



# **Town of Old Saybrook**

---

**Request for Qualifications and Proposals**

**Strategic Plan for Parks and Recreation Facilities and Programs**

---

**February 21, 2018**

**Town of Old Saybrook**  
**REQUEST FOR**  
**Qualifications and Proposals**  
**Strategic Plan for Parks and Recreation Facilities and Programs**

**February 21, 2018**

This Request for Qualifications and Proposals includes the following:

Section I	Project Background and Goals	page 2
Section II	Scope of Work	page 3
Section III	Required Information	page 4
Section IV	Submittal Requirements	page 7
Section V	Selection Process and Criteria	page 8
Section VI	General Conditions	page 9
Section VII	Communication Protocol	page 11
Section VIII	Attachments	page 11

## **SECTION I – Project Background and Goals**

The Town of Old Saybrook (hereinafter referred to as “the Town”) is seeking proposals from a Team of Qualified Consultants for assistance in developing a comprehensive strategic plan for the town recreational facilities and programs.

The purpose of the consultant services is to provide the Town of Old Saybrook with professional parks and recreation analysis, planning, facilities design expertise, and program design expertise.

The Consultant shall provide a full Scope of Work and be responsible at a minimum for the services outlined in the Tasks below. Proposer shall indicate any proposed changes, additions, or subtractions from the Scope of Work indicated below. The Consultant will be expected to secure Sub consultants as necessary.

The Recreation Director and Recreation Commission Chairman and Vice Chairman will arrange for all meetings and times as are deemed necessary to review files, visit sites, and meet with the Committee. For each task, the Consultant shall thoroughly review any and all materials and correspondence provided by the Recreation Commission and/or Recreation Director.

Appendix C (attached) contains a list of Old Saybrook's current parks and ball fields as well as other properties under control or use by the Recreation Department.

Appendix D (attached) contains a list of Old Saybrook's current programs currently offered by the Recreation Department

Appendix E (attached) contains data from our 2017 Old Saybrook Parks and Recreation Community Survey

## SECTION II - Scope of Work

The Scope of Work will include the following Tasks:

### **Task 1: Initial Meetings & Start-Up**

The Consultant shall meet with the Recreation Commission to discuss the Contract terms, detailed Scope of Work, project timeline, and any concerns either party may have before work begins under the following tasks.

*Meetings: The Consultant shall attend in total at least two (2) two-hour (2-hour) meetings with the Recreation Commission at mutually agreeable times.*

### **Task 2: Background Research & Facility Inventory**

The Consultant shall prepare a detailed inventory for all properties, parks, ball fields, and recreational facilities under control and/or use by the Town of Old Saybrook Recreation Department indicating the parcel or facility name, locations (street address and assessors map-lot number), approximate size (sq. ft. and acres), written description of the site and existing and proposed recreation facilities, sketch plans indicating seasonal use areas and usage patterns, and a minimum of five (5) professional illustrative photographs of the sites. Such sites shall include, but shall not be limited to those listed in Appendix A (below).

*Deliverables: The Consultant shall provide the required number of digital and hard copies for all files generated under this task.*

### **Task 3: Base Survey Plan Preparation**

The consultant shall review and research to prepare a professional survey base map for all properties listed in Appendix A locating all property bounds, easements and/or restrictions (if any), uses of abutting land, surface and subsurface soil conditions, wetlands, rivers, vernal pools, and other resource areas, buildings, drainage structures, lines and facilities, existing field areas, site amenities, irrigation, dugouts, benches, backstops, infields, lighting systems, electrical, buildings, septic, availability of water supply lines, location of all wooded areas, existing trees, and other vegetation.

*Deliverables: The consultant shall provide the required number of digital and hard copies for all files generated under this task. All survey information and site plans shall be delivered via e-mail or on CD viewable and editable in AutoCAD in addition*

*to paper copies.*

#### **Task 4: Community Needs Assessment**

The consultant shall obtain, through the Town Planner, any and all information developed under Old Saybrook's Parks and Recreation Survey, 2017. Said Plan will provide background information for a more detailed community needs assessment by the Consultant. The Consultant shall obtain additional information as necessary to develop background, demographics, trends, and associated information for Old Saybrook necessary to develop a comprehensive Community Needs Assessment relative to parks and recreation.

The Consultant shall compare remaining needs to provided survey results in Appendix E (attached) and submit a proposed community survey for any remaining needs of the Old Saybrook residents with respect to parks and recreation general needs, athletic facility needs, and program needs. The Consultant shall further arrange for the distribution of the survey "town-wide" to residents of Old Saybrook. The written survey will be converted into "html" (web-format) format for posting on the Town Website and/or distributed to town departments, boards, commissions, parks and recreation facility users, and general public to gather feedback for an assessment of present and future needs relative to parks and recreation. Online survey tools such as Survey Monkey can be employed by the consultant to disseminate the survey to the community.

The Consultant shall also meet with each of the following Town departments and organizations to gather feedback on the future to gather feedback for an assessment of present and future needs relative to parks and recreation:

- Recreation Commission
- Town Planner
- Conservation Commission
- Department of Public Works
- First Selectman
- General Public (a minimum of 2 public hearings)
- Private Leagues: OSLL, OSSC, TICKS, OSBC, OSWYF

The Consultant shall incorporate feedback and results from the above survey(s) and meetings into a comprehensive written "Community Needs Assessment" for Old Saybrook's parks and recreational/athletic facilities. The needs assessment shall indicate gaps in the current parks and recreational resources provided by the Town of Old Saybrook's residents and recommend areas for improvement and/or additions.

*Meetings: The Consultant shall agree to meet a minimum of four to six (5) joint meetings with the above groups at mutually agreeable times.*

*Deliverable: The Consultant shall provide the required number of digital and hard copies for all files generated under this task.*

#### **Task 5: Recommendations**

The Consultant shall develop a draft "Strategic Plan for Parks and Recreation Facilities and Programs" for meeting the needs identified in the above tasks, utilizing or redeveloping existing facilities as well as developing new facilities. The consultant shall incorporate all information gathered in the above tasks when developing the draft plan and recommendations, including what can physically be built on each property, based on physical and environmental constraints. Sketch layout plans shall be provided as an overlay to the base survey (existing conditions) plan prepared under Task 3. Such recommendations may be used for securing project funds from possible grants and other sources for proper implementation.

*Deliverables: The Consultant shall provide the required number of digital and hard copies for files generated under this task.*

**Task 6: Prioritize Recommended Projects & Provide Cost Estimates**

The Consultant shall — based on a thorough review and completion of the above tasks — provide a ranking for high, medium, and low priority parks and recreation projects to be undertaken by the Town as identified and discussed under the above tasks and the “Strategic Plan for Parks and Recreation Facilities and Programs”. All projects recommended and/or identified above shall be illustrated with sketch plans (and other graphics or renderings if appropriate). Sketch layout plans shall be provided as an overlay to the base survey (existing conditions) plan prepared under Task 3. The Consultant shall provide a conservative rough cost estimate for acquisition and/or construction as applicable to all such projects, facility changes or improvements. Such recommendations may be used for securing project funds from grants and other sources for proper implementation. As such, this portion of the draft “Strategic Plan for Parks and Recreation Facilities and Programs ” shall indicate the timeline for phased implementation of all recommendations, identifying the applicable year, cost estimate and funding source.

**Task 7: Presentation of Initial Findings**

The Consultant shall meet with the Recreation Commission prior to presenting final draft to the Board of Selectman for final ratification and discuss any and all findings under the above tasks, to discuss the Scope of Work, remaining project timeline, and any concerns either party may have before work begins under the following (remaining) tasks.

Meetings: *The Consultant shall agree to meet at least three (3) meetings with the Recreation Commission and Board of Selectman at mutually agreeable times.*

Deliverables: *The Consultant shall provide the required number of digital and hard copies for all new and revised files generated under this task.*

**Task 8: Initial Review, Feedback, and Corrections**

The recreation inventory, plan elements, and deliverables developed under items 1-7 above shall be reviewed in detail by the Recreation Commission for accuracy and completeness. Upon such review and written feedback from the Commission, the applicant shall revise all of the Deliverables identified under tasks 1-7 above and submit revised versions to the Committee accordingly.

Deliverables: *The Consultant shall provide the required number of digital and hard copies for all new and revised files generated under this task.*

**Task 9: Final Review, Feedback & Corrections**

"Strategic Plan for Parks and Recreation Facilities and Programs" elements developed under items 1-7 above shall be reviewed in detail by the Recreation Commission, Recreation Director, and First Selectman for accuracy and completeness. Upon such review and feedback from the aforementioned entities, the applicant shall revise all of the Deliverables identified under tasks 1-7 above and submit revised versions to the

The final Deliverables shall be combined as necessary to formulate a final "Strategic Plan for Parks and Recreation Facilities and Programs" for subsequent adoption by the Recreation Commission. Said plan shall include each of the above task items and deliverables, and shall include text and illustrations as necessary to provide background.

*Deliverables: The Consultant shall provide the required number of digital and hard copies for all new and revised files generated under this task.*

**Task 10: Presentation of Final Plan**

The Consultant shall meet with the Recreation Commission and Recreation Director, and First Selectman to present the final plans and deliverables; including the base survey plans, concept plans and "Strategic Plan for Parks and Recreation Facilities and Programs", discuss any and all findings under the above tasks, discuss the Scope of Work, remaining project timeline, and any concerns either party may have before work begins under the following (remaining) tasks.

*Meetings: The Consultant shall agree to meet at least two (2) meetings with the Recreation Commission at mutually agreeable times. Additionally, the Consultant shall be required to present the final plan and deliverables at the next applicable Old Saybrook Parks and Recreations Commission Meeting.*

*Deliverables: The Consultant shall provide the required number of digital and bard copies for all new and revised files generated under this task.*

The Scope of Work conducted shall conform to all applicable US and CT laws and regulations including those of environmental compliance, financial reporting, and labor. Copies of all reports will be made available to the Town of Old Saybrook.



The Team of Consultants selected must be of professional firms and, if applicable, licensed to practice in the State of Connecticut. All grant conditions will apply. It is anticipated that work will begin on or before July 1, 2018 and be completed by December 1, 2018.

**Critical Dates**

Questions Deadline: **April 30, 2018 at 12:00pm EST**

Response to Questions Deadline: **May 15, 2018 at 12:00pm EST**

Proposal Deadline: **May 30, 2018 at 12:00pm EST**

Work to Begin: **July 1, 2018 (Pending Town Project Funding)**

Work to be Completed: **December 1, 2018**

## **SECTION III – Required Information**

By submitting a proposal, firms represent that they have thoroughly examined and are familiar with the scope of services outline in this RFP and are capable of performing the work to achieve the objectives stated.

### **Primary Project Responsibility**

Any team of consultants must identify and clearly explain which firm/consultant will be the Primary Consultant. Only the Primary Consultant will enter into a contract with the Town. All other parties will be considered subcontractors to the Primary Consultant. Regardless of which Consultant performs the work, the Primary Consultant is responsible for the performance of all contract work and payment to subcontractors.

RFP respondents are asked to organize their proposals in the order requested, in accordance with the following format:

#### **3.1 Primary Consultant**

Submit a completed and signed Response Page (Attachment A) as the first page of your firm's Proposal. Provide the company name and mailing address, chief executive's name, title, mailing address, phone number, fax number, email and website addresses of the Primary Consultant. Provide similar information for all sub-consultants to work on the project.

#### **3.2 Statement of Experience**

Provide a brief description of your firm and all sub-consultants that may be hired for this project. Also provide proof of relevant licensing and experience for all consultants and sub-consultants. In addition, include experience in community engagement with municipal boards and commissions, elected and appointed officials and the general public and all other tasks listed under the Scope of Work. Include curriculum vitae of all key staff who will be assigned to the project.

#### **3.3 Work Plan Process, Approach and Timetable**

Provide a detailed and thorough description of the proposed work plan to accomplish the tasks outlined in the RFP, including the methodology, process and approach to the Scope of Work. This should include a detailed project management plan that lists specific tasks, timelines and milestones to accomplish the proposed work plan. The work plan should identify the project manager and key staff assigned to various elements of the work plan and all sub-consultants that will work on each task.

Note: The project must be completed by December 1, 2018.

#### **3.4 Price Proposal and Estimated Costs**

Provide a detailed budget to complete the tasks as outlined in the proposed work plan. Include costs for personnel (anticipated hours, hourly rate and associated travel costs), materials and other costs as may be necessary to complete the proposed work plan.

#### **3.5 Current Projects**

Provide information about any projects currently being undertaken by your firm or for which your firm has submitted a proposal. This information should briefly describe each project and the date it is to be completed.

**3.6 Professional References**

Provide contact information for not less than three (3) professional references and a short summary of relevant projects undertaken for the references.

**3.7 Minimum Insurance Requirements**

The selected candidate shall agree to maintain in force at all times during which services are to be performed the following coverage placed with company(ies) licensed by the State of Connecticut which have at least an “A-” VIII policyholders rating according to Best Publication’s latest edition Key Rating Guide.

(Minimum Limits)		
General Liability*	Each Occurrence	\$1,000,000
	General Aggregate	\$2,000,000
	Products/Completed Operations Aggregate	\$2,000,000
Auto Liability*	Combined Single Limit	
	Each Accident	\$1,000,000
Umbrella* (Excess Liability)	Each Occurrence	\$1,000,000
	Aggregate	\$1,000,000
Professional Liability	Each Occurrence	\$ 1,000,000
	Aggregate	\$ 1,000,000

\* “The Town of Old Saybrook” shall be named as “Additional Insured”. Coverage is to be provided on a primary, noncontributory basis.

If any policy is written on a “Claims Made” basis, the policy must be continually renewed for a minimum of two (2) years from the completion date of this contract. If the policy is replaced and/or the retroactive date is changed, then the expiring policy must be endorsed to extend the reporting period for claims for the policy in effect during the contract for two (2) years from the completion date.

**Workers’ Compensation and WC Statutory Limits**

Employers’ Liability	EL Each Accident	\$500,000
	EL Disease Each Employee	\$500,000
	EL Disease Policy Limit	\$500,000

Original, completed Certificates of Insurance must be presented to the Purchasing Agent prior to purchase order/contract issuance. The candidate agrees to provide replacement/renewal certificates

at least 60 days prior to the expiration of the policy. Should any of the above described policies be cancelled before the expiration date, written notice must be made to the Town 30 days prior to cancellation.

The candidate shall agree to submit proof of the following coverage placed with company(ies) licensed by the State of Connecticut which have at least an "A-" VIII policyholders' rating according to Best Publication's latest edition Key Rating Guide. In addition, all Carriers are subject to approval by the Town of Old Saybrook.

The Vendor shall also agree to name the Town as Additional Insured on all Insurance Policies except Workers Compensation and to provide a Waiver of Subrogation on all Insurance Policies.

### **3.8 Non-Collusion Statement**

Submit a signed Non-Collusion Statement (Attachment B) with your firm's Proposal.

### **3.9 Additional Information**

- Prime consultant's two most recent audited financial statements;
- Disclose all listings on the State's Disbarment List or List of Parties Excluded from Federal Procurement;
- Disclose ineligibility, per Connecticut General Statute Section 31-57b, to be awarded the contract because of occupational safety and health violations;
- Disclose all arbitrations and litigation;
- Disclose all criminal proceedings;
- Disclose all state or local ethics law, regulation, ordinance, and/or policy violations.

#### **SECTION IV – Submittal Requirements**

All submissions to the RFQ/RFP for Consulting Services for the **Strategic Plan for Parks and Recreation Facilities and Programs** must be in the possession of the Town no later than **May 30, 2018 at 12:00pm EST**. All submissions must include six (6) copies of the entire package. Materials submitted will become the property of the Town.

No submissions will be accepted after this date and time.

The Town of Old Saybrook is an Affirmative Action/Equal Opportunity Employer. Minority/Women/Small Business Enterprises are encouraged to apply. Qualification as a minority- or women-owned enterprise, if applicable, should be certified.

Proposals should be delivered to:

Mr. Ray Allen  
Parks and Recreation Director  
Town of Old Saybrook  
302 Main Street  
Old Saybrook, CT 06475  
[ray.Allen@oldsaybrookct.gov](mailto:ray.Allen@oldsaybrookct.gov)

## **SECTION V – Selection Process and Criteria**

The Town will develop a short list of candidates based on the stated selection criteria to interview for the project. The short-listed firms should be represented at their interviews by project managers and senior staff who will be responsible for the project. Selected teams will be provided advance notice of a date and time for their interview.

Selection of a firm will be based upon the following criteria:

- Responsiveness of the Statement of Qualifications to the purpose and scope of the project.
- Reputation and professional qualifications of the specific individuals assigned to complete the project.
- Experience in similar work, dates the work was performed and demonstrated ability to complete the work within budget and on schedule.
- Cost estimates and fee schedule.
- Thoroughness, creativity and clarity of the proposed work, schedule and project management plan to accomplish the objectives of the project.

Evaluation and subsequent selection of a firm shall consider the overall ranking of the firm and the fairness and reasonableness of the proposed fee if there is significant disparity among the fee proposals, the Town shall request each team to substantiate their proposal during the interview to ensure that the Scope of Work is clear and understood by all teams.

## **SECTION VI - General Conditions**

Important Note: All consultant candidates must be willing to adhere to the following conditions and must positively state this in the proposal.

1. All qualifications in response to this RFQ/RFP are to be the sole property of the Town.
2. Candidates are encouraged not to include in their proposal any information which is proprietary. All materials associated with this procurement process are subject to the terms of state laws defining freedom of information and privacy as well as all rules, regulations and interpretations resulting from those laws.
3. The candidate agrees that the proposal will remain valid for a period of 90 days after the closing date for the submission and may be extended beyond that time by mutual agreement.
4. The Town may amend or cancel this RFQ/RFP, prior to the due date and time, if the Town deems it to be necessary, appropriate or otherwise in the best interest of the Town. Failure to acknowledge receipt of amendments, in accordance with the instructions contained in the amendments, may result in a firm's proposal not being considered.
5. The candidate must identify their project team at the time of project assignment or during the interview process. Any additions, deletions or changes in personnel from the proposal during the course of the project must be approved by the Town with the exception of personnel who have terminated employment. Replacements for personnel who have terminated employment are subject to approval by the Town. At its discretion, the Town may require the removal and replacement of any of the candidate's personnel who do not perform adequately, regardless of whether they were previously approved by the Town.
6. Any costs and expenses incurred by candidates in preparing or submitting proposals are the sole responsibility of the candidate. A candidate, if requested, must be prepared to present evidence of experience, ability, service facilities, and financial standing necessary to satisfactorily meet the requirements set forth or implied in the proposal.
7. No additions or changes to the original qualification will be allowed after submittal. While changes are not permitted, clarification of proposal may be required by the Town at the candidate's sole cost and expense.
8. The candidate represents and warrants that the proposal is not made in connection with any other candidate and is in all respects fair and without collusion or fraud. The candidate further represents and warrants that they did not participate in any part of the RFQ/RFP development process. Candidates must complete the Non-Collusion Statement (Attachment B) and submit it with the proposal.

9. All responses to the RFQ/RFP must conform to instruction. Failure to answer all questions or to follow the requested format may be considered appropriate cause for rejection of the response.
10. The Town retains the right to reject any and all bids.
11. The making of a preliminary award to a candidate does not constitute a contract and does not provide the candidate with any rights and does not impose on the Town any obligations. A candidate has rights, and the Town has obligations, only if and when a Contract is executed by the Town and the candidate.



## **SECTION VII - Communication Protocol**

All correspondence, inquiries and submissions regarding the process should be directed to:

Mr. Ray Allen  
Parks and Recreation Director  
Town of Old Saybrook  
302 Main Street  
Old Saybrook, CT 06475  
[ray.allen@oldsaybrookct.gov](mailto:ray.allen@oldsaybrookct.gov)

Candidates shall carefully examine the contents of this RFQ/RFP and related documents. Any questions, ambiguities or inconsistencies shall be brought to the attention of Ray Allen in writing no later than **April 30, 2018 by 12:00 P.M.** Failure to do so will constitute acceptance by the candidate of any subsequent interpretation or decision by the Town. No interpretation of the meaning of this RFQ/RFP will be made orally. In the event that the Town or its financial advisors provide any interpretation, only written interpretations will be binding upon the Town.

The Town reserves the right to respond or not to respond to specific questions, clarifications or requests concerning the RFQ/RFP process. The Town acknowledges that information contained in the submissions is subject to the Freedom of Information Act (FOIA).

All qualifications in response to this RFQ/RFP are to be the sole property of the Town. Candidates are encouraged not to include in their proposal any information that is proprietary. All materials associated with this procurement process are subject to the terms of CT State laws defining freedom of information and privacy and all rules, regulations and interpretations resulting from those laws.

## **SECTION VIII - Attachments**

**Attachment A** – Response Page

**Attachment B** – Non-Collusion Statement

**Attachment C** – Facility Information

**Attachment D** – Program Information

**Attachment E** – 2017 Community Recreation Survey Results



# Town of Old Saybrook

---

## Request for Qualifications and Proposals Strategic Plan for Parks and Recreation Facilities and Programs

**Date Advertised:**

**March 29, 2018**

**Date/Time Due:**

**May 30, 2018, 12:00pm EST**

**Name of Proposal:**

---

Type or Print Name of Authorized Officer

---

Name of Firm

---

Title

---

Doing Business as (Trade Name)

---

Signature of Authorized Officer

---

Street Address

---

Date

---

City, State, Zip Code

---

Email Address

---

Telephone Number

Attachment B – Non-Collusion Statement



# Town of Old Saybrook

---

## Request for Qualifications and Proposals Strategic Plan for Parks and Recreation Facilities and Programs

The individual or firm responding to this RFQ/RFP certifies that it is being submitted without any collusion, communication or agreement as to any matter relating to it with any other respondent or competitor. We understand that this response must be signed by an individual or an authorized agent of our firm to constitute a valid statement.

### Name of Proposal:

---

Type or Print Name of Authorized Officer

---

Name of Firm

---

Title

---

Doing Business as (Trade Name)

---

Signature of Authorized Officer

---

Street Address

---

Date

---

City, State, Zip Code

---

Email Address

---

Telephone Number



# Town of Old Saybrook

---

## Request for Qualifications and Proposals Strategic Plan for Parks and Recreation Facilities and Programs

### Saybrook Point Park

155 College Street

- Borders the Connecticut River
- Mini Golf
- Picnic Tables
- Restrooms
- Scenic Vista
- 'Pavilion' (meeting and rental space)

### Fort Saybrook Monument Park

150 College Street

- Historic Fort Site
- Story Boards
- Marsh Viewing

### Kavanagh Park

Trask Road

- Youth Ballfield
- Soccer, Baseball & Softball
- Playground
- Splash Pad
- Tennis and Basketball Courts
- Restroom
- Perimeter Pet Walking

### Town Beach

Route 154, Plum Bank

- Swimming and Sunbathing Beach on Long Island Sound
- Bathhouse & Shower Tower
- Concession
- Seasonal Lifeguards/Reserved Resident Parking

- No Pets

### **Harvey's Beach**

Route 154, Great Hammock Road

- Swimming and Sunbathing Beach on Long Island Sound
- Open to Public for daily fee
- Bathhouse & Shower Tower
- Seasonal Lifeguards
- No Pets

### **Clark Community Park**

170 Schoolhouse Road

- 180 Acres
- Ball fields
- Soccer, Baseball & Softball
- Basketball Court
- Trails
- Picnic Area
- Restroom
- Pond (no swimming)
- Shelter – Pets on Leash
- Trail Maps Available

### **Maple Ave Playfield**

Maple Ave.

- Multi use Field
- Kindergarten
- Soccer & T-ball Games

### **Town Green**

308 Main Street

- Gazebo
- Memorial Area
- Hosts Art Show, Civic Events, Summer Concerts, etc.
- Winter Ice Skating

### **Exchange Club Park**

Intersection of Rte. 154 & Bokum Road

- Picnic Tables
- Pond (no swimming)
- Winter Ice Skating

### **Great Cedars Conservation Area (West)**

Ingham Hill Rd.

- Over 300 acres of
- Acquired open space
- Trail Maps Available

### **Great Cedars Conservation Area (East)**

Merritt Lane

- 110 acres of
- Acquired open space
- Located on Merritt Lane
- Trail Maps Available

### **Gardiner's Landing**

Saybrook Point

- Borders the Connecticut River
- Benches - Scenic

### **Founder's Park**

Coulter Street – (end)

- Borders the Connecticut River
- Scenic Vista
- Kayak Launch

### **Ferry Rd Field**

Ferry Rd.

- Multi Use Field
- U-10 & U12
- Soccer, Lacrosse

### **The Preserve**

End of Ingham Hill Rd.

- Co –Owned with State of CT
- 1000 Acres of Open Space
- Trail Maps Available

### **Main St Connection Park**

Main St

- Attractions TBD
- Public Parking

## Attachment D – Program Information



# Town of Old Saybrook

---

## Request for Qualifications and Proposals Strategic Plan for Parks and Recreation Facilities and Programs

### Winter Activities

#### 3- 5 Year Old Programs

##### Silly Science for Jr's

This fun, new program will have your child exploring the world of science in a silly and easy way. Children will participate in small experiments that will have them playing with slime, bubbles, magnets and a whole lot more!

**Saturdays:** 9:30-10:15am

**Ages:** 3-5

**Dates:** Jan 20<sup>th</sup>, 27<sup>th</sup> Feb 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>

**Fee:** \$15.00

##### Fun with Music

A new program for 2017, is an exciting intro to music, sounds and rhythm. The children will explore a wide range of percussion and other instruments to find the rhythm and keep the beat. Students will even make their own instrument to bring home.

**Saturdays:** 9:00-9:45am

**Ages:** 3-5

**Dates:** March 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> April 7<sup>th</sup>

**Fee:** \$15.00

##### Fun and Games

This class features lots of games and a whole lot of fun. Your child will play games such as parachute games, tag and more. Class takes place in the rec center for 5 weeks.

**Saturdays:** 9:45-10:30am

**Ages:** 3-5

**Dates:** March 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> April 7<sup>th</sup>

**Fee:** \$15.00

##### Creative Dance Movements

Kids learn how to groove to the rhythm of their favorite songs. Kids will learn some basic dance moves with an imaginative mind, clapping hands, and cool props. Class lasts for 5 weeks and takes place at the Recreation Center.

**Thursdays:** 4:45-5:30pm

**Ages:** 3-5

**Dates:** March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Fee:** \$15.00

##### Happy Feet Soccer

This class will be taught by Happy Feet Soccer. This program is designed to combine dynamic activity with rapidly developing imagination of preschoolers. Your child will learn some basic foot skills, dribbling, passing, and shooting. Children must wear shin guards. Class takes place at the Recreation Center and last for 6 weeks.

**Ages:** 3-5yrs old

**Fee:** \$30.00

**Saturdays:** 8:45-9:30am

**Dates:** Jan 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>

## K – 3<sup>rd</sup> Grade Programs

### Extreme LEGOS Club

A new program in 2018 is LEGOS Club, where each week your child will get their own LEGOS set to build. These kits will be brand new and contain 100-200 pieces per project. The final project will take two weeks to complete. This program will take place at Goodwin Elementary.

**Tuesdays:** 3:00-4:30pm

**Grades:** 1<sup>st</sup> – 3<sup>rd</sup>

**Dates:** Jan. 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Feb. 6<sup>th</sup>, 13<sup>th</sup>

**Fee:** \$50.00

### Arts-N-Crafts

Children in grades 1-3<sup>rd</sup> can join us on at the Goodwin school where we will make great seasonal arts-n-crafts projects. Each week they will leave with a great new project to show the whole family.

**Wednesday:** 3:15 – 4:00PM

**Grades:** K-3<sup>rd</sup>

**Dates:** Jan. 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> Feb. 7<sup>th</sup>, 14<sup>th</sup>

**Fee:** \$20.00

### Color By Number

Join us for an afternoon of art as we all find our inner Picasso. Each participant will be given their own Color by number work book and over the 5 classes, we will have mastered the art of coloring. Class takes place at Goodwin Elementary.

**Thursdays** 3:15 – 4:00pm

**Grades:** K-3

**Dates:** Jan. 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Feb. 1<sup>st</sup>, 8<sup>th</sup>

**Fee:** \$15.00

### Cooking Kids

Learn to make homemade snacks and meals and about their ingredients. An introduction to the culinary world! Class takes place at Goodwin Elementary. If you child has any food allergies, you must contact Jonathan Paradis prior to the start of the program.

**Fridays:** 3:15M – 4:00PM

**Grades:** 1<sup>st</sup> - 3<sup>rd</sup>

**Dates:** Jan. 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Feb. 2<sup>nd</sup>, 9<sup>th</sup>

**Fee:** \$20.00

### Crazy 8's Math Club Season 2

Join us for this fun & exciting new program. This program will take math to a whole new and cool level. We will have games and activities all afternoon that will improve math skills. Class takes place at Goodwin Elem.

**Tuesdays:** 3:15 – 4:15PM

**Grades:** K-2<sup>nd</sup>

**Dates:** Feb 27<sup>th</sup>, Mar. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

**Fee:** \$15.00

### Softy Hockey

Your K– 3rd grader can enjoy this 5 week program that will teach the basic skills needed to play the sport. Class will feature 20 minutes of skill building and 25 minutes of game play all equipment is provided. Sticks are soft for safety reasons. Players must wear non-marking white soled sneakers. Class will be held at the Recreation Center.

**Tuesday:** 4:15-5:00PM

**Grades:** K – 3<sup>rd</sup>

**Dates:** Mar. 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, April 3<sup>rd</sup>

**Fee:** \$15.00

### Peewee Basketball

Children in 1<sup>st</sup> grade will be exposed to the basic skills required in the game of basketball. Learn dribbling, shooting, passing, teamwork and how to give the high five. Program meets for 5 weeks after school at Goodwin.

**WednesdayS:** 3:15-4:00pm

**Grades:** 1<sup>st</sup>

**Dates:** Feb 28<sup>th</sup>, Mar. 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, April 4<sup>th</sup>

**Fee:** \$15.00

### Dancing Class at Goodwin

Dance for joy with Deb's dance party. Warm up, shake it up, and get down to today's hottest jams. Come and enjoy the fun. Wear comfortable clothes, dance shoes or sneakers, no bare feet. Class takes place at the Goodwin.

**Thursday:** 3:15-4:15PM

**Grades:** K-3<sup>rd</sup>

**Dates:** Mar 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April 5<sup>th</sup>

**Fee:** \$15.00



## 4<sup>th</sup> & 5<sup>th</sup> Grade Programs

As part of our new afterschool programming, any 4<sup>th</sup> or 5<sup>th</sup> grader who is signed up for a program at the Rec that starts at 3:00pm, can attend the Teen Center until the program begins.

### Ultimate Frisbee

This fast paced sport is played like football except you don't tackle and you use a Frisbee to score touchdowns!! Learn to throw the Frisbee, pass to teammates, and how to score goals. Class takes place at The Rec.

**Wednesdays:** 3:00-3:45pm

**Grades:** 4<sup>th</sup>-5<sup>th</sup>

**Dates:** Jan. 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> Feb. 7<sup>th</sup>, 14<sup>th</sup>

**Fee:** \$15.00

### Afterschool Basketball

Open gym at the Rec is taking off to new heights. For 5 weeks come to the Rec afterschool to play some pick up style basketball but with a ref and a score board. We will have two divisions (courts) based on skill level.

**Wednesdays:** 3:00-3:45pm

**Ages:** 4<sup>th</sup> – 5<sup>th</sup>

**Dates:** March 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> April 4<sup>th</sup>, 11<sup>th</sup>

**Fee:** \$15.00

### Introduction to Dancing

Every boy and girl should learn the basics of dancing with a partner. In this class we will focus on easy lead and follow techniques while learning Tango, Swing, and Hustle. Don't be surprised if your sports and math skills improve as a result. A life skill you'll be glad you learned! Class take place at the Fred Astaire Dance Studio on Main St.

**Tuesdays:** 2:45– 3:45PM

**Grades:** 4<sup>th</sup> & 5<sup>th</sup>

**Dates:** Jan 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Feb. 6<sup>th</sup>, 13<sup>th</sup>

**Fee:** \$15.00

### Emoji Sewing Class

This 2hr class will take place on a ½ day giving your child a great new experience and skill to learn afterschool. Kids will have their option of 3 emoji's pillows and will learn how to master a sewing machine. Class take place at the Rec.

Thursday: 12:30-2:30pm

**Grades:** 4<sup>th</sup> & 5<sup>th</sup>

Date: March 22<sup>nd</sup>

**Fee:** \$45.00

## Teen Center

### Friday Night Teen Center

Each Friday night 6<sup>th</sup>-8<sup>th</sup> graders can enjoy a night in the Teen Center. The Teen Center offers a wide variety of activities to do in a safe & supervised environment. **We have some special events coming up:**

- **Movie Night – January 19<sup>th</sup>**
- **Co-Ed Indoor Soccer Tournament – February 2<sup>nd</sup> & 9<sup>th</sup>**
- **Co-Ed 3 on 3 Basketball Tournament – March 23<sup>rd</sup>**
- **Volleyball Tournament – April 13<sup>th</sup>**

Teens sign-in when they arrive and **are not** allowed to leave unless a parent/guardian picks them up or provides permission for them to leave.

**Friday Nights:** 7:00—9:30PM **Grades:** 6<sup>th</sup>-8<sup>th</sup>

**Membership Fee:** \$20.00 **Non-Members \$5.00 Each Friday**

### Teen Center After-School Drop – In

Each day after-school, the Teen Center is open! On Monday through Thursday, the Teen Center is open for grades 6<sup>th</sup>-8<sup>th</sup> and then on Friday afternoons, the Teen center is open for grades 4<sup>th</sup> & 5<sup>th</sup> only!

The Teen Center offers endless fun and socialization afterschool with a large gym, game room with a pool table, bumper pool table, ping pong, foosball, air hockey and a whole lot more. We also have 3 gaming centers and a great lounge. The Teen Center is staffed with youth development professionals and is a great place to make new friends and hang out with old ones.

The Teen Center is open Monday - Thursday after school for grades 6<sup>th</sup>-8<sup>th</sup>. A Membership is required to attend after-school, for more information, please visit our website, or contact Taryn Erb at [Taryn.Erb@OldSaybrookCT.gov](mailto:Taryn.Erb@OldSaybrookCT.gov)

**Monday - Thursday:** 2:35—5:30PM

**Grades:** 6<sup>th</sup>-8<sup>th</sup> Only

Membership Fee: \$20.00

**Friday Afternoons:** 2:35 -4:00pm

**Grades:** 4<sup>th</sup> & 5<sup>th</sup> Only

Membership Fee: \$5.00

### **½ Days at The Rec.**

On a ½ day, the Teen Center will open right when school lets out at 11:55am. When a ½ day falls on a Friday, the TC is for 4<sup>th</sup> and 5<sup>th</sup> grade only and until 4:00pm. ½ days on Mondays through Thursdays are for 6<sup>th</sup>-8<sup>th</sup> and until 5:30pm.

**New with your Teen Center Membership!!!**

**We are kicking off 2018 by offering two afterschool programs at the Rec to our 6<sup>th</sup> – 8<sup>th</sup> Graders with Teen Center Memberships**

**Monday's:** *Floor Hockey with Nick*

**Time:** 4:15pm -5:00pm

**Thursday's:** *Kickball with Alex*

**Time:** 4:30pm – 5:00pm

## **Team Sports / Special Programs**

### **YOUTH BASKETBALL**

OSPR Youth Basketball program begins in Jan. with practices and games and runs for (7) weeks. This basketball program is open to boys & girls in grades 2<sup>nd</sup> – 8<sup>th</sup> of all abilities. All players receive a shirt and loads of fun. Players will be divided up by gender in the two older divisions and our 2<sup>nd</sup>-3<sup>rd</sup> grade league will be co-ed and play on 8' hoops. The league will be divided by Grades 2<sup>nd</sup> & 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>, and 6<sup>th</sup> - 8<sup>th</sup>. Teams will have weekly practices and games will be played on Saturday mornings at the Recreation Center.

Divisions are subject to change based on registration numbers.

### **Coaches are Needed!!!**

**Games:** Jan 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Feb. 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

**Ages:** 2<sup>nd</sup> – 8<sup>th</sup> Grades Boys & Girls

**Fee:** \$30.00

## **Winter Ice Skating**

### **Ice Skating on Exchange Pond**

Exchange Pond – Located on the corner of Rt. 154 and Bokum Rd. will be open for skating this winter as soon as the weather permits. Ice is tested and posted on weekdays. Parents please supervise your children. Department supervision provided on weekend days when ice is safe. A warming fire and lighted skating times will be noted at the Park or Call Park & Recreation at 860-395-3152

Skate Safely!!

### **Clark Community Park (Town Park)**

**There is No Ice Skating** Permitted on Crystal

Lake at Clark Community Park. Open Pond Skating can be hazardous. Ice is untested and should be assumed to be unsafe. Look for safety signs.

## **Adults**

### **Gentle Yoga**

Explore your flexibility to both beginners and experienced. Lots of modification is offered. It's all about you as an individual. Sign up and do something healthy this New Year. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the Vicki Duffy Pavilion.

**Dates:** Session 4 Jan 11<sup>th</sup> – Feb. 19<sup>th</sup> **Non Res. Reg. Date: 1/1/18**

**Dates:** Session 5 Feb 22<sup>nd</sup> – April 2<sup>nd</sup> **Non Res. Reg. Date: 2/12/18**

**Fee:** \$65.00 Resident \$75.00 Non-resident

**Time:** 10:00am – 11:00am or 11:15am – 12:15pm

### **Pickle Ball for Adults**

On Monday mornings here at the Rec. center we are offering this exciting game that is taking the country by storm. Indoor and outdoor Pickle ball courts are popping up everywhere you look. Pickle ball is very similar to Tennis, except it is played on a smaller court with a wooden paddle and plastic ball.

**Mondays:** 9:30am – 11:00am

**Ages:** 40 and over

**Dates:** Jan 8<sup>th</sup> – Feb. 26<sup>th</sup> or March 5<sup>th</sup> – April 23<sup>rd</sup> **Fee:** \$10.00 Non-Resident \$15.00

### **Pick-up Basketball Times**

Come Down to the New Recreation Center and play some great Men's Pickup basketball Games. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.

**Mondays:** 18 & Over

**Time:** 7:00-8:30pm

**Tuesdays: 30 & Over**  
**Thursdays: Women's Night**

### **Indoor Walking Track**

The indoor walking track is available for all Old Saybrook Residents and is located in the gymnasium of the Recreation Center. The track is 1/18 of a mile long, meaning it takes 18 laps to complete 1 Mile. Walkers are required to sign in at the front desk. Non-residents must be accompanied by a resident and pay a \$2.00 fee.

## **Special Family Events**

### **Easter Egg Hunt**

Join us for this fun event to find different pieces of wrapped candy. Three different fields around the Recreation Center will be used to "hide" the candy for the kids to find, each field will be for a different age group. Age groups will be 2-4 yr olds on McMurray Field, 5yr olds - 1st graders on the Middle school field, and 2<sup>nd</sup> & 3<sup>rd</sup> graders on the Town Green. Please bring a basket to put the goodies in. Please sign up online by March 11<sup>th</sup>. Bring a camera to take pictures with the Easter Bunny. Co-Sponsored by Old Saybrook Lions Club.

**Date:** Saturday, March 24<sup>th</sup>                      **Fee:** FREE  
**Hunt Times:** 2-4 yr olds 11:00am  
                    5yr - 1st Grades 11:15am  
                    2<sup>nd</sup> & 3<sup>rd</sup> Grades 11:30am

### **Annual Rock Hunt at Town Park**

It's time to go rock hunting!! This fun annual event will be at Clark Community Park on Schoolhouse Rd. The Hunt will begin at 10:00AM (sharp). Hunters in grades 4th-6th are invited to search the woods for painted rocks which can be traded in for gift certificates, candy prizes and more. Anyone up for the challenge should show up on time with a bag or bucket to collect the rocks. Please sign up online or in the office for this event to give us an idea of numbers.

**Date:** Friday, March 30<sup>th</sup>                      **Grades:** 4th—6th  
**Time:** 10:00am                              **Fee:** FREE

### **Ray Dobratz Annual Fishing Derby**

Join us for a fishing derby at Crystal Lake at Clark Community Park on Schoolhouse Rd. See who can claim bragging rights, the children or the adults? Who will get the biggest catch of the day? Children age 5-15 can be accompanied by a family member in this great derby which kicks off the fishing season. The lake will be stocked with trout for all to enjoy. Prizes will be awarded for biggest fish caught. Coffee, Hot chocolate & donuts will be served in the morning and Hotdogs will be available later in the morning. Please register by April 19<sup>th</sup>.

**Date:** Saturday, April 28<sup>th</sup>  
**Fee:** \$5.00 per person  
**Time:** 7:00-10:00am  
Participants 16 and older must have a valid CT fishing license.  
**Old Saybrook Residents Only**

## **New Programming in 2018**

### **Semi-Private Dancing Program w/ USA Dance Kids at Fred Astaire**

Come learn this important life skill in a small group setting. This intro to dance experience uses concepts of "lead and follow", "rise and fall" and "sight lead". We will focus our small learning environment on Waltz as the signature slow dance and Hustle/Swing during the rhythm portion. Although we use playful techniques, the program allows kids to explore their natural dance/rhythm abilities in a safe space. Students will come away with three full dances at the end and don't be surprised if their sports and math skills improve as well!

**Day:** Saturdays 10:30am                      **Grades:** 2<sup>nd</sup> – 4<sup>th</sup>  
**Dates:** Jan. 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, Feb. 3<sup>rd</sup>, 10<sup>th</sup>                      **Fee:** \$45.00  
**Location:** Fred Astaire Dance Studio  
**4 kids per class, 30 min classes, 1st come, 1<sup>st</sup> served. A max of 3 classes**

### **Adult Kickball League**

Think the movie dodgeball, but with Kickball!!! This four league team will take place at the Rec. on Tuesday nights. The first 4 captains to

register a team of no more than 10 get in on the inaugural season. Rules and more will be discuss at the captain's meeting. Only the captain needs to register for the whole team.

**Wednesdays:** 7:00 or 7:45pm

**Ages:** 18+

**Dates:** Feb 7<sup>th</sup> to March 28<sup>th</sup>

**Fee:** \$50.00 per team

### **Sewing Night Out**

OSPR is offering an adult night out at the Pavilion where you will make your very own, soft and stylish infinity scarf. For more information please visit our website, space is limited!!

**Thursday:** 7:00-9:00pm

**Ages:** 18+

**Date:** Feb.8<sup>th</sup>

**Fee:** \$50.00

## **Winter Fun**

### **February Vacation Camp**

Looking for something fun and exciting for your child to do during our mid-winter break? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, bowling and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K –5<sup>th</sup> graders. Program is held at the Recreation Center. 2/21 is a “snow flake” day and may become a school day.

**Registration will begin Jan. 2<sup>nd</sup> Space is limited. Sign up early!!**

**Dates:** Feb.19<sup>th</sup>, 20<sup>th</sup> & 21<sup>st</sup>

**Ages:** K —5<sup>th</sup> Grade

**Times:** 9:00AM—4:00PM

**Fee:** \$75 per wk

### **CRPA HotShots Contest**

The Connecticut Recreation and Parks Association HotShots Contest is a statewide event. Each player will have one minute to shoot from “hotspots” placed on one half of the court. Starting at the center of half-court, the player dribbles into shooting range. The contest challenges a player's speed, shooting, dribbling, and rebounding ability The top scorer in each division will move on to the next level of the contest. The HotShots Contest is a recreational program designed to promote basketball enthusiasm as much as basketball skill, fun, physical fitness, friendship, and good sportsmanship. Regional winners will play at the state championship level. **OSPR will host the State Championship here at The Rec Center on April 1<sup>st</sup>.** The three division are

Boys: ages 9-10, 11-12, 13-15    Girls: ages 9-10, 11-12, 13-15

**Date:** Saturday, March 3<sup>rd</sup>

**Time:** Starts at 10:00AM

**Ages:** 9 - 15

**Fee:** FREE

## **OSLL Spring Training at OSPR**

Welcome to spring training with Old Saybrook Little League. This four week program is a great way to prepare for the upcoming season, or give baseball or softball a shot if you have not played before. Every session is run by a manager or coach of OSLL.

### **Softball Pitching and Catching Clinic**

This clinic is designed only for those players who will be catching or pitching in the majors this season. It is geared for those individuals to learn the fundamental mechanics of these positions.

**Tuesdays:** 6:00PM-7:00PM

**Ages:** 10-12

**Dates:** Feb 27<sup>th</sup>, March 6<sup>th</sup>, 13<sup>th</sup> 20<sup>th</sup>

**Fee:** \$5.00

### **Minor League Baseball Spring Training I**

This session is designed for the entry level or new player to baseball. Emphasis is on learning basic fundamentals and techniques of baseball.

This program will focus on throwing, catching and hitting to maximize their minor league or tee ball experience.

**Tuesdays:** 5:00PM-6:00PM

**Ages:** 6-7

**Dates:** Feb 27<sup>th</sup>, March 6<sup>th</sup>, 13<sup>th</sup> 20<sup>th</sup>

**Fee:** \$5.00

### **Minor League Baseball Spring Training II**

This session is designed for the intermediate skill level player or players with some level of baseball/softball experience. Emphasis is on advanced drills in hitting, throwing, running and catching. Goal of this session is to prepare the player to compete effectively at an advanced minor league level.

**Wednesdays:** 5:00PM-7:00PM

**Ages:** 8-9

**Dates:** Feb. 28<sup>th</sup> March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

**Fee:** \$5.00

### **Minor League Softball Spring Training I**

This session is designed for the entry level or new player to baseball. Emphasis is on learning basic fundamentals and techniques of baseball. This program will focus on throwing, catching and hitting to maximize their minor league or tee ball experience.

**Thursdays:** 5:00PM-6:00PM

**Ages:** 6-7

**Dates:** March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

**Fee:** \$5.00

#### **Softball Spring Training**

This session is designed for the entry level or new player to Softball. Emphasis is on learning basic fundamentals of softball. Throwing & catching the ball, fielding, batting, bunting, base running, pitching, and catcher's position will all be covered. In addition, having fun is a must. Class lasts for 4 weeks and takes place at the Rec Center.

**Thursdays:** 5:00PM-7:00PM

**Ages:** 8-9

**Dates:** March 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

**Fee:** \$5.00

OSLL will be offering separate spring training opportunities for all 10 – 12 boys and 10-13 year old girls at the Wide World of Indoor Sports in Montville, CT. For more info please visit them online, their website can be found on page 15.

# Spring and Summer Activities

## 3-5 Year Old Programs

### Happy Feet Soccer League

This class will be taught by Happy Feet Soccer. This program is designed to combine dynamic activity with rapidly developing imagination of preschoolers. Your child will learn some basic foot skills, dribbling, passing, and shooting. Children must wear shin guards. Class takes place at the Recreation Center and last for 6 weeks.

**Mondays:** 4:30-5:30PM

**Ages:** 3-5yrs old

**Dates:** April 23rd, 30<sup>th</sup>, May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, June 4<sup>th</sup>

**Fee:** \$30.00

### T-Ball for Beginners

Get Into the swing of spring with this great class. Learn the basics of T-Ball, running the bases, throwing, and hitting off the tee. Class will last for 4 weeks take place in the gym at the Rec. Center. Choose one class only!!!

**Age:** 3-4

**Fee:** \$15.00

**Wednesdays:** 10:00 – 10:45AM

**Dates:** May 2nd, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>

**Fridays:** 11:00 – 11:45AM

**Dates:** April 27<sup>th</sup> May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>

**Saturdays:** 9:00 –9:45AM

**Dates:** May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> June 2<sup>nd</sup>

### Creative Dance Movements

Kids learn how to groove to the rhythm of their favorite songs. Kids will learn some basic dance moves with an imaginative mind, clapping hands, and cool props. Class lasts for 5 weeks and takes place at the Recreation Center.

**Thursdays:** 4:45 – 5:30pm

**Ages:** 3-5

**Dates:** April 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>t</sup>

**Fee:** \$15.00

### Hand Painting

Join us as we explore the painting using our hands as the medium. We will create fun and colorful works of arts.

**Saturdays:** 9:45-10:30AM

**Ages:** 3-5

**Dates:** May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> June 2<sup>nd</sup>

**Fee:** \$15.00

### Shining Stars

This theatrical program will include highly structured Drama activities and games followed by rehearsals for our live production! Each class, we make sure that your child is having a fantastic time while developing essential life skills along the way. These classes build on each other, and working towards our big idea for the program. Each class will incorporate fun confidence building activities, games and rehearsals and a live production.

**Saturdays:** 9:00-9:45am

**Ages:** 3—5

**Dates:** June 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

**Fee:** \$40.00

### Life at the Beach

This class features lots of crafts projects that will focus on a Beach Theme. We will use shells, sand, stories, sea creatures and more. Class takes place in the Recreation Center. Class lasts 5 weeks.

**Saturdays:** 9:45-10:30am

**Ages:** 3– 5

**Dates:** June 23<sup>rd</sup>, 30<sup>th</sup> July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

**Fee:** \$15.00

## K-3<sup>rd</sup> Grade Programs

### Silly Scientist

In this program your child can create some cool “science” projects. Make Slime, Jewel Crystals, Worms, and more. Classes take place at the Goodwin School. Class will meet for 5 weeks after school at Goodwin

**Mondays:** 3:15– 4:00PM

**Grades** 1<sup>st</sup>—3<sup>rd</sup> Grade

**Dates:** April 30<sup>th</sup> May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> June 4<sup>th</sup>

**Fee:** \$25.00

### Flag Football

Students in 2<sup>nd</sup> & 3<sup>rd</sup> grade are invited to learn the basics of flag football. This Co-ed non-contact activity will meet once a week for 5 weeks. Program meets at Goodwin. Dress appropriately for outside play

**Tuesdays:** 3:15 – 4:00PM

**Grades:** 2<sup>nd</sup> & 3<sup>rd</sup> Grade

**Dates:** May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Fee:** \$15.00

### Kick Ball Club

Your Child can enjoy the great game of kickball in this fun & energetic class. A great way to get that energy out afterschool. Class takes place after school at Goodwin Elementary.

**Wednesdays** 3:15 –4:00PM  
**Dates:** May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

**Grades:** K – 3<sup>rd</sup> Grade  
**Fee:** \$15.00

#### **Dancing Class at Goodwin**

Dance for joy with OSPR's dance party. Warm up, shake it up, and get down to today's hottest jams. Come and enjoy the fun. Wear comfortable clothes, dance shoes or sneakers, no bare feet. Class takes place at Goodwin Elementary.

**Thursdays:** 3:15-4:15PM  
**Dates:** April 26<sup>th</sup>, May 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>

**Grades:** K-3rd  
**Fee:** \$15.00

## **4<sup>th</sup> – 5<sup>th</sup> Grade Afterschool Programs**

#### **Stickball at MacMurray**

OSPR is taking you all the way back to NYC in the 50's for some afterschool fun. We are playing stick ball on MacMurray Field. Using a tennis ball and a broom handle we will bring the fun of baseball and the nostalgia of stick ball to our 4<sup>th</sup> & 5<sup>th</sup> graders.

**Tuesdays:** 2:45—3:45 PM  
**Dates:** May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Grades:** 4<sup>th</sup>-5<sup>th</sup> Grade  
**Fee:** \$15.00

#### **Indoor Soccer**

Come to The Rec afterschool to join our indoor soccer program. We will be playing games the whole time. Kids will be split up in two teams, with subs, scoreboards and a lot of action. Game play will be two 25 min halves, with a 5 min ½ time break.

**Thursday:** 2:45-3:45PM  
**Dates:** May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> 31<sup>st</sup>

**Grades:** 4<sup>th</sup>-5<sup>th</sup>  
**Fee:** \$15.00

#### **Friday Fishing at Town Park**

What better way to end the week than an hour of fishing outdoors! Join OSPR at Crystal Lake from 3:00pm – 4:00pm. This program will focus on how set up your pole, cast and reel in the big ones. You can bring you own pole, or we can provide one for you. Only 8 spots are available for this great program.

**Fridays:** 3:00-4:00 PM  
**Dates:** May 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, June 1<sup>st</sup>

**Grades:** 4<sup>th</sup>-8<sup>th</sup> Grade  
**Fee:** \$15.00

## **Spring Tee-Ball for Kindergarten and 1<sup>st</sup>-2<sup>nd</sup> Grade**

#### **Kindergarten Tee-Ball**

OSPR Tee-Ball program is designed to teach skills, encourage team work, provide fun, and to build self-esteem. Tee ball is an excellent intro to baseball and softball. Participants will have one practice per week and play games on Saturdays. Program last for six weeks. All players receive a shirt & hat.

**Saturdays:** 10:00 or 11:15AM  
**Dates:** May 12<sup>th</sup> – June 16<sup>th</sup>

**Grades:** 5 yr olds - K  
**Fee:** \$30.00

#### **1<sup>st</sup> Grade Coach Pitch**

OSPR Coach Pith program is designed to teach skills, encourage team work, provide fun, and to build self-esteem. This program is an excellent intro to baseball and softball. Participants will have 2 practices per week and play games on Saturdays. Program last for six weeks with practice once a week. All players receive a shirt & hat.

**Saturdays:** 10:00 or 11:15AM  
**Dates:** May 12<sup>th</sup> – June 16<sup>th</sup>

**Grades:** 1<sup>st</sup>  
**Fee:** \$30.00

## **Friday Night Teen Night**

Each Friday Night, OSPR provides a safe and fun environment for 6<sup>th</sup>-8<sup>th</sup> graders. Whether it's utilizing the gym, playing a game of pool, or simply socializing with friends, the Teen Center is open! As the warmer weather approaches we have some great events lined up, so don't miss out!

- **3-on-3 Co-Ed Basketball Tournament -Friday, March 23<sup>rd</sup>**
- **Co-Ed Volleyball Tournament -Friday, April 13<sup>th</sup>**

- **Home Run Derby -Friday, May 4<sup>th</sup>- Sponsored by: Parthenon Diner**
- **Dodgeball Redemption Tournament -May 18<sup>th</sup>**
- **8<sup>th</sup> Grade Goodbye BBQ -Friday, June 1<sup>st</sup>**

**Friday Nights:** 7:00-9:30pm

**Grades:** 6<sup>th</sup>-8<sup>th</sup>

**Membership Fee:** \$10.00

**Non-Members:** \$5.00 per Friday

***\*Teens must sign-in upon arrival and will not be allowed to leave unless a parent/guardian picks them up or provides permission for them to leave***

#### **April Vacation Teen Center**

During April Vacation, the Teen Center will be open from Monday April 16<sup>th</sup> - Friday April 20<sup>th</sup> from 12:00PM – 5:00PM. All students in grades 6<sup>th</sup> -12<sup>th</sup> are welcome to attend. Every day at 2:00PM we will have a group activity offered. There is no additional cost during this week, it's part of your Teen Center Membership. We ask that all students sign in and out and follow the Teen Center Rules. This is a great opportunity for students to spend time with friends in a fun, safe and supervised setting. As we get closer to April, there will be more information available.

#### **Summer Teen Center**

The Teen Center is open throughout the summer on Tuesdays and Thursday afternoons from 12:00pm - 5:00pm. Teen Center members can use the game room, black top and gym to hang out with friends under the supervision of our Teen Center staff. During the summer months the Teen Center is for any member entering grades 6<sup>th</sup>-9<sup>th</sup>.

**Tuesdays & Thursdays:** 12:00pm - 5:00PM

**Grades:** 6<sup>th</sup>-9<sup>th</sup>

**Free with membership**

### **After School Programs – FREE W/ MEMBERSHIP**

#### **Flag Football**

Join OSPR at McMurry Field for an afternoon of flag football. Participants will be placed in teams each week and will play outdoors. OSPR will provide the flags and teach each participant the skills of throwing, catching and scoring TD's. Class will take place in the gym at the Rec in the event of poor weather.

**Mondays:** 2:45-3:45PM

**Grades:** 6<sup>th</sup>-8<sup>th</sup> Grade

**Dates:** April 30<sup>th</sup> May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, June 4<sup>th</sup>

**Fee:** Free w/ membership

#### **Kickball**

We will break into different teams each week and play the game of kickball. This Co-ed non-contact activity will meet once a week for 5 weeks. Dress appropriately for outside play.

**Wednesdays:** 2:45—3:45PM

**Grades:** 6<sup>th</sup>-8<sup>th</sup> Grade

**Dates:** May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

**Fee:** Free w/ membership

### **Yoga Classes at Saybrook Point**

#### **6 week Gentle Yoga Classes**

Every six weeks OSPR holds an ongoing Adult Gentle Yoga program at Saybrook Point. This program meets twice a week on Monday and Thursday mornings. Our Gentle Yoga program is taught by Terri Cain, BFA, MA, MDiv. She is a certified Kripalu Yoga teacher. She has a background in dance, music and movement therapy and decades of teaching experience. Her goal is to help each student find their unique yoga practice. An active community advocate and Beacon Award recipient, please check our website for more information on the next program to register.

#### **Gentle Yoga**

A Unique class designed to truly introduce you to your body and all the amazing movements it is capable of. Explore your flexibility to both beginners and experienced. Lots of modification is offered. It's all about you as an individual. Sign up and do something healthy for yourself for a change. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the pavilion at The Vicki G. Duffy Pavilion at Saybrook Point.

**Time(s):** 10:00AM or 11:15AM **Ages:** 18+

**Fee:** \$65.00 Res \$75.00 Non-Res

**Session 6:** April 12<sup>th</sup> – May 17<sup>th</sup>

**Session 7:** June 4<sup>th</sup> – July 12<sup>th</sup>

**Session 8:** July 16<sup>th</sup> - Aug. 23<sup>rd</sup>



**Beach Yoga w/ Terri Cain** at Harvey's Beach rt. 154  
**Wednesday:** 6:00-7:00pm **Age:** 18+  
**Dates:** June 20<sup>th</sup>-August 15<sup>th</sup> **Fee:** \$60/\$70 Res/NonRes

## Summer Concert Series

<u>Date</u>	<u>Performer, Genre</u>	<u>Sponsor</u>
June 13 <sup>th</sup>	The Kenn Morr Band, Modern Rock	Yale New Haven Health
June 20 <sup>th</sup>	Dan Stevens, Blues	
June 22 <sup>nd</sup>	Branded Country, Modern Country	
June 27 <sup>th</sup>	Deni Bonet, Electric Violin	OS Youth and Family
July 6 <sup>th</sup>	Caribbean Vibe Steel Drum Band, calypso	
July 11 <sup>th</sup>	Les Julian, Children and Family Show	
July 18 <sup>th</sup>	The Meadows Brothers, Folk Rock	Middlesex Primary Care
July 20 <sup>th</sup>	Four Barrel Billy	
July 25 <sup>th</sup>	Cold Chocolate, Americana	JM Realty
Aug. 1 <sup>st</sup>	Happy and The Moonshine, Cover Band	
Aug. 3 <sup>rd</sup>	Acoustic Marsh Pit, Cover Band	Denali
Aug. 8 <sup>th</sup>	Gracie Day, Country Folk	
Aug. 15 <sup>th</sup>	Long Island Sound, Big Band	Child & Adult Orthodontics
Aug. 17 <sup>th</sup>	No Mind, Modern Rock	
Aug. 22 <sup>nd</sup>	Late for Dinner, Classic Rock	TJ's Pizza & OSPR

## OSPR Spring Specials

### School Out's Vacation Camp 1<sup>st</sup> – 5<sup>th</sup> Grade

Looking for something fun and exciting for your child to do while school is out? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, bowling and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K –5th graders. Program is held at the Recreation Center. Sign up by the day. Monday will be movie Day & Wednesday we will host "The Art Truck"

**Space is limited. Sign up early!!**

**Dates:** Mon. – Fri. April 16<sup>th</sup>-20<sup>th</sup> **Ages:** K —5th Grade

**Times:** 9:00AM—4:00PM **Fee:** \$105.00 for the Week

**Teen Center is open Noon – 5:00pm 6<sup>th</sup> – 8<sup>th</sup> ONLY**

### Easter Egg Hunt

Join us for this fun event to find different pieces of wrapped candy. Three different fields around the Recreation Center will be used to "hide" the candy for the kids to find, each field will be for a different age group. Age groups will be 2-4 yr olds on McMurray Field, 5yr olds - 1st graders on the Middle school field, and 2<sup>nd</sup> & 3<sup>rd</sup> graders on the Town Green. Please bring a basket to put the goodies in. Don't forget to bring a camera to take pictures with the Easter Bunny. Co-Sponsored by Old Saybrook Lions Club.

**Date:** Saturday, March 24<sup>th</sup> **Fee:** FREE

**Hunt Times:** 2-4 yr olds 11:00AM

5yr - 1st Grades 11:15AM

2<sup>nd</sup> & 3<sup>rd</sup> Grades 11:30AM

### Annual Rock Hunt at Town Park

It's time to go rock hunting!! This fun annual event will be held at Clark Community Park on Schoolhouse Rd. The Hunt will begin at 10:00AM (sharp). Hunters in grades 4th-6th are invited to search the woods for painted rocks which can be traded in for gift certificates, candy prizes and more. Anyone up for the challenge should show up on time with a bag or bucket to collect the rocks. Please sign up online or in the office for this event to give us an idea of numbers.

**Date:** Friday, March 30<sup>th</sup> **Grades:** 4th—6th

**Time:** 10:00AM **Fee:** FREE

### **5<sup>th</sup> Annual Ray Dobratz Annual Fishing Derby**

Join us for a fishing derby at Crystal Lake at Clark Community Park on Schoolhouse Rd. Who will get the biggest catch of the day? Children age 5-15 can be accompanied by a family member in this great derby which kicks off the fishing season. The lake will be stocked with trout for all to enjoy. Prizes will be awarded for biggest fish caught. Coffee, hot chocolate & donuts will be served in the morning and Hotdogs will be available later in the morning. Register by April 26<sup>th</sup>

**Date:** Saturday, April 28<sup>th</sup> **Fee:** \$5.00 per person

**Time:** 7:00-10:00AM **Old Saybrook Residents Only**

**Participants 16 and older must have a valid CT fishing license.**

### **CT Trails Weekend in Old Saybrook**

#### **Paddle the Oyster River**

Not into Hiking? Prefer the water trails instead? Join us on Saturday, June 2<sup>nd</sup> for a mid-day paddle on the water as we explore the Oyster River, Long Island Sound and The Back River. Bring your kayak, row boat, canoe down to the launch under the bridge of RT behind the produce stand. This paddle tour should last about 2 hours and will cover roughly 4 miles of water trails. A personal floatation device is required.

**Saturday:** 11:00am

**Age:** Open to All

**Date:** June 2<sup>nd</sup>

**Fee:** FREE

#### **Sandbar Stroll**

Join us on Saturday Morning for an early morning walk on the sandbars of Long Island Sound. We will meet at Harvey's Beach on Rt. 154 and will walk to Town beach and back. This scenic walk is one mile in distance and should take about 20 minutes. Bring a coffee, enjoy view, and the water and sand on your toes.

**Saturday:** 8:30AM

**Age:** Open to All

**Date:** June 2<sup>nd</sup>

**Fee:** FREE

#### **Preserve Hike**

Come be a part of the largest trails celebration in the nation as OSPR participates in the annual CT Trails Weekend on Sunday, June 3<sup>rd</sup>. We will meet at the Preserve parking lot in Westbrook off of Rt 153, near 1226 Essex Rd, Westbrook. This 3.75 mile hike of the new interim trail system will be led by Judy Preston. Please wear appropriate attire and bring some water and snacks.

**Sunday:** 9:00-11:00AM

**Age:** Open to all

**Date:** June 3<sup>rd</sup>

**Fee:** FREE

## **Adult Programs and Activities**

#### **Golf Lessons at Fenwick**

Know it all or need help improving your game, OSPR is proud to work with Fenwick Golf course to offer golf lessons at the Ryder Cup Course. These lessons will cover 130 yards and down, irons and approaches, putting and how to improve your swing. Instructed by Sue Cart, PGA golf professional at Lake of Isles a Troon Golf property.

**Mondays:** 5:30-7:30pm

**Location:** Fenwick Ryder Cup Course

**Date:** April 23<sup>rd</sup>, 30<sup>th</sup>, May 7<sup>th</sup>, 21<sup>st</sup>

**Fee:** \$75 RES / \$100 Non-RES

#### **Late Spring Adult Co-Ed Outdoor Soccer**

This late spring soccer league will take place at Maple Ave. Ballfield on Sunday evenings. We will be playing 5v5 with no goalies on a smaller field. This league is for males and females 18 and older. Cleats are recommended but shin guards are required. Teams will be made each night. The league will not play on May 27<sup>th</sup>

**Sundays:** 5:00, 5:45 & 6:30pm

**Age:** 18+

**Dates:** 4/22 – 6/10 **\*no game on 5/13\*** **Fee:** \$15 res / \$25 non-res

#### **Adult Co-Ed Recreational Softball League**

League play for adults 25 yrs. and up begins June 19<sup>th</sup>. Teams will play up to twice a week for 10 weeks. Parks & Rec. will be accepting rosters as of April 15<sup>th</sup>. Teams provide scorebooks, umpires and a Gold dot ball for each game. Teams are asked to wear like colored jerseys. League plays on Mondays, Tuesdays & Wednesdays. All games take place at Town Park, The Middle School, Kavanaugh Park Field or Fireman's Field.

**Cost:** \$50.00 per team.

#### **Men's Pick-up Basketball Times**

Come Down to the Recreation Center and play some great Men's Pick-up basketball Games. Residents may bring a non-resident guest for a \$2.00 fee.

**Mondays:** 18 & Over **Tuesdays:** 30 & Over **Time:** 7:00-8:30PM

#### **Co-Ed Adult Pick –up Volleyball Times**

Co-ed Adult Volleyball night. Play is for Old Saybrook Residents. Residents may bring 1 guest for a \$2.00 fee. **There will be no Volleyball in the month of March for our kickball league.**

**Day:** Wednesdays **Time:** 7:00-8:30PM

#### **Women's Open Gym Night**

Women 18 and over can come down to the Recreation center to enjoy a game of basketball or just hang out in the Games Room. Residents may bring a non-resident guest for a \$2.00 fee. **Day:** Thursdays **Time:** 7:00-8:30PM

#### **Pickleball for Adults**

Pickleball is a great program to be active and have fun at the same time. Beginners to advanced are all welcome. We have two sessions; Spring and Summer.

**Spring:** Mondays & Thursdays – 4/30 – 6/11

**Summer:** Saturdays: 6/23 -8/18

**Time:** 9:30AM-11:00AM

**Ages:** 30+

**Fee:** \$10.00

### **Summer Camps**

#### **Junior Playground Camp at The Rec. (Age 4 - Kindergarten)**

This Fun program will provide a variety of different activities: outdoor games, water color, collages, story time, water games, playground play, trips to the splash pad, and many more exciting activities. Program is held from 9:00AM– 12:00PM at The Rec Center.

Session 1	6/19 – 6/21	\$60.00
Session 2	6/25 – 6/28 *Special Music Guest*	\$60.00
Session 3	7/2-7/6* no 7/4*	\$60.00
Session 4	7/9 – 7/12	\$60.00
Session 5	7/16 – 7/19	\$60.00
Session 6	7/23 – 7/26	\$60.00
Session 7	7/30 – 8/2	\$60.00
Session 8	8/6 – 8/9 *Special Music Guest*	\$60.00
Session 9	8/13 – 8/16	\$60.00

#### **Park & Rec Summer Camp 1<sup>st</sup>-5<sup>th</sup> Grade**

Sessions are open to all residents entering 1<sup>st</sup> -5<sup>th</sup> Grade. Summer camp is a series of one week programs that will feature field games, sport activities, arts-N-crafts, trips and special events. Program held Monday-Friday 9:00-4:00PM. Program takes place at the Recreation Center.

\*NO CAMP JULY 4<sup>th</sup>\*

Session 1	6/19 – 6/22	AMF Lanes	\$105.00
Session 2	6/25 – 6/29	CT Beardsley Zoo	\$105.00
Session 3	7/2 – 7/6 *no 7/4*	The Dinosaur Park	\$100.00
Session 4	7/9 – 7/13	CT Science Center	\$105.00
Session 5	7/16 – 7/20	Steam Train and Boat Ride	\$105.00
Session 6	7/23 – 7/27	Berlin Batting Cages	\$105.00
Session 7	7/30 – 8/3	Mystic Aquarium	\$105.00
Session 8	8/6 – 8/10	The Children's Museum	\$105.00
Session 9	8/13 – 8/17	Chuck E. Cheese	\$105.00

#### **Tuesday**

Harvey's Beach

#### **Wednesday**

Mini Golf

#### **Thursday**

Special Trip

#### **Color Wars**

The last week of camp (**Session 9**) will be our 6<sup>th</sup> Annual Color Wars Week. This week the campers are split up into teams and will have games and activities throughout the week as part of the Color Wars. On Friday Color Wars ends with an Olympic style opening ceremony and tournament with winner being announced during the closing ceremony on Friday Afternoon.

#### **Before Camp & After Camp Care 1<sup>st</sup>-8<sup>th</sup> Grade**

The Park & Recreation Department will offer a Before & After Camp Care program. These extra hours are designed to provide supervision to youth in grade 1<sup>st</sup> – 8<sup>th</sup> whose parents work beyond the 9:00-4:00PM Camp time. We will staff from 8:00 –9:00am and After Care will be available from 4:00 – 5:30 p.m. Staff is not on duty before 8:00 a.m. or after 5:30 p.m.

**Before Care:** 8:00am-9:00am

**Fee:** \$15.00

**After Care:** 4:00pm-5:30pm

**Fee:** \$20.00

### **Yellow Shirt Jr. Camp Counselor Volunteer 1<sup>st</sup>-5<sup>th</sup> Grade camp (Monday – Friday)**

Children who are going into 8<sup>th</sup>-11<sup>th</sup> grade can “work” as a Yellow Shirt counselor at the camp. As a volunteer counselor that aids the main staff in provided care for the children. Basic duties include set up/breakdown of games, bathroom breaks, group supervision on trips, being active in games, and much more.

**Monday-Friday:** 9:00am-4:00pm

**Fee:** \$5.00 for Jr. Staff shirt

### **Middle School Summer Camp 6<sup>th</sup>-8<sup>th</sup> Grade**

Register for camp this summer and enjoy a week of fun & games! Camp is Mondays, Wednesdays, Fridays and meets at the Recreation Center from 9:00AM– 4:00PM. Mondays we head downtown on our Main Street Stroll, Wednesdays, Mini Golf and the afternoon at Town Beach and on Fridays we head out for a Field Trip. Space is limited.

**\*NO CAMP JULY 4<sup>TH</sup>\***

<b>Session 1</b>	6/20 – 6/22	LaserQuest	\$70.00
<b>Session 2</b>	6/25 – 6/29	*Lake Compounce*	\$90.00
<b>Session 3</b>	7/2 – 7/6 *no 7/4	Preserve Hike	\$70.00
<b>Session 4</b>	7/9 – 7/13	*WNBA CT Sun	\$90.00
<b>Session 5</b>	7/16 – 7/20	*Yardgoats Baseball Game*	\$90.00
<b>Session 6</b>	7/23 – 7/27	Rockin’ Jump	\$90.00
<b>Session 7</b>	7/30 – 8/3	Sports Center of CT	\$90.00
<b>Session 8</b>	8/6 – 8/10	Brownstone Adventure Park	\$90.00
<b>Session 9</b>	8/13 – 8/17	*Six Flags*	\$90.00

#### **Monday**

Main Street Stroll

#### **Wednesday**

Mini Golf & Town Beach

#### **Friday**

Special Trip \*Wednesday trip\*

### **Summer Basketball League w/ OS Basketball Club**

OSPR has teamed up with Old Saybrook Basketball Club (formerly CT River) to offer summer youth basketball leagues on the Vin Baker courts. This is a great opportunity to play the game throughout the summer and get to know your coaches before the season starts. We will have 4 age groups for boys and girls playing pickup style basketball. We will keep score and teams will change week to week.

**Thursdays:** 5:00-8:00PM

**Grades:** 5<sup>th</sup>- 6<sup>th</sup> & 7<sup>th</sup>-8<sup>th</sup>

**Dates:** June 28<sup>th</sup> – August 9<sup>th</sup>, \*No game 7/26\*

**Fee:** \$25.00

### **Summer Movies Nights**

OSPR is taking over from OSYFS after many successful years to run the summer movie nights. We will keep the same traditions and values that have made the event such a family favorite. We will show two movies at Harvey’s Beach and one show on the Town Green. All the movies will take place on a Friday evening; shows will start close to 8:00pm.

- Friday, June 29 8:30pm at Harvey’s Beach – Ferdinand
- Friday, July 13<sup>th</sup> at 8:15pm at The Town Green – Coco
- Friday, August 10<sup>th</sup> 8:00pm at Harvey’s Beach – Wonder

### **Teens Trips 7<sup>th</sup>-12<sup>th</sup> Grade**

#### **Lake Compounce, Bristol, CT**

Cool off from the summer heat at one of New England’s largest water parks! Bring your towel, lots of sunscreen and prepare yourself for a load of fun.

**Date:** Wednesday, June 27<sup>th</sup>

**Cost:** \$35.00

Leave Old Saybrook P&R: 9:00am

Return approximately: 5:00pm

<https://www.lakecompounce.com>

#### **WNBA Ct Sun, Uncasville, CT**

Come join us for CT Sun Camp Day at Mohegan Sun Arena as we watch the WNBA CT Sun take on NY Liberty. Tip-off is at 11:30am; please make sure to bring some extra money for a snack during the game.

**Date:** Wednesday July 11<sup>th</sup>

**Cost:** \$20.00

Leave Old Saybrook P&R: 10:30am

Return approximately: 3:00pm

<http://sun.wnba.com>

#### **Powder Ridge Zip Lining & Tubing, Middlefield, CT**

Powder Ridge Mountain Park and Resort is excited to present their new Spring, Summer and Fall Programs. Campers will have the chance to go Zip Lining and Tubing at the Ridge. Pack a lunch or bring money to purchase lunch at the Café.

**Date:** Tuesday, July 17<sup>th</sup>

**Cost:** \$50.00

Leave Old Saybrook P&R: 9:15am

Return approximately: 2:00pm

<https://powderridgepark.com>

#### **Yard Goats Baseball Game Hartford, CT**

Join us for a day at the Ball Park in the Dunkin' Donuts Park as we watch the AA affiliate of the Minnesota Twins in this 12:05 day baseball game. Check out the future of the Major Leagues! Bring some extra money to enjoy some snacks at the stadium.

**Date:** Wednesday, July 18<sup>th</sup>

**Cost:** \$20.00

Leave Old Saybrook P&R: 10:00a.

Return approximately: 4:00pm

<http://www.milb.com>

#### **Brownstone Exploration & Discovery Park, Portland CT**

A day of adventure at the area's newest outdoor action facility in Portland, CT. Your Adventure Sports Pass includes swimming, access to floating water toys, trampoline, zip lines, water slide and, cliff jumps. Pack a lunch and plenty of sunscreen!

**Date:** Friday, August 10<sup>th</sup>

**Cost:** \$35.00

Leave Old Saybrook P&R: 9:15am

Return approximately: 4:00pm

<https://brownstonepark.com>

#### **Indian River Marina, Clinton, CT**

Come and spend the day on the water in your own Kayak. We will be paddling over to Cedar Island for lunch and relaxation. Please make sure to pack a lunch in a zip lock bag, wear your bathing suite, and bring water and plenty of sunscreen. It's going to be a great day!

**Date:** Tuesday, August 14<sup>th</sup>

**Cost:** \$40.00

Leave Old Saybrook P&R: 10:00am

Return approximately: 2:30pm

<http://www.indrivmar.com>

#### **Six Flags New England, Agawam MA**

Join us as we spend the day at Six Flags New England. Participants will be able to ride their favorite rides and test their bravery on some of the biggest roller coasters around. Bring some extra money to enjoy park food or grab a souvenir!

**Date:** Wednesday, August 15<sup>th</sup>

**Cost:** \$36.00

Leave Old Saybrook P&R: 9:00am

Return approximately 5:00pm

<https://www.sixflags.com>

#### **Football Camp**

Back for the 4<sup>th</sup> year is our 1wk summer football camp instructed by OSHS Varsity Football Coach Rob Marone and his team. This camp is geared to teach your child the skills needed to play football in a non-contact atmosphere. There will be drills and games and a lot of summer fun. This camp will take place on the turf field at OSHS

**Mon - Thurs** 5:00-7:00PM

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Dates:** July 16<sup>th</sup> – 19<sup>th</sup>

**Fee:** \$25.00

#### **Old Saybrook Basketball Club Basketball Camp**

This coed instructional camp is for boys and girls entering grades 3<sup>rd</sup>-8<sup>th</sup> grade. Campers will be divided by age and the boys and girls will have separate coaches throughout the week. Instruction will be provided by OSBC coaches. Camp will meet at the Rec. and will use both the gym and outdoor courts.

**Mon-Thurs:** 5:00-7:00PM

**Grades:** 3<sup>rd</sup>-8<sup>th</sup>

**Dates:** July 23<sup>rd</sup> – 26<sup>th</sup>

**Fee:** \$25.00

## **High School Soccer Programs**

#### **Young Adult Co-ed Futsal Soccer League**

OSPR is proud to offer a new opportunity for high school and young adults an opportunity to play recreational soccer at the Rec. This futsal league will consists of 6 wks. of games, and will be 5v5 play with no goalies will make this a fast and fun league. Sign up soon!!

**Saturday** 9:00 - 10:30AM

**Grades:** 9<sup>th</sup>-12<sup>th</sup>

**Dates:** 3/10- 4/28

**Fee:** \$15.00

#### **Saturday Soccer Skill Clinic**

OSPR is offering a new 6 week program that will focus on the fundamental skills of soccer. This program is instructed by Marshall Segar. We will focus on a new skill or area of soccer each week. Players will leave this clinic with a better understanding of the skills of the sport and what drills they can do to improve.

**Saturdays:** 8:00-9:00am

**Grades:** 9<sup>th</sup>-12<sup>th</sup>

**Dates:** May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> June 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>

**Fee:** \$15.00

### **Summer League**

Back for its 2<sup>nd</sup> year, we bring to you our 8 week summer soccer league for any high school student entering grades 9<sup>th</sup> through 12<sup>th</sup>. This fun, yet competitive league will be pick up style, with teams forming on the fly. This league will be a great way to prepare for the upcoming season, or just have a good time playing during the summer! All games will take place at Ferry Rd.

**Mondays:** 6:00-8:00pm

**Grades:** 9<sup>th</sup>-12<sup>th</sup>

**Dates:** Jun 25<sup>th</sup> – Aug. 13<sup>th</sup>

**Fee:** \$15.00

## **Fall Outdoor Activities**

### **The Natural Side**

OSPR is happy to offer a full line up of outdoor family fun this fall, *The Natural Side*! From nature walks to hikes to water fun!! Each of these events will get the family outdoor, learning and active!

Interpretive walks and guides will be led by Patricia Laudano, Naturalist Field Researcher and Educator. Her programs will last roughly 1 ½ hours.

Jonathan Paradis from OSPR, will lead our kayak event on North Cove and Chris Cryder of Save the Sound, will lead out late Fall Adventure Hike.

### **Marine Ecology at Harvey's Beach**

This outdoor class will let you explore what lives in our beach areas. Nets will be used and bins for identification. Dress accordingly; we will be going into the water knee to thigh high.

**Date:** Sunday, Sept 17<sup>th</sup>                      **Parking:** RT 154 Plum Bank Rd.

**Time:** 1:00pm                                **Fee:** FREE

### **Paddle North Cove and the CT River**

Join Jona from OSPR as we enjoy a nice mid-day paddle of historic and scenic North Cove. We will launch from the Town Sheffield St. Dock and head out into the Cove towards the CT Rive and then make our way towards the Salt Marsh. Paddle will last about 1 ½ hours.

**Date:** Saturday, Sept 23<sup>rd</sup>                      **Parking:** OSMS Parking Lot

**Time:** 10:00am                                **Fee:** FREE

### **Fresh Water Pond Scoop & Ecology workshop @ Crystal Lake**

This hands on learning exploration will teach you about a pond and the critters that live in and around it. Pond scooping nets, bins and identification sheets will be provided. Wear shoes that can get dirty.

**Date:** Saturday, Sept. 30<sup>th</sup>                      **Parking:** Clark Community Park

**Time:** 2:00-3:00pm                                **Fee:** FREE

### **Salt Marsh Bird watching at Founders Park**

A short walk to the kayak launch and to the top in search of migrating birds using the area or just passing through. Discussion on this prime Estuary area and wildlife use. Bring binoculars/.scopes. LIMITED SPACES!!

**Date:** Sunday, Oct. 8<sup>th</sup>                                **Parking:** Coulter St.

**Time:** 10:00am                                **Fee:** FREE

### **Halloween Letter Boxing at Great Cedars**

Letterboxing is an intriguing mix of treasure hunting, art, navigation, and exploring interesting and scenic places. Join us as we hunt for the 10 hidden boxes in Great Cedars with a Halloween twist! Costumes are encouraged!!

**Date:** Saturday, October 28th                      **Parking:** Ingham Hill Road

**Time:** 11:00-12:00pm                                **Fee:** FREE

### **Strong Hike in Great Cedars**

This 2hr strong hike will take you through the whole property as we head to the Largest Great White Cedar in CT, see Lake Rockview and the foundation of Ebenezer Ingham from 1710!! You should bring water and a small snack.

**Date:** Saturday, November 18<sup>th</sup>                      **Parking:** 155 Ingham Hill Rd

**Time:** 9:45am                                        **FEE:** FREE

## **Adults**

### **Gentle Yoga**

A Unique class designed to truly introduce you to your body and all the amazing movements it is capable of. Explore your flexibility to both beginners and experienced. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the Saybrook Point Pavilion.

**Session 1 Dates:** Aug. 17<sup>th</sup> – Oct. 5<sup>th</sup> **No class on Sept. 4<sup>th</sup>, 18<sup>th</sup>, 21<sup>st</sup>**

**Class Times:** 10:00-11:00AM or 11:15-12:15PM.

**Fee:** \$65.00 Resident \$75.00 Non-resident

#### **Pick-up Basketball Times**

Come Down to the Recreation Center and play some great Men's Pickup basketball Games. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.

**Mondays:** 18 & Over

**Time:** 7:00-8:30PM

**Tuesdays:** 30 & Over

**Thursdays:** **Women's Night**

#### **Co-Ed Adult Pick –up Volleyball Times**

Co-ed Adult Volleyball night will give you fun competitive games. A great way to get out of the house and have some fun with your friends. Play is for Old Saybrook residents only. Residents may bring a guest for a \$2.00 fee.

**Day:** Wednesdays

**Time:** 7:00-8:30PM

#### **Adult Golf Lessons @ Fenwick**

Know it all or need help improving your game, OSPR is proud to work with Fenwick Golf course to offer golf lessons at the Ryder Cup Course. These lessons will cover 130 yards and down, irons and approaches, putting and how to improve your swing. Instructed by Sue Cart, PGA golf professional at Lake of Isles a Troon Golf property.

**Mondays:** 5:00-Sunset

**Ages:** 18+

**Dates:** Sept. 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup> Oct. 2nd

**Fee:** \$75 Res. \$100 Non Res.

#### **Pick up Soccer Sunday Nights**

Head to Maple Ave. Ball Field on Sunday nights for an active Sunday night. Teams will be made on the fly based on arrival time. We will play short quick games to rotate everyone in.

**Days:** Sunday Nights till 10/22

**Time:** 5-7:00pm

#### **Pickle Ball for Adults**

We are offering at the Rec. exciting game of pickle ball. Pickle ball is very similar to tennis, except it is played on a smaller court w/ a wooden paddle and plastic ball.

**Mondays:** 9:30-11:00AM

**Ages:** 30+

**Dates:** Sept. 11<sup>th</sup> – October 30<sup>th</sup>

**Fee:** \$10.00

#### **FALL YOUTH SOCCER**

OSPR Youth Fall Soccer program begins September 17<sup>th</sup> and runs through October 29<sup>th</sup>. Soccer is offered to children in Grades K-3rd will meet once weekly for practice and on Saturdays for a game at 10:30AM, 11:45AM or 1:00PM. The players are divided into Co-Ed groups for: Kindergarten, Grade 1<sup>st</sup>. Shin Guards mandatory for every player and must be supplied by participants. **Grades 2<sup>nd</sup> & 3rd will be divided by gender. If we find that we do not have enough participants then we will form co-ed teams.**

Practices will take place once a week on Tuesday or Thursday, but the 1<sup>st</sup> practice will be on September 5<sup>th</sup>.

**Game Dates:** Sept. 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, Oct. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**FEE:** \$30.00

**Attention:** This program is always in need for coaches, if interested please contact Jonathan Paradis by email at [Jonathan.Paradis@OldSaybrookCT.gov](mailto:Jonathan.Paradis@OldSaybrookCT.gov) or at the office!

**Registration Deadline August 30<sup>th</sup>**

**\*This League is sponsored by Central CT Pediatric Dentistry & Orthodontics\***

#### **Annual Halloween Party**

This plans to be a scary cool night. Great music by the live DJ and dancing, Cookie decorating, games, prizes, giveaways, a photo booth to capture the night and plenty of candy for all to enjoy.

**Saturday, October 28th**

**From 5:00-7:00pm preschool to Grade 3**



### **At the Old Saybrook Recreation Center**

#### **Scarecrow Making Workshop**

Join Parks & Recreation for this great family fun workshop. Make a cool scarecrow for the “spooky” season for the whole family to enjoy. We will supply the hay, instruction, Cider and Donuts. All you have to bring are the clothes to stuff with hay and great big smiles.

**Saturday: Oct 7<sup>th</sup>**

**Town Green Gazebo**

**From 10:30—11:30 AM**

**Fee: \$5.00 per Family**

## **Winter and Holiday Programs**

### **Tree Ornament Class**

Your child will make an ornament that can go on your Christmas tree. A great way to have a keepsake to remember the younger years. Class takes place at the Rec. Center.

**Dates:** Saturday, Dec 2<sup>nd</sup> **Fee:** \$5.00

**Ages:** 3 – 5 year olds 10:30-11:15AM

### **Cookie Decorating Class**

We are going to supply the cookies, frosting and all the fixins' all you have to do is provide the smiles & creativity. Class takes place at the Rec. Center. All the cookies for this program are donated by Pursuit of Pastry!!

**Dates:** Saturday, Dec. 9<sup>th</sup> **Fee:** \$5.00

**Ages:** 3 – 5 yr olds 10:30-11:15AM - K - 3<sup>rd</sup> 11:30AM- 12:15PM

### **Letters to Santa**

OSPR has a special deal with Santa. We will accept the names of children and send their information to the North Pole for Santa to see. Santa will then take time out of his busy schedule to sit down and write a letter to each name sent to him. Just come down to the Parks & Recreation office and fill out the information sheet and we will take care of the rest.

**Deadline is December 11<sup>th</sup>.**

**Fee:** \$2.00

### **School Vacation Day Camps**

#### **Winter Break Vacation Camp School Out's Vacation Camp**

Looking for something fun and exciting for your child to do while school is out? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K –5<sup>th</sup> graders. Program is held at the Recreation Center.

**Tuesday through Friday - Space is limited. Sign up early!!**

**Dates:** Dec. 26<sup>th</sup> - 29<sup>st</sup> **Ages:** K —5<sup>th</sup> Grade

**Times:** 9:00AM—4:00PM **Fee:** \$100.00 - Week

#### **February Vacation Camp**

Looking for something fun and exciting for your child to do during our mid-winter break? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, bowling and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K –5<sup>th</sup> graders. Program is held at the Recreation Center.

**Registration will begin Jan. 5<sup>th</sup> Space is limited. Sign up early!!**

**Dates:** Feb. 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> **Ages:** K —5<sup>th</sup> Grade

**Times:** 9:00AM—4:00PM **Fee:** \$75.00

### **Annual Halloween Party**

This plans to be a scary cool night. Great music and dancing, Cookie decorating, games, prizes, giveaways, pictures and plenty of candy for all to enjoy.

**Saturday, October 28<sup>th</sup>**

**From 5:00-7:00pm preschool to Grade 3**

**At the Old Saybrook Recreation Center**

### **3- 5 Yr Old Programs**

#### **Playhouse Recreation Mornings**

Children 3 & 4 can join in an exciting playhouse program that includes lots of fun & games. Session will consist of a variety of activities such as arts & crafts, sports & games, dance & music, special events + holiday projects. Children must be potty trained and be able to detach from parent. Session lasts for 5 weeks. Class takes place on Tuesdays & Thursdays.

\*No Class Nov 26<sup>th</sup>\*

**Tuesdays & Thursdays****Times:** 9:30AM-11:30AM**Dates:** Oct. 31<sup>st</sup> – Dec 12<sup>th</sup>**Age:** 3 + 4 Yr Olds**Fee:** \$50.00/Child**Tuesday & Thurs Mid-Day Social**

Make it a full day w/ OSPR on as we offer three programs back to back to back!! This supervised open play and lunch hour program takes in our Pre-K classroom. Please send your child with a packed lunch at drop off.

**Tuesday:** 11:30PM-12:30PM**Ages:** 3– 5**Fee:** \$20.00**Dates:** Nov. 7<sup>th</sup> – Dec. 12<sup>th</sup>**Fun & Games**

This class features lots of games and a whole lot of fun. Your child will play games such as parachute games, tag and more. Class takes place in the rec center for 5 weeks.

**Tuesdays:** 12:30—1:15PM**Ages:** 3– 5**Dates:** Nov. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Dec. 5<sup>th</sup>**Fee:** \$15.00**Theme of the Day**

Each week an activity, craft & story will be highlighted towards the theme of day. We will be using the classroom as well as the gym. Designed for 3-5 yr olds, class last for 5 weeks and takes place at the recreation center.

**Wednesday:** 10:00—10:45AM**Ages:** 3– 5**Dates:** Nov. 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Dec 6<sup>th</sup>**Fee:** \$15.00**Lil' Builders**

Each week your 3 – 5 yr old will explore different building materials. We will create Cities of Lego's, build castles and igloos, K'nex cars and more. Class takes place at Recreation Center for 5 weeks.

**Wednesdays:** 10:45—11:30PM**Ages:** 3– 5**Dates:** Nov. 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Dec 6<sup>th</sup>**Fee:** \$30.00**Apple Hour**

Each week you will be working with Apples to create a different project. Make craft projects, apple sauce, caramel apples and more. A fun way to spend some fall afternoons. Class takes place at the Rec Center and Lasts for 5 weeks.

**Thursday:** 12:30 – 1:15PM**Ages:** 3-5**Dates:** Nov. 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> Dec 7<sup>th</sup>, 14<sup>th</sup>**Fee:** \$15.00**Creative Dance Movements**

Kids learn how to groove to the rhythm of their favorite songs. Kids will learn some basic dance moves with an imaginative mind, clapping hands, and cool props. Class lasts for 5 weeks and takes place at the Recreation Center.

**Thursdays:** 1:30PM-2:15PM**Ages:** 3-5**Dates:** Nov. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> Dec. 7<sup>th</sup>**Fee:** \$15.00**Intro to Karate**

Sensei Darryl Baleshiski of New England Rendokan will be teaching intro to karate classes of traditional Okinawan Shorin-Ryu Karate and Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem.

**Mon, Wed, Fridays:** 3:30—4:30PM**Ages:** 3– 5**Dates:** Nov. 6<sup>th</sup> – Dec. 13<sup>th</sup>**Fee:** \$15.00**K – 3<sup>rd</sup> Grade Programs****Intro to Karate**

Sensei Darryl Baleshiski of New England Rendokan teaches Torite Jujutsu (Self Defense). Training occurs in a non-

competitive atmosphere allowing students to concentrate on learning and applying techniques correctly instead of concerning themselves with a “must-win” feeling. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.

**Mon & Wed:** 4:30—5:30PM

**Ages:** K – 3<sup>rd</sup>

**Dates:** Nov. 6<sup>th</sup> – Dec 13<sup>th</sup>

**Fee:** \$15.00

### **Softy Hockey**

Your K– 3rd grader can enjoy this program that will teach the basic skills needed to play the sport. All equipment is provided. Sticks are soft for safety reasons. Class will be held at the Recreation Center.

**Tuesdays:** 3:15—4:00 PM

**Grades:** 1<sup>st</sup> - 3<sup>rd</sup>

**Dates:** Nov. 28<sup>th</sup> Dec 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

**Fee:** \$15.00

### **Kick Ball Club**

Your Child can enjoy the great game of kickball in this fun & energetic class. A great way to get that energy out afterschool. Class takes place after school at Goodwin Elementary.

**Wednesdays:** 3:15-4:00PM

**Grades:** K – 3<sup>rd</sup>

**Dates:** Nov. 1<sup>st</sup>, 29<sup>th</sup> Dec 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

**Fee:** \$15.00

### **Crazy 8's Math Club 2<sup>nd</sup> & 3<sup>rd</sup> Grade**

**Season 1, Session 1** Join us for this fun & exciting math program. This program will take math to a whole new and cool level. We will have games and activities all afternoon that will improve math skills.

**Thursdays:** 3:15-4:00 PM

**Grades:** 2<sup>nd</sup> - 3<sup>rd</sup>

**Dates:** Nov. 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> Dec. 7<sup>th</sup>, 14<sup>th</sup>

**Fee:** \$15.00

### **Dance Class at Goodwin**

Dance for joy with Deb's dance party. Warm up, shake it up, and get down to today's hottest jams. Come and enjoy the fun. Wear comfortable clothes, dance shoes or sneakers, no bare feet. Class takes place at the Goodwin. Class is taught by Deb Mals

**Thursdays: 3:15-4:15**

**Ages:** K - 3<sup>rd</sup>

**Dates:** Nov. 2<sup>nd</sup>, 9<sup>th</sup>, 30<sup>th</sup> Dec. 7<sup>th</sup>, 14<sup>th</sup>

**Fee:** \$15.00

### **Basketball Skill Builder for grades 2<sup>nd</sup> & 3<sup>rd</sup>**

Children in 2<sup>nd</sup> & 3<sup>rd</sup> grade who wish to play in the Park & Rec Basketball league this is the class for you. Learn dribbling, shooting, passing, and Many Rules, so you will be prepared for what the league is like. Class meets for 4 weeks at The Rec Center.

**Saturdays:** 10:30-11:30am

**Ages:** 2<sup>nd</sup> & 3<sup>rd</sup> Grade only!

**Dates:** Nov 18<sup>th</sup> Dec. 2<sup>nd</sup>, 9th, 16<sup>th</sup>

**Fee:** \$15.00

## **4<sup>th</sup> – 8<sup>th</sup> Grade Programs**

### **Jr. Souls Yoga**

Junior Souls is an 8wk program derived from the vinyasa style of yoga, but with a new age twist! JSYP uses the philosophy that to work into a meditation of the mind, you first must physically work out your body. Combining a youthful, energetic series of postures with fast tempo, upbeat pop music, we'll get the kids moving and grooving for 45 minutes, followed by a 15 minute meditation. Class takes place at the Rec.

**Mondays:** 2:45-4:00pm

**Grades:** 4<sup>th</sup>-8<sup>th</sup>

**Dates:** 9/18-11/13 \*no class on 10/9\*

**Fee:** \$20.00

**Session 2 – Nov. 20 to Jan. 29<sup>th</sup> \*no class 12/25 & 1/1\***

### **Youth Floor Hockey**

Open to 4th—8th grades. This fun—fast paced game is one all can enjoy. The program will review the basic rules of the game, work on basic skills, proper technique, safety, sportsmanship and provide a lot of smiles. All equipment is provided so be ready to have fun. Class lasts for 5 weeks and takes place at the Recreation Center.

**Tuesdays:** 2:45— 3:45PM

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Dates:** Nov. 14<sup>th</sup>, 28<sup>th</sup> Dec. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

**Fee:** \$15.00

### **Dodgeball Mania**

Come to the Recreation Center to compete against your friends in a friendly game of dodge ball. You will learn how to play a different dodge ball game each week, from jail dodge ball, wall dodge ball, bombardment, medic, and others. Class is for 4th-6th graders. Class lasts for 5 weeks and takes place at the Recreation Center.

**Wednesdays:** 2:45—3:45 PM

**Grades:** 4<sup>th</sup> - 8<sup>th</sup>

**Dates:** Nov. 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup> Dec. 6<sup>th</sup>, 13<sup>th</sup>

**Fee:** \$15.00

### **Wiffle Ball**

That's right, your favorite backyard game is here at Park & Rec. Learn how to throw the curve, slurve, knuckleball, sinker, fastball and more. Each week we will play a game of wiffleball either inside or outside. A great way to spend some time after school.

**Thursdays:** 2:45—3:45 PM

**Grades:** 4<sup>th</sup> - 8<sup>th</sup>

**Dates:** Nov. 16<sup>th</sup>, 30<sup>th</sup>, Dec. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

**Fee:** \$15.00

### **Intro to Karate**

Sensei Darryl Baleshiski of New England Rendokan teaches traditional Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.

**Mon & Wed:** 5:30 – 7:00PM

**Ages:** 4<sup>th</sup> - +

**Dates:** Nov. 6<sup>th</sup> – Dec 13<sup>th</sup>

**Fee:** \$15.00

### **Teen Center**

#### **4<sup>th</sup> & 5<sup>th</sup> Grade Youth Center Friday Drop - In**

4<sup>th</sup> & 5<sup>th</sup> Graders have the opportunity to enjoy all the teen center has to offer each Friday from 2:45—4:00PM. Try playing the XBOX One, shoot some pool, play some basketball, get a snack or just hang with friends. Teen center is fully supervised and children must sign-in and have proper paper work filled out to attend. Parents please note this program ends at 4:00PM and your child must be picked up on time!

**Fridays Only** 2:45—4:00PM Grades 4<sup>th</sup> & 5<sup>th</sup> Only!!!

**Membership \$5.00** for the WHOLE YEAR!!!

**Paper work needs to be filled out to attend!!!**

#### **6th—8th Grade Teen Center After-School Drop-In**

Enjoy “The Rec” after school hanging out with all your friends! Stay active playing basketball, soccer, and dodgeball games in our gymnasium. Play billiards on our pool table and ping pong in the Teen Center. Relax with games on our XBOX One and PS3! Plus, don't forget to check out air hockey, bumper pool, foosball and our brand new ping pong table!!!

Monday—Thursday: 2:45—5:30PM Friday Nights: 7:00-9:30pm

Grades 6th—8th Only

**Membership required for after school times.**

**Paper work needs to be filled out.**

Membership Fee: \$20.00 Membership Year Sept 1<sup>st</sup> – Aug. 31<sup>st</sup>.

### **Friday Night Teen Center**

Each Friday night 6<sup>th</sup>-8th graders can enjoy a night with friends in the Teen Center. We have some special events coming up

such as Dodgeball Tournaments, a Flag Football League, and our annual Halloween Party. **Teens sign-in when they arrive and are not allowed to leave unless a parent/guardian picks them up or provides permission for them to leave.** Members are free on Fridays nights. Non-Members pay \$5.00 Each Friday. Memberships are encouraged and cost \$20.00 per school year. Membership covers Friday nights and Monday—Thursday for School Year.

**When:** Fridays **Time:** 7:00—9:30PM

**Free for Members**

Non-Members \$5.00 Each Friday

**Ages:** 6th– 8th Grade ONLY!!

### **Friday Night Flag Football League**

This year marks the 5th season of OSPRFLL during the Friday Night Teen Center program. This is a 6 week, co-ed indoor flag football league which is free to all 6<sup>th</sup>-8<sup>th</sup> grade students. Registration is required and forms can be found online and at the Rec. Center. Players will be put on teams and will play each Friday night.

Games start at 7pm and will be over by 9:30pm.

**Friday Night Teen Center: 7-9:30pm**

**Grades:** 6<sup>th</sup>-8<sup>th</sup>

**Dates:** Nov. 3<sup>rd</sup> – Dec. 15th

**Fee:** FREE w/ membership / \$5 at door

### **Teen Center Halloween Party**

This year, we're celebrating Halloween a few days early at the Teen Center! Students are encouraged to wear costumes for a chance to win the annual costume contest judged by Teen Center Staff. In addition, we'll have plenty of Halloween Candy on hand as well as some great games and activities to get everyone in the Halloween mood! We might even throw in a ghoulish surprise or two, so you won't want to miss out!

**Date:** Friday, October 27th

**Ages:** 6<sup>th</sup>-8<sup>th</sup> Grades

**Free for Members or \$5.00 at the door**

**Time:** 7:00-9:30pm

## **Adults**

### **Gentle Yoga**

A Unique class designed to truly introduce you to your body and all the amazing movements it is capable of. Explore your flexibility to both beginners and experienced. Lots of modification is offered. It's all about you as an individual. Sign up and do something healthy for yourself for a change. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the Saybrook Point Pavilion.

**Session 2 Dates:** Oct. 9<sup>th</sup> – Nov. 13<sup>th</sup> **Session 3 Dates:** Nov 16<sup>th</sup> – Dec 21<sup>st</sup>

**Class Times:** 10:00-11:00AM or 11:15-12:15PM.

**Fee:** \$65.00 Resident \$75.00 Non-resident \*session 3 is \$5.00 off\*

### **Pick-up Basketball Times**

Come Down to the New Recreation Center and play some great Men's Pickup basketball Games. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.

**Mondays:** 18 & Over **Time:** 7:00-8:30PM

**Tuesdays:** 30 & Over

**Wednesday:** High School 5:30-7:00pm

**Thursdays:** Women's Night

### **Co-Ed Adult Pick –up Volleyball**

Co-ed Adult Volleyball night will give you fun competitive games. A great way to get out of the house and have some fun with friends. Play is for Old Saybrook Residents.

**Day:** Wednesdays

**Time:** 7:00-8:30PM

### **Adult Pickleball**

On Monday mornings here at the Rec. Center we are offering this exciting game that is taking the country by storm. Pickleball is very similar to Tennis, except it is played on a smaller court with a wooden paddle and plastic ball. We will have three courts set up and game will be singles or doubles.

**Mondays:** 9:30am – 11:00am

**Ages:** 30 and over

**Dates:** Nov 6<sup>th</sup> – Dec 18<sup>th</sup> .

**Fee:** \$10

**Self Defense Class**

New England Rendokan teaches traditional Torite Jujutsu (Self Defense). Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly. We stress the development of self-discipline and strength building, improving confidence and self-esteem. Karate increases motor skills, improves flexibility and reduces injuries in other sports.

**Mon, Wed, Fridays:** 5:30 – 7:00PM

**Ages:** 9<sup>th</sup> grade and up

**Dates:** Nov. 7<sup>th</sup> – Dec 16<sup>th</sup>

**Fee:** \$15.00



# Town of Old Saybrook

---

## **Request for Qualifications and Proposals Strategic Plan for Parks and Recreation Facilities and Programs**

### **2017 Community Recreation Survey Overview and Observations**

#### **General Demographic Information Notes:**

- 533 respondents with 94% from Saybrook.
- 22% of the responses were from Facebook and we received a 6% bump from the laptop we placed in the Recreation Center
- We received responses from all age demographics with the largest population of respondents age 40-59
- There were many types of youth represented in households with the largest population from grades 4-8
- 1 in 4 respondents leave town multiple times per month for Swimming or Aquatics
- Of the activities that respondents leave town for multiple times per week, the highest was Shopping followed very closely by Youth Athletics and then by Beaches
- Just under 40% of respondents may bike to their local beach

#### **Facility Information Notes:**

- The sites most visited excluding schools, are Town Beach, followed by the Recreation Center, then Clark (Town) Park, followed by Kavanaugh (Trask) Park
- The sites least visited are Ferry Crossing Field, then Exchange Club Park, then Maple Ave Field, and then Gardiners Landing Park
- Our best facility reviewed is Mini Golf with 76% rating it Very Good or Excellent
- The highest facility with the “I would visit more if it was improved” was Harvey’s Beach
- Facilities to market more (noted respondents would visit more if they knew more about the facility) are one, Great Cedars (both), Gardiners Landing, followed by the Preserve
- The best rated facility was Mini Golf with a 75% of respondents stating they felt it was very good or excellent, the Recreation Center followed with 60%



- Facilities with the highest Poor and Very Poor ratings were Harvey’s Beach, Maple Ave Field, and Ferry Road Field
- The verbatim comments focused around bathroom improvements, trails, turf condition, lights, quality of playscapes, beach sand combing, and parking

#### **Program Information Notes:**

- The most frequently use programmed were 4<sup>th</sup> to 8<sup>th</sup> followed closely by K-3<sup>rd</sup>.
- The least used was Summer Sport Camps, Summer Teen Trips, and Special Events
- The highest response rate stating the respondent would “Participate If They Knew More about the Program” was Classes and Activities, Adult Team Sports, then Special Events
- The highest rated program category was K – 3<sup>rd</sup> followed by
- The most used programs were Special Events
- The lowest rated category was Youth Indoor and Outdoor Sports
- The least used program was Preschool
- Verbatim remarks included poor turf conditions, necessity of outdoor pickle ball courts, pre-k programs on weekends, and new pre-k sports programs

#### **Quality of Life:**

- 63% believe OSPR has done well or very well at improving their family's quality of life in Old Saybrook

#### **Future of Recreation in OS:**

- When thinking of Recreation the top 3 responses included:
  - 80% like Trail activities including dog walking, walking, hiking, biking
  - 71% enjoy cultural activities
  - 70% enjoy water based activities
- 63% believe we need a sports or recreational venue on Mariners Way
- 56% feel that green initiatives are important or very important

