

Essex Park & Recreation - 2016

# Spring & Summer Programs



The Benefits  
are Endless



Park &  
Recreation  
TOWN OF ESSEX

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# Welcome to the Essex Park & Recreation Spring & Summer Program Guide

**Mission Statement: Creating the Essex Community through People, Parks, and Programs!**



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## The Benefits of Parks and Recreation

\*Build family unity \*Feel great \*Lose weight \*Diminish chance of disease \*Reduce stress \*Provide safe places to play \*Generate revenue \*Lower healthcare costs \*Meet friends \*Educate children and adults \*Relax \*Keep businesses from leaving \*Elevate Personal Growth \*Strengthen neighborhood involvement \*Boost local economy \*Increase property value \*Preserve plant and animal wildlife \*Clean air and water \*Teach vital life skills \*Provide space to enjoy nature

Photos courtesy of Jennifer Crown

## Essex Park and Recreation Office

**Location:** 29 West Avenue, Essex (Inside Essex Town Hall)

**Office Hours:** Monday - Friday, 9:00 am - 4:00 pm

**Call:** 860.767.4340 x110 | **Fax:** 860-767-8509

**Email:** recreation@essexct.gov

## News You Can Use

### Expanding Education on Concussion in Sports

Adapted from recmanagement.com

The new film *Concussion* follows the story of Dr. Bennet Omalu, the forensic neuropathologist who made the first discovery of what is now known as Chronic Traumatic Encephalopathy (CTE), a progressive degenerative disease of the brain found in those with a history of repetitive brain trauma such as concussion. While the film will bring the issue of brain injury and sports participation to many people's attention for the first time, many organizations and professionals have been hard at work trying to expand our understanding of concussion in sports like football and boxing.

The American Medical Society for Sports Medicine (AMSSM) continues to be a leader in the areas of research and education of sports-related concussions, often sharing best practices and ideas with other professionals and thought leaders nationwide and around the world. In 2008, AMSSM welcomed Dr. Omalu to its 17th annual meeting in Las Vegas, where he presented a feature lecture titled "The Link Between the Field and Dementia." His presentation provided information on CTE from a historical perspective and discussed how this condition could be induced by participating in sports like American football.

In 2012, AMSSM released a position statement titled "Concussion in Sport," which included a section on the long-term sequel of concussions, reviewing the current state of the evidence and advocating for long-term epidemiological studies. It also included a recommendation that healthcare professionals apply an individualized approach to the diagnosis and care management of sports concussion, as the severity of injury and an individual's risk factors vary from athlete to athlete.

Written by a team of 10 experts in the diagnosis and treatment of concussion, many of whom are team physicians, the statement was intended for sports medicine physicians who are specially trained to provide sports concussion care from acute injury to return-to-play.

Kimberly Harmon, M.D., lead author and head football team physician for the University of Washington, and past AMSSM president, said that the vast majority of those with concussion will not go on to develop CTE. However, concussive symptoms need to be taken seriously and evaluated by a medical professional knowledgeable in the diagnosis and management of concussion. She points out that there are a variety of tests to help physicians determine the diagnosis in sports concussion, but one of the most valuable factors is the physician's comprehensive knowledge of the individual athlete.

"It's important that whoever works most regularly with the athlete reviews his or her treatment along with the athlete's history, behavior and risk factors to figure out the best person-centered care plan."

As the community becomes more educated about the topic, AMSSM will continue to offer tips on concussion evaluation and treatment to athletes, coaches and parents via resources like SportsMedToday.com.

## Visit Our Website for More Information!

**[www.essexct.gov](http://www.essexct.gov)**

Click on "Government," click on "Departments," click on "Park & Recreation"



# Registration & Program Policies

## Program Information

The Essex Park and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Park and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

## Registration Information

There are three ways to register for a program, online, in-person, mail-in.

1. Most programs allow for online registration. Visit our website and Login as a Member, or Register as a New Member. You will input your information, choose all the programs you wish to register for, and will be able to pay by credit card.
2. You may mail in a registration form (available on our website) and payment to our office.
3. You may register in-person at the office during business hours.
4. Phone registrations are not accepted for any programs.
5. If the session you wish to register for is filled, you will be placed on a waiting list and notified immediately if and when an opening occurs.
6. Children must be the proper age before the program begins.
7. Only those enrolled in the program may attend. Sorry, but "visitors/family" will not be permitted in the program unless specified.
8. Registration is accepted on a first-come, first-serve basis and class sizes are limited. Programs will be canceled if registration does not meet the minimum.

## Payment

Payment must be made in full at the time of registration, without exception. We accept cash and checks made payable to Essex Park and Recreation. Returned checks will be charged a bank fee.

## Late Registration Fee

All program registrations accepted one day prior, day-of, or any time after the program start date will incur a \$5 late registration fee.

## Refunds

Since programs are self-supporting and commitments need to be made to instructors and staff the following statement reflects our refund policy.

- A full refund will be given if the program is cancelled by the Park and Recreation Department.
- In case of illness or injury, a refund will be given with a doctor's note for any unused portion of the program.
- If you cancel your registration a week or more before the program begins, refunds, minus a \$10.00 processing fee, will be issued, processing time is approximately 30 days.
- If you cancel your registration in the program less than a week before the program begins, a 50% refund will be issued minus a \$10.00 processing fee, processing time is approximately 30 days.
- No refunds are given once the program has begun or for any unused portion of the program. Fees are not prorated.

## Cancellation

The best way to find out if a program or event has been canceled due to weather is to check our webpage under "Announcements & News." In the event of snow or pending snow, our Program Cancellation / Inclement Weather Policy follows that of the Essex School System. If school has been canceled or has an early dismissal, then any program for the remainder of that day and night will be canceled as well.

## Inclusive Statement

The Essex Park and Recreation Department is committed to providing quality leisure services for people of all abilities. We will comply fully with the spirit and intention of the ADA in making reasonable accommodations for all individuals. We encourage and support people with disabilities to fully participate in all programs offered by the department. Please contact Parks and Recreation for more information.

## Hey – What Happened To My Class?

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. Be considerate in planning ahead and we will continue to do our best to offer exceptional programs. So please register early; then everyone will get a chance to participate.

## New Programs and Instructors

Have a great program idea or a desire to teach, earn money, and give back to the community? We continually seek to improve and grow our offering of programs and classes but need dedicated, enthusiastic instructors like you to make it happen.

## Email List

Email [recreation@essexct.gov](mailto:recreation@essexct.gov) to be added to our email database and receive important information on the Department and our programs!

## Oops!

The Parks and Recreation Department makes every effort to ensure the accuracy of the program information found in this brochure. Changes in programming may occur, and we will attempt to keep information updated on our website. All programs, instructors, and locations are subject to change.

## No News is Good News

We do not call or mail participants with program confirmations. We will only call you if you did not get into a class, or a class has been canceled due to minimum enrollment.

## Photo Policy

Any photograph taken of any participants in an Essex Park & Recreation Department program or activity may be used for publication or marketing purposes such as brochures and website content. Any participant, or parent of youth participant, who wishes to not have a photograph of them used must notify the department in writing of this.

## Recreation Scholarship Fund

The Recreation Scholarship Fund is designed to offset program fees for Essex residents who could not otherwise afford the fees. This is a fantastic way to help and support your fellow community by providing the opportunity to participate in a program. For more information, contact Parks and Recreation at 860-767-4340 x110.

## Weather Concerns

Essex programs follow the school cancellation policy. All programs are cancelled if school is cancelled or dismissed early. Announcements will be made on WFSB and FoxCT along with the Essex Parks and Recreation Facebook page.

# Essex Park & Recreation Registration Form

Please print using black or blue ink.  
 Parent or legal guardian must complete this form

2016 PROGRAM REGISTRATION FORM

Adult First Name	MI	Last Name	Address
Primary Phone (Required)	Alternate Phone		
Email			
Emergency Contact Name & Phone(s)			

Participant Name (First)	(Last)	Date of Birth	Sex	Grade/Teacher Spring 2016 or Fall 2016 Based On Program Session Start Date	Program Name	Fee
<b>SPECIAL CONCERNS:</b> List any special needs or health related concerns of participant						<b>Subtotal</b>
						<b>Total</b>
<b>T-SHIRT SIZE:</b> (for applicable programs) <input type="radio"/> YS <input type="radio"/> YM <input type="radio"/> YL <input type="radio"/> AS <input type="radio"/> AM <input type="radio"/> AL <input type="radio"/> AXL						Payment Type: <input type="radio"/> Cash <input type="radio"/> Check <input type="radio"/> Check # _____
<b>PICK-UP CONTACT INFORMATION:</b> Please list all authorized adults who may pick up a child from a program						
<b>WAIVER OF PARTICIPANT BY PARENT OR SELF:</b> I hereby agree to release, discharge, and hold harmless the Town of Essex, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Essex to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Essex does not provide insurance for recreational program participants. I further agree to abide by all rules, regulations, and codes of conduct for all programs I am participating in. <b>Photo Release:</b> I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Essex to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaged in the above listed recreational activities.						

X Signature

Date

**Essex Park and Recreation Summer Camp Registration 2016**  
**Ages of Eligibility: 5-12**

PLEASE BE SURE TO COMPLETE  
FRONT AND BACK OF PAGE

Child's Name: \_\_\_\_\_ Gender: \_\_\_ M \_\_\_ F \_\_\_ Grade (Fall 16) \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M \_\_\_ D \_\_\_ Y  
Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Email: \_\_\_\_\_ (PLEASE PRINT CLEARLY)  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

**Swimming Ability:** \_\_\_ Swimmer \_\_\_ Non-Swimmer      **Shirt Size:** \_\_\_ YS \_\_\_ YM \_\_\_ YL \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_ AXL

✓ Week(s) Chosen	Camp Dates	Theme of the Week	Child Care Options
<input type="checkbox"/> Enroll .....	<b>Week 1:</b> June 20 – June 24	Space Is the Place	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Enroll .....	<b>Week 2:</b> June 27- July 1	Explore Essex	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Enroll .....	<b>Week 3:</b> July 5 – July 8*	Our Campers Got Talent	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Enroll .....	<b>Week 4:</b> July 11 – July 15	Camp Survivor	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Enroll .....	<b>Week 5:</b> July 20 - July 24	Let's go to the Carnival!	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Enroll .....	<b>Week 6:</b> July 25 – July 29	Adventures in Nature	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Enroll .....	<b>Week 7:</b> August 1 – August 5	Mad About Science	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Enroll .....	<b>Week 8:</b> August 8 - August 12	Calling all Olympians	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No

**Billing Information**

Week 3\*: \_\_\_\_\_ x \$105.00 Fee = \$ \_\_\_\_\_  
Total Number  
Weeks 1, 2, 4 – 8: \_\_\_\_\_ x \$125.00 Fee = \$ \_\_\_\_\_  
Total Number  
Before Care: \_\_\_\_\_ x \$10.00 Fee = \$ \_\_\_\_\_  
Non Resident Fee \$10.00 per week = \$ \_\_\_\_\_

**Total Amount Due:** \$ \_\_\_\_\_ **Total Payment Received:** \$ \_\_\_\_\_

Date: \_\_\_\_\_

☐ Cash

☐ Check #: \_\_\_\_\_

The camp meets at Essex Elementary School on Mondays, Tuesdays & Wednesdays and Grove Street Park on Fridays for Field Day, with field trips leaving from Essex Elementary on Thursdays. With the exception of Carnival Week which will meet on Thursday July 21st and Friday July 22nd at Grove Street Park. In the case of severe weather days we will always meet at Essex Elementary School.

\*\*\*Field Day Fridays campers will meet at Hubbard Field, which will allow for the opportunity to visit Grove Street Tennis Court & Playground, Essex Library, Cross Lots & Essex Main Street Park

Camp Hours will be 8:30am-3:30pm. Daily pickup is between 3:30pm and 4pm. Cost for each weekly session is \$125.00 (with exception to Week 3\*) (Fee includes T-shirt, All Field Trips & Activities) Before Care is available from 8am-8:30am additional \$10.00 fee per week. (Space is limited to 20 attendees for Before Care). There is No Camp on July 4th. Also please note week 1 is subject to change, based on changes to the school calendar.

Payment plans are available for those attending 3 or more weeks of camp.  
Please contact:  
Mary Ellen Barnes directly 860-767-4340 x110

Essex Park and Recreation Summer Camp Registration 2016

Child's Name: \_\_\_\_\_  
(PLEASE PRINT CLEARLY)

I hereby grant permission for \_\_\_\_\_ to participate in the Essex Park and Recreation Summer Program. I hereby agree to release, discharge and hold harmless the Town of Essex, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Essex to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Essex does not provide insurance for recreational program participants. I further agree to abide by all rules, regulations, codes of conduct for all programs I am participating in. Photo Release: I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Essex to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaged in the above listed recreational activities.

**Emergency Medical Care**

List any medical / behavioral conditions we should be aware of:

Any special accommodations needed:

It is the policy of Essex Park and Recreation, in case of accident or medical emergency, to make every effort to contact parents/guardians. However, in the event that we are unable to do so, and your child requires immediate medical care, we require that you sign the following release statement: I HEREBY GIVE PERMISSION TO THE AUTHORIZED MEDICAL PERSONNEL TO HAVE MY CHILD TREATED AT THE NEAREST EMERGENCY FACILITY IF I AM NOT AVAILABLE. I WILL BE RESPONSIBLE FOR ALL INCURRED MEDICAL CHARGES.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy Holder: \_\_\_\_\_ ID or Policy #: \_\_\_\_\_

Payable to: Town Of Essex Park and Recreation Mail to: Park and Recreation 29 West Ave. Essex, CT 06426

In order to be in compliance with the Connecticut State Department of Health, Essex Park and Recreation must have written permission on file for ANY and ALL persons (including both parents) who may pick up your child. The state also requires that at least one other person, other than parent/guardian, must be listed. Any persons listed must be at least 16 years of age and must be able to provide a driver's license with photo for identification. **Please remember that pickup time begins at 3:30 pm and ends no later than 3:45pm.**

I authorize the following local persons to pick up my child. I understand that the staff will not be responsible for policing custodial disputes.

**My child may be released to:**

1. Name: \_\_\_\_\_ 2. Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Spring Youth Programs

**NEW**

## Kids on the Move

**Instructor** Meg Caulfield

Does your child love to exercise and move? Our instructor will teach kids to love being fit thru fun sports and movements such as Zumba and nutrition. This is a non-competitive program will promote health and fitness as way of life. We will focus on being active and making health choices. Easy to use handouts will help each child keep track of their smart choices. Join us and get moving!

**Location** Essex Elementary School Gymnasium

**Fee** \$75.00

**Class Size** Min 10 / Max 20

<b>Grades</b>	<b>Day:</b>	<b>Time</b>	<b>Dates</b>
K-6	Th	3:15-4:15	Session I Mar 3-Apr 7 (skip Mar 24) Session II May 5-Jun 2

**NEW**

## Coding for Kids

**Instructor** Kate Butler

This new program is an exciting and fun introduction to computer programming using a curriculum created by Thinkersmith, Common Sense Media and Code.org. Participants will solve online puzzles and create games using Blockly, the language taught in beginner courses in places like Harvard and Berkeley. Coding terminology and basics such as algorithms, program, debugging, loops, nested loops, conditionals and events will be practiced. You do not need experience with computer science knowledge to take this course. The instructor has been an educator with the Glastonbury school system for 20 years, taught Computer Programming to fifth graders and completed the Code.org instructor seminar. Students will need to bring a tablet (iPad or Android) or laptop with an up to date browser (IE9+, Firefox, Chrome, Safari)



**Location** Essex Town Hall Auditorium

**Fee** \$75.00

**Class Size** Min 12 / Max 15

<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Dates</b>
4-6	M	4:30-5:30	Session I	Mar 14-April 11
			Session II	May 9-Jun 13 (Skip May 30)

## Cooking with Kids

**Instructor** Jennifer Crown

Participants will learn cooking basics and enjoy their treats at the end of each class. Skill's including reading recipes, measuring wet and dry ingredients, food safety and basic knife skills. Our little cook will create a recipe book at the end to bring home.

**Location** Essex Town Hall Auditorium

**Fee** \$75 (includes all materials)

**Class Size** Min 6 / Max 12

<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
3-6	Tu	3:30-4:45p	Session I Mar 15-Apr 5 & Th Apr. 14

## Volleyball

**Instructor:** Doug & Bonnie Brenneman

Join our Valley Lady Warriors & Parent Coaches for a five week fun-filled volleyball clinic. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner player and is designed to be an educational, fun, healthy experience for youth in grades 3-6. The goal is to develop the fundamental skills of the game through game-based drills and scrimmages.

**Location** Essex Elementary School

**Fee** \$40.00

**Class Size** Min 10 / Max 20

<b>Grades</b>	<b>Time</b>	<b>Day</b>	<b>Dates</b>
3-6	5-6:30p	M	Apr 11-May 16 Skip April 18th

## Slamma Jamma - Spring Break 2015!

**Instructor** Kevin Woods & VRHS Players

Our camp is focused on individual instruction and fundamentals. The goal of our program is to provide instruction that will help your child become a better basketball player. As the saying goes "Basketball players are made during the summer and perform in the winter." \*\*\*Please note April 22 is our awards presentation and dismissal is at 1pm. \*\*\*Participants' grade below is based on their grade in Spring 2016\*\*\*

**Location** Valley Regional High School

**Fee** \$175

**Class Size** Min 15 / Max 35

<b>Grades</b>	<b>Time</b>	<b>Dates</b>
4-8	9a-3p	Apr 18-21
	9a-1p	Apr 22

# Spring Youth Programs

## Running Rams Track & Field

**Instructor** Pete Capezzone

The Running Rams program provides instruction on track and field skills and techniques in a fun atmosphere. Essex Park and Recreation is pleased to have local resident and coach, Peter Capezzone back this season teaching our next generation of athletes.

**Location** Valley Regional High School Track

**Fee** \$75.00

**Class Size** Max 40

Grades	Day	Time	Dates
1-6	M	5:30-7:00p	Apr 25-May 16



## Youth Floor Hockey

**Instructor** P&R Aide Tim LaChance

This program introduces youth to a game level experience of the sport. We focus on fundamental hockey skills such as shooting, passing, goal-tending, and good sportsmanship.

Weekly games are played, there are no set teams. This program is intended to teach your child to enjoy being physically active while having fun and learning the importance of working together in a team-sport atmosphere. Participants must bring their own goggles and are encouraged to bring their own stick. Sticks will be available for use to those who do not have them. Volunteer Assistant Instructors are needed! **New – We plan to head outdoors for a few sessions of street hockey!**

**Location** Essex Elementary School Gymnasium

**Fee** \$75.00

**Class Size** Min 8 / Max 15

Grades	Day	Time	Dates
4-8	Tu	3:00-4:15	May 3-Jun 7

## Tennis – Youth

**Instructor** Gary Ribchinsky (PTR certified professional-high performance and 10 & under)

This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate instruction from tennis professional Gary Ribchinsky. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game with an emphasis on fun and success.

**Location** Grove Street Park

**Fee** \$75

**Class Size** Min 4 / Max 15

Grades	Day	Time	Dates
K-8	Sa	9-10a	Apr 23-May 28 (skip April 30)

## Tennis – Parent/Child

**Instructor** Gary Ribchinsky (PTR certified professional - high performance and 10 & under)

This clinic is designed to teach the fundamentals of tennis while featuring individual and group instruction from Tennis Professional Gary Ribchinsky. Ground strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game. Program is for one guardian and one child to participate together.

**Location** Grove Street Park Tennis Courts

**Fee** \$125

**Class Size** Min 4 / Max 15

Grades	Day	Time	Dates
2-8	Sa	10-11a	Apr 23-May 28 (skip April 30)

Note: Complete registration under name of child.

## Introduction to Archery

**Instructor** Bob Russo

This program is an exciting opportunity to learn the skills and techniques of archery. Participants will learn proper stance, hold, aiming, and release. The program will use target tipped arrows and emphasize safety. Our instructor is very knowledgeable and will provide a great introduction to this sport.

**Location** Essex Elementary School

**Fee** \$75.00

**Class Size** Min 10 / Max 15

Grades	Day	Time	Dates
4-8	Th	5-6p	Apr 28-May 26



# Summer Youth Programs

## Essex Summer Camp

Join us for tons of summer FUN at our **exciting, engaging Summer Camp!** Our camp is for children **entering Grades K-7 in Fall, 2016**. Camp meets Monday through Friday from **8:30am-3:30pm, with pick up between 3:30-3:45pm** at Essex Elementary School. Extended Before Care is available from 8a-8:30a. Registration fee is \$125 per participant per week. Before Care is \$10 per camper per week. To register, complete the summer camp registration form and mail or drop it off to park and recreation or register online. Forms and additional information are available on our website, [www.essexct.gov](http://www.essexct.gov) (click on "Government" "Departments" then "Park and Recreation") Our summer camp offers weekly summer camp group games and activities as well as activities tied to our weekly themes described below.

### Week 1 Space Is the Place

**Dates** June 20 – 24

**Field Trip** – Discovery Museum & Planetarium (June 22)

**Field Day** – Drop off & Pick Up at Grove Street Playground (June 24)

**Description** Climb aboard our rocket ship and travel with us to space! Campers will become astronauts this week as we explore stars, planets and the solar system through crafts, games, and sports. Prepare to blastoff and create spaceships, catch aliens, and dodge comets!

### Week 2 Explore Essex

**Dates** June 27- July 1

**Field Trip** – Essex Steam Train and Riverboat (June 30)

**Field Day** – Drop off & Pick Up at Grove Street Playground (July 1)

**Description** Are you ready to explore Essex? Campers will learn all about Essex and its history through activities, games and crafts. Have you ever wondered what made Essex how it is today? Scavenger hunts, map making, and a trip on the steam train will excite campers about Essex's past!

### Week 3 Our Campers Got Talent

**Dates** July 5 – July 8

**Field Trip** – No Field Trip, Talent Show @ EES (July 7)

**Field Day** – Drop off & Pick Up at Grove Street Playground (July 8)

**Description** Campers will be transformed into superstars this week, complete with a stage, microphone and more! Your camper will shine as we play games and activities to find a special talent in everyone. Singing, dancing, monologues, comedy, juggling and camp lore are just a few ways campers can show their talent! Hands-on crafts, team design, and our exciting talent show are just a few of the highlights this week. Shortened week (No camp July 4)

### Week 4 Camp Survivor

**Dates** July 11 – 15

**Field Trip** – Connecticut's Beardsley Zoo (July 14)

**Field Day** – Drop off & Pick Up at Grove Street Playground (July 15)

**Description** Can you survive the wild? Campers will learn to trust their instincts and handle the elements through a variety of exciting games and crafts. Our trip to the zoo and activities like the gross food challenge, scavenger hunt, and balloon survival will be sure to inspire and thrill campers.

### Week 5 Let's Go to the Carnival!

**Dates** July 18-22

**Field Trip** – No Trip, Camp Carnival Day @ EES (July 21)

**Field Day** – Drop off & Pick Up at Grove Street Playground (July 22)

**Description** This week is all about being goofy and clowning around! During our annual carnival week, campers will experience a variety of crazy, fun activities and games and of course wacky crafts and water relays. At our carnival day, we'll have lots of games and prizes, popcorn, snow cones, face painting and more!

### Week 6 Adventures in Nature

**Dates** July 25 – July 29

**Field Trip** – Hammonasset State Park (July 28)

**Field Day** – Drop off & Pick Up at Grove Street Playground (July 29)

**Description** Join us in our adventure in exploring nature! You'll be sure to find more than just bugs here with a week packed full of outdoor activities and challenges, including a nature hunt and an exciting trip to Hammonasset! Campers will get to experience all that nature has to offer in their own "backyard" at camp!

### Week 7 Mad About Science

**Dates** August 1 – August 5

**Field Trip** – Connecticut Science Center (August 4)

**Field Day** – Drop off & Pick Up at Grove Street Playground (Aug. 5)

**Description** Campers will be transformed into awesome scientists this week, complete with lab coats, goggles, and more! Through bubbly experiments and crazy inventors, we'll discover science everywhere... both indoors and out! Hands-on activities, cooking, and our annual science show are just a few of the highlights this week.

### Week 8 Calling all Olympians

**Dates** August 8 – 12

**Field Trip** – TBA (August 11)

**Field Day** – Drop off & Pick Up at Grove Street Playground (Aug. 12)

**Description** This week will feature non-stop running, jumping, stretching, and more as campers participate in a wide variety of sports, including both team and individual tournaments inspired by the 2016 Olympics. Our 5th Annual Sports Buffet will feature some "out of the ordinary" sports and Olympic teams will create their own name and team flag.

# Summer Youth Programs

## Running Rams Track & Field Camp

**Instructor** Pete Capezzone

Local resident and Old Saybrook High School Track and Field Coach Pete Capezzone will again host our Summer Track and Field Camp. The camp will feature instruction in many track and field disciplines from some of the area's best coaches. Each day will also include a fun activity, such as ice cream sundae night, pizza night and a free commemorative t-shirt and awards at the conclusion of our program.

**Location** Valley Regional High School

**Fee** \$130

**Class Size** Min 8 / Max 100

Ages	Day	Time	Dates
6-15	M-F	5-8p	Jun 20-Jun 24

## Summer Tennis Clinics

**Instructor** Gary Ribchinsky (PTR certified professional - high performance and 10 & under)

This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate instruction from tennis professional Gary Ribchinsky. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game with an emphasis on fun and success.

**Location** Valley Regional High School

**Fee** \$75 per session (week of July 4 sessions - \$60)

**Class Size** Min 8 / Max 24

Ages	Day	Time	Dates
5-15	M-F	9-10a	Jun 20-Jun 24
5-15	M-Th	9-10a	Jun 27-Jul 1
5-15	M-F	9-10a	Jul 5-8 (no camp Jul 4)
5-15	M-F	9-10a	Jul 11-15
5-15	M-F	9-10a	Jul 18-22
5-15	M-F	9-10a	Jul 25-29

## Slamma Jamma – Competition Week

**Instructor** Kevin Woods & VRHS Players

Our Competition Week basketball camps apply technical basketball instruction, intensive drill sequences, and guided game situational play from our Valley Regional Warrior team of Coaches and Players. The basketball camp's highly refined training methods seamlessly translate from the practice court to game competition.

**Location** Valley Regional High School

**Class Size** Min 8 / Max 24

Session	Grades	Fee	Time	Dates
Competition	4-8	\$185	9a-3p	June 27-July 1

\*\*\*Participants' grade below is based on their grade in Fall 2016\*\*\*

## Slamma Jamma Basketball Camp

**Instructor** Kevin Woods & VRHS Players

Our camp is focused on individual instruction and fundamentals. The goal of our program is to provide instruction that will help your child become a better basketball player. As the saying goes "Basketball players are made during the summer and perform in the winter." Every camper gets a Slamma Jamma t-shirt, basketball, and certificate.

\*\*\*Please be sure to register for the correct session, by grade and dates. \*\*\*Participants' grade below is based on their grade in Fall 2016\*\*\*

**Location** Valley Regional High School

**Class Size** Min 8 / Max 35

Session	Grades	Fee	Time	Dates
Jul-25	K-3	\$135	9a-12p	Jul-25-29
Jul-25	4-8	\$185	9a-3p	Jul-25-29



## Baseball Camp

**Instructor** Jeff Riggs, Between the Lines Staff

Our camp will help your baseball player improve their overall baseball skills. Fundamentals will be taught through appropriate drills, technique instruction and various games. We will provide an atmosphere of fun and good sportsmanship for all campers. Your child will enjoy this age-appropriate camp and will increase their love of our national game.

**Location** Comstock Park

**Fee** \$150

**Class Size** Min 10 / Max 20

Ages	Day	Time	Dates
6-12	M-Th	9a-1p	Jul 11-14

## Summer Youth Programs

### Made in the Summer Girls Basketball Camp

**Instructors** Geoff Konstan

Our "Made in the Summer" camp is focused specifically on drills that will improve each camper's shooting, passing, dribbling, & defense. Each of the skills will be worked on in drills that are fun, competitive, and can be used at home. Don't miss the chance to become a much better basketball player this summer with our "Made in the Summer" camp. All Players will receive a free jersey! This camp is for Tri-Town area girls in grades 3-8 (Fall 2016)

**Location** John Winthrop Middle School

**Fee** \$60

**Class Size** Min 10 / Max 30

<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
5-8	M-F	5:30p-8:00p	Aug 8-12



## Adult Programs

### Boating Certification Course

**Instructor** John McCarthy

The US Power Squadron's America's Boating Course. Successful completion of the examination at the end of the course meets the requirements for the Connecticut Safe Boating Certificate and Certificate of Personal Watercraft as qualifying students to operate power and sail boats as well as personal water craft (PWC) in CT. There is a separate \$50 fee payable to the State of CT for issuance of this Certificate. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete this program. The course fee includes a Student Manual, America's Boating Course 3rd Edition - which is a full-color 244-page boating safety course manual. Registration closes on March 15. Participants ages 12-15 must be accompanied by an adult. John McCarthy is a USCG licensed Captain and Education Officer for Saybrook Sail and Power Squadron.

**Location** Essex Town Hall Auditorium

**Fee** \$45

**Class Size** Min 5 / Max 20

<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
12&up	Tu/Th	6:30-9:30p	Mar 29, 31 April 5, 7(course) Apr 12 (exam)

### Adult Drop-In Basketball

Pick-up games are formed each night, games are based on fun, exercise and good sportsmanship. Program does not meet when the school is closed for weather-related conditions, school vacations, and holidays. All participants must complete a program waiver form on site with our program leader.

**Location** Essex Elementary School Gym

**Fee** No charge

<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
18&up	W	7:30-9p	Through April 27

### Sound Steps Walking Program

Sponsored by Middlesex Hospital Shoreline Medical Center. The purpose of our new fitness program is to increase physical activity and social connection in a community walking program that is accessible and welcoming to all.

#### How it Will Work:

- Participants will register for free with Park and Recreation, and then create a free account with MyWALKS.com: The Online Walking Fitness Log.
- Upon registering, participants will receive a program-mable pedometer to track their daily walking exercise and track their walks on mywalks.
- Certificates or small prizes will be awarded as participants reach certain walking milestones.
- Participants who register for the cross-fit programs will receive a free pedometer.

## Town of Essex Parks and Facilities

	BASEBALL/SOFTBALL	BASKETBALL	FISHING	HIKING/WALKING	PLAYGROUND	SWIMMING	TENNIS	VOLLEYBALL	PICNIC AREA	BOATING/KAYAKING	DOG PARK	RESTROOMS
<b>CLARK'S POND</b> Off Main Street, Ivoryton			🌲						🌲	🌲		
<b>COMSTOCK FIELDS</b> Park Road, Ivoryton	🌲								🌲			🌲
<b>DICKINSON PARK</b> Off North Main St., Essex									🌲			
<b>GROVE STREET PARK</b> 29 West Ave., Essex				🌲	🌲		🌲		🌲			🌲
<b>HUBBARD FIELD</b> North Main St., Essex	🌲	🌲						🌲				🌲
<b>IVORYTON GREEN</b> Main St., Ivoryton									🌲			🌲
<b>MAIN STREET PARK</b> Main Street, Essex			🌲						🌲	🌲		🌲
<b>SUNSET POND</b> Off West Ave., Essex			🌲	🌲						🌲		
<b>VINEY HILL BROOK PARK</b> 50 Hillside Dr., Essex			🌲	🌲	🌲	🌲			🌲	🌲	🌲	🌲

# Viney Hill Brook Park

OVER 100 ACRES OF ACTIVE AND PASSIVE RECREATION ENJOYMENT RIGHT HERE IN ESSEX

- Enjoy our beach and swimming hole
- Walking trails through a variety of habitats
- Nature lovers enjoy a wide variety of native plants and animals
- Picnic table & grill area
- Park benches
- Swing set
- Paw Park: off-leash dog park featuring a large and small dog area
- Seasonal restrooms and plenty of parking in 2 lots



Please observe all posted rules and restricted activities.

**Directions to the Park:** From the intersection of Routes 153 and 154 at the Essex Fire Station, head towards Old Saybrook on Route 154/Saybrook Road for just over half a mile. Bear right onto Gates Road. Turn right onto Cedar Grove Terrace. Follow the road up the hill and turn right onto Hillside Drive. Park entrance will be on your right.



# Special Events

## Essex Eggstravaganza

Essex Eggstravaganza is our annual Egg Hunt for children up to second grade. All participants are encouraged to visit the Essex Town Hall auditorium at 9:15am for story time with the Easter Bunny, with the egg hunt to follow in the park. Don't forget to bring a basket to help collect Easter eggs!

**Date** March 26  
**Time** 10 am SHARP  
**Location** Grove Street Park



## May Market

The Essex Garden Club's May Market features annual plants, herbs, garlic salt, gently used home and garden treasures, jewelry, worms for composting, nurtured members' plants, a Café for lunch and a Silent Auction. The proceeds from the May Market are used to support the Club's educational and civic improvement projects, new and ongoing.

**Date** May 9  
**Time** 9 am-2 pm  
**Location** Main Street Park

## Fourth of July Parade

Gather your family, neighbors, groups of any kind and decorate your bike, scooter, wagon, tractor, truck or antique car. Everyone is welcome to join the fun and be in the parade! A SHORT PROGRAM will occur immediately following the parade at the Ivoryton Green, with the presentation of flags, the singing of the National Anthem, a Patriotic Tribute, and an address from our local elected officials. Meet on the west side of the Piano Factory on Cheney St. at 9:30am. Email Cotty Barlow for more information @ cmbarlow@snet.net.

**Date** July 4  
**Time** parade begins 10 am  
**Location** Ivoryton Village / Ivoryton Green

## Ivoryton Village Farmers Market

CT Grown Local produce, Garlic, Baked goods, Fresh Eggs, Local Beef & Pork, Fresh herbs, Honey, Maple Syrup, Coffee, Flavored Oils, Prepared Food, Local Crafters, Ice Cream & more. Shop Local! Live Music weekly.

**Location** Ivoryton Green  
**Day** Sat. June - October

# Contact Information

## Park and Recreation Commission Members

Bob Russo, Chair  
 Tony Mosa  
 Jim Rawn  
 Doug Senn  
 Ed Burleson  
 Tom Clerkin  
 Ginny Willets  
 Peter Sauner

## Department Staff

Park and Recreation Director	Mary Ellen Barnes
Recreation Aide	Tim LaChance
Summer Camp Director & Program Instructor	Jennifer Crown

The Park and Recreation Commission welcomes the opportunity to help you with issues involving the Department and our Community. The public is invited to attend our meetings, held the first Wednesday of every month at 7:00pm at the Town Hall.

## Town Departments

Selectman's Office	860-767-4340 x112
Animal Control	860-767-3219/860-388-7082
Assessor	860-767-4340 x123
Building Dept & Fire Marshal	860-767-4340 x144
Harbor Master	860-767-8494
Health Department	860-767-4340 x118
Highway Department	860-767-0715
Landfill/Transfer Station	860-767-1926
Maintenance Department	860-767-4340 x136
Municipal Agent	860-767-4340 x201
Police (Non-emergency)	860-767-4340 x130
Registrars	860-767-4340 x142
Social Services	860-767-4340 x201
Tax Collector	860-767-4340 x120
Town Clerk	860-767-4340 x129
Treasurer / Finance	860-767-4340 x122
Tree Warden	860-767-0766
Zoning	860-767-4340 x115

**Essex Federal ID# - 06-6002017**

## Clubs & Organizations

Essex Historical Society	860-767-0681
Essex Land Trust	<a href="http://www.essexlandtrust.org">www.essexlandtrust.org</a>
Essex Historical Society	860-767-0681
Essex Land Trust	<a href="http://www.essexlandtrust.org">www.essexlandtrust.org</a>
Essex Board of Trade	860-767-3904
Ivoryton Business Alliance	860-581-4555
Essex Garden Club	860-767-7263
Ivoryton Gardeners	860-767-0684
Child & Family Agency of Southeastern Connecticut	860-443-2896
Essex Ambulance Association	860-767-1730
Essex Community Fund	<a href="http://www.essexcommunityfund.com">www.essexcommunityfund.com</a>
Essex Boy Scouts	860-767-3522
Essex Cub Scouts	860-790-0681
Essex Girl Scouts	<a href="http://www.gssoft.org">www.gssoft.org</a>
Connecticut River Museum	860-767-8269
Essex Fire Engine Company No. 1	<a href="http://www.essexctfire.com">www.essexctfire.com</a>
Essex Lions Club	<a href="http://www.essexlionsclub.com">www.essexlionsclub.com</a>
Essex Rotary Club	<a href="http://www.essexrotary.com">www.essexrotary.com</a>
Estuary Regional Senior Center	860-388-1611
Essex Library	860-767-1560
Ivoryton Library	860-767-1252
Essex Elementary School	860-767-8215
John Winthrop Middle School	860-526-9546
Valley Regional High School	860-526-5328
Ivoryton Playhouse	860-767-7318
Middlesex County Community Foundation	<a href="http://www.middlesexcountycf.org">www.middlesexcountycf.org</a>
Tri-Town Youth Services	<a href="http://www.tritownys.org">www.tritownys.org</a> /860-526-3600
Valley Shore Emergency Management	<a href="http://www.vsema.org">www.vsema.org</a>
Literacy Volunteers Valley Shore CT	<a href="http://www.vsliteracy.org">www.vsliteracy.org</a>
9 Town Transit	860-510-0429
Estuary Counsel of Seniors (Old Saybrook)	860-388-1611
Community Renewal Team (Middletown)	860-560-5600
Senior Resources (Norwich)	800-690-6998/860-887-3561
Shoreline Soup Kitchen (Old Saybrook)	860-388-1988
First Choice SNAP Outreach Specialists	860-528-1359

## Local Athletic Organizations

Essex Little League	(Casey Metz, Pres.) <a href="http://www.eteamz.com/essexlittleleague/Shoreline">www.eteamz.com/essexlittleleague/Shoreline</a>
Babe Ruth Baseball	(Duffy Grace, Essex Coordinator) <a href="mailto:duffy4@gmail.com">duffy4@gmail.com</a>
Valley Warriors Youth Football & Cheer	Edward Burleson, Pres. <a href="http://www.valleyyouthfootball.org">www.valleyyouthfootball.org</a>
Valley Soccer Club	(Michael Baldwin, Pres.) <a href="http://www.valleysoccerclub.com/">www.valleysoccerclub.com/</a>
Connecticut River Lacrosse Club	(Kevin Kline, Pres.) <a href="http://www.tickslacrosse.com">www.tickslacrosse.com</a>



# ESSEX GO BRAGH

## Irish Parade & Festival

**March 12th, 2016**



**Parade  
Steps Off  
at Town Hall  
at 10:30am**

**Come March With Us!**

**Decorate your tractors, cars & bikes...**

**Gather up your groups  
or dress up  
your pooch!**

**Horse Drawn  
Wagon Rides**

**Music & Kids'  
Activities!**

**Visit Local  
Restaurants &  
Businesses!**

*Presented by*



[www.essexct.gov/park-and-recreation](http://www.essexct.gov/park-and-recreation)  
Email: [recreation@essexct.gov](mailto:recreation@essexct.gov)





Essex Park & Recreation  
presents...

# Summer CONCERT SERIES

6:30 - 8pm

Join us for an evening full of music & fun  
at our town greens in Essex and Ivoryton!

## Concert Info:

Schedule is subject to change

Wednesday	June 29	Essex Main Street	Middletown Symphonic Band
Tuesday	July 5	Ivoryton Green	Long Island Sound
Wednesday	July 13	Essex Main Street	River of Dreams - NEW! (A Billy Joel Tribute Band)
Tuesday	July 19	Ivoryton Green	Beatles Forever
Wednesday	July 27	Essex Main Street	The Shiny Lapel Trio
Tuesday	Aug. 2	Ivoryton Green	Southern Voice - NEW! (A Modern Country Band)
Wednesday	Aug. 10	Essex Main Street	Blues on the Rocks
Tuesday	Aug. 16	Ivoryton Green	U.H.F

Visit our website for weather related announcements...

[www.essexct.gov](http://www.essexct.gov)

Or call:

(860) 767.4340 ext. 148