



GENERAL INFORMATION

Office is in the Town Hall: 127 Norwich Ave, Suite 107, Colchester CT 06415
Office Phone Number: (860) 537-7297 * Email: parksandrec@colchesterct.gov
Website: <https://www.colchesterct.gov/recreation-department>
Online Registration: <https://colchesterctrec.recdesk.com/Community/Home>
Payment Accepted: All major credit cards, checks and cash.

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 <https://www.colchesterct.gov/recreation-department> for weather cancellations. We will make every effort to email or call participants if we must cancel a program due to weather.

RESERVATIONS

Interested in reserving the pavilion at the RecPlex, hosting an event on the Town Green, using Ruby Cohen Woodlands for a birthday party? We can help you! Information and forms are available online:

<https://www.colchesterct.gov/recreation-department/pages/forms-documents>

Call the Recreation Office for more information at (860) 537-7297.

REFUNDS

Colchester Parks & Recreation stands behind all 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. 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, including Day Camp and bus trips, may have different refund policies. Participants with extenuating circumstances may request a review of their case by providing written documentation of their situation to the Recreation Director.

The Day Camp refund policy is as follows: prior to May 1 you will receive a full refund; May 1-15 you will receive 50% refund, 50% account credit; May 15-May 31 you will receive 100% account credit; There will be no refunds or account credits after June 1. We will do our best to trade camp weeks for you if there are openings. This policy is to cover our expense in hiring and training staff and purchasing supplies based on an expected number of campers.

A \$15 cancellation fee will be charged for all refunds and credits requested by a participant.

HOW TO REGISTER

ONLINE

For your convenience, registrations can be done online. Simply go to <https://www.colchesterct.gov/recreation-department>, click on "Register Online" tab on the left and then follow the instructions to set up an account and register online. All major credit cards are accepted. Please call the Recreation Office (860-537-7297) for assistance if needed. We are always here to help.

MAIL IN/DROP OFF

If you would like to mail in your registration, please fill out a registration form and mail it in, with a check, to: Colchester Rec., 127 Norwich Avenue, Colchester, CT 06415
Likewise, you may visit us in our office at the Town Hall.

UPCOMING EVENTS

GHOST RUN

The Parks & Recreation Departments of Hebron, Colchester, and East Hampton are collaborating along with the State of CT Department of Energy and Environmental Protection to host our 20th Annual Ghost Run – On our beautiful 13.1-mile certified half marathon course. Runners registered by October 8th will receive a t-Shirt. Registration deadline is 11/1.

YOU MUST PREREGISTER, there will be no registration on race day!

\$45 Individual Runner / \$100 Relay Team

<https://runsignup.com/Race/CT/Hebron/AirLineTrailGhostRun>

HOLIDAY HOMECOMING

Saturday, December 2nd

Santa will arrive on the decorated firetruck and will visit with every child!

- Enjoy hot cocoa, hot cider, cookies
- Pick up your annual Colchester holiday ornament
- Bring a new, unwrapped toy for the police "Stuff a Cruiser."
- Bring your letter to Santa to mail in our special mailbox- make sure your child's name, address and age are clearly written on the letter! Every child will receive a letter in return from Santa and Mrs. Claus.
- Attend the Colchester Choir and Orchestra performance at the Colchester Federated Church at 6:30pm

GINGEBREAD HOUSE DECORATING COMPETITION

Drop your gingerbread house to the Recreation Department at Town Hall between December 1st-5th. They will be displayed through December. All visitors will be encouraged to vote for their favorite gingerbread house. Each gingerbread house will be awarded a fun superlative. Families and friends are encouraged to work together to submit creative entries.

HOLIDAY HOME AND BUSINESS DECORATING CONTEST 2023

Register your home or business by 11/30/23 and decorate your home by 12/5/23. Print your free map and view all of the Colchester holidays beginning 12/5/23. Maps will be available at www.colchesterct.gov/recreation-department or our Facebook page- Colchester Parks and Recreation. Vote for your favorite home and business decorations on Facebook between 12/5/23- 12/31/23.

Colchester Parks and Recreation theatre and acting programs and performances! See our website for more information!

YOUTH PROGRAMS

START SMART MULTI SPORT

Children and their parents learn basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. Games are played using new skills! Children learn the skills but have fun in the process.

- When: Wednesdays November 8th ending December 13th, 5:30-6:30pm
- Where: Gymnasium TBD
- Cost: \$50
- Ages: 3-5
- Minimum of 6, maximum of 12

YOUNG YOGIS: FALL 2023 Afterschool at CES- Two sessions: Wednesday or Thursday

Each class will combine yoga and mindful practices in age appropriate, playful, and engaging ways. Children will participate in activities that will help them stretch and strengthen their bodies, build social, emotional skills as well as learn strategies for self-regulation and relaxation...while having fun! This class is for children enrolled in CES in grades K-2. The instructor will meet students after school and walk them to the location of the class in CES. Parents/Guardians will sign out their child at 4:30. Please have your child wear comfortable clothes. Yoga mats will be provided. 4 classes per session.

- Wednesday Classes: Oct. 18, 25, Nov. 1, Nov. 8
- Thursday Classes: Oct. 19, Nov. 2, 9, 16
- Cost: \$50.00
- Instructor- Susie Hawkins
- Enrollment: Max 8

YOGA, MINDFUL TOOLS AND MORE: FALL 2023 Afterschool at CES - Two sessions: Tuesday or Wednesday:

This class will have children making, using, and taking home tools to help support yoga and mindful practices. The tools will include a Kind Wishes Wand, Breathing Book, Glitter Jar and Finger Labyrinths. This class is for children enrolled at CES grades K-2. The instructor will meet students after school and walk them to the location of the class in CES. Parents/Guardians will pick up their child at 4:30. Please have your child wear comfortable clothes. Yoga mats and all materials will be provided. 4 Classes per session.

- Tuesday Classes: Nov. 28, Dec.5, 12, 19
- Wednesday Classes: Nov. 29, Dec 6, 13, 20.
- Cost: \$55.00
- Instructor- Susie Hawkins
- Enrollment: Max 8

SKI CLUB

Ski/Boarding at Ski Sundown! This program is for students at Bacon Academy in grades 9-12.

Join Colchester Parks and Recreation for our weekly trips to Ski Sundown on Fridays, January 5, 12, 19, 26, February 2nd, 2024. We will depart from Bacon Academy at 2:30 p.m. and return to Bacon Academy at approximately 9:30 p.m.

The registration deadline is November 3rd.

Once registered, we will email you the "Ski Sundown Program Agreement". We will need these forms signed and returned by Nov. 3rd. Please read the Ski Sundown Safety Guidelines and the parent information sheet. These forms may not be completed digitally. Hard copies needed.

The price includes the coach bus. Package prices can be found on our website at www.colchesterct.gov/recreation-department.

CHAPERONES NEEDED. Please reach out to Matt with the parks and rec department if you are interested in helping chaperone the ski trips at parksandrec@colchesterct.gov or 860-537-7297.

NEW PROGRAMS

ADULT ACTOR's LAB

Calling all adult performers! Unleash your inner superstar and shine on stage. Whether you're a seasoned pro or a newcomer, The Actor's Lab is the perfect destination to hone your skills! Our scene study program will help you perfect your craft both onstage and on camera, surrounded by other talented actors. You'll receive expert guidance from a seasoned actor and director. Let's create some acting magic together!

- Classes run November 9th, 16th, 30th
- Ages 18+
- Cost: \$75 for Colchester Residents, \$80 for Non-Residents
- Instructor: Randall Delone Adkison

BEGINNING ACTING

Set your sights on the spotlight and take your acting game to new heights with some pro-level training! Whether you're a seasoned performer or just starting out, our professional actor/coach is here to help you hone your craft, expand your abilities, and boost your self-assurance. Plus, you'll have a blast making new connections, mastering new techniques, and living out your acting dreams! Join the Beginning Acting program today, tailored for those aged 14-18, and let's get this show on the road!

- Classes run November 6th, 20th, 27th
- Ages 14-18
- Cost: \$75 for Colchester Residents, \$80 for Non-Residents
- Instructor: Randall Delone Adkison

MUSICAL THEATRE: ACTING THE SONG

Improve Your Singing and Acting with Professional Coaching! Are you passionate about singing and acting? This class will enhance your current skills and develop new ones. Don't just sing the song, act it out! Learn how to use music and lyrics to their full potential and take your performance to the next level.

- Classes run November 8th, 15th, 29th
- Ages 14-ADULT
- Cost: \$75 for Colchester Residents, \$80 for Non-Residents
- Instructor: Randall Delone Adkison

ADULT PROGRAMS

4-Week Introduction to Pottery Wheel Course

This 4 Week Pottery Wheel course is an excellent way to advance beyond clay hand building and learn how clay can be shaped by using the pottery wheel. Each week will build on knowledge from the previous week as we explore throwing vessels, trimming, and glazing techniques. Cost includes all clay, glazes, and firing for all projects and use of all studio tools. Students have free access to the use of open studio time over the 4 weeks that the course takes place. Limited to 4 participants. Class meets on the following dates:

- Location: 43 Hayward Ave 2nd Floor, Colchester, CT 06415
- Price: \$225
- Wednesdays, October 25: 12:30pm, November 1, 8,15 from 12:30pm - 2:30pm

SENIOR YOGA

ONLINE with Facebook Live- Gentle Yoga is perfect for age 45 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body, and focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome.

- When: Classes are held on Mondays, in 4 weeks, re-occurring sessions
- 10/30-11/20
- 11/27-12/18
- 4:45-5:45pm (dates can be found on the website)
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)

Pickleball is here to stay in Colchester! Register today for our indoor, winter pickleball program. Pickleball is a sport that any age or gender can learn to play. We hope you will give it a try! This program will fill up so please register early.

BEGINNER PICKLEBALL: This beginner program is made for participants who have little to no experience playing. It will act as an instructional class in which skills will be built and in turn lead to competitive play.

- 11/14-1/30, 6-7:30pm,
- \$32.50 per resident, \$37.50 per nonresident
- Players must be 18 or older
- Location CES Gym

INTERMEDIATE PICKLEBALL: This session is intended for those that have experience playing pickleball. However, it is not a highly competitive program.

- 11/14-1/30 7:30-9pm
- \$32.50 per resident, \$37.50 per nonresident
- Players must be 18 or older
- Location CES Gym

ADVANCED PICKLEBALL: This program is intended for advanced pickleball players. Play will be competitive.

- 11/9- 2/1 6-9pm, \$65
- \$65 per resident, \$70 per nonresident
- Players must be 18 or older
- Location CES Gym

MENS PICKUP BASKETBALL

Think you got game? From beginner to advanced, pick up basketball is open to everyone. Bring your best and challenge others for fun recreational basketball games. Preregistration is required. Check in with the gym supervisor each week before playing.

- Tuesdays, 11/14/23-3/26/24 (no bball on 12/26/23, 2/20/24)
- WJJMS Gym West: 11/7/23-2/27/24 and WJJMS Gym East: 3/5/24-3/26/24
- \$75/session per resident; \$80 per nonresident
- 18 and older to play

EMPLOYMENT OPPORTUNITIES

HALF DAY HOORAY

We are looking for people to work at our 2023-2024 Half Day Hooray events. We offer a stipend or gift card for spending the afternoon with us, and your child can participate for free. Help is needed at JJIS with grades 3-5 and at CES for grades K-2. 2023-2024 Half Day Hooray dates are as follows: Oct. 6, 2023, Dec. 8, 2023, Jan. 12, 2024, Feb. 16, 2024, and May 24, 2024. Please call the office if you are interested in working with us!

VOLUNTEER OPPORTUNITIES

We are always looking for volunteers to help with events and programs. It is a great way to get involved with your community and make new friends. Please call the office to discuss ways in which you can get started!

INTERNSHIPS

Are you a college student looking for an internship in the recreation field? We can work with you and your school to get an internship set up! Internships are available any time of the year. Please call the office to discuss your options.