

# WESTBROOK RECREATION

*Where the Benefits are Endless !!!*



## WINTER 2014 – 2015 BROCHURE

Programs for Everyone of All Ages



Phone 860-399-3095 • Fax 860-399-3092  
www.westbrookct.us • e-mail: [rannino@westbrookct.us](mailto:rannino@westbrookct.us)

# General Information

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## 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

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](mailto:www.rannino@westbrookct.us). The Recreation Department office is located in the Westbrook Town Hall.

## Westbrook Annual Christmas Tree Lighting

Everyone is welcome to attend this free special holiday event, on the Westbrook Town Green! The parade will start promptly at 4:00 PM. and travel up South Main Street. There will be free carriage rides, stage performances and visiting time with Santa Claus. There will also be craft tables, food, drinks and a blazing bonfire for everyone to enjoy. Open houses will be held at the Bushnell House, St. Paul Church, The Captain Stannard House and the Museum of Early Engineering Technology. Don't forget to decorate your bike for the annual decorating contest. There will be three age groups; 1-7 year olds, 8-10 year olds and 11 years and up. Judging will be held at 3:30 PM. right behind the Fire House, prior to the start of the parade.

**Location:** Westbrook Town Green  
**Date:** December 7  
**Time:** 4:00 PM.

## Spring Travel Soccer

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

**Location:** Wren Park

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

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

**Fee:** \$75 / one child, \$105 / two children, \$145 for three

Spring travel soccer registrations will be closed on March 1, 2015 to all previous players. An additional \$75. late fee will be added only to previous players, not new registrants. No registrations will be accepted after March 15<sup>th</sup>.



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## **Westbrook Recreation The Benefits are Endless...**

# Youth Programs

## 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.)

**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!



## 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 Kindergartners

**Fee:** \$30. residents / \$35. nonresidents

**Instructors:** Tom Huben & Rich Annino

## Middle School Boys & Girls Recreational Basketball League

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

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

**Location:** Daisy Ingraham School Gym

**Dates:** January 10 - February 14

**Time:** 12:00 - 1:30 PM, Saturday afternoons.

**Fee:** \$45. one child / \$80. two children / \$120. three or more



## Recreational Basketball

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

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

Daisy Ingraham Gym

10:00 - 11:00 AM, Saturday mornings

January 10 - February 14

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

Daisy Ingraham Gym

11:00 - 12:00 PM, Saturday mornings

January 10 - February 14

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

**Fee:** \$30 one child / \$55 two children / non-resident \$35



# Youth Programs

## Little Folks Camp

**Location:** Teresa Mulvey Municipal Building  
**Dates:** Session 1; December 1 - January 23  
Session 2; January 26 - March 13  
No make-ups for School Calendar Holidays  
**Ages:** 3 - 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  
**Instructors:** Cheryl Dimenstein, Rita Trojanowski & Elizabeth Markovics  
Maximum of 12 children, per session.  
No camp December 23 - January 2 / January 19 / February 16 - 20

## Letters to Santa

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

**Locations:** Mailboxes are at Daisy, Library & Teresa Mulvey Center  
**Dates:** November 10 - December 17  
**Ages:** Child should be young enough to still believe in Santa!

## Red Cross Babysitting Course

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

**Location:** Teresa Mulvey Municipal Building  
**Dates:** February 4, 11, 18  
**Ages:** All children must be 10 years or older  
**Times:** 6:00 - 8:15 PM. Wednesday nights  
**Fee:** \$50. residents / \$60. non-residents  
**Instructor:** Terri Benoit

## When I'm In Charge Red Cross Safety Course

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

**Location:** Teresa Mulvey Building  
**Date:** January 14  
**Ages:** 8 years old and up  
**Time:** 5:45 - 7:45 PM, Wednesday Night  
**Fee:** \$40. resident  
\$45. nonresident

**Instructor:** Terri Benoit  
Please call Rich at 399-3095, for more Info. Short 10 minute graduation ceremony for each class.

## Fundays

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:** Westbrook Public Library  
**Dates:** Session One: December 2 - January 22  
Session Two: January 27 - March 12  
**Ages:** 3 - 5 year olds  
**Time:** 9:00 - 12:00 PM, Tuesday and Thursday  
**Fee:** \$120. residents / \$130. non-residents per session  
**Instructor:** Rita Trojanowski and Cheryl Dimenstein  
Minimum 6- Maximum 12, per session.  
No Fundays: December 23 - January 2 / February 16 - 20



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

## The Preschool Combo Special (Monday thru Friday Child Care)

Looking for a program that runs Monday thru Friday mornings? A preschool that will help teach and prepare your child for Kindergarten, next year? A quality preschool that is educational, affordable and located right in the center of Westbrook?

We found that some parents need a preschool program that runs the whole workweek. We have combined both our preschool 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 Public Library. Both these programs are currently very successful, running separately on their own. We decided to combine them for a special, very affordable price!

# Youth Programs

## Tot Floor Hockey

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

**Location:** Daisy Ingraham Gym

**Dates:** March 7 - April 11

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

**Fee:** \$30. residents / \$35. non-residents.

**Instructors:** Tom Huben and Rich Annino



## December, February & April Vacation Camps

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

**Location:** Daisy Ingraham School or Westbrook Public Library

**Times:** Before Camp 7:30 - 9:00 AM  
Camp 9:00-4:00 PM.

After Camp 4:00- 6:00 PM

**Dates:** December 29 - January 2 (4 Days)

**Fee:** \$100. residents / \$110. nonresidents

Before Camp: \$12.

After Camp: \$16.

**Dates:** February 16 - 20

April 13 - 17

**Fee:** \$125. residents / \$135. nonresidents

Before Camp: \$15.

After Camp: \$20.

No class on January 1.

## Youth Floor Hockey

All 3rd, 4th and 5th Grade boys and girls are invited to join our most advanced Floor Hockey program. More time is spent playing and less doing drills. Ask any child who has done this last year and you will be sold on how challenging and successful this program is. All children should have shin guards, mouth guards and sneakers to help prevent injuries. Please call Rich if you have any questions.

**Location:** Daisy Ingraham Gym

**Dates:** March 7 - April 11

**Time:** 11:00 - 12:00 Saturday Mornings

**Fee:** \$30. residents / \$35. non-residents

**Instructors:** Tom Huben and Rich Annino

## Intermediate Floor Hockey

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

**Location:** Daisy Ingraham Gym

**Dates:** March 7 - April 11

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

**Fee:** \$30. residents / \$35. non-residents

**Instructors:** Tom Huben and Rich Annino



## Karate K-4

### Washin Ryu Style Karate

**Location:** Daisy Ingraham School

**Dates:** Session 1: November 24 – January 7

Session 2: January 12 – February 11

Session 3: February 23 – March 25

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

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

**Instructor:** Steve Ballachino

No class November 26 and January 19.

# Adult & Senior Programs

## 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 Municipal Building

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

Thursdays; 5:30 - 6:30 PM

**Dates:** Session 1: Tues. February 10 – March 17  
Thurs. February 12 – March 19

Session 2: Tues. March 24 – April 28  
Thurs. March 26 – April 30

**Fee:** \$50. residents / \$55. non-residents, for one class  
\$100. residents / \$110. non-residents, for two classes

**Instructor:** Daya Soudan



## 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, Tuesday nights

**Fee:** \$45. residents / \$55. non-residents

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

## Zumba

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

**Location:** Teresa Mulvey Municipal Building

**Dates:** Session 1: January 6, 13, 20, 27, February 3, 10  
Session 2: February 24, March 3, 10, 17, 24, 31

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

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



## 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 Municipal Building

**Dates:** Session 1: January 5, 12, 26, February 2, 9, 16  
Session 2: March 2, 9, 16, 23, 30, April 6

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

**Fee:** \$50. residents, \$55. non-residents per session

**Instructor:** Joanne DeVito

No class January 19.

## Adult Volleyball

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

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

**Location:** Daisy Ingraham School

**Dates:** September 18 – June 18

**Time:** 7:30 - 9:30 PM, Thursday Nights

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

**Recreation Supervisor:** Elaine Cyr

Volleyball does not meet when school is not in session.

# Bus Trips

## Food & Market Tour

New York City is the smorgasbord of cultures and incredible culinary traditions that have been tantalizing the palates of native New Yorkers and guests for many years. What better way to experience NYC than by walking its streets and by “noshing” your way through the affordable culinary treats. Weave your way through bakeries, delicatessens, pizzerias, meat markets and restaurants. We will be visiting Arthur Avenue, Greenwich Village, Chinatown, Little Italy and Chelsea Market. Be sure to bring a cooler, so you can purchase as much as like. You will never forget this culinary bus trip of sights, smells and delicious tastes.

**Location:** New York City  
**Date:** March 7  
**Time:** 7:00 AM. Departure from Westbrook  
5:00 PM. Departure from New York  
**Fee:** \$69

## Washington D.C./Cherry Blossom Bus Trip

Washington D.C. welcomes the arrival of spring with the National Cherry Blossom Festival. The festival showcases the beautiful gift of 3000 cherry trees that the city of Tokyo gave to our nation’s capital. Vibrant pale pink and white flowers surround the Capital area presenting a magnificent spectacle to view.

We stay two nights at the Westin Crystal City Center Hotel which includes two full American breakfasts and one dinner at Buca de Beppo. We visit the World War II, Korean, Vietnam and Iwo Jima Memorials. We also visit FDR Memorial, Jefferson Memorial and a US Capital & White House for a photo stop. You can visit all the Smithsonian buildings including American History, Natural History, Air & Space, African Art, Indian Art and many more. Baggage, tax and a tour guide are all included in the price.

**Location:** Washington D.C.  
**Dates:** April 3-5, 2015  
**Time:** 7:00 AM. Departure from Connecticut  
12:00 noon Departure from Washington D.C.  
**Fee:** \$419. per person double occupancy  
\$519. per person single occupancy



## Montreal Bus Trip

Montreal is a “first-rate” winter destination spot because the city has so much to do! Montreal’s European fairytale quality comes alive every winter and becomes a winter wonder land. The cobblestone streets, French street signs and Old World architecture can make you feel like you’re in Paris without having to pay the high price. There is no shortage of interesting places to visit. The gourmet restaurants, casinos, boutiques, museums, theatres and street markets. Located at our hotel, The Underground City allows visitors to shop, eat and entertain themselves without a worry about the weather and chill outside! The trip includes two nights at the Marriott Chateau Champlain, tax, service and a tour director. A Passport is required for all passengers entering Canada.

**Location:** Montreal, Canada  
**Dates:** February 14, 15 & 16  
**Time:** 7:00 AM Departure from Connecticut  
2:00 PM. Departure from Montreal  
**Fee:** \$349. per person double occupancy  
\$509. per person single occupancy

## Bronx Zoo

The Bronx Zoo is the flagship of the largest network of metropolitan zoos in the country. You will see award-winning, cutting edge exhibits featuring over 4000 animals. There is no zoo in the world that offers the diversity and superb viewing that you will find here. The “Tex” Package includes Congo Gorilla Forest, Butterfly Zone, Children’s Zoo and the Bengali Express Monorail. When was the last time you visited the Bronx Zoo?

**Location:** Bronx Zoo, New York  
**Date:** April 11  
**Time:** 7:00 AM. Departure from Westbrook  
5:00 PM. Departure from the Bronx Zoo  
**Fee:** \$89. cost per person  
\$86. cost for children 3- 12 years old



All registrations for Bus Trips are **nonrefundable**. Each trip has limited seats and requires 15 people to schedule a bus stop in Westbrook. Sign up EARLY.

Westbrook Recreation Department  
866 Boston Post Road  
Westbrook, CT 06498

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Annual  
Christmas Tree Lighting  
December 7, 2014 at 4 PM

Local  
Postal Customer

WESTBROOK RECREATION DEPARTMENT  
WINTER 2014-2015- BROCHURE



## Middletown Symphonic Band Holiday Christmas Concert



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

Location: Westbrook High School Auditorium  
Date: December 5  
Time: 7:00 - 8:30 PM., Friday Evening  
Fee: Free, Free, Free!!!!



***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 \_\_\_\_\_

