

Essex Park & Recreation - 2014

Spring & Summer Programs



The Benefits are Endless



Park &
Recreation
TOWN OF ESSEX

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Welcome to the Essex Park & Recreation Spring & Summer Program Guide

Mission Statement: Creating the Essex Community through People, Parks, and Programs!



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The Benefits of Parks and Recreation

- Build family unity • Feel great • Lose weight • Reduce stress
- Diminish chance of disease • Provide safe places to play
- Generate revenue • Lower healthcare costs
- Meet friends • Educate children and adults • Relax
- Keep businesses from leaving • Elevate Personal Growth
- Strengthen neighborhood involvement
- Boost local economy • Increase property value
- Preserve plant and animal wildlife • Clean air and water
- Teach vital life skills • Provide space to enjoy nature

Director's Note

The Essex Park and Recreation Department is ready for a busy and exciting spring and summer filled with recreation programs and special events in the parks. The Spring/Summer brochure is the most fun brochure for Mary Ellen and I to put together, especially since we do so in January and February, as it gives us hope of warmer weather.

We have a number of great new programs to share with you in this brochure including: Family Night at our July 15 Summer Concert, Sound Steps Walking Program sponsored by Middlesex Hospital Shoreline Medical Center, April Vacation School's Out program, summer softball camp, even something called Ninjaneering! As always, we are very pleased to work with Essex Land Trust on the Essex Outdoors program, please see our calendar of events.

Our *Spotlight on a Park* this summer is on Viney Hill Brook Park. Many residents have taken advantage of the 104 acres of passive and active recreational opportunities that Viney Hill offers. Coming soon to the park will be a new covered picnic area and new agility features in the dog park. Viney Hill Brook is a great place for families and nature lovers alike.

The Park and Recreation Commission recently welcomed Bob Russo as our new Park & Recreation Commission Chair. In addition to being our archery instructor, Bob is a soil and environmental scientist and has provided invaluable expertise and leadership on the Commission.

Essex Park and Recreation looks forward to the completion of the Civic Campus project at Town Hall and Grove Street Park. If the moderate winter days are any indication, the new playground at Grove Street Park will be a highly used and highly enjoyed asset in Town. We also will be completing the brand new tennis courts at Grove Street Park as well. Stay tuned for information and updates on the Park and Recreation page of the Town website.

We hope that you will look through our brochure with your family and take advantage of the offerings of our department. Thank you to the local businesses whose ads support our brochure, share your appreciation by supporting those who support Park and Recreation. Wishing you a safe and fun-filled spring and summer in Essex!

Rick Audet

Visit Our Website for More Information!

www.essexct.gov

Click on "Government," click on "Departments," click on "Park & Recreation"

Essex Park and Recreation Office

Location: 29 West Avenue, Essex (Inside Essex Town Hall)

Office Hours: Monday - Friday, 9:00 am - 4:00 pm

Call: 860.767.4340 x110 | Fax: 860-767-8509

Email: recreation@essexct.gov

Registration & Program Policies

Program Information

The Essex Park and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Park and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Registration Information

There are three ways to register for a program, online, in-person, mail-in.

1. Most programs allow for online registration. Visit our website and Login as a Member, or Register as a New Member. You will input your information, choose all the programs you wish to register for, and will be able to pay by credit card.
2. You may mail in a registration form (available on our website) and payment to our office.
3. You may register in-person at the office during business hours.
4. Phone registrations are not accepted for any programs.
5. If the session you wish to register for is filled, you will be placed on a waiting list and notified immediately if and when an opening occurs.
6. Children must be the proper age before the program begins.
7. Only those enrolled in the program may attend. Sorry, but "visitors/family" will not be permitted in the program unless specified.
8. Registration is accepted on a first-come, first-serve basis and class sizes are limited. Programs will be canceled if registration does not meet the minimum.

Payment

Payment must be made in full at the time of registration, without exception. We accept cash and checks made payable to Essex Park and Recreation. Returned checks will be charged a bank fee.

Late Registration Fee

All program registrations accepted one day prior, day-of, or any time after the program start date will incur a \$5 late registration fee.

Refunds

A full refund will be given if the program is canceled by the Park and Recreation Department. In case of illness or injury, a full refund will be given with a doctor's note. If you cancel your registration a week or more before the program begins, a full program credit will be issued. If you cancel your registration with less than a week prior to the program, a 50% program credit will be issued. No refund or credit will be issued once a program begins.

Cancellation

The best way to find out if a program or event has been canceled due to weather is to check our webpage under "Announcements & News." In the event of snow or pending snow, our Program Cancellation / Inclement Weather Policy follows that of the Essex School System. If school has been canceled or has an early dismissal, then any program for the remainder of that day and night will be canceled as well.

Inclusive Statement

The Essex Park and Recreation Department is committed to providing quality leisure services for people of all abilities. We will comply fully with the spirit and intention of the ADA in making reasonable accommodations for all individuals. We encourage and support people with disabilities to fully participate in all programs offered by the department. Please contact Parks and Recreation for more information.

Hey – What Happened To My Class?

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. Be considerate in planning ahead and we will continue to do our best to offer exceptional programs. So please register early; then everyone will get a chance to participate.

New Programs and Instructors

Have a great program idea or a desire to teach, earn money, and give back to the community? We continually seek to improve and grow our offering of programs and classes but need dedicated, enthusiastic instructors like you to make it happen.

Email List

Email recreation@essexct.gov to be added to our email database and receive important information on the Department and our programs!

Oops!

The Parks and Recreation Department makes every effort to ensure the accuracy of the program information found in this brochure. Changes in programming may occur, and we will attempt to keep information updated on our website. All programs, instructors, and locations are subject to change.

No News is Good News

We do not call or mail participants with program confirmations. We will only call you if you did not get into a class, or a class has been canceled due to minimum enrollment.

Photo Policy

Any photograph taken of any participants in an Essex Park & Recreation Department program or activity may be used for publication or marketing purposes such as brochures and website content. Any participant, or parent of youth participant, who wishes to not have a photograph of them used must notify the department in writing of this.

Recreation Scholarship Fund

The Recreation Scholarship Fund is designed to offset program fees for Essex residents who could not otherwise afford the fees. This is a fantastic way to help and support your fellow community by providing the opportunity to participate in a program. For more information, contact Parks and Recreation at 860-767-4340 x110.

Please print using black or blue ink.

Essex Park & Recreation Registration Form

Parent or legal guardian must complete this form

Adult First Name	MI	Last Name	Address
Primary Phone (Required)	Alternate Phone		Email
Emergency Contact Name & Phone(s)			

Participant Name (First)	(Last)	Date of Birth	Sex	Grade Fall 2014	Program Name	Fee
SPECIAL CONCERNS: List any special needs or health related concerns of participant						Subtotal
						Recreation Scholarship Fund Donation (optional, see page 3)
						Total

Payment Type: Cash Check
 Check # _____

T-SHIRT SIZE: (for applicable programs) YS YM YL AS AM AL AXL

PICK-UP CONTACT INFORMATION: Please list all authorized adults who may pick up a child from a program

WAIVER OF PARTICIPANT BY PARENT OR SELF:
 I hereby agree to release, discharge and hold harmless the Town of Essex, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Essex to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Essex does not provide insurance for recreational program participants. I further agree to abide by all rules, regulations, codes of conduct for all programs I am participating in. **Photo Release:** I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Essex to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaged in the above listed recreational activities.

X Signature

Date

Essex Park and Recreation Summer Camp Registration 2014

Ages of Eligibility: 5-12* (*Only campers entering Kindergarten-7th grade Fall '14)

PLEASE BE SURE TO COMPLETE
FRONT AND BACK OF PAGE

Child's Name: _____ Gender: ___ M ___ F ___ Grade (Fall 14) _____ Date of Birth: ___ D ___ M ___ Y

Parent/Guardian Name: _____ Home Phone: _____ Cell Phone: _____

Address: _____ Email: _____ (PLEASE PRINT CLEARLY)

Town: _____ State: _____ Zip: _____

Emergency Contact Name: _____ Contact Number: _____

Swimming Ability: ___ Swimmer ___ Non-Swimmer **Shirt Size:** ___ YS ___ YM ___ YL ___ AS ___ AM ___ AL ___ AXL

Camp Dates		Theme of the Week		Child Care Options	
Week 1:	June 16 - June 20	Classic Camp	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Camp Hours will be 8:30am-3:30pm. Daily pickup is between 3:30pm and 4pm. Cost for each weekly session is \$125.00 (with exception to Week 3*) (Fee includes T-shirt, All Field Trips & Activities) Before Care is available from 8am-8:30am additional \$10.00 fee per week. (Space is limited to 20 attendees for Before Care). There is No Camp on July 4th. Also please note week 1 is subject to change, based on changes to the school calendar.
Week 2:	June 23 - June 27	Mad About Science	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Week 3:	June 30 - July 3*	Retro Rewind	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Week 4:	July 7 - July 11	Spirit/Carival at Camp	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Week 5:	July 14 - July 18	Explore the Shore	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Week 6:	July 21 - July 25	All About Sports	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Week 7:	July 28 - August 1	I Want My Mummy!	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Week 8:	August 4 - August 8	Camp Cool Down	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Week 9:	August 11 - August 15	Ultimate Summer Survivor	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No	

Billing Information

Week 3*: _____ x \$105.00 Fee = \$ _____

Total Number Weeks 1,2,4-9: _____ x \$125.00 Fee = \$ _____

Total Number Before Care: _____ x \$10.00 Fee = \$ _____

Non Resident Fee \$10.00 per week = \$ _____

Total Amount Due: \$ _____

Total Payment Received: \$ _____

Date: _____

Cash Check #: _____

Payment plans are available for those attending 3 or more weeks of camp. Please contact: Mary Ellen Barnes directly 860-767-4340 x110

Essex Park and Recreation Summer Camp Registration 2014

Child's Name: _____ (PLEASE PRINT CLEARLY)

I hereby grant permission for _____ to participate in the Essex Park and Recreation Summer Program. I hereby agree to release, discharge and hold harmless the Town of Essex, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Essex to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Essex does not provide insurance for recreational program participants. I further agree to abide by all rules, regulations, codes of conduct for all programs I am participating in. Photo Release: I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Essex to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaged in the above listed recreational activities.

Emergency Medical Care

List any medical / behavioral conditions we should be aware of:

Any special accommodations needed:

It is the policy of Essex Park and Recreation, in case of accident or medical emergency, to make every effort to contact parents/guardians. However, in the event that we are unable to do so, and your child requires immediate medical care, we require that you sign the following release statement: I HEREBY GIVE PERMISSION TO THE AUTHORIZED MEDICAL PERSONNEL TO HAVE MY CHILD TREATED AT THE NEAREST EMERGENCY FACILITY IF I AM NOT AVAILABLE. I WILL BE RESPONSIBLE FOR ALL INCURRED MEDICAL CHARGES.

Parent/Guardian Signature _____ Date _____

Insurance Carrier: _____ Policy Holder: _____ ID or Policy #: _____

Payable to: Town Of Essex Park and Recreation Mail to: Park and Recreation 29 West Ave. Essex, CT 06426

In order to be in compliance with the Connecticut State Department of Health, Essex Park and Recreation must have written permission on file for ANY and ALL persons (including both parents) who may pick up your child. The state also requires that at least one other person, other than parent/guardian, must be listed. Any persons listed must be at least 16 years of age and must be able to provide a driver's license with photo for identification. **Please remember that pickup time begins at 3:30 pm and ends no later than 4pm.**

I authorize the following local persons to pick up my child. I understand that the staff will not be responsible for policing custodial disputes.

My child may be released to:

1. Name: _____ 2. Name: _____

Relationship: _____ Relationship: _____

Address: _____ Address: _____

Home Phone: _____ Home Phone: _____

Cell Phone: _____ Cell Phone: _____

Work Phone: _____ Work Phone: _____

Parent/Guardian Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Town of Essex Parks and Facilities

	BASEBALL/SOFTBALL	BASKETBALL	HIKING/WALKING	PLAYGROUND	SWIMMING	TENNIS	VOLLEYBALL	PICNIC AREA	BOATING/KAYAKING	DOG PARK	RESTROOMS
CLARK'S POND Off Main Street, Ivoryton			🌲						🌲	🌲	
COMSTOCK FIELDS Park Road, Ivoryton	🌲							🌲			🌲
DICKINSON PARK Off North Main St., Essex								🌲			
GROVE STREET PARK 29 West Ave., Essex				🌲	🌲		🌲	🌲			🌲
HUBBARD FIELD North Main St., Essex	🌲	🌲					🌲				🌲
IVORYTON GREEN Main St., Ivoryton								🌲			🌲
MAIN STREET PARK Main Street, Essex			🌲					🌲	🌲		🌲
SUNSET POND Off West Ave., Essex			🌲	🌲					🌲		
VINEY HILL BROOK PARK 50 Hillside Dr., Essex			🌲	🌲	🌲	🌲			🌲	🌲	🌲

Viney Hill Brook Park

OVER 100 ACRES OF ACTIVE AND PASSIVE RECREATION ENJOYMENT RIGHT HERE IN ESSEX

- Enjoy our beach and swimming hole
- Walking trails through a variety of habitats
- Nature lovers enjoy a wide variety of native plants and animals
- Picnic table & grill area
- Park benches
- Swing set
- Paw Park: off-leash dog park featuring a large and small dog area
- Seasonal restrooms and plenty of parking in 2 lots



Coming soon
an expanded, covered picnic area & new dog park agility features!



Please observe all posted rules and restricted activities.

Directions to the Park: From the intersection of Routes 153 and 154 at the Essex Fire Station, head towards Old Saybrook on Route 154/Saybrook Road for just over half a mile. Bear right onto Gates Road. Turn right onto Cedar Grove Terrace. Follow the road up the hill and turn right onto Hillside Drive. Park entrance will be on your right.

Spring Youth Programs

School's Out Program

When School is out, Park and Recreation is in! Our newest program offers children in grades K-6 a fun, supervised half-day of activity during the April vacation week. Participants will enjoy indoor and outdoor group games and activities, arts and crafts, and a field trip on Thursday. Led by our experienced summer camp staff, this is a great way for kids to have fun and stay busy during these school days off. Please note this program is held Monday through Thursday.

Location	Essex Elementary School Gym (enter via glass doors at the gym, not front of school)		
Fee	\$100		
Class Size	Min 15 / Max 24		
Grades	Day	Time	Dates
K-6	M-Th	9a-1p	Apr 14-17

Come Clay with Me

Instructor Jennifer Crown

Let your imagination run wild as you create a variety of keepsakes using Sculpey clay. Students will use both colored and white clay to create timeless treasures including beads, magnets, mini sculptures and other trinkets. We will also explore Sculpey Eraser clay.

Location	Essex Elementary School		
Fee	\$75 (includes all materials) for grades 3-6 class		
Fee	\$70 (includes all materials) for grades K-2 class		
Class Size	Min 6 / Max 12		
Grades	Day	Time	Dates
3-6	Tu	3-4:30p	Apr 29-Jun 3
K-2	Th	3-4p	May 1-Jun 5

Ninjaneering using LEGO®

Instructor Play-Well Teknologies Staff

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO.

Location	Essex Elementary School		
Fee	\$143		
Class Size	Min 12 / Max 16		
Grades	Day	Time	Dates
K-3	Th	3:15-5p	Apr 24-Jun 5

Cartwheels, Etc.

Instructor Diana Marchese

Our program is designed to teach individualized gymnastics skills to all levels of participants in a non-competitive setting. Gymnastics is beneficial to the physical and psychological development of children. Increased confidence, as a result of successful learning experiences, is as much a part of our program as is the development of specific gymnastics skills.

Location	Essex Elementary School		
Fee	\$75		
Class Size	Min 8 / Max 12		
Grades	Day	Time	Dates
2-6	Th	3-4:30p	May 1-29

Karate Kids

Instructor Kim Kleiman

Participants will meet friends and build self-esteem while learning the meaning of respect, self-discipline, concentration and self-control. Students will learn the basics of Kempo Karate with Kim Kleiman of Valley Shore Martial Arts, a fourth degree black belt.

Location	Essex Elementary School Gymnasium		
Fee	\$65		
Class Size	Min 10 / Max 24		
Grades	Day	Time	Dates
K-6	M	3-4p	Apr 28-Jun 2 (skip 5/26)



Spring Youth Programs



Spring Tennis-Session 2

Instructor Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate instruction from tennis professional Gary Ribchinsky. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game with an emphasis on fun and success.

Location Valley Regional High School

Fee \$70

Class Size Min 5 / Max 24

Grades	Day	Time	Dates
2-8	Sa	10-11a	Apr 26-May 31 (skip May 24)

Note: K & 1st graders may register for the 9am clinic only.

Introduction to Archery

Instructor Bob Russo

Our newest youth program is an exciting opportunity to learn the skills and techniques of archery. Participants will learn proper stance, hold, aiming, and release. The program will use target tipped arrows and emphasize safety. Our instructor is very knowledgeable and will provide a great introduction to this sport.

Location Essex Elementary School

Fee \$65

Class Size Min 10 / Max 18

Grades	Day	Time	Dates
4-8	Th	5-6p	Apr 24-May 22

Running Rams Track & Field

Instructor Coach Pete Capezzone

The Running Rams program provides instruction on track and field skills and techniques in a fun atmosphere. Essex Park and Recreation is pleased to have local resident and coach, Peter Capezzone back this season teaching our next generation of athletes.

Location Valley Regional High School Track

Fee \$65

Class Size Max 25

Grades	Day	Time	Dates
1-6	M	6-7:15p	Apr 21-May 19

Spring Tennis-Session 1

Instructor Gary Ribchinsky

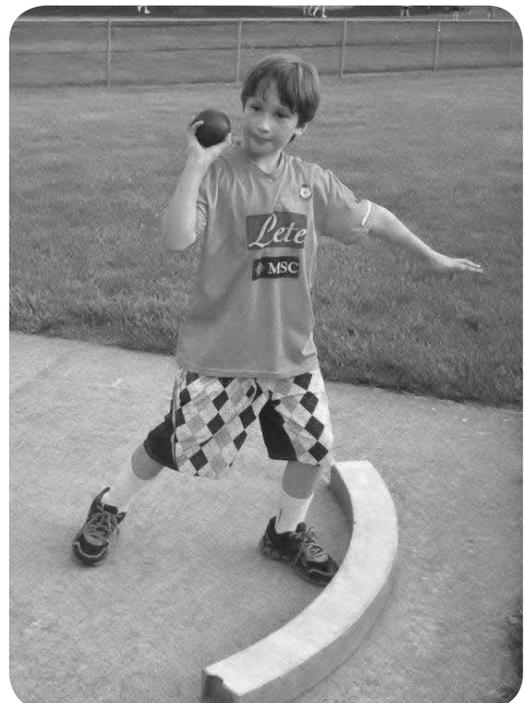
This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate instruction from tennis professional Gary Ribchinsky. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game with an emphasis on fun and success.

Location Valley Regional High School

Fee \$70

Class Size Min 5 / Max 24

Grades	Day	Time	Dates
K-8	Sa	9-10a	Apr 26-May 31 (skip May 24)



Summer Youth Programs

Essex Summer Camp

Join us for tons of summer FUN at our **exciting, engaging Summer Camp!** Our camp is for children **entering Grades K-7 in Fall, 2014**. Camp meets Monday through Friday from **8:30am-3:30pm**, with pick up between 3:30-4pm at Essex Elementary School. Extended Before Care is available from 8am-8:30am. Registration fee is \$125 per participant per week (except for week 3). Before Care is \$10 per camper per week. Field Trips are planned for every week with the exception of Carnival Week, dates are subject to change. To register, complete the summer camp registration form and mail or drop it off to park and recreation, sorry **no online registration is available** for summer camp.

Forms and additional information are available on our website, www.essexct.gov, click on "Government" "Departments" then "Park and Recreation". **Week 1 Schedule is subject to change based on EES School Calendar**. Our summer camp offer weekly summer camp group games and activities as well as activities tied to our weekly themes described below.

Week 1 Classic Camp

Dates June 16 – 20 **Field Trip** -Viney Hill Brook Park (June 19)

Description: Making great memories of summer camp is our goal. We will play classic camp games, make pet rocks, play dodge ball, participate in "Minute to Win It" challenges and spend lots of time playing outdoors and build sand castles at Viney Hill Brook Park.

Week 2 Mad About Science

Dates June 23-27 **Field Trip** - The Dinosaur State Park (June 26)

Description Stimulate your senses and explore the world around you. Children will be provided with exciting, live, interactive activities that instill a clear understanding of what science is really about. We'll also discover that science is everywhere.

Week 3 Retro Rewind

Dates June 30 – July 3 **Field Trip** – Fun Squared in Newington (July 3) (no camp July 4)

Description Join us as we take a look into the past and explore previous generations. Campers will take part in the "oldies but goodies" from the 60's through today, including a Sock Hop, Duck Pin Bowling, and more.

Week 4 Spirit/Carnival at Camp

Dates July 7 – 11 **Field Trip** - No Field Trip Scheduled

Description Show your camp spirit as you prepare yourself for a week of crazy carnival fun! Each group will be creating its own booth that will be showcased at the Camp Carnival. We will have popcorn, snow cones, fun photos, games for prizes and other super fun carnival stuff too! **Camp Carnival (July 10, Rain Date July 11)**

Week 5 Explore the Shore

Dates July 14-18 **Field Trip** - Hammonasset State Park (July 17)

Description The Ocean is a big, wild, huge, mysterious, giant, interesting place – Campers will explore the mysteries of the deep and discover the secrets of the ocean! This week will be filled with aquatic games, crafts and a field trip to the beach.

Week 6 All About Sports

Dates July 21 – 25 **Field Trip** - Rock Cats Stadium (July 23)

Description Be prepared to GET IN THE GAME! This camp will be non-stop running, jumping, stretching and more. We'll even sample a little "out of the ordinary" sport activities at our 4th Annual Sports Buffet. Also we will hit it out of the park at our Traditional T-Ball Tournament and root for the home teams!

Week 7 I Want My Mummy!

Dates July 28 – August 1 **Field Trip** - Peabody Museum of Natural History (July 31)

Description Discover the wonders of ancient Egypt. Unravel the mystery of the mummy, learn hieroglyphics and create a memory mask. We'll build our own pyramid out of lumps of sugar and we'll race in the mummy wrap relay – where your counselor is the mummy! At this week's trip we will participate in a scavenger hunt in the *Daily Life in Ancient Egypt Exhibit*.

Summer Youth Programs

Week 8 **Camp Cool Down**

Dates August 4 - 8

Field Trip-Marquee Cinemas, Westbrook (date TBA)

Description Make a splash during our Cool Down week! The challenge this week will be staying cool during the summer heat. Campers will take a trip to the local movie theatre; participate in a variety of fun water activities and enjoy our annual ice cream social.

Week 9 **Ultimate Summer Survivor**

Dates August 11 – 15

Field Trip- Roger William Zoo (Aug 14)

Description Designed to get you out of your comfort zone and into an unforgettable adventure! This week's camp is full of physical and mental challenges, arts and crafts, and plenty of team building activities. Our last field trip of the summer is to The Roger William Zoo

SNAG Golf

Instructor Skyhawks Sports Staff

Participants will learn the fundamentals of swinging, putting and body positioning. Using the SNAG (Starting New at Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment is provided and all participants receive a T-shirt and merit award.

Location Essex Elementary School Multipurpose Field

Fee \$75

Class Size Min 10 / Max 16

Ages	Day	Time	Dates
5-8	M-Th	5-7p	Jun 16-19

Running Rams Track & Field Camp

Instructor Pete Capezzone

Local resident and Old Saybrook High School Track and Field Coach Pete Capezzone will again host our Summer Track and Field Camp. The camp will feature instruction in many track and field disciplines from some of the area's best coaches. Each day will also include a fun activity, such as ice cream sundae night, pizza night and a free commemorative t-shirt and awards at the conclusion of our program.

Location Valley Regional High School

Fee \$125

Class Size Min 8 / Max 24

Ages	Day	Time	Dates
6-15	M-F	5-8p	Jun 23-Jun 27

Girls Lacrosse Camp

Instructor Greg Ruel

Girls will be taught the fundamental and technical skills that will help them to become stronger all-around players. Participants will be placed in different game environments where they will gain confidence and field mobility while increasing their comfort level on the field. Enjoy great coaching, gear, food & fun! Clinic includes—t-shirt, reversible game pinnie, light food each night, raffle prized and more!! (There will be no goalie play, or goalie training, at this clinic). Come out and have a great time, no prior lacrosse experience required.

Location John Winthrop Middle School Field

Fee \$105

Class Size Min 10 / Max 100

Ages	Day	Time	Dates
6-15	M-F	5-8p	Aug 4-8

Gymnastics Clinic

Instructor Shoreline Gymnastics Staff

Our program is designed to teach basic gymnastics skills. Instruction revolves around the needs of each individual child. Gymnastics can be beneficial to the physical and psychological development of every student at all skill levels. Increased confidence, as a result of successful learning experiences, is as much a part of our program as is the development of specific gymnastics. Special Note about our age groups-Our clinics are designed for all age groups, however our younger campers will participate in age-appropriate drills and activities, and may differ from our older campers.

Location Shoreline Gymnastics

Fee \$99

Class Size Min 10

Ages	Day	Time	Dates
3+	M-Th	9:30a-12:30p	Aug 18-21

Summer Youth Programs

Summer Tennis Clinics

Instructor Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate instruction from tennis professional Gary Ribchinsky. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game with an emphasis on fun and success.

Location Valley Regional High School

Fee \$70 per session
(week of June 30 session - \$60)

Class Size Min 8 / Max 24

Ages	Day	Time	Dates
5-15	M-F	9-10a	Jun 23-Jun 27
5-15	M-Th	9-10a	Jun 30-Jul 3 (No Clinic July 4)
5-15	M-F	9-10a	Jul 7-11
5-15	M-F	9-10a	Jul 14-18
5-15	M-F	9-10a	Jul 21-25

Slamma Jamma Basketball Camp

Instructor Coach Woods & VRHS Players

Our camp is focused on individual instruction and fundamentals. The goal of our program is to provide instruction that will help your child become a better basketball player. As the saying goes "Basketball players are made during the summer and perform in the winter." Every camper gets a Slamma Jamma t-shirt, basketball, and certificate. ***Please be sure to register for the correct session, by grade and dates.*** *****Participants' grade below is based on their grade in Fall 2014*****

Location Valley Regional High School

Class Size Min 8 / Max 24

Session	Grades	Fee	Time	Dates
I	K-3	\$130	9a-12p	Jul 7-11
II	4-8	\$180	9a-3p	Jul 7-11
III	K-3	\$130	9a-12p	Jul 28-Aug 1
IV	4-8	\$180	9a-3p	Jul 28-Aug 1



Made in the Summer Girls Basketball Camp

Instructors Coaches Matt Mesite & Geoff Konstan

Our "Made in the Summer" camp is focused specifically on drills that will improve each camper's shooting, passing, dribbling, & defense. Each of the skills will be worked on in drills that are fun, competitive, and can be used at home. Don't miss the chance to become a much better basketball player this summer with our "Made in the Summer" camp. All Players will receive a free jersey! This camp is for Tri-Town area girls in the 5th - 8th (Fall 2014) grades.

Location John Winthrop Middle School

Fee \$45

Class Size Min 10 / Max 30

Grades	Day	Time	Dates
5-8	M-F	5:30-8p	Jul 14-18

Baseball Camp

Instructor Jeff Riggs, Between the Lines Staff

Our camp will help your baseball player improve their overall baseball skills. Fundamentals will be taught through appropriate drills, technique instruction and various games. We will provide an atmosphere of fun and good sportsmanship for all campers. Your child will enjoy this age-appropriate camp and will increase their love of our national game.

Location Comstock Park

Fee \$150

Class Size Min 10 / Max 20

Ages	Day	Time	Dates
6-12	M-Th	9a-1p	Jul 14-17

Softball Camp

Instructor Jeff Riggs, Between the Lines Staff

Our camp will help your softball player improve their overall skills. Fundamentals will be taught through appropriate drills, technique instruction and various games. We will provide an atmosphere of fun and good sportsmanship for all campers in our age-appropriate camp. Coach Riggs has worked with softball players from beginner, through travel and high school level.

Location Comstock Park

Fee \$150

Class Size Min 10 / Max 20

Ages	Day	Time	Dates
6-12	M-Th	9a-1p	Jul 7-10

Summer Youth Programs

Field Hockey Camp

Instructor Rebecca Suntheimer

Field hockey is the second most played sport in the world behind soccer. This program is designed to introduce the sport of field hockey, including rules and game concepts. The goal of this program is to develop individual player skills including dribbling, passing, dodging, shooting, defense, and to teach the importance of ball movement and team play in game situations. Coaches will reinforce the importance of sportsmanship during competition, and most importantly, to have fun!

Location John Winthrop Middle School
Fee \$125
Class Size Min 10 / Max 30
Grades **Day** **Time** **Dates**
 1-8 M-F 5-8p Jul 7-11

Skyhawks Multi-Sport (Soccer & Flag Football)

Instructor Skyhawks Sports Staff

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine Soccer and add Flag Football into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline. All participants receive a T-shirt, ball and merit award

Location Essex Elementary School Multipurpose Field
Fee \$75
Class Size Min 10 / Max 16
Ages **Day** **Time** **Dates**
 7-10 M-Th 5-7p Jul 21- 24



Skyhawks Mini-Hawk (Soccer, Basketball & Baseball)

Instructor Skyhawks Sports Staff

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. The Skyhawk staff is trained to handle the specific needs of young athletes. All participants receive a T-shirt, ball and merit award

Location Essex Elementary School Multipurpose Field
Fee \$75
Class Size Min 10 / Max 16
Ages **Day** **Time** **Dates**
 4-7 M-Th 5-7p Jul 21 - 24

Sound Steps Walking Program

Sponsored by Middlesex Hospital Shoreline Medical Center

The purpose of our new fitness program is to increase physical activity and social connection in a community walking program that is accessible and welcoming to all.

How it Will Work:

- Participants will register for free with Park and Recreation, and then create a free account with MyWALKS.com: The Online Walking Fitness Log.
- Upon registering, participants will receive a programmable pedometer to track their daily walking exercise and track their walks on mywalks.
- Certificates or small prizes will be awarded as participants reach certain walking milestones.
- Participants who register for Functional Fitness will receive a free pedometer.

Functional Fitness

Instructor Tom Richardell

A strength and conditioning program utilizing constantly varied, high intensity and functional movements. It combines many traditional movements such as squats, pushups and sit-ups, with more dynamic and activities. A typical boot camp session will include Warm-up, Joint Mobility, Skill/Strength, Metabolic Conditioning. Our instructors will make sure you get a great work out and have a ton of fun in a positive environment that is appropriate for all levels of fitness. This class will push you to your limits! Classes are 60 minutes.

Location Grove Street Park

Fee \$150 per session

Class Size Min 10 / Max 20

Ages 18 and up

Day Tue/Thu 7am

Tue/Thu 7pm

Tue/Thu 7am

Tue/Thu 7pm

Dates

May 27-Jul 3

May 27-Jul 3

Jul 8-Aug 14

Jul 8-Aug 14

Valley Shore Martial Arts

After School Karate

An excellent alternative to after school rec programs or babysitting. This is a goal-oriented program where children have homework time, snack time, play time and most importantly the benefit of our excellent Karate program.

Your child will be transported to our martial arts studio from their school. Students get daily exercise and learn discipline, manners, respect for themselves and others.

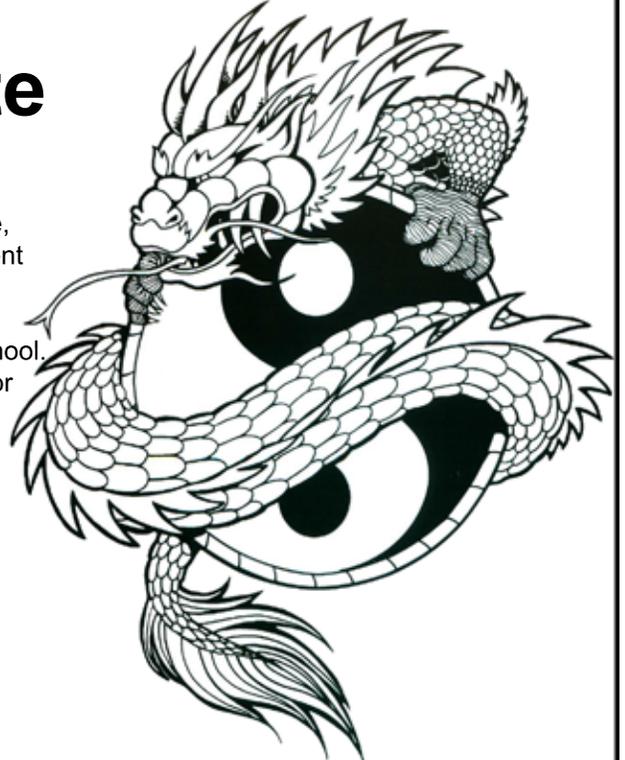
Pick-up is from 5:00–6:00pm.

The Best Part:

Free Transportation
Week to Week Program
No Contracts!!

Visit Us At:

41 Industrial Park Road- Centerbrook (behind Centerbrook Barber Shop) (860) 767-1014 www.valleyshoremartialarts.com



Essex Park and Recreation Presents:

Newport Flower Show

at Rosecliff Mansion

Newport, Rhode Island

Friday, June 27, 2014



Newport is always charming but never more so than in June when the delightful **Newport Flower Show** covers the spacious grounds of the magnificent **Rosecliff Mansion**. Begin by touring the first floor of the mansion filled with incredible floral arrangements, continue out onto the expansive lawn to enjoy beautiful displays. Explore a wonderful Shopper's Marketplace. This year's theme: "Journey to Grand Vistas".

Spend the rest of your day in downtown Newport...and enjoy the wonderful shopping and restaurants on Bowen's and Bannister's Wharf.

COST: \$70_{pp} based on 40-52

Depart: 9:30a, Essex Town Hall

Return: 5:00p, Essex

For Reservations and information, please call:

Essex Park and Recreation

860-767-4340 x110 or go to

www.essexct.gov



Friendship Tours & The Ship Shop specialize in hassle-free cruise packages. All cruises packages include transportation to the Pier (New York & New Jersey) or flights to the cruise port where your ship departs. Wonderful cruises to Bermuda, Canada & The Caribbean are right on your doorstep, they also offer European adventures, Trans-Atlantic Cruises at amazing prices, Alaska and Hawaiian Cruises as well.

*Check out their web page for more information: <http://www.friendshiptours.net/shipshop.htm>, or call 800-243-1630 and ask for Donna or Barbara. **Mention Essex Park & Recreation when you call!***



FRIENDSHIP TOURS

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www.friendshiptours.net

Friendship Tours arranges the components of the tours and does not own or operate the Independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.



Essex Outdoors encourages Essex residents to **Play Outside!**

This is a cooperative effort between the Land Trust and Park & Recreation to bring the families of Essex together through positive and healthy outdoor endeavors, while increasing the presence and awareness of our local parks, open spaces, and preserves.

**January 28
– February 11**
**Boating
Certification Class**
**7pm,
Essex Elementary
School**

**March 15,
Saturday**
**Vernal Pool Walk
at The Preserve**
**9 am,
Meet at Essex Town
Hall parking lot**

**April 19,
Saturday**
**Arbor Day
Tree Planting**
**10 am,
Cross Lots
Preserve**

**April 27,
Sunday**
**Youth Fishing
Clinic**
**12pm,
Essex Town Hall &
Clark's Pond**

**May 18,
Sunday**
**GeoCaching
Clinic**
**3pm,
Viney Hill
Brook Park**

**June 1,
Sunday**
**Kayak Trip,
Concert and
Picnic**
**Main Street
Park**

**September 13,
Saturday**
**Family Archery
Clinic**
**10am,
Essex Elementary
School**

**October 18,
Saturday**
**5th Annual Ivoryton
Library 5K Run**
**Sign-up begins at
7:30am at Ivoryton
Village Green**

Hike of the Month

Get to Know Essex Outdoors!

- ◆ **First Saturday of every month**
- ◆ **Start Time: 9am**
 - Approximately 1 hour duration
 - Bad weather cancels
 - Meet at each property's entrance

Explore Essex's outdoor open space by visiting many of the special sites that have been preserved for the benefit of all. For directions please refer to the Land Trust Trail Guide book, or online at www.essexlandtrust.org.



www.essexct.gov/park-and-recreation
Email: recreation@essexct.gov



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Call for trip details

Learning to dive is not difficult - classes starting soon.

Enroll in our Basic Scuba classes starting in March.

Check our website for class schedules and details.

Shop here for your scuba and snorkeling equipment for your vacation.

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Experience the tranquility and beauty that is unlike anything found on land.

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ESSEX



ESSEX

Exit 3 off Route 9 Essex Plaza opposite Essex Steam Train

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For details - pedalpowerct.com/about/new-customers-welcome

Contact Information

Park and Recreation Commission Members

Bob Russo, Chair
Tony Mosa
Jim Rawn
Doug Senn
Cathy Bishop
Ed Burlison
Tom Clerkin
Ginny Willets
John Bauman
Peter Sarner

Department Staff

Director Rick Audet, CPRP 860-767-4340 x 148
raudet@essexct.gov
Program Manager Mary Ellen Barnes 860-767-4340 x 110
mbarnes@essexct.gov

The Parks and Recreation Commission welcomes the opportunity to help you with issues involving the Department and our Community. The public is invited to attend our meetings, held the first Wednesday of every month at 7:00pm at the Town Hall.

Town Departments

Selectman's Office	860-767-4340 x112
Animal Control	860-767-3219
Assessor	860-767-4340 x123
Building Dept & Fire Marshal	860-767-4340 x144
Harbor Master	860-767-8494
Health Department	860-767-4340 x118
Highway Department	860-767-0715
Landfill/Transfer Station	860-767-1926
Maintenance Department	860-767-4340 x136
Municipal Agent	860-767-4340 x201
Police (Non-emergency)	860-767-4340 x130
Registrars	860-767-4340 x142
Social Services	860-767-4340 x201
Tax Collector	860-767-4340 x120
Town Clerk	860-767-4340 x129
Treasurer / Finance	860-767-4340 x122
Tree Warden	860-767-0766
Zoning	860-767-4340 x115

Clubs & Organizations

Essex Historical Society	860-767-0681
Essex Land Trust	www.essexlandtrust.org
Essex Board of Trade	860-767-3904
Ivoryton Business Alliance	860-581-4555
Essex Garden Club	860-767-7263
Ivoryton Gardeners	860-767-0684
Child & Family Agency of Southeastern Connecticut	860-443-2896
Essex Ambulance Association	860-767-1730
Essex Community Fund	info@essexcommunityfund.com
Essex Boy Scouts	860-767-3522
Essex Cub Scouts	860-790-0681
Essex Girl Scouts	www.gsofct.org
Connecticut River Museum	860-767-8269
Essex Fire Engine Company No. 1	www.essexctfire.com
Essex Lions Club	info@essexlionsclub.org
Essex Rotary Club	www.essexrotary.com
Estuary Regional Senior Center	860-388-1611
Essex Library	860-767-1560
Ivoryton Library	860-767-1252
Essex Elementary School	860-767-8215
John Winthrop Middle School	860-526-9546
Valley Regional High School	860-526-5328
Ivoryton Playhouse	860-767-7318
Middlesex County Community Foundation	www.middlesexcountycf.org
Tri-Town Youth Services	www.tritownys.org
Valley Shore Emergency Management	www.vsema.org
Literacy Volunteers Valley Shore CT	www.vsliteracy.org

Athletic Organizations

Essex Little League	(Casey Metz, President) http://www.eteamz.com/essexlittleleague/
Shoreline Babe Ruth Baseball	(Scott Paulson, Area Coordinator) http://www.eteamz.com/shorelinebaberuth/
Valley Soccer Club	(Patrick Dilger, Co-President) http://www.valleysoccerclub.com/
Tri-Town Football	(Mark Grabowski, President) www.valleyyouthfootball.org
Ticks Lacrosse	(Timothy Schultz, Essex Town Rep) www.tickslacrosse.com

Special Events

Essex Eggstravaganza

Essex Eggstravaganza is our annual Egg Hunt for children up to second grade. All participants are encouraged to visit the Essex Town Hall auditorium at 9:15am for story time with the Easter Bunny, with the egg hunt to follow in the park.

Date April 18
Time 10 a.m. SHARP
Location Grove Street Park

Touch a Truck

As part of the Essex Library's year-long 125th Anniversary Celebration, we'll be hosting a giant Touch A Truck Party on Saturday, June 14th. Kids and their parents will be able to explore, examine and sit in the driver's seats of some impressive rescue vehicles, earth movers, vintage military vehicles, and more. There will be music, face-painting, a kids' book sale, and surprises. Fun for all ages!

Date June 14
Time TBA
Location Essex Library and Town Hall parking lots / Grove Street Park



Fourth of July Parade

Gather your family, neighbors, groups of any kind and decorate your bike, scooter, wagon, tractor, truck or antique car. Everyone is welcome to join the fun and be in the parade! A SHORT PROGRAM will occur immediately following the parade at the Ivoryton Green, with the presentation of flags, the singing of the National Anthem, a Patriotic Tribute, and an address from our local elected officials. Meet on the west side of the Piano Factory on Cheney St. at 9:30am. Email Cotty Barlow for more information @ cmbarlow@snet.net.

Date July 4
Time parade begins 10am
Location Ivoryton Village / Ivoryton Green

British Raid on Essex Bicentennial

Several events will take place to mark the 200th anniversary of the raid, beginning on April 7th, 2014. Specific dates will be posted on this site as they are confirmed. See the EVENTS pages for details at www.battlesiteessex.org.

April 8th, 2014

"Disaster at Pettipaug- The Morning After" counting the lost ships

"Light Up the Night" bonfires on the river

May 10, 2014

-Annual Commemoration Day fife and drum parade
-Reenactment of British Landing
-Sailing Masters of 1812 Regency Ball

3rd Annual Run for Chris 5K Challenge

The Run for Chris is a great, local 5K in memory of Chris Belfoure, benefitting the Chris Belfoure Memorial Fund. Run for Chris to remember his dreams, helping students realize their dreams! Now a certified 5K Run, sponsorship opportunities available.

Date June 21
Time Registration begins at 7am
Location Essex Town Hall / Grove Street Park



Essex Park & Recreation
presents...

Summer CONCERT SERIES

6:30 - 8 pm

*Join us for an evening full of music & fun
at our town greens in Essex and Ivoryton!*

Concert Info:

Wednesday	July 9	Long Island Sound	Essex Main Street
Tuesday	July 15	Wes & Boomer	Ivoryton Green***
Wednesday	July 23	Middletown Symphonic	Essex Main Street
Tuesday	July 29	Shiny Lapel Trio	Ivoryton Green
Wednesday	August 6	Blues on the Rocks	Essex Main Street
Tuesday	August 12	Beatles Forever	Ivoryton Green

***Concert is
family night.
We will hold a
special performance
for kids beginning
at 6:00pm.

Visit our website for weather related announcements...

www.essexct.gov

Or call:

(860) 767.4340 ext. 110