



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

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, May 19, 2023, beginning at 6:00pm
- Cost: \$25 per team
- Where: Town Hall

ANNUAL SPRING CLEAN UP

Thank you to all who came out to help clean up Colchester!

TOUCH A TRUCK

We will reschedule it for the fall!

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. The Food Truck Festival is sponsored and hosted by an independent contractor. More information can be found on Facebook:

<https://www.facebook.com/FOODIEAFF/>

- Saturday, May 6, 2023 AND May 7, 2023 from 12pm-7pm

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

www.colchesterct.gov/recreation-department.

NATIONAL TRAILS DAY

Pick up your National Trails Day Passport at the Parks and Recreation office between April 21, 2023 and June 2, 2023. Visit as many locations on the passport as possible. Tag Colchester Parks and Recreation on social media with any pictures you take to win prizes! See how many more locations you can visit than your friends!

SPLASH PAD OPENING

The Splashpad is scheduled to open when school ends, June 17, 2023. It will run every day from 8am-8pm. We ask that everyone follow these safety rules:

- Everyone must wear shoes when using the park- no bare feet. We recommend water shoes.
- There is no RUNNING or HORSEPLAY allowed.
- There are no food or drinks allowed in the splashpad.
- Children who are not potty trained must wear a swim diaper.
- When these rules are not followed, accidents happen. When accidents happen, people get hurt or the park must close. Please enjoy our park and keep it clean and safe for others to use!

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, 8/3. There will be fun trivia nights on 6/29, 8/10 and Summer Dance Parties with DJ Montez on 7/27 and 8/24.

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

TOWN WIDE TAG SALE

Register for the Town Wide Tag Sale by July 21, 2023. 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

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)

- Register online at www.colchesterct.gov/recreation-department

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 the 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

YOUTH PROGRAMS

SPRNIG YOUTH 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 5/8/23-6/5/23, no lessons on 5/30)
- Ages 5-7: 3:45-4:30, \$65/session
- Ages 8-12: 4:30-5:30, \$85/session

SUMMER YOUTH TENNIS LESSONS

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

- When: Monday-Thursday, 7/10/23-7/13/23 from 9:00am-9:45am, ages 5-7; \$70 per player
- When: Monday-Thursday, 7/10/23-7/13/23 from 10:00am-10:45am, ages 8-13; \$85 per player
- Where: Tennis Courts at the Colchester RecPlex

OR

- When: Monday-Thursday, 7/31/23-8/3/23 from 8:30am-9:15am, ages 5-7; \$70 per player
- When: Monday-Thursday, 7/31/23-8/3/23 from 10:00am-10:45am, ages 8-13; \$85 per player
- Where: Tennis Courts at the Colchester RecPlex

SPT SUMMER SOCCER CAMP

After our first successful SPT Soccer Camp last year we are delighted to add an additional camp this year! New this year we are offering a full day option. A camp shirt is included in the fee for every camper. SPT camps are designed to help players develop technically and tactically. The SPT Soccer Camp will have you involved in the game of soccer whilst giving you the kind of focus, intensive training essential to improvement, no matter what your ability level. You will improve not only on the field but off of it also, with increased confidence and self-belief. We bring in some of the best coaches in the state! All coaches are local to Colchester- Andrew Storton, Winner of a National championship; Skip Starks, Bacon Varsity boys coach; Lee Elliot, Girl's Academy coach, Connecticut College assistant coach and UEFA B licensed coach; Ashley Gaedt, former college player and strengthening & conditioning coach; current and former Bacon Academy players.

- **Dates: Monday, 6/19/23 -Friday, 6/23/23 from 9am - 3pm OR 9am-12pm**
- Cost: \$225 per player for the full day camp (9am-3pm): \$150 for the half day camp (9am-12pm)
- Where: RecPlex
- Ages: 5-15 years old
- **Dates: Monday, 7/24/23 – Friday, 7/28/23 from 5 - 8pm.**
- Cost: \$150 per player
- Where: RecPlex
- Ages: 5-15 years old

START SMART BASEBALL AND SOFTBALL

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.

- When: Wednesdays, 5/10/23-6/14/23 from 5:30-6:30pm
- Where: Colchester RecPlex
- Cost: \$50 per child/\$55 per nonresident
- Who: Children ages 3-5 years, and their parent

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.
- 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.

ADULT PROGRAMS

SUMMER ADULT PICKLEBALL LEAGUE

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.

BIKE CLUB

Get outside, meet new people and exercise all at once. Colchester Recreation will coordinate bi-weekly, group bike rides on the Airline Trail. After the first ride, participants are encouraged to share their contact information with each other to coordinate availability, ride locations, etc.

- First Meet Up: Tuesday, 6/6/23 at 5:00pm
- Location: Airline Trail Spur off of Lebanon Ave.
- Who: Adults, 18+

DISC GOLF CLINIC

Learn the basics of disc golf which will include technique, form, etiquette, and rules. This program is intended for folks who have never thrown a disc or are interested in learning more about disc golf.

When: Tuesdays, 6/6/23-6/20/23 from 5:30-6:30pm

Where: Colchester RecPlex

Cost: \$45 per player, \$50 per nonresident

ADULT GOLF LESSONS

Lessons focus on putting, chipping, bunker play, full swing, etiquette, course management along with a video analysis of each participants swing. All participants should bring their own clubs; however, clubs will be available for use if needed.

- When: Thursdays, 6/1/23-6/22/23 from 6-7pm
- Where: Chantclair Golf Course & Driving Range
- Fee: \$95 Resident/ \$100 Non-Resident
- Ages: 16+

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, 6/5/23-6/26/23 6-7pm at JJIS
- \$40 per resident/\$45 per nonresident (4 weeks)
- Instructor: Dana

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
- 5/1/23-6/5/23 (NO class 5/15 or 5/29) from 4:45-5:45pm
- 6/12-7/17/23 (NO class 6/19 or 7/3) from 4:45-5:45pm
- 7/24-8/14/23 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)

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)

15 Minute 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 work 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!

- When: Wednesdays, 7/12-8/16 from 8:00-8:15 am
- Where: Zoom
- Cost: \$21 per resident/\$26 per nonresident

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.

Newport Flower Show June 25, 2023

The trip includes round trip motor coach, lunch, admission to the Flower Show, tour director, driver, and all gratuities. The cost is \$150 per person.

Canada's Niagara Falls June 26-28, 2023

The trip includes deluxe motor coach transportation, 2 nights accommodations, 5 meals, wine tasting at a NY vineyard, Niagara sightseeing with guide, Hornblower boat- Niagara Falls cruise, visit to Niagara on the Lake, baggage handling, tour director, gratuities, driver and local guide. The cost is \$679 per person for double occupancy.

Montreal Festivals and Fireworks July 2-5, 2023

The trip includes round trip motor coach, 3 nights accommodations, 6 meals, guided tour of Montreal with the Notre Dame Basilica, Montreal Jazz Festival concert, St. Lawrence Dinner Cruise with fireworks, tour director, baggage handling gratuities, bus driver and local guides. A passport is required. The cost is \$1249 per person in a double occupancy. A passport is required.

Block Island Breeze July 18, 2023

The trip includes round trip motor coach, roundtrip ferry, lunch at the National Hotel, guided tour of Block Island, tour director, gratuities, and bus driver. The cost is \$150 per person.

A Day in NYC on your own July 27, 2023

Enjoy a deluxe motorcoach to Manhattan and spend the day exploring your way. You will disembark the coach at new Times Square, an easy walk to Broadway, Rockefeller Center and great NYC restaurants and delis. Your professional tour director can help with recommendations and reservations for the city's best attractions and shows. Ride the subway to lower Manhattan and visit One World observatory, have a picnic in Central Park, visit world class museums or just shop till you drop. The Big Apple is yours for the day. The bus will depart and return from Colchester Town Hall. Cost is \$75 per resident/\$80 per nonresident.

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.