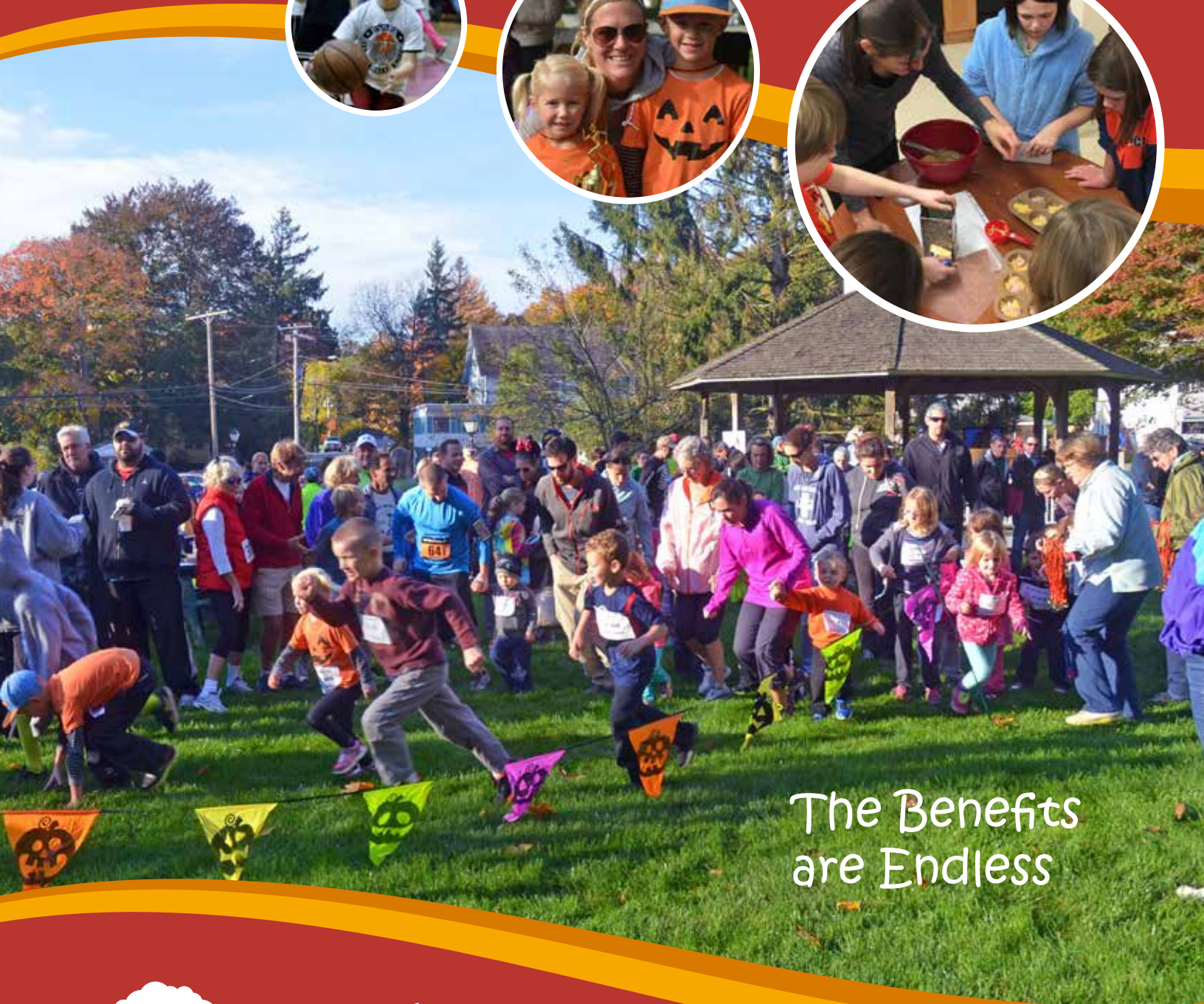
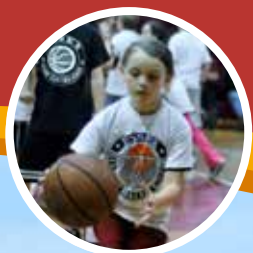


Essex Park & Recreation - 2016



Fall 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 Fall Program Guide

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

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Who We Are

The Department of Park and Recreation manages the Towns' Parks and Recreation System. Residents and visitors are offered approximately 90 acres of parkland that includes: 9 park areas, a state of the art playground, eco-friendly restrooms, 3 park shelters, a walking path, 2 fishing piers, basketball court, tennis court, 3 baseball and softball fields, a dog park, and swimming hole. The department provides many recreation programs for people of all ages. These programs are offered in a wide range of interests including; Youth Sports, Youth Camps, Adult Sports, Fitness, Special Interest, and Community Special Events. In addition, activities are also provided by the department indirectly through partnerships with various organizations (Essex Little League Baseball, Valley Soccer Club, Ticks Lacrosse, Essex Land Trust, Essex Board of Trade, Ivoryton Alliance, and many other Community Groups). Furthermore, many local organizations are scheduled and issued Park Use Permits for various park and facility usage each year.

Essex Park and Recreation Office

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

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

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

Email: recreation@essexct.gov

Mary Ellen Barnes - Director

Mary Ellen has been with the Essex Park and Recreation Department since September 2007, taking over as Director in January of 2015. She has a B.A. Degree in Psychology from Central Connecticut State University with a concentration in Political Science. She received her Certification as a Park and Recreation Professional from the National Recreation and Park Association this past March. Starting as the Park and Recreation Program Manager she developed after school programming, specialty camps, community events and activities for all ages. A local Ivoryton resident, Mary Ellen enjoys serving her community, hiking, gardening, and traveling especially to Washington DC & Northern Michigan where her children attend college.



Tim LaChance – Recreation Aide & Youth Basketball League Coordinator

Tim joined the Parks and Recreation Department in April of 2015. Tim graduated from Valley Regional High School in 2012. Prior to joining Essex Park and Rec he worked at Waters Edge as an activity coordinator. Tim has worked with many different coaches from his time playing sports and coaching them himself. He is a Chester resident, who loves to be involved in his small community. His hobbies include playing softball and boating.



Kai Recchia – Recreation Aide

Kai is a Georgia transplant who has lived in Deep River since 2003. She joined the Parks and Recreation Department in early 2016. She comes to Park and Rec with an IT software background and her own small business in Centerbrook. Kai has a great affinity for the tri-town area, its history and events. She enjoys maintaining the small farm that she lives on with her husband and their two young sons. You can catch her at almost every Deep River Elementary School event with her active first and second grade boys.



Elizabeth Bartlett – Recreation Aide

Elizabeth Bartlett is joining the Park and Rec. team as part time Recreation Aide, in addition to her position as Assistant Director and Children's Librarian of the Ivoryton Library. After 23 years in the retail fashion industry as a merchandiser and buyer, she is sharing her creative ideas with children and families. Elizabeth has been a resident of the Villages of Essex since 1990, she settled her family in Centerbrook in 2005. Along with a love of books, Elizabeth is an avid gardener with the Essex Garden Club and Centerbrook Islanders. She is a mother of 3 fabulous children who attend all 3 of our towns schools, Master Gardener, Notary Public, and has B.A. in fine arts from St. Joseph's College.



Photos submitted by Essex Park and Recreation

Registration & Program Policies

Program Information

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

Registration Information

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

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

Payment

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

Late Registration Fee

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

Refunds

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

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

Cancellation

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

Inclusive Statement

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

Hey – What Happened To My Class?

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

New Programs and Instructors

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

Email List

Email recreation@essexct.gov 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.

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

Participant Name (First)	(Last)	Date of Birth	Sex	Grade/Teacher Fall 2016	Program Name	Fee
SPECIAL CONCERNS: List any special needs or health related concerns of participant						
COMPLETE THE LINES BELOW FOR YOUTH BASKETBALL REGISTRATION ONLY						
Does your player participate in a travel basketball league? <input type="radio"/> Yes <input type="radio"/> No						
BASKETBALL T-SHIRT SIZE: <input type="radio"/> YS <input type="radio"/> YM <input type="radio"/> YL <input type="radio"/> AS <input type="radio"/> AM <input type="radio"/> AL						
Indicate willingness to be a youth basketball coach. <input type="radio"/> Coach or <input type="radio"/> Assistant						
T-SHIRT SIZE: (for applicable programs) <input type="radio"/> YS <input type="radio"/> YM <input type="radio"/> YL <input type="radio"/> AS <input type="radio"/> AM <input type="radio"/> AL <input type="radio"/> AXL						
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: <input type="radio"/> Cash <input type="radio"/> Check <input type="radio"/> Check # _____						

X Signature

Date

Town of Essex Parks and Facilities

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

Viney Hill Brook Park

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

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



Please observe all posted rules and restricted activities.

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

Fall Youth Programs

Tennis Stars

Instructor Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual and group instruction from Tennis Professional Gary Ribchinsky. Ground strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game. All participants must be 5 years old at the start of the program.

Location Grove Street Park Tennis Courts

Fee \$75

Class Size Min 6

Grades	Day	Time	Dates
K-8	Sat	9-10a	Sep 10-Oct 8

Junior Warriors Pre-season Basketball Clinic

Instructor VRHS Coach Kevin Woods

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

Location Essex Elementary School

Fee \$75

Class Size Min 10 / Max 40

Grades	Day	Time	Dates
3-6	Wed	3:15-4:30p	Sep 7-Oct 5

Tennis Stars - Parent/Child Session

Instructor Gary Ribchinsky

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

Location Grove Street Park Tennis Courts

Fee \$125

Class Size Min 4 / Max 8

Grades	Day	Time	Dates
2-8 + Adult	Sat	10-11a	Sep 10-Oct 8



Kids on the Move

Instructor Meg Caulfield

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

Location Essex Elementary School

Fee \$75

Class Size Min 10 / Max 20

Grades	Day	Time	Dates
K-6	Thu	3:15-4:15p	Sep 6-Oct 4

Archery (Beginner & Intermediate)

Instructor Bob Russo

Our Archery program is an opportunity to 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. Participants are required to have taken our introductory archery course or have archery experience.

Location Essex Elementary School

Fee \$75

Class Size Min 10 / Max 18

Grades/Ages	Day	Time	Dates
4-8	Thu	5-6p	Sep 8-Oct 6

Fall Youth Programs

Running Rams - Ready, Set, Run

Instructor Coach Pete Capezzone

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

Location John Winthrop Middle School

Fee \$75

Class Size Max 25

Grades	Day	Time	Dates
1-6	Mon	5:30-6:30p	Sep 12, Sep 19, Sep 26
	Tue	5:30-6:30p	Oct 4, Oct 11

Running Rams - Parents! Ready! Set! Run!

Instructor Coach Pete Capezzone

Fall is the perfect time to head outdoors to combine two of our favorite things: family time and running! Coach Cap has created a 5K Running Program for families with children that add elements of our Ready Set Run Youth program to increase the appeal for families. This program is kid-tested and kid-approved... so gather up the family, get started, and have some fun! To register simply complete a Ready Set Run Youth Registration and then complete a Ready Set Run Parent Registration online, by mail or in person.

Location John Winthrop Middle School

Fee \$25 with youth registration

Class Size Max 25

Age	Day	Time	Dates
18+	Mon	5:30-6:30p	Sep 12, Sep 19, Sep 26
	Tue	5:30-6:30p	Oct 4, Oct 11

Youth Floor Hockey

Instructor Tim LaChance

This program introduces youth to a game level experience of the sport. We focus on fundamental hockey skills such as shooting, passing, goal tending, and good sportsmanship. Weekly games are played and there are no set teams. Children will have fun and learn the importance of working together in a team sport atmosphere. Participants must bring their own goggles and are encouraged to bring their own stick. Sticks will be available for use to those who do not have them. Please contact us for Volunteer Assistant Instructor spots!

Location Essex Elementary School Gym

Fee \$ 75

Class Size Min 10 / Max 18

Grades	Day	Time	Dates
3-6	Tue	3:15-4:30p	Oct 11-Nov 15 (skip Nov 8)



NEW Outdoor Explorations in the Woods!

Instructor Tom Cleveland

Join wildlife expert, Tom Cleveland, for unstructured walks in the Canfield Woods and other Town and Essex Land Trust properties. We will meet rain or shine and learn to travel quietly 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 kinds of upland nut trees as we can find. Tom grew up in Alaska on the lower Yukon River until he was 13 years old and has had to get outside daily since! He has worked with the Branford Land Trust for twenty years and teaches an animal tracking course co-sponsored by the Regional Water Authority.

Location Canfield Woods – drop-off TBD

Fee \$75.00

Class Size Min 4/Max 10

Grades	Day	Time	Dates
1-6	Wed	4-5:15p	Oct 19-Nov 16



Cooking with Kids - Baking Holiday Treats

Instructor Jennifer Crown

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

Location Essex Town Hall Auditorium

Fee \$90 (includes all materials)

Class Size Min 6 / Max 12

Grades	Day	Time	Dates
3-6	Thu	3:30-4:45p	Nov 10 – Dec 15 (skip 11/24)



Essex Youth Basketball League Coach's Corner

Our youth basketball league programs depend completely on volunteer coaches. This is a rewarding opportunity to work with children and give back to your community, please consider helping by coaching a team this year. It is valuable for the kids to have their parents and guardians involved and to have positive role models. If you are interested or have any questions, please contact the Essex Park and Recreation Department at 860-767-4340 x110 or mbarnes@essexct.gov. We will hold a mandatory Coaches meeting on Wednesday November 2, 5:30pm, in the Town Hall Auditorium. All first time coaches are required to fill out a Coaching Application and background check form. Contact the Park and Recreation Department for an application.

Schedule Requests

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



Kindergarten & 1st Grade Basketball Clinic

Our co-ed entry level Basketball program is the perfect way to introduce your child to the game of basketball in a safe and fun setting. We will use a variety of confidence-building games and drills to teach the basics of the sport. The registration deadline is December 30. Volunteer coaches are needed. Be sure to include the player's shirt size on the form.

Grade	K & 1
Dates	Jan 11-Feb 8
Day	Wed
Time	3:15-4p
Fee	\$50
Location	Essex Elementary School
Instructor	Tim LaChance

Updates to the Essex Youth Basketball League

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

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

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

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

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

Practices will begin November 14th. Games will begin on January 6th and end on March 3th. Coaches please be aware games will be scheduled Fridays 5:20-6:20, 6:30-7:30 and 7:40-8:40, Saturday games will be played between 8a-1pm. Please send me any feedback you have throughout the season. Thank you for your past and future volunteer time.

Essex Youth Basketball League

Essex Youth Basketball League Grades 2-6

Park and Recreation will offer the Essex Youth Basketball League. Our program focuses on fun, skill development, and sportsmanship. The EYBL runs from November 16-March 5, Ivoryton, Centerbrook and Essex children in grades 2-6 are eligible to participate. The registration deadline is November 2. Our 2nd - 6th grade divisions play organized games and meet twice per week. Volunteer coaches are needed. Be sure to include the player's shirt size on the form.

Grades 2-3

Boys

Dates	Practices 2x per week starting week of Nov 14 - Mon & Thu
Dates	Practices 1x per week starting Jan. 1 - Mon Only
Time	Practices 4:45-6:00p
Dates	Games Jan 6- March 4 Fri or Sat
Time	Games TBA
Fee	\$75
Location Practice	EES
Location Games	EES or DRES
Instructor	Volunteer Coaches

Girls

Dates	Practices 2x per week starting week of Nov 14 - Mon & Thu
Dates	Practices 1x per week starting Jan. 1 - Mon Only
Time	Practices 4:45-6:00p
Dates	Games Jan 6 - March 4 Fri or Sat
Time	Games TBA
Fee	\$75
Location Practice	EES
Location Games	EES or DRES
Instructor	Volunteer Coaches



Essex Youth Basketball League

Grades 4-6

Boys

Dates	Practice 2x per week start week of Nov 14 - Tues & Fri
Dates	Practices 1x per week starting Jan. 1 – Tue Only
Time	Practices 6-7:30p
Dates	Games Jan. 6 - Mar 4 Fri or Sat
Time	Games – TBA
Fee	\$75
Location Practice	EES
Location Games	CES, DRES, EES
Instructor	Volunteer Coaches

Girls

Dates	Practice 2x per week start week of Nov 14- Mon & Thu
Dates	Practices 1x per week starting Jan. 1 – Mon Only
Time	Practices 6-7:30p
Dates	Games Jan. 6 - Mar 4 Fri or Sat
Time	Games – TBA
Fee	\$75
Location Practice	EES
Location Games	CES, DRES, EES
Instructor	Volunteer Coaches



Family Fun

Pre-Festival Carving Party

The Great Pumpkin Challenge at our annual Pumpkin Festival calls for 200 or more carved pumpkins for the Jack-O-Lantern stroll. Why not join us at the green immediately following the Ivoryton Library Pumpkin Chase to create your masterpiece and put it right on display for all to see? We will have over a 100 pumpkins that will need to be carved so come on down early and enjoy a fun time with neighbors and friends at our Halloween celebration. Pre-registration is not required, but would be much appreciated. We are hoping for at least 50 carvers to get the job done for the pumpkin lighting that begins at 5pm.

Date October 22
Day Saturday
Time 9a-12
Location Ivoryton Green

XL Center –

Community Ticket Discounts

For those interested in ordering, they can navigate to www.xlcenter.com/promo and enter "SGTN" as their offer code. Discounts typically expire 48-72 hours prior to the event date.

WWE Monday Night RAW – Oct 31
Kellogg's Tour of Gymnastics Champions – Nov 5
Belong Tour Nov 11-12
Disney Live: Mickey & Minnie's Doorway to Magic – Dec 2
Tran-Siberian Orchestra – Dec 18
Disney On Ice – Dream Big – Jan 11-16
Monster Jam – Feb 11 – 12
Harlem Globetrotters – Feb 18
Cirque Du Soleil: Toruk – March 19
Ringling Bros and Barnum & Bailey Circus – April 26-30

Dates Subject to Change

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 18&up
Day Wed
Time 7:30-9pm
Dates Oct 5- Apr 2016

Sound Steps Walking Program

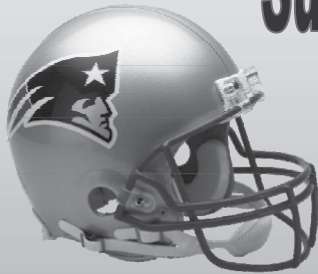
Sponsored by Middlesex Hospital Shoreline Medical Center

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.

New England Patriots VS. New York Jets



Sunday, November 27, 2016
At MetLife Stadium



Tour Highlights

**RT Motor
coach Trans-
portation**

**Ticket to
Game
8:30pm
Game time**

**Tailgate
Party ca-
tered by
bus**

**\$199 Per
Person**

**Sample Menu: chicken fingers, buffalo wings,
sausage peppers and onions, red roasted pota-
toes, penne pasta with vodka sauce, foot long
heroes, cupcakes and cookies, soft drinks**

**For Information and online
Reservations
www.essexct.gov**

Contact Information

Park and Recreation Commission Members

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

Department Staff

Director	Mary Ellen Barnes	860-767-4340 x 110 mbarnes@essexct.gov
Recreation Aide	Tim LaChance	860-767-4340 x 148 tlchance@essexct.gov
Recreation Aide	Kai Recchia	860-767-4340 x 148 krecchia@essexct.gov
Recreation Aide	Elizabeth Bartlett	860-767-4340 x 148 ebartlett@essexct.gov

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 7:00pm at the Town Hall.

Town Departments

Selectman's Office	860-767-4340 x112
Animal Control	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 Business Alliance	860-581-4555
Essex Garden Club	860-767-7263
Ivoryton Gardeners	860-767-0684
Child & Family Agency of Southeastern Connecticut	860-443-2896
Essex Ambulance Association	860-767-1730
Essex Community Fund	info@essexcommunityfund.com
Essex Boy Scouts	860-767-3522
Essex Cub Scouts	860-790-0681
Essex Girl Scouts	www.gsofct.org
Connecticut River Museum	860-767-8269
Essex Fire Engine Company No. 1	www.essexctfire.com
Essex Lions Club	info@essexlionsclub.org
Essex Rotary Club	www.essexrotary.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	www.middlesexcountycf.org
Tri-Town Youth Services	www.tritownys.org
Valley Shore Emergency Management	www.vsema.org
Literacy Volunteers Valley Shore CT	www.vsliteracy.org

Athletic Organizations

Essex Little League	(Casey Metz, President) http://www.eteamz.com/essexlittleleague/
Shoreline Babe Ruth Baseball	(Scott Paulson, Area Coordinator) http://www.eteamz.com/shorelinebaberuth/
Valley Soccer Club	(Denis Recchia, Vice President) http://www.valleysoccerclub.com/
Ticks Lacrosse	www.tickslacrosse.com

Special Events

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.

For more information visit www.ivorytonalliance.org

Day Sat. until 10/15

Location Ivoryton Green

Ivoryton Library's Pumpkin Chase & Kid's Run

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

Day Saturday, October 22

Time TBA

Location Ivoryton Green

Pumpkin Festival

Our signature special event! The first Pumpkin Festival was held at the Ivoryton Village Green in 2000 and is held the Saturday before Halloween every year. Join us at the village green to enjoy the free refreshments, contests and games, live music and view the pumpkins! BRING YOUR CARVED PUMPKINS from 9a-12n FOR OUR JACK-O-LANTERN STROLL!

Date October 22

Day Saturday

Time 5-8pm

Location Ivoryton Green

Trees in the Rigging

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

Date November 27

Day Sunday

Time TBA

Location Connecticut River Museum

Pre-Festival Carving Party

The Great Pumpkin Challenge at our annual Pumpkin Festival calls for 200 or more carved pumpkins for the Jack-O-Lantern stroll. Why not join us at the green immediately following the Ivoryton Library Road Race to create your masterpiece and put it right on display for all to see? We will have over a 100 pumpkins that will need to be carved so come on down early and enjoy a fun time with neighbors and friends at our Halloween celebration. Pre-registration is not required, but would be much appreciated. We are hoping for at least 50 carvers to get the job done for the pumpkin lighting that begins at 5pm.

Date October 22

Day Saturday

Time 9a-12n

Location Ivoryton Green

Ivoryton Illuminations

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

Date December 3

Day Saturday

Time 5-8p

Location Ivoryton Village

Presented by Essex Park and Recreation

IVORYTON VILLAGE

FAMILY
ACTIVITIES

LIVE
MUSIC



PUMPKIN Festival



Free
Refreshments
(while they last)




October 22, 2016

Ivoryton Village Green • 5-8pm



In cooperation with the Ivoryton Library
Pumpkin Chase, we will host a pumpkin
carving party from
9am-12noon immediately
following the Chase
for Participants,
Volunteers,
Spectators and All
Community Members

Pumpkin drop-off times
are between 9am - 12noon
and 3pm - 4pm

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



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