Essex Park & Recreation - 2020

Spring/Summer Programs

The Benefits are Endless

Park & Recreation
TOWN OF ESSEX

VISIT US ONLINE @ www.essext.gov

Friend us on Facebook!
Welcome to the Essex Park & Recreation Spring & Summer Program Guide

Mission Statement: Creating 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
Summer Youth Programs ...................................................10
Adult Programs ...................................................................... 12
Special Events ....................................................................... 13
Contact Information ............................................................. 14
Essex Go Bragh .......................................................................15
Summer Concerts ..................................................Back cover

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

Word Search

baseball
beach
boating
firefly
fishing
flowers
ice cream
river
running
spring
dlight
summer
summer camp
sun
swimming

Essex Park and Recreation Office
Location: 29 West Avenue, Essex (Inside Essex Town Hall)
Telephone: 860.767.4340 x148 | Fax: 860-767-8509
Website: www.essexct.gov
Office Hours: Monday - Friday, 9:00 am - 4:00 pm

Photos courtesy of Jennifer Crown
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 cancelled 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.

<table>
<thead>
<tr>
<th>Adult First Name</th>
<th>MI</th>
<th>Last Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Primary Phone (Required)</th>
<th>Alternate Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contact Name &amp; Phone(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Participant Name (First)</th>
<th>(Last)</th>
<th>Date of Birth</th>
<th>Sex</th>
<th>Grade/Teacher</th>
<th>Program Name</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Program Name (Spring 2020 or Fall 2020 Based On Program Session Start Date)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Special Concerns:** List any special needs or health related concerns of participant

<table>
<thead>
<tr>
<th>Subtotal</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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 said photographs and/or videotapes of me or my minor child engaged in the above listed recreational activities.

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Payment Type:**  ○ Cash  ○ Check  ○ Check # ____________
Essex Park and Recreation Summer Camp Registration 2020
Ages of Eligibility: 5-12

Child’s Name: _____________________________________________ Gender: ___ M  ___ F  Grade (Fall 20) ______  Date of Birth ________

Parent/Guardian Name: __________________________________________ Home Phone: __________________________ Cell Phone: __________________________

Address: __________________________________________________________________________ Email: ___________________________________________________

Town: __________________________________________ State: __________________________ Zip: __________________________

Emergency Contact Name: __________________________________________ Contact Number: __________________________

Swimming Ability: _____ Swimmer  _____ Non-Swimmer  Shirt Size: _____ YS  _____ YM  _____ YL  _____ AS  _____ AM  _____ AL  _____ AXL

<table>
<thead>
<tr>
<th>✓ Enrolled In</th>
<th>Camp Dates</th>
<th>Theme</th>
<th>Field Trip</th>
<th>Child Care Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Day</td>
<td>Week 1: June 29 – July 2*</td>
<td>Classic Camp</td>
<td>No Field Trip</td>
<td>Before Care: [ ] Yes  [ ] No</td>
</tr>
<tr>
<td>Full Day</td>
<td>Week 2: July 6 – July 10</td>
<td>Into the Wild</td>
<td>Hammonasset State Park</td>
<td>Before Care: [ ] Yes  [ ] No</td>
</tr>
<tr>
<td>Full Day</td>
<td>Week 3: July 13 – July 17</td>
<td>Sports, Sports, Sports</td>
<td>Northford Ice Skating Rink</td>
<td>Before Care: [ ] Yes  [ ] No</td>
</tr>
<tr>
<td>Full Day</td>
<td>Week 4: July 20 – July 24</td>
<td>The Amazing Race - Explore Our Earth</td>
<td>Dennison Pequot Nature Centre</td>
<td>Before Care: [ ] Yes  [ ] No</td>
</tr>
<tr>
<td>Full Day</td>
<td>Week 5: July 27 – July 31</td>
<td>Camp Carnival</td>
<td>Camp Carnival On-Site</td>
<td>Before Care: [ ] Yes  [ ] No</td>
</tr>
<tr>
<td>Full Day</td>
<td>Week 6: August 3 – August 7</td>
<td>Master Chefs</td>
<td>Cedar Lake</td>
<td>Before Care: [ ] Yes  [ ] No</td>
</tr>
<tr>
<td>Full Day</td>
<td>Week 7: August 10 – August 14</td>
<td>Mad About Science</td>
<td>Submarine Force Museum</td>
<td>Before Care: [ ] Yes  [ ] No</td>
</tr>
</tbody>
</table>

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 July 3rd as there is no camp on this day. In the case of severe weather days we will always meet at Essex Elementary School.

***Field Day Fridays - campers will meet at Grove Street Park, which will allow for access to the Playground, Tennis Courts, Hubbard Park, Essex Library, Cross Lots & Essex Village.

Camp Hours will be 8:30am-3:30pm. Daily pickup is at 3:30pm.

Cost for each weekly session is $125.00 (Fee includes T-shirt, All Field Trips & Activities)

*With exception to Week 1 which is a $100 cost.

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

All schedules, field trips and activities are subject to change.

Billing Information

*Week 1: ______________________________ x $100.00 Fee = $ ______________

Total Number: _________________

Weeks 2 – 7: ______________________________ x $125.00 Fee = $ ______________

Total Number: _________________

Before Care: ______________________________ x $15.00 Fee = $ ______________

Total Amount Due: $ ______________

Payment plans are available for those attending 3 or more weeks of camp.

Please contact: Mary Ellen Barnes directly

860-767-4340 x110

Total Payment Received: $ __________________________

Date: __________________________

Payment Type: [ ] Cash

[ ] Check #: __________________________
Child’s Name: ___________________________________________________________________________________________________________________________________________________

(PLEASE PRINT CLEARLY)

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

Emergency Medical Care
List any medical / behavioral conditions we should be aware of:
_______________________________________________________________________________________________________________________________________________________________

Any special accommodations needed:
_______________________________________________________________________________________________________________________________________________________________

It is the policy of Essex Park and Recreation, in case of accident or medical emergency, to make every effort to contact parents/guardians. However, in the event that we are unable to do so, and your child requires immediate medical care, we require that you sign the following release statement: I HEREBY GIVE PERMISSION TO THE AUTHORIZED MEDICAL PERSONNEL TO HAVE MY CHILD TREATED AT THE NEAREST EMERGENCY FACILITY IF I AM NOT AVAILABLE. I WILL BE RESPONSIBLE FOR ALL INCURRED MEDICAL CHARGES.

Parent/Guardian Signature ___________________________________________________________ Date __________________________

Insurance Carrier: __________________________________________________________ Policy Holder: __________________________ ID or Policy #: __________________________

Payable to: Town Of Essex Park and Recreation Mail to: Park and Recreation 29 West Ave. Essex, CT 06426

In order to be in compliance with the Connecticut State Department of Health, Essex Park and Recreation must have written permission on file for ANY and ALL persons (including both parents) who may pick up your child. The state also requires that at least one other person, other than parent/guardian, must be listed. Any persons listed must be at least 16 years of age and must be able to provide a driver’s license with photo for identification. Please remember that pickup time is at 3:30pm.

I authorize the following local persons to pick up my child. I understand that the staff will not be responsible for policing custodial disputes.

My child may be released to:

1. Name: ___________________________________________________________________ Relationship: _______________________________________________________________
    Address: __________________________________________________________________
    Home Phone: ___________________________ Cell Phone: ___________________________ Work Phone: ___________________________

Parent/Guardian Signature __________________________________________________________ Date __________________________

2. Name: ___________________________________________________________________ Relationship: _______________________________________________________________
    Address: __________________________________________________________________
    Home Phone: ___________________________ Cell Phone: ___________________________ Work Phone: ___________________________

Parent/Guardian Signature __________________________________________________________ Date __________________________

(Please Print Clearly)
EXPLORE YOUR LOCAL PARKS!

CLARK’S POND
180 Main St., Ivoryton

COMSTOCK PARK
50 Park Rd., Ivoryton

DICKINSON PARK
28 North Main St., Essex

GROVE STREET PARK
29 West Ave., Essex

HUBBARD PARK
69 North Main St., Essex

IVORYTON GREEN
100 Main St., Ivoryton

MAIN STREET PARK
14 Main St., Essex

SUNSET POND
52 West Ave., Essex

VINEY HILL BROOK PARK
36 Hillside Dr., Essex
**Participants’ grade below is based on their grade in Spring 2020**

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

**Let’s Dance**

**Instructor** Jennifer Erkkila

This beginning level dance course will allow students the opportunity to explore the four elements of dance: Body, Energy, Space, & Time as well as improvisation. Through this 5-week course we will discuss how to use our bodies to help create, explore and play within space and boundaries. Using our body as our instrument and props like: bubbles, chalk, tape, fabric, etc., we will open our minds to the endless possibilities that dance holds within each of us, and the chance to see how dance exists within our everyday lives.

**Location** Essex Elementary School

**Fee** $75

**Class Size** Min 10 / Max 20

<table>
<thead>
<tr>
<th>Grades</th>
<th>Day</th>
<th>Time</th>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>K – 6</td>
<td>Tues</td>
<td>3:15</td>
<td>4:15p</td>
<td>March 31 – May 5 (skip Apr 7)</td>
</tr>
<tr>
<td>K – 6</td>
<td>Tues</td>
<td>3:15</td>
<td>4:15p</td>
<td>May 12 – Jun 9</td>
</tr>
</tbody>
</table>

**Zumba Kids**

**Instructor** Meg Caulfield

Perfect for our younger Zumba fans! Kids in grades K-6 get the chance to socialize with friends and jam out to their favorite music. This Zumba program includes rockin’, high-energy dance parties packed with kid-friendly routines. We break down steps and add games, activities and cultural exploration elements into the class structure. This program helps kids develop a healthy lifestyle and incorporates fitness as a natural part of children’s lives. Classes incorporate key childhood development elements such as leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, balance, and cultural awareness.

**Location** Essex Elementary School

**Fee** $75

**Class Size** Min 10 / Max 20

<table>
<thead>
<tr>
<th>Grades</th>
<th>Day</th>
<th>Time</th>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>K – 6</td>
<td>Wed</td>
<td>3:15</td>
<td>4:15p</td>
<td>Apr 1 – May 6 (skip Apr 8)</td>
</tr>
</tbody>
</table>

**Cooking with Kids- Spring Treats**

**Instructor** Jennifer Crown

This spring session will focus on No-Bake treats and easy food crafts kids can share at home! We will also explore Nutrition and include healthy alternatives in some of our recipes. One class with be devoted to a variety of simple cupcake decorating techniques! This is a perfect way to kick off the spring season as the weather turns warmer.

**Location** Essex Town Hall Kitchen

**Fee** $100 (includes all materials)

**Class Size** Min 6 / Max 12

<table>
<thead>
<tr>
<th>Grades</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-6</td>
<td>Th</td>
<td>3:30-4:45p</td>
<td>Mar 26 - Apr 30 (skip Apr 9)</td>
</tr>
</tbody>
</table>

**Aspiring Young Engineers – Themed: 1 – Day Sessions**

**Conveyor Belts**

**Instructor** Engineering Imagination, LLC.

We may take it for granted, but conveyor belts are important machines that make everyday life more efficient and easier for us! From placing an order on Amazon, to checking out at the grocery store, conveyor belts are all around us. Students will learn about, plan, and build their own customized LEGO® TECHNIC® conveyor belts as well as work in small groups to build structures such as factories, airports and recycling centers!

**Location** Essex Elementary School

**Fee** $35

**Class Size** Min 10 / Max 20

<table>
<thead>
<tr>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-11</td>
<td>Mon</td>
<td>3:15-4p</td>
<td>Mar 23</td>
</tr>
</tbody>
</table>

**Aspiring Young Engineers – Themed: 1 – Day Sessions**

**Battle Bots**

**Instructor** Engineering Imagination, LLC.

Build, Battle, Innovate, Repeat! In this modern, motorized, LEGO® version of jousting, participants will battle each other using customized monorail vehicles! Participants will need to design, customize and modify their monorail vehicle to make it progressively more efficient and effective!

**Location** Essex Elementary School

**Fee** $35

**Class Size** Min 10 / Max 20

<table>
<thead>
<tr>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-11</td>
<td>Mon</td>
<td>3:15-4p</td>
<td>Mar 30</td>
</tr>
</tbody>
</table>
Aspiring Young Engineers – Spring Break

**Participants’ grade below is based on their grade in Spring 2020**
All participants must be 5 years old at the start of the program.

Tennis Stars

**Instructor** Gary Ribchinsky
This clinic is designed to teach the fundamentals of tennis while featuring individual and group instruction from PTR Certified Tennis Professional Gary Ribchinsky. Ground strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game. Coach Ribchinsky is also permitted to provide private tennis lessons. For more information on private tennis lessons please contact Gary directly at gribchinsky@gmail.com.

**Location** Grove Street Park Tennis Courts
** Fee** $75
**Class Size** Min 4 / Max 25
**Grades** Day Time Dates
K-8 Sa 9-10a Apr 25 – May 30 (skip May 23)

Introduction to Archery

**Instructor** Bob Russo
Our Intermediate and Beginner Archery program is an opportunity to pick up a bow and arrow for the first time or advance your skills and techniques of archery. Participants will progress in their development of proper stance, hold, aim and release. The program will use target tipped arrows and emphasize safety.

**Location** Essex Elementary School
** Fee** $75
**Class Size** Min 10 / Max 15
**Age** Day Time Dates
8-99 Th 5-6p Apr 23 - May 21

Running Rams Track & Field

**Instructor** Pete Capezzzone
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 Capezzzone, back this season teaching our next generation of athletes.

**Location** Valley Regional High School Track
** Fee** $85
**Class Size** Max 40
**Grades** Day Time Dates
K-8 M 5:30-6:30p Apr 20 - May 18

After School Dodgeball

**Instructor** Tim LaChance
Like sports? Like to stay busy and have fun after school? Come out and join our new program where we will play a new sport every week such as indoor soccer, kickball, dodgeball, and more! Everyone will participate equally, and this will be all about having fun. This program will be led by Park and Recreation Department staff.

**Location** Essex Elementary Gym/Field
** Fee** $75
**Class Size** Min 10 / Max 20
**Grades** Day Time Dates
3-6 Tu 3:15-4:15p Apr 28 - May 26
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 except for Thurs. July 2. 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 at 3:30pm sharp. Extended Before Care is available from 8:00am-8:30am. 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 at the Park and Recreation office at the Essex Town Hall or register online.

Schedule, locations and general information are subject to change. Forms and additional information are available on our website www.essexct.recdesk.com. Our summer camp offers weekly summer camp group games and activities as well as activities tied to our weekly themes described below.

**Participants’ grade below is based on their grade in Fall 2020**
All participants must be 5 years old at the start of the program.

## Essex Summer Camp

### Week 1: Classic Camp
- **Dates:** Jun 29-Jul 2
- **Field Trip:** – No Field Trip
- **Field Day:** – No Field Day
- **Description:** Making great memories of summer camp is our goal. This week will focus on the best of the classics... pet rocks, dodge ball, "Minute to Win It" challenges, scavenger hunts and more!

### Week 2: Into the Wild
- **Dates:** Jul 6-10
- **Field Trip:** – Hammonasset State Park
- **Field Day:** – Drop off & Pick up at Grove Street Playground (July 10)
- **Description:** Come explore the wilderness in our own back yard and learn about the habitat around us! Fun survival activities and crafts will be among the highlights of the week!

### Week 3: Sports, Sports, Sports
- **Dates:** Jul 13-17
- **Field Trip:** – Northford Ice Skating Rink
- **Field Day:** – Drop off & Pick up at Grove Street Playground (July 17)
- **Description:** Be prepared to GET IN THE GAME! This week will involve non-stop running, jumping, stretching and more! Sample a variety of sport activities at our 4th Annual Sports Buffet and compete in various tournaments and challenges!

### Week 4: The Amazing Race- Explore our Earth
- **Dates:** Jul 20-24
- **Field Trip:** – Dennison Pequot Nature Center
- **Field Day:** – Drop off & Pick up at Grove Street Playground (July 24)
- **Description:** Come Race your way through the week! Like the TV show, campers assemble into age-based teams and compete with one another in both physical and mental challenges. It will also be a challenging, and thought-provoking week requiring a lot of teamwork!

### Week 5: Camp Carnival
- **Dates:** Jul 27-31
- **Field Trip:** – Camp Carnival (Located on site)
- **Field Day:** – Drop off & Pick up at Grove Street Playground (July 31)
- **Description:** Prepare yourself for a week of crazy carnival fun! Campers will help create carnival games that will be showcased at the Camp Carnival. Popcorn, snow cones, fun photos and prizes are just a sample of the excitement this week will offer!

### Week 6: Master Chefs
- **Dates:** Aug 3-7
- **Field Trip:** – Cedar Lake
- **Field Day:** – Drop off & Pick up at Grove Street Playground (Aug 7)
- **Description:** Campers will be transformed into little chefs this week! We will explore foods and culinary customs from around the world as well as make our own tasty treats.

### Week 7: Mad About Science
- **Dates:** Aug 10-14
- **Field Trip:** – Submarine Force Museum
- **Field Day:** – Drop off & Pick up at Grove Street Playground (August 14)
- **Description:** Campers will launch into a week filled with STEM-themed activities! Explore science and engineering through hands-on activities and projects to see just how things work! Critical problem solving and teamwork skills are a must this week! We will have an exciting opportunity to visit the historic submarine Nautilus during our field trip.
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 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.

**Location** Old Saybrook High School Track

**Fee** $135

**Class Size** Min 8 / Max 55

**Ages** 5-15

**Day** M-F

**Time** 5-8p

**Dates** Jun 22 – Jun 26

Aspiring Young Engineers Summer Camp

**Instructor** Engineering Imagination, LLC.

In these exciting, educational programs, participants use a variety of mediums such as recycled materials, salvaged motors and gear, and balsa wood, in addition to LEGOs, ESTES model rockets, and KEVA building blocks to explore a unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) curriculum. Using different mediums, participants will learn about building projects such as hydroelectric waterwheels, model rockets and scale bridges. From building model roller coasters to LEGO challenges, your child is sure to have blast while learning along the way!

**Location** Essex Elementary School

**Fee** $150

**Class Size** Min 10 / Max 20

**Ages** 6-11

**Day** M-F

**Time** 9-3p

**Dates** 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** Grove Street Tennis Courts

**Fee** $75 per session (Session 1 is $60)

**Class Size** Min 8 / Max 24

**Ages** 5-15

**Day** M-Th

**Time** 9-10:15a

**Dates** Jun 22 - Jul 23

Basketball Camp @ VRHS – All Levels Welcome!

**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 and certificate. ***Please be sure to register for the correct session by grade and date. (Friday Jul 31 camp will end at 1pm for grades 4-8)

**Location** Valley Regional High School

**Class Size** Min 8 / Max 35

**Grades** K-3

**Fee** $135

**Time** 9a-12p

**Dates** Jul 27 - Jul 31

**Grades** 4-8

**Fee** $185

**Time** 9a-3p

**Dates** Jul 27 - Jul 31
Boating Certification Course

**Instructor**: John McCarthy

The US Power Squadron’s America’s Boating Course. Successful completion of the examination at the end of the course meets the requirements for the Connecticut Safe Boating Certificate and Certificate of Personal Watercraft qualifying students to operate power boats and sailboats as well as personal watercraft (PWC) in CT. There is a separate $50 fee payable to the State of CT for issuance of these certificates. Many boat insurance companies will offer discounts on boating insurance to those who successfully complete this program. The course fee includes a student manual, America’s Boating Course 3rd Edition - which is a full-color 244-page boating safety course manual. Registration closes on May 11th. Participants ages 12-15 must be accompanied by an adult. John McCarthy is a USCG licensed Captain and Education Officer for Saybrook Sail and Power Squadron.

- **Location**: Essex Town Hall Auditorium
- **Fee**: $45
- **Class Size**: Min 5 / Max 20
- **Ages**: 12&up
- **Day & Time**: Tu, W, Th 6:00-8:45p
- **Dates**: May 12, 13, 14

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**: 7:30-9p
- **Dates**: Oct 2 - Jun 2020

Adult Yoga

**Instructor**: Angela Stevens

This yoga class will introduce students to the many benefits of yoga. It will combine asana (yoga poses), yogic breathing and meditation. Students will move through a series of postures while maintaining awareness. The class will enhance balance and strength through deep stretching and reflection. Students will learn to apply yoga in everyday life, which will result in a release of stress, an increase in energy and an improvement in mental clarity. *Please bring your own yoga mat*.

- **Location**: Essex Elementary School
- **Fee**: $75
- **Class Size**: Min 10 / Max 15
- **Ages**: 16-99
- **Day**: Monday
- **Time**: 6-7p
- **Dates**: Mar 23 - Apr 20, May 18 – Jun 22

Outdoor Yoga & Alfresco Thursdays

**FREE Adult Yoga in the Park**

Free yoga classes with certified yoga instructor Angela Stevens; the class is inspired by nature, a love of yoga and a dream to make yoga accessible to all by removing barriers such as price, props, and intimidating settings. *Bring your mat; no pre-registration is required. This program is part of the Essex Board of Trade’s First Thursdays Celebrations, a series of three themed events on Main Street in Essex Village, occurring the first Thursday of June, July, and August. Stores and galleries will be open late with festivities and special discounts.

- **Date**: Jun 11, July 9, Aug 13
- **Time**: 5:15-6:00p
- **Location**: Main Street Park – Essex Village

Sound Steps Walking Program

**Sponsored by Middlesex Hospital Shoreline Medical Center**

The purpose of our new fitness program is to increase physical activity and social connection in a community walking program that is accessible and welcoming to all.

**How It Will Work:**

- Participants will register for free with Park and Recreation, and then create a free account with MyWALKS.com: The Online Walking Fitness Log.
- Upon registering, participants will receive a programmable pedometer to track their daily walking exercise and track their walks on Mywalks.
- Certificates or small prizes will be awarded as participants reach certain walking milestones.
- Participants who register for the cross-fit programs will receive a free pedometer.
## Special Events

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

**Date**  
Apr 10

**Time**  
10a – SHARP

**Location**  
Grove Street Park

### Outdoor Yoga & Alfresco Thursdays
**FREE Adult Yoda in the Park**
Free yoga classes with certified yoga instructor Angela Stevens; the class is inspired by nature, a love of yoga and a dream to make yoga accessible to all by removing barriers such as price, props, and intimidating settings.

*Bring your mat  
No pre-registration is required. This program is part of the Essex Board of Trade's First Thursdays Celebrations – a series of three themed events on Main Street in Essex Village, occurring over the first Thursdays of June, July, and August. Stores and galleries will be open late with festivities and special discounts.*

**Date**  
Jun 11, Jul 9, Aug 13

**Time**  
5:15-6:00p

**Location**  
Main Street Park – Essex Village

### 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**  
9a – 2p

**Location**  
Main Street Park

### Independence Day Parade
*Gather your family, neighbors, groups of any kind and decorate your bike, scooter, wagon, tractor, truck or antique car. Everyone is welcome to join the fun and be in the parade! A SHORT PROGRAM will occur immediately following the parade at the Ivoryton Green, with the presentation of flags, the singing of the National Anthem, a Patriotic Tribute, and an address from our local elected officials. Meet on the west side of the Piano Factory on Cheney St. at 9:30am. Email Donna Lee Gennaro - donnalee.gennaro@gmail.com*

**Date**  
July 4

**Time**  
Parade begins 10a

**Location**  
Ivoryton Village / Ivoryton Green

### Burning of the Ships Day
*The historical British Raid on Essex is commemorated each year by a Ships Commemoration Parade, led by the Sailing Master of 1812 Fife & Drum corps. The parade starts at the Essex 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**  
11a

**Location**  
Connecticut River Museum
Park and Recreation Commission Members
Britte Fitton, Chair
Tony Mosa
Ginny Willets
John Bean
Dan Needleman

Department Staff
Park and Recreation Director Mary Ellen Barnes
Recreation Aide Tim LaChance
Summer Camp Director & Program Instructor Jennifer Crown

The Park and Recreation Commission welcomes the opportunity to help you with issues involving the Department and our Community. The public is invited to attend our meetings, held quarterly at 7:00pm at the Town Hall. See our website for schedule meeting dates.

Town Departments
Selectman's Office 860-767-4340 x112
Animal Control 860-767-3219/860-388-7082
Assessor 860-767-4340 x123
Building Dept & Fire Marshal 860-767-4340 x144
Harbor Master 860-767-8494
Health Department 860-767-4340 x118
Highway Department 860-767-0715
Landfill/Transfer Station 860-767-1926
Maintenance Department 860-767-4340 x136
Municipal Agent 860-767-4340 x201
Police (Non-emergency) 860-767-4340 x130
Registrars 860-767-4340 x142
Social Services 860-767-4340 x201
Tax Collector 860-767-4340 x120
Town Clerk 860-767-4340 x129
Treasurer / Finance 860-767-4340 x122
Tree Warden 860-388-7209
Zoning 860-767-4340 x115

Essex Federal ID# - 06-6002033

Clubs & Organizations
Essex Historical Society 860-767-0681
Essex Land Trust www.essexlandtrust.org
Essex Board of Trade 860-767-3904
Ivoryton Village Alliance ivorytonalliance.org
Essex Garden Club 860-767-7263
Ivoryton Gardeners spodaski@hotmail.com
Child & Family Agency of Southeastern Connecticut 860-767-0147
Essex Ambulance Association 860-767-7677
Essex Community Fund www.essexcommunityfund.com
Essex Boy Scouts 860-767-9027
Essex Cub Scouts 860-790-0681
Essex Girl Scouts www.gsboard.org
Connecticut River Museum 860-767-8269
Essex Fire Engine Company No. 1 860-767-1258
Essex Lions Club www.essexlionsclub.com
Essex Rotary Club www.rotaryclubofessex.com
Estuary Regional Senior Center 860-388-1611
Essex Library 860-767-1560
Ivoryton Library 860-767-1252
Essex Elementary School 860-767-8215
John Winthrop Middle School 860-526-9546
Valley Regional High School 860-526-5328
Ivoryton Playhouse 860-767-7318
Middlesex County Community Foundation 860-347-0025
Tri-Town Youth Services www.tritownys.org/860-526-3600
Valley Shore Emergency Management www.valleyshore911.org
Literacy Volunteers Valley Shore CT www.lvvs.org
9 Town Transit 860-510-0429
Community Renewal Team (Middletown) 860-347-4465
Senior Resources (Norwich) 860-887-3561
Shoreline Soup Kitchen (Old Saybrook) 860-388-1988
First Choice SNAP Outreach Specialists 860-528-1359

Athletic Organizations
Essex Little League (Matt Siciignano, Pres.) www.eteamz.com/essexlittleleague/
Valley Soccer Club (Nicole Copeland, V.P.) www.valleysoccerclub.com/
Ticks Lacrosse Club (Ed Burleson, Essex Town Rep) www.tickslacrosse.com
Irish Parade
March 21st, 2020
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!

Honoring Grand Marshal Robert Russo

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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Location</th>
<th>Performer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>June 23</td>
<td>Ivoryton Green</td>
<td>Leaf Jumpers</td>
</tr>
<tr>
<td>Wednesday</td>
<td>July 1</td>
<td>Essex Main Street</td>
<td>Middletown Symphonic Band</td>
</tr>
<tr>
<td>Tuesday</td>
<td>July 7</td>
<td>Ivoryton Green</td>
<td>Long Island Sound</td>
</tr>
<tr>
<td>Wednesday</td>
<td>July 15</td>
<td>Essex Main Street</td>
<td>U.H.F.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>July 21</td>
<td>Ivoryton Green</td>
<td>RipCord - 102d Army Band - NEW!</td>
</tr>
<tr>
<td>Wednesday</td>
<td>July 29</td>
<td>Essex Main Street</td>
<td>Southern Voice</td>
</tr>
<tr>
<td>Tuesday</td>
<td>August 4</td>
<td>Ivoryton Green</td>
<td>Java Groove</td>
</tr>
<tr>
<td>Wednesday</td>
<td>August 12</td>
<td>Essex Main Street</td>
<td>Blues on the Rocks</td>
</tr>
</tbody>
</table>

Schedule is subject to change

Visit our website for weather related announcements...
www.essexcct.gov

Or call:
(860) 767.4340 ext. 148