



## GENERAL INFORMATION

Office is in the Town Hall: 127 Norwich Ave, Suite 107, Colchester CT 06415  
Office Phone Number: (860) 537-7297 \* Email: [parcsandrec@colchesterct.gov](mailto:parcsandrec@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 1-15 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**

**COMING SOON:** Check the website for current information. Keep an eye out for the following programs: Bus Trips to fun events and locations, National Trails Day, Colchester's 325<sup>th</sup> Birthday, Summer Soccer Camp, Walking Club, Bike Club, and more!

### **PUZZELPALOOZA**

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! Puzzle will be 300-500 pieces depending on availability.

- When: Friday, March 31, 202 and Friday, April 28, 2023, beginning at 6:00pm
- Cost: \$25 per team
- Where: Town Hall

### **ANNUAL SPRING CLEAN UP**

Register to help brighten up Colchester! There are many different areas that you can choose to work on. Bring a team, a family, or friends. We will provide garbage bags and free garbage pickup. Jobs include spreading mulch, raking, weeding, picking up garbage, and more. Locations include the schools, town buildings and parks. Meet up at 12pm at Mel's Downtown Ice Cream for a free ice cream as our way of saying "Thank you"!

- When: Saturday, April 22, 2023 at 8:00am at the Town Green (Rain date Saturday, April 29, 2023)

### **FOOD FESTIVAL ON THE TOWN GREEN**

Come down to the Town Green and try a little bit of everything! Great vendors, games and great food.

Follow the event on Facebook: <https://www.facebook.com/FOODIEAFF/>

- Saturday, May 6, 2023 (rain date May 7, 2023)

### **TOWN WIDE TAG SALE**

Register for the Town Wide Tag Sale by July 21, 202. Your address and tag sale hours will be listed on a map that will include all of the local tag sales being held on 8/5/23. Then, hold your tag sale at your house (or get together with neighbors). Maps will be available July 31,2023 at [www.colchesterct.gov/recreation-department](http://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)

## **YOUTH PROGRAMS**

### **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. Kids rotate through 4 stations and skills become more challenging each week. Games are played using new skills! Children learn the skills but have FUN in the process.

- Wednesdays 3/22/23-5/26/23
- Ages 3-5
- \$50/session

### **MINDFUL TOOLS AND MORE**

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 Kit, Yoga Pose Cards, Toga Time and Calm Coloring Book. 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 sign out their child at 4:30. Please have your child wear comfortable clothes. Yoga mats and all materials will be provided.

- When: 4 classes: Tuesdays, 3/28, 4/4, 4/18, 4/25 OR Wednesdays, 3/29, 4/5, 4/19, 4/26, 2023
- Cost: \$ 45.00
- Instructor- Susie Hawkins
- Enrollment: Max 8

### **THEMED YOGA FOR KIDS**

Each themed yoga class will combine yoga and mindful practices in age appropriate, playful, and engaging ways 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 on Yoga, Dinosaur Yoga, Lucky Leprechaun Yoga and Partner Yoga Adventures. This class is for children enrolled at CES 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: Tuesdays, 3/1/23-3/22/23
- Cost \$ 45.00
- Instructor: Susie Hawkins
- Enrollment: Max 8, Min 6

### **2023 SUMMER DAY CAMP**

Camp is our most exciting time of year! If you attended camp last summer, you should have received an email with information on how to register early.

- Register online at <https://colchesterctrec.recdesk.com/Community/Home>.
- Camp dates are 6/26-8/18 (8 weeks) from 8:00am-3pm, Monday through Friday. \$170 per week, per child
- Extended care will be available for an extra fee from 3:00pm-5:00pm, \$45 per week, per child.
- Camp is open to children entering grades K-7 in the fall of 2023.
- Open registration will begin on Monday, April 3, 2023.
- There is no camp on Tuesday, July 4, 2023
- The camp calendar is available and is accurate to the best of our ability. Activities or field trips may change due to availability.

## **TENNIS LESSONS**

Players will develop new skills and techniques through enjoyable activities, drills, and games. The classes will be run by Shaun Keane who has over 17 years of teaching and running tennis clinics for a variety of ages. Instruction will be differentiated amongst levels in each of the clinics to ensure each player is improving on their skill set.

- Every Monday from 5/1/23-5/22/23, makeup date-6/5/23
- Ages 5-7: 3:45-4:30, \$65/session
- Ages 8-12: 4:30-5:30, \$85/session

## **ADULT PROGRAMS**

### **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.

### **WINTER PICKLEBALL**

Pickleball is here to stay in Colchester! Register today for our indoor, winter pickleball program. Pickleball is a sport that any age or gender can learn to play. We hope you will give it a try! This program will fill up so please register early.

Pickleball will be held at the Colchester Elementary School gym from 6-9pm.

- When: Tuesdays, 2/7/23- 4/25/23 (11 sessions) There is no pickleball on 4/11/23.  
Session 1: 6:00-7:30pm at the CES gym  
Session 2: 7:30-9:00pm at the CES gym
- Cost: \$32.50 for residents, \$37.50 for non-residents
- Ages: 16 and older

### **BEGINNER SPRING PICKLEBALL**

Pickleball is here to stay in Colchester! Register today for our indoor, winter pickleball program. Pickleball is a sport that any age or gender can learn to play. We hope you will give it a try! This program will fill up so please register early. We have a limited number of paddles, please bring your own if you have them. This session is intended for those how have little to no experience playing pickleball. You can learn the sport in a supportive, fun environment. An instructor will be on hand each week to provide learning experiences for the group.

- Who: Adults ages 16 and older
- Where: Colchester Elementary School gym from 6-7:30pm
- When: Tuesdays, 5/16/23-6/13/23 (5 weeks)
- Cost: \$30 per player
- Minimum of 12 and a maximum of 30

## **INTERMEDIATE SPRING PICKLEBALL**

Pickleball is here to stay in Colchester! Register today for our indoor, winter pickleball program. Pickleball is a sport that any age or gender can learn to play. We hope you will give it a try! This program will fill up so please register early. This session is intended for those that have experience playing pickleball. However, it is not a highly competitive program.

- Who: Adults ages 16 and older
- Where: Colchester Elementary School gym from 6-7:30pm
- When: Tuesdays, 5/16/23-6/13/23 (5 weeks)
- Cost: \$20 per player
- Minimum of 12 and a maximum of 30

## **COMMUNITY CPR/AED/FIRST AID CLASSES:**

**The Heartsaver CPR AED/First Aid:** This course trains participants to give CPR and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC). The Heartsaver First Aid course trains participants first aid basics for the most common first aid emergencies, including how to recognize them, how to call for help, and how to perform lifesaving skills. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC) and the 2015 AHA/Red Cross Guidelines for First Aid. The AHA Heartsaver CPR AED/First Aid Course is designed for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

**Basic Life Support (BLS) CPR:** The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. Reflects science and education from the *American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC)*. The AHA's BLS Course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

- Cost: \$90 per person
- A maximum of 15 students per class
- Instructor: Audrie Babineau
- Class Dates:
  - 3/21/23 6:00 pm (Heartsafe CPR & First Aid) at the Town Hall, Meeting Room 1
  - 4/18/23 6:00 pm BLS CPR
  - 9/19/23 6:00 pm (Heartsafe CPR & First Aid)
  - 10/17/23 6:00 pm BLS CPR
  - 11/14/23 6:00 pm (Heartsafe CPR & First Aid)

## **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 week, re-occurring sessions
- 3/6/23-3/27/23
- 4/3/23-4/24/23
- from 4:45-5:45pm
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for non-residents (4 weeks)

## **CARD MAKING CLASS**

Join us for a fun and creative card making class. All creative levels welcome! Monthly class will be held on the third Wednesday of each month. During each class we will create two beautiful cards. All materials provided.

- When: Thursdays, 3/16/23 or 4/20/23 at 6:00pm
- Where: Colchester Town Hall
- Cost: \$15 per class, per person (\$20 for nonresidents)
- Instructor: Gayle Sylvester
- Minimum of 2 people needed for this class.

## **ZUMBA**

Kick your workout into high gear with Zumba! A one-hour dance fitness class combining 30 minutes of Zumba Toning - where we use 1lb Zumba Toning Sticks to tone and firm your muscles while you dance - with 30 minutes of the fun, high energy Zumba you know and love!

- Mondays, 4/3/23-5/22/23 6-7pm at JJIS
- \$65 per resident/\$70 per nonresident
- Instructor: Dana

## **\*NEW\* 15 MINUTE HIIT**

You're in you're out! Short on time? This is the workout for you/ Backed by research that shows short bots 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!

- Where: Zoom
- When: Wednesdays, 7/12/23-8/16/23, 8:10-8:25am
- Cost: \$21 for residents, \$26 for non-residents

## **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, 4/18/23-6/20/23, 6-6:45PM
- Cost: \$70 for residents, \$75 for nonresidents (10 weeks)
- When: Tuesdays, 7/11/23-8/15/23
- Cost: \$42 for residents, \$47 for nonresidents (6 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
- Thursdays, 4/20/23-6/22/23, 6:00-6:45PM
- Cost: \$70 per resident, \$75 per nonresident (10 weeks)
- Thursdays, 7/1/23-8/17/23, 6:00-6:45PM
- Cost \$42 for residents, \$47 for nonresidents (6 weeks)

## **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. The strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: yoga mat, weights (1-3lb and 5-8lb, or larger if desired).

- Where: Zoom with Maggie from Personal Euphoria
- When: Wednesdays, 4/19/23-6/21/23, 8:30-9:15AM
- Cost: \$70 or residents, \$75 for nonresidents (10 weeks)

## **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. Dates will be available soon, call the office for more information.

### **SUMMER CAMP EMPLOYMENT**

Do you want to join a fun, dynamic workplace? We have just the place for you! Our summer day camp staff are energetic, happy, and very caring. If you would like to join our camp team, fill out an employment application between January 3, 2023, and March 4, 2023. Applications will be available on our website beginning January 3, 2023.

We would love to include parents as camp staff. We will pay you for your time, and your child can participate for free!

## **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.

# JUNE - JULY 2023

2023 COLCHESTER PARKS & RECREATION SUMMER DAY CAMP  
\*ALL SCHEDULES ARE SUBJECT TO CHANGE

CAMP WEEK	THEME	MON	TUE	WED	THU	FRI
<b>WEEK 1</b> 6/26-6/29	<b>Out of this World Week</b>	26 Star Wars Day	27 Intergalactic Day	28 Pokemon Day	29 Alien Day	30 Field Trip Mystic Seaport
<b>WEEK 2</b> 7/3-7/7	<b>Week of Holidays</b>	3 Halloween at Camp	4 <b>No Camp</b> Happy 4th of July!	5 Mardi Gras Day	6 Ground Hog Day	7 St. Patrick's Day
<b>WEEK 3</b> 7/10-7/14	<b>Animal Lovers Week</b>	10 Teddy Bear Day Teddy Bear Picnic	11 PawsPatrol CT Humane Society	12 Favorite Animal Day	13 Visit from the Colchester Police Dogs	14 Reptiles CZR Reptiles
<b>WEEK 4</b> 7/17-7/21	<b>Pirates &amp; Princesses</b>	17 Dress as a pirate or a princess	18 Storytelling Day	19 Field Trip Norwich Sea Unicorn baseball game	20 Camp Kindness Day	21 Make a pirate ship or princess wand

# JULY - AUGUST 2023

2023 COLCHESTER PARKS & RECREATION SUMMER DAY CAMP  
\*ALL SCHEDULES ARE SUBJECT TO CHANGE

CAMP WEEK	THEME	MON	TUE	WED	THU	FRI
<b>WEEK 5</b> 7/24-7/28	<b>International Week</b>	24 Around the World at Camp	25 BookLovers Day	26 Everybody's Different Day	27 World Flag Day at Camp	28 Foam Party
<b>WEEK 6</b> 7/31-8/4	<b>Olympics</b>	31 Bike Rodeo	1 Mini Golf comes to Camp	2 Camp Corn Hole Tournament	3 National Watermelon Day	4 <b>Color Wars</b>
<b>WEEK 7</b> 8/7-8/11	<b>Through the Decades</b>	7 60's Day at Camp	8 80's Day at Camp	9 Cave Hill Field Trip	10 Cave Hill Field Trip Rain Date	11 National Kinetic Sand Day
<b>WEEK 8</b> 8/14-8/18	<b>Last Blast</b>	14 National Chocolate Chip Cookie Day	15 Camp Favorites Day	16 Pay to Pie Day	17 Camp Talent Contest	18 Camp Shirt Signing Day

# Colchester Parks & Recreation

## 2023 CALENDAR OF EVENTS

- Jan. 1-Applications accepted for summer camp positions
- Jan. 13-Half Day Hooray
- Jan. 27-Puzzlepaloosa
- Feb. 10-Half Day Hooray
- March 1-First day of day camp registration
- April 22- Annual Spring Clean Up
- April 29-Touch a Truck Kids Day
- May 6-Food Truck Fest on Town Green
- May 26-Half Day Hooray
- June 23-Splash Pad will open
- June 26-First Day of Camp at RecPlex
- June 29-Trivia Night in the Park at Town Green
- July 6-Concert in the Park- "Local Honey"
- July 13-Concert in the Park- "US Coast Guard Band"
- July 20-Concert in the Park- "384 East"
- July 27- DJ Montez, Summer Dance Party in the Park
- Aug. 3-Concert in the Park- "The Outcrops"
- Aug. 5-Town Wide Tag Sale
- Aug. 10-Trivia Night in the Park at Town Green
- Aug. 17-Concert in the Park- "Bluesberry Jam"
- Aug. 18-Last Day of Camp
- Aug. 24-DJ Montez End of Summer Dance Party on Town Green
- Sept. 4- Splash Pad will close
- Sept. 9-Celebrate Colchester on Town Green (rain date 9/23/23)
- Oct. 18-Pumpkin Painting at RecPlex Pavilion
- Oct. 28-Trick or Trunk at Bacon Academy (rain date 10/29/23)
- Nov. 4- Ghost Run 1/2 marathon
- Dec. 2-Holiday Homecoming on Town Green (rain date 12/3/23)
- Dec. 4-Holiday Home and Business Decorating
- Dec. 4-Gingerbread House contest

**ALL EVENTS ARE SUBJECT TO CHANGE, UPDATES WILL BE SHARED ON OUR WEBSITE:**

**[WWW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT](http://WWW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT)**

**(860) 537-7297 [parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov)**