



Norwich Bulletin
NorwichBulletin.com

Adult Education
Public Works
Senior Center
Youth Services
Parks & Recreation
Cragin Memorial Library
Health Department

WINTER 2010

Colchester
CONNECTION

The Official Publication of the Town of Colchester • www.colchesterct.gov



Merry Christmas!

May you and your family enjoy the gifts of kindness, laughter and love this holiday season from all of your friends at Rockville Bank!



Joy to the World



Words: Isaac Watts, 1719 Composed by: George Frideric Handel

(Musical notation for the first system)
 Joy to the world! The Lord is come! Let earth re-

(Musical notation for the second system)
 ceive her King; Let ev—ry heart pre-pare Him

(Musical notation for the third system)
 room, And heav'n and na-ture sing; and heav'n and na-ture

(Musical notation for the fourth system)
 sing; And heav'n, and heav'n and na-ture sing.

- 2. Joy to the world! The Saviour reigns!
 Let men their songs employ;
 While fields and floods, rocks, hills and plains
 Repeat the sounding joy; repeat the sounding joy;
 Repeat, repeat the sounding joy.
- 3. He rules the world with truth and grace,
 And makes the nations prove
 The glories of His righteousness,
 And wonders of His love; and wonders of His love;
 And wonders, wonders of His love.



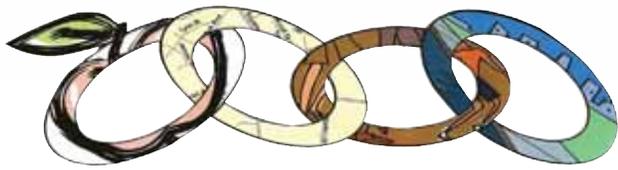
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Table of Contents



Colchester Healthy Links

What is a Healthy Link? A healthy link is a place, thing, or activity that encourages good health. Colchester has LOTS of healthy links, many of them available at no cost! The Recreation Complex offers plenty of space for walking, running, and jumping; sidewalks allow you safe travel to almost anywhere in the center of town; the Town Green offers opportunities to create family time that helps to enrich lives and improve emotional and physical health; the Airline Trail can take you several miles on foot, horseback or bicycle through beautiful fall foliage.

There are farms where you can purchase local produce in season, and several local businesses offer healthy food options when you choose to dine out.

Colchester now has restaurants and stores in town who have volunteered to partner with the Colchester Health Department to be official Healthy Links Dining locations. These establishments have made the commitment to provide customers with healthy food options that can include fresh fruits and vegetables, portion sizes in accordance with the American Heart Association, or the ability to share a meal or pre-box half your meal to take home. There are many ways to eat healthy food, whether the food be fresh or local grown produce, meals prepared without heavy sauce, salt, oil or sugar, food portions in alignment with national health standards, or by some other means. So which local businesses are interested in keeping you healthy? They are listed below. Make sure you ask about their Healthy Links food options when you go there; they'll be glad to share their healthy (and delicious) food ideas with you! Visit the Health Department page of the town website at www.colchesterct.gov to see pictures of all the Healthy Link Dining businesses, as well as more information about the Healthy Links program.

Family Pizza and Restaurant and Grill at 296 South Main Street

Fresh uncooked fruits and vegetables, American Heart Association portion sizes, share a dinner policy and pre-box half-portions of entree

Noel's Market at 15 Broadway

Fresh uncooked fruits and vegetables as snacks "to go"



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Go to our Website:

NorwichBulletin.com

Click on Custom Pubs to View Your Colchester Connection On-Line



NuNu's Bistro at 45 Hayward Avenue

Fresh uncooked fruits and vegetables, share a dinner policy

The Plum Tomato 275 South Main Street

Fresh uncooked fruits and vegetables, including "to go", American Heart Association portion sizes, share a dinner policy and pre-box half-portions of entree

Wendy's at 348 South Main Street

Fresh uncooked fruits and vegetables, American Heart Association portion sizes

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Letter from First Selectman



Town Leaders Board of Selectman

Gregg Schuster, First Selectman (pictured above)
Greg Cordova
Rosemary Coyle
James Ford
Stan Soby

Exciting times are ahead for Colchester. The past two years have seen significant accomplishments by Colchester's residents, boards, commission, and staff.

Your participation in your government has increased significantly. Boards and commissions, which at one time could not meet because of lack of quorum, are full. We've held focus groups, discussion groups, and work groups to hear your ideas and suggestions, as well as to make use of your knowledge. A land use summit was held to bring together everyone in our town who has an interest or stake in how our land is viewed and used.

The Cody Camp ball field, dog park, and additional open space on McDonald Road, projects all spearheaded by Colchester residents in partnership with the Town, bring additional recreation opportunities to residents and visitors. As of this writing, Colchester is only six households away from becoming the first town in Connecticut designated as a National Wildlife Community.

Approval of the business zones followed by almost two years of meetings and laying of groundwork is resulting in an increase to our commercial base – the Stop & Shop expansion, our first mixed-use facility (Settler's Green), a rebirth of the development on Parum Road near Route 2, increased interest by business in the Galaxy Shops – a total of over 250,000 square feet of additional commercial space. Renovations of the area from Linwood Avenue to the Chevrolet dealer will enhance the look of our downtown area.

Grants written by staff have brought us sidewalks, expanded services from sewer & water, programs, transportation for our seniors, increased police interaction with our children, renovation of the old firehouse, and much more.

Internal work has been completed to revamp customer service, purchasing policies, and our hiring process. Knowing the status of our fleet, a committee of volunteers and staff has spent a significant amount of time collecting vehicle data so that decisions about vehicle use and replacement can be made based on that data.

Take advantage of the many opportunities provided in this booklet as well as the multitude of others put on by our many organizations. Get involved! Have fun! There's something for everyone. Colchester is a great place to live and play!

Thank you for this incredible opportunity to serve you and the Town for these past two years. I wish my successor, Gregg Schuster, well and hope that he enjoys the job as much as I did. Happy holidays to all.

Sincerely,
Linda Hodge
Former First Selectman

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Adult Education

Free Adult Education Programs

Sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Basic Education.

The Following Classes are in Session:

Adult Basic Education

Adult Basic Education classes are designed for the student who needs additional skills prior to entrance into the GED preparation classes. Students work individually with the classroom teacher on the basic skills of literacy. Instructional levels range from beginning literacy to pre-GED readiness.

GED Preparation Classes

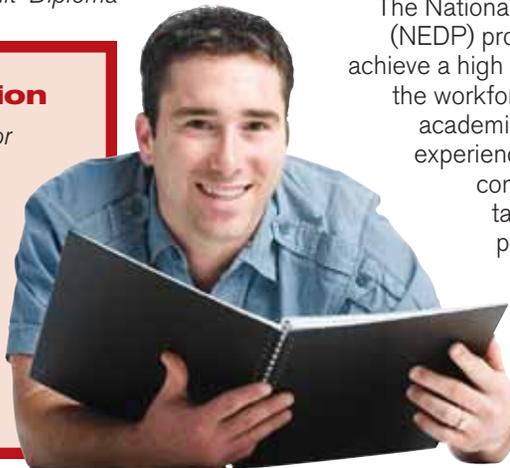
The GED test series is designed to offer students age 17 or older an alternative route to a high school diploma. The test series consist of English, Writing Skills, Social Studies, Interpreting Literature and the Arts, Science and Mathematics. Students take these exams from the State of Connecticut. Tests are given monthly throughout the year. The GED preparation class has open enrollment throughout the school year for students 16 or older and prepares them for the GED exam. *In order to register for the GED examination, an individual must be 17 years of age or older and no longer enrolled in school. Applicants 17 or 18 years of age must submit documentation that they have been officially withdrawn from school at least six months prior to the test date, or that the class they entered ninth grade with has graduated. An applicant 21 years of age or older and a non-veteran must pay a fee of \$13 to take the test. The retake or reapplication fee is also \$13 for individuals 21 years of age or older.* Accommodations on the GED test are available for qualified individuals with a disability.

High School Credit Diploma

Students in the High School Credit Diploma program are enrolled in classes based on graduation requirements. Credits may also be awarded for work experience, military service, and other specific training such as CPR and Nurses Aide. *Students wishing to register for the Credit Diploma*

Statement of Non-Discrimination

In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, Colchester Adult Education as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.



For Information call Vernon Regional Adult Education:

Days: **860-870-6000 ext. 139**
(Toll Free): **866-564-2368**

Evenings: **860-870-6060**

or visit their website at **www.vrabe.org**

The Adult Basic Education, G.E.D., High School Credit Diploma and English as a Second Language will meet from 4:30pm – 7:30pm Monday and Tuesday evenings at Bacon Academy, 611 Norwich Avenue, Colchester.

program must provide a current transcript and a photo ID at the time of registration.

English as a Second Language (ESL)

Any student who wishes to increase fluency in English may participate in ESL (English as a Second Language). Class placement is predicated on the student's level of English. Students practice speaking, listening and writing with their peers under the guidance of the teacher. Classes are small to allow for active participation. This is a wonderful opportunity to experience a variety of cultures.

National External Diploma Program

The National External Diploma Program (NEDP) provides an alternative path to achieve a high school diploma for adults in the workforce who have acquired their academic skill through lifetime work experiences and have demonstrated competence in a particular job, talent, or academic area. This program offers *no classroom instruction* but is a series of assessments. An adult who successfully completes the *portfolio assessment*, as required, is awarded a high school diploma.



**NEED HELP
WITH ENGLISH?**

Literacy Volunteers of Eastern CT

Students: Use learning software at Otis Library in Norwich and OIC building in New London. Join small groups for discussion and conversation practice to improve your English skills. **Fee:** Free

Volunteers: Receive professional training and become a Tutor, classroom aide, computer lab consultant, or an office helper. Experience for yourself the satisfaction that comes with helping people become better communicators in English.

**For additional information
call Literacy Volunteers of Eastern CT
at (860) 443-4800**

The following programs are offered in Manchester and Vernon. Registration dates, times and places vary according to programs. Please call 860-870-6000 ext. 139 or toll free at 866-564-2368 for more information.

College Transition

This 12-week course helps students successfully transition to college study, providing the support and counseling to help students accomplish this goal with confidence. It offers students the opportunity to review writing, reading, and math skills.

Citizenship

These classes will prepare students for the test given to individuals desiring to become American citizens. Students must be able to read and converse in English well enough to pass a listening appraisal test. This listening test is administered the first night of class. *Call for the schedule.*

Worksite Education

A collaboration with several businesses in the area will allow for specific curriculum to be written for each company. Students will engage in activities that will promote basic skills and increase productivity in the work place.

Workforce Preparation

This 10-week course will allow participants to explore avenues toward entry or re-entry into the workforce. Computer skills, career exploration, basic skills acquisition, ESL competencies (where applicable) and employability training are the foundation of this course. Upon completion, participants will have created a career portfolio.

Technology Classes

A variety of computer classes are offered throughout the school year for the region's residents and staff. These include Word, Excel, PowerPoint and Surfing the Web. Class offerings vary by location and time. Levels include novice, intermediate and advanced.



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Getting Paid to Talk, Making Money with Your Voice An Introduction to Professional Voice Overs

Instructor: Voice Coaches LLC
 Fee: \$20.00
 Date: December 8
 Time: Tuesday 6:30 - 9:00 pm
 Location: JJIS - Media Center

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn a great income in this exciting field. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. **Space is limited, so register early.**

Our Workplace Education Program Brings the Classroom to Your Company

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Programs:

- Credit Diploma Programs (CDP)
 - National External Diploma Program (NEDP)
 - General Education Development (GED)
 - Adult Basic Education (ABE)
 - English as a Second Language (ESL)
 - Computer Training & Customized Training
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Participating towns include but are not limited to the following:

Ashford	East Windsor	South Windsor
Bolton	Ellington	Tolland
Colchester	Glastonbury	Vernon
Coventry	Manchester	Willington
	Mansfield	

For more information call
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Answers to Our Most Commonly Asked Questions

Please review this important information before registering for classes:

Where will my class be held?

The location of each class is noted in the course description following the course dates. If there is a change you will be notified by phone, or we will post it within the building. Please note the following:

BA - Bacon Academy, 611 Norwich Avenue, Colchester, CT 06415 (Please enter through the doors to the left of the glass doors at the main entrance.)

JIS - Jack Jackter Intermediate School, 215 Halls Hill Rd., Colchester, CT 06415 (Please use the Night Entrance, located at the side of the building, next to the gymnasium)

How will I know if I am registered? Will I receive confirmation?

You will be contacted only if we have questions about your registration. You should attend class as scheduled. If you wish to receive a written confirmation, please include a self-addressed stamped envelope with your form when you mail it to the Colchester Adult Education office.

Is financial assistance available?

Fee waivers and reduced fees are available to those who qualify. Some restrictions apply. Please ask for an application. All information will remain strictly confidential. All senior students aged 62 and older receive a 10% discount.

Please note: Course fees are non-refundable unless a class is cancelled by the Colchester Adult Education Office.

REGISTRATION FORM

(Please Print)

First Name: _____ Last Name: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (days) _____ (eves) _____ Email: _____

Course Name	Date (s)	Fee
	10% Senior Discount	-
	Multiple Class Discount (if applicable)	-
	TOTAL ENCLOSED	\$

- ✓ You may register by mail, as space remains available, by completing a registration form and mailing it along with your check or money order to the **Colchester Adult Education Office**, 127 Norwich Avenue, Colchester, CT 06415.
- ✓ Many classes have limited enrollment to ensure maximum benefits to all students, so register early! New classes will be added to meet demands when possible. Visit our website at www.colchesterct.org (under District Departments) or call the Colchester Adult Education Office at 537-7265 for up-to-date course availability information.
- ✓ Please check this catalog or our website and note the start time of your class as well as the location.
- ✓ Please do not send cash in the mail. Material fees are paid directly to instructors. Please do not include them in class fees.

Note: If Colchester Public Schools are cancelled or have early dismissal due to inclement weather there will be no adult education classes for that evening.

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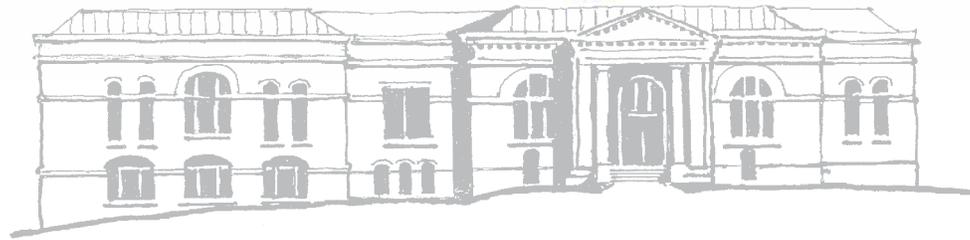
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- Weekly Cravings
- Field Trips/ Birthday Parties
- Catering Information

46439

275 S. Main St • Colchester • 860-537-3996 • 1 New London Rd. • Salem • 860-892-5295 (Menu Varies for Salem Location)



Cragin Memorial Library



**8 Linwood Ave.,
Colchester, CT
537-5752
www.colchesterct.gov**

Welcome to Your Public Library

We are open Monday through Thursday 10 am to 9 pm and Friday and Saturday 10 am to 4 pm.

The Library is a great place to visit when it's cold and stormy outside. Stop in and browse for a good book to curl up with or a movie to take home. Enjoy reading the newspaper with a hot cup of coffee or use the free high speed Internet or wireless Internet service throughout the building. Many events are offered free of charge and specific dates and times are listed in our monthly newsletter, available at the Library or online at www.colchesterct.gov.

Job Now! Live Job Assistance

This free service is available to all Cragin Memorial Library cardholders, seven days a week from 3 - 11 pm by following the links to the Library's webpage at www.colchesterct.gov. Get help writing a résumé or cover letter, one-on-one career coaching and live interview chat sessions from your library or home computer.

Free Downloadable Audio Books

The Connecticut State Library provides free downloadable audio books to Connecticut library cardholders. More than 1,300 digital audio book titles are available at <http://connstatelib.mylibraryaudio.com>. Audio books can be downloaded to your home computer or transferred to your iPod, iPhone or media player.

Introduction to the Internet

One session, free classes for individuals with little or no experience with the Internet are available at the Cragin Memorial Library. Specific class dates and times are listed in our monthly newsletter. For more information or to register, please call the Library at 537-5752.

Be a Cragin Friend!

The Friends of the Cragin Library promote awareness of Library needs and help develop new services through fundraising. Meetings are on the second Thursday of the month at 7 pm in the Library. New members are always welcome! The Friends conduct an ongoing book sale of

children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar.

Art on Display

A changing exhibit of works from local artists is featured in the Norton Room each month. In March, the display will include works produced by the students of Julianna Cameron. If you are an artist or know one who would like to display at the Library, please call us to reserve the exhibit space.

Cragin Board of Trustees

The Board meets at 9 am in the Library on the second Wednesday of March, June, September and December. The Trustees encourage all members of the community interested in the library to attend.

Snow Policy

In the event of inclement weather, the Library follows the schedule of Colchester Town Hall and will remain open unless the First Selectman makes a decision to close Town Hall.

Book Repair

The Library welcomes volunteers to help us keep our well-used books in good condition. Book repair sessions take place at the Library every Monday from 1 - 2 pm. Please stop by or call us if you're interested.

Connecticut Science Center

The Connecticut Science Center in Hartford has provided discount coupons that offer 20% off general admission for up to four people. Coupons are limited to one per family and are available in the Children's Library.

Museum Passes

Patrons may check out passes that provide free or discounted admission to the following area attractions:

- The Children's Museum/Roaring Brook Nature Center
- Children's Museum of Southeastern Connecticut
- The Florence Griswold Museum
- Lutz Children's Museum

Wii on Wednesdays at Cragin

Play the **Wii** on our 8' wide screen! Open to all ages on Wednesdays from 2:30-4. Please call the Library at 537-5752 to register for this free program or for more information.



Literacy Volunteers

A satellite location of Literacy Volunteers will be forming at Cragin Memorial Library. This organization provides basic reading skills to English speakers and English skills for speakers of other languages. A conversation group will provide a chance to practice speaking English with other learners. One-on-one tutoring will also be offered. A computer equipped with Rosetta Stone English-learning software will be available for use in the Library. To sign up, contact one of these offices:

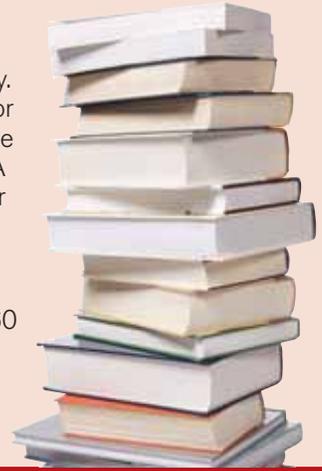
OIC Building

106 Truman Street, New London, CT 06320
(860) 443-4800

Otis Library

261 Main Street, Norwich, CT 06360
(860) 886-9096

For more info visit: www.englishhelp.org. All services are free.



- Mashantucket Pequot Museum
- Mystic Aquarium
- Peabody Museum of Natural History
- Roger Williams Park Zoo
- Wadsworth Atheneum Museum of Art

Passes are for free or reduced price admissions and are available to all Connecticut library card holders. A \$20 deposit of either check or cash is required and will be refunded when the pass is returned.

Please call the Library at (860)537-5752 for availability and reservations. Museum passes are made available through the generosity of The Friends of Cragin Memorial Library.

Free Yoga Classes

Yoga instructor Michele Medeiros provides free classes at the Library. Improve your mind and body with this ancient calming and meditative exercise. Class dates and times vary; consult our monthly newsletter to plan your visit.

Display Cabinets

There's always something interesting to see in our display cabinets in the Reference area and in the Children's Library. Collections have included items from miniatures to minerals, widgets to watches. This winter, Monica Knapp's collectible plates and Henny Simon's advertising cards will be displayed. If you would like to bring out your collections and show them off, call the Library to reserve the display space.

Story Times

The Library offers free story times for children ages one through five. Story time sessions will begin in February for the following groups:

- **Wild Ones** - an active class for one year olds and their caregivers

- **2s & 3s** - sing songs and make a simple craft in this class for two and three year olds and their caregivers
- **4s & 5s** - this class is just for four and five year olds; caregivers get a chance to browse the Library while the class is in session

Special PJ Story Times are scheduled intermittently throughout the year. Consult our monthly newsletter for exact dates and times.

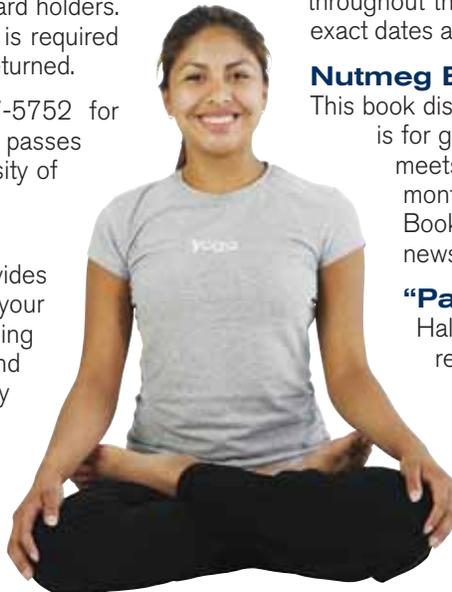
Nutmeg Book Club

This book discussion group will resume in February and is for grades four through six. This informal group meets at 6:30 pm on the last Monday of the month to discuss a selection from the Nutmeg Book Award nominees. Consult our monthly newsletter for the next discussion title.

"Paws" and Read

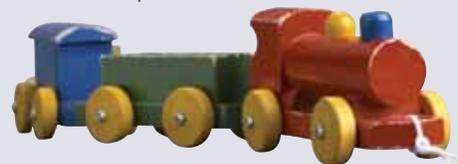
Haley, a Labrador Retriever, listens to young readers in the "Paws" and Read program.

This specially trained dog comes to the Story Time Room to meet with children on various Saturdays. Consult our monthly newsletter for exact dates and times to plan your visit with Haley. Call the Children's Library to reserve a 15 minute spot.



Children's Play Room

Preschoolers can play with our wooden train set in the Story Time Room on Monday, Wednesday, Friday and Saturday during regular Library hours. Parental guidance is required.





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 Pizzutiello	apizzutiello@colchesterct.gov
Recreation Specialist, Chris Woodside	cwoodside@colchesterct.gov
Phone: (860) 537-7297	Fax: (888) 468-6093

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, <i>Chair</i>	Chris Ferrante, <i>Vice Chair</i>	Norm Kaplan
Lynette Dimock, <i>Secretary</i>	Lynne Stephenson	Jody Barr
Melissa Kennedy	Eric Kundahl	
Albert Spranzo (<i>Alternate</i>)	Clint Williams (<i>Alternate</i>)	

PUBLIC OFFICE HOURS

Monday - Friday 8:30am - 4:30pm

PARK MAINTENANCE CREW

Tim Angell, *Crew Leader*, Don Johnson, Neal Trecarten, Mike Ryder, Jessie Layhue, Alan Veazie, Bob Slocum

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: Matthew Willauer	basketball@colchesterct.info
Football/Cheerleading: Paula McDowell	football@colchesterct.info
Lacrosse: Kathy Scott (537-6928)	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)	cws@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

8th Annual Holiday Concert

The Colchester Civic Orchestra and Choir present their 8th annual holiday concert on Saturday, December 5th at 7:00 pm. This event will be held at the First Church of Christ, 499 Town Street, East Haddam. The concert will feature seasonal music from the choir and orchestra. For more information visit the website at www.colchester-civic-orchestra.org, or call John Ringo at 860-267-6271.



Civic Orchestra and Choir Starts New Season, Seeks New Members

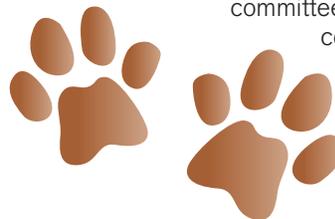
The Colchester Civic Orchestra, Choir, and Jazz Band are starting spring rehearsals on January 12. The CCO is a community group sponsored by Colchester Parks and Rec and open to musicians of intermediate ability and up. Current members range in age from 10 to 70 and are from towns all over Connecticut. The CCO is seeking new members for orchestra and choir. Orchestra meets on Thursdays from 7 - 9 pm; 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.colchester-civcorchestra.org, or call John Ringo at 860-267-6271.

The Colchester Dog Park Committee

The Colchester Dog Park Committee continues to raise funds for the Dog Park. So far, with the help of volunteers, community members and generous donors, the committee has raised over \$30,000. They are over 65% to goal and hope to be ready for a spring 2010 groundbreaking. But more help is needed.

You can contribute to the dog park by sending a check to Colchester Parks & Recreation c/o Colchester Dog Park or by purchasing a brick for the park entrance walkway at www.brickrus.com/order/colchesterdogpark.

In order to break ground next spring, the committee is starting to plan for the site construction. They are currently seeking clean fill for the driveway. If you have any to donate, please contact Keith Kelley at Keith.Kelley@pfizer.com.



Colchester Community Theatre

Colchester Community Theatre is very excited to be producing Disney's BEAUTY AND THE BEAST. Show dates are scheduled for February 12 and 13 at 7:00 pm and February 14 at 2:00 pm. Step into the enchanted world of Broadway's modern classic! When Maurice becomes lost in the woods on the way to the fair, he seeks shelter in an old castle, but the master of the castle is a horrible beast that takes him captive. Maurice's daughter, Belle, must then give up her freedom to save his life. Belle's taming of the unfortunate Beast and his ultimate transformation back into a handsome prince has enthralled audiences for over 13 years. Admission prices will remain the same at \$10.00 for adults and \$8 for seniors and children, 12 and under. Tickets will be on sale soon. Please check local newspapers or publicity flyers in January.

Auditions were held in November 2009, but it's not too late to still get involved. If you are interested in donating time to help with costumes, sets, makeup, publicity, pit orchestra, stage crew or house crew, please contact Laura Brown at 537-3259, RTR1982@aol.com or Wallis Johnson at 267-1023.

Stay tuned for more information regarding events and opportunities regarding this production on our website at www.colchestercommunitytheatre.com. CCT is sponsored by Colchester Parks & Recreation.



Letterboxing

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. This event is in support of the town's Community Wildlife Habitat of Colchester initiative.

Date: Friday June 11
Time: 5:00 pm - 7:00 pm
Location: Cohen Woodlands
Fee: \$3.00 per person **Activity Number #:** 8122.105



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- 🌸 Radiology/Ultrasound
- 🌸 Intern Education Program
- 🌸 Client Education

47756

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47755

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.

Inclusion Policy

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.

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

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

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

Women's Basketball
2000.303 WJJMS 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.

2. Mail-In

Mail in Reg. 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
WJJMS: 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
ekessler@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.

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.

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 \$20.00 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 Parks & Recreation

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 \$20.00 per class
Scholarship Fund Donation
Total Due

PLEASE CUT OUT THIS FORM BEFORE SENDING IN.



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.

Fee: \$50 **Non-Res. Add'l:** \$20
Location: Colchester Chung Do Kwan Academy

Session 1:

Date: Thurs., Jan 7 - Jan 28

Registration deadline: 12/30

Time: 9:30 a.m. - 10:10 a.m.

Time: 12:45 pm - 1:25 pm

Activity #: 6103.100

Activity #: 6103.101

Session 2:

Date: April 1 - April 22

Registration deadline: 3/25

Time: 9:30 a.m. - 10:10 a.m.

Activity #: 6103.108

Time: 12:45 pm - 1:25 pm

Activity #: 6103.109

Million Dollar Babies

Ages: 2's & 3's

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-motor movements are explored in a fun and interactive way.

Date: Saturdays,
Jan 9 - Feb 13

Time: 9:45 a.m. - 10:30 a.m.

Location: Dance Academy of Colchester

Fee: \$75

Non-Res. Add'l: \$20

Activity # 6103.102



Pre Ballet 1 Wed

Ages: 3 - 6 yrs old

This preschool ballet class is a great way to open your child's door to the world of Classical Ballet. These young dancers will learn through movement, stories, instruments, games, songs and much more. Registration deadline is 1/6. Suggested attire for dance classes: 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. Pre ballet suggested attire color is pink. Please bring a folder to class.

Time: Wednesdays, 4:30 - 5:30 pm

Location: JJIS Multi Purpose Room 79

Dates: Jan 13 - March 31

Registration deadline: 1/6

Activity #: 6113.118

No class 2/17 & 3/24

Fee: \$64

Non-Residents Add'l: \$20

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees included.

Pre Ballet & Tap 2 Thurs

Ages: 4 - 6 yrs old

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.

Location: JJIS Multi Purpose Room 79

Time: Thursdays, 4:30 - 5:30 pm

Date: Jan 7 - March 25

Registration deadline: Dec 31

Activity #: 6113.119

No class 2/18

Fee: \$78

Non-Residents Add'l: \$20

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees included.

Little Klippers
 "Truly A Place Where Kids Can Be Kids"
Colchester's Only Children's Hair Salon!
 Your child will love sitting in our golf cart or airplane chairs while getting their hair cut...
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11 Hayward Ave., Unit #5 (in the Barn) Colchester, CT
 Phone: 860-537-4000 • www.littleklippers.com
 Appointments Preferred / Walk-Ins Welcome If Time Allows
 Sun. closed; Mon. & Tues. 10-5; Wed. closed; Thurs. 10-7; Fri. 10-5; Sat. 8-2

Dance Recital Theme for Spring 2010 is
"The Magic of Dance"

Start Smart Basketball

Ages: 3 - 5 years old with adult

This is a preschool sports readiness program for children 3-5 years 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 7th in the Town Hall Room 3 from 6pm-7pm. If you have already attended a Start Smart parent meeting, you are excused. Due to the size of the class we ask that only registered children and one adult attend the program.

Time: Mondays, 6:00 pm - 7:00 pm **Activity #:** 6103.104
 Mondays, 7:00 pm - 8:00 pm **Activity #:** 6103.105
Location: CES Gym *No class 1/18, 2/15*
Fee: \$35 **Non-Res. Add'l:** \$20
Dates: Jan 11 - March 1 **Registration deadline:** 1/4

Start Smart Multi-Sport

Ages: 3 - 5 years old with adult

This is a preschool sports readiness program for children 3-5 years old with a parent or guardian. Have fun playing with your kids!! Help your child develop basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday, March 11 in the Town Hall Room 3 from 6pm-7pm. If you have already attended a Start Smart parent meeting, you are excused. Due to the size of the class we ask that only registered children and one adult attend the program.

Time: Mondays, 6pm - 7pm
Activity #: 6103.106
Time: Mondays, 7pm - 8pm
Activity #: 6103.107
Location: CES Gym
Fee: \$35
Non-Res. Add'l: \$20
Dates: March 15 - April 26
No class 4/19
Registration deadline: 3/8



Joseph Dias, C.P.A.
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Programs For All Ages & Ability Levels

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School of Gymnastics

**38 Pendleton Dr., Hebron, CT
 860-228-1004**



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.

Drama Kids Grades 1 & 2 Only

Come and Join Drama Kids Winter Workshop! Our Drama Kids will participate in a variety of drama activities this session: dance dramas, speech exercises, improvisations, snippets, and whole class plays. Then family and friends are welcome to come and watch our Drama Kids perform in the SPRING PERFORMANCE! (All is included-no extra costs) Please send a snack each Tuesday. 13 weeks. Performance April 13th.

Time: Tuesdays,
3:15 pm - 4:30 pm
Date: Jan 12 - April 13
No class 2/16
Fee: \$162
Activity #: 3103.100
Add'l Non-Res: \$20
Registration deadline: 1/5



Mad Science Grades 1 & 2 only

Detective Science: Step into the role of a detective and discover how forensic science plays a central role in solving crimes. Create and analyze fingerprints, examine dental records, make teeth impressions and discover how written materials can be analyzed to help solve a crime. Find out if you would make a good witness when your observation skills are put to the test and take home an identification kit to record your fingerprints and other vital information.

Earthworks: Find out that the earth beneath your feet is more than meets the eye in this introductory program on earth science. Discover what the Earth is composed of and how various forces combine to create rocks and minerals. Uncover the forces that create earthquakes, the natural faults in the Earth's crust and even how mountains are formed. See minerals fluoresce before your very eyes and create your own sedimentary stacker to take home.

Kitchen Chemistry: Take a hands-on look at the chemistry that goes on in your kitchen. Hunt for starch, sugar and fats in foods and investigate a living organism that helps bread rise. Discover how the sun can help turn chemical reactions into a tasty snack and build your own mini solar cooker to take home.

Mad Science Machines: Find out how simple machines make our lives easier. Try out different types of simple machines: levers, wedges, incline planes, wheels and axles, and pulleys, through various hands-on activities. Assemble a catapult, investigate how inclined planes work and discover how a simple wedge can be a powerful tool. Rig a pulley system and build a Mad Science rocket racer to take home.

Movie Effects: Sit in a director's chair and discover why science is the real star on the big screen! Explore the concept of persistence of vision and how we are able to see movies. Take the continuity challenge and see if you have what it takes to help make a movie. Discover how 3-D images are made, check out some red/blue anaglyph glasses and make your own anaglyph drawing. Finally, put your movie making skills to the test to create your very own animation to take home.

Walloping Weather: Welcome to the wild world of weather! Investigate why it rains, what causes lightning and even how weather can be predicted via a science called meteorology. Step into the shoes of a meteorologist and create some of your own regional weather forecasts. Finally, learn about the Sun's energy and ultraviolet radiation and make a U.V. detector to take home.

Time: Mondays, 3:15 pm - 4:30 pm **Reg. deadline:** 1/4
Date: Jan 11 - March 1 **No class 1/18, 2/15.**
Fee: \$87 **Non-Res. Add'l:** \$20
Activity #: 3103.101

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76 Amston Rd (Rte. 85) Colchester
860 537-0400 • Toddlers through age 12

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Camp Blizzard

February Vacation Grades 1st through 6th

Join us at the Colchester Elementary School gymnasium for the very popular Camp Blizzard!! This one week 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. **For the first time we are offering the option of registering for individual days.** 3:00 pm. to 6:00 pm extended care will be offered for an additional \$10 per day. Please specify at time of registration. Please bring your lunch and snacks. **NO PEANUTS ALLOWED.** Special 3-day and 5-day discounts! Save \$5 per day when you register for 3 days and \$10 per day when you register for all 5!

Date/Time: February 15-19, 8:00 am - 3:00 pm

Fee: \$35.00/day \$90.00/ 3 Day \$125.00/ week

Location: CES Gym **Non-Res. Add'l:** \$4.00/day

Activity Number #: 7122.200	Monday
Activity Number #: 7122.202	Tuesday
Activity Number #: 7122.204	Wednesday
Activity Number #: 7122.205	Thursday
Activity Number #: 7122.206	Friday

Camp Blizzard Extended Care

Time: 3:00pm - 6:00pm

Location: CES Gym

Fee: \$10.00/day \$30.00/Week

Activity Number #: 7122.301	Monday
Activity Number #: 7122.302	Tuesday
Activity Number #: 7122.303	Wednesday
Activity Number #: 7122.304	Thursday
Activity Number #: 7122.305	Friday
Activity Number #: 6020.149	All Week

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. **For the first time we are offering the option of registering for individual days.** 3:00 pm. to 6:00 pm extended care will be offered for an additional \$10 per day. Please specify at time of registration. Please bring your lunch and snacks. **NO PEANUTS ALLOWED.** Special 3-day and 5-day discounts! Save \$5 per day when you register for 3 days and \$10 per day when you register for all 5!

Date: Monday - Friday, April 19 - April 23

Time: 8:00 am - 3:00 pm

Fee: \$35.00/day \$90.00/3 Day \$125.00/week

Location: JJIS Gym **Non-Res. Add'l:** \$4.00/day

Activity Number #: 7122.201	Monday
Activity Number #: 7122.212	Tuesday
Activity Number #: 7122.213	Wednesday
Activity Number #: 7122.214	Thursday
Activity Number #: 7122.215	Friday

Camp Spark Extended Care

Time: 3:00pm - 6:00pm

Location: JJIS Gym

Fee: \$10.00/day \$30.00/ Week

Activity Number #: 7122.311	Monday
Activity Number #: 7122.312	Tuesday
Activity Number #: 7122.313	Wednesday
Activity Number #: 7122.314	Thursday
Activity Number #: 7122.315	Friday
Activity Number #: 7122.203	All Week

Hot Shot Contest

For Boys and Girls who will be

9-15 years old as of December 31, 2009.

The CRPA Hotshot Contest is a statewide free event. Each player will have one minute to shoot from "hotspots" placed on one half of the court. Starting at the center of the half-court line, the player dribbles into shooting range. The contest challenges a player's speed, shooting, dribbling, and rebounding ability. Three one minute rounds constitute the duration of play for each player. The top scorer in each division will move on to the next level of the contest.

Date: December 30

Time: 12:00

Location: JJIS Gym

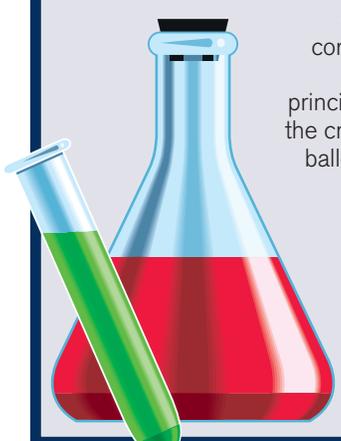


February Vacation Entertainer

Mad Science

On Wednesday February 17th at 1 pm, one of Colchester's favorite afterschool programs comes to February Vacation to provide entertainment for the whole community. Their show, Up, Up and Away, introduces the principals of air pressure through the creation and flight of a hot air balloon, giant smoke rings from our Vortex Generator, levitating balls, a real hovercraft and movie special effects.

So stop by the CES gym and partake in this great event. No RSVP or preregistration needed.



Dance Recital
Theme for Spring 2010 is
"The Magic of Dance"

Ballet & 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.

Time: Thursdays, 5:30 - 6:30 pm
Location: JJIS Multi Purpose Room 79
Date: Jan 7 - March 25
No class 2/18
Fee: \$86
Reg. deadline: Dec 31
Non-Residents Add'l: \$20
Activity #: 7113.311

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees included.



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.

Date: Jan 13 - March 31
Fee: \$78
Activity #: 7113.309
Reg. deadline: 1/6
Non-Residents Add'l: \$20

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees included.

Jazz & Tap

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.

Time: Thursday, 6:30 - 7:30 pm
Location: JJIS Multi Purpose Room 79
Date: Jan 7 - March 25
Fee: \$86
Activity #: 7113.312
No class 2/18
Reg. deadline: Dec 31
Non-Residents Add'l: \$20

~ OR ~

Time: Wednesdays, 6:30 - 7:30 pm
Location: JJIS Multi Purpose Room 79
Date: Jan 13 - March 31
Fee: \$78
Activity #: 7113.310
No class 2/18
Reg. deadline: 1/6
Non-Residents Add'l: \$20

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees included.

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Band Lessons

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophones, trumpets and bass guitar. If you want to make more progress than can be accomplished in group lessons, prepare for auditions and/or the JJIS Solo Ensemble concert this is for you. This session is 8 weeks. All lessons are 30 minutes and will be taught by Mr. Coyle. On line registration is NOT available for this activity.

Times: 3:30 - 4:00, 4:00 - 4:30, 4:30 - 5:00
Location: JJIS Music Room **Non Res. Add'l:** \$20

Session 1:

Activity #: 7103.104, Mon., Jan 4 - March 8 7 wks \$154
Activity #: 7103.105, Wed., Jan 6 - March 3 8 wks \$176
Activity #: 7103.106, Thurs., Jan 7 - March 4 8 wks \$176

Session 2:

Activity #: 7103.107, Mon., March 15 - May 3 7 wks \$154
Activity #: 7103.108, Wed., March 10 - April 28 7 wks \$154
Activity #: 7103.109, Thurs., March 11 - May 6 7 wks \$154

Baseball Conditioning Program for Pitchers

Grades 9 - 12

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. No program on 2/15 & 2/18.

Time: Mondays & Thursdays, 6:30 a.m. - 7:15 a.m.
Date: Feb 8 - March 11
Location: BA Gym
Fee: \$10
Activity #: 7103.103



Taekwondo Introduction Youth & Adult

Ages: 11 yrs old 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 one week prior to the first of the month you are registering for. Registration fee includes a free uniform! You may only participate in this program once.

Times: Monday & Wednesday -6:30-8:00 PM;
 Tuesday & Wednesday - 7:00-8:30 PM
Fee: \$50 **Non-Res Add'l:** \$20
January: Activity #: 4103.107
February: Activity #: 4103.108
March: Activity #: 4103.109

Taekwondo Introduction Youth

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 January 27th. The registration fee includes a free uniform! You may only participate in this program once.

Times: Monday & Wednesday 5:30-6:30 PM;
 Tuesday & Thursday - 6:00-7:00 PM
Fee: \$50 **Non-Res. Add'l:** \$20
January: Activity #: 7103.100
February: Activity #: 7103.101
March: Activity #: 7103.102

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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, Jan 8 - Feb 12
Time: 6:30 pm - 7:30 pm
Location: Dance Academy of Colchester **Reg. deadline:** 1/2
Fee: \$75 **Non-Res Add'l:** \$20
Activity #: 4103.100

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. No class 2/16 8 wk class.

Location: Dance Academy of Colchester
Fee: \$75 **Non-Res Add'l:** \$20
Date: Tuesdays, Jan 12 - March 9
Time: 6:30 pm - 7:30 pm
Activity #: 4103.101 **Registration deadline:** 1/5

New Morning Class Added!

Date: Fridays, Jan 15 - March 12
Time: 9:30 a.m. - 10:30 a.m.
Activity #: 4103.110 **Registration deadline:** 1/10

Cardio Kick with a Twist

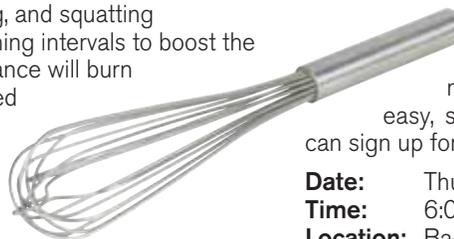
Ages: 16 +

Start your Cardio with kicking, jabbing, and squatting movements incorporating weight training intervals to boost the metabolism for 45 min; adding resistance will burn additional calories and TONE (Modified movements if needed). Class includes Explosive Abdominal Routine using Pilates. Its a full body workout!! You're bound to see the results for the whole body with in 8 weeks!!! Please bring a water bottle or juice, mat and a towel to wipe the sweat!!!!!! **3 lb or lighter weights needed. Registration deadline is one week prior to class start date.

Date: Wednesday's 6:00pm to 7:30pm
Location: WJJMS Cafeteria A
Fee: \$28.00

Session 1: January 13 - March 10
Activity #: 4122.105

Session 2: March 31 - June 2
Activity #: 4122.106



Co-Rec Pick-Up Indoor Soccer

Ages: 18 yrs old & 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. This year we are offering several payment options to make playing easier for you.

Option A: Pay for the entire year at last years price \$40. This option make sure you don't have to worry about coming back in to re-register for the second session.

Option B: Pay for one session at \$25 per session. Know you're going to be busy during one half of the year but no the other, than this is the option for you.

Option C: Pay at the door for only \$3. This is good for those individuals who can just only make it once or twice during the year. No participants will be allowed to play if they are not registered without paying the \$3 door charge.

Entire Season

Date: Thursdays September 17 - June 10
Time: 7:00pm to 9:00 pm
Location: WJJMS Gym B
Fee: \$40.00 **Non-Residents Additional:** \$20.00
Activity #: 4112.224

Winter/Spring Season

Date: Thursdays, September 17- January 28
Time: 7:00 pm to 9:00 pm
Location: WJJMS Gym B
Fee: \$25.00 **Non-Residents Additional:** \$20.00
Activity #: 4122.202

Eating Well Made Easy A Cooking Class For Everyone

Ages: 14 yrs old & Older

This new and exciting cooking class is designed to meet the need of the busy Colchester residents needs. Whether its your first time cooking or you're a gourmet chef this course has something for you. All recipes taught in this class are healthy and low cost meals. And on top of that, they are quick and easy, so easy anyone can learn to cook. Participants can sign up for individual weeks at \$25 a week.

Date: Thursdays, January 7 - February 11
Time: 6:00 pm to 8:00 pm
Location: Bacon Academy Food Prep Room
Fee: \$25.00 **Non-Residents Additional:** \$20.00

The following is what you will learn each week

Week 1 - Savory Soups and Sauces	Activity #: 4122.511
Week 2 - Fast Chicken Meals	Activity #: 4122.512
Week 3 - Scrumptious Side Dishes	Activity #: 4122.513
Week 4 - Scintillating Stir Fries	Activity #: 4122.514
Week 5 - Perfect Pasta Dishes	Activity #: 4122.515
Week 6 - Sizzling Skillet Meals	Activity #: 4122.516

Men's Pick-Up Basketball

Ages: 18 yrs & Older

Think you got game? From Beginner to Advanced, Pick-Up Basketball has something for everyone. Bring your best and challenge others for a little 5 vs. 5. Whatever it is, you can play! This year we are offering several payment options to make playing easier for you.

Option A: Pay for the entire year at last years price \$40. This option make sure you don't have to worry about coming back in to re-register for the second session

Option B: Pay for one session at \$25 per session. Know you're going to be busy during one half of the year but no the other, than this is the option for you.

Option C: Pay at the door for only \$3. This is good for those individuals who can just only make it once or twice during the year. No participants will be allowed to play, if they are not registered, without paying the \$3 door charge.

Entire Season

Date: Tuesdays, September 15 - June 15

Time: 7:00pm to 9:00 pm

Location: WJMS Gym B

Fee: \$40.00 **Non-Residents Additional:** \$20.00

Activity #: 4112.133

Winter/Spring Season

Date: Tuesdays September 15 - January 26

Time: 7:00 pm to 9:00 pm

Location: WJMS Gym B

Fee: \$25.00 **Non-Residents Additional:** \$20.00

Activity #: 4122.110

Women's Pick Up Basketball

Ages: 18 yrs old & Older

Like competition, but lack the desire for structure? Pick-up Basketball is the thing for you. Enjoy playing against people of all skill levels. Bring friends and make friends while you're at it as well. This year we are offering several payment options to make playing easier for you.

Option A: Pay for the entire year at last years price \$40. This option make sure you don't have to worry about coming back in to re-register for the second session.

Option B: Pay for one session at \$25 per session. Know you're going to be busy during one half of the year but no the other, than this is the option for you.

Option C: Pay at the door for only \$3. This is good for those individuals who can just only make it once or twice during the year. No participants will be allowed to play, if they are not registered, without paying the \$3 door charge.

Entire Season

Date: Mondays, September 14 - June 14

Time: 7:00pm to 9:00 pm

Location: WJMS Gym B

Fee: \$40.00 **Non-Residents Additional:** \$20.00

Activity #: 4112.203

Winter/Spring Season

Date: Mondays, September 14 - January 25

Time: 7:00 pm to 9:00 pm

Location: WJMS Gym B

Fee: \$25.00 **Non-Residents Additional:** \$20.00

Activity #: 3320.433

Men's League Basketball

Ages: 18+

Come and play in Colchester Parks and Recreations first annual Men's Basketball league. Get together a group of your best guys and come compete against the best Colchester has to offer. This is a 5 on 5 league. Each team is guaranteed seven regular season games and one playoff game. Games will be played on Wednesday and Thursday nights. Cost per team is \$425 plus \$15 for every non resident. But if you sign up before March 1st you will save \$50. That's right sign up by March 1st and only pay \$375 for team. Cost includes an official team t-shirt for up to 10 team members. Must sign up by March 22nd to get t-shirts in time for first week of games.

Date: Wednesdays and Thursdays

April 7 - June 10

Time: 7:00 pm - 9:00 pm

Location: CES Gym

Fee: \$375.00 if register before March 1st
\$425.00 after March 1st

Activity #: 4122.50



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47/415

NYSCA Coaches Training

Ages: 18 +

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 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: Thursday, Feb. 11
Location: TH Meeting Room 3
Time: 6:00 pm - 9:00 pm
Fee: \$20.00 **Non-Res Add'l:** \$20
Activity #: 2020.134

Taekwondo Introduction Youth & Adult

Ages: 11 yrs old 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 one week prior to the first of the month you are registering for. Registration fee includes a free uniform! You may only participate in this program once.

Times: Monday & Wednesday -6:30-8:00 PM;
 Tuesday & Wednesday - 7:00-8:30 PM
Fee: \$50 **Non-Res Add'l:** \$20
January: Activity #: 4103.107
February: Activity #: 4103.108
March: Activity #: 4103.109

Yoga Moderate

Ages: 16 yrs and Older

This class is great for all levels of yoga practice! Learn pranayama (breathing practice) along with yoga postures to improve your strength, flexibility and relaxation. Beginners are welcome as modifications will be given and alignment of posture will be emphasized. Take some time from your busy week to release tension and stress! (Wear loose clothing and bring a yoga mat) Registration deadline 1/7. Ages 16 and older are welcome to participate with a parent. No class 2/18. Registration deadline 1/7.

Date: Thursdays, Jan 14 - March 11
Time: 6:00 pm - 7:15 pm
Location: JJIS Café (use night entrance)
Fee: \$75 **Non-Res Add'l:** \$20
Activity #: 4103.102

Zumba

Ages: 13 yrs and older with Adult

Zumba eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic, yet simple exercise moves to create a fun dynamic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. This Latin-based group exercise class is fun and easy to do. No dance experience required! Ages 13 & up welcome to participate with a registered adult.

Time: Tuesdays, 6:30 pm - 7:30 pm
Location: JJIS Multi Purpose Room (use night entrance)
Session 1: Jan 5 - Feb 9 **Activity #:** 4103.103
Registration deadline: 12/30
Fee: \$24 **Non-Res Add'l:** \$20
Session 2: Feb 23 - April 6 **Activity #:** 4103.104
Registration deadline: 2/16
Fee: \$28 **Non-Res Add'l:** \$20

REGISTER FOR TUESDAYS OR THURSDAYS OR BOTH DAYS!

Time: Thursdays, 6:30 pm - 7:30 pm
Location: JJIS Multi Purpose Room (use night entrance)
Session 1: Jan 7 - Feb 4 **Activity #:** 4103.105
Registration deadline: 1/2
Fee: \$20 **Non-Res Add'l:** \$20
Session 2: Feb 25 - April 8 **Activity #:** 4103.106
Registration deadline: 2/16
Fee: \$28 **Non-Res Add'l:** \$20





UConn Womens Basketball

Ages: All ages

Get ready to cheer on your UConn Women's Basketball team in their Big East Opener against Seton Hall. There's nothing like seeing a game live. This trip will leave from Colchester and head down to the Prudential Center in Newark, New Jersey. During the ride you will have a rest stop to get some coffee and food. The game is at 2:00 pm. Following the game the bus will immediately return home. Bus departure time from Colchester is TBA. Hurry now and get your tickets while they last. There are limited number of seats and this is a trip you don't want to miss out on.

Date: Saturday, Jan 2
Departure Time: TBA
Fee: \$70.00
Activity #: 5110.201

NY Yankee Stadium Tour and NBC Studios Tour

Ages: All Ages

Tour the famous "New" Yankee Stadium and enjoy walking these hallowed grounds. Sit in the dugouts, enter the clubhouse of the Yankees, walk through the batting cages, monument park, and end the tour in the great hall.

- Tour is subject to change at the discretion of the NY Yankees.
- This is a fast-paced walking tour.
- Free time in Time Square the crossroads of the world. Time to shop & eat: (suggestions) go for a ride at Toys R Us indoor Ferris wheel, stop at M&M's world, get a bite at The Hard Rock Café or Planet Hollywood. You might want to see a star at Madame Tussauds Wax Museum or see a game at the ESPN Zone.....
- Exciting Guided Tour of NBC Studios at Rockefeller Center. An NBC Page guides to the world of the Peacock Network. 1st stop begins in the early days of radio with amazing sound effects. See current famous high tech studios as the Today Show, Dateline NBC, Nightly News & Saturday Night Live.... What a way to end our day!

Departure Date: May ? Specific date to be announced in future
Departure Time: TBA
Fee: \$86.00

Pumpkin Festival

All ages

Celebrate Halloween early!! On Saturday October 2nd, 2010 join us on a bus trip to the pumpkin capital of New England, Keene, N.H. While in Keene, you will get to see over 19,000 hand-carved and decorated creations. The entire family can spend the day downtown with special activities for the kids including a costume parade, a seed spitting and pie eating contests, live music on three stages, facepainting, craft booths, lots of food provided by area non-profits, and much more.

Date (s): Saturday, October 2nd, 2010
Departs From: Hebron Town Hall
Departure Time: 8am **Estimated Arrival Time:** 10:15am
Fee: TBA

Boston On Your Own

All Ages

It's the ride of your life aboard the Duck - an amphibious vehicle that rides on land and becomes a boat in the water. Enjoy a narrated tour by your conDUCKtor. See the gold domed State House, Old North Church, Newbury Street, Back Bay, Trinity Church, Cheers Bar, lovely gardens and all the interesting sites Boston has to offer. Then splash down right into the Charles River for a breathtaking waterside view of Boston. There will be time on your own for shopping and dining at Quincy Market after the tour.

Date (s): Saturday, September 11, 2010
Departs From: East Hampton Parks and Recreation
Departure Time: TBA **Estimated Arrival Time:** TBA
Fee: \$75

Boston Red Sox Game

All Ages

Date(s): Saturday, June ?? 2010
Departs From: East Hampton Parks and Recreation
Departure Time: 3:15PM. **Estimated Arrival Time:** 5:00PM
Time: 7:05 pm. (subject to change)
Exact information will be available in January 2010.

Providence WaterFire

All ages

WaterFire centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. The string of fires illuminates nearly two-thirds of a mile of urban public spaces and parks, and residents and visitors gather to stroll along the river. WaterFire is an experience that surrounds viewers on all sides and impacts all five senses. The crackling flames, the fragrant scent of blazing cedar and pine, the flickering firelight on the arched bridges, the silhouettes of the firetenders floating by in their torch-lit vessels, and the extraordinary music from all around the world engage all of the senses and evoke unique emotions from the many who come to stroll along the river walks.

Date (s): Saturday, August 7th, 2010
Departs From: Hebron Town Hall
Departure Time: 8:00am
Fee: TBA

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Okemo Ski Trip

Ages 6 +

Skiers, Snowboarders or anyone looking to have fun! This February, Marlborough Parks and Recreation Department is offering a Trip to Okemo Mountain Resort. The Mountain offers over 100 trails and miles of playful terrain to suit any ability level, with gentle beginner slopes to the largest super pipe in the east.

Date (s): February 16, 2010
Departs From: Marlborough Elementary School,
25 School Drive
Departure Time: 5:30am **Estimated Arrival Time:** 8:00am
Depart from Vermont at 4:30pm
Fee: Adult \$79.00 Junior \$75.00

Noshing thru Manhattan

All Ages

New York City is famous for its food from around the world. Throughout this guided tour, you will taste a variety of ethnic foods and enjoy sightseeing in Hell's Kitchen, Little Italy, Chinatown, Greenwich Village and the Lower East Side (stops may vary). The tastings will be served on and off the coach and are enough for lunch. Sample stops may include: Russ & Daughters Appetizing, Rocco's Pastry, and Faicco's Pork Store.

Date (s): June 12, 2010
Departs From: Marlborough Town Hall,
26 North Main Street
Departure Time: 8:00 am Return ETA: 6:00 pm Marlborough
Fee: \$94.00

HAPPY HOLIDAYS • HAPPY HOLIDAYS • HAPPY HOLIDAYS

INCREDIBLE HAIR 860-537-1528
392 South Main Street Colchester, CT

INCREDIBLE HAIR of COLCHESTER wishes an **INCREDIBLE** Holiday Season to all our **INCREDIBLE** clients and **INCREDIBLE** friends and family. And as **INCREDIBLE** as it may sound, an **INCREDIBLE** new year. We are all **INCREDIBLY** blessed to have you in our lives. Thank you, for an **INCREDIBLE** year.

From the **INCREDIBLES**;
Fran, Bonnie, Maria, Joyce,
Amy, Cheryl, Heather,
Melody, Dawn

HOLIDAYS • HAPPY HOLIDAYS

New York City and King Tut Exhibit

All Ages

Depart from Colchester en route to New York City. Upon arrival to the city, enjoy lunch on your own in the Times Square area. After lunch, you will be transported to the brand new Discovery Times Square Exposition Center. Here, after 30 years, the greatest exhibition of all time returns to New York City-Tutankhamun: The Golden Age of the Pharaohs! The exhibition features 50 objects from the tomb of Tutankhamun including the gold sandals that adorned the mummy's feet and a beautifully adorned canopic jar that mummified his internal organs. In addition to the treasures from the tomb of Tutankhamun, 80 ancient artifacts are featured, which highlight many of the most significant rulers of ancient Egypt such as Khafren, whose great pyramid is the only remaining structure of the seven wonders of the ancient world and Hatshepsut, the queen who became king. You will also receive an audio tour wand to enhance your experience with the exhibit. Join us for this golden day.

Dates: July 18, 2010
Departs From: Colchester Town Hall
Departure Time: TBA
Fee: \$105.00/Adult \$90.00/Child

TOWN RECREATION FACILITIES

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

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.

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

Town Green

Host to many town-wide events,



Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

SMOKING AND 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 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.

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 gyms, and the Town Green must be coordinated through the Parks and Recreation Office.

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

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.

Completed projects:

- WJMS courtyard reconstructed
- Partner with Garden Club on stone path at Senior Butterfly Garden
- Repair cracks at Bacon Academy tennis courts
- Repair sidewalks at schools

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. Lightning 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. 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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Public Works

Snow & Ice Control Plan Summary

On 14 October 1999, the Colchester Board of Selectmen adopted a Snow and Ice Control Plan prepared by the Town Public Works Department. The Plan (which has been updated as needed) defines the responsibilities of both the Town of Colchester and the public during snow and ice control activities. A copy of the Plan is available in the Town Clerk's, First Selectman's, and the Public Works offices in the Colchester Town Hall. Included below are highlights from the Plan, as well as some general information and winter reminders presented in an effort to assist everyone living and working in Colchester to minimize the inconvenience associated with winter weather.

Winter Snow Budget: The Town snow budget for fiscal year 2009/2010 totals \$277,586 and consists of anticipated expenses associated with overtime costs for Town personnel, contractor services, sand and salt purchase, and expenses for mail boxes and posts. Because of the variability in snow expenses from year to year, preparing a budget for these expenses is difficult. If the budget is overrun, payment for these services must be made up by reducing expenditures in other portions of the Town's operating budget.

Staffing and Equipment: The winter snow and ice control program consists of ten Highway crew members and three contractors that are responsible for the thirteen plow routes. Six Park Maintenance crew members are responsible for the public facilities, school roadways and parking lots, and sidewalks that abut Town property. The School Board is responsible for sidewalks around all school properties. The Town has eleven full size plow trucks with sanders, four pick-up trucks, one backhoe and one loader. The contractors provide and are responsible for their own equipment.

Plowing and Salting Policies: The Town of Colchester uses an organically coated magnesium chloride (treated salt) for control of snow and ice on Town roads. The goal of the Department is to apply a thin layer of the anti-icing product onto the road either prior to the storm or as early as possible in the storm event to reduce the snow's ability to freeze to the road surface making it difficult to remove. The mixture is applied throughout the storm as deemed appropriate for conditions.

Street Prioritizing: Collector streets and bus routes between the schools are plowed the earliest and most frequently. On occasion, to improve efficiency, some of the side roads are plowed either in conjunction with the collector road or as the truck is on its way to the collector road. As a general rule, one lane in each direction is cleared during the storm event. When the storm has stopped, the roads are cleared to their full width. Because it takes roughly four hours to cover a snow route with one pass, it may appear a truck has not plowed the individual street. This is not true. Each road on the route is important but because some roads



are exposed to greater volumes of traffic or have difficult hills, they may be plowed more frequently than lower volume roads.

Public Policies: The Town has a Snow and Ice Control Plan that was first adopted by the Board of Selectmen on 14 October 1999. The Plan has been updated as necessary since that time. The Plan outlines the Town's and the Public's responsibilities regarding winter snow and ice control activities. Notwithstanding the circumstances involved with changing climatic conditions, the Town will endeavor to keep Town-maintained roads in a reasonably safe condition for travelers. Travelers who use Town-maintained roads are expected to demonstrate due care and reasonable caution, especially under adverse weather conditions.

Governing Statutes and Ordinances:

There are also State Statutes and Local Ordinances that effect Snow and Ice Control operations:

- Connecticut General Statute 7-163A removes liability from the Town for persons injured by the presence of snow and/or ice on a public sidewalk.
- Town Ordinances 304 and 305 identify the responsibility of the occupant or owner of the property that abuts a public sidewalk to remove snow and ice (as well as other debris) and maintain the sidewalk in an unimpeded and safe condition. Violators are subject to a fine.
- Town Ordinance 710: Parking Ban Ordinance for Snow automatically comes into effect for snow accumulations of 1/2 in. or greater making it a violation to park on Town-maintained roads until 12 hours after completion of the storm. Violators are subject to a fine and towing expenses.

- Who to Contact: Calls during regular business hours (8:00 a.m. to 4:30 p.m. Monday through Friday, except holidays) should be made to the Public Works Department at 537-7288. An answering machine is available during non-business hours. If a problem exists during a storm event that occurs during non-business hours, a message can be left at 537-1086. This number is checked frequently during snow and ice control operations.

What Can the Public Do to Help? The public can cooperate and help in winter snow and ice control activities by complying with the State and local regulations; by removing vehicles from the roads during storms; by waiting until the street is plowed before clearing driveways openings (to the extent possible); by clearing sidewalks and crosswalk openings and around fire hydrants (all shall be cleared within 24 hours after completion of the storm); by not shoveling, plowing, or throwing snow into the roads (this creates a driving hazard for others); by making sure their vehicles are equipped for winter driving; by not allowing children to dig or tunnel into snow banks as they can collapse; and by using reasonable care when driving. In addition, basketball poles should be removed or relocated from within the Town Right-of-way to avoid damage. Mailboxes and posts should be installed the proper distance and height behind the edge of pavement or curb. Garbage and recyclable containers should not be placed within the roadway.

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Senior Center

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www.colchesterct.gov • csc@colchesterct.gov • Ph (860) 537-3911 • Fax (860) 537-5574**

The Senior Center of Colchester, Connecticut provides programming designed to maximize independence, dignity and quality of life for seniors in the community. Located at 95 Norwich Ave, the center is open from 8:00 a.m. to 4:30 p.m. M-F.

The center serves as a vital resource for the entire community for information on aging, and related issues, including support for caregivers and extended family members. Information and referral services are provided on housing, health care and other benefit and entitlement programs, as well as assistance with filing medical insurance paperwork, energy assistance, renters rebate and food stamp referrals.

Services and programs are available through a wide range of group and individual activities and are designed to provide opportunities for socialization, recreation, cultural enrichment, and intellectual and physical stimulation.

The Center provides preventative health activities, exercise classes, chair yoga, Tai Chi, bingo, and an array of card/board game activities. The center also has a renowned singing group, gardening activities, craft and art classes, an intergenerational program as well as organized

volunteer activities to help local hospitals, town government and the business community.

Regular meals are served Monday through Friday by making a reservation 72 hours in advance (special holiday and seasonal lunches are also provided). The Meals on Wheels program is also offered to homebound residents. Local transportation is offered daily, with a 24 hour advance notice. This service offers rides to and from the center, medical appointments and shopping destinations. For those individuals needing transportation to medical appointments outside of Colchester, assistance is provided with advance notice on a first come first served basis.

The Colchester Senior Center is a thriving environment where friends come to gather, participate in enriching activities, obtain vital information and share a good laugh.

Activities Highlights

Wadsworth Atheneum Festival Of Trees: December 12. The Colchester Senior Center will once again submit an entry in the decorated trees fundraiser display. The Golden Glow will also perform at the Atheneum that day. Contact Priscilla for more details.

Holiday Pizza Party: December 23 11:30 - Take some time off from your busy holiday schedule and enjoy a pizza party with music provided by the Golden Glow Singers and flute playing by local middle and high school students. Sign up with Donna.

New Years Eve Party: December 30 4:00-6:30 - Join us at the Hebron Senior Center as we wish in the New year with hot Hors D'oeuvres, coffee, cake and live entertainment. Cost \$10.00. Transportation will be provided. Sign up with Donna

Fat Tuesday Celebration: Join us at noon on Tuesday February 16 for homemade soups and decadent desserts and a celebration of Mardi Gras. Wear your purple and gold and green. Entertainment will be provided. Cost \$4.00.

Kicking The Winter Blues Party: January 26- Get out of the house and have some fun as we weather the remaining weeks of winter together. Special lunch provided by TVCCA. Entertainment provided by 50's Elvis style singer. Wear your blue suede shoes and kick up your heels. Cost \$4.50.

Health And Wellness Presentations:

Interim Healthcare professionals will provide informative health and wellness advice on an array of topics. Upcoming sessions include: **Friday, Dec. 11th at 11:30:** "Sure Steps" a fall prevention discussion about learning how to keep your balance! **Friday, Jan. 8th at 11:30:** "Vitamins" Learn how to boost your immune system!

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Maria Cerino HCA Lic #257

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Regular Activities

Card Games: Setback, Mondays at 12:45-Phase 10, Tuesdays at 12:30-Pinochle, Tuesdays at 12:45-Bridge, Wednesdays at 12:45. (Partners not required)

Line Dancing: Thursdays at 1:30.

Pokeno: Tuesdays at 10:30.

Bingo: Fridays at 10:00

Wii Bowling: Team bowling on Thursdays from 9-10:30. Open bowling on Thursdays from 1-3:00 p.m.

Golden Glow: Singers will meet on Mondays at 10:30.

Ongoing Programs

Low Vision Support Group: meets at the senior center on the *third Thursday of the month at 10:30*. Come and learn new vision techniques from guest speakers and enjoy the camaraderie of others with all levels of vision impairment. Sponsored by the Colchester Lions and the Colchester Senior Center.

FREE Hearing

Clinic: on the *second Wednesday of the month from 9:30-12 by appointment*. Hearing screenings, a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a CT licensed hearing instrument specialist and dispenser for nearly 20 years.

Blood Pressure

Screening: on the *second Monday of the month from 10:30-12:00 at the senior center*.

Retired Senior Volunteer Program: "RSVP"- the group meets on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

Exercise programs: We have many classes to choose from; an aerobic class with a certified instructor on Wednesday and Friday mornings and a Jazzercise class on Monday mornings. At this time we will offer classes at a cost of \$3.00 per class or at a discounted rate of \$2.00 per class if you pay by the month. For those with an interest in a less strenuous exercise program we offer a Chair Exercise class on Mondays at 9:00 - and Tai Chi on Tuesdays at 9:30.

"Making Memories" Program: "MAKING MEMORIES" Program- We are now offering a Recreational Therapy program for individuals (and their caregivers) facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources -Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information about the program contact Irene Watson or Patti White at 537-3911.

Senior Center Study Group: The Colchester Board of Selectmen recently voted to create a Senior Center Study Group to explore options for a recommended course of action on the development of a stand alone senior center or a combined community/senior center in Colchester. Look for a meeting schedule on the town website.

TVCCA Meals: TVCCA is continuing to make improvements to both the taste and variety of the meals that they provide at the Center. This includes new entrees, some fresh prep hot meals, as well as more soups and salads. (Follow the Busy Bee for menu options).

Senior Center Group Monthly Meeting:

Join us each month on the *second Friday of the month at 12:30* to discuss ways to improve and support the activities of the center. All are welcome!

Donation Policy:

While we greatly appreciate donations to the center, due to space limitations we ask that anyone who wants to donate something to please call the staff at the center to find out if we need the item. Current needed items: Computers less than 5 years old for our computer lab. Please contact Patti White for more information.

AARP Tax Aides: are needed to help prepare income tax during tax season at the senior center. Volunteers assist low to middle income taxpayers of all ages, with special attention to those 60 and older in filing their Federal and Connecticut income taxes. To volunteer, send an e-mail to ctvolutaxaide@juno.com.

Tax Assistance Provided: For low to middle income households tax assistance will be provided from January to April 15. Contact Donna to schedule an appointment.



Energy Assistance Program

The CT Emergency Assistance Program is designed to help offset the winter heating costs of CT's lower income households.

You will need: (Information for 2009)

1. ___ Social Security numbers, with proof of this year's social security income and any other income received, for everyone in the household.
2. ___ Copies of all recent savings and checking account statements.
3. ___ Statement of assets; stocks, bonds, CD's and IRA's (retirement accounts), credit union accounts, 401 K's, 401 A's and VA benefits are to be provided for all household members.
4. ___ If you receive over \$10 a month in interest on any account, you will need to bring in a year to date statement from the bank.
5. ___ Proof of alimony or child support (foster children's income is not needed).
6. ___ If your main source of heat is electric, bring a recent full copy of your utility bill (top and bottom portion).
7. ___ If your main source of heat is oil, gas or propane, bring the name and address of the company you use.
8. ___ Bring your Food Stamps card.
9. ___ Provide a current rent receipt, if you rent. If you have a mortgage please provide a monthly mortgage receipt.
10. ___ Name and address of your landlord if renting.



Call Donna (537-3911) for details or to schedule an appointment.

Medicare Part D: Open enrollment is November 15th through December 31st. Now is the time to review your plan. Contact Donna or Patti for assistance with this process.

Transportation

In Town Transportation: Please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request.

Out of Town: A grant from the Department of Transportation enables us to offer out of town transportation on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request.

Travel

Payments are being taken for these trips. Call the Colchester Senior Center for additional information (537-3911). Trip sign-up policy- Please come in to sign up for a trip and pay the transportation cost or cost of the trip to hold your reservation. Reservations will not be made over the phone.

Washington DC: March 12-14, 2010- See the Terra Cotta Warriors, the Freer & Sackler Galleries, a city tour, and a guided behind the scenes tour of The Kennedy Center. The trip includes 2 breakfasts and 2 dinners, sightseeing and admissions. \$150 deposit due by December 2009. Cost \$421.00 per person twin.

Penn Dutch: May 10-12, 2010- Enjoy the Plain & Fancy Restaurant's Demonstration Kitchen with a dinner theatre. A tour of the Amish countryside with lunch in an Amish home. Reserved seating at the Millennium theatre with its new production of "Joseph." Time at the Kitchen Kettle Village with 42 shops and restaurants jammed full of Lancaster County's simple pleasures! Cost \$401 per person twin. A deposit of \$150 due by February 2010.

Branson Musical Getaway: September 24-29, 2010- Enjoy an array of spectacular shows on your getaway to the mid-west's entertainment capital, Branson, Missouri. Trip includes airfare, hotels and travel insurance and 8 meals. Cost: \$1,799 per person twin.

Reflections Of Italy: November 2010- Visit Rome, the Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland, Como. Stop in for a brochure! Travel insurance is also included in the price of \$2,999.00 twin.

Local Trips

Lunch Outings: join the group for monthly lunch outings to restaurants in the region. Look for details in the Busy Bee Newsletter.

Shopping Trips: each month the group travels to surrounding towns to shop. In December the group will travel to the Lisbon Landing on December 7th.

Mohegan Sun and Holiday Play: December 9- First travel to Mystic to enjoy a live production of "Mistletoed" then on to Mohegan Sun. Includes a buffet lunch and a \$15.00 betting coupon. Cost: \$35.00.

For all trips contact Donna at the Senior Center to find out more details.

The Colchester Senior Center prints a monthly newsletter, (the Busy Bee Bulletin) that is available at the center, doctors offices in town, Stop & Shop, CVS and Cragin Library as well as the Town Clerk's Office and the Selectman's Office or you can view it on the town's web site at www.colchesterct.net.

Inclement Weather Closing: Stay tuned to Channel 3 on your TV or on the radio at WICH, WCTY, WNLC or WKNL



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Youth Services

From the Director

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. Some of the programs we offer include: support groups, community service programs, leadership training, parenting classes, substance abuse education, youth employment programs and a Juvenile Review Board. Throughout the year we also offer a variety of cultural and recreational activities that provide our young people with opportunities to express themselves artistically, try out new experiences, learn about different cultures and have fun! In addition to our structured groups, we also offer a program called "Open Youth Center" which provides a safe, drug and alcohol free drop-in center. This provides a great space where kids feel safe and comfortable and have the opportunity to just be kids for awhile. We are currently looking for youth and adult volunteers who are interested in becoming part of our Advisory Board or the Local Prevention Council. This is a great opportunity to take part in a valuable and meaningful volunteer experience. If you have questions, concerns or great ideas, I would be happy to talk with you. You can contact us at youthservices@colchesterct.gov or 537-7255.

Sincerely,
Valerie Geato
Director

Funding for the Youth Services Bureau is provided by the Town of Colchester and the Connecticut State Department of Education as outlined in State Statute 10-19m. Colchester Youth Services is a member of CT Youth Services Association.

Youth Service Bureau Staff

Director:

Valerie Geato vgeato@colchesterct.gov

Program Coordinator:

Lyn Marra lmarra@colchesterct.gov

Program Coordinator:

Michael Schaff mschaff@colchesterct.gov

Administrative Assistant:

Kathleen Spangler kspangler@colchesterct.gov

Youth Center Supervisors:

Jesse Dion Matt Merkent Melanie Weinick

Interns:

Crystal MacKinnon Elizabeth Allard

Youth Services Advisory Board

The Youth Services Advisory Board is charged with the mission of advising and making recommendations on overall policy and program direction for the Bureau. The Advisory Board is comprised of youths, school, and police officials, as well as concerned citizens.

Responsibilities of the Advisory Board include:

- Resource development/fundraising
- Public Awareness of Youth Services
- To educate, encourage, and aid the community in recognizing its responsibility and role in the alleviation and solution of social problems involving youth.
- Advocate on behalf of policies and services that promote the healthy development of children and families.
- Provide an example of community involvement and volunteerism to our youth.

Advisory Board membership is constituted by the State Department of Education and Town of Colchester ordinances. If you are interested in becoming a member of the Board, call our office. Meetings are held on the first Wednesday of every month (except July and August) from 5:30-7:00pm at the Youth Center, 40 Norwich Ave.

Members:

Lorraine Marvin, *Chairman*
Chris Bennett
Sarah Dell
Aaliyah Gonzalez
Heather Pelletier
Pamela Scheibelein, *Secretary*
Tom St. Louis



Local Prevention Council

Youth Services' Local Prevention Council (L.P.C.) is a group of concerned and committed members of the community who meet monthly to increase public awareness of drug and alcohol abuse. Members include: teens, parents, school representatives, clergy, business owners and town officials. Currently, our most pressing and timely challenge is building a stronger, more effective and permanent council that truly reflects our community. We are seeking new members and would be happy if you joined us. We are also working on developing a parent's information sharing network, planning school assemblies and offering healthy alternatives for high school youth. If you would like to learn more about the L.P.C., please contact Valerie at 537-7255 or vgeato@colchesterct.gov.

Members Include:

Chris Bennett	Valerie Geato
Brittany Berube	Barbara Gilbert
Deanna Bouchard	Aaliyah Gonzalez
Brian Couture	Nan Goodchild
Sandra DesFosses	Christine Miskell
Shirley Ellis	Eli and Beth Ojeda
Tracy Fox	Ofc. Rob Suchecki
Kristen Francis	Wendy Mis

Services Provided

In addition to the programs that are highlighted in the program details, we also provide the following services:

Information and Referrals

At Youth Services, we know that raising kids who are healthy and well-adjusted is the hardest job on earth. If you should find yourself in a family situation that seems unmanageable, please call us. We provide referrals to other public and private agencies to help with mental health issues, out-of-control kids, substance abuse treatment, domestic violence, or any other issues your family may be facing. We also have a lending library with some of the newest and most popular books on parenting as well as free brochures and pamphlets on substance abuse, suicide, stress, eating disorders, and hundreds of other topics.

Hire-A-Youth

Need help raking leaves? How about a hand with spring clean-up? If you are looking for help, we just might have a match for you. Colchester Youth Services' Hire-A-Youth program matches area teens with potential employers who need chores done such as, shoveling, lawn mowing, leaf raking, housework and office work. Give our office a call and we'll put you in contact with some teens who are willing and able to work. It is up to the employer and the youth to agree to wages and hours, as they are not set by Youth Services. All you have to do is call Colchester Youth Services and we will get the process started. If you are a youth (age 12-18) and are interested in participating in this program, please contact us for a Hire-A-Youth application and an appointment for a brief interview.

Babysitting Swap-Board

There is a babysitting swap-board available in the Youth Services' office. Parents looking for babysitters and teens looking for babysitting jobs are welcome to come in and post a notice of their needs or services. You must come in to the office to utilize the swap-board, as Youth Services staff is not permitted to give any information over the phone. This is not a referral service for either party.

School Based Programs

Throughout the school year, Youth Services' staff facilitate support groups and skill building programs at our local schools. Some of the programs provided include: Stress Management, Divorce Support Groups, Friendship skills and Anger Management.

Juvenile Diversion Board

The Juvenile Diversion Board works with the local and State Police to reduce juvenile crime in Colchester. Our goal is to offer a range of meaningful alternatives to the Criminal Justice System through intervention strategies that are responsible and community based. These alternatives are aimed at promoting responsible behavior and solving problems that may be at the root of the behavior.



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Youth Action Council

Date: Tuesdays throughout the school year
Time: 2:30pm - 3:30pm
Grades: 9-12, members only
Fee: none

Youth Action Council (Y.A.C.) is a community service group for high school students. The group's mission is to provide students an opportunity to develop leadership qualities while participating in volunteer activities. Y.A.C. meets Tuesdays after school at the Youth Center. Transportation is provided to the Youth Center. Some of this year's goals have been making bag lunches for Covenant Soup Kitchen, decorating pumpkins for nursing home residents and collecting tab tops for Ronald McDonald Charities. Members are continuing to provide a Safe Driving Information Board at Bacon Academy. Each month new statistics and related facts are put on the board to make fellow students become more aware of the importance of safe driving. Future goals include making a dinner to be shared with residents of OMEGA House (a safe and sober home for people living with AIDS/HIV) and bringing them a donation from funds raised at YAC's World Aids Day Wake-A-Thon. The group is currently filled.



Youth Action Council Tab Top Collection

Youth Action Council members will again be competing with area Youth Service Bureaus in collecting aluminum tab tops for Ronald McDonald House. People all over the United States collect the aluminum tab tops which are sold to raise funds for the charity. Ronald McDonald Houses provide a place for families to stay when their children are hospitalized far from their home. The collection will run through May. Collection boxes will be at Town Hall, Bacon Academy Cafeteria, in the Stop and Shop bottle collection area and the Senior Center. Last year Y.A.C. members won the collection competition with other YSB's, so please help us win again!

Youth Force Group

Date: Every other Wednesday throughout the school year
Time: 5:30pm-7:00pm
Grades: 6-8, members only
Fee: None

Youth Force Group is a team of youth who meet at the Youth Center. If you are looking for a fun and exciting way to help the community and learn about the needs of others, this group is for you. The mission of the group is to increase youth awareness and compassion for less fortunate individuals. This will be accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members work in teams to accomplish community service tasks and have fun working together towards a common goal. In the upcoming weeks, YFG will volunteer at the Willimantic Soup Kitchen, host a senior holiday party and facilitate the bingo table at the Special Olympics.

Kids Care Club

Date: December 10th, January 14th,
Time: 3:30pm- 4:30pm
Grades: 1-5
Fee: None

Kids Care Club is a group for kids whose mission is to offer young children an opportunity to work together to help others in and around our community. The group meets once a month at the Youth Center unless otherwise noted. The program is free and a snack is provided at each meeting. Kids can sign up for any or all of the meetings, but registration is a must. The caring and sharing project for December will be making gift bags for children who visit the Covenant Soup Kitchen in Willimantic. The soup kitchen serves breakfast and lunch six days a week to needy residents, manages a food pantry and offers various social services to the patrons. Kids Care Club will decorate bags and fill them with goodies for the children who come to the soup kitchen with their families. At the January meeting the group will create winter tray favors to be given to patients at Backus Hospital.

Open Youth Center

Time: 2:00pm - 4:00pm
Grades 7 & 8: Mondays during the school year
Grade 6: Wednesdays during the school year
Fee: None

OYC provides a time for middle school youth to hang out with their friends in a supervised, safe environment. An after school snack is provided and the youth center has a pool table, DDR, Wii, 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.

S.E.A.L.S. Squad

Date: Monday - Thursday; from January to June
Time: 2:00pm - 4:00pm
Grade: 6
Fee: None

The S.E.A.L.S. Squad is a collaborative effort between Youth Services and middle school staff that focus on self-esteem, academics and life skills. This new after-school group of 6th grade boys will spend 2 days a week working on academics with William J. Johnston teachers. The other 2 days a week will be spent at the Youth Center participating in team challenges, group discussions, and curriculum based activities aimed to foster resiliency among participants. Participants for this group will be selected by the school counselors and registration is not open to the public.

clubGEN

Date: Thursdays through January 7th
Grade: 8 - members only
Fee: None

ClubGEN (Girls' Empowerment Network), a peer-to-peer mentoring program is a collaborative effort between students in Mrs. Maher's Bacon Academy Child Development class and middle school students. The Bacon students research life skills' topics that are important to girls in middle school and then prepare lessons which they present to them each week. The Bacon students mentor the 8th grade girls and also learn leadership skills by providing activities and group discussions that promote self-esteem, resilience and confidence. Youth Services is continuing the ClubGEN activities with an after school group which meets twice a month at the Youth Center. The group provides members with an opportunity to participate in a supervised afternoon of fun activities and trips. At the first after school meeting, a skin care consultant provided the girls with facials and a lesson on how to apply make up. Members also participated in a girls night out trip to a dinner and a play. Future activities include an afternoon of trampolining, a visit to The Rusty Kiln to make pottery, and a group Christmas party. The group is currently filled.

February Vacation Activities

Youth Services is in the process of planning several exciting trips during the school vacation from February 15th - 19th. If you are looking for something fun to do during vacation, details will be released later in our newsletter, The Grapevine, or on our website.



The Colchester Youth Force Group is excited to announce that they received 1st prize as the top fundraising team in the 2009 Penguin Walk at Mystic Aquarium. The group worked extremely hard to raise over \$700 for penguin research and recovery efforts.

REGISTRATION INFORMATION & GUIDELINES

ALL PROGRAMS HAVE A LIMITED NUMBER OF SPACES AVAILABLE AND ARE FILLED ON A FIRST COME, FIRST SERVED BASIS!

ALL TRIPS LEAVE FROM AND RETURN TO TOWN HALL UNLESS OTHERWISE NOTED. SCHOLARSHIPS ARE AVAILABLE AND ARE BASED ON FINANCIAL NEED.

APPLICATIONS ARE AVAILABLE IN OUR OFFICE AND ON-LINE.

In order to provide the safest and most enjoyable programs that we can, we ask that you please adhere to these rules and guidelines:

I Get By With A Little Help From My Friends: On some trips, students in grades 7 and up will be using the buddy system and should try to sign up with a friend. They will check in with us at scheduled times and locations. See the program descriptions for details.

When A Phone Call Just Won't Do: When it comes to trips, you will be registered when a signed permission slip and payment are received in our office. Just calling doesn't reserve a spot.

"Oh no, I can't swim!": Please be sure that you know what your child's capabilities and limitations are and pass that information on to us. Be sure that they meet the criteria listed in the program descriptions. Our expectations of all program participants, is that they will be willing and able to abide by all guidelines and established rules for each trip. If kids are unable to do so, our trips may not be the best option for them this summer.

Refund Policy and Cancellation Policy: In most cases, refunds will only be given for fees if cancellation is received in our office at least 48 hours prior to the trip. In the case of extenuating circumstances, refunds may be given at our discretion.

HOW TO REGISTER

- Walk-In** Stop by our office in Town Hall. We are open Monday through Friday, 8:30am to 4:30pm
- Mail-In** Mail completed permission forms and payment (payable to Town of Colchester) to CYSB.
- Drop Box** Drop it in the drop box slot to the left of the front doors of the Town Hall.

Permission slips are available on-line at www.colchesterct.gov/youthservices or on the bulletin board outside our office in Town Hall

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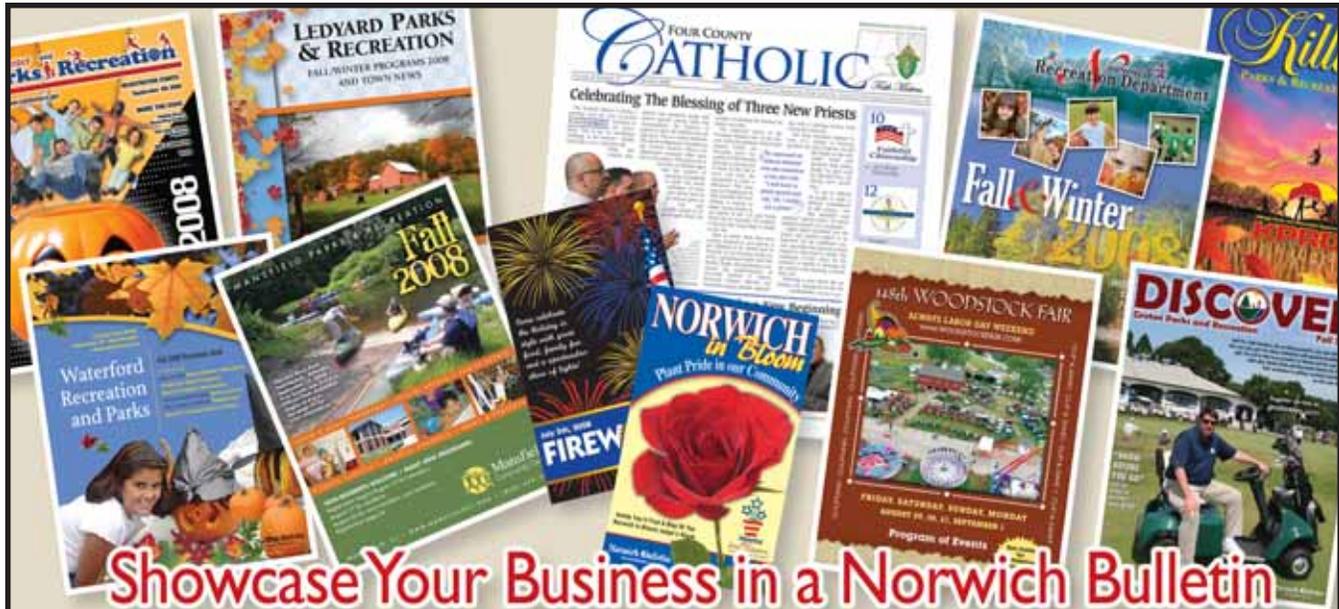
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- Ages 5-7 Ballet/Tap Combo, Mon. 5:15-6:10
- Ages 7-10 Intro to Kids Jazz, Fri. 4:15-5:10
- Ages 8-10 Intro to Kids Tap, Thurs. 6:15-7:00
- Adults (Ages 16 & up) Intro to Tap, Wed. 8:00-8:55



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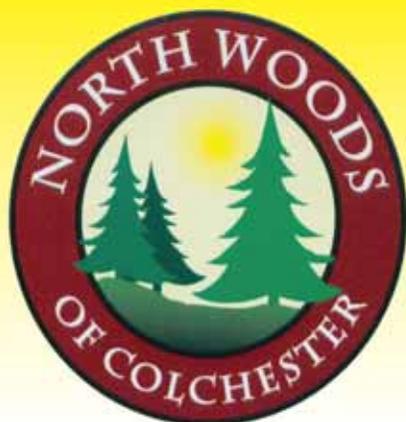
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