WESTBROOK RECREATION
Where the Benefits are Endless !!!

SPRING 2019 BROCHURE
Programs for Everyone of All Ages

Phone 860-399-3095 • Fax 860-399-3092
www.westbrookrec.com • e-mail: rannino@westbrookct.us
Spring Travel Soccer
Spring Soccer is for the competitive, skilled child who wishes to compete in the SECJSA league. Practices will begin in April and the season will start the first week in May. Practices during the school week will be in the afternoons during the week, with games at various 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 to all previous players. An additional $75. late fee will be added to previous players, not new registrants. No registrations will be accepted after April 1st.

Spring Recreational Soccer
We had so many requests for the Spring Recreational Soccer program that we had to make it happen again. Children will work on developing their soccer skills while enjoying our fun, exciting and educational program. This is our Fall Soccer program in structure and design, but in warmer weather. Please call 399-3095, if you wish to volunteer.

Location: Wren Park
Time: 9:00 - 10:00 AM. Saturday Mornings
Dates: April 27 - June 8
Ages: For boys and girls 5 - 11 years old
Fee: $35 one child / $60 two children / $80 for three
No class May 25

PLEASE REGISTER NOW!!
DON’T WAIT.

Westbrook Recreation
The Benefits are Endless...
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 April 8 - May 24
Please call the Recreation office with any questions. 860-399-3095.

Spring Break Soccer Camp
Challenger Sports
Wondering what to do with the children during the April Vacation break? We have just what you're looking for at a very reasonable price. All children will be grouped according to age and ability for this innovative curriculum. All boys and girls, ages 6 to 14 years old are welcome to register for our week long soccer camp. The camp will be from 9:00 -12:00 noon, at Wren Park and will include a free soccer shirt.

Location: Wren Park
Date: April 15 - 19
Time: 9:00 - 12:00 noon, Mon. thru Fri. mornings
Fee: $99. residents / $109. nonresidents
Instructor: Challenger Sports, British Coaching Staff

T-Ball for Tots
Basic Baseball made fun for beginners. We will make your children's first experience exciting and educational. It's a non-competitive program that stresses skill development.

Location: Daisy Ingraham School
Time: 9:00-10:00 A.M. / 3 & 4 year olds
10:00- 11:00 AM. / 5 & 6 year olds
Dates: April 20 - June 1, Saturdays
Fee: $35. residents / $ 40. nonresidents
No class May 25.

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: April 8
Ages: 8 years old and up
Time: 5:45 - 7:30 PM, Monday Night
Fee: $40. resident
$45. nonresident
Instructor: Terri Benoit
Please call Rich at 399-3095, for more Info.

Baby-sitting Course
Location: Teresa Mulvey Municipal Building
Dates: May 6, 13, 20
Ages: 11 years old and up
Times: 5:45 - 7:45 PM.
Fee: $55. residents / $65. nonresidents
Instructor: Terri Benoit
Please call Rich at 399-3095 for more info.

February Vacation
Baseball Clinic
Spring Training for Westbrook boys and girls! Our Baseball clinic will help your child to prepare for the upcoming season. Baseball fundamentals will be taught through fun drills, various techniques and games. We will provide an atmosphere of fun, good sportsmanship and a love of the game.

Location: Westbrook High Gym
 Ages: Boys & Girls 4th - 8th grades
Date: February 19-22
Time: 9:00 AM - 12 noon
Fee: $65. residents / $75. nonresidents
Instructor: Derek Hanssen
Teen Summer Camp

Do you have a child between the ages of 11–15 years old? Are they bored being home alone all summer long? We have a summer camp geared specifically for teens. They will be doing tennis, badminton, field trips, a beach day and much more. Your child will be able to stay at camp from 9:00 – 5:00 PM, Monday through Fridays, at Westbrook Middle School. Please register soon because space is very limited, at 35 children per week.

Location:  Westbrook Middle School
Ages: Children ages 11 - 15 years old
Times: 9:00 - 5:00 PM, Monday thru Friday
Fee:  $150. residents / $160. nonresidents
Week 3, residents $120./nonresidents $128.
Week at the beach $165. residents / $175. nonresidents
PRICES AFTER JUNE 1ST:
Camp residents $170./nonresidents $180.
Week 3, residents $136./nonresidents $144.
Week 9, residents $185./nonresident $195.

Dates: Week one: June 17 – June 21
Week two: June 24 – June 28
Week three: July 1 – July 5
Week four: July 8 – July 12
Week five: July 15 – July 19
Week six: July 22 – July 26
Week seven: July 29 – Aug. 2
Week eight: Aug. 5 – Aug. 9
Week nine: Aug. 12 - Aug. 16

Please call Rich at 860-399-3095 with any questions.
No camp the 4th of July.

Karate K-4

Washin Ryu Style Karate

Location: Daisy Ingraham School
Dates: Session 1: April 22 - May 22
Time: 3:30 - 4:30 PM, Monday and Wednesday
Fee: $55. resident / $65. nonresidents
Instructor: Steve Ballachino

April Vacation Camp

Wondering what to do with your child during Westbrook's April vacation week? Looking for safe, inexpensive and quality childcare for your children? We are now accepting registrations for this 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 and other activities will keep your child busy during the long day. It’s Summer Camp activities that will be modified for spring 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 Elementary School
Times:  
Before Camp 7:30 - 9:00 AM
Camp 9:00-4:00 PM
After Camp 4:00- 6:00 PM
Dates:  April 15 - 19
Fee:  $135. residents / $145. nonresidents
Before Camp: $15. / After Camp: $20.
**Youth Programs & Camps**

**Little Folks Summer Camp 2019**

Are you looking for a camp program for your 3, 4 or 5 year old for this coming summer? A camp with a history of delivering safe, fun and affordable programming? Our Little Folks camp is just what you're looking for. We provide 5 weeks of quality programming with our experienced director and staff. Your child will have Arts & Crafts, Story Time, Games, Music and Playground Time. This program is done Monday, Wednesday and Friday, from 9:00 - 12:00 noon and all registrations are for the full 5 weeks. Let our energetic staff entertain your child this summer.

Please call Rich at 1-860-399-3095, with any questions.

**Location:** Teresa Mulvey Municipal Building (Town Hall)

**Time:** 9:00-12:00 noon

**Dates:**
- Week 1: July 8 - July 12
- Week 2: July 15 - July 19
- Week 3: July 22 - July 26
- Week 4: July 29 - Aug. 2
- Week 5: Aug. 5 - Aug. 9

**Ages:** 3, 4 or 5 and must be potty trained

**Fee:** $175. residents / $200. nonresidents

**Director:** Rita Trojanowski

Space is limited to the first 15 children and done on a first come basis, so please register soon.

**Annual Easter Egg Hunt**

This old fashioned race to pick-up candy, has been done in our town for many years. We guarantee that NO CHILD will ever leave without having some candy and a visit with the Easter Bunny. If you would like to possibly co-sponsor and help pay for candy and prizes, please call Richard Holton at 399-9665 for more information.

**Location:** Teresa Mulvey Municipal Building

**Date:** April 13

**Time:** 12:30 Saturday Afternoon

**Fee:** Free. Free. Free!!!!!

If you wish to donate or volunteer, please call Rich or Doreen Holton 860-399-9665

**Spring Archery**

**Location:** Wren Park

**Dates:** April 2 – May 14

**Ages:** 8 years old and up

**Time:** 3:00 - 4:00 PM, Tuesday Afternoons

**Fee:** $50. per person, per session

**Instructor:** Rich Annino

Class is limited to 12 people. No class April 16.

**Project Graduation Pasta Dinner / Auction**

Each year a new "Project Graduation" group of parents raise money to insure a safe graduation night for their child. All the money raised will cover the cost of transportation, entry fees, snacks and prizes. The Pasta Dinner / Auction is one of the main fundraisers for them. Don’t miss this opportunity to help!

**Location:** St. Mark’s Church

**Date:** April 6

**Time:** 6:00 - 9:00

**Cost:** $10. Adults, $6. Seniors, $6 Students, Children under 5 are free.

**Summer Day Camp 2019**

Looking for inexpensive, safe and quality summer childcare for your children ages 5 to 10 years old? We provide 8 weeks of fun and excitement right at Daisy Ingraham Elementary School. Activities include Arts & Crafts, Drama, Nature, Swimming and Field Trips. Your child will visit interesting places, learn new games and make new friends. All fees are based on a full week schedule and are not eligible to pro-rating. Each week MUST be paid in full two weeks prior to the start of each session so your child may attend Day Camp.

**Location:** Daisy Ingraham School

**Times:**
- Before Camp / 7:30 - 9:00 AM.
- Camp / 9:00 - 3:00 PM.
- After Camp / 3:00 - 6:00 PM. (Wednesday, Field Trip Day has a 4:00 PM. pick-up time)

**Dates:**
- Week one: June 17 – June 21
- Week two: June 24 – June 28
- Week three: July 1 – July 5
- Week four: July 8 – July 12
- Week five: July 15 – July 19
- Week six: July 22 – July 26
- Week seven: July 29 – Aug. 2
- Week eight: Aug. 5 – Aug. 9
- Week nine: Aug. 12 – Aug. 16 (Week at the Beach)

**Fees:**
- Camp $135. residents / $145. nonresidents (per week)
- Week 3: residents $108., nonresidents $116. per week
- Week at the Beach: residents $150. nonresidents $160. per week
- Before Camp is $20. per week
- After Camp is $25. per week

**PRICES AFTER JUNE 1ST.**
- Camp residents $155., nonresidents $165. per week
- Week 3: residents $124., nonresidents $132. per week
- Week 9: residents $170., nonresidents $180. per week

**Camp Director:** Rich Annino

Each session of Summer Camp is limited to the first 75 children to enroll. We place all other children on a waiting list for possible openings. Each registration should include a minimum of one week payment of Camp to hold a spot for other weeks. Please call 1-860-399-3095 with any questions.

No camp the 4th of July.
Youth, Adult & Senior Programs

Classical Mat Pilates for All Levels
Our new Pilates class will guide you through the classical mat series in the original order as designed by Joseph Pilates himself. Pilates class will help your spinal and neck alignment, tighten your abdominal and help you gain strength. You will build muscle tone and flexibility, as you progress at your own pace. Modification will be given to simplify or advance movements. Our instructor, Candace Barnes is a certified Pilates instructor with the U.S. Pilates Association who has experience working with all ages. Participants in this class should be comfortable getting onto a floor mat.
Location: Teresa Mulvey Center
Dates: February 21 - March 28
Time: 6:00 - 7:00 PM Thursdays
Fee: $50. residents / $55. nonresidents
Instructor: Candace Barnes

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, April 1, 8, 15, 22, 29, May 6
Session 2: Mon. May 13, 20, June 3, 10, 17, 24
Time: 6:00-7:15 PM, Mondays
Fee: $50. for residents / $55. nonresidents
Instructor: Joanne DeVito
No class May 27

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 Center
Dates: Session 1: April 9 - May 14
Session 2: May 21 - June 25
Time: 6:45-7:45 PM Tuesday Nights
Fee: $60. residents / $65. nonresidents
Instructor: John Giannini

Chair Pilates
Pilates is for all bodies! If you are not comfortable getting down on the floor and back up again, join us for Chair Pilates! With the support of a chair we will use props such as dowels, tennis balls, resistance bands and much more to improve strength, flexibility, tone, posture, and body organization. Our instructor, Candace Barnes is a certified Pilates instructor with the U.S. Pilates Association who has experience working with all ages. Come sit with us!
Location: Teresa Mulvey Center
Dates: Feb. 25 - April 1
Time: 9:30 - 10:30 AM, Mondays
Fee: $50. residents/ $55. nonresidents
Instructor: Candace Barnes

Aging Backwards Fitness Class
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:
April 3 - May 8
April 4 - May 9
Session Two:
May 22 - June 26
May 23 - June 27
Fee: Wednesdays: $50. residents / $55. nonresidents
Thursdays: $50. residents / $55. nonresidents
Instructor: Diane Laurent, Certified Corrective Exercise Specialist and Essentrics Trainer.

Boating Certification Course
1-day Combination Safe Boating & Personal Watercraft Safety Certification
A complete, updated safe boating certification course taught in one (8 hour) day. This class includes the newest requirement for towing skiers & tubes. Successful completion will allow the student to purchase a Connecticut Certificate of Personal Watercraft Operation, which enables them to operate recreational vessels up to 65 feet in length including Jet Skis. An easy to understand classroom format is designed for students age 12 and over. PRIOR TO TAKING THIS CLASS each student should create an account online at ct.outdoorcentral.net, and click the START button. Create an account if you don't already have one, and then print the page that includes your Conservation ID number and bring it to class. Once we have entered your score in the DEEP system you will use your account to purchase and print the certificate after the class. Students should bring a pen or pencil to class.
Location: Teresa Mulvey Municipal Building
Dates: April 6th and May 18th
Time: 8:30 - 4:30 PM
Fee: $75. covers cost of the course & book
Connecticut Marine Services. Must be 12 years of age or older. Minimum of 8 for classes to run.
Senior & Senior Programs

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: March 18 - April 26
       Session two: April 29 - June 7
       Classes will be held continuously throughout the year. No Class April 19 & May 27

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

Senior Aerobic Fitness
This class is for more mobile seniors and involves more movement. Standing, sitting and moving to choreographed 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: March 18 - April 26
       Session two: April 29 - June 7
       Classes will be held continuously throughout the year. No class April 19 & May 27

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

Food & Market Tour
New York City is home to a smorgasbord of cultures and incredible culinary traditions that have been tantalizing the palates of native New Yorkers and their guests for many years. What better way to experience NYC than by walking its streets and by “noshing” your way through readily available culinary treats. Weave your way through bakeries, delicatessens, pizzerias, meat markets and much more. Tour highlights include Katz’s Deli, Eataly & Arthur Avenue. Be sure to bring a cooler, so you can purchase as much as like. This is an unforgettable culinary bus trip of sights, smells and delicious tastes.

Location: New York City
Date: May 4
Time: 7:00 AM. Departure from Old Saybrook Commuter parking lot
      5:00 PM. Departure from New York
Fee: $89 (Food is not included)

Martha's Vineyard
Beaches, bicyling, fabulous food, dazzling arts, culture and so much more! Located just seven miles off Cape Cod, your Vineyard experience is just a short ferry ride away. Rolling heaths spotted with ponds and lakes give way to forests of oaks and pines, seaside cliffs and broad beaches.

This tour has an early pre-dawn departure time in order to give us the maximum time to experience everything the tour has to offer. You will also have the option of doing the Island bus tour or going it on your own. This educational island bus tour will take you to Edgartown, Oaks Bluff, Vineyard Haven and other famous stops. This bus trip is truly an experience you will never forget!

Location: Martha's Vineyard
Date: July 13, 2019
Time: 5:00 AM. Departure from Old Saybrook
      6:00 PM. Departure from Falmouth, Mass.
Fee: $149. per person (Bus Trip, Ferry and Island Bus Tour)
     $129. per person (Bus Trip and Ferry only)

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: Bronx Zoo, New York
Date: May 11
Time: 7:00 AM Departure from Old Saybrook commuter parking lot
      5:00 PM Departure from Bronx Zoo
Fee: $99. per person (Adults)
     $89. per person (Children 3-12 years old)

All registrations for Bus Trips are nonrefundable.
Become involved in your community…
The benefits are endless…

Westbrook Family Day
Seventeenth Anniversary

You are officially invited to our Seventeenth Westbrook Family Day! Bring the children, grandparents and all your friends for an afternoon of old fashion fun. There will be clowns, food, entertainment and lots of activities for the children. The Board of Recreation wants everyone to participate in this All-American, traditional, annual event. With the help of all the other organizations and groups in town, we hope to show how much pride we have in our community. Come and celebrate with all of us and enjoy an afternoon of fun that is absolutely FREE!!!!!

Date: June 8th - Rain Date, June 9th
Time: 12:00 noon - 2:00 PM, Saturday Afternoon
Location: Westbrook Town Green
Fee: Absolutely Free!!!!!!!!!

If you wish to volunteer and share your time or talents, please call Rich at 860-399-3095.

Westbrook Family Day
Seventeenth Anniversary