



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.

RENTALS

Interested in renting 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 1-31 you will receive 50% refund, 50% account credit; June 1-June 15 you will receive 100% account credit; June 16 and beyond there will be no refunds or account credits. 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

TRICK OR TRUNK- Saturday, Oct. 29, 2022 (rain date Sun., Oct. 30, 2022)

Register today to decorate your car/truck "trunk" with a Halloween theme and hand out candy to the trick or treaters! Register by 10/22, limited to the first 50 trunks. There is no fee to register. The rain date is Sunday, Oct. 30 (same time and details). *How it works: Arrive on 10/29 at Bacon Academy between 4:00-4:30pm. We will show you where to park your vehicle, then set up your Halloween display! All decorating must be done by 5:00 when we will distribute candy for you to hand out to the trick or treaters. Throughout the evening, we will bring you more candy if you run low. Trick or Treating will run 5:00-7:00PM. DJ Montez will be entertaining throughout the evening. Please remember that you will need to remain in your parked location until the event is over. Please call our office at (860) 537-7297 with any questions.

WINTER WONDERLAND (AKA HOLIDAY HOMECOMING)

Saturday, December 3rd with a snow date of December 4th. All of your favorite activities from Holiday Homecoming....only more! Winter Wonderland will include a holiday light parade that will lead the firetruck with Santa to the Town Green! Start planning your float decorated with holiday lights now! Activities will be planned throughout the afternoon to ring in the holiday season. Register online to enter the Light Parade!

The Light Parade will leave WJMS at 4:30pm and follow Norwich Ave., to the Town Green. Santa will arrive at the Town Green and he will have time to visit with all of the children! We will light the tree, enjoy caroling, a bonfire, games, cookies, cider, hot cocoa, and more! Bring a new, unwrapped toy to donate to the State Police.

GHOST RUN- ½ marathon

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 19th Annual Ghost Run on our beautiful 13.1 mile certified half marathon course. Runners registered by October 10th will receive a t-Shirt. **Registration deadline is 11/2. YOU MUST PREREGISTER, there will be no registration on race day!**

Cost: \$45 Individual Runner / \$90 Relay Team

COURSE: The race begins at Hebron Elementary School located on Route 85. Runners will run south on Route 85 and pick up the Air Line Trail behind Juliano's Pools. The race continues on the Air Line Trail through Colchester and into East Hampton. At the Trail Head runners will continue on the trail to Watrous Street, to Summit Street. Follow Summit Street to Center Elementary School. Shuttle Buses will be available for all the runners in each direction. The trail is flat and is surfaced with packed dirt.

RELAY LEGS:

#1. Start to Grayville Road, Hebron (3.6 mi.)

#2. Grayville Road to River Road Overpass, Colchester (4.2 mi.)

#3. River Road Overpass to Finish Line –Center School, East Hampton (5.3 mi.)

RELAY RUNNERS: Shuttle buses will drop you off and pick you up at designated locations (see shuttle bus schedule).

SHUTTLE BUS SCHEDULE:

Bus 1 Depart Center School in East Hampton (7 Summit St.) at approx. 7:45AM transport runners to Hebron Elementary School (Rt. 85 in Hebron), stay at Hebron Elementary School and be the shuttle for Grayville Road Relay location, drop runners off and stay at this location until runners have reached this relay leg of the race. Leave Hebron Elementary School at 8:45AM just before the race starts and head to the Grayville Road location. Return runners back to Hebron Elementary school then to Center School in East Hampton. Stay at Center School and return runners to Hebron Elementary School on a rotating basis through the rest of the race as needed.

Bus 2 Depart Center School in East Hampton at approx. 8:10AM transport runners to Hebron Elementary School, Rt. 85 Hebron. Stay at Hebron Elementary School and be the shuttle for the River Road Underpass relay location. Leave from Hebron Elementary School at 9:05AM or just after the race starts. Proceed to River Road underpass, drop off runners and stay at this location until runners have reached this relay leg. Transport these arriving runners to Center School in East Hampton. Stay at Center School and return runners to Hebron Elementary School on a rotating basis as needed.

Bus 3 Depart Center School in East Hampton at approximately 8:25AM transport runners to Hebron Elementary School, rt. 85 Hebron, return to Center School and return runners to Hebron Elementary School on a rotating basis through-out the rest of the day as needed.

Bus 4 Shuttle from Hebron Elementary School to Grayville Road relay location. The bus will leave Hebron Elementary School just after the race starts. This bus will wait to leave Grayville Road until after the last runner crosses.

Bus 5 Shuttle between Center School and Hebron Elementary School throughout the day starting at 8:00AM.

CONTACT INFORMATION

Hebron: 860-530-1281 esantos@hebronct.com

East Hampton: 860-267-7300 smullen@easthamptonct.gov

Colchester: 860-537-7297 recdirector@colchesterct.gov

COLCHESTER HOME AND BUSINESS HOLIDAY DISPLAY

Register your home or business by 11/23/22,

Decorate your home or business by 12/1/22,

Print your free map and view all of the Colchester holiday decorations beginning 12/5/22.

Maps are available online at: www.colchesterct.gov/recreation-department and our Facebook page- Colchester Parks and Recreation. Vote for your favorite home and business decorations on Facebook or the Colchester Recreation website! Vote between 12/5/22-12/31/2022.

HOLIDAY ORNAMENT

Pick up your Colchester Holiday Ornament beginning Sat., Dec. 3rd at Holiday Homecoming! Ornaments will be available in the office throughout December. The cost is \$6 per ornament.

GINGERBREAD HOUSE CONTEST

Drop off your pre-made gingerbread house to the Recreation Department, 127 Norwich Ave, Colchester, Nov. 28-Dec 2, 2022, 8:30 am-4:30 pm. _Gingerbread Houses will be displayed throughout the Town Hall Dec. 5-22, 2022. _All visitors to the Town Hall will be encouraged to vote for their favorite gingerbread house. _Each gingerbread house will be awarded a fun superlative award ribbon._The “Community Favorite” will be awarded to the gingerbread house with the most votes. Families, friends, teams, etc. are encouraged to work together to submit creative entries. This is a free event!

YOUTH PROGRAMS

BACON ACADEMY SKI CLUB

Ski/Boarding at Ski Sundown!

Join Colchester Parks and Recreation for our trips to Ski Sundown on Friday, January 6, 13, 20, 27, 2023. The bus will depart from Bacon Academy at 2:30 p.m. and returning at approximately 9:30 p.m. This program is for all students in grades 9 – 12. Deadline to register is November 4th. Please fill out and return Ski Sundown program agreement and read through Ski Sundown Safety Guidelines and parent information sheet. CHAPERONES NEEDED. All fees include the bus and the ski package. Please reach out to Matt with the parks and rec department if you are interested in helping chaperone the ski trips. mcicchese@colchesterct.gov or 860-537-7297.

- Lift Only- \$295 per person
- Lift and Rental- \$400 per person
- Lift and Lesson- \$385 per person
- Lift, Rental and Lesson- \$465 per person

SMART START

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. Kids rotate through 4 stations and skills become more challenging each week. Games are played using new skills! Children learn the skills but have FUN in the process. An adult partner must attend with each child.

- Wednesdays, 11/9/22, 11/16/22, 11/30/22, 12/7/22 and 12/14/22 with a makeup date of 12/21/22 from 5-6pm
- Ages 3-4 years
- Colchester Elementary School gym
- \$50 for residents, \$55 for nonresidents
- Maximum of 12

HALF DAY HOORAY

Join Colchester Recreation, Colchester Youth & Social Services, and Cragin Memorial Library at the 2022-2023 Half Day HOORAY! This program will provide parents with a convenient, safe, and affordable option and kids with an exciting, enriching, and fun afternoon. The Half Day HOORAY dates are 12/9/22, 1/13/23, 2/10/23, 5/26/23.

Half Day HOORAY will be offered for children in grades K-2 at Colchester Elementary School and grades 3-5 at Jack Jacter Intermediate School. Participants will be held from dismissal time until 4:00PM. Children must be picked up by 4:30PM. The Half-Day HOORAY! is \$10.00 per child, per session. Registration is accepted on a first come, first served basis and the program will fill up so please register early! An afternoon snack is included.

ADULT PROGRAMS

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.

- 11/14-12/5 from 4:45-5:45pm
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)

GENTLE YOGA

A gentle, supported style of yoga, available for all levels for pain relief & distress, through spinal decompression.

- Minimum of 4 and a maximum of 10

- Wednesday, November 2, 9, 16, 23 from 6-7:15
- Cost: \$40 per resident, \$45 per nonresident
- Location: JJIS Room 120

TAI CHI FOR HEALTH AND BALANCE

Enjoy the relaxation and rejuvenation of this centuries-old health practice, known as 'moving meditation' in a comfortable group setting. Learn and practice a short form of traditional Tai Chi movements, shown in studies to strengthen your balance, improve your heart rate, enrich your breathing, and deepen your mind-body connection! Beginners and all levels welcome! Wear easy-fitting clothes and soft soled shoes.

- Tuesdays
- Winter Session 1-Nov. 8, 15, 22, 29
- Winter Session 2-Dec. 6, 13, 20, 27
- 6:00-7:00 PM
- Location- Colchester Elementary School
- \$35 per resident/\$40 per nonresident
- Minimum age-Adults. Children under 13 must be accompanied by an adult as the class involves some detailed and patient movements.
- Minimum of 7 participants, a maximum of 20

MEN'S OVER 18 PICK UP BASKETBALL

Think you got game? From Beginner to Advanced, pickup basketball is open to everyone. Bring your best and challenge others for recreational basketball games. Please pre-register and pay and then check in with the gym supervisor each week before playing. Open to men, ages 18 and older.

- Tuesdays 11/1/22-3/28/23 from 6:30-8:30pm
- Where: WJJMS Gym East
- Cost: \$75 per resident, \$80 per nonresident.
- Ages 18 and older
- Preregistration is required!

WINTER PICKLEBALL

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.

Pickleball will be held at the Colchester Elementary School gym from 6-9pm.

- Session 1: Tuesdays, 11/1/22 -1/31/23(13 sessions). There is no pickleball 12/27/22.
- (This session is full, but you can add your name to the wait list in case there are openings).
- Session 2: Tuesdays, 2/7/23-4/25/23 (11 sessions). There is no pickleball 4/11/23.
- Cost: Session 1- \$75 for residents, \$80 nonresidents; Session 2-\$65 for residents, \$70 for nonresidents
- Ages 16 and older

INTERMEDIATE YOGA WITH INDORA

This class is designed for students that are beginners as well as experienced. I will be starting with gentle warm up poses and then building some heat in the body before winding down to deeper more relaxing poses followed by a relaxation meditation. Please bring props if you have them including blocks straps and a blanket. We will have a fun time and you will walk out feeling better than when you came in for sure! I have many years of experience and I am excited to share my passion with the town of Colchester! I offer an eclectic blend of styles that I have learned over the years.

- When: Tuesdays 11/1/22- 12/20/22 from 5:45-6:45pm
- Where: JJIS Room 120

- Cost: \$70 for residents, \$75 for nonresidents
- Who-Ages 16 and older
- Minimum of 6, maximum of 12 participants

ZUMBA

Kick your workout into high gear with Zumba! A one-hour dance fitness class combining 30 minutes of Zumba Toning - where we use 1lb Zumba Toning Sticks to tone and firm your muscles while you dance - with 30 minutes of the fun, high energy Zumba you know and love!

- Mondays, 6:00 PM-7:00 PM
- 11/14/2022-12/19/2022
- \$60 per resident/\$65 per nonresident
- JJIS Room 120
- Minimum of 5, maximum of 25 participants

***NEW* 15 MINUTE HIIT**

You're in you're out! Short on time? This is the workout for you/ Backed by research that shows short bouts of intense exercise can be as effective as longer, more moderate, workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized. Pairs great with Cardio Strength right after!

- Where: Zoom
- When: Wednesdays, 1/11/23-2/15/23, 8:10-8:25am
- Cost: \$42 for residents, \$47 for non-residents

TIGHTEN & TONE

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a full body stretch to seal in all your hard work. Please bring a mat, blanket, 2-3 lb. weights, and a 9-inch ball and resistance loop resistance bands are recommended as well.

- Where: Zoom with Rob from Personal Euphoria
- When: Wednesdays, 1/11/23-3/29/23, 6:00-6:45 PM (No class 2/22/23)
- Cost: \$77 for residents, \$82 for nonresidents (11 weeks)

PILATES

Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9-inch stability ball.

- Where: ZOOM with Rob from Personal Euphoria
- When: Tuesdays, 1/10/23-3/26/23, 6-6:45PM
- Cost: \$84 for residents, \$89 for nonresidents (12 weeks)

CORE STRENGTH WITH ROB

This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands, and your own body weight to improve strength, flexibility, balance, and stamina to sculpt and tone. Bring a yoga mat, water, and light weights.

- Where: Zoom with Rob from Personal Euphoria
- Thursdays, 1/12/23-3/30/23, 6:00-6:45PM
- Cost \$84 for residents, \$89 for nonresidents (12 weeks)

CARDIO STRENGTH

This functionally, fun class provides a complete workout that will help tone and reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, this class incorporates some light cardio to help improve cardiovascular health. The strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: yoga mat, weights (1-3lb and 5-8lb, or larger if desired).

- Where: Zoom with Maggie from Personal Euphoria
- When: Wednesdays, 1/11/23-3/29/23, 8:30- 9:15 AM
- Cost: \$84 or residents, \$89 for nonresidents (12 weeks)