

Essex Park & Recreation - 2015

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 the Essex Community through People, Parks, and Programs!



Table of Contents

Registration & Program Policies	3
Program Registration Form	4
Camp Registration Form.....	5
Parks and Facilities	7
Spring Youth Programs	8
Fitness Corner	9
Summer Youth Programs	10
Cape Ann.....	13
Contact Information	14
Special Events	15

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

Photos courtesy of Jennifer Crown

Visit Our Website for More Information!

www.essexct.gov

Click on "Government," click on "Departments," click on "Park & Recreation"

Director's Note

Welcome Spring 2015! Here's to hoping it will give us all an opportunity to enjoy the sunshine, commit to exercising more, taking a new class or visiting one of our various parks. Take a moment to look through our Spring & Summer edition of the Essex Park and Recreation Brochure and sign up for a class or program for you or your family.

With the start of the warmer weather many kids in our community enjoy organized sports and other outside activities where we ask kids to work hard. This "work" is often disguised as play; whether through organized sports and athletic challenges, stewardship and creative endeavors, or simple positive peer interaction. In order to help them, every year we ask from 10-25 counselors, coaches, and volunteers to work hard for their community as well. Like everyone in our department, they are passionate about their contributions to the community. They inspire all of us to remember that our first responsibility is to be a good role model for the children in our care. After all, we ask our kids to make good choices and be their best individual selves every day. As supervisors, we can reward the kids in our programs with praise and recognition. But our overriding goal is for them to recognize that the joy of doing your best is its own reward. If they learn this and remember it all their lives, that is the best possible reward for all of us.

I look forward to seeing you this spring in one of our terrific town parks or at one of our town-sponsored park and recreation programs. In the meantime, keep enjoying your parks, your programs and your community!

Mary Ellen Barnes

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

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

Please print using black or blue ink.

Parent or legal guardian must complete this form

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

Participant Name (First)	(Last)	Date of Birth	Sex	Grade Fall 2015	Program Name	Fee
Subtotal						
Recreation Scholarship Fund Donation (optional, see page 3)						
Total						

Payment Type: Cash Check
 Check # _____

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.**

X Signature

Date

Essex Park and Recreation Summer Camp Registration 2015

Ages of Eligibility: 5-12* (*Only campers entering Kindergarten-7th grade Fall '15)

PLEASE BE SURE TO COMPLETE
FRONT AND BACK OF PAGE

Child's Name: _____ Gender: ___ M ___ F ___ Grade (Fall 15) _____ 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

Camp Dates		Theme of the Week		Child Care Options	
Week 1:	June 22 - June 26	Island Adventures	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Week 2:	June 29 - July 2*	Star-Spangled Superheroes	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Week 3:	July 6 - July 10	Weird Science	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Week 4:	July 13 - July 17	Camp Carnival	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Week 5:	July 20 - July 24	Time Travelers	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Week 6:	July 27 - July 31	Wacky Water Works	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Week 7:	August 3 - August 7	Summer Olympics	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Week 8:	August 10 - August 14	Ahoy Mateys!	Before Care:	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Camp Hours will be 8:30am-3:30pm. Daily pickup is between 3:30pm and 4pm. Cost for each weekly session is \$125.00 (with exception to Week 2*) (Fee includes T-shirt, All Field Trips & Activities) Before Care is available from 8am-8:30am additional \$10.00 fee per week. (Space is limited to 20 attendees for Before Care). There is No Camp on July 3rd. Also please note week 1 is subject to change, based on changes to the school calendar.

Billing Information

Week 2*: _____ x \$105.00 Fee = \$ _____

Total Number Weeks 1, 3, 4 - 9: _____ x \$125.00 Fee = \$ _____

Total Number Before Care: _____ x \$10.00 Fee = \$ _____

Non Resident Fee \$10.00 per week = \$ _____

Total Amount Due: \$ _____

Total Payment Received: \$ _____

Date: _____

Cash Check #:

Payment plans are available for those attending 3 or more weeks of camp.
Please contact:
Mary Ellen Barnes directly 860-767-4340 x110

Essex Park and Recreation Summer Camp Registration 2015

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 begins at 3:30 pm and ends no later than 4pm.**

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 _____

Town of Essex Parks and Facilities

	BASEBALL/SOFTBALL	BASKETBALL	FISHING	HIKING/WALKING	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
- Planning Ahead - 2nd Annual Canine Carnival Sept. 2015



Coming soon
an expanded, covered picnic area &
New Horseshoe Pit



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.

Spring Youth Programs

New Program! Youth Volleyball Clinic

Instructor Doug & Bonnie Brenneman
Join our Valley Lady Warriors & Parent Coaches for a five week fun-filled 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 3-6. The goal is to develop the fundamental skills of the game through game-based drills and scrimmages.

Location Valley Regional High School

Fee \$40.00

Class Size Min 10 / Max 20

Grades	Day	Time	Dates
3-6	W	5-6:30p	Mar 25-Apr 22 Skip Apr 29

Running Rams Track & Field

Instructor Pete Capezone

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 Capezone back this season teaching our next generation of athletes.

Location Valley Regional High School Track

Fee \$75.00

Class Size Max 40

Grades	Day	Time	Dates
1-6	M	6-7:15p	Apr 20-May 18

Slamma Jamma - Spring Break 2015!

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." ***Please note April 9th is our awards presentation and dismissal is at 1pm. ***Participants' grade below is based on their grade in Spring 2014***

Location Valley Regional High School

Fee \$140.00

Class Size Min 15 / Max 35

Grades	Time	Dates
4-8	9a-3p	Apr 6-8
	9a-1p	Apr 9



Come Clay with Me

Instructor Jennifer Crown

Let your imagination run wild as you create a variety of keepsakes using Sculpey clay. Students will use both colored and white clay to create timeless treasures including beads, magnets, mini sculptures and other trinkets.

Location Essex Elementary School

Fee \$75 (includes all materials)

Class Size Min 6 / Max 12

Grades	Day	Time	Dates
3-6	Tu	3-4:15p	Apr 21-May 26

New Program – Green Engineering

Instructor Engineering Imagination, LLC.

"Go Green!" in this program, which focuses on environmental engineering. Students will discuss and learn the pros and cons for renewable sources of energy & fossil fuels. A wide range of mediums will be used in these classes, as the students will use the sun, wind, water and more to learn about – and create – sustainable energy.

Location Essex Elementary School

Fee \$125

Class Size Min 12 / Max 16

Grades	Day	Time	Dates
3-6	W	3:15-5:15p	Apr 22-May 27

Spring Youth Programs

Tennis Stars

Instructor Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate instruction from tennis professional Gary Ribchinsky. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game with an emphasis on fun and success.

Location Valley Regional High School

Fee \$70

Class Size Min 4 / Max 15

Grades	Day	Time	Dates
K-8	Sa	9-10a	Apr 25-May 30 Skip May 16



Tennis Stars – Parent/Child Session

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. For one guardian and one child to participate together.

Location Valley Regional High School

Fee \$100

Class Size Min 4 / Max 15

Grades	Day	Time	Dates
2-8	Sa	10-11a	Apr 25-May 30 Skip May 16

Note: Complete registration under name of child.

Introduction to Archery

Instructor Bob Russo

Our newest youth program is an exciting opportunity to learn the skills and techniques of archery. Participants will learn proper stance, hold, aiming, and release. The program will use target tipped arrows and emphasize safety. Our instructor is very knowledgeable and will provide a great introduction to this sport.

Location Essex Elementary School

Fee \$70.00

Class Size Min 10 / Max 15

Grades	Day	Time	Dates
4-8	Th	5-6p	Apr 30-May 28

Fitness Corner

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 Functional Fitness will receive a free pedometer.

Summer Youth Programs

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 in Fall, 2015.** Camp meets Monday through Friday from **8:30am-3:30pm**, with pick up between 3:30-4pm at Essex Elementary School. Extended Before Care is available from 8a-8:30am. Registration fee is \$125 per participant per week. Before Care is \$10 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. Forms and additional information are available on our website, www.essexct.gov, click on "Government" "Departments" then "Park and Recreation". Our summer camp offer weekly summer camp group games and activities as well as activities tied to our weekly themes described below.

Week 1 **Island Adventures**

Dates June 22 – 26 **Field Trip** – Hammonasset State Park (June 25)

Description: Jump aboard our cruise ship and travel with us to the tropics! Campers will need their passport this week as we explore a variety of cultures and traditions through crafts, games, and sports. The week will conclude with our annual Luau, a day packed with activities, music, contests, prizes, and more!

Week 2 **Star-Spangled Superheros**

Dates June 29- July 2 **Field Trip** – No fieldtrip, shortened week (No camp July 3)

Description Do you ever wish you could have a secret ability? Campers will create their own super identity and develop their strength through a variety of challenges and games. Learn what it takes to defend villains through obstacle courses, scavenger hunts, superhero trivia, and more!

Week 3 **Weird Science**

Dates July 6 – July 10 **Field Trip** –Eli Whitney Museum & Workshop (July 9)

Description Campers will be transformed into awesome scientists this week, complete with lab coats, goggles, and more! Through bubbly experiments and crazy inventors, we'll discover science everywhere... both indoors and out! Hands-on activities, cooking, and our annual science show are just a few of the highlights this week.

Week 4 **Carnival**

Dates July 13 – 17 **Field Trip** – Camp Carnival Day (July 16)

Description This week is all about being goofy and clowning around! During our annual carnival week, campers will experience a variety of crazy fun activities and games and of course wacky crafts and water relays. At our carnival day, we'll have lots of games and prizes, popcorn, snow cones, and more!

Week 5 **Time Travelers**

Dates July 20-24 **Field Trip** – Mashantucket Pequot Museum (July 23)

Description Embark on a journey with us as we travel through time and explore a different time period each day. Imaginations run wild this week... from prehistoric dinosaurs, ancient Egypt, medieval knights, and more! Campers will take part in a variety of crafts and activities to learn about our fascinating history!

Week 6 **Wacky Water Works**

Dates July 27 – 31 **Field Trip** – Northford Ice Pavilion (July 30)

Description Join us in our challenge to stay cool this week! You are sure to beat the heat with a week packed full of water activities and challenges, our annual ice cream social, and ice skating!

Week 7 **Summer Olympics**

Dates August 3 – August 7 **Field Trip** – Fun Squared Bowling/Laser Tag (Aug 6)

Description This week will feature non-stop running, jumping, stretching, and more as campers participate in a wide variety of sports, including both team and individual tournaments. Our 5th Annual Sports Buffet will feature some "out of the ordinary" sports and Olympic teams will create their own name and team flag.

Week 8 **Ahoy Mates!**

Dates August 10 - 14 **Field Trip**- Mystic Seaport (August 13)

Description Climb aboard the Black Pearl as we sail through the week searching for hidden treasure. Put on your pirate attire, learn pirate lingo, and make your own treasure chest. This week is full of activities, crafts, and games that are sure to guarantee swashbuckling pirate fun!

Summer Youth Programs

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 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, pizza night and a free commemorative t-shirt and awards at the conclusion of our program.

Location Valley Regional High School

Fee \$130

Class Size Min 8 / Max 100

Ages	Day	Time	Dates
6-15	M-F	5-8p	Jun 22-Jun 26

Summer Tennis Clinics

Instructor Gary Ribchinsky

This clinic is designed to teach the fundamentals of tennis while featuring individual, group and age appropriate instruction from tennis professional Gary Ribchinsky. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game with an emphasis on fun and success.

Location Valley Regional High School

Fee \$70 per session (week of June 30 session - \$60)

Class Size Min 8 / Max 24

Ages	Day	Time	Dates
5-15	M-F	9-10a	Jun 22-Jun 26
5-15	M-Th	9-10a	Jun 29-Jul 2 (No Clinic July 3)
5-15	M-F	9-10a	Jul 6-10
5-15	M-F	9-10a	Jul 13-17
5-15	M-F	9-10a	Jul 27-31

Slamma Jamma 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 Slamma Jamma t-shirt, basketball, and certificate. ***Please be sure to register for the correct session, by grade and dates. ***Participants' grade below is based on their grade in Fall 2015***

Location Valley Regional High School

Class Size Min 8 / Max 35

Session	Grades	Fee	Time	Dates
Jun 29	K-3	\$120	9a-12p	Jun 29-Jul 2
Jun 29	4-8	\$150	9a-3p	Jun 29-Jul 2
Jul 27	K-3	\$135	9a-12p	Jul 27-Aug 1
Jul 27	4-8	\$185	9a-3p	Jul 27-Aug 1

Slamma Jamma – Competition Week

Instructor Kevin Woods & VRHS Players

Our Competition Week basketball camps apply technical basketball instruction, intensive drill sequences, and guided game situational play from our Valley Regional Warrior team of Coaches and Players. The basketball camp's highly refined training methods seamlessly translate from the practice court to game competition.

Location Valley Regional High School

Class Size Min 8 / Max 24

Session	Grades	Fee	Time	Dates
Competition	4-8	\$185	9a-3p	Jul 6-10



Summer Youth Programs

Made in the Summer

Girls Basketball Camp

Instructors Matt Mesite & Geoff Konstan

Our "Made in the Summer" camp is focused specifically on drills that will improve each camper's shooting, passing, dribbling, & defense. Each of the skills will be worked on in drills that are fun, competitive, and can be used at home. Don't miss the chance to become a much better basketball player this summer with our "Made in the Summer" camp. All Players will receive a free jersey! This camp is for Tri-Town area girls in the 5th - 8th (Fall 2014) grades.

Location John Winthrop Middle School

Fee \$45

Class Size Min 10 / Max 30

Grades	Day	Time	Dates
5-8	M-F	5:30p-8:00p	TBA



Broadway Bound East: Shrek the Musical JR.

Presented with Community Music School

Program Director Shari Wilcox

Experience every aspect of staging a musical with onstage and backstage roles for everyone - singing, dancing, acting, creating sets, and making costumes - all in just 10 days! This is an abridged and fully-licensed production with a free performance for family and friends at 7 pm on July 31. About Shrek the Musical JR.: Everyone's favorite ogre is back in the hilarious stage spectacle based on the Oscar-winning smash hit film! Adapted for young performers and featuring a host of over-the-top characters, Shrek JR. is an irreverently fun show that proves that beauty is in the eye of the beholder.

Location John Winthrop Middle School

Fee \$350 (includes t-shirt & pizza party on the last day)

Class Size Min 25 / Max 36

Ages	Day	Time	Dates
8-15	M-F	9a-3p	Jul 6-17

Baseball Camp

Instructor Jeff Riggs, Between the Lines Staff

Our camp will help your baseball player improve their overall baseball skills. Fundamentals will be taught through appropriate drills, technique instruction 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	Day	Time	Dates
6-12	M-Th	9a-1p	Jul 13-16



Girls Lacrosse Camp

Instructor Greg Ruel

Girls will be taught the fundamental and technical skills that will help them to become stronger all-around players. The girls will be placed in different game environments where they will gain confidence and field mobility while increasing their comfort level on the field. All lacrosse equipment will be provided by the clinic except a mouth guard (all that is needed is an inexpensive one from Walmart or Target), which is mandatory to participate. The clinic will provide a light dinner each night. This will be a fun and exciting week!

Location Essex Elementary School

Fee \$105

Class Size Min 10 / Max 100

Ages	Day	Time	Dates
6-15	M-F	5:30-8p	Aug 3-7

LobsterBake in Gloucester & Rockport on Cape Ann

June 13, 2015

Departure from Madison commuter Parking Lot: 7:00AM
Departure from Gloucester 5:00PM

COST: \$121 per person

INCLUDED FEATURES

★ RT luxury motor coach transportation & Tour Director ★

Lobster Bake at the Gloucester House

The famous Gloucester House is world renowned for its lobster dishes and fresh seafood—which is locally caught in the North Atlantic and prepared to perfection.

Menu:

*1 lobster, 1/2 chicken, or steak, corn, potato,
and lemonade*



Leisure time in Rockport at Bearskin Neck

Bearskin Neck is a small neck of land just out of the town center into Rockport Harbor. Here you will find quaint studios, shops and restaurants that line its narrow roads. You are likely to see an artist at his easel as a lobsterman hauling his traps.

Tiny studios surround a famous old red fish house know as Motif #1—said to be the most photographed building in the country.



Fisherman's Statue

Over the years, Gloucester lost so many of its sons to the ravages of the sea that the town thought it fitting to set up a memorial to them. The Gloucester Fisherman (also known as "The Man at the Wheel") is one of New England's most famous statues, with the legend "They That Go Down to the Sea in Ships, 1623-1923"

For Information and reservations:

Essex Park and Recreation

860-767-4340 Ext. 110

mbarnes@essexct.gov

OR visit essexct.gov

Contact Information

Park and Recreation Commission Members

Bob Russo, Chair
Tony Mosa
Jim Rawn
Doug Senn
Ed Burlison
Tom Clerkin
Ginny Willets
John Bauman

Department Staff

Interim Director Mary Ellen Barnes 860-767-4340 x 110
mbarnes@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	860-767-3219/60-388-7082
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 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	www.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	http://www.essexlionsclub.com/
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/ 860-526-3600
Valley Shore Emergency Management	www.vsema.org
Literacy Volunteers Valley Shore CT	www.vsliteracy.org
9 Town Transit	860-510-0429
Estuary Counsel of Seniors (Old Saybroo)	860-388-1611
Community Renewal Team (Middletown)	860-560-5600
Senior Resources (Norwich)	800-690-6998/860-887-3561
Shoreline Soup Kitchen (Old Saybrook)	860-388-1988
First Choice SNAP Outreach Specialists	860-5281359

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	(Patrick Dilger, Co-President) http://www.valleysoccerclub.com/
Tri-Town Football	(Jim Smith, President)
Ticks Lacrosse	(Timothy Schultz, Essex Town Rep) www.tickslacrosse.com

Special Events

Essex Eggstravaganza

Essex Eggstravaganza is our annual Egg Hunt for children up to second grade. All participants are encouraged to visit the Essex Town Hall auditorium at 9:15am for story time with the Easter Bunny, with the egg hunt to follow in the park. Don't forget to bring a basket to help collect Easter eggs!

Date March 28
Time 10 a.m. SHARP
Location Grove Street Park

May Market

The Essex Garden Club's May Market features annual plants, herbs, garlic salt, gently used home and garden treasures, jewelry, worms for composting, nurtured members' plants, a Café for lunch and a Silent Auction. The proceeds from the May Market are used to support the Club's educational and civic improvement projects, new and ongoing.

Date May 9
Time 9AM-2PM
Location Main Street Park



Fourth of July 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 Cotty Barlow for more information @ cmbarlow@snet.net.

Date July 4
Time parade begins 10am
Location Ivoryton Village / Ivoryton Green

Burning of the Ships Day

The historical British Raid on Essex is commemorated each year by a Ships Commemoration Parade, lead 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 9
Time 11AM
Location Connecticut River Museum

4th Annual Run for Chris 5K Challenge

The Run for Chris is a great, local 5K in memory of Chris Belfoure, benefitting the Chris Belfoure Memorial Fund. Run for Chris to remember his dreams, helping students realize their dreams! Now a certified 5K Run, sponsorship opportunities available.

Date June 27
Time Registration begins at 7am
Location Essex Town Hall / Grove Street Park



Essex Park & Recreation
presents...

Summer CONCERT SERIES

6:30 - 8 pm

Join us for an evening full of music & fun
at our town greens in Essex and Ivoryton!

Concert Info:

Schedule is subject to change

Wednesday	July 1	Middletown Symphonic	Essex Main Street
Tuesday	July 7	Long Island Sound	Ivoryton Green
Wednesday	July 15	The Shiny Lapel Trio	Essex Main Street
Tuesday	July 21	Beatles Forever	Ivoryton Green
Wednesday	July 29	U.H.F.	Essex Main Street
Tuesday	August 4	Bloomer	Ivoryton Green
Wednesday	August 12	Blues on the Rocks	Essex Main Street

Visit our website for weather related announcements...

www.essexct.gov

Or call:

(860) 767.4340 ext. 110