

WINTER 2017



Trips Events Programs

Stonington REC indoor Flag Football



RECREATION NEWS!

Stonington Human Services' Recreation Division has contracted space at the new **Mystic Indoor Sports arena** on Welles Road in Mystic. The state of the art facilities will allow Stonington REC to provide numerous opportunities for multiple sports in multiple age groups all the same time, giving flexibility to the coaches to have scrimmages and other practices that the normal schools gyms would not afford. Friends and family spectators will also benefit as the space is much more conducive, offering comfortable viewing space from the lounge and picnic areas. We are very excited about the opportunities this move allows, —check out the details within this flyer on our **FUTSAL Soccer, Youth Indoor Flag Football League & REC Multi-Sport Blast**, open to children in **Preschool-Grade 2**.

FUTSAL Soccer ● Flag Football ● REC Multi-Sport Blast

Winter Indoor Flag Football Youth League

For both boys and girls ages 8-14 years old. Program runs in two 6-week sessions on Sundays from January 8 to March 26 at the new Mystic Indoor Sports arena, off of Rt. 184 in Old Mystic! Games will be scheduled early afternoons into the evenings (schedule TBD). Goals of the league are that all participants will develop their social & mental skills, physical strength & character while safely learning how to play flag football. Teamwork & 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 winter sports.

Two Divisions:

Ages 8-10 year olds & 11-14 year olds

Session I Dates: Ages 11-14: Jan 8-Feb 12

Session II Dates: Ages 8-10: Feb 19-March 26

Times: Game times 4, 5 or 6PM
Schedule TBD

Where: Mystic Indoor Sports
90 Welles Road, Mystic

Fees: \$65 / Resident
\$80 / Non-resident





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 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. Please contact Richard Ward at rward@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 \$25/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 9am-4:30pm, by mail, or outdoor drop box after normal business hours. Online registration is available at <http://stonington.recdesk.com>. 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:

<http://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.



2016-17 HS REC BBALL LEAGUE

MYSTIC • STONINGTON • PAWCATUCK

AGE: Boys at SHS Grades 9-12
GAME DATES: Thursdays: December 8-February 25 (including playoffs)
TIME: 7:00, 8:00 or 9:00 PM start times
LOCATION: Stonington High School
FEES: \$40 - SHS Students Only

Sponsorship Opportunities Available

Important Dates:
 REGISTRATION DEADLINE: 12/7/16
 TEAM DRAFT DAY: 12/8/16 All players required to attend 7:00-8:30pm; Captains will pick teams directly after Open Gym play
 START OF LEAGUE PLAY: 12/15/16 ... Schedule TBD
 Playoffs and Championship games: 2/6/17 & 2/23/17

FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division. All classes are held at Black Bear Karate Studio at 829 Stonington Road. Our "new space" provides a state-of-the-art flooring and plenty of space "to get our sweat on"! It will also allow us to add to our offering of classes. If you have any suggestion on the type of fitness classes you would like to see please contact Richard Ward at rward@stonington-ct.gov 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; Michelle Tebbets & Yolla Elkhoury. Join at any time!

Location: Black Bear Karate, 829 Stonington Road, Stonington

Day	Date	Time	Age
M, W & F	Ongoing - join anytime	9:30-10:30 AM	50+
Monthly Fees 1 day/week \$15; 2 days/week \$30; 3 days/week \$45 Non Res add \$15			



ZUMBA

Ditch the workout—join the party! Combine all elements of fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class. Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again. **Instructor** Caroline Wall.

Location: Black Bear Karate, 829 Stonington Road, Stonington

Day	Date	Time	Age
Mon/Wed	join anytime	5:30-6:30pm	18+
Fees: Punch card \$65 for 10 classes; \$100 for 20 classes – Drop in \$10			



REC Multi-Sport Blast

AGES 4&5; GRADES K,1,2 Participants are guaranteed to have a BLAST while practicing specific sport skills during games such as star wars, dog pound, coconut shy, popcorn, hungry hippos and many more. Each week will focus on a different sport and the skill sets needed for success: soccer, flag football, lacrosse, rugby, baseball, softball, volleyball. Emphasis is on learning new skills while teaching life lessons such as respect and teamwork, all while having fun and staying active.

Winter Session

Six Weeks, February 19-March 26

Two Age Groups

1. Ages 4 & 5 year olds
2. Grades K,1 & 2



Dates: 6-week Session held on Sundays.
February 19-March 26

Ages/times: 1. 4 & 5 year olds: 2:00-3:00 PM
2. Grades K,1,2: 3:00-4:00 PM

Location: Mystic Indoor Sports,
Welles Road, Mystic

Fees: \$60 Resident / Non-Res (max of 16)

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: 8 weeks –Thursdays, Jan 12-March 2

Ages/Times: Beginner Youth Program (ages 7-12) 4:00-5:00 PM
Beginner Program (ages 13-adults) 5:00-6:00 PM
Intermediate Program (ages 13-adults) 6:00-7:00 PM

Location: Stonington High School Auxiliary Gymnasium

Course Fee: \$75/Residents; \$85/Non-Residents

Youth Tennis Lessons

Adult Pickleball Tennis Play

Instructed by George Crouse: Youth (beginner and intermediate levels) receive instruction and learn the game in one gym while the adults play Pickleball games in the other! Mr. Crouse is the long standing coach at Stonington High School and is a USTA & USPTA trained tennis instructor.

Days: Saturdays, Jan 14-Feb 4 (four weeks)

Time: 2:30-4:00 PM

Level: Beginners & Intermediate

Location: Stonington High School Gymnasium

Fees: \$45/person



Safe Boating / Personal Watercraft Certification Course

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 except a personal watercraft ("jet ski" type vessel) on Connecticut's waters. 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. Ages: 12 + Adults

Date: Tue/Thu, Feb 7 & 9 (must attend both classes)

Time: 5:30-9:30 PM

Location: Stonington High School

Fee: \$10/person



ADULT OPEN BASKETBALL

Get in a good "run" with some open, recreational pick up games. Join and attend at any time but will max at 20 participants. This program does not run on any holidays and/or school closings due to inclement weather.

Ages: 30+ years old

Date: Mondays, Dec 5-May 22

Time: 8:00-10:00 PM

Location: Pawcatuck Middle School

Fees: \$30/person



Indoor Soccer

Join any of the six different age groups - all with GREAT COACHES - for weekly practices, round robin games and skill development. FUTSAL is the way the world plays indoor soccer. It is played on all of the continents of the world in over 100 countries by more than 12 million players. The game does not require the use of walls, as other versions of indoor soccer. Without the walls, FUTSAL is a great skill-developer, demanding quick reflexes, fast thinking, and pin-point passing. Check out www.futsal.com for additional information on the national program.

SESSION 1: January 8-February 12

Boys, Grades 3 & 4

Day: Sundays, Six weeks, January 8-February 12

Times: 3:00 to 4:00 PM

Location: Mystic Indoor Sports

Fee: \$65 Resident / \$80 Non Res (max of 16)

Girls, Grades 3 & 4

Day: Sundays, Six weeks, January 8-February 12

Times: 2:00 to 3:00 PM

Location: Mystic Indoor Sports

Fee: \$65 Resident / \$80 Non Res (max of 16)

Boys, Grades 5 & 6

Day: Sundays, Six weeks, January 8-February 12

Times: 3:00 to 4:00 PM

Location: Mystic Indoor Sports

Fee: \$65 Resident / \$80 Non Res (max of 16)

Girls, Grades 5 & 6

Day: Sundays, Six weeks, January 8-February 12

Times: 2:00 to 3:00 PM

Location: Mystic Indoor Sports

Fee: \$65 Resident / \$80 Non Res (max of 16)

Boys, Grades 7 & 8

Day: Sundays, Six weeks, January 8-February 12

Times: 3:00 to 4:00 PM

Location: Mystic Indoor Sports

Fee: \$65 Resident / \$80 Non Res (max of 16)

Girls, Grades 7 & 8

Day: Sundays, Six weeks, January 8-February 12

Times: 2:00 to 3:00 PM

Location: Mystic Indoor Sports

Fee: \$65 Resident / \$80 Non Res (max of 16)

Watch for more FUTSAL offerings during Session 2: Feb 19-Mar 26



Boston Celtics vs New Orleans

GREAT HOLIDAY GIFT! There is no experience quite like a live NBA basketball game! Come watch the 17-time World Champion Boston Celtics take on **Anthony Davis** and the rest of the New Orleans Pelicans. Fees include round-trip motor coach transportation and tickets to the game. **Participants from the group (ages 14 and under) will have an opportunity to go down on the court at half time and help welcome both teams coming back for the second half. A separate form is needed if interested in joining us for the high five tunnel.**

Ages: All ages

Date: Saturday, January 7, 2017

Time: Depart 4:30PM / Return after 7:30PM Game

Location: Stonington Human Services

Fee: \$80/person