



## GENERAL INFORMATION

Office is in the Town Hall: 127 Norwich Ave, Suite 107, Colchester CT 06415

Office Phone Number: (860) 537-7297 \* Email: [parksandrec@colchesterct.gov](mailto: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.

### RENTALS

Interested in renting 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 all our community offerings. 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 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.

The Day Camp refund policy is as follows: prior to May 1 you will receive a full refund; May 1-31 you will receive 50% refund, 50% account credit; June 1-June 15 you will receive 100% account credit; June 16 and beyond there will be no refunds or account credits. We will do our best to trade camp weeks for you if there are openings. This policy is to cover our expense in hiring and training staff and purchasing supplies based on an expected number of campers.

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

## UPCOMING EVENTS & PROGRAMS

### DAY CAMP SUMMER EMPLOYMENT

All camp positions are posted on the Town website beginning January 10, 2022. The application deadline is Friday, March 4, 2022. We are looking for camp staff and volunteers that have a very strong background in working with children of all ages and abilities. Applications are available online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

### TEEN LEADERS (C.I.T'S)

They used to be "Counselors in Training", then they were "Leaders in Training", but the acronyms never were just right....so let's go with Teen Leaders! Teen Leaders will be expected to work alongside camp staff with the campers. Training will be provided prior to camp, but we hope that most of their learning will happen while at camp.

The deadline to apply is March 31, 2022. Teen Leaders must be 14 years of age by June 27, 2022. Applicants will be contacted shortly after the application deadline for an interview with camp staff. If selected, Teen Leaders will be able to choose which weeks they volunteer at camp. The deadline to submit the schedule request is May 15, 2022. Once the request has been approved it is expected that they attend camp every day as agreed upon. Please consider this carefully when making a commitment. The Teen Leader fee is \$50 per week. If you have any questions, **please have the applicant** call the office at (860) 537-7297, we are happy to discuss the process and how the summer works. Applications are available online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

### 2022 SUMMER CONCERTS IN THE PARK

We have booked 2 bands for our summer concerts, and we hope to have the last two booked soon as well! The concerts will be held on Thursdays, August 4, 11, 18 & 28 from 6-8pm. We now need 4 sponsors to host these wonderful bands! If you, or someone you know, is interested in this sponsorship opportunity, please give us a call for more information at (860) 537-7297.

### 2022 SPRING CLEAN UP

Spring Clean Up 2022 Event will be held on Saturday, April 30, 2022, beginning at 8:30am. Spring Clean Up details including how to register, where we will need the most help this year, what you need to bring, what we will be able to provide, etc. will be available beginning Feb. 14, 2022 on our website: [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)

\*We are excited to announce that we will be hosting a new, FALL CLEAN UP event beginning this year-September 2022.

## **COLCHESTER PARKS & RECREATION SUMMER DAY CAMP**

CAMP INFORMATION, WEEKLY THEMES AND CALENDAR ARE AT THE END OF THIS NEWSLETTER

### **NEW YORK ON YOUR OWN BUS TRIP**

Radio City, Rockefeller Center, Met Museum of Art, Times Square, 34th Street and the 9/11 Memorial- it's all up to you! The day is yours to explore and there is bound to be something for the whole family to enjoy! The deluxe motor coach will depart from the Colchester Town Hall at 7:00AM and transport passengers to New York City. The motor coach will pick up passengers at 7:00PM and bring passengers back to Colchester. The suggested drop off locations (actual locations may change slightly on the day of the trip to accommodate road conditions, parking restrictions, etc.) will be the area of Times Square and the Freedom Tower (One World Trade Center). The bus will meet everyone to return to Colchester at Bryant Park, on 42nd St.

- Sunday, May 1, 2022  
Fee: \$60 per resident, \$65 per non-resident
- Registration deadline: April 18, 2022; Min 45/Max 54

### **CHAMPIONS KARATE CLASS**

Give your child a chance to learn and grow by building their focus, self-discipline, and confidence. Martial Arts can help them in all aspects of their lives- school, extracurricular activities, and in life. This program will correspond with the curriculum rotation being used in school classes for families that want to know a bit more about the training process. Participants will work with instructors to learn "yes sir" and "no sir", they will be able to perform push-ups, sit-ups, leg squats and jumping jacks, they will be able to demonstrate "horse stance", reverse punches, front kicks, sidekicks, round kicks, back kicks and all blocks in the star block pattern.

- Mondays, Feb. 14, 21, 28 and March 7 at 4:15- 5:00pm for ages 5-6
- Wednesdays, Feb. 16, 23, March 2 and 9 at 4:15-5:00 pm for ages 7-12
- Sundays, Feb. 13, 20, 27, March 6 at 2:30 for ages 3-4
- Where: Champions Karate, 52 Upton Rd., Colchester CT
- Who: kids aged 3-12
- Cost: \$75 (4-week program)

### **CARD MAKING CLASS**

Participants will learn a variety of card making techniques and leave each class with three completed cards ready to mail. Themes will vary from class to class including birthdays, thank you, thinking of you and holidays. All materials needed for each card is included in the cost and will be given out at the beginning of each class. Classes will be taught by Wendy McCarthy. A minimum of 2 and a maximum of 6 are needed to hold the class.

- When: Feb. 9, March 9, April 6, 2022
- Where: 1PM at the Town Hall **OR** 6PM at the Senior Center
- Cost: \$15 per person

### **HALF DAY HOORAY**

Welcome back to school! We are excited to bring back our Half Day Hooray Program on professional development days- 2/18/22, 3/24/22 and 5/27/22. Children enrolled in Colchester Public Schools can stay after school on these half days and take part in our fun STEAM -themed activities. Registration is only available online <https://colchester-youth-services.jumbula.com/#/home>

- Grades K-5, \$10 per session, per child
- Location: CES & JJIS from 12:55PM-4:15PM

## **SENIOR YOGA**

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.

- 2/14/22-3/14/21 (No class 2/21/22) 4:45-5:45 PM
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)

## **MENS PICK UP INDOOR BASKETBALL**

DATE, TIME AND LOCATION TBD....but it is coming soon! Check here for details:

<https://colchesterctrec.recdesk.com/Community/Program?category=2>

**\*\*UPDATE ON THE RECPLEX BASKETBALL COURT:** The court has been removed, once the weather warms up the new court will be installed, and the lines will be painted. Updates will be available as they are provided by the installation company. This project has been fully funded and will be completed as soon as possible- the only delay is the warmer weather.

## **SPRING DOG TRAINING CLASSES**

COMING SOON- MORE INFORMATION WILL BE AVAILABLE IN THE MARCH NEWSLETTER AND ON OUR

[WEBSITE: https://www.colchesterct.gov/community-programs](https://www.colchesterct.gov/community-programs)

## **SPRING YOGA (IN PERSON, IN COLCHESTER)**

MORE INFORMATION WILL BE AVAILABLE IN THE MARCH NEWSLETTER AND ON OUR WEBSITE:

<https://www.colchesterct.gov/community-programs>

## **BARRE**

Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Please bring water, a mat, and 2-3- and 5-8-pound hand weights, and 9inch ball and resistance loop resistance bands are recommended as well.

- Where: Zoom with Allison from Personal Euphoria
- When: Mondays, 4/18-6/20/22, 5:45-6:30 PM (No Class on 5/30)
- Cost: \$63 for residents, \$68 for nonresidents (9 weeks)

## **TIGHTEN & TONE**

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a full body stretch to seal in all your hard work. Please bring a mat, blanket, 2-3 lb. weights, and a 9-inch ball and resistance loop resistance bands are recommended as well.

- Where: Zoom with Allison from Personal Euphoria
- When: Wednesdays, 4/20/22-6/22/22, 5:45-6:30 PM
- Cost: \$70 for residents, \$75 for nonresidents (10 weeks)

## **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 makes 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, a water, a green (or medium weight) flex band, and a 7.5-9-inch stability ball.

- Where: ZOOM with Rob from Personal Euphoria
- When: Tuesdays, 4/19/22-6/21/22, 6-6:45PM
- Cost: \$70 for residents, \$75 for nonresidents (10 weeks)

## **HIGH INTERVAL TRAINING**

(AKA Interval Strength) Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. The class flies by and no muscle goes untouched. Please bring water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

- Where: Zoom with Maggie from Personal Euphoria
- When: Wednesdays, 4/20/22-6/22/22, 7:45-8:30 AM
- Cost: \$70 for residents, \$75 for nonresidents (10 weeks)

## **CORE STRENGTH WITH ALLISON**

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.

- Where: Zoom with Allison from Personal Euphoria
- When: Wednesdays, 4/20/22-6/22/22, 9:00-9:45 AM
- Cost: \$70 for residents, \$75 for nonresidents (10 weeks)

## **CORE STRENGTH WITH ROB**

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.

- Where: Zoom with Rob from Personal Euphoria
- When: Thursdays, 4/21/22-6/23/22, 6:00-6:45 PM
- Cost: \$70 for residents, \$75 for nonresidents (10 weeks)

## **MEDITATION**

End your day with a quiet sense of calm. During this class, you will explore a variety of breathing practices combined with meditation to settle and focus the mind. We will use positive affirmations, mantra, and chakra system to tune in and work towards aligning with peace and balance.

- Where: Zoom with Rachel from Personal Euphoria
- When: Thursdays, 4/21/22-6/23/22, 7:00-7:30 PM
- Cost: \$60 for residents, \$65 for nonresidents (10 weeks)

## 2022 SUMMER DAY CAMP

Our summer day camp is our most exciting time of year! Day camp registration will begin March 1, 2022. Summer camp will be held on Monday- Friday, 8:00am- 3:00pm. Extended Care will be available from 3:00-5:00pm. Camp is available to children entering grades K-7 in the fall of 2022. Camp dates are June 27, 2022- August 19, 2022.

D A Y C A M P						
WEEK #	THEME	M	T	W	TH	F
1 <small>6/27/22-7/1/22</small>	CAMP SPIRIT	CAMP DAY- WEAR ANY OLD CAMP SHIRT	SILLY HAT DAY	CRAZY SOCKS DAY	PAJAMA DAY	GROUP COLOR DAY
2 <small>7/5/22-7/8/22</small>	U.S.A	NO CAMP 4TH OF JULY	FIREWORKS SPINART	WEAR RED, WHITE & BLUE	AMERICAN SONG DAY	AMERICAN FLAG DAY
3 <small>7/11/22-7/15/22</small>	TREASURE HUNTERS	TREASURE BOXES	AMAZING RACE	SNIPE HUNTING	GOLD RUSH	SCAVENGER HUNT
4 <small>7/18/22-7/22/22</small>	IMAGINE THAT	THING-A-MA-JIG	CREATE YOUR TOWN	CAMP POKEMON	PICTIONARY	FOAM FUN <small>BRING A BATHING SUIT!</small>

D A Y C A M P						
WEEK #	THEME	M	T	W	TH	F
5 <small>7/25/22-7/29/22</small>	FIELD DAYS	RELAY RACES	OBSTACLE COURSE	LEGO CHALLENGE	S.T.E.A.M. SCURRY	COUNSELORS VS CAMPERS
6 <small>8/1/22-8/5/22</small>	TEDDY BEAR CAMP	TEDDY BEAR BEGININGS	TEDDY BEAR PUPPET SHOW	TEDDY BEAR PHOTO BOOTH	TEDDY BEAR FRIENDS	TEDDY BEAR PICNIC
7 <small>8/8/22-8/12/22</small>	RACE DAYS	MIND RACERS	FEET RACERS	TEAM RACERS	WATER RACERS	CHALLENGE RACERS
8 <small>8/15/22-8/19/22</small>	LAST BLAST	FOAM FUN <small>BRING A BATHING SUIT!</small>	COLOR WARS	PAY TO PIE	BEST OF CAMP	MAKING MEMORIES

# COLCHESTER PARKS & REC

Welcome to 2022 Summer Day Camp! Information will be added to the website as it becomes available so check back frequently. Registration for Colchester residents will begin on March 1, 2022 and will open to non-residents on April 1, 2022. Registration is done online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

Camp will be held M-F from 8am- 3pm at the Colchester RecPlex from June 27-August 19, 2022. There will be extended care available from 3-5pm for an additional cost. Children entering grades K-7 in the fall of 2022 are eligible for camp. There is no camp on Mon., July 4th. (the week will be prorated to reflect 4 days).

We have new entertainers and fun activities planned for camp this summer! If you have an idea or suggestion, please call and share it with us! Our camp days are filled with team building games and activities, as well as camp favorites like GaGa ball, the splash pad, and friendship bracelets. We are bringing back the bikes this year and even a new sport-or two!

Campers will need to bring a backpack with the following to camp every day:  
water bottle, sunscreen, bathing suit, towel, water shoes, lunch, snacks (extra snacks if they are staying for extended care)  
Campers need to leave the following items at home: electronics, phones, toys, pokemon, games, balls, cards, stuffies.

Campers will need a current health physical form on file (dated within the past 36 months), a copy of their school physical is acceptable. If your child has attended camp in the past, you can call the office to see if your physical on file is valid.

# COLCHESTER PARKS & REC

Camp protocols will follow all CDC, state and local guidelines for health and safety requirements. These may change from time to time, but we will ensure that our staff and camp are doing all we can do to keep the campers and camp staff safe and healthy. Please check the website for updates to our protocols, or call the office to speak directly with us.

The cost of camp will remain the same this year as it was last year- \$160 per week, per child (\$165 for non residents). You can order a camp t-shirt when you register for an additional \$10, but it is not required. Extended Care is \$40 per week, per child (\$45 for non residents). You must pre-register for camp and extended care. We do not accept single day registrations.

When you register you will need to pay the full amount, or you can pay a deposit. Payment plans are available but we suggest you set the plan up now so that your payments are lower and more affordable. All balances must be paid in full by June 24, 2022. We have limited scholarship available based on need. Applications are available online.

The camp refund policy is as follows: prior to May 1 you will receive a full refund (minus the \$15 cancellation fee); May 1-31 you will receive 50% refund, 50% account credit (minus the \$15 cancellation fee); June 1-June 19 you will receive 100% account credit; June 20 and beyond there will be no refunds or account credits. We will do our best to trade weeks for you if there are openings.

There is a \$15 cancellation fee for each week a refund is requested. There is a late registration fee of \$25 if you register later than one week prior to the start of camp. If a week of camp fills up, there will be no late registration allowed. These policies are in place to cover our expenses in hiring and training staff and purchasing supplies based on an expected number of campers.