



COLCHESTER PARKS & RECREATION

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SUMMER IN THE PARKS

We are planning for a fun summer of free events on the Town Green!

Every Thursday, June 26-August 14, from 6-8pm.

- 6/26/25 Secret Lita Band
- 7/10/25 Bootleg Harmony Band
- 7/17/25 Romeo & Juliet- Shakespeare on the Green
- 7/18/25 Romeo & Juliet- Shakespeare on the Green
- 7/24/25 Maestros Men featuring Dennis Polisky
- 7/31/25 DJ Montez's Dance Party
- 8/7/25 Audrey Mae Band
- 8/14/25 Touch A Truck Event

TOUCH A TRUCK

SIGN UP TODAY! Bring your different kinds of trucks and vehicles. We will have kids' activities, fun games, and interesting trucks! We are looking for a wide variety of vehicles- if you are interested in participating with your vehicle, please call the office to register.

- When: Thursday, August 14, 2025, from 6-8pm
- Where: Colchester Town Green
- Who: Everyone is welcome!

TOWN WIDE TAG SALE

Register for the Town Wide Tag Sale by July 25, 2025, and pay the \$25 fee. Your address and tag sale hours will be placed on a map that will include all the local tag sales being held on 8/2/25. Then, hold your tag sale at your house (or get together with neighbors).

Maps will be available July 30, 2025 at www.colchesterct.gov/recreation-department

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

All tag sales will be held on Saturday, August 2, 2024

(Rain Date August 9, 2025)

CELEBRATE COLCHESTER

Saturday, September 20, 2025, on the Town Green from 1-5pm. Celebrate Colchester (formerly the 57 Fest) is a great community event featuring local organizations, local businesses, an auction, food trucks, friendly games and competitions, kid-friendly activities, giveaways, and so much more! There is no fee to set up a booth, we just ask that you donate one item or basket to be used in the auction. The funds raised will be used for summer day camp scholarships. *Booths may not have access to electricity. Please plan on providing a pop-up tent, table, chairs, etc.* We welcome booths from all Colchester 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 FOR YOUR BOOTH TODAY at www.colchesterct.gov/recreation-department

TRUNK OR TREAT

Saturday, Oct. 25, 2025 (rain date Sun., Oct. 26) at the Bacon Academy parking lot.

Decorated Trunks

Register today to decorate your car/truck "trunk" with a Halloween theme and hand out candy to the trick or treaters! Register by 10/23, limited to the first 50 trunks. There is no fee to register. The rain date is Sunday, Oct. 26 (same time and details). *How it works: Arrive on 10/25 at Bacon Academy between 2:00-2:30pm. We will show you where to park your vehicle, then set up your Halloween display by 3:00.

From 3:00-4:00 our event will be a sensory friendly event. Please keep your decorations quiet, with no flashing lights, less scary/more fun! The public will attend between 4:00-7:00 with DJ Montez. You can turn on decorations, flashing lights are ok, scarier is fine! Please remember that you will need to remain in your parked location for the entire event. Please call our office at (860) 537-7297 if you have any questions.

* PLEASE NOTE THAT ONLY CANDY CAN BE DISTRIBUTED!

*TRUNKS SHOULD BE DECORATED WITH FAMILY THEMES IN MIND

Trick or Treaters

Every child will need to bring 2 bags of candy to be admitted to the event.

The candy that is collected will be distributed to the trunks to hand out to the trick or treaters. Please carpool, if possible, the parking lot will fill up.

SUMMER CAMPS

DAY CAMP REGISTRATION INFORMATION

Day Camp registration is available for all children entering grades K – 8 in fall 2025. For your convenience, registration for Day Camp can be completed online at www.colchesterct.gov/Recreation-department.

- There is no camp on 7/4/2025. The fees for this week have been pro-rated.
- Times: 8am- 3pm on Monday- Friday
- Cost: \$170 per week, per child. The weekly fee includes all camp activities including the field trip, bus, and entrance fees (if scheduled).
- Extended Care: 3:00-5:00pm for an additional fee (register separately).

DAY 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-5:00pm \$40 per week

Late Registration Fee \$25 per child, per week

*Payment plans and limited scholarships are available. Please call the office for more information.

COLCHESTER YOUTH THEATRE CAMP

In this 8-day Youth Theatre Camp, participants will engage in various acting exercises and workshops to enhance their performance abilities. They will also explore different acting techniques and styles to help them bring their characters to life on stage. Through collaborative activities, they will forge strong connections with their fellow campers and build important social skills. In addition to honing their acting skills, the attendees will receive valuable feedback and guidance from experienced instructors to help them improve their stage presence and overall performance. By the end of the camp, each participant will have the chance to showcase their talents in a culminating play, where they can put into practice everything they have learned during the week and a half. Overall, this Youth Theatre Camp aims to provide a supportive and creative environment for young aspiring actors to grow, learn, and shine on stage while gaining confidence and valuable skills that will benefit them both on and off the stage. Get ready for a wild week-and-a-half Youth Theatre Camp packed

with acting tips, character building, buddy bonding, stage swagger, socializing secrets, and a mega confidence boost! Join the gang in rehearsing and rocking a fabulous original play!

- Who: Youth entering grades 2-7 in the fall of 2025
- When: Monday-Friday, 8/11-8/20 from 8am-3pm.
A performance will be held on Aug. 20 at 1:30pm at JJIS in room 79
- A minimum of 15 and a maximum of 40 actors will be accepted on a first-come, first-served basis (no auditions are required to attend the camp)
- Cost: \$240 per child

****NEW THIS YEAR**PUBLIC SAFETY SUMMER PROGRAM**

Welcome to Colchester's first Public Safety Summer Program! Colchester Fire & EMS along with Colchester Recreation and Colchester Police Department are thrilled to have you join us for an exciting and unforgettable experience filled with adventure, learning, and camaraderie. Get ready for an action-packed week as we delve into the fascinating world of firefighting, EMS and police services. During this program, we aim to provide a safe and educational environment where participants aged 14-17 can develop valuable skills that can last a lifetime. Our team of experienced firefighters, EMTs and police officers have planned a program that will challenge and inspire you. During your time at camp, you will have the opportunity to:

1. Fire Academy Training: Immerse yourself in a comprehensive training program designed to simulate the experience of a real firefighter academy. You will learn the fundamental skills necessary to become a cadet firefighter.
2. Practical Skills Development: Engage in hands-on training sessions where you will practice essential firefighting skills, such as hose handling, hydrant operations, and search and rescue techniques. Experience the thrill of simulated fire scenarios to test your knowledge and skills under controlled conditions.
3. Leadership and Teamwork: Cultivate leadership qualities and enhance your teamwork abilities through a series of exercises and challenges. Learn the importance of effective communication, decision-making, and collaboration in high-pressure situations.
4. Public Safety Ethics and Values: Discover the core values of the public safety professions, including integrity, respect, and selfless service. Explore the ethics that guide firefighters and police officers with developing a strong sense of responsibility towards the community.

Drop off: We kindly request that you arrive for drop-off between 8:30 am and 8:55 am at each drop-off location listed above. Our program will commence promptly at 9:00 am, and we expect to begin without any delays.

Pick up: Pick up is between 3:00pm-3:30pm pick up location can be found listed above

What to bring:

- Lunch- Participants will have a lunch break at approximately 12-12:30pm each day. Bring ice packs for lunch, there is limited space in the fridge at HQ or access.
- Small towel
- Sunblock- Participants will be outside all day and it is recommended that they wear sunblock.
- Sneakers and shorts- Participants will have firefighting gear for some activities but will need sneakers and shorts for other tasks
- Change of Clothes- Participants will be sweaty after a long day of firefighting. A change of clothes for the car ride home is recommended.
- Optional: knee pads. Participants will be crawling around on their hands and knees for various firefighting activities

What is provided: 32oz Water bottle, Safety glasses, Gear/PPE, Participants T-shirts (2)

Physical Fitness – During your time at this program, we have scheduled a daily physical fitness session from 9:00 AM to 9:30 AM. This session will focus on enhancing your physical capabilities and improving your overall fitness level. You can expect a variety of exercises, including push-ups, squats, and jumping jacks, to develop strength, endurance, and agility.

Attendance - It is expected that Participants will attend all the scheduled days.

- Register today at www.colchesterct.gov/recreation-department
- Cost: \$75 per person
- Ages: 14-17
- When: Aug 8-

CHESS WIZARDS CAMP

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle—your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend a week with Chess Wizards! Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship/ Students will be divided into groups according to their chess experience. At the end of this camp, each student will have had the chance to participate in a mini-chess tournament.

- When: July 28-August 1, 2025, from 9:00am-12:00pm or 12:00pm-3:00pm
- Cost: \$225.00 per resident, \$230.00 per non-resident (3-hour per day- choose AM or PM)
- Who: Entering Grades K-6th in fall 2025
- Minimum of 14, maximum of 50
- Instructor: Chess Wizards
- Location: TBD based on registration numbers/size of group

SPT SUMMER SOCCER CAMP

Join Us for the 4th Annual SPT Soccer Camp! Get ready for an exciting summer of soccer at SPT Soccer Camp! Every player receives a free T-shirt, and our program is designed to help you grow technically and tactically while building confidence on and off the field. Led by top local coaches, our camp offers intensive training for all skill levels, ensuring every player improves. Players- Don't miss this opportunity to train with some of the best coaches in the state and take your game to the next level! Sign up today and be part of the action!

Meet Our Expert Coaching Staff: Lee Elliott – Connecticut College Assistant Coach, D3 Men's Soccer Coaching Staff of the Year (2024), National Championship Runner-Up (2024), UEFA B License; Andrew Storton – National Championship Winner 2021, Runner up 2024. National coaching staff of the year 2021 & 2024; Skip Starks – Bacon Academy Varsity Boys Coach; Ashley Gaedt – Former College Player, Strength & Conditioning Coach; Current & Former Bacon Academy players.

- Monday-Friday, July 21-July 25, 2025, from 5-8pm at the RecPlex
- Cost: \$150 per player
- Open to youth entering grades K-8 in the fall of 2025
- Minimum of 25, Maximum of 75

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.

- Wednesdays, July 16-August 20, 2025, from 8:10-8:25am
 - Cost: \$30 for 6 classes
- Wednesdays, September 10-December 10, from 8:10-8:25am
 - Cost: \$70 for 14 classes
- Where: Online Via Zoom

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).

- Wednesdays, July 16-August 20, 2025, from 8:30-9:15am
 - Cost: \$54 for 6 classes
- Wednesdays, September 10-December 10, from 8:30-9:15am
 - Cost: \$126 for 14 classes
- Where: Online Via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Maggie

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: Fall dates coming soon!
- Where: TBD
- 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.

- Thursdays, July 10-August 21, 2025, from 6-6:45pm
 - Cost: \$63 for 7 classes
- Thursdays September 11-December 11 (no class November 27). from 6:00-6:45pm
 - Cost: \$117 for 13 classes
- Where: Online Via Zoom with Instructor from Personal Euphoria – Rob
- Who: Ages 18 and older

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.

- Tuesdays, July 8-August 19, 2025, from 6-6:45pm
 - Cost: \$63 for 7 classes
- Tuesdays, September 9-December 9 (no class on November 11), from 6:00-6:45pm
 - Cost: \$117 for 13 classes
- Where: Online via Zoom
- Who: Ages 18 and older
- Instructor: Personal Euphoria – Rob

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.

- Mondays from 4:45pm-5:45pm
- 6/16/25-7/7/25
- 7/21/25-8/11/25
- 8/25/25-9/22/25 (no class 9/1/25)
- 10/6/25-11/3/25 (no class 10/13)
- 11/17/25-12/8/25
- \$35 for residents, \$40 for non-residents (4 weeks)
- Instructor: Anne Beauregard
- Facebook Live (the private link will be mailed to you after you register)

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: Fall dates coming soon!
- Where: TBD
- Instructor: Dana Belanger