

East Haddam Parks & Recreation

Spring Newsletter 2023



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 issued after the program starts





Photo courtesy of Alexandra Hatch

Commissioners

Michael Davis (chair)

Margy Roberts

Chick Grillo

Jamie Kehlenbach

Patrick Laffan

Barbara Free

Fern Tremblay

Travis Goodie

Staff

Lisa Conroy

Director

Cathy Tozier

Assistant Director

Brooke Praskievicz

Student Assistant



Photo courtesy of Alexandra Hatch

Abrakadoodle WOW Effects Art Class for Grades 1-3

From jumping lines to colorful geometrics to roads sending us off the horizon, we'll learn about Roy Lichtenstein, Diego Rivera, Carlo Marini, Heinz Kirchner, and more!

Mondays, March 13 - April 24 (no April 10)

3:15 p.m.-4:15 p.m.

East Haddam Elementary School

\$85 - All supplies included!

Abrakadoodle Ready, Set, Create Art Class for Grades K-2

Ready, set, create beautiful imaginative techniques in the styles of John Barber and Natasha Wescoat. We'll create self-portraits in the style of Paul Klee, explore Wolf Kahn's luminous landscapes, and much more!

Thursdays, May 4 - June 8

3:15 p.m. - 4:15 p.m.

East Haddam Elementary School Art Room

\$85 - All supplies included!

March Madness Basketball Clinics

This program will teach your child the basic basketball skills with a focus on teamwork. For boys and girls in grades 4-8. Previous competitive experience recommended.

Wednesdays, March 8, 15, 22, & 29

5:00 p.m.-6:30 p.m.

Municipal Gym

\$40 for 4-week session

\$15 Drop-in

Eggcellent Activities for Grades 1-3

Spend your early dismissal afternoon with us! We will provide a snack, games in the gym, create a tasty treat, and spring plantings.

Thursday, April 6

1:15 p.m.-2:30 p.m.

East Haddam Elementary School

\$20

Limited to first 20 students!

Spring Youth Soccer with CAS Coaches

Grades Pre-K (Age 4) and K

Saturdays, April 22 – June 3rd

(No session May 27th)

2 p.m.-2:55 p.m.

Nichols Field

\$60

Grades 1-4

Two days of soccer fun!

April 22nd – June 3rd (No May 27th)

Saturdays: 3-3:55 p.m. for Grades 1&2

4-4:55 p.m. for Grades 3&4

Tuesday Games: 5:30 p.m.-6:30 p.m.

April 25th – May 30th

Nichols Field

\$85

Parent volunteers needed. Head coaches receive free registration for one child

Track Club for Grades 4-8 with Coach Sarah Anderson

Mondays and Wednesdays
at Nathan Hale-Ray Middle School

April 17, 19, 24, 26,

May 1, 3, 8, 10, 15, 17

Co-ed 6th-8th Graders: 2:15 p.m.-
3:30 p.m.

Co-ed 4th & 5th Graders: 3:15 p.m.-
4:30 p.m.

On Wednesday, May 17 only (Early
Dismissal Day)

6th-8th Grade: 12:15 p.m.-1:30 p.m.

4th & 5th Grade: 1:15 p.m.-2:30 p.m.

\$100 for all 10 sessions

American Red Cross When I'm in Charge Class

Participants will learn the safe way to stay home alone. Topics include internet safety, sibling care, and basic emergency care. Ages 9-12

Wednesday, March 22

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

Parks and Rec Activity Room

\$32

Animal Adventures with LEGO Grades K-3

Let your imagination run wild as we design and build leaping dolphins, buzzing beehives, and towering giraffes.

Thursdays, May 4-June 8

3:15 p.m.-4:15 p.m.

East Haddam Elementary School

\$130.00

Summer Camp 2023: Preview

Noises Sports Academy | NHRHS | Grades 1-9
June 19-23 & June 26-30

Summer Day Camp | NHRMS | Grades 1-8
July 11-August 18

Skyhawks Golf Camp | Ages 5-9
July 17-21

Skyhawks Mini Hawk Class | NHRMS | Ages 2-7
Wednesdays, July 12-August 16

Skyhawks Tennis Camp | Municipal Courts | Ages 7-12
August 7-11

CAS Soccer Camp | NHRMS | Ages 4-14
August 21-25

Wizarding World of Magical Engineering using LEGO | P&R Activity Room | Grades
K-5
August 26-30

Abakadoodle America the Beautiful Art Camp | P&R Activity Room | Ages 5-10
July 5-7

STEM Fundamentals with LEGO Materials | Grades K-5
July 5-7

Abakadoodle Bug Me! Art Camp | P&R Activity Room | Ages 5-10
August 21-25

Registration for all camps will open April 1st, Grades are as of Fall 2023



Heartsaver CPR/AED & 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. This course completes the requirements for babysitting, childcare workers, athletic coaches, and camp counselors.

Session 1: Wednesday, May 17
5:30 p.m.-9:30 p.m.

Session 2: Saturday, June 3
9 a.m.-1 p.m.

Parks and Rec Activity Room
\$84

18+ Pick-up Basketball

Mondays, 6:30 p.m.-8:30 p.m.
March 6, 13, 20, 27
and

Thursdays, 7 p.m.-9 p.m.
March 2, 9, 16, 23, 30

\$30 for all 9 days or \$5 Drop-in
Municipal Gym

April and May session information to come shortly.

16+ Boot Camp Fitness

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. Come transform how you look and feel. Most classes held indoors during winter months.

January 24 – March 16

Tuesdays: Old Town Hall, 6-7:15 p.m.

Thursdays: Municipal Gym, 5:45-7 p.m.

p.m., 1x/week \$64, 2x/week \$96

\$10 Drop-in

18+ Pickleball

Mondays, Tuesdays & Fridays

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

Wednesdays

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

Intermediate 1:30 p.m.-3:30 p.m.,

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

Sundays in March Only

March Beginner Clinic 10 a.m.-12p.m.

All levels 12 p.m.-2p.m.

Municipal Gym

Register for full session online, \$5 drop-in (\$10 drop-in for Sunday Beginner Clinic) or purchase pickleball club card \$40 for 10 days of play.

16+ Gentle Yoga

This class 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!

Hybrid Gentle Yoga (In-Person and Via Facebook Live) on Wednesdays

March 29-April 19

6:30 p.m.-7:30 p.m.

\$40 for 4-week session

This class offers both an in-person and virtual option. In-person class will meet in Parks and Rec Activity Room. To participate in virtual class via Facebook Live a Facebook account is required. Class link will be provided.

In-Person Gentle Yoga on Sundays

Session 1: March 26-April 23 (No class April 9)

Session 2: May 7-June 4 (No class May 14)

Senior Center

6:30 p.m.-7:30 p.m.

\$40 for 4-week session

16+ Co-ed Volleyball

Tuesdays, March 7, 14, 21, 28

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

Municipal Gym

\$14 for full 4-week session

\$5 Drop-in

April and May session information to come shortly.

Thank you!

So much we do would be impossible without the help of many!

- *Thank you Shagbark Lumber for your continued sponsorship of our youth sports programs.*
- *Thank you to all our youth basketball coaches for their enthusiasm, time, commitment, and patience! Christian Thomas, Tyler Semrow, Jessica Salazar, Christina Marsillo, Bryan Morganti, Michelle Gibbs, Anthony Chaplinsky, Donald Hinton, Josh Ebright, Fern Tremblay, and Luke Sands. Thank you to our amazing staff for a great season...Melissa Yatsenick, Tyler Semrow, Chick Grillo, Steven Wade, Drew Conroy, Hunter Rafala, Aiden Brown, Quinn Pramberger, Julia Campbell, Alynna Karpiej, Matthew Conroy, Jacob Soucier, Antonio Dadario, Brady Higgins, Nathan Matetich, and Braden Lankarge.*
- *Thank you to Sharon Wheeler and Julie and John Piontkowski for your donation of holiday decorations.*
- *Thank you to Liz Praskievicz for your generous donation to our Lukas Breton Scholarship Fund!*

