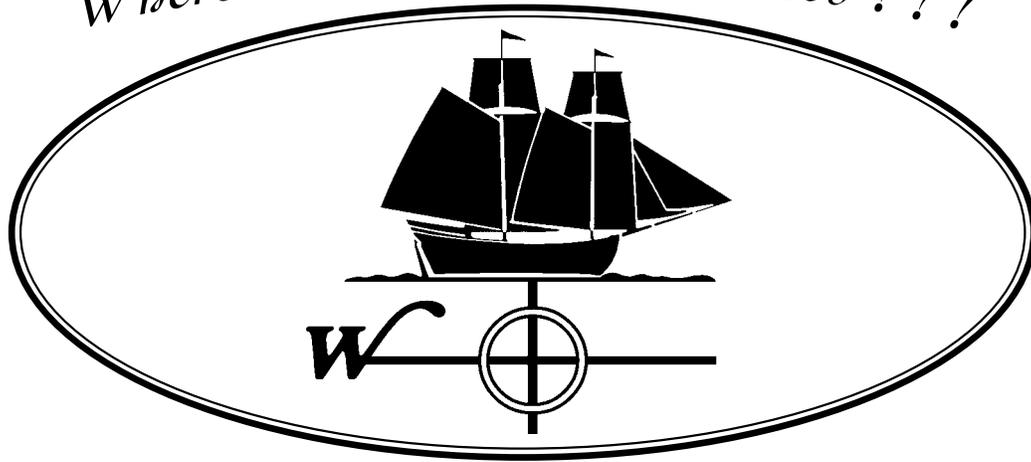


WESTBROOK RECREATION

Where the Benefits are Endless !!!



SPRING 2020 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: westbrookrec.com

Recreation Commission

Kevin Blair, Chairman

Matt LaSota

Phil Cocchiola

Melissa Ehlert

Mike Esposito

Jodi Ouellette

Jan Ulanowicz

Darren Whitehouse

Greg Carlo

Rich Annino, Director

Where do we Advertise? _____
Harbor News & www.westbrookrec.com

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.

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 25 - June 6

Ages: For boys and girls 5 - 11 years old

Fee: \$35 one child / \$60 two children / \$80 for three

No class May 23



Westbrook Recreation
The Benefits are Endless...

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: Dave Fernandes and Christine Loughlin

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 Dave Fernandes

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 March 9 - April 24
Session Two April 27 - June 12

Please call the Recreation office with any questions.
860-399-3095.

No class April 10 & 13 - 17th, May 25

Introductory Level Fishing Course

CT Aquatic Resource Education

Since 1986, the CARE program has been training and partnering with volunteers in order to conduct FREE introduction classes around the state. Let CARE introduce you and your family to the wonderful world of fishing. It requires taking a two hour class and then fishing for two hours. No equipment or bait needed! Everything is provided and is FREE for use by all participants. Please register on line at westbrookrec.com as soon as possible. We need a minimum of 15 people to run the program.

Location: Westbrook Town Hall - Class
Westbrook High School Pond - Fishing
Dates: June 13, 2020
Times: 8:30 - 10:30 AM. Class time / 11-1 PM. Fishing
Fee: FREE, FREE, FREE

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 25 - June 6, Saturdays
Fee: \$35. residents / \$ 40. nonresidents

No class May 23



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 29
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.

Baby-sitting Course

Location: Teresa Mulvey Municipal Building
Dates: May 11, 13, 18
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.



Youth Programs & Camps

Westbrook Recreation

2020 Summer Camps Schedule

SOCCER / CONDITIONING / TRAINING CLINIC

July 7 - 23 & Aug. 4 - 20

\$75. residents / \$85. nonresidents (half day)

Grades 7 - 12

SLAMMA JAMMA BASKETBALL CAMP

July 6 - 10 & July 20 - 24

Half Day \$140. / Full Day \$175. (one week)

Half Day (both weeks) \$260. / Full Day (both weeks) \$330.

Boys & Girls grades 3rd - 9th

CHALLENGER SOCCER CAMP

July 27 - 31

Mini \$72. / Half Day \$128. / Full Day \$160.

Boys & Girls ages 5 - 14 years old

BASEBALL CLINIC

August 3 - August 7

Boys & Girls ages 8 - 14 years old

9 a.m. - noon (half day) \$90. resident / \$100. nonresident

TENNIS JUNIOR CLINICS

June 15 - August 17 / One Week Blocks

\$75. per week, per child for five days

Boys & Girls ages 5 - 7, 7-10 / 4:00-5:00 PM

Boys & Girls ages 11-13, 14-16 / 5:00-6:00 PM

YOUTH FIELD HOCKEY CLINIC

August 17-19

\$65. residents / \$75. nonresidents (1/2 day)

Grades 4th - 7th

TEEN FIELD HOCKEY CLINIC

August 17-19

\$65. residents / \$75. nonresidents (1/2 day)

Full Day \$95. residents / \$105. nonresidents

Grades 8th - 12th

BROADWAY BOUND THEATRE CAMP

July 20 - 31

\$375 per person (two weeks)

Directed by Joni Gage

BROADWAY BEGINNERS - CHILDREN'S SUMMER THEATRE

July 6 - 17

\$175. residents / \$190. nonresidents

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: \$155. residents / \$165. nonresidents

Week at the beach \$175. residents / \$185. nonresidents

PRICES AFTER JUNE 1ST.

Camp residents \$175./nonresidents \$185.

Week 9, residents \$195./nonresident \$205.

Dates: Week one: June 15 - June 19

Week two: June 22 - June 26

Week three: June 29 - July 3

Week four: July 6 - July 10

Week five: July 13 - July 17

Week six: July 20 - July 24

Week seven: July 27 - July 31

Week eight: Aug. 3 - Aug. 7

Week nine: Aug. 10 - Aug. 14 (3 field trips)

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

Karate K-4

Washin Ryu Style Karate

Location: Daisy Ingraham School

Dates: Session 1: April 27 - June 1

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 13 - 17

Fee: \$140. residents / \$150. nonresidents

Before Camp: \$15. / After Camp: \$20.

Youth Programs & Camps

Little Folks Summer Camp 2020

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 6 - July 10
Week 2 July 13 - July 17
Week 3 July 20 - July 24
Week 4 July 27 - Aug. 31
Week 5 Aug. 3 - Aug. 7
Week 6 Aug. 10 - Aug. 14
Monday, Wednesday, Friday

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

Fee: \$200. residents / \$225. 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 fashion 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 4

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

Hang Out Week

Parents have been asking for additional childcare for years. The week after camp is always stressful because there are very few programs or options for your children. This program is not part of our summer day camp. Some of our summer camp staff will entertain and supervise children at the Westbrook Library community center room. Children will have Hiking, Sports, Arts & Crafts and do other group activities. Due to limited staffing, they will not have a field trip or a day at the beach. This new program is limited to the first 35 children registered.

Location: Westbrook Library Community Room

Ages: Children 5 - 14 years old

Times: 9:00 AM - 3:00 PM

Dates: August 17 - August 21

Fee: \$ 140. residents / \$ 150. nonresidents

Before camp: \$15. / **After camp:** \$20

Spring Archery

Location: Wren Park

Dates: April 7 - May 19

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 14.

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 raise dwill 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 4

Time: 6:00 - 9:00 PM.

8:00 - Silent Auction

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

Summer Day Camp 2020

Looking for inexpensive, safe and quality summer childcare for your children ages 5 to 10 years old? We provide 9 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 15 - June 19

Week two: June 22 - June 26

Week three: June 29 - July 3

Week four: July 6 - July 10

Week five: July 13 - July 17

Week six: July 20 - July 24

Week seven: July 27 - Aug. 31

Week eight: Aug. 3 - Aug. 7

Week nine: Aug. 10 - Aug. 14 (Week at the Beach)

Fees: Camp \$140. residents / \$150. nonresidents (per week)

Week at the Beach: \$155. residents / \$165. nonresidents

Before Camp is \$20. per week

After Camp is \$25. per week

PRICES AFTER JUNE 1ST.

Camp residents \$160./nonresidents \$170.

Week 9, residents \$175./nonresident \$185.

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.

Youth, Adult & Senior Programs

Adult Pickleball Lessons

Pickleball is the fastest growing sport in the USA. It's a fun sport that combines the elements of tennis, badminton and ping pong. The game is played with a paddle and plastic ball perforated with holes (whiffle ball). Our lessons will start you on the road to learning and enjoying this fun sport. Lessons will run for 4 weeks and have a maximum of 8 students. We are offering Saturday morning or Tuesday evening classes at our brand new pickle ball courts. Paddles and balls will be available for use.

Location: Westbrook Pickleball Courts, Ted Lane Field

Dates: Session One:

April 21 - May 12, Tuesday nights

April 25 - May 16, Saturday Mornings

Session Two:

May 26 - June 16, Tuesday nights

June 6 - June 27, Saturday mornings

Time: Tuesdays: 6-7 PM

Saturdays: 9-10 AM

Fee: \$25 residents/35 nonresidents

Instructors: Kevin McCarthy, John Wolff

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 11 - April 17

Session two: April 20 - May 29

Classes will be held continuously throughout the year. No class April 10 & May 25

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 times per week)

Instructor: Caren Appleby

Adult Recreational Pickleball

Experienced Pickleball players are welcome to register for our intramural pickleball program. Players will compete against each other in a friendly atmosphere, switching partners and playing different pairs. All participants must know the rules and be able to keep score. A maximum of 20 players will be allowed to register, nonresidents will only be allowed if there are spots available two weeks prior to the start of the program. Additional sessions can be added if required. Please call, 860-399-3095 with any questions.

Location: Westbrook Pickleball Courts, Ted Lane Field

Dates: Session 1: April 29 - June 19

Session 2: June 24 - August 14

Time: Wednesdays & Fridays, 9:30 - 11:30 a.m.

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

ESSENTRICS™ As seen on PBS 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 22 - May 27

April 23 - May 28

Session Two:

June 3 - July 8

June 4 - July 9

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

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

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

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: April 21 - May 28

June 2 - July 9

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

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.aspirafocus.com/internetsales, 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: May 2

Time: 8:30 - 4:00 PM

Fee: \$75. covers cost of the course & book

Current Boating Education, LLC. Must be 12 years of age or older.

Minimum of 8 for classes to run.

Adult & 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 11 - April 17

Session two: April 20 - May 29

Classes will be held continuously throughout the year. No Class April 10 & May 25

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



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 27, May 4, 11, 18, June 1, 8

Session 2: Mon. June 15, 22, 29, July 6, 13, 20

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

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

Instructor: Joanne DeVito

No class May 25

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: March 17 - April 21

Session 2: April 28 - June 2

Time: 6:45-7:45 PM Tuesday Nights

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

Instructor: John Giannini

2020 Bus Trips !!

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 9

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)

9/11 Musuem, 9/11 Memorial & One World Observatory

One World Observatory, experience three levels of innovation and insipriation. Start by ascending to the top of the tallest building in the Western Hemisphere, experience a virtual time lapse that recreates the development of New York's City skyline from the 1500s to the present day and enjoy expansive 360 degree views in all directions.

The 9/11 Memorial: occupying eight acres the memorial is a tribute to the past and a place of hope for the future.

The 9/11 Memorial Museum honors the memory of those killed in the February 26, 1993 and September 11, 2001 terrorist attacks. Included is an exhibition that tells the story of 9/11, the Pentagon and Flight 93.

There will be leisure time for lunch on youyr own. Restaurants are within easy walking distance and also in the museum.

Location: New York City

Date: April 4, 2020

Time: 7:00 AM. Departure from Old Saybrook

5:00 PM. Departure from New York City

Fee: \$149. per person.

All registrations for Bus Trips are **nonrefundable**.

Westbrook Recreation Department
866 Boston Post Road
Westbrook, CT 06498

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Westbrook Family Day *Eighteenth Anniversary*

You are officially invited to our Eighteenth 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: May 30th - Rain Date, May 31th
- 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.

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