

WESTBROOK RECREATION

Where the Benefits are Endless !!!



WINTER 2015 – 2016 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
Phil Cocchiola
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? _____
Westbrook Recreation is now online. Please go to westbrookrec.com to open your household account. Accepted forms of payment Cash, Check or Credit Card.

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

Challenger Sports

Indoor Soccer Conditioning

The Challenger Sports coaches are bringing their expertise and providing us with an indoor winter program. Developmental games and skills program will provide boys and girls the touches they need in the off-season to prepare for the spring. The staff will focus on delivering a fun and exciting program improving the overall skills of your child in a safe environment. It's a great way to stay active during the cold winter months.

Location: Daisy Elementary School
Dates: January 9, 16, 23, 30, February 6, 13
Ages: Boys and Girls, 6, 7, 8, 9 and 10 year olds
Time: 1:30 - 3:00 PM. Saturday afternoons
Fee: \$40. per person



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: \$95 / one child, \$170 / two children, \$245 for three
Spring travel soccer registrations will be closed on March 1, 2016 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 15th.



Westbrook Recreation

The Benefits are Endless...

Youth Programs

Middle School After School Program

Westbrook Recreation is now running the After School Program. Do you want your children supervised in a fun and safe environment, when school is out? All registrations must be made on line. 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!

After Care: \$200. per month

\$15. per day for drop-ins.

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.

Please call 860-399-3095 with any questions or if you wish to register. All registrations must be made on line at westbrookrec.com.



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 9, 16, 23, 30, February 6, 13, 27

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 Intermediates

Fee: \$35. residents / \$40. nonresidents

Instructors: Tom Huben & Rich Annino

No class February 20.

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 9 – February 27

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

Daisy Ingraham Gym

11:00 - 12:00 PM, Saturday mornings

January 9 – February 27

Fee: \$35 one child / \$60 two children / non-resident \$40

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

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 9 – February 27

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

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

No class February 20.

Basketball Skills & Knowledge Program

**NEW
PROGRAM**

4th Grade Girls

This program is for girls who wish to do more than one day a week of recreational basketball. This program will concentrate on skills such as dribbling, passing and shooting. It will also teach how to play offense/defense, positioning on the court and how to play the game. The ultimate goal is to promote better basketball knowledge, skills and good sportsmanship. Please contact the Recreation office for more information.

Location: Daisy Elementary School

Dates: Dec. 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12

Grade: 4th Grade Girls

Time: Friday nights, 5:00 PM. - 6:00 PM

Fee: \$40. per child.

Instructor: Michele Palumbo

Youth Programs

Little Folks Camp/Fun Days Camp

Is your child between the ages of three to five years old and ready to make friends and socialize? Introduce her/him to some fun and enroll in this special camp program which is a great way to get ready for kindergarten while interacting with other children. Our instructors have had many years of experience working with preschool age children. Camp will follow the school calendar year with all the holidays and special days off.

General Information for Little Folks

Camp activities include music, arts and crafts, stories implementing intergenerational activities, developing fine and large motor skills during outside time as well as cooperative play.

Location: Teresa Mulvey Municipal Building

Days: Monday, Wednesday and Friday mornings

Times: 9:00 - 12:00 Noon

Instructors: Cheryl Dimenstein and Rita Trojanowski

General Information for Fun Days

Two days of Arts & Crafts, Story Time, Games and Cooking with your children. Our energetic staff will play, teach and entertain your child in a safe wholesome environment.

Location: Westbrook Library

Days: Tuesday and Thursday

Times: 9:00 - 12:00 Noon

Instructors: Rita Trojanowski and Cheryl Dimenstein

Customize Your Week

When registering for this program you can pick any combination of days from 1 -5 days per week. Just pick the number of days that work for you and then check off the days of the week you would like your child to attend. The more days you pick the greater the discount will be!

Fee: Prices range from \$60 - \$235 per 6 week session depending on how many days per week you want your child to attend. Non-Residents add \$10 per session.

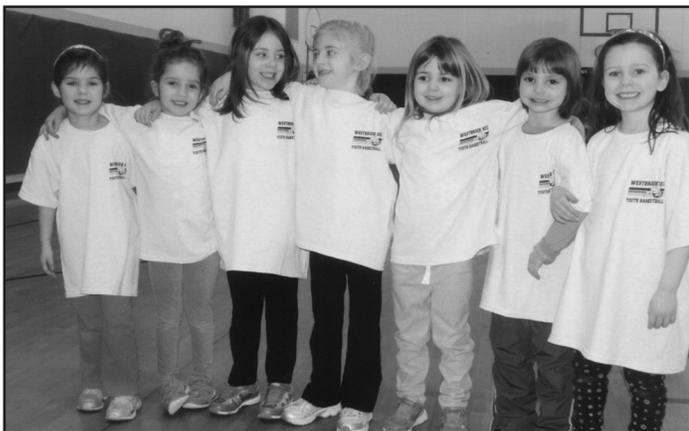
Location: Teresa Mulvey Building OR the Westbrook Library

Dates: Session One November 30 - January 22

Session Two: January 25 - March 11

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

No class December 24, January 1, 18, February 15-19.



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 9 - December 18

Ages: Child should be young enough to still believe in Santa!

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.

Location: Westbrook Town Green

Date: December 6

Time: 4:00 PM.

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 17, 24, March 2

Ages: All children must be 10 years or older

Times: 5:45 - 7:45 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 12

Ages: 8 years old and up

Time: 5:45 - 7:30 PM, Tuesday 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.

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 5 - April 16

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

Fee: \$35. residents / \$40. non-residents.

Instructors: Tom Huben and Rich Annino

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: Marh 5 - April 16

Time: 11:00 - 12:00 Saturday Mornings

Fee: \$35. residents / \$40. 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 28 - 31 (4 days)

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

Before Camp: \$12.

After Camp: \$16.

Dates: February 15 - 19

April 18 - 22

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

Before Camp: \$15.

After Camp: \$20.

No class on January 1.

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 5 - April 16

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

Fee: \$35. residents / \$40

Instructors: Tom Huben and Rich Annino



Karate K-4

Washin Ryu Style Karate

Location: Daisy Ingraham School

Dates: Session 1: December 2 - January 6

Session 2: January 11 - February 10

Session 3: February 22 - March 23

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

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

Instructor: Steve Ballachino

No class November 25, December 23 and January 18.



Adult & Senior Programs

Pilates for Beginners & Intermediates

Our Pilates class will involve balls, bands and hand weights. 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: Thursdays; 5:30 - 6:30 PM
Dates: Session 1: March 10 – April 28
Session 2: May 12 – June 30
Fee: \$65. residents / \$75. non-residents
Instructor: Daya Soudan

Family Self-Defense Course

This program is open to all Mother/Daughters, Father/Sons or any family combination. Practical, common sense approach to self-defense geared toward parents and students. Worried about your son or daughter's safety away from home? Worried about your own safety in difficult situations? Then grab your loved one and come join us for a fresh approach self-defense class. Learn valuable skills in a fun and safe environment. The course will focus on a variety of everyday concerns facing adults and students. Different mental and physical self-defense techniques will be introduced weekly. Please wear comfortable clothing or workout attire.

Location: Teresa Mulvey Center
Dates: January 13, 20, 27, February 3, 10
Time: 6:00 - 7:00 PM.
Fee: \$65. for both participants / \$75 non-residents
Instructor: Steve Ballachino, 6th degree Black Belt in Washin Ryu Karate.

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 21 - June 13
Time: 7:30 - 9:00 PM, Tuesday nights
Fee: \$45. residents / \$55. nonresidents
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: Dec. 29, Jan. 5, 12, 19, 26, February 2
Session 2: February 16, 23, March 1, 8, 15, 22
Time: Tuesdays from 6:45 - 7:45 PM.
Fee: \$60. residents / \$65. nonresidents per session
Instructor: John Giannini



Yoga / Saturday Mornings

This program is for everyone who can't fit in their Yoga class during the week. This class is designed for students that are beginners to intermediates. Our early morning class is just the way to start your day. The program will help you balance your emotions and bring you peace of mind. The attention will be to the physical body through stretching, flexibility, posture and awareness of energy flow. Learn to open your mind and let go of the past.

Location: Teresa Mulvey Center
Dates: Session one: January 9, 16, 23, 30, Feb. 6, 13
Session Two: Feb. 27, March 5, 12, 19, 26, April 2
Time: 8:30 AM. - 9:45 AM
Fee: \$50. residents / \$55. nonresidents
Instructor: Donna Lash

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 4, 11, 25, February 1, 8, 22
Session 2: March 7, 14, 21, 28, April 4, 11
Time: 6:00-7:15 PM, Mondays
Fee: \$50. residents, \$55. non-residents per session
Instructor: Joanne DeVito
No class January 18, February 15.

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 17 – June 9
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.

Senior Programs & Bus Trips

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: December 7 - January 15

Session two: January 25 - March 4

Classes will be held continuously throughout the year.

Days: Monday, Wednesday and Friday

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

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

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

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

Instructor: Caren Appleby

No class December 25, January 1, February 15.



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: December 7 - January 15

Session two: January 25 - March 4

Classes will be held continuously throughout the year.

Days: Monday, Wednesday and Friday

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

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

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

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

Instructor: Caren Appleby

No class December 25, January 1, February 15.

Maggie Dixon Classic at Madison Square Garden

Extend the Holiday Season by taking a trip to New York to watch the National Champion UCONN Women play. This year the UCONN Women will be playing Maryland in this annual event. You can see all your favorite Huskies and check out all the new freshman players.

Location: Madison Square Garden, New York

Date: December 28, 2015

Time: Departure from Madison commuter parking lot will be roughly at 4:00 PM

Game time will be 8:30 PM

Fee: \$89. per person

Valentine's Day at Mohegan Sun

Whether you are a serious gambler or just a casual player, Mohegan Sun is an entertainment extravaganza with so much to afford the public. The resort complex is home to great dining options including irresistible buffets, and gourmet eateries. The Wolf Den and tons of unparalleled shopping. Our afternoon departure will give you time for a lovely dinner and lots of fun. Includes a \$15.00 food voucher and 4 X \$5.00 free play. Rebates are subject to change per the Connecticut Gaming Department.

Location: Mohegan Sun Casino

Date: February 14

Time: Afternoon departure from Madison commuter parking lot

Returning later that night after 8:00 PM

Fee: \$49. per person

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 9

Time: 7:00 AM. Departure from Madison
5:00 PM. Departure from the Bronx Zoo

Fee: \$93. cost per person

\$89. cost for children 3- 12 years old

All registrations for Bus Trips are **nonrefundable**. Each trip has limited seats and departs from Madison commuter parking lot, Exit 61. Sign up EARLY.

Westbrook Recreation Department
866 Boston Post Road
Westbrook, CT 06498

PRSRT STD
ECRWSS
U.S. Postage
PAID
EDDM RETAIL



Annual
Christmas Tree Lighting
December 6, 2015 at 4 PM

Local
Postal Customer

WESTBROOK RECREATION DEPARTMENT
WINTER 2015-2016- BROCHURE

**ADULT &
SENIOR PROGRAMS
INCLUDED**



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 4
Time: 7:00 - 8:30 PM., Friday Evening
Fee: Free, Free, Free!!!!



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

Welcome to Westbrook Recreation
ONLINE Registration!

The Westbrook Recreation Department is proud to provide you with our activity registration system and website. Every Adult/Family household needs to Create an Account first. The data you provide helps us to better serve you. This information will also be automatically placed into your registration forms.

Please go to westbrookrec.com to open your account and begin to register for the programs that are available!

When you're ready to start registering for an activity, be sure to review the [How to Register for an Activity](#) page if needed. (860-399-3095)



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!