



## **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](mailto: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.

### **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 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

### **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.

## 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 the 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. At this time, masks are required of everyone.

### WONDERING ABOUT THE COLCHESTER CONNECTION THAT YOU RECEIVE AS AN INSERT IN THE RIVEREAST?

About a year ago, we stopped publishing the Colchester Connection. Due to COVID-19, we could not predict what our programs and events details would be and meet their publication deadlines. We now publish this newsletter monthly. The Chronicle continues to publish the Colchester Connection. This is not the same publication that we published in past years, and it does not contain the most up-to-date program and event information. We hope that helps to explain the difference in publications.

## UPCOMING EVENTS & PROGRAMS

### HOLIDAY HOMECOMING

Let's kick off the holiday season with a celebration! Saturday, December 4, 2021, beginning at 4pm at the Town Green. We have a fun night of activities and magic planned for you.

- All children are encouraged to bring their letters to Santa and mail them to the North Pole in our special mailbox. Santa and Mrs. Clause will mail a personal letter back to every child that sends him a letter from the Holiday Homecoming. **Please remember to include the child's name, age, and address on each letter.**
- Please be sure children wear a mask to visit with Santa
- Everyone is encouraged to bring a new, unwrapped, and unused gift to the Colchester Police annual Stuff a Cruiser. All gifts will benefit local families.
- The Colchester Choir and Orchestra will perform at Bacon Academy beginning at 6:00PM
- The CHFD Cadets will be serving hot cocoa
- The Colchester Lions will have hot cider and cookies for a donation to the food bank.
- The Bacon Academy carolers will be performing beginning at 4:00pm
- A bonfire will be ready to warm up by.
- Santa will arrive at the Town Green to light the tree around 4:30 PM.

### Santa's Route through local neighborhoods: 1:30-3:30 pm (times are an estimate)

- 1:30- Leave Firehouse, RecPlex, Boretz Rd, Rte. 85, Park Rd., James Rd., Lebanon Ave., Windham Ave., Cousins Rd., Oakleaf Rd., Lebanon Ave., Mill St., Norwich Ave., Chestnut Hill Rd., Country Place Rd., Birch Circle, Meadow Dr., Maple Dr., Norwich Ave., WJJMS.
- 2:00-Halls Hill Rd., Prospect St., Westerly Terrace, Chestnut Dr., Rte. 354, West Rd., Carli Blvd, Melanie Rd., West Rd. Lake Hayward Commuter Parking lot
- 2:30-Lake Hayward Ave., Nelkin Rd., Heatherwood Rd., Bulkeley Rd., School Dr., Farmwood Dr., Harvest Rd., Tanglewood Rd., Taylor Rd., School Dr., Gillette Rd.,
- 3:00- Rte. 16, Cabin Rd., Elliot Rd., Flom Dr., Kennedy Dr., Elliot Dr., Crestview Dr., Dr. Foote Rd., Midland Dr., Lynn Ln., Crestview Dr., Dr. Foote Rd., Cabin Rd., Linwood Cemetery Rd., Wall St., Gill St.
- Public parking lots have been added this year for every child who wants to wave to Santa!

## **LAST CALL (REALLY)**

### **BACON ACADEMY SKI CLUB**

Join your friends for 4 weeks of skiing or snowboarding at Powder Ridge this year. The bus will leave Bacon Academy at 2:30 and return around 9:30pm. Ski Club will meet on Fridays in January 2022: January 7, 14, 21, 28. Space is limited to the first 50 students who register, after which a wait list will be started. If there is enough interest, we can order a second bus. Chaperones are needed, if interested please call the Recreation office at (860) 537-7297. The cost includes your 4-week lift ticket and the bus. Lessons and rentals can be added for an additional fee (see below).

- When: January 7, 14, 21, 28
- Registration Deadline: ~~November 10, 2021~~ **DECEMBER 6, 2022**
- Lift only: \$220 per person
- Lift and Lesson: \$310
- Lift and Rental: \$310
- Lift, Lesson and Rental: \$365
- Who: Bacon Academy students

### **HOLIDAY HOME & BUSINESS DECORATING CONTEST- EXTENDED**

- Register your home/business by 12/6/21.
- Print the free map on 12/12/21 and take a nice drive around Colchester to view all the holiday decorations. Vote for your favorite! Register online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)

### **2022 Summer Employment and Volunteer Opportunities**

All summer positions will be posted on the website in early January. The posting will include the job description, application, deadline to apply, and more.

### **Pickleball**

Pickleball comes to Colchester! Register today for our indoor, winter pickleball program. One court will be reserved for beginners to learn the sport of pickleball from 7-8pm with the help of more advanced players. The remaining courts will be open for use by intermediate to advanced players. Depending on the number of people registered and their skill level, this could change from week to week. We will provide nets and balls. We have a few paddles to borrow if you are starting out and want to give it a try. Pickleball is a sport that any age or gender can learn to play. We hope you will give it a try!

- When: Wednesdays, Jan 5-March 30, 2022, 7:00-9:00 PM
- Where: Jack Jackter Intermediate School (JJIS) gym, Halls Hill Road
- Who: Ages 16 and older, Minimum of 10 players, Maximum of 40
- Cost: \$99 for residents, \$104 for non-residents

### **2021 HOLIDAY ORNAMENTS**

The annual Colchester Holiday Ornament will be available at Holiday Homecoming on Saturday, December 4th! Also available at the Recreation office beginning Dec. 6<sup>th</sup>. Ornaments are \$6.00 each.

### **2021 HOLIDAY ARCH SPONSORSHIP**

Share in the holiday spirit-sponsor a holiday arch that is proudly displayed on Colchester Town Green. There are a limited number of arch sponsorships available, so don't wait! For more information, contact Colchester Recreation at [parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov).

## **GINGERBREAD HOUSE CONTEST**

Build a gingerbread house and display it at the Town Hall. Use your imagination and creativity to build a unique holiday home. Families, friends, teams, or independent builders are encouraged to submit their masterpiece. All Town Hall visitors will be encouraged to vote for their favorite gingerbread house.

- Drop off your pre-made gingerbread house to the Recreation Department by Dec. 3<sup>rd</sup>.
- Gingerbread Houses will be displayed throughout the Town Hall Dec. 6-22, 2021.
- Each gingerbread house will be awarded a fun superlative award ribbon.
- The "Community Favorite" will be awarded to the gingerbread house with the most community votes.
- This is a free event!

## **HALF DAY HOORAY**

Welcome back to school! We are excited to bring back our Half Day Hooray Program on professional development days- 12/10/21, 1/14/22, 2/18/22, 3/24/22 and 5/27/22. Children enrolled in Colchester Public Schools can stay after school on these half days and take part in our fun STEAM -themed activities.

Registration is only available online <https://colchester-youth-services.jumbula.com/#/home>

- Grades K-5
- Location: CES & JJIS from 12:55PM-4:15PM
- \$10 per session, per child

## **CARD MAKING CLASS**

Participants will learn a variety of card making techniques and leave each class with three completed cards ready to mail. Themes will vary from class to class including birthdays, thank you, thinking of you and holidays.

All materials needed for each card is included in the cost and will be given out at the beginning of each class. Classes will be taught by Wendy McCarthy. A minimum of 2 and a maximum of 6 are needed to hold the class.

- When: December 8, 2021
- Where: 1PM at the Town Hall Rm 2 **OR** 6PM at the Senior Center
- Cost: \$15 per person

## **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.

- 12/13-1/3/22
- 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 non-residents (4 weeks)

## **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 2-3 and 5-8 pound hand weights, and a 9inch ball and resistance loop resistance bands are recommended as well.

- Where: Zoom with Allison from Personal Euphoria
- When: Mondays, 1/10/22-4/4/22, 5:45-6:30 PM (No Class on 1/17 or 2/21)
- Cost: \$77 for residents, \$82 for nonresidents (11 weeks)
- When: Mondays, 4/18-6/20/22, 5:45-6:30 PM (No Class on 5/30)
- Cost: \$63 for residents, \$68 for nonresidents (9 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. weights, and a 9-inch ball and resistance loop resistance bands are recommended as well.

- Where: Zoom with Allison from Personal Euphoria
- When: Wednesdays, 1/12/22-4/6/22, 5:45-6:30 PM
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)
- When: Wednesdays, 4/20/22-6/22/22, 5:45-6:30 PM
- Cost: \$70 for residents, \$75 for nonresidents (10 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, 1/11/22-4/5/22, 6-6:45PM
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)
- When: Tuesdays, 4/19/22-6/21/22, 6-6:45PM
- Cost: \$70 for residents, \$75 for nonresidents (10 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, 1/12/22-4/6/22, 7:45-8:30 AM
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)
- When: Wednesdays, 4/20/22-6/22/22, 7:45-8:30 AM
- Cost: \$70 for residents, \$75 for nonresidents (10 weeks)

## **CORE STRENGTH WITH ALLISON**

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 Allison from Personal Euphoria
- When: Wednesdays, 1/12/22-4/6/22, 9:00-9:45 AM
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)
- When: Wednesdays, 4/20/22-6/22/22, 9:00-9:45 AM
- Cost: \$70 for residents, \$75 for nonresidents (10 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
- When: Thursdays, 1/13/22-4/7/22, 6:00-6:45 PM
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)
- When: Thursdays, 4/21/22-6/23/22, 6:00-6:45 PM
- Cost: \$70 for residents, \$75 for nonresidents (10 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
- When: Thursdays, 1/13/22-4/7/22, 7:00-7:30 PM
- Cost: \$78 for residents, \$83 for nonresidents (13 weeks)
- When: Thursdays, 4/21/22-6/23/22, 7:00-7:30 PM
- Cost: \$60 for residents, \$65 for nonresidents (10 weeks)

### **2022 Dates to Remember**

- ❖ **Family Game Night- Friday, Jan. 28, 2022**
- ❖ **Spring Clean Up-Saturday, April 30, 2022**
- ❖ **“On Your Own” bus trip to NYC- Sunday, May 1, 2022**
- ❖ **Summer Day Camp-June 27-August 19, 2022**
- ❖ **Fall Clean Up-Sept. 17, 2022**