Active Programs for the Whole Family!

SPEED TEST!

2 Certified 5K Road Races

Registration Now Open for Winter & Spring

Facebook grotonrec.com
As we close out 2015 and look forward to a new year filled with new promises and possibilities, I would like to thank our community for the support Groton Parks and Recreation has received this year.

From record attendance at special events, to sharing your thoughts and ideas with us at our Focus Group, to raising your voices in support of our need for new facilities, we have been honored to see how many of you are passionate about the programs and services we offer.

We hope that the new year brings more opportunities for us to continue to offer bigger and better things to improve the quality of the community by promoting health and wellness for all ages, ensuring social equity to those facing financial or physical challenges, and through conservation measures that protect our parks and open space.

Be active, be healthy!

Sincerely,

Mark Berry
Director, Groton Parks and Recreation

Our Mission:
to provide quality leisure opportunities in a safe and healthy atmosphere and to enhance the quality of life of the community through the responsible management of fiscal and natural resources.

PARKS AND RECREATION STAFF

Parks and Recreation Admin
Mark Berry, Director
Kate Bradley, Marketing/Special Events

Parks and Forestry
Sandy Smith, Office Assistant II

Recreational Services
Jerry Lokken, Mgr. of Recreation Services
Catherine Hoffman, Office Assistant III
Terri Cedro, Office Assistant II
Kirsti Zarr, Office Assistant
Eileen Ciccilone, Program Supervisor
Ben Morse, Program Supervisor

Senior Services
Mary Jo Riley, Senior Center Supervisor
Joanne Forgacs, Office Assistant II
Kathy Williams, Office Assistant II
Carol Pratt, Program Supervisor
Cindy Morrison, Program Supervisor

Shennecossett Golf Course
Todd Goodhue, Golf Professional
Eric Morrison, Golf Course Superintendent

Email: first initial and last name@groton-ct.gov
example jdoe@groton-ct.gov

PARKS AND RECREATION COMMISSION

The Groton Parks and Recreation Commission serves as a liaison of the residents of the community for guiding the Parks and Recreation Department. The Commission wishes to provide you the opportunity to raise questions, ideas, or comments involving parks and recreation in Groton.

Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00 p.m. at Groton Senior Center.

Jim Kamercia, Chair
kamercia@comcast.net

June Evered, Secretary
juneathome@tvcconnect.net

Jeff Zuliani, Member
jzuliani@gmail.com

Jon Grossman, Member
soxfanjsmg@gmail.com

Vacancy

The Groton Parks and Recreation Commission is currently seeking applications to fill a vacant position. For more information about applying for this volunteer post, please visit www.groton-ct.gov.
DIRECTIONS

INFORMATION

IMPORTANT

Refunds
Contact the office for an application and more information. People to enable them to participate in recreational programs. Please in addition to scholarships, one-time grants are given to qualifying Program Grants regardless of ability to pay. See page 30 for scholarship application.

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. See page 30 for scholarship application.

Scholarships

Program Grants

In addition to scholarships, one-time grants are given to qualifying people to enable them to participate in recreational programs. Please contact the office for an application and more information.

Refunds

• No refunds after the 2nd meeting of a program
• A $15 administrative fee is charged for any money returned
• Administrative fees are waived if a class is canceled or when a refund is placed on account

People with Disabilities

All programs and activities are available to Groton residents with disabilities. Upon request, we provide reasonable modifications, including extra staff support when necessary, to allow your participation. Please use the comment section on the registration form or attach a separate sheet to the registration form detailing your circumstances and any assistance requested. It is also required that you complete the Inclusive Recreation Assessment, available at GrotonRec.com or from our office with your registration. This form helps us determine any necessary modifications to enable participation. Contact Eileen at ecicchese@groton-ct.gov or call (860) 536-5691 with questions.

Age of Participants

Unless otherwise noted, age refers to participant’s age on the last day of class.

DIRECTIONS

Spicer House

• U.S. Mail
• Walk-in at Spicer House
• Drop-off box at Spicer House, William Seely, Fitch Middle, or the Groton Senior Center
• Online at GrotonRec.com/Discover

Scholarships

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. See page 30 for scholarship application.

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Age of Participants

Unless otherwise noted, age refers to participant’s age on the last day of class.

DIRECTIONS

Spicer House

The Parks and Recreation office is located in Noank on Spicer Avenue. For online or GPS directions, use 1 Wilbur Court, Noank.

From Mystic: Take Water Street towards Noank, past Beebe Cove. Spicer Avenue is on the left. We are the second house on the left on Spicer Ave.

From I-95: Take exit 88 and go south on Route 117. Turn left on US Route 1. Bear right at top of hill onto Route 215. Go past Fitch High School and turn left on Brook Street (third left). Turn right on Elm Street. Take first left onto Spicer Avenue. We are the second house on the left.

For directions to all other locations please visit GrotonRec.com

GrotonRec.com 860.536.5680
SPECIAL EVENTS

2nd Annual Mystic Irish 5K Road Race
Saturday, March 19
10 a.m.
Downtown Mystic
Activity #483308

Race with Laces! Donate $5 to our scholarship fund to help local families in need participate in Groton Parks and Recreation programs and receive a pair of green speed laces as a thank you gift. Those who run the race with the green laces are eligible for additional prizes!

Register Early and Save!

For more information about these and all of our fun and exciting races visit GrotonRec.com/Races

Registration Fees

<table>
<thead>
<tr>
<th>Activity Type</th>
<th>Before February 17</th>
<th>Before March 17</th>
<th>Race Day–March 17</th>
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</thead>
<tbody>
<tr>
<td>Mystic Irish 5K</td>
<td>$20</td>
<td>$25</td>
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<tr>
<td>Tour de Noank 5K</td>
<td>$20</td>
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<tr>
<td>Tour De Noank Fun Run</td>
<td>Before May 11 $20</td>
<td>Before June 8 $25</td>
<td>Race Day–June 11</td>
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</tbody>
</table>

S3 from every runner is donated to the Mystic Irish Parade Foundation!

Certified 5K Course!

Summer 2016 Special Event sponsorships are now available! By sponsoring Groton Parks and Recreation you promote health and wellness, create a sense of community and protect and preserve Groton's natural resources. Show your support for Groton Parks and Recreation by becoming a sponsor today!

GrotonRec.com/Sponsors.asp

Think Summer!

2016

Available packages include:
- First Time Experience Training Session - $108
- Mountain Experience Training Session - $118
- 4 Hour Park Pass & Rental - $96
- 4 Hour Flextime Park Pass (no rental) - $67
- 4 Hour Tubing Pass - $53

Shiai Spring Karate Tournament
Saturday, April 9
8 a.m. - 5 p.m.

Teen Ski Trip
February 15
8 a.m. - 5 p.m.
Ages 11-18

Available packages include:
- First Time Experience Training Session - $108
- Mountain Experience Training Session - $118
- 4 Hour Park Pass & Rental - $96
- 4 Hour Flextime Park Pass (no rental) - $67
- 4 Hour Tubing Pass - $53

For more information call (860) 536-5680 or visit GrotonRec.com/Birthday.asp

Shiai Spring Karate Tournament
Saturday, April 9
8 a.m. - 5 p.m.

This one-day Shiai IOGKF tournament at William Seely School consists of the following events: blocker sparring (free division) IOGKF kata, Sanbon Shou (3 Point match) and iri Kumi ju (continuous sparring). Enrollment into the knockdown and Kobudo divisions are with the approval of Sensei only. The event is hosted by Sensei Ralph Batty Jr and arbitrated by Sensei Chris deWit.

Divisions for Ages 4+ - $35 per person

Visit GrotonRec.com/Karate

Tour de Noank 5K Road Race & Kids Fun Run
Saturday, June 11
10 a.m.
Esker Point Beach
Activity #483318

A portion of the proceeds benefits programs for people with special needs!

5K Activity #383318
Kids Fun Run Activity #483109

For more information about these and all of our fun and exciting races visit GrotonRec.com/Races

Visit GrotonRec.com/Karate

Certified 5K Course!

$3 from every runner is donated to the Mystic Irish Parade Foundation!

GrotonRec.com 860.536.5680 Winter/Spring 2016
The beauty of Pequot Woods today comprises 140 acres filled with idyllic streams, wetlands and a network of gentle well-marked trails that belies the fierce fighting that once occurred here. A very short distance from Pequot Woods a battle was fought in 1637. A force of colonists joined Mohegan and Narragansett Indians and attacked a Mystic fort of the widely feared Pequot tribe. After their attack, the colonists and their allies retreated through these Woods. A vicious battle continued as they fought their way westward. Artifacts from that encounter are still being cataloged today. Access is available from the following locations: 385 Sandy Hollow Rd (near Exit 89 off of Interstate 95), Mystic Meadow La, or at the intersection of Route 1 (New London Rd) and Judson Ave.

**TRAIL FACTS:**
- **Trail System Name:** Pequot Woods
- **Trail System Type:** Local
- **Total Trail Length:** 3.73 miles
- **Trail Surface:** Native Material
- **Difficulty Rating:** Varies
- **Designed Use:** Hike
- **Handicap Accessability:** Not Evaluated
- **Motorized Vehicles:** Prohibited

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**WE WANT YOU!**

Pequot Woods Board of Trustees is looking for new members! Trustee Powers and Duties include:
- To maintain and manage a natural parkland for the public.
- To facilitate sound management, maintenance and aesthetic preservation of Pequot Woods. Each member shall walk over the natural area at least once a year. The Board shall establish and administer specific land use and management provisions.

The Board meets only once a year. The 2016 meeting is being held on April 16 at 8:30 a.m. at the Sandy Hollow park entrance.

For more information please contact Cathy Hoffman at CHoffman@groton-ct.gov or call 860-536-5685.
Vail, Colorado
July 10-15, 2016
A unique family vacation with something for all ages. Do as much, or as little, as you wish in the picturesque and luxurious setting of Vail, from spa treatments to outdoor adventures in the Rocky Mountains. The entire family will love time spent together on the Leadville Railroad excursion, the tour to Rocky Mountain National Park, the resort's S'mores Family Campfire and delicious meals.

Canyon Country
Arizona, Utah & Las Vegas, NV
October 10-18, 2016
Explore western America's beautiful canyon country, including three national parks, and be immersed in some of America's most awe-inspiring scenery.

TRIPS & TRAVEL
Featured Extended Trips

UConn Women’s Basketball
Groton Parks and Recreation brings you to the action as the defending National Champion UConn Women’s Basketball team take on former Big East Conference Rival St. John’s in defending National Champion UConn Women’s Basketball.

Canyon Country
Arizona, Utah & Las Vegas, NV
October 10-18, 2016
Explore western America’s beautiful canyon country, including three national parks, and be immersed in some of America’s most awe-inspiring scenery.

Featured Day Trips

UConn Women’s Basketball
Groton Parks and Recreation brings you to the action as the defending National Champion UConn Women’s Basketball team take on former Big East Conference Rival St. John’s in defending National Champion UConn Women’s Basketball.

Broadway Pick
We are heading to Broadway for your choice of one of TWO of Broadway’s hottest shows - The Lion King OR An American in Paris. Our seats are in Orchestra/Front Mezzanine. Before the show, enjoy a family style meal at the famous Bua di Beppo restaurant.

Argia Schooner Half Day Cruise
Explore Mystic CT and the surrounding islands from the spacious wooden deck of the sailing ship, ARGIA. Relax as you sail by scenic coastlines and lighthouses or help the crew hoist and trim the sails aboard this elegant schooner. Each cruise includes complimentary snacks and lemonade. You may also bring your own beverages and food – coolers and cups are available. The interesting departure & return schedule coincides with the historic Mystic River Drawbridge schedule, which opens twice for ARGIA with every cruise.

Trips are open to the public! See more at GrotonRec.com/Trips or call the Groton Senior Center at (860) 441-6785

Legal doesn’t mean safe. Prescription drug abuse is a big deal.
Time to Move
Location: William Seely School
Instructor: Faith Richardson
Spend time with your child exploring messy art and building strength and coordination through play with ramps, slides, climbers, balance beams, tumbling, music, and movement games. NEW open age group added - great for siblings!

Activity #     Date             Day      Time                  Age        R/NR
344005-01      2/4-3/24       Th       9:15-10A               9-18 mos   $45/$65
344005-03      2/4-3/24       Th       10:55-11:40A            18-36 mos   $45/$65
344005-05      2/5-4/1         F       10:05-10:50A            18-36 mos   $45/$65
344005-06      4/22-6/10       F       10:55-11:40A            3-5     $45/$65

Time to Get Messy
Location: William Seely School
Instructor: Faith Richardson
A very hands-on way for children to explore art. Children experiment with clay, paint, markers, crayons, glue, recycled materials and so much more. Dress for the mess!

Activity #     Date             Day      Time                  Age        R/NR
344006-01      2/3-2/22       Th       9:15-10A               9-18 mos   $45/$65
344006-02      2/2-3/22       Tu       10:15-10:45A            1-4     $45/$65
344006-03      4/19-5/3       Tu       10:15-10:45A            1-4     $45/$65

Munchkin Soccer
Location: Fitch Middle School
Instructor: Faith Richardson
Pre-school children learn basic soccer skills under the direction of our enthusiastic instructor.

Activity #     Date             Day      Time                  Age        R/NR
383001-01      1/30-3/5       Sa       10-10:45A               4-5     $45/$65
383001-02      1/30-3/5       Sa       9-9:45A                4-5     $45/$65
383001-03      1/30-3/5       Sa       10-10:45A               4-5     $45/$65

**NEW! Create & Movement Combo**

**Time to Get Messy**

**DANCE**

**Parent & Toddler Dance**
Location: William Seely School
Instructor: Joy Fidyrych
Toddlers develop basic motor skills and improve coordination as they dance, sing, and play in this fun-filled class.

Activity #     Date            Day      Time                  Age        R/NR
341002-01      2/5-4/1       F       9:45-10A                1-3     $55/$75
441002-01      4/21-6/3      Th       9:45-10A                1-3     $55/$75

**NEW! Dance Babies**
Location: William Seely School
Instructor: Joy Fidyrych
An introduction to dance for our youngest dancers, structured to stimulate coordination skills, listening skills, balance and motor development. Fun for boys and girls!

Activity #     Date            Day      Time                  Age        R/NR
341003-01      2/4/3/24      Th       4:30-5:20P               2-3     $49/$69
441003-01      4/21-6/2      Th       4:30-5:20P               2-3     $49/$69

**NEW! Little Boppers**
Location: William Seely School
Instructor: Joy Fidyrych
Young dancers bounce along to the beat. A fusion of basic hip hop and creative movement to get all the wiggles out! Fun for boys and girls!

Activity #     Date            Day      Time                  Age        R/NR
341101-01      2/4-3/24      Th       9:45-10A                3-5     $55/$75
341101-02      2/4-3/24      Th       4:35-5:20P               3-5     $55/$75
441101-01      4/21-6/2      Th       4:35-5:20P               3-5     $55/$75
441101-02      4/21-6/2      F       9:45-10:30A              3-5     $55/$75

**Dance Combo**
Location: William Seely School
Instructor: Joy Fidyrych
A fun combination class that introduces children to ballet, tap, and jazz skills through center work and dances.

Activity #     Date            Day      Time                  Age        R/NR
341003-01      2/5-4/1       Th       9:45-10A                3-5     $55/$75
341003-02      2/5-4/1       F       4:35-5:20P               7-8     $55/$75
341003-03      2/5-4/1       F       5:25-6:10P               9-12   $55/$75
441003-01      4/21-6/2      Th       5:25-6:10P               5-6     $55/$75
441003-02      4/21-6/2      Th       4:35-5:20P               9-12   $55/$75

**Ballroom & Latin Dance**
Location: Groton Senior Center
Instructor: Janine Crane
Come learn what all the fuss is about! Each week our instructor takes you through a new dance style including waltz, foxtrot, tango, cha-cha, salsa, swing, and rumba. Learn the dos and don’ts of lead and follow along with a simple, smooth Latin technique. At the end of each class there will be a 30-minute practice dance party to try out your new moves. Beginner and Advanced sections available.

Activity #     Date            Day      Time                  Age        R/NR
341402-01      1/5-2/23      Tu       6:30-7:30P               18+      $45/$55
341402-02      1/5-2/23      Tu       7:30-8:30P               18+      $45/$55
341402-03      5/3-6/21      Tu       6:30-7:30P               18+      $45/$55
341402-04      5/3-6/21      Tu       7:30-8:30P               18+      $45/$55
341402-05      5/3-6/21      Tu       8:30-9:30P               18+      $45/$55

**Princess Ballet**
Location: William Seely School
Instructor: Joy Fidyrych
Dancers learn the story of a featured princess and dance a princess dance! Lots of moving and fun!

Activity #     Date            Day      Time                  Age        R/NR
341005-01      2/2/3/22      Tu       9:10-10:20A             3-5     $49/$69
441005-01      4/19-5/31      Tu       9:10-10:20A             3-5     $49/$69

**INTRO TO DANCE**

**Intro to Dance**
Location: William Seely School
Instructor: Joy Fidyrych
Children move as they combine creative dance with an introduction to ballet and tap dancing.

Activity #     Date            Day      Time                  Age        R/NR
341001-01      2/4-3/24      Th       4:35-5:20P               3-5     $55/$75
341001-02      2/4-3/24      Th       9:45-10:30A              3-5     $55/$75
441001-01      4/21-6/2      Th       4:35-5:20P               3-5     $55/$75
441001-02      4/21-6/2      F       9:45-10:30A              3-5     $55/$75

**Ballroom & Latin Dance**
Location: Groton Rec. 860.536.5680 Winter/Spring 2016
GYMNASTICS

Location: William Seely School
Instructor: ABC Gymnastics

Tiny Tumblers
Learn the basics of proper warm-up, tumbling, and balance beam while exploring a wide range of special motor skills with a clear emphasis on movement, music and balance. Program specifically designed for parent/child interaction together.

Activity # Date Day Time Age R/NR
381002-01 2/23-2/22 Tu 10:15-10:55A 4-6 mos. $65/$85
381002-02 2/23-2/22 Tu 11:15-11:50A 4-6 mos. $65/$85
381001-03 1/30-3/7 Sat 8:30-9:10A 4-16 mos. $65/$85
481001-01 4/19-6/6 Tu 10:15-10:55A 4-6 mos. $65/$85
481002-01 4/19-6/6 Tu 11:15-11:50A 4-6 mos. $65/$85
481003-01 4/16-6/6 Sat 8:30-9:10A 4-16 mos. $65/$85

Mini Stars
Learn the basics of proper warm-up, tumbling, vauling, and balance beam. Child must be able to follow basic instructions as standing in line. Designed to refine motor skills, learn the basics, develop better coordination and socialization skills.

Activity # Date Day Time Age R/NR
381002-01 2/23-2/22 Tu 9:30-10:10A 4-5 $65/$85
381002-02 1/30-3/7 Sat 9:20-10A 4-5 $65/$85
481002-01 4/19-6/6 Tu 9:30-10:10A 4-5 $65/$85
481002-02 4/16-6/6 Sat 9:20-10A 4-5 $65/$85

Intermediate
Requirements: Must be able to do a forward roll with feet together, cartwheel, and bridge on floor, be able to walk across high beam forward and backward without assistance, and be able to jump up to a front support and cast on the bar.

Activity # Date Day Time Age R/NR
381001-01 2/1-3/28 M 4:25-5:05P 5-15 $65/$85
381001-02 1/30-2/2 Sa 10:05-10:45A 5-15 $65/$85
381003-01 1/30-2/2 Sa 10:50-11:30A 5-15 $65/$85
481001-02 4/16-6/6 Sa 10:05-10:45A 5-15 $65/$85
481001-03 4/16-6/6 Sa 10:50-11:30A 5-15 $65/$85

Advanced
Requirements: Must be able to do a backward roll, full handstand, bridge kick-over, and a pull-over on bars, and should be comfortable doing jumps and handstands on beam. Must be hard workers and good listeners.

Activity # Date Day Time Age R/NR
381005-01 1/30-2/27 Sa 12:20-1:20p 7-15 $65/$75
381001-01 4/18-6/6 Sa 12:20-1:20p 7-15 $95/$115

YOUTH SPORTS

Junior Basketball
Location: Catherine Kolnasi Magnet School
Instructor: Byron Knox
Have fun learning hoop basics including dribbling, shooting, and defense through instruction and fun, non-competitive games.

Activity # Date Day Time Age R/NR
383102-01 1/30-3/5 Sa 9:30-10:15A 6-7 $45/$65
383102-02 1/30-3/5 Sa 10:30-11:15A 6-7 $45/$65

Floor Hockey
Location: Fitch Middle School
Instructor: Mike Smith
Bring your favorite hockey stick (blade must be covered with white hockey tape) or borrow one of ours and come play. Open to both beginners and experienced players.

Activity # Date Day Time Age R/NR
383108-01 1/31-3/20 Su 1-2P 8-10 $45/$65
383108-02 1/31-3/20 Su 2-3P 8-10 $45/$65
383108-03 1/31-3/20 Su 3-4P 11-15 $45/$65

Indoor Soccer
Location: Fitch Middle School
Instructor: UK International Soccer
Instructor: Byron Knox
Location: Catherine Kolnasi Magnet School
Instructor: Groton Mystic Lacrosse

Recreational Lacrosse
Location: Fitch Middle School
Instructor: Groton Mystic Lacrosse
Improve players’ skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning. The emphasis is on teaching and having fun. An additional weekday practice for U11 and older players (Boys - Tuesday; Girls - Wednesday) can be added for an additional $20.

Activity # Date Day Time Age R/NR
383105-01 3/6-4/10 Sa 11:30A-12:45P 6-10 $45/$65
383204-01 3/6-4/10 Su 12:45-2:30P 11-14 $45/$65

Scholarships Available! We also offer limited scholarships to qualified applicants. See the information box on page 3 for more information.

Lacrosse Weekday
Location: Fitch Middle School
Instructor: Groton Mystic Lacrosse
Designed for older players, this program focuses on improving players’ skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning. The emphasis is on teaching and having fun.

Activity # Date Day Time Age Gender R/NR
383212-01 3/6-4/12 Tu 6:30-8P 9-14 Boys $45/$65
383212-02 3/9-4/13 W 7:30-9P 9-14 Girls $45/$65

Girls Indoor Volleyball
Location: Cutler Middle School
Instructor: Ashley Adams

Junior Basketball
Location: Catherine Kolnasi Magnet School
Instructor: Byron Knox

Scholarships Available! We also offer limited scholarships to qualified applicants. See the information box on page 3 for more information.

Lacrosse Weekday
Location: Fitch Middle School
Instructor: Groton Mystic Lacrosse
Designed for older players, this program focuses on improving players’ skills by stressing the fundamentals and instilling good habits. Players spend most sessions divided into teams, scrimmaging and learning the basics of team play and proper positioning. The emphasis is on teaching and having fun.

Activity # Date Day Time Age Gender R/NR
383211-01 3/8-4/12 Tu 6:30-8P 9-14 Boys $45/$65
383211-02 3/9-4/13 W 7:30-9P 9-14 Girls $45/$65

After School Golf
Location: Shennecossett Golf Course
Instructor: Mike Rege
Young golfers learn new skills and receive individualized instruction. All experience levels welcome!

Activity # Date Day Time Age R/NR
492214-01 4/25-5/16 M 3-4P 11-16 $50/$75

Girls Indoor Volleyball
Location: Cutler Middle School
Instructor: Ashley Adams

Junior Basketball
Location: Catherine Kolnasi Magnet School
Instructor: Byron Knox

Scholarships Available! We also offer limited scholarships to qualified applicants. See the information box on page 3 for more information.

Lacrosse Weekday
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Activity # Date Day Time Age Gender R/NR
383211-01 3/8-4/12 Tu 6:30-8P 9-14 Boys $45/$65
383211-02 3/9-4/13 W 7:30-9P 9-14 Girls $45/$65

After School Golf
Location: Shennecossett Golf Course
Instructor: Mike Rege
Young golfers learn new skills and receive individualized instruction. All experience levels welcome!
New Year's Day Training

A tradition in Okinawa which brings in a new year of hard training. The Okinawan Karate-ka believe that whatever you do on the first of the year will create a good habit for the entire year. This is a 2-hour (1-hour) training session for all students. Students ages 3-5 may participate in the first hour of training from 8am-9am. Students ages 6 and older may participate from 9am-10am.

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<td>482001-01</td>
<td>1/1</td>
<td>T</td>
<td>5:45-6:30P</td>
<td>13+</td>
<td>FREE</td>
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<td>18+</td>
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<td>483302-01</td>
<td>4/18-6/13</td>
<td>M</td>
<td>5:30-8:30P</td>
<td>18+</td>
<td>FREE</td>
</tr>
</tbody>
</table>

GrotonRec.com 860.536.5680 Winter/Spring 2016

KARATE

Location: William Seely School
Instructor: Ralph Batty, Jr.

Jr. Dragon I
Ranks: White, White w/Yellow Stripe, Yellow w/White Stripe, Yellow
Activity #     Date             Day Time          Age | R/NR |
382003-01      | 2/5-4/1          | F   | 5:45-6:30P    | 3-5 | $65/$85 |
482003-01      | 4/22-6/10        | F   | 5:45-6:30P    | 3-5 | $65/$85 |

Jr. Dragon II
Ranks: Orange, Green and Blue belts
Activity #     Date            Day Time          Age | R/NR |
382003-01      | 2/21-3/8         | M/W  | 6-7P          | 6-12 | $129/$149 |
482003-01      | 4/18-6/13        | M/W  | 6-7P          | 6-12 | $129/$149 |

Jr. Dragon III
Activity #     Date            Day Time          Age | R/NR |
382002-01      | 2/22-3/24        | TuTh | 5:30-6:30P    | 6-12 | $129/$149 |
482002-01      | 4/19-6/8         | TuTh | 5:30-6:30P    | 6-12 | $129/$149 |

Black Belt
Activity #     Date            Day Time          Age | R/NR |
382001-01      | 2/3-3/22         | Tu   | 4:15-4:45P    | 3-5  | $55/$75 |
482001-01      | 4/19-6/7         | Tu   | 4:15-4:45P    | 3-5  | $55/$75 |
482001-01      | 4/22-6/9         | Th   | 4:15-4:45P    | 3-5  | $55/$75 |

Lil' Tiger I
Activity #     Date            Day | Time | Age | R/NR |
385301-01      | 1/10-3/20        | Su   | 4-7P  | 16+  | $75/$95 |
485301-01      | 1/10-3/20        | Su   | 7-9P  | 18+  | $30|

Lil' Tiger II
Activity #     Date            Day | Time | Age | R/NR |
385302-01      | 1/10-3/20        | Su   | 4-7P  | 16+  | $75/$95 |
485302-01      | 1/10-3/20        | Su   | 7-9P  | 18+  | $30|

Lil' Tiger III
Activity #     Date            Day | Time | Age | R/NR |
385303-01      | 1/10-3/20        | Su   | 4-7P  | 16+  | $75/$95 |
485303-01      | 1/10-3/20        | Su   | 7-9P  | 18+  | $30|

Jr. Dragon I
Activity #     Date            Day | Time | Age | R/NR |
382001-01      | 2/3-3/23         | W    | 7:30-8:30P    | 8+   | $129/$149 |
482001-01      | 4/20-6/9         | W    | 7:30-8:30P    | 8+   | $129/$149 |

Street Hockey
Location: Groton Hockey Rink
Instructor: Phil Butta
Enjoy a great cardiovascular workout as you chase a little orange ball in this fast-paced street hockey program. This is a non-contact recreational program of pickup games for fun and exercise. Approved hockey stick required. Full-time goals play free, but must pre-register for section 2.
Activity #     Date            Day | Time | Age | R/NR |
483301-01      | 4/19-6/9         | TuTh | 5:30-7:30P    | 15+  | $30/$50 |
483302-01      | 4/19-6/9         | TuTh | 5:30-7:30P    | 15+  | FREE |

Eastern CT Roller Hockey League
Location: Groton Hockey Rink
Competitive inline hockey is at its finest at Southeast CT’s only outdoor regulation rink. Registration is done by team. Team captains register online at GrotonRec.com/ Discover under leagues or through the Recreation office. Rosters and waivers are submitted to league coordinator at the first game. Teams consist of up to thirteen players including goalies.
Activity #     Date            Day | Time | Age | FEE |
483305-01      | 4/17-6/12        | Su   | 10A-4P        | 1T   | $250/Team |

Floor Hockey League
Location: Fitch Middle School
Instructor: George White
Organizes teams of players of varying skill levels. League is fairly competitive, but stresses good sportsmanship and safety. All games are officiated and player and team stats are collected. Games are played four-on-four plus goalie. All league players are free to participate in pickup games every Friday from 6-9 pm. League games are played Sundays between 3-7pm based on posted schedule. Those interested in serving as referee, scorer or timer for the season should contact Recreation office. GFHL info can be found on the web at the Unofficial GFHL Website: http://gfhl.blogspot.com/.
Activity #     Date            Day | Time | Age | R/NR |
385300-01      | 1/31-3/20        | Su   | 4-7P          | 16+  | $75/$95 |

Don’t wait! Registration for both Winter and Spring sessions is open now at GrotonRec.com or by mail with the registration form on page 361.
<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
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<td>2/19-6/7</td>
<td>Tu</td>
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<td>12+</td>
<td>Y</td>
<td>$55</td>
<td>William Seely School</td>
</tr>
<tr>
<td>351303-01</td>
<td>2/9-3/22</td>
<td>Tu</td>
<td>5:30-6:25P</td>
<td>12+</td>
<td>Y</td>
<td>$65</td>
<td>William Seely School</td>
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<tr>
<td>451303-01</td>
<td>4/21-6/9</td>
<td>Th</td>
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<td>14+</td>
<td>Y</td>
<td>$55</td>
<td>William Seely School</td>
</tr>
</tbody>
</table>

**Zumba Gold**

Location: Groton Senior Center
Instructor: Monica Bengston

Perfect for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
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<tr>
<td>351303-01</td>
<td>2/9-3/22</td>
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<td>12+</td>
<td>Y</td>
<td>$60</td>
<td>Groton Senior Center</td>
</tr>
</tbody>
</table>

**Zumba Toning**

Location: Groton Senior Center
Instructor: Monica Bengston

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. How it works - blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks to shake up those muscles!

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
<th>Price</th>
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<td>1/4-2/22</td>
<td>M</td>
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<td>Groton Senior Center</td>
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<tr>
<td>351406-02</td>
<td>1/6-2/24</td>
<td>F</td>
<td>12-1P</td>
<td>55+</td>
<td>Y</td>
<td>$25</td>
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<tr>
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<td>55+</td>
<td>Y</td>
<td>$25</td>
<td>Groton Senior Center</td>
</tr>
</tbody>
</table>

**Step Fitness Blend**

Location: William Seely School
Instructor: Denise Descheneaux

Fun choreographed step aerobics, total body strength training, followed by a great core workout; all done in an interval format that has you feeling great as you increase your overall strength and endurance. Register for both days and save!

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
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<td>12+</td>
<td>Y</td>
<td>$60</td>
<td>Groton Senior Center</td>
</tr>
</tbody>
</table>

**Heart Healthy Fitness**

Location: Groton Senior Center
Instructor: Lorraine Raimondi and Kim Allen

This is a moderate to moderately heavy low-impact aerobic program. Exercises focus on the major muscle groups and strengthening the heart and lungs along with overall fitness.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
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<td>451305-02</td>
<td>3/7-4/29</td>
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<td>55+</td>
<td>Y</td>
<td>$60</td>
<td>Groton Senior Center</td>
</tr>
</tbody>
</table>

**Bootcamp**

Location: William Seely School
Instructor: Joy Fidyck (morning)

Yolla El Khoury (evening)

Zumba classes feature exotic rhythms set to high-energy Latin and international beats for a great workout that helps you lose weight and tone your body.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
<th>Price</th>
<th>Location</th>
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<tr>
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<td>13+</td>
<td>Y</td>
<td>$65</td>
<td>Groton Senior Center</td>
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<tr>
<td>451319-03</td>
<td>4/17-5/7</td>
<td>Tu</td>
<td>9-9:45A</td>
<td>13+</td>
<td>Y</td>
<td>$55</td>
<td>Groton Senior Center</td>
</tr>
</tbody>
</table>

**Zumba**

Location: William Seely School
Instructor: Joy Fidyck

Get a great workout for a great price at the Groton Senior Center!
Pilates
Location: William Seely School
Instructor: Alisha Strayer
Want to sculpt your core and increase your range of motion? Based on the methods of Joseph Pilates, Pilates includes a progressive series of mat and standing exercises to emphasize the principles of core stabilization. The class is designed to sculpt and lengthen muscles, as well as increase personal range of motion/flexibility. Bring hand weights, water bottle and a yoga mat to each class. Register for multiple classes with Alisha in the same season and in the same transaction for a 15% discount!

Activity # Date Day Time Age R/NR
351309-02 2/3-3/30 W 5:30-6:25P 13+ $55/$75
351309-01 2/1-4/4 M 5:30-6:25P 13+ $55/$75

Pilates Plus
Location: William Seely School
Instructor: Alisha Strayer
Are you looking to get your cardio while sculpting your core? Based on the methods of Joseph Pilates, Pilates includes a progressive series of mat and standing exercises to emphasize the principles of core stabilization with cardio. The class is designed to make you sweat, sculpt and lengthen muscles, and increase your personal range of motion. Register for multiple classes with Alisha in the same season and in the same transaction for a 15% discount!

Activity # Date Day Time Age R/NR
351334-01 2/2-3/29 Tu 5:30-6:25P 13+ $27/$37
351334-02 3/4-4/1 F 4:30-5:25P 13+ $27/$37

Monday Mash Up
Location: William Seely School
Instructor: Alisha Strayer
Tired of taking the same class every week? Monday Mash Up mixes up the type of fitness classes taught each week to add variety to your workout schedule. Classes cover a variety of fitness disciplines such as stability ball aerobics, pilates, boxing, step aerobics, bootcamp, weight lifting and more. Register for multiple classes with Alisha in the same season and in the same transaction for a 15% discount!

Activity # Date Day Time Age R/NR
351337-01 2/7/4-4/ M 6:35-7:30P 13+ $55/$75
451309-02 4/7-6/13 M 6:35-7:30P 13+ $55/$75

Winter/Spring Fitness Schedule

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
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<tbody>
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<td>13+</td>
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<tr>
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<td>13+</td>
<td>$55/$75</td>
</tr>
<tr>
<td>351309-03</td>
<td>2/3-3/30</td>
<td>W</td>
<td>7:30-8:30A</td>
<td>13+</td>
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<td>$55/$75</td>
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<tr>
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<td>W</td>
<td>5:30-6:25P</td>
<td>13+</td>
<td>$55/$75</td>
</tr>
</tbody>
</table>

Winter/Spri...
ADAPTIVE PROGRAMS

While all of Groton Parks and Recreation’s programs and activities are open to individuals with disabilities, we also offer a selection of programs with special support and adaptations for those who need them. For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.

Adaptive Swimming
Location: UCONN Avery Point Pool
Instructor: Andy Plasse
Beginning swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water. Extra staff is available in the water to provide support.

Activity #     Date                   Day          Time              Age     R/NR
36103-01      1 3/30-4/22      Sa  12:45-1:25P  6-21        $75/$95
46103-01      1 4/16-6/6/11 Sa  12:45-1:25P  6-21        $75/$95
38103-01      2 5/1-6/23/11 Sa  1:40-2:20P  6-21        $75/$95
46103-01      2 6/16-8/6/11 Sa  1:40-2:20P  6-21        $75/$95

Adaptive Private Swim Lessons
Location: UCONN Avery Point Pool
Instructor: Staff
Weekly, 30-minute, one-on-one swim lessons. Limited space.

Activity #     Date                   Day          Time              Age     R/NR
361201-01     1/30-4/2      Sa  2:25-2:55P  2+         $149/$169
461201-01     4/16-6/11 Sa  2:25-2:55P  2+         $149/$169

Cooking for Fun
Location: Fitch High School
Instructor: Andy Plasse
Special needs students enjoy the art of cooking in a social setting. Learn to follow directions, use a kitchen safely, make healthy choices, collect recipes, and share with peers.

Activity #     Date                   Day          Time              Age     R/NR
36107-01      2/3-2/3       W  5-7P  13-35  $65/$65
46107-01      4/26-6/6     W  5-7P  13-35  $65/$65

Adaptive Fitness
Location: William Seely School
Instructor: Staff
Exercise program designed and implemented to provide a safe, fun and effective workout for people with disabilities. All fitness levels invited.

Activity #     Date                   Day          Time              Age     R/NR
36130-01      2/2-2/3      Tu  5:45-7:15P  16-45    $20
46130-01      4/19-6/7      Tu  5:45-7:15P  16-45    $20

Adaptive Painting
Location: Groton Senior Center
Instructor: Andy Plasse
People with disabilities learn the basics of drawing and painting by working on individually chosen projects in a group setting. Supplies for drawing and water color provided.

Activity #     Date                   Day          Time              Age     R/NR
362302-01     2/2-3/13      Tu  9-10:30A  21+       $20/$40
462302-01     4/19-6/7      Tu  9-10:30A  21+       $20/$40

Special Recreation
Instructor: Victor Cicchese
Individuals with disabilities participate in arts & crafts, sports activities and compete in Special Olympics sports. Days and times vary, please check monthly calendar for specifics.

Activity #     Date                   Day          Time              Age     R/NR
361302-01     2/4-3/24      Th  6:30-8P  14+  $40/$50
461302-01     3/31-8/9      Th  6:30-8P  14+  $40/$50

Special Recreation
Connecticut
Special Olympics provides year-round sports training and competition opportunities to athletes with intellectual disabilities. It also offers Special Olympics Unified Sports™ which teams up athletes with intellectual disabilities and their peers without disabilities, known as Unified partners, to play sports. Participants train for a minimum of eight weeks prior to competition.

Athletes must register for Special Recreation!

Sports offered:
- January - March: floor hockey, basketball, snow shoe and Nordic ski
- March - June: track and field, aquatics, wheelchair track and field, tennis, soccer, cycling
- July - September: sailing, golf, softball, and bocce
- September - November: bowling and volleyball

Athletes, coaches, Unified partners and volunteers needed!
For more information contact Eileen Cicchese at (860) 536-5691 or ecicchese@groton-ct.gov.

Adaptive Karate
Location: William Seely School
Instructor: Ralph Batty, Jr.
Students learn how to overcome physical challenges by utilizing their strengths and improving their weaknesses. Participants also develop a strong mind, body and spirit while increasing self-confidence and self-esteem.

Activity #     Level      Date                   Day          Time              Age     R/NR
36101-01      1 2/7-3/28      M  7-7:40P  5+  $45/$65
46101-01      1 4/19-6/13  M  7-7:40P  5+  $45/$65
36102-01      2 2/7-3/28      Tu,Th  4:50-5:30P  5+  $85/$105
46102-01      2 4/19-6/9      Tu,Th  4:50-5:30P  5+  $85/$105

Teen/Young Adult Social Club
Location: William Seely School
Instructor: Jessica Franco
Teens and young adults plan weekly group activities. Participants have opportunities to learn new leisure activities, and meet new friends, all while having fun in age-appropriate groups. Please identify any disability in the comment section on the registration form.

Activity #      Day            Time           Age          R/NR
362201-01     F                  6-9P          13-25     $65/$65
462201-01     F                  6-9P          13-25     $65/$65

Adult Social Nite
Location: Meets at Groton Library Parking Lot
Instructor: Andy Plasse
Learn social skills through peer interaction while dining out and experiencing entertainment, such as movies, dancing, bowling, art shows, and other cultural events. Participants are responsible for cost of meal and events, (events not to exceed $10). Winter session meets Feb. 5, 19, March 4, and 18. Spring session meets April 22, May 6, 20, and June 3.

Activity #      Day            Time           Age     R/NR
362303-01     F                  5-9P          18+          $65/$65
462303-01     F                  5-9P          18+          $65/$65
AQUATICS

Location: UConn Avery Point Pool

Baby & Me Swim Social

Introduce your child to the water in this unstructured program. Staff is available to offer tips using activities, toys and songs. Participate with your baby in your grasp. One parent per child required. Swim diapers required. TIP: Bring a stroller into the locker room for easier changing.

<table>
<thead>
<tr>
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<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
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<td>311109-01</td>
<td>1/30-4/2</td>
<td>Sa</td>
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<td>2+</td>
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<td>Su</td>
<td>10:15-11:00</td>
<td>2+</td>
<td>$149/$169</td>
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</table>

Private Lessons

Weekly, 30-minute, one-on-one swim lessons. Limited space! Weekly, 30-minute, one-on-one swim lessons. Limited space!

<table>
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<tr>
<td>311109-01</td>
<td>1/30-4/2</td>
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<td>10:30-11:10</td>
<td>2+</td>
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<tr>
<td>311208-01</td>
<td>4/17-6/11</td>
<td>Su</td>
<td>10:15-11:00</td>
<td>2+</td>
<td>$149/$169</td>
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</table>

Family Swim

Enjoy the pool to relax, work on skills, or just have fun. Pool capacity is set at a maximum of 80 participants per swim time. Children must be supervised at all times. Registration includes both Saturdays & Sundays.

<table>
<thead>
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<th>Activity #</th>
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<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
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<td>311301-01</td>
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<td>Su</td>
<td>11:15-12:10</td>
<td>2+</td>
<td>$65/$85</td>
</tr>
</tbody>
</table>

Pre-Competition Swimming

Pre-Competition Swimming prepares swimmers for competition swimming either on a high school swim team or club team. Swimmers build endurance by swimming laps in the pool and fine tune their strokes through drills. Swimmers need to have met requirements for level 5 in order to take in this class.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>R/NR</th>
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<tbody>
<tr>
<td>311109-01</td>
<td>1/30-4/2</td>
<td>Sa</td>
<td>10:30-11:10</td>
<td>2+</td>
<td>$65/$85</td>
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<tr>
<td>311109-02</td>
<td>1/30-4/2</td>
<td>Su</td>
<td>11:15-12:10</td>
<td>2+</td>
<td>$65/$85</td>
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</table>

Baby & Me Swimming Lessons Quiz

Baby & Me: Can your child maintain an upright position in the water with minimal effort? Yes (continue) No - Stay in Baby & Me

Intro to Level 1: Is your child comfortable swimming in the water with a bubble on and can swim without breathing in water? Yes (continue) No - Stay in Intro to Level 1

Level 1: Can your child swim at least ten feet in the water without any assistance? Yes (continue) No - Stay in Level 1

Level 2: Can your child swim 15 feet in the water, perform a front or back float for at least 15 seconds and swim basic freestyle with a flutter kick? Yes (continue) No - Stay in Level 2

Level 3: Can your child perform a kneeling dive, swim a proficient freestyle stroke as well as swim both elementary and regular backstroke? Yes (continue) No - Stay in Level 3

Level 4: Has your child mastered freestyle and backstroke as well as being able to perform basic breaststroke and dolphin kick? Can they tread water for at least 1 minute? Yes (continue) No - Stay in Level 4

Level 5: Has your child mastered freestyle, backstroke and breaststroke and is able to perform them for more than 25 feet? Can they tread water for three minutes and perform a standing dive? Yes (continue) No - Stay in Level 5

Pre-Comp: Has your child mastered freestyle, backstroke, breaststroke and butterfly and are they able to perform them more than 25 feet? Can they tread water for four minutes; perform a standing dive, open turn, flip turn and dive down to a depth of ten feet? Yes (continue) No - Stay In Pre-Comp

If you are still unsure which level is right for your child, register him or her for the level you think is best and our instructors will evaluate your child’s skills for proper placement.

Winter/Spring Aquatics Schedule

<table>
<thead>
<tr>
<th>Saturday</th>
<th>10:30-11:10 am</th>
<th>Adult Group Lessons</th>
<th>11:15-11:55 am</th>
<th>Level 1, 2, 3, 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15-12:45 pm</td>
<td>Level 1, 2, 3, 4</td>
<td>12:45-1:25 pm</td>
<td>Adaptive Swim 1 Level 5</td>
<td></td>
</tr>
<tr>
<td>1:40-2:20 pm</td>
<td>Intro to Level 1</td>
<td>Adaptive Swim2</td>
<td>2:25-2:55 pm</td>
<td>Private Lessons</td>
</tr>
<tr>
<td>3:4 pm</td>
<td>Family Swim</td>
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<tr>
<td>Sunday</td>
<td>8:30-9 am</td>
<td>Baby &amp; Me</td>
<td>9:05-9:45 am</td>
<td>Level 1, 2, 3, 4</td>
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<tr>
<td></td>
<td>9:50-10:30 am</td>
<td>Private Lessons Adv</td>
<td>10:35-11:05 am</td>
<td>Level 1 Pre Comp</td>
</tr>
<tr>
<td></td>
<td>11:10-11:50 am</td>
<td></td>
<td>11:55-1:00 pm</td>
<td>Family Swim</td>
</tr>
</tbody>
</table>

Winter/Spring 2016
Shennecossett Golf Course
93 Plant Street
Groton, CT 06340
860-448-1867

Shennecossett is a historic 18-hole public course designed by Donald Ross. Located on beautiful Long Island Sound and the Thames River, the course features dramatic views and a chance to spot a tall ship at sail or a US submarine. Founded in 1898, Shennecossett remains a top New England golfing destination. Call today for an opportunity to play.

shennygolf.com
Take it to the Box!
Drop unused meds in the green box at one of these locations:

City of Groton Police Department
295 Meridian Street

Town of Groton Police Department
68 Groton Long Point Road

Accepted:
• Prescription and over-the-counter medications
• patches
• ointments
• vitamins
• sample medications
• pet medications

Not Accepted:
• lotions or liquids
• aerosol cans
• inhalers
• hydrogen peroxide
• thermometers
• needles or other sharp objects
• medication from businesses or clinics

Be Bear Aware!
Black bears are increasing in numbers and being seen more frequently in Connecticut. They are rarely aggressive towards humans but can create a variety of problems. In particular, bears that are fed by humans can become habituated and may need to be euthanized. Connecticut residents must learn how to reduce the likelihood of bears becoming a problem. Birdfeeders, garbage, pet food, and compost attract bears close to houses and people, and should be made unavailable to bears.

Report bear sightings to the CT DEEP at 860-675-8130 or online at www.ct.gov/deep/blackbear

FREQUENTLY REQUESTED CONTACTS

Groton City Recreation
Washington Park, Eastern Point Beach & Zbierski House
860-446-4128

Groton Soccer Club
Tom Taber
860-908-6566
grotonsoccer@yahoo.com

Groton/Mystic Lacrosse
Greg Roberts
www.grotonmysticlacrosse.org
grotonlax@gmail.com

Groton Mystic Youth Football League
GMFVP@yahoo.com

Groton Little League & Softball Little League
Doug Dickey
860-235-5824

Groton Babe Ruth
Sigfredo Hidalgo
Hidals@yahoo.com

Mystic Babe Ruth
Tom Taber
860-908-6566
mysticbaberuthonline.com

Mystic Little League
Jeff Lalima
860-572-7793
Scholarship Application

Please follow these steps to apply.

GROTON RESIDENTS ONLY

Applicant must appear in person (mail-in information is not accepted)

Must bring completed scholarship and registration forms between 8:30 AM - 3:45 PM to:
Groton Parks and Recreation Office (860-536-5680) at 27 Spicer Ave, Noank (using GPS: enter 1 Wilbur Ct, Noank for accurate directions)

Documents to bring for ALL HOUSEHOLD members:
- Proof of Wages/Earnings for the past four (4) weeks/month
- Proof of Supplemental Income from State to include:
  - Rent Assistance (Rental Agreement)
  - Food Subsidies (SNAP)
  - Unemployment
  - Cash Assistance from State of Connecticut

COMPLETE

Address, Town, Zip

Primary Phone

E-Mail

HOUSEHOLD MEMBERS (Names of ALL people residing at this address.)

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Date of Birth</th>
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I acknowledge that the information supplied by me to be true to the best of my knowledge.

Applicant’s Signature

Date

HOUSEHOLD INCOME

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<th>Source</th>
<th>Wages / Income</th>
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Total Monthly Income (All Sources)

Scholarship Percentage Awarded

(fees reduced by this amount)

Processed by

Date

Scholarship & Registration Form

Winter/Spring 2016

Recreation Winter/Spring 2016 Registration Form

Parent or legal guardian must complete this form.

PARTICIPANT INFORMATION

Order of participation: (last name)

<table>
<thead>
<tr>
<th>Activity #</th>
<th>First Name</th>
<th>Last Name</th>
<th>Date of Birth</th>
<th>Sex</th>
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Fee

Total Fees:

Checks payable to: “Groton Parks and Recreation”

Registered by:

Total Fees:

Scholarship Percentage Awarded

Processed by:

Date:

By my signature below, I agree to the provisions of paragraph above:

Signature

Comments

Volunteers: Please send me information on Volunteer Opportunities (list your interests above).

Groton Parks and Recreation Welcomes everyone!

Use the comment box or attach a separate sheet to alert us of any special health concerns, accessibility issues or behavioral needs or to request a modification.

Please register as early as possible so that we can plan accordingly.

You will be contacted for additional information if needed.

Mail to:

Groton Parks and Recreation

27 Spicer Avenue

Noank, CT 06340-5659

Modification Requested   3/494903-01

Groton Parks and Recreation

696-0990, GC

27 Spicer Avenue

Noank, CT 06340-5659

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GrotonRec.com  860.536.5680

Winter/Spring 2016

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