

GENERAL INFORMATION

Parks and Recreation office: Colchester Town Hall: 127 Norwich Ave, Suite 107, Colchester CT

Office Phone Number: (860) 537-7297

Email: 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 our community programs. 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 Parks and 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.

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 Parks and Recreation, 127 Norwich Avenue, Colchester, CT 06415 Likewise, you may visit us in our office at the Town Hall.

EVENTS

TRAIL MEDALLIONS

Keep your eyes peeled while you're out exploring our trails, and don't forget to register your medallions at <https://colchesterct.gov/medals>

If you find one, you get to keep it...Get out there and start exploring! If you have already found one, congrats! You can find remaining medals on the Airline Trail (Colchester/Westchester section), Cohen Woodlands, Sablitz Preserve, and Bulkeley Hill Preserve! More medals will be hidden soon...so stay tuned!

CELEBRATE COLCHESTER

Join us to celebrate everything great in our town. Celebrate Colchester (formerly the 57 Fest) is a great community event featuring local organizations, local businesses, a silent auction, food trucks, friendly games and competitions, kid-friendly activities, giveaways, and so much more! There is no fee for local people to set up a booth, we just ask that you donate one item or basket to be used in the auction. The funds raised will be used for summer day camp scholarships.

- We cannot provide electricity to booths.
- Please plan on providing a pop-up tent, table, chairs, etc.
- We welcome booths from all Colchester 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 FOR YOUR BOOTH TODAY at www.colchesterct.gov/recreation-department and join us on Saturday, September 20, 2025, on the Town Green from 1-5pm.

DEDICATION OF R-4 IN HONOR OF NORM KAPLAN

We look forward to celebrating Norm Kaplan's wonderful life and the impact he had on so many Colchester residents. Your attendance would be so meaningful to this celebration.

- When: Sunday, September 21, 2025 at 1:00pm
- Where: RecPlex R-4, 215 Old Hebron Rd., Colchester CT

PUMPKIN PAINTING

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 bring a way to take your pumpkin home if the paint hasn't completely dried. Please pre-register so we can plan accordingly.

- When: Wednesday 10/15/25, 4-6pm
- Where: Recplex Pavilion

TRUNK OR TREAT

Saturday, Oct. 25, 2025 (rain date Sun., Oct. 26) at the Bacon Academy parking lot.

Bring Your Decorated Trunks

Register today to decorate your car/truck "trunk" with a Halloween theme and hand out candy to the trick or treaters! Register by 10/23, limited to the first 50 trunks. There is no fee to register. The rain date is Sunday, Oct. 26 (same time and details).

- How it works: Arrive on 10/25 at Bacon Academy between 2:00-2:30pm.
- We will show you where to park your vehicle, then set up your Halloween display by 3:00.
- From 3:00-4:00 our event will be a sensory friendly event. Please keep your decorations quiet, with no flashing lights, less scary/more fun!
- The public will attend between 4:00-7:00 with DJ Montez. You can turn on decorations, flashing lights are ok, scarier is fine!
- Please remember that you will need to remain in your parked location for the entire event. Please call our office at (860) 537-7297 if you have any questions.
- PLEASE NOTE THAT ONLY CANDY CAN BE DISTRIBUTED!

*TRUNKS SHOULD BE DECORATED WITH FAMILY THEMES IN MIND

Trick or Treaters

Admission to trick or treat is 2 bags of unopened candy per child. The candy that is collected will be distributed to the trunks to hand out to the trick or treaters. This event is a free, family event that relies on donations of candy to provide the opportunity to trick or treat. The candy will be collected before you are admitted to the event. Please carpool, if possible, the parking lot will fill up.

22nd 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 22nd Annual Ghost Run – On our beautiful 13.1-mile certified half marathon course.

- Saturday, November 1, 2025, starting at 9:00am
- Online registration: <https://runsignup.com/ghostrun>

HOLIDAY HOME AND BUSINESS DECORATING CONTEST 2025

Do you go all out for the holidays? Show Colchester your holiday spirit!

Register your home or business by 11/24/25 and decorate by 12/1/25. Use our free map to view all of the holiday decorations and vote for your favorites between 12/1/25 -12/31/25. Maps will be available at www.colchesterct.gov/recreation-department and our Facebook page- Colchester Parks and Recreation

GINGEBREAD HOUSE DECORATING COMPETITION

Drop your gingerbread house to the Recreation Department at Town Hall between November 25th- December 1st. They will be displayed throughout 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 their family can afford it or not. Camp can change a child's life and we want to share that experience with everyone. Through our website, you can donate to support our camp scholarship! This year, the Day of Giving is Tuesday, December 2, 2025.

HOLIDAY HOMECOMING

Santa will arrive on the decorated firetruck and will visit every child!. 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 6th, 2025, starting at 4:30pm
- 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. 6 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 in November at the Colchester Senior Center. We will be casting actors aged 14-99! More information can be found on our website at

www.colchesterct.gov/recreation-department.

- When: The performance will be held on Friday, December 12, 2025, and Saturday, December 13, 2025, at 7:00pm
- Where: Colchester Federated Church
- Tickets are available at www.colchester-actors-theatre.ticketleap.com

ADULT PROGRAMS

****NEW**PEDIATRIC CPR**

This class is great for new parents, grandparents and anyone who wants to learn lifesaving skills specifically for infants and children. You will learn CPR/AED, choking in infants/children, First Aid basics, what to do in medical emergencies and injury emergencies. Students should dress in comfortable loose clothing as they will be practicing skills that require bending standing and lifting. Students will receive a study guide that can be used during skills testing as a guide. When you register for this class, you will receive a link to take the online portion prior to the hand on class. Once you successfully complete the online portion, you will print out a certificate to bring with you to the class. The instructor will collect the certificates and after successfully completing the hands on/skill demonstration portion of the class, you will receive the PEDIATRIC CPR certification. Upon successful completion of the course, participants will receive a course completion card via email that is good for 2 years.

- When: Wednesday, September 24 from 10am-12:30pm (2.5hours)
- Where: Colchester Town Hall, meeting room 1
- Cost: \$165 per person
- Minimum of 4 and a maximum of 6 students will be accepted.

15 MINUTE HIIT WORKOUT

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 made so that you can work at the right pace for you. Plan to leave feeling energized.

- Wednesdays, September 10-December 10, 2025, from 8:10-8:25am
- Cost: \$70 for 14 classes
- Where: Online Via Zoom

CARDIO STRENGTH

This functional, 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, September 10-December 10, 2025, from 8:30-9:15am
- Cost: \$126 for 14 classes
- Where: Online Via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Maggie

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 Thursday evenings throughout the year beginning in September. For more information, to register and to see videos of past performances and for more information go to our website:

<https://www.colchesterct.gov/colchester-choir-orchestra>

Rehearsals are held on Thursdays: Choir 6-7:30 pm and Orchestra 7:30-9:00 pm

COMMIT DANCE FITNESS

COMMIT is a fun-filled, dynamic, HIIT style dance workout. Routines include music from all over the world, eras and include dance, fitness and body weight sculpting elements. Classes include different fitness levels, making this a class for all ages, abilities, dance and fitness levels!

- When: Wednesdays, September 3-October 22, 2025, from 6-7pm
- Where: JJIS
- Who: Ages 15 and older
- \$80 per resident, \$85 per nonresident
- Drop in's are always welcome, \$12 per class
- Minimum of 4, maximum of 30
- Instructor Karen Ricardo Morales

CORE STRENGTH

This functional, 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 September 11-December 11, 2025 (no class November 27). from 6:00-6:45pm
- Cost: \$117 for 13 classes
- Where: Online Via Zoom with Instructor from Personal Euphoria – Rob
- Who: Ages 18 and older

CT DEEP FALL SAFE BOATING CLASS

Certificate of Personal Watercraft Operation (AKA Boating Certificate): Successful completion of the class qualifies a person to purchase their Certificate of Personal Watercraft Operation (CPWO) for \$50 on the Sportsmen Licensing System. The CPWO allows an individual (see age restrictions below) to operate any recreational vessel including a personal watercraft.

No person under age 16, issued a Certificate of Personal Watercraft Operation (CPWO) or a certificate approved by the Commissioner, may operate a personal watercraft without the onboard supervision of a person at least age 18 who has a CPWO.

No person under the age of 16 may operate a vessel that is engaged in tubing or water-skiing. A child under the age of 16 may be permitted to operate a vessel, other than a personal watercraft, without obtaining a SBC or CPWO, if the youth is under the direct supervision of a person at least age 18 who has had a boating certificate for at least two years.

A child under the age of 12 who has obtained a SBC or CPWO may not operate a vessel with greater than 10 horsepower, unless the youth is accompanied on board by a person at least age 18 who holds a SBC or CPWO.

The class is 8 hours long in total. Students are required to attend all sessions. While there is no minimum age requirement to take the class, students must be able to attend the 8-hour class and take a 60-question multiple choice test.

A Connecticut Conservation ID Number is a unique and permanent number that is assigned to you by the Connecticut Online Sportsmen Licensing System. You MUST provide your Conservation ID to register for this class. You cannot take the exam, purchase your certificate, or re-print your certificate without it. If you have a Connecticut Hunting or Fishing License, your Conservation ID Number will be the same ID number that was assigned with the hunting or fishing license. If you have never been issued a Conservation ID Number, go to the Online Sportsmen Licensing System at <https://ct.aspirafocus.com/internetsales> to create one. For instructions on how to obtain an ID visit: https://portal.ct.gov/-/media/DEEP/Boating/Boating_Docs/How-to-Obtain-a-Conservation-ID-Number.pdf

- September 23 and 25, 2025 from 5pm-9pm
- Location: JJIS Room 51
- \$25 per person, due at the first class (payable to Colchester Parks and Recreation)
- A minimum of 15 and a maximum of 30 will be accepted into this class
- Register online with DEEP at:
<https://he.aspirafocus.com/huntersafety/Account/Register?controllingSpc=9>

MENS 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. The fees collected are used to cover the expenses associated with the program, including staffing, credit card fees, equipment etc. Please make sure you preregister and sign in with the gym supervisor each week.

- When: Tuesdays, September 9, 2025-April 28, 2026, from 7-9pm
- There will be no basketball on November 11, December 30, 2025, and Feb. 17, April 14, 2026
 - Session 1: September 9-December 22, 2025 (15 weeks)
 - Session 2: Jan. 6-April 14, 2026 (15 weeks)
- Where: WJJMS gym
- Cost: \$50 per session or \$80 for the year
- Preregistration is required at www.colchesterct.gov/recreation-department
- 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.

- Tuesdays, September 9-December 9, 2025 (no class on November 11), from 6:00-6:45pm
- Cost: \$117 for 13 classes
- Where: Online via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Rob

PUZZLEPALOOZA

A new twist on game night! How fast can you complete a puzzle? Register as a team or single (we will pair you up with others). You can come with as many as 4 people, all teams get the same puzzle and the first one to finish wins a prize. Each team gets to bring the puzzle home. Are you ready for some fun competition! We will have up to 10 teams compete to complete the same puzzle. No more than 4 people per team, only 1 person has to register for their team, a maximum of 10 teams will be allowed. Children can be included on a team, but there must be at least 2 adults on each team. Bring your own snacks and get ready for some fun!

- When: Fridays from 6:00pm-8:00pm

- 2025: September 26, October 17, November 14, 2025
- 2026: January 23, February 20, March 20, April 24
- Where: Colchester Senior Center
- \$25/ Team/ Day
- Preregistration required
- Maximum of 10 teams of 4 (1 person register per team)

WOMEN'S BASKETBALL

Let's get back in the 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. The fees collected are used to cover the expenses associated with the program, including staffing, credit card fees, equipment etc.

- When: Mondays, September 8, 2025-November 17, 2026, from 7-9pm (10 weeks)
- There will be no basketball on Oct. 13
- Where: JJIS gym
- Cost: \$35 per resident, \$40 per nonresident for 10 weeks
- Preregistration is required at www.colchesterct.gov/recreation-department
- Who: Open to women, ages 18 and over.
- A minimum of 12 and a maximum of 24 will be accepted

WOMEN'S SELF PROTECTION CLASS

Learn practical real-world self-defense with an emphasis on increasing awareness and knowing what to do to protect yourself.

- Thursdays, September 11-October 16, 2025, from 6:30pm-7:30pm
- Where: Champions Karate and Krav Maga, 199 Old Hartford Rd., Colchester CT
- Ages 18+
- Cost: \$80

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, September 24-October 22, 2025 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

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.

- Mondays from 4:45pm-5:45pm
- August 25-September 22, 2025 (no class 9/1/25)
- October 6-November 3, 2025 (no class 10/13)
- November 17-December 8, 2025
- \$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)

YOUTH PROGRAMS

****NEW** TODDLER CREATIVE MOVEMENT**

This class introduces little ones to the joy of dance in a playful and nurturing environment. Through fun music and imaginative activities, dancers will explore age-appropriate skills such as following directions, building balance, improving coordination, and developing body awareness. Using games, props, and movement exercises, toddlers will strengthen motor skills, boost listening skills, and express themselves through creative movement—all while learning to move to music and interact with others in a positive, encouraging space.

- When: Thursdays, Sept. 11-Oct. 30, 2025, from 5:15-6:15pm
- Where: Studio E Dance and Acro, 711 Middletown Rd., Colchester CT
- Who: children ages 1.5-3 years of age
- Cost: \$138 per child

BEGINNER KARATE

Jump into a live karate class. Learn basics, participate in group activities, exercise and have fun!

- When: Saturdays, September 13-October 25, 2025, from 12:15-1:15PM
- Cost: \$80 for 7 classes
- Where: Champions Karate & Krav Maga, 199 Old Hartford Rd., Colchester CT
- Who: Ages 6 – 12
- Instructor: Susie Hawkins

BROADWAY BOUND

Hey, talented kids and teens! Join this 5-week musical theatre class: Broadway Bound. It's the perfect opportunity to work on your singing, dancing, and acting skills at the very same time! Participants will learn the basics of acting a song and finding their "stage voices" as they work on solo and group numbers from popular Broadway musicals. Performers will learn the basics of musical theatre choreography and dance and work with professional theatre teaching artists as they create a Broadway showcase, (performance on June 10th). Build confidence, teamwork, and social skills while you soak in the spotlight with Colchester Youth Theatre's Broadway Bound! All levels are welcome!

- When: Wednesdays, September 17-October 22, 2025 (6 weeks)
- Where: Colchester Senior Center
- Who: Grades 2-7 from 5:30pm-6:30pm, Grades 8-12 from 6:30pm-7:30pm
- Cost: \$120 per resident, \$125 per non-resident (1 class per week for 6 weeks)
- Minimum 2 participants, maximum 20

START SMART SOCCER (FALL 25)

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 3-October 1, 2025, from 5:30-6:30pm
- Makeup date 10/15 if needed
- Where: Colchester Recplex
- Cost: \$50
- Who: Ages: 3-5
- Minimum of 6, maximum of 12
- Registration will open on Aug. 1, 2025

START SMART MULTI SPORT (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, November 5-December 10, 2025, from 5:30-6:30pm
- No program on 11/26, makeup date 12/17 if needed
- Where: CES Gym
- Cost: \$50
- Who: Ages: 3-5
- Minimum of 6, maximum of 12
- Registration will open on Oct. 17, 2025

COMING SOON....MORE START SMART PROGRAMS!

- BASKETBALL
- MULTI SPORTS
- BASEBALL & SOFTBALL

TINY CHAMPIONS KARATE

This 20-minute class is designed with the tiniest of champions in mind. This is a very basic intro to Karate class for preschool through PreK ages 3-5 years old. Get your little ones working on gross motor skills and coordination while having a good time!

- When: Fridays, September 12-October 17, 2025, from 5:00-5:45pm
- Where: Champions Karate and Krav Maga, 199 Old Hartford Rd., Colchester CT
- Who: Ages 3-5 years old
- Cost: \$80

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 yoga class. Parents/Guardians will sign their child out of class at 4:30. Please have your child wear comfortable clothes and bring a water bottle. Yoga mats will be provided.

- When: Wednesdays, October 1- October 22, 2025, (makeup date if needed 10/29)
- After school-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