



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.

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 1-31 you will receive 50% refund, 50% account credit; June 1-June 15 you will receive 100% account credit; June 16 and beyond there will be no refunds or account credits. 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 & PROGRAMS

SUMMER CONCERTS IN THE PARK (And more!)

Are you ready for our summer concerts? The concerts will be held on Thursdays, August 4, 11, 18 & 25 from 6-8pm. Please remember to bring a chair or blanket to sit on...and a friend!

- Aug. 4- 384East
- Aug. 11- Locomotion
- Aug. 18 -Center Line
- Aug. 25 -Rock and Soul Revue
- New this year....
- Sept. 1- Community Dance Party with DJ Montez! Come and dance the night away.

SPLASH PAD IS OPEN!

The Splashpad is open every day from 10am-8pm on weekdays and 11am-8pm on the weekends. 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!

The splashpad will close for the season after Labor Day.

CELEBRATE COLCHESTER

Saturday, September 17th on the Town Green from 1-5pm- a new 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 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 any booth requirements (tent, table, chairs, etc.).

**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.

FALL EVENTS

Save the date for these upcoming fall events and activities.

- Scarecrow Contest (Town Green)-scarecrow set up Oct. 3-7, voting Oct. 8-31
- Costume Parade (Town Green)- October 7
- Pumpkin Painting (RecPlex Pavilion)- October 19th from 3-4pm

FIREWORKS & TRICK OR TRUNK

The fireworks and trick or trunk are back for 2022. Register your "Trunk" to hand out candy to all of the trick or treaters! Fireworks will follow at dark. Parents are asked to donate 2 bags of candy per child which will be distributed to the trunks to hand out.

WINTER WONDERLAND (AKA HOLIDAY HOMECOMING)

Saturday, December 3rd with a snow date of December 4th. All of your favorite activities from Holiday Homecoming....only more! Winter Wonderland will include a holiday light parade that will lead the firetruck with Santa to the Town Green! Start planning your float decorated with holiday lights now! Activities will be planned throughout the afternoon to ring in the holiday season.

DISCOUNTED PARK TICKETS

Pick up your discounted park tickets at the Recreation Office during business hours.

- CT Science Center: \$18 per ticket
- Lake Compounce: \$35 per ticket

YOUTH TENNIS LESSONS

Players will develop new skills and techniques through enjoyable activities and drills. The classes will be taught by Shaun Keane who has over 15 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: Wednesdays, 3:45-4:30
 - Who: Ages 4-7
 - Cost: \$50 per resident, \$55 per nonresident
 - When: Wednesdays, 4:30-5:30
 - Who: Ages 8-13
 - Cost: \$70 per resident, \$75 per nonresident
 - Where: Tennis Courts at the RecPlex
- *Players will need to bring a tennis racket

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.

- 8/8-8/29 from 4:45-5:45pm
- 9/12-10/3 from 4:45-5:45pm
- 10/17-11/7 from 4:45-5:45pm
- 11/14-12/5 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)

2022 SUMMER DAY CAMP

Our summer day camp is our most exciting time of year! Summer camp will be held on Monday- Friday, 8:00am- 3:00pm. Extended Care will be available from 3:00-5:00pm. Camp is available to children entering grades K-7 in the fall of 2022. Only 2 weeks of camp left! We have limited availability in Week 7 and a wait list for Week 8. Register online at [www/colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

ZUMBA 360 TONING

Kick your workout into high gear with Zumba Toning 360! 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!

- When: Mondays, September 9/12- 10/24, no class 10/10
- Where: JJIS, Room 120
- Ages: 16 and older, minimum of 5- maximum of 25
- Cost: \$60 per resident (\$65 for nonresident), 6 classes

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, 9/14/22-12/14/22, 6:00-6:45 PM
- Cost: \$98 for residents, \$103 for nonresidents (14 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, 9/13/22-12/13/22, 6-6:45PM
- Cost: \$98 for residents, \$103 for nonresidents (14 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, 9/14/22-12/15/22, 6:00-6:45PM
- Cost \$91 for residents, \$96 for nonresidents (13 weeks)

MEDITATION

End your day with a quiet sense of calm. During this class, you will explore a variety of breathing practices combined with meditation to settle and focus the mind. We will use positive affirmations, mantra, and chakra system to tune in and work towards aligning with peace and balance.

- Thursdays, 9/15/22-12/15/22, 7:00-7:30 PM (No class 11/24)
- Cost \$78 for residents, \$83 for nonresidents (13 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, 9/14-12/14/22, 8:30- 9:15 AM
- Cost: \$98 or residents, \$103 for nonresidents (14 weeks)

****NEW! RISE & SHINE YOGA**

Start your day with deep breathwork and stretching to help you handle all the stressors of the day. You'll see gentle moves that revitalize you and help wake up the whole body.

- Where: Zoom with Rachel from Personal Euphoria
- When: Mondays, 9/12/22-12/12/22, 7:15-8:00 AM (no class 10/10)
- Cost: \$91 for residents, \$96 for nonresidents (13 weeks)