



## 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.

### 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.

# Colchester Parks and Recreation January 2024 Programs and Events:

Colchester Parks and Recreation Registration:  
[www.colchesterctrec.recdesk.com/community/home](http://www.colchesterctrec.recdesk.com/community/home)

Follow us on social media!

**Facebook:** @ColchesterParksandRec    **Instagram:** @ColchesterCTRecreation

## UPCOMING EVENTS

### PUZZLEPALOOZA

A new twist on game night! How fast can you complete a puzzle? Register as a team or a single (we will pair you up with others). All teams get the same puzzle and the first one to finish wins a prize. Each team gets to bring the puzzle home. We will have up to ten teams compete to complete the same puzzle. No more than four people per team, only one person must register for their team. Children can be on a team, but there must be at least two adults on each team. Bring your own snacks and get ready for fun!

- Jan. 26, Feb. 23, March 22
- 6pm-8pm.
- \$25 per team
- Colchester Town Hall

## YOUTH PROGRAMS

### START SMART BASKETBALL

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: TBD
- Cost: \$50
- Ages: 3-5
- Minimum of 12, maximum of 16
- Where: Gymnasium TBD

### **COLCHESTER YOUTH THEATRE: WINTER SHOW**

Get ready for the spotlight with this exhilarating 8 week intensive/play rehearsal! You'll be cast in several roles, dive deep into production, and bring a play to life in a dazzling public performance on March 7<sup>th</sup>. Scene-work, character building, and show-stopping moments await! Come on board and let Colchester Youth Theatre help you become the shining star you were born to be!

- Thursdays: Jan. 11-March 7
- 5:30pm-6:30pm
- \$145
- Grades 6-9
- Instructor: Randall Delone Adkison

### **TEEN SELF DEFENSE AND KRAV MAGA CLASS**

Krav Maga is a simple effective a proven self-defense system taught worldwide. Have fun kicking, punching and through fitness, help build confidence and self-defense skills. Become physically fitter, build confidence, and increase focus and respect.

- Tuesday & Thursdays: Jan. 8-March 11
- 5:45pm-6:30pm
- 8 weeks, sixteen classes
- Ages 12-15
- \$128
- 360 Defense, 52 Mill St in Colchester

### **MARTIAL ARTS BASICS FOR KIDS**

In basic martial arts the children will work on respect and focus through physically engaging activities. They will show self-discipline, build confidence, and learn self-defense. Class increases focus, respect and discipline while increasing confidence and learning self-defense.

- Tuesdays & Thursdays: Jan. 9- Feb. 29
- 4:15pm -5pm
- 8 weeks, sixteen classes
- Ages 6-11
- \$128
- 360 Defense, 52 Mill St in Colchester

## **ADULT PROGRAMS**

### **ALIGN AND SHINE YOGA**

Are you ready to unlock the transformative power of yoga and embrace a journey towards inner balance and physical well-being? This yoga class is tailored for both beginners and intermediate yoga practitioners, creating a welcoming space for individuals at every step of their yoga journey. Come immerse yourself in a holistic approach that combines traditional yoga postures, breathwork, and mindfulness techniques. In the midst of life's hustle and bustle, yoga provides a sanctuary for stress relief and relaxation. Practice unwinding, letting go of tension, and reconnecting with your inner self.

- Wednesdays: Jan. 10- Feb. 28
- 6:30pm-7:30pm
- \$80 for Colchester residents, \$85 non-residents
- Location TBA
- Instructor: Lauren Masterson

## **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.

- Mondays: Jan. 8- Feb. 5 & Feb. 12-March 11
- 4:45pm-5:45pm (dates can be found on the website)
- \$35 for residents, \$40 for non-residents (4 weeks)
- Instructor: Anne Beauregard
- Facebook Live (the private link will be mailed to you after you register)

## **INTERMEDIATE YOGA**

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 block straps and a blanket. We will have a fun time and you will walk out feeling better than when you came in!

- Tuesdays: Jan. 9- Feb. 13
- 6:00pm-7:00pm
- \$70
- Instructor: Indora Chaviaras
- JJIS Room 79

## **BARRE-PILATES FUSION**

This class combines barre and strength exercises with floor work based on Pilates principles. It is a full-body workout with plenty of stretching and moments to breathe. Equipment: a sturdy chair to act as a "barre" to hold on to, sets of weights (try allowing yourself a range from 2-3 lbs to 5-8 lbs). Mat and water are recommended.

- Mondays: Jan. 8- March 18 (no class 1/15 or 2/19)
- 5:45pm-6:30pm
- \$72
- Instructor: Allison from Personal Euphoria
- Online via Zoom

## **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 make 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, water, a green (or medium weight) flex band, and a 7.5-9-inch stability ball.

- Tuesdays: Jan. 9-March 26
- 6pm-6:45pm
- \$96
- Instructor: Rob from Personal Euphoria
- Online via zoom

## **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. Strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: a yoga mat, weights (1-3lb and 5-8lb, or larger if desired).

- Wednesdays: Jan. 10- March 27
- 8:30am-9:15am
- \$96
- Instructor: Maggie from Personal Euphoria, Online Via Zoom

## **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.

- Thursdays: Jan. 11-March 28
- 6pm-6:45pm
- \$96
- Instructor: Rob from Personal Euphoria, Online Via Zoom

## **MENS OPEN GYM: PICKUP BASKETBALL**

Think you got game? From beginner to advanced, pickup 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: Nov. 14- March 26 (no bball on 12/26/23 & 2/20/24)
- 18 and older to play.
- \$75/session per resident; \$80 per nonresident
- WJJMS Gym West: Nov. 7- Feb. 27 and WJJMS Gym East: March 5-March 26

## **EMPLOYMENT & VOLUNTEER 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. The remaining Half Day Hooray dates are as follows: March 7 & April 26, 2024. Please call the office if you are interested in working with us!

### **DAY CAMP SUMMER EMPLOYMENT**

Applications will be accepted through March 5, 2024.

We are looking for camp staff and volunteers that have a very strong background in working with children of all ages and abilities. Applications are available online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

### **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.