



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.

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

At this time, the Town Hall is closed to the public. We are in the office and working our normal business hours. If you need to see us, please call to make an appointment and we will let you in when you arrive. You can leave forms and payment in the Town Hall drop box. If you would like to pay by check, please place any forms and payment in an envelope with "Colchester Recreation" written on the envelope. Please make checks payable to "Town of Colchester". If you would like to mail in your registration, please fill out the registration form and mail it in, with a check, to:

Colchester Recreation, 127 Norwich Avenue, Colchester, CT 06415

SUMMER DAY CAMP INFORMATION...Continue to the end of this newsletter!

ACCEPTING APPLICATIONS FOR THE FOLLOWING POSITIONS:

Leader in Training

Are you someone who enjoys working closely with kids, being a good role model and helping them reach their full potential? Then our LIT program might be just for you! Spend your summer serving as a teen leader and mentor to campers from Kindergarten to 7th Grade at Colchester Summer Day Camp!! If you are entering 8th grade or above and age 14 and older in fall 2021, you're eligible to apply! L.I.T's will be assigned to camp by the week rather than the session based on the number of applicants that are accepted into the program. As with the campers, L.I.T's will remain with their group throughout the week with no interaction with other groups in order to maintain cohorts. If the state mandates and CDC recommendations change, we will adjust our camp protocols as needed. If you are interested, take a look at the application process with [THIS LINK](#).

Day Camp Counselors

We are still hiring day camp counselors! Are you interested? Check out the job description [HERE](#)

Still interested? Fill out an [APPLICATION](#) and mail to:

Town of Colchester, Attn: Parks and Recreation, 127 Norwich Ave., Colchester CT 06415

RecPlex Concession Stand Operator

We are looking for a new concession stand operator! Are you interested? [CHECK OUT THE RFP \(BIDS CLOSE TUESDAY, MAY 25\)](#)

UPCOMING PROGRAMS & EVENTS

CONCERTS IN THE PARK

A 4-week summer concert series is planned for the Town Green this summer! We are excited to bring back a Colchester favorite. Details about each band will be coming soon, but we wanted to get the dates and times out to you as soon as possible. We settled on Thursday evenings based on the results of the survey that was sent out in March. We understand that there isn't any night that works best for everyone, but Thursday was the best for the majority that responded. All concerts will be held from 6-8pm and will be free of charge. We are still looking for 2 sponsors- if you or your business are interested, please give us a call, it is a great way to share in the success of community events!

- **Thursday, July 8** TBD
- **Thursday, July 15** TBD
- **Thursday, July 22** featuring "Dennis Polisky and Maestro's Men": a Grammy nominated, Polka Hall of Fame, Award winning band, with roots right here in Colchester. Check them out at www.maestrosmen.com
- **Thursday, July 29** featuring "The Locomotives": You will find them throughout Southern CT playing folk, rock, blues, and swing with a strong following of dedicated fans. Listen to some of their music at www.locosmusic.com.

MOVIES IN THE PARK

We are excited to bring more family fun to the parks this summer! Together with Colchester Youth and Social Services, we will be offering family MOVIES IN THE PARK. The movies will be rated G or PG and will be appropriate for families. Movies will take place at the RecPlex, beginning at dusk.

We are working on setting the dates and obtaining the movie licenses. Once these are set, we will send out the summer dates! Stay Tuned.....

PLAYGROUND RENOVATIONS

I am very excited to work with both InCord and Kyle Smiles. Together, we share the common goal of creating a new community playground for the Colchester community. We are so lucky to work alongside InCord, who has awarded the Town of Colchester the ED RITZ Gift of Play and donated 8 brand new pieces of playground equipment- including a handicapped, wheelchair accessible swing, and the “Kyle Smiles Memorial” who is working to raise funds for an additional 7 pieces of playground equipment in memory of Kyle Ashley.

The current playground was installed 26 years ago and has certainly earned its retirement. Many generations of local families have enjoyed the RecPlex playground over the past 26 years. However, it is showing its age and it is time to find a replacement. The company that designed the current playground is no longer in business. We can no longer obtain replacement parts to make repairs. This is not to say that it hasn't served us well, it has, it is well past the expected lifespan of playground products.

For the safety and enjoyment of the current and future generations, we need to remove the current playground and install a new playground. As a Town department head, I felt it was important to find a fiscally responsible way to replace a very expensive park with no planned funding. With the help of InCord and Kyle Smiles, we have found a way to significantly reduce the tax impact to the Colchester community and provide a brand-new playground! Installation will begin as soon as the donated equipment arrives.

You can view the current park report [HERE](#)

PROGRAMS

DISCOUNT PARK TICKETS

We have ordered discount park tickets. We expect to have them available for purchase in a few weeks.

- CT Science Center: \$16 each
- Lake Compounce: \$32 each
- Six Flags: \$37 each

BASIC DOG OBEDIENCE

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 of the basic obedience commands. First session is humans only. All dogs must be leashed with a non-retractable leash. Please bring a water bowl & water as well as waste clean-up bags. Only one dog per handler.

Paws to the Wall Dog Training teaches positive reinforcement training to help families and their dogs with behavior, obedience, and communication skills. Owner Kevin Williams has over 10 years' experience working in basic and advanced obedience training, as well as agility, aggression, and service dog training. Kevin enjoys helping families integrate their canine companions into their family unit and works with clients in both group and individual settings. Kevin is Canine Good Citizen certified and provides lessons and testing for the CGC test.

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. Please contact Parks & Recreation if you have any questions.

- When: 7/11/21-5/15/21, 9-10 am for the Beginner Class; 10:15-11:15 am for the Intermediate Class
- Where: Ruby Cohen Woodlands
- Fee: \$150.00 Res./\$155 Non-Res.
- Who: Adults, 18+
- Min.4/Max.8
- Instructor: Williams, Kevin (Paws to The Walls Family Dog Training)

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.

- 5/3/21-5/24/21, 4:45-5:45 pm
- 6/7/21-6/28/21, 4:45-5:45pm
- Where: Facebook Live (the private link will be mailed to you after you register)
- Cost: \$35 for residents, \$40 for nonresidents (4 weeks)

BARRE

Barre is a fusion of Pilates, dance, yoga, and functional training that will lift, tone, and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and a combination of high-intensity sequences of thigh, glute, and core exercises at the Barre. The fluid class is set to upbeat music at a vigorous pace to get your heart pumping! Classical Barre is a more traditional style of Barre. Please bring water, a mat, and 1-2-pound hand weights.

- Where: Zoom with Allison from Personal Euphoria
- When: Mondays, 7/5/21-8/23/21, 5:45-6:30 PM
- Cost: \$64 for residents, \$69 for nonresidents (8 weeks)

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.

- Where: Zoom with Rob from Personal Euphoria
- When: Thursdays, 7/8/21-8/26/21, 6-6:45 PM
- Cost: \$64 for residents, \$69 for nonresidents (8 weeks)

FULL BODY REFRESH

This gentle, yet invigorating class, is a great way to start the week. We combine gentle stretches and fluid movements that both relax and rejuvenate you. Moves are done standing, sitting, and lying down. We move all your parts from your head to your toes in ways that feel so good you won't want to stop, and we stimulate the muscles, tendons, and fascia (connective tissue) so every part of you is ready to start the week. We work to sync your breathing with each move. You'll be glad you tuned in! Please bring a mat.

- Where: Zoom with Maggie from Personal Euphoria
- When: Mondays, 7/5/21-8/16/21, 8-8:45 AM
- Cost: \$56 for residents, \$61 for nonresidents (7 weeks)

HIGH INTERVAL TRAINING

(AKA Interval Strength) Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. The class flies by and no muscle goes untouched. Please bring water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

- Where: Zoom with Maggie from Personal Euphoria
- When: Wednesdays, 7/7/21-8/18/21, 7:45-8:30 AM
- Cost: \$56 for residents, \$61 for nonresidents (7 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, 7/6/21- 8/24/21, 6-6:45PM
- Cost: \$64 for residents, \$69 for nonresidents (8 weeks)

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. weight.

- Where: Zoom with Allison from Personal Euphoria
- When: Wednesdays, 7/7/21-8/25/21, 5:45-6:30 PM
- Cost: \$64 for residents, \$69 for nonresidents (8 weeks)

CAMPS & SUMMER PROGRAMS

CHALLENGER SOCCER CAMP

Registration is open for our summer soccer camp: Check out the camp details and register online

<https://challenger.configio.com/pd/222184/colchester-parks-recreation>

- Dates: July 26-30, 2021
- Ages: 8-16 from 9am-4pm for \$209
- Ages: 6-10 from 9am-12 pm for \$159
- Location: Colchester RecPlex

Food/Cooking Camp

Join Food Explorers for a fun week of cooking and learning all about food! You'll explore the five food groups of MyPlate through activities, games and trying new recipes such as: Greek Grain Bowls, Rainbow Spring Rolls, Avocado Fries and Energy bites. Each day you'll create your own snack and lunch! You'll learn about things like added sugar, grocery shopping and nutrition. This camp will be nut and meat free and held at the RecPlex Pavilion.

- Dates: August 16-20, 2021 9am- 12pm
- Grades: 2-5
- Location: RecPlex Pavilion, 215 Old Hebron Rd., Colchester CT
- Minimum: 4 students
- Maximum: 10 students

Wiffle Ball Camp

Everyone's favorite backyard game!!! The sight of the white plastic ball knuckling through the air. The sound of the yellow plastic bat as it makes contact with the ball. The celebration of a game winning hit! Games, Games, Games! A playoff tournament to decide the champion and Home Run Derby!!!

- When: M-F, 7/19-7/23, 9am-11am
- Cost: \$80 per player
- Where: RecPlex

SHOWTIME STABLES Summer Horse Program 2021 Located at 51 Clark Gates Rd, Moodus, CT.

What will riders be doing at a session?

- **Horse care basics**- Riders will learn safe & proper equine care during activities like grooming, feeding grain, intro to tack cleaning & care, learning parts of the horse, etc. They will get a good understanding of what caring for horses is all about!
- **Arts & crafts**- Riders will be making several horse-themed arts and crafts throughout the week, as well as creating their own souvenir to decorate and bring home!
- **Daily bonding** with their favorite horses during activities like horse bathing, hand grazing in the field, mane & tail braiding, etc.
- **Daily riding lessons**- Including mounted games and exercises designed to develop their core riding skills. They will have opportunities to ride several different lesson horses during the week.
- **Drill Ride Finale**- Riders will be creating & practicing a special exhibition for parents at the end of the week. This is where they will get to showcase their skills and everything they learned while riding every day!

Dates & Pricing

Session options

Morning session: 9am - 12pm

Afternoon session: 1pm - 4pm

Both Sessions: 9am - 4pm (includes riding twice daily)

If attending both sessions, we will have a supervised lunch break between AM/PM session times from 12pm - 1pm. This hour is for everyone to relax & take a break before moving on to more horse activities. (Sessions will start on time, meaning that even if lunch is finished early, we will be waiting until the scheduled afternoon start time for all activities.)

Week 1: June 21st-25th

Week 2: June 28th-July 2nd

Week 3: July 5th-9th

Week 4: July 26th-30th

Week 5: August 2nd-6th

Week 6: August 23rd-27th

Pricing

Morning or Afternoon session \$350 for full week

Both Sessions \$500 for full week

REGISTER ONLINE AT WW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT

RIDERS WILL NEED:

Refillable water bottle Long pants

Bug spray Boots with a heel

Sunscreen Packed lunch (if attending both sessions)

-Riders must be 4 years or older.

-No horse experience required - beginners welcome!

-All riders will be required to wear a helmet while mounted, which will be provided if needed.

-Before & after session care can be provided for an additional fee, please text Maria or Brooke from the contacts list above for rates.

-A minimum of 3 riders registered with deposits paid are required for a week to run. We cannot accommodate more than 6 per session at this time. Morning-only session spots will be filled up first, then afternoon sessions.

COLCHESTER PARKS AND RECREATION

SUMMER DAY CAMP 2021

Registration is open for summer day camp!

- ✚ Registration is open to campers entering grades K-7 in the fall of 2021 (both residents and nonresidents)
- ✚ Camp will be held 6/28/21-8/20/21 at the RecPlex from 8am- 3pm.
- ✚ Extended Care is available from 3-5 pm for an extra fee.
- ✚ The weekly registration fee is \$160 per child.
- ✚ Camp is held at the RecPlex, Monday through Friday.
- ✚ In case of inclement weather, we will use a school for the day.
- ✚ All COVID-19 mandates will be followed at camp.
- ✚ Campers and LIT's will remain in their cohorts each week.
- ✚ Our daily camp schedule will be full of fun activities to keep kids busy having fun playing outside all day. We include opportunities for art, STEAM, music, sports, reading, learning, imagination and so much more.
- ✚ We will not be taking any field trips this summer, due to the current COVID restrictions. Instead, we are seeking out entertainers and explorations that bring the "field trip" into camp!
- ✚ Many of our daily routines have changed, to ensure that campers and staff are as safe and healthy as possible.
- ✚ We are sure you will have plenty of questions....so we have planned a "PARENTS DAY AT CAMP"! Please save the date: Saturday, June 26th at Noon. Once you have enrolled, you will receive an email with more information about our special Parents Day!
- ✚ Register online at: <https://colchesterctrec.recdesk.com/Community/Home>

More information including registration, the camp calendar and daily activities can be found on our website at <https://www.colchesterct.gov/day-camps>. Please call the Rec Office at (860) 537-7297 if you have questions or need assistance.

Colchester Parks and Recreation *Summer Day Camp*



**Register online beginning 2/15/21:
colchesterct.gov/recreation-department**

Week 1- 6/28-7/2: Nature week

Week 2- 7/5-7/9: Wizards Week

Week 3- 7/12-7/16: Water Games Week

Week 4- 7/19-7/23: Rockstar Week

Week 5-7/26-7/30: Space is the Place

Week 6- 8/2-8/6: Celebrate Good Times

Week 7- 8/9-8/13: Wild West Week

Week 8- 8/16-8/20: Last Blast

**Call the office
with questions:
(860) 537-7297**

