

East Haddam Parks & Recreation

Spring Newsletter 2021



To register for East Haddam Parks and Recreation programs online...

Step 1: Go to www.easthaddamrec.com and click on the tab to register.

Step 2: If you do not have an account yet, please create one. Fill in your information and add each family member as a participant.

Step 3: Register for available programs and pay with credit card.

Please note:

- Programs are filled on a first come, first serve basis*
- All programs require advance registration unless noted*
 - Please note deadlines for registrations, 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 may 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*





Photo courtesy of Alexandra Hatch

Commissioner

Michael Davis (chair)

Margy Roberts

Chick Grillo

Tina Piscotti

Dan Carbo

Patrick Laffan

Michele Larson

Travis Goodie

Fern Tremblay

Staff

Lisa Conroy

director

Beverly Christopher

administrative assistant

Caroline Bonadies

student assistant



Photo courtesy of Alexandra Hatch

Skyhawks Mini-Hawk

Ages 5-8

(Baseball, Basketball, and Soccer)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Mondays March 29- April 26 (No Class April 12)

Ages 5-6: 5:00p.m.-6:00p.m.

Ages 7-8: 6:00 p.m.-7:00p.m.

Municipal Gym | \$70



Spring Youth Soccer

Ages 4-7

Each player will receive a team uniform top, players provide shorts, socks, and soccer shoes. Shin guards are mandatory. Each child should bring their own size 3 soccer ball and water bottle labeled with their name. COVID-19 safety guidelines will be followed. Format will be 30-minute drills, 30 minute scrimmage.

Nichols Field

May 1-June 12

\$60

Ages 4&5: 2:00p.m.-2:55p.m.

Ages 6&7: 3:00p.m.-3:55p.m.

Basketball Clinic

With Coach Sarah Anderson

Grades 4 - 8

Spring Basketball Clinics for Middle School boys and girls

Tuesdays, March 16, 23, 30 and April 6

Girls Grades 6-8- 2:30p.m.-4:00p.m.

Boys Grades 4-5- 4:15 p.m.-5:45p.m.

Thursdays, March 18, 25, April 1 and 8

Boys Grades 6-8- 2:30p.m.-4:00p.m.

Girls Grades 4-5- 4:15p.m.-5:45p.m.

(April 1 half day, 1:30-3 p.m. and 3:15p.m.-4:45p.m.)

Municipal Gym

\$40 for 4-week session

Masks Required

Please have your child bring a basketball (size 27.5 or 28.5), water bottle, and sneakers. We will require the use of hand sanitizer by staff and players, completion of COVID health assessment questions and a temperature check prior to play.

Track Club

Grades 4-8

Track Club will introduce students to the sport of track. This will include pacing, technique, hydration, nutrition, stretching, baton handoffs and racing. Sessions will be fun with learning and mental and physical exertion. The club is ran by Sarah Anderson, avid runner, and triathlete. Program will be held if raining; cancelled by 2p.m. if thunder/lightning. There will be no make-up dates. Dress appropriately for the weather, do not forget a water bottle.

Mondays and Wednesdays

April 19, 21, 26, 28

May 3, 5, 10, 12, 17, 19

6th-8th Graders 2:30-3:45 p.m.
(12:30-1:45 p.m. May 19).

4th-5th Graders 3:30-4:30 p.m.
(1:30-2:30 p.m. May 19)

\$100

Nathan Hale Ray Middle School
(Outside)

Activity To-Go Kits

Grades Pre-K- 8

March and April Activity Kits

Each kit comes with monthly themed supplies for two crafts and two treats, including coloring pages and puzzles.

\$12 Each

March: St Patrick's Themed, Order Deadline March 7th, Pick-up Date March 16th

- Includes St. Patrick's Oreo Treats, Paper Roll Frog, Leprechaun Nutter Butter Cookies, and Paper Rainbows

April: Easter Themed, Check our website for updated information.



American Red Cross: When I'm in Charge

Ages 9+

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 American Red Cross instructor.

April 8

5:45p.m.-7:15p.m.

Park and Rec Activity Room

\$40

American Red Cross: CPR for Babysitters

Ages 11+

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.

April 5&7

5:45p.m.-7:45p.m.

Park and Rec Activity Room

\$72 Fee



American Red Cross: Babysitting Class

Ages 11+

Participants will learn the basic skills needed to be a safe babysitter. Attendee will receive a certificate if they take the entire class and successfully demonstrate their skills to the American Red Cross instructor.

March 8, 10, and 15

5:45p.m.-7:45p.m.

Park and Rec Activity Room

\$65 Resident, \$70 Non-Resident



One-Day State Boating Certification Class

Session 1: Saturday, March 27

Session 2: Saturday, May 8

From 9:00 a.m. to 5:00 p.m.

Ages: 12+

(Call our office if you have a younger child who is interested.)

Location: Municipal Office Complex, Meeting Rooms 1 & 2

Fee: \$105

Registration deadlines: March 20th and May 1st

We focus on the student to make sure each one has the knowledge and ability to pass the Connecticut Department of Energy and Environmental Protection (D.E.E.P.) provided final class exam and thus be qualified to apply for a Certificate of Personal Watercraft Operation (C.P.W.O. - boating and personal watercraft operators 'license') issued by the D.E.E.P. We provide the in-class technology to allow students who successfully complete the course to pay for and print their actual C.P.W.O. certificate from the D.E.E.P. website at the conclusion of the class.

Instructor: Mark Vining

Summer Camp 2021: Preview

Noises Sports Academy | 1st - 9th Grade

June 14-18 and June 21-25

Summer Day Camp | Grades 1st-8th

June 28-August 13

Skyhawks Track and Field | Ages 7-12

July 26-30

Skyhawks Mini-Hawks | Ages 4-7

July 7-August 11

Skyhawks STEM and Basketball | Ages 8-11

August 9-13

CAS Summer Soccer Camp | Ages 4-14

August 16-20

Play-Well Engineering Lego Camp | Ages 5-12

August 23-27



Boot Camp Fitness

Ages 16+

Get back to basics with a fitness BOOT CAMP Class!

These outdoor and in person classes will focus on exercises and functional movements. We provide a great 60-minute workout with 15-minute stretch, participants have used our class for weight loss and general fitness. In case of inclement weather, class will be held indoors at a variety of locations including Municipal Gym, Old Town Hall, and Grange Hall.

Tuesdays and Thursdays, March 9-April 15

6:00p.m.- 7:15p.m.

1x/week \$47, 2x/week \$71

Pickleball

Ages 18+

Session 1: Mondays, April 5- April 26

9:30 a.m.-11:30a.m.

Session 2: Wednesdays, April 7 -April 28

6:00p.m.-8:00p.m.

Session 3: Fridays, April 9 - 30

9:30 a.m.-11:30a.m

Municipal Gym

\$20 Fee

Please refer to the precautions and guidelines listed on the Park and Rec website.

Gentle Yoga

Ages 16+

This program is appropriate for all levels of fitness or yoga experience. Increase your strength and flexibility while decreasing stress. Enjoy moving your body and breathing mindfully!

This class will be offered online via Facebook live. All participants must have a Facebook account to participate in our virtual program. Call the office for financial aid.

Wednesdays, March 3-April 21

6:30-7:30 p.m.

\$80

Co-ed 18+ Pick-Up Basketball

Mondays, March 1-March 22

6p.m.-8 p.m.

Municipal Office Complex Gym

\$20 for 4-week session

No drop-in

Please refer to the 2021 Basketball Guidelines on the Park and Rec website.

East Haddam Co-ed Softball League

Check our website for updated information!

April/May Start

Thursdays

Nichols Field

