

*East Haddam Parks & Recreation*

# Fall Newsletter 2024



# 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 issued after the program starts



# Commissioners

**Margy Roberts**

**Chick Grillo**

**Jamie Kehlenbach**

**Patrick Laffan**

**Barbara Free**

**Fern Tremblay**

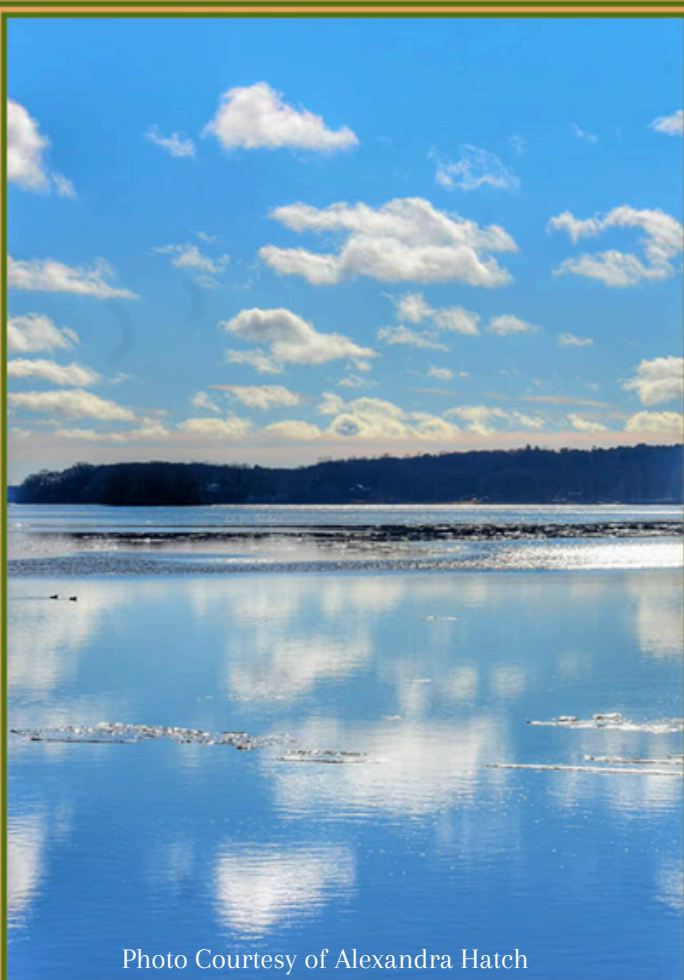
**Travis Goodie**

**Barry Thiele**

**Christine King**



*Photo courtesy of Alexandra Hatch*



*Photo Courtesy of Alexandra Hatch*

# Staff

**Lisa Conroy**

**Director**

**Cathy Tozier**

**Assistant Director**

**Payton Balducci**

**Student Assistant**



# Youth Programs



## Mad Science: Stem Odyssey Grades 1-3

Join the Mad (Science) Labs program after school for a hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret components of white light and hidden rainbow, and movies explore our sense of sight. Other senses, such as taste and hearing are investigated too.

Mad Science at East Haddam Elementary School

6 Weeks: Thursdays

Dates: October 3rd-November 7th

Times: 3:15-4:15pm \*10/17 1:15-2:15

Cost: \$143

### When I'm In Charge

**\*Must be at least 9 years old**

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

**Date:** September 25, 2024

**Time:** 5:15 - 6:30pm

**Who:** Ages 9-12

**Location:** Municipal Office Complex,  
Meeting Room 3

**Cost:** \$32

### American Red Cross: Babysitter Class

**\*Must be at least 11 to take this class**

Participants will learn basic skills needed to be a safe babysitter. Participants will receive a certificate for completing the class and demonstrating skills to instructor.

**Dates:** November 4, 18, and 25

5:30-7:00 pm

**Cost:** \$66



## Doodle and Design with Abrakadoodle: Grades 1-3

Discovery happens with eyes wide open!  
Abrakadoodle artists doodle and design to  
explore new techniques, exciting materials,  
art history, and design loving artists.

Tuesdays, September 24,

October 1, 8, 15, 22, 29

Times: 3:15-4:15pm

(October 8, early dismissal)

1:15-2:15pm

East Haddam Elementary School

Cost: \$100

## Adventures in Stem with Play-Well Teknologies & Lego Materials

Grades 1-3

Let your imagination run wild with tens  
of thousands of LEGO parts! Build  
engineer-designed projects and use  
special pieces to create your own unique  
designs!

Wednesdays, September 18, 25, October

2, 9, 16, 23

3:15-4:45pm

(October 16: EARLY DISMISSAL)

1:15-2:45pm

Cost: \$144

## Fall 2024 Youth Soccer Pre-K (Age 4) – Grade 6

September 7 - October 19 (No October 12)

### Pre-k – K

Pre-Foundation

**Saturday:** Skills and drills with CAS coaches.

2:00-2:55 pm

Location: Nichols Field

Cost: \$70

### Grades 1-6

**Saturdays** with CAS Coaches:

Grades 1-2: 3:00-3:55pm

Grades 3-4 and 5-6: 4:00-4:55pm

and

**Tuesdays:**

September 10-October 15

5:30 pm – 6:30pm: Traditional Games

Cost: \$85

Volunteer coaches needed for Grades 1-6 Free registration for one child

\$20 late fee after August 10

## Basketball: Fundamentals with Coach Lombardo

### Grades 6-12

Clinic will focus on ball handling and shooting.

All participants must have a competitive level of experience

Mondays, September 23-November 18

5:30-7:30pm

Nathan Hale-Ray Elementary School Gym

Cost: \$120 for all 8 days

## Abakadoodle Mini Doodlers: Story Creations

Let the pictures of your favorite stories inspire you!  
Make artwork in the style of the illustrators who created The Very Hungry Caterpillar, Mouse Paint, Pout-Pout Fish, Chicka Chicka Boom Boom, A Color of His Own and many more classics! Allow the pages to come to life as you make your own Story Creations!

Wednesdays, October 2-23

9:30am-10:15am for Ages 20-36  
months

10:30-11:15am for Ages 3-5 years

Cost \$68 for 4 weeks  
Parks and Rec Activity Room

## Home School Family Open Gym

Open gym offers a safe place for homeschool families to get together, burn off some energy, and have fun! Bring your families and sports/ game equipment to the Municipal Gym. Parks & Rec equipment is available upon request.

Tuesdays, Beginning October

10:30 - 11:30am

FREE OF CHARGE

Municipal Gym



# Adult Programs

## Pickleball 101

### Led by Certified IPTPA Instructor

This program is for new players or those who would like to have a refresher to review the basic skills, rules, and strategies of doubles pickleball. We will share tips to prevent injuries, improve our game skills by learning proper mechanics, and have lots of fun as we utilize strategies for playing doubles.

Three-day clinic

Friday, September 6

Wednesday, September 11

Friday, September 13

Time: 2:00-3:30pm

Location: Municipal Gym

\$40 for all three days

## Pickleball Open Play

Must have participated in beginner clinic or have previous pickleball experience/ knowledge of rules to participate.

### September

Wednesday: 5:30-7:30pm

September 4, 11, 18, 25

Sunday: 9:00-11:00am

September 8, 15, 22, 29 (No September 1)

Drop-In: \$8

Pickleball Card: \$60

Online: \$24 for full session

For October and November please check our website.

## 16+ Yoga Programs

### In-Person Gentle Yoga

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

#### Sundays

Session 1: August 4-September 8

Session 2: September 22-October 27

Time: 6:30 - 7:30pm

Location: Senior Center

Cost: \$60 for 6-week session  
Drop-in: \$15

### Gentle Yoga: In-Person & Via Facebook Live

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

#### Wednesdays

September 4-October 9

Municipal Building

Time: 6:30 - 7:30pm

Cost: \$60 for 6-week session  
Drop-in: \$15

## COED 18+ Pick-Up Basketball

**Mondays:** 6:30 - 8:30pm

September 9, 16, 23, 30

AND

**Thursday:** 7:00 - 9:00pm

September 5, 12, 19, 26

See our website for October and November dates

Cost: \$32 for all 8 days

Drop-in: \$5



## Boot Camp Fitness

Ready to invest in your health and fitness and see 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. sessions focus on exercises and functional training. A 60-minute workout with a 15-minute ending stretch will improve your strength and balance.

See our website for October and November dates

Tuesdays, 6:00 - 7:15pm, Old Town Hall  
AND/OR

Thursdays, 5:45 - 7:00pm, Municipal gym

Dates: August 20-October 10

Cost:

1x/ week: \$64

Drop-in: \$10

## 16+ Co-ed Volleyball

**Tuesdays**

Time: 6:30 - 8:30pm

September 3, 10, 17, 24

Location: Municipal Building

See our website for October and  
November dates

Cost: \$16 for full session

Drop-in: \$5

## Stop the Bleed

This is a FREE 60-90 minute course  
Learn how to stop bleeding until the  
first responders arrive

7:00-8:30pm

September 16

October 21

November 18

Municipal Building  
Meeting room 3

# Thank you

Many thanks to...

Nutmeg Pharmacy for sponsoring our Noises Sports Academy Camp.

The East Haddam Leos for sponsoring the Three Belles Outfitters Kayaks and Paddle Boards visit at the Town Beach on July 19th

The M. Jones Family Fund and the Janvrin Fund at the Community Foundation of Middlesex County for the grant that funded Critter Caravan visit, climbing gloves for Adventure Ropes Park at Storrs Field Trip, and the Three Belles Outfitters Kayaks and Paddle Board visit on August 16th

Valley Bible Church for visiting us with the bounce house

The Community Foundation of Middlesex County and the Connor Meaney Young Memorial Foundation for sponsoring our Ice Cream Emergency visit

The Haslam Memorial Foundation for sponsoring our Typhoon Tuesday Waterslides and the East Haddam Police Union for providing the dunk tank

Lisa Zawisza for your donation to our summer camp art program.

and all the donors to our Lukas Breton Scholarship Fund...Matt and Deb Breton, Michael Kuziak, Victoria Smith, Colleen and Sean Alexander, Bridget Erlandson, Ashley Schwab, the Tremblay Family, Maura Wrinn, Chandra Joos, Lisbeth Furke, Anne Beauregard, Andrea Webster, Laura Wieleba, the Thomas Family, Holly Walck, Jennifer Callaghan, Maureen Gillis, Jennifer McVerry, the Sodergren Family, the Feeley Family, the Balducci Family, and Liz Praskievicz, Samantha Soucier, and Diane Cyr. Your incredible generosity allowed so many children the opportunity to enjoy time with friends at our summer camp.



It was another magical season for our **Music on the River Concert Series** (Our 17th Anniversary!) Thank you to the amazing musicians who joined us...Christine Ohlman and Rebel Montez, Tatiana Eva Marie and the Avalon Jazz Band, Gaslight Tinkers, Cold Chocolate, John Jorgenson Bluegrass Band, and One Time Weekend. Thank you to the many donors who made this series possible, especially our Diamond Donor Liberty Bank and our Platinum Donors Nutmeg Pharmacy, Coca-Cola, Jansky's Rubbish Removal, and Dutch Oil and Propane. And thank you to our Gold Donors... East Haddam Community Lions, East Haddam Lions Club, Greg and Heidi Grinsfelder, Stuart Palmer, Tony and Lori Shetensky, Rob Smith, Paul Varkala, and Lynn Wilkinson. We truly appreciate your generosity!

We would like to extend a special thank you to the Goodspeed Opera House, especially Ed Blaschik and Dan McMahon, and Iso, Darden, and Blerta with the Gelston House for sharing your hospitality and magnificent location with all of us. We truly appreciate your partnership.

So many people work all year long to make this series possible. Many thanks to our **Music on the River Committee members...** Candy and Anthony Nero, Brad Parker, Tony Lisowicz, John Piontkowski, Margy Roberts, Cynthia Deming, and Tony Shetensky. You are the reason this all works! Thank you to our many volunteers who have helped us throughout the season with set-up and clean-up this summer...Shaina Ang, Ella Valley, Austin Kolasinski, Sara Evans, and Steve and Kate Freedman.

Thank you, **Mike Goodreau and Brian Rembish with Ace Music and Audio** for making every band sound their best. Thank you to the **East Haddam Police and East Haddam Ambulance** for ensuring a safe venue. Thank you to our facilities crew **Rick Shea, Adam Haury, Jeff McLean, and Don Angersola** for your assistance with our staging. Many thanks to **Joe Sina** for your incredible pictures and creativity! We appreciate you sharing your time and talent with us!!

A special thank you to my amazing colleague and fellow obsessive weather radar tracker **Cathy Tozier**, who worked tirelessly on our fundraising campaign and program booklet. She also had the full-time job of keeping me organized...not an easy task! And thank you to my student assistants **Brooke Praskievicz and Payton Balducci** for all your help setting up and your willingness to jump in to help no matter how crazy the request. I have the best team I could ever ask for and am so grateful to you all.

**Thank you!**

