



UPCOMING EVENTS

COLCHESTER CHOIR ORCHESTRA WILL HOLD FREE WINTER CONCERT

The Colchester Choir and Orchestra's Winter Concert is being held on Sunday, March 10, 2024, 3:00 pm, at Bacon Academy, 611 Norwich Ave, Colchester. The Orchestra will feature Classical music and the Choir will feature modern classic favorites. A reception will follow the concert.

The concert is free of charge, but donations are welcomed to support our goal to bring a wide variety of music to our community free of charge. Check CCO's website or Facebook page for more details about CCO, or for information about joining the choir or orchestra - www.colchesterchoirorchestra.org. CCO is a program sponsored by Colchester Parks and Recreation.

- Location: Bacon Academy
- When: March 10th 3:00

COLCHESTER YOUTH THEATRE PRESENTS:

HUNGER GAMES IN THE HINDERWALD: THE ADVENTURES OF HANNA AND GRETEL

Come and see the first production of our brand-new Colchester Youth Theatre! Great for all ages: this play, created specifically for our Theatre by our director/ playwright Randall Adkison, is a re-telling of a well-known fairytale, with new twists (and plenty of turns) sure to satisfy every adventurer: young and old! Bring your imagination and come support this talent group of Colchester youth for a night of entertainment, storytelling, and a celebration of theatre!

- Friday, March 15 at 6:30pm at the WJJMS Black Box Theatre
- Tickets: \$10 adults/ \$5 children
- Tickets available in advance: <https://colchester-actors-theatre.ticketleap.com/youth-theatre-hanna-gretel/>

PUZZLEPALOOZA

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). All teams get the same puzzle and the first one to finish wins a prize. Each team gets to bring the puzzle home. We will have up to ten teams compete to complete the same puzzle. No more than four people per team, only one person must register for their team. Children can be on a team, but there must be at least two adults on each team. Bring your own snacks and get ready for fun!

- March 22, 2024 from 6pm-8pm.
- Cost: \$25 per team
- Location: Colchester Town Hall

SPRING CLEAN UP 2024

Register to help clean up Colchester! There are many different areas that you can choose to work on. Bring 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 Creamery for free ice cream as our way of saying "Thank you"! If you have any questions, please call the Recreation office at 860-537-7297.

- April 20th, 2024. 8am-12pm

OPEN HOUSE-SUMMER DAY CAMP

Campers, bring your families! Join us at the RecPlex to meet camp staff, ask your questions, and get to know all things “camp” before the summer starts!

- Saturday, April 20, 2024, at 10am
- Colchester RecPlex pavilion

SUMMER IN THE PARKS

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

Every Thursday, July 11-August 22, from 6-8pm.

- 7/11/24 My Druthers concert
- 7/18/24 Bob Button Big Band concert
- 7/25/24 Karaoke Night with DJ Montez
- 8/1/24 Theatre Performance in the Park
- 8/8/24 Mighty Soul Drivers concert
- 8/15/24 Sunny Train- Kids Concert in the Park
- 8/22/24 End of Summer Dance Party with DJ Montez

BLOCK ISLAND BREEZE BUS TRIP

Welcome to Block Island, nature’s treasure of the sea, offering an unspoiled rural setting where a visitor can feel like they have stepped back to a gentler quieter time which there are no traffic lights or automobiles on the island. The island offers a rich history, miles of sandy beaches, and over two hundred freshwater ponds that dot the island. Your ferry departs from Point Judith, RI. The comfortably furnished boat with enclosed passenger area, cocktail bar, and galley will transport you to the island just 12 miles off the Rhode Island coast. Enjoy a luncheon at the National Hotel and choose your meal which will be available soon. There is time to discover Block Islands’ beauty on your own. There are many unique shops, wonderful beaches, and endless natural beauty to round out your special island experience.

- Sunday, July 14, 2024 from 7am-9pm
- Cost: \$190 per person
- The bus will pick up and drop off at Saint Andrews Church in Colchester

NEWPORT FLOWER SHOW

Tour includes round trip motorcoach, free time in Newport, lunch at Brick Alley Pub (will need to provide meal selection when it becomes available), and admission to the 2024 Newport Flower Show at Rose Cliff Mansion, a Tours of Distinction Tour Director and the gratuity to the tour director and driver.

- Saturday, June 22, 2024 from 7am-9pm
- Cost: \$185 per person
- The bus will pick up and drop off at Saint Andrews Church in Colchester

TOWN WIDE TAG SALE

Register for the Town Wide Tag Sale by July 29th, 2024 and pay the \$25 fee. Your address and tag sale hours will be placed on a map that will include all local tag sales being held on 8/3/24 in Colchester.

Then, hold your tag sale at your house (or get together with neighbors). Maps will be available July 30th 2024 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 3, 2024
- (Rain Date August 10, 2024)

2024 SUMMER CAMP

DAY CAMP SUMMER EMPLOYMENT

We are looking for camp staff, counselors-in-training, 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.

Applications will be accepted through March 5, 2024, for camp staff and April 30, 2024, for counselors-in-training.

DAY CAMP REGISTRATION

Summer is right around the corner! Camp registration will begin on Monday, March 4, 2024. Registration will be available online at www.colchesterct.gov/recreation-department. Camp is available Monday through Fridays, June 24 through August 16. There is no camp on July 4 & July 5 (the weekly fee will be prorated). Camp hours are 8am-3pm daily with extended care available from 3-5pm. The 2024 camp fee is \$170 per camper, per week. Extended care is \$40 per camper, per week. Payment plans and scholarships are available. Online registration will open for returning campers on Tuesday, February 20, 2024 at a reduced fee of \$160 per camper, per week. Beginning March 4th, all campers will be charged \$170 per week. Returning campers will receive an email with early registration information.

The camp calendar, including weekly themes and field trips is available on the website. *Please note that field trips and entertainment can change. Updates to the calendar will be made as necessary.

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 at (860) 537-7297.

YOUTH PROGRAMS

COLCHESTER YOUTH THEATRE CAMP

In this 2-week 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 two weeks. 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 2-week 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 play!

- Who: Youth entering grades 2-7 in the fall of 2024
- When: Monday-Friday, 8/12-8/23 from 8am-3pm.
The ticketed performance will be held on Aug. 23rd
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: \$300 per child

YOUNG YOGIS THEMED DAYS AT CES TUESDAYS OR WEDNESDAYS

Each 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 Yoga Adventure Stations with friends. 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.

- Tuesdays: March 12-April 2 from 3:30-4:30; OR
- Wednesdays: March 13-April 3 from 3:30pm-4:30pm
- Cost \$60 per person.
- K-2 Colchester Elementary School students
- Instructor: Susie Hawkins

YOGA, MINDFUL, TOOLS AND MORE II TUESDAYS OR WEDNESDAYS

This class will have children making, using, and taking home tools to support yoga and mindful practices. The tools will be: Slinky Breath, Yoga Pose Cards, Yoga Focus Time, and Calm Coloring Book with colored pencils. 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.

- Tuesdays: April 16-May 7 from 3:30-4:40pm; OR
- Wednesday: April 17- May 8 from 3:30pm-4:30pm
- Costs \$60 per person
- K-2 Colchester Elementary School students
- Instructor: Susie Hawkins

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. Children ages 3-5 are welcome with a parent.

- When: Tuesdays, March 19-April 30, 2024 (No class 4/9/24)
- Where: CES Gym
- When: 5:30-6:30pm
- Cost: \$50 per resident/\$55 per nonresident
- Minimum of 4 and maximum of 12
- Instructor: John Bornhorst

TENNIS

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 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: Every Tuesday, 5/14/24-6/4/24 (makeup date will be 6/11/24)
 - Ages 5-7: 3:45-4:30 \$65/session
 - Ages 8-12: 4:30-5:30 \$85/session
- Where: Colchester RecPlex
- Minimum of 5, maximum of 10 players

SPT SUMMER SOCCER CAMP

Join us for the third year of SPT soccer camp! Every player will get a t-shirt! 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.

- Monday-Friday, 6/24-6/28 from 9am-12pm
- Monday-Friday, 7/29-8/2 from 9am-12pm
- Cost: \$150 per player
- Where: RecPlex
- Ages: 5-15 years old

ADULT PROGRAMS

GOLF LESSONS-INDOOR/SPRING

Our goal will be to provide a progressive series of group-specific moves that will improve a golfer's technique and physical preparedness to enjoy the game as someone new to the sport.

Similar to a yoga flow series, or martial arts program - repetition and continuous explanations as to why we are doing something will be promoted during the clinic time. Please note that we will only be using "soft" golf balls throughout our time with the intent of being ready for the driving range and/or golf course. We will provide balls and a launch pad. Please bring a golf club (or let us know prior to the start of the class if you need to borrow one).

Throughout the program we will also cover items such as:

- Playing the Game Information
 - Playing a hole / putting it all together
 - Knowing how to keep score
 - Playing ready golf, determine who plays first and safety
 - Overview of basic rules - water hazards, lost balls, out of bounds and obstructions
 - Discuss business golf outings, scramble formats and etiquette
 - Recognizing/using yardage markers, signage on course
 - Navigating from tee-to-green and green-to-tee
 - Pace of Play – "It's Okay Hints" and "Ready Golf Hints"
- Where: JJIS gym
 - When: Tuesdays, March 12-April 23 (no lessons 4/9/24)
 - Times: Women (18+) 6:30-7:15 pm; Juniors (13-17 yrs) 5:30-6:15 pm
 - Cost: \$199 per resident, \$204 per resident
 - Minimum of 5, maximum of 8 students
 - Instructor: Michel Painchaud

IMPERFECT PICKLEBALL

This will be a casual, recreational pickleball program. We will have 2 courts set up and players will rotate in to play. All players should understand before they register that this program is specifically for recreational players. Courts, conditions, skills, and players may not be perfect, but the goal is to have fun! Our attitudes and expectations are more important than our rating and wins. No instruction will be provided. A maximum of 16 registrations will be accepted.

- When: Thursdays, March 14, 21, 28, April 4, 11, 18 from 6-8pm
- Where: Colchester Federated Church, gymnasium
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 6 weeks, \$50 per person

GOLF LESSONS-OUTDOOR/SUMMER

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.

- Mondays, June 3- June 22 from 6-7pm
- Chantclair Golf Course
- Ages 16+
- \$99

PAINT NIGHT

Travel with Julianna W Cameron, professional fine artist, to the Scottish Highlands. Rich with color and lots of Sheep! To create this landscape painting we will use a dry brush technique to add texture and soft color transitions. All supplies will be provided, all you need is wear your painting attire. No previous painting experience is needed- step by step instructions will be provided.

- When: Thursday, March 14, 2024, from 6-8pm
- Where: Colchester Senior Center
- Cost \$40.00 per resident, \$45 per nonresident
- Instructor: Julianna W Cameron

PROCREATE APP CLASS

Beginners class to learn about colors, type, brushes, layers and more. Experiment with drawing tools. The app is loaded with many graphic and art options. Students will need to bring the following to class: Apple iPad, loaded with the Procreate app (only \$9.99), Apple pencil.

- When: Thursday, March 21, 2024, from 6-7:30pm
- Where: Colchester Senior Center
- Cost: \$35 per resident, \$40 per nonresident
- Instructor: Julianna W Cameron

LET'S SEW! (Some things)

Would you like to learn to sew or get back into sewing? There will be a new project in each class using different sewing skills. All the prep work is done for you. All you need to do is sew! However, you will need to bring your own sewing machine, manual, power cord and supplies (thread, scissors, thread & pins).

- When: Tuesdays, April 2, 9, 16, 23 from 6:00-8:00 pm
- Where: Town Hall, Room 2
- Cost: \$50 resident/ \$55 nonresident
- Who: Ages 18 and older, minimum of 3, maximum of 5

CT DEEP SAFE BOATING CLASS 2024

Certificate of Personal Watercraft Operation (AKA Boating Certificate): Successful completion of the class qualifies a person to purchase their Certificate of Personal Watercraft Operation (CPWO) for \$50 on the Sportsmen Licensing System. The CPWO allows an individual (see age restrictions below) to operate any recreational vessel including a personal watercraft.

No person under age 16, issued a Certificate of Personal Watercraft Operation (CPWO) or a certificate approved by the Commissioner, may operate a personal watercraft without the onboard supervision of a person at least age 18 who has a CPWO.

No person under the age of 16 may operate a vessel that is engaged in tubing or water-skiing. A child under the age of 16 may be permitted to operate a vessel, other than a personal watercraft, without obtaining a SBC or CPWO, if the youth is under the direct supervision of a person at least age 18 who has had a boating certificate for at least two years.

A child under the age of 12 who has obtained a SBC or CPWO may not operate a vessel with greater than 10 horsepower, unless the youth is accompanied on board by a person at least age 18 who holds a SBC or CPWO.

The class is 8 hours long in total. Students are required to attend all sessions. While there is no minimum age requirement to take the class, students must be able to attend the 8 hour class and take a 60 question multiple choice test.

A Connecticut Conservation ID Number is a unique and permanent number that is assigned to you by the Connecticut Online Sportsmen Licensing System. You MUST provide your Conservation ID to register for this class. You cannot take the exam, purchase your certificate, or re-print your certificate without it. If you have a Connecticut Hunting or Fishing License, your Conservation ID Number will be the same ID number that was assigned with the hunting or fishing license. If you have never been issued a Conservation ID Number, go to the Online Sportsmen Licensing System at <https://ct.aspirafocus.com/internetsales> to create one.

For instructions on how to obtain an ID visit: https://portal.ct.gov/-/media/DEEP/Boating/Boating_Docs/How-to-Obtain-a-Conservation-ID-Number.pdf

- May 14th AND May 16th from 5pm-9pm
- Colchester Town Hall Meeting Room
- \$25 per person
- Minimum of 15 and a maximum of 25 will be accepted into this class

INTERMEDIATE YOGA

This class is designed for students that are beginners as well as experienced. I will be starting with gentle warm up poses and then building some heat in the body before winding down to deeper more relaxing poses followed by a relaxation meditation. Please bring props if you have them including block straps and a blanket. We will have a fun time and you will walk out feeling better than when you came in!

- Tuesdays: 3/19-4/30 (no class 4/9) from 6:00pm-7:00pm
- \$70 per resident \$75 per nonresident
- TBD
- Instructor: Indora Chaviaras

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.

- Mondays from 4:45pm-5:45pm
- March 18- April 8
- April 15-May 6
- May 13-June 10 (no class May 27)
- June 17-July 8
- \$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.

- Mondays, March 18- May 13 from 6:30pm-7:30pm
- \$80 per resident, \$85 per nonresident
- JJIS Room 79
- Instructor: Dana Belanger

SPRING DOG TRAINING CLASSES

A six-week basic obedience course using positive reinforcement training methods. Each session will run for one hour. This course will teach you and your dog how to effectively communicate with each other while learning all the basic obedience commands. First session is humans only. All dogs must be leashed with a non-retractable leash. No pinch or choke collars allowed; harnesses are highly recommended. Please bring a water bowl & water as well as waste clean-up bags. Only one dog per handler.

Pawfessional K-9 Training uses positive reinforcement training to help families and their dogs with behavior, obedience, and communication skills. Owner Sean Shoemaker is an Animal Behavior College Certified Dog Trainer and AKC Canine Good Citizen Evaluator, has over 5 years' experience working in basic and advanced obedience training. Sean's goal with his training is to help families integrate their canine companions into their family and works with clients in both group and individual settings.

All canine participants must provide proof of rabies and distemper. The Bordetella vaccination is recommended as well. Dogs with canine or human aggression are not recommended for this course.

- Fee: \$150.00 Resident/\$155 Non-Resident
- Ages: 18 and older, Min.4/Max.8
- When: Saturdays, April 6 (no dogs) , 20, 27, May 4, 11, 18 (Rain date May 25 if needed)
- Time: from 9:00-10:00 am
- Instructor: Shoemaker, Sean (Pawfessional K-9 Training)
- Location: Ruby Cohan Woodlands

COLCHESTER CHOIR AND ORCHESTRA

We look forward to welcoming new members looking for a social orchestra and choir with a passion for music. Seats are open in all sections, both Choir & Orchestra. Many adult members join with their school-aged children and/or spouses. It is truly a family activity. There are no auditions, but being able to read music is helpful. Rehearsals are held on Thursdays throughout the year (Choir 6 – 7:30 pm and Orchestra 7:30 – 9 pm). The membership dues are \$35 for the year for adults and \$15 for students that covers the cost of the music and concert expenses. For other information and to see videos of past performances go to our website:

www.colchesterchoirorchestra.org

BARRE

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.

- Tuesdays, April 16-June 18 from 6:00pm-6:45pm
- \$80 (10 weeks)
- Zoom, Links for Zoom will be emailed to participants upon registration.

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, April 16-June 18 from 4:45pm-5:45pm
- \$80 (10 weeks)
- Zoom, Links for Zoom will be emailed to participants upon registration.

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 and weights. (1-3 lbs. and 5-8 lbs. or larger if desired)

- Wednesdays: April 17-June 19 from 8:30am-9:15am
- \$80 (10 weeks)
- Zoom, Links for Zoom will be emailed to participants upon registration.

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.

- Thursdays: April 18- June 20 from 6:00pm-6:45pm
- \$80 (10 weeks)
- Zoom, Links for Zoom will be emailed to participants upon registration.