

Essex Park & Recreation - 2018

# Fall Programs



The Benefits  
are Endless



Park &  
Recreation  
TOWN OF ESSEX

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# Welcome to the Essex Park & Recreation Fall Program Guide

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

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BUTTERFLY	N	E	D	V	H	U	P	N	O	O	Y	A	Y	J	S
SOLAR	B	L	O	R	M	I	N	D	F	U	L	N	E	S	S
BARK	A	C	T	I	V	I	T	Y	E	R	F	P	C	U	N
HYDRO	R	L	L	Y	L	S	A	O	B	W	R	S	G	V	K
FRUITS	K	Y	E	W	Y	K	C	U	A	I	U	O	U	E	K
POWER	P	W	F	O	C	U	S	Q	F	N	I	L	E	G	Y
ACTIVITY	V	V	R	T	C	O	N	S	G	D	T	A	G	E	V
WIND	S	Z	I	M	K	Y	I	B	R	O	S	R	M	T	H
VEGETABLES	G	N	O	E	G	G	M	K	P	O	W	E	R	A	Y
MINDFULNESS	E	L	E	O	P	I	F	O	M	C	O	R	S	B	D
FLOWERS	N	S	H	A	R	I	T	A	T	J	H	I	V	L	R
ENERGY	E	R	Y	F	A	R	E	N	E	W	A	B	L	E	D
FUN	R	E	B	U	T	T	E	R	F	L	Y	N	P	S	T
HABITAT	G	Y	O	N	I	F	L	O	W	E	R	S	T	T	K
FOCUS	Y	Z	I	A	K	J	C	D	F	R	L	O	U	Z	V
RENEWABLE															

## 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

**Essex Park and Recreation Office**  
**Location:** 29 West Avenue, Essex (Inside Essex Town Hall)  
**Telephone:** 860.767.4340 x148 | Fax: 860-767-8509  
**Website:** [www.essexct.gov](http://www.essexct.gov)  
**Office Hours:** Monday - Friday, 9:00 am - 4:00 pm

Photos courtesy of Jennifer Crown

# 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

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 Fall 2018	Program Name	Fee
<p><b>SPECIAL CONCERNS:</b> List any special needs or health related concerns of participant</p>						
<p><b>COMPLETE THE LINES BELOW FOR YOUTH BASKETBALL REGISTRATION ONLY</b>                      Does your player participate in a travel basketball league? <input type="radio"/> Yes <input type="radio"/> No</p>						
<p><b>BASKETBALL T-SHIRT SIZE:</b> <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</p>						
<p>Indicate willingness to be a youth basketball coach. <input type="radio"/> Coach <input type="radio"/> or <input type="radio"/> Assistant</p>						
<p><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</p>						
<p><b>PICK-UP CONTACT INFORMATION:</b> Please list all authorized adults who may pick up a child from a program</p>						
<p><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, 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.</p>						
						<p><b>Subtotal</b></p>
						<p><b>Recreation Scholarship Fund Donation (optional)</b></p>
						<p><b>Total</b></p>
<p>Payment Type: <input type="radio"/> Cash <input type="radio"/> Check  <input type="radio"/> Check # _____</p>						

**X** Signature

Date

# Fall Youth Programs



## Junior Warriors Pre-season Basketball Clinic

**Instructors** VRHS Coach Kevin Woods

In our fall clinic, skill development is the primary focus. This program is a great way to prepare young ballers for their upcoming recreation and travel league seasons. We will provide drills and training from beginners to the advanced player. Players are broken up into smaller groups during the instruction period ensuring a lot of reps and a lot of fun!

<b>Location</b>	Essex Elementary School Gym		
<b>Fee</b>	\$75		
<b>Class Size</b>	Min 10 / Max 20		
<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
3-6	Wed	3:15-4:30p	Sep 5 - Oct 10 (skip Sep 19)

## Archery (Beginner & Intermediate)

**Instructor** Bob Russo

Our Beginner and Intermediate Archery program is an opportunity to pick up a bow and arrow for the first time or advance your skills and techniques of archery. Participants will progress in their development of proper stance, hold, aiming and release. The program will use target tipped arrows and emphasize safety.

<b>Location</b>	Essex Elementary School Field		
<b>Fee</b>	\$75		
<b>Class Size</b>	Min 10 / Max 18		
<b>Grades/Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
8 & up	Thu	5-6p	Sep 6 - Oct 4

## Tennis Stars

**Instructor** Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis and while featuring individual and group instruction from PTR Certified 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. \*All participants must be 5 years old at the start of the program. Coach Ribchinsky is also permitted to provide private tennis lessons for more information on private tennis lessons please contact him directly [gribchinsky@gmail.com](mailto:gribchinsky@gmail.com)

<b>Location</b>	Grove Street Park Tennis Courts		
<b>Fee</b>	\$75		
<b>Class Size</b>	Min 5		
<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
K-2	Sat	9-10a	Sep 8 - Oct 6
3-8	Sat	10-11a	Sep 8 - Oct 6





# Fall Youth Programs



## Fall Youth Pottery

**Instructors** Earth and Fire Art Studios

Explore the possibilities of clay as a creative medium! In this fun class we will learn all about expressing ourselves with clay. Each week students will be guided through a specific project. Beginning with hand building techniques, such as, slab construction, coiling, and the pinch pot method, we then will move on to the Potter's Wheel. By week five, each student will go home with at least 3 ceramic pieces that are both sculptural and functional!

**Location** Earth and Fire Art Studios 2 Main Street Essex  
**Fee** \$175  
**Class Size** Min 4 / Max 8  
**Ages** 7-12  
**Day** Wed  
**Time** 4-6pm  
**Dates** Sep 26 – Oct 24

## Ready, Set, Run

**Instructor** Coach Pete Capezzone

Our running skills program will introduce children to the fun and satisfaction of running. Peter Capezzone is an Ivoryton resident, the Cross Country and Track and Field Coach at Old Saybrook High School and the founder of Running Rams LLC, which provides spring and summer track programs to shoreline area youths for over 10 years. \*All participants must be 5 years old at the start of the program.

**Location** John Winthrop Middle School Field  
**Fee** \$75  
**Class Size** Max 25  
**Grades** K-8  

Day	Time	Dates
Mon	5:30-6:30p	Sept 17 - Oct 15 (skip Oct 8)
Tue	5:30-6:30p	Oct 9

## Zumba Kids

**Instructor** Meg Caulfield

Perfect for our younger Zumba fans! Kids in grades K-6 years get the chance to socialize with friends and jam out to their favorite music. This Zumba program includes rocking, high-energy dance parties packed with kid-friendly routines. We break down steps; add games, activities and cultural exploration elements into the class structure. This program helps kids develop a healthy lifestyle and incorporates fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, and cultural awareness.\*All participants must be 5 years old at the start of the program.

**Location** Essex Elementary School Gym  
**Fee** \$75  
**Class Size** Min 10 / Max 20  
**Grades** K-6  
**Day** Wed  
**Time** 3:15-4:15p  
**Dates** Sep 26 – Oct 24

# Fall Youth Programs

## Cooking With Kids- Cooking from Scratch

**Instructor** Jennifer Crown

Enhance your child's creativity and get hands-on cooking experience. Forget the box mix ... this session will focus on preparing treats from scratch including muffins, cookies and breads. Participants will learn cooking basics and enjoy their treats at the end of each class. Skills include reading recipes, measuring wet and dry ingredients and food safety. Our little cooks will create a recipe book at the end to bring home.

**Location** Essex Town Hall Auditorium & Kitchen  
**Fee** \$100 (includes all materials)  
**Class Size** Min 6 / Max 12  
**Grades** 3-6  
**Day** Thu  
**Time** 3:30-4:45p  
**Dates** Sep 27 – Nov 1 (Skip 18)

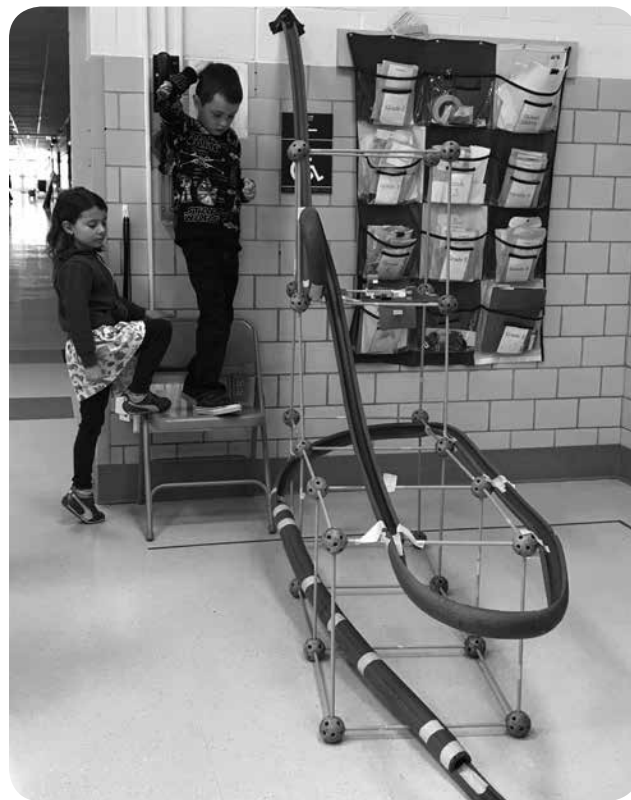


## Mixed Media Saturdays

**Instructor** Earth and Fire Art Studios

Let's get creative this fall! Join us in the Earth and Fire Art Studio on Saturdays for a mixed media class. Each week this exciting class will focus on a different medium to create fun and colorful original pieces of art. Painting, collage, jewelry making, tie dyes, and more!! Don't miss out on Saturdays in the studio.

**Location** Earth and Fire Art Studios 2 Main Street Essex  
**Fee** \$150  
**Class Size** Min 4 / Max 8  
**Ages** 7-12  
**Day** Saturday  
**Time** 11a-12:30p  
**Dates** Sep 29 – Oct 27



## Aspiring Young Engineers

**Instructor** Engineering Imagination, LLC.

Explore and experience the spectacular world of engineering through this engaging, "hands-on, Minds-on" program! In these exciting, educational programs, participants use a variety of mediums such as recycled materials, salvaged motors and gears, balsa wood, in addition to LEGO® to explore a unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics Curriculum) with a wide variety of activities and learning mediums, students are sure to have a blast while learning along the way!

**Location** Essex Elementary School  
**Fee** \$115  
**Class Size** Min 10 / Max 14  
**Age** 6-10  
**Day** Tue  
**Time** 3:15-5:00  
**Dates** Oct 2 - Oct 30

# Fall Youth Programs

## Outdoor Explorations

**Instructor** Tom Cleveland

Join Wild life expert Tom Cleveland for unstructured walks in Canfield woods and other Town of Essex Land Trust properties. We will meet rain or shine and learn to travel cross-country, track animals, watch spiders, listen to birds and talk to crows. Join us to build debris shelters, climb trees and rocks, identify animal foods and as many kind of upland nut trees as we can find. Tom grew up in Alaska on the lower Yukon River and has had to get outside daily ever since! Tom has worked with the Branford Land Trust for 20 years and teaches an animal tracking course co-sponsored with the Regional Water Authority. **\*All participants must be 5 years old at the start of the program.**

<b>Location</b>	Canfield Woods & other areas TBA		
<b>Fee</b>	\$75		
<b>Class Size</b>	Min 5 / Max 10		
<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
K-6	Wed	4-5:15p	Oct 3 – Nov 7 (Skip Oct 31)

## Cooking with Kids - Baking Holiday Treats

**Instructor** Jennifer Crown

Just in time for the holidays. Enhance your child's creativity and get hands-on cooking experience. Our program will focus on special holiday treats and creative food gifts. Participants will learn cooking basics and enjoy their treats at the end of each class. Skills include reading recipes, measuring wet and dry ingredients and food safety. Our little cooks will create a recipe book at the end to bring home just in time for the holidays.

<b>Location</b>	Essex Town Hall Auditorium & Kitchen		
<b>Fee</b>	\$100 (includes all materials)		
<b>Class Size</b>	Min 6 / Max 12		
<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
3-6	Thu	3:30-4:45p	Nov 8 - Dec 13 (Skip Nov 22)

## Bushy Hill Nature Center Hosts Pre-Festival Carving Party

The Great Pumpkin Challenge at our annual Pumpkin Festival calls for 200 or more carved pumpkins for the Jack-O-Lantern stroll. Why not join Bushy Hill Nature Center to create your masterpiece and put it right on display for all to see? They will have over a 100 pumpkins that will need to be carved so come on down early and enjoy a fun time with neighbors and friends at the Nature Center front lawn, with opportunity to go on self-guided hikes on their property located at 253 Bushy Hill Rd. Ivoryton, CT - Pumpkins will be available while supplies last! All Abilities All Ages Welcome! [www.bushyhill.org](http://www.bushyhill.org)

<b>Location</b>	Bushy Hill Nature Center Front Lawn 253 Bushy Hill Rd. Ivoryton		
<b>Fee</b>	Free – While Supplies Last		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
ALL	Sa	10a-12n	Oct 20





## Essex Youth Basketball League Coach's Corner

Our youth basketball league programs depend completely on volunteer coaches. This is a rewarding opportunity to work with children and give back to your community, please consider helping by coaching a team this year. It is valuable for the kids to have their parents and guardians involved and to have positive role models. If you are interested or have any questions, please contact the Essex Park and Recreation Department at 860-767-4340 x148 or [recreation@essexct.gov](mailto:recreation@essexct.gov). All first time coaches are required to fill out a Coaching Application and background check form. Contact the Park and Recreation Department for an application.

## Schedule Requests

We really do appreciate your offer to coach, however please note we cannot accommodate any special requests regarding schedules. If you are coaching another team or have other commitments during the season we ask that you volunteer to help as a team parent or assistant coach and allow someone with a more flexible schedule to be the head coach.



## Kindergarten & 1st Grade Coed Basketball Clinic

**Instructor** Tim LaChance

Our entry level basketball program is the perfect way to introduce your child to the game of basketball in a safe and fun setting. We will use a variety of confidence-building games and drills to teach the basics of the sport. The registration deadline is December 30th.

Volunteer coaches are needed. Be sure to include the player's shirt size on the form.

<b>Grade</b>	K & 1
<b>Dates</b>	Jan 9-Feb 6
<b>Day</b>	Wed
<b>Time</b>	3:15-4p
<b>Fee</b>	\$50
<b>Location</b>	Essex Elementary School Gym

## Updates to the Essex Youth Basketball League

The Parks and Recreation Directors and Youth Basketball Coordinators from Essex, Deep River, and Chester are proposing changes that we believe will enhance our programs' focus on the developmental needs and enjoyment of the children in our communities.

Students in grades K and 1, together, will have a once per week clinic in their own town. We will be offering a coed group at this age and a shorter season.

Grades 2 and 3 will be grouped together on teams, by gender, in their own towns. They will practice in their own towns, but all games will be played at Deep River or Essex, with half court play and 8 foot hoops. They will use a time clock, but no score will be kept. Coaches will be on court to provide guidance and serve as referees. Games may be played on Thursday & Friday evenings or Saturday Mornings.

Grades 4-6 will be grouped together on teams, by gender, in their own towns. Players register with their Primary Residency Park and Recreation Department. They will practice in their own towns. Players will use the 10 foot hoops.

Grades K through 3 will use a junior 5 size ball and grades 4 through 6 the 28.5 intermediate size ball. The official 29.5 size balls will not be used for youth games.

Practices will begin November 26th Games will begin on January 4th and end on March 9th. Coaches please be aware games will be scheduled Fridays 5:20-6:20, 6:30-7:30 and 7:40-8:40 (Subject to Change) Saturday games will be played between 8a-1pm. Please send me any feedback you have throughout the season. Thank you for your past and future volunteer time.

## Essex Youth Basketball League Grades 2-6

Park and Recreation will offer the Essex Youth Basketball League. Our program focuses on fun, skill development, and sportsmanship. The EYBL runs from November 26-March 9. Ivoryton, Centerbrook and Essex children in grades 2-6 are eligible to participate. **The registration deadline is November 2, any registration after includes a \$20 late fee.** Our 2nd - 6th grade divisions play organized games and meet twice per week. **Volunteer coaches are needed.** Be sure to include the player's shirt size on the form.

### Grades 2-3

#### Boys

<b>Dates</b>	Practices 2x per week starting week of Nov 26 - Mon & Wed Practice 1x per week after Jan 2 Wednesday only
<b>Time</b>	Practices 4:30-5:45p
<b>Dates</b>	Games Jan 4 – March 9 Fri or Sat
<b>Time</b>	Games TBA
<b>Fee</b>	\$75
<b>Location Practice</b>	Essex Elementary School Gym
<b>Location Games</b>	EES or DRES
<b>Instructor</b>	Volunteer Coaches

#### Girls

<b>Dates</b>	Practices 2x per week starting week of Nov 26 – Tue & Thu Practice 1x per week after Jan 3 Thursday only
<b>Time</b>	Practices 4:30-5:45p
<b>Dates</b>	Games Jan 4 – March 9 Fri or Sat
<b>Time</b>	Games TBA
<b>Fee</b>	\$75
<b>Location Practice</b>	Essex Elementary School Gym
<b>Location Games</b>	EES or DRES
<b>Instructor</b>	Volunteer Coaches



# Essex Youth Basketball League

## Grades 4-6

### Boys

<b>Dates</b>	Practice 2x per week start week of Nov 26 - Mon & Wed
<b>Time</b>	Practices 6-7:15p
<b>Dates</b>	Games Jan. 4 - Mar 9 Fri or Sat
<b>Time</b>	Games – TBA
<b>Fee</b>	\$75
<b>Location Practice</b>	EES
<b>Location Games</b>	CES, DRES, EES
<b>Instructor</b>	Volunteer Coaches

### Girls

<b>Dates</b>	Practice 2x per week start week of Nov 26 -Tue & Thurs
<b>Time</b>	Practices 6-7:15p
<b>Dates</b>	Games Jan. 4 - Mar 9 Fri or Sat
<b>Time</b>	Games – TBA
<b>Fee</b>	\$75
<b>Location Practice</b>	EES
<b>Location Games</b>	CES, DRES, EES
<b>Instructor</b>	Volunteer Coaches





# Adult Programs

## Adult Drop-In Basketball

Our Adult Basketball program is a great place to run some hoops, pick-up games are formed each night. Games are based on exercise, fun and good sportsmanship. Adult Basketball meets every Wednesday starting in October; **program does not meet when the school is closed for weather-related conditions, school vacations, school functions and holidays.** All participants must complete a program waiver form on site with our program leader.

<b>Location</b>	Essex Elementary School Gym		
<b>Fee</b>	no charge		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
18&up	Wed	7:30-9pm	Oct 3 - June 2019

## Adult Yoga

**Instructor** Angela Stevens

This Yoga Class will introduce students to the many benefits of yoga. It will combine asana (yoga poses), yogic breathing and meditation. Students will move through a series of postures while maintaining awareness. The class will enhance balance and strength through deep stretching and reflection. Students will learn to apply yoga in everyday life, which will result in a release of stress, an increase in energy and an improvement in mental clarity. \*Please bring your own yoga mat\*

<b>Location</b>	Essex Town Hall Auditorium		
<b>Fee</b>	\$55		
<b>Class Size</b>	Max 20		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
16&up	Mon	4:30-5:30	Sept 17 - Oct 22 (skip Oct. 8)
	Mon	4:30-5:30	Nov 19 - Dec 17

## 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 programmable 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.



# Special Events

## The Essex Board of Trade's First Thursdays in Essex

A series of themed, evening events, to be held on the first Thursday of September, October, November & December, 2018. "Experience Essex" in all its pleasure and vitality...including shopping, dining, live music, strolling, socializing, river viewing, etc. partnering with other town wide events, such as the Scarecrow Festival, The Ivoryton Village Pumpkin Festival, The Connecticut River Museums Exhibits, The Ivoryton Alliance's Ivoryton Illuminations and much more. Visit [www.essexct.com](http://www.essexct.com) for a complete list of events.

## Run Local/ Read Local 5K Run/Walk & Pumpkin Run

This race will begin near the library and meander through historic Ivoryton, continuing into Falls River Farms and the Falls River Preserve and ending back at the library. A Pumpkin Run in Ivoryton Park is scheduled for children aged 8 and younger. All pumpkin runners will receive a medal and a pumpkin that can be painted after the race. Contact the Ivoryton Library for more details.

**Date** October 20  
**Day** Saturday  
**Time** Registration Begins at 7:30a,  
Kids Run at 8:45a

## Bushy Hill Nature Center Hosts - Pre-Festival Carving Party

The Great Pumpkin Challenge at our annual Pumpkin Festival calls for 200 or more carved pumpkins for the Jack-O-Lantern stroll. Why not join Bushy Hill Nature Center to create your masterpiece and put it right on display for all to see? They will have over a 100 pumpkins that will need to be carved so come on down early and enjoy a fun time with neighbors and friends at the Nature Center front lawn, with opportunity to go on self-guided hikes on their property located at 253 Bushy Hill Rd. Ivoryton, CT - Pumpkins will be available while supplies last! All Abilities All Ages Welcome! [www.bushyhill.org](http://www.bushyhill.org)

**Date** October 20  
**Day** Saturday  
**Time** 10a-12n  
**Location** Bushy Hill Nature Center Front Lawn  
253 Bushy Hill Rd. Ivoryton

## Trees in the Rigging

This annual event includes a traditional, lantern-lit stroll down Main Street and ends at the Connecticut River Museum with a parade of vessels dressed out in holiday lights and passing in review along the Connecticut River. For more information visit <http://www.ctrivermuseum.org/>

**Date** Nov 25  
**Day** Sun  
**Time** 5-8p  
**Location** Connecticut River Museum

## Ivoryton Village Pumpkin Festival

Our signature special event! The first Pumpkin Festival was held at the Ivoryton Village Green in 2000. Join us at the village green to enjoy the free refreshments, contests and games, live music and view the pumpkins **BRING YOUR CARVED PUMPKINS from 2-4 FOR OUR JACK-O-LANTERN STROLL!**

**Date** October 20  
**Day** Saturday  
**Time** 5-7p  
**Location** Ivoryton Green

## Ivoryton Illuminations

If you want to experience some real Holiday Cheer, then come and spend some time in Ivoryton – the brightest village in Connecticut. A night of Free Family Fun including a visit from Santa occurs the 1st Saturday in December. Lights are on until Jan. 6 so visit often. For more information visit [www.ivorytonalliance.org](http://www.ivorytonalliance.org)

**Date** December 1  
**Day** Sat  
**Time** 5-8p  
**Location** Ivoryton Village

# Contact Information

## Park and Recreation Commission Members

Bob Russo, *Chair*  
John Bean  
Brette Fitton  
Tony Mosa  
Dan Needleman  
Doug Senn  
Ginny Willets

## 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 quarterly at 7:00pm at the Town Hall. See our website for schedule meeting dates.

## 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# - 06-6002033

## Clubs & Organizations

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 Village Alliance	<a href="http://ivorytonalliance.org">ivorytonalliance.org</a>
Essex Garden Club	860-767-7263
Ivoryton Gardeners	<a href="mailto:spodaski@hotmail.com">spodaski@hotmail.com</a>
Child & Family Agency of Southeastern Connecticut	860-767-0147
Essex Ambulance Association	860-767-7677
Essex Community Fund	<a href="http://www.essexcommunityfund.com">www.essexcommunityfund.com</a>
Essex Boy Scouts	860-767-9027
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	860-399-7921
Essex Lions Club	<a href="http://www.essexlionsclub.com">www.essexlionsclub.com</a>
Essex Rotary Club	<a href="http://www.rotaryclubofessex.com">www.rotaryclubofessex.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	860-347-0025
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.valleyshore911.org">www.valleyshore911.org</a>
Literacy Volunteers Valley Shore CT	<a href="http://www.vsliteracy.org">www.vsliteracy.org</a>
9 Town Transit	860-510-0429
Community Renewal Team (Middletown)	860-347-4465
Senior Resources (Norwich)	860-887-3561
Shoreline Soup Kitchen (Old Saybrook)	860-388-1988
First Choice SNAP Outreach Specialists	860-528-1359

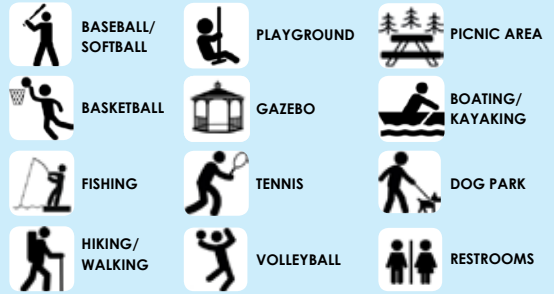
## Athletic Organizations

Essex Little League	(Casey Metz, Pres.) <a href="http://www.eteamz.com/essexlittleleague/">www.eteamz.com/essexlittleleague/</a>
Shoreline Babe Ruth Baseball	(Scott Paulson, Area Coordinator) <a href="http://www.eteamz.com/shorelinebaberuth/">www.eteamz.com/shorelinebaberuth/</a>
Valley Soccer Club	(Denis Recchia, V.P.) <a href="http://www.valleysoccerclub.com/">www.valleysoccerclub.com/</a>
Ticks Lacrosse Club	(Ed Burlison, Essex Town Rep) <a href="http://www.tickslacrosse.com">www.tickslacrosse.com</a>





**PARK AMMENITIES**

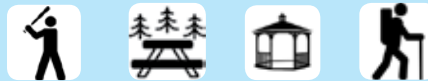


# EXPLORE YOUR LOCAL PARKS!

**CLARK'S POND**  
180 Main St., Ivoryton



**COMSTOCK PARK**  
50 Park Rd., Ivoryton



**DICKINSON PARK**  
28 North Main St., Essex



**GROVE STREET PARK**  
29 West Ave., Essex



**HUBBARD PARK**  
69 North Main St., Essex



**IVORYTON GREEN**  
100 Main St., Ivoryton



**MAIN STREET PARK**  
14 Main St., Essex



**SUNSET POND**  
52 West Ave., Essex



**VINEY HILL BROOK PARK**  
36 Hillside Dr., Essex



Presented by Essex Park and Recreation

IVORYTON VILLAGE

FAMILY  
ACTIVITIES

LIVE  
MUSIC






Free  
Refreshments  
(while they last)

October 20, 2018

Ivoryton Village Green • 5-7pm

In cooperation with Essex Park and Recreation and Ivoryton Village Business Alliance - Bushy Hill Nature Center will offer a Pumpkin Carving Party from 10-12 at the Nature Center front lawn, with opportunity to go on self-guided hikes on their property located at 253 Bushy Hill Rd. Ivoryton, CT - Pumpkins will be available while supplies last! All Abilities All Ages Welcome! [www.bushyhill.org](http://www.bushyhill.org)

-  Jack-O-Lantern Stroll
-  Ivoryton Library Haunted Happenings
-  Not-So-Scary Horse Drawn Wagon Rides



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

Pumpkin drop-off time  
is between 2pm-4pm