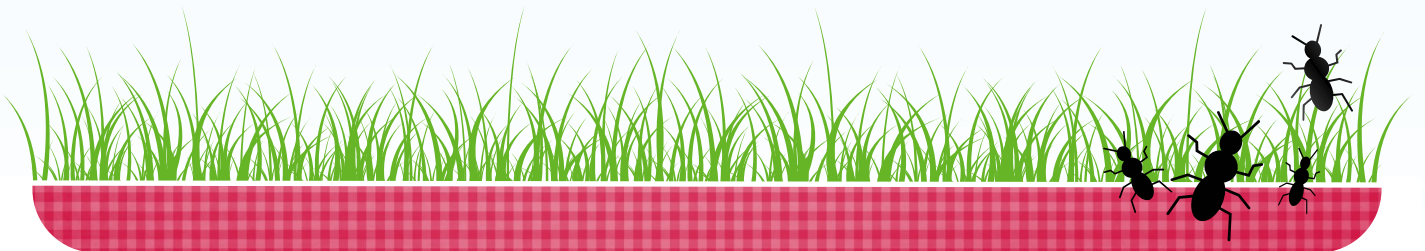


East Haddam Parks & Recreation

# Summer Newsletter 2023



# COMMISSIONERS

**MICHAEL DAVIS (CHAIR)**

**MARGY ROBERTS**

**CHICK GRILLO**

**JAMIE KEHLENBACH**

**PATRICK LAFFAN**

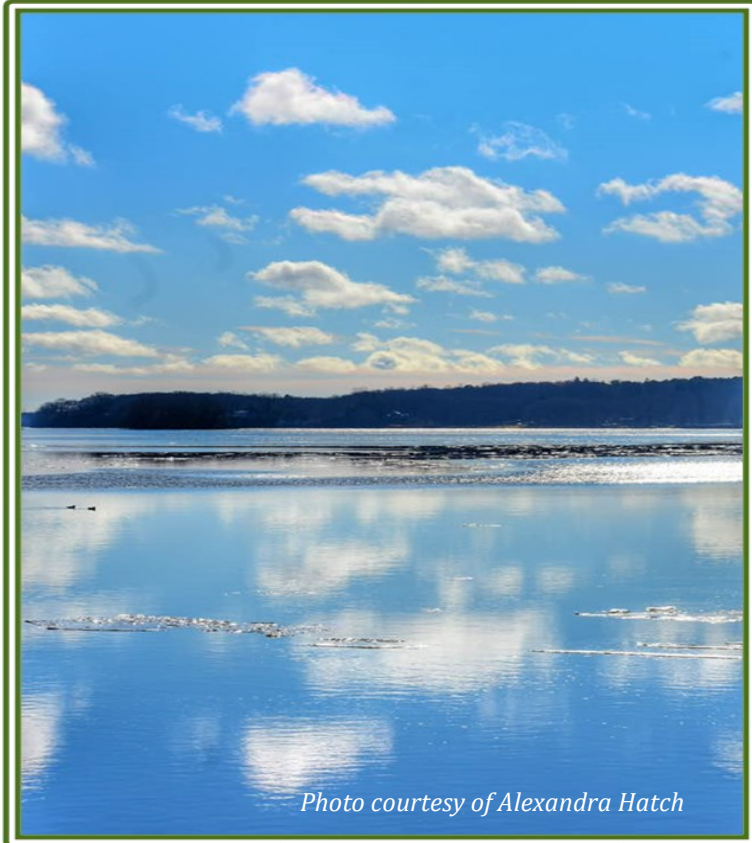
**BARBARA FREE**

**FERN TREMBLAY**

**TRAVIS GOODIE**



*Photo courtesy of Alexandra Hatch*



*Photo courtesy of Alexandra Hatch*

## STAFF

**LISA CONROY**

**DIRECTOR**

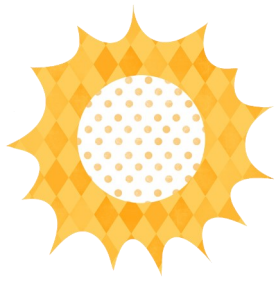
**CATHY TOZIER**

**ASSISTANT DIRECTOR**

**BROOKE PRASKIEVICZ**

**STUDENT ASSISTANT**





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

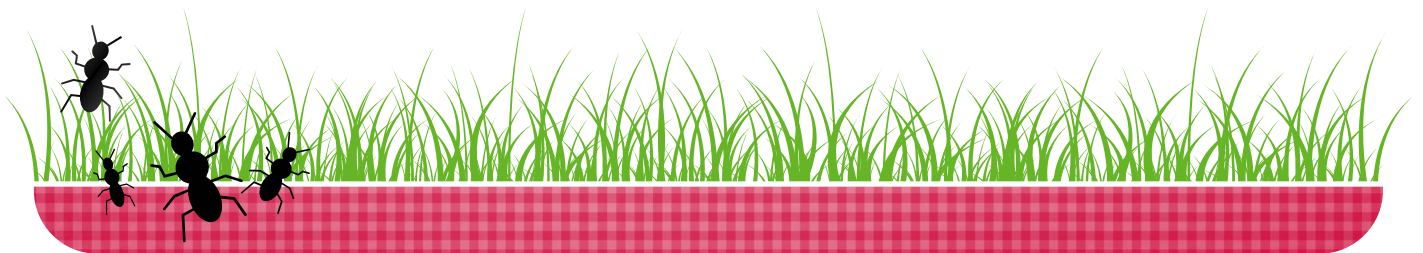
**Step 1:** Go to [www.easthaddamrec.com](http://www.easthaddamrec.com) and click on the tab to register.

**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.

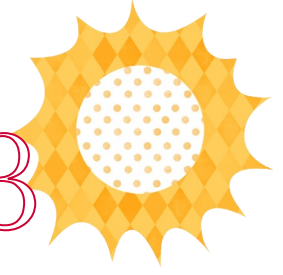
## **Please note:**

- 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 2023



Noises Sports Academy Grades 1-9



Week 1: June 19-23 (Soccer, Baseball, Softball and XC)

Week 2: June 26-30 (Cheer, Volleyball, Basketball)

Wizards World of Magical Engineering using LEGO - June 26-30, Ages 5-10

Abakadoodle America the Beautiful Art Camp – July 5-7, Ages 5-10

STEM Fundamentals with LEGO Materials – July 5-7, Ages 5-10

Summer Day Camp – July 11-August 18, Grades 1-8

Skyhawks Super Tots and Mini-Hawk, Wednesdays, July 12-August 16, Ages 2-7

Skyhawks Beginning Golf - July 17-21, Ages 5-9

Skyhawks Tennis Camp - August 7-11, Ages 7-12

CAS Soccer Camp – August 21-25, Ages 4-14

Abakadoodle Bug Me! Art Camp – August 21-25, Ages 5-10



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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. This course completes the requirements for babysitting, childcare workers, athletic coaches, and camp counselors.

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

Parks & Rec Activity Room

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

\$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 19

5:00 p.m. –6:30 p.m.

Parks and Rec Activity Room

\$32

## 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.

June 14, 21, and 28

Must attend all 3 days

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

Meeting Room 3 in Municipal Building

\$65

## AMERICAN RED CROSS CPR FOR BABYSITTERS:

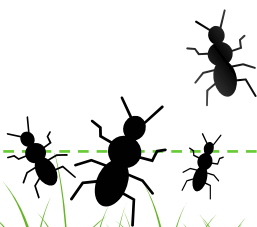
This is an extension of our ARC Babysitting Course and is open to all those who have previously taken our babysitting class. This class will certify babysitters in Basic First Aid as well as Infant and Child CPR.

July 31 & August 1

5:15 p.m.-6:45 p.m.

Parks and Rec Activity Room

\$72



## 18+ PICK-UP BASKETBALL:

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

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

Municipal Gym

Pay for full month session or \$5 drop-in

## CO-ED 35+ PICK-UP BASKETBALL

Wednesdays ~ 5:30pm-6:30pm

Municipal Gym

Pay for full month session or \$4 drop-in

## PICKLEBALL @ MUNI GYM

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

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

(beginners), 1:30 p.m.-3:30 p.m.

(intermediate) 6:30 p.m.-8:30 p.m. (all)

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

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 ~ 6:30pm-8:30pm

Municipal Gym

Pay for full month session or \$5 drop-in

## 16+ GENTLE YOGA:

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

Hybrid (In-person with live stream option) in P&R Activity Room, Wednesdays 6:30 p.m.-7:30 p.m., May 3-24, June 7-28, July 12-August 9 (No July 26)

In Person at the Senior Center, Sundays 6:30-7:30 p.m., May 7- June 4 (No May 14), June 18-July 9, July 30-August 27

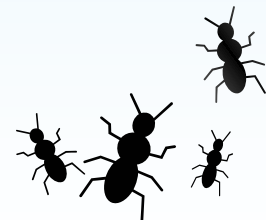
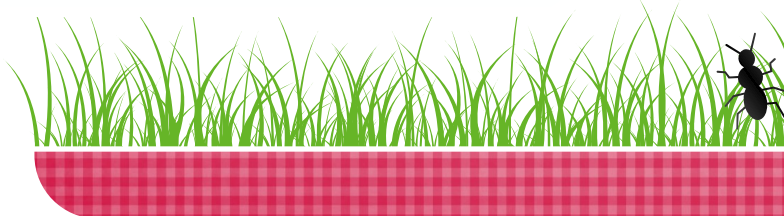
\$40 per 4-week session or \$15 drop in.

## 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.

March 21 - May 18

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 \$64, 2x/week \$96, 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 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 17   | Matt Nakoa                  |
| July 24   | Slambovian Circus of Dreams |
| July 31   | Mile Twelve                 |
| August 7  | The Big Takeover            |
| August 14 | Mighty Soul Drivers         |
| August 21 | Canopy                      |

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.**



## YOUTH OPEN GYM VOLLEYBALL

Ages 14-19

Tuesdays

July 11, 18, August 1, 8, 15, 22

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

Price: \$10 for all 6 days or \$5 drop-in



## Noises Sports Academy

The Noises Sports Academy is a program sponsored by a group committed to developing youth sports in our town that is independent of the East Haddam Public Schools. We have raised over \$20,000 for our high school's athletics programs through this camp. Thank you!!

**Early Registration:** \$100 for 3-hour session, \$70 for 4-6pm session

**After May 15th:** \$125 for 3-hour session, \$85 for 4-6pm session

Multi-Session Discounts (per family):

2 Sessions: 5% off total

3 Session: 10% off total

4 Session: 15% off total

5 Sessions: 20% off total

### Week 1: June 19th - 23rd

- Co-ed soccer ~ Grades 1-9 ~ 9am - 12pm
- Boys Baseball ~ Grades 3-7 ~ 12:30pm - 3:30pm
- Girls Softball ~ Grades 3-8 ~ 12:30pm - 3:30pm
- Co-Ed Cross Country ~ Grades 1-8 ~ 4pm-6pm

### Week 2: June 26th - 30th

- Co-Ed Cheerleading ~ Grades 1-9 ~ 9am-12pm
- Girls Volleyball ~ Grades 3-9 ~ 12:30pm-3:30pm
- Co-Ed Basketball ~ Grades 3-9 ~ 4pm-6pm

**Registration deadline for week 1 is June 15th, and for week 2 is June 22nd**



# DREAM OF PONIES PROGRAM

- ◇ Craft & snack ~ Pony Ride ~ Basic Horse Care ~ Fun Farm Activities
- ◇ Ages 2-5 - 177 Honey Hill Road, East Haddam, CT 06423
- ◇ Sunday, June 11th & 18th and July 2nd & 9th
- ◇ 10 - 11 a.m., \$38 for 4-day session
- ◇ Dream Hill Farm ~ (860) -682-0834 ~ dreamhillfarm@hotmail.com



## SUMMER FUN PROGRAM @ DREAM HILL FARM

A non-riding program that focuses on the fundamentals of horsemanship. Will help increase awareness, self-control/esteem, reduce anxiety, and so much more!

- ◇ June 13th - 16th from 4:30 - 5:30 p.m.
- ◇ Ages 6-12
- ◇ \$85 for full 4-day session
- ◇ 177 Honey Hill Road, East Haddam, CT 06423
- ◇ (860)-682-0834 ~ dreamhillfarm@hotmail.com
- ◇ Optional pony ride after session - additional \$10 fee/day