



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.

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

At this time, the Town Hall is closed to the public. We are in the office and working our normal business hours. If you need to see us, please call to make an appointment and we will let you in when you arrive. You can leave forms and payment in the Town Hall drop box. If you would like to pay by check, please place any forms and payment in an envelope with "Colchester Recreation" written on the envelope. Please make checks payable to "Town of Colchester". 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

SUMMER DAY CAMP INFORMATION....Continue to the last page of this newsletter!

MARCH 2021 (AND MORE!)

EVENTS

COLCHESTERS SPRING GUIDE TO ONLINE SHOPPING

Browse through the spring edition of online shopping guide featuring local artisans! Please support local businesses. Online ordering and payment as well as local pickup, delivery are safe options with each vendor.

[ONLINE SHOPPING LINK](#)

CUPCAKE CHAMPION

A friendly competition for Colchester residents to see who makes the best cupcakes!

All baking and decorating will be done at your home, on Zoom. You cannot leave your home or camera once the contest begins. Final cupcakes need to be delivered to the judges at the Town Hall immediately after the contest ends at 1pm. The event is free to participate in, you just provide the supplies to make and decorate your cupcakes. The winners will be determined based on 7 criteria (cake flavor, cake density, frosting flavor, frosting consistency, Decoration: neatness, creativity, relevancy to theme (theme will be revealed on the day of the event!). The winner will be invited to participate in the next event to defend their championship! The top 3 winners will be awarded a Cupcake Plaque to proudly display in their kitchen!

- When: Saturday, April 24th. 9am-1pm (Registration ends 4/16/21)
- Where: Zoom (cupcake drop off at Town Hall at 1pm)
- Who: Colchester residents, Teams of 2

SPRING CLEAN UP

We would hate to miss Spring Clean Up 2 years in a row! Since we are unsure of what the COVID-19 protocols will be in April, we have made changes to allow everyone to participate! First, choose a location that you love in Colchester. Then, together with your family choose a time over the weekend of April 24-25 to clean up that area. In honor of Spring Clean Up and Earth Day, we will mail everyone that participates a package of sunflower seeds. Registration is available online at www.colchesterct.gov/recreation-department.

HERE COMES THE SUN- flowers

So, now you have the sunflower seeds because you participated in the Annual Spring Clean Up...what are you going to do with them? Let's create a yellow sea of beautiful flowers! As we drive through town, wouldn't it be nice to see these flowers everywhere we go, uniting the town in color and fun? We hope that everyone will join in and participate. Please be sure that you plant your seeds on your own property unless you have the proper permission to plant them somewhere else. If you cannot participate in the Spring Clean-Up, we hope you will consider planting sunflowers to brighten Colchester this summer.

EARTH DAY CELEBRATION

In 2010, Colchester was certified Community Wildlife Habitat by the National Wildlife Federation. In honor of Earth Day and our Community Wildlife Habitat certification, we are offering Colchester residents the opportunity to purchase milkweed seeds. The milkweed attracts endangered Monarch butterflies. By participating in this program, we help to raise awareness, support the environment and the Monarchs, and continue our designation as a Community Wildlife Habitat. You can find more information about Monarch butterflies here: https://monarchjointventure.org/images/uploads/documents/nappc_monarch_brochure_ver8.pdf
Monarch Waystation and butterfly gardens: <https://monarchwatch.org/waystations/waystation-brochure.pdf>
Milkweed: <https://monarchjointventure.org/images/uploads/documents/MilkweedFactSheetUpdatedFINAL.pdf>

Colchester residents are encouraged to certify their own property as a Wildlife Habitat with the National Wildlife Federation to help Colchester earn points to stay certified as a Community Wildlife

Habitat: <https://www.nwf.org/certify>

PROGRAMS

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 10 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.

- When: 4/10/21-5/15/21. 9-10 am or 10:15-11:15 am (2 classes will be offered)
- Where: Ruby Cohen Woodlands
- Fee: \$150.00 Res./\$155 Non-Res.
- Who: Adults, 18+
- Min.4/Max.8
- Instructor: Williams, Kevin (Paws to The Walls Family Dog Training)

Youth Tennis Lessons

Players will develop new skills and techniques through enjoyable activities and drills. The classes will be run by Shaun Keane who has over 15 years of teaching and running tennis clinics to a variety of ages. Instruction will be differentiated amongst the levels of the players in each of the clinics to ensure each player is improving on their skill set.

When: Every Tuesday from 5/11/21 thru 6/1/21 (weather makeup date will be 6/8/21 if needed)

Ages 5-7: 3:45-4:30 \$65/session

Ages 8-12: 4:30-5:30 \$85/session

Where: Tennis Courts at the RecPlex

*Players will need to bring a tennis racket

Start Smart Baseball/Softball

In this preschool sports readiness program, your child will develop basic motor skills such as throwing, catching, batting and agility without the threat of competition or the fear of getting hurt. As a parent or guardian, you will learn to have fun playing with your kids! Every child will need to bring an adult partner.

When: 5 weeks, Wednesdays, 5/5/21- 6/2/21 from 5:30-6:30 pm (rain date 6/9 if needed)

Where: RecPlex, Meet at pavilion

Who: Colchester players ages 3-5, a maximum of 12 players

Cost: \$50 per child

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.

- 4/5/21-4/26/21, 4:45-5:45 pm
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for nonresidents (4 weeks)

YOGA WITH SHANNON

This class is designed to help you move and breathe through tension and rejuvenate muscles and joints. Each class will be different and can include long held postures, flows, breathwork, and mindfulness meditation to help you increase body awareness, feel better, and move better. Please bring a yoga mat, block, and towel.

- When: Mondays, 4/19/21- 5/24/21 6-7:15 pm
- Where: Senior Center (ages 18 and older are welcome)
- Cost: \$65

BARRE

Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Please bring water, a mat, and 1-2-pound hand weights.

- Where: Zoom with Allison from Personal Euphoria
- When: Mondays, 4/5/21-6/21/21 (No class 5/31), 5:45-6:30 PM
- Cost: \$88 for residents, \$93 for nonresidents (11 weeks)

CORE STRENGTH

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
- When: Thursdays, 4/8/21-6/24/21, 6-6:45 PM
- Cost: \$96 for residents, \$101 for nonresidents (12 weeks)

FULL BODY REFRESH

This gentle, yet invigorating class, is a great way to start the week. We combine gentle stretches and fluid movements that both relax and rejuvenate you. Moves are done standing, sitting, and lying down. We move all your parts from your head to your toes in ways that feel so good you won't want to stop, and we stimulate the muscles, tendons, and fascia (connective tissue) so every part of you is ready to start the week. We work to sync your breathing with each move. You'll be glad you tuned in! Please bring a mat.

- Where: Zoom with Maggie from Personal Euphoria
- When: Mondays, 4/5/21-5/21/21 (No class 5/31), 8-8:45 AM
- Cost: \$88 for residents, \$93 for nonresidents (11 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
- When: Wednesdays, 4/7/21-6/23/21, 7:45-8:30 AM
- Cost: \$96 for residents, \$101 for nonresidents (12 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, 4/6/21- 6/22/21, 6-6:45PM
- Cost: \$96 for residents, \$101 for nonresidents (12 weeks)

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. weight.

- Where: Zoom with Allison from Personal Euphoria
- When: Wednesdays, 4/7/21-6/23/21, 5:45-6:30 PM
- Cost: \$96 for residents, \$101 for nonresidents (12 weeks)

CAMPS & SUMMER PROGRAMS

CHALLENGER SOCCER CAMP

Registration is open for our summer soccer camp: Check out the camp details and register online

<https://challenger.configio.com/pd/222184/colchester-parks-recreation>

- Dates: July 26-30, 2021
- Ages: 8-16 from 9am-4pm for \$209
- Ages: 6-10 from 9am-12 pm for \$159
- Location: Colchester RecPlex

Food/Cooking Camp

Join Food Explorers for a fun week of cooking and learning all about food! You'll explore the five food groups of MyPlate through activities, games and trying new recipes such as: Greek Grain Bowls, Rainbow Spring Rolls, Avocado Fries and Energy bites. Each day you'll create your own snack and lunch! You'll learn about things like added sugar, grocery shopping and nutrition. This camp will be nut and meat free and held at the RecPlex Pavilion.

- Dates: August 16-20, 2021 9am- 12pm
- Grades: 2-5
- Location: RecPlex Pavilion, 215 Old Hebron Rd., Colchester CT
- Minimum: 4 students
- Maximum: 10 students

Wiffle Ball Camp

Everyone's favorite backyard game!!! The sight of the white plastic ball knuckling through the air. The sound of the yellow plastic bat as it makes contact with the ball. The celebration of a game winning hit! Games, Games, Games! A playoff tournament to decide the champion and Home Run Derby!!!

- When: M-F, 7/19-7/23, 9am-11am
- Cost: \$80 per player
- Where: RecPlex

COLCHESTER PARKS AND RECREATION SUMMER DAY CAMP 2021

Registration is open for summer day camp! We will offer camp to residents entering grades K-7 in the fall of 2021. Camp will be held 6/28/21-8/20/21 at the RecPlex from 8am- 3pm. Extended Care is available from 3-5 pm for an extra fee. In case of inclement weather, we will use a school for the day.

More information including registration, the camp calendar and daily activities can be found on our website at <https://www.colchesterct.gov/day-camps>. Please call the Rec Office at (860) 537-7297 if you have questions or need assistance.

**Colchester
Parks and Recreation
Summer Day Camp**

**Register online beginning 2/15/21:
[colchesterct.gov/recreation-department](https://www.colchesterct.gov/recreation-department)**

Week 1- 6/28-7/2: Nature week

Week 2- 7/5-7/9: Wizards Week

Week 3- 7/12-7/16: Water Games Week

Week 4- 7/19-7/23: Rockstar Week

Week 5-7/26-7/30: Space is the Place

Week 6- 8/2-8/6: Celebrate Good Times

Week 7- 8/9-8/13: Wild West Week

Week 8- 8/16-8/20: Last Blast

**Call the office
with questions:
(860) 537-7297**