



## 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](mailto: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.

### 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**

**COLCHESTER CONNECTION** The quarterly newsletter will contain community information and events. It will arrive automatically in your copy of the River East.

**STRATEGIC PLAN SURVEY** Please take part in the Colchester Strategic Plan survey and be a part of the future planning! Your voice matters and the survey will be used to develop goals, strategies, and priorities!

Link to survey: <https://www.surveymonkey.com/r/ColchesterCTStrategicPlan>

### **ANNUAL SPRING CLEAN UP**

Register to help clean 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)

## **YOUTH PROGRAMS**

### **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

### **HALF DAY HOORAY**

Join Colchester Recreation, Colchester Youth & Social Services, and Cragin Memorial Library at the 2022-2023 Half Day HOORAY! This program will provide parents with a convenient, safe, and affordable option and kids with an exciting,

enriching, and fun afternoon. The Half Day HOORAY dates are 1/13/23, 2/10/23, 5/26/23. Half Day HOORAY will be offered for children in grades K-2 at Colchester Elementary School and grades 3-5 at Jack Jackter Intermediate School. Participants will be held from dismissal time until 4:00PM. Children must be picked up by 4:30PM. If you are interested in joining our team and working at Half Day Hooray, please get in touch with us! We would love to include parents, babysitters, etc. We offer a stipend for spending the afternoon with us, and your child can participate for free!

### **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

## **ADULT PROGRAMS**

### **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.

AHA Heartsaver class teaches the following skills:

- ✓ Describe how high-quality CPR improves survival
- ✓ Explain the concepts of the Chain of Survival
- ✓ Recognize when someone needs CPR
- ✓ Perform high-quality CPR for an adult
- ✓ Describe how to perform CPR with help from others
- ✓ Give effective breaths using mouth-to-mouth or a mask for all age groups
- ✓ Demonstrate how to use an AED on an adult
- ✓ Perform high-quality CPR for a child\*
- ✓ Demonstrate how to use an AED on a child\*
- ✓ Perform high-quality CPR for an infant\*
- ✓ Describe when and how to help a choking adult or child
- ✓ Demonstrate how to help a choking infant\*
- ✓ First aid basics
- ✓ Medical emergencies

#### **Basic Life Support (BLS)**

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.

The BLS class teaches the following skills:

- ✓ High-quality CPR for adults, children, and infants
  - ✓ The AHA Chain of Survival, specifically the BLS components
  - ✓ Important early use of an AED
  - ✓ Effective ventilations using a barrier device
  - ✓ Importance of teams in multirescuer resuscitation and performance as an effective team member during multirescuer CPR
  - ✓ Relief of foreign-body airway obstruction (choking) for adults and infants
- Cost: \$90 per person
  - A maximum of 15 students per class
  - Instructor: Audrie Babineau
  - Class Dates:
    - 2/21/23 6:00 pm BLS CPR
    - 3/21/23 6:00 pm (Heartsafe CPR & First Aid)
    - 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)

### **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: 2/15/23 at 6:00pm
- Where: Colchester Town Hall
- Cost: \$15 per class, per person (\$20 for nonresidents)
- Minimum of 2 people needed for this class.

### **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
- 1/30/23-2/27/23
- 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)

### **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, 1/23/23-3/13/23 (no class 2/20/23), 6-7pm
- \$65 per resident/\$70 per nonresident
- Location- JJIS
- Instructor: Dana

### **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 blocks straps and a blanket. We will have a fun time and you will walk out feeling better than when you came in for sure! I have at least 15 years of experience and I am excited to share my passion with the town of Colchester! I offer an eclectic blend of styles that I have learned over the years.

- When: 1/24/23-2/28/23 from 5:45pm-6:45pm
- Where: JJIS Room
- Cost: \$70.00 per person/ \$75 per nonresident
- Instructor: Indora

### **MEN'S OVER 18 PICK UP BASKETBALL**

Think you got game? From Beginner to Advanced, pickup basketball is open to everyone. Bring your best and challenge others for recreational basketball games. Please pre-register and pay and then check in with the gym supervisor each week before playing. Open to men, ages 18 and older. Registration fee will be prorated by calling the Rec. Office

- Tuesdays 11/1/22-3/28/23 from 6:30-8:30pm
- Where: WJMS Gym East
- Cost: \$75 per resident, \$80 per nonresident.
- Ages 18 and older, preregistration is required.

### **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

### **\*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 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!

- Where: Zoom
- When: Wednesdays, 1/11/23-2/15/23, 8:10-8:25am
- Cost: \$42 for residents, \$47 for non-residents

### **TIGHTEN & TONE**

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a full body stretch to seal in all your hard work. Please bring a mat, blanket, 2-3 lb. weights, and a 9-inch ball and resistance loop resistance bands are recommended as well.

- Where: Zoom with Rob from Personal Euphoria
- When: Wednesdays, 1/11/23-3/29/23, 6:00-6:45 PM (No class 2/22/23)
- Cost: \$77 for residents, \$82 for nonresidents (11 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, 1/10/23-3/26/23, 6-6:45PM
- Cost: \$84 for residents, \$89 for nonresidents (12 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, 1/12/23-3/30/23, 6:00-6:45PM
- Cost \$84 for residents, \$89 for nonresidents (12 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, 1/11/23-3/29/23, 8:30- 9:15 AM
- Cost: \$84 or residents, \$89 for nonresidents (12 weeks)

## **SUMMER 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 30, 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!

## **2023 SUMMER DAY CAMP**

Camp is our most exciting time of year!

Last summer, many of our camp weeks filled up and had a wait list. We want to give priority to returning campers this year. If you attended camp last summer, you will get an email with a special code that will allow you to register early. If you register as a returning camper, we will send you a great lawn sign that will tell your whole neighborhood how special you are (to us!). Once we open the registration up to the general public, it will be first come, first served.

Camp will be 8 weeks: June 26-August 18, 2023, from 8:00am-3pm, Monday through Friday

Extended care will be available for an extra fee from 3:00pm-5:00pm

Camp is open to children entering grades K-7 in the fall of 2023.

Early registration will be emailed to past participants.

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.

**WHEN  
A  
CAMPER  
WANTS  
TO  
BE  
YOU.** *#bestfeelingever*  
*#doinitright*

Employment and volunteer  
opportunities available!

Applications accepted  
January 1-March 4, 2023

[www.colchesterct.gov/  
recreation-department](http://www.colchesterct.gov/recreation-department)





# A TEEN LEADER

**IF YOU WANT TO:**



\*LEARN HOW TO WORK WITH KIDS

\*WANT TO MAKE A DIFFERENCE

\*IF YOU ARE GOING INTO  
GRADE 8 & 14 OR OLDER

\*WANT TO SPEND YOUR  
SUMMER WITH KIDS

\*LIVE IN COLCHESTER

\*ENJOY BEING  
OUTSIDE

**Fill out an application and  
SEND IT IN BY MARCH 15, 2023**

**\*GET AN APPLICATION:**

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

**COLCHESTER PARKS AND RECREATION  
SUMMER DAY CAMP**

**(860) 537-7297 \* [PARKSANDREC@COLCHESTERCT.GOV](mailto:PARKSANDREC@COLCHESTERCT.GOV)**

# 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 AND RECREATION

# COMMUNITY SURVEY

## **SURVEY LINK:**

<https://www.surveymonkey.com/r/ColchesterCTStrategicPlan>

PLEASE TAKE THE SURVEY AND LET US  
KNOW YOUR OPINIONS, THOUGHTS AND  
IDEAS FOR THE FUTURE OF COLCHESTER!

WE WANT TO KNOW WHAT IS MOST  
IMPORTANT TO YOU.

**SURVEY WILL BE OPEN 1/20/23-2/20/23**

FOR MORE INFORMATION PLEASE CONTACT:  
COLCHESTER PARKS AND RECREATION @ (850) 537-7297

# 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)**

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