson Min. 10/Max. 32

## Volleyball - Thursday

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

Activity #	Date	Day	Time	Age
538307-01	1/23-3/13	Th	7:30-9P	18 +

Location: Cutler Middle School Res./Non-Res. \$30 / \$50  
Instructor: Staff Min. 12/Max. 30



## Dodgeball

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

Activity #	Date	Day	Time	Age
538309-01	1/26-3/16	Su	7-9P	18 +
Location: Fitch Middle			Res./Non-Res. \$20 / \$40	
Instructor: Staff			Min. 10/Max. 32	

## Basketball: Pick Up



Come down for men's pick-up basketball. Free program but must register to participate.

Activity #	Date	Day	Time	Gender
938311-01	9/16-6/30	M	7-9P	Men
Location: Fitch Middle			Res./Non-Res. Free of charge	
Age: 18 +			Min. 12/Max. 30	
Instructor: TBD				

## Hockey: Open Floor

Enjoy a great cardiovascular workout as you chase a little orange ball in this fast-paced floor hockey program. Pickup games are played. Approved wrapped hockey stick required.

Activity #	Date	Day	Time	Age
538304-01	1/24-3/14	F	6-9P	16 +
Location: Fitch Middle			Res./Non-Res. \$25 / \$45	
Instructor: George White			Min. 8/Max. 30	

## Hockey: Floor League

Organized teams of players of varying skill levels. Fairly competitive, but stresses good sportsmanship and safety. All games are officiated and player and team stats are collected. All players who sign up for the league are assigned to a team by the league administrator who honors requests when possible. All games are played four-on-four plus goalie. All league players are free to participate in pick-up games every Friday from 6 - 9 pm.

League games are played Sundays between 3 - 7pm based on posted schedule. Practices begin late November. Those interested in serving as referee, scorer or timer for the season should contact Recreation office. GFHL info can be found on the web at the Unofficial GFHL Website: <http://gfhl.blogspot.com/>.

Activity #	Date	Day	Time	Age
538504-01	1/5-3/16	Su	3-7P	16 +
Location: Fitch Middle			Res./Non-Res. \$70 / \$90	
Instructor: George White			Min. 20/Max. 100	

**Share Your Thoughts!**

*HERE IS WHAT  
PARTICIPANTS ARE  
SAYING ABOUT  
OUR PROGRAMS!*

At the end of your program you'll receive an e-mail inviting you to complete a survey about your class(es).

Please take a moment and let us know your thoughts

Comments you see in our "Thought Bubbles" throughout this issue were submitted by participants like yourself.

***WE WANT TO HEAR FROM YOU.***

## Volunteers Needed!

Groton Parks and Recreation relies on the help of volunteers for many events and programs. If you or someone you know are looking for ways to get involved in the community, consider volunteering with us!

For more information:  
(860) 536-5680  
[GrotonRec.com](http://GrotonRec.com)

*Great for college and job applications!*

# KARATE

## 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. Taught in a safe and structured environment.



Location: William Seely School

Instructor: Ralph Batty, Jr.

Min. 3/Max. 30

### Lil' Tigers I Ages: 3 - 5

508201-01	1/24-3/14	F	4:30-5P	\$52 / \$72
508201-02	1/21-3/11	Tu	4:30-5P	\$52 / \$72

### Lil' Tiger2 Ages: 3 - 5

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

508202-01	1/24-3/14	F	5-5:30P	\$52 / \$72
508202-02	1/21-3/11	Tu	5-5:30P	\$52 / \$72

### Lil' Tiger3 Ages: 3 - 5

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

508203-01	1/24-3/14	F	5:30-6:15P	\$64 / \$84
-----------	-----------	---	------------	-------------

### Beginners Ages: 6 - 12

518201-01	1/24-3/14	F	6:15-7P	\$64 / \$84
-----------	-----------	---	---------	-------------

### Jr. Dragons II Ages: 6 - 11

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

518202-01	1/22-3/13	W,Th	4:15-5P	\$112 / \$132
-----------	-----------	------	---------	---------------

### Jr. Dragon III Ages: 6 - 11

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

518203-01	1/22-3/13	W,Th	5-6P	\$128 / \$148
-----------	-----------	------	------	---------------

### Black Belt Ages: 12 +

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

528206-01	1/22-3/13	W,Th	7-8P	\$128 / \$148
-----------	-----------	------	------	---------------

### Jr. Blk Blt Ages: 8 - 11

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

528205-01	1/22-3/13	W,Th	6-7P	\$128 / \$148
-----------	-----------	------	------	---------------

### Ad Beg/Interm Ages: 13 +

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

538201-01	1/22-3/13	W,Th	8-9P	\$128 / \$148
-----------	-----------	------	------	---------------

### All Ranks Ages: 13 +

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

538202-01	1/21-3/13	Tu,Th	12-1P	\$128 / \$148
-----------	-----------	-------	-------	---------------

"I think Sensei Batty has done a remarkable job with all the children in his class. There are many different handicaps in the room and he is quick to adapt to each individual child. We think he is fantastic!"

## Adaptive Karate

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	Level
516101-01	1/21-3/11	Tu	5:30-6:10P	1
516102-01	1/21-3/11	Tu	6:15-6:55P	2

Location: William Seely School

Res./Non-Res. \$40 / \$60

Age 5 +

Instructor: Ralph Batty, Jr.

Min. 6/Max. 15

## Be the next Parks and Rec Instructor!

- Do you have a passion for underwater archery?
- Looking for a way to share your love of nighttime gardening with the community?
- Have you always wanted to start a hula hoop league?

Groton Parks and Recreation is looking for instructors to lead exciting new programs. If you have always wanted to share your passion or expertise with the community, now is your chance!

Tell us your idea for a program and you could be our next instructor. Send an email to [parksrec@groton-ct.gov](mailto:parksrec@groton-ct.gov) with **PROGRAM PROPOSAL** in the subject line and answer the following questions:

1. Describe your idea for a program.
2. Why is it a good fit for Groton Parks and Rec?
3. Does this program already exist anywhere in the area? Where? Is it successful?
4. What experience do you have in this subject matter that makes you the ideal instructor?
5. Why do you want to be an instructor for Groton Parks and Recreation?

This is your opportunity to **WOW** us! We look forward to hearing from YOU!



# Parks and Rec is on Social Media!



Follow Groton Parks and Rec, Shennecossett Golf Course, and the Groton Senior Center on Facebook! We post pictures, news and contests you won't want to miss. "Like" our pages today!



Another way to get all the news and updates from Parks and Rec is from our blog at [Groton.Patch.com](http://Groton.Patch.com). We post weekly with highlights of programs, previews of upcoming events, and more.

---

## We want to hear from you!

Have some cool photos from a program or event? We'd love to see them! Send us your photos and comments from any of our programs, activities, and events and we might feature them in the next DISCOVER brochure or on Facebook, our blog, or the website.

Send photos to: [kbradley@groton-ct.gov](mailto:kbradley@groton-ct.gov)

By submitting a photo you grant Groton Parks and Recreation permission to use the photo at our discretion for promotional purposes.



**Golf Lessons**

Golf lessons include grip, alignment, posture, and swing technique. Learn chipping, putting, and full swing. To schedule lessons, contact the Pro Shop at 860-448-1867.

Come and see what Shennecossett can offer for your golfing experience. Players can book times online through the website or call the golf shop at 860-448-1867. Check out our web site at shennygolf.com

**Directions:** From I-95 North or South Exit 87 onto (Clarence B. Sharp Highway - Route 349) Right at 2nd light (Rainville Avenue) Left at next light onto Benham Road Go approx. 1 mile (Benham turns into Eastern Point Road) Turn left onto Plant Street - Shennecossett Pro Shop is on your right.

**Shennecossett winter membership rates:**

Shennecossett is now offering a promotional off-season membership for \$400!  
Purchase the off-season membership and enjoy golfing with no restrictions from now until March 31.  
Call the pro shop at 860-448-1867 for more details.



**SHENNECOSSETT IS NOW ON Facebook search: Shennecossett-Golf-Course**

**TOWN OF GROTON RESOURCE INFORMATION**

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
SHENNECOSSETT GOLF	860-448-1867
TRANSFER STATION	860-536-5698
TAX COLLECTION	860-447-6670
TOWN CLERK	860-441-6640
TOWN MANAGER	860-441-6630
VOTER REGISTRATION	860-441-6650



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

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

Tell us about Drug Dealings ~  
Illegal Activities, Community Concerns,  
Safety Concerns, Your Concerns, Tips

**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, go to the Town's website at [www.groton-ct.gov](http://www.groton-ct.gov) and click on the "GMTV" logo.

### **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, as our reference address as there are two Spicer Avenues in Groton.**

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 Avenue.

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

### **William Seely School** - 55 Seely School Drive, Groton, CT 06340

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

Directions to all other locations: [grotonrec.com/directions.asp](http://grotonrec.com/directions.asp)

### TRAILS AND PARKS

To increase public awareness of the numerous trails available to Groton residents a new logo was created to identify those trails throughout Groton that are open to the public. Signs with the logo on them will be posted on trail heads and at key locations on the trails. The creation of the logo was endorsed by the Trails Coordinating Task Force, a coalition of trail advocates and representatives of various land management groups in Groton. Signs are currently being posted.

We think you will enjoy our new trails webpage. The new maps are interactive with multiple layers of information that allow you to select information, view, and print. We will be adding additional trails to this page in the coming months.

**Maps of local hikes are currently available on:**

[grotonrec.com/Trails.asp](http://grotonrec.com/Trails.asp)



# SCHOLARSHIP APPLICATION

**GROTON RESIDENTS ONLY**

Please follow these steps to apply.

**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 SENIOR CENTER  
 102 NEWTOWN ROAD, GROTON, CT 06340  
 860-441-6785

image taken by: CB Vermont Photo-Imaging LLC  
 on behalf of Gølsenberry Arcari Architects, LLC

**The Groton Senior Center offers programs and services in the following areas:**

- Computer – Education and Maintenance
- Special Events
- Benefits Counseling and Health Insurance Counseling
- Salon & Massage Therapist
- Health Services
- Music
- Games / Cards
- Crafts – Ceramics, Jewelry Making, Scrapbooking
- Breakfast with Santa (Sponsored by “Club 55”) – Dec 7
- “Club 55” Holiday Luncheon & Raffle Drawing – Dec 17
- Free Christmas Day Dinner for Groton Seniors only at 11:30am (Registration Required)
- “Club 55” Installation Luncheon – Jan 28
- Gnog Show – February 21
- Active Living Expo / Community Services Fair – March 26



**Evening Classes Available Including:**

- Zumba Gold
- Tai Chi / Qigong
- Cardio Sculpt
- Strength Training
- Boomers Programs
- Ceramics
- Pickleball
- Fitness Center

For complete list of activities and trips see the monthly Life Lines Newsletter, visit [grotonrec.com](http://grotonrec.com) or call 860-441-6785.

Trips are open to the community. Non-residents pay an additional fee of \$10.00 per person for some of Day Trips and no additional fee for Multi-Day or Extended Trips. More information and flyers are available online at [grotonrec.com](http://grotonrec.com). Click on Senior Center then Trips & Travel. Call or email Jackie Whelan, Mon-Fri 8:30am-4:30pm at 860-441-6623 / [jwhelan@groton-ct.gov](mailto:jwhelan@groton-ct.gov)

**Open for all Seniors age 55 and over.**

**NEW!**

GROTON SENIOR CENTER PRESENTS

## PLEASE TAKE A SEAT

Artistic Chair Auction

### Friday, April 4, 2014

*Artists Needed!*

BEFORE



AFTER



*Business sponsorships available!*  
 Call Kate Bradley at (860) 536-5007

# Take it to the Box!

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

## City of Groton Police Department

295 Meridian Street

## Town of Groton Police Department

68 Groton Long Point Road

### Accepted:

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

### Not Accepted:

- lotions or liquids
  - aerosol cans
  - inhalers
- hydrogen peroxide
- thermometers
- needles or other sharp objects
- medication from businesses or clinics



GROTON PARKS & RECREATION DEPT.  
27 SPICER AVENUE  
NOANK, CT 06340-5659

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

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

Local Postal Customer

Insuring Your Tomorrows Since 1890

*That's over 120 years of professional service.*

**BAILEY**  
AGENCIES

INSURANCE

Home | Auto | Commercial | Life | Health

**John F. Scott IV, CIC**  
Owner/Agent

New Location at 15 Thames Street in Groton!

**860.446.8255**

15 Thames Street, Groton | [baileyagencies.com](http://baileyagencies.com)

