

 Colchester and  **Parks**  **Recreation**  

Visit our Website www.colchesterct.gov

INSIDE THIS ISSUE:

3 on 3 Basketball Tournament

April Vacation Camp SPARK

Plant Swap & Tennis

Plus Summer Camp Information

Spring 2009



NEW!
**Town-Wide
Brochure**
See page 3 for
details

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Catherine F. Pompei,
A.V.P., Hub Manager

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From the Director

This issue of the brochure evokes in me a mixture of feelings: sadness that this will be the last issue of our exclusive Colchester Parks & Recreation publication, along with excitement about our new joint venture with our colleagues throughout Town Hall.

As you may have heard, the Norwich Bulletin, which has produced our brochure over the past couple of years, is working with the Town to create a combined publication that includes information, programs and services from many if not all of the town departments. Some key departments to be represented include Parks & Recreation, Youth Services, the Senior Center, Cragin Memorial Library and Adult Education. The new guide will be similar in feel and design to our current brochure and will continue to be delivered free to every home in town through the Colchester Bulletin.

As a one-stop-shop, this new guide will be a valuable resource to the entire community. Each of the departments to be featured in the brochure has always produced and distributed our own guides. Not only has this duplicated efforts, but we were only reaching segments of the Colchester community. Just as not every person would open a Senior Center brochure, neither would everyone open a Parks & Recreation guide. Now, with something for everyone inside, we are hopeful that a broader range of people will come across information or an opportunity that they might not otherwise have learned about.

For this very same reason, this will be an even more valuable marketing opportunity for local businesses. Rather than being approached by multiple departments for advertising in their particular brochure, businesses can now reach the entire community through this collaborative effort with a shelf-life of many months. This advertising arrangement makes it possible to create and distribute this publication at no charge to the Town. Businesses interested in advertising should contact the Norwich Bulletin directly.

You can look forward to this new publication coming out on May 28th. In the mean time, we are looking to you, the community, for assistance in developing the perfect name. Throughout March, we will be collecting naming suggestions for the brochure. The creator of the winning name will receive various prizes and recognition. We're looking for a creative and catchy title to grace the cover alongside the town's logo. Entries must be submitted to the Parks & Recreation Office by March 31, either in person or by mail, fax or email.

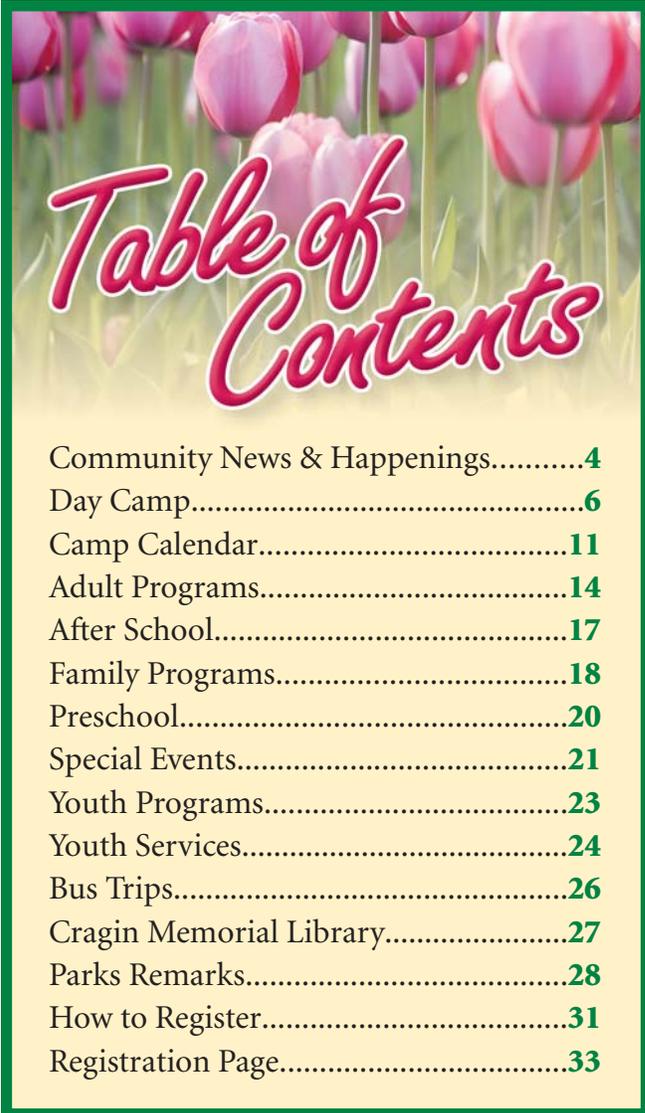
As a preview of what's to come, we've included sections of information from both Youth Services and Cragin Memorial Library in this issue.

So, though things are changing, I won't say, "Goodbye" – instead, "See you soon!"

Sincerely,

Jason Cohen

Jason Cohen, CPRP Director



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Community News & Happenings

Whoever Has the Most Fun WINS!!

Stop at the Parks and Recreation office before you go and pick up your discount tickets! Good any day until the end of the season! Our office hours are Monday – Friday 8:30 a.m. to 4:30 p.m. For your convenience Visa & Mastercard are accepted.

Lake Compounce Discount Tickets

Whether it's chills or thrills that make you happy they've got the best of both, and then some! Play all day on rides like Boulder Dash, Zoomerang and Thunder n' Lightning. Chill near the lake in Anchor Bay, Clipper Cove and Mammoth Falls. And little thrill seekers will enjoy Garfield's Circus World perfect for ages 3-10.

Colchester Parks & Recreation

"Any Day Pass"\$28.00 per person
Gate Price.....\$34.99 per person

Six Flags New England Discount Tickets

Summertime is here and it's time to take a trip to Six Flags! Many theme coasters and a great water park! For theme park details check out their website at www.sixflags.com/parks/newengland

Colchester Parks & Recreation

"Any Day Pass"\$30.00 per person
Gate Price.....\$37.00 per person

CoCo Key Discount Tickets

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Individual One Day Rate Mid Week.....\$29 pp at the Door
Parks & Recreation Discount Price.....\$26 pp
Individual One Day Weekend.....\$39 pp at the Door
Parks & Recreation Discount Price.....\$36 pp



Colchester Parks & Recreation's 9th Annual Spring Plant Swap

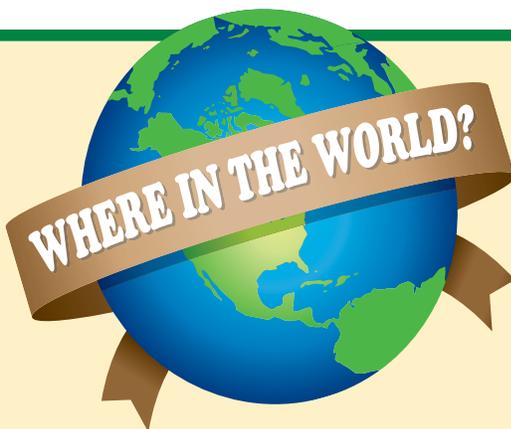
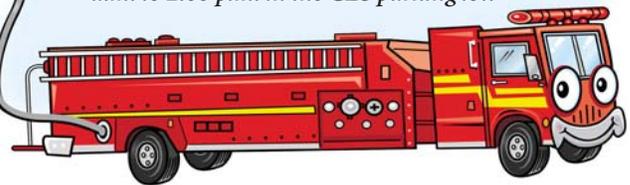
On Saturday June 6th from 9:00 – 9:30 a.m. at the Cohen Woodlands located on McDonald Rd, Colchester Parks and Recreation will host the 9th annual Spring Plant Swap. Bring a healthy sampling of four or more of your favorite plant(s) potted up, and go home with the same amount from the gardening friends you will meet at the swap. It is a well known fact that gardeners are the most generous people in the world. Come share with us in a morning of laughter, new friendships and free plants! Swap is free. The swap goes very quickly, so don't be late! Call for more information 537-7297.

Plant Swap Instructions: Please pot your plants at least 4 days before the Plant Swap and clearly label each plant with name of plant, sun requirements, height, bloomtime and any other helpful comments i.e. spreads quickly, cut back for multiple blossoms, deer resistant etc. If you have a lot of something that needs to be dug up i.e. hosta, spirea, please let us know when you register so we can announce the opportunity to "come and dig them up" at the swap.

Touch a Truck at the CES Fun Fair!!

Put your imagination in gear and go! Join us for Colchester's 5th Annual TOUCH-A-TRUCK where kids get a chance to get behind the wheel of their favorite big boy toys! Come and climb on and explore many of your favorite town vehicles and equipment. It will surely be a day that will be remembered for years to come.

CES Fun Fair on Saturday, June 6th from 10:00 a.m. to 2:00 p.m. in the CES parking lot!



Where In The World Is Colchester Parks & Recreation?

Take us along on your next Vacation, take a picture with your Parks & Rec book and send it in to us. You could be featured in our next book...

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We're Listening!

**WE WANT TO HEAR FROM YOU!
ANY QUESTIONS OR COMMENTS?
CALL OR DROP US AN E-MAIL.
KEEP THIS IMPORTANT INFORMATION!**
127 Norwich Ave, Colchester, CT 06415

PARKS & RECREATION ADMINISTRATION

Director, Jason Cohen - jcohen@colchesterct.gov
Office Manager, Liz Kessler - ekessler@colchesterct.gov
Recreation Supervisor, Anita Miazga - apmiazga@colchesterct.gov
Recreation Specialist, Chris Woodside - cwoodside@colchesterct.gov
Phone: (860) 537-7297 Fax: (888) 468-6093

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, Chair	Chris Ferrante, Vice Chair
Lynette Dimock, Secretary	Lynne Stephenson
Steve Ashe	Norm Kaplan
Jody Barr	Eric Kundahl
Clint Williams (Alternate)	

PUBLIC OFFICE HOURS

Mon. - Fri. 8:00 am. - 4:30 p.m.

PARK MAINTENANCE

Tim Angell-Crew Leader, Don Standish, Neal Trecarten, Mike Ryder, Don Johnson, Jessie Layhue, Tim Howard

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Unless otherwise specified, sports leagues can be reached through their voice mailbox on the Parks & Recreation Infoline: 537-7200 ext. 1004.

YOUTH:

Basketball: Paul Scheibelein - basketball@colchesterct.info
Cheerleading: Donna Cassidy - cycoachcass@yahoo.com
Football: Paula McDowell- football@colchesterct.info
Lacrosse: Tracy Loskant - 267-5965 lacrosse@colchesterct.info
T-Ball, Baseball & Youth Softball: Tom Lambert - 367-6256 baseball@colchesterct.info
Youth Soccer: Thomas Carey - soccer@colchesterct.info
Youth Wrestling: Ann Kilpatrick - wrestling@colchesterct.info www.colchesterwildcats.org

ADULT:

Men's Softball: Mike Gatesman - menssoftball@colchesterct.info
Women's Softball: Lynn Stephenson - 674-0143 - cwsl@colchesterct.info
Men's Soccer: Hugo Vivero - menssoccer@colchesterct.info
Men's Baseball: Chris Ferrante - mensbaseball@colchesterct.info

COLCHESTER SPECIAL OLYMPICS:

Necia Stopa - nstopaharp@yahoo.com



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To find out the most current information on Parks & Recreation programs & special events please visit our website at:

www.colchesterct.gov/parks

We also suggest that you subscribe to our email list for up to the minute notification on rainy day changes and other important information.

The Colchester Day Camp Difference 2009

Welcome new friends to Colchester Day Camp and welcome back Camp Alumni! We are very excited to talk about camp! We are again, looking forward to providing a safe environment for all our campers who will learn how to build new relationships, cultivate friendships, explore and develop new skills, and enjoy growing individually as well. This is our commitment to you ~ our camp community. It is our honor and promise to create a safe world of wonderful character building “memories that will last a lifetime.”

Summer after summer our super staff return to enrich and further develop Colchester Day Camp. The most mature, nurturing, skilled, carefully chosen and best-trained returning staff that were hand picked from a panel of our directors are on board again this year.

Our staff is under the leadership of Parks and Recreation Director Jason Cohen, Recreation Supervisor, Anita Miazga and Day Camp Director Shannon Tamosaitis (Miss T.)

Camp is a favorite time of year for all of us and we have already begun creatively planning with our super staff over the holiday break. So, until the sun warms us again ~ Miss T says keep reading, play outside, do your homework, and I can't wait to see you at camp! Summer will be here before we know it!

Our Administration team rounds out with five super

specialists in core areas: Sports & Games, Archery, Nature, Drama and Arts & Crafts.

Our Day Camp supervisors and Head Counselors are college students and mature high school students with several years of experience. We invite students entering eight, ninth and tenth grade to apply to be a part of our strong 4-week Counselor-in-Training (C.I.T.) program. There is a fee of \$100.00 for this unique training experience. Application packets are available on our website at www.colchesterct.gov/parks, and in the WJMS & Bacon Academy Guidance Offices. Deadline to apply is March 31, 2009.

Please see the REC'ing Crew section of this brochure for the REC'ing Crew calendar of trips and activities. This program is specially designed for campers entering grades 7 – 9. The spring/summer brochure will include various other camps for all ages including, Skateboarding, MLS Soccer Camps, Basketball and Multi-Sport camps. The summer brochure will be available in May.

Staff Training

All staff is required by state law and OSHA mandates to receive training in Bloodborne Pathogens Exposure Control (HEPb/HIV). The Colchester Parks and

Recreation Department also requires all staff to attend an extensive Camp orientation seminar prior to the start of camp. Counselors are active participants in training areas such as first aid and CPR, Epi-Pen, safety and security, emergency response, splash pad safety, record keeping, staff manuals, department policies and procedures, customer service, positive youth development, and character building. In addition, there are speakers brought in to train them in areas such as how to

schedule activities, games and leadership, child development and behavior, mandatory reporting, and lots of hands on activities such as sports and games, arts and crafts, traditional camp games and songs. We are very committed to maintaining and developing all our Day Camp staff.



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Tue 9pm-12am
Sun 8am-12pm

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www.norwichbowling.com





Registration Information

Day Camp is for kids entering grades 1 - 6 in Fall 2009. Register early for the best availability. The office is open Monday through Friday from 8:30 a.m. – 4:30 p.m. All registrations for Day Camp, Kindercamp and the C.I.T. program must be made in person in the office. Please keep in mind all campers are required to have a current (within three years of the date of the exam) copy of their health record on file with Parks & Recreation. The following required forms are available in the Parks & Recreation office and on our website: Camp Registration Form, Medical Release & Pick Up Authorization, Special Authorization, Health Assessment. Please note, due to severe camper allergies, Colchester Day Camp is a PEANUT FREE CAMP.

Registration for Day Camp and Kindercamp requires a 50% deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid. A doctor's note is required for all refunds. There is a one time \$10.00 administrative fee per child, which includes a 2009 Colchester Day Camp t-shirt.

Camp Fees - Prices based on 1 week sessions only:

Monday – Friday.....\$125 includes trip fee
Extended Care AM.....\$25 per week (7:00 a.m. to 8:50 a.m.)
Extended Care PM.....\$25 per week (4:15 p.m. to 6:00 p.m.)

ALL BALANCES MUST BE PAID IN FULL BEFORE JUNE 15TH. ANY REGISTRATIONS ACCEPTED AFTER JUNE 15TH MUST BE PAID IN FULL AT TIME OF REGISTRATION.

Scholarship Info:

There are a limited number of scholarships available to campers in financial need. Applications are confidential and can be obtained by contacting Jason Cohen in the Parks and Recreation office.

Camp Dates:

- Week 1 June 29 – July 3
 - Week 2 July 6 – July 10
 - Week 3 July 13 – July 17
 - Week 4 July 20 – July 24
 - Week 5 July 27 - July 31
 - Week 6 August 3 – August 7
 - Week 7 August 10 – August 14
 - Week 8 August 17 – August 21
- (No extended Care on the last day of camp)*



Non-Resident Policy

Non-residents are welcome to participate if space allows. Non-residents will be charged an additional \$15.00 fee, per-session, per-child.

Location

Day Camp is held at the Colchester Recreation Complex (RecPlex) located on Old Hebron Road. This facility offers a variety of amenities to support a general daily activity schedule which includes playscapes, picnic pavilion, tennis & basketball courts, Bocce courts, various ball fields, rest rooms and the very fun water splash pad and skate park!

Dates & Daily Hours

Camp is held from 9:00 a.m. – 4:00 p.m. Monday through Friday. Camp is offered in 8 one-week sessions starting June 29th and ending August 21st.

Please note there is no extended care available on the last day of camp, Friday, August 21st.

SIGN IN/SIGN OUT

You will notice when you arrive at camp you will be asked by your child's counselor to sign in and out each day. Please have your identification ready to ensure a quick and easy sign out. This is a great time to ask your child's counselor any questions you may have. Your feedback is always welcome!

Arrival & Dismissal

Campers are dropped off in their designated area at the RecPlex each morning at 9:00 a.m. Campers are grouped by grade, 1 - 6. Please look for a large sign and balloon with your child's grade on it to determine where you should sign them in. Your child's counselors will introduce themselves to you and your child, you sign them in and the wonderful world of camp begins!

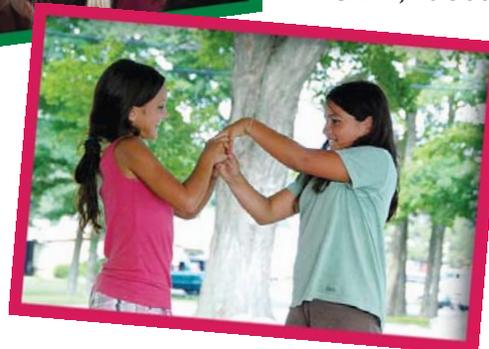
If your child arrives earlier than 8:45 a.m. they will be signed in for morning Extended Care, fees will apply. Please pick up your children promptly at 4:00 p.m. at the same designated spot you signed them in. If your child has not yet been picked up by 4:15 p.m. they will automatically be enrolled in afternoon Extended Care, fees will apply.

Extended Care

We have improved our Extended Care program to include organized activities, as well as an opportunity to unwind and relax. Extended Care does include a healthy snack to help beat the late afternoon slump.

Extended Care is available for full day campers only. Morning Extended Care is available from 7:00 a.m. – 8:45 a.m. for a flat weekly fee of \$25.00. Afternoon Extended Care is available from 4:15 p.m. –6:00 p.m. for a flat weekly fee of \$25.00. Please pre register for extended care. If an emergency arises and your child utilizes the extended care program a daily rate of \$15 will be billed to you. Please note Day Camp staff are not permitted to accept payments. All payments must be made in our Town Hall office.

THERE WILL BE NO AFTERNOON EXTENDED CARE ON THE LAST DAY OF CAMP, AUGUST 21st 2009.





What Do We Do At Camp?

WE ARE SAFE & WE HAVE FUN! Day camp strives to expand imagination, creativity and friendships. Team building activities, enriching games, and a variety of athletics provide a perfect vehicle for building self-confidence, self-esteem, and physical fitness in all our campers through a non-competitive environment. Children are encouraged to reach individual goals and levels of success while having FUN! At the same time they learn to feel wonderful about their individual abilities and talents while developing the values of teamwork, friendship and good sportsmanship.

Each day at camp offers a variety of programs such as drama, nature, sports & games, archery, arts & crafts, music, journalism, and many other team building activities.

Our special events are designed around our weekly themes complete with costumes and special guest performers that are a memorable part of every camper's summer. Its no wonder camp creates friendships that last a lifetime!

Other Important Camp Details...

RED ZONE DAYS

Red Zone or Extreme Heat Days are WET & WILD at camp! Many extra water activities are scheduled throughout the day. The WATER SPLASH PAD will be open and running and sure to be a favorite for all campers! There will be endless amounts of creative fun. However, if

the heat becomes a hazard, we will move campers to Jack Jackter Intermediate School located on Halls Hill Road. You may visit our website at www.colchesterct.gov



SPECIAL EVENING REGISTRATION THURSDAY APRIL 9TH UNTIL 9PM



American Red Cross

Teens Saving Lives!

THIRD ANNUAL BLOOD DRIVE!

The American Red Cross returns to Colchester day Camp at JJIS on July 23rd. Please come give the gift of life and donate. Our record breaking turnout last year was amazing and we are thrilled to invite you back again this year! Thank you to our CIT's and all who participated, volunteered and donated.

Appointments Call:
1-800-GIVE-LIFE
4 4 8 - 5 4 3 3
www.bloodct.org

Positive ID required at time of donation.

Sponsored by Colchester Parks & Recreation's Day Camp
2009 Counselors in Training & Staff at:
JACK JACKTER INTERMEDIATE SCHOOL
315 HALLS HILL ROAD
COLCHESTER, THURSDAY
JULY 23, 2008 ~ 1:00 TO 5:45 PM



HUGE HIGHLIGHTS FOR 2009!

In our continuous efforts to create the best possible experience for our campers, we are happy to announce a number of exciting traditions to our full-day camp!

FIELD TRIPS

Drum roll please... we have some new field trips this summer!!! All campers will attend these enriching and fabulous weekly field trips! See the camp calendar as we have added amazing new destinations to go along with our new themes this year! Hip-Hip Hooray!!! What a great way to end the week! Please note, trips are scheduled to change without notice.

FAMILY FUN DAYS

We welcome parents and family members to join us again during our two family fun days this summer on July 16th and August 13th from 4:00 p.m. to 5:00 p.m. Our campers and super staff want to share the magic of camp with the ones we love through our mystical magician on July 16th and our amazing annual talent show on August 13th.

ELECTIVE PERIODS

Each Monday, campers will choose a special activity they will take part in for one hour each day. The elective groups will change from week to week as super staff share and teach the campers their special talents and interests! Our weekly Camp Newspaper is always a special choice offering for kids to participate in!

THIRD ANNUAL BLOOD DRIVE

The American Red Cross returns to Colchester day Camp at JJIS on July 23rd. We ask and encourage you to please come give the gift of life and donate! Our record breaking turnout the past two years was amazing and we are thrilled to invite you back again this year! A magnificent THANK YOU goes out to our CIT's, camp staff, community members, and all who volunteered and donated.



or call the Day Camp office at 537-6583 to confirm our location for pick up. We reserve the right to transport campers locally as needed (rainy days, special events, etc.). Visit our website and subscribe to our mass email list and we will notify you of any changes.

Discipline

Our Day Camp staff adheres to a fair but strict discipline policy. Campers whose behavior interferes with a positive camp experience or safety for other campers or staff may be subject to dismissal.

Notices and Flyers

If your child leaves camp before closing ceremonies or will be missing a day or two, please check with your child's counselor for information and reminders about upcoming special events or other activities your child will need to be prepared for upon his/her return to camp. All flyers, reminders etc. are distributed to campers at dismissal time.

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees cost prohibitive.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by the Parks and Recreation Department for promotional purposes unless otherwise stated. Check our website weekly for updated photos on our photo gallery.

What and What NOT to Bring to Camp!

- **NO PEANUT BUTTER!** We are a peanut free camp, please DO NOT BRING PEANUT BUTTER, or anything containing peanuts. Certain granola bars, chex mix, candy bars, cracker jacks etc.
- **LABEL EVERYTHING!!** In addition to all clothing, please label lunch boxes, towels, water bottles, backpacks, sunscreen etc. If your child loses something, check the LOST & FOUND located outside the Day Camp Office. All unclaimed articles will be donated to charity each Monday.
- **SANDALS ARE NOT ALLOWED!** All campers should wear sneakers. With the exception of CROC style shoes. Water shoes are required in the Water Splash Pad area. If a child does not have water shoes, he/she will not be allowed to enter the splash pad that day.
- Bathing suits, towels, lunch, and a water bottle should be sent with each camper daily. (Your camper will also have the option to purchase bagged lunch as they were last year. Further details will be available closer to the start of camp.)
- Please apply waterproof sunscreen to your child prior to their arrival at camp. We recommend that you send sunscreen with them daily and teach your child how to re-apply sunscreen at camp to protect them from sunburn.
- Please do not allow your child to bring expensive/valuable items to camp such as Gameboys, PS2's, IPODS, MP3 Players,

cell phones. We are not responsible for lost or stolen items.

Lunch

Please send your camper with lunch and a healthy snack each day. Do not send glass containers. There is NO refrigerator available, so please include an ice pack. We highly recommend sending your child with a water bottle, which may be refilled as needed throughout the day at the water fountain. Reusable containers are encouraged to reduce waste at the water park. There will be occasions during special events when we will offer a special snack as it relates to a theme. Also we have a no tolerance policy for any knives or other dangerous objects. Please do not pack any butter knives for your child's lunches. Please remember, we are a PEANUT FREE CAMP.

Campers also have the option of purchasing a special sandwich lunch meal deal from a local restaurant, which is delivered to camp each day. Order forms are available in the Day Camp office.

Kindercamp

Here is some information specific to Kindercamp. We strongly recommend you read this entire brochure.

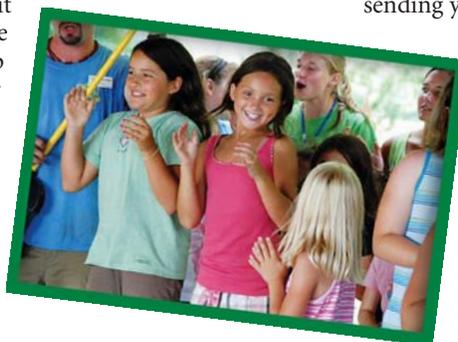
Kindercamp (for children who will turn 3 years old before 12/31/08 through entering kindergarten) is our specially designed camp for pre school children. Under the guidance and care of our mature, gentle staff, our youngest campers are given a special experience. Children must be toilet trained to attend, pull-up diapers are not allowed.

Our program recognizes the social and motor skill level of pre-school children. It has been created to provide a warm, nurturing atmosphere where our youngest campers are encouraged to expand their horizons while feeling safe and cared for. What better way can there be to start their wonderful camp years?

This terrific group of returning counselors come together to make each day at Kindercamp the best ever for our three, four, and five year old campers. With the wonderful world that has been created for them, it is no surprise that every day is magical for our youngest campers and that the Kindercamp experience establishes an enthusiasm and love of camp that will last well into adolescence while providing them with a lifetime of memories!

Kindercamp has an outstanding staff that works exclusively with our youngest campers. Kindercamp is held from 9:00 a.m. to 11:30 a.m. Monday through Friday with other options also available. (next page) Kindercamp is offered in 8-one week session starting June 29th and ending August 21st. The staff to camper ratio for Kindercamp is 1:8. Extended care is not available for Kindercampers. Please be sure to send your child with a healthy snack each day. For the safety of all campers we are a peanut free camp. Please do not send your camper with any peanut products. Please apply waterproof sunscreen to your child prior to their arrival at camp. We also ask that you please send your kindercamper to camp in their bathing suit.

Again, please have your child wear a bathing suit to camp and apply waterproof sunscreen to your child prior to their arrival.





Every child matters to us!

For the safety of all campers we are a **PEANUT FREE CAMP!!**



Children's Dental Associates
of New London County, P.C.
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Camp Fees –Prices based on 1 week sessions

Plan A	Monday – Friday	\$60
Plan B	Mon/Wed/Friday	\$45
Plan C	Tues/Thurs	\$36

There is a one time \$5.00 administrative fee per child, which includes a 2009 Colchester Day Camp t-shirt!

Arrival and Dismissal

Kindercampers are dropped off in the designated area at the RecPlex each morning at 9:00 a.m., no earlier please. Kindercamp's drop off point is under "Tim's tree" the big tree located behind recreation field R5. They are picked up at 11:30 a.m. at either the playground or the spray park. There is no Extended Care for kindercampers. After 11:35 a.m. there is a \$5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child. We appreciate your promptness.

The Daily Deal

Kindercampers start their day with their own opening ceremonies. Then the world of camp opens! Activities vary; each day includes arts & crafts, games, music, storytelling, playscape time, water activities, nature hikes, special events and more! The WATER SPLASH PAD is a favorite for all campers!

Some special guests include Kathye Flanagan's Happy Notes, CT Audubon Society, Mystic Aquarium's traveling touch tank, Polynesian Dance and story telling, and Funtastic Inflatables which adds special excitement to our Kindercamper's day!

Rainy Days at Kindercamp

If it is raining, we will hold Kindercamp, along with the Day Camp, at Jack Jackter Intermediate School. Please use the gym ramp entrance. For consistency, we will try to make the decision as early as possible. Once your camper is signed in, if an issue arises, we will transport all campers to JJIS by bus. Kindercampers will travel as a group and will be accompanied by their counselors during the relocation process. If there is ever a question of where camp might be, please call the camp office at 537-6583.

Kindercamp Themes 2009!

- Week 1:** Red, White & Blue Patriotic Salute
- Week 2:** The Moon, The Stars, & Mother Earth
- Week 3:** Bubbles, Bugs, & Butterfly's
- Week 4:** Under the Sea & Fun in the Sun
- Week 5:** Winter, Spring, Summer, & Fall
- Week 6:** In the Garden & On the Farm
- Week 7:** Nursery Rhymes, Storytellers, Music & Movement
- Week 8:** Crazy Kids Carnival & Ticket to Ride

Themes are subject to change without notice.



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Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1: (June 29 - July 3) *Camp Salutes American Troops & the 3 R's!*

<p>29</p> <ul style="list-style-type: none"> • Make new friends. • Paper Rock Scissors Tournament. Ice Breakers. • Reduce, Reuse, Recycle! <p>Camp Newspaper & Electives</p> 	<p>30 Celebrate American History!</p> <p>Special Guest: Military Veteran.</p> <ul style="list-style-type: none"> • Reduce, Reuse, Recycle! 	<p>1</p> <ul style="list-style-type: none"> • Annual letters to American Troops in Iraq. • Fantasy Face Paint by Ruth. • Reduce, Reuse, Recycle! 	<p>2</p> <p>Wear Red White and Blue!</p> <ul style="list-style-type: none"> • Recycle Painting Party! • Send out letters! • Reduce, Reuse, Recycle! 	<p>3</p> <p>FIELD TRIP</p> <p>NAUTILUS GROTON SUBMARINE!</p> <p>Wear Camp T-Shirt!!</p> 
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WEEK 2: (July 6 - 10) *Pick Your Star & Moon Walk!*

<p>6</p> <ul style="list-style-type: none"> • What's a Constellation? How many are out there? What's your favorite? <p>Camp Newspaper & Electives</p> 	<p>7</p> <ul style="list-style-type: none"> • Amazing Astrology • Marvelous Moon Walk & Kids Horoscopes! 	<p>8</p> <p>CAMPARDY!</p> <p>With Keith Alan</p>	<p>9</p> <p>PAJAMA DAY!!!!</p> <ul style="list-style-type: none"> • Cosmic Kids Science Experiment! • Movie: "Children of the Moon!" 	<p>10</p> <p>FIELD TRIP</p> <p>THE CHILDRENS MUSEUM & PLANETARIUM, WEST HARTFORD</p> <p>Wear Camp T-Shirt!!</p> 
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WEEK 3: (July 13 - 17) *What Do You Want To Be When You Grow Up?*

<p>13</p> <ul style="list-style-type: none"> • Choose Tribal Teams • Event: What do you want to be when you grow up? • Special Occupational Guest <p>Camp Newspaper & Electives</p> 	<p>14</p> <ul style="list-style-type: none"> • Write Inquiring Letters To Our Favorite "Job" Occupation Personnel. • Popsicle Treat • Special Occupational Guest • Special Occupational Guest 	<p>15</p> <ul style="list-style-type: none"> • Friendly Competitions! • Camp Wide Obstacle Course... Conquer with Your Tribal Teams! • Survivor Games & Scavenger Hunt with Tribal Teams • Special Occupational Guest • Special Occupational Guest 	<p>16</p> <p>FAMILY FUN DAY!!</p> <p>4:00 p.m.-5:00 p.m. FAMILIES INVITED!</p> <p>Special Guest: MAGICAL MAGICIAN! CIT Special Activity!</p> 	<p>17</p> <p>FIELD TRIP</p> <p>NORWICH BOWLING!</p> <ul style="list-style-type: none"> • Wear SOCKS and Camp T-Shirt 
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WEEK 4: (July 20 - 24) *Wonders Of Nature Across The Globe!*

<p>20</p> <ul style="list-style-type: none"> • Worldly Nature Niches • Fantastic Nature Relay Races! <p>Camp Newspaper & Electives</p> 	<p>21</p> <p>FIELD TRIP</p> <p>ROCK CATS BASEBALL!</p> <p>Wear Camp T-Shirt</p> 	<p>22</p> <p>CRAZY HAT DAY!</p> <ul style="list-style-type: none"> • Fantasy Face Paint by Ruth • Terrific Tall Trees! • Annual reading of: THE LORAX! 	<p>23</p> <ul style="list-style-type: none"> • 3rd Annual Blood Drive!!! American Red Cross!!! • Camp is at JIS! • 2nd Annual Bike Rodeo! Bring your own wheels & helmet! 	<p>24</p> <ul style="list-style-type: none"> • All Camp Scavenger Hunt! • Reduce, Reuse, Recycle Camp • Clean Up Day! 
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WEEK 5: (July 27 - July 31) *Colchester Camp Olympics 2009!*

<p>27</p> <ul style="list-style-type: none"> • Choose Olympic Teams & Countries to Represent! • Team Color & Team Chants! <p>Camp Newspaper & Electives</p> 	<p>28</p> <ul style="list-style-type: none"> • American Idol Contest • Rock Out Contest • Special Guest Hip-Hop Dancers! 	<p>29</p> <p>CAMPARDY!</p> <p>DANCING ON THE CEILING!!!!</p> <p>Special Guests:</p> 	<p>30</p> <ul style="list-style-type: none"> • Represent Your Team!!! • Wear your Red Sox & Yankees shirts for our Annual Pep Rally!!! • Martial Arts Lesson! • Water Games!! 	<p>31</p> <p>FIELD TRIP</p> <p>GLOW IN THE DARK MONSTER MINI GOLF WINDSOR!</p> <p>Wear Camp T-Shirt!!</p> 
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WEEK 6: (August 3 - 7) *Travel The World Through Ancient Greece & Amazing Africa!*

<p>3</p> <ul style="list-style-type: none"> • Ancient Greece & Amazing Africa! • Explore the ruins and exotic rainforest! <p>Camp Newspaper & Electives</p> 	<p>4</p> <ul style="list-style-type: none"> • Walk like an Egyptian through the fun of the pyramids... wrap your counselor like a mummy & Dance to the 80's! 	<p>5</p> <p>Hawaiian Luau & The Australian Outback!</p> <p>Special Guests:</p> <p>Kahana Hula Polynesian Dancers</p> 	<p>6</p> <ul style="list-style-type: none"> • We transform into the Children of China, learning culture, tasting foods, and playing traditional games. • Special activity with Miss Barb! 	<p>7</p> <p>FIELD TRIP</p> <p>Creamery Brook Bison, Brooklyn CT</p> <p>Make Ice Cream & Butter</p> <p>Visit the Petting Zoo!</p> <p>Wear Camp T-Shirt!!</p> 
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WEEK 7: (August 10-14) *Party Jams D D R, Rock Band, & Guitar Hero!*

<p>10</p> <ul style="list-style-type: none"> • CIT Project Photography and Camp Memory Yearbook Posters <p>Camp Newspaper & Electives</p> 	<p>11</p> <ul style="list-style-type: none"> • Cupcake decorating contest! • Campwide Birthday Party • Pinata's 	<p>12</p> <p>CAMPARDY!</p> <p>With Keith Alan</p> <ul style="list-style-type: none"> • Are you smarter than a Colchester Camper? 	<p>13</p> <p>FAMILY FUN DAY!!</p> <p>4:00 p.m.-5:00 p.m. FAMILIES INVITED!</p> <p>Annual Campers Talent Show & Fashion Show!</p> <p>CIT Special Activity!</p> 	<p>14</p> <p>FIELD TRIP</p> <p>Old Saybrook Beach Ice Cream, Mini Golf!</p> <p>Wear Camp T-Shirt!!</p> 
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WEEK 8: (August 17-21) *Ticket To Ride! Seriously... Don't Miss It!*

<p>17</p> <ul style="list-style-type: none"> • Special Event by Miss T to Kick Off Our Famous Ticket to Ride Week! • Farewell Letters to Counselors, Specialist, & Directors!!! <p>Camp Newspaper & Electives</p> 	<p>18</p> <ul style="list-style-type: none"> • Fantasy Face Paint by Ruth! • Carnival Games and Field Day Events! All Camp!! • Campwide Birthday Party!! 	<p>19</p> <ul style="list-style-type: none"> • Annual All Camp Pie Eating Contest! • Water Events • Balloon Toss • Slip-n-Slide • Dance-a-Thon <p>OUR FAMOUS CERNASKRAP AWARDS!!</p> 	<p>20</p> <p>COLCHESTER'S FAMOUS TICKET TO RIDE!!!</p> <p>With Funtastic Inflatables!!</p>	<p>21</p> <p>FIELD TRIP</p> <p>ICE SKATING</p> <p>Cromwell Champ Skate Rink!</p> <p>LAST DAY OF CAMP!</p> <p>Wear Camp T-Shirt!!</p> <p>No Extended Care.</p> 
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Boys and Girls Entering Grades 7-9

Meeting location:

Recreation Complex at 9 a.m.- 4 p.m.

Fun and Exciting Activities

Trips vary each day

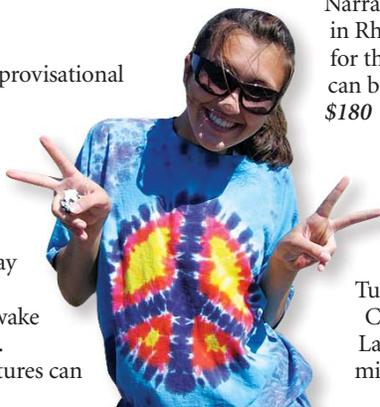
8 Weeks: Tuesday through Thursday,
June 30th – August 20th

Are you ready to have a blast this summer, well, look no further. Colchester Parks and Recreation presents the REC'ing Crew, back by popular demand!!! Rain plans will be announced on the Parks & Rec message and website. We will meet and get picked up at the same location as day camp on rainy days. Trips on rainy days will either be to the movies, bowling or Nomad's Adventure Quest!

This adventure program will give youth the opportunity to see and experience different activities while providing a positive environment! This program needs a minimum of 15 registered participants in order to run these great activities. Spaces will fill quickly so be sure to tell your friends to register today!!! Make sure you get to experience the wonder that is the... REC'ING CREW!!! Each week is a different session, so please register for weeks individually! Note waivers are required for each of the weeks and will be mailed or can be picked up at the P&R office or day camp.

Week 1: (June 30th- July 2nd)

Start your summer with an improvisational acting class, tie dying t-shirts (bring your own) and a sporty afternoon at RHAM Middle School. Wednesday the Crew takes a cooking class and has a huge ping pong tournament. Then, on Thursday we travel to Brownstone Adventure Park to cliff jump, wake board, rock climb, and zip line. (Waivers for this weeks' adventures can be picked up at P&R.) \$137



Week 2: (July 7th- 9th) Test your tennis skills with Pro Shaun Keane on the Colchester courts. Then bounce up to the Trampoline Place Tuesday afternoon. Wednesday the group travels down the rapids of the Farmington River by kayak. Thursday is a trip to Ocean Beach for waterslides, swimming, mini golf, and arcade games. (Waivers for this weeks' adventures can be picked up at P&R.) \$159

Week 3: (July 14th – 16th) Check out Stone Age Rock Gym then aim your arrow at Hall's Archery in Manchester. Wednesday test your skills on the elements of Winding Trails' Adventure Ropes Course. Thursday the Group is off to Vernon Golf Land in the morning and Ron-A-Roll in the afternoon. (Waivers for this weeks' adventures can be picked up at P&R.) \$175

Week 4: (July 21st – 23rd) This week see who's on their game when we play laser tag and then cool off by going to the Manchester pool. Wednesday the group will bowl and test their taekwondo skills and will need to be picked up at Chung Do Kwon in Colchester, not the Rec Complex.

Surfs up on Thursday at Narragansett Town Beach in Rhode Island. (Waivers for this weeks' adventures can be picked up at P&R.) \$180

Week 5: (July 28th- 30th)

We are out to breakfast and then off to Lake Compounce on Tuesday. Wednesday the Crew heads to CT Golf Land for bumper boats, mini golf, arcade games, and go carts. The

afternoon we head back to Hall's Archery to test your aim. Thursday brings adventures of rock climbing at Stone Age Gym with a relaxing afternoon at the movies at Buckland Hills. (Waivers for this weeks' adventures can be picked up at P&R.) \$179

Week 6: (Aug 4th- 6th) The week begins with a cooking lesson at RHAM High School and Paintball in East Hampton. Wednesday we traverse the rapids of the Farmington River by kayak. Thursday the Crew heads to Brownstone Adventure Park for zip lines, rock climbing, wake boarding, and swimming adventures. (Waivers for this weeks' adventures can be picked up at P&R.) \$192

Week 7: (Aug 11th- 13th) Tuesday brings the Crew to Nomad's Adventure Quest to bowl, rock climb, play laser tag, basketball, and arcade games. Wednesday we check out the low and high elements of Winding Trails adventure ropes course. Thursday we check out the roller coaster rides and waterslides at Six Flags. (Waivers for this weeks' adventures can be picked up at P&R.) \$177

Week 8: (Aug 18th-20th) The final week of REC'ing Crew 09 starts with letterboxing and Whirley Ball. Wednesday the Crew gets a tennis lesson and then heads to the Trampoline Place to flip through the afternoon. We finish up the week with a second trip to Narragansett Town Beach to surf the Rhode Island waves. (Waivers for this weeks' adventures can be picked up at P&R.) \$182

Extended Care

Now available!!! There is now extended care available for the REC'ing Crew! The REC'ing Crew extended care will be held with the regular extended care for day camp. There is no fee, but please use the sign-up sheet in Day Camp Office. Extended Care Hours: 7:00 a.m.-9 a.m.; 4:00 p.m.-6:00 p.m.

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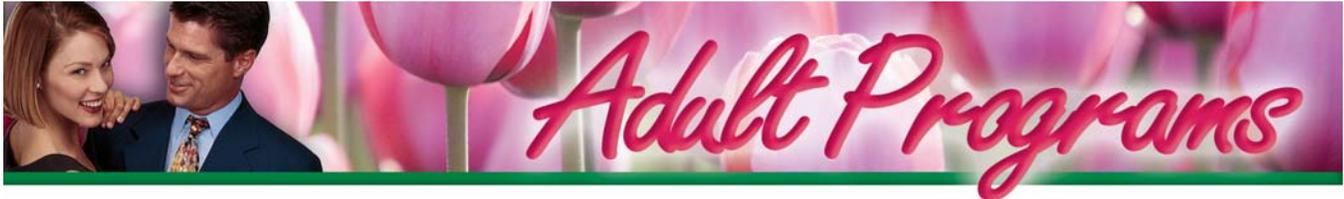
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2DYE4

Ages: 16 yrs old & older

Students will be taught the step by step process of high quality vibrant tie dyeing. This class is being taught by John Neal who created all the tie dyed shirts for the Colchester Community Theatre's Joseph and the Technicolor Dreamcoat performance! Each Student will be taught how to tie dye in the following patterns: Basics: Crinkles, spirals, pleated designs Symbols: Guitar, hearts, and peace signs. Students will leave class with 5 adult T-shirts, 3 youth T-shirts, 1 bandanna, 1 tapestry, and 1 baby onesie. Please bring 10 - 12 plastic grocery bags with you. Please specify your youth, adult and onesie sizes at time of registration. These items are chosen for their size to teach how to vary folding techniques based on the size of the item dyeing. All supplies will be provided. Students are welcome to bring any items from home they would like to tie dye so long as they are prewashed 100 % cotton. Registration deadline 4/21.



Dates: Tuesdays, April 28 – May 19

Time: 6:30 p.m. - 8:30 p.m.

Location: WJJMS Art Room A

Fee: \$84

Non-Residents additional: \$15

Activity # 4113.109

ADULT 6 v 6 FLAG FOOTBALL

Ages: 18 yrs old & older

Whether you've played football your whole life or just like to play catch in the backyard this is the football program for you. This unique style of flag football creates a fun fast paced environment for participants to enjoy a healthy form of competition. Teams consist of as many as 10 players with 6 playing at a time. The program runs Sunday evenings. The price for a team is only \$200. So gather your friends and sign up to see if you have what it takes to win the 1st annual 6 v 6 Flag Football league. There will be a mandatory captains meeting May 13th at Town Hall.

Dates: Sundays, May 17- July 26

Time: 4:00 p.m. -9:00 p.m.

Location: RecPlex R8/R7

Fee: \$200 per team

Non Residents additional: \$5pp

Activity # 4112.101



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BALLROOM DANCING

Ages: 18 yrs old & older

So you think you can dance! Learn basic ballroom steps to get you out on the dance floor! This class makes a great night out! Get ready to dance the night away. Each six week class will concentrate on the basics of two different dances. Dances may include but are not limited to the following: Swing, Waltz, Hustle, Rhumba, Tango, Foxtrot, Cha-Cha, Salsa and more. Participants may wear comfortable clothing. Ballroom shoes or dance shoes are preferred (can be pre-ordered through The Dance Academy of Colchester 537-3888) Students may also wear socks. In order to protect the studio floor, no street shoes are permitted. Registration deadline 4/17

Dates: Fridays, April 24 – May 29

Time: 6:30 p.m. – 7:30 p.m.

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents additional: \$15

Activity # 4113.100

BASIC DOG OBEDIENCE

Ages: 18 yrs old & older

This 7 week class is designed to create a deeper dog-owner bond, address some behavior issues and help owners understand how their canines communicate. Six basic obedience commands will be covered: come, heel, sit, down, stay & stand as well as temperament type. This class is appropriate for dogs eight months and older. The first class is for OWNERS ONLY and will enlighten you as to what to expect from this class. Enrollment will be finalized with a brief phone consultation with the trainer before the first class. Please bring a chair to the first class and wear comfortable clothes and footwear. Registration deadline 4/14.

Dates: Tuesdays, April 21 - June 2

Time: 6:00 p.m. – 7:00 p.m.

Location: Town Green

Fee: \$100

Non-Residents additional: \$15

Activity # 4113.104

BEGINNER PILATES

Ages: 18 yrs old & older

Let's get to work! This beginner pilates class will strengthen core abdominal muscles through basic Pilates techniques. Get those long lean muscles you've always wanted. The body of a dancer without all those hours of training. Participant may bring their own mat. Please wear comfortable light clothing and bare feet or socks. No class May 28. Registration deadline 4/16.

Dates: Thursdays, April 23 - June 18

Time: 7:15 p.m. - 8:15 p.m.

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents additional: \$15

Activity # 4113.101

LOW ENROLLMENT PROCEDURE: The Early Bird Gets the Worm! Don't let a great program get canceled due to low enrollment! REGISTER EARLY! If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be canceled.

GOLF INSTRUCTION ADULT

Ages: 18 yrs old & older

Under the direction of PGA Professional John Callahan, 2008 presenter at the Better Golf Through Technology Conference at MIT. Four (4) hours of instruction designed to introduce golf fundamentals to beginners and review the basics for more experienced golfers. A curriculum has been developed that includes all aspects of the game: grip, stance, full-swing, chipping and putting. Equipment will be provided if you don't have your own. Registration deadline 4/28

Dates: Tuesdays, May 5 – May 26

Time: 6:00 p.m. – 7:00 p.m.

Location: Colchester Golf Range

Fee: \$72

Non-Residents additional: \$15

Activity # 4113.113

SAFE BOATING & PWC COURSE

Ages: All ages

United States Coast Guard, State of Connecticut and National Association of State Boating Law Administrators (NASBLA) approved course. Required for all registered vessels in state of CT. For more information on if you need to take this course, go to www.dep.state.ct.us



Activity # 4113.102

Dates: Saturday, April 18

Activity # 4113.103

Dates: Saturday, May 2

Time: 8:00 a.m. -4:00 p.m.

Location: Colchester Town Hall

Fee: \$35

Non-Residents additional: \$15

TAEKWONDO INTRODUCTION

Ages: Youth & Adults 11 yrs old & older

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 11 years old and up! This is a perfect family class! These Taekwondo classes will teach basic knowledge of Taekwondo as well as helping to increase flexibility and physical fitness. This is a one-month, new student, program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open for your age. Come and try out this exciting and challenging sport! Registration deadline is 3/31 for April classes, 4/26 for May classes. Registration fee includes a free uniform! You may only participate in this program once.

Activity # 4113.106

Dates: April

Monday & Wednesday -6:30-8:00 p.m.

Tuesday & Thursday - 7:00-8:30 p.m.

Activity # 4113.107

Dates: May

Monday & Wednesday -6:30-8:00 p.m.

Tuesday & Thursday - 7:00-8:30 p.m.

Location: Colchester Chung Do Kwan Academy

Fee: \$50

Non-Residents additional: \$15

UNITED STATES TENNIS ASSOCIATION ADULT TENNIS LEAGUE

Are you a beginner tennis player looking to be part of an adult tennis league? Don't miss this opportunity!! Grab your friend and form a team.

The Colchester Parks and Recreation Department is looking for beginner level men & women to form one or more teams representing Colchester in a league featuring teams from, Glastonbury, Marlborough, East Hampton, Hebron, Bolton and perhaps other surrounding towns.

5-10 players are needed per team. Each Match will consist of 1st Singles, 1st Doubles and 2nd Doubles matches. Matches will be held on Monday evening's beginning at 6:00 p.m. The winning team in the men's and women's divisions will have the opportunity to compete various divisional championships throughout New England. The season will run from mid May through July.

The league will be governed by the USTA. Membership in USTA will be required. Memberships include subscription to TENNIS and USTA Magazines as well as many other discount and privileges.

This league is for those fit in the National Tennis Rating of 2.5 for women and 3.0 for men. A general guideline is as follows:

The *National Tennis Rating Program (NTRP)* classifies players in a certain skill level. The NTRP provides a simple, self-placement method to group individuals of similar ability for league play, tournaments, group lessons, social matches and club or community programs. Ratings range from 1.0 (beginner) to 7.0 (world-class professional).

TYPICAL BEGINNER (2.5 – 3.0) SKILL LEVEL

FOREHAND: Form is developing; prepared for moderately paced shots; not always consistent.

BACKHAND: Grip and preparation problems; often chooses to hit forehand instead of backhand.

SERVE/RETURN OF SERVE: Attempting a full swing; can get the ball in play at slow pace; inconsistent toss; can return slow paced serve.

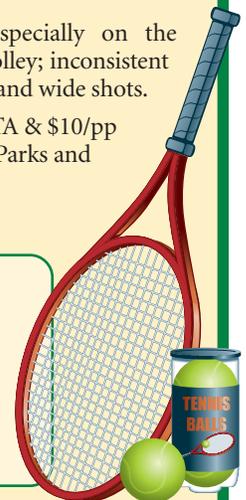
VOLLEY: Uncomfortable at net, especially on the backhand side; Consistent forehand volley; inconsistent backhand volley; has trouble with low and wide shots.

Fee: \$57/pp paid directly to USTA & \$10/pp paid directly to Colchester Parks and Recreation

Activity # 4113.110

INFORMATIONAL MEETING

If you are interested in participation or just want to learn more, please attend the informational meeting on Monday, April 20th, 7:00 p.m. at The William J. Johnston Middle School Media Center.





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TO SCHEDULE AN APPOINTMENT CALL: 860-537-7313 AND REQUEST THE COLCHESTER OFFICE 35 Halls Hill Road Colchester, CT

22767



Our after school programs are over at 4:30 p.m. unless otherwise indicated. We ask that you pick your child up at that time. We allow a 5 minute grace period. If you arrive after the grace period you will be billed a \$1.00 per minute late charge. Please be considerate! Please send a note with your child each week giving them permission to participate. Students will be dismissed to the café where they will be greeted by the instructor and escorted to the class location. For class cancellations please check our website at www.colchesterct.gov. We do what they do...If there is no school, there are no programs.



MAD SCIENCE

Grades 1 & 2

Week 1: LIFE IN THE SEA! What is life like under the ocean's surface? What kind of animals and plants are found in the sea? Examine and investigate starfish, sea urchins and shells. Learn about buoyancy and adaptation. Make your own Cartesian diver, and find out what humans must do in order to explore the deep, dark depths of our planet's oceans.

Week 2: ENERGY BURST! Explore the energy of motion (potential versus kinetic energy), and how energy can be conserved. Build a rubber band-powered rattlesnake egg to help learn all about energy and scare your friends.

Week 3: MOVING MOTION! Learn all about the forces behind the movement of planes, trains and automobiles. Students will perform a series of experiments to learn more about friction, inertia, and other forces that affect the way things move. Throughout the class the children will add to their very own take home inertia kit to continue experimenting at home.

Week 4: BUGS! Welcome to the realm of insects! Learn about their fabulous flying abilities, their unique eyesight, and the way that they defend themselves against predators. See how camouflage works and investigate how bugs can be helpful to our environment. Explore what characteristics insects have and build your own bug models to take home.

Week 5: LIGHTS! COLOR! ACTION! Uncover the hidden components in ordinary light and build your own Newton's Color Wheel to prove it. Attend a spectacular chemical energy display!

Week 6: STUNT PLANES & GLIDERS! The Wright Brothers would be proud as we follow in their footsteps and learn the fundamental principles of flight. Build a football glider, control surfaces and your very own loop-flying stunt plane. You'll be a Top Gun after this class! Registration deadline 4/15.

Dates: Wednesdays, April 22 – May 27
Location: CES Classroom H28
Fee: \$83 **Non-Residents additional:** \$15
Activity # 3113.101

DRAMA KIDS

Grades 1 & 2

“Fun in the Sun” Drama Kids Spring Workshop Come and explore your creativity through creative drama activities that develop speaking skills, builds confidence, and enhances early social skills and creative learning. Drama Kids International focuses on the overall development of each child in a positive reinforcement environment. Our creatives develop a curriculum that builds on itself as the student grows. Become a DRAMA KID today! This is a 6 week class. Grade 1 & 2 only. Registration deadline 4/21.

Date: Tuesdays, April 28 - June 9
Location: CES Adaptive PE Room
Fee: \$75 **Non-Residents additional:** \$15
Activity # 3113.100

SQUEAKY SNEAKERS 1 & 2

Get active and have fun after school with Mr. Levine! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kids busy with lots of games and various sports. Dress appropriately, we'll be outside as much as possible! Please note this is a 6 week class. Registration deadline 4/24.

Dates: Fridays, May 1 – June 5
Location: CES Gym
Fee: \$42 **Non-Residents additional:** \$15
Activity # 3113.102

SQUEAKY SNEAKERS KINDERGARTEN

Get active and have fun after school! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Please note this class is 6 weeks. Please wear sneakers! Registration deadline is 4/16.

Dates: Thursdays, April 23 – May 28
Location: CES Gym
Fee: \$42 **Non-Residents additional:** \$15
Activity # 3113.103

TOTAL TENNIS

Tennis Anyone? Each class will begin with a different type of dynamic warm-up. We follow up with creative and fun coordination exercise that help balance as well as motor skill development. Following the warm-up, we will work on tennis specific drills and games that will aid in our initial goal which is to have the children rally cooperatively. Lastly and most importantly, we will discuss the value of sportsmanship and how it relates to fun! This program is for grades 1 & 2 only! You may bring your own racquet or borrow a racquet. Registration deadline 5/5.

Dates: Tuesdays, 5/12 - 6/2
Fee: \$28 **Non-Residents additional:** \$15
Activity # 3113.104



LETTERBOXING

For All Ages

If you are looking for an active outdoor weekend event for good family fun, this is the active event for you and your family! For those looking to pursue the "No Child Left Inside" initiative, here is the perfect solution! Letterboxing is an active outdoor hobby that combines elements of orienteering, art and problem-solving. Letterboxers hide small, weatherproof boxes in publicly-accessible places and distribute clues to finding the box on several web sites (www.letterboxing.org or www.atlasquest.com, for example). This introduction to letterboxing class will give you all the information and tools you'll need, so you can have your own letterboxing adventures all summer long. At this introduction you will get a chance to make your very own notebook and stamps. After completion you'll be able to take some of the clues and find your very first letterbox that night. On August 28th the class will reconvene for a party so families can share their letterboxing stories from the summer.

Dates: Friday, May 1 2009
Time: 5:00 p.m.-7:00 p.m.
Fee: \$10.00 per family
Location: Cohen Woodlands
Activity # 8112.105

THE FAMILY THAT COOKS TOGETHER...

For All Ages

"Come and get it!" It may be dinnertime, but when was the last time your family sat down and enjoyed a meal together? With music lessons, ball practice, play rehearsal, and work schedules, it can be tough. Rounding up the troops for an evening meal can be almost impossible! Take a break from this hectic schedule to join Colchester Parks and Recreation along with Chef Donna Kaik at Bacon Academy to participate in a great family cooking workshop. Research is beginning to show that eating as a family has great benefits for your children and teenagers. Eating together as a family has several benefits including increasing family communication, improving grades, saving money and many more. This program will show families how to cook a healthy meal in thirty minutes or less. Then you will get to sit down and enjoy your hard work together with the other families. Each month will have a new menu with fun new items to cook. Sign up quickly as the kitchen can only accommodate 5 families.

Time: 6:00 p.m. - 8:00 p.m.
Fee: \$45/family **Non-Residents additional:** \$15
Location: Bacon Academy
Dates: Friday, April 24 **Activity #8112.102**
 Friday, May 15 **Activity #8112.103**
 Friday, June 5 **Activity #8112.104**

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MILLION DOLLAR BABIES

Ages: 2 & 3 year olds

Parent and child can experience the world of dance together in this six-week workshop. Children will be introduced to dance through rhythmic games, basic dance vocabulary, and spatial awareness exercises. Musical rhythm and loco-moto movements are explored in a fun and interactive way. Registration deadline April 11th.

Dates: Saturday, April 18 – May 23

Time: 9:45 a.m. – 10:30 a.m.

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents additional: \$15

Activity # 6113.102

TOTAL TENNIS PEE WEE

Ages: 4 – 6 years old

This is a high energy, interactive program with a high emphasis on fun! Kids will learn basic skills through creative & imaginative lesson plans. This is a 4-week class. You may bring your own racquet or borrow a racquet. Registration deadline 4/27.

Dates: Saturdays, May 2- May 23

Time: 9:00 a.m. – 10:00 p.m.

Location: RecPlex Tennis Courts

Fee: \$33

Non-Residents additional: \$15

Activity # 7113.116

LIL' KICKERS INTRODUCTORY PROGRAM

Ages: 3 – 5 years old

The Chung Do Kwan Academy of Colchester is offering a 4 week introductory Lil' Kickers Program. This specialized Taekwondo class is offered to children ages 3-5 years. The Lil' Kickers Program focuses on improving preschool-age children's basic motor and listening skills. In the Lil' Kickers classes, your child will be exposed to positive social interaction, learn to work with others and follow directions from the instructors through Taekwondo training. The curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. These skills are focus, teamwork, control, balance, memory, discipline, fitness and coordination. Registration deadline 3/31 Child must be 3 years old by 4/1/09.

Dates: Thursdays, April 2 – April 23

Location: Colchester Chung Do Kwan Academy

Fee: \$50

Non-Residents additional: \$15

Times: 9:30 a.m. – 10:10 a.m.

Activity # 6113.103

12:45 p.m. – 1:25 p.m.

Activity # 6113.104

START SMART BASEBALL

Ages: 3 – 5 yrs old with parent

Play with your kids!! This program focuses on teaching children and their parents basic baseball skills such as batting, throwing, catching, and running the bases without the threat of competition or the fear of getting hurt. Mandatory Parents Meeting on Wednesday, April 8th Town Hall Room 3 from 6 p.m. -7 p.m. . Adults only please. If you have already attended a Start Smart Parent Meeting, you are excused. Limit 20 students; Registration deadline 4/13. There WILL be class on April 27 even though it's a half day of school.

Dates: Mondays, April 20 – June 1

Location: CES Gym

Fee: \$35

Non-Residents additional: \$15

Time: 6:00 p.m. – 7:00 p.m.

Activity # 6113.100

7:00 p.m. – 8:00 p.m.

Activity # 6113.101

SKYHAWKS TINY-HAWKS

Ages: 3 & 4 year olds

Tiny-Hawk programs (3-4 years old) help children fine-tune their motor skills in soccer, baseball and basketball. These programs, designed for tiny athletes, teach the basic skills of the sport while fostering the natural thirst for discovery found at this age. Children must be toilet trained to attend, pull-up diapers are not allowed. Parents are encouraged to stay and participate if they want. The participant-to-coach ratio is approximately 6:1

Date: Monday through Friday,

June 22- June 26

Time: 9:00 a.m. - 9:50 a.m.

Fee: \$59

Non-Residents

additional: \$15

Location: WJJMS Gym B

Activity # 6112.101



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COLCHESTER 3 V 3 BASKETBALL JAMBOREE

Ages: 11 and up

Colchester Parks and Recreation is proud to present the first annual Colchester 3 on 3 Basketball Jamboree. This double elimination tournament is set to take place April 4, 2009 at the Colchester Schools and will start at 8:00 a.m. Cost per team is \$45 and the Registration Deadline is April 1, 2009. Registration for the tournament is now being accepted at the Colchester Parks and Recreation Department.

Divisions for the tournament are as follows (Male or Female):

Division 1: 11-12 **Division 2:** 13-14 **Division 3:** 15-16
Division 4: 17-18 **Division 5:** 19-29 **Division 6:** 30-39
Division 7: 40-49 **Division 8:** 50-59 **Division 9:** 60+

For divisions 1-4 the division your team falls into is determined by oldest players' age. Divisions 5 through 9 all players must be within the 10 year age range. There will also be two skills competitions held at the event, a 3 point shootout and Point Guard Challenge, registration for these events will be held day of the tournament. Refreshments and food will be available at the tournament. Registration forms can be found at the Colchester Parks and Recreation Department located at 127 Norwich Avenue Colchester, CT 06415. For more information contact Colchester Parks and Recreation at 860-537-7297.

Date: Saturday, April 4
Time: 8:30 a.m. - 8:30 p.m.
Location: CES Gym
Fee: \$45 per team
Activity # 9112.105



APRIL VACATION SPRING PARK AND REC KAMP (SPARK)

Grades K - 5

Join the Colchester Parks & Recreation staff during school vacation week! Our week long day camp is designed to fit the needs of children and parents during April vacation. While you're not in school, spend the day having fun with friends and classmates. You'll have jam-packed days that include arts & crafts, sports activities, outdoor activities, and more! Let's celebrate the Spring season together and do something different! Drop-off is in the JJIS gym. Registration deadline is one week prior to the start of camp. This is a 5-day program. Campers should bring a bagged lunch each day.

Schedule Options: 8 a.m.-3 p.m., **Fee:** \$99
Extended: 3 p.m.-6 p.m., **Fee:** \$30
Dates: Monday – Friday
 April 13- April 17
Time: 8:00 a.m. - 3:00 p.m.
Location: JJIS Gym
Fee: \$99 **Activity #** 6000.516
Extended Care: 3:00 - 6:00 p.m.
Fee: \$30 **Activity #** 6000.517



PITCH HIT & RUN BASEBALL CONTEST

Who: Boys & Girls ages 7-14 years
 Age is determined as of July 17, 2008
What: Baseball Skills Contest
Where: RecPlex R2
When: Sunday, April 26, 2009
 Rain Date Friday, May 1, 2009
Time: 12 - 4 p.m.
Fee: Free!!

To promote baseball enthusiasms as well as baseball skills, fun, physical fitness, and good sportsmanship. Pepsi & Major League Baseball Pitch Hit and Run is a local competition that provides youngsters across the country the opportunity to participate in a fun and exciting baseball skills competition. Pitch Hit and Run is a free national program that gives boys and girls ages 7-14 the chance to showcase their baseball abilities. Pitch Hit and Run is intended to encourage youth participation and emphasize the fun element of baseball. Participants can pre register at the Parks and Recreation office by April 18th. The individual Pitching, Hitting and Running Champions, along with the All-Around Champion in each age group at the local competition will advance to the Sectional Level of Competition.

All interested and eligible participants are encouraged to complete the registration/waiver form and return it to the Parks and Recreation office by Friday, April 18th. Registration forms will also be accepted the day of the competition at the Recreation Complex from 12:00 p.m. -1:00 p.m.

32ND ANNUAL HERSHEY TRACK & FIELD GAMES

Who: Boys & Girls ages 9-14 years old
 Age as of December 31, 2008
What: Local Track & Field Competition
Where: RHAM High School
When: Friday, May 22, 2009
Time: 3:00 p.m. -6:00 p.m.
Fee: Free!!

Hershey Track & Field Games help promote physical fitness, encourage participation, friendship and sportsmanship. Events include the 50-meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4x100 meter relay, standing long jump, and softball throw. Contestants can participate in two field events and one running event or two running events and one field event. The winners in each age division of the local district meet will advance to the state final and possibly qualify beyond to the North American Finals held in August. Registered participants from Jack Jackter Intermediate School and William Johnston Middle School between the ages of 9-14 years old will be granted permission to leave school early and be bused to the RHAM High School.

Late Fee Policy:

Program registration deadline is one week prior to the start of the program. If we can accommodate a registration after the deadline there will be a \$10 late registration fee.

4TH ANNUAL SPRING CLEAN-UP VOLUNTEER DAY

Date: Saturday, April 25
Time: 9 a.m.-12 noon
 8:30 a.m. check-in at the Town Green

Join hundreds of other community members and town organizations as we weed and beautify various parks and school grounds throughout Colchester! Come dressed to get dirty, and feel free to bring shovels, rakes and wheelbarrows. This year we are partnering with the Community Wildlife Habitat of Colchester and the Colchester Land Trust to expand the event's reach and results. This year's sponsors include: D.H. Marvin and Son, Dunkin' Donuts and Liberty Mutual Insurance.



2009 COLCHESTER SUMMER CONCERTS ON THE GREEN SPONSORED BY ROCKVILLE BANK

Date: Sundays, July 5-August 9
Rain dates: Aug. 16 & 23

Time: 5:00 p.m.

Location: Town Green

The concerts are back and better than ever, with another incredible line-up of entertainers, sponsors, pre-concert activities, concessions and more! Visit the concert web page for up to date information as it develops: www.colchesterct.gov/concerts.

TV SHOW DEBUT PARTY!

Date: Thursday, April 9
Time: 7:30-9:30 p.m.
Location: Town Hall
Fee: FREE



Join us for an evening of "must see TV", as NBC unveils their new show, "Parks & Recreation" featuring Amy Poehler, from the producers of the hit show, "The Office". This mockumentary will poke fun at local government officials using the local Parks & Recreation department as the focal point. The 8:30 p.m. debut will be preceded by "The Office" at 8:00 p.m. Expect an evening of laughter and fun! The shows will be aired on a large projection screen.

COLCHESTER'S 4TH ANNUAL NAME TAG DAY

Date: Saturday, May 16th
Time: 10:00 a.m.
Location: Town Green

Join your friends & neighbors for Ice Breakers & Team Building activities. Make new connections! Wear a name tag! One you already have, make a "family" nametag or wear one of ours, some will be available. Help us set the record for a townwide "circle sit." For more information contact Parks & Recreation at 537-7297 or email us at parksandrec@colchesterct.gov.



4TH ANNUAL TOUR DE TRAIL

Date: Saturday, June 6
Time: 10:00 a.m.-12:00 noon

Walk, bike, jog or ride your horse along the Air Line Trail. In celebration of National Trails Day, the Parks & Recreation Departments in Colchester and East Hampton are teaming up to offer activity stations along the trail.

Activity stations will be scattered along the approximately 10-mile section that runs through three towns. Stations will feature: Bike Maintenance, Trail History, Nature Interpretation, Land Conservation, Letterboxing, Viaduct History, Trail Safety, and more!

As a special reward for visiting at least three of the stations, visitors will receive a souvenir "Tour de Trail" t-shirt. Pick up your "Trails Day Passport" at any station, and get it stamped at each one you visit. Then turn it in at one of the designated stations for your free shirt.

For a map of the Air Line Trail, including parking areas, visit the Parks and Recreation Office, or download it from the web site: www.colchesterct.gov/parks.



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S.N.A.G. -STARTING NEW AT GOLF

Ages: 5 to 8 years old

Skyhawks Sports Golf focuses on building the confidence of young athletes through training in proper technique and foundational skills. Golf is a challenging and lifelong sport, so young athletes need proper focus on the essentials of a good swing, putting, and body positioning. To assist in this training, Skyhawks Sports has adopted the SNAG (Starting New At Golf) technology to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and "mini tennis balls" to help build confidence and to have fun. As a safety precaution, Skyhawks Sports will be utilizing golf helmets for protection. The participant-to-coach ratio is approximately 8:1. All participants receive a t-shirt and a merit award (To reserve and receive the correct size free t-shirt, you must order via skyhawks.com 1 week prior to camp.)

Dates: Monday through Friday June 22- June 26

Time: 10:00 a.m. -1:00 p.m.

Location: WJJMS Gym B

Fee: \$120

Non-Residents additional: \$15

Activity # 7112.106

SKYHAWKS FLAG FOOTBALL

Ages: 6 to 12 years old

Skyhawks flag football offers a complete package of skills and thrills that teaches every young athlete to enjoy this fast-paced game. Athletes will get a rich introduction to all the positions on offense and defense, preparing them to be true champions on the gridiron. The program will also introduce the core skills of passing, catching, and de-flagging or defensive positioning, all presented in a fun and invigorating training environment. The week ends with the Skyhawks Bowl and a chance for athletes to showcase new and refined skills. All participants receive a football, tshirt and merit award. The participant-to-coach ratio is approximately 14:1. Registration deadline is July 6th. Drop off at WJJMS Gym B.

Dates: Monday through Friday July 13- July 17

Time: 9:00 a.m. - 12:00 p.m.

Location: WJJMS Gym A

Fee: \$115

Non-Residents additional: \$15

Activity # 7112.101

SKYHAWKS SOCCER

Ages: 8 to 14 years old

New for 2009, the affordable Skyhawks Sports recreation-based camps are for youth focusing on having fun, being safe, and reinforcing skills taught at Skyhawks Sports skill-based camps. Recreation camps offer soccer related drills, games and scrimmages, providing opportunities to understand the basics and enjoy the sport. The participant-to-coach ratio is approximately 14:1.

Dates: Monday through Friday July 6 –July 10

Time: 1:00 p.m. – 3:00 p.m.

Location: WJJMS Gym A

Fee: \$59

Non-Residents additional: \$15

Activity # 7112.107

SKYHAWKS MINI-HAWKS

Ages: 4 to 7 years old

Mini-Hawks programs allow young children to explore soccer, baseball, and basketball in a day-program setting. There is no pressure - just lots of fun while these young athletes participate in all three sports through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the specific needs of young children and is committed to helping them start off on the right foot as they venture into athletics. All participants receive a mini Skyhawks ball, tshirt and merit award. The participant-to-coach ratio is approximately 8:1. Registration deadline is July 7th.

1st Session

Dates: Monday through Friday July 13- July 17

Time: 9:00 a.m. -12:00 p.m.

Location: WJJMS Gym B

Fee: \$115

Non-Residents additional: \$15

Activity # 7112.102

2nd Session

Dates: Monday through Friday August 3- August 7

Time: 9:00 a.m. -12:00 p.m.

Location: WJJMS Gym B

Fee: \$115

Non-Residents additional: \$15

Activity # 7112.103

SKYHAWKS MULTISPORT

Ages: 8 to 14 years old

Multi-sport programs are designed to introduce young athletes to a number of sports and allow them to have fun experiences in a variety of arenas. These programs are designed to motivate the children to be active and healthy while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. This particular camp will be offering Basketball, Frisbee, Baseball and Soccer. All participants receive a t-shirt and merit award. The participant-to-coach ratio is approximately 12:1. Registration deadline June 30th.

Dates: Monday through Friday July 6- July 10

Time: 9:00 a.m. - 1:00 p.m.

Location: WJJMS Gym B

Fee: \$89

Non-Residents additional: \$15

Activity # 7112.104



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Youth Services



At Colchester Youth Services, our mission is to provide a variety of services that will offer youth the opportunity to develop in a positive way so that they may reach their full potential as healthy members of society. Our services are based on the "Positive Youth Development" model which assumes that when young people develop a sense of attachment and commitment to their families, schools, peers and communities they will be less likely to engage in unhealthy behaviors. Positive Youth Development services are generally directed towards groups rather than individuals. They are aimed at prevention, meaning they are proactive - anticipatory and growth enhancing. The philosophy supporting a positive youth development model places value on young people regardless of their situations, and emphasizes their strengths and potential. If you are interested in learning more about Youth Services, contact us at youthservices@colchesterct.gov or 537-7255. We publish a bi-monthly newsletter that includes a calendar of events, agency updates, parenting advice, and information on the latest issues affecting children and families. The information is available at www.colchesterct.gov or you can give us a call and we will add you to our mailing list.

Sincerely,
Valerie Geato, Director

Our current programs include: community service groups (Youth Action Council and Youth Force Group), Club R.A.P. (Reaching Academic Potential) a collaborative program with WJMS, Anger Management (High School), Girls' Circle (8th Grade), After School CREW (6th grade boys), and Social Skills groups for kids in grades 3,4 and 5.

UPCOMING YOUTH SERVICES PROGRAMS:

Open Youth Center is a time for middle school youths to hang out in a supervised, safe environment. We have a pool table, DDR, Guitar Hero, Air Hockey, a craft room, and a reading/homework area. Weather permitting, outdoor activities are also offered. Attending the Youth Center is a privilege and kids are required to be respectful of staff, their peers, and the equipment. Pre-registration is not required, registration forms are completed on the first day. Questions? Just give us a call.

Kids Care Club The mission of Kids Care Club is to develop compassion and the spirit of charity in children through hands-on service projects that benefit others in their local and global community. The theme changes each month. Call us or check on-line for upcoming dates. The free program is open to students in grades 1-5. A snack is provided. Call to register ASAP because space is limited.

Please look for more information about Youth Services in our NEW upcoming Town Guide.

SKYHAWKS SKATEBOARDING

Ages: 7 to 14 years old

This program is perfect for the beginner skateboarder who would like to learn more about this growing sport. This popular sport will be introduced through fun skill-building games and activities. This program also teaches balance and pushing (both on ground and on ramps), tricks, riding on flat rails, sliding on rails, and dropping onto ramps. On Friday there will be a parent showcase. This will be a rewarding and an educational experience that will promote future interest in skateboarding. This program will be directed and taught by qualified skateboarders. Registration deadline July 14th.

Dates: Monday through Friday July 20- July 24

Time: 9:00 a.m. - 12:00 p.m.

Location: RecPlex Skate Park

Fee: \$115

Non-Residents additional: \$15

Activity # 7112.105

TAEKWONDO INTRODUCTION

Ages: 4 – 11 years old

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 4-11! Students will receive the basic knowledge of Taekwondo as well as physical fitness training. This is a great activity for children because it helps increase focus, concentration and discipline. This is a one-month program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open to beginners. Come and try out this exciting and challenging sport! Registration deadline is 3/31 for April class, and 4/26 for May class. The registration fee includes a free uniform! You may only participate in this program once.

Date & Time: Monday & Wednesday 5:30-6:30 p.m.
Tuesday & Thursday 6:00-7:00 p.m.

Location: Colchester Chung Do Kwan Academy

Fee: \$50

Non-Residents additional: \$15

Activity # 7113.108 April

Activity # 7113.109 May

APRIL VACATION TOTAL TENNIS CAMP

Ages: 4 – 17 yrs old

Get out and have some fun during April Vacation week! Participants will be grouped by age and experience level. We start each day with a warm-up consisting of footwork drills & dynamic stretching. The lesson plans will be designed to accommodate all levels of play. Game based lesson plans will be incorporated based on player experience. Overall, the goal is to teach tennis as a lifetime sport in a fun and active environment. Registration is \$24 PER DAY so please specify which days you will be enrolling in. Additional days must be added by Monday, April 13th at 4:00 p.m. You may bring your own racquet or borrow a racquet.

Location: Bacon Academy Tennis Courts

Time: 9:00 a.m. – 11:30 a.m.

Dates: Monday **Activity #** 7113.111

Tuesday **Activity #** 7113.112

Wednesday **Activity #** 7113.113

Thursday **Activity #** 7113.114

Fee: \$24 per day **Non-Residents additional:** \$15 per day

TOTAL TENNIS BEGINNER/ADVANCED BEGINNER

Ages: 7 – 17 yrs old

This program is designed for those kids who are new to the game or have very little experience. During the different sessions we focus on basic skills such as movement, proper grips & stroke production. You may bring your own racquet or borrow a racquet. Registration deadline is 4/27.

Dates: Saturdays, May 2 - May 23

Time: 10:15 a.m. – 11:30 a.m.

Location: RecPlex Tennis Courts

Fee: \$42

Non-Residents additional: \$15

Activity # 7113.117

**TOTAL TENNIS
LOW INTERMEDIATE/INTERMEDIATE**

Ages: 7 – 17 yrs old

This program is for the individual who has basic rally & competitive skills. The course is designed to introduce spins, advance footwork, serve, placement & strategy. You may bring your own racquet or borrow a racquet. Registration deadline 4/27.

Dates: Saturdays, May 2 – May 23

Time: 11:45 a.m. – 1:00 p.m.

Location: RecPlex Tennis Courts

Fee: \$72

Non-Resident additional: \$15

Activity # 7113.118

TRACK & FIELD CLINIC

Ages: 8 to 14 years old

Is your child interested in track & field? Well, our Track & Field Clinic comes just in time for your child to learn about the types of events associated the Hershey Track & Field program. Colchester will hold its portion of the event on Friday, May 22nd. This clinic is a 4-week, 8 session program that will lead up to the local Hershey event. The program will be held on Tuesday and Friday evenings starting April 14th. Don Levine will direct the clinic and have your child gain familiarity with this exciting sport. This program is for ages 9 - 14 (participants must be of age as of December 31, 2007).

Dates: Tuesdays and Fridays, April 14- May 8

Time: 6:00 p.m. - 7:00 p.m.

Location: BA Track

Fee: \$42

Non-Residents additional: \$15

Activity # 7112.109



MLS SOCCER CAMPS

MLS Camps is America's first choice for soccer, serving over 270,000 enthusiasts annually. Their licensed coaches develop the talent in boys and girls U4 -U10 with their Play S. A.F.E. curriculum, and challenge more competitive players U10 -U18 with their A.T.T.A.C.K. curriculum. MLS Camps is the only camp program in the United States that features Strengths-Based Coaching. As the official camp and clinic of Major League Soccer, MLS Camps offers campers a companion voucher to see an exhilarating MLS game and the opportunity to attend an amazing post-camp MLS team Stadium Graduation event. To register for camp online visit MLScamps.com or for more information contact Chris Woodside, Recreation Specialist, at 537-7297.

Cost and Ages

Session 1	3 hours	Ages 5 and up	\$100.00 per week
Session 2	6 hours	Ages 6 and up	\$150.00 per week
Session 3	1.5 hours	Ages 4-5	\$80.00 per week
Session 4	1 hour	Ages 3 – 4	\$65.00 per week

Camp Dates

April 13 - 17, 2009

Session 1: 9 a.m. – 12 p.m.

Session 2: 9 a.m. – 3 p.m.

Session 3: 9 a.m. – 10:30 a.m.

Session 4: 11 a.m. – 12 p.m.

June 22 - 26, 2009

Session 1: 9 a.m.-12 p.m.

Session 2: 9 a.m.-3 p.m.

Session 3: 9 a.m.-10:30 a.m.

Session 4: 11 a.m.- 12 p.m.

July 20 - 24, 2009

Session 1: 9 a.m. – 12 p.m.

Session 2: 9 a.m. – 3 p.m.

Session 3: 9 a.m. – 10:30 a.m.

Session 4: 11 a.m. – 12 p.m.

August 3 - 7, 2009

Session 1: 9 a.m.-12 p.m.

Session 2: 9 a.m.-3 p.m.

Session 3: 9 a.m.-10:30 a.m.

Session 4: 11 a.m.-12 p.m.

Dr. Steven C. Lakes, DMD



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& Dr. Ventura

30 years crown and bridge experience.

Theresa Beeman, RDH
Kelly Darby RDH
Barbara Papandrea RDH

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- Dentures
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Tues: 12pm-6pm
Wed: 9am-6pm
Thurs: 9am-7pm
Fri: 9am-6pm
Sat: 9am-5pm



Mary Sue Katie Kelly

Walk-ins & Appointments Available
79 B Norwich Ave., Colchester, CT **860.537.6808**



Quad-County Bus Tours

WRENTHAM OUTLETS & PATRIOTS PLACE

Shop til you drop at the Wrentham Outlets. This trips gives you a great chance to get out and start that Christmas shopping early. Wrentham Village has over 100 stores to visit. After you've gotten all shopped out visit Patriot Place in Foxborough, a one-of-a-kind entertainment destination.

Date: Saturday, November 14, 2009
Departing from: Marlborough Town Hall
Time: 8:30 am
Cost: \$50 per person

BOSTON ON YOUR OWN

Experience the beauty of the city of Boston on your own on Saturday April 18, 2009. With a multitude of things to do in the city you won't be bored whether it be taking some time to shop in Quincy Market or visiting either the Science Museum or New England Aquarium, Boston is sure to have something for you. Space is limited on the bus so be sure to sign up early to ensure your seat on this great trip.

Date: Saturday, April 18, 2009
Departing from: East Hampton Parks and Recreation
Time: 7:30 am
Cost: \$40 per person

BRONX ZOO

Whether you're nose to nose with lowland gorillas in our famous Congo Gorilla Forest, spotting leopards in our naturalistic Himalayan Highlands Habitat, or experiencing almost an acre of an indoor Asian rain forest, you're always within roaring distance of amazing wildlife. Join us as we visit the largest metropolitan zoo in the United states. This exciting trip is fun for the whole family and is sure to be a hit with everyone from your son to your grandma.

Date: Saturday, May 16, 2009
Departing from: Marlborough Town Hall
Time: 8:00am
Cost: \$71 for adult, \$68 for child

BOSTON RED SOX GAME

Take me out to the ball game, take me out to the crowd. Come out to historic Fenway Park to enjoy the great American past time with your family or even by yourself. If you've never been to a game or seen a million this is the trip for you.

Date: Saturday, June 6, 2009
Departing from: East Hampton Parks and Recreation
Time: 3:15 p.m.
Cost: \$115 per person

NARRAGANSETT BAY CRUISE

For all Ages

Take a narrated cruise past 10 Rhode Island Lighthouses in Narragansett Bay along with a complete Newport Harbor Tour. This 30 mile cruise also takes you past 10 beautiful islands, under the breathtaking Jamestown & Newport Bridges, past mansions, Fort Adams and many other famous Rhode Island sights. Whether you live in Rhode Island or are here on vacation, Rhode Island Bay Cruises will provide you and your guests with the best way to see Narragansett Bay aboard a luxurious sightseeing catamaran. A convenient departure location from Quonset Point along with free dockside parking. There is no other sightseeing cruise like it in New England. This exciting trip will leave from Colchester at 8:00am. Upon arrival in Newport you will be given time to enjoy the beautiful area. At 1:40 we will board the boat and at 2 begin the tour of the wonderful lighthouses. Bus will depart for home at 5 p.m. This is a very popular trip and space is limited to be sure to sign up early!!

Date: Tuesday, August 18th
Cost: \$75 per person.

BOSTON HARBOR CRUISE

For all ages

The magnificent Tall Ship Fleet returns to Boston for an exciting Boston Sail 2009. The trans-Atlantic regatta will start in Vigo, Spain. From there the fleet will race to Tenerife in the Canary Islands, en route to Bermuda. The fleet will then voyage to Boston, for Sail Boston 2009, and then race north to Halifax, Canada. From there the fleet will race back across the North Atlantic to Belfast, Northern Ireland. The five-day Sail Boston festival will begin with the Grand Parade of Sail into Boston Harbor, continue with a crew and cadet parade through the downtown streets of Boston, crew and cadet soccer tournaments, exciting harbor tours, shopping, music, entertainment and the best cuisine in New England. This is your chance to get a 90 minute close up narrated cruise through the harbor to see these magnificent boats. This trip will leave Colchester at 7:00 am. Upon arrival you will take your 90 minute cruise through the harbor. After the cruise you will be given free time to explore the city and take in the Sail Boston Festival. Bus will depart for home at 5 p.m. This is a very popular trip and space is limited to be sure to sign up early!!

Date: Saturday, July 11
Cost: \$85 per person



Welcome to your library, a warm and beautiful place to visit. Open hours are Monday through Thursday 10 a.m. to 9 p.m., Friday and Saturday 10 a.m. to 4 p.m.

Besides books by best selling authors, high interest magazines, new biographies, travel, health titles, four daily newspapers and over 20 internet workstations (& free wifi), look for many fascinating and entertaining programs this spring – all free of charge.

Free Yoga on most Monday evenings (call ahead to confirm).

Friends of Cragin Book Sale - always something new available in the hard cover, paperback and children's shelves. Available during service hours.

Anne Frank Series - This brave, spirited and talented author would have celebrated her 80th birthday this year. We will honor her with the following free programs.

April 20 at 7:00 p.m. - Join New York University professor Rolf Wolfswinkel for a talk on the Frank family and the hardships of going into hiding in wartime Holland. Issues of discrimination, passivity, collaboration and betrayal will be examined.

May 5 at 7:00 p.m. - "The Last Seven Months", a film by Willy Lindwer, follows Anne after the diary ends, by interviewing women who were with her in Westerbork, Auschwitz and Bergen-Belsen. There will be discussion following this screening.

May 20 from 11:00 a.m. to about 6:00 p.m. - A Reading of the entire The Diary of Anne Frank by members of the Colchester community.

Please keep an eye on our website, where our monthly newsletter is available, for additional information on these programs and other library services. As always, please do not hesitate to telephone (537-5752) or email (mailto:cragin@colchesterct.gov) us with your questions. Answers are our business...please ask!

PROGRAMMING FOR ADULTS

April

- Jump into spring with Declutter! A How-To on Getting your Breathing Space Back program with Ned Farrell on April 2, 2009 at 7:00 p.m.
- A lively book discussion of Loving Frank by Nancy Horan will take place on April 13 at 7:00 p.m. with discussion leader Susan Topping of Three Rivers Community College.

June

- Meet Pvt. William Webb, an African-American Connecticut Civil War Soldier, portrayed by reenactor Kevin Johnson on June 2, 2009 from 9:30-11:30 a.m. Mr. Johnson's presentation of Pvt. Webb, is told from an emotional and exciting first person perspective that vividly tells of his early life in Hartford, his recruitment and training, and the traumatic final battles of the Civil War.

Ongoing

- Introduction to the Internet classes for individuals with little or no experience using the Internet, led by Adult Services Librarian, Karen Giugno.
- Play the Wii for Teens on Wednesdays for students in grades 6-12.

SPRING VACATION WEEK ACTIVITIES

All programs are free and open to the public

MILLION \$\$ BABIES

Dance class offered by Judy Albano

Monday, April 13, 12-12:30 p.m.

2 & 3 year olds, parental participation required

MOVIES

Peter & the Wolf *Not rated*

(but probably frightening for very young children)

Tuesday, April 14, 11:00 a.m. – 11:30 a.m.

Space Chimps (G)

Tuesday, April 14, 12:00 p.m. – 1:30 p.m.

BUBBLE TECHNOLOGY

The Children's Museum of West Hartford will

offer three replicate classes for grades K-8 on Wednesday, April 15:

11:00 - 11:45 a.m.

12:00 - 12:45 p.m.

1:00 - 1:45 p.m.

The popular science of bubbleology lets students discover cohesion, surface tension, and the other amazing properties of water. Stand inside a giant bubble! Shake hands through a bubble! Create square bubbles!

MAKE A SOCK PUPPET

Classes offered by Sharon Boski

Thursday, April 16, 11:00 a.m. – 12:00 p.m.

For grades K-5 (Adult helper required for K-2)

BYOS (bring your own sock)

TV PUPPETRY

Friday, April 17, 1:00 p.m. – 3:00 p.m. For grades 6 through adult

OPEN CRAFT ROOM

Friday and Saturday, April 17 & 18 Decorate a bag for Earth Day!

Space is limited for some classes. Registration required for all programs except Movies and Open Craft Room. For more information or to register, call the library (537-5752).

STORY TIMES AT CRAGIN

Story Times will run through the first two weeks and last two weeks of April, and the last two weeks of May. There will be no story times during Spring Vacation Week.

Wild Ones – Wednesdays, 10:30 – 11:00 am

A very active class for one year olds and their caregivers. Stories, finger plays, music and dance are part of this program.

2s & 3s – Tuesdays, 10:30 – 11:00 a.m. and 1:00 – 1:30 p.m.

Sing songs, listen to stories and make a simple craft for two and three year olds and their caregivers.

4s & 5s – Tuesdays, 11 – 11:30 a.m. and Thursdays, 1:00 – 1:30 p.m.

This class is just for fours and fives; caregivers get a chance to browse the collection.

P.J. Story Time – Thursdays, 6:30 – 7:00 p.m.

A drop-in geared for three to six year olds. Families are welcome to stay and hear stories and help make a craft.



Parks Remarks

TOWN RECREATIONAL FACILITIES

Maps and complete information are available on the Parks and Recreation section of the Town web site: www.colchesterct.gov.

DAY POND STATE PARK

Located off Westchester Road, the park offers well-marked scenic hiking trails leading to old foundations, extinct bridges, and the Salmon River. Remains of an old mill are at the west end of the pond. A sandy beach offers swimming. Picnic areas are spread throughout the park.

SALMON RIVER STATE PARK

Located off Route 16, the park boasts the beautiful Comstock Covered Bridge, plenty of picnic areas along the Salmon River, hiking trails and fishing.

CHANTICLAIR GOLF COURSE

Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

TOWN OF COLCHESTER RECREATION COMPLEX

Located on Old Hebron Road, this park offers softball and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

SCHUSTER PARK

Located off Mill Hill Road, it is operated by the Colchester Fire Department and offers picnic shelters.

LIONS CLUB SKATING POND

Located on Halls Hill Road, it is open to the public and offers a concession stand and picnic areas.

RUBY AND ELIZABETH COHEN WOODLANDS

121 acres of open space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

AIR LINE TRAIL STATE PARK

Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the

are playgrounds and sports fields that are open to public use during non-school hours.

TOWN GREEN

Host to many town-wide events, such as carnivals and art shows, it is also home to a large gazebo and a softball field.

FACILITY RESERVATION PROCESS

Group use of Colchester park facilities, school ballfields and

reasons for these rules, not the least of which is that the Town and the Board of Education wish to have safe havens for our community's children, where they can learn healthy behaviors. When they see athletes and other adult role models drinking and smoking, that sends the wrong message to our kids.

PLEASE RESPECT YOUR PROPERTY

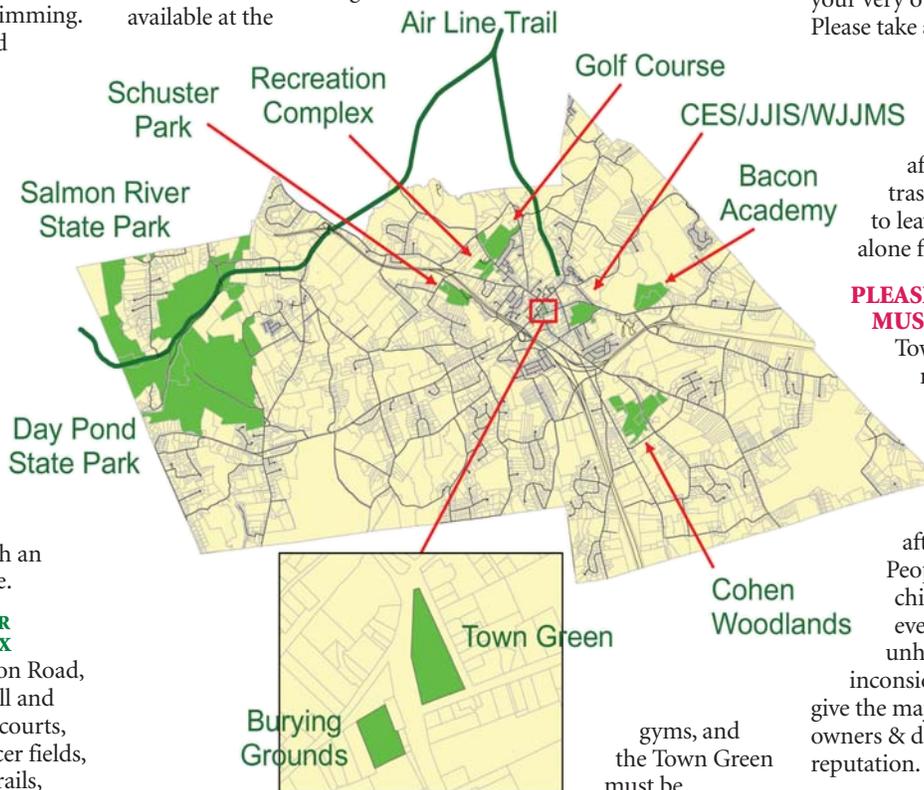
This is your park. It's just like your very own back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.

PLEASE! DOGS MUST BE LEASHED!

Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation.

PLAYSCAPE SAFETY

Did you know that the older kids' playscape units are designed for bigger sized hands to grasp, bigger legs & stronger muscles? Children under 6 are not developmentally ready for these activities and could get hurt. They could also collide with a larger child. Please let common sense decide what's safe, not the kids. Adult supervision is best.



Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

COLCHESTER SPUR

Extending south from the Air Line Trail in Hebron is a town-owned trail that terminates by the old train depot on Lebanon Avenue in Colchester.

SCHOOL GROUNDS

At the many schools in town

gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

SMOKING & ALCOHOL PROHIBITED IN PARK

Please remember that smoking, alcohol and other narcotics are prohibited in the park, as well as on school premises. There are many



WINTER FACILITY WORK UPDATE

For the benefit of the community we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds. For more information about any of these items, please contact the Director of Parks & Recreation. Completed projects:

- Set up holiday decorations on Town Green
- Set up ice rink for season
- Repainted Recplex bathrooms and picnic tables
- Planted tree at Town Hall
(donated by CT Tree Warden Society)
- Closed/winterized all water systems for season
- Corrected improper wiring at R8
- Work has begun on Rte 149 trail crossing using DEP grant
- Repaired light system at tennis/basketball courts



LIGHTNING SAFETY

According to the National Lightning Safety Institute, the following precautions should be taken when outdoors and lightning or thunder is first seen or heard:

- Avoid water.
- Avoid the high ground.
- Avoid open spaces.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.
- Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
- Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.
- If lightning is striking nearby when you are outside, you should:
 - Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
 - Avoid proximity (minimum of 15 ft.) to other people.
- Suspend activity for 30 minutes after the last observed lightning or thunder.

TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water
2. Footing is unsure or slippery
3. Ground is water logged & squishy
4. Grass is easily pulled out of ground
5. Lightening or Severe Weather Storms

When games are played under these conditions, it can often cause irreversible damage to the field. It takes months, sometimes years, for the field to recover. It is also unsafe, causing pulled muscles due to slips & strains.

Pavilion Rentals

Looking for a great place to hold a birthday party, family reunion or other gathering? How about our Pavilion at the Recreation Complex!

It's simple and inexpensive to reserve:
Colchester Residents - \$25/4 hrs; \$50/8 hrs
Non-Residents - \$50/4 hrs; \$100/8 hrs

The reservation form and policies are available on our web site at:
www.colchesterct.gov/parks

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills. Add \$5 for electrical usage (must be reserved in advance). Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:
Spraypark, Skatepark & Playscapes

Learn more about the Recreation Complex at:
www.colchesterct.gov/parks

Note: Reservations are not required for pavilion use - anyone may use it if it is open. However, a reservation, along with a permit from Parks & Recreation, will guarantee its availability. If a group shows up with a reservation permit, it must be vacated. A calendar of reservations is posted weekly on the board behind the backstop of R1.

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GENERAL INFORMATION

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees prohibited.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during activities for publication and use for promotional purposes unless otherwise stated.

Americans with Disabilities Act

Colchester Parks & Recreation recognizes that every person is unique and brings with them a wide range of skills and abilities. We continuously strive to provide challenging experiences so that all can achieve their full potential. As such, we encourage and support individuals with disabilities to fully participate in all programs offered by our department. Please let us know how we can accommodate you.*

Find a Mistake

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our brochure to meet this need. A Parks and Recreation water bottle will be awarded to the first caller to report an error.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations and fees described are subject to change.

Weather/Cancellation Policy

Please check our website at www.colchesterct.gov for weather cancellations. For your convenience you may also call our office to hear a special recorded message. We do what they do! If there is no school, there are no programs unless otherwise noted.

HOW TO REGISTER

Registration Procedure: Please remember to include the Activity Number and Activity Name on your Registration Form.

Example:

Women's Basketball

2000.303 WJMS Gym 6:00 p.m. - 9:00 p.m. Th

1. Walk-In

Stop by the Parks and Recreation office, Suite 107, First Floor Town Hall. We are open to the public Monday thru Friday, 8:30 a.m. - 4:30 p.m. Registrations will be processed until 4:00 p.m.

2. Mail-In

Mail in registration form and fee (payable to the Town of Colchester) to:
Parks & Recreation
127 Norwich Avenue
Colchester, CT 06415



Location Abbreviations:

BA: Bacon Academy
TH: Town Hall
WJMS: William J. Johnston Middle School
CES: Colchester Elementary School
JIS: Jack Jackter Intermediate School

3. Drop Box

Drop it in the drop box slot to the left of the front doors of the Town Hall. You can do this anytime the office is closed.

4. Fax or E-mail to

Fax (888) 468-6093
apmiazga@colchesterct.gov

5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to www.colchesterct.gov you can access all Parks & Recreation program information and register on-line at your convenience! To access program information, click on Parks and Recreation on the menu, then click on Parks & Recreation PROGRAMS. This will link you directly to Active.com's website. You will find all programs offered listed at this location. To sign up for a program on line, you must register with Active.com initially to log on. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.

PLEASE DO NOT PUT CREDIT CARD INFO IN A FAX OR EMAIL!

Inability to Pay

If a hardship exists, the applicant may be granted a reduced or waived fee. Forms are available upon request. Confidential written applications may be made to the Parks and Recreation Director.

Non-Resident Policy

Colchester residents' registrations will be processed first. Non-residents are eligible to participate if space allows. Non-resident registrations will be processed one week after registrations begin. There will be a \$15.00 non-resident fee. Non-residents may be placed on a waiting list, and will be called after all Colchester residents from the waiting list are contacted. Non-residents are ineligible to participate in a lottery. This policy excludes bus trips.

Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class openings become available, we will use the waiting list to fill the class. If no openings occur, we will make a full refund.

Seasonal Brochures

Seasonal brochures are published 4 times per year: Fall (Aug.), Winter (Nov.), Spring (Feb.), Summer (May). They are distributed on the last Thursday of the respective month within a complimentary edition of the Colchester Bulletin. Submissions deadlines are the 1st of the month prior to publication (e.g. July 1 for the Fall issue).



Satisfaction Guarantee

"Colchester Parks & Recreation stands behind all of its programs and activities with a satisfaction guarantee. If you are not completely satisfied, we will do what it takes to make things right."

Late Fee Policy:

Program registration deadline is one week prior to the start of the program. If we can accommodate a registration after the deadline there will be a \$10 late registration fee.

Return Check Fee:

All checks returned for non-sufficient funds (NSF) will be charged an additional \$25 fee.

*The Town of Colchester abides by all guidelines of the 1990 Americans with Disabilities Act (ADA).



•• Please Read!!! •• LOW ENROLLMENT PROCEDURE

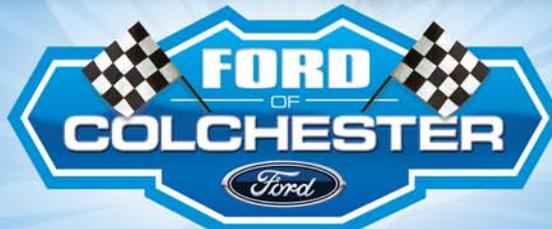
The Early Bird Gets the Worm! Don't let a great program get canceled due to low enrollment! REGISTER EARLY! If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be canceled.

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23942

YOU MUST PRE-REGISTER
FOR ALL PROGRAMS

REGISTRATION FORM

FOR OFFICE USE ONLY

DATE: _____ REC'D BY: _____

CASH/CREDIT/CHECK # _____

RECWARE WAIVER CONFIRMATION

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

Name/Adult: _____

Mailing Address: _____

Has this Address changed since you last registered? ___yes ___no

Evening Phone: _____ Day Phone: _____ E-mail: _____

Secondary Emergency Contact: _____ Phone: _____

MEDICAL INFORMATION

Physician: _____ Phone: _____

Please list any allergies, medications, or previous conditions which we should be aware of:
i.e. ADD, ADHD, Hearing impaired, Visually Impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? YES NO
Wheel Chair Access for Bus Trips

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees contracted instructors and volunteers from the liabilities which may occur while participation in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Colchester does not provide accident/medical insurance for program participants. In addition, I give permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under 18) _____ Date _____

Other Signatures (All those listed below over 18 years of age must sign the release.) _____ Date _____

Please Circle:   Credit Card#: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Participant	Sex	Date of Birth	Grade	Activity Number	Cost	Activity Name

Please send this form to:
Parks & Recreation • 127 Norwich Avenue • Colchester, CT 06415
or fax to (888) 468-6093
Make check payable to: Town of Colchester

	Non-Resident Fee \$15.00 per class
	Scholarship Fund Donation
	Total Due

PLEASE CUT OUT THIS FORM BEFORE SENDING IN.

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