

DISCOVER Summer 2024



GROTON
PARKS & RECREATION

Grotonct.myrec.com



Discover Groton

▶ Director's Message

At Groton Recreation Department, we are dedicated to enhancing the quality of life for our community members through accessible and exciting recreational opportunities.

One of the key findings from the 2022 Recreation Needs Assessment was that Trails, Pathways and Parks are the most frequently used amenities. Further research into the key findings revealed that Increased Trails and Pathway Connectivity was the highest future need identified in the survey.

To identify opportunities to address the future needs of the community we have embarked on updating our Bike and Pedestrian Master Plan through a Complete Streets and Trails Master Plan. We are working with FHI Studio on updating the plan which was last completed in 2004. The project will include a robust community engagement component, including an online survey, focus groups and public workshops. Your voice matters, we encourage you to participate in the engagement process. Stay informed, updates to the project including draft reports, survey information, etc. will be available on the Greater Groton website.

Be a part of the conversation as we pave the way for a more vibrant, connected, and accessible Groton!

Mark Berry, *Director*
Groton Parks and Recreation



▶ Looking Ahead

Planned investment in our community...

This summer, Groton Park and Recreation is committed to enriching our community with a diverse range of special events that promote belonging and self-expression. We're elevating our existing annual events by increasing community participation in our parade and introducing exciting new family activities at Sail Fest. Plus, we're thrilled to announce the launch of the Colorful Language: Chalk & Creativity Showcase, celebrating the beauty of our diverse perspectives through art.

We recognize the profound impact of creativity on holistic health and well-being. Engaging in artistic expression not only boosts mood and mental flexibility but also provides a sense of purpose. Community art not only nurtures creativity but also serves as a platform to spotlight local talent and foster connections through shared stories.

Join us in creating a welcoming and vibrant community in our parks and green spaces this summer. For more information, check out page 7 in our brochure.

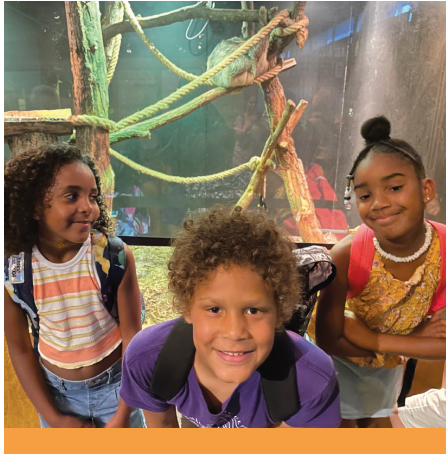
Wishing you a safe and enjoyable summer ahead!

TABLE OF CONTENTS



Community Events & Parks

Summer Concerts7
 Tour de Noank 5K.....8
 4th of July Parade.....8
 Celebration on the Thames8



Day Camps & Trips

Camp Button 10
 Discover Camps & Trips 10
 Sports Camps 12
 STEAM Camps 12
 Specialty Camps 13



Recreation Programs

Adaptive 14
 Arts & Writing..... 14
 Music..... 14
 Leagues/Drop in Sports/
 Memberships..... 15
 Karate 18
 Fitness 19



Groton Parks and Recreation
 29 Spicer Ave
 Noank, CT 06340

Thrive 55+ Active Living Center
 102 Newtown Road
 Groton, CT 06340

Recreation: 860-536-5680
Thrive55+: 860-441-6785
 parksrec@groton-ct.gov
 Grotonct.myrec.com
 Facebook: grotonparksandrec
 Instagram: grotonrec



Information

Director's Message.....2
 Groton Parks Foundation 5
 Financial Aid 6
 Help Wanted.....7
 Area Map 16
 Contact Info & Resources 25
 Directions 25
 Important Information..... 26
 Registration Form 27

Thrive55+

Activities for 55+..... 20-22
 Fitness for 55+..... 22-23

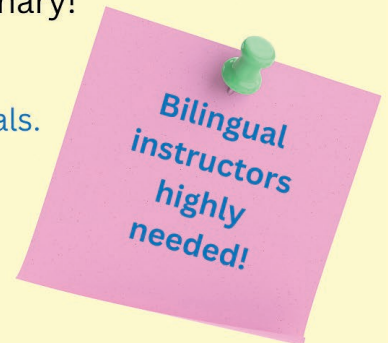


Enrich Lives, Shape futures, and Inspire Community

Passionate about making a difference in your community? Groton Parks & Recreation Department is **Seeking Enthusiastic Program Instructors** to lead engaging and educational activities for all ages. Join us and be a part of something extraordinary!

Contribute to the well-being of your community.

- **Join a Supportive Team:** Collaborate with like-minded individuals.
- **Inspire** a love for education and skill-building.
- **Connecting Communities:** Strengthen neighborhood bonds.
- **Fostering Fun:** Create memorable experiences for all.



Shennecossett Golf Course

June is Women's Golf Month! Take Advantage of our Specials.

\$30 w/ cart Monday - Thursday

\$30 w/ cart Friday - Sunday After 12PM





GROTON PARKS



Immerse yourself in Groton's parks, where every outing promises moments of relaxation and rejuvenation. Embrace the beauty of our green spaces, perfect for picnics, play, leisurely strolls, or simply unwinding. Scan the QR code to unveil a map of Groton's parks, your passport to endless outdoor experiences!



Experience the joy of a balanced lifestyle, one step at a time. Connect with nature's rhythms as you explore our diverse hiking paths. Scan the QR code for easy access to our trail map and make every day an opportunity to unwind and recharge amidst serene landscapes.



GROTON PARKS FOUNDATION

Do you believe in the power of parks to enhance the holistic health and wellness of our residents? Are you looking for more ways to support Groton programs and green spaces? Consider making a tax-deductible donation to the Groton Parks Foundation to help support our programs and future projects.

For more information, please contact:

Clayton Potter, Community Outreach Coordinator, claypotter@groton-ct.gov.

29 Spicer Avenue,
Noank, CT 06340
GrotonCT.MyRec.Com
860-536-5680



FINANCIAL AID 1•2•3

DISCOUNTS – SAVE ON PROGRAMS!

1 Determine your annual Total Income

- Line 11 on Form 1040
- If married filing separately, combine figures from both income tax filings!

2 Determine Household Size

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

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

DISCOUNT	50%	40%	25%
Household Size	Total Annual Income		
1	\$15,060	\$30,120	\$45,180
2	\$20,440	\$40,880	\$61,320
3	\$25,820	\$51,640	\$77,460
4	\$31,200	\$62,400	\$93,600
5	\$36,580	\$73,160	\$109,740
6	\$41,960	\$83,920	\$125,880
7	\$47,340	\$94,680	\$142,020
8	\$52,720	\$105,440	\$158,160
each add'l	\$5,380	\$10,760	\$16,140

Financial Aid discounts are available for Groton residents only. In order to claim the discount for Recreation programs (Thrive55+ programs not included), bring a copy of your most recent federal income tax filing(s) to our office or email to groton-ct.gov. If you are already receiving service at Groton Human Services, 2 Fort Hill Road, Groton, CT 06340, please mention our discount program as well. The staff there will help you apply as well.

If you do not file income taxes, please call **860-536-5680** to discuss alternative documentation.

Additionally, many of our customers donate money to help those who can't pay to participate. These donations are used to provide grants to help pay for programs, including non-residents.

The amount of grant funds available is based on donations received. Call 860-536-5680 for more information.

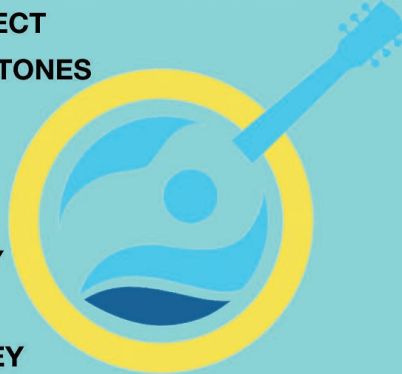


Summer Sound Waves



THURSDAY EVENINGS AT ESKER POINT BEACH  CONCERTS ARE 6-8PM

June 20th	GLAUCOMA SUSPECT
June 27th	JULAI AND THE SEROTONES
July 11th	SUGAR
July 18th	MYSTIC DEAD
July 25th	WILL EVANS
August 1st	SOUL FACTORY
August 8th	FUSION
August 15th	AMERICAN HONEY



Parking
\$5 Motorcycles / \$10 Cars

Food Trucks
On Site!



 **Please leave pets at home.**

Your favorite FREE summer concert series is back for more great music and good times at Esker Point Beach! Concerts are family-friendly and alcohol free! Shows are weather permitting. Call 860-441-6791 or check Town of Groton Parks and Recreation on Facebook to be sure we're still on.

Thank you to our
Exclusive Presenting
Sponsor:



GROTON UTILITIES
At Your Service

Thank you to our
Media Sponsor:

100.9
K·HITS
BIG HITS·BIG FUN!

FAMILY
FRIENDLY



FREE
OPPORTUNITY

COLORFUL LANGUAGE

A CHALK ART SHOWCASE & CREATIVITY EVENT

Get ready to cultivate a colorful community this summer! This event will feature creative activities for families, food, and a Chalk Art Challenge.

Date: Saturday, 08/3/2024 from 10AM-4PM
(Inclement Weather Date 08/24/23)

FOR MORE INFORMATION,
VISIT OUR WEBSITE



We Want You to Join Us!

4TH OF JULY PARADE

Take strides to show your civic pride. We want YOUR community group or organization to join us by marching in our annual 4th of July parade!

SUBMISSION
DEADLINE:
FRIDAY,
06/07/24 AT
4PM



COMMUNITY EVENTS

4TH OF JULY PARADE

Thursday, July 4th 10AM

The parade starts at Poquonnock Plains Park and travels along Route 1.

You don't have to just watch -
Be In the Parade!

Learn more at:
GrotonCT.MyRec.com

FORT GRISWOLD CELEBRATION ON THE THAMES

Food, Fun, & Fireworks!
All We Need is YOU!

Celebration on the Thames is a family-friendly event filled with music, food and fun!

Saturday, July 13th

Live Music by **Wild Nights**
6:00 - 9:15PM

Fireworks
9:20PM

For more event details, scan the QR code

THANK YOU SO MUCH!
thank you so much!

To our Exclusive Presenting Sponsor!

GROTON UTILITIES
At Your Service

and our Media Sponsor!

TOUR DE NOANK 5K

SATURDAY, JUNE 8TH

Fun Run: 9:30AM 5K: 10:00AM

To Register, Scan QR code or visit:
GrotonCT.MyRec.com

Our Tour de Noank 5K Road Race benefits Groton Parks and Recreation adaptive programs.

This is a communal and family event. In addition to the certified 5K, we have a kid's Fun Run, and we're encouraging new runners, walkers, and anyone looking for a healthy challenge to participate in the Road Race.

Don't compete, just complete!

Thanks to our Sponsors:

TRIPS AND TRAVEL

Extended trips
for any adult!

Our extended trips are usually for those 21 and older and not just for Groton residents. Visit us at Thrive55+ to get the detailed flyers on any of these fabulous trips. Would you rather get an electronic version? Contact Cindy. Ready to book one of these trips?

Schedule a meeting. Call 860-441-6623 or email colsen@groton-ct.gov.

Sunny Portugal

October 24th - November 2nd, 2024



Choice on Tour: "Calcadas" Walking Tour or "The Way of the Cod" Tour, Belem, Cork Factory, Evora, Winery Visit, Alentejo, Lagos, Algarve, Silves, Setúbal, Portuguese Riviera, Obidos, Sintra, Choice on Tour: National Palace of Sintra or Free Time, UNESCO World Heritage Sites.

For more details



Tropical Costa Rica

January 13th - 21st, 2025

Explore San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour, Guanacaste.

For more details



Spotlight on D.C.

March 20th - 25th, 2025



Tour the U.S. Capitol Building, World War II Memorial, Washington National Cathedral. Additional tours include: International Spy Museum, Lincoln Assassination Tour, Arlington National Cemetery, Mount Vernon, Old Town Alexandria, Vietnam Veterans Memorial, White House Visitor Center, & Smithsonian Institution.

For more details



Costa Del Sol & Madrid

May 17th - May 25th, 2025

Choice on Tour: Málaga Alcazaba or Picasso Museum, Marbella, Sentenil de las Bodegas, Ronda, Home-Hosted Lunch, The Alhambra, Madrid, Segovia

For more details



DAY CAMPS



Registration Deadlines and Refunds • Online registration is available at GrotonCT.myrec.com.

Financial Aid is available for camp and field trips. Please contact **Groton Parks and Recreation 860-536-5680** to find out more.

Children signed up after the maximum enrollment is reached are put on the paid waiting list. Refunds must be **requested 1 week before** start of the camp week.

If we cancel a field trip, you will be refunded and camp will still take place. We do not issue refunds for a child who is suspended or dismissed from camp due to behavior issues.

Parks and Recreation State License Statement: Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.

Camp Button

Northeast Academy

Dates 7/8-8/16 | M – F • 11:45A-3P

Ages: 6-14

Fee: Residents only \$500

Instructor: Staff | Min. 5/Max. 17

Camp Button is designed for children with significant disabilities to provide activities, experiences and field trips that are accessible to each camper based on their level of cognition, adaptive abilities, sensory needs and social skills. All campers are evaluated for appropriate placement in Camp Button.

Open to Groton residents only. Field trips are included. A required assessment from parent and teacher is required that will help us give your child the best possible experience this summer. Campers must have completed kindergarten. The paid wait list will be based on staffing.

Discover Camps Ages 5-12

Campers participate in activities that include sports, arts and crafts, outdoor games, literacy, drama, music, dress up days, water activities, and special events all within a caring and safe environment. Breakfast and Lunch is provided. We offer financial aid for families that qualify. If your child has any special needs or requires special assistance, you must include this information on the registration. Formal assessment will be required. **Campers must have completed kindergarten.**

Mystic River Magnet School

Mon – Fri • 8A-4P | **Instructor:** Staff | **Min. 1/Max. 100**

Activity/Date	Day	Time	Age	Res./Non-Res.
Friends Around the World (Week 1)				
6/24-6/28	M-F	8A-4P	5-12	\$125/\$145
Superheroes (Week 2)				
7/1-7/3	M-W	8A-4P	5-12	\$75/\$95
STEM Fest (Week 3)				
7/8-7/12	M-F	8A-4P	5-12	\$125/\$145
Harry Potter (Week 4)				
7/15-7/19	M-F	8A-4P	5-12	\$125/\$145
Ocean Adventures (Week 5)				
7/22-7/26	M-F	8A-4P	5-12	\$125/\$145
Camp Olympics (Week 6)				
7/29-8/2	M-F	8A-4P	5-12	\$125/\$145
Camp's Got Talent (Week 7)				
8/5-8/9	M-F	8A-4P	5-12	\$125/\$145

Optional Camp field trips

Location	Date	Day	Time	Age	Res./Non-Res.
Ocean Beach	6/28	F	8A-4P	5-12	\$25/\$25
Mini Golf	7/3	W	8A-4P	5-12	\$13.67/\$13.67
CT Science Center	7/10	W	8A-4P	7-12	\$39.67/\$39.67
Bluff Point	7/10	W	8A-4P	9-12	\$10/\$10
GOSA Hike	7/11	Th	8A-4P	5-12	\$6.67/\$6.67
Ocean Beach	7/12	F	8A-4P	5-12	\$25/\$25
Sea Unicorns	7/17	W	8A-4P	7-12	\$30/\$30
Niantic Children's Museum	7/17	W	8A-4P	5-12	22.50/\$22.50
GOSA Hike	7/18	Th	8A-4P	5-12	\$6.67/\$6.67
Mystic Aquarium	7/24	W	8A-4P	5-12	\$29.67/\$29.67
Kotfer Farm	7/24	W	8A-4P	5-12	\$12/\$12
GOSA Hike	7/25	Th	8A-4P	5-12	\$6.67/\$6.67
Ocean Beach	7/26	F	8A-4P	5-12	\$25/\$25
Dennison Nature Center	7/31	W	8A-4P	5-12	\$18/\$18
GOSA Hike	8/1	Th	8A-4P	5-12	\$6.67/\$6.67
Mystic Luxury Theatre	8/7	W	8A-4P	5-12	\$22/\$22
GOSA Hike	8/8	Th	8A-4P	5-12	\$6.67/\$6.67

DAY CAMPS



Leader in Training

The Leader in Training (LIT) program offers opportunities for youth to prepare for future employment by assisting in our summer camp. Groton Parks and Recreation will screen and interview candidates from among the applications received by June 7.

Candidates who are selected must attend Summer Camp Orientation training sessions the week of June 17-21.

Entire Camp runs June 24 – August 9. LITs must be positive contributors to the program, and if at any time things aren't working out, GP&R reserves the right to terminate the arrangement with no refunds given.

Activity/Date	Day	Time	Age	Res./Non-Res.
6/24-6/28	M-F	8A-4P	14-16	\$30/\$30
7/1-7/3	M-F	8A-4P	14-16	\$30/\$30
7/8-7/12	M-F	8A-4P	14-16	\$30/\$30
7/15-7/19	M-F	8A-4P	14-16	\$30/\$30
7/22-7/26	M-F	8A-4P	14-16	\$30/\$30
7/29-8/2	M-F	8A-4P	14-16	\$30/\$30
8/5-8/9	M-F	8A-4P	14-16	\$30/\$30

Location: Mystic River Magnet School
Instructor: Staff | Min. 0/Max. 0

DROP IN PROGRAMS



Drop In Basketball

Pick-up style basketball games. Runs on Sundays from 12-2PM at Groton Community Center. \$5 Drop in fee required each week. Ages 16+



Drop In Pickleball

Fastest growing game in the nation! Visit GrotonCT.My.Rec.com for full Summer schedule. All skill levels welcome, lessons available. \$5 Drop in fee each session. Ages 16+



Drop In Dodgeball

Just like gym class! Every Sunday from 7-9PM at the Groton Community Center. \$5 Drop in fee required each week. Ages 18+




**Drop
 In
 & Play
 at
 GCC!**
 61 Fort Hill Rd.
 Groton, CT



Fitch Falcons Soccer Camp

This program is an opportunity for middle school-aged players in the Groton area to receive training from Fitch High School coaches. The girls' head coach Ms. Aly Clarke and the Boys' head coach Mr. Nick McAneny will oversee training sessions designed to help players develop crucial skills and knowledge to succeed at the high school level. These sessions will run from July 8th – Aug. 8th (5 weeks) on Mondays and Thursdays from 5:30P-6:30P at the GMS field.

All proceeds from this camp will be donated to the boys and girls high school soccer programs.

Date	Day	Time	Grade	Res./Non-Res.
7/8-8/8	M, Th	5:30P-6:30P	6-8	\$89/\$109

Location: Groton Middle School

Instructor: Aly Clarke & Nick McAneny | Min. 15/Max. 60

Softball Camp

Learn, develop and improve softball skills while having fun. Players improve their technical skills, hitting, fielding, base running, throwing, and foot speed/movement training and apply them in game situations.

Rain date is Friday, August 9th.

Date	Day	Time	Age	Res./Non-Res.
8/5-8/8	M-Th	9:00A-12:00A	10-15	\$89/\$109

Location: Groton Middle School

Instructor: Jackie Lewis | Min. 14/Max. 20

Schooners Baseball Camp

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

Rain date Friday, July 19th.

Date	Day	Time	Age	Res./Non-Res.
7/15-7/18	M-Th	9P-12P	8-13	\$109/\$129

Location: Fitch High School

Instructor: Mystic Schooners | Min. 10/Max. 36

Volleyball Camp

Learn, develop and improve volleyball skills while having fun.

Middle School: Participants who are between the ages of 11-14 years old or are newer to volleyball will learn introductory skills and receive information that will help them become better volleyball players. (No Incoming Freshman).

High School: Participants who are 14-18 years old with more experience will run through rigorous, higher paced skills and receive more technical information.

Please bring knee pads, sneakers, and water bottle to camp.

Date	Day	Time	Age	Res./Non-Res.
Middle School (No Incoming Freshman)				
8/14-8/16	W-F	10A-12P	11-14	\$79/\$99

Location: Fitch High School

Instructor: Staff | Min. 10/Max. 16

High School				
8/14-8/16	W-F	12:30P-2:30P	14-18	\$79/\$99

Location: Fitch High School

Instructor: Stephen Banks | Min. 10/Max. 16

Introduction to Basketball Camp

For the new or developing player, this camp will help familiarize you with the game in fun and exciting ways. Develop your skills with informative coaching and drills, set new goals as a player and maybe even play a game or two. Players should bring water, basketball shoes, a basketball and be ready to work hard and have fun!

Date	Day	Time	Grade	Res./Non-Res.
6/24-6/28	M-F	9A-12P	3-10	\$89/\$109

Location: Fitch High School

Instructor: Staff | Min. 10/Max. 25

CAS Soccer Camp

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

Friday is a rain make-up day if necessary.

Date	Day	Time	Age	Res./Non-Res.
------	-----	------	-----	---------------

CAS Soccer Camp (June)

6/24-6/28	M-F	9A-10A	3-5	\$100/\$120
-----------	-----	--------	-----	-------------

6/24-6/28	M-F	10:30A-12P	4-6	\$125/\$145
-----------	-----	------------	-----	-------------

CAS Soccer Camp: Half Day (June)

6/24-6/28	M-F	9A-12P	6-14	\$165/\$185
-----------	-----	--------	------	-------------

CAS Soccer Camp (July)

7/22-7/26	M-F	9A-10A	3-5	\$100/\$120
-----------	-----	--------	-----	-------------

7/22-7/26	M-F	10:30A-1P	4-6	\$125/\$145
-----------	-----	-----------	-----	-------------

CAS Soccer Camp: Half Day (July)

7/22-7/26	M-F	9A-12P	6-14	\$165/\$185
-----------	-----	--------	------	-------------

CAS Soccer Camp (August)

8/19-8/23	M-F	9A-10A	3-5	\$100/\$120
-----------	-----	--------	-----	-------------

8/19-8/23	M-F	10:30A-12P	4-6	\$125/\$145
-----------	-----	------------	-----	-------------

CAS Soccer Camp: Half Day (August)

8/19-8/23	M-F	9A-12P	6-14	\$165/\$185
-----------	-----	--------	------	-------------

Location: Poquonnock Plains

Instructor: Community Athletic Solutions | Min. 15/Max. 25

Tennis Camp

Beginner and intermediate tennis players develop basic strokes and skills in this fun clinic. Please bring tennis racquet with you. We will follow the USTA guidelines.

Date	Day	Time	Age	Res./Non-Res.
------	-----	------	-----	---------------

7/8-7/12 (Week 1)	M-F	8:30A-10:30A	8-14	\$89/\$109
-------------------	-----	--------------	------	------------

7/15-7/19 (Week 2)	M-F	8:30A-10:30A	8-14	\$89/\$109
--------------------	-----	--------------	------	------------

7/22-7/26 (Week 3)	M-F	8:30A-10:30A	8-14	\$89/\$109
--------------------	-----	--------------	------	------------

Location: Fitch High School

Instructor: Staff | Min. 8/Max. 12

Any refunds must be requested 1 week before start of the camp week.

SPORTS CAMPS



Track & Field Camp

Incoming 5th graders through incoming 8th graders learn the basics of track including high jump, long jump, hurdles, sprints, middle distance, relays, shot put, and turbo javelin.

Rain date Friday 8/16.

Date	Day	Time	Grade	Res./Non-Res.
8/12-8/15	M-Th	9A-12P	5-8	\$89/\$109

Location: Fitch High School

Instructor: Denise Descheneaux | Min. 8/Max. 50

Cross Country Camp

Incoming 5th graders through incoming 8th graders learn the basics and are inspired to do their best in this lifetime sport. This camp blends running opportunities with learning experiences. Topics include; core training, stretching, hydration & nutrition, injury prevention, racing strategies, proper shoe selection and more.

Rain date Friday 8/23.

Date	Day	Time	Grade	Res./Non-Res.
8/19-8/22	M-Th	9A-12P	5-8	\$89/\$109

Location: Fitch High School

Instructor: Denise Descheneaux | Min. 8/Max. 50

PGA Beginner Golf Camp

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

Date	Day	Time	Age	Res./Non-Res.
7/29-8/1	M-Th	9A-11A	10-21	\$129/\$149
8/5-8/8	M-Th	9A-11A	10-21	\$129/\$149

Location: Shennecossett Golf Course

Instructor: Casey Roan | Min. 3/Max. 6

PGA Advanced Golf Camp

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

Date	Day	Time	Age	Res./Non-Res.
8/19-8/22	M-Th	9A-11A	10-21	\$129/\$149

Location: Shennecossett Golf Course

Instructor: Casey Roan | Min. 3/Max. 6

SPECIALTY CAMPS



STEM w/LEGO®

Offering two different LEGO® camps packed with hands-on and minds-on STEM fun! Build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture.

Date	Day	Time	Age	Res./Non-Res.
STEM + Minecraft w/LEGO®				
7/29-8/2	M-F	9A-12P	5-12	\$199/\$219
STEM + Pokemon w/LEGO®				
8/12-8/16	M-F	9A-12P	5-12	\$199/\$219

Location: Groton Community Center

Instructor: Play-Well TEKnologies | Min. 10/Max. 24

Sewing Camp

Students will create a memorable keepsake using t-shirts and/or jerseys from their childhood to complete a lap blanket. A STEM based project they will practice math skills while cutting, piecing and sewing the shirts into a symmetrical grid. Finished quilt will be backed in fleece. Students are required to bring 12 t-shirts, but encouraged to bring 16-20 (to be sure the blocks are the same size it's good to have backup) and their sewing machine. Notions and backing fabric will be provided. Fee includes \$20 for Materials, scholarship does not apply.

Date	Day	Time	Age	Res./Non-Res.
7/29-7/31	M-W	9A-2P	8-14	\$170/\$190

Location: Groton Community Center

Instructor: Ashley – SewThis Studio | Min. 6/Max. 10



INCLUSION STATEMENT

Groton Parks and Recreation values including people as a means of strengthening our community. The Department strives for inclusion and equity by:

- making all programs, services and activities equally available and accessible.
- making intentional efforts to be welcoming to all citizens, particularly those who have been historically under-resourced in terms of parks and recreation.
- striving to enhance each individual's potential for full participation in programs and services of their choice.
- providing specialized opportunities specifically designed to meet the needs of those with varied interests, abilities or backgrounds.

ADAPTIVE



Special Recreation

Individuals with disabilities participate in arts & crafts, sports activities and compete in Special Olympics sports. (All Special Olympics sports fall under the Special Recreation Program.) Arts and crafts always take place at the Groton Community Center on Thursdays from 6-7:30P.

Days and times vary, please check monthly calendar that is given to you at the time of reservation. Please note some sports do not occur on Thursdays. Any questions please call Eileen 860-625-1024.

Date	Day	Time	Age	Res./Non-Res.
6/20-9/12	Th	6:30P-7:30P	14+	\$50/\$50

Location: Days and Locations Vary Depending on the Sport
Instructor: Vic Cicchese | Min. 4/Max. 99

Adaptive Cooking for Fun

Enjoy the art of cooking in a social setting. Learn to follow directions, use a kitchen safely, make healthy choices, collect recipes, and share with peers. Fee includes \$60 for food supplies, scholarship does not apply.

Date	Day	Time	Age	Res./Non-Res.
6/26-8/7	W	5P-7P	13-35	\$104/\$124

Location: Sutton Park
Instructor: Gina McGrade | Min. 5/Max. 10

Teen/Young Adult Social Club

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

Date	Day	Time	Age	Res./Non-Res.
6/28-8/23	F	6P-9P	13-29	\$90/\$110

Location: Groton Community Center
Instructor: Hannah Watson | Min. 10/Max. 25

Adaptive Karate

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

Date	Day	Time	Age	Res./Non-Res.
6/27-8/29	Th	4:45P-5:30P	4+	\$70/\$90

Location: Groton Community Center
Instructor: Ralph Batty | Min. 1/Max. 50

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

ARTS & WRITING



Short Story Writing

Aspiring writers learn tactics and techniques for developing the right type of language and skills for writing fiction that can be marketed successfully. Participants also learn how to approach the publication market and query agents and managers. The end of the course culminates with a public presentation of the students' short works. The class is taught by local writer Nicholas Checker, author of a pair of novels, "Druids" and "Scratch" through Oak Tree Press, California – and his latest full-length novel, "The Saga of Marathon", through Wild Rose Press, New York. Younger participants must receive permission from the instructor.

Date	Day	Time	Age	Res./Non-Res.
6/24-8/12	M	4P-6P	18+	\$99/\$119
6/26-8/14	W	4:30P-6:30P	18+	\$99/\$119

Location: Groton Community Center
Instructor: Nicholas Checker | Min. 1/Max. 6

Novelette Writing & Publication

Aspiring writers concentrate on the craft of writing novelettes (mini-novels 20-35 pages) that can then be assembled for publication (electronic & paperback) via the free means provided through Amazon.com. Prerequisite to enroll in this program is having successfully completed our Short Story Writing class and attained publication through it, along with consent of the instructor, Nicholas Checker, published novelist. Checker's own publications include numerous short stories in the literary markets, a pair of novels, "Druids" and "Scratch" through Oak Tree Press, California and his latest full-length novels, "The Saga of Marathon" and "The Legend of Kwi Coast", through Wild Rose Press, New York.

Date	Day	Time	Age	Res./Non-Res.
6/24-8/12	M	6P-8P	18+	\$99/\$119
6/26-8/14	W	6:30P-8:30P	18+	\$99/\$119

Location: Groton Community Center
Instructor: Nicholas Checker | Min. 1/Max. 6

MUSIC



Private Drumming Lessons

Private one-on-one instruction helps students refine technique, rhythm, and basic notation. Students need to purchase and bring: Innovative Percussion IP1 Drumsticks or Vic Firth SD1 Drumsticks, and any practice pad and stand combo of their choosing. (Additional days and times available at GrotonCT.MyRec.com).

Description	Date	Day	Time	Age	Res./Non-Res.
½ Hour	7/24-8/14	W	5:30P-6P	6+	\$45/\$65
1 Hour	7/24-8/14	W	7P-8P	6+	\$85/\$105
½ Hour	7/25-8/15	Th	5:30P-6P	6+	\$45/\$65
1 Hour	7/25-8/15	Th	7P-8P	6+	\$85/\$105

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

LEAGUES

Beach Volleyball

We are proud to offer 12 different divisions of play for the upcoming summer! Co-ed and Men's & Women's options are all available. Games are played week nights – rain or shine at Esker Point Beach. Games are cancelled only at time of play if it is thundering or lightning. All players must fill out the league waiver. Team Captains must also register the team in the appropriate league. For more information on available divisions and to fill out waiver, please visit GrotonCT.Myrec.com

Location: Esker Point Beach

Instructor: Keith Westrate | Min. 1/Max. 500

DROP IN SPORTS



Girls Volleyball Non-league

Dates: June 11, 2024
June 25, 2024
July 2, 2024
July 16, 2024
July 30, 2024
August 13, 2024

Girls Drop-In Instructional Volleyball

This program is open to anyone interested in learning volleyball or improving your skills development and game play.

Time: 6:30P-8P
Ages: 10-14 years old
Drop In Fee: \$10.00

Girls Drop-In Competitive Play Volleyball

This program is open to teens who play on competitive volleyball teams in the 2023-2024 season. It will be competitive play with coaching guidance.

Time: 8P-9:30P
Ages: 12-18 years old
Drop In Fee: \$10.00
Location: Groton Middle School
Instructor: Jennifer Sim | Min. 1/Max. 50

MEMBERSHIPS

Indoor & Outdoor Boat Rack Storage

Limited indoor and outdoor storage for shells and kayaks is available to the public at Spicer Park. All personally owned boats or equipment is stored at the owner's risk. The Town of Groton is not responsible for lost, stolen or damaged boats or equipment.

Call the office at **860-536-5680** to activate your Indoor or Outdoor Storage Membership for this year!

All participants that would like to request a new space to store any water vessels need to sign up for this activity. If a space becomes available, one of our staff members will be in touch. Please be aware that you must be approved for a space and assigned a rack number before you can bring a boat to store on the racks.

Date	Day	Time	Age	Res./Non-Res.
Indoor 4/1-3/31	M-Su	24 hrs. a day	18+	\$325/\$345
Outdoor 4/1-3/31	M-Su	24 hrs. a day	18+	\$150/\$170

Location: Spicer Park
Coordinator: Staff

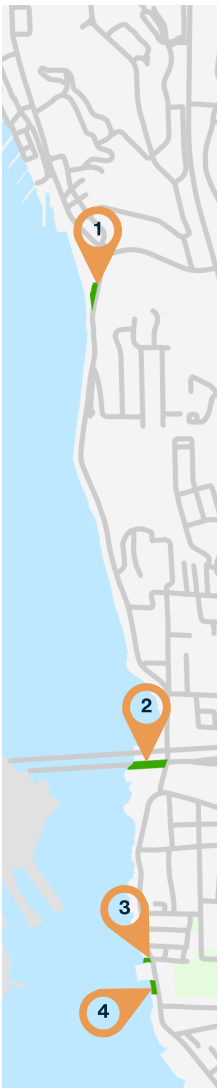
Boating Club

Membership includes the use of club kayaks and paddle boards and the boathouse, located on Beebe Cove in Spicer Park in Noank. Kayak fleet includes singles, doubles and sit-on-tops. PFD's are not provided.

Date	Day	Time	Age	Res./Non-Res.
Youth 3/1-12/31	M-Su	8:30A-8:30P	12-18	\$75/\$95
Adult 3/1-12/31	M-Su	8:30A-8:30P	19-54	\$100/\$120
55+ 3/1-12/31	M-Su	8:30A-8:30P	55+	\$75/\$95
Family 3/1-12/31	M-Su	8:30A-8:30P	18+	\$175/\$195

Location: Spicer Park
Coordinator: Staff

COASTAL ACCESS POINTS



1 | Nautilus Overlook 716 Military Hwy.
Scenic overviews, benches.



2 | Kenneth E. Streeter Boat Launch
0 Fairview Ave.

This site offers large and small boat launching, trailer parking and recreational fishing.



3 | Fort Street Landing 301 Thames St.

Once used as a landing for Fort Griswold, today it offers views of the Thames River and downtown New London's waterfront. On street parking.



4 | Thames View Park 343 Thames St.

Scenic views of the Thames River. On street parking.



5 | Shore Ave. 0 Shore Ave.

Small shoreline park offering scenic views of the Thames River.



6 | Eastern Point Beach

1 Beach Pond Rd.
Beach, playground, basketball courts, lifeguards and amenities. Paid entry and/or parking.



7 | UCONN Avery Point

1084 Shennecossett Rd.
Coastal pathway providing sweeping views of Long Island Sound and the Thames River. Paid parking.



8 | Bayberry Lane Boat Launch

84 Bayberry La.
This site offers large and small boat launching, trailer parking and scenic views of Pine Island and Bushy Point.



9 | Baker Cove Overlook

792 Shennecossett Rd.
Overlook includes a public path from Shennecossett Rd. to the waterfront at Baker Cove offering views of a tidal marsh. Off street parking.



10 | Calf Pasture Overlook

732 Shennecossett Rd.
This small recreation area offers views of an inlet within Baker Cove.



11 | Birch Plain Creek 25 Thomas Rd.

Trails along Birch Plain Creek, benches and observation deck.



12 | Sparkle Lake Conservation Area

155 Thomas Rd.
Trails along Birch Plain Creek, small boating opportunities.



13 | Peruzzotti Boat Launch & Burrows Field 140 South Rd. Small craft launch with dedicated parking for trailers.



14 | Depot Rd. Playground & Poquonnock Walkway

65 Depot Rd. Walkway with benches along Poquonnock River. Parking available at playground on Depot Road



15 | Bluff Point State Park 0 Depot Rd. Linkage to Haley Farm State Park.



16 | Haley Farm State Park 0 Brook St. Linkage to Bluff Point State Park.



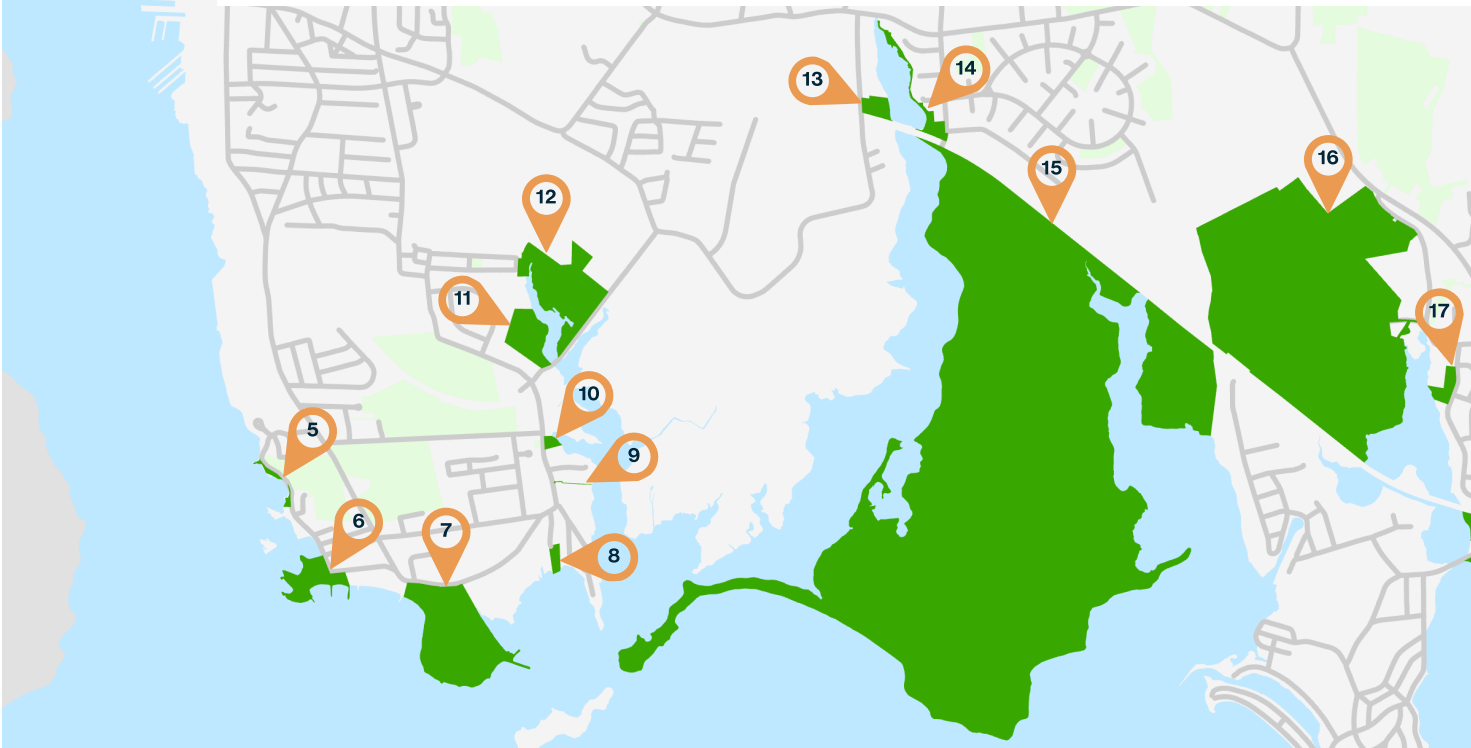
17 | Tanglewood Park 65 Seneca Dr. Park includes basketball court, playground, and a small craft launch.



18 | Esker Point Beach 900 Groton Long Point Rd. Sandy beach with bathrooms and picnic area on south side of road. Parking area, picnic tables/benches and small craft launch on north side.



19 | Triplett Coastal Access Area 0 Pearl St. Offers a few benches. On street parking.



20 | Rattlesnake Hill

Small beach accessible by steep set of stairs.



21 | Riverview Fishing Area

0 Riverview Ave. Fishing area with scenic views.



22 | Main Street Dock & Beach

112 Main St. Parcel features a small sandy beach, benches and approximately 10 parking spots.



23 | Spicer House 29 Spicer Rd.

Home to Groton Parks & Rec. Space to launch Canoe/Kayak and ample parking. Canoe and Kayak racks are available for storage with membership.



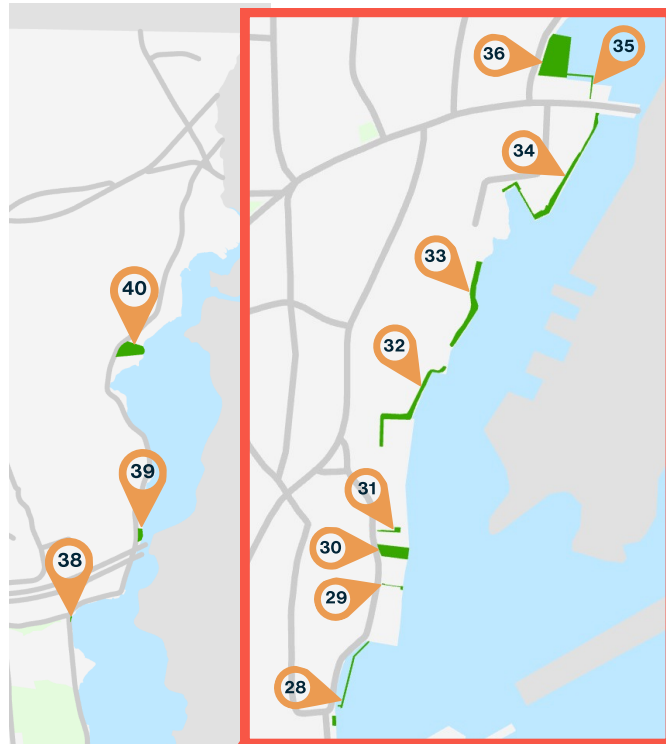
24 | Beebe Cove Vista 117 Elm St.

Four small parcels along Elm Street with chairs overlooking the water. Anderson Marsh and Woodlands (Avalonia Property) are directly across the road. Respect adjoining private property.



25 | Town's End 800 Noank Rd.

Scenic views of Beebe Cove. Limited parking by the entrance to Beebe Pond Park across the street.



26 | Cove Rd.

Short dirt pathway to a small cove.



27 | Mystic Shipyard Willow Point

100 Essex St. This is a working shipyard, exercise caution when accessing this site. Four dedicated parking spaces at entrance.



28 | Boardwalk (Fort Rachel Marina)

40 Water St. Water Street Real Estate boardwalk. No public boat launch. On street parking.



29 | Carija Property 47 Water St.

A small path beside the building leads to the water. On street parking.



30 | Town Dock 41 Water St.

Small craft launch area and a dock for fishing. On street parking.



31 | HGL Marina 35 Water St.

A portion is open to the public and offers views of the Mystic River. This is a working marina, exercise caution when accessing this site. On street parking.



32 | Randalls Wharf 17 Water St.

A pathway along the water. On street parking.



33 | Museum Walkway

9 Water St. Mystic Museum of Art, waterfront benches. Paid parking available.



34 | Boardwalk (Steamboat Wharf)

1 West Main St. Scenic views of downtown Mystic and the Bascule Bridge. On street parking.



35 | Boardwalk 8 West Main St.

Scenic views of downtown Mystic and the Bascule Bridge. On street parking.



36 | Gravel St. Pump Station

2 Gravel St. Scenic views of downtown Mystic and the Bascule Bridge. On street parking.



37 | Park Place Access

River Rd. Narrow road with very limited on-street parking.



38 | Riverside Preserve River Rd.

Parcel features a marsh and bird watching. On-street parking is not available.



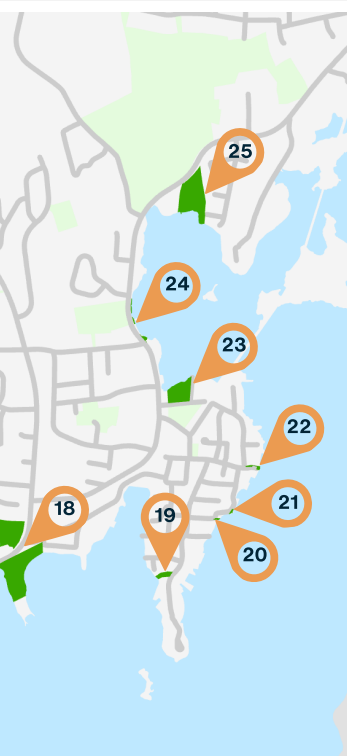
39 | River Road Boat Launch

550 River Rd. This popular fishing spot has about 10 parking spots and is great for canoe/kayak use.



40 | Downes Preserve River Rd.

Parcel features a marsh and bird watching. Off-street parking is not available.



	Parking		Canoe/Kayak Launch		Fishing
	No Parking		Boat Launch		Swimming
	Scenic Views		Benches		Bird Watching
	Restroom or port-o-let		Picnic Area		Hiking
					Biking

Coastal Access Points border private property. Please be respectful of any posted signs, regulations and property owner privacy when accessing these areas. Designated swim spots are swim at your own risk.

KARATE



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

No cell phones allowed during class.

Karate Grading

- Lil' Tiger grading (belt testing) Levels II and III. Test takes approximately 30 mins.
- Jr. Dragons, Jr. Black Belt, Black Belt and Adults: All students must wear their dogi and have all the necessary safety equipment required for their rank
- Students age 6 and older Level II and higher will be dismissed based on their level requirements
- Lower rank students will be dismissed upon completion of their test

Date	Day	Time	Age	Res./Non-Res.
Lil' Tiger				
7/23	Tu	5:30P-6P	3-6	\$25/\$25
Ages 6+				
7/23	Tu	6:15P-8:15P	6+	\$25/\$25

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

Lil' Tiger Karate

- Level I class requires a parent
- Lil' Tiger II Ranks: White, White w/Yellow Stripe, White w/ Orange Stripe
- Lil' Tiger III Ranks: White w/Green, White w/Blue, White w/Purple, White w/Brown

Date	Day	Time	Age	Res./Non-Res.
Lil' Tiger w/Parent				
6/24-8/19	M	4:45P-5:15P	3-5	\$59/\$79
Lil' Tiger 2				
6/25-8/20	Tu	5P-5:30P	3-5	\$59/\$79
Lil' Tiger 3				
6/26-8/21	W	5:15P-6P	3-5	\$105/\$125

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

Jr. Dragon Karate

- All new students 6+ MUST take Jr. Dragon 1
- Jr Dragon 2 Ranks: White, Yellow w/ White, Yellow, Orange and all Lil' Tiger rank moving up to this class.
- Jr Dragon 3 Ranks: Green, Blue, Purple, Purple w/ Black.
- Jr Dragon 4/Black Belt Rank: All Brown and Jr. Black levels.

Date	Day	Time	Age	Res./Non-Res.
Jr. Dragon 1				
6/24-8/19	M	5:15P-6P	6-13	\$105/\$125
Jr. Dragon 2				
6/25-8/29	Tu Th	5:30P-6:30P	6-13	\$135/\$155
Jr. Dragon 3				
6/24-8/21	M W	6P-7P	6-13	\$135/\$155
Jr. Dragon 4 / Jr. Black Belt				
6/25-8/29	Tu Th	6:30P-7:30P	6-13	\$135/\$155

Location: Groton Community Center
Instructor: Ralph Batty Jr. | Min. 3/Max. 50

Black Belt Karate

- Black Belt ranks requirements: Brown w/white stripe or higher
- Ages: 13 and older

Date	Day	Time	Age	Res./Non-Res.
6/25-8/29	Tu Th	7:30P-9P	13+	\$200/\$220

Location: Groton Community Center
Instructor: Ralph Batty Jr. / Min. 3/Max. 50

Beginner & Intermediate Karate

- Ranks: White belt (all beginners) through Purple with Black.

Date	Day	Time	Age	Res./Non-Res.
6/24-8/21	M W	12P-1P	13+	\$135/\$155
6/24-8/21	M W	7P-8P	13+	\$135/\$155

Location: Groton Community Center
Instructor: Ralph Batty Jr. | Min. 1/Max. 50



Senior Karate

Students ages 55+ receive an introduction to traditional karate-do taught in a safe and structured manner catering to every student's personal needs. Students learn basic karate techniques and fundamentals for self-protection which strengthens them mentally and physically. Mobility and stretching is a consistent part of class also. Must have Sensei Ralph's approval to move up.

Date	Day	Time	Age	Res./Non-Res.
6/24-8/21	M W	11A-11:45A	55+	\$65/\$85

Location: Groton Community Center
Instructor: Ralph Batty Jr. | Min. 3/Max. 15

Yamanni Ryu Kobudo

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

Date	Day	Time	Age	Res./Non-Res.
Bo-Jutsu				
6/24-8/19	M	8P-8:30P	9+	\$35/\$55
Sai-Jutsu				
6/24-8/19	M	8:30P-9P	9+	\$35/\$55

Location: Groton Community Center
Instructor: Ralph Batty Jr. | Min. 3/Max. 50

KARATE



North East Invitational

This one-day event is for traditional karate practitioners from all over the region. This tournament will feature Kobudo (traditional weapons), Kata (forms) and kumite (sparring) as well as individual matches for Irikumi go, Irikumi mod and Knockdown. This is one of the region's premier traditional events. Come down and put your skills to the test.

(Traditional Okinawan and Japanese styles only.)

Doors open at 7:30 a.m. (All competitors report)

Date	Day	Time	Age	Res./Non-Res.
4 & 5 Year Olds / Blocker Sparring				
Division				
6/22	Sa	Time TBD	4-5	\$0/\$0
6-8 Year Olds				
6/22	Sa	Time TBD	6-8	\$35/\$35
Ages 9+				
6/22	Sa	Time TBD	9+	\$35/\$35
Adaptive				
6/22	Sa	Time TBD	6+	\$0/\$0
Gi-zers				
6/22	Sa	Time TBD	60+	\$0/\$0

Location: Groton Community Center

Instructor: Ralph Batty Jr.

4 & 5 Year Olds, 6-8 Year Olds, and 9+ | Min. 20/Max. 250
Adaptive and Gi-zers | Min. 5/Max. 20

FITNESS



Tai Chi – Experienced

Students learn the fundamentals of Tai Chi, a traditional Taoist martial art/health practice that has slow gentle movements and postures with slow and relaxed breathing. Class includes fundamental movements as well as the Yang style short form. The benefits are improved health and longevity. This class is open to everyone.

Date	Day	Time	Age	Res./Non-Res.
6/27-8/22	Th	5:30P-6:45P	14+	\$55/\$75

Location: Spicer Park/Front Lawn

Instructor: John Sidoli | Min. 3/Max. 24

Step-Up to the BARRE-Fusion

Old schools step aerobics for cardio meets up with a traditional BARRE class designed to tone your whole body. This class will start with a warm up using the step platform and dynamic stretching, A single choreographed step segment, followed by traditional BARRE style resistance training for your core, and upper and lower body. This is a Summer exclusive!

Date	Day	Time	Age	Res./Non-Res.
6/24-8/12	M	5:30P-6:25P	13+	\$75/\$95
6/25-8/13	Tu	9:15A-10:10A	13+	\$75/\$95
6/27-8/22	Th	9:15A-10:10A	13+	\$75/\$95

Location: Groton Community Center

Instructor: Denise Descheneaux | Min. 8/Max. 17

Summer Fun Runs

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

Date	Day	Time	Age	Res./Non-Res.
7/12-8/23	F	6P-7P	5+	FREE

Location: Bluff Point State Park

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

Yoga For All

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

Date	Day	Time	Age	Res./Non-Res.
6/24-8/12	M	6P-7:15P	14+	\$65/\$85

Location: UCONN Avery Point Lawn


Instructor: Lori Miller | Min. 15/Max. 45

NEW! Mystic Mornings Yoga & Dance – Silent Disco on the Beach

Location: Esker Point Beach

Instructor: Mystic Silent Disco | Min. 10/Max. 250

This program is appropriate for all ages and experience levels. Participants are encouraged to bring their own beach towel and water.



Mystic Mornings

Yoga & Dance

Silent Disco on the Beach

Elevate Your Morning Routine at Esker Point Beach in Summer 2024. Innovative and invigorating sessions guided by an expert yoga instructor set to music through wireless silent disco headphones will immerse you in an uplifting journey of movement and mindfulness. Elements of meditation, dance, and yoga are combined into one unique class experience.

Thursdays 6:30AM - 8:00AM 13-99y
June 6th - July 25th Esker Point Beach \$20/session

ACTIVITIES FOR 55+



Club 55 Events

This is a Club 55 annual favorite. Enjoy your favorite picnic food while listening to the entertainment perform music for your dining pleasure.

Date	Day	Time	Age	Res./Non-Res.
Great American Picnic 7/24 - 7/24	Wed	11:30A-1P	55+	\$20/\$20
Celebration of Summer 8/23-8/23	F	5P-7P	55+	\$20/\$20

Location: Thrive55+

Instructor: Volunteer | Min. 50/Max. 100 **Meal Preparation:** Chef Lamont

McLew's Breakfast

To honor event founder Chef Lew, come and have a hearty breakfast. Enjoy a morning of socialization, comradery and fund door prizes. Registration is required.

Date	Day	Time	Age	Res./Non-Res.
6/7-6/7	F	8:45A-9:30A	18+	\$12/\$12
7/12-7/12	F	8:45A-9:30A	18+	\$12/\$12
8/9-8/9	F	8:45A-9:30A	18+	\$12/\$12

Location: Thrive55+

Instructor: Cindy Olsen | Min. 10/Max. 50 **Meal Preparation:** Chef Lamont

Dining Out

Every month the Thrive 55+ gives back to the community that gives to us by joining us for the featured restaurant of the month. Good food, good company, good time!!! Transportation is provided but guests order off the menu on their own! Described as Socially Nutritional by a past participants of dining out.

Date	Day	Time	Age	Res./Non-Res.
Dining Out – Valentino's 6/11	Tu	5P-7P	18+	Order off Menu Pay on Own
Dining Out – New York Deli & Diner 7/9	Tu	5P-7P	18+	Order off Menu Pay on Own
Dining Out – The Spot 8/13	Tu	5P-7P	18+	Order off Menu Pay on Own

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 30

Ceramics

Paint and glaze your choice of ceramic green ware. Items are fired in kilns here at Thrive 55+. Items to fit all abilities from beginner to advanced.

Date	Day	Time	Age	Res./Non-Res.
7/8-8/31	M	10A-11:30A	18+	\$27/\$37

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 15

Arts

Each month area artists display their art in The Nook at Thrive55+. This area allows artists ages 55+ to show off their artistic abilities.

We encourage the public to view the displayed artwork during business hours.

Acrylic Painting

This class is designed to meet all levels of the aspiring artist or challenge the most skilled artist.

Students will need to provide their own supplies. A supply list will be given out during the first class.

Date	Day	Time	Age	Res./Non-Res.
Acrylic Painting with Kelly Luther Hall 7/9-8/27	Tu	2P-4P	18+	\$60/\$70
7/10-8/28	W	5:30P-7P	18+	\$60/\$70

Instructor: Luther Kelly Hall

Location: Thrive55+

Outside Events

Classic Car Show and Outdoor Market – There will be craft vendors, antiques, food and baked goods for sale. A variety of classic cars are showcased in the upper parking lot.

THRIVE55+
Active Living Center

Annual Outdoor Market

Craft vendors, antiques, food and baked goods for sale!

Saturday, June 8th 11AM - 3PM

2024 ANNUAL CLASSIC CAR CRUISE

THRIVE55+
ACTIVE LIVING CENTER
102 Newtown Rd. Groton, CT

Come check out classic cars while enjoying food vendors and the Outdoor Market!

SATURDAY, JUNE 8TH, 11AM-3PM

Special Thanks to our Sponsor!

Bob Valenti
FAMILY OF DEALERSHIPS

OLD SAYBROOK MYSTIC PANAMUCK WESTERLY

www.bobvalenti.com



Watercolor

Watercolor painting with Luther Kelly Hall. All levels welcome. This class is open to ages 16-99. Students are responsible for their own supplies and will be provided a list at the first class.

Date	Day	Time	Age	Res./Non-Res.
7/10-8/28	Sa	9-11A	16+	\$60/\$70

Location: Thrive55+

Instructor: Luther Kelly Hall

Jewelry Making

Bring your grandchild, son, daughter, niece or nephew!

Enjoy a fun beaded jewelry project that you will be able to create together and keep!

Recommended for age 6 and up.

Date	Day	Time	Age	Res./Non-Res.
7/15-7/15	M	5P-6P	6+	\$20/\$20

Intergenerational Jewelry Making

Date	Day	Time	Age	Res./Non-Res.
7/15-7/15	M	5P-6P	6+	\$20/\$20

Location: Thrive55+

Instructor: Volunteer | Min. 0/Max. 10

Beginning Sewing

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

Date	Day	Time	Age	Res./Non-Res.
7/10-8/28	W	1P-3P	55+	\$8/\$8

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 6

Quilting Bee

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

Date	Day	Time	Age	Res./Non-Res.
7/12 – 8/30	F	10A-12P	55+	\$8/\$8

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 10

Knitting/Crocheting Group

Join the group for conversation while working on your own projects. There is no instructor for this group.

Date	Day	Time	Age	Res./Non-Res.
7/8 – 8/26	M	9:30A-11:30A	55+	FREE

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 20

Scrapbooking Bee

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

Date	Day	Time	Age	Res./Non-Res.
7/9 – 8/27	Tu	10A-3P	55+	\$8/8

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 12

Zentangle

Join the Zentangle group to work on your individual projects while enjoying conversation with fellow zentangers.

There is no instructor for this class.

Date	Day	Time	Age	Res./Non-Res.
7/11 – 8/29	Th	1P-3P	18+	\$8/\$8

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 12

Lecture/Speakers

Each Month an informational/educational speaker comes to Thrive 55+. Please join us to gather valuable knowledge from experts.

Date	Day	Time	Age	Res./Non-Res.
7/10-7/10	W	1P-3P	18+	FREE

Location: Thrive55+

Instructor: Volunteer | Min. 20/Max. 75

Wii Bowling

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

Date	Day	Time	Age	Res./Non-Res.
7/10 – 8/28	W	12:30P-3P	55+	\$8/8

Location: Thrive55+

Instructor: Volunteer | Min. 6/Max. 24

Cribbage – Instructional & Play

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

Date	Day	Time	Age	Res./Non-Res.
7/8 – 8/26	M	10A-11:30A	55+	FREE

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 12

ACTIVITIES FOR 55+



Pinochle

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

Date	Day	Time	Age	Res./Non-Res.
7/10-8/28	W	12:15P-3P	55+	FREE

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 26

Mah Jongg

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

Date	Day	Time	Age	Res./Non-Res.
Mah Jongg				
7/8-8/30	M,F	9:30A-11:30A	55+	\$8/\$8
Beginner Mah Jongg				
7/9-8/27	Tu	10:15A-12P	55+	\$15/\$15

Location: Thrive55+

Instructor: Volunteer & Edee Smith | Min. 5/Max. 30

Cornhole

Cornhole is a popular in North America in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board (one point) or putting in the cornhole.

Date	Day	Time	Age	Res./Non-Res.
7/8-8/26	M	1P-3P	55+	\$8/\$8

Location: Thrive55+

Instructor: Volunteer | Min. 12/Max. 26

Just Picked

Learn techniques to take full advantage of the growing season and fresh produce. Various chefs will be leading each class and offering samples of what is prepared.

Date	Day	Time	Age	Res./Non-Res.
Just Picked				
6/25-9/10	Tu	1:45P-3P	55+	FREE

Location: Thrive55+

Instructor: Eastern CT Comm. Garden Assoc. | Min. 5/Max. 30

Discover Connections

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

Date	Day	Time	Age	Res./Non-Res.
7/9-8/29	Tu,Th	9:30A-12P	55+	\$30/\$30

Location: Thrive55+

Instructor: Tomi Stanley | Min. 4/Max. 10

FITNESS FOR 55+



Pickleball – Lessons

Are held every 6 weeks. Please call Thrive 55+ for dates and classes

Date	Day	Time	Age	Res./Non-Res.
Pickleball – Advanced Lessons				
Call For Info	Th	10:15A-11:15A	55+	\$30/\$30
Pickleball – Beginner Lessons				
Call For Info	Th	11:15A-12:15A	55+	\$30/\$30

Location: Thrive55+

Instructor: Karen Beckwith | Min. 3/Max. 8

Stretch Strength Balance

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

Date	Day	Time	Age	Res./Non-Res.
7/8-8/30	M,W,F	10A-11A	55+	Call Thrive 55+ for details

Location: Thrive55+

Instructor: Christina Palacois | Min. 5/Max. 40

Zumba Gold

We take the “work” out of workout, by mixing low-intensity and medium-intensity moves for an interval-style, calorie-burning dance fitness party. Benefits: Class focuses on: cardiovascular, muscular conditioning, flexibility and balance!

We can stay seated and still have a Zumba party! Designed for people who find difficulty in standing for extended periods of time, those with limited mobility, people with balance issues, and anyone who wants a great seated workout.

Date	Day	Time	Age	Res./Non-Res.
Zumba Gold Seated				
7/8-8/26	M	10:15A-11A	55+	Call Thrive 55+ for details
Zumba Gold Tuesday				
7/9-8/27	Tu	4P-5P	18+	Call Thrive 55+ for details
Zumba Gold Friday				
7/12-8/30	F	11:45A-12:45P	18+	Call Thrive 55+ for details

Location: Thrive55+

Instructor: Monica Bengston | Min. 14/Max. 35



Boom Mind

Boom Mind fuses Pilates, Yoga, Tai Chi, Barre, Stretching, Balance and some light resistance work. Class starts with a light warm up, standing work, moving into core work and final stretch and relaxation. May use Stability Ball and light resistance loop band (provided). This class is designed for the purpose of improving functionality and moving while reducing stress and increasing flexibility and balance.

Silver Sneakers

Date	Day	Time	Age	Res./Non-Res.
7/9-8/29	Tu,Th	9A-10A	55+	Call Thrive 55+ for details

Location: Thrive55+

Instructor: Connie Steffes | Min. 16/Max. 35

Cardio Sculpt

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

Date	Day	Time	Age	Res./Non-Res.
7/8-8/30	M,W,F	9A-10A	55+	Call Thrive 55+ for details

Location: Thrive55+

Instructor: Christina Palacois | Min. 5/Max. 40

Zumba Gold Toning

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

Date	Day	Time	Age	Res./Non-Res.
7/8-8/26	M	4P-5P	18+	Call Thrive 55+ for details

Location: Thrive55+

Instructor: Monica Bengston | Min. 13/Max. 35

Mind Aerobics

This class is for adults who would like to test themselves mentally and stay sharp. Their will be puzzles, games and group activities.

Date	Day	Time	Age	Res./Non-Res.
7/10-8/28	W	10A-11A	55+	\$8/\$8

Location: Thrive55+

Instructor: Volunteers

Yoga

Gentle Yoga I (Silver Sneakers)

This class is a combination of several Yoga styles with attention given to flexibility, range of movement, and balanced mind body integration. It is appropriate for "every body" with adaptation given for less or more challenge. Participants start with seated breath work and warm up, standing and balance poses, ending with seated meditation. Chair is used for the seated and standing as a prop. No sitting on the floor.

Date	Day	Time	Age	Res./Non-Res.
7/10-8/28	W	8:30A-9:30A	55+	Call Thrive 55+ for details

Gentle Yoga II

Date	Day	Time	Age	Res./Non-Res.
7/13-8/31	Sa	9A-10A	55+	Call Thrive 55+ for details

This is a faster paced class with more standing Poses. Move through a series of postures connecting the Mind, Body, and Breath while building strength and flexibility. Class starts either on the chair or floor. Class ends on the floor on the mat for core work and stretching with an option always to use the chair. Class ends with meditation. It is recommended to start with **Yoga 1** if you are new to Yoga or haven't practiced in a while.

Location: Thrive55+

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

Yoga Strength

This practice is for the Yogi who wants a little more than just Yoga. We incorporate light hand weights and resistance bands while observing breath and body awareness. Class starts with a warm up, moving into resistance work and Yoga poses, ending with stretching and meditation. Chair is used as a prop.

Date	Day	Time	Age	Res./Non-Res.
7/8-8/26	M	8:30A-9:30A	55+	Call Thrive 55+ for details

Location: Thrive55+

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

Tai Chi

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

Date	Day	Time	Age	Res./Non-Res.
7/9-8/27	Tu	10:00A-11:30A	55+	\$53/\$63
7/10-8/28	W	4:30P-5:30P	55+	\$35/\$45
7/12-8/30	F	10:30P-11:30A	55+	\$35/\$45

Location: Thrive55+ | Min. 5/Max. 15

Instructor: Alex Culligan



SPECIAL EVENTS AT THRIVE55+

Universal Screening Day with Hartford HealthCare

Wednesday June 5, 2024

9am to 12pm

Thrive55+ Active Living Center 102 Newtown Rd. Groton, CT

No appointment needed. All services provided for FREE.

<p>A1c and BP screening: A1c testing through a quick finger-stick blood test, to help determine the possibility of Diabetes and need for follow-up. Blood pressure screening is provided, along with a basic health assessment.</p>	<p>Nutrition Counseling: Speak with a Hartford HealthCare dietician about nutrition for various health conditions. Receive 1:1 counseling regarding nutrition concerns.</p>	<p>Cancer Education: Nurse Navigators and staff from the Cancer Institute will be on hand to provide education on multiple cancers including warning signs and when to seek medical help.</p>
<p>Heart and Vascular Institute: Education and screenings regarding Congestive Heart Failure & Heart Disease.</p>	<p>Balance Screening: Hartford HealthCare Rehab Network Physical Therapists will provide balance screenings.</p>	<p>Spine Health Navigator: Discuss spine health and your options with an Ayer Neuroscience Spine Health Navigator.</p>



CONTACTS

Parks & Recreation Staff

Parks and Recreation Admin860-536-5680
Mark Berry, Director

Parks and Forestry

Tabitha Wilson, Manager of Parks & Open Space...860-460-5950

Recreational Services

Ben Morse, Mgr. of Recreation Services860-536-5687

Eileen Cicchese, Program Supervisor860-536-5691

Elizabeth MacDonald, Program Supervisor860-536-5681

Clayton Potter (claypotter@groton-ct.gov)

Community Outreach Coordinator 860-536-5685

Ruth Condon, Financial Assistant I860-536-5007

Beth Whipple, Office Assistant II.....860-536-5680

Senior Services

Mary Jo Riley, Thrive55+ Supervisor860-441-6785

Lamont Hill, Food Service Supervisor860-441-6771

Kathy Williams, Program Supervisor860-441-6795

Cindy Olsen, Program Supervisor860-441-6623

Tomi Stanley, Program Supervisor860-441-6782

Amelia Campbell, Office Assistant II860-441-6785

Bill Fisher, Office Assistant II860-441-6785

Shennecossett Golf Course

Todd Goodhue, Golf Professional

Eric Morrison, Golf Course Superintendent860-445-6912

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

Parks & Recreation Commission

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

Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00P at Thrive55+.

Dom Bassi, Chair dksbassi98@yahoo.com

Elizabeth Hogan, Vice Chairflubster47@yahoo.com

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

Mike DiFranco.....threehouse@aol.com

Jim Steffes jsteffes219@gmail.com

RESOURCES

Frequently Requested Contacts

Groton City Recreation860-446-4128

Groton Soccer Club grotonsoccer@yahoo.com

Groton/Mystic Lacrosse grotonmysticlacrosse.com

Groton Mystic Youth Football
/Cheer League grotonmysticfalcons@gmail.com

Groton-Mystic Softball mysticlittleleague.com

Groton Little League.....grotonlittleleague.com

Mystic Babe Ruthmystic.baberuthonline.com

Mystic Little League infomysticll@gmail.com

Town of Groton Phone Numbers

Assessment860-441-6660

Building Inspection 860-446-5982

Human Services860-441-6760

Planning & Community Development860-446-5995

Police (routine)860-441-6712

Public Library860-441-6750

Public Works860-448-4083

Tax Collection860-441-6670

Town Clerk860-441-6640

Town Manager860-441-6630

Transfer Station860-536-5698

Voter Registration860-441-6650

DIRECTIONS

Spicer House | 29 Spicer Avenue, Noank, CT 06340

The Parks and Recreation office is located in Noank on Spicer Avenue. For online or GPS directions, use Spicer Park, Noank.

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

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

Groton Community Center | 61 Fort Hill Rd, Groton, Ct 06340

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

Thrive55+ | 102 Newtown Rd, Groton Ct 06340

From I-95. Take exit 88 and go south on Route 117 (North Road into Newtown Road). Approximately 0.6 mile. Arrive at Thrive55+. Your destination is on the right. We are in the same parking lot as the Groton Public Library.

For directions to all locations please visit GrotonRec.com.

IMPORTANT INFORMATION

Residency

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

Registration Options

- U.S. Mail
- Walk-in at Spicer House
- Drop-off box at Spicer House, Groton Community Center, or the Thrive55+
- Online at Grotonct.myrec.com

Financial Aid

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

Program Grants

Program grants are given to qualifying non-residents to enable them to participate in recreational programs. Please call the office at 860-536-5680 for more information and to request a grant form.

Refunds for Recreation

Division Programs

- No refunds after the 2nd meeting of a program
- Refunds must be requested 1 week before the start of the camp week.
- We do not issue refunds for a child who is suspended or dismissed from continuing attendance due to behavior issues.

Age of Participants

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

People with Disabilities

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

Rec. Division Cancellation Procedure

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

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

Call before you go!

Medical Conditions

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

Participant Behavior

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

Spicer House – Parks & Recreation Office

Telephone: **860-536-5680**

Fax: **860-536-5690**

E-mail: parksrec@groton-ct.gov

Website: GrotonRec.com

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

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

Mailing Address

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

Hours: 8:30A – 4:30P

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

Satisfaction Guarantee

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

Registration Form

Adult First & Last Name	Date of Birth	Gender	*Race/Ethnicity
Primary Phone	Address	City	State
E-mail	City	State	Zip

Participant Information		Program/Activity Name	Fee
First Name	Last Name		
Date of Birth	Gender	Grade	*Race/Ethnicity
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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

PARTICIPATION RELEASE WAIVER

If you would like, or would like your child, to participate in this event and use the facilities, please read, complete, sign and return this form, which includes your consent, as well as a full release of liability. As yourself, or as parent or legal guardian, you remain fully responsible for any acts of the named person during this activity.

The above child/person is eligible to participate in the above event or use the facilities in the location referenced above. The undersigned person, or the undersigned parent, guardian or legal representative, hereby consents to the participation of the person or child in the activity described and in the location where it will occur.

For and in consideration of you, or of your child being allowed to participate in the event or to use the facilities, and other valuable consideration, the undersigned, or the undersigned parent, guardian or legal representative, on behalf of the child and the child's parents, and for all their personal representatives, successors, assigns, heirs, and next of kin, does hereby release and hold harmless the Town of Groton, and its employees and agents, their personal representatives or assigns, from any loss or damage on account of any injury to the person or the personal property of yourself or of the child, as the case may be, or for death, caused by negligence or otherwise, while you or your child is engaged in the above-stated activities. The undersigned expressly agrees that this release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Connecticut, and that if any portion of this Agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I am aware that physical activities, games and sporting events, whether there is supervision or not, generally involve many risks, dangers and hazards including, but not limited to: overexertion, high heart rate, high blood pressure, tripping, collision, loss of balance or control, fighting, pushing, physical contact, failure to act safely or within one's own ability or to stay within designated areas; and negligence or other acts or failures of others participants in games and other persons. I am also aware that the risks, dangers and hazards referred to above exist and that there are many other hazards that are unmarked, including those that interfere with existing medical or physical conditions resulting in bodily harm or death.

I am fully aware of my or my child's medical condition and take full responsibility for these conditions. If I or my child has a medical condition which may cause harm or death during the activities, I will not participate or allow my child to participate.

I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS, AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH OR PROPERTY DAMAGE OR LOSS RESULTING THEREFROM. Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State of Connecticut Office of Early Childhood.

The undersigned parent, guardian, legal representative further acknowledges he/she is authorized to enter this Agreement on behalf of the child, and the child's parents, personal representatives, assigns, successors, heirs, and next of kin.

Total Fees:

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

Groton Parks and Recreation Welcomes everyone!

Use the comment box or attach a separate sheet to alert us of any special health concerns, accessibility issues or behavioral needs or to request a modification.

Please register as early as possible so that we can plan accordingly. You will be contacted for additional information if needed.

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

Signature: _____ Date: _____

Groton Parks & Recreation Department

29 Spicer Avenue

Noank, CT 06340-5659

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

*****ECRWSSSEDDM*****

Local Postal Customer

Groton Parks & Recreation

Keeping Groton Happy, Healthy and Connected

Did You Know...

Shennecossett Golf Course has been voted "Best Golf Course" in The Day's Readers Choice Awards 3 consecutive years (2021, 2022, & 2023).



North East Invitational

SATURDAY, JUNE 22
This full day event is one of the region's premier traditional karate events for practitioners across the region. Come test your skills!
(All Traditional Okinawan & Japanese Karate Styles Welcome)

COMPETITIVE MATCHES:

- Kobudo (Traditional weapons)
- Kata (forms)
- Kumite (sparring)

INDIVIDUAL MATCHES:

- Irikumi Go
- Irikumi Mod
- Knockdown

61 Fort Hill Rd., Groton, CT
Doors Open: 7:30AM
Ages: 4 - Adult, All Ranks
Cost: \$35 (under 6, 6i-zers, and Adaptive participants are free!)

FAMILY FRIENDLY



FREE OPPORTUNITY

COLORFUL LANGUAGE

A CHALK ART SHOWCASE & CREATIVITY EVENT

Get ready to cultivate a colorful community this summer! This event will feature creative activities for families, food, and a Chalk Art Challenge.

Date: Saturday, 08/3/2024 from 10AM-4PM
(Inclement Weather Date 08/24/23)

FOR MORE INFORMATION, VISIT OUR WEBSITE



Special Guided tour of Harlem's famed Apollo Theatre. The tour is educational, entertaining, and inspirational. Hear the story of the theatre and the legendary people who performed here, such as Ella Fitzgerald, Billie Holiday, James Brown, The Supremes, Stevie Wonder and so many more. See what it feels like to stand on the stage where all the famous musicians and artists that have performed.

Lunch at the famous Sylvia's Restaurant served Family Style. Started by an ambitious woman in 1962, Sylvia's has become an icon and a place to be seen. Presidents, Senators, Governors, Mayors and people who appreciate delicious food all flock to Sylvia's. Sample Menu: BBQ Chicken & Country Fried Fish, Potato Salad, Collard Greens, Dessert, Iced Tea, Soda, Coffee.

A guided riding tour highlights the diversity, history and beauty that is in Harlem, from the Harlem Meer in Central Park, the Cathedral church of St. John the Divine, the famous brownstones, the beautiful West Side and so much more!

HARLEM

Saturday, June 22, 2024

COST: \$193pp based on 33-50 people

Checks payable to **Thrive55+**
Gratuities to Driver and Tour Director included



Trip Details

DEPART: 7:45AM from Thrive55+ (102 Newtown Rd. Groton, CT)

Estimated Return: 8:00PM

Reservations: Call Thrive55+ at 860-441-6785

Package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at friendshiptours.net/tour-policies. Paper copies available upon request. It is your responsibility to read the Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions



Groton Parks and Recreation
29 Spicer Avenue
Noank, CT 06340

Thrive 55+ Active Living Center
102 Newtown Road
Groton, CT 06340

Recreation: 860-536-5680

Thrive55+: 860-441-6785

parksrec@groton-ct.gov

Grotonct.myrec.com

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

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

