



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.

PAVILION RENTALS

Our Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Fee: \$40/day Residents; \$55/day Non-Residents. Call (860) 535-5015 for additional information and to check on availability. A printable application is available online and can be mailed or left in the drop box at Stonington Human Services. Payment is due at the time of reservation.

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 in Stonington High School’s Palmer turf field and baseball field—and you will find one of the finest recreational facilities in the area! Any organized non-scholastic sports wishing to use the fields for games or practices at the park, middle school or SPS District Office must be registered with the Recreation Division. For more information, please call (860) 535-5015.

- George Crouse Tennis Courts (6 courts available)
- Pickleball Courts (2 courts available)
- Batting Cage (1 available)
- Joseph Ciriello Basketball Courts (2 courts available)
- Volleyball, Shuffleboard & Horseshoe Pits
- Outdoor Exercise Equipment
- Far Flung Disc Golf Course 9 holes! (18 opening soon!)
- Tom McCoy Red Trail Loop (1 mile long)
- Pavilion & Picnic Areas
- Large, Shaded Playground available for all ages



HIKE STONINGTON

Stonington has a diverse array of hiking trails available and open to the general public on a year-round basis. Trails that explore some spectacular coastal inlets, to deep-forested views (and everything

in between!). Choices that range from a rugged hike with elevations, to a nice leisurely stroll with paved walkways. Connecticut’s Barn Island; Avalonia’s Knox Preserve and the Nature Center’s Meadow Loop are just a few among the dozen (plus) trails listed within the program. Contact us directly at: hikestoninton@stonington-ct.gov to receive a full listing and start your adventures today! Watch for details on a number of ‘guided hikes’ that we have planned throughout the spring and summer months



West Pavilion Area
Spellman Park



SPRING YOUTH TENNIS LESSONS

Young athletes will learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Instructed by George Crouse.

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

Spring: Saturdays, April 26-May 31

Location: Spellman Park, George Crouse Tennis Courts

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

BASKETBALL—HIGH SCHOOL OPEN GYM

Open Gym: shooting and pickup games for boys & girl in Grades 9-12 **Spring:** Mon & Wed, March 17-June 4, 6:00-8:00 PM (no class spring vacation week & Memorial Day)

Location: Stonington High School Main Gym

Fees: \$25/Stonington High School Students only

SAFE BOATING - CERTIFICATION COURSE

Participants who successfully complete this course and pass the test will qualify for a Safe Boating Certificate (SBC).

ONE DAY COURSE. Two different dates.

◆ **Sat, March 22, 8:30-4:30pm Fee: \$90/person (max 15)**

◆ **Sat, May 3, 8:30-4:30pm Fee: \$90/person (max 15)**

Location: Human Services, Community Room

ADULT & YOUTH FITNESS CLASSES

- Boomers Exercise
- Groove & Tone
- Tai Chi for Health
- Yin Yoga **NEW!**
- Circuit Bootcamp **NEW!**
- Chair Yoga
- YOGA for Everyone
- Children's Movement **NEW!**
- Slow Flow Yoga **NEW!**
- Interval Strength Training

Locations:

Stonington Arms—133 S. Broad Street, Pawcatuck

St. Michael's Church Hall—63 Liberty Street, Pawcatuck

Fitness Annex—49 North Stonington Rd, Mystic **NEW LOCATION!**

Punch cards are available allowing you to attend any of our fitness classes. **Email or Call for full descriptions and schedule**



LESSONS & OPEN PLAY

Our Pickleball courts are open & available to the public outside of scheduled lessons and primetime reservations. Reservations are \$5/hour for Residents; \$15/hour Non-Residents. Individuals are limited to 1 reservation per day, up to 7 days in advance and can be made at stonington.recdesk.com (click on FACILITIES tab)

◆ Adult Pickleball Lessons

Mon & Wed, 7-8am & 8-9am April 21-May 7 (6 classes)

◆ School Age Pickleball Lessons

Saturdays, 12-1pm April 26-May 31 (6 classes)

Location: Spellman Park

Fees: \$60/Residents; \$80/Non-Resident

VOLLEYBALL

Middle School Girls Volleyball

Ready to make new friends, learn a new sport and become a better hitter, passer and setter? Join the Girls Middle School Instructional Volleyball program and be a part of a team where learning meets fun! Whether you're hitting for the first time or looking to elevate your game, our program offers instructional coaching to get you into the sport or improve your current skillset. Sign up & join the fun! **Instructed by:** Emily Gramaglia

High School Girls Volleyball Coaching & Game Sessions!

Are you ready to improve your skills, have fun, and be part of a supportive team? Our instructional volleyball class is designed for Stonington High School girls looking to learn, practice, and master the fundamentals of volleyball in a positive, encouraging environment. All those new to the game are welcome to come and learn the basics! For those returning from our Fall session where you learned the fundamentals, we welcome you to attend again, this time to sharpen your skills and elevate your game to the next level! **What to Expect: Skill Development:** Learn and refine key volleyball skills like serving, passing, setting, hitting, and blocking. **Teamwork & Strategy:** Understand game tactics, positioning, and how to communicate effectively on the court. **Fun & Fitness:** Get active, build endurance, and improve your overall fitness while having fun! **Instructed by:** Tim Watrous & Oscar Lin



Who: Middle School Girls in Grades 6, 7, 8
Where: Stonington High School Main Gym
When: Tue & Thurs, 5:00-6:00pm April 1-May 15
Fees: \$115/SMS Students only
No class during spring vacation week



Who: High School Girls in Grades 9-12
Where: Stonington High School Main Gym
When: Tue & Thurs, 6:45-7:45pm April 1-May 15
Fees: \$115/SHS Students only
No classes during spring vacation week

SPRING FITNESS & EXERCISE CLASSES

2025



Spring Fitness & Exercise Classes are offered through the Recreation Division of Stonington Human Services. Please note the location of each class.

Adult Yin Yoga - NEW!

(Ages 18+) Practice a calm yin style of yoga for all levels of practitioners that focuses on the joints and connective tissues in the body, Relax in each pose by letting gravity do the work for you. Experience whole body wellness with yoga asanas, breath work, meditation and more. Bring two foam blocks, a yoga blanket or bolster and anything else you may use in your practice. **Instructor:** Cailee Mathewson **Day:** Thursdays **Time:** 1:15-2:15 PM **Location:** Fitness Annex

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. Join at any time. **Age:** 50+ **Instructor:** Michele Gardner **Days:** Mon & Wed **Time:** 8:30-9:30AM **Location:** St. Michael's Church Hall



Chair Yoga

Slow down, stretch and breathe in this 45 minute seated and standing class. Work within your own ability to improve flexibility and soothe tight muscles. Bring a water bottle for hydration. **Instructor:** Michele Gardner **Day:** Mondays **Time:** 9:45-10:30 AM **Location:** St. Michael's Church Hall

Children's Movement - NEW!

Elementary aged students will have a fun and safe space to explore movement while learning various breathing techniques, different regions of their body and how they move, stretches, yoga poses and more in a child friendly and child centered environment. Themes and focus for each class will vary week to week, but will always be centered around movement and creating a positive relationship between the mind and body. Caregivers are asked to please stay for the duration of the class, & are welcome to participate in any and all activities free of charge. **Instructor:** Cailee Mathewson **Day:** Sundays **Time:** 12:15-1:15 PM **Location:** Fitness Annex

Circuit Bootcamp/Body Sculpt - NEW!

A full body workout using the assistance of bands, weights and mats. The class consists of 10-12 stations that change weekly. This class is for all ages and exercise abilities as each exercise can be altered for your body. **Instructor:** Rachel Smith **Day:** Sundays **Time:** 7:30-8:30 AM **Location:** Fitness Annex

Interval Strength Training - NEW!

Instructed by Rachel Smith A dynamic full-body workout designed to build strength and endurance through interval training. This class incorporates a mix of weights and resistance bands, targeting all major muscle groups while keeping your heart rate up. **Instructor:** Rachel Smith **Day:** Sundays **Time:** 8:45-9:45 AM **Location:** Fitness Annex

Groove & Tone

Groove & Tone uses weights, balls and bands for strength and balance exercises - mixed in with cardio dances - all set to some jazzy music, along with some popular tunes, that you'll be sure to recognize. **Instructor:** Tina Pagliusi **Day:** Fridays **Time:** 8:30-9:30AM **Location:** Stonington Arms

Slow Flow Yoga - NEW!

A slow flow yoga class that promotes mindfulness and relaxation while working on your flexibility with gentle and flowing movements. The slower pace allows for a deeper exploration of each pose and breath helping to cultivate a better body awareness. **Instructor:** Rachel Smith **Day:** Mondays **Time:** 6:30-7:30 PM **Location:** Fitness Annex

Tai Chi for Health

Improve your balance & posture while promoting better circulation and respiration. Tai Chi exercises will help relax the body by opening the joints & increasing your range of motion. **Instructor:** Alex Culligan **Day/Time:** Tuesdays 1:30-2:30PM **Location:** Stonington Human Services

YOGA for Everyone

Practice a gentle style of yoga that focuses equally on strength, stretching and balance. Perfect for new students and seasoned yogis alike. Please bring a mat or towel/blanket to practice on as well as any additional props that are part of your usual practice (block, strap, pillow, extra blanket). **Instructor:** Chelsea Hauck **Day:** Thursdays **Time:** 4:00-5:00pm **Location:** Stonington Arms

Yin Yoga - NEW!

w/Middle School, High School & Adults (10+ yrs)

Practice a calm yin style yoga that targets the joints and connective tissues with gentle stress by letting gravity work for you. Feel full body relaxation and wellness by integrating breath work, meditation, and body awareness into your practice. Great for all practicing yogis, athletes, and those new to yoga all together. Bring two foam blocks, a yoga blanket or bolster and anything else you may use in your practice. **Instructor:** Cailee Mathewson **Day:** Sundays **Time:** 1:45-2:45 PM **Location:** Fitness Annex



Fitness Class Fees / Punch Cards

Good for any current or future Fitness Class hosted by Stonington Human Services—Recreation Division

- 10 Class Punch Card \$45.00
- 20 Class Punch Card \$80.00

Punch cards can be purchased during normal business hours
Mon-Fri 9am-12pm / 1:00-3:30pm at Stonington Human Services, 166 South Broad Street, Pawcatuck
OR call (860) 535-5015 & cards will be mailed.

Class Locations

◆ **Stonington Human Services** - Community Room
166 South Broad St.

◆ **Stonington Arms** - Community Room; 133 S. Broad Street,
Pawcatuck

◆ **St. Michael's Church Hall** -
63 Liberty Street, Pawcatuck

◆ **Fitness Annex** **New location!**

49 North Stonington Road, Mystic (old Admin Building)



SUMMER

2025

PROGRAMS CAMPS, TRIPS & EVENTS

Details and on-line registration for the following Recreation Programs can be viewed at: <https://stonington.recdesk.com>

YOUTH TENNIS LESSONS

June & July Sessions

YOUTH TENNIS CAMP

Monday-Friday, July 21-July 25

PICKLEBALL

Morning & Evening Sessions starting in June and July

STONINGTON SOCCER CAMP

Monday-Friday, July 7-July 11

CAS SOCCER CAMP

Monday-Friday, July 28-August 1

FUTSAL & STREET SOCCER CAMP

Monday-Friday, August 18-August 22

TRACK & FIELD - SHS YOUTH CLINIC

Tuesdays, July 8-August 12

STONINGTON CROSS-COUNTRY 5K & FUN RUN

Wednesday, August 13

ADULT FITNESS & EXERCISE CLASSES

Various levels and dates/times available. Join anytime!

BASKETBALL - STONINGTON SUMMER SLAM

The Hoop Academy - Monday-Friday, July 7-11

STONINGTON REC DAY CAMP

Grades 1-6 at Spellman Park:

Monday-Friday, 8am to 4pm, June 23-August 15

STONINGTON REC MIDDLE SCHOOL CAMP

Grades 7&8: Weekly and half day rates available at Spellman Park:

June 23-August 15

BEAR CUB MENTORS

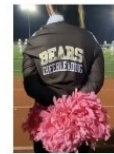
Ages 14-15 years old. Training June 24, 26 & July 1 & 3

SHS CHEER CAMP

Grades 1-9, Mon-Fri, half day/full day options, July 21-July 25



STONINGTON
**REC
CAMP**



STONINGTON SOCCER CAMP

Monday-Friday July 7 - July 11

For Boys & Girls Entering Grades 3-8 5:30 - 8:00 pm

Boys and Girls Ages 5-7 (Jr. Sharks) 4:00 - 5:15 pm

Spellman Park (behind SHS) Pawcatuck, CT
Register at stonington.recdesk.com

The above listing is what was confirmed and available as of press time.

For a full program listing and camps please check in at <https://stonington.recdesk.com>

If you would like to see something in particular offered by Stonington Recreation, please contact:

Richard Ward at ward@stonington-ct.gov OR

Pete Christine at pchristina@stonington-ct.gov

SUMMER SOCCER CAMPS

POWERED BY GMS SUPPORT

STONINGTON HUMAN SERVICES
Spellman Park, behind Stonington High School, Pawcatuck, CT

AGE 3 - 4	AGE 4 - 6	AGE 6 - 10	AGE 8 - 10
9AM - 10AM	10:30AM - 12PM	9AM - 12PM	9 AM - 3 PM
\$105	\$120	\$165	\$225

CLICK TO REGISTER OR SCAN THE QR CODE



SUMMER
IS COMING

2025



STONINGTON
HUMAN SERVICES
RECREATION

STONINGTON REC DAY CAMP

Held at **Spellman Park in Pawcatuck** (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!** The program is open to campers **entering Grades 1-6 in the Fall of 2025**, running **Monday-Friday (rain or shine) June 23*-August 15 from 8:00am-4:00pm.**

**Start date may be impacted by SPS District snow days*



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

Join for any 1 (or more) of the 8 weeks we are in session!

Regular Season Weekly Rates

\$160/Resident; \$195/Non-Resident



- Week 1 - (6/23-6/27) **Wet & Wild 1 (Color Wars)**
 - Week 2 - (6/30-7/3) no camp 7/4 **Jurassic World***
 - Week 3 - (7/7-7/11) **Harry Potter Week**
 - Week 4 - (7/14-7/18) **Wet & Wild 2 (Pirate Week)**
 - Week 5 - (7/21-7/25) **Disney Week***
 - Week 6 - (7/28-8/1) **Medieval Times***
 - Week 7 - (8/4-8/8) **Wet & Wild 3 (Survivor)**
 - Week 8 - (8/11-8/15) **Camp Carnival**
- *Denotes a new theme for 2025**

Middle School Camp

Full and half-day programs set up specifically for middle school boys and girls entering 7 & 8th grades in the fall. Based in Spellman Park behind Stonington High School, our program takes full advantage of on-site sports fields, playgrounds, hiking trails and school facilities for safe, fun-filled adventures and summertime fun! Numerous day trips to local destinations of interest are planned throughout the summer (Trip schedule is TBD). Max of 20 per week.

Dates: Weekly, Monday-Friday starting June 23-August 15

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

Half-Day (AM or PM): 8-12pm or 12-4pm

Middle School Weekly Rates:

Full Day: \$160/Resident; \$195/Non-Resident

Half Day: \$90/Resident; \$107/Non-Resident



SUMMER 2025! First-hand experience learning and perfecting the different aspects of the competitive sport of cheerleading! Cheerleading is unique in that it incorporates a variety of sports into one: cheering, stunting, dancing, and gymnastics. Join the Stonington High School Varsity Cheerleaders and their coaches in a cheer camp where we will focus on motions, jumps, stunts, gymnastics, and dancing skills while learning about teamwork and making new friends! Coach Emily has over 20+ years experience in cheerleading (including collegiate cheer and coaching) and Coach Mercedes has 5+ years of cheerleading experience. All coaches are First Aid and CPR certified. Camp is open to all students of varying levels of experience! Participants will receive a camp T-shirt.

Ages: Boys and Girls entering Grades 1-9 this Fall
Dates: Mon-Fri, July 21-25
Place: Stonington High School AUX Gymnasium
Time: Half Day: 9:00 am - 12 noon
 Full Day: 9:00 am to 3:00 pm
Fee: \$125/Half-day Resident & Non-Resident
 \$165/Full-day Resident & Non-Resident



REGISTER NOW ONLINE REGISTRATION is available at:
<https://stonington.recdesk.com>
 Scholarships available to eligible resident families. For more info, email to: ADavis@stonington-ct.gov





Bear Cub Mentors

**FOR PARTICIPANTS AGES
14-15 YEARS OLD**

2025

A community-based leadership development program—formerly our *Junior Counselor Program*—enhanced to now include job training and other employment opportunities within Human Services. Begin with 4, day-long training (to include numerous leadership projects), which will identify strengths; build and develop positive characteristics that future employers will be drawn to; and foster bonds and relationships between peers and adults.

Internship Opportunities: Upon successful completion of the training, participants will begin to explore paid internship opportunities within the Department. Length and commitment during this step depends on level of interest and summer time schedules. Apply your training and skills helping within our summer pre-school and/or elementary school-age day camp(s); time and score competitive sports leagues; help blaze and clear hiking trails; or assist in facilitating a recreation or enrichment program. Mentors will receive a stipend for their time depending on the amount of hours committed; however, the experiences gained will be the priority!

Initial Training: Tuesday & Thursday, June 24, 26, July 1 & 3
Training time: 9:00am to 4:00pm

Internship: Flex dates will be set during the training week

Fees: \$100/Resident or \$150/Non-Resident

Limited to a max of 12 participants!



REGISTER
TODAY!

A BUS DIVIDED



BEST RIVALRY IN PROFESSIONAL SPORTS

Red Sox vs Yankees
at Yankee Stadium

ALL-YOU-CARE-TO-ENJOY PACKAGE

- Round trip motor-coach transportation
- Terrace level tickets (section 305) during the game

Includes Pre-Game Festivities!

- All-inclusive food and drinks (hot dogs, pretzels, sausages, soda, water) from gates open through the fifth inning!

Age: Families - all ages

Date: SUNDAY, JUNE 8

Departure time 8:30AM;
Return after 1:30pm game

Location: Yankee Stadium, Bronx, NY

Fees: \$150/Residents
\$175/Non-Residents



Stonington Human Services
Register online:
stonington.recdesk.com

STONINGTON SOCCER CAMP



Monday-Friday July 7 - July 11

**For Boys & Girls
Entering Grades 3-8
5:30 - 8:00 pm**

AND

**Boys and Girls
Ages 5-7 (Junior Sharks),
4:00 - 5:15 pm**

Spellman Park (behind SHS) Pawcatuck, CT • Register at stonington.recdesk.com

DAILY SCHEDULE FOR PLAYERS ENTERING GRADES 3-8 at Spellman Park

5:30 - 6:00

Whole group skills focus with the ball

6:00 - 6:30

Small group skills focus

Sunday: Dribbling & 1v1 moves

Monday: Passing/Receiving & Possession

Tuesday: Attacking & Defending

Wednesday: Finishing

Thursday: Fun Games

6:30 - 6:45

Water Break

6:45 - 7:45

Small-sided matches

7:45 - 8:00

Trivia questions and prizes

Campers will be grouped either by ability, gender, or age, depending on the activity

WHAT TO BRING EACH DAY

Cleats, Shin Guards

Water and Snacks

Sunscreen & Bug Spray

DAILY SCHEDULE FOR JUNIOR SHARKS (AGES 4-7) at Spellman Park

4:00 - 4:15

ABC's Warm Up

(Agility, Balance, Coordination, & Speed)

4:15 - 5:15

Fun-filled activities and games emphasizing ball manipulation, passing, dribbling, finishing, and teamwork.

COACHING STAFF

Paul deCastro, SSC Coach

Patrick McCarney, CGA Men's, SESC Coach

Chris Rose, Seacoast United (NH) Coach

Ella Rath, SHS Boys Coach

Audra Hull, SSC Coach

Peter Fernholz, SSC Coach

Rich Balestracci, SSC Coach

Nick Tewell, SSC Coach

Chet Gillis, SSC Coach

Kellie Palmer, SSC Girls' Coach

Megan Nicholas, SSC Girls' Coach

Sal Alessio, SSC Coach

Billy deCastro, SSC Coach

Registration Fees

Price guarantees four days of camp (weather). If necessary, make-up date will be Sat 7/12.

Boys & Girls Grades 3-8

EARLY BIRD: \$120.00*

(Thru 6/13)

*Campers receive a ball & a camp shirt

FULL REGISTRATION: \$145.00**

(Thru 6/27)

**Campers receive just a ball

Junior Sharks (Ages 5-7)

EARLY BIRD: \$70.00*

(Thru 6/13)

*Campers receive a camp shirt

FULL REGISTRATION: \$85.00

(Thru 6/27)

Register in person at Stonington Human Services or online at <https://stonington.recdesk.com>

GRADES 3-8: [CLICK HERE](#)

Ages 5-7: [CLICK HERE](#)

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Sponsored
by**

