

Stonington Recreation SUMMER 2026

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

YOUTH TENNIS LESSONS

June, July, August Sessions

YOUTH TENNIS CAMP

Monday-Friday, July 20-July 24

PICKLEBALL

Morning & Evening Sessions starting in June and J

STONINGTON SOCCER CAMP

Monday-Friday, July 6-July 10

CAS SOCCER CAMP

Monday-Friday, July 27-July 31

NIKE SOCCER CAMP

In Partnership with RI Surf Soccer

Monday-Friday, August 17-August 21

TRACK & FIELD – SHS YOUTH CLINIC

Tuesdays, July 7-August 11

STONINGTON CROSS-COUNTRY 5K & FUN RUN

Wednesday, August 5

ADULT FITNESS & EXERCISE CLASSES

Various levels and dates/times available. Join anytime!

BASKETBALL – HOOP ACADEMY CAMP

Half & Full day options – Monday-Friday, July 6-July 10

STONINGTON REC DAY CAMP

Grades 1-6 at Spellman Park:

Monday-Friday, 8am to 4pm, June 22-August 14

MIDDLE SCHOOL CAMP ON WHEELS

Grades 7&8: Weekly Day Trips

July 6-August 28

BEAR CUB MENTORS

Ages 14-15 years old. Training June 23, 24, 30 & July 1

SHS CHEER CAMP

Grades 1-8, Mon-Fri, July 20-July 24

SUMMER HIGH SCHOOL SPORTS TRAININGS

Weekly trainings for Field Hockey, Girls Soccer, Boys Soccer, July-August

TUNES FOR TOTS & TINIES

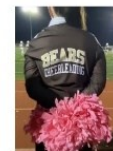
Thursdays, July 6–Aug 13

SUMMER THEATER CONSERVATORY

Monday-Thursday, July 6-July 30

SELF DEFENSE WORKSHOP FOR WOMEN

Saturday, July 18



MIDDLE SCHOOL CAMP ON WHEELS



The above is what was scheduled and confirmed as of press time. The full program listing and class descriptions can be found at stonington.recdesk.com

If there is a program that you are particularly interested in please contact

Richard Ward at rward@stonington-ct.gov

OR Pete Christine at pchristina@stonington-ct.gov

YOUTH TENNIS LESSONS

Instructed by George Crouse. Young athletes will learn proper grips, footwork, 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

Dates: Tuesdays/Thursdays,
Session 1: June 23-July 9
Session 2: July 28-August 13

Place: Spellman Park, George Crouse Tennis Courts

Fees: Session I: \$65/Residents; \$80/Non-Resident
Session II: \$65/Residents; \$80/Non-Resident



YOUTH TENNIS CAMP

Week-long INTENSE (but fun) camp for beginner through advanced players. 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 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 20-July 24

Times: 8:30-11:30AM

Place: Spellman Park, George Crouse Tennis Courts

Fees: \$140/Resident; \$160/Non-Resident



STONINGTON REC 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 kids **entering Grades 1-6 in the Fall of 2026**, running **Monday -Friday** (rain or shine) **June 22*-August 14** from **8:00am-4:00pm.** *Start date may be impacted by SPS District snow days

FULL Season Rates:

Limited to 100 participants (available in Feb only)
\$814/Resident; \$1018/Non-Resident

Weekly Rates:

Choose any one (or more) of the [8] weeks in session.
Limited to 50 participants/week.
\$168/Resident; \$215/Non-Resident



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





MIDDLE SCHOOL **2026** CAMP ON WHEELS

For campers entering 7 & 8th grade this fall. Join Rec Administration and Camp Staff on the road this summer! The program is based in Spellman Park as we will travel to a different destination each day. Held weekly, Monday - Friday, 8AM to 4PM* (some dates might be extended). Highlights for each weeks are listed below but we will also be traveling to State Parks, local swimming destinations, Hiking trails and much, much more. Fees include admissions to each event and transportation. Exact itinerary will be provided as we get closer to summer.



REGISTRATION BEGINS APRIL 1st

WEEKLY HIGHLIGHTS*

Camp Week 3 - July 6-July 10

Lake Compounce / Movie Day / Misquamicut

Camp Week 4 - July 13-July 17

Dave & Buster's / CT Suns Game / Hartford Athletic Pro Soccer Match

Camp Week 5 - July 20-July 24

Tree Trails Zip lines / Bike Tour at Lake Waramaug Trampoline Park

Camp Week 6 - July 27-July 31

Brownstone Park / Ocean Beach Park / Codzilla, Boston Harbor Tour

Camp Week 7 - August 3-August 7

Lake Compounce / Movie Day / Misquamicut

Camp Week 8 - August 10-August 14

Tree Trails Zip lines / Bike Tour at Lake Waramaug Trampoline Park

Camp Week 9 - August 17-August 21

Dave & Buster's / Trampoline Park

Camp Week 10 - August 24-August 28

Brownstone Park / Ocean Beach Park / Codzilla, Boston Harbor Tour

Join for 1 (or more) of the [8] weeks in session

*Full, week-long itinerary will be provided as we get closer to the end of the school year.

Other excursions held throughout the summer:

- Kayaking
- Roller Skating
- Ropes Course
- Movie Theater
- Bowling
- Swimming
- Rail Explorers Tour
- Survivor Challenges

Fees: \$315/Residents; \$345/Non-Resident
TEN [10] CAMPERS MAX PER WEEK!

**Note: Middle School Camp is not held
Camp Weeks 1 or 2**



STONINGTON REC CAMP

CLICK HERE
& REGISTER TODAY!



SUMMER 2026!

First-hand experience learning and practicing 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, dancing, and gymnastics skills while learning about teamwork and making new friends! Coach Emily has over 20+ years experience in

cheerleading (including collegiate cheer and coaching) Additional 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. **Parent showcase 2pm Friday**

Ages: Boys and Girls entering Grades 1-8 this Fall

Dates: Mon-Fri, July 20-24

Place: Stonington High School AUX Gymnasium

Time: Full Day: 9:00 am to 3:00 pm

Fee: \$165/Full-day Resident & Non-Resident



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

2026

FOR PARTICIPANTS AGES
14-15 YEARS OLD



A community-based leadership development program—formerly our *Junior Counselor Program*—enhanced to now include camp staff training and other employment opportunities within Human Services. Begin with 4, day-long trainings (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. Learn how to complete an application, build a resume, leverage current relationships (networking) and prepare for an interview.

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 preschool 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 & Wednesday, June 23, 24, 30 & July 1

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!

Limited
Spots
Available!

[REGISTER](#)
[TODAY!](#)

Held in conjunction with...



STONINGTON REC CAMP

&



RECREATION



Monday-Friday July 6 - July 10



STONINGTON
HUMAN SERVICES
RECREATION

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

**AND
Boys and Girls
Ages 5-7 5:30-6:45 pm**

DAILY SCHEDULE FOR PLAYERS

ENTERING GRADES 3-8

at Spellman Park

5:30 - 6:00 pm

Whole group skills focus with the ball

6:00 - 6:30 pm

Small group skills focus

Monday: Dribbling & 1v1 moves

Tuesday: Passing/Receiving & Possession

Wednesday: Attacking & Defending

Thursday: Finishing

Friday: Fun Games

6:30 - 6:45 pm

Water Break

6:45 - 7:45 pm

Small-sided matches

7:45 - 8:00 pm

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 PLAYERS

AGES 5-7 YEARS OLD

at Spellman Park

5:30 - 5:45 pm

ABC's Warm Up

(Agility, Balance, Coordination, & Speed)

5:45 - 6:45 pm

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

Sal Alessio, SSC Coach

Billy deCastro, SSC Coach

Ty Fidrych, SSC Coach

Sal Alessio, Jr. SSC Coach

Sam Montalto, SSC Coach

Registration Fees

Price guarantees four days of camp (weather). If necessary, make-up date will be Sat 7/11.

Boys & Girls Grades 3-8

EARLY BIRD: \$125.00*

(Thru 6/12)

*Campers receive a ball & a camp shirt

FULL REGISTRATION: \$150.00**

(Thru 6/26) ** ball/shirt not provided if registering after 6/12

Boys & Girls Ages 5-7 yrs

EARLY BIRD: \$70.00*

(Thru 6/12)

*Campers receive a camp shirt

FULL REGISTRATION: \$85.00

(Thru 6/27) shirt not provided

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

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

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

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



Proudly Sponsored by



TUNES FOR TOTS

Turn up the fun this summer! We had a blast this past winter so we are doing it again. Tunes for Tots is a fun hands-on music and movement class designed for little learners and their caregivers. Each session invites toddlers to bounce, hop, shake and explore through playful activities. Children will build early musical awareness, strengthen motor skills, as well as develop coordination and confidence through rhythm activities, simple movement games and an exploration of toddler-based materials. Each week will introduce fresh sounds, and sensory experiences fostering creativity and curiosity. Get ready to connect, laugh and learn together! Families are encouraged to dress in comfy, easy to move in clothing. **Instructed by Elizabeth Bakoulis.**

Who: Children Ages 2 to 4 yrs. old & their caregivers!
Where: Fitness Annex, 49 North Stonington Rd. Mystic
When: Thurs, July 6-Aug 13 (6 weeks)
Times: 10:00-10:45 AM
Fees: \$55/Resident
\$65/Non-Resident
Minimum 4 / Maximum 16



TUNES FOR TINIES!

For 12-23 month olds Instructed by Elizabeth Bakoulis. Designed to nurture early development through music and movement. In this class, caregivers actively participate alongside their child, creating meaningful opportunities for bonding while exploring sound, rhythm, and playing together. Each session is thoughtfully structured to support sensory exploration, using a variety of instruments, textures, and musical activities that stimulate curiosity and encourage discovery. Beyond music, this class also emphasizes early communication and social development. Group activities encourage interaction, turn-taking, and shared experiences, helping little ones begin to build foundational social skills in a warm, supportive environment. This class is not just about making music—it's about connection, growth, and creating special moments between caregiver and child while supporting key areas of early childhood development.

Who: Children 12-23 months old & Caregivers!
Where: Fitness Annex, 49 North Stonington Rd. Mystic
When: Thursdays, July 2-August 6 (6 weeks)
Times: 9:00-9:45 AM
Fees: \$55/Resident \$65/Non-Resident
Minimum 4 / Maximum 16

SUMMER SOCCER CAMPS

**STONINGTON SOCCER CAMP
JULY 6-10**

**CAS SOCCER CAMP
JULY 27-JULY 31**

NIKE SOCCER CAMP
in partnership with Rhode Island Surf!
AUGUST 17-21



**DETAILS & ONLINE REGISTRATION
AT STONINGTON.RECDESK.COM**





Summer Theater Conservatory

For Middle and High School Students entering grades 7 to 12

Four, Separate, 1-week sessions July 6-30 (each week is a new session) Monday-Thursday 9am-12pm at Stonington High School Auditorium Directed by: Marla Ladd along with numerous specialists and mentors \$300/week Residents or Non-Residents

Held in conjunction with Stonington High School's award-winning drama program. Step into the spotlight -or behind the scenes- for our Theater Intensive Program which is designed for passionate middle and high school students eager to explore the full spectrum of theater arts, from performance to production.

Students will participate in hands on workshops in:

- playwriting
- voice and speech
- contemporary movement
- audition techniques
- character development
- monologue and scene study
- Technical theater, including lighting, sound, costume and scenic design

Whether you are a performer or a behind the scenes creative, all experience levels are welcome! Students will leave each week with new skills, confidence and a deeper understanding of the collaborative power of theater. Join 1 or all! (or any combo) of the weeks desired!

Week 1 Highlights: July 6-July 9

- Intro to theater
- Let's write a play
- Find your voice
- Scene study

Week 2 Highlights: July 13-July 16

- Musical Theater Intro
- Find an audition song that is right for you
- Movement/dance
- Putting it together

Week 3 Highlights: July 20-July 23

- Rehearsal techniques
- Scenic Design
- Lights and Sound Design
- Create a look

Perform a scene and a monologue

Week 4 Highlights: July 27-July 30

- Behind the scenes- Box Office to Closing Night
- Building a resume
- Puppetry and other specialties



SCAN TO REGISTER

STONINGTON SUMMER SLAM! The Hoop Academy

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

Who: Boys & Girls entering Grades 3-9 who love to play Hoops!

When: Monday-Friday, July 6-July 10
AM Session - 8:30-11:30AM
PM Session - 12:00-3:00PM

Where: Stonington High School Gymnasium

Fee: \$150 for a single Session (AM or PM)



Women's League

-Includes Varsity & JV players

Boys JV League

-Includes rising JV players only



Sponsored by Connecticut Sun!

All league games are held at Stonington High School. Games are played at 6:00, 7:00 or 8:00PM. Girls play on Wednesday evenings. Boys play on Thursday evenings starting the week of June 24 through August 13, (full schedule TBD).

Additional Sponsor opportunities are available! For additional information contact:

Richard Ward at rward@stonington-ct.gov





TRACK & FIELD SHS YOUTH CLINIC

Specifically developed for children in Grades 1-8.

Instructed by SHS Alumni Addy Labbe along with Special guest coaches and team members from High School Track Team. Participants will practice various disciplines of Track & Field, including: sprinting; distance running; hurdling; jumping and throwing. Campers work in groups based on age-level to master relevant skills as they relate to each event. The last day of the 6-week clinic 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! Fees include a special meet at the end along with a camp t-shirt.

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

When: Tue, July 7-August 11 from 5:00-6:30PM

Where: Stonington High School Track

Fee: \$135/Resident; \$145/Non-Resident



SELF DEFENSE FOR WOMEN



**[5] hour workshop
loaded with GREAT
information**

**Saturday, July 18
9AM to 2PM**



S.A.F.E. SITUATIONAL AWARENESS FUNDAMENTAL EMPOWERMENT Self Defense and Personal Safety for Women. This program examines predator behavior, promotes situational awareness and teaches some practical self-defense skills to gain confidence. The integral component of the training is to develop a survival mindset. It is equally important to train the mind as well as the body. Ideal for women who want to improve their awareness. Appropriate for ages 16 and up and for all levels of fitness.

The instructors are Jennifer Thornell who holds a black belt in Karate and has many years of training in various martial arts along with Frank Dawson a Personal Safety Instructor and retired police officer.

- Increase Situational Awareness
- Learn to trust your intuition & instincts
- Learn more about predator behavior
- Practice basic self defense skills
- Adopt a survival mindset
- Learn something tangible to use in the face of violence

Place: Fitness Annex - 49 North Stonington Road, Mystic

Date: Saturday, July 18 (max of 8 participants)

Time: 9:00AM to 2:00PM

Fees: \$55.00/Resident & Non-Resident

Register at stonington.recdesk.com or call 860-535-5015

Stonington Cross-Country 5K & Fun Run

9th Annual! 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!

Wednesday, August 5

5:15pm: Registration OPENS (Everyone must check in to get their bib)

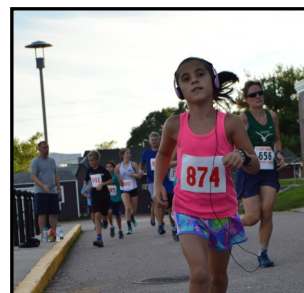
5:50pm: Registration CLOSES (Please plan accordingly; we can't allow anyone without a bib to participate)

6:00pm: Children's Fun Run: 1/2 mile (children 10 & under)
Cross Country 5K (starts immediately after Children's Run)

Location: Spellman Park—Spellman Drive, Pawcatuck

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

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



Westerly Track & Athletic Club



August 5

Stonington Recreation SUMMER 2026



stonington.recdesk.com



SUMMER TRAINING

FHOC Coaches Jenna Tucchio, Jocelyn Kepple and Fitness Coach Diane Macera along with other special guest alumni. Participate in various development stations, games and drills with both team and individual sessions. You will practice the art of ball control, the skill of effectively passing and receiving, shooting with accuracy, how to provide quality defense and so much more. All while increasing your level of fitness ahead of the fall season. Come join your teammates!

Age: Open to SHS Girls entering grades 9-12

Dates: Starts Monday, June 29-August 13

Location: SHS Palmer Turf Field

Weekly Schedule:

Mon: 8:15AM Captains Warm up 8:30-9:30AM Conditioning

Tues: 6:15-7:45PM Skills Clinic

Wed: 8:15AM Captains Warm up 8:30-9:30AM Conditioning

Thur: 6-8PM Skills & Scrimmages

Fee: \$85/SHS Students only

SUMMER TRAININGS HIGH SCHOOL SOCCER

SOCCER - HIGH SCHOOL GIRLS SUMMER TRAINING



Instructors: Everald Benjamin, Kellie Palmer, Joe Mendonca, Sr. & Keyokah Mars-Garrick

Individual skill development and fitness - great way to improve and get ready for the fall season ahead.

Age: Girls entering grades 8-12

Day/Times:

Tuesdays, 7-9AM: Skills and Fitness w/Coach Mendonca, Benjamin & Palmer

Thursdays, 7:30-8:30AM Yoga w/Coach Mars-Garrick

Dates: July 7-August 13

Location: Spellman Park – Multi-purpose Field

Fee \$85/Residents & Non-residents

SOCCER - HIGH SCHOOL BOYS SUMMER TRAINING

Challenging game-related situations are utilized to develop player technical ability and tactical knowledge.



Age: HS Boys entering Grades 9-12

Day/Times: July 6-Friday August 13

Mondays, 8-9:45PM: Conditioning, w/Coach Diane
Tuesdays, 7:45-9:45PM: Soccer training, w/Coach Mario, & Alumni

Thursdays, 8:30-10:30AM: Soccer training, w/Coach Mario, & Alumni

Location: Spellman Park – Palmer Field and/or Ballato Field

Fee: \$100/SHS students only