



Colchester **CONNECTION**

The Official Publication of the Town of Colchester

Colchester Recreation
Colchester Senior Center
Colchester Youth & Social
Services
Cragin Memorial Library

SPRING 2020

Online Registration

for all Colchester Recreation Programs: www.colchesterct.gov/recreation-department



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Gilbert P. Kaback, P.C., 100 Linwood Avenue, Colchester, CT



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First Selectman's Note



Thankful to our Volunteers!

Do you know that the town's Boards, Commissions and Committees are all made possible because Colchester residents step forward and volunteer their time to serving our community? That is the truth. The generosity of these townspeople is the only way we can possibly meet the needs of our community.

What about you? There are still a number of open slots on several of our commissions and committees and perhaps one of these openings would be in an area of interest to you. We would welcome your application, which can be found on our town website at www.ColchesterCT.gov. Just click on the tab for "Boards and Commission" and you will find a listing of the various committees, what they do and when they meet.

Volunteering is a wonderful way to give back and to pay it forward for the generosity that has been shown to us. I hope you will seriously consider finding a way to use your voice to move Colchester forward.

Sincerely,

Mary Bylone

First Selectman

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J. Elise Forbes,
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Susan Bass,
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and Art Therapist



Anne Harders,
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Social Worker



Dr. Christie Morelli
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RECREATION ADMINISTRATION

Recreation Director

Tiffany S. Quinn, CPRP, CYSA, NYSA, tquinn@colchesterct.gov

Recreation Supervisor

Amanda Hart, ahart@colchesterct.gov

Recreation Specialist

Matthew Cicchese, mcicchese@colchesterct.gov

PUBLIC OFFICE HOURS: Mon. - Fri. 8:30a.m. - 4:30pm

DEPARTMENT OF PUBLIC WORKS

For concerns regarding parks and grounds call (860) 537-7288

James Paggioli, *Director*

Dean Hunniford, *Operations Director*

Tim Angell, *Supervisor*

PARKS & RECREATION COMMISSION MEMBERS

Eric Kundahl, *Chair*

Kristin Moody

Lynne Stephenson

Brenda Kniska

Tracey Bruni

Norm Kaplan

Matt Pulse

Vacant

Vacant

parksandrec@colchesterct.gov



TOWN OF COLCHESTER

Town Departments Phone Listing

Animal Control NECCOG.....	(860) 774-1253
Assessor	(860) 537-7205
Board of Education	(860) 537-7267
Chatham Health Department	
Colchester Office	(860) 537-7214
Main Office	(860) 365-0884
Cragin Memorial Library	(860) 537-5752
Colchester Hayward	
Fire Department	(860) 537-2512
First Selectman's Office	(860) 537-7220
Housing Authority	(860) 537-5251
Highway Department	(860) 537-1086
Planning & Code	
Administration	(860) 537-7280
Police Department.....	(860) 537-7270
Public Works	(860) 537-7288
Recreation Department	(860) 537-7297
Registrar of Voters	
Democrat.....	(860) 537-7204
Republican.....	(860) 537-7249
Senior Center	(860) 537-3911
Sewer & Water.....	(860) 537-7289
State Police Troop K.....	(860) 465-5400
Tax Collector.....	(860) 537-7210
Town Clerk	(860) 537-7215
Transfer Station	
Tues/Sat 8:00AM-3:00PM.....	(860)-537-3169
Water Department.....	(860) 537-2806
Youth & Social Services	(860) 537-7255

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

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Recreation Director Letter

Field Sustainability/Improvement Fund and Policy

Colchester Recreation is committed to advocating for safe, well designed and groomed recreational fields and playgrounds that we can all be proud of. To that end, we thought it would be helpful to share the strategic plan designed to put aside funds to invest in improving our fields at the RecPlex. This information was distributed to the local sport league presidents in the fall of 2018. Our hope is that by educating the public we can work together to create recreational spaces that build community pride.

Every season, the endorsed sports leagues that use the RecPlex fields pay \$10 per player into this fund. This is the only fee that the Town of Colchester collects from the endorsed sports leagues that use the fields. The registration fees paid by participants to the endorsed leagues are not used to cover field maintenance. The endorsed sports leagues do not pay a fee to use the fields, other than the field sustainability fund fee of \$10 per player.

Background

In 2017 and with the help of a representative from the UCONN Extension Services, a subcommittee comprised of Town officials, Parks and Recreation representatives and stakeholders analyzed and discussed how to address the ever growing need of sustaining and improving the long term conditions of the recreation fields at the RecPlex.

Realizing that the Towns operating budget would not likely be able to address these long term needs, the subcommittee developed a recommendation to create a separate fund and policy to begin addressing the financial and operating needs of the fields.

The Field Sustainability/Improvement Fund and Policy was approved by the Parks and Recreation Commission and subsequently by the Board of Selectmen in August, 2017.

The following is a brief summary of this Fund and Policy.

The Field Sustainability/Improvement Fund will not be used for routine field maintenance (mowing, seeding, fertilizing, aerating etc.) or other general town needs. It will be used solely for capital improvement projects located within the recreational complex and other recreational facilities.

With input from the stakeholders (youth and adult leagues) endorsed by the Parks and Recreation Commission, the following needs were identified:

Priority Needs

1. Irrigation at the Recreation Complex for the fields:
 - A. Approximate cost \$200,000 for installation and \$10,000 per year for water
 - B. Other irrigation/watering options for fields (approximate cost is unknown)
3. Additional lighting on more fields at the RecPlex (approximate cost is unknown at this time).
4. Specialized Field Services (approximate cost is unknown at this time).

Long Range Needs

1. Additional Land Purchase for fields (approximate cost is unknown at this time)
2. Rebuilding of the infrastructure of the fields.

2020 SPONSORSHIP EVENTS

Throughout the year we offer events that engage, entertain and expand our community. By collaborating with us you BECOME a part of the event- and the best part of the community!

Fun Runs: A series of free running races geared toward kids. Different race lengths-something for everyone! Dates: Feb. 2, March 14, May 2, Sept. 5, Oct. 31. Sponsorship Goals: \$500. In-Kind Donation: participation toe tokens, water, t-shirts

Adaptive Birthday/Holiday Parties: Quarterly parties for all friends and families! Friday, March 20, Friday June 5, Sept. 4, Dec. 11, 2020. In Kind Donations: cupcakes, snacks, beverages, karaoke, party decorations

Spring Clean Up: Keeping Colchester Beautiful! May 2, 2020 from 9am-12pm. Sponsor Goal: \$300 for Lawn Care & Clean up Supplies. In-kind Donation: Water Bottles, Breakfast Food & Hot Beverages, t-shirts w/logos & donors

National Trails Day: Just Keep Walking! June 6, 2020 "Music through the Miles." Sponsorship Goal: \$500. In Kind Donation: Bottled water, use of gator

Summer Concerts: Regional summer concert series with Marlborough and Salem, Thursdays 6:00PM-8:00PM. Sponsorship Goals: \$2,000

In Kind Donation: Weekly program printing, sound production, shed storage

Summer Food Festival: wonderful food vendors and a fun summer concert, July 16, 2020 from 6-8pm

Summer Day Camp: Keep a kid in Camp: Accepted all year! In 2019, we were able to offer \$6,500 in camperships! A gift of any amount will help make a child's summer special! Sponsorship Goals: \$10,000. In Kind Sponsor: Camper t-shirts with your logo; camp supplies (games, crafts, first aid supplies and more!)

A Festival of Play: Colchester Kid's Fest/Magic in the Park: Sunday, Aug. 30, 2020 from 9am- 2pm at the Town Green. This event will focus on kid's activities and games, in cooperation with the Kids Farmers Market. Sponsorship Goals: \$2,500. In-Kind Donations: Face painting, arts & crafts stations, Bounce House/ Inflatables/Laser Tag or other kids games. Sponsorship will provide funding to

pay for a Kid friendly Band/Musician/Performer

Scarecrow Contest- Community contest on the Town Green!

October 9-30, 2020. Sponsorship Goals: \$400. In Kind Donations: Wooden stakes, contest prizes

Parade of Costumes: October 9, 2020. Sponsorship Goals: \$250. In Kind Donations: Trick or treat bags, prizes, pizza, water, DJ services, and event volunteers

Trick or Trunk: Making Colchester SPOOKY! Friday, Oct. 30, 2020. Sponsorship Goals: \$9000. In-Kind Donations: Candy for Trick or Treaters, Fireworks, DJ services & music, prizes and event volunteers

Volunteer Appreciation: A way to show our wonderful volunteers how much we appreciate them-November 14, 2020. Sponsorship: \$200. In-Kind donations: food, award plaques

Holiday Arches: Bring the Town Green to Life- December 2020

Sponsor an Arch on the Town Green and your name will be on the arch every year! \$600 per arch, only 4 arches available for sponsorships-ever!

Gingerbread House Contest: December 2020. In-Kind Donation: prizes for the winners

National Day of Giving: Tuesday, Dec. 1, 2020. Be the best part of our community and support your local events and scholarships!

Holiday Homecoming: Celebrating the Magic of the Season

December 5, 2020. Sponsorship Goals: \$250. In Kind Donation: Hot Cocoa, cookies, candy canes, event volunteers. In Kind Donations: Holiday food and decorations

Family Games Night: -January 2021. Sponsorship Goals: \$500. In-Kind Donation: Pizza, water, snacks, prizes for the winners of Bingo

RecPlex: Free public Wi-Fi service. Sponsorship: \$80 per quarter for advertising on the internet landing page.

For more information or to sponsor an event, please contact the Recreation Office at (860) 537-7297



15th Annual Spring Clean Up

Saturday May 2, 2020

9:00AM-12:00PM

Join forces to make the 15th Annual Spring Clean up a fun day of community service and pride! Two ways to volunteer:

1. Large Groups may call ahead to preregister and organize a work sites.
2. Meet on the Town Green at 9AM to get a clean up assignments.



Volunteers will work at the following locations: Town Green, Bacon Academy Courtyard, Colchester Elementary School, William J Johnston Middle School, Jack Jackter Intermediate School, Cragin Memorial Library, Downtown Colchester sidewalks, Town Hall, Old Bacon Cemetery and the Youth Center.



Please bring work gloves, rakes & shovels. We will provide garbage bags, mulch and garbage pick up. Jobs may include removing garbage, spreading mulch, picking up sticks/branches, raking leaves. Please wear appropriate shoes and clothes for the weather.



Other events:

Colchester Hayward Fire Department Cadets will be collecting bottles & cans from 9:00AM-12:00PM at the Fire Department, 52 Old Hartford Road.

We encourage you to pre-register so we can plan accordingly!
visit www.ColchesterCT.Gov/Recreation-Department
and search Activity #4276 or call the office at (860) 537-7297





Community & Family Events

New York on your Own Bus Trip- Spring Trip

Saturday May 9, 2020

Radio City, Rockefeller Center, Met Museum of Art, Times Square, 34th Street and so much more! The day is yours to explore and there is bound to be something for the whole family to enjoy! The deluxe motor coach will depart from the Colchester Town Hall at 7:00AM and transport passengers to New York City. The motor coach will pick up passengers at 6:00PM and bring passengers back to Colchester.

Suggested drop off locations (actual locations may change slightly on the day of the trip to accommodate road conditions, parking restrictions, etc.)

- 1st Drop-off:** Met Museum of Art, 5th Ave at 82nd Street
- 2nd Drop-off:** Rockefeller Center Area (Radio City Music Hall, St Patrick's Cathedral)
- 3rd Drop-off:** Times Square (Theater District, Madame Tussaud's, Bubba Gump's)
- 4th Drop-off:** Macy's, 34th Street (Garment District, Empire State Building)
- 5th Drop-off:** Canal Street
- Activity #** 4325
- Date:** Saturday May 9, 2020
All Ages (minors must be accompanied by an adult)
- Fee:** \$65 per person; Min 35/Max 50
- Registration deadline:** May 1, 2020

Birthday Parties at William J Johnston Middle School

Let Colchester Recreation help with your Birthday Party! We will use the gym and cafeteria at William J. Johnston Middle School for a 2 hour birthday party on Friday evenings, Saturdays or Sundays! We will provide the space for your party, you provide the kids! We can assist with staff, equipment and provide cake and paper goods if desired. To learn about all of the Birthday Party options, please call Colchester Recreation at (860) 537-7297 or visit our website at www.colchesterct.gov/recreation_department.

Volunteer of the Month

Colchester Recreation will accept nominations from Colchester organizations, groups, businesses, schools and individuals for the Volunteer of the Month! Nomination forms are available on our website at www.colchesterct.gov/recreation_department.

Nomination Criteria

- A resident of Colchester
- A volunteer with a specific group for more than 3 months
- 14 years or older
- Must not receive financial compensation
- Must not have won the award within the past 3 years.

Adaptive Birthday Party!



LET'S CELEBRATE TOGETHER!

Join us as we celebrate our birthday's! Individuals of all abilities are welcome to attend and celebrate their birthday with their friends and family!

Friday March 20, 2020
Activity #4324
6:00PM-8:00PM
\$5.00 Per Person

Colchester Elementary School Cafeteria
Light refreshments will be served.
Bring a friend and celebrate your birthday!

Pre-Registration is Required
www.colchesterct.gov/Recreation-Department
For more information (860) 537-7297
parksandrec@colchesterct.gov



Register online at:
www.colchesterct.gov/recreation-department

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OPEN HOUSE-Colchester Recreation

Saturday, April 4, 2020

from 9:00AM-11:00AM

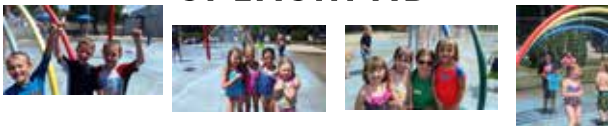
127 Norwich Ave., Colchester CT 06415

You are invited to stop in
between 9:00AM-11:00AM
to visit with Colchester
Recreation!

Ask questions,
share ideas,
register for programs,
or just stop in and say HI!



COLCHESTER RECPLEX SPLASHPAD



THE SPLASHPAD WILL OPEN FOR THE SUMMER IN JUNE 2020. THE EXACT DATE WILL DEPEND ON THE WEATHER.

THE SPLASHPAD IS OPEN TO THE PUBLIC SEVEN DAYS A WEEK FROM 8:00AM-8:00PM

THE SPLASHPAD WILL BE OPEN FOR INDIVIDUALS WITH SPECIAL NEEDS FROM 9:00AM-10:00AM ON SATURDAYS. DURING THIS TIME THE SPLASHPAD WILL BE CLOSED TO THE PUBLIC.

PARK RULES:

- Adult supervision is required at all times
- Watershoes are required
- NO Running



FREE FUN RUN

100 METER & 200 METER DASH
¼ MILE, ½ MILE & FULL MILE

Day Of Registration 9:30-10:00 AM, Run begins at 10:00 AM
Bacon Academy Track, 611 Norwich Ave, Colchester, CT 06415
Parents Must Remain with children

MEMORIAL DAY RUN- SATURDAY, MAY 23, 2020

Children (and adults) are encouraged to dress in patriotic colors!



AWARDS WILL BE GIVEN OUT!

Pre-Register online at www.colchesterct.gov/Recreation-Department then "Register Online". Search by Activity #

TRICK OR TRUNK RUN- SATURDAY, OCTOBER 31, 2020

Children (and adults) are encouraged to wear their favorite halloween costume!



For more information contact Colchester Recreation at 860-537-7297 or Don Levine at pehealthinquiry@gmail.com or Kelly McAlpine



ALL CONCERTS ARE FREE AND OPEN TO THE PUBLIC

ALL CONCERTS BEGIN AT 6PM

Thursday, June 25, 2020-Blish Park,
Marlborough CT

Thursday, July 2, 2020- Town Green,
Colchester, CT

Thursday, July 9, 2020- Blish Park,
Marlborough CT

Thursday, July 16, 2020-Town Green,
Colchester CT

Thursday, July 23, 2020-Blish Park,
Marlborough, CT

Thursday, July 30, 2020- Community Park
Pavilion, Salem, CT

Thursday, August 6, 2020-Blish Park,
Marlborough, CT

Thursday, August 13, 2020- Community Park
Pavilion, Salem, CT

The regional summer concert series is brought to
you by:

Town of Colchester Recreation (860) 537-7297

Marlborough Parks & Recreation (860) 295-6203

Town of Salem Recreation (860) 859-3873 x 275

For more information on concerts, rain dates,
location addresses etc., please call the
department hosting the concert.

Bands will be announced soon!

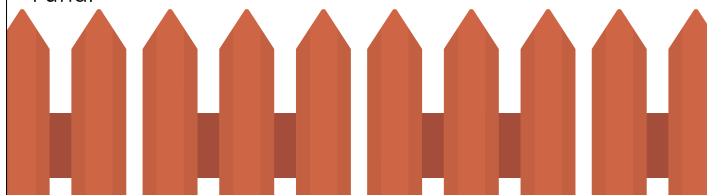


**3rd Annual
Town -Wide Tag Sale
SATURDAY AUGUST 1, 2020
RAIN DATE:
AUGUST 8, 2020**

How it works:

1. You purchase your place on the map for \$25 by submitting an application before July 19, 2019.
2. Beginning July 24, 2020, anyone can print the map from our website with the locations of all of the local tag sales!
3. Hold your tag sale at your house (or get together with neighbors)!

All proceeds benefit the Colchester Recreation Scholarship Fund.



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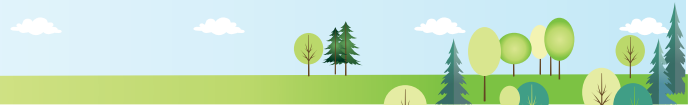
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Adult & Youth Programs



Teen & Adult Classes at a Glance

SPRING 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga for Seniors- Monday's #4343 4:45PM-5:45PM	Spring Paint Night Summer Sailing April 21, 2020 #4370 6:00PM-8:00PM	Stamping 12:00PM-2:00PM or 6:00PM-8:00PM Multiple Dates	Photography 101 #4380 5:00PM-7:00PM	Country & Funky Line Dancing #4390 5:30PM-6:30PM	Basic Dog Obedience Session I #4374 9:00AM-10:00AM
Teen Pick Up Basketball #4354 5:00PM-7:00PM	Spring Paint Night Color Study May 5, 2020 #4372 6:00PM-8:00PM	Yoga for Seniors- Wednesday #4348 4:45PM-5:45PM	Balanced Flow Yoga #4366 6:00PM-7:00PM	Golf Course Etiquette Multiple Dates 6:30PM-7:30PM	Basic Dog Obedience Session II #4375 10:30AM-11:30AM
Mat Pilates #4344 6:00PM-6:45PM	Spring Paint Night Paint Your Pet May 19, 2020 #4370 6:00PM-8:30PM	Tennis Lessons Adult Intermediate #4403 5:30PM-6:30PM	Stop The Bleed May 14, 2020 #4382 6:00PM-7:00PM		Brazilian Jiu-Jitsu #4356 10:30AM-11:30AM
Making Your Emotions Work for You #4364 6:00PM-7:00PM	Spring Paint Night Wildflower Bouquet June 16, 2020 #4370 6:00PM-8:00PM	Sculpt & Burn #4349 6:00PM-7:00PM	Into. To Tap Dancing #4392 7:30PM-8:15PM		Adult Golf Lessons #4371 6:00PM-7:00PM
Yoga All Levels #4345 6:30PM-7:30PM	Martial Arts for Teens (T & TH) #4360 6:15PM-7:00PM	POUND #4350 7:00PM-8:00PM			
Men's Pick Up Basketball #4353 7:00PM-9:00PM	Zumba #4346 6:30PM-7:30PM	Quilting for Beginners #4397 6:00PM-9:00PM			
How Can They Think Like That? #4363 7:00PM-8:00PM		Sewing Class #4399 6:00PM-9:00PM			
Krav Maga & Kickboxing #4358 (M & W) 7:00PM-8:00PM		Mental Health First Aid #4398 5:00PM-9:00PM April 8 & April 9			
Tennis Lessons Adult Beginner #4402 5:30PM-6:30PM					

Adult Enrichment

Basic Dog Obedience



A six-week basic obedience course using positive reinforcement training methods. Each session will run for one hour. This course will teach you and your dog how to effectively communicate with each other while learning all of the basic obedience commands. First session is humans only. All dogs must be leashed with a non-retractable leash. Please bring a water bowl & water as well as waste clean-up bags. Only one dog per handler.

Paws to the Wall Dog Training teaches positive reinforcement training to help families and their

dogs with behavior, obedience, and communication skills. Owner Kevin Williams has over 8 years experience working in basic and advanced obedience training, as well as agility, aggression, and service dog training. Kevin enjoys helping families integrate their canine companions into their family unit and works with clients in both group and individual settings. Kevin is Canine Good Citizen certified and provides lessons and testing for the CGC test.

All canine participants must provide proof of rabies and distemper. The Bordetella vaccination is recommended as well. Dogs with canine or human aggression are not recommended for this course. Please contact Parks & Recreation if you have any questions.

Activity # Session I: 4374
Session II: 4375
Date: Session I: 4/25/20-6/6/20
Session II: 4/25/20-6/6/20
**No Class on 5/23/20 (Memorial Day Weekend)
Day: Sat.
Time: Session I: 9:00AM-10:00AM
Session II: 10:30AM-11:30AM
Location: Ruby Cohen Woodlands
Fee: \$150.00 Res./\$155 Non-Res.; Min.4/Max.8
Ages: 18+
Instructor: Williams, Kevin
(Paws To The Walls Family Dog Training)
Registration Deadline: 4/20/20

Photography 101: Learning The Basics

This class will be about the basics of photography, the tools and concepts needed to take the best photos you can. The primary goal of this class is ensuring all students leave with a better understanding of their camera settings and equipment, and have the confidence to take the photos they want. At the end of the course there will be a hands-on session to further expand on the topics covered, as well as trouble shoot any camera specific issues that may arise.

Activity # 4380
Date: 4/23/20, 5/7/20, 5/23/20
Day: **Thur:** 4/23/20, 5/7/20
Sat: 5/23/20
Time: 5:00PM-7:00PM (Thurs.)
5:00PM-6:45PM (Thurs.)
8:00AM-10:00AM (Sat.)
Location: Town Hall Room #1
Fee: \$65.00 Res./\$70.00 Non-Res.; Min.5/Max.15
Ages: 16+
Instructor: Red Skies Photography, Jake Snyder
Registration Deadline: 4/20/20

How Can They Think Like That?

Do you wonder how people can say some of the things they do? Or even what would be going through their minds to say what they do? Sometimes it's very difficult to understand where other people are coming from. In this course, you'll learn why we think and say the things we do. You'll learn to be more attentive to the things you think and say, and how to be more sympathetic to the mindset of others. Class is 4 weeks.

Activity # 4363
Date: 4/20/20- 5/11/20
Day: Monday's
Time: 7:00PM-8:00PM
Location: JJIS Room #120
**Class on 4/27/20 in Colchester Town Hall room #3
Fee: \$45.00 Res./\$50 Non-Res.; Min.3/Max.10
Instructor: Paige Dest
Registration Deadline: 4/15/20

Register online at:
**[www.colchesterct.gov/
recreation-department](http://www.colchesterct.gov/recreation-department)**

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Adult & Youth Programs



Making Your Emotions Work for You



Do you wish you could control negative thoughts, ineffective behaviors, and unproductive decisions? Do you find that your emotions control you? Do you want to learn how to communicate your assertiveness effectively? Take back your control! Learn how to talk nicely to yourself, behave more rationally, and make smarter decisions by understanding your emotions and using them as information. Yes, you can have a more peaceful life! Class is 6 weeks.

Activity # 4364
Date: 4/20/20-6/1/20
 **No Class on 5/25/20 (Memorial Day)
Day: Monday's
Time: 6:00PM-7:00PM
Location: JJIS Room #120
 **Class on 4/27/20 in Colchester Town Hall room #3
Fee: \$65.00 Res./\$70 Non-Res.; Min.3/Max.10
Instructor: Paige Dest
Registration Deadline: 4/15/20

Quilting for Beginners



Participants will learn how to read a pattern, cut fabric, piece the top, sandwich quilt together, quilt and finish with binding. Upon registration, participants will be emailed a list of supplies needed. Participants will need to bring a working sewing machine, notions, cutting mat, rotary cutter and ruler (6" x 24") and fabric for the quilt.

Activity # 4397
Date: May 20, 2020-June 17, 2020
Day: Wednesday's
Time: 6:00PM-9:00PM
Location: Colchester Town Hall Room #3
Fee: \$100 Res./\$105 Non.-Res.; Min. 3/Max. 5
Instructor: Nola Weston
Registration Deadline: 5/13/20

Sewing Class



Each class will include a kit with all materials included and you will take home a finished project each week. Students will need to provide a working sewing machine and their sewing notions. You will learn a new technique in each class. The 5 week class will meet for 2 hours per week (longer if needed to complete your project). Class size is limited to

5 students to ensure each person receives personalized attention. Students must know how to operate their sewing machine prior to class. **Please bring with you:** Working Sewing machine (including accessories, manual, and power cord) Scissors, Thread & Pins.

Class Projects:

- Mesh Beach Bag (work with mesh & boxed corners)
- Lined Grocery Bag (work with bag lining and boxed corners)
- Coin Purses (work with zippers)
- Scrappy "Quilt as You Go" placemats (Learn "Quilt as you go" and bindings")
- Pillow Case (Work on flat felled and hidden seams)

Activity # 4399
Date: 6/24/20-7/22/20
Day: Wednesday's
Time: 6:00PM-9:00PM
Location: Colchester Town Hall
Fee: \$125.00 Res./\$145.00 Non-Res.; Min. 3/Max. 5
Instructor: Nola Weston
Registration Deadline: 6/17/20

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Adult & Youth Programs

Stamping

Our wonderful instructor will teach you how to use stamps to create beautiful cards for every season. The registration fee includes all of the supplies needed to make 3 cards per class. All supplies are included in the registration fee.

April 1, 2020: Theme: Water Color Stamping Technique

12:00PM- 2:00PM- Activity #4296

6:00PM-8:00PM- Activity #4297

May 6, 2020: Theme: Heat Embossing

12:00PM- 2:00PM- Activity #4298

6:00PM-8:00PM- Activity #4299

June 3, 2020: Theme: Make 3 cards!

12:00PM- 2:00PM- Activity #4367

6:00PM-8:00PM- Activity #4368

Location: Colchester Town Hall

Fee: \$20 Res./\$25 Non-Res. Per Class; Min. 3/Max. 8

Instructor: Lorraine Tierney

Registration Deadline: one week prior to class

SPRING PAINT NIGHTS with artist Julianna Cameron

SUMMER SAILING



You will learn the tricks of how to paint an Oceanscape with Sailboats! All projects include step by step instructions. No previous experience is required. Please wear old clothing as paints can stain.

Activity # 4370

Date: April 21, 2020

Day: Tuesday

Time: 6:00PM-8:00PM

Location: JJIS Cafeteria

Fee: \$30.00 Res./\$35.00 Non-Res

Instructor: Artist Julianna Cameron

COLOR STUDY

Come with a creative spirit and let the COLOR and SHAPES guide and inspire you. Paint demo with creative encouragement to paint with a fluid hand. All projects include step by step instructions. No previous experience is required. Please wear old clothing as paints can stain.

Activity # 4372

Date: May 5, 2020

Day: Tuesday

Time: 6:00PM-8:00PM

Location: JJIS Cafeteria

Fee: \$30.00 Res./\$35.00 Non-Res

Instructor: Artist Julianna Cameron



PAINT YOUR PET

The artist will prepare a canvas with an outline of your pet from a photo you submit. Pet photos must be sent to artjulianna@gmail.com no later than May 11, 2020. All projects include step by step instructions. No previous experience is required. Please wear old clothing as paints can stain.

Activity # 4369

Date: May 19, 2020

Day: Tuesday

Time: 6:00PM-8:30PM

Location: JJIS Cafeteria

Fee: \$45.00 Res./\$50.00 Non-Res

Instructor: Artist Julianna Cameron



WILDFLOWER BOUQUET

Still life of a Wildflower Bouquet. The artist will bring the wildflower arrangement to paint, then walk participants through step by step how to paint a floral still life. No previous experience is required. Please wear old clothing as paints can stain.

Activity # 4373

Date: June 16, 2020

Day: Tuesday

Time: 6:00PM-8:00PM

Location: JJIS Cafeteria

Fee: \$30.00 Res./\$35.00 Non-Res

Instructor: Artist Julianna Cameron



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Adult & Youth Programs



Stop The Bleed

Launched in October of 2015 by the White House, Stop the Bleed is a national awareness campaign and a call to action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within 5 minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care. You may be able to save a life by taking simple actions immediately after a trauma. This class is FREE to all participants!

For more information, visit <https://www.dhs.gov/stopthebleed>

Activity # 4382
Date: May 14, 2020
Day: Thursday
Time: 6:00PM-7:00PM
Location: Colchester Town Hall Room #3
Ages: 16 & up
Fee: FREE to all; Min.6/Max.24
Instructor: Tiffany Quinn
Registration Deadline: 5/11/20

Mental Health First Aid

We've all heard of CPR. And because of it, many of us know what to do if someone is choking on a small piece of food or having trouble breathing. But, do you know what to do if someone around you is having a panic attack or suicidal thoughts?

That's what Mental Health First Aid is for. Just like CPR teaches you how to help someone having a heart attack, Mental Health First Aid teaches you how to help someone experiencing a mental health or substance use crisis. You learn risk factors and warning signs for mental illness and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations and where to turn for help.

Mental health problems are common. Topics covered during the training include depression and mood disorders, anxiety disorders, substance use disorders, trauma, eating disorders, suicidal thoughts and behaviors and more. These concerns affect everyone in some way, shape or form. Mental health problems are more common than heart disease, lung disease and cancer combined. Every year, one in five American adults is affected by a mental health problem. This means that most likely, you or someone around you will experience a mental illness. And you can help with Mental Health. First Aid.

Activity # 4398
Date: April 8 & 9 (Both nights are required attendance)
Day: Wednesday, Thursday
Time: 5:00PM-9:00PM
Location: April 8, 2020 in Town Hall Room #3
April 9, 2020 in Town Hall Room #2
Ages: 16 & up
Fee: \$145.00 Res./\$150.00 Non.Res; Min.10/Max.30
Registration Deadline: 3/25/20



Mental Health First Aid

Join the movement.

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

April 8 & April 9, 2020 5:00PM-9:00PM

Colchester Recreation (860) 537-7297

Town Hall, 127 Norwich Ave. Colchester CT

A person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



**Take a course. Save a life.
Strengthen your community.**

For more information, visit
www.MentalHealthFirstAid.org

Adult Health & Wellness

Adult Introduction to Tap Dance

Join us for this special partnership with Doreen's Dance Center for spring dance classes! Students, ages 18 & up, will learn the basic steps of tap dancing, such as shuffle step, paradiddles, drawbacks and more. Class is comprised of center floor exercises, progressions, and choreographed mini-routines. Tap is great for balance, leg strength and cardio while just having fun moving to the beat. Studies show that Adults who dance live longer and have less falling accidents! Class is 9 weeks. Class will be with Instructor Erin McKenna.

Activity # 4392
Date: April 23, 2020- June 18, 2020
Day: Thursday
Time: 7:30PM-8:30PM
Location: Doreen's Dance Center
Ages: 18 & Up
Fee: \$115/Non-Res. \$120; Min.8/Max.20
Instructor: Doreen's Dance Center
Registration Deadline: 4/20/20



Balanced Flow Yoga

Come home to yourself in this hour long Kripalu and Yin styled class. We'll start by connecting with the breath then move slowly through a gentle warmup to prepare muscles and joints for strengthening holds or flows. Class will wind down using longer held floor postures to strengthen connective tissues and undo deep seated tensions. Leave feeling balanced, calm, connected, and at ease. \$10 Drop in Fee

Activity # 4366
Date: 4/23/20-6/25/20
Day: Thursday
Time: 6:00PM-7:00PM
Location: WJJMS The Commons **Class on 5/7/20 in CES Cafeteria
Ages: 16 & Up
Fee: Res. \$80.00/Non-Res. \$85.00 & \$10.00 Drop In Fee; Min.8/Max.30
Instructor: Shannon Hakenjos
Registration Deadline: 4/20/20

Country & Funky Line Dancing

Students, ages 16 & up, will learn the fundamentals of Country & Funky Line dancing as well as specific dances including the Boot Scootin' Boogie, Alan Jackson's Good Time, The Wobble, Blurred Lines, the Cupid Shuffle and more! Be ready to dance at the next wedding or function you attend! Class is 9 weeks long and held at Doreen's Dance Center, 711 Middletown Road in Colchester. Class will be with Instructor Rachel Koffman.

Activity # 4390
Date: April 24, 2020-June 19, 2020
Day: Friday
Time: 5:30PM-6:30PM
Location: Doreen's Dance Center
Ages: 16 & Up
Fee: \$115Res./\$120 Non-Res.; Min.8/Max.20
Instructor: Doreen's Dance Center
Registration Deadline: 4/20/20

Mat Pilates

Whether you're a beginner or experienced practitioner, this mat workout strengthens the core, tones the hips and thighs, and flattens the abs. Each exercise emphasizes breathing, core conditioning, and body awareness. Instructor will pay special attention to alignment and form. Bring a yoga mat, water, and towel. Class is 9 weeks.

Activity # 4344
Date: 4/20/20-6/22/20 **No Class on 5/25/20
Day: Mondays
Time: 6:00PM - 6:45PM
Location: JJIS Room 79, **Class on 4/27/20 in JJIS 120
Ages: 16 & Up
Fee: Res. \$72.00/Non-Res. \$77.00; Min.8/Max.30
Instructor: Anne Beauregard
Registration Deadline: 4/15/20

POUND

Channel your inner rockstar with this full body cardio-jam session that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective and fun way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Participants are asked to bring a mat, water, and lots of energy. Class is 10 weeks.

Activity # 4350
Date: 4/22/20-6/24/20
Day: Wednesday
Time: 7:00 - 8:00PM
Location: WJJMS "The Commons"
Ages: 16 & Up
Fee: \$80.00/Non-Res. \$85.00 or \$10.00 Drop-In Fee; Min.8/Max.25
Instructor: Diana Murphy
Registration Deadline: 4/20/20

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Adult & Youth Programs



Sculpt & Burn

Burn calories and sculpt muscles while using a combination of bodyweight and hand held weights to target all major muscle groups. Get ready to incorporate a variety of compound and isolated movements to work your lower body, upper body, and core. No muscle leaves without a workout! All levels welcome. Participants will need to bring a mat, water bottle, and dumbbells (5 or 8 pound weights recommended) and a lot of energy. Class is 10 weeks.

Activity # 4349
Date: 4/22/20-6/24/20
Day: Wednesday
Time: 6:00 - 7:00PM
Location: WJJMS "The Commons"
Ages: 16 & Up
Fee: \$80.00/Non-Res. \$85.00 or \$10.00 Drop-In Fee;
Min.8/Max.25
Instructor: Diana Murphy
Registration Deadline: 4/17/20

Yoga All Levels

Brand new yogis and seasoned practitioners alike will love this class designed for all levels. By linking your breath with movement, you will discover increased concentration, a stronger sense of physical and mental awareness, as well as improved strength and balance, and greater flexibility. A great opportunity to find peace and relaxation, this class is an introduction for beginners, or an opportunity to build strength for more experienced practitioners. No previous yoga experience is necessary. Bring a yoga mat and water bottle. 9 Weeks.

Activity # 4345
Date: 4/20/20-6/22/20
**No Class on 5/25/20 (Memorial Day)
Day: Monday
Time: 6:30PM-7:30PM
Location: WJJMS "The Commons"
**Class on 5/11/20 in CES Cafeteria
Ages: 16 & Up
Fee: Res. \$72.00/Non-Res. \$77.00 or \$10.00 Drop In Fee;
Min.8/Max.30
Instructor: Cristin Flannery
Registration Deadline: 4/15/20

Yoga for Seniors- Mondays

Gentle Yoga is perfect for age 55 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body, focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water. Class is 9 weeks.

Activity # 4343
Date: 4/20/20-6/22/20
**No Class on 5/25/20 (Memorial Day)
Day: Monday
Time: 4:45 PM - 5:45 PM
Location: JJIS Room 79, **Class on 4/27/20 held in Room #120

Ages: 55 & up
Fee: Res. \$72.00/Non-Res. \$77.00; Min.8/Max.30
Instructor: Anne Beauregard
Registration Deadline: 4/17/20

Yoga for Seniors- Wednesday's

Gentle Yoga is perfect for age 55 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body, focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water. Class is 10 weeks.

Activity # 4348
Date: 4/22/20-6/24/20
**No Class on 5/25/20 (Memorial Day)
Day: Wednesday
Time: 4:45 PM-5:45 PM
Location: JJIS Room 79
**Class on 4/29/20 located in WJJMS The Commons

Ages: 55 & up
Fee: Res. \$80.00/Non-Res. \$85.00
Instructor: Anne Beauregard
Registration Deadline: 4/17/20

Zumba

Zumba eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic yet simple exercise moves to create a fun, energetic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. No dance experience required! Ages 14 & up welcome to participate. Class is 10 weeks.

Activity # 4346
Date: 4/21/20-6/23/20
Day: Tuesday
Time: 6:30 PM - 7:30 PM
Location: WJJMS The Commons
**Class on 5/12/20 in WJJMS Gym West
Ages: 14 & up
Fee: Res. \$80.00/Non-Res. \$85.00 or \$10.00 Drop-In Fee;
Min. 8/Max.25
Instructor: Dana Belanger
Registration Deadline: 4/16/20



Private Classes

Are you interested in learning how to garden, learning yoga, getting in shape, learning to paint? We understand that some people feel more comfortable learning at their own pace, with more individualized instruction. We can help you achieve your goals with our wonderful program staff. Fees will be based on the cost of the instructor and amount of time scheduled. We will work with you to find the right person to help you achieve your goals. There is no commitment until all parties reach a written agreement. For more information, please email parksandrec@colchesterct.gov or call (860) 537-7297

TEEN & ADULT SPORTS

Adult Coed Pick-Up Volleyball

Bump, set and spike your heart out to increase your heart rate, build strength, and release your daily tension! All levels of ability are welcome. Previous volleyball experience is preferred. Please check in with the gym supervisor before playing. Exact change is appreciated.

Activity # 4355
Date: 4/22/20-6/24/20
Day: Wednesday
Time: 7:00PM-9:00PM
Location: WJJMS Gym East
Ages: 18 & up
Fee: \$40 Res./Non-Res. \$45 per session or Walk-In Res. \$5/Non-Res. \$7 per week; Min. 8/Max.25



Instructor: Recreation Staff

Adult Golf Lessons

Lessons focus on putting, chipping, bunker play, full swing, etiquette, and course management. Each participant will receive a video analysis of their swing. All participants should bring their own golf clubs, however, clubs will be available for use for anyone in need. The registration fee is all inclusive, with the first session taking place at the Chantclair Golf Course practice putting green. 4 weeks

Activity # 4371
Date: 4/25/20-5/16/20
Day: Saturday
Time: 6:00PM-7:15PM
Location: Chantclair Golf Course
Ages: 18 & up
Fee: Res. \$90.00/Non-Res. \$95.00; Min. 4/Max. 8

Instructor: Matt Walsh

Registration Deadline: 4/20/20

Golf Course Etiquette

Golf Professional, Matt Walsh will give the step-by step process of arriving at a golf course and then going out to play. This class is for people who have never played golf on a course and are interested in learning the rules of golf course etiquette. This is a one hour class in groups from 2-4 people. Golfers will have the option to continue golfing on their own until dark. Multiple dates available.

Activity # 4376 June 6, 2020
 4377 June 13, 2020
 4378 June 20, 2020
 4379 June 27, 2020
Date: 4/25/20-5/16/20
Day: Saturday
Time: 6:30PM-7:30PM
Location: Chantclair Golf Course
Ages: 18 & up
Fee: Res. \$20.00/Non-Res. \$25.00; Min. 2/Max. 4
Instructor: Matt Walsh
Registration Deadline: One week prior.

Men's Pick-Up Basketball

Think you got game? From Beginner to Advanced, Pick-Up Basketball has something for everyone. Bring your best and challenge others during 5 vs. 5 pick-up game. Please check in with the gym supervisor before playing. Exact change is appreciated. 12 weeks of gym time.

Activity # 4353
Date: 4/20/20-6/22/20
 **No Basketball on 5/25/20
Day: Monday
Time: 7:00 PM - 9:00 PM
Location: WJJMS Gym West
Ages: 18 & up
Fee: Res. \$40.00/Non-Res. \$45.00 per session or Walk-In Res. \$5/Non-Res. \$7 per week; Min. 6/Max. 20



Teen Pick-Up Basketball

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 v 5. Please check in with the gym supervisor before playing. Exact change is appreciated. Teen Pick-Up Basketball is for teens 14-17 years old. No Walk In option. Pre-Registration required.

Activity # 4354
Date: 4/20/20-6/22/20
 **No Basketball on 5/25/20
Day: Monday
Time: 5:00 PM - 7:00 PM
Location: WJJMS Gym West
Ages: 14-17 yrs
Fee: Res. \$40.00/Non-Res. \$45.00 per session; Min. 6/Max. 20

Tennis Lessons Adult Beginner

Players that have not played or have just start to play the game of tennis. The focus will be on stroke development and beginning to learn how to have a controlled rally and keep the ball in play. Players will also be introduced to all the different tennis strokes, score keeping, and rules of the game. 5 weeks.

Activity # 4402
Date: May 4, 2020- June 8, 2020
 **No Class on May 25, 2020 (Memorial Day)
Day: Monday
Time: 5:30PM-6:30PM
Location: Colchester RecPlex Tennis Courts
Ages: 16 yrs +
Fee: \$75 Res./\$80 Non.Res; Min. 4/Max. 20
Instructor: Glastonbury Tennis Club certified teaching professionals
Registration Deadline: 4/27/20

Adult & Youth Programs



Tennis Lessons Adult Intermediate



Players that have some tennis experience but still need to develop better technique and strategy. The focus will be on some bio-mechanics, but more emphasis on consistency, footwork, and introduction to strategy during match play (doubles & singles). 5 weeks.

Activity # 4403

Date: May 6, 2020- June 3, 2020

Day: Wednesday

Time: 5:30PM-6:30PM

Location: Colchester RecPlex Tennis Courts

Ages: 18 yrs +

Fee: \$75 Res./\$80 Non-Res; Min. 4/Max. 20

Instructor: Glastonbury Tennis Club certified teaching professionals

Registration Deadline: 4/29/20

Brazilian Jiu-Jitsu

Try out the most sought after martial arts system in the world! This class offers a great workout while focusing on ground defense and grappling. Practice the art by using leverage and proper technique to prove the concept that the smaller person can successfully defend against a bigger person.

Activity # 4356

Date: 4/25/20-6/6/20

****No Class on 5/23/2020 (Memorial Day)**

Day: Saturday

Time: 10:30AM-11:30AM

Location: 360 Defense Martial Arts

Ages: 15 & up

Fee: Res. \$59.00/Non-Res. \$64.00; Min. 4/Max. 10

Instructor: Robert Hesser

Registration Deadline: 4/15/20

Krav Maga & Kickboxing for Teens & Adults

Join our fast paced martial arts program for fitness, fun and self-defense. Punch, kick & knee your way to a healthier lifestyle all while having fun and learning practical self-defense. Class is held on both Monday & Wednesday evening.

Activity # 4358

Date: 4/20/20-5/20/20

Day: Monday & Wednesday

Time: 7:00PM-8:00PM

Location: 360 Defense Martial Arts

Ages: 15 & up

Fee: Res. \$59.00/Non-Res. \$64.00; Min. 4/Max. 10

Instructor: Robert Hesser

Registration Deadline: 4/15/20

Martial Arts for Teens

Help your teen build self-confidence, focus and overall physical health all while learn self-defense. These realistic self-defense classes use krav maga and kickboxing to work on personal protection, situational awareness as well as physical and mental health.

Activity # 4360

Date: 4/21/20-5/21/20

Day: Tuesday & Thursday

Time: 6:15PM-7:00PM

Location: 360 Defense Martial Arts

Ages: 12-15

Fee: Res. \$59.00/Non-Res. \$64.00; Min. 4/Max. 10

Instructor: Robert Hesser

Registration Deadline: 4/17/20

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Youth Programs



Youth Activities at a Glance						SPRING 2020
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Magic Class for Kids #4391 4:00PM-5:00PM	Futsal Afterschool Soccer #4333 3:30PM-4:30PM	Yoga & Mindful Me Afterschool at JJIS #4395 3:15PM-4:30PM	Yoga & Mindful Me Afterschool at CES #4394 3:15PM-4:30PM	Baby & Toddler Music and Movement #4393 9:00AM-10:00AM	Water Safety Class #4383 Sat. June 6, 2020 9:00AM-10:00AM	Horseback Riding Tots that Trot #4361 9:00AM-10:30AM
Little Dragons Martial Arts (M & W) #4357 4:15PM-4:45PM	Start Smart Basketball #4351 5:30PM-6:15PM	Ballet & Jazz Combination Class #4391 5:15PM-6:15PM			Tennis Lessons Ages 4-6 yrs #4404 9:30AM-10:30AM	Horseback Riding Intro to Horses #4362 10:30AM-12:00PM
Martial Arts for Kids (M & W) #4359 4:45PM-5:30PM					Tennis Lessons Ages 7-9 yrs #4405 10:30AM-11:30AM	
Preschool Rhythm & Movement Dance Class #4389 5:00PM-6:00PM					Tennis Lessons Ages 9-12 yrs #4406 11:30AM-12:30PM	

Youth Classes

Baby & Toddler Music and Movement Class

Join us for a singalong with children's musician Brittany Manville that delights both children and caregivers. Each class will incorporate plenty of movement and silliness into each song! The last 15 minutes is open play, while popular children's music is played, and toys are provided to encourage the kids to interact with each other. This fun-filled hour is for babies, toddlers and preschool aged children, birth-4 years old. Caregivers must accompany and stay with the children.

Activity # 4393
Date: May 8, 2020-June 12, 2020
Day: Friday
Time: 9:00AM-10:00AM
Location: Colchester Town Hall, Conference Room #1
Ages: Birth-4 years old
Fee: \$50.00 Res./\$55.00 Non-Res.; Min. 3/Max. 20
Instructor: Brittany Manville
Registration Deadline: 5/4/20

Children's Ballet & Jazz Combination Class



Join us for a special partnership with Doreen's Dance Center, 711 Middletown Road, Colchester, to offer some spring dance classes! Students will spend the first 1/2 hr on the basics of classical ballet, including center floor exercises and dance progressions. The second half of the class will teach the basics of jazz dance with center floor isolations, dance steps and dance progressions to age appropriate pop music. Ballet is the foundation of all dance forms. Basics of jazz is used in funk routines, hip hop, Broadway and Latin dance. Class is 9 weeks with Erin McKenna.

Activity # 4391
Date: April 22, 2020- June 17, 2020
Day: Wednesday
Time: 5:15PM-6:15PM
Location: Doreen's Dance Center
Ages: 6yrs-10yrs old
Fee: \$105 Res./\$110 Non-Res.; Min.6/Max 15
Instructor: Doreen's Dance Center
Registration Deadline: 4/13/20



Magic Classes for Kids

Children will learn magic through fun, hands-on, interactive magic lessons that keep kids engaged and entertained. Taught by professional Magician Dean David's, children will be taught in an age appropriate way that will give them step by step instruction and practice so they can become professional magicians too! Parents are encouraged and welcome to attend and learn some magic too! Class is 3 weeks.

Activity # 4381
Date: 5/4/20-5/18/20
Day: Monday
Time: 4:00 PM – 5:00 PM
Location: Colchester Elementary School Cafe
Grades: K-5
Fee: Res. \$50.00/Non-Res. \$55.00; Min.12/Max.20
Instructor: Dean Davids, Magic of Dean Davids
Registration Deadline: 4/27/20

Little Dragons Martial Arts



See your child develop more focus, self-discipline, respect and self-control in a structured activity. This program is designed to work on life skills while learning practical self-defense. Burn off some energy in a fun structured educational class that offers a "Mat Chat" to develop respect. Meets both on Monday and Wednesday. 5 weeks.

Activity # 4357
Date: 4/20/20-5/20/20
Day: Mondays and Wednesdays
Time: 4:15 PM – 4:45 PM
Location: 360 Defense Martial Arts, Mill Street, Colchester CT
Ages: 5-6
Fee: Res. \$50.00/Non-Res. \$55.00; Min.4/Max.8
Instructor: Robert Hesser
Registration Deadline: 4/15/20

Martial Arts for Kids

This program teaches a special character-based system of Martial Arts to kids in a fun and interactive way. Your child will learn to kick, punch, and defend him/herself-and will build on goal-setting, confidence, and the lifelong benefits of self-discipline, focus and respect. Meets both Monday & Wednesday. 5 weeks.

Activity # 4359
Date: 4/20/20-5/20/20
Day: Mondays and Wednesdays
Time: 4:45 PM – 5:30 PM
Location: 360 Defense Martial Arts
Ages: 7-11
Fee: Res. \$50.00/Non-Res. \$55.00; Min.4/Max.12
Instructor: Robert Hesser
Registration Deadline: 4/15/20

Preschool Rhythm & Movement

Join us for a special partnership with Doreen's Dance Center to offer some spring dance classes! Preschool Dance & Movement is designed for children ages 3-5 years old and teaches the fundamentals of dance through dance games, structured improvisation, and creative movement exercises. Children begin to learn spacial awareness, sharing and working as a group, following directions, & mind to body control, all while having fun with props such as scarves, bean bags, hoops etc. Class is 8 weeks long and will be held at Doreen's Dance Center, 711 Middletown Road in Colchester. Instructor Rachel Koffman.

Activity # 4389
Date: April 20, 2020-June 15, 2020
**No Class on 5/25/20 (Memorial Day)
Day: Monday
Time: 5:00PM-5:45PM
Location: Doreen's Dance Center
Ages: 3-5 yrs old
Fee: \$95 Res./\$100 Non-Res.; Min.6/Max.12
Instructor: Doreen's Dance Center
Registration Deadline: 4/15/20

Start Smart Baseball & Softball



Start smart Baseball & Softball is a developmentally appropriate introductory Baseball & Softball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun non threatening environment. you can help your child develop basic motor skills such as throwing, catching, running and hitting as well as agility skills and teamwork. Parent participation is required. 6 Weeks.

Activity # 4351
Date: 4/21/20-5/26/20
Day: Tuesday
Time: 5:30PM-6:15PM
Location: CES Gym
Ages: 3-5
Fee: Res. \$60.00/Non-Res. \$65.00; Min.6/Max.12
Instructor: John Bornhorst
Registration Deadline: 4/15/20



Register online at:
**[www.colchesterct.gov/
recreation-department](http://www.colchesterct.gov/recreation-department)**

Youth Programs



Tennis Lessons for Kids

Red Level 1 (Ages 4-6 years)

This program introduces the foundational skills of tennis with an oversized low-compression ball on a small court. Players learn basic rally, serve and net play skills along with activities that build tennis specific coordination. Rules of play and "I am a Good Sport" behaviors are reinforced as well. 5 weeks.

Activity # 4404
Date: May 9, 2020- June 6, 2020
Day: Saturday
Time: 9:30AM-10:30AM
Location: 360 Defense Martial Arts
Ages: 4-6 years
Fee: Res. \$65/Non-Res. \$70; Min.4/Max.20
Instructor: Glastonbury Tennis Club certified teaching professionals

Registration Deadline: 5/4/20

Tennis Lessons for Kids

Orange Level 1 (Ages 7-9 years)

Orange tennis is played on a 3/4 size court with a low-compression ball. Players learn how to serve, rally, score and play at the net. "I am a Good Sport" behaviors are reinforced. 5 weeks.

Activity # 4405
Date: May 9, 2020- June 6, 2020
Day: Saturday
Time: 10:30AM-11:30AM
Location: Colchester RecPlex Tennis Courts
Ages: 7-9 years
Fee: Res. \$65/Non-Res. \$70; Min.4/Max.20
Instructor: Glastonbury Tennis Club certified teaching professionals

Registration Deadline: 5/4/20

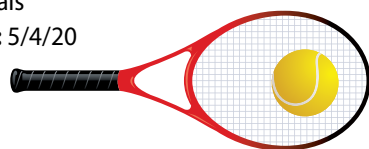
Tennis Lessons for Kids

Green Level I (9-12 years)

Players learn to serve, rally, score, and play at net singles and doubles on a regulation-sized court with a low-compression transition ball. Lessons take players through a progression of skill building activities that speed learning. 5 weeks.

Activity # 4406
Date: May 9, 2020- June 6, 2020
Day: Saturday
Time: 11:30AM-12:30AM
Location: Colchester RecPlex Tennis Courts
Ages: 9-12 years
Fee: Res. \$65/Non-Res. \$70; Min.4/Max.20
Instructor: Glastonbury Tennis Club certified teaching professionals

Registration Deadline: 5/4/20



Yoga and Mindful Me: Afterschool Activity at CES

Each class will combine yoga and mindfulness practices in fun, active and engaging ways. Children will participate in games and activities that will have them: move, stretch and strengthen their bodies through yoga postures, learn breathing techniques, practice focusing, build social skills while connecting to others and themselves, as well as learn strategies for self-regulation and relaxation. Yoga and mindfulness practices can help bring the body, breath and mind into a balanced, healthy state. Plus it's a lot of fun! This class is for children in grades K-2. Students must have a parent pick up note to stay for the class. Students will be picked up by the instructor in the CES cafeteria at parent pickup time. Parents will pick up their child at 4:30PM in classroom F5 in the first grade hallway. Please have your child wear comfortable clothes. Yoga mats are provided.

Activity # 4394
Date: 4/30/20-5/28/20
Day: Thursday
Time: 3:15PM-4:30PM
Location: Classroom F5
Grades: K-2
Fee: Res. \$35/Non-Res. \$40; Min.8/Max.10
Instructor: Susie Hawkins
Registration Deadline: 4/27/20

Yoga and Mindful Me: Afterschool Activity at JJIS

Each class will combine yoga and mindfulness practices in fun, active and engaging ways. Children will participate in games and activities that will have them: move, stretch and strengthen their bodies through yoga postures, learn breathing techniques, practice focusing, build social skills while connecting to others and themselves, as well as learn strategies for self-regulation and relaxation. Yoga and mindfulness practices can help bring the body, breath and mind into a balanced, healthy state. Plus it's a lot of fun! This class is for children in grades 3-5. Students must have a parent pick up note to stay for the class. Parents will pick up their child at 4:30PM in room 79. Please have your child wear comfortable clothes. Yoga mats are provided.

Activity # 4395
Date: 4/29/20-5/27/20
Day: Wednesday
Time: 3:15PM-4:30PM
Location: Room 79
**Class on 4/29/20 in JJIS Gym
Grades: 3-5
Fee: Res. \$35/Non-Res. \$40; Min.8/Max.10
Instructor: Susie Hawkins
Registration Deadline: 4/27/20



Water Safety Class



Learning how to swim is an essential component to preventing water related accidents. Colchester Recreation believes that water safety is imperative to the safety of all children and is committed to preventing water-related injuries and fatalities. This event is a starting point for children to learn how to make

safe choices, increase physical fitness, prevent injuries and act in emergency and rescue situations. This on-land course is designed in a fun and engaging way for children ages 3 years-11 years old, taught by certified Water Safety Instructors.

Activity # 4383
Date: June 6, 2020
Day: Saturday
Time: 9:00AM-10:00AM
Location: RecPlex Pavilion
Ages: 3yrs-11yrs
Fee: \$5.00; Min.4/Max.30
Instructor: Tiffany Quinn
Registration Deadline: 6/1/20

Futsal Soccer After-School Program

Want to be a skillful player? This program is designed to have children touch the ball up to 20,000 times in a fun and enjoyable way. The aim of the program is to increase the player's personal skills to the next level. Using Futsal (Soccer in a Room) as a platform for high speed, high volume ball touches and maneuvering in tight spaces. A typical Futsal game allows the player to touch the ball up to 600% more than traditional soccer thereby increasing the player's decision-making skills and comfort with the ball. A Futsal ball is smaller and heavier, which allows the player to easily command the ball and in return increase confidence that seamlessly transforms to a soccer game. This process produces skillful players. 8 Weeks of foot skills, 1vs.1, 5 vs.5 games. Children should wear futsal/sneakers (No Cleats), shin guards, soccer gear and bring water.

Activity # 4333
Date: March 31, 2020-May 26, 2020
**No Class on 4/14/20
Day: Tuesday
Time: 9:00AM-10:30AM
Location: JJIS Gym
Grades: 3rd-5th Grade
Fee: \$125.00 Res./\$130.00 Non-Res.; Min. 6/Max.30
Instructor: Futsal Soccer
Registration Deadline: 3/23/20

Horseback Riding Lessons

TOTS THAT TROT



A fun way to introduce small children to horses and riding. Children will work as teams of two with a pony and instructor. Your child will get a minimum of 30 minutes of riding time per session with one on one instruction. Instruction will include basics such as mounting & dismounting, steering, stopping, and basic posture.

Activity # 4361
Date: 4/5/20-5/17/20
**No Class on 5/12/20 (Easter Sunday)
Day: Sunday
Time: 9:00AM-10:30AM
Location: Showtime Stables, 51 Clark Gates Road, Moodus CT
Ages: 3-6 years old
Fee: Res. \$235.00/Non-Res. \$240.00; Min.4/Max.8
Instructor: Showtime Stables
Required Equipment: Boots with a heel (minimum 1/4 inch), long pants and helmet
Registration Deadline: 3/31/20

INTRODUCTION TO HORSES

This is a great class for those who are interested in learning about horses and riding. Classes will cover haltering, leading and basic safe handling of horses around the barn.

Children will learn how to:

- groom/clean horse's feet and basic first aid.
- parts of the equipment and how to tack up
- lunge horses
- put on boots & wraps
- mount/dismount, steer/stop, navigate basic obstacles at the walk
- properly care for the horse after rides

Activity # 4362
Date: 4/5/20-5/17/20
**No Class on 5/12/20 (Easter Sunday)
Day: Sunday
Time: 9:00AM-10:30AM
Location: Showtime Stables, 51 Clark Gates Road, Moodus CT
Ages: 7 years-Adult
Fee: Res. \$255.00/\$260.00 Non-Res.; Min.2/Max.6
Instructor: Showtime Stables
Required Equipment: Boots with a heel (minimum 1/4 inch), long pants and helmet
Registration Deadline: 3/31/20

FIND US ON:





APRIL VACATION CAMP

April 13, 2020– April 17, 2020

Colchester Elementary School Cafeteria

While children are not in school, they can spend the day having fun with friends. April Vacation Camp is available for children in Kindergarten-5th grade.

Monday: Science Day! -Have fun making a mess with awesome science projects and activities! Help us celebrate Earth Day with some fun nature based science projects too!

Tuesday: LEGO Day & Board Game Day– Spend the day building and playing LEGO's and all of your favorite board games! Kids are encouraged to bring their own board games if they have a favorite. (No Electronics allowed)

Wednesday: Arts and Crafts & Sports Day- Spend the day making fun art projects to take home and playing different sports in the gym and outside!

Thursday: Halloween in April! Come to camp in your most favorite Halloween costume and participate in fun Halloween activities!

Friday: Camp Wide Games!!- Spend the day playing large group games in the gym & in the cafeteria! This will bring back all of the awesome Day Camp memories!

FEES & TIME:

8:00AM-5:30PM

Monday-Friday

\$42 per day or \$185.00 per week

Registration will be accepted on a daily or weekly basis. Extended Care hours are included in the fee. Drop-off is in the CES Cafeteria. Children should bring a bagged lunch and water bottle, and be wearing comfortable clothes, a jacket and sneakers each day. Weather permitting, children will go outside daily. Children are asked to leave all toys & electronics at home!

All Colchester Parks & Recreation programs are **PEANUT/NUT FREE!**

To Register, please go to www.ColchesterCt.gov/Recreation-Department or call

(860) 537-7297

Activity # 4275

Registration Deadline is April 6, 2020 by 4:30PM.

April vacation requires a minimum of 20 children per day.

**Dates are dependent upon Colchester Public Schools calendar. Dates are subject to change.*



DAY CAMP

****New for summer 2020****

Extended Day Camp Hours of Operation: 7:45AM-4:00PM | PM Extended Care: 4:00PM-6:00PM

Jun. 22, 2020-Aug. 21, 2020

****Dates subject to change based on Colchester Public School calendar*

Colchester Recreation is committed to the children of this community. The camp staff are chosen carefully and trained to provide campers with a fun, supportive atmosphere where everyone can learn new skills, make friends, and most importantly, develop self-confidence. Attending camp is an experience that children will never forget, and we want their time spent with us to be as positive as possible.

The goal of summer camp is to help participants grow in all aspects of their lives. By using a natural campsite and providing challenging activities in both small and large group settings, summer camp gives children an experience that will last a lifetime.

Our camp supports positive physical, intellectual, social and emotional development of our campers. Daily activities are specifically designed to enhance their competence, connections, character, confidence and contribution to our community.

Municipal camps are exempt from state licensing. Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.

FACILITY:

Camp is held at the Colchester Recreation Complex (RecPlex) located at 215 Old Hebron Road, across from the golf course. The facility offers a variety of amenities, which includes playscapes, picnic pavilion, tennis & basketball courts, various ball fields, rest rooms, water splash pad and skate park.

THE STAFF:

Our program is only as good as the people who staff it! Many of our directors, specialists, and counselors are teachers and college students who have been participants themselves. Each member of our team brings their energy, knowledge and unique passion along with their goal to make a difference in the life of each camper every day. Our goal is to serve as professional role models and help each child gain skills and enhance his/her self-esteem.

Camp counselors are trained to highlight teachable moments and emphasize accomplishments and successes in all campers. All staff are required to receive a minimum of 12-16 hours of training before camp begins. We are very committed to maintaining and developing all of our camp staff.

CAMP FEES: Based on 1 week sessions

Monday – Friday

7:45 a.m. - 4:00 p.m. \$179** per week

***Price includes field trip fees and transportation costs*

Extended Care - PM

4:00 p.m. - 6:00 p.m. \$35 per week

(Minimum of 10 children required)

One-time administrative fee per child \$15

Three-Day a week option for Grades 6 & 7 ONLY! (9 Weeks)

Monday/Wednesday/Friday Day Camp

7:45 a.m. - 4:00 p.m. \$109 per week

Extended Care - PM M/W/F

4:00 p.m. - 6:00 p.m. \$21 per week

One-time administrative fee per child \$15

***To register for the partial week, search Activity #4385*

Registration deadline is 4:30PM on Monday the week before. After 4:30PM on Monday, registrations will only be accepted in person at the Parks & Recreation office, which is located in Town Hall. If space is available, a \$25 late fee, per child, will apply. No registration paperwork will be accepted on-site at camp.

(Example: Deadline for Camp starting on Monday June 29, 2020 is 4:30PM Monday June 22, 2020. If space is available, registering after June 22, 2020 will incur the \$25 late fee)

REGISTRATION DISCOUNTS!

Early Registration Price: (Mar. 9, 2020-May 1, 2020): \$169 per week.

Sibling Discount Price: (March 9, 2020-May 1, 2020): \$169 for the first child and \$159 for each additional child.

Register for all 9 weeks of summer camp by May 1, 2020 and pay \$165 per week! | Payment Plans are available!!

DAY CAMP

Day Camp is for children entering Kindergarten-7th Grade in Fall 2020. Day camp operates from 7:45AM-4:00PM Monday through Friday. PM Extended care is available from 4:00PM-6:00PM. There is NO AM Extended Care.

Day Camp Activity #: 4365

Typical Day at Summer Camp...

Throughout the day, campers will travel throughout the RecPlex facility and participate in a variety of activities. Every morning, all campers and counselors come together to get the camp energy going. During opening ceremonies the camp director welcomes everyone by singing songs and talking about the exciting events of the day. Day Camp has specialist-led activities campers will experience at some point in their day. The camp day ends with more camp songs and a brief reflection on all the fun had!

In our efforts to create the best possible experience for campers, weekly themes and daily activities are planned. Throughout the summer, counselors and Leaders In Training collaborate to plan and facilitate camp-wide games and activities.

FIELD TRIPS/ENTERTAINERS: Field trips are planned throughout the summer. In addition to field trips, performers and entertainers come to camp for some additional fun. These are included in the day camp fee at no additional cost to families. **Note:** Trips & Performances are subject to change without notice.

ELECTIVES: Electives are an opportunity for campers to participate in interest-based activities. Electives may include: STEAM, Newspaper/Journalism, Cooking, Nature, Salsa Dancing, and Architecture & More!

Colchester Recreation Leader in Training:



We invite students entering 8th, 9th & 10th grade to apply to be a part of our 4-week Leader-in-Training (L.I.T.) program. The Leaders in Training program is designed to teach teens important and valuable lifelong leadership skills that they can use in school, in employment and in all aspects of their lives.

LITs work closely with a head counselor/mentor (head counselor, mentor and LIT

Director) throughout the day. LITs help to provide supervision and plan fun activities for their group. Each day LITs meet as a group with the LIT Director to develop their leadership skills, plan an activity or project, and discuss ways to be more involved in the community. The curriculum targets the development of skills such as: supervision, team building, accountability, communication, leadership, creativity, reflection, and responsibility. Seasoned LITs serve as mentors to new LITs which creates a welcoming community of teen leaders.

The Leader in Training Program should be respected as a first job. LITs are held to high standards of professionalism to train them for future leadership roles.

LEADER IN TRAINING I FEES:

Based on a 4-Week Session

Monday-Friday (8:00AM-4:00PM)

Session #1: June 22, 2020-July 17, 2020

\$200 Per Session

Session #2: July 20, 2020-August 14, 2020

\$200 Per Session

One-time administrative fee per child \$15

LEADER IN TRAINING II FEES:

Monday-Friday (8:00AM-4:00PM)

Session #1: June 22, 2020-July 17, 2020

\$200 Per Session

Session #2: July 20, 2020-August 14, 2020

\$200 Per Session

One-time administrative fee per child \$15

ONLY LIT II and older applicants will have the opportunity to register for two-week sessions at the cost of \$100.00 per session. To inquire about availability, please contact the Recreation Office at (860) 537-7297.

To request a copy of the LIT-I & LIT II applications and reference requirements, please email parksandrec@colchesterct.gov. The application deadline is **April 24, 2020**. No application will be accepted and reviewed unless it is complete. Upon review of applications, qualified LIT-I applicants will be invited to participate in an interview process. LIT II applicants will be notified by mail and/or email of their application status.

COLCHESTER DAY CAMP

SUMMER 2020

CAMP CALENDAR

Week #1:
SPIRIT WEEK
June 22, 2020-
June 26, 2020

Special Events:
Color Wars, Favorite
Hat Day & Crazy Hair
Day!
Field Trip: Fri., 6/26
Roger Williams Park
Zoo

Week #2:
NATURE WEEK!
June 29, 2020-
July 2, 2020
****NO Camp on
Friday July 3, 2020**

Field Trip: Thur., 7/2
Sear's Park Camp
Swap with East
Hampton Day Camp

Week #3:
WIZARD'S WEEK!
July 6, 2020-
July 10, 2020

Special Events: Wear
your camp color group
and dress like or an
Wizard or Elf!
Field Trip: Fri. 7/17
Mystic Seaport

Week #4:
WATER GAMES!
July 13, 2020-
July 17, 2020

Special Events:
Olympic Day, Twin
Day, Wear a Hawaiian
shirt day! Pay-To-Pie!
Field Trip: Wed., 7/15
Newington Camp
Carnival!!

Week #5:
Movie Week!
July 20, 2020-
July 24, 2020

Special Events:
Olympic Day,
Dress as your favorite
Superhero day!
Field Trip: Movies in
Colchester! Date TBD

Week #6:
Pirate Week!
July 27, 2020-
July 31, 2020

Special Events:
Dress as a Pirate Day!
Field Trip: Wed., 7/29
Cave Hill , East
Haddam!

Week #7:
Holiday Week!
August 3, 2020-
August 7, 2020

Special Events: Mardi
Gras Party, Halloween
and more!
Field Trip: Thur. 8/6/20
"Tour of Colchester"
-Library, Historical
Society, Fire Dept.
Crossfit Playground

Week #8:
LAST BLAST!!
August 10, 2020-
August 14, 2020

Special Events:
Staff vs. Camper
challenges, Ticket-2-
Ride Event! Pay-To-
Pie!! Bottle & Can
Drive and Food Drive!

Week #9:
ENCORE!
August 17, 2020-
August 21, 2020

Special Events:
Snowball fights, Water
Balloon Toss & all
your camp favorites in
one week!



Colchester Recreation

Preschool Enrichment Camp Summer 2020



Colchester Recreation is offering 6 weeks of Preschool Enrichment for children 3 & 4 years old. Under the guidance and care of our Preschool staff, children are given a special and unique summer experience. Children must be potty-trained prior to starting. Our program recognizes the social, emotional and developmental skill level of preschool children. It provides a warm, nurturing atmosphere where our youngest children are encouraged to expand their horizons while feeling safe and cared for.

Week 1: 6/22/20–6/26/20

Theme: Fun & Games Week

Week 2: 7/6/20–7/10/20 (No Camp 7/13/20)

Theme: Holiday Week

Week 3: 7/13/20–7/17/20

Theme: Nature Week

Week 4: 7/20/20–7/24/20

Theme: All Things Water

Week 5: 7/27/20–7/31/20

Theme: Under the Sea

Week 6: 7/27/20–7/31/20

Theme: Pirate Week

Weekly Fee: \$49.00 + \$15.00 One-time administrative fee

Location: Colchester Elementary School

Days: Monday–Friday

Time: 8:30AM–12:00PM

Location: Colchester Elementary School

Registration: www.colchesterct.gov/recreation-department

Activity #4396

Min.8/Max.16

REGISTRATION DISCOUNTS:

Register for Preschool Enrichment Camp BY May 1, 2020 and

pay \$89.00 per week

Register for Preschool Enrichment Camp AFTER May 1, 2020 and

pay \$49.00 per week





Camp Information

Specialty Camp Information

Food Explorers Camp

Become a Food Explorer and learn all about nutritious and delicious food! You'll explore the five food groups through taste tests, games, and make delicious recipes all with the help of a nutrition expert. In this tasty camp, you'll also learn about the importance of eating locally, foods from different cultures, food marketing and added sugars. Be prepared to taste new foods, learn new skills and new recipes. All recipes will be nut free, snack and lunch included daily. There will be two sessions of the Food Explorers Camp offered. The morning session will be for kids in grades 2-4 and the afternoon session will be for kids in grades 5-8.

SESSION I: Grades 2-4
9:00AM-12:00PM

Activity # 4400

SESSION II: Grades 5-8
1:00PM-4:00PM

Activity # 4401

Date: August 17, 2020- August 21, 2020

Time: Monday-Friday

Location: Colchester Town Hall Room #3

Fee: \$135.00 Res./\$140.00 Non.Res; Min.5/Max.12

Instructor: Megan Jalbert, Food Explorers

Registration Deadline: August 3, 2020



FIND US ON:



Register online at:
**[www.colchesterct.gov/
recreation-department](http://www.colchesterct.gov/recreation-department)**



The American Academy of Pediatric Dentistry recommends children be seen by a Pediatric Dentist by the First Tooth or First Birthday!

Establish your child's dental home now and call us for an appointment!

35 Halls Hill Road • Colchester
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Summer Camp Facts at-a-Glance

REGISTRATION INFORMATION: Registration is available online at our website (www.colchesterct.gov/rec) or in person at the Recreation office. Registration requires a 50% deposit. All balances must be paid in full 2 weeks prior to the start of the session. All costs associated with camp, with the exception of extended care, are covered in the weekly fee.

HEALTH ASSESSMENT: Health Assessment Records dated within 2 years of the exam date are required for all campers. Health Assessment records are required two weeks prior to your child attending Camp. Please email them to parksandrec@colchesterct.gov to complete your registration.

REGISTRATION DEADLINE: Registration deadline is 4:30PM on Monday the week before. After 4:30PM on Monday, registrations will only be accepted in person at the Parks & Recreation office, which is located in Town Hall. If space is available, a \$25 late fee, per child, will apply. No registration paperwork will be accepted on-site at Camp.

(Example: Deadline for Camp starting on Monday June 29, 2020 is 4:30PM Monday June 22, 2020. If space is available, registering after June 22, 2020 will incur the \$25 late fee)

ADMINISTRATIVE FEE: One-time administrative fee of \$15 per child will be charged upon his/her initial registration and must be paid with the deposit.

EXTENDED CARE: NEW FOR SUMMER 2020- NO AM EXTENDED CARE. Extended Care PM operates from 4:00PM-6:00PM. Extended Care PM is available at an additional cost and is open to all campers. A minimum of 10 participants are required to offer this program.

FINANCIAL ASSISTANCE & PAYMENT PLANS: Parks & Recreation believes in making our camp affordable for all. There are several ways to pay for your summer camp.

1. **Payment Plan-** Payment plans are available to any family registering for camp. Payment Plans must be set up with a credit card and payments occur automatically. Please register and plan ahead so that your camp fees are paid 2 weeks prior to the start of each session.
2. **Care4Kids assistance program-** <https://www.ctcare4kids.com/> Please allow plenty of time to submit your paperwork to Care4Kids. Families with new accounts must provide proof of acceptance into the program prior to registering for camp-please plan ahead and submit your forms to Care4Kids early! Care4Kid applications will be accepted until May 1, 2020. After May 1st, only families already enrolled and accepted into Care4Kids will be accepted.
3. **Financial Assistance-** An application for financial assistance is available by calling (860)537-7297 or on the website. Financial Assistance determination is based on need and is made available on a first come, first serve basis. Funds are limited. A complete application is required prior to an award offer being made. Please allow up to 2 weeks to receive your notification of assistance.

CANCELLATION/REFUNDS:

Program or activity refunds: Refund requests must be made in writing. Refunds will be given if requested at least two weeks prior to the start of the program. Any request made within two weeks of the start of the program will be issued as a credit to the participants' account for future use. Once the program has started, no refunds or credits will be issued unless the program is cancelled by Colchester Recreation. Certain programs and bus trips may have a different refund policy based on the contract. Participants with extenuating circumstances may request a review of their case by providing written documentation of their situation to the Recreation Director. A \$15 cancellation fee will be charged for all refunds and credits requested by a participant.

INCLEMENT WEATHER: If it is raining or if there is extreme heat, camp will be held at **William J. Johnston Middle School**. If a weather situation arises during the camp day and the decision is made to relocate children, all children will be transported by bus to the alternate location. Campers will be accompanied by their counselors during the relocation process. Parents will be notified.

We reserve the right to transport/bus campers locally as needed (rainy days, special events, etc.).

AUTHORIZED RELEASES: Camp staff will release your child only to authorized persons identified on the child's registration form. Staff members will ask for identification-Please have your photo ID ready.

- In the event an unauthorized person needs to pick your child up, parents must provide written notification at drop off that day.
- If an emergency or unexpected need should arise for an unauthorized person to pick up your child, please contact the Camp. Please leave a number you can be reached at and wait for the Camp Director to call you back to confirm your request.
- No child will be released to any individuals without proper ID

LATE PICK UP: There is a \$5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child.

MEDICATION: If your child requires prescription or over the counter medication during the camp day, please request the medical form from the Parks and Recreation office. An Authorized Medication Form will be provided for the parent to fill out. Each form must be completely filled out including signature and date, and signed by the child's doctor.

Medication will not be permitted at camp without proper documentation.

Medications will only be administered under the following guidelines:

- Prescription medication must be in its original container with the child's name, address, and dosage instructions listed.



Camp Information

- Medications are to be given to the Colchester Recreation office, one week prior to the child's attendance at camp. The Recreation Office will ensure that all paperwork associated with the medication is complete and will deliver the medication to the appropriate camp staff.
- No medication is to be given to camp staff directly, without prior authorization from the Recreation office.
- Medication is not to be left with the child (in backpacks/bags etc.) This includes all prescription & non-prescription medications, including but not limited to inhalers and epipens and topical medications.

GROUP PLACEMENT: At Camp, children are placed in groups according to the age of the participant. Summer camp is a great place to meet new friends!

BEHAVIOR MANAGEMENT: Discipline and guidance shall be consistent and based on an understanding of the individual needs and level of development of each child. Care will be taken to ensure that all rules and limits are clearly explained to the children frequently, so they understand them and feel secure the adults in charge care enough to keep them safe.

Developmentally appropriate methods of behavior management will be used in dealing with unacceptable behavior. These techniques include: distraction, redirection, gentle reminders, offering acceptable choices, natural consequences, and when absolutely necessary, "renewal time" (time away from the situation to relax and renew self-control).

Repeated behavior which threatens the physical and/or emotional safety of the child, other children or staff (i.e.: hitting, biting, verbal assault, kicking, throwing objects, pushing, and temper tantrums) will result in suspension, with possible termination of the child from camp.

LUNCH: Lunches, drinks, and snacks are to be brought from home every day. Please make sure your child's name is written on all containers. All children will have a set lunch time to sit and eat with their group. Please pack your child with a large re-fillable water bottle. We do not have access to refrigeration or heating for snacks or meals. Snacks are recommended and should be non-refrigerated items such as crackers or granola bars. All lunches must be cold - unless you have a thermos to keep food warm. We are not able to cook or heat up lunches. **Due to severe allergies, we are a peanut/tree nut free camp.** Please do not pack any foods that contain peanuts or tree nuts.

WHAT TO BRING & WHAT NOT TO BRING TO CAMP:

Please make sure your child's name is on everything he/she brings to camp!

**ALL Colchester
Recreation Camps are
PEANUT & TREE NUT FREE!**

Items that **SHOULD** be brought to camp:

- Bathing suit
- Sunscreen (spray)
- Towel
- Hat
- Healthy Lunch (with name on it)
- Snacks
- Insect repellent (spray)
- Refillable water bottle
- Children must wear sneakers daily. No open toed shoes or sandals. Water shoes are **required** for the splash pad. A child will not be permitted to use the splash pad if he/she does not have appropriate footwear.
- Weather appropriate clothes
- *Sunscreen and insect repellent must be applied prior to arriving (Staff will have the children reapply during the day)

Items that **should NOT** be brought to camp:

- Toys from home
- Cell Phones
- Electronics (portable gaming devices, music players etc.)
- Trading Cards (Pokeman etc.)
- Candy/Gum
- Glass bottles
- Pocket knives and weapons of any kind

Colchester Parks & Recreation is not responsible for any lost or stolen items at camp. Camp staff will confiscate items not allowed at camp and will return them to a parent/guardian at the end of the day.

Our Summer Program is a physical experience each day. Please understand that your child may come home dirty & tired.

LOST AND FOUND: We will do our best to return marked items, but we cannot guarantee the return of unidentified articles. All unclaimed items will be kept for one week. All unclaimed items will be donated. Your child's name should be on everything that he or she brings to camp. The Lost & Found is located outside of the Camp Director's office.

PHOTO PERMISSION: Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by the Recreation Department for promotional purposes unless otherwise stated.

INSURANCE INFORMATION: Colchester Recreation is unable to assume responsibility for injuries/accidents occurring at programs or on park facilities.

To find out the most current information on Recreation programs & special events please visit our website at www.colchesterct.gov/parks.



SAVE THE DATE HALF DAY HOORAY



Friday May 22, 2019

Children will be engaged in age-appropriate games & activities!

Open to students K-5th grade enrolled at CES and JHS.

The program operates from school dismissal until 4:30PM.

\$20.00 Per Child per day or \$5.00 for children who qualify for free/reduced lunch.

Pre-Registration Required! Registration forms will be available in April & May!

For more information please call: Colchester Recreation (860) 537-7297

Colchester Youth & Social Services at (860) 537-7255 or

Cragin Memorial Library (860) 537-5752



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After



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General Registration Information

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 & user fees prohibited.

Photo Permission

Participants permit the taking of photographs and videos 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).

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/recreation-department for weather cancellations. If Colchester Public Schools has no school, cancels or dismisses early due to inclement weather, there are no programs unless otherwise noted.

How To Register

Online

For your convenience, registrations can be done online. Simply go to www.colchesterct.gov/recreation-department, click on "Register Online" and then follow the instructions on how to set up an account and register online. All major credit cards are accepted. Please call the Recreation Office (860-537-7297) for assistance with coupons, credits, transfers and refunds.

Walk In/Mail In/Drop Off

If you would like to pay by check or cash please visit the Recreation Office in Town Hall to register and make a payment in person. If you would like to mail in your registration, please fill out the registration form and mail it in with a check to:

Colchester Recreation
127 Norwich Avenue
Colchester, CT 06415

Make checks payable to "Town of Colchester". There is also a 24/7 drop box outside the main entrance of Town Hall. Registration forms and payment can be placed in the drop box in an envelope with "Colchester Recreation" written on the envelope.

Benefits of Online Registration

Most Colchester Recreation programs are online, making it convenient to register from home. The registration website is secure and allows you to manage your family account.

- Keep personal information current and accurate, i.e. update phone numbers, email addresses, pick up authorizations etc.
- View/print your registration history, receipts, class dates etc.
- View account balances and make payments
- Print personal reports for tax purposes or dependent care reimbursement

Refund Policy

Colchester Parks & Recreation stands behind all of our community offerings. All programs, events and activities are self-funded and must cover all costs associated with the activity. With that in mind, we will gladly help all participants with any registration or refund requests to the best of our ability.

Program or activity refunds: Refund requests must be made in writing. Refunds will be given if requested at least two weeks prior to the start of the program. Any request made within two weeks of the start of the program will be issued as a credit to the participants' account for future use. Once the program has started, no refunds or credits will be issued unless the program is cancelled by Colchester Recreation. Certain programs and bus trips may have a different refund policy based on the contract. Participants with extenuating circumstances may request a review of their case by providing written documentation of their situation to the Recreation Director. A \$15 cancellation fee will be charged for all refunds and credits requested by a participant.

Reservation/Rental refunds: No refunds will be issued for reservation or rental fees paid to secure any date at a field, park or pavilion.

Cancellation Policy: Programs may be cancelled if the minimum number of registrations are not met. In the case of inclement weather, please call the Recreation Office at (860) 873-5058, or check the website. Emails are often sent to registered participants of each program to notify them of program cancellations.

Return Check Fee

All checks returned for non-sufficient funds (NSF) will be charged an additional \$20.00 fee.

Concussion Training, Signs & Symptoms

Per CT Statute, we must inform you of the signs and symptoms of a concussion. Please review this link for more information:

<http://www.cdc.gov/headsup/youthsports/index.html>

Program Information

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

Register online at:
**[www.colchesterct.gov/
recreation-department](http://www.colchesterct.gov/recreation-department)**

Recreational Facilities



Ruby and Elizabeth Cohen Park:

Located on McDonald Rd., the park features picnic areas, a gazebo, hiking trails and a pond. For more information, go to: www.colchesterct.gov/recreation-department or call (860) 537-7297.

Airline Trail:

The trail offers scenic bike and walking trails and spans eleven towns. In Colchester, parking is available near the Rt. 2 commuter lot, on Bull Hill Rd. and River Road. For more information call (860) 295-9523 or visit www.ct.gov/deep. A town-owned leg of the trail, the Colchester Spur, also extends from the main trail, and can be accessed near 187 Lebanon Rd.

Colchester Dog Park:

The park is located at 89 Old Amston Rd. and features separate areas for small and large dogs. Hours are open from sunrise to ½ hour before sunset. For more information visit: www.colchesterct.gov/dogpark/ or call (860) 228-8139. Town of Colchester ordinance requires dogs to be leashed on public property, including Town parks. Also, please clean up after your dog.

Colchester Town Green:

Located at the intersection of Norwich Ave. and Main St., the green is host to many town events. A gazebo and walking path are available for community use. For more information call (860) 537-7297 or visit: www.colchesterct.gov/recreation-department for more information.

Colchester Recreation Complex (The Recplex):

Located at 215 Old Hebron Rd., the RecPlex offers softball, baseball and soccer and football fields; basketball courts, tennis courts, walking trails; playscapes for all ages; a skate park; a splash pad; and a picnic pavilion with charcoal grills. Due to the popularity, it is recommended that you call to reserve a field or the pavilion well in advance.

Smoking and Alcohol Prohibited:

Please remember that all smoking and alcohol are prohibited at all Town parks, properties and school premises.

Facility Reservation Process:

Group use and the rental of Colchester town facilities, parks, pavilions, recreation athletic fields, including the Town Green and the RecPlex pavilion, must be coordinated through the Colchester Recreation Department. Reservation request forms can be found online at www.colchesterct.gov/recreation-department. For more information call the Recreation Office at (860) 537-7297.

Please respect your parks and facilities. Everyone in our community benefits from nice parks!



8 Linwood Avenue
Colchester, CT 06415
860-537-5752

www.craginlibrary.org


Library Hours:

10:00 am - 8:00 pm Mon, Wed, Thurs
10:00 am - 5:00 pm Tues
10:00 am - 4:00 pm Fri & Sat

WELCOME TO YOUR PUBLIC LIBRARY!

18 Public Computers | FREE WI-FI Access | Color Photocopier/Printer and Public FAX | All Programs are FREE

The Library's collection of 83,000 items includes books, audio books, music CDs, DVDs, magazines, board games, and newspapers for all ages to browse and borrow for free. The Library now offers access to an extensive downloadable collection of audio books and ebooks provided through a shared collection. The Library also offers free access to online language learning and streaming services for British TV favorites, college courses, concerts, and independent films.

Library programs for all ages are always free of charge. Many are listed here, but more are added all the time. All programs are listed in our monthly newsletter, available at the Library or online at www.craginlibrary.org. Or  [Find us on Facebook](#)

How do I get a Library Card?

All Colchester residents are entitled to a Cragin Memorial Library card. Adults must present proof of identification and town residency to apply. Parents must give permission for their minor children to have library cards and present their own library card or ID and proof of residency. It takes about five minutes to receive a library card.

How do I use the Library's Public Computers?

Come in with your library card from any Connecticut town. Type in your library barcode number and receive up to two hours per day at one of our 18 public computers. Users from some towns may need to be registered in the Library's computer system before the first use of the system.

How do I use the Library's Free Wi-Fi?

Come in with your device and look for a Wi-Fi signal from Cragin Memorial and log in.

borrowIT CT



Since 1976 Connecticut residents have been able to use their hometown library cards in every public library across the state to borrow library materials. The State reimburses towns for serving non-residents. If you work or regularly travel to another town, remember that you can use your Cragin Memorial Library card in any other public library in Connecticut!

Visit the Library from Home—24 Hours A Day!

You can use the Internet to place and cancel holds, including Inter-Library Loans, review your account, and renew materials—all on your schedule!



How to Access Your Account

- Have your library card in your hand.
- Open your browser.

- Type in the Library's website:
- **www.craginlibrary.org** (and bookmark it!)
- Look for "Login" in blue letters in the upper right corner of the screen.
- Type your library barcode number in the box labeled **Barcode**.
- Enter your 4-digit PIN in the box labeled PIN or follow the directions to create your PIN.
- Click on the **Submit** button.
- Your name will appear in the upper right corner of the screen.
- Click on your name to check your account status.
- The next screen will show your account information, showing a list of checked out items.
- You can learn other account information by selecting other options:
 - Fines/fees
 - Holds
 - Reading History
 - My Lists
 - Messages



You've Got a Hold!

Want to know the minute a hold arrives at the Library for you?

Sign up for texting!

1. Log into your account in the online catalog.
2. Click on Edit Account, just below your name.
3. A pop-up window, "Modify Patron Account", will open.
4. Enter your cell number in the "Mobile Phone No." field, click on the "Opt In" check box, and click on Submit at the bottom of the page.
5. You will receive a text within a few minutes to confirm that you want to sign up. If you do, text back "YES".
6. You will receive a confirmation message within a few minutes to confirm that you have signed up.

Texts will be sent within a few minutes of an item arriving for you.

Please Note: The Library will only send hold alerts, no other messages. Only one library account can be linked to a cell number. Texts are in addition to other library notices you may already receive. This service is free, but message and data rates may apply.

Cragin Memorial Library



Borrow Free Ebooks and Audiobooks!

Overdrive Downloadable Library Collection

<http://libraryconnection.lib.overdrive.com>

Overdrive is the home to the library's shared and growing collection of 16,000+ downloadable audio book, ebook, magazine, and video titles.

Try the Libby App!

Try Libby, the user-friendly app that makes it easier than ever to access the Library's collection of over 16,000 ebooks, magazines, and e-audiobooks. Look for the Libby App whenever you download apps and you'll be reading or listening within a few minutes.



Connecticut State Library Downloadable Collection

Audio books and ebooks can also be downloaded from the Connecticut State Library's collection at: <http://icnnect.oneclickdigital.com/>. This collection of about 2,000 audio book and ebook titles offers many popular adult, teen, and children's titles. Just have your library card with you when you want to download a title for 7- or 14-day loans.

Free Online Resources for Cragin Library Cardholders

Online language learning with Mango Languages!

Learn a new language or freshen up your skills with the Mango Languages online language-learning app with your library card.



Mango is free for all library cardholders and can be accessed anywhere with an Internet connection. Each lesson combines real life situations and audio from native speakers with simple, clear instructions. The courses are presented with an appreciation for cultural nuance and real-world application by focusing on the four key elements of language learning: vocabulary, pronunciation, grammar, and culture.

Mango offers access to 60 foreign language courses and 17 English courses taught completely in the user's native language. Look for the Mango app for your device today!



Enjoy the best in British TV and Film with thousands of hours of commercial-free programming with your library card. Click on the Acorn TV logo on the Library's website and enjoy 7 days of unlimited binge watching of world-class mysteries, dramas, comedies from Britain and beyond. Enjoy shows like *Doc Martin*, *Murdoch Mysteries*, *Midsomer Murders*, *A Place to Call Home*, *Jack Irish*, *Vera*, *Agatha Raisin*, and many more exciting programs.



The Great Courses provides unlimited access to the world's most engaging professors enabling patrons to delve into an immersive

learning experience, covering a wide variety of subjects. "Binge-learn" over 150 of the most popular courses taught by the world's top professors. With hundreds of videos on subjects ranging from photography to physics, astronomy to art, history to health, and everything in between, you're sure to find courses that interest you. Each lesson is about 30 minutes in length—tune in to test out any lesson or course for the first few minutes, or for as long as you want. Access **The Great Courses** on your mobile devices through the RB-digital app or on desktop computers.

IndieFlix

Streaming Movies, Documentaries, Shorts, and TV that start conversations. Access over 8,000 high-quality shorts, features, documentaries, classic TV shows, and web series from 85 countries, 2,500 film festivals, and the top film schools without holds or waiting. Watch on any device, and on home-entertainment systems with Roku, Apple TV, and more.



Concerts On Demand

Stringray Qello provides streaming access to over 1,500 full-length concerts and music documentaries through the Library's RBDigital app or any device and on home-entertainment systems with Roku, Apple TV, and more. Enjoy music from over 30 genres from classical to rock, reggae to country. It's like a never-ending concert ticket!



Wellness and Personal Development Classes

Live and on-demand classes with experts from around the world. Discover hundreds of expert-led programs covering cooking, nutrition, child care, financial wellness, fitness, yoga, mindfulness, stress reduction, and much more!



Online ACT and SAT Test Prep

A comprehensive self-paced program proven to help students raise their scores. Diagnostic evaluations, lessons, quizzes, and full-length exams help students navigate the SAT and ACT by focusing on both content and test-taking techniques.

Stop by the library and ask a librarian for an introduction to any of these resources. Library cardholders can access all of these resources through the library website at www.craginlibrary.org.

Cragin Board of Trustees

The Library's advisory board meets quarterly. Meetings for 2020 are scheduled at 9:00 a.m. on March 4, June 3, September 9, and December 2. Please call the Library or check the monthly newsletter to confirm the date of the next scheduled meeting. The Trustees encourage all members of the community interested in the library to attend.

Museum Passes

Check out passes that provide free or discounted admission to these area attractions:

- Sturbridge Village
- The Children's Museum/Roaring Brook Nature Center
- Children's Museum of Southeastern Connecticut
- Connecticut Science Center—20% off discount coupon
- The Florence Griswold Museum
- The Lutz Children's Museum
- Mashantucket Pequot Museum
- Mystic Aquarium
- Mystic Seaport
- The New Britain Museum of American Art
- The New England Air Museum
- Peabody Museum of Natural History
- Roger Williams Park Zoo
- Wadsworth Athenaeum Museum of Art



Passes are available to all Connecticut library card holders. Passes are available on a first-come, first-served basis and may be borrowed for two days. Museum passes are made available through the generosity of the Friends of Cragin Memorial Library.

Support for Book Clubs

The Cragin Memorial Library Board of Trustees supports the purchase of book club sets (10 copies + large print and audio when available) throughout the year. Current titles available include: *Lost Roses*, *Where the Crawdads Sing*, *Miracle Creek*, and *Educated*. The Library is also happy to request multiple copies of older titles for members of book groups through Inter-Library Loan.

Display Cabinets

There's always something interesting to see in our display cabinets in the Adult and Children's Departments. Collections have included items from miniatures to minerals, toys to teapots, and widgets to watches. If you would like to bring out your collections and show them off, call 860-537-5752 to reserve the display space.

Story Times

The Library offers registered story times for infants and young children. Please see Children's Programs for further information.

Art Exhibits

The Library's Norton Room hosts exhibits by local artists throughout the year. If you are an artist or if you know one who would like to display at the Library, please call the Library at 860-537-5752 to reserve the exhibit space.

Friends of Cragin Memorial Library

Be a Friend of Cragin

Friends of Cragin Memorial Library promotes awareness of Library needs and support Library services through fundraising. Meetings are on the second Thursday of the month at 5:30 pm in the Library. New members are always welcome! Members receive FREE entry to the Friday evening preview sale for each book sale. Look for the ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar for \$1.00.



The Friends are always looking for volunteers to sort donations and to help with book sales.

Book Donations

The Friends of Cragin Memorial Library accept books in good condition in the blue bin just inside the Library doors most of the year. Please hold your donations in the months of March, June, and October when the Friends hold their book sales. They need to clean out and organize their space. Gently used books, free of mold and mildew are welcome. Please do not donate magazines, textbooks, encyclopedias, or Reader's Digest Condensed books as they do not sell and will be recycled. Donations are reviewed for usefulness for the Library's collection.

Book Sales

Book sales are held three times each year, in March, June, and October. All sales begin with a \$5 special admission preview night on a Friday from 4:00 to 7:00 pm. Members of the Friends receive free entry.

Book & Bake Sale

March 13-15, 2020, Friday

March 13, 4:00 – 7:00 pm Preview Sale
\$5.00 admission

Saturday, March 14, 10:00 am – 4:00 pm

Sunday, March 15, 10:00 am – 3:00 pm

Browse and buy from the best bargain in town! Add a stop at the Library to your weekend errands and get a great deal on books priced from fifty cents to a dollar, all proceeds benefit the Library! Beginning Monday, March 16, fill up a bag or box and pay just \$5.00. (Volunteers to help sort books are always needed.)

The June Book Sale will be held June 5 – 7, 2020 and the October Sale will be held October 2 – 4, 2020.

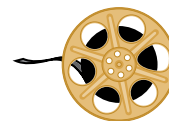


Spring Adult Programs:

Flicks @ Six

Every Wednesday at 6:00 pm

Join us on Wednesday evenings for free screenings of recently released films on our eight-foot screen. For a list of films, please see our Flicks @ Six brochure available at the Library or visit the Flicks @ Six link on our home page at www.craginlibrary.org. This program is free and open to the public; no registration is necessary.



Cragin Tabletop Game Night

1st Thursday of the Month, 6:30 pm

Looking for new tabletop games to play? How about meeting new people who share your love of board games? Then test your skills with our new adult game group! The Library has a growing collection of board games to borrow. Titles include *Scythe*, *Azul*, *Dominion*, *Photosynthesis*, and *Clank*!



Cragin Book Club

Last Thursday of the Month, 6:30 pm

Are you in a reading rut? Join us at the Cragin Book Club to discover new authors and meet your neighbors. Pick up book club titles at the adult circulation desk.

Cragin Memorial Library



Thursday, March 19, 6:30 pm

Beyond the Breed: Exploring Dog DNA



Dog owners are becoming increasingly interested in the genetic make-up of their furry family members. As the popularity of Canine DNA testing grows and the trend of "Breed Reveal Parties" takes hold, the need for a general understanding of dog evolution and genetics grows. This program will provide dog owners with a basic understanding of canine genetics.

Owners will leave with the skills needed to begin identifying dog breeds based on their phenotypic characteristics, a background in canine evolution, and a basic understanding of canine genetics. Presented by the Connecticut Human Society.

Thursday, March 26, 6:30 pm

Votes for Women



In 2020 we mark the 100th anniversary of women's suffrage in the United States. The fight for women's right to vote was long and took many twists and turns. Join us to learn about the Connecticut women who fought on a local, state, and national level and on whose shoulders we stand. Be inspired by their stories to use your vote to give a voice to women.

Thursday, June 11, 6:30 pm

Eastern Coyotes of Connecticut



Master Wildlife Conservationist, Paul Colburn's presentation focuses on the history of coyotes in Connecticut, an overview of coyote habitat, diet, behavior, and reproduction. It also provides practical recommendations for optimum coexistence with our coyote population. Coyote artifacts are shared with the audience.

Spring Teen Programs

Anime Club

January 13 thru May 25 | Mondays, 3:00-4:00 pm

Do you love everything anime? Do you want senpai to notice you? Come hang out and watch anime every Monday after school at the library!

Level Up Game Club

January 14 thru May 26 | Tuesdays, 3:00-4:30 pm

Are you a gamer teen? Come play games at the library after school! There will be a mix of video games as well as board games. We play everything from Super Smash Brothers to Betrayal House on the Hill.

Dungeons & Dragons

January 15 thru May 27 | Wednesdays, 3:00-4:30 pm

Adventure awaits! Create a character and participate in a roll playing game where we act out the story.

March Events:

Mint Milkshakes

Thursday, March 19, 4:00 pm

Keep the St. Patrick's Day spirit with yummy mint milkshakes.

Will it Waffle?

Thursday, March 26, 4:00 pm

Experiment with different foods to see if they will waffle.



April Events:

Writers' Group

Monday, April 6, 3:00 pm

Are you a writer? Come check out our new writing group where we share our work and talk about the craft of writing.

Washi Tape and Nail Polish Necklaces

Thursday, April 9, 4:00 pm

Create a fun necklace out of nail polish, washi tape, and washers.



Candy Kabobs

Thursday, April 23, 4:00 pm

Make a delicious candy snack.



May Events:

Writers' Group

Monday, May 4, 3:00 pm

Are you a writer? Come check out our new writing group where we share our work and talk about the craft of writing.

Baby Yoda Cookie Decorating

Thursday, May 7, 4:00 pm

It's Star Wars Month! Decorate a cute yummy cookie, you will.

Tie Dye Art

Thursday, May 21, 4:00 pm

Make a funky piece of art work.

Stay Tuned! We have a BIG summer planned with tons of fun activities.



Children's Spring Programs

Children's Story Times:

Story time programs for young children stimulate the imagination, prepare youngsters for school, and develop rich vocabulary and early literacy skills. Parents and caregivers are vital partners in the story time setting for the youngest children, modeling attentiveness and learning playful, enriching activities to use at home.



Spring Session: March 30 - May 21

Registration: Opens Wednesday March 11, at 10:00 a.m. in person or by phone (860-537-7201)

Baby Boom and Stay and Play

Thursdays, 10:30 – 11:15 am

Ages 0-12 months (pre-walking infants)

A program to help start you and your baby on a lifetime of learning together. Come prepared to sit on the floor 1-on-1 with your pre-walking baby in your lap. Enjoy bounces, tickles, and simple songs together for language and social development. Play, sing and be silly!

Expand your baby story time experience with a half hour of social time immediately following Baby Boom! Parents and caregivers can mingle as babies enjoy social play in the story time room with special toys provided by the Library.

Please register.

Goals: *Exposing baby to music, rhymes, movement, language, and books.*

Creating a special bonding experience for babies and their grownups.

Walkers & Talkers

Wednesdays, 10:30 – 11:00 am or 11:15 – 11:45 am

12 months to 24 months

This fun-filled lap-sit program of short stories, rhymes, circle dances, and finger plays will introduce your walker and talker to fun at the library! Please register.

Goals: *Fostering a love of language and books.*

Providing young children with an early group experience.

Encouraging an increased attention span.

Tremendous Twos and Threes

Mondays or Tuesdays, 10:30 – 11:00 am

24 months to 3 years and 11 months

For young preschoolers and their grownups to interact together with stories, songs, and rhymes. Please register.

Goals: *Fostering a love of language and books.*

Developing early literacy with stories, movement and music.

Encouraging an increased attention span.

Providing young children with an early group experience.

Fabulous Fours and Fives

Mondays, 11:15 to 11:45 am | Ages 4-5 years

A special time to meet new friends, both in books and in person! For older preschoolers at least 4 years old who can attend comfortably

without a parent. Please register.

Goals: *Introducing children to longer picture books and fun stories in an independent setting.*

Encouraging children to participate in flannel boards, songs, action rhymes, and other related activities designed to foster pre-reading skills.

Music and Movement Storytime

Tuesdays, 11:15 – 11:45 am | Ages 2-5 years with an adult

A movement based storytime for preschoolers who enjoy dancing, finger plays, and flannel boards with their stories.

DROP IN! Pajama Power Story Hour

Mondays, 6:30 – 7:15 pm, January 27 – May 18

Best for ages 2 ½ to 6 years

Grab your favorite teddy bear and come in your pajamas for an evening of bedtime stories, songs and rhymes. Young children and their families are invited to join us for a drop in story time and craft. **No registration is necessary.**



Goals: *Providing an opportunity for children and their families to*

have fun together with language, music, and movement.

About Registration and Attendance

In order to provide focused and coherent programs, the Children's Department limits the size of each program. Children may join groups with open registration spots at any time during the session. Please notify the Children's Department if your child is unable to attend the first meeting due to family travel or illness, or your child's slot will be given to the next child on the waiting list.

Siblings and Multiples

Different age siblings may attend any program with their parent or caregiver, and we will ask if any sibling will attend regularly, so that they may also have a nametag. Siblings often enjoy each other's programs and are valued members of the group. However, please understand that each program is designed for the specific developmental needs, attention span, and motor skills of its designated age group.

March Events:

Breakfast Sushi

Saturday, March 7, 10:30AM-11:00AM | Grades K-5th

Join us for a fun breakfast of banana sushi. Please register for this program by calling the Children's Department at (860) 537-7201.

Sesame Street Craft

Wednesday, March 11, 5:00 – 7:00 pm | All Ages

Join us for a craft of your favorite characters featuring Oscar the Grouch, Big Bird, Elmo, and Cookie Monster.

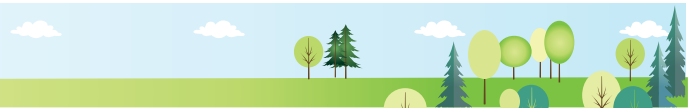
Free Play

Tuesday, March 17, 10:00 am – 12:00 pm | 2 ½ - 5 year olds

The Leprechans have come and left a Huge mess in the library. Help sort out the mess and build a trap for those mischievous creatures.



Cragin Memorial Library



Lego Club

Wednesday, March 18, 6:00 - 7:00 pm | All Ages

We're showcasing Kevo Planks this month for a new building experience.



Free Play

Thursday, March 19, 10:00 am - 12:00 pm | Birth-2.5 year olds

Come play in the story time room with toys.

Puppy Craft

Monday, March 23, 5:00 - 7:00 pm | All Ages

Celebrate National Puppy Day with a fun craft.



Story and a Craft

Wednesday, March 25, 10:30 am | All Ages

Join Miss Sara for a story and a craft.

April Events:

STEAM Program: The Great Cookie Dunk

Saturday, April 4, 10:30 - 11:00 am

Grades K thru 5



Join us for a fun experiment featuring cookies and milk. Please register for this program by calling 860-537-7201 or stopping by the library.



Pin the Tail on the Bunny

Monday thru Saturday, April 6 - April 11 | Preschoolers

Play a matching game with bunnies and colors.

April Vacation: Toy Story Week

Mr. Potato Head Craft

Monday, April 13, 10:30 am - 2:30 pm | All Ages

Create a fun Potato head craft.



Keva Planks

Monday, April 14, 10:30 - 11:30 am | Grades K thru 5

Use your imagination and build something wonderful out of these fun planks.



Lego Club

Wednesday, April 14, 6:00 - 7:00 pm | All Ages

We're showcasing snap circuits this month for a new building experience.

Sheep Craft

Wednesday, April 15, 10:30 am - 2:30 pm | All Ages

Create a fun sheep craft.



Movie Afternoon: Toy Story 4

Thursday, April 16, 1:30 pm | All Ages

Watch the movie and stay afterwards to make Forky.



Earth Day Craft

Wednesday, April 22, 5:00 - 7:00 pm | All Ages

Drop in to make a craft that celebrates Earth Day.

Flower Garden Craft

Monday, April 27, 5:00 - 7:00 pm | All Ages

Drop in to make a flower craft, perfect for Spring.



May Events:

Foodie Fun: Watermelon Fries

Saturday, May 2, 10:30 - 11:00 am | Grades K thru 5

Join us for foodie fun featuring watermelon fries and coconut sauce. Please register for this program by calling 860-537-7201 or stopping by the library.

Mother's Day Card Making

Saturday, May 9, 10:30 am - 3:30 pm | All Ages

Drop in and create a card for someone special in your life.



Cutting Box

Monday thru Saturday, May 10 - May 16 | Preschoolers

Beef up your cutting skills with this fun box filled with different ways to cut.

Lego Club

Wednesday, May 13, 6:00 - 7:00 pm | All Ages

Free play this month.



Bee Craft

Monday, May 18, 5:00 - 7:00 pm | All Ages

Drop in to make a craft and learn about the importance of bees.

Flowers Craft

Wednesday, May 20, 5:00 - 7:00 pm | All Ages

Drop in to make a pretty flower craft.



June Events:

Free Play: Fairy Tale

Tuesday, June 2, 10:00 am - 12:00 pm | 2 1/2 - 5 year olds

Enjoy an early start to the summer reading theme with this fairy tale free play.



Free Play

Thursday, June 4, 10:00 am - 12:00 pm | Birth-2.5 year olds

Come play in the story time room with toys.

Ice Cream Math

Monday thru Saturday, June 8 - June 13 | Preschoolers

Start learning math skills with this yummy ice cream game.



FIND US ON:



Stay Tuned: We have a **BIG** summer planned with tons of fun activities.



Visit Colchester's StoryWalk®

at the Ruby & Elizabeth Cohen Woodlands
96 McDonald Road, Colchester, CT



A StoryWalk® displays the pages of a picture book in weatherproof stations along a short hiking trail for children and their families to enjoy together. Each station features suggested questions or simple activities to enrich the story and hike.

Colchester's StoryWalk® features books with nature, wildlife, and gardening themes that appeal to young children. New books are posted every 4 to 6 weeks as weather permits. Copies of each story can be checked out at the Cragin Memorial Library.

StoryWalk® History

The first StoryWalk® was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. Storywalk® is a registered service mark owned by Ann Ferguson.

Eagle Scout Project

Colchester's permanent StoryWalk® trail was the Eagle Scout project of Jack Boyden and members of Boy Scout troop 72 in 2017. Jack researched construction and purchase of the trail stations, raised the funds for the cost of 20 durable stations, and organized his troop to install them.

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COLCHESTER SENIOR CENTER

95 Norwich Avenue, Colchester, CT 06415
Phone (860) 537-3911 | Fax (860) 537-5574

Hours: Monday-Friday 8:00AM-4:00PM

It is the mission of the Colchester Senior Services Department to support older adults (55+) by providing programs and services designed to promote their independence, health, wellness and overall quality of life.

Colchester Senior Center Staff

Patricia Watts, Director/Municipal Agent,
pwatts@colchesterct.gov

Susan Plefka, Administrative Assistant,
csc@colchesterct.gov

Justine Kowinsky, Program Coordinator, cscprograms@colchesterct.gov

Missy Bauman, Making Memories Program Coordinator,
mbaum@colchesterct.gov

Sheri Blesso, Driver

Ginny Stephenson, Driver

Noella Daigle, Driver

Valerie Webster, Nutrition Site Server

Live Well Chronic Disease Management Workshop Series

Wednesdays, March 4 to April 8 from 1:30 p.m. to 3:00 p.m.



Be empowered to better manage your health. The Live Well Program is a FREE evidence-based program that teaches techniques and strategies to those who are dealing with, or may be caring for someone with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain and anxiety and other chronic health conditions.

Led by trained facilitators from Chatham Public Health, this class requires the pre-registration of 8-12 people. See our February newsletter for more information.

AARP Smart Driver Courses

Wednesday, March 11 from 11:45-3:45 p.m. & Friday, May 15 from 11:45-3:45 p.m.



Learn the updated rules of the road, defensive driving techniques and how to operate your vehicle in a safer manner. Open to anyone age 50 and up. Cost is \$15 for AARP members and \$20 for non-members. Space is limited. Please call 860-537-3911 to register in advance. ***Please Note:** effective July 1, 2020, there will be a permanent price increase for this class of \$20 for AARP members, \$25 for non-AARP members.

Luck O'The Irish Luncheon

Wednesday, March 18 from 11:00 a.m. to 1:00 p.m.



On St. Patrick's Day, we're all a "wee-bit" Irish! Join us for Corned Beef & Cabbage and other Irish fare. Musical entertainment by John Banker will get us all "dancin' a jig." Please join us! Ticket purchase required. See the February newsletter for more information.

AARP Smart Drivertek Workshop

Thursday, March 19 from 1:30 p.m. to 3:00 p.m.

Smart DriverTEK is a brand-new, 90-minute FREE workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register in the office by Friday, March 14th.

Medicare Savings Program

Wednesday, March 25 from 11:00 a.m.

Join Laura Crews, from Senior Resources Area Agency on Aging to learn more about the Medicare Savings Plan and how this program could save income-eligible individuals the cost of their Medicare premiums and co-insurance costs. There will be more information in the March newsletter.

AARP Tax Aide Appointments

Fridays, February 7 through March 27

8:30 a.m. to 2:00 p.m. by appointment only



Call to make a personal and confidential appointment for this important program which provides free tax preparation assistance at our senior center, sponsored by AARP. We will begin taking appointments in January. Spaces are limited and early registration is encouraged.

Stroke Awareness Workshop

Thursday, March 26 from 10:30 a.m.

Awareness of stroke risks, early warning signs and preventative strategies—protect your good health with this important information. This forum is presented by Brad Fowler, an experienced professional with Middlesex Hospital who seeks to reach as many people with this critically-important information as possible. Please see the March newsletter for additional information.

Golf League Pre-Season Meeting

Tuesday, April 14 at 2:30 p.m.



It's almost time to dust off your golf clubs! Join our co-ed Senior Golf League (ages 55 and up) for 16 weeks at Chantclair Golf Course and enjoy an end of the season banquet. Attend this informational meeting to learn more. New league members welcome!

Spring Fling Luncheon

Wednesday, April 15 at 11:00 a.m.



Spring, the season of beauty, growth and renewal. Come share a meal, enjoy live musical entertainment and have a guaranteed great time with your friends at the Colchester Senior Center. Menu will include Baked Ham, Mashed Potatoes, and Carrot Cake for dessert. Tickets that cost \$8.00 will be sold in the Senior Center office. More information will follow in the March Newsletter.

Medicare Bootcamp: Understand Your Medicare Benefits

Wednesday, April 22 from 5:00-7:00 p.m.

Join Laura Crews, a Certified CHOICES counselor sponsored by the Senior Resources Agency on Aging, at this evening forum to help you gain a deeper understanding of your Medicare benefits and the enrollment process. Information that will be covered include: Medicare Part A, B, C, D; when to enroll and how to avoid penalties, alternative Medicare options, and Medicare premium assistance programs. Please register for this evening event. More information will follow in the April Newsletter.

Volunteer Appreciation Luncheon

Friday, April 24 at 11:00 a.m.



We couldn't do all of the wonderful things that we do without the dedication of our exceptional volunteers, who give so generously of their time and talents! During Volunteer Appreciation Month in April, we host a special event to honor our volunteers. Volunteers serving 25 or more hours at the Colchester Senior Center will receive a personal invitation to attend the luncheon, as our way of saying "Thank you for all you do!"

Mother's Day Brunch Celebration

Wednesday, May 13 at 11:00 a.m.

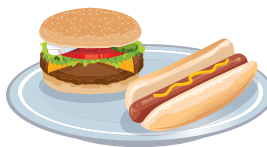


in the April newsletter.

All are welcome to enjoy a lovely catered brunch of eggs, home fries, sausage, fresh baked muffins and tomato salad and fruit salad to honor the special women in our lives, made even more special with musical entertainment. Ticket purchase is required. See more information

Memorial Day Picnic

Tuesday, May 22 at 12:00 p.m.



mer. Ticket purchase is required.

Please join us as we celebrate Memorial Day with your choice of a hamburger, cheeseburger or hot dog, fries and onion rings catered by Colchester's own Harry's Place, with patriotic games & other fun activities to usher in the official start of summer. Ticket purchase is required.

Please Note: Programs are subject to change. Please refer to the Colchester Senior Center monthly newsletter for the most up-to-date information.

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Michael L. Babinski, DMD, MAGD

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*Dr. Zase is Eastern CT's only dentist ACCREDITED in Cosmetics by the AACD and has served as their president.



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Day Trips

Foxwoods Casino

Wednesday, April 29, 9:30 a.m.

Enjoy a full day at one of the state's great casino resorts! Cost is \$22.00 per person and includes \$10 meal voucher, \$10 bonus slots, motor coach bus transportation & driver gratuity. **Call 860-537-3911 to check on trip availability.**

SOUTH PACIFIC at the Goodspeed

Wednesday, May 27, 2020, 11:00 a.m.

Before the Goodspeed spring production of South Pacific, enjoy lunch at the Gelston House (meal choices will be announced). On a lush tropical island during World War II, battles of the heart are center stage in the Goodspeed premiere of the soaring Rodgers & Hammerstein classic: South Pacific. Be swept away by twin love stories and a rapturous score that includes "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," "Bali Ha'i" and more. Cost is \$85.00 per person and includes senior bus transportation, a lunch package at the Gelston House and tickets to the show.

Please register by May 1st.

MANGIA, MANGIA!

Wednesday, June 24, 2020, 7:00 a.m.

Spend the day in Italy without needing a passport! Boston's Little Italy testifies to the age-old immigrant experience in the new world. Spend the day in one of our country's oldest neighborhoods. This walking tour is like a cooking class on foot. You'll discover the panetteria (bakery), pasticceria (pastry shop), the greengrocer, the deli, an enoteca (wine shop) and a spice and confection store. Once the tour is finished, there will be free time for you to grab lunch on your own, or do some shopping in the markets visited during the tour, so you can get stocked up on all of those authentic Italian ingredients. In the afternoon, you'll head to Sam Adams where you will take a tour, learning about the beer making process and enjoy a sample. Cost is \$129 per person. **Please register by May 29th.**

Bronx Zoo

Thursday, September 10, 2020, 6:45 a.m.

Come and experience life on the wild side! The Bronx Zoo's world-class exhibits such as the Congo Gorilla Forest, the Wild Asia Monorail, Tiger Mountain and Madagascar will give you eye-to-eye with the animals! Hailed as America's largest metropolitan zoo, the Bronx Zoo will take you on an adventure through the African Plains to the Himalayan Highlands. Come and escape for the day. This trip includes full admission, Congo Gorilla Forest, Bug Carousel, Butterfly Garden, Jungle World, Wild Asia Monorail, Zoo Shuttle and the Children's Zoo. Bring your lunch or grab a tasty snack at one of the food vendors or cafeterias (not included). Cost per person is \$86.00. **Registration required by July 31st.**

SOUNDS of the 60's

Tuesday, October 6, 2020, 7:15 a.m.

Take a trip back in time, to the 1960's. This trip will take you to the Bethel Woods Center for the Arts, a located at the site made famous by the 1969 Woodstock festival. Enjoy a docent-led tour of the museum and explore the main exhibit's immersive multi-media experience which tells the story of the "The Sixties" and Woodstock. After touring the museum, you'll head over to the Dancing Cat Saloon for

a buffet-style lunch. Enjoy a tour and tasting at the Catskill Distilling Company. The last stop of the day is the Stray Cat Gallery, which showcases the talents of local artists. This trip includes roundtrip motor coach transportations, a professional tour director, lunch, admission to all points of interest on the itinerary, taxes and gratuities. Cost for this trip is \$138 per person. **Register by September 11th.**

Cruises & Extended Trips

LANCASTER in style

**including "ESTHER" at Sights & Sounds Theatre
June 9-11, 2020, 7:00 a.m.**

Our travels take us to Pennsylvania Dutch Country with a stop at the Appalachian Brewing Co. for lunch continuing onto The Cork Factory, which will be the historic accommodations for both nights of the journey. This unique 19th century building once housed Armstrong Cork and Kerr Glass Companies. Enjoy a private wine, cheese and paint party, followed by dinner. Day two begins with a full breakfast buffet followed by a hands-on experience at Kitchen Kettle Village, learning how to make homemade whoopee pies. Later in the day, we'll take our seats (reserved orchestra) at Sights & Sounds Theatre for their brand new production of "Queen Esther," where one of the most riveting Bible stories of the Old Testament comes to life with magnificent sets, special effects and live animals. Dinner will be served at Miller's Smorgasbord. After breakfast on the final day, we will say goodbye to Lancaster and continue to the Mount Hope Estate and Winery for a light lunch and beer and wine tasting before traveling back home with great memories. This trip includes roundtrip motor coach transportations, 2 nights' accommodations, 6 meals, tickets and admissions to all attractions, a professional tour director and gratuities for the tour director and bus driver. Cost for this trip is \$565 per person, double occupancy. **A \$50 deposit is required at sign up with final payment by April 28, 2020.**

VIRGINIA BEACH & the OUTER BANKS

September 28-October 2, 2020, Departure TBD

Enjoy waterfront views for 4 nights at the Oceanfront Inn, with private balconies that overlook the Atlantic Ocean. This trip will include the amazing show "Swingtime in the Skies" at the Military Aviation Museum and even interact with Rosie the Riveter. The third day offers a full day tour to discover the Outer Banks with a native tour guide, including Cape Hatteras Lighthouse and the Wright Brothers National Memorial. This trip includes 4 nights hotel stay, 4 breakfasts, 4 dinners, admission, a professional trip escort, motor coach transportation and all gratuities. Cost is \$729 per person, for double occupancy. **A deposit of \$300 by July 6, 2020 secures your place.**

WASHINGTON D.C.

October 16-18, 2020, Departure TBD

Explore our Nation's Capital on this 3 Day Trip. A Welcome Dinner marks your arrival on Night One. Tour of the city with a local Tour Guide highlighting the Vietnam & Korean War Memorials, FDR, WWII Memorial and the MLK Jr. National Memorial. Free time at the museum known as "America's Attic," the world-famous Smithsonian! Dinner on night 2 followed by a "Washington by Night" tour. The morning of day 3 includes the US Holocaust Memorial Museum—a powerful living memorial. 2 night's accommodations, motor coach transportation, 2 breakfasts, 2 dinners, admissions, trip escort & all gratuities. Cost is \$525 per person, double occupancy. **A deposit of \$200 by June 12th is required to secure your reservation.**

Youth & Social Services



Colchester Youth
& Social Services

Save the date!

3RD ANNUAL COMMUNITY WELLNESS FAIR

Join us for fun and interactive tables focused on boosting your whole family's wellness. There will be wellness professionals, vendors, informative breakout sessions and so much more!

Sunday, April 26th
11:00 am-3:00 pm
WJMS



We are also looking
for young
entrepreneurs to
grow our Kid's
Business Expo this
year! Please contact
our office for an
application!

For updates and more information, please like us
on Facebook @ColchesterYSS, visit our website
www.colchesterct.gov or call us at 860-537-7255.

COLCHESTER YOUTH & SOCIAL SERVICES JOIN US FOR APRIL BREAK!

TUESDAY, APRIL 14TH

SONNY'S PLACE



A day at Sonny's Place
including go-karts,
gyroscopes, batting cages,
virtual reality, mini golf,
arcade & more! Pizza
lunch included.

9AM-4PM
GRADES 6-10
\$40

WEDNESDAY, APRIL 15TH

NOMAD'S ADVENTURE



Start at Nomad's Indoor
with teacups, indoor rock
climbing, laser tag & more
& end with outdoor ropes
climbing at Nomad's
Outdoor! Bring lunch or \$.

9AM-4PM
GRADES 6-10
\$47

THURSDAY, APRIL 16TH

JUMP IN & DRIVE



Two hours of JUMPING
FUN at Sky Zone
Trampoline Park. Then
race on the high speed
go-karts at On Track.
Must bring lunch.

9AM-4PM
GRADES 6-10
\$50

FRIDAY, APRIL 17TH

ROLLERSKATES & LASERBEAMS



Rollerskating at Ron-A-Roll,
lunch at Chili's & then 2 games
of laser tag at Laser Quest!
Rollerblades not included but
available for extra fee at Ron-
A-Roll.

9AM-4PM
GRADES 5-8
\$35

TO REGISTER, VISIT OUR WEBSITE AT WWW.COLCHESTERCT.GOV - QUESTIONS? CALL US AT (860)537-7255



Community & Civic Organizations



89 Old Amston Rd., Colchester, CT 06415

9th Annual Spring

Bark for the Park

Sunday, May 17, 2020

10:00 to 2:00 P.M

We will be featuring a Lucky Duck Egg Hunt for the dogs, over 20 May Baskets, a blessing of the dogs, and other canine entertainment. The event is made up of many food and pet related vendors.

Vendor slots are available at \$25.00 per booth.

For any questions email tagnobark@gmail.com

For updates on the Dog Park check out our Facebook page At Colchester, Connecticut, USA Dog Park

★ League Contact Info ★

Colchester Youth Wrestling

Matt Whitney, matthew.whitney@hotmail.com
(201)780-0430

Colchester Baseball & Softball League

Patrick Walsh, president@cbsl.org, www.cbsl.org

Colchester Cougars Youth Football & Cheerleading

Stacy Kelsey, Stacykelsey3@yahoo.com
Paula McDowell, Papiggybank@aol.com
www.colchestercougars.org

Colchester Youth Lacrosse

Montez Johnson, Montez_Johnson@sbcglobal.net
www.colchesterlax.org

Colchester Soccer Club

Tim Daniels, president@colchestersoccer.org
www.colchestersoccer.org

Youth Basketball

Jeff Koonankeil, president@colchesterbasketball.org
www.colchesterbasketball.org

Men's Softball

John Wissler, colchestersoftball@yahoo.com

Women's Softball

Lynne Stephenson, www.colchestersoftball.org

Colchester Sports Leagues are independent organizations. They operate individually and separately from the Colchester Recreation Department. Each organization has its own Board of Directors, Bylaws, Policies and Procedures. If you have questions or need more information, please contact the league directly.

COLCHESTER CIVIC ORCHESTRA & CHOIR SEEKS NEW MEMBERS!



Join us every Thursday evening and bring music back into your life with the Colchester Choir & Orchestra! Haven't played since high school? Take your instrument to a good instrument repair shop to have it checked. Warm up your voice; exercise your chops; and join us—no auditions needed. We invite any interested musician or former musician to join our rehearsals. Our members range from middle-school, high-school and college students, to working adults, whole families, and retirees.

Our rehearsals take place Thursday evenings at William J. Johnston Middle School in Colchester from 6-7:30PM for the choir, and 7:30-9PM for orchestra. If you're not sure about your level, you're always welcome to visit and listen to a rehearsal or upcoming concert. Our next concert is Sunday, March 8th at 3PM, at Bacon Academy.

Playing or singing music is one of the best workouts you can give your brain at any age. Playing or singing provides an opportunity for creative self-expression, and our rehearsals give us all a break from day-to-day stress. The joy of working to create a wonderful sound through both individual effort and teamwork brings us together every week. Middle-School and High School students can add experience with the orchestra and choir to their resumes and college applications.

For the most up-to-date information about rehearsals, concert dates, events, or joining the orchestra or choir, please check the website at colchesterchoirorchestra.org, or email us at colchesterchoirorchestra@gmail.com

Colchester Community Theatre
CCT SUMMER
Children's Theater Workshop

The Colchester Community Theatre (CCT) will be running their Children's Summer Theater Workshop July 13th-25th. The workshop is open to all children entering grade 2 through grade 12 in the fall. Every child must audition to attend the program. There are NO exceptions. The workshop will be held at Bacon Academy's Auditorium, Monday through Friday for two weeks July 13th-25th from 9am-Noon, culminating in a show on Saturday, July 25th. Watch the local newspapers and our website at www.colchestercommunitytheatre.com for more information! CCT is sponsored by Colchester Parks & Recreation.



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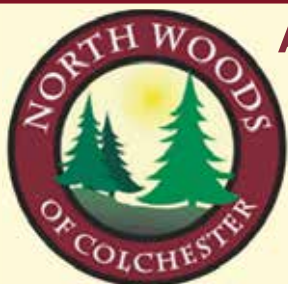
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