

WESTBROOK RECREATION

Where the Benefits are Endless !!!



FALL 2015 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? _____
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.

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 5 - October 31

Times: 9:00-10:30 1st & 2nd Graders

10:30-Noon 3rd, 4th & 5th Graders

Fee: \$40. / one child

\$70. / two children

Please add \$5. for non-residents

Grades: 1st - 5th

All kindergarteners will be doing Tot Soccer

No class October 10th, Columbus Day weekend.

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 9 - October 16
Session 2; October 19 - November 25
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 12 and November 27.
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. 9, 16, 23, 30, Oct. 7, 14, 21, 28 Wed. nights
Time: Ages 5-7, 5:30 - 6:45 PM
Ages 8-13, 5:30 - 6:45 PM
Fee: \$100. residents (normally \$200.)/ \$120 nonresident

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 8 - October 15
Session Two: October 20 - November 24
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.
No class November 26.

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 5 - October 31
Ages: 3, 4, 5 and 6 year olds
Time: 9:00-10:00 AM, for 3 and 4 year old Beginners.
10:00-11:00 AM, for 5 year olds and Intermediate
Fee: \$35. residents / \$40. nonresidents
Instructors: Tom Huben and Rich Annino
No class on October 10, Columbus Day weekend.



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
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 (no 3rd Grade Travel BB). 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 15 • 4th, 5th, 6th, & 7th Grade Girls
6:00 - 7:00 PM
September 17 • 4th, 5th, 6th & 7th Grade Boys
6:00 - 7:00 PM

Fee: If the child makes the team, the fee is \$95. for one child, \$170. for two and \$245. for three

Archery

Location: Wren Park

Dates: September 15 - October 20

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 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 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.

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

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: September 23

Ages: 8 years old and up

Time: 5:30 - 7:30 PM Wednesday 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 17, 24, December 1

Ages: 11 years old and up

Times: 5:45 - 8:00 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 14, 21, December 5, 12, 19

Time/Age: 9:00 - 10:00 AM. Preschool and Kindergartens
10:00 - 11:00 AM, First and Second Graders.
11:00 - 12:00 AM, Third and Fourth Graders.

Fee: \$25 residents / \$30 nonresidents

Instructor: Rich Annino and Tom Huben

No class on November 28.

Karate K-4 Washin Ryu Style Karate

Location: Daisy Ingraham School

Dates: Session 1: 5 Weeks, 10 Classes - Sept. 14 - Oct. 19
Session 2: 5 Weeks, 10 Classes - Oct. 21 - Nov. 30

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

Fee: \$55. resident / \$65. nonresidents

Instructor: Steve Ballachino

No class October 12, November 11, 25.

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 8 – October 13
Session 2: Tues. October 27 – December 1

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

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



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 Center

Time: Thursdays: 5:30 - 6:30 PM

Dates: Session 1: Thursday September 17 - October 22
Session 2: Thursday November 5 - December 17

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

Instructor: Daya Soudan

No class November 26.



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. 14, 21, 28, Oct. 5, 19, 26
Session Two: Nov. 9, 16, 23, 30, Dec. 7, 14

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

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

Instructor: Joanne DeVito

No class Monday October 12, Columbus Day.



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. League night will be on Thursdays from 6:00 - 7:30 PM. Anyone 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 10, 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 14 - October 23

Session two: October 26 - December 9

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).

No class October 12, November 11 and 27.

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 14 - October 23

Session two: October 26 - December 9

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).

No class October 12, November 11 and 27.



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, Monday nights

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

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



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 24 - June 16

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

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

Recreation Supervisor: Elaine Cyr



Bus Trips

Martha's Vineyard

Beaches, bicycling, fabulous food, dazzling art and much, much more. Located seven miles off Cape Cod, your Vineyard experience is just a short ferry ride away. An island bus tour with a local guide is also included in this low price. Also included is plenty of leisure time for shopping and lunch. Don't miss this exciting opportunity to spend an entire day with this island getaway.

Location: Martha's Vineyard
Date: September 19
Time: 7:00 AM. Departure from the Madison Commuter Parking Lot
6:00 PM. Departure from Martha's Vineyard
Fee: \$109. 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 3
Time: 7:30 AM. Departure from the Madison Commuter Parking Lot
5:00 PM. departure from New York

Historic Deerfield Fall Foliage Tour

Historic Deerfield is an authentic 18th century English settlement located in the Connecticut River Valley. You can tour the beautifully restored museum houses with their 18th century furnishings and decor. You can also participate in a guided tour of the Williams house that depicts 1817 renovations in the latest style and featuring latest technologies of that era. Included in this trip is a free lunch at the Deerfield inn, featuring the harvest menu.

Location: Deerfield, Massachusetts
Date: Sunday, October 4
Time: 7:30 AM Departure from Madison Commuter Parking lot
6:00 PM Departure from Deerfield
Fee: \$99. per person

Haunted Happenings Bus Trip

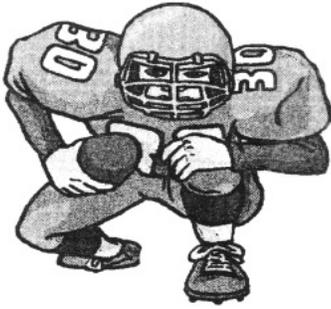
You are invited to America's most exciting Halloween Festival in the bewitching seaport of Salem, Massachusetts. The whole town will be decorated for this annual spooky holiday. Salem is best known as the site of the famous Witchcraft Trials of 1692. Included are passes to the famous Salem Witch Museum 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 24
Time: 8:00 AM, Departure from the Madison Commuter Parking Lot
5:00 PM, departure from Salem
Fee: \$91. per person



Westbrook Recreation
866 Boston Post Road
Westbrook, CT 06498

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

Local
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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 ninth 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 24th
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...***

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: _____