



Trips Events Programs



STONINGTON RECREATION

The Recreation Division within the Human Services Department serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington by providing youth and adults with an abundance of seasonal and year-round recreational opportunities. Residents can participate in camps, clinics, leagues, open runs, trips, and fitness programs.

RECREATION NEWS!

We have started to program and add a variety of activities in the gymnasium at SPS's District Office (formerly Pawcatuck Middle School). If you are interested in any particular program or activity please contact Richard Ward at rward@stonington-ct.gov with your suggestions.

PLAYGROUNDS IN OUR COMMUNITY

The Recreation Division oversees and maintains three playgrounds in our community. Please abide by all posted rules and regulations.

Spellman Playground: Located on Spellman Drive - Pawcatuck

Borough Playground: Located off of High Street - Stonington Borough

Haley's Way Playground: Located off of Haley's Way - Old Mystic

PAVILION RENTALS

The Town of Stonington Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Cost \$30/day. Call (860) 535-5015. A printable application is available on line and can be mailed or dropped at Stonington Human Services. Payment required for reservation.

PROGRAM SCHOLARSHIPS

Stonington Human Services is please to offer program scholarships to resident families who are in financial need. Please contact us for more information.



Online Registration:

<https://stonington.recdesk.com>

Additional programs are listed throughout the season. For current programs, information and online registration click on the link above or visit in person during regular business hours:

Stonington Human Services

166 South Broad St.

Pawcatuck, CT 06379

HIKE STONINGTON!

Over 725 individuals have participated since 2016! We are gearing up and doing it again in 2020! Grab your friends and family members and get out and enjoy the numerous walking and hiking trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL of the trails during the course of one season and tells us about it will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the park. Register early and get outside!

1st REGISTER FOR IT! <https://stonington.recdesk.com>

2nd HIKE IT! The best part!

3rd TELL US ABOUT IT (PICTURES WELCOMED)!

hikestonington@stonington-ct.gov

4th GET YOUR T-SHIRT FOR IT! Woo-hoo!

A packet with the complete list of trails, guidelines and info on how to report back will be provided upon registration. You will have the full season (through the fall) to complete the hikes and to be eligible for the shirt. Fee: FREE! Registration is required.



UK INTERNATIONAL SPRING SOCCER CAMP

HELD DURING APRIL VACATION WEEK!

The best possible soccer experience! UK International's Classic Soccer Camp program enhances player's technical development and skill building in a stimulating environment. Players are challenged to consider basic tactical components at an age-appropriate level, including attacking and defending principles. Over the course of the week, players will be self-assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the 'UK Quiz' and World Cup Competition. Coaching curriculum covers: control; passing; dribbling; shooting; turning; running with the ball and defending. All participants receive their own soccer ball and a camp shirt, included in the fee.

Dates: Monday-Friday; April 13-17.

Times: Mini Camp: Ages 4-6 years old, 9am-10:30am

Classic Camp: Ages 6-14 years old, 9am to 12pm

Location: School Field to be determined

Fees: Mini Camp \$95/person

Classic Camp: \$135/person

*Fees include a ball and camp shirt.



BASKETBALL GIRLS OPEN GYM

Middle School & High School

Grades: 7-8th & 9-12th

Dates: Mon & Wed, April 1-June 10

Times: 6:00-7:30 PM

Fees: \$30/Stonington residents only

SPELLMAN RECREATIONAL PARK

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment area, two outdoor basketball courts, six tennis courts and two pavilions. Add Stonington High School's Palmer Field (turf) and their baseball field, and we have one of the finest recreational facilities in the area. Any organized non-scholastic, sport using the fields for games or practices at the Park or both middle schools, must be registered with the Recreation Division.

OUR BATTING CAGES

Two Batting Cages are available for residents on a first come, first serve basis. Located in Spellman Park, behind Stonington High School.

OUR TENNIS COURTS

The George Crouse Tennis Courts: Six courts are available for residents on a first come, first served basis outside of regular usage by the High School Boys and Girls interscholastic teams. Singles, doubles—whatever your game, come and enjoy! Located in Spellman Park, behind Stonington High School.

OUTDOOR BASKETBALL COURTS

Two, hard surface courts with glass backboards are available for residents on a first come, first served basis outside of Women's League play during the summer. Newly upgraded lights will allow for play longer into those cool summer evening hours. Located in Spellman Park, behind Stonington High School.

OUTDOOR VOLLEYBALL & SHUFFLEBOARD COURTS

Newly installed sand volleyball court & resurfaced shuffleboard courts are available for residents on a first come, first served basis outside of pavilion rentals and summer camp usage. Equipment is available at Stonington Human Services during regular business hours or if arranged in advance. Located in Spellman Park, behind Stonington High School.

OUR OUTDOOR EXERCISE EQUIPMENT

A full circuit of exercise equipment is available for residents. Come enjoy a nice cardio walk/run through the trails and backroads of the park and finish with some strength training. Located in Spellman Park, behind Stonington High School.



FENCING

We have plans to expand this long-standing program in our new space at the District Offices in the old Pawcatuck Middle School. Acquire the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Equipment for these beginner classes is provided.

Participants will have access to purchase their own equipment. Instructor Jonathan Reid has been involved with fencing for over 12 years and has coached and officiated for the sport for 10 years.

Beginner & Intermediate Lessons Two sessions:

Days/Date: 8 week Sessions – Thursdays
 Session 1: February 20-April 9
 Session 2: April 23-June 11

Ages/Times: Beginner Program (youth 7+ & adults) 5:00-6:00pm
 Intermediate Program (ages 13+ & adults) 6:00-7:00pm

Location: SPS District Offices (old Pawcatuck Middle School)

Fee: \$80/Residents; \$95/Non-Residents

Open Practice:

Open Practice is an opportunity to train in a safe and supervised setting. All participants must have already taken a class with Ston Rec and have their own equipment. Great chance to work on individual training goals with others. Reservation must be made a day in advance.

Dates: Thursdays, February 20-June 11 (not available 4/16)

Times: 7:00-8:30pm

Fee: \$10/date per person

Individual Lessons:

Individual (1:1) lessons help with a fencers development especially if you are looking to fence competitively. Individual lessons in conjunction with classes and open practice are ideal.

Dates: By appointment only

Fee: \$50/hour

FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division of the Human Services Department. Currently, all classes are held in the Community Room at Stonington Arms (133 South Broad Street, Pawcatuck). **Coming soon...** additional classes to be held at the SPS District Office Gymnasium (formerly Pawcatuck Middle School)! Dates and times TBD. Registration for current programs takes place at Stonington Human Services, 166 South Broad St. Pawcatuck or by calling (860) 535-5015 during regular business hours.



BABY BOOMERS EXERCISE

Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories. Designed specifically for individuals ages 50 and older. Instructor: Michele Gardner

Days	Date	Time	Age
Mon & Wed	Ongoing	9:00-10:00am	50+



CHAIR YOGA

Relieve stress and increase flexibility and balance with this gentle approach to yoga. Poses are done either standing or with a chair and none of the movements require floorwork. All skill levels are welcome. Instructor: Michele Gardner

Day	Date	Time
Wednesdays	Ongoing	10:00-10:45am



ZUMBA FITNESS

Zumba is a fusion of Latin and international music with dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body while improving cardiovascular fitness.

Instructor: Yvonne Thomas

Day	Date	Time
Fridays	Ongoing	8:30-9:30am



FITNESS CLASS FEES / PUNCH CARDS

Good for any current Fitness Class at Stonington Arms and/or future classes offered at Field Street location! **10 Class Punch Card:** \$37.50 **20 Class Punch Card:** \$70.00



YANKEES vs REDSOX

All-inclusive VIP package: Includes—RT motorcoach transportation from Stonington Human Services, 5-star pre-game dining in the Audi Suites & Field Level seats.

Enjoy pre-game indoor seating with sweeping views of the playing field through floor-to-ceiling windows in the Audi Suites. In keeping with the living museum that is Yankee Stadium, images of Yankee greats adorn the club as do Sony high-definition televisions. Performance cooking stations and a magnificent dessert station complete this all you can eat gourmet dining experience. Seats for the game are in Section 129 (Field Level) on the 3rd baseline. The total number of seats is limited, so register NOW! A \$50, non-refundable deposit is due upon registration – balance is due by May 1st

Day/Date:	Saturday, July 25th, Departure time TBD (1pm game)
Location:	Yankee Stadium, Bronx NY
Fees:	\$250/person

SAFE BOATING / PERSONAL WATER CRAFT CERTIFICATION

Participants who successfully complete this course and pass the test qualify for the Certificate of Personal Watercraft Operation. A Safe Boating Certificate (SBC) will allow an individual to operate any recreational vessel registered in Connecticut. A Certificate of Personal Watercraft Operation (CPWO) will allow an individual to operate any recreational vessel including a personal watercraft ("jet ski" type vessel). Visit <http://www.ct.gov/deep> for additional information on how to obtain your Safe Boating / Personal Watercraft Certificate. Payments received cover the cost to attend the course only. Pre-Registration required: Max of 35. Participants must attend both classes—two separate classes are offered.

Ages: 12 + Adults.

Dates: 1. Mon/Wed, March 23 & 25
2. Mon/Wed, April 27 & 29

Time: 5:30-9:30 PM

Location: Stonington High School

Fee: \$15/person



NFL YOUTH FLAG FOOTBALL LEAGUE

FALL 2020 PROGRAM - Early Bird rates start March 1st.

Program runs from early Sept into Nov (schedule TBD) with practices and games held at Spellman Park behind Stonington High School and/or SPS District Office fields (the old Pawcatuck Middle School). Each team will practice once during the week, with games being played on Saturdays. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child that register plays – no cuts – although we do host a "skills day" in an effort to draft teams as evenly as possible. This is strictly a recreational league and commitment to the league will not conflict with other fall sports. **Each player will receive an Official NFL Flag reversible Team Jersey. Also, our coaches and referees will have access to amazing trainings and support tools to better teach and prepare for practices and games!**

Age: Boys & Girls -

Four Divisions: 5-7; 8-9; 10-11; 12-14 years old.

Dates: September – November (Schedule TBD)

Where: Spellman Park Fields and/or SPS District Office Fields (the old Pawcatuck Middle School)

Fees: \$75**/Early Bird Rate Resident;

\$95**/Early Bird Rate Non-Resident

**Regular season rates will be applied after April 1st

Register now!



ADULT RECREATION LEAGUES

The Recreation Division is pleased to offer the following **Adult Sports Leagues this spring and summer. Contact The Stonington Human Services (860) 535-5015 for additional info.**

ADULT FLAG FOOTBALL LEAGUE:

Register as a team (max 10 players) starting March 1. Games are held "on the turf" at Palmer Field, behind Stonington High School on Sunday evenings starting at 6PM. The 6-game regular season schedule begins April 5, ending with a tournament and championship games on May 31 & June 7. Team fees are \$600 if paid on or before April 1st; \$700 if paid before the first scheduled game.

MEN'S SOFTBALL LEAGUE:

Register as a team starting March 1. Games are held at Spellman Recreational Complex, behind Stonington High School. Schedule could have one or two games per week and will be played Monday through Thursday evenings starting in May and running through the first week in August (schedule TBD). An organizational and captain's meeting is scheduled for Wednesday, April 15 at 7:00 PM. Team fees are \$500 if paid on or before April 1st; \$575 if paid before the first scheduled game; \$1250 late payment if paid after the first scheduled game.

ADULT CO-ED SOFTBALL LEAGUE:

Register as a team starting March 1. Games are held at Spellman Recreational Complex, behind Stonington High School. Schedule could have one or two games per week and will be played Monday through Thursday evenings starting in May and running through first week in August (schedule TBD). An organizational and captain's meeting is scheduled for Wednesday, April 15 at 7:00 PM. Team fees are \$500 if paid on or before April 1st; \$575 if paid before the first scheduled game; \$1250 late payment if paid after the first scheduled game.

ADULT CO-ED TENNIS LEAGUE:

Register as a team starting April 1. Matches are played on the courts in Spellman Recreational Complex on Monday and Wednesday evenings starting in June. Schedule consists of 1 or 2 matches per week (TBD) from late June through Mid-August. Team fees are \$400 if paid on or before June 1st; \$450 if paid before the first scheduled game; \$500 late payment if paid after the first scheduled match. *an additional \$50 is charged for Non-Resident teams (less than 80% of the roster).

SAVE THE DATE



SPRING 2020

• <https://stonington.recdesk.com>

• (860) 535-5015



Summer Camp



Theme Days • Crafts
Sports • Fantastic Fridays
Wacky Wednesdays
Field Trips • Nature
Theater • Camper Time Clubs
and much, much more!

Held at Spellman Park behind Stonington High School. Our camp takes full advantage of on-site sports fields, playground, hiking trails and school facilities for safe, fun-filled weeks of summer time adventure!

**EARLY BIRD REGISTRATION
STARTS FEBRUARY 1st**

Age/Grades: For campers entering Grades 1-6 in Fall 2020

Day/Date: Monday-Friday - June 22*-August 14

Full Day: 8:00am-4:00pm

Half Day AM Only: 8:00am-12:00pm

Half Day PM Only: 12:00pm-4:00pm

Early Bird Rates

Full Day: \$650 Residents / \$800 Non-Resident

Half Day: \$325 Residents / \$400 Non-Resident



Early Bird Rates end March 31st

***start date may be impacted by snow days**

Middle School REC Camp!

FLEXIBLE, WEEKLY SCHEDULE. Full and Half-Day programs set up specifically for the middle school age group (boys and girls entering 7th & 8th grade Fall 2020) Held at the West Pavilion at Spellman Park (behind SHS).

Dates: Monday-Friday starting June 22*-August 14

Times: Full day 8:00AM to 4:00PM

Half Day: 8:00AM to 12:00PM or 12:00PM to 4:00PM

Early-Bird Rates:

Full Day: \$125/week; Half Day: \$85/week

