

*East Haddam Parks & Recreation*

# WINTER NEWSLETTER



DEC EMBER | JANUARY | FEBRUARY  
2023-24

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## THANK YOU!

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

Thank you to Shagbark Lumber for your continued sponsorship of our youth sports programs. Thank you to Jansky's Rubbish Removal for the donation of trash barrels and pick-up!

Many thanks to PJ Parkus, Warren Morse, Rick Shea, and Jeff McLean for their assistance preparing our soccer fields this fall.

Thank you to all our fall soccer coaches for their enthusiasm, time, commitment, and patience! Our CAS coaches Jac, George, Joe, and James and our parent coaches Min Cacho, Star Ems, Christian Thomas, Sean Morrissey, Frank DiGiacamo, Lisa Larson, Alex Robnett, Anthony Maros, Kevin Cotton, Dan Butler, Josh Ward, and Donald Hinton! Thank you to Melissa Yatsenick, Martin Young, Lydia Walter, & Tim Cahill for ensuring this program runs smoothly.

Thank you to everyone who joined us for Project Safe Halloween! Thank you to our partners, the East Haddam Police (Officers Jeff, Dave, Tyler, and Gary) and East Haddam Youth and Family Services (Toni and John), for working with us. Many thanks to our town office colleagues and the community groups hosting tables to hand out candy! (East Haddam Land

Trust, East Haddam Community Lions, EHES PTO, East Haddam Leos, First Congregational church, East Haddam Democratic Town Committee, Two Wrasslin' Cats, East Haddam Police, East Haddam Ambulance, Early Childhood Council, Valley bible Church, Boy scouts Troop 22, Cub Scouts Pack 22, Adult and Teen Challenge, Ray of Light, East Haddam Republican Town committee, Girl Scouts, East Haddam Fire department, Liberty Bank, and Franklin academy). Thank you Nutmeg Pharmacy, Maus and Son, East Haddam Community Foundation, Liberty Bank, East Haddam Leos, East Haddam Community Lions, and the Knights of Columbus for your generous donations. Thank you to Cathy Grillo, Chick Grillo, and Barbara free for watching over our pirate booty. Thank you to the East Haddam Stage Company (Casey and Kandie Carle) for the pirate ship props. Thank you, Frank, for taking us all on a spooky hayride. And a HUGE thank you to all our volunteers who assisted in decorating and cleaning up... Barabra Struthers, Linda LaBrec, Isabella Laban, Shaina Ang, Bethany Barton, Ellie Sorey, Lily Jahne, Sarah, Susanna, Abby Martin, Jenna Hochdorfer, Sophie, Dylan Miller, Meigan, Carter Robinson, Ethan Robinson, Gabe, Kaitlyn Clark, and Abigail.

Thank you to those who have contributed to the Lukas Breton Scholarship Fund...

Mike Kuziak, Liz Praskievicz, Monia Piacenti, Erlandson Family, Ava Weissbach, McVerry Family, Roy Haight, Kathryn Parker, Jacqueline Roberts, Josh Ward, Amenta Family, Webster Family, Anne Beauregard, Jahne Family, and Gillis Family.

# REGISTRATION

**TO REGISTER FOR EAST  
HADDAM PARKS & RECREATION  
PROGRAMS ONLINE...**

## STEP 1

**Visit our website at  
[www.easthaddamrec.com](http://www.easthaddamrec.com)  
and click on the tab to register**

## STEP 2

**If you do not have an account,  
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 otherwise noted
- ❄ Please remain aware of registration deadlines as materials, jerseys, etc. need to be purchased ahead of time. In addition, we must allow time for team placement and other planning details.
- ❄ 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 refunds will be given after the program starts



*Staehtly Farm & Winery, East Haddam, CT*

## **COMMISSIONERS**

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**MICHAEL DAVIS (CHAIR)**

**MARGY ROBERTS | CHICK GRILLO**

**JAMIE KEHLENBACH | PATRICK LAFFAN**

**BARBARA FREE | TRAVIS GOODIE**

**FERN TREMBLAY | BARRY THIELE**



## **STAFF**

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**LISA CONROY**  
DIRECTOR

**CATHY TOZIER**  
ASSISTANT DIRECTOR

**ISABELLA LABAN**  
STUDENT ASSISTANT

## **EAST HADDAM PARKS & RECREATION**

**1 PLAINS ROAD  
MOODUS, CT 06469  
P.O. Box 385**

**PHONE: (860) 873-5058  
FAX: (860) 873-5028**

**[WWW.EASTHADDAMREC.COM](http://WWW.EASTHADDAMREC.COM)**

## **OFFICE HOURS**

**MONDAY –  
THURSDAY  
9 A.M. – 5 P.M.**

**FRIDAY  
9 A.M. – 12 P.M.**

# PROGRAMS FOR AGES 2+

## KIDS NIGHT ON THE GREEN

Friday, December 1st  
Tree Lighting at Moodus Green at 6:00 p.m.



Fun Activities at the Municipal Building  
beginning at 5:30 p.m.

- Visit with Santa and Mrs. Claus at 6:30 p.m.
- Letter writing to Santa
- Moodus Ice Cream Parlor's Hot Cocoa Bar
- Dutch Propane's Cookie Cafe
- Dutch Landscaping's Magical Reindeer Food Station
- Dutch Oil's Snowball Fight Arena
- Scavenger Hunt-enter for a prize!
- Liberty Bank's Candy Guessing Jar-enter for prize!
- Ugly Sweater Photo Contest-enter for prize!



### WINTER WONDERLAND ENGINEERING WITH LEGO MATERIALS FOR GRADES K-3

Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowplows, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

Wednesdays, 3:15 p.m.-4:45 p.m.  
January 17-February 28 (No February 21<sup>st</sup>)

Cost: \$114

### **Skyhawks: Youth Basketball**

Ages 2-3:

Saturdays, January 6 - February 10

10:15 a.m.-11 a.m.

\$110

Ages 4 & Kindergarten:

Saturdays, January 6 - February 10

Ages 4: 11:15 a.m.-12:15 p.m.

Kindergarten: 12:30 p.m.-1:30 p.m.

Cost: \$110

### **Youth Basketball**

**Grades 1-8**

Grades 1-2:

Our parent volunteer coaches will offer skill-based instruction focusing on passing, shooting, ball handling, rebounding, and defence fundamentals.

Saturdays, January 6-February 10

9:00 a.m.-10:00 a.m.

Cost: \$85

Grades 3-8:

Players will participate in a traditional season consisting of practices (1-2/week) and 1 game on Saturday.

Practices: Begins December 5

Games: Begin January 6

Cost: \$130

### **Abrakadoodle Program**

**Hooray for Clay!**

Roll, pinch, pat, press, paint, and sculpt through this creative series that features projects with Crayola Air-Dry Clay. We learn about the cultures of Italy, China, Turkey, and Africa's Zulu tribe by making beads, chops, tiles, and masks.

Grades 1-3

Thursdays, January 11 - February 15

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

East Haddam Elementary School

Cost: \$86

(February 1<sup>st</sup>, 1:15 p.m.-2:15 p.m. due to early dismissal)

### **American Red Cross CPR for Babysitters Class**

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 Basic First Aid and Infant and Child CPR babysitters.

December 4<sup>th</sup> and 6<sup>th</sup>

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

Municipal Building

Cost: \$72

### **Elementary Dance Project with Ava Matschulat**

**For Grades 1-3**

**Details coming shortly!**

# PROGRAMS FOR AGES 16+

## 16+ VOLLEYBALL

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

Location: Municipal Gym

\$5 for Drop-in

## 16+ GENTLE YOGA

### Wednesdays

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

Parks and Rec Activity Room

November 8 – December 13 (5 weeks)

January 3-February 7 (6 weeks)

February 21-March 27 (6 weeks)

Cost: \$50 for 5-week session

\$60 for 6-week session

\$15 Drop-in

### Sundays

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

East Haddam Senior Center

November 12 – December 10 (5 weeks)

January 7-February 11 (6 weeks)

February 25-April 7 (6 weeks)

Price: \$50 for 5-week session

\$60 for 6-week session

\$15 Drop-in

## 16+ Bootcamp

Ready to invest in your health and fitness and see real change? Boot Camp Fitness offers custom small group training sessions offered by a Certified Personal Trainer. This 60-minute workout with a 15-minute ending stretch will improve your core strength and balance. Most classes are held indoors during winter months.

December 5-January 25

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

Old Town Hall

and/or

Thursdays 5:45 p.m.-7:00 p.m.

Municipal Gym

Cost:

1x/week \$64

2x/week \$96

\$10 Drop-in



# PROGRAMS FOR AGES 18+

## **18+ Indoor Soccer**

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

Municipal Gym

**December 4, 11, 18**

Cost: \$12 or \$5 Drop-in

**December 4-April 29**

Cost: \$48 or \$5 Drop-in

## **18+ PICKLEBALL**

### **Mondays**

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

12:30 p.m.-2:30 p.m.

(Beginners)

### **Wednesdays**

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

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

(Beginners)

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

### **Fridays**

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

Pay for full month session,  
\$40 Pickleball Card, or \$5  
for Drop-in

**Check website for session  
dates. New sessions being  
added in January!**

## **18+ PICK-UP BASKETBALL**

Mondays

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

AND

Thursdays

7:00 p.m.-9:00 p.m.

Cost: See website  
\$5 Drop-in

## **YOGA MIND AND BODY**

WITH COLEEN ALEXANDER

Tuesdays

8:00 a.m.-9:00 a.m.

(Current session ends  
December 19)

Drop-in: \$20  
Municipal Gym

# PROGRAMS FOR AGES 35+

## **35+ Basketball**

Sundays

10:00 a.m.-12:00 p.m.

\$5 Drop-in

Municipal Gym

