



## 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.

## 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 end of this newsletter!**

## 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, could not predict what our programs and events details would be and meet their publication deadlines. This was the beginning of our digital newsletter, Connecting Colchester, that you are reading right now! We publish this newsletter monthly, rather than quarterly, and it is free to create and send!

However, the Rivereast continues to publish a smaller version of 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. If you have any questions, please let us know, we are here to help.

## ACCEPTING APPLICATIONS:

### CONCESSION STAND AT THE RECPLEX

We are open to suggestions and ideas to open the Concession Stand! Give us a call- (860) 537-7297

### GRANT FUNDING FOR SUMMER DAY CAMP

We were very fortunate to receive a generous grant from the State of CT to provide free/reduced day camp and a camp t-shirt to Colchester children that qualify for free/reduced lunches. If you have a child that would love to go to camp, and you meet the free/reduced lunch criteria, please call us ASAP! All applications will be confidential. Please call the Recreation Office at (860) 537-7297 for more information!

## UPCOMING PROGRAMS & EVENTS

### CONCERTS IN THE PARK

A 4-week summer concert series is planned for the Town Green this summer! We are excited to bring back a Colchester favorite. We settled on Thursday evenings based on the results of the survey that was sent out in March. All concerts will be held from 6-8pm and will be free of charge. If you, or your business, is interested in sponsoring a concert, give us a call, it is a great way to share in the success of community events!

- **Thursday, July 15 “Night Shift”** performs the most popular, fun songs from the 60’s, 70’s and 80’s. You can learn more about the band and preview their music here: [www.nightshiftbandct.com](http://www.nightshiftbandct.com)
- **Thursday, July 22 “Dennis Polisky and Maestro’s Men”**: a Grammy nominated, Polka Hall of Fame, Award winning band, with roots right here in Colchester. Check them out at [www.maestrosmen.com](http://www.maestrosmen.com)
- **Thursday, July 29 “The Locomotives”** will bring you folk, rock, blues, and swing with a strong following of dedicated fans. Listen to more of their music at [www.locosmusic.com](http://www.locosmusic.com).
- **Thursday, August 5 “Airborne Jazz”**, playing cool jazz and island music, will relax and entertain you at our last concert of the summer. You can listen to their music and read more about them here: [www.airbornejazz.com](http://www.airbornejazz.com)- sponsored by **SMARTER APPLIANCE** of Colchester CT.

### MOVIES IN THE PARK

We are excited to bring more family fun to the parks this summer! Together with Colchester Youth and Social Services, we will be offering family MOVIES IN THE PARK. The movies will be rated G or PG and will be appropriate for families. Movies will take place at the RecPlex pavilion, beginning at dusk. Be sure to bring a blanket or chair, bug spray and a flashlight and enjoy a family night at the RecPlex!

- Friday, June 25<sup>th</sup> 8:00 (or dark) Toy Story
- Friday, July 16<sup>th</sup> 8:00 (or dark) Homeward Bound
- Friday, August 20<sup>th</sup> 8:00 (or dark) How to Train Your Dragon

\*Dates are subject to change due to weather- call the Recreation office or check the website/Facebook for updates!

## **SPLASH PAD OPENING!**

The Splashpad is scheduled to open when school ends, June 17, 2021. It will run everyday 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. We really do not want anyone to get hurt- the best way to prevent this is to play safely at the park.
- 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!

## **4<sup>TH</sup> ANNUAL TOWN WIDE TAG SALE**

Join your neighbors in our Town Wide Tag Sale- here's how it works!

- Send in your registration form by July 23, 2021 with the \$25 fee.
- This will place your tag sale on our map!
- Hold your tag sale at your house (or get together with neighbors) on Aug. 7, 2021.
- Maps will be available July 30,2021 at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)
- Shoppers can print out the tag sale map and visit all of the tag sales in Colchester!
- All tag sales will be held on Saturday, August 7, 2021 (Rain Date August 14, 2021)
- All forms and fees are due no later than JULY 23, 2021
- You can mail this form and \$25 fee to: 127 Norwich Ave., Colchester, CT 06415
- Checks should be made out to: Town of Colchester
- QUESTIONS? CALL Colchester Recreation at (860) 537-7297

## **2<sup>ND</sup> ANNUAL FATHER'S DAY CAMP OUT**

You can build a blanket fort in the living room or pitch a tent in the backyard to "camp out" and start a new family tradition. Follow the event page on Facebook to get notifications of fun family activities to add to your camp out! Make sure you share pictures of your campsite on this event page. Camp Bags will be available to purchase to make your camping experience even easier:

- When: June 19-20, 2021
- Where: In your own backyard!
- Cost: Free!

## **2<sup>ND</sup> ANNUAL CHALK IT UP**

Decorate your driveway or walkway with a 4<sup>th</sup> of July chalk masterpiece and share it on our event page on Facebook!

- July 4<sup>th</sup>, 2021
- Free!

## **PLAYGROUND RENOVATIONS**

The RecPlex Playground is under renovation!

We will continue to remove old pieces of equipment if it is broken, damaged or dangerous. Unfortunately, we can no longer repair this playground as the company has gone out of business and replacement parts are not available. It is disappointing that the new "birds' nest" swing that was installed 2 years ago was broken beyond repair. We had not planned on replacing this swing- and by all standards of normal and practical use, it had many years of fun left! Please report vandalism and damage to the Recreation Office. If you are at the

park and witness someone intentionally breaking your playground equipment, please notify the police immediately.

We will install the new playground equipment beginning June 14th. We will not install equipment during summer camp, but we will resume installation after August 20<sup>th</sup>. We will post updates on Facebook and our website. We are working with "Kyle's Smile" on fundraising opportunities to add additional playground equipment over the next several months. If you are interested in donating, or participating in a fundraiser, please call the Recreation office at (860) 537-7297 for more information.

We will do our best to keep the Colchester community informed of construction times, playground closures and fundraising opportunities. Please follow our Facebook page and check our website for updates.

## PROGRAMS

### **DISCOUNT PARK TICKETS**

We have ordered discount park tickets. Park tickets will be available beginning June 14, 2021.

- CT Science Center: \$16 each
- Lake Compounce: \$32 each
- Six Flags: \$37 each

### **BASIC DOG OBEDIENCE CLASS**

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.

### **INTERMEDIATE DOG OBEDIENCE**

The 6-week advanced obedience class builds on the foundation of the basic obedience class and adds in distance, distractions, and increased difficulty. The class will also work on skills required for Canine Good Citizen certification. Students in the advanced class must have previously completed the basic obedience class with Paws to the Wall.

### **Dog Obedience Class Information (Beginner and Intermediate)**

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. 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. Dogs with canine or human aggression are not recommended for this course. Please contact Parks & Recreation if you have any questions.

- When: 7/11/21-8/15/21
- Where: Ruby Cohen Woodlands
- Beginner Class - 9-10 am
- Intermediate Class- 10:15-11:15 am
- Fee: \$150 residents, \$155 non-residents
- Who: Adults, 18+
- Min.4/Max.8
- Instructor: Williams, Kevin (Paws to The Walls Family Dog Training)

## **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, 6/14/21-8/9/21 from 6-7:15 pm (no class 7/5/21)
- Where: Ruby Cohen Woodlands (if weather is bad, class will be at the Senior Center)
- Everyone aged 18 and older is welcome.
- Cost: \$85 residents, \$90 non-residents

## **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.

- 7/5/21-7/26/21, 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 non-residents (4 weeks)

## **Youth Tennis Lessons**

Players will develop new skills and techniques through enjoyable activities and drills. The classes will be taught 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: Monday-Friday 7/19-7/22
- Ages 4-7: 2-2:45 \$65/session and Ages 8-13: 2:45-3:45 \$85/session
- Where: Tennis Courts at the RecPlex
- \*Players will need to bring a tennis racket

## **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, 7/5/21-8/23/21, 5:45-6:30 PM
- Cost: \$64 for residents, \$69 for nonresidents (8 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, 7/8/21-8/26/21, 6-6:45 PM
- Cost: \$64 for residents, \$69 for nonresidents (8 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, 7/5/21-8/16/21, 8-8:45 AM
- Cost: \$56 for residents, \$61 for nonresidents (7 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, 7/7/21-8/18/21, 7:45-8:30 AM
- Cost: \$56 for residents, \$61 for nonresidents (7 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, 7/6/21- 8/24/21, 6-6:45PM
- Cost: \$64 for residents, \$69 for nonresidents (8 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, 7/7/21-8/25/21, 5:45-6:30 PM
- Cost: \$64 for residents, \$69 for nonresidents (8 weeks)

# **CAMPS & SUMMER PROGRAMS**

## **COLCHESTER GIRL'S BASKETBALL CLINIC**

This is a great opportunity to learn the fundamentals and improve on existing skills. Clinic will consist of drills, scrimmages, and competition. Director, Dave Shea, will oversee the program and bring his Colchester basketball legacy to summer camp.

- Where: Bacon Academy Gym
- When: 7/19/21-7/23/21, Monday- Friday, 9:30am- 12:00noon
- Who: Girls entering grades 6-9 in the fall of 2021
- Cost: \$60 per player (resident), \$65 non-resident

## **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
- Cost: \$125 resident/\$130 nonresident

## **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: \$70 per player resident, \$75 non-resident
- Grades 5-10, boys and girls
- Minimum of 16 required.
- Where: RecPlex

## **SHOWTIME STABLES Summer Horse Program 2021** Located at 51 Clark Gates Rd, Moodus, CT.

What will riders be doing at a session?

- **Horse care basics**- Riders will learn safe & proper equine care during activities like grooming, feeding grain, intro to tack cleaning & care, learning parts of the horse, etc. They will get a good understanding of what caring for horses is all about!
- **Arts & crafts**- Riders will be making several horse-themed arts and crafts throughout the week, as well as creating their own souvenir to decorate and bring home!
- **Daily bonding** with their favorite horses during activities like horse bathing, hand grazing in the field, mane & tail braiding, etc.
- **Daily riding lessons**- Including mounted games and exercises designed to develop their core riding skills. They will have opportunities to ride several different lesson horses during the week.
- **Drill Ride Finale**- Riders will be creating & practicing a special exhibition for parents at the end of the week. This is where they will get to showcase their skills and everything they learned while riding every day!

### **Session options**

Morning session: 9am - 12pm

Afternoon session: 1pm - 4pm

Both Sessions: 9am - 4pm (includes riding twice daily)

If attending both sessions, we will have a supervised lunch break between AM/PM session times from 12pm - 1pm. This hour is for everyone to relax & take a break before moving on to more horse activities. (Sessions will start on time, meaning that even if lunch is finished early, we will be waiting until the scheduled afternoon start time for all activities.)

**Week 1:** June 21st-25th

**Week 2:** June 28th-July 2nd

**Week 3:** July 5th-9th

**Week 4:** July 26th-30th

**Week 5:** August 2nd-6th

**Week 6:** August 23rd-27th

Morning or Afternoon session . . . . . \$350 for full week

Both Sessions . . . . . \$500 for full week

**REGISTER ONLINE AT [WW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT](http://WW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT)**

**RIDERS WILL NEED:**

- Refillable water bottle      Long pants
- Bug spray                      Boots with a heel
- Sunscreen                      Packed lunch (if attending both sessions)

- Riders must be 4 years or older.
- No horse experience required - beginners welcome!
- All riders will be required to wear a helmet while mounted, which will be provided if needed.
- Before & after session care can be provided for an additional fee, please text Maria or Brooke from the contacts list above for rates.
- A minimum of 3 riders registered with deposits paid are required for a week to run. We cannot accommodate more than 6 per session at this time. Morning-only session spots will be filled up first, then afternoon sessions.

## COLCHESTER PARKS AND RECREATION SUMMER DAY CAMP 2021

**Registration is open for summer day camp!**

- ✚ Registration is open to campers entering grades K-7 in the fall of 2021 (both residents and nonresidents)
- ✚ 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.
- ✚ The weekly registration fee is \$160 per child (resident), \$165 (non-resident)
- ✚ Camp is held at the RecPlex, Monday through Friday.
- ✚ In case of inclement weather, we will use a school for the day.
- ✚ All COVID-19 mandates will be followed at camp.
- ✚ Campers and LIT’s will remain in their cohorts each week.
- ✚ Our daily camp schedule will be full of fun activities to keep kids busy having fun playing outside all day. We include opportunities for art, STEAM, music, sports, reading, learning, imagination and so much more.
- ✚ We will not be taking any field trips this summer, due to the current COVID restrictions. Instead, we are seeking out entertainers and explorations that bring the “field trip” into camp!
- ✚ Many of our daily routines have changed, to ensure that campers and staff are as safe and healthy as possible.



- ✚ We are sure you will have plenty of questions....so we have planned a “PARENTS DAY AT CAMP”!  
Please save the date: Saturday, June 26<sup>th</sup> at Noon. Once you have enrolled, you will receive an email with more information about our special Parents Day!
- ✚ Register online at: <https://colchesterctrec.recdesk.com/Community/Home>

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://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