

## **AUGUST 2024**

### **BUILDING UP S.T.E.A.M. USING LEGO® (Grades K-1/Ages 5-6)**

It's never too early to begin using the engineering design process! Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Duplo® early childhood materials. There will be 2 or 3 motion-based projects introduced each day of the week with additional challenge activities for all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets showcasing what they build in order to share with family and continue the learning process outside of camp. Projects may include wedge launchers, scissor lifts, and drumming machines.

- When: Monday through Friday, August 12-16 from 9:00am-12:00pm
- Cost: \$150 per child
- Where: WJJMS
- Minimum of 8 children and a maximum of 16

### **S.T.E.A.M. WORKS USING LEGO® (Grades 2-5/Ages 7-9)**

It's time to explore the engineering design process! Children are working with standard LEGO® materials to problem-solve engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. There will be 2-3 projects introduced each day of the week with additional challenge activities to accommodate all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets that demonstrate what they are building so they can share with family and continue the learning process outside of camp. Projects may include drawbridges, flywheel cars, and amusement park rides.

- When: Monday through Friday, August 12-16 from 1:00- 4:00pm
- Cost: \$150 per child
- Where: WJJMS
- Minimum of 8 children and a maximum of 16

### **ARCHERY CAMP**

Coach Bill is excited to be back in Colchester! With over 30 years' experience as an archery coach, having taught thousands of individuals from beginners to National Champions, he is a 6-time National Championship medalist, a certified Professional Archer, and an Olympic trials finalist. This is a wonderful opportunity for the Colchester community. Classes meet one hour per day for 5 days. All skill levels are welcome to join. This program is not just for children, there is equipment for all ages, and adults are welcome to participate, especially parents and guardians. Archery is a GREAT family activity! Coach Bill will bring professional equipment for students to borrow during class. Every student will participate at times, no sharing of equipment and no one sits "on the bench".

- When: Monday through Friday, 8/12/24- 8/16/24 from 8:30-9:30am
- Cost: \$75 per resident, \$80 per nonresident, per week
- Ages: 8 and older
- Where: RecPlex
- Minimum of 6 and a maximum of 12

### **COLCHESTER YOUTH THEATRE CAMP**

This two-week Youth Theatre Camp, run by theatre professionals and educators, gives kids the opportunity to learn acting skills, develop characters, bond with peers, and rehearse and perform a fully staged production--boosting confidence, stage presence, and social skills! Overall, this Youth Theatre Camp aims to provide a supportive and creative environment for young aspiring actors to grow, learn, and shine on stage while gaining confidence and valuable skills that will benefit them both on and off the stage. Get ready for a wild 2-week Youth Theatre Camp packed with acting tips, character building, buddy bonding, stage swagger, socializing secrets, and a mega confidence boost! Join the gang in rehearsing and rocking a fabulous play!

- When: Monday-Friday, 8/12-8/22 from 8am-2:45pm.
- A performance will be held on Aug. 22<sup>nd</sup> at 1:30pm.
- Who: Youth entering grades 2-7 in the fall of 2024
- Cost: \$300 per child (2 weeks)
- Where: WJJMS Black Box Theatre
- A minimum of 15 and a maximum of 40 actors will be accepted on a first come, first served basis (no auditions are required to attend the camp)

### **SEPTEMBER 2024**

#### **NEW YORK CITY “ON YOUR OWN” BUS TRIP**

Enjoy a deluxe motorcoach to Manhattan and spend the day exploring “your way”. You will disembark near Times Square, an easy walk to Broadway, Rockefeller Center and great NYC restaurants and delis. Your professional tour director can help with recommendations and reservations for the city’s best attractions and shows. Tide the subway to lower Manhattan and visit One World Observatory, have a picnic in Central Park visit world class museums or just shop ‘til you drop! The Big Apple is yours for the day!

- When: Sunday, September 22, 2024
- Cost: \$89 per person
- Depart at 7:30am and return around 9:30pm
- Pick up and drop off Where: Colchester Parks and Recreation, 127 Norwich Ave., Colchester CT

### **COLCHESTER CHOIR AND ORCHESTRA**

We look forward to welcoming new members looking for a social orchestra and choir with a passion for music. Seats are open in all sections, both Choir & Orchestra. Many adult members join with their school-aged children and/or spouses. It is truly a family activity. There are no auditions, but being able to read music is helpful. Rehearsals are held on Thursdays throughout the year beginning on September 19, 2024 (Choir 6-7:30 pm and Orchestra 7:30-9 pm).

The membership dues are \$35 for the year for adults and \$15 for students that covers the cost of the music and concert expenses. For other information and to see videos of past performances go to our website: [www.colchesterchoirorchestra.org](http://www.colchesterchoirorchestra.org)

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

New this year! It's time to reveal Colchester, CT's hidden talent gems to the world! All ages and talents are welcome - just remember to keep it family-friendly for the show! Whether you're a singer, dancer, magician, 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 September 12 and 13 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

Save the date and come watch the best show in town!

- Friday, September 20 at 6:30pm at Bacon Academy.
- Tickets can be purchased at the door or [www.colchester-actors-theatre.ticketleap.com](http://www.colchester-actors-theatre.ticketleap.com).

### **CELEBRATE COLCHESTER 2024**

Join us as we "Celebrate Colchester" on Saturday, September 21, 2024, the Town Green from 1-5pm. A free community event featuring local organizations, local businesses, a silent auction, food, friendly games and competitions, kid friendly activities, giveaways, and so much more!

Join in the fun by registering your booth today at <https://www.colchesterct.gov/recreation-department>. We invite all Colchester businesses and organizations to set up a booth to share more information about your business/organization. There is no fee to set up a booth, we just ask that you donate one item or basket to be used in the silent drawing. The funds raised by the silent drawing will be used to offset the cost of camp for those that may need financial assistance.

We will sell tickets for the silent drawings and winners will be picked at the end of the event.

Donations are due in the Recreation Office by Sept. 10th. We will provide fun community games and activities so let's fill the Town Green and CELEBRATE COLCHESTER!

- \*Booths may not have access to electricity. You will have to provide all booth requirements
- \*\*We welcome booths from Colchester political organizations, but we respectfully ask that there be no campaigning, and nothing that can be viewed as inappropriate or controversial at a family friendly event.
- Register online at [www.colchesterct.gov/recreation-department](https://www.colchesterct.gov/recreation-department)
- When: Saturday, September 21, 2024, from 1-5pm
- Where: Town Green

### **COMMUNITY CONVERSATION TO DISCUSS A COLCHESTER ARTS COALITION**

All Colchester community members are welcome to come to a Community Conversation to discuss what a Colchester Arts Coalition might look like! Bring your ideas, experience and opportunities to share with us. We want to understand what kinds of art opportunities the community would be interested in.

No decisions will be made, but this is an opportunity for an open discussion to hear what our neighbors are interested in.

- When: Thursday, September 26 OR Tuesday, October 15 from 6:00-8:00pm
- Where: Colchester Town Hall.

## **OCTOBER 2024**

### **PUMPKIN PAINTING 2024**

Bring a pumpkin and decorate it with us at the Recplex pavilion. We will provide all the supplies, just bring your own pumpkin. Wear clothes that can get messy. Everyone is welcome to join. You are never too old or too young to be creative and have fun! Please pre-register so we can plan accordingly.

- When: Wednesday 10/16/24, 4-6pm
- Where: Recplex Pavilion

### **TRUNK OR TREAT**

Decorate your car/truck “Trunk” with a Halloween theme and hand out candy to the trick or treaters. Limited to the first 50 trunks. Register your “trunk” at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department) by 10/21/24

- When: Saturday October 26th, (rain date October 27<sup>th</sup>) from 4:30-6:30 pm
- Where: Bacon Academy parking lot.
- Trick or Treaters: Please bring 2 bags of candy per child so we can distribute the candy to the “trunks”.
- Trunks- please be sure your decorations are family friendly and appropriate for this community event. No handouts other than the candy will be allowed.

### **MAN OF LAMANCHA-A Broadway Musical**

The Colchester Actors Theatre will present the Broadway Musical “Man of LaMancha” on Friday, Oct. 18 and Saturday, Oct. 19 at 7pm. The performance will be held at the Colchester Federated Church.

- When: Auditions will be held August 26 and August 28
- Where: Colchester Senior Center from 6-8pm.
- Tickets will be available at [colchester-actors-theatre.ticketleap.com](http://colchester-actors-theatre.ticketleap.com).

## **NOVEMBER 2024**

## **21st ANNUAL GHOST RUN (1/2 MARATHON)**

The Parks & Recreation Departments of Hebron, Colchester, and East Hampton are collaborating along with the State of CT Department of Energy and Environmental Protection to host our 21st Annual Ghost Run – On our beautiful 13.1-mile certified half marathon course.

- Saturday, November 2, 2024, starting at 9:00am
- Register before Oct 1<sup>st</sup> and get a free t-shirt!
- Online registration: <https://runsignup.com/ghostrun>

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

Register your home or business by 11/27/24 and decorate your home by 12/6/24. Print your free map and drive around town to view the beautiful holiday decorations. 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.

## **DECEMBER 2024**

### **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**

Santa will arrive on the decorated firetruck and will visit with every child in the gazebo. There are fun activities for everyone! Enjoy hot cocoa, hot cider and cookies; pick up your annual holiday ornament; bring a new and unwrapped gift for the police toy drive; bring your letter to Santa (every letter will get a personal response!); watch the CCO concert; enjoy a bonfire and carol sing!

- When: Saturday, December 7<sup>th</sup>, 2024, starting at 4:30pm
- Where: Colchester Town Green

### **GINGEBREAD HOUSE DECORATING COMPETITION**

Drop your gingerbread house to the Recreation Department at Town Hall between November 25<sup>th</sup>- 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.

### **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 4:30 pm on the Town Green) or at the Recreation office.

### **HOLIDAY RADIO PLAY**

Join the Colchester Actors Theatre and share the holiday spirit with friends and neighbors. Auditions will be held on November 19 and November 20 at the Colchester Senior Center. We will be casting actors ages 14-99! More information can be found on our website at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

- When: The performance will be held on Friday, December 13, 2024 and Saturday, December 14, 2024 at 7:00pm
- Where: Colchester Federated Church
- Tickets are available at [www.colchester-actors-theatre.ticketleap.com](http://www.colchester-actors-theatre.ticketleap.com)

### **JANUARY 2025**

#### **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).

**Puzzlepalooza** will be back in January! More information will be available soon at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)

Check out our website for up to date program and event information:  
[www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)

### **RECREATION PROGRAMS (ALPHABETICALLY LISTED)**

#### **15 MINUTE HIIT**

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: Mondays, September 9-December 9, 2024 (no class in 10/14) from 8:40-8:55 am
- Where: Zoom: Link will be sent to participants after registration
- Cost: \$65 per person (13 weeks)

OR

- When: Wednesdays, September 11-December 11, 2024, from 8:10-8:25am
- Where: Zoom: link will be sent to participants after registration
- Cost: \$70 per person, (14 weeks)

### **CARDIO 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 to class.

- When: Wednesdays, September 11-December 11, 2024, from 8:30-9:15am
- Where: Zoom: link will be sent to participants after registration
- Cost: \$112 per person (14 weeks)

### **CORE BALANCE**

This functionally fun class will promote core awareness by strengthening the core muscles. You will work on balancing while using a flex band and your own body weight. This class will help improve your range of motion, posture and balance, while increasing your flexibility. Bring a yoga mat and water to class.

- When: Mondays, September 9-December 9, 2024 (no classes on 10/14) from 5:45-6:30pm
- Where: Zoom: link will be sent to participants after registration
- Cost: \$117 per person (13 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.

- When: Thursdays, September 12-December 5, 2024, from 6-6:45pm (no class on 10/31 or 11/28)
- Where: Zoom: Link will be emailed to participants after registration
- Cost: \$99 per person (11 weeks)

### **DANCE: SHAKE AND SHIMMY**

Kids, get ready to shake your groove thing with some funky dance moves and motion in this 5-week class! Join Miss Erin on Mondays at CES for a fun dance class for kindergarten to 2nd graders, focusing on coordination, strength, and flexibility. The inclusive class includes games and creative themes, ensuring an engaging experience for all skill levels. Children should wear comfortable clothes, bring a water bottle, and get ready for a joyful workout. Parents can expect a positive and supportive environment where kids can express themselves through movement, make friends, and improve dance skills.

- When: Session 1: Mondays, September 9<sup>th</sup>-October 7<sup>th</sup>
- When: Session 2: Mondays, October 21<sup>st</sup>-November 25<sup>th</sup> (no class 11/11)
- Where After school- 4:30pm at Colchester Elementary School
- Who: CES students in grades K-2
- Cost: \$65 per person (5 classes)
- Minimum of 5, maximum of 15 kids per session

### **COOKIE DECORATING FOR KIDS!**

Calling all creative kiddos who happen to also love cookies!! This class is for you! Learn different cookie decorating techniques, seasonally themed designs, and tasty treats you can take home and share!

- When: Session 1: November 13<sup>th</sup>-14<sup>th</sup> 4:00pm-5:00pm
- When: Session 2: December 11<sup>th</sup>-12<sup>th</sup> 4:00-5:00pm
- Where: JJIS
- Cost: \$30 per person, 2 classes
- Who: Youth in grades 4-6

### **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. All supplies will be provided.

- When: Session 1: November 20<sup>th</sup>-21<sup>st</sup> from 5:00pm-6:30pm
- 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

### **INTRO TO HORSES AND HORSE CARE FOR YOUTH**

Love horses? Join us at Rockland Farm to learn more about their care, handling, and riding basics. Participants will have hands on experience grooming, leading, riding as well as learning about our equine friends (breeds, basic anatomy, tack, etc). After completing this class,

participants will be able to identify and use basic grooming tools; safely lead and handle horses; utilize correct riding positions at a walk; tacking basics; and general equine knowledge.

- When: Fridays, September 13<sup>th</sup>- November 1<sup>st</sup> from 5:30-7:00pm
- Where: Rockland Farm, Colchester CT
- Cost: \$395 per resident, \$400 for non-resident, 8 classes
- Who: Ages 7-12

### **PUZZLER PACK**

Are you a puzzle fanatic? Whether you're racing against the clock or unwinding with a brain teaser, this program is your playground! Join us at JJIS after school to team up with buddies, make new pals, and tackle a fresh puzzle every week!

- When: Session #1: Mondays, September 9<sup>th</sup>-October 7<sup>th</sup>, after school-4:30pm
- When: Session #2: Mondays, October 21<sup>st</sup>-November 25<sup>th</sup>, after school-4:30pm
- Where: Jack Jackter Intermediate School
- Cost: \$55 per participant
- Who: Grades 3-5

### **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.

Session 1:

- When: Thursdays, September 12-Oct. 3 from 6-8pm
- Where: Colchester RecPlex
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 4 weeks, \$25 per person

Session 2:

- When: Thursdays, Oct. 10-Nov. 7 (no program on 10/31) from 6-8pm
- Where: Indoors, CES gym
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 4 weeks, \$25 per person

Session 3:

- When: Thursdays, January 9-30, 2025, from 6-8pm
- Where: Indoors, CES gym
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 4 weeks, \$25 per person

Session 4:

- When: Thursdays, February 6-27, 2025, from 6-8pm
- Where: Indoors, CES gym

- Who: Adults ages 18 and older, Colchester residents only
- Cost: 4 weeks, \$25 per person

Session 5:

- When: Thursdays, March 6-27, 2025, from 6-8pm
- Where: Indoors, CES gym
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 4 weeks, \$25 per person

Session 6:

- 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.

Session 1:

- When: Tuesdays, October 1-December 17, 2024 (no program on 11/26) from 6:30-8:30pm
- Where: WLLMS gym
- Cost: \$60 per resident, \$65 per nonresident (12 weeks)
- Who: Open to men, ages 18 and over.
- A minimum of 12 and a maximum of 24 will be accepted

Session 2:

- 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, September 10-December 3 from 6-6:45 pm
- Where: Zoom, Links for Zoom will be emailed to participants upon registration.

- Cost: \$117 per person (13 weeks)

### **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
- August 12-September 9, 2024 (no class 9/2), 4:45-5:45pm
- September 23-October 21, 2024 (no class 10/14), 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)

### **START SMART SOCCER (FALL 24)**

Start Smart Soccer prepares children and their parents for organized soccer without the threat of competition or fear of getting hurt. Age-appropriate equipment is used in teaching kicking, dribbling, trapping, throw ins and agility.

- When: Wednesdays September 4-October 2, 2024, (Makeup date 10/9) from 5:30-6:30pm
- Where: Colchester Recplex
- Cost: \$50
- Who: Ages: 3-5
- Minimum of 6, maximum of 12

### **START SMART MULTI SPORT (WINTER 24)**

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: Wednesdays, October 30-December 4, 2024 (no program on 11/27, makeup date 12/11) from 5:30-6:30pm
- Where: CES Gym
- Cost: \$50
- Who: Ages: 3-5
- Minimum of 6, maximum of 12

### **START SMART BASKETBALL (WINTER 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.

- When: Wednesdays, January 8-February 12, 2025, (makeup date 2/19) from 5:30-6:30pm
- Where: CES Gym
- Cost: \$50
- Who: Ages: 3-5
- Minimum of 12, maximum of 16

### **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.

- 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
- Minimum of 6, maximum of 12

### **STRENGTH TRAINING**

A complete workout that will help sculpt, strengthen and reshape your body. You will work the core and more. Class includes standing and floor work so you must be able to get up and down off the floor. Equipment needed: mat and free weights (1-3lbs.; 5-8 lbs. and 10-15lbs. are optional).

- When: Wednesdays, September 11-December 11, 2024, (no class on 11/27), 6-6:45 pm
- Where: Zoom: link will be sent to participants after registration
- Cost: \$117 per person (13 weeks)

### **YOGA**

Unwind and recharge your batteries as you surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness and meditation practices. Different variations of poses are offered making this class fun, safe and challenging for all levels. Equipment needed: mat, water and any props you would like for your comfort (pillow, yoga block, blanket etc.)

- When: Fridays, September 13-December 13, 2024 (no class 11/29) from 8:30-9:15am
- Where: Zoom: link will be sent to participants after registration
- Cost: \$117 per person (13 weeks)

### **YOGA- ALL LEVELS**

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 blocks straps and a blanket. We will have a fun time and you will walk out feeling better than when you came in for sure! I have many years' experiences, at least 15 years, and I am excited to share my passion with the town of Colchester! I offer an eclectic blend of styles that I have learned over the years.

- When: Wednesdays, Sept. 25-Oct. 23 from 6-7pm
- Where: JJIS
- Cost: \$60 per resident, \$65 per nonresident
- Who: Open to anyone aged 16 and older
- Minimum of 6 and maximum of 12
- Instructor: Indora Chaviaras

### **YOUNG YOGIS:**

Each class will combine yoga and mindful practices in age appropriate, playful and engaging ways. Children will participate in activities that will help them stretch and strengthen their bodies, build social, emotional skills as well as learn strategies for self-regulation and relaxation...while having fun! This class is for students at CES in grades K-2. The instructor will meet the students at dismissal and walk them to the Where of the class 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. Choose the Wednesday classes or Thursday classes!

- When: Wednesday Classes: Oct. 9, 16, 23, and Nov. 6, 2024, afterschool-4:30pm
- When: Thursday Classes: Oct. 10, 17, 24, and Nov. 7, 2024, afterschool-4:30pm
- Where: CES
- Who: Open to CES students in grades K-2
- Instructor- Susie Hawkins
- Enrollment: Min 6 and Max 8
- Cost: \$50 per student

### **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

### **YOGA, MINDFUL TOOLS AND MORE:**

This class will have children making, using and taking home tools to help support yoga and mindful practices. The tools will include a Kind Wishes Wand, Breathing Book, Glitter Jar and Finger Labyrinths. This class is for children enrolled at CES grades K-2. The instructor will meet students after school and walk them to the Where of the class at CES. Parents/Guardians will pick up their child at 4:30. Please have your child wear comfortable clothes and bring a water bottle. Yoga mats and all materials will be provided.

- When: Wednesday Classes: Nov. 20, Dec.4, 11, 18, afterschool-4:30pm
- When: Thursday Classes: Nov. 21, Dec 5, 12, 19, afterschool-4:30pm
- Where: CES
- Who: Open to CES students in grades K-2
- Cost: \$55 per student
- Instructor- Susie Hawkins
- Enrollment: Min 6 and Max 8

### **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.

#### **Fall Session:**

- When: Mondays, September 9- November 4 (no class 10/14) from 6:30-7:30pm
- Where: JJIS
- Cost: \$80 per resident/\$85 nonresident (8-week session)
- Who: Open to ages 16 and older
- A minimum of 6 and a maximum of 25 will be accepted

#### **Winter session:**

- When: Mondays, November 18-December 16 from 6:30-7:30pm
- Where: JJIS
- Cost: \$50 per resident/\$55 nonresident (5-week session)
- Who: Open to ages 16 and older
- A minimum of 6 and a maximum of 25 will be accepted

#### **New Year session:**

- 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
- A minimum of 6 and a maximum of 25 will be accepted