

## **UPCOMING EVENTS**

### **HOLIDAY HOME AND BUSINESS DECORATING CONTEST 2024**

Maps will be available at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department) or our Facebook page- Colchester Parks and Recreation. Vote for your favorite home and business decorations between 12/6/24- 12/31/24. Winners will win the prestigious "Community Favorite" award!

### **GINGEBREAD HOUSE DECORATING CONTEST**

Drop your gingerbread house to the Recreation Department at Town Hall by December 6th. They will be displayed through the month of December in the lobby of the Colchester Town Hall. All visitors will be encouraged to vote for their favorite gingerbread house. Each gingerbread house will be awarded a fun superlative. Families and friends are encouraged to work together to submit creative entries.

### **NATIONAL DAY OF GIVING**

National Day of Giving is recognized as an opportunity to support organizations that rely on the generosity of their community. At Colchester Parks and Recreation, we need your support to allow every child to attend camp- whether or not their family can afford it. Camp can change a child's life and we want to share that experience with everyone. Through our website, you can make a donation to support our camp scholarship! This year, the Day of Giving is Tuesday, December 3, 2024.

### **HOLIDAY HOMECOMING**

Join us for our annual tree lighting event on the Town Green!

- Enjoy holiday performances by local youth, including Bacon Academy Chorus and Level Up Dancers from 4-4:30pm; Santa will arrive around 4:30 on the decorated firetruck and will visit with every child in the gazebo
- Enjoy hot cocoa, hot cider and cookies
- Pick up your annual holiday ornament
- Bring a new and unwrapped gift for the police toy drive "Stuff the Cruiser"
- Write a letter to Santa
- Mail your letter to Santa (every letter will get a personal response!)
- Relax and enjoy the CCO holiday concert at the Colchester Federated Church

When: Saturday, December 7<sup>th</sup>, 2024, starting at 4:00pm

Where: Colchester Town Green

## **HOLIDAY ORNAMENTS**

Every year the Recreation Commission chooses a Colchester landmark for the annual holiday ornament. Collect a new one every year! Ornaments are \$6 each and can be purchased at Holiday Homecoming (Sat., Dec. 7 at 4:00 pm on the Town Green) or at the Recreation office.

## **A CHRISTMAS CAROL: LIVE RADIO PLAY**

Join Colchester Actors Theatre for a live radio play rendition of the timeless and beloved holiday ghost story by Charles Dickens: A Christmas Carol, adapted by Joe Lawry starring community members. Immerse yourself in a 1940s radio station atmosphere and be part of our live studio audience as we present the story of Mr. Scrooge and his encounters with four ghosts on Christmas Eve.

- When: December 13<sup>th</sup> and 14<sup>th</sup> at 7:00pm
- Where: Colchester Federated Church
- Cost: \$15 Adults, \$10 Senior Citizens, \$5 Child/Student
- Tickets available in advance: <https://www.ticketleap.events/tickets/colchester-actors-theatre/christmas-carol>

## **2025 SUMMER DAY CAMP EMPLOYMENT OPPORTUNITIES**

Camp is our most exciting time of year! 2025 Summer Day Camp will be held June 23, 2025, through August 15, 2025. If you are interested in joining our camp team, please be sure to submit your application between Jan. 3, 2025-March 1, 2025. Applications will be available on our website at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

## **COLCHESTER'S GOT TALENT- A Town-wide Talent Show**

It's not too early to start pulling together your act! This March, we will be celebrating the variety of talent that Colchester has to offer! All ages and talents are welcome - just remember to keep it family-friendly for the show! Whether you're a musician, dancer, comedian, or have a unique skill that dazzles under the spotlight, this is your moment to shine! The stage will be set, the audience will be eager, and the judges are looking forward to discovering the next big star from our beloved town.

### **Auditions for the show:**

- Will be held March 13 & 14 from 5:30-7:30pm at the Colchester Senior Center
- Registration is required to audition, but there is no fee to participate.
- Acts must all be family friendly and appropriate for all ages
- Group talents welcome! (1 person register per group)

### **Prizes:**

- Top Overall Solo Act

- Top Overall Group Act
- People's Choice Award
- Top Family Act
- First Place Awards in the Following Categories:
- ? Under 18/18-30/31-55/55+

**Come watch the best show in town:**

- Friday, March 28th, 6:00pm at Bacon Academy

**RECREATION PROGRAMS**

**15 MINUTE HIIT WORKOUT PERSONAL EUPHORIA**

Short on time? This workout is for you. Backed by research that shows short bouts of intense exercise can be as effective as longer more moderate workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in-between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized.

- When: Session 1: Wednesdays, January 8<sup>th</sup>-April 2<sup>nd</sup>, 2025, from 8:10-8:25am
- Cost: \$65
- When: Session 2: Wednesdays April 23<sup>rd</sup>-June 18<sup>th</sup>, 2025 from 8:10-8:25am
- Cost: \$45
- Where: Online Via Zoom
- Who: Ages 18+

**CAKE DECORATING FOR ALL!**

Calling all aspiring cake decorators: have you always dreamed of creating beautiful cakes for birthdays and special events? This class is for you! Open to adults and adult-accompanied youth, ages 5 – 105! (All participants under the age of 14 must be accompanied by an adult.) Each registered participant will learn new skills in each class, decorating their own cakes to bring home. All supplies will be provided, including tools and cakes.

- When: Session 2: December 18<sup>th</sup>-19<sup>th</sup> from 5:00pm-6:30pm
- Cost: \$40 per person, 2 classes
- Who: Ages 5 – 105

**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).

- When: Session 1: Wednesdays January 8<sup>th</sup>-April 2<sup>nd</sup>, 2025, from 8:30-9:15am

- Cost: \$117
- When: Session 2: Wednesdays April 23rd-June 18th, 2025, from 8:30-9:15am
- Cost: \$81
- Where: Online Via Zoom
- Who: Ages 18+

### **COMMIT DANCE FITNESS**

Dance Fitness with Karen Ricardo Morales! Come get your body moving and build your stamina and coordination with this high-energy, fun dance fitness class, perfect for every level!

- When: Wednesdays, January 8-February 26, 2025, from 6:00-7:00 pm
- Cost: \$80 per resident, \$85 per nonresident
- Where: JJIS Room 120
- Who: Ages 15+
- Minimum of 6, maximum of 30

### **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.

- When: Session 1: Thursdays January 9<sup>th</sup>-April 3<sup>rd</sup>, 2025, from 6:00-6:45pm
- Cost: \$117
- When: Session 2: Thursday s April 24<sup>th</sup>-June 19<sup>th</sup>, 2025, from 6:00-6:45pm
- Cost: \$81
- Where: Online Via Zoom
- Who: Ages 18+

### **COLCHESTER YOUTH THEATRE WORKSHOP**

Get ready for the spotlight with this exhilarating 8-week acting intensive/ play rehearsal! You'll be cast in several roles, dive deep into production, and bring an original play to life in a dazzling public performance on March 21st. 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!

- Rehearsals:
  - When: Thursdays, January 30<sup>th</sup> – March 20<sup>th</sup> 5:30pm-6:30pm
  - Where: Senior Center
- Performance:
  - When: Friday, March 21st 5:00pm-8:00pm
  - Where: WJJMS Black Box
- Cost: \$160 per residents, \$165 per non-residents (8 weeks, 1 class per week)
- Who: 2<sup>nd</sup> -9<sup>th</sup> Graders
- Minimum of 4, maximum of 30 participants
- Instructor: Randall Adkison

### **GUITAR FOR BEGINNERS**

This class is for beginner guitar players looking to get started, make some music, and have fun! Small class sizes, so everyone gets individual attention and tips to improve their playing! Together we'll learn: Chords, Technique, Guitar maintenance, Guitar Tablature and Reading Sheet Music for beginners. Students can choose the music they want to learn. Bring your guitar and let's start!

- When: Wednesdays, January 8<sup>th</sup> – February 5<sup>th</sup> 5:30pm-6:30pm
- Where: Colchester Senior Center
- Who: Ages 16+
- Cost: \$25 for residents/ \$30 for non-residents

### **IMPERFECT PICKLEBALL**

This will be a casual, recreational pickleball program. All players should understand before they register that this program is specifically for recreational players. We will have 2 courts set up and players will rotate-in to play. Courts, conditions, skills, and players may not be perfect, but the goal is to have fun! Our attitudes and expectations are more important than our rating and wins. No instruction will be provided. A maximum of 12 registrations will be accepted.

- When: Thursdays, April 3-May 1 (no program on 4/17), 2025, from 6-8pm
- Where: Indoors, CES gym
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 4 weeks, \$25 per person

### **MENS PICK-UP BASKETBALL**

Think you got game? From beginner to advanced, pick-up basketball is open to everyone. Bring your best and challenge others for fun recreational basketball games. Pre-registration is required. When you arrive, please check in with the gym supervisor each week before playing.

- When: Tuesdays, January 7, 2025- April 4, 2025 (no program on 2/18) from 6:30-8:30pm
- Where: WJJMS gym
- Cost: \$65 per resident, \$70 per nonresident (13 weeks)
- Who: Open to men ages 18 and over.
- A minimum of 12 and a maximum of 24 will be accepted

### **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.

- When: Tuesdays, January 7-April 1, 2025, from 6:00-6:45pm
- Cost: \$117
- When: Tuesdays, April 22<sup>nd</sup>-June 17<sup>th</sup>, 2025, from 6:00-6:45pm
- Cost: \$81
- Where: Online Via Zoom
- Who: Ages 18+

### **START SMART MULTI SPORT (SPRING 25)**

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. Registration will open on Jan. 1, 2025.

- When: Wednesdays, March 4-April 2, 2025 (makeup date 4/9) from 5:30-6:30pm
- Where: CES Gym
- Cost: \$50
- Who: Ages: 3-5
- Min. of 6, max. of 12

### **YOGA FOR SENIORS**

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.

- When: Classes are held on Mondays, in 4 weeks, re-occurring sessions
- December 9 – December 30 from 4:45-5:45pm
- January 13-February 10 from 4:45-5:45pm
- February 24-March 17 from 4:45-5:45pm
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)

### **YOGA, MANTRAS AND MORE!**

Each class will be centered around one mantra and theme:

*Yogis May Be... Kind, Brave, Helpful, and Playful. May I be\_\_\_\_\_.* Children will participate in age-appropriate activities that will have them stretch, strengthen and calm their bodies through

yoga poses, breathing and focusing exercises, learning strategies for self-regulation and relaxation and building social skills... all while having fun with other yogis. This class is for children at CES in grades K-2. The instructor will meet students at dismissal and walk them to the yoga space in the Media Center at CES. Parents/ Guardians will sign out their child at 4:30. Please have your child wear comfortable clothes and bring a water bottle. Yoga mats will be provided.

- When: Tuesday. Jan. 14, 21, 28, and Feb. 4, 2025, afterschool-4:30pm
- When: Wednesday. Jan. 15, 22, 29, and Feb 5, 2025, afterschool-4:30pm
- Where: CES
- Cost \$50 per student
- Who: Open to students at CES in grades K-2
- Max. 8/Min.6
- Instructor: Susie Hawkins

### **ZUMBA**

Zumba is a fun, high-energy workout experience that keeps you excited to exercise and return for more. Zumba is a dance party disguised as a workout. Zumba is a safe, fun, and effective workout for most people who want to enhance their cardiovascular fitness through dance.

- When: Mondays, January 6-March 10, 2025, (no class 1/20/25 or 2/17/25) from 6:30-7:30pm
- Where: JJIS
- Cost: \$80 per resident/\$85 nonresident (8-week session)
- Who: Open to ages 16 and older
- Min. of 6/ max. of 25