



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 & PROGRAMS

SUMMER CAMP SCHOLARSHIPS

Colchester Parks and Recreation was awarded a State of CT Summer Enrichment Grant for a second year to support camp scholarships for families with financial needs. Enrollment packets will be available beginning on Tuesday, June 7th by calling the office at (860) 537-7297 or on the website at www.colchesterct.gov/recreation-department.

SPLASH PAD OPENING

The Splashpad is scheduled to open when school ends, June 21, 2022. It will run every day from 8am-8pm. We ask that everyone follow these safety rules:

- Everyone must wear shoes when using the park- no bare feet. We recommend water shoes.
- There is no RUNNING or HORSEPLAY allowed.
- There are no food or drinks allowed in the splashpad.
- Children who are not potty trained must wear a swim diaper.
- When these rules are not followed, accidents happen. When accidents happen, people get hurt or the park must close. Please enjoy our park and keep it clean and safe for others to use!

5th ANNUAL TOWN WIDE TAG SALE AUGUST 6

Join your neighbors in our Town Wide Tag Sale- here's how it works! Send in your registration form by July 25, 2022 with the \$25 fee and this will place your tag sale on our map! We create a map of all of the tag sales in Colchester and anyone can print out the map to see where the tag sales are. Tag sales are held at your house or get together with a neighbor on Aug. 6, 2022. The rain date is Sat., Aug. 14, 2022. Maps will be available July 29, 2022 at www.colchesterct.gov/recreation-department. Registration forms and fees are due no later than JULY 25, 2022. QUESTIONS? CALL Colchester Recreation at (860) 537-7297

COLCHESTER'S NEW FALL COMMUNITY EVENT

Saturday, September 17th on the Town Green- a new community event featuring local organizations, local businesses, a silent auction, food, friendly games and competitions, kid friendly activities, giveaways, and so much more! Save the date and keep an eye out for more information on how to join in the fun!

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.

EQ GYM - PUTTING EMOTIONAL INTELLIGENCE INTO ACTION!

The EQ Gym Book Club is a gathering of several people who meet regularly to improve their EQ by doing practical exercises and reflections. Using the EQ Gym Workbook, participants will experience and experiment with building emotional intelligence on a weekly basis, and then meet up with their group to discuss new findings and gain support for reaching their 'EQ goal'.

This program cost \$75 plus your workbook. Once you register, you will receive a link to purchase the hard copy workbook at a discounted price, or you can purchase the e-book workbook at Amazon.com. *The hard copy will be discounted to \$28 once you purchase this course or you may purchase the e-book for \$9.99.

Participant Outcomes:

(We will survey participants to see if these things were accomplished in the class.)

Participants will:

1. Understand what EQ is and why it's so valuable to their emotional wellness
2. Grow better self-awareness
3. Receive skills to respond rather than react in situations
4. Gain stronger connections with others
5. Become more intentional and purposeful in their life
 - When: Wednesdays, 6/22/22-7/27/22 from 12:30-1:30 PM, 6 weeks
 - Min & Max Size – 5 min/20 max
 - Where: Virtual Class
 - Cost: \$75 per resident/\$80 per nonresident (does not include the cost of the book)

ZUMBA 360 TONING

Kick your workout into high gear with Zumba Toning 30! 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!

- When: Mondays, 6/6/22-7/18/22 7:00-8:00 PM
- Where: JJIS, Room 120
- Ages: 16 and older, minimum of 5- maximum of 25
- Cost: \$60 per resident (\$65 for nonresident), 6 classes

HIGH SCHOOL BOYS' BASKETBALL

Pick-Up Basketball has something for everyone. Bring your best and challenge others for recreational basketball games. Please check in with the gym supervisor each week before playing. Registration form required, available at the gym.

- When: Wednesdays, 4/27/22-6/8/22, 6:30-8:30 PM
- Where: CES gym
- Who: High School boys

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. June 4th & 11th will take place at Chantclair Golf Course and June 18th and 25th will be at the Driving Range.

When: Saturdays, 6/11/22-7/2/22 6PM-7PM

Where: Chantclair Golf Course & Driving Range

Fee: \$95 Resident/ \$100 Non-Resident

Ages: 16+

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.

- 6/20-7/18/22 NO class 7/4 Independence Day
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)

COLCHESTER GIRLS' BASKETBALL CLINIC

This is a great opportunity for girls to learn the fundamentals and improve on their existing skills. The clinic will consist of drills, scrimmaging and competitions. John Shea, currently the girls varsity coach for Bacon Academy will be assisted by other high school coaches. The clinic administrator is Dave Shea.

- Where: Bacon Academy Gym
- When: 7/18/22-7/22/22, Monday- Friday, 9:30am- 12:00noon
- Who: Girls entering grades 6-9 in the fall of 2022
- Cost: \$60 per player (resident), \$65 non-resident

SPT SUMMER SOCCER CAMP

Colchester Parks and Recreation, in partnership with SPT Soccer, is happy to bring you the SPT Summer Soccer Camp. This camp is designed to help players develop technically and tactically. The SPT Soccer Clinic will have you involved in the game of soccer whilst giving you the kind of focus, intensive training essential to improvement, no matter what your ability level. You will improve not only on the field but off of it also, with increased confidence and self-belief. Some of the best coaches in the state! National championship winning coach Andrew Storton, Oakwood Girls Academy coach Matt Rafala, Bacon Varsity boys coach Skip Starks, Girls varsity coach, Girls academy coach and UEFA B license coach Lee Elliott along with current and former Bacon Academy players. All local coaching staff.

- Who: Youth entering Grades 1- 12 in the fall of 2022
- Cost: \$125 per player, \$130 nonresident
- Where: Colchester RecPlex
- When: July 25-29 (Monday-Friday), 5:00-8:00 PM

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, 9/14/22-12/14/22, 6:00-6:45 PM
- Cost: \$98 for residents, \$103 for nonresidents (14 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
- Tuesdays, 7/12/22-8/30/22, 6:00-6:45 PM
- Cost \$56 for residents, \$61 for nonresidents (8 weeks)
- When: Tuesdays, 9/13/22-12/13/22, 6-6:45PM
- Cost: \$98 for residents, \$103 for nonresidents (14 weeks)

HIGH INTERVAL TRAINING

(AKA Interval Strength) Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. The class flies by and no muscle goes untouched. Please bring water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

- Where: Zoom with Maggie from Personal Euphoria
- Wednesdays, 7/13/22-8/17/22, 7:45-8:30 AM
- Cost \$42 for residents, \$47 for nonresidents (6 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, 7/14/22-9/1/22, 6:00-6:45PM
- Cost \$56 for residents, \$61 for nonresidents (8 weeks)
- When: Thursdays, 4/15-12/15/22, 6:00-6:45 PM (No 11/24)
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)

MEDITATION

End your day with a quiet sense of calm. During this class, you will explore a variety of breathing practices combined with meditation to settle and focus the mind. We will use positive affirmations, mantra, and chakra system to tune in and work towards aligning with peace and balance.

- Where: Zoom with Rachel from Personal Euphoria
- Thursdays, 7/14/22-9/1/22, 7:00-7:30 PM
- Cost \$48 for residents, \$53 for nonresidents (8 weeks)
- Thursdays, 9/15/22-12/15/22, 7:00-7:30 PM (No class 11/24)
- Cost \$78 for residents, \$83 for nonresidents (13 weeks)

****NEW! 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, 4/20/22-6/22/22, 8:30- 9:15 AM
- Cost: \$98 or residents, \$103 for nonresidents (14 weeks)

****NEW! RISE & SHINE YOGA**

Start your day with deep breathwork and stretching to help you handle all the stressors of the day. You'll see gentle moves that revitalize you and help wake up the whole body.

- Where: Zoom with Rachel from Personal Euphoria
- When: Mondays, 9/12/22-12/12/22, 7:15-8:00 AM (no class 10/10)
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)

2022 SUMMER DAY CAMP

Our summer day camp is our most exciting time of year! Summer camp will be held on Monday- Friday, 8:00am- 3:00pm. Extended Care will be available from 3:00-5:00pm. Camp is available to children entering grades K-7 in the fall of 2022. Camp dates are June 27, 2022- August 19, 2022.

| D A Y C A M P | | | | | | |
|-------------------------------------|------------------|-----------------------------------|-------------------|------------------------|-------------------|--|
| WEEK # | THEME | M | T | W | TH | F |
| 1 <small>6/27/22-7/1/22</small> | CAMP SPIRIT | CAMP DAY- WEAR ANY OLD CAMP SHIRT | SILLY HAT DAY | CRAZY SOCKS DAY | PAJAMA DAY | GROUP COLOR DAY |
| 2 <small>7/5/22-7/8/22</small> | U.S.A | NO CAMP 4TH OF JULY | FIREWORKS SPINART | WEAR RED, WHITE & BLUE | AMERICAN SONG DAY | AMERICAN FLAG DAY |
| 3 <small>7/11/22-7/15/22</small> | TREASURE HUNTERS | TREASURE BOXES | AMAZING RACE | SNIPE HUNTING | GOLD RUSH | FIELD TRIP TO THE MOVIES! |
| 4 <small>7/18/22-7/22/22</small> | IMAGINE THAT | THING-A-MA-JIG | CAMP KINDNESS DAY | CAMP POKEMON | PICTIONARY | FOAM FUN <small>BRING A BATHING SUIT!</small> |

| D A Y C A M P | | | | | | |
|-------------------------------------|-----------------|--|--|---|---|--|
| WEEK # | THEME | M | T | W | TH | F |
| 5 <small>7/25/22-7/29/22</small> | FIELD DAYS | RELAY RACES | OBSTACLE COURSE | FIELD TRIP TO CAVE HILL IN EAST HADDAM | RAIN DATE FOR FIELD TRIP | COUNSELORS VS CAMPERS |
| 6 <small>8/1/22-8/5/22</small> | TEDDY BEAR CAMP | TEDDY BEAR FRIENDS | TEDDY BEAR PUPPET SHOW | TEDDY BEAR PICNIC <small>NATIONAL WATERMELON DAY</small> | TEDDY BEAR FRIENDS <small>NATIONAL CHOCOLATE CHIP COOKIE DAY</small> | MINI GOLF COMES TO CAMP! |
| 7 <small>8/8/22-8/12/22</small> | RACE DAYS | MIND RACERS <small>NATIONAL WORK LIKE A DOG DAY</small> | FEET RACERS <small>NATIONAL BOOK LOVERS DAY!</small> | TEAM RACERS <small>NATIONAL LAZY DAY</small> | WATER RACERS <small>GLOBAL KINETIC SAND DAY</small> | FIELD TRIP TO THE MOVIES! |
| 8 <small>8/15/22-8/19/22</small> | LAST BLAST | FOAM FUN <small>BRING A BATHING SUIT!</small> | COLOR WARS <small>NATIONAL ROLLER COASTER DAY</small> | PAY TO PIE <small>NATIONAL BLACK CAT DAY</small> | BEST OF CAMP <small>NATIONAL BAD POETRY DAY</small> | MAKING MEMORIES <small>NATIONAL PHOTO DAY</small> |

COLCHESTER PARKS & REC

Welcome to 2022 Summer Day Camp! Information will be added to the website as it becomes available so check back frequently. Registration for Colchester residents will begin on March 1, 2022 and will open to non-residents on April 1, 2022. Registration is done online at www.colchesterct.gov/recreation-department.

Camp will be held M-F from 8am- 3pm at the Colchester RecPlex from June 27-August 19, 2022. There will be extended care available from 3-5pm for an additional cost. Children entering grades K-7 in the fall of 2022 are eligible for camp. There is no camp on Mon., July 4th. (the week will be prorated to reflect 4 days).

We have new entertainers and fun activities planned for camp this summer AS WELL AS 3 FIELD TRIPS! Our camp days are filled with team building games and activities, as well as camp favorites like GaGa ball, the splash pad, and friendship bracelets. We are bringing back the bikes this year and even a new sport-or two!

Campers will need to bring a backpack with the following to camp every day: REFILLABLE water bottle, sunscreen, bathing suit, towel, water shoes, lunch, snacks (extra snacks if they are staying for extended care). Campers need to leave the following items at home: electronics, phones, toys, pokemon, games, balls, cards, stuffies.

Campers will need a current health physical form on file (dated within the past 36 months), a copy of their school physical is acceptable. If your child has attended camp in the past, you can call the office to see if your physical on file is valid. Blank health forms are available: https://www.colchesterct.gov/sites/g/files/vyhlif4286/f/uploads/camper.staff_health_exam_2022.pdf

COLCHESTER PARKS & REC

Camp protocols will follow all CDC, state and local guidelines for health and safety requirements. These may change from time to time, but we will ensure that our staff and camp are doing all we can do to keep the campers and camp staff safe and healthy. Please check the website for updates to our protocols, or call the office to speak directly with us.

The cost of camp will remain the same this year as it was last year- \$160 per week, per child (\$165 for non residents) and a camp shirt is included. The 3 weeks that include a field trip are \$185 to cover the cost of the buses and the admission fees. Extended Care is \$40 per week, per child (\$45 for non residents). You must pre-register for camp and extended care. We do not accept single day registrations.

When you register, you can pay the full amount or a deposit. Payment plans are available but we suggest you set the plan up now so that your payments are lower and more affordable. All balances must be paid in full by June 24, 2022. We have limited scholarship available based on need. Applications are available online.

The 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 13 you will receive 100% account credit; June 14 and beyond there will be no refunds or account credits. There is a \$15 cancellation fee for any participant request. We will do our best to trade weeks for you if there are openings.

There is a late registration fee of \$25 if you register later than one week prior to the start of camp. If a week of camp fills up, there will be no late registration allowed. These policies are in place to ensure our staff to camper rations, cover our expenses in hiring and training staff and purchasing supplies based on an expected number of campers.