



CYCLING STARS

Bike Rodeos

In partnership with **BIKE STONINGTON**. Learn Bike safety skills taught by Certified Instructors from League of American Cyclists. All ages and abilities are welcomed to attend this **FREE** event. A bicycle safety rodeo provides practice and training in bike handling skills and safe riding education in a controlled environment. Guidance for bicycle safety checks, proper helmet and equipment adjustment will be provided. We will practice how to navigate simulated traffic scenarios. Upon completion of the rodeo each cycling star will receive a bicycle license. Free Youth helmets will be available! **ATTEND ANY ONE OR ALL FOUR—FREE!**

Dates: Sat at 1PM Drop in! Registration not required

- Sept 14 • Sept 21 • Sept 28 • Oct 8

Place: Stonington Human Services Parking Lot
166 South Broad Street, Pawcatuck
(next door to High School)

Fees: FREE

BENEFITS OF BIKING

- Improves Coordination and Balance
- Gets kids OUTSIDE
- Promotes self-confidence and independence
- Keeps kids physically active & healthy
- Provides opportunities to socialize



PLAYGROUNDS IN OUR COMMUNITY

The Recreation Division oversees and maintains [3] playgrounds in our community. Please abide by all posted rules & regulations.

Spellman Park: Spellman Drive - Pawcatuck

Town Dock: High Street - Stonington Borough

Haley's Way: 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 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 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

Additional programs are listed throughout the season. For current programs, information and online registration visit the link below, <https://stonington.recdesk.com>

RECREATION TEAM

Richard Ward, Recreation Administrator: rward@stonington-ct.gov
Pete Christina, Program Coordinator: pchristina@stonington-ct.gov

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 turf field and their baseball field, to make up one of the finest recreational facilities in the area. 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. For more information, call (860) 535-5015.

- GEORGE CROUSE TENNIS COURTS (6 courts available)
- PICKLEBALL COURTS (2 courts available)
- OUTDOOR BASKETBALL COURTS (2 courts available)
- VOLLEYBALL, SHUFFLEBOARD & HORSESHOE PITS
- OUTDOOR EXERCISE EQUIPMENT
- FAR FLUNG DISC GOLF COURSE (9 holes)
- TOM MCCOY RED TRAIL LOOP (1 mile long)
- PAVILION & PICNIC AREAS

HIKE
STONINGTON!

**Fall Hikes are
the BEST!**

Email hikestonington@stonington-ct.gov to get a full listing of the beautiful trails in and around Stonington. FREE!

STONINGTON REC TON



Girls Basketball

Boys Basketball

IN HOUSE LEAGUE! Stay at home! Develop skills, have FUN competing with your friends and fellow school mates. REC Basketball is intended for all skill levels with an emphasis on athletic enjoyment, instruction, fundamentals, sportsmanship and equal playing time. Team practices are held once during the week at any one of the area schools (dates depends on the team). League games are all held in Stonington schools and are scheduled on Saturdays.

Girls Divisions

3rd & 4th Grade
5th & 6th Grade
7th & 8th Grade

Boys Divisions

3rd & 4th Grade
5th & 6th Grade
7th & 8th Grade



WHY JR. NBA LEAGUES At Jr. NBA Leagues, we teach youth athletes basketball fundamentals the best way we know how—directly from the pros. Powered by the NBA and WNBA, all of our programming is professionally curated, so you know you're getting the very best out there. Even more, the Jr. NBA Leagues program is designed for boys and girls of all levels, providing a structured environment to learn the core values of basketball, foster their love for the game, and—best of all—have fun.



2024-2025 Season Schedule:

Skills Day: Girls: Wed. Oct 16 Boys: Thur. Oct 17 (times to be determined)
Practices: Begin on (or around week of) Nov 18
Games: Saturdays, Dec 14-Feb 22 including makeups (no games 12/28)
Fees: Resident/\$105; Non-Resident/\$130

Stonington Human Services
stonington.recdesk.com
(860) 535-5015



STONINGTON PARKS COMMUNITY CONVERSATION & CONCEPTUAL PLAN PRESENTATION

Join us for a public presentation to discuss conceptual designs for the new Circus Lot Park and unveil the Spellman Park master plan. We want your input!



SEPTEMBER 19TH @ 6PM

THE COMMUNITY ROOM @ STONINGTON POLICE DEPT.
173 S Broad St, Pawcatuck, CT 06379

INSTRUCTIONAL VOLLEYBALL



GIRLS GRADES 9-12 Whether you're spiking for the first time or looking to elevate your game, our program offers coaching to get you into the sport or improve your current skillset. Sign up & join in on the fun! Instructed by Tim Watrous & Oscar Lin: both with competitive volleyball experience and coaching backgrounds.
Where: Stonington High School Main Gym
When: Tue & Thurs, 6:45-7:45pm Sept 17-Nov 21
Fees: \$150/SHS Students only

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 Ston.

High School and is a USTA & USPTA trained tennis instructor.

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

Dates: Saturdays
Fall Session: Sept 14-Oct 12

Place: Spellman Park

Fees: \$55/Residents; \$70/Non-Resident



FALL 2024



Instructional and Open Play for mixed levels

- ◆ Mon & Wed 7AM starting Sept 4-Sept 23
- ◆ Mon & Wed 8AM starting Sept 4-Sept 23

Adult Competitive Play & Round Robin competitions

- ◆ Tue & Thu 7:15PM starting Sept 5-Sept 24

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

Register at
stonington.recdesk.com



FAR FLUNG DISC GOLF AT SPELLMAN PARK

FREE and open for the general public during normal park hours on a year-round basis. Come check what all the excitement is about with this growing sport. A limited number of beginner discs are available free of charge for those who are new to the sport or would like to try it for the first time. Contact discgolf@stonington-ct.gov to arrange a pick up and drop off time for all the equipment needed to get you on your way!

SAVE THE DATE!



STONINGTON
HUMAN SERVICES
**BENEFIT GOLF
CLASSIC 2024**



Stonington Country Club
Monday, October 7

Fall



Fall Fitness & Exercise Classes are offered through the Recreation Division of Stonington Human Services. Please note the location of each class. Outside classes are weather dependent and subject to change.

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



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



Fall Fury & Winter Warriors!

OUTDOOR WORKOUT! Starts back up early October with FALL FURY and continues through the winter months. Go at your own pace as we walk 1-2 miles around Spellman Park. Stop along the way to work with weights and do fun activities. A great way to change up your workout schedule as we work through the fall into the winter months! **Instructor:** Michele Gardner

Days: Thursdays **Time:** 9:45-10:30AM (starts Oct 3rd)

Location: Outdoors-Spellman Park, Ballato Field lot.

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

Class Locations

◆ **Spellman Park** - Spellman Drive, Pawcatuck; behind Stonington High School

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

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



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 (next door to Stonington High School).

Tai Chi for Health

Separate from the 'punch card' offerings. 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, Oct 1-Nov 19*

OR Fridays 9:15-10:15 AM, Oct 4-Nov 22*

Location: Community Room, Stonington Human Services
Fees: \$40/Resident or Non-Resident

*More sessions to follow - Ongoing class - Join at any time