



EAST HADDAM PARKS AND RECREATION

FALL NEWSLETTER | SEPTEMBER | OCTOBER | NOVEMBER | 2020

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EAST HADDAM PARKS AND RECREATION HAS A NEW WEBSITE AND REGISTRATION SYSTEM.

Please go to www.easthaddamrec.com.

Click on the Create New Account link to open your account and gain easier access to program registration.

Be sure to add all the members of your household into the account. Don't forget to enter your cell number with the carrier so we can text you with any last-minute changes.

Your new household account will provide you with registrations history, financial history and much more.

We look forward to enjoying this enhanced registration experience with you.



PLEASE NOTE

- Programs are filled on a first come, first serve basis
- All Programs require advance registration, unless otherwise noted
- Please remain aware of registration deadlines, as materials, jerseys, etc. need to be purchased ahead of time. In addition, time for team placement and other planning details must be allowed for.
- Registration must be completed online or in person at the Parks & Rec. office
- Late charges may be applied to registrations submitted after the deadline
- No refund will be given after the program starts



EAST HADDAM PARKS & RECREATION | 1 PLAINS ROAD |
MOODUS, CT | 06469 | P.O. BOX 385

PHONE: (860) 873-5058 | FAX: (860) 873-5059 |
WWW.EASTHADDAMREC.COM

OFFICE HOURS: MONDAY – FRIDAY 9 AM – 2 PM

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PROGRAMS

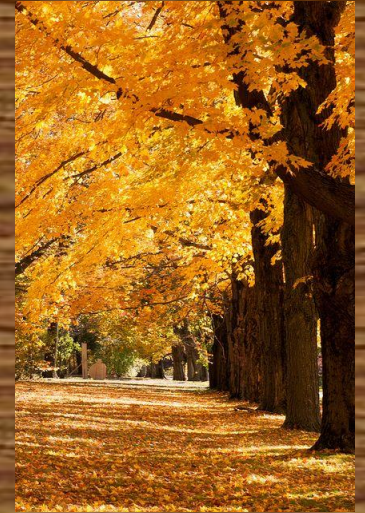
FALL BASKETBALL CLINICS FOR GRADES 4-5:

Boys on Wednesdays, September 30, October 7, 14, 21, & 28.

Girls on Fridays, October 2, 9, 16, 23, & 30;
3:30 p.m.-5:00 p.m.

NHRMS Outdoor Basketball Courts

\$75 for session.



KIDSCAPADES PIRATE ADVENTURES:

Ages 3-4 Calling all pirates of both genders! Our adventure takes us to create a one of a kind treasure box, a pirate ship and sword. The adventure concludes with a treasure bottle eruption! A Zoom link and materials list will be emailed. Wednesday, Oct. 21, 10:00 a.m.-10:30 a.m., \$15.

KIDSCAPADES SPOOKY SCIENCE:

Ages 5-8 Science is super fun ,especially during Halloween! Get into the spirit and fun of both by conjuring up a witches potion, make a ghostly bubble concoction and create a haunted light show! Ghosts and goblins will have so much fun, they won't realize they are learning too! A Zoom link and materials list will be emailed. Wednesday, Oct. 21, 4:30-5:00 p.m., \$15.

GROUP GUITAR LESSONS WITH MR. CHARLES:

On Mondays via Zoom, learn the basics of playing guitar. As the start date approaches we will share the Zoom link with you. Instructional books will be emailed to families. Classes will be recorded so you can watch or review at a time convenient for you and your family.

Grade 2-5: 4:30 P.M.-5:30 P.M.; Grades 6-Adult: 6:30 P.M.-7:30 P.M.

Guitar Purchase: Additional \$70.

Mondays, September 28-November 9 (No class October 12), \$60.

AMERICAN RED CROSS WHEN I'M IN CHARGE:

Participants will learn the safe way to stay home alone. While parents should determine if their child is ready to stay home alone, this class can help students make safe decisions and begin to feel more comfortable with their skills and abilities. Topics include internet safety, sibling care, and basic emergency care. Class will be taught by our certified American Red Cross instructor. Participants must be at least 9 years old to take this class. Wednesday, September 30, 5:45-7:15 p.m., Ages 9-12, \$40.



AMERICAN RED CROSS BABYSITTING CLASS:

Participants will learn the basic skills needed to be a safe babysitter. Attendees will receive a certificate if they take the entire class and successfully demonstrate their skills to the American Red Cross instructor. Must be at least 11 years old to take the class. October 19 & 21, 5:30-8:15 p.m., \$65.



AMERICAN RED CROSS: CPR FOR BABYSITTERS:

This is an extension of our ARC Babysitting Course and is open to all those who have previously taken our babysitting class. This class will certify babysitters in Basic First Aid as well as Infant and Child CPR. Monday, November 30 and Wednesday, December 2, 5:45-7:45 p.m., \$55.



BOOT CAMP:

Get back to basics with a fitness BOOT CAMP class!

These in person sessions will focus on exercises and functional movements like push-ups, squats and sit-ups. We provide a great 60-minute workout with a 15-minute stretch that will improve your core strength and balance. Participants have used our class for weight loss and general fitness.

Tuesdays and Thursdays

August 11- September 17, 6:00 p.m.-7:15 p.m.

Location: Various outdoor locations and the Municipal Gym

Cost: 1x/week \$45, 2x/week \$69, or \$10 drop-in.

GENTLE YOGA:

Wednesday, August 26 and runs through October 7

This class is appropriate for all levels of fitness or yoga experience.

Ages 16 and up.

Increase your strength and flexibility while decreasing stress. This class will be offered online via Facebook Live, Wednesdays 6:30 p.m., \$65 (7 classes).

All participants must have a Facebook account to participate in the virtual program. Please call the office (860) 873-5058 if you need financial assistance.

PICKLEBALL IS BACK!

Session 1: Mondays 9:30 a.m. – 11:30 a.m. November 9 – December 14

Session 2: Wednesdays 6:00 p.m. – 8:00 p.m.

Location: Municiple Gym

Cost: \$30 for 6 – week session

(May redeem games from existing pickleball)

Registration opens October 1

COVID Safety Guidelines will be implemented... including temperature check, COVID questionnaire, mask use/social distancing when not playing and cohorts. Must bring own paddle. Please see details on website

HEARTSAVER CPR/AED & FIRST AID:

Become a lifesaver. This class teaches students critical skill to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives.

This course also teaches Adult/Child CPR AED and Infant CPR. Includes Heartsaver Card valid for 2 years. The course completes the requirements for babysitting, childcare workers, athletic coaches, camp counselors and gym workers.

Two upcoming sessions: Tuesday, October 6 and Tuesday, December 15, 5:30-9:30 p.m.

Parks and Rec Activity Room

\$60R, \$65NR.

THANK YOU!

At East Haddam Parks & Recreation, we're proud to offer fun, engaging programs to the members of the community. This involves a lot of work on our end- and still, we wouldn't be able to do it without the unwavering support that we receive from each and every one of you. With that said, we'd like to extend a BIG thank you to everybody who helped make this summer so special.

THANK YOU to **East Haddam Youth and Family Services** for sponsoring our Summer Day Camp's two trips to Cave Hill along with our ice cream treats! Without a doubt it was our favorite two camp days!! Thank you to **Deb Fiala and family** for their donation of a ping pong table. The campers loved it!!! Thank you **Zane Barber** for organizing and sponsoring the My Personal Football (Soccer) Coach App. When we had to cancel our spring soccer season this provided the perfect opportunity for kids to work on individual soccer skills online. Thank you **Warren Morse, Rock Soucy/Rock Oil, East Haddam Lions Club, and the Aetna Foundation** for the generous donations to Music on the River. Thank you **InCord, Quinn McKenna, Erica Piekarski, and Rep. Irene Haines** for working together to provide a brand new and beautiful Eagle's Nest Swing for the Town Beach. And many thanks to the amazingly talented, patient and all around awesome guy...**Michael Olzacki**... and public works department for their help installing it! We are so incredibly grateful!!! Many thanks to **Jansky's Rubbish Removal** for their donation of a dumpster for us to use at The Town Beach. Thank you **Nutmeg Pharmacy** for your donation of a non-contact thermometer to help keep our staff and campers safe. Thank you all those who generously donated to the Lukas Breton Scholarship Fund. This scholarship fund was established by the **Breton family** to help ensure every child in East Haddam is able to attend our summer day camp. Thank you **Jennifer Archambault, Pamela Barzee, Julius Bonilla, Maureen Gillis, Stacy Harvey, Erin Hermann, Chandra Joos, Michelle Kearns, Janet Kelly, Tanya Knox, Melanie Kolek, Marcie Mauro, Deborah Mitchell, and Jennifer Serra** for your generosity! Thank you **Shagbark Lumber and Farm Supply** for your continued support of our youth programs with the iconic Shagbark team shirts for our fall soccer program. Thank you **Pat Laffan** for creating a disc golf course/tournament for our summer campers. They had a blast!!! Thank you **Ballek's** for donating potting soil and seeds for our campers to plant this summer! And finally, my most heartfelt thanks to our summer staff and summer camp families...we were faced with unprecedented challenges, but we did it!!! Six weeks of summer camp completed successfully!! Thank you for always putting "we" before "me" in and out of camp every single day! Our amazing summer 2020 team...**Sarah, Garrett, Alyssa, Zac, Sierra, Corri, Michael, David, James, Maddie, Morgan, Jenna, Abby, Matthew, Cam, Connor, Quinn, Morgan, Erin, Amy, Sophie, Thomas, Ethan, Grant, Hailey, Caroline and Bev.**

You are the BEST!!!!

As always, we are astounded and humbled by the support we receive from the incredible people and organizations in our town. From the bottom of our hearts, thank you.

"Alone we can do so little. Together, we can do so much." -Helen Keller

