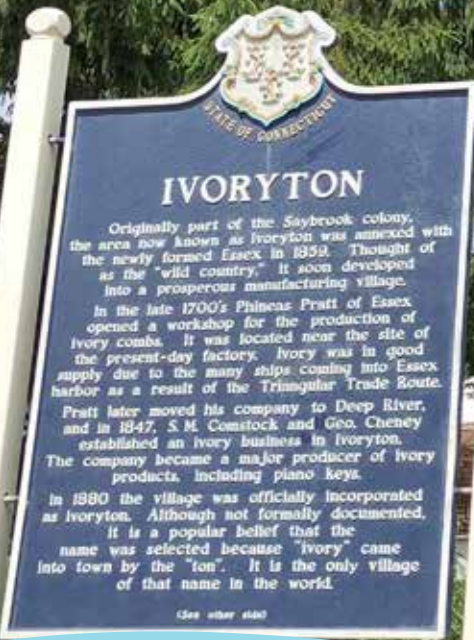


Essex Park & Recreation - 2019

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

U P L Q O F T R D G Y T D S N
 S U L V A E I D E U E L Z S A
 A D H L N C A M P V E O K E T
 P B F N A Y E F Y I I N C N U
 B Z I R T B S R F V K R A T R
 K S U H S Q E U T L H K R I E
 N K X H Z H Z S M M Q X T F J
 S T R E C N O C A M X V B Z F
 V I R R Z B F J X B E M U P T
 U N A S P R I N G S L R L H P
 T E S N U S V O J N T Z V U S
 Z C B S Y P U H B Z T E C A K
 U G W C H N W O Q P T C M B L
 Z H V E U A L D V N H Z O T K
 J Q F O Q N N T W R W O C M H

Table of Contents

Registration & Program Policies3
 Program Registration Form 4
 Camp Registration Form.....5
 Parks and Facilities7
 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

ARCHERY
 BASEBALL
 CAMP
 CONCERTS
 FIELD
 FITNESS
 NATURE
 RIVER
 SPRING
 STEM
 SUMMER
 SUNSET
 TENNIS
 TRACK
 USA

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 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 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

2019 PROGRAM 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		
Emergency Contact Name & Phone(s)			

Participant Name (First)	(Last)	Date of Birth	Sex	Grade/Teacher Spring 2019 or Fall 2019 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

Date

Essex Park and Recreation Summer Camp Registration 2019

Ages of Eligibility: 5-12

PLEASE BE SURE TO COMPLETE FRONT AND BACK OF PAGE

Child's Name: _____ Gender: M F Grade (Fall 19) _____ 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	Theme	Field Trip	Child Care Options
<input type="checkbox"/> Full Day	Week 1: June 24 – June 28	Mad About Science	CT Science Center	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day	Week 2: July 1 – July 3*	Classic Camp	No Field Trip	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day	Week 3: July 8 – July 12	Explore the Shore	Hammonasset State Park	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day	Week 4: July 15 – July 19	Dirty Jobs	Old New-Gate Prison & Copper Mine	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day	Week 5: July 22 – July 26	Get in the Game	Mohegan Suns WMBA Game	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day	Week 6: July 29 – August 2	Master Chefs	Cedar Lake	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day	Week 7: August 5 – August 9	Creatures of Flight	New England Air Museum	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No

Billing Information

Week 2*: _____ x \$85.00 Fee = \$ _____

Total Number: _____

Weeks 1, 3, 4 – 7: _____ x \$125.00 Fee = \$ _____

Total Number: _____

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

Total Amount Due: \$ _____

Total Payment Received: \$ _____

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 Thursday July 4th & Friday July 5th as there is no camp on these days. 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 (Week 2 \$85.00) (Fee includes T-shirt, All Field Trips & Activities)

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 #: _____

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 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



Spring Youth Programs

****Participants' grade below is based on their grade in Spring 2019****
All participants must be 5 years old at the start of the program.

Cooking with Kids - Baking

Instructors Jennifer Crown

Enhance your child's creativity and get hands-on cooking experience. Participants will learn cooking basics and enjoy their treats at the end of each class. Skills including reading recipes, measuring wet and dry ingredients, and food safety. Our little cook will create a recipe book at the end.

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	Feb 7 - Mar 14 (skip Mar 7)

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 rockin', 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.

Location Essex Elementary School Gymnasium

Fee \$75

Class Size Min 10 / Max 20

Grades	Day:	Time	Dates
K-6			
Session I	W	3:15-4:15p	Feb 13 - Mar 13
Session II	W	3:15-4:15p	Apr 24 - May 22

NEW German Culture & Language

Instructor Meranda Wimbury

Guten Tag! Give your child a look into German culture! This program entails simple German vocabulary, traditional activities and learning in a fun environment. We will expose your child to different German snacks, traditional German first day of school activities, geography, traditional German stories and so much more! Sign your child up now for this awesome program.

Location Essex Town Hall

Location Essex Elementary School

Fee \$75

Class Size Min 5 / Max 12

Grades	Day	Time	Dates
K-8	Tu	3:15-4:15p	Mar 12 - Apr 9

Outdoor Explorations

Instructor Tom Cleveland

Join wildlife 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. Parents are welcome to join, siblings must be pre-registered. ***All participants must be 5 years old at the start of the program.**

Location Canfield Woods & other areas TBA

Fee \$75

Class Size Min 5 / Max 10

Grades	Day	Time	Dates
K-6	W	4-5:15p	Mar 13 - Apr 10



NEW Intro to Digital Photography

Instructor Jennifer Crown

Have you ever wanted to learn how to create a great photograph? Throughout this course, children will be introduced to some camera basics including camera handling, composition, and effective use of light. The focus will be on using a DSLR, however point and shoot cameras and tablets can be used as well. We will also explore some basic image editing software. ***Students should bring a Digital SLR camera or point and shoot camera with ability to control settings.**

Location Essex Town Hall Auditorium

Fee \$75

Class Size Min 10/ Max 12

Grades	Day	Time	Dates
4-8	W	3:30-4:30p	Apr 3 - May 8 (skip Apr 17)

Spring Youth Programs

****Participants' grade below is based on their grade in Spring 2019****
All participants must be 5 years old at the start of the program.

Cooking With Kids-Fresh Spring Fare

Instructor Jennifer Crown

Learn how to make Fresh Spring Fare foods during this spring session of Cooking with Kids! Recipes will include finger foods, salads and light desserts. 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	Apr 4-May 9 (Skip Apr 18)

Jr. Warrior Spring Basketball Camp

Instructor Kevin Woods & VRHS Players

Our camp is focused on individual instruction and fundamentals. The goal of our program is to provide instruction that will help your child become a better basketball player.

Location Valley Regional High School Gym

Fee \$100

Class Size Min 20/ Max 35

Grades	Day	Time	Dates
3-8	M-Th	9a-1p	Apr 15 – Apr 18

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

Location Valley Regional High School Track

Fee \$75

Class Size Max 40

Grades	Day	Time	Dates
K-8	M	5:30-7:00p	Apr 22 - May 20

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, aiming 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	Day	Time	Dates
8-99	Th	5-6p	Apr 25 - May 23

Tennis Stars

Instructor Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate 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 contact him directly gribchinsky@gmail.com. ***All participants must be 5 years old at the start of the program.**

Location Grove Street Park Tennis Courts

Fee \$75

Class Size Min 5

Grades	Day	Time	Dates
K-8	Sa	9-10a	Apr 27 - Jun 1 (skip May 25)

Volleyball

Instructors: Doug & Bonnie Brenneman

Join our Valley Lady Warriors & Parent Coaches for a five-week volleyball clinic. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner player and is designed to be an educational, fun, healthy experience for youth in grades 5-8. The goal is to develop the fundamental skills of the game through game-based drills and scrimmages.

Location Essex Elementary School

Fee \$50

Class Size Min 10 / Max 20

Grades	Time	Day	Dates
5-8	TBA	TBA	TBA

Summer Youth Programs

****Participants' grade below is based on their grade in Fall 2019****

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 **entering grades K-7 FALL 2019. However, all participants must also be at least 5 years old – and no more than 12 years old at the time of camp. Those entering 8th grade are not eligible to participate.** 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. Due to the holiday, Week Two is only three days and the fee will be \$85. Also, be aware of Week Five, the field trip will be Wednesday, July 24. 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 is at 3:30pm. Extended Before Care is available from 8-8:30a. 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 to park and recreation 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 Mad About Science

Dates Jun 24-28 **Field Trip** – Connecticut Science Center (June 27)

Field Day – Drop off & Pick up at Grove Street Playground (June 28)

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 about. We'll also discover that science is everywhere.

Week 2 Classic Camp

Dates Jul 1-3 **Field Trip** – No Field Trip

Field Day – No Field Day

Description Making great memories of summer camp is our goal. We will play classic camp games, make pet rocks, play dodge ball, participate in "Minute to Win It" challenges and spend lots of time playing outdoors.

Week 3 Explore the Shore

Dates Jul 8-12 **Field Trip** – Hammonasset State Park (July 11)

Field Day – Drop off & Pick up at Grove Street Playground (July 12)

Description Get some fresh salt air on our field trip to Hammonasset State Park. This week we will be exploring in groups to find exciting things about our home here in the shoreline.

Week 4 Dirty Jobs

Dates Jul 15-19 **Field Trip** – Old New-Gate Prison & Copper Mine (July 18)

Field Day – Drop off & Pick up at Grove Street Playground (Jul 19)

Description Try your hand at some of the dirty jobs that kept this area alive and kicking. We're digging up Connecticut History and it's time to grab your work gloves and help! Kids will participate in hands on activities that explore mining, pottery, shipbuilding, candle making and even visit with a local tradesman.

Week 5 Get Into the Game

Dates Jul 22-26 **Field Trip** – Mohegan Suns WNBA *Field Trip is Wed. (July 24)

Field Day – Drop off & Pick up at Grove Street Playground (July 26)

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 5th Annual Sports Buffet. Also, we will hit it out of the park at our Traditional T-Ball Tournament and root for the home teams!

Week 6 Master Chefs

Dates Jul 29-Aug 2 **Field Trip** – Cedar Lake (August 1)

Field Day – Drop off & Pick up at Grove Street Playground (August 2)

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 at camp! At Cedar Lake, campers will have a unique hands-on opportunity.

Week 7 Creatures of Flight

Dates Aug 5-9 **Field Trip** – New England Air Museum (August 8)

Field Day – Drop off & Pick up at Grove Street Playground (August 9)

Description Everyone knows that birds, bees and bats can fly. But that only scratches the surface of the creatures that have taken to the skies. "There is an art, it says, or rather, a knack to flying. The knack lies in learning how to throw yourself at the ground and miss" (The Hitchhiker's Guide to the Galaxy, Douglas Adams). We will spend the week exploring aviation, creating flying crafts and playing games that will bring us to new heights.

Summer Youth Specialty Programs

****Participants' grade below is based on their grade in Fall 2019****
All participants must be 5 years old at the start of the program.

Aspiring Young Engineers Summer Camp

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 water-wheels, 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 \$250
Class Size Min 10 / Max 20
Grades **Day** **Time** **Dates**
 K-6 M-F 9a-3p Jun 17-21

Summer Tennis 4-Day Clinic

Instructor Gary Ribchinsky
 This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate 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 contact him directly gribchinsky@gmail.com.

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

Location Grove Street Tennis Courts
Fee \$75 per session
Class Size Min 5
Ages **Day** **Time** **Dates**
 5-15 M-Th 9-10:15a Jun 24-Jun 27

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

Location Valley Regional High School
Fee \$135
Class Size Min 8 / Max 55
Ages **Day** **Time** **Dates**
 5-15 M-F 5-8p Jun 24-Jun 28

JR. Warrior Basketball Camp

Instructor Kevin Woods & VRHS Players
 Our camp is focused on individual instruction and fundamentals. The goal of our program is to provide instruction that will help your child become a better basketball player. As the saying goes "Basketball players are made during the summer and perform in the winter." Every camper gets a t-shirt and basketball. ***Please be sure to register for the correct session, by grade and dates. *All participants must be 5 years old at the start of the program.**

Location Valley Regional High School Gym
Class Size Min 8 / Max 35
Session I
Grades **Fee** **Time** **Dates**
 K-2 \$135 9a-12p Jul 8-Jul 12
 3-8 \$185 9a-3p Jul 8-Jul 12

Session II
Grades **Fee** **Time** **Dates**
 K-2 \$135 9a-12p Jul 29-Aug 2
 3-8 \$185 9a-3p Jul 29-Aug 2



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.

Location	Essex Elementary School Gym		
Fee	No charge		
Ages	Day	Time	Dates
18&up	W	7:30-9p	Oct 5 2018- Jun 5, 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**

Location	Essex Town Hall Auditorium		
Fee	\$55		
Class Size	Min 10 / Max 20		
Age	Day	Time	Dates
16&up	Mon	4:30-5:30p	Session I Feb 11-Mar 18 (skip Feb 18)
		4:30-5:30p	Session II Apr 1-Apr 29
		4:30-5:30p	Session III May 13-Jun 24 (skip May 27 & Jun10)



Intermediate and Beginner 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, aiming 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	Day	Time	Dates
8-99	Th	5-6p	Apr 25 - May 23

Boating Certification Course

Instructor John McCarthy

The US Power Squadron's America's Boating Course. Successful completion of the examination at the end of the course meets the requirements for the Connecticut Safe Boating Certificate and Certificate of Personal Watercraft as qualifying students to operate power and sail boats as well as personal water craft (PWC) in CT. There is a separate \$50 fee payable to the State of CT for issuance of this Certificate. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete this program. The course fee includes a Student Manual, America's Boating Course 3rd Edition - which is a full-color 244-page boating safety course manual. Registration closes on April 6th. 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-Th	6:00-8:45p	Apr 9-11

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

In the works

Essex Park and Recreation Sunset 5k Run/Walk

This family and walker friendly chip timed event is planned for Thursday August 15, 2019, with a route that includes Essex Village, Historic North Main, views of North Cove and Sunset Pond. Finishing with post-race pizza party. We are still working on all the details and will finalize and publish updates on our web site and Facebook page. For those interested in volunteering or to learn more about sponsorship opportunities please contact Essex P&R directly at recreation@essexct.gov or 860-767-4340 x148

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 11
Time 9a – 2p
Location Main Street Park

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 13
Time 10a *SHARP*
Location Grove 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 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 11
Time 11a
Location Connecticut River Museum

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 over the first Thursdays of June, July, and August. Stores and galleries will be open late with festivities and special discounts.

Date May 2, Jun 6, Aug 1 & Sep 5
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

Ivoryton Village Farmers Market

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

Date Saturday, Jun – Sep
Location Ivoryton Green

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
Recreation Aide	Meranda Wimbury
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	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.gsofct.org
Connecticut River Museum	860-767-8269
Essex Fire Engine Company No. 1	860-399-7921
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.vsliteracy.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	(Casey Metz, Pres.) www.eteamz.com/essexlittleleague/
Shoreline Babe Ruth Baseball	(Scott Paulson, Area Coordinator) www.eteamz.com/shorelinebaberuth/
Valley Soccer Club	(Denis Recchia, V.P.) www.valleysoccerclub.com/
Ticks Lacrosse Club	(Ed Burleson, Essex Town Rep) www.tickslacrosse.com

ESSEX GO BRAGH!

Irish Parade

March 9th, 2019



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

**Horse Drawn
Wagon Rides
Face Painting
Visit Local
Restaurants &
Businesses!**

Come March With Us!

Decorate your tractors, cars & bikes...

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

**Honoring
Grand Marshals
John and Judy
Heiser**

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 25	Ivoryton Green	Southern Voice
Wednesday	July 3	Essex Main Street	Middletown Symphonic Band
Tuesday	July 9	Ivoryton Green	Java Groove - NEW!
Wednesday	July 17	Essex Main Street	Old Dog New Trick - NEW!
Tuesday	July 23	Ivoryton Green	U.H.F.
Wednesday	July 31	Essex Main Street	Leaf Jumpers
Tuesday	August 6	Ivoryton Green	Long Island Sound
Wednesday	August 14	Essex Main Street	Blues on the Rocks

Visit our website for weather related announcements...

www.essexct.gov

Or call:

(860) 767.4340 ext. 148