

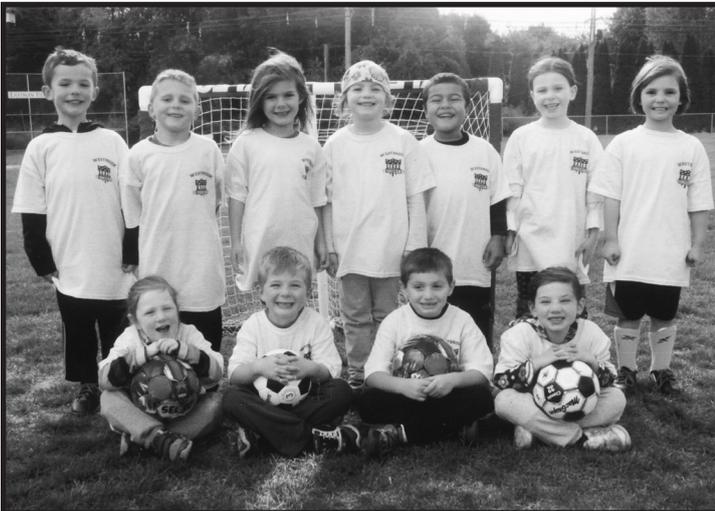
# WESTBROOK RECREATION

*Where the Benefits are Endless !!!*



## FALL 2016 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

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

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## 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 10 - October 29  
**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 8th, Columbus Day weekend.

## Fall Travel Soccer

Fall Travel Soccer is for the competitive, skilled child who wishes to compete in the SECJSA. Practices will begin in September and the season will start the second week in September. 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 September 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 September 15<sup>th</sup>.



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

# Preschool & Tot 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 September 12 - October 21

Session Two: October 24 - December 2

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

No class October 10, November 24 & 25.

## 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. 14, 21, 28, Oct. 5, 12, 19 Wed. nights

**Time:** Ages 5-7, 5:30 - 6:45 PM

Ages 8-13, 5:30 - 6:45 PM

**Fee:** \$75. residents (normally \$200.)/ \$90 nonresident

## 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 10 - October 29

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

**Instructors:** Tom Huben and Rich Annino

No class on October 8, Columbus Day weekend.



## Co-ed 5th Grade Rec. Soccer

All girls and boys in 5th grade are invited to participate in this after school program. Children will take the bus to Daisy and walk down to Wren Park where Joshua Freund will meet them. This program is for all the 5th graders that cannot play with the Middle School teams. Our program will focus on foot skill development, endurance, and small field games. No previous soccer background required. They will meet twice a week from 3:00 - 5:00 PM and there will be no make-ups for rainouts or severe weather. This program will be limited to the first 15 children to register.

**Location:** Wren Park

**Dates:** September 13 - November 3, Tuesdays and Thursdays

**Grade:** 5th grade girls and boys

**Time:** 3:00 - 5:00 PM

**Fee:** \$45. per child

**Instructor:** Joshua Freund

No class October 4 and 6.

## 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 7,14, 21, 28, February 4, 11, 18

**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:** \$40. residents / \$45. 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 20 • 4th, 5th, 6th, & 7th Grade Girls  
6:00 - 7:00 PM  
September 22 • 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

## Baby-sitting Course

**Location:** Teresa Mulvey Municipal Building

**Dates:** October 4, 11, 25

**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.

## Archery

**Location:** Wren Park

**Dates:** September 13 - October 25

**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. No class October 4.

## 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 session or a daily rate of \$15. 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.

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## 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 20

**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.



## 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, fore-hand, 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 12, 19, December 3, 10, 17

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

**Instructor:** Rich Annino and Tom Huben

No class on November 26.

## Karate K-4 Washin Ryu Style Karate

**Location:** Daisy Ingraham School

**Dates:** Session 1: 5 Weeks, 10 Classes - Sept. 12 - Oct. 12

Session 2: 5 Weeks, 10 Classes - Oct. 17 - Nov. 16

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

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

**Instructor:** Steve Ballachino

No class October 10.

# 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 6 – October 11  
Session 2: Tues. October 18 – November 22

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

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

**Instructor:** John Giannini

## Joy of Movement Pilates & Yoga

The class will be a blend of yoga and pilates including alignment, music and relaxation. 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. All ages and levels of ability are welcome.

**Location:** Teresa Mulvey Center

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

**Age:** 12 and over

**Dates:** Session 1: Thursday September 8 - October 13  
Session 2: Thursday November 3 - December 15

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

**Instructor:** Daya Soudan

No class October 20, 27 and November 24.



## Aerobics

A one hour energetic, fun workout including strength, flexibility and core exercises to help increase your cardiovascular endurance. All levels of fitness welcome! Wear comfortable workout clothes, bring a water bottle and sneakers are required.

**Location:** Teresa Mulvey Center

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

**Dates:** Session 1: September 13, 20, 27, October 4, 11, 18  
Session 2: Oct. 25, Nov. 1, 15, 22, 29 - Dec. 6

**Fee:** \$50. residents/\$55. nonresidents

**Instructor:** Nancy Giannini

## 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 enjoy the present using the style of Hatha Yoga.

**Location:** Teresa Mulvey Center

**Dates:** Session One: Mondays September 12 - October 24

Session Two: Mondays October 31 - December 5

Session One: Wednesdays September 14 - October 19

Session Two: Wednesdays October 26 - December 7

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

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

**Instructor:** Joanne DeVito: Mondays

Donna Lush: Wednesdays

No class October 10 and November 23.



## Adult Horseshoe League

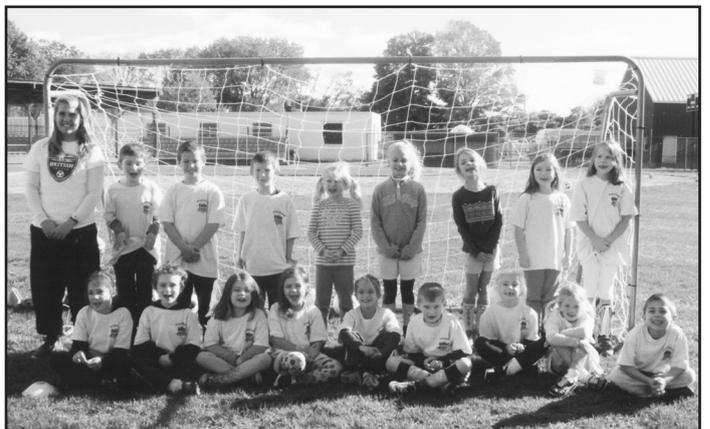
Are you looking for a fun activity that you can do with your wife, relative or best friend? Something that is easy to learn and doesn't require lots of strength or running around? Horseshoes are fun to play and a great way to socialize with other people in a low competitive activity. League night will 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 15, 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 7 - October 19  
Session two: October 24 - December 2  
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:** Carren Appleby

No class October 10, November 11 and 25.

## 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 7 - October 19  
Session two: October 24 - December 2  
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:** Carren Appleby

No class October 10, November 11 and 25.



## 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! After January 1, 2017, fee will be \$25.

**Location:** Oxford Academy

**Dates:** September 12 - June 19

**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 22 - June 8

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

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

**Recreation Supervisor:** Elaine Cyr



# Bus Trips

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## Kittery Maine Holiday Shopping

This coastal town is probably best known for having some of the best outlet shopping in New England. There are over 120 Kittery Outlets along a one-mile stretch of Route 1. Save some time before you come back and visit one of the local restaurants. Warren's Lobster House, Bob's Clam Hut or the Weathervane Seafood Restaurant to name a few. It's a great place to visit before the Christmas season starts.

**Location:** Kittery Maine  
**Date:** November 19  
**Time:** 6:00 AM. Departure from the Old Saybrook Commuter Parking Lot  
5:00 PM. Departure from Kittery, Maine  
**Fee:** \$85. per person.

## Vermont Fall Foliage

Experience Vermont during the most spectacular season of the year. Drive along the foliage route as the leaves turn a multitude of colors. See the gently rolling countryside, awash with the colors of Indian summer. This trip includes a ride on the Green Mountain Railroad along a historic and very scenic route. Complete your day with a wonderful dinner at the New England House in Brattleboro. The choices are Pot Roast, Roast Turkey or Herb Crusted Whitefish.

**Location:** Chester, Vermont  
**Date:** October 8  
**Time:** 6:00 AM Departure from Old Saybrook Commuter Parking lot  
5:00 PM Departure from Brattleboro, Vermont  
**Fee:** \$149. 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" then 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 its iconic foods.

**Location:** New York City  
**Date:** October 1  
**Time:** 7:00 AM. Departure from Old Saybrook Commuter Parking Lot  
5:00 PM. departure from New York  
**Fee:** \$79. 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 22  
**Time:** 7:00 AM, Departure from Old Saybrook Commuter Parking Lot  
5:00 PM, departure from Salem  
**Fee:** \$91. per person

## 9/11 Museum, 9/11 Memorial & One World Observatory

Experience three levels of innovation and inspiration! Start by ascending to the top of the tallest building in the Western Hemisphere in less than sixty seconds. On the 100<sup>th</sup> floor of the observatory you will experience a 360 degree view in all directions. Take in the iconic sights, surrounding waters and panoramic view.

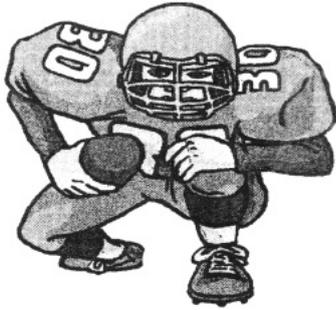
The 9/11 Memorial will be your next stop honoring the lives of those lost on that terrible day. Occupying 8 of the 16 acres at the World Trade Center, the memorial has the names of all the people that died in the terrorist attacks of February 26, 1993 and September 11, 2001.

The last stop will be at the 9/11 Memorial Museum. The museum honors the memory of those killed 2/26/1993 and 9/11,2001. In doing so, it aspires to educate millions of people in hopes of building a better future. A historical exhibition tells the story of what happened on 9/11, including the events of The World Trade Center and the Pentagon and the story of Flight 93.

**Location:** New York City  
**Date:** September 10, 2016  
**Time:** 7:30 AM, Departure from Old Saybrook Commuter Parking Lot  
5:00 PM Departure from New York City  
**Fee:** \$ 145. 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  
Postal Customer



## 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 tenth 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 22nd  
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...***