

WESTBROOK RECREATION

Where the Benefits are Endless !!!



FALL 2014 BROCHURE

Programs for Everyone of All Ages



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

General Information

Westbrook Recreation Department

Location: Westbrook Town Hall
866 Boston Post Road
Westbrook, CT 06498
Phone: 860-399-3095
Fax: 860-399-3092
Hours: Monday-Wednesday 9 - 4
Thursday 9 - 7
Friday 9 - 12
Website: westbrookct.us

Recreation Commission

Joe Tempesta, Chairman
Steve Anderson
Tom Burns
Melissa Ehlert
Mike Esposito
Jodi Ouellette
Jan Ulanowicz
Darren Whitehouse
Rich Annino, Director

Where do we Advertise? _____

Harbor News, New Haven Register

School Closing and Holidays _____

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

How do I register? _____

Please utilize the white form in the center of this brochure and remit with payment to:
Westbrook Recreation Department
866 Boston Post Road
Westbrook, CT 06498

Questions, Comments and Concerns _____

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

Fall Soccer

Recreational soccer with emphasis on skills, drills and having fun. Your boy or girl will be placed in age appropriate groups. This will be a noncompetitive learning environment with a game ending each class.

Location: Ted Lane Field
Dates: September 6 - October 25
Times: 9:00-10:00 1st & 2nd Graders
10:00-11:00 3rd, 4th & 5th Graders
Fee: \$35. / one child
\$65. / two children
Please add \$5. for non-residents
Grades: 1st - 5th
All kindergarteners will be doing Tot Soccer
No class October 13th, Columbus Day.

Beginner Youth Tennis

Has your child shown an interest in playing tennis? Would you like to start playing tennis with your own child? These tennis lessons will give your child the basic skills and rules of playing the game. Each child should come with their own tennis racquet, water bottle and please dress appropriately.

Location: Westbrook High School Tennis Courts
Time: 9:00 - 10:00 PM
Dates: September 13, 20, 27, October 4, 11, 18
(Rain make-ups on October 25th)
Ages: 7 - 13 year olds
Fee: \$50. residents / \$60. nonresidents
Instructor: Paul Shlien

Westbrook Recreation
The Benefits are Endless...

Preschool & Tot Programs

Little Folks Camp

Is your child between the ages of three to five years old and ready to make friends and socialize. Introduce your child to some fun and enroll in this special camp program. Camp activities will help develop fine and large motor skills and cooperative play. Little Folks Camp will be held on Monday, Wednesday and Friday mornings from 9:00 - 12:00 noon. Camp will follow the school calendar year with all the holidays and special days off. Cheryl Dimenstein and Rita Trojanowski have had many years of experience working with preschool age children. Please call Rich with any questions or concerns about this very popular program.

Location: Teresa Mulvey Municipal Building
Dates: Session 1; September 8 - October 17
Session 2; October 20 - November 26
Ages: 3 to 5 year olds
Times: 9:00 - 12:00 noon, Monday, Wednesday and Fridays
Six week sessions
Fee: \$ 175. per child, \$325. for two children, per session
Instructor: Cheryl Dimenstein and Rita Trojanowski
No Class October 13 and November 28.
Maximum 12.

CT Rush Soccer Skills Academy

Our skills academy is designed for beginning and competitive players looking for supplemental instruction. The training sessions are organized by professional CT Rush staff members and focus on individual skills development and small group play. Our staff are focused on delivering excellent instruction that combines soccer skills development of the individual in a fun and exciting environment. We find that this program increases player's skill level as well as their confidence. Have fun and improve your soccer game! Please call our office at 860-399-3095, with any questions?

Location: Daisy Elementary School
Dates: Sept. 10, 17, 24, Oct. 1, 8, 15, 22, 29 Wed. nights
Time: Ages 5-7, 5:30 - 6:45 PM
Ages 8-13, 5:30 - 7:00 PM
Fee: \$100. residents / \$120 nonresidents

Fun Day

Two days of Arts & Crafts, Story Time, Games and Cooking with your children. Our energetic staff will play, teach and entertain your child in a safe wholesome environment. This program is a great way to have your child get ready for kindergarten and interacting with other children.

Location: Library
Dates: Session One: September 9 - October 16
Session Two: October 21 - November 25
Ages: 3 - 5 year olds
Time: 9:00 - 12:00 noon, Tuesday and Thursday
Fee: \$120. residents / \$130. nonresidents.
Instructor: Rita Trojanowski and Cheryl Dimenstein
Maximum 12, per session.

The Combo Special (Monday thru Friday Child Care)

Looking for a program that runs Monday thru Friday mornings? We found that some parents need a child care program that runs the whole workweek. We have combined both our programs to accommodate the needs of these parents. On Monday, Wednesday and Fridays the program will be held at the Theresa Mulvey Center. On Tuesday and Thursday mornings, the program will be at the Westbrook Library. Both these programs are currently very successful, running separately on their own. We decided to combine them for a special, very affordable price!

OUR COMBO PROGRAM
MONDAY THRU FRIDAY 9:00 - 12:00 NOON
\$235. PER CHILD, PER SESSION

Tot Soccer

This program is ideal for young boys and girls who wish to learn fundamental soccer skills. Kicking, passing, trapping and ball control will all be taught through imaginative games and drills. All volunteers are welcomed and encouraged.

Location: Ted Lane Field
Dates: September 6 - October 25
Ages: 3, 4, 5 and 6 year olds
Time: 8:00 - 9:00 AM, for 3 and 4 year old Beginners.
9:00 - 10:00 AM, for 5 year olds and Intermediate
Fee: \$35. residents / \$40. nonresidents
Instructors: Tom Huben and Rich Annino
No class on October 11.



Tot Basketball

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

Location: Daisy Ingraham School
Dates: January 10, 17, 24, 31, February 7, 14
Ages: 3, 4 and 5 year olds
Time: 8:00 - 9:00 AM, for 3 and 4 year old Beginners
9:00 - 10:00 AM, for 5 year olds and Intermediate
Fee: \$30. residents / \$35. nonresidents
Instructors: Tom Huben & Rich Annino
Basketball for all other ages will be in the Winter Brochure.

Youth Programs

Travel Basketball Try-Outs Boys & Girls

These try-outs are open to all Westbrook children who really enjoy playing basketball. This program is competitive basketball in the Shoreline Basketball League. Parents and guardians must be aware that not all children will make these teams. Parents should also be aware that not all children will get equal playing time, during the games. Teams practice one night during the week and play all games on the weekends here and around surrounding towns. Please call 399-3095 for more information.

Location: Daisy Ingraham Gym.
Date: September 16 • 4th, 5th, 6th, & 7th Grade Girls
6:00 - 7:00 PM
September 18 • 4th, 5th, 6th & 7th Grade Boys
6:00 - 7:00 PM
Fee: If the child makes the team, the fee is \$75. for one child and \$105. for two

Archery

Location: Wren Park
Dates: September 16 - October 21
Ages: 8 years old and up
Time: 3:00 - 4:00 PM, Tues. Afternoons, Rain outs on Thurs.
Fee: \$50. per person, per session
Instructor: Rich Annino
Class is limited to 12 people.

Middle School Before & After School Program

Westbrook Recreation is now running the Before and After School Program. Do you need to drop off your children early in the morning? Do you want your children supervised in a fun and safe environment, when school is out? Both options are offered so you can pick which one you need or choose to register for both at a discount. All registrations must be made at the Westbrook Recreation office in the Teresa Mulvey Center. Children will be able to do their homework but this service is not a private tutoring program!

Location: Westbrook Middle School
Grades: 5th, 6th, 7th & 8th Grade Boys and Girls.
Dates: Programs will run all through the calendar school year. (No childcare will occur when there is no school.) This program will be prorated so you may start anytime!

Before Care: \$60. per student (\$ 3. per day.) (Starts at 7:00 AM)

After Care: \$200. per student (\$10. per day.)

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

Combine Before and After School Fee: \$250., every 4 weeks. Please call 860-399-3095 with any questions or if you wish to register. All registrations must be made at the Westbrook Recreation Office!

When I'm In Charge Red Cross Safety Course

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

Location: Teresa Mulvey Building
Date: October 28
Ages: 8 years old and up
Time: 5:45 - 7:30 PM Tuesday Night
Fee: \$30. resident
\$35. nonresident
Instructor: Terri Benoit
Please call Rich at 399-3095, for more Info.

Baby-sitting Course

Location: Teresa Mulvey Municipal Building
Dates: November 18, 25, December 2
Ages: 11 years old and up
Times: 5:45 - 7:45 PM. Tuesday Nights
Fee: \$55. residents / \$65. nonresidents
Instructor: Terri Benoit
Includes First Aid Certification.
Please call Rich at 399-3095, for more info.

Youth Badminton

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

Location: Daisy Ingraham School
Dates: November 8, 15, 22, December 6, 13
Time/Age: 8:00 - 9:00 AM. Preschool and Kindergartens
9:00 - 10:00 AM, First and Second Graders.
10:00 - 11:00 AM, Third and Fourth Graders.
Fee: \$25 residents / \$30 nonresidents
Instructor: Rich Annino and Tom Huben
No class on November 29.

Karate K-4 Washin Ryu Style Karate

Location: Daisy Ingraham School
Dates: Session 1: 5 Weeks, 10 Classes - Sept. 8 - Oct. 8
Session 2: 5 Weeks, 10 Classes - Oct. 20 - Nov. 19
Time: 3:30 - 4:30 PM, Mondays and Wednesdays
Fee: \$55. resident / \$65. nonresidents
Instructor: Steve Ballachino

Adult & Senior Programs

Zumba

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

Location: Teresa Mulvey Center

Dates: Session 1: Tues. September 9 – October 14

Session 2: Tues. October 28 – December 9

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

Fee: \$60. residents / \$65. nonresidents, for one session

No class November 11.



Pilates for Beginners & Intermediates

Our Pilates class is so large and popular that we have gone to teaching two different nights. Tuesday nights will be for Intermediates and will involve balls, bands and hand weights. Thursday nights will be for Beginners and will cover matt Pilates. You also have the option of signing up for both classes. Pilates class will help your spinal and neck alignment, abdominal tightening and strength training. You will build muscle tone and flexibility, as you progress at your own pace. Our instructor, Daya Soudan is a certified Yoga, Pilates and Dance Instructor who has worked with students of all ages. Our qualified instructor will lead you through the class and finish with a deep, relaxing cool down meditation. Please call us with any questions or concerns.

Location: Teresa Mulvey Center

Time: Tuesdays: 5:30 - 6:30 PM

Thursdays: 5:30 - 6:30 PM

Dates: Session 1: Tues. September 9 - October 14
or Thurs. September 11 - October 16

Session 2: Tues. October 21 - December 16
or Thurs. October 23 - December 18

Fee: 6 weeks: \$50. residents/\$55. nonresidents

6 weeks: 2 classes \$100. residents/\$110. nonresidents

8 weeks: \$67. residents / \$73. nonresidents

8 weeks: 2 classes \$134. residents / \$146. nonresidents

Instructor: Daya Soudan

No class November 11 and 27.

Yoga – All Levels

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

Location: Teresa Mulvey Center

Dates: Session One: Sept. 8, 15, 22, Oct. 15, 20, 27

Session Two: Nov. 3, 10, 17, 24, Dec. 1, 8

Time: 6:00 - 7:15 PM, Monday nights

Fee: \$50. residents, \$55. nonresidents

Instructor: Joanne DeVito

No class Monday October 13. The class will be on Wednesday October 15.



Adult Horseshoe League

Are you looking for a fun activity that you can do with your wife, relative or best friend? Something that is easy to learn and doesn't require lots of strength or running around? Horseshoes are fun to play and a great way to socialize with other people in a low competitive activity. Teams of two to three players, will compete against each other according to a set schedule. League night will be on Thursdays from 6:00 - 7:30 PM. Teams may practice any other time other than the night we play. Please register as soon as possible so we can set the schedule. Please call 1-860-399-3095 with any questions.

Location: Teresa Mulvey Center

Dates: Starts September 11, Thursday Nights

Time: 6:00 - 7:30 PM

Fee: \$10. per person



Adult & Senior Programs

Senior Chair Fitness

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

Location: Senior Center / Theresa Mulvey Town Hall

Dates: Session one: September 15 - October 24

Session two: October 27 - December 5

Classes will be held continuously throughout the year.

No class October 13 and November 28.

Days: Monday, Wednesday and Friday.

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

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

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

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

Senior Aerobic Fitness

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

Location: Senior Center / Theresa Mulvey Town Hall

Dates: Session one: September 15 - October 24

Session two: October 27 - December 5

Classes will be held continuously throughout the year.

No class October 13 and November 28.

Days: Monday, Wednesday and Friday.

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

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

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

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



Adult Volleyball

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

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

Location: Daisy Ingraham School

Dates: September 18 - June 18

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

Fee: \$35. residents / \$45. nonresidents

Recreation Supervisor: Elaine Cyr

Adult Basketball

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

Location: Oxford Academy

Dates: September 15 - June 15

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

Fee: \$45. residents / \$55. nonresidents

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



Digital Camera Photography Class

This class is perfect for anyone who has received or bought a digital camera and isn't quite comfortable with how it works. Our instructor will show you how to use your camera and all it's capabilities. This course will guide you from taking pictures to processing them on your computer.

Location: Teresa Mulvey Municipal Building

Dates: To be announced

Time: 7:00 - 8:30 PM, Tuesday Nights

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

Instructor: Steve Smith



Bus Trips

All Westbrook bus trips need a minimum of 15 people to insure the bus will come to Westbrook for pick-up. The North Haven commuter parking lot is the pick-up site for all trips with less than 15 people. Please call 860-399-3095 with any questions.

Haunted Happenings Bus Trip

You are invited to America's most exciting Halloween Festival in the bewitching seaport of Salem, Massachusetts. The whole town will be decorated for this annual spooky holiday. Salem is best known as the site of the famous Witchcraft Trials of 1692. Included are passes to the famous Salem Witch Museum and the Witches Cottage. It is also a colorful, coastal city with a rich maritime heritage, architecture and amazing stories that span four centuries.

Location: Salem, Mass.
Date: October 25
Time: 8:00 AM, departure from Westbrook
5:00 PM, departure from Salem
Fee: \$88. per person

Historic Deerfield Heritage Holiday Tour

Spend a day in an old authentic New England village during the beautiful holiday season. Visit historic Deerfield, an authentic 18th century English settlement in the Connecticut River Valley of Massachusetts. Tour beautifully restored museum houses with period architecture and furnishings in their holiday splendor, See Yankee Ingenuity at work and explore the world-famous collection of early American crafts, ceramics, furniture, textiles and metalworks.

Location: Deerfield, Massachusetts
Date: December 13
Time: 7:30 AM Departure from Westbrook
6:00 PM Departure from Deerfield
Fee: \$99. per person



New York City Food & Market Tour

Experience the holiday food traditions on our bus trip through New York. What better way to experience affordable "Noshing" than walking through the famous streets. Chelsea Market, Arthur Avenue and Little Italy are only a few and we visit many more. The best way to learn about this incredible city is to walk, taste, smell and sample all it's iconic foods.

Location: New York City
Date: October 4
Time: 7:30 AM. departure from Westbrook
5:00 PM. departure from New York
Fee: \$75. per person

2014 Christmas Spectacular Radio City Music Hall

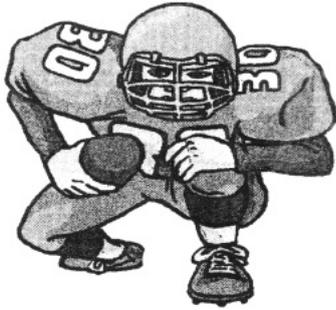
The 2014 Radio City Christmas Spectacular marks the 81st year of this holiday tradition. First performed in 1933, the Christmas Show has been wowing audiences and welcoming the Christmas season for a very long time. Additional to all this, you will also have at least 2 hours of free shopping time before the show. This special Tuesday showing will be an event you'll remember the rest of your life and well worth the money.

Location: New York City
Date: Tuesday, November 11 (Veterans' Day)
Time: 7:30 AM. departure from Westbrook
5:00 PM. departure from New York
Fee: \$120. per person



Westbrook Recreation
866 Boston Post Road
Westbrook, CT 06498

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Local
Postal Customer

www.geocities.com
OSYFAL@Yahoo.com
Old Saybrook Youth Football League

WESTBROOK RECREATION
FALL 2014 BROCHURE

ADULT &
SENIOR PROGRAMS
INCLUDED

Halloween Bash & Family Day

Westbrook Recreation wants to make sure that every child has a fun, safe and happy Halloween. So, we want to invite everyone to come in costume for our eighth Halloween Bash!!! We will have snow cones, popcorn, rides, games and prizes for all the children who are in attendance, along with some funny characters. If you wish to help by donating or volunteering, please call Rich Annino at 399-3095. See you there!

Location: Teresa Mulvey Municipal Building
Date: October 25th
Time: 12:00 noon - 2:00 PM, Saturday Afternoon
Grades: Preschool to 4th Grade
Fee: Totally FREE for Kids!!!

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



NAME OF PROGRAM _____ Date: _____

Program Fee: _____

Check #/Cash: _____

WESTBROOK RECREATION PROGRAM REGISTRATION FORM

Registration is open to all on a first come, first serve basis. Individuals can register by mail or in person. Please complete the registration form below and remit with the proper fee (either cash or check) to the **Town of Westbrook, or Westbrook Department of Recreation**. Registrations are not complete until the program has been paid in FULL.

Participant Information

Name _____ Age _____ Grade _____ Date of Birth _____
Address _____ Town _____ Phone _____
Gender _____ Allergies/Health Concerns _____

Parent/Guardian Information

Name _____ Phone # _____
Address _____ Town _____ Zip _____
Work Phone# _____ Cell Phone # _____
Emergency Contact _____ Phone# _____
E-Mail _____

Is the Parent/Guardian willing to coach/assist? Yes No

REFUND POLICY

Refunds are not granted unless activity is canceled.

All activities are offered on a basis of adequate participation.

A physicians note will be required if cancellation is due to illness for a FULL refund.

If an individual cancels the week before a program begins, a program credit is given.

If an individual cancels after one class/one week (depending on program) an 80% refund is issued.

If an individual cancels after two classes/two weeks (depending on program) a 60% refund is issued.

RELEASE OF LIABILITY

I will release all rights and claims that might be had against the Town of Westbrook, it's hired or contracted instructors, their employees and agents, for all and any injuries or losses which may be suffered because of my participation or my child/children's participation in the above activity offered by the Town of Westbrook. I consent to my child/children's participation in the above and authorize the district and it's employees or agents to provide emergency treatment for my child/children's behalf. I give permission to have my photo or a photo of my child/children taken during classes, and used for publicity purposes for Westbrook's Recreation Department. I understand that the Westbrook Recreation Department will not be held responsible for any injuries sustained as a result of participation in any of the programs. I also understand that I must carry accident and liability insurance for my child/children.

Signature of Participant (must be 18 or older) _____

Signature of Parent/Guardian _____



Name: _____ Phone: _____

Address: _____ Town: _____

Bring your colored page to the Westbrook Park and Recreation
and you can pick out a prize from the treasure chest!