

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: \$40/day Residents; \$55 Non-Resident. 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



Fall League

What first started as a small, alternative choice for kids playing youth tackle football back in 2013 has now grown into a league with over 330 players on 40 teams in 6 different age divisions.

Boys/Coed Divisions

- Ages 5-6 years old
- Ages 7-9 years old
- Ages 10-11 years old
- Ages 12-14 years old



Girls Divisions

- Ages 7-10 yrs.
- Ages 11-14 yrs.



The league's objective is to provide a challenging but enjoyable environment for children to learn and play football. Participants develop social and cognitive skills, as well as physical strength and character. Teamwork, sportsmanship and active participation are key components! All teams practice once a week and play on Saturday mornings from early September to mid-November. Each player receives a reversible NFL Flag Football Jersey and an NFL Flag Belt. Volunteer coaches and referees have access to some amazing trainings and support tools to help teach and better prepare for the games!

Come check the excitement on any given Saturday this Fall!

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, two pickleball courts, and two pavilions. Include Stonington High School's Palmer & Baseball Fields, and Stonington has one of the most impressive recreation facilities in the region. 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.

- GEORGE CROUSE TENNIS COURTS (6 courts available)
- PICKLEBALL COURTS (2 courts available)
- JOSEPH CIRIELLO 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



<https://stonington.recdesk.com>

STONINGTON REC



Girls Basketball

Boys Basketball

IN HOUSE LEAGUE! Stay at home! Develop skills and have FUN competing with your friends & fellow classmates. 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.



2025-2026 Season Schedule:

Skills Day: (dates/times to be determined)

Practices: Begin on (or around), week of Nov 17

Games: Saturdays, Dec 6-Feb 28 including makeups (no games 12/27 & 1/3)

Fees: Resident/\$110; Non-Resident/\$135

Fee includes a reversible Jr. NBA/WNBA Team Jersey

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



FALL 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 & Tim Watrous

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 last year's sessions, 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: Oscar Lin & Erin Johnson



Who: Middle School Girls in Grades 6, 7, 8
Where: Stonington High School Main Gym
When: Tue & Thurs, 4:45-5:45pm Sept 16-Nov 6
Fees: \$140/SMS Students only
No class Nov 4—Professional Development day



Who: High School Girls in Grades 9-12
Where: Stonington High School Main Gym
When: Tue & Thurs, 6:00-7:00pm Sept 16-Nov 6
Fees: \$140/SHS Students only
No class Nov 4—Professional Development day

Register at: <https://stonington.recdesk.com>



STONINGTON PICKLEBALL

INSTRUCTIONAL AND OPEN PLAY FOR MIXED LEVELS

- ♦ Tue & Thurs 7-8AM starting Sept 9-Sept 25
- ♦ Tue & Thurs 8-9AM starting Sept 9-Sept 25

ADULT COMPETITIVE PLAY & ROUND ROBIN COMPETITIONS

- ♦ Tue & Thu 7-8:30PM starting Sept 9-Sept 25

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 out 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!



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 instructor.

Combined levels: Beginners, Intermediate/Advanced

Dates/Times: Tuesday & Thursday 5:30-6:30PM

Fall Session1: Sept 9-Sept 25

Place: Spellman Park Tennis Courts

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





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



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 9:00am-12:00pm / 1:00-3:30pm

Stonington Human Services, 166 South Broad Street, Pawcatuck
OR call (860) 535-5015 & cards will be mailed.

Fit for Life ♥

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

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 2:45-3:45PM **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.

Instructor: Chelsea Hauck **Day:** Thursdays **Time:** 4:00-5:00pm
Location: Stonington Arms

Fall Fury & Winter Warriors!

OUTDOOR WORKOUT! Re-starts Sept 18 & continues through the winter. Go at your own pace as we walk 1-2 miles around Spellman Park. Stopping to work with weights & fun activities. **Instructor:** Michele Gardner
Days: Thursdays **Time:** 9:15-10:00AM **Earlier time!**
Location: Outdoors-Spellman Park, Ballato Field lot.

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)



Yin Yoga

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

Adult Yin Yoga

(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:** 6:45-7:30 PM **Location:** Fitness Annex

Circuit Bootcamp/Body Sculpt

A full body workout using the assistance of bands, weights and matts. 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:** Tuesdays **Time:** 6:00-7:00 PM
Location: Fitness Annex

Interval Strength Training

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:** 9:00-10:00 AM **Location:** Fitness Annex

Slow Flow Yoga

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

Children's Yoga & Movement

Day & Time: TBD **Location:** Fitness Annex

Call with your interest and we will contact you when scheduled

 **RECREATION**
stonington.recdesk.com
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