



## UPCOMING EVENTS

### SUMMER IN THE PARKS

We are planning for a fun summer of free events on the Town Green! Every Thursday 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 \*UPDATED! Touch A Truck
- 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

### 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

### BLOCK ISLAND BREEZE

Welcome to Block Island, natures' treasure of the sea, offering an unspoiled rural setting where a visitor can feel like they have stepped back to a gentler quieter time in 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 Judit 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 (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.

- Saturday, July 14, 2024, from 7am-9pm
- Cost: \$190 per person
- Bus picks up and drop off: St. 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](http://www.colchesterct.gov/recreation-department). Anyone and everyone can print out the tag sale map and visit all the tag sales in Colchester!

- All tag sales will be held on Saturday, August 3, 2024
- (Rain Date August 10, 2024)

### **NEW YORK CITY "ON YOUR OWN" BUS TRIP**

Enjoy a deluxe motorcoach to Manhattan and spend the day exploring "your way". You will disembark near Times Square, an easy walk to Broadway, Rockefeller Center and great NYC restaurants and delis. Your professional tour director can help with recommendations and reservations for the city's best attractions and shows. Tide the subway to lower Manhattan and visit One World Observatory, have a picnic in Central Park visit world class museums or just shop 'til you drop! The Big Apple is yours for the day!

- Sunday, September 22, 2024
- Cost: \$89 per person
- Depart at 7:30am and return around 9:30pm
- Pick up and drop off location: Colchester Parks and Recreation, 127 Norwich Ave., Colchester CT

## **2024 SUMMER CAMPS**

### **DAY CAMP REGISTRATION**

Summer is right around the corner! Camp registration is open and will continue until the registration maximum is met. Registration is available online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department). 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.

- Monday through Fridays, June 24 through August 16
- Camp hours are 8am-3pm daily
- Cost: \$170 per camper, per week. Payment plans and scholarships are available. (Week 2 will be pro-rated for shortened week)
- No camp on 7/4 and 7/5
- Camp is held at the RecPlex (when weather is bad, camp will move to a school)

### **EXTENDED CARE**

Extended Care from 3-5 pm, Monday through Friday is available for parents who need additional time to pick up their campers. Only those registered in camp for the day can attend extended care.

Preregistration is required. Late registrations will be accommodated if the staffing ratios allow.

\*\*Please remember to send extra snacks for Extended Care.

- \$40 per week, per child (Week 2 will be pro-rated for shortened week)

### **COUNSELORS IN TRAINING-SUMMER DAY CAMP**

This 3-week program trains participants to become Junior Counselors by developing team skills, problem solving abilities, and confidence. Involvement in the program requires submission of "Teen Leader Application" which can be obtained by emailing [parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov).

- Camp Dates: Session 1 June 24, 2024- July 12, 2024, OR Session 2 July 15-August 2, 2024
- There is no camp on 7/4 & 7/5.
- Open to teens who are aged 14 or older by June 24, 2024.
- Times: 8am- 3pm on Monday- Friday
- Fee is \$125 per person, per 3-week session.

### **TEEN LEADERS-SUMMER DAY CAMP**

Teen Leadership Camp is an exciting opportunity to develop leadership skills, make new friends, and have fun while problem solving and making a positive impact on our community. Leadership Camp will have a separate curriculum and schedule from the other camp groups. Dedicated staff will guide them from week to week as they develop new ideas, competencies, and camp roles.

- Camp Dates: June 24, 2024- August 16, 2024

- There is no camp on 7/4 & 7/5. The fees for this week will be prorated.
- Grades 6, 7, 8 (in the fall of 2024)
- Times: 8am- 3pm on Monday- Friday
- Cost: \$170 per week, per camper

### **COLCHESTER YOUTH THEATRE CAMP**

This two-week Youth Theatre Camp, run by theatre professionals and educators, gives kids the opportunity to learn acting skills, develop characters, bond with peers, and rehearse and perform a fully staged production-- boosting confidence, stage presence, and social skills! 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.
- A ticketed performance will be held on Aug. 23<sup>rd</sup>
- 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)
- Where: WJMS
- Cost: \$300 per child (2 weeks)

### **SUMMER VOLLEYBALL CLINICS**

This summer volleyball clinic is a program designed to introduce students to the exciting world of volleyball. Led by two experienced coaches, the clinic focuses on developing fundamental skills such as serving, passing, setting, and hitting. Participants engage in a series of fun and challenging drills that cater to all skill levels, from beginners to advanced players. The clinic emphasizes teamwork, sportsmanship, and providing a supportive environment where every participant is encouraged to improve and succeed. With a strong emphasis on skill development and a positive atmosphere, this clinic offers a rewarding experience for young athletes looking to learn and play the game of volleyball. All levels of experience are welcome!

- Who: Youth entering grades 5-9 in the fall of 2024
- When: M-Th, June 24-27, 2024 from 9am-12pm OR M-Th, July 22-25, 2024 from 11:30-2:30pm
- Where: WJMS gym West
- Cost: \$170 per week for Colchester residents, \$175 per week for nonresidents
- Minimum of 12 and a maximum of 30 campers

### **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 OR Monday-Friday, 8/5-8/9 from 9am-12pm
- Cost: \$150 per player
- Where: RecPlex
- Ages: 5-15 years old

### **Building Up S.T.E.A.M. Using LEGO® (Grades K-1/Ages 5-6)**

It's never too early to begin using the engineering design process! Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Duplo® early childhood materials. There will be 2 or 3 motion-based projects introduced each day of the week with additional challenge activities for all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets showcasing what they build in order to share with family and continue the learning process outside of camp. Projects may include wedge launchers, scissor lifts, and drumming machines.

- Monday through Friday, August 12-16 from 9:00am-12:00pm
- Cost is \$150 per child
- Location TBD based on registration numbers
- Minimum # of children is 8; Maximum # children is 16

### **S.T.E.A.M. Works Using LEGO® (Grades 2-5/Ages 7-9)**

It's time to explore the engineering design process! Children are working with standard LEGO® materials to problem-solve engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. There will be 2-3 projects introduced each day of the week with additional challenge activities to accommodate all building skill levels. Your child will have the opportunity to work with and bring home evidence-based lab sheets that demonstrate what they are building so they can share with family and continue the learning process outside of camp. Projects may include drawbridges, flywheel cars, and amusement park rides.

- Monday through Friday, August 12-16 from 1:00- 4:00pm
- Cost is \$150 per child
- Location TBD based on registration numbers
- Minimum # of children is 8; Maximum # children is 16

### **ARCHERY CAMP**

Coach Bill is excited to be back in Colchester! With over 30 years' experience as an archery coach, having taught thousands of individuals from beginners to National Champions, he is a 6-time National Championship medalist, a certified Professional Archer, and an Olympic trials finalist. This is a wonderful opportunity for the Colchester community. Classes meet one hour per day for 5 days. All skill levels are welcome to join. This program is not just for children, there is equipment for all ages, and adults are welcome to participate, especially parents and guardians. Archery is a GREAT family activity! Coach Bill will bring professional equipment for students to borrow during class. Every student will participate at times, no sharing of equipment and no one sits "on the bench".

- Monday through Friday, 6/24/24-6/28/24 OR 8/12/24- 8/16/24 from 8:30-9:30am
- Cost: \$75 per resident, per week
- Ages: 8 and older
- Location: RecPlex R5A
- Minimum of 6 and a maximum of 12

### **STREET SOCCER (INDOOR) CAMP**

Learn ball control, dribbling, and shooting as you master the skills needed on the soccer field! Street Soccer Skills Camp is a great way to enhance a player's skills and performance in a "Club Neutral" environment. Participants must provide their own shin guards, cleats, and water bottles.

- Dates: 7/8/24-7/12/24 OR 7/22/24-7/26/24 from 9am-12pm
- Ages: 6-12
- Fees: \$145.00 per player
- Where: JJIS Gym

# **PROGRAMS**

## **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
- Chanticlair Golf Course
- Ages 16+
- \$99 per player

## **BEGINNER/ADVANCED-BEGINNER PICKLEBALL LEAGUE**

Embark on a 6-week pickleball journey in our Beginner/Advanced-Beginner league! This 18-player (9 women and 9 men) round-robin format promises an exciting mix of recreational play and friendly competition. Each week, you'll team up with new mixed partners (one man and one woman) and enjoy 5-6 electrifying games. At the end of the 6 weeks, the top three finishers with the most games won will be awarded the coveted gold, silver, and bronze medals! Is this league for you? This league caters to players who are newer or novice in skill who prefer a more relaxed and enjoyable atmosphere, infused with a dash of competitive spirit as you vie for the ultimate medal glory!

- Fees: Adult, age 18 and older, \$50.00 per resident and \$55 per nonresident
- When: Thursdays, 6/27/24-7/25/24 from 6-8pm
- Where: Colchester RecPlex Pickleball Courts

## **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
- 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)

## **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](http://www.colchesterchoirorchestra.org)

## **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, July 9-August 20 from 6-6:45 pm (7 weeks) \$59 per person
- 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, July 11-August 22 from 6-6:45pm (7 weeks) \$59 per person
- Zoom, Links for Zoom will be emailed to participants upon registration.

### **15 MINUTE HIIT**

Short on time? This workout is 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.

- Wednesdays, July 10-August 21 from 8:30-9:15 am
- \$28 per person (7 weeks)
- Zoom: Links will be sent to participation after they register