

Essex Park & Recreation - 2017

# Spring & Summer Programs



The Benefits  
are Endless



CELEBRATING  
50 YEARS of  
Essex Park &  
Recreation  
1967-2017



Park &  
Recreation  
TOWN OF ESSEX

VISIT US ONLINE @ [www.essexct.gov](http://www.essexct.gov)



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on Facebook!

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

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



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## 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

## 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

## Director's Note

On July 19, the Town of Essex Park and Recreation Commission will celebrate their 50th Year Anniversary with a Summer Concert Celebration. The Concert will take place from 5:30-8 p.m. at Main Street Park, Essex Village and will feature live musical performances by the Billy Joel Tribute Band, River of Dreams and a kid focused performance and face painting starting at 5:30pm. The Board of Selectman and members of the Park and Recreation Commission will be in attendance. This family friendly event is free and open to the public. Families are encouraged to bring a picnic dinner, dance and sing along to some of our favorite songs.

In 1967, you could purchase gas for 33 cents per gallon, The Monkees topped the charts with Day Dream Believer and The Last Train to Clarksville, Essex was celebrating the completion of Route 9. On March 28, 1967 the Town of Essex authorized the formation of a Park and Recreation Commission, at the May 25, 1967 Board of Selectman meeting the commission was appointed. Member of the Commission were James Byrne, Eric Johnson, Dorothy M. Goss, John A. Johns with Edwin S. Sprigg serving as Chairman.

This year marks the 50th year of Park and Recreation providing a legacy of service to the Essex community. Park and Recreation will host events and programming to celebrate its 50 year anniversary. In March, Ms. Dorothy Goss, the founder of the Commission will lead the Essex go Bragh parade along Main Street Essex Village.

With a 50th Year Anniversary Summer Concert Celebration on July 19th, both events are free and open to the public.

*Mary Ellen Barnes*

**Visit Our Website for More Information!**

**[www.essexct.gov](http://www.essexct.gov)**

Click on "Government," click on "Departments," click on "Park & 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](mailto:recreation@essexct.gov) to be added to our email database and receive important information on the Department and our programs!

## Oops!

The Parks and Recreation Department makes every effort to ensure the accuracy of the program information found in this brochure. Changes in programming may occur, and we will attempt to keep information updated on our website. All programs, instructors, and locations are subject to change.

## No News is Good News

We do not call or mail participants with program confirmations. We will only call you if you did not get into a class, or a class has been canceled due to minimum enrollment.

## Photo Policy

Any photograph taken of any participants in an Essex Park & Recreation Department program or activity may be used for publication or marketing purposes such as brochures and website content. Any participant, or parent of youth participant, who wishes to not have a photograph of them used must notify the department in writing of this.

## Recreation Scholarship Fund

The Recreation Scholarship Fund is designed to offset program fees for Essex residents who could not otherwise afford the fees. This is a fantastic way to help and support your fellow community by providing the opportunity to participate in a program. For more information, contact Parks and Recreation at 860-767-4340 x110.

## 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

2017 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	Email
Emergency Contact Name & Phone(s)			

Participant Name (First)	(Last)	Date of Birth	Sex	Grade/Teacher Spring 2017 or Fall 2017 Based On Program Session Start Date	Program Name	Fee
<b>Subtotal</b>						
<b>Total</b>						

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

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

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

**WAIVER OF PARTICIPANT BY PARENT OR SELF:**  
 I hereby agree to release, discharge and hold harmless the Town of Essex, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability or damage that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational or sport activity involves risk, and I grant permission to the Town of Essex to utilize any medical emergency services it deems necessary to treat any injuries that I or my minor child may incur. I further understand that the Town of Essex does not provide insurance for recreational program participants. I further agree to abide by all rules, regulations, and codes of conduct for all programs I am participating in. **Photo Release: I understand that for promotional purposes the Town videotapes and/or takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of Essex to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaged in the above listed recreational activities.**

Payment Type:  Cash  Check  
 Check # \_\_\_\_\_

**X** Signature

## Essex Park and Recreation Summer Camp Registration 2017

### Ages of Eligibility: 5-12

PLEASE BE SURE TO COMPLETE  
FRONT AND BACK OF PAGE

Child's Name: \_\_\_\_\_ Gender: \_\_\_ M \_\_\_ F \_\_\_ Grade (Fall 17) \_\_\_\_\_ 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 of the Week	Child Care Options
<input type="checkbox"/> Full Day <input type="checkbox"/> Half Day	<b>Week 1:</b> June 26 – June 30	Movin and Grovin	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day <input type="checkbox"/> Half Day	<b>Week 2:</b> July 3 – July 7*	Exploring Essex	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day <input type="checkbox"/> Half Day	<b>Week 3:</b> July 10 – July 14	Nature All Around	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day <input type="checkbox"/> Half Day	<b>Week 4:</b> July 17 – July 21	Explore the Shore	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day <input type="checkbox"/> Half Day	<b>Week 5:</b> July 24 – July 28	Master Chefs	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day <input type="checkbox"/> Half Day	<b>Week 6:</b> July 31 – August 4	Around the World	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No
<input type="checkbox"/> Full Day <input type="checkbox"/> Half Day	<b>Week 7:</b> August 7 – August 11	World Wide of Sports	Before Care: <input type="checkbox"/> Yes <input type="checkbox"/> No

### Billing Information

Full Week 2\*: \_\_\_\_\_ x \$105.00 Fee = \$ \_\_\_\_\_

Half Week 2\*: \_\_\_\_\_ x \$55.00 Fee = \$ \_\_\_\_\_

Total Number Weeks \_\_\_\_\_

Full Weeks 1, 3, 4 – 8: \_\_\_\_\_ x \$125.00 Fee = \$ \_\_\_\_\_

Half Weeks 1, 3, 4 – 8: \_\_\_\_\_ x \$75.00 Fee = \$ \_\_\_\_\_

Total Number Days \_\_\_\_\_

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

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

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

Date: \_\_\_\_\_

Cash      Check #: \_\_\_\_\_

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 6th in the case of severe weather days we will always meet at Essex Elementary School. Region 4 celebrate learning participants may enroll in half day camp session from 12-3p. (Limit 10 - 1/2 day campers) Please note that on field trip dates 1/2 day camp is not available. 1/2 day Campers who choose to join us for Field Trips must notify our Summer Camp Director 1 week prior to the field trip day. Fees are not prorated for missed days; however no extra fee is due for 1/2 day campers who choose to join us for field trip days.

\*\*\*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 between 3:30pm and 3:45pm.

Cost for each weekly session is \$125.00 (Week 2 \$105.00) (Fee includes T-shirt, All Field Trips & Activities) 1/2 Day Camp is available (Limit 10 campers) from 12-3pm. Cost for each 1/2 day weekly session is \$75.00 (Week 2 \$55.00)

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

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 2017**

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 3:45pm.**

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 \_\_\_\_\_

# Spring Youth Programs

## Outdoor Explorations

**Instructor** Tom Cleveland

Join Wild life 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. \*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 Wed 4-5:15p Feb 22 - Mar 22

## **NEW** Engineering Essentials

**Instructor** Engineering Imagination, LLC.  
 Children will learn essential engineering terms and concepts while having FUN! The primary medium used is LEGO TECHNIC. LEGO TECHNIC is a subset of the LEGO System that is 100% compatible with standard LEGO Bricks, and is based on beams and pegs instead of studded components. LEGO Technic is about creating realistic, working machines. From the creativity and enjoyment encouraged by LEGO, kids are sure to enjoy themselves while learning fundamental engineering skills. \*All participants must be 5 years old at the start of the program.

**Location** Essex Elementary School  
**Fee** \$115  
**Class Size** Min 8 / Max 14  
**Grades** **Day** **Time** **Dates**  
 K-2 Tu 3:15-5:00p Mar 7- Apr 4

## Cooking With Kids

**Instructor** Jennifer Crown

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.

**Location** Essex Elementary School  
**Fee** \$95 (includes all materials)  
**Class Size** Min 6 / Max 12  
**Grades** **Day** **Time** **Dates**  
 3-6 Th 3:30-4:45p Mar 16 - Apr 27  
 May 4 - Jun 1

## Kids on the Move

**Instructor** Meg Caulfield

This program will get kids moving through fun sports such as Spike Ball, Can Jam and dancing. This is a non-competitive program that will promote fitness and health as a lifestyle. \*All participants must be 5 years old at the start of the program.

**Location** Essex Elementary School Gymnasium  
**Fee** \$75  
**Class Size** Min 10 / Max 20  
**Grades** **Day:** **Time** **Dates**  
 K-6 Th 3:15-4:15  
 Session I Mar 16 - Apr 27  
 (skip Mar 23, Apr 13)  
 Session II May 4 - Jun 1

## Jr. Warrior Basketball - Spring Break 2017!

**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."\*\*\*\*Participants' grade below is based on their grade in Spring 2017\*\*\*

**Location** Valley Regional High School  
**Fee** \$145  
**Class Size** Min 10 / Max 25  
**Grades** **Time** **Dates**  
 4-8 9a-3p Apr 10 - 12  
 9a-1p Apr 13

# Spring Youth Programs

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

**Location** Grove Street Park Tennis Courts

**Fee** \$75

**Class Size** Min 4 / Max 15

Grades	Day	Time	Dates
K-8	Sa	9-10a	Apr 22 - May 20

## 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. Program is for one guardian and one child to participate together. Note: Complete registration under name of child. \*All participants must be 5 years old at the start of the program.

**Location** Grove Street Park Tennis Courts

**Fee** \$125

**Class Size** Min 4 / Max 15

Grades	Day	Time	Dates
2-8	Sa	10-11a	Apr 22-May 20

## **NEW** Aspiring Young Engineers

**Instructor** Engineering Imagination, LLC.

Aspiring Young Engineers is an in-depth exploration of our unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) based curriculum! Using teaching mediums such as recycled materials, salvaged motors, gears, foam and cardboard, students will expand their understanding and application of engineering concepts and terminology through hands-on, minds-on activities.

**Location** Essex Elementary School

**Fee** \$115

**Class Size** Min 8 / Max 14

Grades	Day	Time	Dates
3-6	Tu	3:15-5:00p	May 2-May 30

## 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 24 - May 22



## Introduction to Archery

**Instructor** Bob Russo

This 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.

**Location** Essex Elementary School

**Fee** \$75

**Class Size** Min 10 / Max 15

Grades	Day	Time	Dates
4-8	Th	5-6p	Apr 27 - May 25

## Volleyball

**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** Essex Elementary School

**Fee** \$40

**Class Size** Min 10 / Max 20

Grades	Time	Day	Dates
4-8	TBA	TBA	TBA



# Summer Youth Programs

## Essex Summer Camp

### • New This Year • 12n-3p camp option for those attending Celebrate Learning

Join us for tons of summer FUN at our **exciting, engaging Summer Camp!** Our camp is for children **ages 5-12 at the time of camp.** Camp meets at Essex Elementary School on Mondays, Tuesdays & Wednesdays and Grove Street Park on Fridays for Field Day, with field trips leaving from Essex Elementary on Thursdays with the exception of Thurs. July 6. 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 between 3:30-3:45pm extended before Care is available from 8a-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. **There is also an option to enroll for a half-day camp session; 9:00-12:00. We will welcome any child directly from the Region 4 Celebrate Learn Summer Program. \*\*\*Note on field trip days your camper must attend our full day session or take the day off from camp. Confirmation of field participation must be made at time of registration. (Fees are not prorated for field trip day absences, however no additional fees to attend for ½ day participants, Limit 10 campers)**

Schedule, Locations and general information are subject to change

Forms and additional information are available on our website, [www.essexct.gov](http://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.

<b>Week 1</b>	<b>Moovin &amp; Groovin</b>
<b>Dates</b>	Jun 26 – 30 <b>Field Trip</b> – Galaxy Roller Rink <b>Field Day</b> - Drop off & Pick up at Groove Street Playground (June 30)
<b>Description</b>	Get ready to move and groove as we dance our way through camp with arts and crafts and groovy activities. Zumba, line dancing, dance-offs and much more!
<b>Week 2</b>	<b>Essex Sailing Ships</b>
<b>Dates</b>	Jul 3-7 <b>Field Trip</b> – No Field Trip <b>Field Day</b> - Drop off & Pick up at Groove Street Playground (July 7)
<b>Description</b>	Are you ready to explore Essex? Campers will learn all about Essex and it's the history of the harbor through activities, games and crafts. Scavenger hunts, boat building, and a walk downtown to the CT River Museum. (No Camp July 4)
<b>Week 3</b>	<b>Adventures in Nature</b>
<b>Dates</b>	July 10 – 14 <b>Field Trip</b> – Dinosaur Park <b>Field Day</b> - Drop off & Pick up at Groove Street Playground (July 14)
<b>Description</b>	Join us in our adventure in exploring nature! You'll be sure to find more than just bugs here with a week packed full of outdoor activities and challenges, including a nature hunt and an exciting trip to the Dinosaur Park! Campers will get to experience all that nature has to offer in their own "backyard".
<b>Week 4</b>	<b>Explore the Shore</b>
<b>Dates</b>	Jul 17 – 21 <b>Field Trip</b> – Hammonasset State Park <b>Field Day</b> - Drop off & Pick up at Groove Street Playground (July 21)
<b>Description</b>	Get some fresh salt air on our field trip to Hammonasset State Park. We will be exploring marine animals and their habitats. Campers are certain to learn some exciting things about our home here on the shoreline!
<b>Week 5</b>	<b>Master Chefs</b>
<b>Dates</b>	Jul 24 – 28 <b>Field Trip</b> – Cedar Lake <b>Field Day</b> - Drop off & Pick up at Groove Street Playground (July 28)
<b>Description</b>	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
<b>Week 6</b>	<b>Around the World</b>
<b>Dates</b>	Jul 31 – Aug 4 <b>Field Trip</b> – Peabody Museum <b>Field Day</b> - Drop off & Pick up at Groove Street Playground (August 4)
<b>Description</b>	Explore the seven continents in five days! Campers will create a passport and travel to different parts of the world. In addition to traditional camp games, we will create crafts and explore games that reflect the various cultures around our world!
<b>Week 7</b>	<b>Sports Carnival</b>
<b>Dates</b>	Aug 7- 11 <b>Field Trip</b> – Northford Ice Pavilion <b>Field Day</b> - Drop off & Pick up at Groove Street Playground (August 11)
<b>Description</b>	What could be better than sports, teamwork, and a carnival all in one? Campers will experience a variety of team sports and will explore unique sports during our annual Sports Buffet! We will hold our annual carnival day and put our athleticism to the test!

# 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 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** 5-15  
**Day** M-F  
**Time** 5-8p  
**Dates** Jun 26-Jun 30

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

**Location** Valley Regional High School  
**Fee** \$75 per session (week of July 3 sessions - \$60)  
**Class Size** Min 8 / Max 24  
**Ages** 5-15  
**Day** M-F  
**Time** 9-10a  
**Dates** Jun 26-Jun 30  
5-15 M-F 9-10a Jul 3-Jul 7 (No Clinic July 4)  
5-15 M-F 9-10a Jul 10-14  
5-15 M-F 9-10a Jul 17-21  
5-15 M-F 9-10a Jul 24-28

## 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 coach and players. The basketball camp's highly refined training methods seamlessly translate from the practice court to game competition. \*\*Participants' grade below is based on their grade in Fall 2017\*\*

**Location** Valley Regional High School  
**Class Size** Min 8 / Max 24  
**Session** **Grades** **Fee** **Time** **Dates**  
Competition 4-8 \$185 9a-3p Jun 26-Jun 30

## 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 2017\*\* \*All participants must be 5 years old at the start of the program.

**Location** Valley Regional High School  
**Class Size** Min 8 / Max 35  
**Grades** **Fee** **Time** **Dates**  
K-3 \$135 9a-12p Jul 31-Aug 4  
4-8 \$180 9a-3p Jul 31-Aug 4



# Summer Youth Programs

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

**Location** Comstock Park  
**Fee** \$150  
**Class Size** Min 10 / Max 20  
**Ages** 5-12  
**Day** M-Th  
**Time** 9a-1p  
**Dates** Jul 10-13



# 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** W  
**Time** 7:30-9p  
**Dates** Oct 5-Apr 2017

## 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.

# Town of Essex Parks and Facilities

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

## Birthday Celebration Concert on Wed. July 19th at Main Street Park



**Kids Concert with T-Bone @ 5:30 pm!**  
**Free Face Painting by Bohemian Body Art!**  
**River of Dreams – Billy Joel Tribute Band @ 6:30 pm!**  
**Free cake and refreshments!**



# 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** April 8  
**Time** 10 am 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 6  
**Time** 9 am-2 pm  
**Location** Main Street Park



## 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.

**Location** Ivoryton Green  
**Day** Sat. June - October

## 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 Cotty Barlow for more information @ [cmbarlow@snet.net](mailto:cmbarlow@snet.net).

**Date** TBD  
**Time** parade begins 10 am  
**Location** Ivoryton Village / Ivoryton Green



# Contact Information

## Park and Recreation Commission Members

Bob Russo, Chair  
 Tony Mosa  
 Jim Rawn  
 Peter Sauner  
 Doug Senn  
 Ginny Willets

## Department Staff

Park and Recreation Director	Mary Ellen Barnes
Recreation Aide	Tim LaChance
Recreation Aide	Kai Recchia
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 the first Wednesday of every month at 7:00pm at the Town Hall.

## Town Departments

Selectman's Office	860-767-4340 x112
Animal Control	860-767-3219/860-388-7082
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	<a href="http://www.essexlandtrust.org">www.essexlandtrust.org</a>
Essex Board of Trade	860-767-3904
Ivoryton Village Alliance	<a href="http://ivorytonalliance.org">ivorytonalliance.org</a>
Essex Garden Club	860-767-7263
Ivoryton Gardeners	<a href="mailto:spodaski@hotmail.com">spodaski@hotmail.com</a>
Child & Family Agency of Southeastern Connecticut	860-767-0147
Essex Ambulance Association	860-767-7677
Essex Community Fund	<a href="http://www.essexcommunityfund.com">www.essexcommunityfund.com</a>
Essex Boy Scouts	860-767-9027
Essex Cub Scouts	860-790-0681
Essex Girl Scouts	<a href="http://www.gsofct.org">www.gsofct.org</a>
Connecticut River Museum	860-767-8269
Essex Fire Engine Company No. 1	860-399-7921
Essex Lions Club	<a href="http://www.essexlionsclub.com">www.essexlionsclub.com</a>
Essex Rotary Club	<a href="http://www.rotaryclubofessex.com">www.rotaryclubofessex.com</a>
Estuary Regional Senior Center	860-388-1611
Essex Library	860-767-1560
Ivoryton Library	860-767-1252
Essex Elementary School	860-767-8215
John Winthrop Middle School	860-526-9546
Valley Regional High School	860-526-5328
Ivoryton Playhouse	860-767-7318
Middlesex County Community Foundation	860-347-0025
Tri-Town Youth Services	<a href="http://www.tritownys.org">www.tritownys.org</a> /860-526-3600
Valley Shore Emergency Management	<a href="http://www.valleyshore911.org">www.valleyshore911.org</a>
Literacy Volunteers Valley Shore CT	<a href="http://www.vsliteracy.org">www.vsliteracy.org</a>
9 Town Transit	860-510-0429
Estuary Counsel of Seniors (Old Saybrook)	860-388-1611
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.) <a href="http://www.eteamz.com/essexlittleleague/">www.eteamz.com/essexlittleleague/</a>
Shoreline Babe Ruth Baseball	(Scott Paulson, Area Coordinator) <a href="http://www.eteamz.com/shorelinebaberuth/">www.eteamz.com/shorelinebaberuth/</a>
Valley Soccer Club	(Denis Recchia, V.P.) <a href="http://www.valleysoccerclub.com/">www.valleysoccerclub.com/</a>
Ticks Lacrosse Club	(Ed Burlison, Essex Town Rep) <a href="http://www.tickslacrosse.com">www.tickslacrosse.com</a>



# ESSEX GO BRAGH!

## Irish Parade

March 11th, 2017



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

**Come March With Us!**

**Decorate your tractors, cars & bikes...**

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

**Celebrating the  
50th Anniversary  
of the Essex Park and  
Recreation Commission**

**Honoring  
Grand Marshal  
Dorothy M. Gross  
- Original Member and  
Contributing Founder  
of the Commission.**

*Presented by*



[www.essexct.gov/park-and-recreation](http://www.essexct.gov/park-and-recreation)  
Email: [recreation@essexct.gov](mailto:recreation@essexct.gov)

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

**Horse Drawn  
Wagon Rides**

**Music & Kids'  
Activities!**

**Visit Local  
Restaurants &  
Businesses!**





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 27	Ivoryton Green	The Shiny Lapel Trio
Wednesday	July 5	Essex Main Street	Middletown Symphonic Band
Tuesday	July 11	Ivoryton Green	Southern Voice
Wednesday	July 19	Essex Main Street	River of Dreams <small>(<i>Kids Concert &amp; Face Painting begin at 5:30</i> <i>*Park and Rec 50th Year Celebration!</i>)</small>
Tuesday	July 25	Ivoryton Green	Long Island Sound Band
Wednesday	August 2	Essex Main Street	Meadows Brothers - NEW! <small>(<i>Local brothers with</i> <i>an American Folk and</i> <i>Rock 'n Roll sound</i>)</small>
Tuesday	August 8	Ivoryton Green	U.H.F.
Wednesday	August 16	Essex Main Street	Blues on the Rocks

Visit our website for weather related announcements...

[www.essexct.gov](http://www.essexct.gov)

Or call:

(860) 767.4340 ext. 148