



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.

RESERVATIONS

Interested in reserving 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>

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

PUZZLEPALOOZA

A new twist on game night! How fast can you complete a puzzle? Register as a team or a single (we will pair you up with others). All teams get the same puzzle and the first one to finish wins a prize. Each team gets to bring the puzzle home. We will have up to ten teams compete to complete the same puzzle. No more than four people per team, only one person must register for their team. Children can be on a team, but there must be at least two adults on each team. Bring your own snacks and get ready for fun!

- Fridays, February 23, 2024, and March 22, 2024 from 6pm-8pm.
- Cost: \$25 per team
- Location: Colchester Town Hall

SPRING CLEAN UP 2024

Register to help clean up Colchester! There are many different areas that you can choose to work on. Bring 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 Creamery for free ice cream as our way of saying "Thank you"! If you have any questions, please call the Recreation office at 860-537-7297

- April 20th, 2024. 8am-12pm

OPEN HOUSE-SUMMER DAY CAMP

Campers, bring your families! Join us at the RecPlex to meet camp staff, ask your questions, and get to know all things "camp" before the summer starts!

- Saturday, April 20, 2024, at 10am
- Colchester RecPlex pavilion

SUMMER IN THE PARKS

We are planning for a fun summer of events on the Town Green!
Every Thursday, July 11-August 22, from 6-8pm.

- 7/11/24 Concert on the Town Green
- 7/18/24 Bob Button Big Band concert
- 7/25/24 Karaoke Night with DJ Montez
- 8/1/24 Theatre Performance in the Park
- 8/8/24 Concert in the Park
- 8/15/24 Sunny Train- Kids Concert in the Park
- 8/22/24 End of Summer Dance Party with DJ Montez

BLOCK ISLAND BREEZE BUS TRIP

Welcome to Block Island, nature's treasure of the sea, offering an unspoiled rural setting where a visitor can feel like they have stepped back to a gentler quieter time 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 Judith, 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 which will be 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.

- Sunday, July 14, 2024 from 7am-9pm
- Cost: \$190 per person
- The bus will pick up and drop off at Saint Andrews Church in Colchester

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

2024 SUMMER CAMP

DAY CAMP SUMMER EMPLOYMENT

We are looking for camp staff, counselors-in-training, and volunteers that have a very strong background in working with children of all ages and abilities. Applications are available online at www.colchesterct.gov/recreation-department.

Applications will be accepted through March 5, 2024, for camp staff and April 30, 2024, for counselors-in-training.

DAY CAMP REGISTRATION

Summer is right around the corner! Camp registration will begin on Monday, March 4, 2024. Registration will be available online at www.colchesterct.gov/recreation-department. Camp is available Monday through Fridays, June 24 through August 16. There is no camp on July 4 & July 5 (the weekly fee will be prorated). Camp hours are 8am-3pm daily with extended care available from 3-5pm. The 2024 camp fee is \$170 per camper, per week. Extended care is \$40 per camper, per week. Payment plans and scholarships are available. Online registration will open for returning campers on Tuesday, February 20, 2024 at a reduced fee of \$160 per camper, per week. Beginning March 4th, all campers will be charged \$170 per week. Returning campers will receive an email with early registration information.

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.

INTERNSHIPS

Are you a college student looking for an internship in the recreation field? We can work with you and your school to get an internship set up! Internships are available any time of the year. Please call the office to discuss your options at (860) 537-7297.

YOUTH PROGRAMS

COLCHESTER YOUTH THEATRE PRESENTS:

HUNGER GAMES IN THE HINDERWALD: THE ADVENTURES OF HANNA AND GRETEL

Come and see the first production of our brand-new Colchester Youth Theatre! Great for all ages: this play, created specifically for our Theatre by our director/ playwright Randall Adkison, is a re-telling of a well-known fairytale, with new twists (and plenty of turns) sure to satisfy every adventurer: young and old! Bring your imagination and come support this talent group of Colchester youth for a night of entertainment, storytelling, and a celebration of theatre!

- Friday, March 15 at 6:30pm at the WJMS Black Box Theatre
- Tickets: \$10 adults/ \$5 children
- Tickets available in advance: <https://colchester-actors-theatre.ticketleap.com/youth-theatre-hanna-gretel/>

YOUNG YOGIS THEMED DAYS AT CES WEDNESDAYS

Each 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 Yoga Adventure Stations with friends. 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.

- Wednesdays: March 13-April 3 from 3:30pm-4:30pm
- Cost \$60 per person.
- K-2 Colchester Elementary School students
- Instructor: Susie Hawkins

YOGA, MINDFUL, TOOLS AND MORE II WEDNESDAYS

This class will have children making, using, and taking home tools to support yoga and mindful practices. The tools will be: Slinky Breath, Yoga Pose Cards, Yoga Focus Time, and Calm Coloring Book with colored pencils. 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.

- Wednesday: April 17- May 8 from 3:30pm-4:30pm
- Costs \$60 per person
- K-2 Colchester Elementary School students
- Instructor: Susie Hawkins

ADULT PROGRAMS

IMPERFECT PICKLEBALL

This will be a casual, recreational pickleball program. We will have 2 courts set up and players will rotate in to play. All players should understand before they register that this program is specifically for recreational players. Courts, conditions, skills, and players may not be perfect, but the goal is to have fun! Our attitudes and expectations are more important than our rating and wins. No instruction will be provided. A maximum of 16 registrations will be accepted.

- When: Thursdays, March 14, 21, 28, April 4, 11, 18 from 6-8pm
- Where: Colchester Federated Church, gymnasium
- Who: Adults ages 18 and older, Colchester residents only
- Cost: 6 weeks, \$50 per person

CT DEEP SAFE BOATING CLASS 2024

Certificate of Personal Watercraft Operation (AKA Boating Certificate): Successful completion of the class qualifies a person to purchase their Certificate of Personal Watercraft Operation (CPWO) for \$50 on the Sportsmen Licensing System. The CPWO allows an individual (see age restrictions below) to operate any recreational vessel including a personal watercraft.

No person under age 16, issued a Certificate of Personal Watercraft Operation (CPWO) or a certificate approved by the Commissioner, may operate a personal watercraft without the onboard supervision of a person at least age 18 who has a CPWO.

No person under the age of 16 may operate a vessel that is engaged in tubing or water-skiing. A child under the age of 16 may be permitted to operate a vessel, other than a personal watercraft, without obtaining a SBC or CPWO, if the youth is under the direct supervision of a person at least age 18 who has had a boating certificate for at least two years.

A child under the age of 12 who has obtained a SBC or CPWO may not operate a vessel with greater than 10 horsepower, unless the youth is accompanied on board by a person at least age 18 who holds a SBC or CPWO.

The class is 8 hours long in total. Students are required to attend all sessions. While there is no minimum age requirement to take the class, students must be able to attend the 8 hour class and take a 60 question multiple choice test.

A Connecticut Conservation ID Number is a unique and permanent number that is assigned to you by the Connecticut Online Sportsmen Licensing System. You MUST provide your Conservation ID to register for this class. You cannot take the exam, purchase your certificate, or re-print your certificate without it. If you have a Connecticut Hunting or Fishing License, your Conservation ID Number will be the same ID number that was assigned with the hunting or fishing license. If you have never been issued a Conservation ID Number, go to the Online Sportsmen Licensing System at <https://ct.aspirafocus.com/internetsales> to create one.

For instructions on how to obtain an ID visit: https://portal.ct.gov/-/media/DEEP/Boating/Boating_Docs/How-to-Obtain-a-Conservation-ID-Number.pdf

- May 14th AND May 16th from 5pm-9pm
- Colchester Town Hall Meeting Room
- \$25 per person
- Minimum of 15 and a maximum of 25 will be accepted into 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.

- Mondays from 4:45pm-5:45pm
- Feb. 12-March 11
- March 18- April 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)

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, March 18- May 13 from 6:30pm-7:30pm
- \$80 per resident, \$85 per nonresident
- JJIS Room 79
- Instructor: Dana Belanger

LET'S SEW! (Some things)

Would you like to learn to sew or get back into sewing? There will be a new project in each class using different sewing skills. All the prep work is done for you. All you need to do is sew! However, you will need to bring your own sewing machine, manual, power cord and supplies (thread, scissors, thread & pins).

- When: Tuesdays, April 2, 9, 16, 23 from 6:00-8:00 pm
- Where: Town Hall, Room 2
- Cost: \$50 resident/ \$55 nonresident
- Who: Ages 18 and older, minimum of 3, maximum of 5

SPRING DOG TRAINING CLASSES

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 the basic obedience commands. First session is humans only. All dogs must be leashed with a non-retractable leash. No pinch or choke collars allowed; harnesses are highly recommended. Please bring a water bowl & water as well as waste clean-up bags. Only one dog per handler.

Pawfessional K-9 Training uses positive reinforcement training to help families and their dogs with behavior, obedience, and communication skills. Owner Sean Shoemaker is an Animal Behavior College Certified Dog Trainer and AKC Canine Good Citizen Evaluator, has over 5 years' experience working in basic and advanced obedience training. Sean's goal with his training is to help families integrate their canine companions into their family and works with clients in both group and individual settings.

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.

- Fee: \$150.00 Resident/\$155 Non-Resident
- Ages: 18 and older, Min.4/Max.8
- When: Saturdays, April 6 (no dogs) , 20, 27, May 4, 11, 18 (Rain date May 25 if needed)
- Time: from 9:00-10:00 am
- Instructor: Shoemaker, Sean (Pawfessional K-9 Training)
- Location: Ruby Cohan Woodlands

PAINT NIGHT

Travel with Julianna W Cameron, professional fine artist, to the Scottish Highlands. Rich with color and lots of Sheep! To create this landscape painting we will use a dry brush technique to add texture and soft color transitions. All supplies will be provided, all you need is wear your painting attire. No previous painting experience is needed- step by step instructions will be provided.

- When: Thursday, March 14, 2024, from 6-8pm
- Where: Colchester Senior Center
- Cost \$40.00 per resident, \$45 per nonresident
- Instructor: Julianna W Cameron

PROCREATE APP CLASS

Beginners class to learn about colors, type, brushes, layers and more. Experiment with drawing tools. The app is loaded with many graphic and art options. Students will need to bring the following to class: Apple iPad, loaded with the Procreate app (only \$9.99), Apple pencil.

- When: Thursday, March 21, 2024, from 6-7:30pm
- Where: Colchester Senior Center
- Cost: \$35 per resident, \$40 per nonresident
- Instructor: Julianna W Cameron

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, April 16-June 18 from 4:45pm-5:45pm
- \$80 (10 weeks)
- Zoom, Links for Zoom will be emailed to participants upon registration.

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. Strength and cardio combo are a great way to improve overall fitness and build bone density. You'll need a yoga mat and weights. (1-3 lbs. and 5-8 lbs. or larger if desired)

- Wednesdays: April 17-June 19 from 8:30am-9:15am
- \$80 (10 weeks)
- 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: April 18- June 20 from 6:00pm-6:45pm
- \$80 (10 weeks)
- Zoom, Links for Zoom will be emailed to participants upon registration.

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

HALF DAY HOORAY

We are looking for people to work at our 2023-2024 Half Day Hooray events. We offer a stipend or gift card for spending the afternoon with us, and your child can participate for free. Help is needed at JJIS with grades 3-5 and at CES for grades K-2. The remaining Half Day Hooray dates are as follows: March 7 & April 26, 2024. Please call the office if you are interested in working with us!

VOLUNTEER OPPORTUNITIES

We are always looking for volunteers to help with events and programs. It is a great way to get involved with your community and make new friends. Please call the office to discuss ways in which you can get started!