

SUMMER PROGRAMS			
PROGRAM	FEE	PROGRAM DESCRIPTION	REGISTRATION LINK
Basic Dog Obedience Saturdays, 7/25/20-8/20/20 10-11 am Ages 18+	\$150.00 pp (\$155 Non-Resident)	Basic obedience course using positive reinforcement training methods, will teach you and your dog how to communicate, basic obedience commands. First session is humans only. One dog per handler.	https://www.colchesterct.gov/recreation-department
Get Empowered! Thursdays, July 9th-August 13th (final ropes course date TBD) 1:00PM-3:00PM Grades entering 8th & up	\$25	Provides future leaders with opportunities to build their skills and challenge themselves by taking part in fun and exciting team building activities. Colchester YSS & Rec	https://colchester-youth-services.jumbula.com/#/home
Golf Lessons Saturdays, 7/11/20-8/1/20 6-7:15 pm Ages 18+ Sundays, 7/12/20-8/2/20 6-7:15PM Women, Ages 18+	\$90 pp (\$95 non-resident)	Putting, chipping, bunker play, full swing, etiquette and course management. Each participant will receive a video analysis of their swing.	https://www.colchesterct.gov/recreation-department
Just Yoga Tuesdays, 7/21/20-8/25/20 6:30-7:30 pm	\$55 pp (\$60 non-resident)	Nothing crazy, Just Yoga. Each class will be different and can include long held postures, flows, breathwork, and mindfulness meditation to help you increase body awareness and feel better.	https://www.colchesterct.gov/recreation-department
Mountain Biking Wednesdays, 7/15/20-8/5/20 5-6:30 PM Ages 16+	\$20 pp (\$25 non-resident)	Beginner-intermediate skill levels starting with easy trails the first week progressing to more technical riding. First class will meet at the Airline Trail.	https://www.colchesterct.gov/recreation-department

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Out of the Bag 7/15/20 Tie Dye Bag 7/29/20 Birds & Bugs 8/12/20 Baseballs & Balloons	\$10 each \$15 each \$10 each	Creative bags that will inspire you and your children to learn and create this summer. Each bag includes all supplies, instructions and creative ideas to keep learning! Pre-order is required by the Wednesday before.	Preorder by calling the office (860) 537-7297 or sending an email parksandrec@colchesterct.gov
Summer Cross Country Tuesdays, 7/14/20-8/18/20 6:00 pm 16+	\$25 pp (\$30 non-resident) Ages	Beginning cross country style runs along different sections of the Airline Trail. 1-3 miles, all done on an out and back format along the Airline Trail.	https://www.colchesterct.gov/recreation-department
Yoga for Seniors Mondays, 7/27/20-8/17/20 4:45-5:45 pm Ages 45+	\$35 pp (\$40 non-resident)	ONLINE with Facebook Live- All levels of fitness or yoga experience are welcome. Once you register you will be emailed a link to the private Facebook group where the live Yoga class will take place.	https://www.colchesterct.gov/recreation-department
Youth Uprise Tuesdays, July 7th-August 11th 10:00AM-11:30AM Open to high schoolers and young adults.	Free	Discussion-based group where we will identify challenges in our community that young people have faced, or may experience. Provides a place for young adults to come together, work towards policy change and revive hope. Colchester Youth and Social Services and Colchester Recreation	https://colchester-youth-services.jumbula.com/#/home
Zumba Tuesdays, 7/21/20-8/18/20 6:00-7:30 pm Ages 14+	\$40 pp (\$45 non-resident)	Combines Latin & International music with dynamic yet simple exercise moves to create a fun, energetic fitness program. No dance experience required!	https://www.colchesterct.gov/recreation-department
Zumba Toning 30 (New Class!) Mondays, 7/20/20-8/17/20 7:00-8:00 pm Ages 14+	\$40 pp (\$45 no-resident)	30 minutes of Zumba fun combined with 30 minutes of Zumba Toning using 1lb. Zumba Toning Sticks	https://www.colchesterct.gov/recreation-department