



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
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 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 1-15 you will receive 50% refund, 50% account credit; May 15-May 31 you will receive 100% account credit; There will be no refunds or account credits after June 1. 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

DISCOUNTED PARK TICKETS- Discounted Park tickets will be available at the Recreation Office during business hours, between June 15-Aug. 25. More information and prices can be found on our website at www.colchesterct.gov/recreation-department.

SUMMER NIGHTS ON THE TOWN GREEN

Come on down to the Town Green with your family and friends. There will be activities and entertainment every Thursday from 6-8pm this summer! There will be summer concerts on 7/6, 7/13, 7/20. There will be fun trivia nights on 6/29, 8/10 and Summer Dance Parties with DJ Montez on 8/3 and 8/24.

More information is available on our website at www.colchesterct.gov/recreation-department

TOWN WIDE TAG SALE

Maps will be available July 31, 2023 at www.colchesterct.gov/recreation-department

Anyone and everyone can print out the tag sale map and visit all of the tag sales in Colchester!

All tag sales will be held on Saturday, August 5, 2023 (Rain Date August 12, 2023)

CELEBRATE COLCHESTER

Saturday, September 9th on the Town Green from 1-5pm. A great community event featuring local organizations, local businesses, a silent auction, food, friendly games and competitions, kid friendly activities, giveaways, and so much more! Register 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 continue offering community events such as the summer concerts. 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. 5th. 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

COLCHESTER'S 325TH BIRTHDAY EVENTS

CELEBRATE COLCHESTER- 325TH BIRTHDAY KICK OFF

- Saturday, Sept. 9 from 1-5pm at the Town Green

COMMUNITY FIREWORKS

- Saturday, Sept. 9 at dusk at the RecPlex

COLCHESTER COMMUNITY EVENTS

- Historical Tours, Open House, Presentations, Activities
- Oct. 7, 8, 9, 10 & 15
- Restaurant Week
- 10/7 thru 10/15

325 BIRTHDAY GALA

- Gala with music, hors d'oeuvres, proclamation
- Friday. Oct. 13 from 7-10pm at Priam Vineyards
- Tickets will be sold at the Town Hall prior to the event.
- 325th Birthday calendars, ornaments, and more will be available for purchase.

YOUTH PROGRAMS

START SMART SOCCER

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 13th ending October 25th 5:30-6:30pm
- Cost: \$50
- Where: Colchester Town Green/Colchester Recplex TBD
- Ages: 3-5

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.

- When: Wednesdays November 8th ending December 13th, 5:30-6:30pm
- Where: Gymnasium TBD
- Cost: \$50
- Ages: 3-5
- Minimum of 6, maximum of 12

YOUNG YOGIS: FALL 2023 Afterschool at CES- Two sessions: Wednesday or Thursday

- 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 children enrolled in CES in grades K-2. The instructor will meet students after school and walk them to the location of the class in CES. Parents/Guardians will sign out their child at 4:30. Please have your child wear comfortable clothes. Yoga mats will be provided. 4 classes per session.
- Wednesday Classes: Oct. 18, 25, Nov. 1, Nov. 8
- Thursday Classes: Oct. 19, Nov. 2, 9, 16
- Cost: \$50.00
- Instructor- Susie Hawkins
- Enrollment: Max 8

YOGA, MINDFUL TOOLS AND MORE: FALL 2023 Afterschool at CES - Two sessions: Tuesday or Wednesday:

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 location of the class in CES. Parents/Guardians will pick up their child at 4:30. Please have your child wear comfortable clothes. Yoga mats and all materials will be provided. 4 Classes per session.

- Tuesday Classes: Nov. 28, Dec.5, 12, 19
- Wednesday Classes: Nov. 29, Dec 6, 13, 20.
- Cost: \$55.00
- Instructor- Susie Hawkins
- Enrollment: Max 8

SUMMER ADULT PICKLEBALL LEAGUE-Check the website for dates!

League play format: Round Robin with teams of 4 people. Each team will consist of 1 female and 1 male player with similar skills. Players will self-evaluate their level of play. Teams will be drawn at random with an equal-as-possible distribution of skill levels for each team and will be set for the entire season.

Team changes may be accommodated with approval from the league administrator. This is a recreational league with the emphasis on skill and team building. A player may be removed from the league due to unbecoming behavior or more than 2 missed games (without notification or replacement). There will be no refunds issued. If a player leaves the league, the next player on the waitlist with similar skills and the same gender will replace that player.

If a team member cannot make a league game, the team in question is responsible for obtaining a temporary replacement player by asking a current league member on another team to fill in with equal or lower playing level.

League format:

- Two teams play against each other per week (teams play a total of 4 games): 1 men's double, 1 mixed doubles (male and female), 1 women's doubles and 1 mixed doubles (the remaining male and female).
- Before the match begins, players will use a coin toss to determine the following:
 - Team winning the coin toss will choose a side as well as their mixed doubles partners after their opponents choose. Team losing coin toss will serve first in the 1st and 3rd games.
- Team points will be earned:
 - Each match is 1 game to 15 wins by 1 with rally scoring (rally scoring becomes side out scoring when a team reaches 13 points) - change sides at 8
 - Point scoring: Earn 3 POINTS per game win (up to 12 points per match). The top 3 teams will receive a gold, silver, or bronze medal.

Skill Level Classifications:

- Advanced Beginner: Knows the rules and can keep score and has weak but improving court coverage. Serves are "in" more regularly, knows the two-bounce rule, and knows where to stand on the court during general play. Ground strokes and dinks are a work in progress but has a general idea of when to do both.
- -Intermediate: Demonstrates a broad knowledge of the rules of the game. High majority of services are "in" and is able to hit the serve deep. Starts to incorporate strategy during the game and places the ball better. Covers a good amount of the court (included coming to the non-volley zone) and is starting to use drop shots in order to get to the net. Less unforced errors are made, and sustainable dinking is starting to become a part of the game plan.
- -Advanced: Plays consistently in all phases of the game. Anticipates opponents' shots resulting in good court position. Primarily plays offensively. Controls and places serve and return of serves to best advantage. Consistently executes effective drop shots. Hits a low number of unforced errors per game. Consistently varies shots to create a competitive advantage. Has good footwork and moves laterally, backward, and forward with ease. Demonstrates 3rd shot strategies: drop shot, lobs, and fast paced ground strokes.

ARCHERY

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 trails 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 all times, no sharing of equipment and no one sits "on the bench".

- Monday, Aug. 14-Friday, Aug. 18 from 8:30am -9:30am
- Cost: \$75 per archer, \$80 per nonresident
- Where: Colchester RecPlex (R5)
- Ages 8 and older (kids and adults are welcome!)
- A minimum of 6, with a maximum of 12 will be accepted.

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.

- When: Classes are held on Mondays, in 4 weeks, re-occurring sessions
- 8/21-9/18 (no class 9/4)
- 9/25-10/23 (no class 10/0)
- 4:45-5:45pm (dates can be found on the website)
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)

BARRE- PILATES FUSION

This class combines barre and strength exercises with floor work based on Pilates principles. It is a full-body workout with plenty of stretching and moments to breathe. Equipment: a sturdy chair to act as a "barre" to hold on to, sets of weights (try allowing yourself a range from 2-3 lbs. to 5-8 lbs.). Mat and water are recommended. Instructed by Allison

- September 11th- December 11 (NO 10/9) 5:45-6:30pm
- \$85

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. Instructed by Rob

- September 12th-December 12th 6-6:45pm
- \$91

15-MIN. HIIT

You're in your out. Short on time? This is the workout 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. Pairs great with Cardio Strength right after! Instructed by Maggie

- September 14th- December 13th 8:10-8:25
- \$42

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 are 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).

- September 13th- December 13th 8:30-9:15am
- \$91

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.

- September 14th- December 14th (NO 11/23)
- \$85

BUS TRIPS ARE BACK!

All bus trips have been planned with Tours of Distinction. Registration forms are available online at www.colchesterct.gov/recreation-department. The bus will leave from the Colchester Town Hall.

SPOOKY SALEM Oct. 21, 2023

This trip includes round trip motor coach, admission to the Salem Witch Museum, free time, tour director, driver and all gratuities. The cost is \$114 per person.

EMPLOYMENT OPPORTUNITIES

HALF DAY HOORAY

We are looking for people to work at our 2023-2024 Half Day Hooray events. We offer a stipend or gift card for spending the afternoon with us, and your child can participate for free. Help is needed at JJIS with grades 3-5 and at CES for grades K-2. 2023-2024 Half Day Hooray dates are as follows: Oct. 6, 2023, Dec. 8, 2023, Jan. 12, 2024, Feb. 16, 2024, and May 24, 2024. Please call the office if you are interested in working with us!

VOLUNTEER OPPORTUNITIES

We are always looking for volunteers to help with events and programs. It is a great way to get involved with your community and make new friends. Please call the office to discuss ways in which you can get started!

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.