

SUMMER DAY CAMP 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. 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.

COUNSELOR IN TRAINING (C.I.T.) PROGRAM (AGES 14+)

Counselor-in-Training is a three-week program for campers who want to learn about camp counseling and becoming staff members. C.I.T.'s practice leadership skills, such as communication, planning, and decision-making, and camper supervision. C.I.T. candidates must successfully complete an application and interview process and be accepted into the C.I.T. program. Applications are available on our website:

www.colchesterct.gov/recreation-department

Upon successful completion of the 3-week program, C.I.T.'s may be invited back as Junior Counselors for the remaining weeks of the summer.

- Application Due Date: April 4th, 2025
- C.I.T. Interviews will be held the week of April 28th.
- You will be notified by email to schedule an interview once your application is received.

JUNIOR COUNSELORS (AGES 14+)

Junior Counselors are volunteers who help with camper supervision, camp preparation/planning and camp activities. Applicants must have successfully completed the 3-week C.I.T. Program through Colchester Parks and Recreation. Applications for Junior Counselor positions are available on our website at www.colchesterct.gov/recreation-department. Once your application is received, you will be contacted by email to schedule an interview.

- Application due date: April 4th, 2025
- Interviews will be held the week of April 28th.
- Volunteer position, there is no fee and no compensation for participation
- June 23-August 15, Monday- Friday, 8am-3:00pm
- Volunteers will be required to choose the weeks they want to volunteer by June 1st.

INTERSHIPS

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.

CAMP DATES

2025 SUPER Camp will be held Monday-Friday, June 23- August 15th from 8am-3pm. There is no camp on Friday, July 4th. We offer extended care hours from 3:00-5:00pm for an additional fee.

SUMMER DAY CAMP REGISTRATION INFORMATION

Day Camp registration is available for all children entering grades K – 8 in fall 2025. For your convenience, registration for both Day Camp and Leaders in Training can be completed online beginning March 16th at 9:00 a.m.

CAMP FEES –Prices based on 1-week sessions for campers in grades K-8:

Monday – Friday 8:00am-3:00pm	\$170 includes field trip fee if applicable
Extended Care 3:00pm-5pm	\$40 per week
Late Registration Fee	\$25 per child, per week

SUPER REGISTRATION DISCOUNT!

Returning camp families will receive a 10% registration discount when they register between March 1 and March 15! You will receive an email with registration information in February.

FIND MORE INFORMATION, INCLUDING CAMP THEME WEEKS, ONLINE AT

<https://www.colchesterct.gov/summer-camps>

EVENTS

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: February 21st, and March 14th, 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 21st, 2025! This show is created for a general audience and is certain to leave the audience smiling! \$5 per ticket, available at the door.

- When: March 21st, 2025, at 6:00pm
- Where: WJMS Black Box Theatre

COLCHESTER CHOIR AND ORCHESTRA- WINTER PERFORMANCE

All are welcome to come and enjoy the CCO classical concert with guest cellist Sam DeCaprio playing Kol Nidre. The concert is free, donations are welcome at the door.

- Sunday, March 23, 2025, at 3:00pm
- Bacon Academy Auditorium

ROMEO & JULIET AUDITIONS: COLCHESTER SHAKESPEARE ON THE GREEN

Colchester Actors Theatre is seeking actors for ROMEO AND JULIET for the first annual Shakespeare on The Green. Actors are asked to prepare a 2–3-minute Shakespearean monologue for the audition. Actors must be over the age of 16. For further information, please contact lwarfield@colchesterct.gov or 860-537-7297.

- Show dates: July 17th & 18th.
- Auditions will be held on Monday, April 7th and Thursday, April 10th at 6:00pm
- Location: Town Hall Meeting Room 1
- Callbacks will be April 11th upon invitation

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 26th, 2025. 8am-12pm
- The first 50 people to register will get a FREE Spring Clean Up t-shirt!

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

- When: Wednesdays April 23-June 18, 2025, from 8:10-8:25am
- Cost: \$45 for 9 classes
- Where: Online Via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Maggie

BEGINNER'S KARATE

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

- When: Saturdays, March 1- April 12, 2025, from 12:15-1:00pm
- Cost: \$80 per resident, \$85 per non-resident (1 class per week, 7 classes total)
- Where: Champion Karate and Krav Maga, 199 Old Hartford Rd, Colchester, CT 06415
- Who: Ages 6-12 years old, a maximum of 15
- Instructor: Josh Seals

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).

- When: Wednesdays April 23rd-June 18th, 2025, from 8:30-9:15am
- Cost: \$81 for 9 classes
- Where: Online Via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Maggie

CARDIO KICKBOXING

Join us for a sampler, one time class of Cardio Kickboxing! Start your day off with a punch (and a few kicks) and have some fun at the same time! More dates to come, pending interest!

- When: Tuesdays, March 4th-April 8th, 2025, from 6:30am-7:15am OR 7:15am-8:00am
- Cost: \$80 for 6 classes
- Where: Champion Karate and Krav Maga, 199 Old Hartford Rd, Colchester, CT 06415
- Who: Ages 18 and older
- A minimum of 4, a maximum of 15
- Instructor: Josh Seals

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 8-February 26 from 6:00pm-7:00pm
Spring Session: Wednesdays, March 19-May 14
- Where: JJIS Rm. 120
- Cost: \$80 per resident, \$85 per non-resident (1 class per week, 8 weeks)
- Drop-in fee: \$12 per resident per class, \$17 per non-resident per class
- Who: Ages 15 and older
- Minimum of 6, 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.

- When: Thursday s April 24th-June 19th, 2025, from 6:00-6:45pm
- Cost: \$81 for 9 classes
- Where: Online Via Zoom with Instructor from Personal Euphoria – Rob
- Who: Ages 18 and older

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

- Dates: May 13 & 15, 2025 from 5-9pm (**must attend both classes**)
- Location: Senior Center
- \$25 per person
- Ages 16 and older
- Minimum of 15 and a maximum of 25 will be accepted into this class

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.

- When: Saturdays, April 19 (no dogs)-May 17 (Rain date May 24 if needed), 9-10am
- Location: Ruby Cohan Woodlands
- Fee: \$150.00 Resident/\$155 Non-Resident, minimum of 4, maximum of 8
- Ages: 18 and older

Instructor: Shoemaker, Sean (Pawfessional K-9 Training)

FOREST BATHING WALK: CELEBRATE THE SPRING EQUINOX

Rejuvenate Your Spirit with a Forest Bathing Walk to celebrate the Spring Equinox. Step into nature's embrace and celebrate the balance of day and night as we welcome spring! Join us for a transformative Forest Bathing Walk that invites you to reconnect with the natural world, find inner peace, and honor the changing season. No hiking experience is required—this is about *being*, not doing. Whether you're looking to reduce stress, spark creativity, or simply enjoy the beauty of spring, this walk is a gift to yourself. What to expect: 1. Guided Mindfulness: Slow down with a certified guide who will help you immerse yourself in the sights, sounds, and scents of the forest. 2. Seasonal Connection: Learn the significance of the Spring Equinox and how nature reflects this time of renewal and balance. 3. Sensory Awakening: Engage your senses and rediscover joy in the simplest elements of nature—soft moss, rustling leaves, birdsong. 4. Closing Ritual: Reflect and set intentions for the new season in a gentle community ceremony.

- When: Saturday, March 22, 2025 from 10am-12:00pm (rain or shine)
- Where: Salmon River Park
- Fee: \$30/ person, ages 18 and older
- Instructor: Kristin Hotchkiss

GUITAR FOR BEGINNERS

This class is for beginner guitar players looking to get started, make some music, and have fun! Small class sizes and one-on-one lessons are available, so everyone gets individual attention and tips to improve their playing! Participants will 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! Sign up and pay for 5 lessons, then choose the dates and times that work best for you. If you don't have a guitar, we may be able to accommodate you – call office for details. After registering, the instructor will contact you to schedule your lessons. Anyone under 16 must be accompanied by an adult for individual lessons.

- When: Mondays and/or Tuesdays in March, April, May are available
- Where: TBD
- Who: Ages 10+
- Cost: \$50 for residents/ \$55 for non-residents for 5 (1 hour) classes
- Instructor: Nash Mendlinger

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, April 22-June 17, 2025, from 6:00-6:45pm
- Cost: \$81 for 9 classes
- Where: Online via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Rob

TAI CHI *COMING SOON*

Stiffness is the enemy. It is coming for everyone. By doing these easy to learn exercises, you can soften your joints, improve your posture and balance and make your life easier.

- Dates, Times, Location- TBD, check website for updates!

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, March 7 -April 11, 2025, from 5:00-5:30
- Cost: \$80 per resident, \$85 per non-resident (1 class per week, 6 classes total)
- Where: Champion Karate and Krav Maga, 199 Old Hartford Rd, Colchester, CT 06415
- Who: Ages 3–5-year-olds
- Minimum of 3, maximum of 12
- Instructor: Josh Seals

WOMEN'S SELF PROTECTION CLASS

Learn practical real-world self-defense, with an emphasis on what to do and what to be aware of to protect yourself.

- When: Thursdays, March 6 -April 10, 2025, from 6:30-7:30pm
- Cost: \$80 per resident, \$85 per non-resident (1 class per week, 6 classes total)
- Where: Champion Karate and Krav Maga, 199 Old Hartford Rd, Colchester, CT 06415
- Who: Ages 18 and older
- Minimum of 4, maximum of 15
- Instructor: Josh Seals

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
February 24 - March 17, 2025 AND March 31– April 21, 2025
- Where: Facebook Live (you will be instructed on how to join the private Facebook group)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)
- Who: Ages 45 and older, Instructor: Anne Beauregard

YOUNG YOGIS THEME DAYS AT CES

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. The themes for this 4-week class series are: Bee Calm: The Buzz Yoga, Dinosaur Yoga, Lucky Leprechaun Yoga, and Yoga Adventure Stations with Friends. This class is for CES students in grades K-2. The instructor will meet students after school and walk them to the class location at CES. Parents/Guardians will sign out their child at 4:30. Please have your child wear comfortable clothes. Yoga mats will be provided.

- When: Wednesday. March 5-26, 2025, after school until 4:30pm, CES Media Center
- Cost \$50 per student
- Who: Open to students at CES in grades K-2
- Minimum of 6, maximum of 8
- Instructor: Susie Hawkins

YOGA, MINDFUL TOOLS, AND MORE!

This class will have children making, using and taking home tools to support yoga and mindful practices. The tools will be the following: Slinky Breath, Yoga Pose Cards, Toga Time and Calm Coloring w/ colored pencils. This class is open to children at CES in grades K-2. The instructor will meet students at dismissal and walk them to the class location 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. Tool Kit Includes: Slinky Breath, Yoga Pose Cards, Toga Focus Time and Calm Coloring Book w/ colored pencils.

- When: Wednesday. April 23- 14, 2025, after school through 4:30pm, CES Media Center
- Cost \$50 per student
- Who: Open to students at CES in grades K-2
- Minimum of 6, maximum of 8
- Instructor: Susie Hawkins