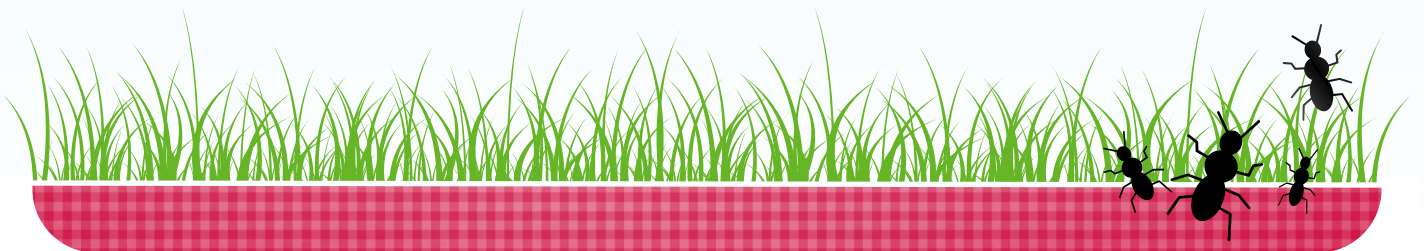


East Haddam Parks & Recreation

# Summer Newsletter 2022



# COMMISSIONERS

**MICHAEL DAVIS (CHAIR)**

**MARGY ROBERTS**

**CHICK GRILLO**

**TINA PISCIOTTI**

**DAN CARBO**

**PATRICK LAFFAN**

**BARBARA FREE**

**FERN TREMBLAY**

**TRAVIS GOODIE**



*Photo courtesy of Alexandra Hatch*



*Photo courtesy of Alexandra Hatch*

# STAFF

**LISA CONROY**

**DIRECTOR**

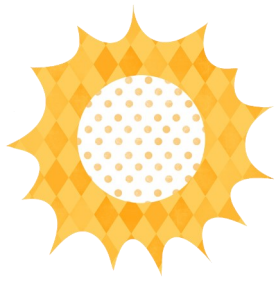
**BEVERLY CHRISTOPHER**

**ADMINISTRATIVE ASSISTANT**

**CAROLINE BONADIES**

**STUDENT ASSISTANT**





# TO REGISTER FOR EAST HADDAM PARKS AND RECREATION PROGRAMS ONLINE...

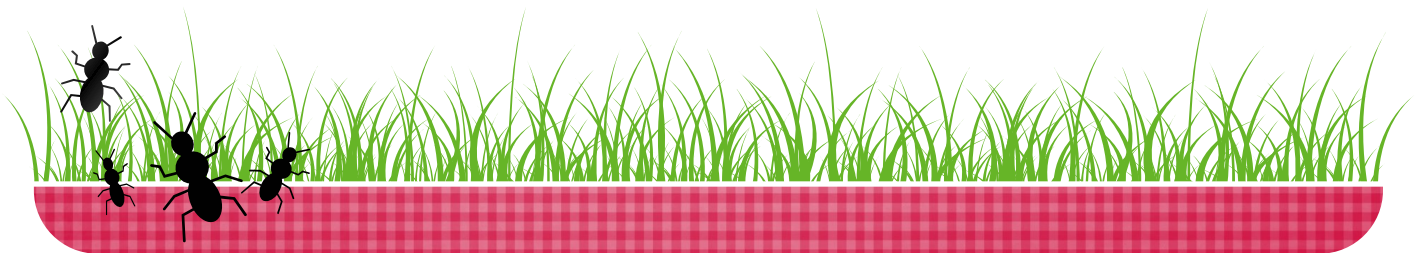
**Step 1:** Go to [www.easthaddamrec.com](http://www.easthaddamrec.com) and click on the tab to register.

**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



# SUMMER CAMPS 2022



Noises Sports Academy – June 15-19 and June 21-25, Grades 1-9

Summer Day Camp – July 5-August 12, Grades 1-8

Skyhawks Mini-Hawk and Multi-Sport Tots Wednesday evenings, July 6-August 10, Ages 2-7

Skyhawks Beginning Golf - July 11-15, Ages 5-9

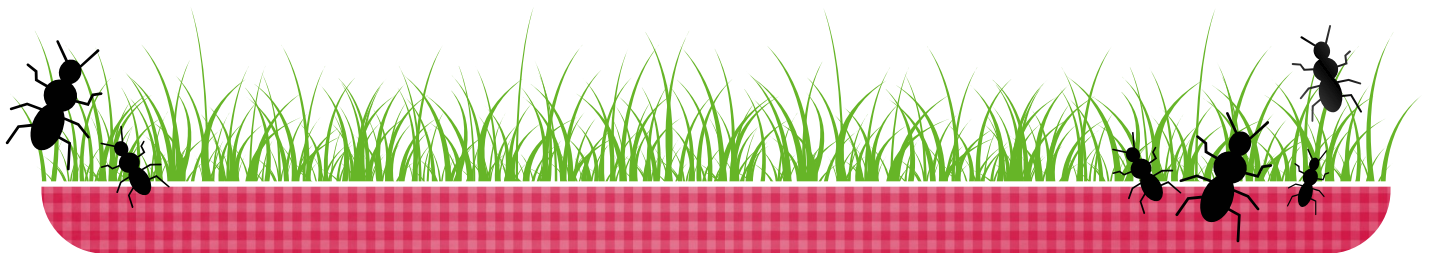
Abrakadoodle Under the Sea Art Camp – July 18-22, Ages 3-5

Abrakadoodle It's a Jungle Out There Art Camp – August 1-5, Ages 6-12

Skyhawks Tennis Camp - August 8-12, Ages 7-12

CAS Soccer Camp – August 15-19, Ages 4-14

Play-Well Engineering LEGO Camp – August 22-26, Ages 5-12



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## HEARTSAVER CPR/AED AND FIRST AID:

This course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. This course incorporates the latest science and teaches students to recognize breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). The course also teaches participants how to care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, and hot and cold weather emergencies. Participants who successfully complete this course will receive an American Heart Association completion certificate valid for 2 years. Participant Manual included with course fee (\$84). This course completes the requirements for babysitting, childcare workers, athletic coaches and camp counselors. Saturday, May 21, 9:00 a.m.-1:00 p.m. or Wednesday, May 25, 5:30 p.m.-9:30 p.m., Parks and Rec Activity Room, \$84.

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## 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.

June 21 or August 10

5:30 p.m. -7:00 p.m.

Parks and Rec Activity Room

\$30



## AMERICAN RED CROSS BABYSITTING CLASS:

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, Terri Benoit.

Must be at least 11 years old to take the class.

May 12, 18, and 26.

Must attend all 3 days

5:30 p.m.-7:30 p.m.

Parks and Rec Activity Room

\$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.

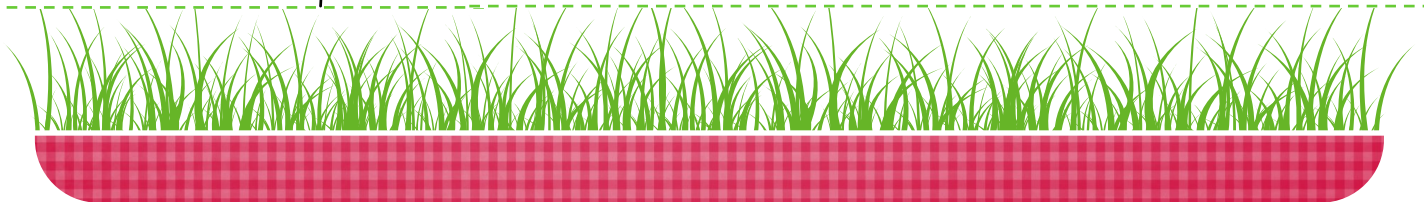
July 11 & 13

5:30 p.m.-7:00 p.m.

Parks and Rec Activity Room

\$72

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## 18+ PICK-UP BASKETBALL:

Mondays, 6:30 p.m.-8:30 p.m.

Thursdays, 7 p.m.-9 p.m.

Municipal Gym

\$25 for all 8 days or \$5 drop-in

## 18+ PICKLEBALL:

Mondays, 9:30 a.m.-11:30pm

Wednesdays, 6:30 p.m.-8:30 p.m.

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

Municipal Gym

3 Purchasing options: Register for full session online, \$5 drop-in, or purchase pickleball club card \$40 for 10 days of play.

## 18+ VOLLEYBALL:

Tuesdays, May 3-June 7 (No May 24)

6:30 p.m.-8:30 p.m.

Municipal Gym

\$20 for five-day session, \$5 drop-in

## 16+ GENTLE YOGA:

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

Online via Facebook Live, Wednesdays 6:30 p.m.-7:30 p.m., \$80 (8 classes) or \$12 drop in. April 6-May 25.

In Person at the Senior Center, Sundays 6:30-7:30 p.m., \$40 (4 classes) or \$15 drop in. May 1-May 29

## BOOT CAMP:

Ready to invest in your health and fitness and see real change, but don't want to deal with crowds at the gym? Boot Camp Fitness offers custom small group training sessions offered by a Certified Personal Trainer. Our sessions focus on exercises and functional training. A 60-minute workout with a 15-minute ending stretch will improve your core strength and balance.

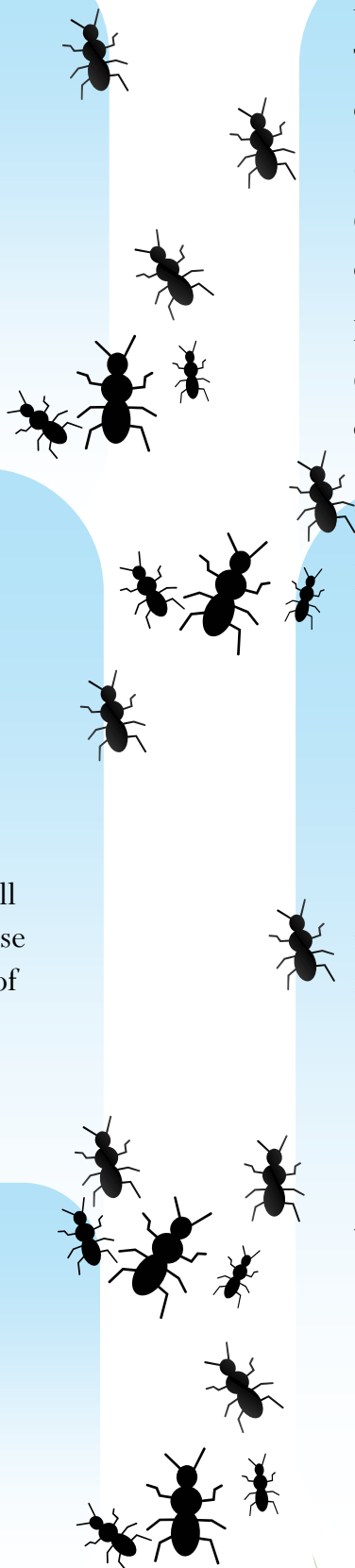
Upcoming Sessions:

April 19-May 26 (No May 12).

June 7- July 14 (No June 30)

August 2- September 8

Classes will be held in the Old Town Hall on Town Street on Tuesdays, 6 p.m.-7:15 p.m. and in the Municipal Gym on Thursdays, 5:45 p.m.-7 p.m., 1x/week \$47, 2x/week \$71, or \$10 drop-in.



**MUSIC ON THE RIVER** - Free concert series!  
Mondays on the Lawn of the Goodspeed Opera House, 6:30 p.m.-8:30 p.m. Please visit our new website [www.musicontheriver.net](http://www.musicontheriver.net) to learn more about our upcoming season. In the case of rain, concerts will be moved to the NHRHS Auditorium.

July 11	Christine Ohlman and Rebel Montez
July 18	The Revisionists
July 25	Twisted Pine (Rain date July 26)
August 1	Houston Bernard
August 8	Amy Helm
August 15	Beg Steal or Borrow

Music on the River is exclusively funded by community contributions and can only happen with your generous support. Donations may be sent to East Haddam Parks and Recreation, Music on the River, PO Box 385, Moodus, CT 06469. You may also donate on our website at [www.easthaddamrec.com](http://www.easthaddamrec.com) (account required). **Thank you in advance for your generous contribution.**



### **18+ CO-ED SOFTBALL:**

Wednesdays, June 15-August 24 (No July 27)

6:00 p.m.-7:30 p.m. at Nichols Field

\$45/person

Registration deadline is May 15

### **STATE BOATING CERTIFICATION CLASS:**

Saturday, May 14, 9:00 a.m. to 5:00 p.m.

Ages 12+

Municipal Office Complex, \$95

Registration deadline: May 7

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.



### **YOUTH OPEN GYM GRADES 7-12:**

Tuesdays and Thursdays

June 21, 23

July 12, 14, 19, 21

August 2, 4, 9, 11, 16, 18

1:00 p.m. -3:00 p.m., \$15

