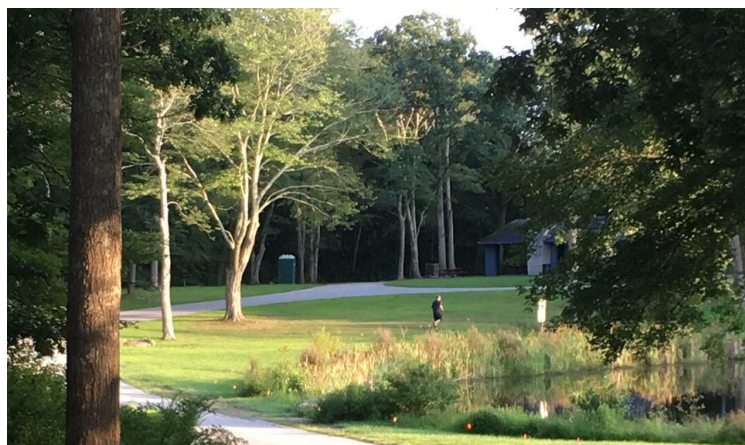




<https://stonington.recdesk.com>



SPELLMAN 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 interscholastic teams. Singles, doubles—whatever your game, come and enjoy! Any organized non-scholastic sport using the fields for games or practices at the park, middle school or SPS District Office must be registered with the Recreation Division.

BATTING CAGES

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

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.

VOLLEYBALL, SHUFFLEBOARD & HORSESHOE PITS

Newly installed and resurfaced areas 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.

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.

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.

Hello from Stonington REC!

It goes without saying that the challenges we've experienced over the course of 2020 have taken their toll. Our wishes are that this brochure will give you some HOPE! While many of the events and programs listed are still to be determined, it will hopefully provide activities that you can look forward to! We cannot wait for our participants to start working out and playing hard with (and against) others in friendly competitions once again. We also can't wait for coaches to coach, parents to cheer and friends to be outside on our fields and in the gymnasiums together, with each other, having a blast. So take a look through these pages, mark your calendars with your favorite REC program — perhaps consider trying something new! Be assured that we will see you again... REAL SOON! HAPPY 2021—be safe & stay healthy!





YOUTH TENNIS LESSONS

Instructed by George Crouse. Young athletes will learn proper grips, foot-work, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Mr. Crouse is the long standing coach at Stonington High School and is a USTA & USPTA trained tennis instructor.

Level: Beginners: 8:00-9:00AM
Intermediate/Advanced: 9:00-10:00AM

Spring: Saturdays. May 1-June 12 (no class 5/29)

Summer: Tuesdays/Thursdays, June 29-July 15;
August 3-19

Fall: Saturdays, September 11-October 16

Location: Spellman Park, George Crouse Tennis Courts

Fees: \$60/Residents; \$75/Non-Resident



YOUTH TENNIS CAMP

Week-long intense camp for level beginner through advanced. Instructed by George Crouse with a particular focus on: 1. STROKES & TECHNIQUE to develop and improve all strokes within tennis; 2. DOUBLES PLAY to learn the fundamentals of doubles play while becoming a better partner; 3. MATCH PLAY to see how you stack up against the competition; 4. HAVE FUN in joining activities that will allow your child to enjoy just being a kid.

Age: 7 to 17 years old

Dates: Monday-Friday, July 26-July 30

Times: 8:30-11:30AM

Location: Spellman Park, George Crouse Tennis Courts

Fees: \$125/Resident; \$150/Non-Resident

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 1; \$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).



FENCING

Acquire the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Additional equipment (normally provided) is required to participate due to COVID-19 protocols for this season.

Starter sets from Blue Gauntlet or Absolute Fencing range in price from \$130-\$160. Instructor Jonathan Reid has been involved with fencing for over 12 years and has coached and officiated the sport for 10 years.

Beginner & Intermediate Lessons

Beginner Program (Age 7+ & adults) 5:00-6:00PM

8 week Sessions – Tuesdays, April 20-June 8

Intermediate Program (Age 13+ & adults) 5:00-6:00PM

8 week Sessions – Thursdays, April 22-June 10

Location: OUTDOORS under the West Pavilion in Spellman Park

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

FENCING OPEN PRACTICE:

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

Dates: Tuesday or Thursday, April 20-June 10

Times: 6:00-7:30PM

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



SOFTBALL

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 Tuesday and Thursday evenings starting the last week in April and running through the end of June (schedule TBD). An organizational and captain's meeting is scheduled for Wednesday, April 7th 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 and Wednesday evenings starting the last week in April and running through the end of June (schedule TBD). An organizational / captain's meeting is scheduled for Wednesday, April 7 at 7:00 PM. Team fees are \$500 if paid on or before April 1st; \$575 if paid before the first scheduled game; \$1,250 late payment if paid after the first scheduled game.

E-mail rward@stonington-ct.gov for additional information and team registration forms.





NFL YOUTH FLAG FOOTBALL

SPRING TOURNAMENT

We missed you this past winter for our indoor season—as a make-up, we plan to run this one time tournament OUTDOORS this spring. Games held at SPS District Office (formerly Pawcatuck Middle School.). Registered players will be selected to a team by one of our coaches and play a minimum of 4 games. All participants will receive a tournament t-shirt

Age: Coed –Two Divisions: Ages 8-10, 11-14 (age as of 4/17/21)

Dates: Saturday, April 17

Times: 9AM start time (schedule TBD) Championship around 1:30PM

Where: SPS District Offices (former Pawcatuck Middle School)

Fees: \$20 Resident; \$30 Non-Resident

FALL 2021 LEAGUE

Our 9th Season!

Early Bird registration starts April 1. Program runs from early September into November (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 plays! We will host a “skills day” in an effort to draft teams as evenly as possible. This is strictly a recreational league and commitment to 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: Co-Ed - Ages are as of Dec 31, 2021

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

Dates: September – November (Schedule TBD)

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

Fees: \$85**/Early Bird Resident;

\$105**/Early Bird Non-Resident

**Regular season rates will be applied after June 1

ADULT FLAG FOOTBALL LEAGUE

Register as a team (max 10 players) starting March 1; individuals must be registered separately on RecDesk (https://stonington.recdesk.com).

Games will be held “on the turf” at Palmer Field, behind Stonington High School, on Sunday evenings starting at 4PM. The 6-game regular season schedule begins April 11, ending with a tournament and championship games on June 6 & 13. Team fees are \$600 if paid on or before April 1; \$700 if paid before the first scheduled game.



BASKETBALL

OUTDOORS ON OUR COURTS
IN SPELLMAN PARK



COMO/ REC BASKETBALL

FOR BOYS & GIRLS - GRADES 5-8

We missed you this past winter! As a make-up we plan to run a spring OUTDOOR season! All current social-distancing protocols will be in place. Time slots will allow for a quick skill development / practice and scrimmage games during each session. **Volunteer coaches are needed.** Games will be played on the courts in Spellman Park and could be cancelled due to inclement weather. Max of 32 (4 teams of 8) in each age division.

Ages: Boys—Grades 5-6 and 7-8

Girls—Grades 5-6 and 7-8

Dates: Saturdays, April 24-May 15 (makeup Saturday, May 22)

Time: Start times (schedule TBD) could be 8:30, 10 or 11:30AM

Fee: \$25/Resident; \$45/Non-Resident

HIGH SCHOOL REC BALL

COVID cut into our usual HS Rec League so we are going to give it a go - OUTDOORS (under the lights) on the courts in Spellman Park later this spring. Join the fun!

Ages: Co-Ed - Grades 9-12

Dates: Tuesdays and Thursdays, April 20-May 13
(makeup the following week)

Time: Start times (schedule TBD) could be 6, 7 or 8PM

Fee: \$25 - SHS Students Only



STONINGTON SUMMER SLAM!

The Hoop Academy

Great opportunity for players of all abilities to continue to develop and learn about the game of basketball in a positive environment. Directed by George Hardison. Coach Hardison is a head basketball coach on the collegiate level and in a variety of other arenas throughout New England. For additional information on staffing along with other camp details please visit www.thehoopacademy.com or facebook.com/thehoopacademy **Pending current regulations and COVID-19 protocols in place at that time, the camp will include:**

- Individual & Group Instruction
- Outstanding, Dedicated Staff
- Shooting Instruction w/ Related Drills
- Fully insured w/medically certified staff
- Camp T-shirt
- Fantastic Guest Speakers
- Two Games Daily
- Contests with Prizes

Who: Boys and Girls entering Grades 3-9 who love to play basketball!

When: Monday-Friday, July 12-July 16
AM Session - 8:30-11:30AM
PM Session - 12:30-3:20PM

Where: Stonington High School Gymnasium*

Fee: \$90 for a single Session (AM or PM)
\$160 for both session

*Alternative space may be outdoors on the courts in Spellman Park (TBD)



REC Soccer



**Stonington Human Services
Recreation Division**

<https://stonington.recdesk.com>

Spring REC Soccer!

In conjunction with the **Stonington Soccer Club** and in partnership with **LPA Soccer**, we are pleased to continue REC soccer this spring. Following all social-distancing protocols, we plan to SPREAD out and stay "in-house" for this unique program experience. The program, **POWERED BY LPA SOCCER**, is available for both boys and girls ages 8-14. The 2-days per week schedule will provide a weekly skill-session (Saturdays) and a weekly in-house competition day (midweek). With over twenty years of combined experiences in professional, collegiate and youth soccer, **LPA Soccer** provides the highest level of soccer coaching in a fun, exciting and SAFE environment. Players will be split into groups depending on their age, gender and registrations.

Held on Ballato and Piver Fields in **Spellman Park** (behind Stonington High School), the 4-week program [8 sessions] will start Saturday, May 22 and run through Saturday, June 19 (no program on 5/29). Registration is limited due to COVID-19 restrictions so be sure to REGISTER NOW. All social distancing protocols in place at the time must and will be followed. Please e-mail rward@stonington-ct.gov with any questions.

Boys Divisions	Girls Divisions
U14/15 Boys: Birth Year 2006 & '07 Tue: 5:30-6:30PM & Sat: 3:30-4:30PM	U14/15 Girls: Birth Year 2006 & '07 Tue: 5:30-6:30PM & Sat: 3:30-4:30PM
U13 Boys: Birth Year 2008 Tue: 5:30-6:30PM & Sat: 3:30-4:30PM	U13 Girls: Birth Year 2008 Tue: 5:30-6:30PM & Sat: 3:30-4:30PM
U12 Boys: Birth Year 2009 Tue: 5:30-6:30PM & Sat: 3:30-4:30PM	U12 Girls: Birth Year 2009 Tue: 5:30-6:30PM & Sat: 3:30-4:30PM
U11 Boys: Birth Year 2010 Tue: 4:15-5:15PM & Sat: 2:00-3:00PM	U11 Girls: Birth Year 2010 Tue: 4:15-5:15PM & Sat: 2:00-3:00PM
U10 Boys: Birth Year 2011 Tue: 4:15-5:15PM & Sat: 2:00-3:00PM	U10 Girls: Birth Year 2011 Tue: 4:15-5:15PM & Sat: 2:00-3:00PM
U9 Boys: Birth Year 2012 Tue: 4:15-5:15PM & Sat: 2:00-3:00PM	U9 Girls: Birth Year 2012 Tue: 4:15-5:15PM & Sat: 2:00-3:00PM

Day and times are subject to change depending on registrations and/or current COVID-19 protocols in place at that time

FEE: \$80



Monday-Friday, June 21-25

Mark your calendar and watch for details on this ever-popular camp opportunity



Monday-Friday, July 26-30

NEW! A second summer camp opportunity featuring Premier League Club, Everton! Advance & recreational training available from world class coaches.

SOCCER - HS Boys Weekly Clinic

Instructed by Marc Davis, Head Coach, Mitchell College; Diane Macera, Fitness Coach; Kristen Ullrich, Yoga Instructor, Owner, BarreCoast Fitness. Challenging game-related situations are utilized to develop player technical ability and tactical knowledge. **NEW TO THIS SUMMER'S LINEUP:** In addition to the usual top-level coaching and fitness training, will be a leadership and team building experience along with a scheduled "friendly" against a worthy opponent to wrap up the session (dates & times TBD). **Max of 45 participants.**

Age: High School Boys entering Grades 9-12
Day/Time: Mondays, 8-9:45PM: Conditioning, w/Coach Diane
Tuesdays, 7:30-8:30AM: Yoga, w/Kristen Ullrich
Tuesdays, 7:30-9:30PM: Soccer training, w/Coach Marc
Thursdays, 8:30-10:15AM: Conditioning, w/Coach Diane
Fridays, 8:30-10:30AM: Soccer Training, w/Coach Marc
Date: July 6-August 20
Location: Spellman Recreation Complex – Palmer Field and/or Piver Field
Fee: \$145/SHS students only

SOCCER - HS Girls Summer Programs

Details on opportunities for high school girls were still TBD as of press time. Please check: <https://stonington.recdesk.com> for updates throughout the spring.



MARK YOUR CALENDAR



Friday-Sunday, August 20, 21, 22, 2021

4th Annual Stonington Cross-Country 5K & Fun Run

Mark your calendar and plan to join us on our trails, fields, bridges and finish at the 50-yard line of the track at Stonington High School!

Date: Wednesday, August 18

Time: 5:15PM Registration opens (everyone must check in)
6:00PM Children's Fun Run (1/2 mile), Kids 10 & under
Cross Country 5K, all ages start immediately after Fun Run
Refreshments are served post-race for all participants.

Location: Spellman Park, Spellman Road, Pawcatuck

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

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



August 18



2021

Our 5th year hosting this challenge with close to 1,200 participants over the years. A new lineup is offered each year, so jump in again - we simply love hearing about your adventures! 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 that you can proudly wear at the gym or in the park.

1st – REGISTER FOR IT - IT'S FREE! <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!! Woohoo!



SUMMER TRACK & FIELD

SHS YOUTH CLINIC

Specifically developed for children in Grades 1-8. GREAT coaches from SHS Track & Field, with special guest speakers throughout! Participants will be exposed to the various disciplines of Track & Field, including: sprinting; distance running; hurdling; jumping and throwing. Children will work in groups based on age-level to master relevant skills as they relate to each event. The first 5 weeks will include clinics where children will learn the techniques of each event. The 6th week will be an exhibition meet, with athletes showing off their hard work in front of a crowd. Jumping, Throwing, Running, Starts, Fun Runs, Shirts, Medals, Hurdling, Sprinting, Meets, and much more!

Ages: Grades 1-3; Grades 4-6; Grades 7-9

When: Tuesdays, July 13-August 17 from 5:00-6:30PM

Where: Stonington High School Track

Fee: \$125 (5 clinics; 1 track meet); includes t-shirt



YANKEES vs REDSOX

All-inclusive VIP package!

Includes 5-star pre-game dining in the Audi Suites & Field Level seats.

As of press time we were still working the details on our yearly trip to Yankee Stadium. Enjoy pre-game 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. If interested, email rward@stonington-ct.gov to receive information in advance.

Date/Time/Fee : TBD

Location: Yankee Stadium—Bronx, NY

SAFE BOATING / PERSONAL WATER CRAFT CERTIFICATION

Participants who successfully complete this course and pass the test will 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 + - Adult

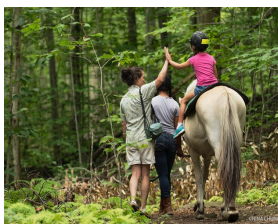
Dates/times: TBD - <https://stonington.recdesk.com>

Location: Stonington High School

Fee: \$15/person



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 off and pick up directly at the center – lunch will be provided for the 10 am to 2 pm week-long program.

Participants may register for 1, 2 or all 3 of the weeks for their age group.

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>



Each week enrolls a maximum of 6 participants.

Ages 5-9 yrs. old: Weekly sessions are TBD

Ages 10-15 yrs. old: Weekly session are TBD

Fee: \$450/week

***All Stonington Human Services programs are inclusive. If your child has physical limitations and/or special behavior or developmental considerations, please call Stonington Human Services at (850) 535-5015 to arrange a support plan to ensure their success.**

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: Spellman Drive - Pawcatuck

Town Dock Playground: High Street - Stonington Borough

Haley's Way Playground: Haley's Way - Old Mystic

PAVILION RENTALS

Our Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Fee: \$30/day. Call (860) 535-5015 for more information. A printable application is available on line and can be mailed or left in the drop box at Stonington Human Services. Payment due at the time of reservation.

PROGRAM SCHOLARSHIPS

Stonington Human Services is pleased to offer program scholarships to eligible resident families. Email LTheodore@stonington-ct.gov 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, call (860) 535-5015 or email



Register now!



ADULT FITNESS & EXERCISE CLASSES



The following fitness and exercise programs are offered through the Recreation Division of Stonington Human Services Department. Currently, all classes are held **Outdoors in Spellman Park (behind Stonington High School)**, weather permitting. All social-distancing protocols are strictly adhered to. Once guidelines allow, we plan to move indoors to St. Michael's Church Hall on Liberty Street in Pawcatuck. Coming soon (post-COVID)... additional classes are set to be held at the District Office Gymnasium (formerly Pawcatuck Middle School)! Dates and times of those classes are TBD.

To register for current programs, call (860) 535-5015.

Baby Boomers Exercise

Participants use weights, bands and balls to strengthen muscles and increase range of motion. Balance and fall prevention exercises are included. Designed specifically for individuals ages 50 and older.

Instructor: Michele Gardner

Days	Date	Time	Age
Mon & Wed	Ongoing	8:30-9:30AM	50+



Groove & Tone

Groove & Tone uses weights, balls and bands for strength and balance exercises mixed in with cardio dances set to some jazzy music along with some popular tunes that you'll be sure to recognize. **Zumba certified instructor: Tina Pagliusi**

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



Class Fees / Punch Cards

Good for any current Fitness Class held outdoors at Spellman Park and/or future classes offered at St. Michael's or Field Street location!

- 10 Class Punch Card \$37.50
- 20 Class Punch Card \$70.00



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 2021

Day/Date: Monday-Friday - June 28*-August 20

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

Half Day AM Only: not available summer 2021

Half Day PM Only: not available summer 2021

Early Bird Rates

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



Early Bird Rates end March 31st

***start date may be impacted by snow days
Maximum of 50 registrations**

Camper Time Clubs!

In an effort to get our usual half day campers outside and having fun while being SAFE and playing by the rules, we have added several **Camper Time Clubs** that individuals may join. Most of the hour(+) long programs will have a minimum and maximum # of participants available on a first come/first served basis. **Instructors and participants must follow all proper social-distancing protocols in place at the time of the club.** Online registration is available at: <https://stonington.recdesk.com>. Be sure to check back often as we add more and more clubs throughout the summer. #StoningtonRec

