

Essex Park & Recreation - 2020

Spring/Summer Programs



The Benefits
are Endless



Park &
Recreation
TOWN OF ESSEX

VISIT US ONLINE @ www.essexct.gov



Friend us
on Facebook!



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

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



Word Search

```

z l k s a b r l s c y f x u r
c l u o c o l i c e c r e a m
s n m m g a u j v d q f d s e
n w d r b t t m p e i r p r w
w j i e g i w a p r r s m e b
j g s m w n f c e l k u a w e
f a r c m g i f r x b r c o a
b b s h p i l h p a e x r l c
k q u z d y n m s m i m e f h
g n i n n u r g m i u o m k u
n o w f z z k u m r f p m s k
s l s z r y s f o y i s u m d
s p r i n g d l u q i v s g w
f v o e y a y k f m y r b f g
h y u f v h y e t c x j b s q
  
```

baseball
beach
boating
firefly
fishing
flowers
ice cream
river
running
spring
summer
summer camp
sun
swimming

Table of Contents

Registration & Program Policies	3
Program Registration Form	4
Camp Registration Form.....	5
Parks and Facilities	7
Spring Youth Programs	8
Summer Youth Programs	10
Adult Programs	12
Special Events	13
Contact Information.....	14
Essex Go Bragh.....	15
Summer Concerts.....	Back cover

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

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 cancelled 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 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

2020 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 2020 or Fall 2020 Based On Program Session Start Date	Program Name	Fee
Subtotal						
Total						

SPECIAL CONCERNS: List any special needs or health related concerns of participant

T-SHIRT SIZE: (for applicable programs) YS YM YL AS AM AL AXL

PICK-UP CONTACT INFORMATION: Please list all authorized adults who may pick up a child from a program

WAIVER OF PARTICIPANT BY PARENT OR SELF:
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. **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.**

Payment Type: Cash Check
 Check # _____

X Signature _____

Essex Park and Recreation Summer Camp Registration 2020

Ages of Eligibility: 5-12

PLEASE BE SURE TO COMPLETE
FRONT AND BACK OF PAGE

Child's Name: _____ Gender: ___ M ___ F ___ Grade (Fall 20) _____ 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

✓ Enrolled In Camp Dates

- Full Day **Week 1:** June 29 – July 2*
- Full Day **Week 2:** July 6 – July 10
- Full Day **Week 3:** July 13 – July 17
- Full Day **Week 4:** July 20 – July 24
- Full Day **Week 5:** July 27 – July 31
- Full Day **Week 6:** August 3 – August 7
- Full Day **Week 7:** August 10 – August 14

Theme

- Classic Camp
- Into the Wild
- Sports, Sports, Sports
- The Amazing Race - Explore Our Earth
- Camp Carnival
- Master Chefs
- Mad About Science

Field Trip

- No Field Trip
- Hammonasset State Park
- Northford Ice Skating Rink
- Dennison Pequot Nature Centre
- Camp Carnival On-Site
- Cedar Lake
- Submarine Force Museum

Child Care Options

- Before Care: Yes No
- Before Care: Yes No
- Before Care: Yes No
- Before Care: Yes No
- Before Care: Yes No
- Before Care: Yes No
- Before Care: Yes No

Billing Information

*Week 1: _____ x \$100.00 Fee = \$ _____

Total Number: _____

Weeks 2 - 7: _____ x \$125.00 Fee = \$ _____

Total Number: _____

Before Care: _____ x \$15.00 Fee = \$ _____

Payment plans are available for those attending 3 or more weeks of camp.

Please contact:
Mary Ellen Barnes directly
860-767-4340 x110

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 July 3rd as there is no camp on this day. In the case of severe weather days we will always meet at Essex Elementary School.

***Field Day Fridays - Campers will meet at Grove Street Park, which will allow for access to the Playground, Tennis Courts, Hubbard Park, Essex Library, Cross Lots & Essex Village.

Camp Hours will be 8:30am-3:30pm. Daily pickup is at 3:30pm.

Cost for each weekly session is \$125.00 (Fee includes T-shirt, All Field Trips & Activities) *With exception to Week 1 which is a \$100 cost.

Before Care is available from 8a-8:30a additional \$15.00 fee per child. (space is limited)

All schedules, field trips and activities are subject to change

Date: _____

Cash

Check #: _____

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

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 is at 3:30pm.**

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 _____



PARK AMMENTITIES



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



Spring Youth Programs

****Participants' grade below is based on their grade in Spring 2020****
All participants must be 5 years old at the start of the program.

Let's Dance

Instructor Jennifer Erkkila

This beginning level dance course will allow students the opportunity to explore the four elements of dance: Body, Energy, Space, & Time as well as improvisation. Through this 5-week course we will discuss how to use our bodies to help create, explore and play within space and boundaries. Using our body as our instrument and props like: bubbles, chalk, tape, fabric, etc., we will open our minds to the endless possibilities that dance holds within each of us, and the chance to see how dance exists within our everyday lives.

Location Essex Elementary School

Fee \$75

Class Size Min 10 / Max 20

Grades	Day	Time	Session	Dates
K - 6	Tues	3:15 - 4:15p	I	March 31 - May 5 (skip Apr 7)
K - 6	Tues	3:15 - 4:15p	II	May 12 - Jun 9

Zumba Kids

Instructor Meg Caulfield

Perfect for our younger Zumba fans! Kids in grades K-6 get the chance to socialize with friends and jam out to their favorite music. This Zumba program includes rockin', high-energy dance parties packed with kid-friendly routines. We break down steps and 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, teamwork, confidence, self-esteem, memory, creativity, coordination, balance, and cultural awareness.

Location Essex Elementary School

Fee \$75

Class Size Min 10 / Max 20

Grades	Day	Time	Session	Dates
K - 6	Wed	3:15 - 4:15p	I	Apr 1 - May 6 (skip Apr 8)
K - 6	Wed	3:15 - 4:15p	II	May 13 - Jun 10

Cooking with Kids- Spring Treats

Instructor Jennifer Crown

This spring session will focus on No-Bake treats and easy food crafts kids can share at home! We will also explore Nutrition and include healthy alternatives in some of our recipes. One class will be devoted to a variety of simple cupcake decorating techniques! This is a perfect way to kick off the spring season as the weather turns warmer.

Location Essex Town Hall Kitchen

Fee \$100 (includes all materials)

Class Size Min 6 / Max 12

Grades	Day	Time	Dates
3-6	Th	3:30-4:45p	Mar 26 - Apr 30 (skip Apr 9)

Aspiring Young Engineers – Themed: 1 – Day Sessions Conveyor Belts

Instructor Engineering Imagination, LLC.

We may take it for granted, but conveyor belts are important machines that make everyday life more efficient and easier for us! From placing an order on Amazon, to checking out at the grocery store, conveyor belts are all around us. Students will learn about, plan, and build their own customized LEGO® TECHNIC® conveyor belts as well as work in small groups to build structures such as factories, airports and recycling centers!

Location Essex Elementary School

Fee \$35

Class Size Min 10/ Max 20

Ages	Day	Time	Dates
6-11	Mon	3:15-4p	Mar 23

Aspiring Young Engineers – Themed: 1 – Day Sessions Battle Bots

Instructor Engineering Imagination, LLC.

Build, Battle, Innovate, Repeat! In this modern, motorized, LEGO® version of jousting, participants will battle each other using customized monorail vehicles! Participants will need to design, customize and modify their monorail vehicle to make it progressively more efficient and effective!

Location Essex Elementary School

Fee \$35

Class Size Min 10/ Max 20

Ages	Day	Time	Dates
6-11	Mon	3:15-4p	Mar 30

Spring Youth Programs

****Participants' grade below is based on their grade in Spring 2020****
All participants must be 5 years old at the start of the program.

Aspiring Young Engineers – Spring Break

Instructor Engineering Imagination, LLC.
 Explore and experience the spectacular world of engineering through the hands-on, minds-on April Vacation offered by Engineering Imagination! In these exciting educational programs, participants use a variety of mediums such as recycled materials, salvaged motors and gear, balsa wood, in addition to LEGO, ESTES model rockets, and KEVA building blocks to explore a unique, customized S.T.E.A.M. (Science, Technology Engineering, Architecture, Mathematics) curriculum. Using different mediums, participants will learn about building projects such as hydroelectric waterwheels, model rockets and scale bridges. From building model roller coasters to LEGO challenges, your child is sure to have a blast while learning along the way!!

Location Essex Elementary School
Fee \$155
Class Size Min 10 / Max 20
Ages 6-11
Day M-Th
Time 9-1p
Dates Apr 6 - Apr 9



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 \$85
Class Size Max 40
Grades K-8
Day M
Time 5:30-6:30p
Dates Apr 20 - May 18

Tennis Stars

Instructor Gary Ribchinsky
 This clinic is designed to teach the fundamentals of tennis 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. Coach Ribchinsky is also permitted to provide private tennis lessons. For more information on private tennis lessons please contact Gary directly at gribchinsky@gmail.com.

Location Grove Street Park Tennis Courts
Fee \$75
Class Size Min 4 / Max 25
Grades K-8
Day Sa
Time 9-10a
Dates Apr 25 - May 30 (skip May 23)

Introduction to Archery

Instructor Bob Russo
 Our Intermediate and Beginner 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, aim and release. The program will use target tipped arrows and emphasize safety.

Location Essex Elementary School
Fee \$75
Class Size Min 10 / Max 15
Age 8-99
Day Th
Time 5-6p
Dates Apr 23 - May 21

After School Dodgeball

Instructor Tim LaChance
 Like sports? Like to stay busy and have fun after school? Come out and join our new program where we will play a new sport every week such as indoor soccer, kickball, dodgeball, and more! Everyone will participate equally, and this will be all about having fun. This program will be led by Park and Recreation Department staff.

Location Essex Elementary Gym/Field
Fee \$75
Class Size Min 10 / Max 20
Grades 3-6
Day: Tu
Time 3:15-4:15p
Dates Apr 28 - May 26

Summer Youth Programs

****Participants' grade below is based on their grade in Fall 2020****

All participants must be 5 years old at the start of the program.

Essex Summer Camp

Join us for tons of summer FUN at our **exciting, engaging Summer Camp!** Our camp is for children ages 5-12 at the time of camp. 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 except for Thurs. July 2. In the case of severe weather days, we will always meet at Essex Elementary School.

Camp Hours are 8:30am-3:30pm, with pick up at 3:30pm sharp. Extended Before Care is available from 8:00am-8:30am. Registration

fee is \$125 per participant per week. Before Care is \$15 per camper per week. To register, complete the summer camp registration form and mail or drop it off at the Park and Recreation office at the Essex Town Hall or register online.

Schedule, locations and general information are subject to change.

Forms and additional information are available on our website www.essexct.recdesk.com. Our summer camp offers weekly summer camp group games and activities as well as activities tied to our weekly themes described below.

Week 1	Classic Camp	
Dates	Jun 29-Jul 2	Field Trip – No Field Trip Field Day – No Field Day
Description	Making great memories of summer camp is our goal. This week will focus on the best of the classics... pet rocks, dodge ball, "Minute to Win It" challenges, scavenger hunts and more!	
Week 2	Into the Wild	
Dates	Jul 6-10	Field Trip – Hammonasset State Park Field Day – Drop off & Pick up at Grove Street Playground (July 10)
Description	Come explore the wilderness in our own back yard and learn about the habitat around us! Fun survival activities and crafts will be among the highlights of the week!	
Week 3	Sports, Sports, Sports	
Dates	Jul 13-17	Field Trip – Northford Ice Skating Rink Field Day – Drop off & Pick up at Grove Street Playground (July 17)
Description	Be prepared to GET IN THE GAME! This week will involve non-stop running, jumping, stretching and more! Sample a variety of sport activities at our 4th Annual Sports Buffet and compete in various tournaments and challenges!	
Week 4	The Amazing Race- Explore our Earth	
Dates	Jul 20-24	Field Trip – Dennison Pequot Nature Center Field Day – Drop off & Pick up at Grove Street Playground (July 24)
Description	Come Race your way through the week! Like the TV show, campers assemble into age-based teams and compete with one another in both physical and mental challenges. It will also be a challenging, and thought-provoking week requiring a lot of teamwork!	
Week 5	Camp Carnival	
Dates	Jul 27-31	Field Trip – Camp Carnival (Located on site) Field Day – Drop off & Pick up at Grove Street Playground (Jul 31)
Description	Prepare yourself for a week of crazy carnival fun! Campers will help create carnival games that will be showcased at the Camp Carnival. Popcorn, snow cones, fun photos and prizes are just a sample of the excitement this week will offer!	
Week 6	Master Chefs	
Dates	Aug 3-7	Field Trip – Cedar Lake Field Day – Drop off & Pick up at Grove Street Playground (Aug 7)
Description	Campers will be transformed into little chefs this week! We will explore foods and culinary customs from around the world as well as make our own tasty treats.	
Week 7	Mad About Science	
Dates	Aug 10-14	Field Trip – Submarine Force Museum Field Day – Drop off & Pick up at Grove Street Playground (August 14)
Description	Campers will launch into a week filled with STEM-themed activities! Explore science and engineering through hands-on activities and projects to see just how things work! Critical problem solving and teamwork skills are a must this week! We will have an exciting opportunity to visit the historic submarine Nautilus during our field trip.	

Summer Youth Specialty Programs

****Participants' grade below is based on their grade in Fall 2020****
All participants must be 5 years old at the start of the program.

Running Rams Track & Field Camp

Instructor Pete Capezzone

Local resident and Old Saybrook High School Track and Field Coach Pete Capezzone will 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 include a fun activity, such as ice cream sundae night and pizza night. Participants will receive a t-shirt and awards at the conclusion of the program.

Location Old Saybrook High School Track

Fee \$135

Class Size Min 8 / Max 55

Ages	Day	Time	Dates
5-15	M-F	5-8p	Jun 22 – Jun 26

Aspiring Young Engineers Summer Camp

Instructor Engineering Imagination, LLC.

In these exciting, educational programs, participants use a variety of mediums such as recycled materials, salvaged motors and gear, and balsa wood, in addition to LEGOs, ESTES model rockets, and KEVA building blocks to explore a unique, customized S.T.E.A.M. (Science, Technology Engineering, Architecture, Mathematics) curriculum. Using different mediums, participants will learn about building projects such as hydroelectric waterwheels, model rockets and scale bridges. From building model roller coasters to LEGO challenges, your child is sure to have blast while learning along the way!!

Location Essex Elementary School

Fee \$150

Class Size Min 10 / Max 20

Ages	Day	Time	Dates
6-11	M-F	9-3p	Jun 22 - Jun 26

Summer Tennis Clinics

Instructor Gary Ribchinsky

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 Tennis Courts

Fee \$75 per session (Session 1 is \$60)

Class Size Min 8 / Max 24

Ages	Day	Time	Dates
5-15	M-Th	9-10:15a	Jun 29 - Jul 2
5-15	M-Th	9-10:15a	Jul 6 - Jul 9
5-15	M-Th	9-10:15a	Jul 13 - Jul 16
5-15	M-Th	9-10:15a	Jul 20 - Jul 23

Basketball Camp @ VRHS – All Levels Welcome!

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 and certificate. ***Please be sure to register for the correct session by grade and date. **(Friday Jul 31 camp will end at 1pm for grades 4-8)**

Location Valley Regional High School

Class Size Min 8 / Max 35

Grades	Fee	Time	Dates
K-3	\$135	9a-12p	Jul 27- Jul 31
4-8	\$185	9a-3p	Jul 27 - Jul 31



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 qualifying students to operate power boats and sailboats as well as personal watercraft (PWC) in CT. There is a separate \$50 fee payable to the State of CT for issuance of these certificates. Many boat insurance companies will offer discounts on boating insurance to those 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 May 11th. 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

Ages	Day	Time	Dates
12&up	Tu, W, Th	6:00-8:45p	May 12,13,14

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.

Location Essex Elementary School Gym

Fee No charge

Ages	Day	Time	Dates
18&up	Wed	7:30-9p	Oct 2 - Jun 2020



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*.

Location Essex Elementary School

Fee \$75

Class Size Min 10 / Max 15

Age	Day	Time	Dates
16-99	Monday	6-7p	Mar 23 - Apr 20
16-99	Monday	6-7p	May 18 - Jun 22

Outdoor Yoga & Alfresco Thursdays

FREE Adult Yoga in the Park

Free yoga classes with certified yoga instructor Angela Stevens; the class is inspired by nature, a love of yoga and a dream to make yoga accessible to all by removing barriers such as price, props, and intimidating settings. *Bring your mat; no pre-registration is required. This program is part of the Essex Board of Trade's First Thursdays Celebrations, a series of three themed events on Main Street in Essex Village, occurring the first Thursday of June, July, and August. Stores and galleries will be open late with festivities and special discounts.

Date Jun 11, July 9, Aug 13

Time 5:15-6:00p

Location Main Street Park - Essex Village

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

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 Apr 10
Time 10a 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 9a – 2p
Location Main Street Park

Burning of the Ships Day

The historical British Raid on Essex is commemorated each year by a Ships Commemoration Parade, led by the Sailing Master of 1812 Fife & Drum corps. The parade starts at the Essex Town Hall and will continue down Main Street where a short muster and commemoration ceremony will take place. Following the parade, there are several events at the Connecticut River museum lawn and docks.

Date May 9
Time 11a
Location Connecticut River Museum

Outdoor Yoga & Alfresco Thursdays FREE Adult Yoda in the Park

Free yoga classes with certified yoga instructor Angela Stevens; the class is inspired by nature, a love of yoga and a dream to make yoga accessible to all by removing barriers such as price, props, and intimidating settings. *Bring your mat *No pre-registration is required. This program is part of the Essex Board of Trade's First Thursdays Celebrations – a series of three themed events on Main Street in Essex Village, occurring over the first Thursdays of June, July, and August. Stores and galleries will be open late with festivities and special discounts.

Date Jun 11, Jul 9, Aug 13
Time 5:15-6:00p
Location Main Street Park – Essex Village

Independence Day 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 Donna Lee Gennaro - donnalee.gennaro@gmail.com

Date July 4
Time Parade begins 10a
Location Ivoryton Village / Ivoryton Green

Contact Information

Park and Recreation Commission Members

Britte Fitton, *Chair*
Tony Mosa
Ginny Willets
John Bean
Dan Needleman

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	860-388-7209
Zoning	860-767-4340 x115

Essex Federal ID# - 06-6002033

Clubs & Organizations

Essex Historical Society	860-767-0681
Essex Land Trust	www.essexlandtrust.org
Essex Board of Trade	860-767-3904
Ivoryton Village Alliance	ivorytonalliance.org
Essex Garden Club	860-767-7263
Ivoryton Gardeners	spodaski@hotmail.com
Child & Family Agency of Southeastern Connecticut	860-767-0147
Essex Ambulance Association	860-767-7677
Essex Community Fund	www.essexcommunityfund.com
Essex Boy Scouts	860-767-9027
Essex Cub Scouts	860-790-0681
Essex Girl Scouts	www.gsfc.org
Connecticut River Museum	860-767-8269
Essex Fire Engine Company No. 1	860-767-1258
Essex Lions Club	www.essexlionsclub.com
Essex Rotary Club	www.rotaryclubofessex.com
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	www.tritownys.org /860-526-3600
Valley Shore Emergency Management	www.valleyshore911.org
Literacy Volunteers Valley Shore CT	www.lvvs.org
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	(Matt Sicignano, Pres.) www.eteamz.com/essexlittleleague/
Valley Soccer Club	(Nicole Copeland, V.P.) www.valleysoccerclub.com/
Ticks Lacrosse Club	(Ed Burluson, Essex Town Rep) www.tickslacrosse.com

ESSEX GO BRAGH!

Irish Parade

March 21st, 2020



**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**

Face Painting

**Visit Local
Restaurants &
Businesses!**

**Honoring
Grand Marshal
Robert Russo**

Presented by



www.essexct.gov/park-and-recreation
Email: recreation@essexct.gov

In the case of severe weather or other safety concerns the parade will be cancelled and not be rescheduled.



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

Tuesday	June 23	Ivoryton Green	Leaf Jumpers
Wednesday	July 1	Essex Main Street	Middletown Symphonic Band
Tuesday	July 7	Ivoryton Green	Long Island Sound
Wednesday	July 15	Essex Main Street	U.H.F.
Tuesday	July 21	Ivoryton Green	RipCord - 102d Army Band - NEW!
Wednesday	July 29	Essex Main Street	Southern Voice
Tuesday	August 4	Ivoryton Green	Java Groove
Wednesday	August 12	Essex Main Street	Blues on the Rocks

Visit our website for weather related announcements...

www.essexct.gov

Or call:

(860) 767.4340 ext. 148