



Town of Essex  
Park & Recreation Department

Spring/Summer  
2012

BROCHURE



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# Table of Contents

## Essex Park and Recreation Office

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

Telephone: 860-767-4340 x110 Fax: 860-767-8509

Website: [www.essexct.gov](http://www.essexct.gov), click on "Departments," click on "Park & Recreation"

Office Hours: Mon-Fri 9:00am-4:00pm

### Director's Note

Thank you to the Essex Community for your ongoing support of the Park and Recreation Department. We are excited about the success our recent programs and events have enjoyed. This past winter, we offered the new Morning with Santa, Youth Basketball Jamboree, and Adult Zumba programs, as well as kicked off another year of the Essex Great Outdoors Pursuit.

Please take the time to read through your Park and Recreation Department brochure. Our staff has worked hard to put together a great offering of programs and events for the upcoming spring and summer seasons. The Essex Summer Camp will prove to be the best it has ever been; we have an enthusiastic and caring staff, fun weekly themes, and new field trips and activities, all while keeping the weekly fee the same as previous years. As always, call or stop by the office if we may help you, and we look forward to seeing you in our parks this summer!

*Rick Audet*

### Recreation Coordinator's Note:

#### In the Program Spotlight:

**Essex Elementary School After-Hours Programs** provide an opportunity for students to explore and create in a variety of enrichment activities. Programs meet immediately after school allowing children to join the fun without the added pressure of "getting them there." EES After-Hours is also available to students in the after-school care program. The Spring Sessions will start soon after April Break, so it is important to register early as most programs require a minimum number of participants in order to be conducted. Some programs fill quickly as well. You can register for all programs by online, by mail or in-person. EES After-Hours programming provides opportunities for our youth to play, achieve and grow!

*Mary Ellen Barnes*



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## Mission Statement

Creating the Essex Community through People, Parks, and Programs!

## 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



# 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.

## Refunds

A full refund will be given if the program is canceled by the Park and Recreation Department. In case of illness or injury, a full refund will be given with a doctor's note. If you cancel your registration a week or more before the program begins, a full program credit will be issued. If you cancel your registration with less than a week prior to the program, a 50% program credit will be issued. No refund or credit will be issued once a program begins.

## 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.

# Special Events

## Essex go Bragh Irish Parade & Festival

Essex Park and Recreation is proud to announce the 2<sup>nd</sup> Annual Essex go Bragh Irish Parade & Festival. This event will be held on Saturday, March 17, 2012. It is our hope that Essex go Bragh becomes a tradition in Essex, and an event the community looks forward to each year. A parade will kick off from Town Hall at 10:30am immediately followed by the Festival in Essex Village. The Festival will include live music, kids' activities, food and drinks. We invite all Essex community groups to participate in our parade.

## Essex Eggstravaganza

Essex Eggstravaganza is our annual Egg Hunt for children up to second grade. All participants are encouraged to visit the Essex Library at 9am for story time with the Easter Bunny, with the egg hunt to follow in the park.

**Date** April 6  
**Time** 10am SHARP  
**Location** Grove Street Park



## Summer Concerts

Spend your Wednesday evenings with Essex Park and Recreation enjoying the sounds of great music. Country, jazz, classic rock, acoustic blues, and more, make for a beautiful summer evening in our parks. Our venue changes each week letting everyone enjoy our town greens in Ivoryton and Essex. All concerts are free!

Date	Band	Location
July 11	Middletown Symphonic Band	Essex Main Street
July 18	Long Island Sound	Ivoryton Green
July 25	Gold Rush	Essex Main Street
August 1	Shiny Lapel Trio	Ivoryton Green
August 8	Blues on the Rocks	Essex Main Street
August 15	Brad & Brian	Viney Hill Brook Park

## Fourth of July Parade

The 7th annual Ivoryton Village Fourth of July Parade will take place on Wednesday July 4<sup>th</sup> (rain date, July 5). Stepping off at 10am, the parade will wind its way through the streets of Ivoryton before ending at the Ivoryton Green, where there will be a patriotic ceremony. The Parade Committee extends an invitation to all residents of the Town of Essex! Gather your family, neighbors, groups of any kind and decorate your bike, scooter, wagon, tractor, truck or antique car. Come March with us on the 4<sup>th</sup> of July! Call Susie Beckman for more information @ 767-9755.



## 2012 Essex Great Outdoors Pursuit

### Sponsored by the Rockfall Foundation

The Essex Great Outdoors Pursuit is a cooperative effort between the Land Trust and Park and Recreation to bring the families of Essex together through positive and healthy outdoor endeavors, while increasing the presence and awareness of our local parks, open spaces, and preserves. Grab your passport and a chance to win our grand prize for completing the most events. Visit our website for full program information.

February 4	Winter Walk: Falls River Preserve & Jean's Island
April 28	Arbor Day Celebration
May 5	Walk & Talk: Spring Bird Migrants
May 11, 12	Family Fishing Clinic
June 27	Walk & Talk: Great Meadow Walk & Turtle Talk
August 9	Canoe & Kayak: Around Thatchbed Island
August 25	Mountain Biking Trail Ride
October 20	3 <sup>rd</sup> Annual Run Local / Read Local 5K Race and Pumpkin Run
November 17	2 <sup>nd</sup> Annual Family Turkey Tromp & Plunge

# Town of Essex Parks and Facilities

	BASEBALL/SOFTBALL	BASKETBALL	HIKING/WALKING	FISHING	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			🌲	🌲	🌲	🌲			🌲	🌲	🌲	🌲

## Ivoryton Green

A true New England town green offering a beautiful gazebo, picnic tables, benches and seasonal bathrooms. Located on Main Street in the Village of Ivoryton right next to a historical gem, the Ivoryton Playhouse. It is the perfect location for that lazy summer night to come and listen to the sounds of our Summer Concert Series. Ivoryton Green is haunted on the Saturday before Halloween when the Ivoryton Village Pumpkin Festival takes over and fills the green with the pumpkin carving talents of the residents of the three villages.

## Main Street Park

Main Street Park has been a hub for the Village of Essex since it was put together by volunteers and created for the benefit of the Town. It features a scenic spot in the middle of Main Street with a gazebo, benches and picnic tables, the new restroom facility, beautiful waterfront and cove views, a boat launch and municipal parking area. It has been the home to many events in our town including the Farmer's Market, Summer Concert Series, Lobster Bake, May Market and Craft Fairs. It is the perfect spot to grab a bite to eat at one of the local establishments and take a stroll in the park or sit for a picnic while shopping at Main Street.

## Sunset Pond

This quaint location off West Avenue in the village of Essex offers picnic tables, a great pond with a wood dock and fire pits. It is a popular place for residents to picnic, ice skate and fish.

## Tennis Courts

The Essex Park and Recreation tennis courts are located behind Town Hall, adjacent to Grove Street Park. We feature two lighted regulation size courts.

## Viney Hill Brook Park

Located off Hillside Drive in Essex, our newest park features a number of amenities for visitors to enjoy. Viney Hill Brook Park offers a beach and swimming facility with lifeguards on duty during the summer with seasonal restroom facilities. Our park also offers nature trails, picnic tables with grills, benches, swing set, and tetherball. The fenced-in "Paw Park" offers a place for man's best friend to romp and play with other four-legged licensed residents including a separate area for small dogs. This is a gem of a park with both active and passive recreational activities. Viney Hill Brook Park is open year-round with parking at our upper parking lot. We open the gate to our lower parking lot April through November. The park is open from sunrise to sunset.

## Clark's Pond

Located off Main Street in Ivoryton Village, this park features a meadow and pond for visitors to enjoy. It has a great dock that was built for fishing and many residents find themselves enjoying it during the winter months by ice skating.

## Comstock Fields

Comstock Fields on Park Road in Ivoryton features a little league and regulation size baseball field. Our park also includes dugouts, bleachers, a gazebo and seasonal bathrooms.

## Dickinson Park

Located off North Main Street in the Village of Essex, this quaint little park is surrounded by a rock wall with iron gates and is tucked away by beautiful trees making it a perfect spot for weddings, quaint family gatherings, or a quiet respite.

## Grove Street Park

Families enjoy gathering at this park for playtime and picnics. It has a beautiful picnic area with toddler playscapes and playground equipment surrounded by a walking trail that winds around the outer edge of the park through the trees. There are picnic tables and benches for families to enjoy a little outdoor time.

## Hubbard Field

Baseball Fever hits Hubbard Field on North Main Street every year starting in April! Our park offers a little league baseball field, batting cages, basketball hoop, a beach volleyball court and multi-purpose field.



# Youth Spring Programs

## Music Together®

**Instructor** Jessica Nevins

Music Together is an innovative, thoroughly researched approach to early childhood music and movement for ages infant to 5 years old. The playful activities stimulate growing minds and bodies and enhance all learning. Engage in musical play with scarves, rhythm sticks, play-along instruments, drums and more. Each family receives two professionally recorded CD's, a song booklet, and a guide to children's musical development. An open house will be held March 12 to introduce you to our program.

**Location** Centerbrook Meeting House  
**Fee** \$165 / \$85 (per sibling)  
**Class Size** Min 6 / Max 12  
**Ages** Infant-5 years  
**Day** M  
**Time** 9:30-10:15a  
**Dates** Mar 26-Jun 11

## Creative Art

**Instructor** Jennifer Crown

Explore a world of artistic creativity! Children will create a variety of different projects from wood, to crafts, to paper art, to pottery. Use your imagination to make wonderful treasures. Please bring a smock or a shirt that can get messy.

**Location** Essex Elementary School  
**Fee** \$75 (includes all materials)  
**Class Size** Min 6 / Max 12  
**Grades** K-4  
**Day** Th  
**Time** 3:15-4:15p  
**Dates** Apr 26 – May 31

## Karate Kids

**Instructor** Kim Kleiman

Participants will meet friends and build self-esteem while learning the meaning of respect, self-discipline, concentration and self-control. Students will learn the basics of Kempo Karate with Kim Kleiman, Valley Shore Martial Arts, a fourth degree black belt.

**Location** Essex Elementary School Gymnasium  
**Fee** \$65  
**Class Size** Min 10 / Max 24  
**Grades** K-6  
**Day** M  
**Time** 3-4p  
**Dates** Apr 23-Jun 4 (skip May 28)

## Pre-Engineering with LEGO®

**Instructor** Play-Well  
TEKologies Staff

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

**Location** Essex Elementary School  
**Fee** \$105  
**Class Size** Min 10 / Max 16  
**Ages** 5-7  
**Day** Tu  
**Time** 3:15-4:45p  
**Dates** Apr 17-May 22

## Engineering FUNDamentals with LEGO®

**Instructor** Play-Well TEKologies Staff

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletrack! Challenging for new and returning students.

**Location** Essex Elementary School  
**Fee** \$105  
**Class Size** Min 10 / Max 16  
**Ages** 7-12  
**Day** Th  
**Time** 3:15-4:45p  
**Dates** Apr 19 - May 24

## Group Guitar Workshop

**Instructor** Charles Domler

This rewarding and fun workshop is for the beginner to slightly-experienced guitar player. The group learning environment is perfect for those who enjoy playing and learning music with others without the pressure of being one-on-one with a private instructor. Students will learn how to tune the guitar, read music, develop an ear for music, and play simple melody progressions, chords, and scales. Students will also be encouraged to explore and create their own music. The course will be led by Charles Music School owner and head guitar instructor, Charles Domler. Students must bring their own guitar. Electric (with amplifier) or acoustic guitars are acceptable. Workbooks will be provided by instructor.

**Location** Essex Elementary School  
**Fee** \$75  
**Class Size** Min 4 / Max 6  
**Grades** 1-6  
**Day** M  
**Time** 3:15-4:15p  
**Dates** Apr 23-Jun 4 (skip May 28)



# Youth Spring Programs

## Group Violin Workshop

**Instructor** Katie White

This fun and inspirational group class is offered to children in a relaxed environment providing a chance to discover their inner musical talent. Throughout the session, students will learn to develop the art of listening, playing together, and understand the basic language of music. Additionally, participants will be introduced to the basics of violin playing, and to the beauty of sound, rhythm, and musical notation. This workshop is open to children in grades 2-6 with no previous musical studies necessary. Students must bring their own bow and violin. Workbooks will be provided by the instructor.

**Location** Essex Elementary School

**Fee** \$75

**Class Size** Min 4 / Max 6

Grades	Day	Time	Dates
2-6	M	3:15-4:15p	Apr 23-Jun 4 (skip May 28)

## Group Piano Workshop

**Instructor** Katie White

This fun and inspirational group class is offered to children in a relaxed environment providing a chance to discover their inner musical talent. Throughout the session, students will learn to develop the art of listening, playing together, and understand the basic language of music. Additionally, participants will be introduced to the basics of piano playing, and to the beauty of sound, rhythm, and musical notation. This workshop is open to children in grades 2-6 with no previous musical studies necessary. Workbooks will be provided by the instructor.

**Location** Essex Elementary School

**Fee** \$75

**Class Size** Min 4 / Max 6

Grades	Day	Time	Dates
2-6	M	3:15-4:15p	Apr 23-Jun 4 (skip May 28)

## Cartwheels, Etc.

**Instructor** Diana Marchese

Our program is designed to teach individualized gymnastics skills to all levels of participants. Gymnastics is beneficial to the physical and psychological development of children as it provides a tremendous means for enhancing a child's self-concept by providing many successes in a non-competitive setting. Increased confidence, as a result of successful learning experiences, is as much a part of our program as is the development of specific gymnastics skills.

**Location** Essex Elementary School

**Fee** \$75

**Class Size** Min 10 / Max 20

Grades	Day	Time	Dates
1-6	Tu	3:15-4:30p	Apr 24-May 29

## Spring Tennis-Session 1

**Instructor** Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual and group instruction from tennis pro and Valley Regional High School Coach Gary Ribchinsky. Groundstrokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game.

**Location** Valley Regional High School Courts

**Fee** \$65

**Class Size** Min 4 / Max 10

Grades	Day	Time	Dates
K-8	Sa	9-10a	Apr 21 - May 19 (rain date Jun 2)

## Spring Tennis-Session 2

**Instructor** Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual and group instruction from tennis pro and Valley Regional High School Coach Gary Ribchinsky. Groundstrokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game.

**Location** Valley Regional High School Courts

**Fee** \$65

**Class Size** Min 4 / Max 10

Grades	Day	Time	Dates
2-8	Sa	10-11a	Apr 21 - May 19 (rain date Jun 2)

**Note: K & 1st graders may register for the 9am clinic only.**

## Running Rams Track & Field

**Instructor** Coach

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. The clinic is a five week session.

**Location** Valley Regional High School Track

**Fee** \$65

**Class Size** Max 25

Grades	Day	Time	Dates
1-6	W	6-7:15p	Apr 18, 25, May 9, 16, & (Tues) May 22

## SNAG Golf

**Instructor** Skyhawks Sports Staff

Participants will learn the fundamentals of swinging, putting and body positioning. Using the SNAG (Starting New at Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment is provided.

**Location** Essex Elementary School Field

**Fee** \$70

**Class Size** Min 10 / Max 16

Ages	Day	Time	Dates
5-8	M-Th	5-7p	Jun 18-21

# Essex Summer Camp

Join us for tons of summer FUN at our **most Exciting, Engaging Summer Camp ever!** Our camp is for children **entering Grade K-7 in fall 2012**. Camp meets Monday through Friday from **8:30am-3:30pm (new hours)** at Essex Elementary School, with extended day care available from 8a-8:30am & 3:30-4pm. Registration fee is \$115 per participant per week (week 8 is \$125). Before and after care is \$15 each per week. Field Trips are scheduled every week with the exception of Carnival Week. To register, complete the summer camp registration form and mail or drop it off to park and recreation, sorry no online registration is available for summer camp. Forms and additional information are available on our website, [www.essexct.gov](http://www.essexct.gov).

**Enjoy our classic summer camp group games and activities in addition to our weekly themed events . . .**

## **Week 1**      **Wacky Water Week**

**Dates**      June 25 – 29

**Field Trip**-Viney Hill Brook Park Swimming Hole (June 29)

**Description:** Test the waters in the week-long investigation of all things liquid. Create water spray art, make your own tie-dye t-shirt and join us for some exciting H2O Challenges.

## **Week 2**      **Stars & Stripes**

**Dates**      July 2 – 6

**Field Trip**-Essex Freedom Trail & Grove St. Park (July 5 or 6)

**Description** Celebrate our nation's independence with all American Arts & Crafts, a red white a blue relay race and walk our Essex Only Freedom Trail with the Historical Society. We'll picnic and play at The Grove Street Park Playground. (July 5 or 6). **No camp on July 4.**

## **Week 3**      **I Want My Mummy!**

**Dates**      July 9 – 13

**Field Trip**-Yale Peabody Museum (July 11)

**Description** Discover the wonders of ancient Egypt. Unravel the mystery of the mummy, create a canopic jar and memory mask. We'll build our own pyramid out of lumps sugar and we'll race in the mummy wrap relay – where your counselor is the mummy! At this week's trip we will participate in a scavenger hunt at the **Yale Peabody Museum**.

## **Week 4**      **All About Sports**

**Dates**      July 16 – 20

**Field Trip**-Rock Cats Baseball Game (July 18)

**Description** Be prepared to GET IN THE GAME! This camp will be non-stop running, jumping, stretching and more. We'll even sample a little "out of the ordinary" sport activities at our 2<sup>nd</sup> Annual Sports Buffet. Also we will hit it out of the park at our Traditional T-Ball Tournament and Trip to a Rock Cats Baseball Game (July 18)

## **Week 5**      **Mad About Science**

**Dates**      July 23 – 27

**Field Trip**-FUN Squared Newington (July 25)

**Description** Stimulate your senses and explore the world around you. Children will be provided with exciting, live, interactive activities that instill a clear understanding of what science is really about. We'll also discover that science is everywhere. Including **FUN Squared** where will enjoy **Bowling & Laser Tag (July 25)**

## **Week 6**      **Carnival at Camp**

**Dates**      July 30 – Aug 3

**Field Trip**-Camp Carnival (held onsite at summer camp)

**Description** Prepare yourself for a week of crazy carnival fun! Creating your own clown faces, tie dye and more! We will have popcorn, snow cones, inflatables, games for prizes and other super fun carnival stuff too! Each group will be creating its own booth that will be showcased at the **Camp Carnival. (Aug. 2)**

## **Week 7**      **Broadway Bound**

**Dates**      August 6- 10

**Field Trip**-Ivoryton Playhouse (August 10)

**Description** Uncover your inner actor through pantomime and improvisation and other performance types. Create sets and costumes, master your lines and perform a play. Enjoy a Field trip to the **Ivoryton Playhouse** for a showing of "**Tales of a Fourth Grade Nothing**." Campers will also get a behind the scenes look and a chance to meet the cast.

## **Week 8**      **Ultimate Summer Survivor**

**Dates**      August 13 – 17

**Field Trip**-Brownstone Exploration & Discovery Park

**Description** Designed to get you out of your comfort zone and into an unforgettable adventure! This week's camp is full of physical and mental challenges, arts and crafts, and plenty of team building activities. End the week with the Ultimate Field trip to **Brownstone Exploration & Discovery Park (Aug 17)**. **Registration fee for week 8 is \$125.**



# Youth Summer Programs

## Sports Squirts

**Instructor** US Sports Staff

This camp is a great way to introduce children ages 3 to 5 to a variety of sports such as soccer, t-ball, lacrosse, hockey, basketball and tennis. Sessions take place in a safe, structured environment and sports are played through a series of games and activities designed to ensure learning and most importantly, fun!

**Location** Essex Elementary School Field  
**Fee** \$89  
**Class Size** Min 8 / Max 24  
**Ages** 3-5  
**Day** M-F  
**Time** 4-5:30p  
**Dates** Aug 13-17



## 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 Track and Field Camp. The Camp will feature instruction in many track and field disciplines from some of the area's best coaches, at one of the finest venues in Connecticut - Valley Regional High School. 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 Track  
**Fee** \$125  
**Class Size** Min 8 / Max 24  
**Ages** 6-15  
**Day** M-F  
**Time** 5-8p  
**Dates** Jun 25-Jun 29

## Summer Tennis Clinics **Instructor** Gary Ribchinsky

Lessons will introduce children to tennis related skills such as eye hand coordination, tracking, groundstrokes, and balance. Emphasis will be on fun and success.

**Location** Valley Regional High School Courts  
**Fee** \$65 per session (Session 2- \$55)  
**Class Size** Min 8 / Max 24  
**Ages** 6-15  
**Day** M-F  
**Time** 9-10a  
**Dates** Jun 25-29  
 6-15 M-F 9-10a Jul 2-6 (No Clinic July 4)  
 6-15 M-F 9-10a Jul 9-13  
 6-15 M-F 9-10a Jul 16-20  
 6-15 M-F 9-10a Jul 23-27

## Slamma Jamma Basketball Camp **Instructor** Coach 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 indicate the correct session, by grade and dates, you wish to register for.**

**(No Camp on July 4)**  
**Location** Valley Regional High School Gym  
**Class Size** Min 8 / Max 24

Session	Grades	Fee	Time	Dates
I	K-3	\$105	9a-12p	Jul 2-6
II	4-8	\$140	9a-3p	Jul 2-6
III	K-3	\$125	9a-12p	Jul 30-Aug 3
IV	4-8	\$175	9a-3p	Jul 30-Aug 3

## Baseball Camp **Instructor** Between the Lines Staff

Our camp will help your baseball player improve their overall baseball skills. Fundamentals will be taught through appropriate drills, techniques 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** 6-14  
**Day** M-Th  
**Time** 9a-1p  
**Dates** Jul 9-12



# Youth Summer Programs

## Gymnastics Camp

**Instructor** Shoreline  
Gymnastics Staff

Our program is designed to teach basic gymnastics skills. Instruction revolves around the needs of each individual child. Gymnastics can be beneficial to the physical and psychological development of every student at all skill levels. Increased confidence, as a result of successful learning experiences, is as much a part of our program as is the development of specific gymnastics skills.

**Location** Shoreline Gymnastics, Old Saybrook  
**Fee** \$99  
**Class Size** Min 10  
**Ages** 3+      **Day** M-Th      **Time** 9:30a-12:30p      **Dates** Aug 20-23



## Shoreline Girls Lacrosse Camp

**Instructor**

Greg Ruel

Our lacrosse clinic provides instruction and skill development on all aspects of lacrosse. Each participant receives individual and group instruction with an emphasis on basic fundamentals skills (there will be limited contact). Learn the latest techniques of the game, refine skills to improve your level of play, and strengthen team concepts and strategies. This program is ideal for the beginning or intermediate player. All lacrosse pads are required, must bring your own equipment.

**Location** John Winthrop Middle School Field  
**Fee** \$95  
**Class Size** Min 10 / Max 100  
**Ages** 6-15      **Day** M-F      **Time** 5-8p      **Dates** Aug 6-10

## Flag Football Camp

**Instructor** Skyhawks Sports Staff

This is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for fall league play. Participants will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun & positive environment. Our camp is recommended for beginner to intermediate athletes. The program concludes with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! Included with purchase is a t-shirt and merit award. Gear to bring: appropriate clothing, water bottle and running shoes.

**Location** Essex Elementary School Field  
**Fee** \$70  
**Class Size** Min 15 / Max 20  
**Ages** 6-10      **Day** M-Th      **Time** 5-7p      **Dates** Jul 23-26





# Adult Programs

## Yoga

**Instructor** Jo-Ann Miller

Relax and renew with this gentle-paced introduction to the ancient practice of yoga with our certified instructor. In this class, we will explore basic yoga philosophy, yoga poses, and breathing techniques to increase strength and flexibility, develop mindfulness, and build vitality. Each class will incorporate stretching, poses, breath exercises, and a brief meditation. Students are encouraged to practice at their own pace and level. Pre-Registration is required, however guests of participants are welcome drop-in for fee of \$12.

**Location** Centerbrook Meeting House

**Fee** \$50

**Class Size** Min 6 / Max 10

<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
18&up	Tu	6-7:15p	Apr 17-May 15



## Zumba Aerobics

**Instructor** Colette Mercier

Zumba! A Latin inspired aerobic dance class that incorporates Latin and International music and dance. Zumba is exercise in disguise that is fun, different, easy and effective. This popular workout will provide full body toning while having a lot of fun. You do not have to know how to dance to take a Zumba class. We create a non-competitive party atmosphere where students can interpret the dance rhythms in their own way.

**Location** John Winthrop Middle School Auxiliary Gym

**Fee** \$90 / \$14 drop in fee  
(register both nights \$170)

**Class Size** Min 8 / Max 24

<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
16&up	M	6-7p	Mar 26 – May 21 (skip Apr 9)
	Th	6-7p	Mar 29 – May 24 (skip Apr 12)

## Boating Certification Course

**Instructor** Saybrook Sail and Power Squadron

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 Operation which will be issued by the CT DEEP. 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, the America's Boating Course 3rd Edition - which is a full-color 244-page boating safety course manual.

**Location** Essex Elementary School

**Fee** \$45

**Class Size** Min 5 / Max 25

<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
18&up	Tu / Th	7-9p	Apr 17, 19, 24, 26 (May 1- exam)





# Contact Information

## Park and Recreation Commission Members

Mike Holmes, Chair  
Tony Mosa  
Jim Rawn  
Jack Spangler  
Doug Senn  
Bob Russo  
Ed Burleson  
Cathy Bishop  
Tom Clerkin

## Department Staff

Director Rick Audet, CPRP  
Program Coordinator Mary Ellen Barnes

The Parks 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 7:00 pm at the Town Hall.

## Town Departments

Selectman's Office	860-767-4340 x112
Animal Control	860-767-3219
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 Business Alliance	860-581-4555
Essex Garden Club	860-767-7263
Ivoryton Gardeners	860-767-0684
Child & Family Agency of Southeastern CT	860-443-2896
Essex Ambulance Association	860-767-1730
Essex Community Fund	<a href="mailto:info@essexcommunityfund.com">info@essexcommunityfund.com</a>
Essex Boy Scouts	860-767-3522
Essex Cub Scouts	860-790-0681
Essex Girl Scouts	<a href="http://www.gsofct.org">www.gsofct.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="mailto:info@essexlionsclub.org">info@essexlionsclub.org</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.tritownnys.org">www.tritownnys.org</a>
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>

## Athletic Organizations

Essex Little League	(Mike Sperzel, President)
<a href="http://www.eteamz.com/essexlittleleague/">http://www.eteamz.com/essexlittleleague/</a>	
Shoreline Babe Ruth Baseball	(Grace Petroka, Area Coordinator)
<a href="http://www.eteamz.com/shorelinebaberuth/">http://www.eteamz.com/shorelinebaberuth/</a>	
Valley Soccer Club	(Patrick Dilger, Co-President)
<a href="http://www.valleysoccerclub.com/">http://www.valleysoccerclub.com/</a>	
Tri-Town Warriors Football	(Jim Smith, President)
<a href="http://www.eteamz.com/tritownfootball/">http://www.eteamz.com/tritownfootball/</a>	
Ticks Lacrosse	(Timothy Schultz, Essex Town Rep)
<a href="http://www.tickslacrosse.com">www.tickslacrosse.com</a>	

**Essex Park and Recreation Summer Camp Registration 2012**

**Ages of Eligibility: 5-12 \***

**\*(Only campers entering Kindergarten-7<sup>th</sup> grade fall '12)**

**Be sure to complete both pages**

Child's Name \_\_\_\_\_ Gender: M\_\_ F \_\_

Grade (Fall 12) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email (PLEASE PRINT CLEARLY) \_\_\_\_\_

Emergency Contact Name & Number \_\_\_\_\_

Swimming Ability: Swimmer \_\_\_\_\_ Non-Swimmer \_\_\_\_\_

Shirt Size: \_\_\_\_YS \_\_\_\_YM \_\_\_\_YL \_\_\_\_AS \_\_\_\_AM \_\_\_\_AL \_\_\_\_AXL

**Camp Hours will be 8:30a-3:30p.** Cost for each weekly session is \$115.00 (Fee includes T-shirt, All Field Trips & Activities) However **the Registration fee for Week 8 is \$125.00** to cover the expense of the Ultimate Summer Survivor Field Trip to the Brownstone Exploration & Discovery Park. Before-Care is available from 8a-8:30a additional \$10.00 fee per week. After-Care is available from 3:30p-4p for an additional \$10.00 fee per week (Space is limited to 20 attendees for Before and Aftercare)

__Week 1: June 25- July 29	BeforeCare ____	AfterCare ____	__Week 5: July 23- July 27	BeforeCare ____	AfterCare ____
__Week 2: July 2- July 6	BeforeCare ____	AfterCare ____	__Week 6: July 30-Aug 3	BeforeCare ____	AfterCare ____
__Week 3: July 9-July 13	BeforeCare ____	AfterCare ____	__Week 7: Aug 6- Aug 10	BeforeCare ____	AfterCare ____
__Week 4: July 16-July 20	BeforeCare ____	AfterCare ____	__Week 8: Aug 13-Aug 17	BeforeCare ____	AfterCare ____

Week 2 \_\_\_\_ X \$100.00 fee: = \$ \_\_\_\_\_

Week 8 \_\_\_\_ X \$125.00 fee: = \$ \_\_\_\_\_

Total number of week 1, 3, 4 - 7 \_\_\_\_ X \$115.00 fee: = \$ \_\_\_\_\_

Total number of Before and Aftercare \_\_\_\_ X \$10.00 fee: = \$ \_\_\_\_\_

Non Resident Fee \$10.00 per week: = \$ \_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_

Total Payment Received: \$ \_\_\_\_\_

Date: \_\_\_\_\_ Cash or Check #: \_\_\_\_\_

Child's Name (please print) \_\_\_\_\_

I hereby grant permission for \_\_\_\_\_ to participate in the Essex Park and Recreation Summer Program. I agree to hold the Essex Park and Recreation Commission, and any person connected therewith, including the Town of Essex, harmless from any and all claims of bodily injury and property damage arising from the use of the facilities during the course of this Essex Park and Recreation sponsored activity.

I hereby verify that I or my child am /is in good physical health and am able to participate in and/or complete the program.

I also give permission for my child to be photographed and for pictures to be used in newspapers, marketing, and advertising materials in support of Essex Park and Recreation programs.

**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 ask that 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 no later than 3:00 pm, unless child is enrolled in aftercare.**

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: \_\_\_\_\_ Relationship: \_\_\_\_\_  
      Address: \_\_\_\_\_  
      Home Phone: \_\_\_\_\_                      Work Phone: \_\_\_\_\_  
      Cell Phone: \_\_\_\_\_

2.    Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
      Address: \_\_\_\_\_  
      Home Phone: \_\_\_\_\_                      Work Phone: \_\_\_\_\_  
      Cell Phone: \_\_\_\_\_

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

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



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	Program Name	Fee

**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, 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 # \_\_\_\_\_

# Summer Concerts



*Spend your summer Wednesday evenings  
with Essex Park and Recreation  
enjoying the sounds of great music.*

*Country, jazz, classic rock, acoustic blues, and more,  
make a beautiful summer evening in our parks.*

*Our venue changes each week letting everyone enjoy  
our town greens in Ivoryton and Essex.*

*All concerts are free of charge!*

July 11	Middletown Symphonic Band	Essex Main St.
July 18	Long Island Sound	Ivoryton Green
July 25	Gold Rush	Essex Main St.
August 1	Shiny Lapel Trio	Ivoryton Green
August 8	Blues on the Rocks	Essex Main St.
August 15	Brad & Brian	Viney Hill Brook Park