

## **EVENTS**

### **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. Please be sure to submit your application for camp employment before March 1, 2025. Applications are available on our website at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

Applications for Jr. Counselors (volunteers) and CIT's are also available on the website.

### **INTERNSHIPS**

Are you a college student looking for an internship in the recreation field? We can work with you and your school to get an internship set up! Internships are available any time of the year. Please call the office to discuss your options at (860) 537-7297.

### **PUZZLEPALOOZA**

A new twist on game night! How fast can you complete a puzzle? Register as a team or a single (we will pair you up with others). 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: January 17<sup>th</sup>, February 21<sup>st</sup>, and March 14<sup>th</sup>, 2025 at 6:00pm-8:00pm
- Where: Town Hall Meeting Room
- \$25/ Team/ Day
- Preregistration required
- Maximum of 10 teams of 4 (1 person register per team)

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

Bring your imagination, grab some friends, and come see our showcase performance of an original piece created by our talented Youth Theatre Actors premiering for the public on March 21<sup>st</sup>, 2025! This show is created for a general audience and is certain to leave the audience smiling! \$10 adults and \$5 child's tickets are available for advanced purchase at [www.ticketleap.events/tickets/colchester-actors-theatre](http://www.ticketleap.events/tickets/colchester-actors-theatre) or on our website.

- When: March 21<sup>st</sup>, 2025, at 6:30pm
- Where: WJMS Black Box Theatre

## **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 28<sup>th</sup>, 6:00pm at Bacon Academy.

## **SPRING CLEAN UP**

Join your friends, family, team, group or come by yourself and help clean up Colchester! There are many different areas that you can choose to work on. We will provide garbage bags and free garbage pickup. Jobs may include spreading mulch raking, weeding, picking up garbage, and more. Clean up locations include the schools, town buildings and parks. Once you register, you will receive an email with more details about 2 weeks prior to the event. After spending the morning cleaning, we will meet up at Mel's Downtown Creamery at 12pm for free ice cream as our way of saying "Thank you"! If you have any questions, please call the Recreation office at 860-537-7297. Please register online so we know how many people to expect for ice cream!!

- April 26<sup>th</sup>, 2025. 8am-12pm

## **RECREATION PROGRAMS**

### **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 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 for 13 classes
- When: Session 2: Wednesdays April 23<sup>rd</sup>-June 18<sup>th</sup>, 2025 from 8:10-8:25am
- Cost: \$45 for 9 classes
- Where: Online Via Zoom
- Who: Ages 18+
- Instructor: Personal Euphoria - Maggie

### **ALL LEVELS YOGA**

This class is designed for students that are beginners as well as experienced. I will be starting with gentle warm up poses and then building some heat in the body before winding down to deeper more relaxing poses followed by a relaxation meditation. Please bring props if you have them including 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, January 8<sup>th</sup>-February 5<sup>th</sup> from 6-7pm
- Where: JJIS Room 79
- 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

### **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 for 13 classes
- When: Session 2: Wednesdays April 23<sup>rd</sup>-June 18<sup>th</sup>, 2025, from 8:30-9:15am

- Cost: \$81 for 9 classes
- Where: Online Via Zoom
- Who: Ages 18+
- Instructor: Personal Euphoria - Maggie

### **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: WJMS 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

### **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: Winter Session: Wednesdays, January 8th-February 26th from 6:00pm-7:00pm  
Spring Session: Wednesdays, March 19<sup>th</sup>-May 14<sup>th</sup>
- Where: JJIS Rm. 120
- Cost: \$80 per resident, \$85 per non-resident (1 class per week, 8 weeks)
- Who: Ages 15+
- Minimum of 6, maximum of 30
- Instructor Karen Ricardo Morales

### **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 for 13 classes

- When: Session 2: Thursday s April 24<sup>th</sup>-June 19<sup>th</sup>, 2025, from 6:00-6:45pm
- Cost: \$81 for 9 classes
- Where: Online Via Zoom
- Who: Ages 18+
- Instructor: Personal Euphoria – Rob

### **CT DEEP SAFE BOATING CLASS 2025**

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](https://portal.ct.gov/-/media/DEEP/Boating/Boating_Docs/How-to-Obtain-a-Conservation-ID-Number.pdf)

- Dates: May 13 & 15, 2025 from 5-9pm (must attend both classes)
- Location: Senior Center
- \$25 per person
- Minimum of 15 and a maximum of 25 will be accepted into this class

## **SPRING DOG TRAINING CLASSES**

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 the basic obedience commands. First session is humans only. For the remaining 5 classes, all dogs must be leashed with a non-retractable leash. No pinch or choke collars allowed; harnesses are highly recommended. Please bring a water bowl & water as well as waste clean-up bags. Only one dog per handler. Pawfessional K-9 Training uses positive reinforcement training to help families and their dogs with behavior, obedience, and communication skills. Owner Sean Shoemaker is an Animal Behavior College Certified Dog Trainer and AKC Canine Good Citizen Evaluator, has over 5 years' experience working in basic and advanced obedience training. Sean's goal with his training is to help families integrate their canine companions into their family and works with clients in both group and individual settings. All canine participants must provide proof of rabies and distemper. The Bordetella vaccination is recommended as well. Dogs with canine or human aggression are not recommended for this course.

- Fee: \$150.00 Resident/\$155 Non-Resident
- Ages: 18 and older, Min.4/Max.8
- When: Saturdays, April 19 (no dogs) , 26, May 3, 10, 17 (Rain date May 24 if needed)
- Time: from 9:00-10:00 am
- Instructor: Shoemaker, Sean (Pawfessional K-9 Training)
- Location: Ruby Cohan Woodlands

## **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: Old Colchester Senior Center
- Who: Ages 16+
- Cost: \$25 for residents/ \$30 for non-residents for 5 classes
- Maximum 5
- Instructor: Nash Mendlinger

## **HOW TO PUBLISH YOUR OWN BOOK**

Getting your own book published can give you a feeling of accomplishment and satisfaction. Publish a children's book, a how-to book, a memoir, art book, a cookbook, or just about any type of book. In this class you will learn how to tap into readily available resources to turn your work into a published book. (This is not a writing class.) If you are thinking about publishing a book or having a half-completed project, this class teaches you how to get it out into the world. You will also learn about book marketing and how to get on the author circuit. Every attendee gets a free e-copy of my book "Emotional Intelligence."

Visit [preethifernando.com](http://preethifernando.com)

- When: January 31<sup>st</sup> from 4:00pm to 6:00pm (1 class)
- Where: Online via Zoom
- Who: Ages 18+
- Cost: \$30
- Instructor: Preethi Fernando
- Minimum Enrollment 4, Maximum Enrollment 70

## **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) from 6-8pm
- Where: Indoors, CES gym
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 4 weeks, \$25 per person
- Maximum 18

## **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 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

## **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 for 13 classes
- When: Tuesdays, April 22<sup>nd</sup>-June 17<sup>th</sup>, 2025, from 6:00-6:45pm
- Cost: \$81 for 9 classes
- Where: Online via Zoom
- Who: Ages 18+
- Instructor: Personal Euphoria - Rob

## **START SMART MULTI SPORT**

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 begin 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
- Instructor: John Bornhorst

## **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 from 4:45pm-5:45pm, 4-week, re-occurring sessions
  - Session 1: January 13<sup>th</sup>- February 20<sup>th</sup>
  - Session 2: February 24<sup>th</sup> - February 17<sup>th</sup>
  - Session 3: March 31<sup>st</sup> – April 21<sup>st</sup>
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)
- Who: Ages 45+
- Instructor: Anne Beauregard

## **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: Wednesday. Jan. 15, 22, 29, and Feb 5, 2025, afterschool-4:30pm
- Where: CES Media Center
- Cost \$50 per student
- Who: Open to students at CES in grades K-2
- Min. 6/Max. 8
- 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, from 6:30pm-7:30pm  
(no class 1/20/25 or 2/17/25)
- Where: JJIS Rm. 79
- Cost: \$80 per resident/\$85 nonresident (8-week session)
- Who: Open to ages 16 and older
- Min. of 6/ max. of 25
- Instructor: Dana Belanger