



Trips Events Programs



Stonington Recreation

Stonington REC serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington. The Division, within the Human Services Department, provides an abundance of seasonal and year-round recreational opportunities (for all ages) to participate in camps, clinics, leagues, open runs, trips, family movie nights and fitness programs.

Spellman Recreational Park

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment, 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. Please contact Richard Ward at ward@stonington-ct.gov for additional information.

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. Payment required for reservation; application is available online.



Program Registration

All classes register in person at Stonington Human Services, 166 South Broad Street, Pawcatuck, Monday-Friday between 8:30am-4:00pm, by mail, or outdoor drop box after normal business hours. If registering

in person, completed forms and payment are required at the time of program registration. Download forms for all programs at www.stonington-ct.gov (located under Human Services Department). REGISTER EARLY! If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment due to a full or cancelled program.

Online Registration:

<https://stonington.recdesk.com>

Program participants may now register for all of our programs online at the above link. First time visitors must set up an individual and family profile. Not computer savvy? No worries! Paper registration forms will continue to be available.

HIKE STONINGTON!

Over 530 individuals have participated since 2016! We are gearing up and doing it again – adding a few extra hikes from just outside Stonington! 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. A NEWLY DESIGNED SHIRT WILL BE AVAILABLE FOR 2019 PARTICIPANTS! Register early and get outside

1st REGISTER FOR IT! <http://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.



SPRING RIDING CAMP

Horses Healing Humans (HHH) – a full equestrian center located on Rt. 184 in Stonington. Join HHH for a week-long riding camp experience for ages 6-15. The camp provides a structured daily schedule that incorporates horsemanship, art and nature awareness with small group sessions. Parents/Guardians drop and pick up directly at the center – lunch will be provided for the 10AM to 2PM week-long program.

Maximum of 6 participants.

Ages: 6 to 15 yrs. old

Dates/times: Mon-Fri, 10AM to 2PM, April 15-19 (Spring vacation)

Location: Horses Healing Humans Equestrian Center

Fee: \$450/Residents & Non-Residents

Equipment will be provided – campers are asked to wear appropriate clothing and shoes (list with details will be provided and sent ahead of each week). Registration is on a first come / first served basis.

Details on our Summer Riding Camps are listed on the back page.



FENCING

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.

Days/Date: 6 weeks –Thursdays, April 25-May 30

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

Location: Stonington High School Café

Fee: \$60/Residents; \$75/Non-Residents



OUR BATTING CAGES

Two, newly installed cages are available for residents on a first come, first served basis. Located in Spellman Park, behind Stonington High School.

OUR TENNIS COURTS

George Crouse Tennis Courts: Six, newly resurfaced 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.

STONINGTON ADULT LEAGUES

The Recreation Division of the Human Services Department is pleased to offer the following Adult Sports Leagues this spring and summer. Contact Stonington Human Services for additional info.

ADULT FLAG FOOTBALL LEAGUE:

NEW! Register as a team (max 10 players) starting March 1. Games are held "on the turf" at Palmer Field, behind Stonington High School on Sundays. The 6 game regular season schedule begins April 7. Deadline to register is March 22. Team fees are \$550 if paid on or before March 22; \$650 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 Monday, 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 Monday, 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).

FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held in the Community Room at Stonington Arms at 133 South Broad St. Pawcatuck. Registration for current programs takes place at Stonington Human Services, (860) 535-5015.

BABY BOOMERS

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

Instructors: Michele Gardner; & Lindsay Strand.
Join at any time!

Day	Date	Time	Age
M, W & F	join anytime	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	join anytime	10:00-10:45am

Monthly Fitness Fees:

Boomers and/or Chair Yoga

Residents: Attend 1 day/week \$15; 2 days/week \$30; 3 days/week \$45
Non Residents add \$15

SUMMER SPORTS CAMPS

Watch for details on the following sports camps coming soon

- Youth Flag Football Camp
- High School Boys Pre-Season Soccer Camp
- High School Boys Weekly Soccer Clinics
- Youth Track and Field Clinics
- Summer Slam 2019 - Hoop Academy
- Youth Soccer Camps
- Youth Tennis Camps
- Middle School REC Camp



MARK YOUR CALENDAR...



**STONINGTON
HUMAN SERVICES**

**BENEFIT GOLF
CLASSIC 2019**

Monday, October 7, 2019

Help us further our mission to enhance the quality of life for Stonington residents of all age groups and economic backgrounds by supporting and attending our 2nd Annual Golf Classic!

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 25. Participants must attend both classes—two separate classes are offered.



Ages: 12 + Adults.

Dates: 1. Mon/Tue, March 18 & 19
2. Mon/Tue, April 29 & May 30

Time: 5:30-9:30 PM

Location: Stonington High School

Fee: \$15/person

BASKETBALL: Middle & High School GIRLS CLINIC & OPEN GYM

IMPROVE YOUR GAME & HAVE SERIOUS FUN. Fundamentals and skill development will be emphasized in this 8 week clinic. Shooting, Passing, Dribbling, Footwork, Defensive Skills and Team Play will be discussed and worked on throughout the open clinic. Instructed by Andrea Buck Spelman and Ryan Harings.

Grades: 7-8th & 9-12th

Dates: Mon & Thurs, April 1-May 30
(no class 4/15, 4/18 & 5/27)

Times: 6:00-7:30 PM

Location: Stonington High School Gymnasium

Fees: \$30/Stonington residents only

STONINGTON CROSS COUNTRY 5K & FAMILY FUN RUN

The weekly Tom McCoy Family Fun Runs will again close out the season back in Stonington with a FREE cross country and Fun Run at Spellman Park. With close to 150 adults and kids running at last year's event, we are looking to make this year even better! Mark your calendar and plan to join us on our trails, fields, bridges and finish at the 50-yard line of the track to Coach McCoy's count!

http://www.westerlytrackclub.org/stonington_xc.html

Date: Wednesday, August 21

Location: Spellman Park, Spellman Road, Pawcatuck

Fee: FREE! If pre-registered online by August 15
\$5 in person on race day



2nd Annual Spring Fest

Saturday, May 4th

10:00am—2:00pm

Outdoors at Stonington Human Services
(166 South Broad Street, Pawcatuck)



We hope you'll join us...

Something for ALL ages! A chance to connect with friends, neighbors, first responders, local non-profits and service providers. **Give-A-Ways; Children's Crafts; Face Painting; Touch-A-Truck; Car Seat Checks; Field Games; LifeStar Landing; Music and much, MORE!**



All activities FREE!

Held in conjunction with the
Stonington Non-Profit Roundtable



NFL YOUTH FLAG FOOTBALL LEAGUE

FALL PROGRAM - Register now for discounts! Program runs from early Sept into Nov (schedule TBD) with

practices and games held at Spellman Park behind Stonington High School and/or 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 plays—no cuts! 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: Ages 5-7, 8-9, 10-11 & 12-14

Dates: September – November (Schedule TBD)

Where: Spellman Park Fields and/or Pawcatuck Middle School

Fees: \$65**/Discounted Resident; \$85**/Discounted Non-Resident

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

SPRING HS PICK-UP FLAG FOOTBALL

This 5-week program will run on Sunday mornings at Stonington High School. Teams will be picked every week and games will be played on the turf. The goal of this program is to provide a fun & safe environment to play Flag Football for our High School age players. All Participants will play on a team every week. For Stonington residents in grades 9-12. Games run 9AM to 10:30 AM on Sundays, April 7-May 12 (no games Easter Sunday). Fee: \$25/player

HS FLAG FOOTBALL TOURNAMENT

Sunday, May 19th from 9am to 1pm. HS Coed Flag Football Tournament for students in grades 9-12. Games will be 6 v 6 with a max of 10 players on a roster. Each Roster must have a minimum of 2 females. All games will be played on The SHS Turf field and each team is guaranteed (3) 20 Minute games. Sign up as a team but each player must sign up individually on stonington.recdesk.com. Join our weekly Pick-up Flag Football League to practice for the Tournament! Trophies will be awarded to the Champs and other categories. **If you are interested in being a Captain, please contact Stonington Rec at (860) 535-5015** Fee: \$5/player



Summer Camp

2019 Registration begins Feb 1

Theme Days • Crafts • Sports • Interactive games
Field Trips • Fun with Science • Theater • Art
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 days of summer adventure!

Full and Half-Day Options!

Early-Bird Fees End March 29!

**Start date may be impacted by snow days.*



"Early-Bird" Full Day Camp Fees 2019

Morning Playground/Afternoon Enrichment

Age: Entering Grades 1-6 in Fall 2019
Day/Date: M-F - June 24*-August 9
Time: 8:00AM-4:00PM
Fee: \$650 Resident / \$800 Non-Resident
(Field trips are an additional cost)

"Early-Bird" Half Day

Morning Only

Day/Date: M-F - June 24*-August 9
Time: 8:00AM-12:00PM
Fee: \$325 Resident / \$400 Non-Resident

Afternoon Only

Day/Date: M-F - June 24*-August 9
Time: 12:00PM-4:00PM
Fee: \$350 Resident / \$425 Non-Resident

Summer Breakfast & Lunch!

As of press time details on the camp breakfast and lunch program were still being finalized. Our usual breakfast and hot lunch offering will be changing. Please watch <https://stonington.recdesk.com> for details as they progress.



Middle School REC Camp!

Full and Half-Day programs set up specifically for the middle school age group (boys and girls entering 7th & 8th grade) Held at the East Pavilion at Spellman Park (behind Stonington High School).

Dates: Monday-Friday starting June 24*-August 9

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

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

"Early-Bird" Fees: Full Day: \$125/week; Half Day: \$85/week Resident OR Non-Resident

SUMMER RIDING CAMP

A partnership with Horses Healing Humans (HHH) – a full equestrian center located on Rt. 184 in Stonington. Join HHH for a week-long riding camp experience for ages 5-15. The camp provides a structured daily schedule that incorporates horsemanship, art and nature awareness with small group sessions. Parents/Guardians drop and pick up directly at the center – lunch will be provided for the 10AM to 2PM week-long program. Participants may register for 1, 2 or all 3 of the weeks for their age group. Registration starts April 30.

Each week enrolls a maximum of 6 participants.

Ages 5-9 yrs. old: July 8-12 + July 22-26 + Aug 12-16

Ages 10-15 yrs. old: July 15-19 + Aug 5-9 + Aug 19-23

Fee: \$450/week, Residents & Non-Residents



Equipment will be provided – campers are asked to wear appropriate clothing and shoes (list with details will be provided and sent ahead of each week). Registration is on a first come / first served basis. To check on current Session Dates/Times/Fees: <https://stonington.recdesk.com>

Online registration available:

<https://stonington.recdesk.com>

or register in person at Stonington Human Services
M-F 8:30AM-4:00PM—Call (860) 535-5015