



Colchester and Parks and Recreation

Visit our Website www.colchesterct.gov

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Winter 2009

ONLINE REGISTRATION BEGINS:
January 1, 2009

OFFICE REGISTRATION BEGINS:
January 2, 2009

Norwich Bulletin
NorwichBulletin.com

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- Only \$50.00 to open (up to age 12).
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Parents or grandparents must accompany children to open an account.

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From the Director

As winter settles in, a significant chunk of my time is focused on budget development. While the referendum is more than half a year away, my colleagues in Town Hall and I are already knee deep in budget work.

We realize that the budget is the lifeblood of our ability to serve the community, meet your needs and hopefully exceed your expectations. Yet we are also keenly aware that these are your tax dollars, and, as precious as they are in any year, they are even more limited in this economic climate. So we commit the time necessary to reviewing, refining and sometimes completely restructuring parts of our budgets in order to be as efficient and cost effective as possible while at the same time not sacrificing service or quality.

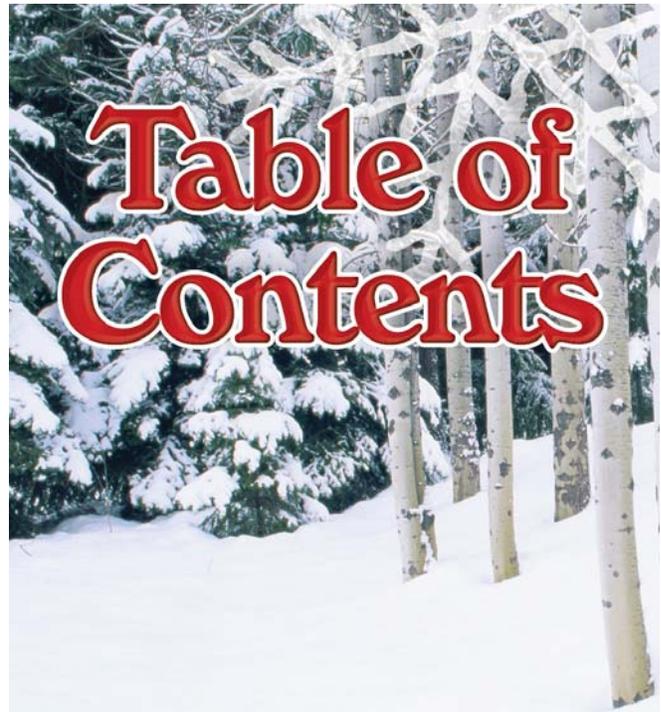
By providing our professional expertise and advice to the community through your elected and appointed leadership, the staff look to work together each year to set and focus on aggressive yet realistic and attainable goals for our departments.

With regards to our department, the Parks & Recreation Commission will be reviewing the budget and establishing areas of focus over their next couple of meetings. A well developed budget can and should tell the story of the organization to which it belongs. As the saying goes, put your money where your mouth is – in other words, if it’s really that important, that’s what should be funded. Anyone looking over a budget should quickly be able to discern that organization’s priorities.

I highly encourage you to attend one or more meetings. It is a fantastic opportunity to both learn where the department is headed as well as share your thoughts, concerns and comments with the commissioners. They are held the first Monday of each month at 7pm at Town Hall.

I look forward to seeing you!

Sincerely,
Jason Cohen
 Jason Cohen, CPRP Director



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COLCHESTER COMMUNITY THEATRE PRESENTS

Andrew Lloyd Webber's
**JOSEPH AND THE AMAZING
 TECHNICOLOR DREAMCOAT**
through special arrangement with R & H Theatricals

Friday, Feb. 13 & Saturday, Feb. 14 at 7:00pm
Sunday, February 15 at 2:00pm
Bacon Academy High School Auditorium
\$10 Adults/\$8 Seniors & Children

The Biblical saga of Joseph and his coat of many colors comes to vibrant life in this delightful musical parable. Tickets are available at Wild Geese Gift Shop, Tracy's Tunes, Colchester Parks & Recreation Department in the Town Hall and at the door on performance days. However, audience members are encouraged to purchase tickets ahead of time. For additional information, call Donna Brown at 537-3215. In case of inclement weather, please call 537-7297 for updates or visit our website at www.colchestercommunitytheatre.com

Colchester Community Theatre is always seeking for new members as well as those individuals who would like to help with productions. If you have any talents with sewing, building, theatrical make-up, sound, lighting, props, pit orchestra, backstage crew, advertising or if you are interested in supporting our community theatre or learning new jobs, please consider becoming a member. Information on membership can be found at the above website or by contacting Laura Brown at 537-3259.

CCT is currently in desperate need of a new storage facility for our props and set pieces, as well as costumes. Anyone who has space available for this, set building and/or rehearsal space, please contact us thru the website or by phone. CCT is sponsored by Colchester Parks & Recreation.



ICE RINK

Weather permitting, the temporary ice rink will once again be constructed at the RecPlex. Once the weather is cold enough to sustain a sufficient ice depth, most likely some time in January, the rink will be filled and opened to the public. Watch for the announcement from the Parks & Recreation Office. However, the rink's operation is very susceptible to the weather, and can open or close on a daily basis. While signage at the rink will notify users of its status, you can also check before you visit by going to the Parks & Recreation web page at www.colchesterct.gov under "Announcements". We ask that users respect the closure of the rink, as use when the surface is not properly frozen can easily tear the lining and end the rink's operation for the season.

**DAY CAMP & KINDERCAMP
 STAFF OPPORTUNITIES**

During the months of January and February, Colchester Parks & Recreation will be accepting applications for positions at its Summer Day Camp. Job descriptions and official applications are available at Town Hall and on the web site. Completed applications, along with resumes and letters of interest, should be submitted by February 27 to the Parks & Recreation Office.





HAPPY NEW YEAR!

\$5.00 OFF

Any New Registration

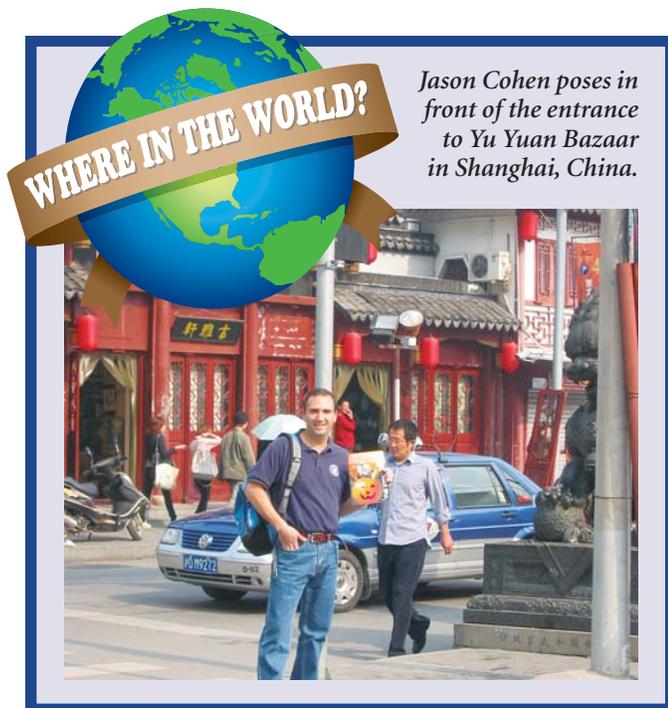
Coupon valid from 01/02/09 - 01/09/09.
 Only One Coupon per Household.

CIVIC ORCHESTRA AND CHOIR STARTS SEASON, SEEKS NEW MEMBERS

The Colchester Civic Orchestra, Choir, and Jazz Band are starting spring rehearsals on January 15. The CCO is a community group sponsored by Colchester Parks and Rec and open to musicians of any experience level. Current members range in age from 10 to 70 and are from towns all over Connecticut. The CCO is seeking new members for orchestra and choir. Orchestra meets on Thursdays from 7 – 9pm; choir meets on Tuesdays from 7 – 9; and jazz band meets on Wednesdays. All rehearsals are held at the William J. Johnston Middle School in Colchester. For more information visit the website at www.colchestercivicorchestra.org, or call John Ringo at 860-267-6271.

WATER MAIN BREAKS

Water main breaks often occur during seasonal temperature changes. Water main breaks are a serious problem requiring immediate attention. There are approximately 29 miles of water lines in the service area and it is not possible for Town staff to monitor all of these pipes every day. Therefore, if you notice water bubbling up from the ground, a wet area when everywhere else is dry, or a loss of pressure, please call the **Water Department at 537-7288** so we can investigate it. It may take six hours or more to repair a water main break so early notification is important and your call may be the first notice we receive. While the main is being repaired, it will be necessary to shut off the water in the area. We will make every effort to notify effected customers prior to shutting off service. As we enter the winter season, please call us if you notice a problem and help us to respond quickly to address the problem and restore the system to full service.



Jason Cohen poses in front of the entrance to Yu Yuan Bazaar in Shanghai, China.

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. 8:30am - 4:30pm

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 - cyfcoachcass@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
www.eteamz.com/colchesterctbaseball
Youth Soccer: Joe Schomaker - soccer@colchesterct.info
Youth Wrestling: Gordon Elrod - 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 - baseball@colchesterct.info

COLCHESTER SPECIAL OLYMPICS:

Necia Stopa - nstopaharp@yahoo.com





BALLROOM DANCING

Ages: 18 yrs and 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.

Date: Fridays

Time: 7:30pm - 8:30pm

Location: Dance Academy of Colchester

Fee: \$75

Non-Res Additional: \$15

Session 1: Activity# 4000.906

Jan. 30 - March 6

Session 2: Activity# 4000.907

March 13 - April 24 (No class April 10)

CARDIO KICK

Ages: 16 yrs and older

Start with Cardio Kick class to boost the metabolism; Kicking, jabbing and squatting and combining it all together!! (Modified movements if needed) Join the second class and burn additional calories by using light weights (3lb-5lb). Adding sets and using creative movements with light weights, you are able to get that burn to strengthen those muscles!! Strong muscles burn calories around the clock!!! Both Classes include 2 different Explosive Abdominal Routines. You're bound to see the results for the whole body within 6 weeks!!! Both classes require you to bring a water bottle or juice/mat and a towel to wipe the sweat!!!!!!
 **3 lb weights (5lb optional) needed for the 7pm class.

Date: Tuesdays and Thursdays

Time: 6:00 - 7:00pm

Location: JJIS Multi Purpose Room 120

Fee: \$43.00

Non-Res Additional: \$15.00

Session 1: Activity# 3300.953

Feb. 3 - March 17 (No Class February 17th)

Session 2: Activity# 3300.954

March 31 - May 14 (No Class April 14th & 16th)

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.

BALLROOM DANCING II

Ages: 18 yrs and older

Whether you want to be a comfortable social dancer or a competitive hobby dancer we'll teach you the ballroom skills you need! Learn the dancing skills and rules of hobbyist competitive dancing... and have a great time! (One six-week session of Beginner Ballroom or some Ballroom experience suggested.) Participants may wear comfortable clothing. Ballroom shoes or dance shoes are preferred. (Can be ordered through Dance Academy of Colchester 537-3888). Students may also wear socks. In order to protect the studio floor, no street shoes are permitted.

Date: Fridays

Time: 6:30pm - 7:30pm

Location: Dance Academy of Colchester

Fee: \$75

Non-Res Additional: \$15

Session 1: Activity# 4000.908

Jan. 30 - March 6

Session 2: Activity# 4000.228

March 13 - April 24

BEGINNER PILATES

Ages: 18 yrs and 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.

Date: Tuesdays, Jan. 26 - March 24

Time: 6:45pm - 7:45pm

Location: Dance Academy of Colchester

Fee: \$75.00

Non-Res Additional: \$15.00

Activity# 4000.509



Weekly Music Classes for Children Birth-Kindergarten and the Adults Who Love Them

Salmon River Music Together
Jennifer Zirbel (860) 537-1930
www.salmonrivermusictogether.com

1.5778

WEIGHT TRAINING

Ages: 16 yrs and older

Burn calories by using light weights (3lb-5lb), adding sets and using creative movements. By using light weights you are able to get that burn and strengthen those muscles!! Strong muscles burn calories around the clock!!! Combine with Cardio Kick and see results in 6 weeks! Both classes include 2 different Explosive Abdominal routines. Please bring a drink and a towel. 3 - 5 lb. weights are needed. You're bound to see the results for the whole body within 6 weeks!!! Both classes require you to bring a water bottle or juice/mat and a towel to wipe the sweat! ***3 lb weights (5lb optional) needed for the 7pm class.*

Date: Tuesdays and Thursdays

Time: 7:00 - 8:00pm

Location: JJIS Multipurpose Room 120

Fee: \$43.00 **Non-Res Additional:** \$15.00

Session 1: Activity# 2100.944

Feb. 3 - March 17 (No class Feb. 17th)

Session 2: Activity# 2100.945

March 31- May 14

MEN'S PICK-UP BASKETBALL

Ages: 18 yrs and older

Come out and get some "AIR" – Stay in shape and reduce stress too! You must pre-register. Registration deadline one week before first night of play. Non-Residents are welcome to participate, for an additional \$15.00 fee.

Date: Wednesdays, Feb. 4 - June 3 (No program April 15)

Time: 7:00 - 9:00pm

Location: WJJMS Gym B

Fee: \$20.00 **Non-Res Additional:** \$15.00

Activity# 3000.435

NYSCA COACHES TRAINING

Ages: 18 yrs and older

Initial Level Membership: Introduction to coaching youth sports program: To become a member, coaches participate in an NYSCA interactive video training clinic, successfully complete an exam and sign a pledge committing them to uphold the NYSCA Code of Ethics. Volunteer coaches who are interested in becoming initial members start by taking a 3 hour training course called a "Clinic". Please call the office to register for this program at (860) 537-7297. This is not sport specific-coaches of all sports are encouraged to attend. For additional information you may also visit the NYSCA's website at www.nays.org (National Alliance for Youth Sports)

Date: Monday, Feb. 9

Time: 6:00 - 9:00pm

Location: Town Hall Meeting Room 3

Fee: \$20.00 **Non-Res Additional:** \$15.00

Activity# 2000.134

PICK-UP INDOOR SOCCER CO-ED

Ages: 18 yrs and older

Ever want to be a part of world-class soccer, but never had the chance? We have the next best thing for you. Bring your sneakers and get ready to match up against some of Colchester's best. Take part in an opportunity to stay in shape, exercise, socialize and of course, play soccer! Men and Women of all skill levels and abilities are encouraged to participate. Registration deadline one week before first night of play.

Date: Tuesdays, Feb. 3 - June 2 (No Program April 14th)

Time: 7:00 - 9:00pm

Location: WJJMS Gym B

Fee: \$20.00

Non-Res Additional: \$15.00

Activity# 3000.497

TAEKWONDO INTRO

Ages: 11 yrs and 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 Jan. 26 and the registration fee includes a free uniform! You may only participate in this program once.

Class Times: Monday & Wednesday - 6:30-8:00pm

Tuesday & Wednesday - 7:00-8:30pm

Location: Colchester Chung Do Kwan Academy

Fee: \$50.00 **Non-Res Additional:** \$15.00

January Activity# 3000.945

February Activity# 3000.946

March Activity# 3000.947

WOMEN'S PICK UP BASKETBALL

Ages: 18 yrs and older

Join this very successful program designed to move your body and free your mind! Come out and get some "AIR" – Stay in shape and reduce stress too! HOOP IT UP LADIES!

Date: Thurs. Feb. 05 - June 04 (No program April 14)

Time: 7:00pm-9:00pm

Location: WJJMS Gym B

Fee: \$20.00

Non-Res Additional: \$15.00

Activity# 3300.433

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.



AFTER SCHOOL AT CES

Our after school programs are over at 4:30pm 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.

SQUEAKY SNEAKERS 1 & 2

Grade 1 & 2 Only

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 4 week class.

Date: Fridays

Time: 3:15pm - 4:30pm

Location: CES Gym

Fee: \$28.00

Non-Res Additional: \$15.00

Session 1: Activity# 3000.521

Jan. 30 - March 6 (No class 2/13, 2/27)

Session 2: Activity# 3000.522

March 20 - April 24 (No class 4/10, 4/17)

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 kindergartners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Registration deadline is 1/22. Please note this class is 5 weeks. Please wear sneakers!

Date: Thursdays

Time: 3:15pm - 4:30pm

Location: CES Gym

Fee: \$35.00

Non-Res Additional: \$15.00

Session 1: Activity# 3000.519

Jan. 29 - Feb. 26

Session 2: Activity# 3000.520

March 12 - April 9

DRAMA KIDS

Grades 1 & 2 Only

Come and Join us in Paradise! Our Drama Kids will participate in a variety of drama activities this session: dance dramas, improvisations, snippets, whole class plays. Then family and friends are welcome to come and watch our Drama Kids perform in the Spring Performance of "PARADESIA" all costume fees and admission included. Performance is April 7th 4:30pm in the CES Cafe.

Date: Tuesdays, Jan. 27 - April 7 (No class Feb. 17)

Time: 3:15 - 4:30pm

Location: CES Adaptive PE Room

Fee: \$144.00

Non-Res Additional: \$15.00

Activity# 3000.526

MAD SCIENCE

Grade 1 & 2 Only

The N.A.S.A Academy of Future Space Explorers. This 6 week program was written by N.A.S.A scientists. Each week the children make an incredible hands on activity to take home with them. Weekly topics include Planets & Moons, Space Travel, Sun & Stars, Rocket Science, Living in Space & Space Technology.

Date: Wednesdays, Jan. 28 - March 4

Time: 3:15 - 4:30pm

Location: CES Classroom H28

Fee: \$83.00

Non-Res Additional: \$15.00

Activity# 3000.525

TOTAL TENNIS

Grades 1 & 2

Only Tennis Anyone? Each class will begin with a different type of dynamic warm-up. We follow up with creative and fun coordination exercises 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.

Date: Tuesdays

Time: 3:15 - 4:30pm

Location: CES Gym

Fee: \$42.00

Non-Res Additional: \$15.00

Session 1: Activity# 3000.523

Jan. 27 - March 10 (No class Feb. 17)

Session 2: Activity# 3000.524

March 17 - May 5 (No class April 14)



LIL' KICKERS INTRODUCTORY PROGRAM

Ages: 3 - 5 yrs

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 is Jan. 5th. Child must be 3 years old by Jan. 1st, 2009.

Date: Thursdays

Location: Colchester Chung Do Kwan Academy

Fee: \$50.00 **Non-Res Additional:** \$15.00

Session 1: Jan. 8 - Jan. 29

Activity# 4000.986 9:30 - 10:10am

Activity# 4000.987 12:45 - 1:25pm

Session 2: April 2 - April 23

Activity# 4000.989 9:30 - 10:10am

Activity# 4000.990 12:45 - 1:25pm

PRE BALLET & TAP 2 THURSDAYS

Ages: 4 - 6 yrs

Bring your child to the next level of dance through Pre Ballet 2. As your child grows our dance class grows with them while extending your child's dance knowledge at the same time. Learn through stories, instruments, games, songs and much more. We will be introducing Tap to this class. Dancers must have completed Miss Mary's Pre Ballet 1 class or have prior dance experience. Suggested attire for Pre Ballet & Tap classes: pink leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class.

Date: Thursdays, Jan. 15 - March 26 (No class Feb. 19)

Time: 4:30 - 5:30pm

Location: WJJMS Cafe A

Fee: \$78.00 **Non-Res Additional:** \$15.00

Activity# 4000.925

MILLION DOLLAR BABIES

Ages: 2 & 3 years old

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 special awareness exercises.

Musical rhythm and loco-moto movements are explored in a fun and interactive way. Registration deadline Jan. 26.



Date: Saturdays, Jan. 31 - March 14

Time: 9:45 - 10:30am

Location: Dance Academy of Colchester

Fee: \$75.00 **Non-Res Additional:** \$15.00

Activity# 4000.229

FEBRUARY VACATION ENTERTAINMENT

Polynesian Hula Dancing

Get out of the cold winter air and come enjoy the exotic art of Hula dancing! There's no better way to experience the island fever than coming down participating in this wonderful island tradition. The main goal of Kahuna Hula PCA is to perpetuate the Hawaiian & Polynesian culture for future generations as well as to share the Aloha Spirit (traits of character that express the charm, warmth and sincerity of Hawaii's people) with audiences across New England. The best thing of all is this is a free event that is open to all the public, so bring your children, friends, brothers, sisters, parent, grandparents, and even people you meet on the street.

Date: Tuesday,
February 19, 2009

Time: 10:00am-11:30am

Cost: Free

Location: CES





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PRE BALLET 1 WEDNESDAYS

Ages: 3 - 6 yrs old

Introduce your child to body awareness! We teach the joy of movement through basic ballet steps, games, and songs by using natural flexibility and curiosity. Suggested attire for pre ballet dance classes: pink leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Recital costume fee is included in the class fee. Please bring a folder to class. The dance program will conclude with a dress rehearsal on April 8th followed by the dance recital open to family and friends on April 9th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session.

Date: Wednesdays, Jan. 14 - March 25

Time: 4:30 - 5:30pm

Location: JJIS Multi Purpose Room 79

Fee: \$71.00

Non-Res Additional: \$15.00

Activity# 4000.920

START SMART BASKETBALL

Ages: 3 - 5 yrs old

This is a preschool sports readiness program for children 3-5 year old with a parent or guardian. Have fun playing with your kids!! This program focuses on teaching children and their parents basic basketball skills such as dribbling, ball handling, shooting, passing, catching, running, and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday, January 22nd in the Town Hall Room 3 from 6pm-7pm. If you have already attended a Start Smart parent meeting, you are excused. Registration deadline one week before first class. Due to the size of the class we ask that only registered children and one adult attend the program.

Date: Mondays,
Jan. 26 - March 9
(No class
February 16th)

Location: CES Gym

Fee: \$35.00

Non-Res: \$50.00

Activity# 4000.934

6:00 - 7:00pm

Activity# 4000.935

7:00 - 8:00pm




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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 5pm. 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 7:00am. 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 5pm. 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

FAMILY GAMES NIGHT

Have fun as a family as a wonderful variety of age appropriate board games will be provided to explore and introduce your children to classic family fun. By the generosity of S & S Worldwide over the years have provided several games like Monopoly, Pay Day, Sorry and Yatzee which will be available. There are many games appropriate for teens as well. You will have the option to play as a family or as a team against your neighbors! In addition, S & S Worldwide will also provide participants with food and drinks. Of course we'll play a few rounds of BINGO too. Prizes will also be provided to the winners of the BINGO games. Please pre register your group. There is no charge for this event. Registration deadline January 21st. Snow date Jan. 31st.

Date: Saturday, Jan. 24

Location: Town Hall

Time: 5:30 - 7:30pm

OKEMO MOUNTAIN SKI TRIP

Ages: 12 and up

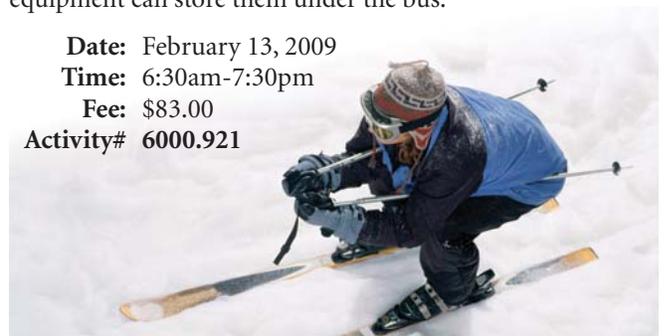
Join us for a fabulous day of skiing at picturesque Okemo Mountain in Ludlow, VT. The Colchester Parks & Recreation Department will be teaming with New England Action Sports to bring you this wonderful trip. The bus will leave the Colchester Town Hall promptly at 6:30am. The cost of the trip is \$80 which includes your lift ticket and bus. Okemo Mountain has a full rental shop if you do not own your own skis/snowboard. Lessons will also be available for scheduling on site. The mountain also has many dining facilities so lunch will be easy to find. The bus will then depart from Okemo at 4:00pm. Those participants who have their own equipment can store them under the bus.

Date: February 13, 2009

Time: 6:30am-7:30pm

Fee: \$83.00

Activity# 6000.921



Bus Trips *continued*

BOSTON ON YOUR OWN

For All Ages

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: 7:30am

Cost: \$40 per person

BRONX ZOO

For All Ages

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

For All Ages

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. Final information on cost, date and times is TBA. Final details will be available by February 1, 2009 when MLB finalizes all the schedules for the 2009 season. This game will be on a Saturday in September.

Date: Saturday, September 2009

Departing from: East Hampton Parks and Recreation

Time: TBA

Cost: TBA

WRENTHAM OUTLETS & PATRIOTS PLACE

For All Ages

Shop til you drop at the Wrentham Outlets. This trip 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 Foxboro, a one-of-a-kind entertainment destination.

Date: Saturday, November 14, 2009

Departing from: Marlborough Town Hall

Time: 8:30am

Cost: \$42 per person

DOG PARK UPDATE

At the November 20 meeting of the Board of Selectmen (BOS), there was unanimous approval to endorse the Dog Park Committee's initial proposal for a dog park. This approval both acknowledged the proposed site as appropriate and opened the way for the committee to begin raising funds and developing a more detailed plan.

After months of work, the all volunteer committee put forth a well-developed presentation outlining the many facets of a dog park, including benefits, potential rules, proposed site, cost estimates and more. It was clear that the committee had done its homework, which made it easy for the BOS to support it.

The proposed site is the capped landfill on Old Amston Road. This was selected as an ideal location for a variety of reasons: no neighboring homes, existing town owned land, limited alternative uses for the land, sufficiently sized, accessible from the Colchester Spur of the Air Line Trail, relative proximity to the center of town, and more. The CT Department of Environmental

Protection has already said that such a re-use would be perfect for this land.

Perhaps most importantly to many in the community, it was made clear by all parties that a dog park would not cost the taxpayers anything. All funds for construction and ongoing maintenance would be raised by the committee.

The committee is now excited to move forward and has established its meeting schedule for the following year: the second Tuesday of each month at 7:00pm. All meetings are open to the public, and the committee welcomes new members. Most meetings will take place at Town Hall, however current information can be found on the committee's web page, which is accessible through the Parks & Recreation Commission's page on the Town web site.





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, 2009 - April 17, 2009

Session 1	9:00am – 12:00pm
Session 2	9:00am – 3:00pm
Session 3	9:00am – 10:30am
Session 4	11:00am – 12:00pm

June 22, 2009 - June 26, 2009

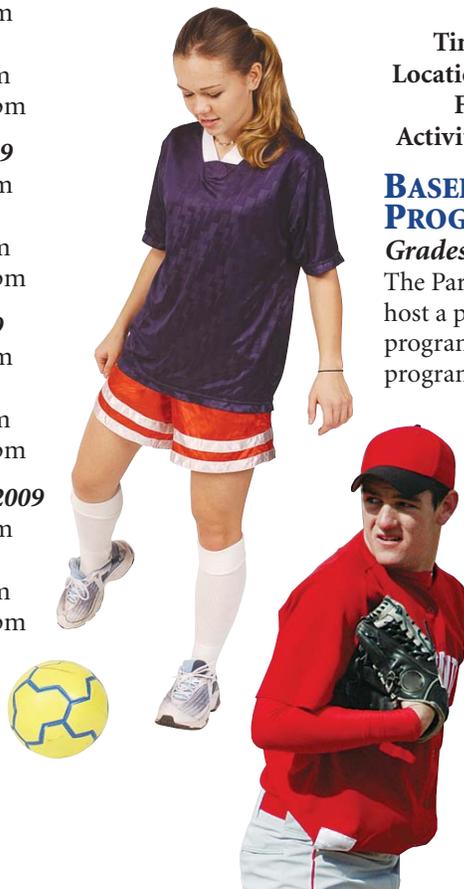
Session 1	9:00am – 12:00pm
Session 2	9:00am – 3:00pm
Session 3	9:00am – 10:30am
Session 4	11:00am – 12:00pm

July 20, 2009 – July 24, 2009

Session 1	9:00am – 12:00pm
Session 2	9:00am – 3:00pm
Session 3	9:00am – 10:30am
Session 4	11:00am – 12:00pm

August 3, 2009 – August 7, 2009

Session 1	9:00am – 12:00pm
Session 2	9:00am – 3:00pm
Session 3	9:00am – 10:30am
Session 4	11:00am – 12:00pm



FUNTASTIC FITNESS

Grades 3 - 5 only

One hour of pure FUN! This class is designed for all abilities! It's a fun and unique program that will introduce your child to fitness, yoga and sports 101 in a non-competitive environment. We'll use balls, hoops, obstacle courses, music, yoga poses and fitness techniques. Join us with a friend and keep active this winter.



Date: Tuesdays, Jan. 27 - March 31

Time: 3:15 - 4:30pm

Location: JJIS Multi Purpose Room 79

Fee: \$86.00 **Non-Residents Additional:** \$15.00

Activity# 3000.101

STRENGTH & FITNESS TRAINING

Grade 6 - 12

Our expert partners from Future Fitness will work with you as a group and individually to develop a routine that help you reach your strength and fitness goals.

Date: Wed. & Fri., Jan. 28 - March 4

(No class on Feb. 13.)

Time: 2:30 - 3:30pm

Location: BA Weight Room

Fee: \$108.00 **Non-Res Additional:** \$15.00

Activity# 2000.102

BASEBALL CONDITIONING PROGRAM FOR PITCHERS

Grades 9 - 12 only

The Parks & Recreation Department will host a preseason baseball conditioning program for pitchers. The goal of the program is to condition the arms and legs in preparation for the spring and summer baseball season. We believe conditioning the arm prior to the try-outs and competitive season will reduce/prevent injuries and build confidence. Baseball conditioning will consist of throwing mechanics, stretching, and running activities. The program will be held in the Bacon Academy gymnasium by certified baseball coaches on Mondays & Thursdays. This program is before school and is for Bacon Academy students only. Registration deadline is Feb. 2.



Date: Mon. & Thurs., Feb. 9 - Mar. 12

Time: 6:30 - 7:15am

Location: BA Gym

Fee: \$10.00

Activity# 5000.520

BALLET & TAP YOUTH WED

Ages: 5 - 13 yrs old

Your child will learn the technique of Classical Ballet and Tap, through Ballet Barre, center and across the floor exercises. They will gain knowledge of dance, a sense of music socialization, self confidence and make new friends! Suggested attire for Ballet & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class. The dance program will conclude with a dress rehearsal on April 8th followed by the dance recital open to family and friends on April 9th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. If there is no school, there are no programs.

Date: Wednesdays, Jan. 14 - March 25

Time: 5:30 - 6:30pm

Location: JJIS Multi Purpose Room 79

Fee: \$78.00

Non-Res Additional: \$15.00

Activity# 4000.979

BALLET AND TAP THURS

Ages: 5 - 13 yrs old

Your child will learn the technique of Classical Ballet and Tap, through Ballet Barre, center and across the floor exercises. They will gain knowledge of dance, a sense of music socialization, self confidence and make new friends! Suggested attire for Ballet & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class. The dance program will conclude with a dress rehearsal on April 8th followed by the dance recital open to family and friends on April 9th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. If there is no school, there are no programs.

Date: Thursdays, Jan. 15 - Mar. 26 (No class Feb. 19)

Time: 5:30 - 6:30pm

Location: WJJMS Café A

Fee: \$78.00

Non-Res Additional: \$15.00

Activity# 4000.980

SCHOOL VACATION CAMPS

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: 8am-3pm: \$99

Extended: 3pm-6pm: \$30

Date: Mon. - Fri, April 13 - 17

Time: 8:00am - 3:00pm

Location: JJIS Gym

Fee: \$99.00

Activity# 6000.516

Extended Care: 3:00 - 6:00pm: \$30

Activity# 6000.517

CAMP BLIZZARD FEBRUARY VACATION

Grades K - 5

Join us at the Colchester Elementary School gymnasium for the very popular Camp Blizzard!! This three day camp is designed to fit the needs of children and parents during February Vacation week. While you're not in school, spend the day having fun with your friends and classmates. You will have exciting jam-packed days including arts & crafts, games and various recreational activities. 3:00pm to 6:00pm extended care will be offered for an additional \$10 per day. Please specify at time of registration. Please bring your lunch and snacks. Special 3-day discount! Save \$5 per day when you register for all 3 days!

Date: Feb. 13 -February 17

Time: 8:00am-3:00pm

Location: CES Gym

Fee: \$35/day or \$90 for 3 days

Non-Res Additional: \$15.00

Friday Activity# 6000.145

Monday Activity# 6000.146

Tuesday Activity# 6000.147

Extended Care: 3:00pm - 6:00pm, \$10/day

Friday Activity# 6000.148

Monday Activity# 6000.149

Tuesday Activity# 6000.150

JAZZ & TAP THURS

Ages: 5 - 13 yrs old

This is NOT your typical dance class! Dancers will learn a combination of Hip-Hop and Lyrical Jazz movements-today's hottest moves-music video style! This class uses popular music of today's youth. Kids will also learn a few great tap dances. Come and learn the newest moves with your friends! All lyrics are age appropriate. Suggested attire for Jazz & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Lightweight sneakers (no hightops) and knee pads. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes.

Date: Thursdays, Jan. 15 - March 26 (No class Feb. 19)

Time: 6:30 - 7:30pm

Location: WJJMS Café A

Fee: \$78.00

Non-Res Additional: \$15.00

Activity# 4000.977

JAZZ & TAP WED

Ages: 5 - 13 yrs old

This is NOT your typical dance class! Dancers will learn a combination of Hip-Hop and Lyrical Jazz movements-today's hottest moves-music video style! This class uses popular music of today's youth. Kids will also learn a few great tap dances. Come and learn the newest moves with your friends! All lyrics are age appropriate. Suggested attire for Jazz & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Lightweight sneakers (no hightops) and knee pads. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes.

Date: Wednesdays,
Jan. 14 - March 25
(No class Feb. 18)

Time: 6:30 - 7:30pm

Location: JJIS Multi
Purpose
Room 79

Fee: \$78.00

Non-Res: \$93.00

Activity# 4000.976



TAEKWONDO INTRODUCTION

Ages: 4 - 11 yrs 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 vary 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 January 26th. The registration fee includes a free uniform! You may only participate in this program once.

Date: Monday & Wednesday, 5:30-6:30pm
Tuesday & Thursday, 6:00-7:00pm

Location: Colchester Chung Do Kwan Academy

Fee: \$50.00 **Non-Res Additional:** \$15.00

January Activity# 3000.942

February Activity# 3000.943

March Activity# 3000.944

April 4th, 2009

**3-on-3 Parks & Recreation
Basketball Tournament!**

Look for more details soon!



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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

months. Parking is available at the 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

FACILITY RESERVATION PROCESS

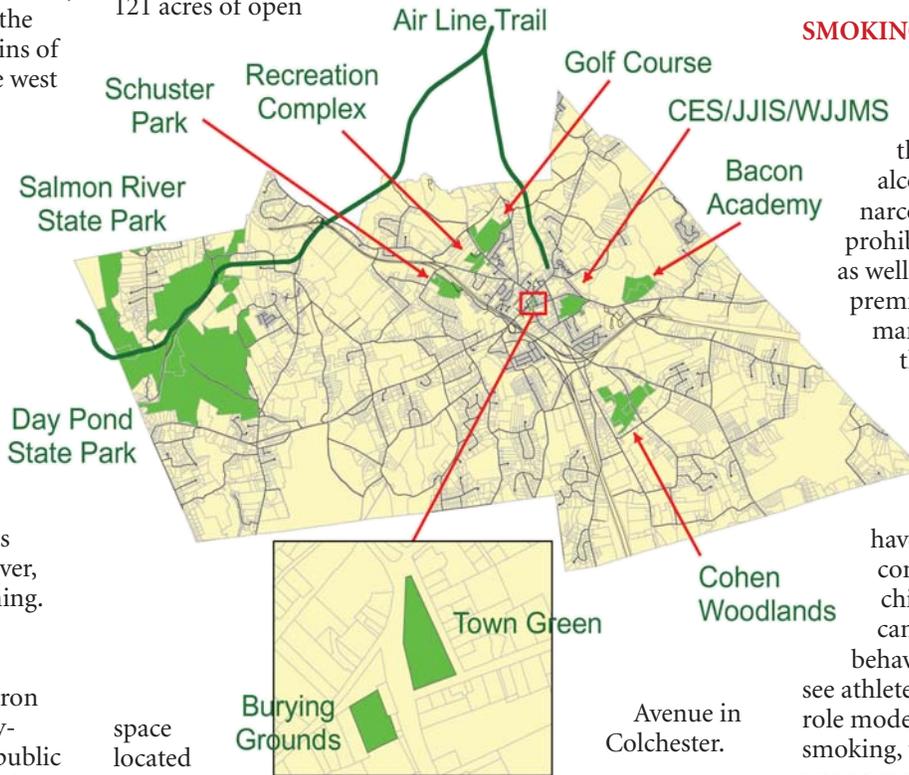
Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

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 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 backyard. 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.



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

At the many schools in town 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.

SCHOOL GROUNDS



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.

FALL 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.

- Reworked infields of R4/R6
- "No Smoking" signs installed at Recplex
- Replace bad septic pump/grinder at Recplex bathhouse
- Removed dangerous trees on Town Green
- Relocated driveway into R8 commuter lot (Highway Dept.)



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:
<http://www.colchesterct.gov/downloads.html#parkrec>

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills. Add'l \$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:
<http://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.

Auto • Life • Home Commercial

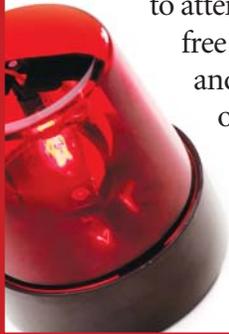



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EMERGENCY PREPAREDNESS TEAM VOLUNTEERS

The Town of Colchester is looking for volunteers for its Emergency Preparedness Team. Our goal is to have a well informed, trained group of citizens ready to provide support in the event of a town wide emergency... for example a blizzard, flood, hurricane etc. Volunteers are needed for neighborhood teams, communications and overall support. Those interested will need to attend a monthly meeting, attend free trainings (flexible schedules) and be able to work as a member of a diverse team. There's a role for everyone. Interested?? Call the First Selectman's office at 537-7220 or email selectman@colchesterct.gov.



THORGUARD LIGHTNING PREDICTOR REMOVED

In order to better protect park users, the Thorguard lightning prediction system has been removed from the Recreation Complex. There will no longer be warning sirens associated with lightning. Please follow the recommendations below regarding lightning safety.

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.



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East Hampton Lanes

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Looking for
some Fun?



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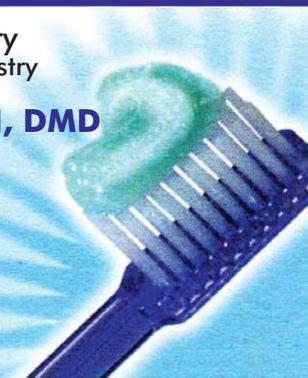
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GENERAL INFORMATION

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

We are committed to accessibility for individuals with disabilities and strive to provide equal, integrated participation in all programs and services. We will reasonably accommodate all qualified program applicants in accordance with the 1990 Americans with Disabilities Act (ADA). We welcome questions, comments and concerns of interested community members regarding ADA compliance.

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 6:00pm-9:00pm 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, 8:30am - 4:30pm. Registrations will be processed until 4:00pm.

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
JJIS:	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!



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."

Return Check Fee:

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

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.

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

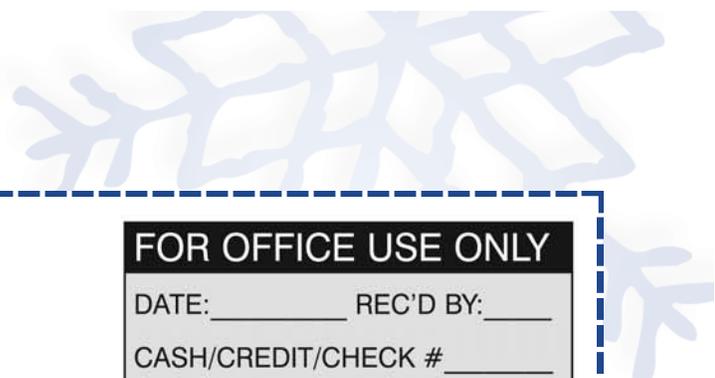
All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class 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).

•• 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.



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

PLEASE CUT OUT THIS FORM BEFORE SENDING IN

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



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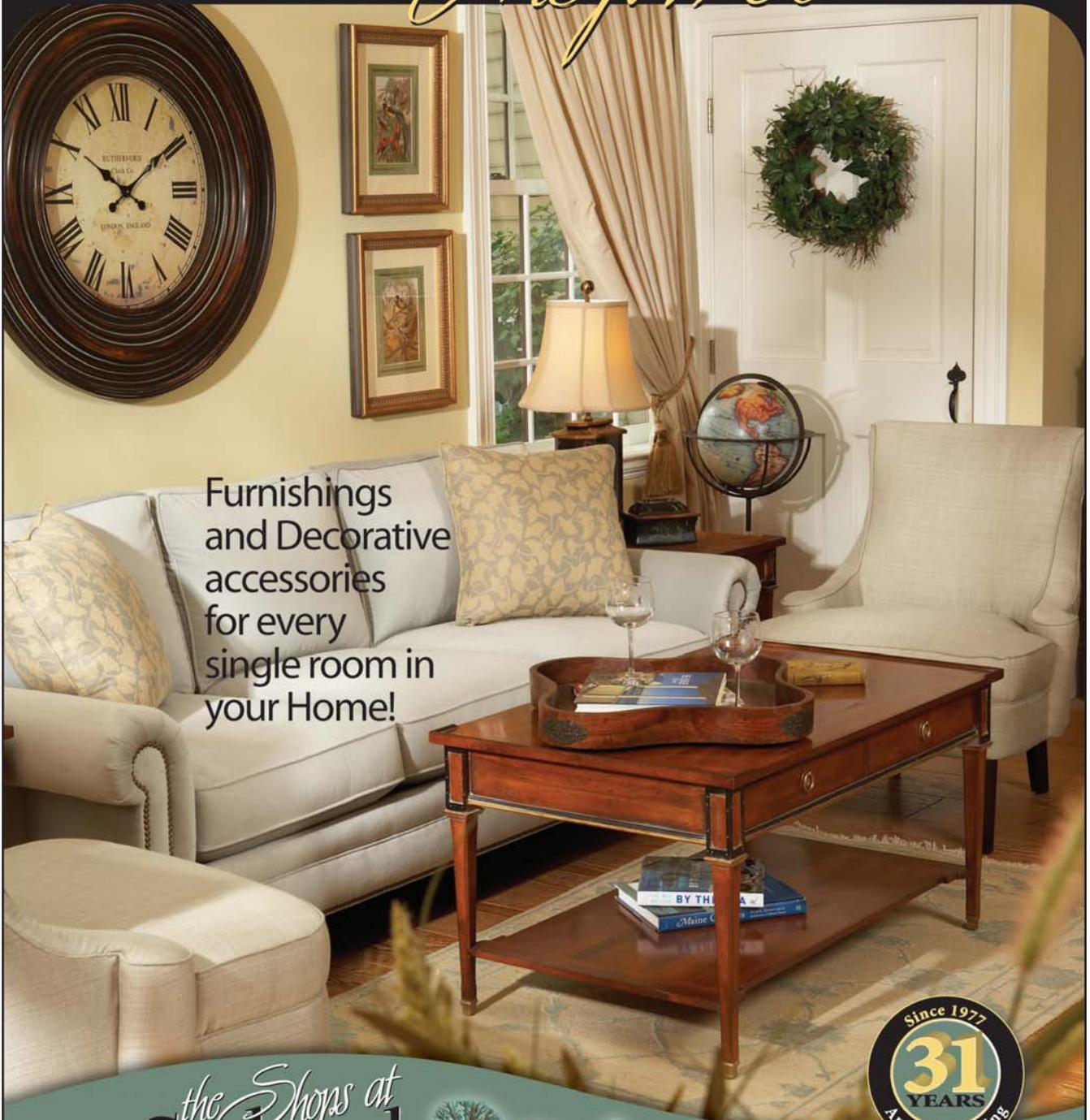
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