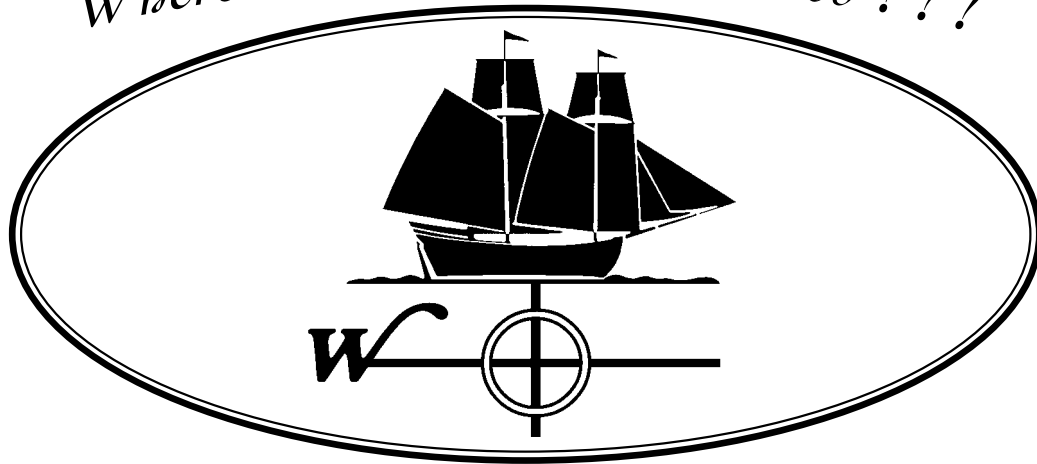


WESTBROOK RECREATION

Where the Benefits are Endless !!!



WINTER 2018 – 2019 BROCHURE

Programs for Everyone of All Ages



Phone 860-399-3095 • Fax 860-399-3092
www.westbrookrec.com • e-mail: rannino@westbrookct.us

General Information

Westbrook Recreation Department

Location: Westbrook Town Hall
866 Boston Post Road
Westbrook, CT 06498

Phone: 860-399-3095

Fax: 860-399-3092

Hours: Monday-Wednesday 9 - 4
Thursday 9 - 7
Friday 9 - 12

Website: westbrookct.us

Recreation Commission

Steve Anderson, Chairman

Kevin Blair

Matt LaSota

Phil Cocchiola

Melissa Ehlert

Mike Esposito

Jodi Ouellette

Jan Ulanowicz

Darren Whitehouse

Rich Annino, Director

Where do we Advertise? _____
Harbor News

School Closing and Holidays _____
There will be no programs/classes during the school vacations and observed holidays. No make-ups for inclement weather on youth programs

How do I register? _____
Westbrook Recreation is now online. Please go to westbrookrec.com to open your household account. Accepted forms of payment Cash, Check or Credit Card.

Questions, Comments and Concerns _____
Please feel free to contact the Recreation Department 860-399-3095 or www.rannino@westbrookct.us. The Recreation Department office is located in the Westbrook Town Hall.



Middletown Symphonic Band Holiday Christmas Concert



We would like to get everyone into the holiday mood with this special performance at Westbrook High School. Westbrook Recreation would like to invite you to join us for a community-wide tradition. Don't miss the opportunity to listen and sing all your favorite Christmas Carols in a warm, comfortable setting. Tell your friends, relatives and co-workers about this special night and really get a jump on the holiday spirit.

Location: Westbrook High School Auditorium
Date: December 7
Time: 7:00 - 8:30 PM., Friday Evening
Fee: Free, Free, Free!!!!

Westbrook Recreation
The Benefits are Endless...

Youth Programs

Middle School After School Program

Westbrook Recreation is now running the After School Program. Do you want your children supervised in a fun and safe environment, when school is out? All registrations must be made on line. Children will be able to do their homework but this service is not a private tutoring program!

Location: Westbrook Middle School

Grades: 5th, 6th, 7th & 8th Grade Boys and Girls.

Dates: Programs will run all through the calendar school year. (No childcare will occur when there is no school.) This program will be prorated so you may start anytime!

After Care: \$200. per month

\$15. per day for drop-ins.

Each session runs 4 weeks and includes half days at no additional charge! Snacks will be provided to all students and all parents must pick-up their children before 6:00 PM. Arts & Crafts, game tables, gym time and board games are provided after students have done their daily homework.

Please call 860-399-3095 with any questions or if you wish to register. All registrations must be made on line at westbrookrec.com.

Youth Badminton

Do you want your child to learn how to play a racket sport? Does your child enjoy playing badminton with family and friends? This new program will help teach your child proper grip, forehand, backhand strokes and serve This new program will be very limited in size, due to the small gym. Please register as soon as possible.

Location: Daisy Ingraham School

Dates: November 10,17, December 1, 8, 15

Time/Ages: 9:00 - 10:00 AM, Preschool, Kindergarten & 1st grade
10:00 - 11:00 AM, Second & Third Grades.
11:00 - 12:00 PM, Fourth, Fifth & Six Grades.

Fee: \$30 residents / \$35 nonresidents

Instructors: Rich Annino & Tom Huben

No class on November 24

Tot Basketball

This program will focus on learning basic basketball skills. Dribbling, passing and shooting will all be covered. Have your child learn how to play in a non competitive and safe learning environment. All volunteers are welcomed and encouraged to participate.

Location: Daisy Ingraham School

Dates: January 5, 12, 19, 26, February 2, 9, 16

Ages: 3, 4, 5 and 6 year olds

Time: 9:00 - 10:00 AM, for beginners and Intermediates

Fee: \$40. residents / \$45. nonresidents

Instructors: Tom Huben & Rich Annino

Recreational Basketball

Recreational basketball is for all children who wish to improve their game. The emphasis is on skills, drills and having fun. We will provide a program which will enable your child to grow in ability with age appropriate groups. This will be a noncompetitive learning environment with a basketball game ending each class.

Intermediate Level / 1st & 2nd Graders Boys & Girls

Daisy Ingraham Gym

10:00 - 11:00 AM, Saturday mornings

January 5 – February 16

Advance Level / 3rd & 4th Graders Boys & Girls

Daisy Ingraham Gym

11:00 - 12:00 PM, Saturday mornings

January 5 – February 16

Fee: \$40 one child / \$70 two children / non-resident \$45

No practices or games will be held during school vacations or inclement weather.

Middle School Boys & Girls Recreational Basketball League

Basketball for 5th, 6th, 7th & 8th Graders

The Middle School Recreational League is for anyone who hasn't made the Travel or Middle School Basketball Teams. This intramural program will help your child improve his or hers' basketball skills and understanding of how to play the game. No standings will be kept and no awards given. Our goal is to promote skill development and good sportsmanship.

Location: Daisy Ingraham School Gym

Dates: January 5 – February 16

Time: 12:00 - 1:00 PM, Saturday afternoons.

Fee: \$50. one child / \$90. two children / \$135. three or more

Spring Travel Soccer

Spring Travel Soccer is for the competitive, skilled child who wishes to compete in the SECJSA. Practices will begin in April and the season will start the first week in May. Practices during the school year, will be in the afternoons during the week, with games at varying times during the weekends.

Location: Wren Park

Time: Practice times and days will vary with availability of fields

Games will be on Saturdays and Sundays, with different times and locations depending on the league schedule

Fee: \$95 / one child, \$170 / two children, \$245 for three

Spring travel soccer registrations will be closed on March 1, 2019 to all previous players. An additional \$75. late fee will be added only to previous players, not new registrants.

No registrations will be accepted after March 15th.



Youth Programs

Little Folks Camp/Fun Days Camp

Is your child between the ages of three to five years old and ready to make friends and socialize? Introduce her/him to some fun and enroll in this special camp program which is a great way to get ready for kindergarten while interacting with other children. Our instructors have had many years of experience working with preschool age children. Camp will follow the school calendar year with all the holidays and special days off.

General Information for Little Folks

Camp activities include music, arts and crafts, stories implementing intergenerational activities, developing fine and large motor skills during outside time as well as cooperative play.

Location: Teresa Mulvey Municipal Building

Days: Monday, Wednesday and Friday mornings

Times: 9:00 - 12:00 Noon

Instructors: Cheryl Dimenstein and Rita Trojanowski

General Information for Fun Days

Two days of Arts & Crafts, Story Time, Games and Cooking with your children. Our energetic staff will play, teach and entertain your child in a safe wholesome environment.

Location: Westbrook Library

Days: Tuesday and Thursday

Times: 9:00 - 12:00 Noon

Instructors: Rita Trojanowski and Cheryl Dimenstein

Customize Your Week

When registering for this program you can pick any combination of days from 1 -5 days per week. Just pick the number of days that work for you and then check off the days of the week you would like your child to attend. The more days you pick the greater the discount will be!

Fee: Prices range from \$60 - \$235 per 6 week session depending on how many days per week you want your child to attend. Non-Residents add \$10 per session.

Location: Teresa Mulvey Building OR the Westbrook Library

Dates: Session One December 3 - February 1

Session Two: February 4 - March 22

Please call the Recreation office with any questions.

860-399-3095.

No class Dec. 24 - Jan 1, Jan. 21, Feb. 18 - 22.



Letters to Santa

I'm sure that there are many children in Westbrook that still believe in flying reindeers, elves and Santa. Has your child ever asked about writing Santa? Westbrook Recreation will have Santa mailboxes at Daisy, the Library and the Teresa Mulvey Center for special delivery to the North Pole! Santa will personally respond to your child's letter. Parents must make sure that the names and addresses of the each child are somewhere on the letters, so Santa can write them back. Please call the office at 399-3095, with any questions?

Locations: Mailboxes are at Daisy, Library & Teresa Mulvey Center

Dates: November 1 - December 20

Ages: Child should be young enough to still believe in Santa!



Red Cross Babysitting Course

This unique program will teach your child everything they will need to become excellent babysitters. The course will help build confidence, self-esteem and cover all the safety issues of watching children. Your child will also receive an official Red Cross babysitting card showing they have completed the course. This course is limited in size, so please register soon!

Location: Teresa Mulvey Municipal Building

Dates: March 18, 20, & 25

Ages: All children must be 10 years or older

Times: 5:45 - 7:45 PM.

Fee: \$55. residents / \$65. non-residents

Instructor: Terri Benoit

When I'm In Charge Red Cross Safety Course

This unique course is for all boys and girls, 8 and older who are ever home alone. The course will cover all the safety concerns parents have when their children are by themselves. They will cover areas such as arriving home, responsibilities, phone and internet safety and many others. This course is limited in size, so please register soon.

Location: Teresa Mulvey Building

Date: February 4

Ages: 8 years old and up

Time: 5:45 - 7:30 PM, Wednesday Night

Fee: \$40. resident

\$45. nonresident

Instructor: Terri Benoit

Please call Rich at 399-3095, for more Info. Short 10 minute graduation ceremony for each class.

Youth Programs

Tot Floor Hockey

This program has grown larger each year we do it. Floor Hockey is a great way to expose your children to playing Street or Ice Hockey. The program will focus on learning basic skills such as trapping, passing, puck control and scoring. We teach good sportsmanship, fundamentals and how to have fun. Comfortable gym clothing, sneakers and shin guards are recommended for safety.

Location: Daisy Ingraham Gym

Dates: March 2 - April 13

Time: 8:00 - 9:00 AM, for 3 & 4 year olds **Beginners**
9:00 - 10:00 AM, for 4 & 5 year olds **Intermediates**

Fee: \$40. residents / \$45. non-residents

Instructors: Tom Huben and Rich Annino



Youth Floor Hockey

All 4th, 5th and 6th Grade boys and girls are invited to join our most advanced Floor Hockey program. More time is spent playing and less doing drills. Ask any child who has done this last year and you will be sold on how challenging and successful this program is. All children should have shin guards, mouth guards and sneakers to help prevent injuries. Please call Rich if you have any questions.

Location: Daisy Ingraham Gym

Dates: March 2 - April 13

Time: 11:00 - 12:00 Saturday Mornings

Fee: \$40. residents / \$45. non-residents

Instructors: Tom Huben and Rich Annino



Karate K-4

Washin Ryu Style Karate

Location: Daisy Ingraham School

Dates: Session 1: December 10 - January 23

Session 2: January 28 - March 6

Session 3: March 11 - April 10

Time: 3:30 - 4:30 PM, Mondays and Wednesdays

Fee: \$55. resident / \$65. non-residents

Instructor: Steve Ballachino

Intermediate Floor Hockey

This program is for 1st, 2nd and 3rd graders who wish to improve their Floor Hockey skills. Floor Hockey is a great way to expose your children to playing Street or Ice Hockey. These children will do advanced drills and improve their puck control and passing. The program is for every boy or girl, even if they have never touched a hockey stick. This program is also a great way of introducing all the girls to stick and ball control, as used in Field Hockey. All children should have shin guards, mouth guards and sneakers. Please call Rich if you have any questions.

Location: Daisy Ingraham Gym

Dates: March 2 - April 13

Time: 10:00- 11:00 AM, Saturday mornings

Fee: \$40. residents / \$45. non-residents

Instructors: Tom Huben and Rich Annino

December, February & April Vacation Camps

Wondering what to do with your child during Westbrook's December vacation week? What about the February vacation week? Looking for safe, inexpensive and quality childcare for your children? We are now accepting registrations for this new program that will make every working parent happy. Our Westbrook Recreation "Summer Day Camp" staff will be back to supervise your children at Daisy Elementary School. Arts & Crafts, sports, sledding and other activities will keep your child busy during the long day. It's Summer Camp activities that will be modified for Winter months. Before care and after care will be available to anyone who needs it. Space is limited, so please call if you have any questions?

Location: Daisy Ingraham School or Westbrook Public Library

Times: Before Camp 7:30 - 9:00 AM

Camp 9:00-4:00 PM.

After Camp 4:00- 6:00 PM

Dates: December 26 - 28 (3 days)

February 18 - 22

April 15 - 19

Fee: \$135. residents / \$145. nonresidents

Before Camp: \$15.

After Camp: \$20.

Dec. Camp \$81. residents / \$87. nonresidents

Adult & Senior Programs

Functional Fitness

A Class for All Ages & Abilities

Functional training is a classification of exercise which involves training the body for activities performed in daily life, everything from household chores and gardening to walking, running or even skiing. This class will improve your flexibility, balance, core strength and coordination while mixing elements of pilates and yoga with choreographed moves to motivating music. Wear sneakers and comfortable workout attire.

Location: Teresa Mulvey Municipal Building

Time: Thursdays: 6:00 - 7:00 PM

Dates: Session 1: January 3 - February 7
Session 2: Thursdays 14 - March 21

Fee: \$50. residents / \$55. non-residents

Instructor: Nancy Giannini

ESSENTRICS™

Aging Backwards Fitness Class

As seen on PBS

We're bringing the wildly popular *Aging Backwards* fitness program back for 2019. This popular fitness program will unlock long-standing tightness, rebuild flexibility, loosen joints, and help you move with the great ease. Essentric is a dynamic stretch program using "accentric contractions" to simultaneously stretch and strengthen for a full body workout. Classes are comprised of deliberate, focused movements done in a specific sequence with wonderful music and cues to help you get in touch with your own mobility. Easy to learn gentle movements from tai chi, healing stretches from physiotherapy, and strengthening concepts of ballet give you a greater feeling of freedom after the first class. No equipment needed. Bring a towel and wear comfortable workout attire.

Location: Teresa Mulvey Center

Time: Wednesdays: 6:00 - 7:00 PM
Thursdays: 9:30 - 10:30 AM

Dates: Session One:
Jan. 9 - Feb. 13
Jan. 10 - Feb. 14

Session Two:
Feb. 20 - March 27
Feb. 21 - March 28

Fee: Wednesdays: \$50. residents / \$55. nonresidents
Thursdays: \$50. residents / \$55. nonresidents

Instructor: Diane Laurent, Certified Corrective Exercise Specialist and Essentrics Trainer.

BEGINNING IN JANUARY we are offering Essentrics class twice a week on Tuesday and Thursday mornings. Registrants will receive a 25% discount by registering for both classes.

Time: Tuesday & Thursday: 9:30 - 10:30 AM

Dates: Jan. 8 - Feb. 14
Feb. 19 - March 28

Fee: Tues. & Thurs: \$75. residents / \$80. nonresidents

Zumba

Our Zumba exercise class is a full body workout, full of FUN! Ditch the boring workouts and join us for this fun-filled party! This Latin based fitness regimen is sweeping the country and we've brought it here for you!

Location: Teresa Mulvey Municipal Building

Dates: Session 1: January 8 - February 12
Session 2: February 26 - April 2

Time: Tuesdays from 6:45 - 7:45 PM.

Fee: \$60. residents / \$65. nonresidents per session

Instructor: John Giannini

Yoga — All Levels

This class is designed for new beginners to intermediate students. Yoga is a magical fitness program that helps you balance emotions and brings you peace of mind. The attention will be to the physical body through stretching, flexibility, posture and awareness of energy flow. You will learn to open your mind and let go of the past and enjoy the present using the style of Hatha Yoga.

Location: Teresa Mulvey Municipal Building

Dates: Session 1: Mon. Dec. 10 - Feb. 4
Session 2: Mon. Feb. 11 - March 25

Time: 6:00-7:15 PM, Mondays

Fee: Residents, \$50. non-residents, \$55.

Instructors: Joanne DeVito

No class Dec. 24, 31, Jan. 21, Feb. 18

Adult Basketball

Open basketball is now available through the Westbrook Recreation Department. Thanks to Oxford Academy we will be using their gym for this new program. All adults must register at the Recreation office in person or by mail. No drop-ins will be allowed to play. Teams will be made randomly and rotated in accordance with the program rules. No one team will stay on the court and play the whole night. All participants must wear non-marking sneakers and proper gym attire. Please respect the gym, bathrooms and building!

Location: Oxford Academy

Dates: January 7 – June 17

Time: 7:30 - 9:00 PM, Monday nights

Fee: \$25. residents / \$35. nonresidents

Maximum of 25 players. Must be 25 years or older.

Adult Volleyball

Participants must be 21 and over to play. This program will run for 9 months and the program fee will not be pro-rated.

All participants must register prior to playing. Please call 860-399-3095 for more info.

Location: Daisy Ingraham School

Dates: September 20 – June 13

Time: 7:00 - 9:00 PM, Thursday Nights

Fee: \$35. residents / \$45. non-residents

Recreation Supervisor: Elaine Cyr

Volleyball does not meet when school is not in session.

Senior Programs & Bus Trip

Senior Chair Fitness

Have fun while exercising to the music as you increase your muscular strength, flexibility and range of motion. You will benefit from both upper and lower body workouts. Our upper body workout uses hand weights and resistance bands in addition to improving your core condition. Your lower body workout will focus on balance, flexibility and improving leg strength as well as good posture and stretching. You'll socialize and make new friends as you improve your overall fitness and health.

Location: Senior Center / Theresa Mulvey Town Hall

Dates: Session one: December 17 - February 1

Session two: February 4 - March 15

Classes will be held continuously throughout the year.

Days: Monday, Wednesday and Friday

Time: 8:15 AM. - 9:15 AM

Fee: \$110. per person (3 times per week)

\$78. per person (2 times per week)

\$39. per person (1 time per week)

Instructor: Caren Appleby

No class December 24-31, Jan. 21, Feb. 18



Senior Aerobic Fitness

This class is for more mobile seniors and involves more movement. Standing, sitting and moving to choreograph steps will help improve your overall fitness. Stretching will also be incorporated throughout the class to enhance overall flexibility. Our class offers upper and lower body resistance training as well as cardiovascular endurance. Combine this with core conditioning and you'll gain additional strength, stability and balance. Get a total body workout while you socialize and have fun.

Location: Senior Center / Theresa Mulvey Town Hall

Dates: Session one: December 17 - February 1

Session two: February 4 - March 15

Classes will be held continuously throughout the year.

Days: Monday, Wednesday and Friday

Time: 9:15 AM. - 10:15 AM

Fee: \$110. per person (3 times per week)

\$78. per person (2 times per week)

\$39. per person (1 time per week)

Instructor: Caren Appleby

No class Dec. 24-31, Jan. 21, Feb. 18

Bronx Zoo

The Bronx Zoo is the flagship of the largest network of metropolitan zoos in the country. You will see award-winning, cutting-edge exhibits featuring over 4000 animals. There is no other zoo in the world which offers the diversity and superb viewing that you will find here. Plan a day long adventure filled with rides and attractions. This trip includes the "TEX" package of the Congo Gorilla Forest, Butterfly Zone, Children's Zoo and the Bengali Express Monorail. Your family will never forget a bus trip like this.

Location: New York City

Date: May 11, 2019

Time: 7:30 AM Departure from Old Saybrook

6:00 PM Departure from New York

Fee: \$99. per person (Adults)

\$89. per person (Children 3-12 years old)



New York City Food & Markets Tour

New York is home to a smorgasbord of cultures and the incredible culinary traditions that have been tantalizing the palates of New Yorkers and their guests for many, many years. Weave your way through a combination of Asian, Italian, Jewish, Middle Eastern, Eastern European and American bakeries, delicatessens, pizzeria, bagel, bialy, and knish shops, etc.

We eat "on the go" and sample as many culinary delights as possible. The best way to learn about this incredible city is to walk, taste, smell and sample its iconic foods!

Location: New York City

Date: December 8, 2018

Time: 7:00 AM. Departure from Old Saybrook

5:00 PM. Departure from New York City

Fee: \$85. per person.

All registrations for Bus Trips are **nonrefundable**. Each trip has limited seats and departs from Old Saybrook commuter parking lot, Rte. 9, N. exit 2. Sign up EARLY.

Westbrook Recreation Department
866 Boston Post Road
Westbrook, CT 06498

PRSR STD
ECRWSS
U.S. Postage
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EDDM RETAIL



Annual
Christmas Tree Lighting
December 2, 2018 at 4 PM

Local
Postal Customer

WESTBROOK RECREATION DEPARTMENT
WINTER 2018-2019- BROCHURE



Westbrook Annual Christmas Tree Lighting



Everyone is welcome to attend this free special holiday event, on the Westbrook Town Green!

The parade will start promptly at 4:00 PM. and travel up South Main Street.

There will be free carriage rides, stage performances and visiting time with Santa Claus.

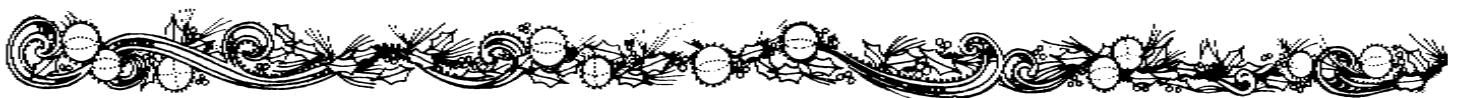
There will also be craft tables, food, drinks and a blazing bonfire for everyone to enjoy.



Location: Westbrook Town Green

Date: December 2

Time: 4:00 PM.



***Become involved in your community...
The benefits are endless...***