



Today's CITY OF GROTON Fall-Winter 2014



City of Groton
Celebrating
75



From *years*
Borough to City

City of Groton's Park & Recreation Program Brochure

Basketball, Karate, Swimming, Freeplay Music, Bus Trips and much more...

ADMINISTRATIVE OFFICES

Mayor

Marian K. Galbraith

Deputy Mayor

William Jervis

City Council

Lawrence Gerrish
 Jerome Dempsey
 Stephen Sheffield
 Keith Hedrick
 Andrew Ilvento



Parks and Recreation Department Staff

Director: Mary K. Hill
 Admin Assist: Valerie Koschmieder

Department Telephone Numbers

Recreation Office: 860-446-4128
 Fax: 860-446-4109
 Email: pr@cityofgroton.com

Beach and Parks Committee

Alfred Restivo, Chairperson
 Barbara A. Teehan
 Kathleen Harrington
 Edith Williams
 Karen Griswold
 Gail Kelly
 Mary Pratt
 Scott Nadeau
 Linda Schneider

The Commission meets the second Wednesday of each month at 7:00 pm at the City Municipal Building in Room C-8

Office Location

City of Groton, Municipal Building
 295 Meridian St. Groton, CT 06340

Visit us on the Web:

<http://cityofgroton.recdesk.com>

Registration Policy

Registration is required for all programs. If the class does not reach its minimum enrollment, it will be cancelled. The Recreation Department reserves the right to cancel any program. Participants will be notified of all cancellations. Full payment of fees on all activities and classes must be made at the time of registration. Checks are payable to the "City of Groton."

ONLINE REGISTRATION IS NOW AVAILABLE!

Refund Policy

If the Recreation Department cancels a program/class, then a full refund will be given. If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session cannot be scheduled, no partial refund will be made. Program cancellations due to weather conditions will be announced on Channels 3, 4, 6 & 8, 105.5, 104.7, 102.3 FM & 980 AM, or the individual may call the Recreation Department at 446-4128. Evening activities will be cancelled by 3:00 pm.

Whenever Groton schools are cancelled or close early, programs will be cancelled.

LOCAL CONTACT NUMBERS		
Groton Little League (Baseball & Softball)	Bill Kelly	860-373-7855
Groton Mystic Youth Football League	Jonathan Grossman footballdirector @grotonmysticfalcons.com	
Cheerleading	Jeanne Rogers Info@grotonmysticfalcons.com	
Groton Soccer Club	Fred Zeppieri	860-536-2222
SEALS Lacrosse	Bill Mencer	860-572-1929
City of Groton Babe Ruth	Fred Hidalgo	860-625-4062

SHOOT STRAIGHT BASKETBALL 2014-2015

Grades 1& 2

Saturdays, starting December 6, 2014 - February 28, 2015

9:30-11:00 am

Grades 3-5

Mondays, starting December 1, 2014 – March 9, 2015

6:00 pm – 7:30 pm

The above programs are for both boys and girls emphasizing fundamentals, physical fitness, sportsmanship, equal play and teamwork. This program helps develop a youngster's positive self-image and teaches youngsters that sports can be played for FUN.



GRADES 6- 8

Tuesdays, starting December 2, 2014 – March 10, 2015

6:00 pm – 7:30 pm

This program will focus on fundamentals and skill development, so that the participants can move into league play during the programs progression.

All participants will be given the opportunity to improve their skills or enhance skills that they already have.

The ultimate outcome of the program will be establishing an all-star team to compete in an area tournament in March.

Location: West Side Middle School

Fee: \$20.00/Residents

\$30.00/Non-Residents

Freeplay Music

This program is designed to create a fun, creatively-free environment for children to come and play the guitar, keyboard and zither the way they want to, without the intimidating structure of formal instrument lessons. It will open the minds and hearts of children to their natural love of music by letting them experiment with the instruments and learn for themselves how they feel and sound.

Guitars, keyboard and zither will be provided.

Session 4: Wednesdays, September 24—December 10, 2014

(no class 10/22 or 11/26)

Session 5: Wednesdays, January 7—March 11, 2015

Time: 5:45—6:15 pm

Location: West Side Middle Cafeteria

Instructor: Andrew Barnes

Ages: 5 years old and older

Fee: \$35.00 per student /per session (limited to 7)



Online Registration is here: cityofgroton.recdesk.com

GOLF LESSONS at Great Brook Golf Center

Chris Hedden promotes a fun and relaxed learning environment. He will cover the following fundamentals: grip, stance, posture, backswing, follow-through, sand shots, downswing, chipping, putting, equipment information, and golf etiquette.

Fee: Residents \$100 Non-Residents \$115

Participants will need the following equipment: A 3 wood, 7 iron, pitching wedge, and a putter. If you do not have clubs, equipment is available. Each student must purchase a basket of balls for each lesson.

<u>ADULT GOLF LESSONS</u>			<u>YOUTH GOLF LESSONS</u> Ages: 8 – 15		
Session IV:	Mon, Sept. 8– Oct. 6	10-11 am	Session IV:	Sat, Sept. 13– Oct. 11	11-Noon
Session V:	Mon, Sept. 8– Oct. 6	6-7 pm	Session V:	Sun, Sept. 14– Oct. 12	11-Noon
Session VI:	Wed, Oct. 1- Oct. 29	10-11 am			
Session VII:	Thurs, Oct. 2- Oct. 30	5-6 pm			

WOMEN ONLY

A calm, relaxing instruction class for women of all abilities.
Grab a friend and enjoy!

Session IV: Tuesdays, Sept. 2-Sept. 30, 2014 6-7 pm
Session V: Mondays, Sept. 22-Oct. 20, 2014 5-6 pm

Fee: Residents: \$100 Non-residents: \$115



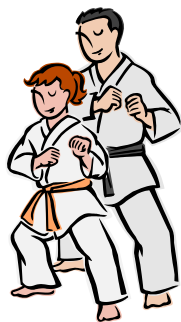
Visit our Outdoor Fitness Circuit

Washington Park—155 Meridian St, Groton

Top of the hill next to the tennis courts

- ◇ Rower
- ◇ Single Reverse Butterfly
- ◇ 2-Person Leg Press
- ◇ Pendulum, Abs & Dip Station
- ◇ Elliptical Cross-Trainer
- ◇ Single Cross-Country Ski
- ◇ 1-Person Air Walker
- ◇ Seated Core Strengthening





KARATE

Program will be offered to boys and girls and will run in five week sessions. The kids will learn Concentration, Self-Confidence, and Listening Skills while practicing the art of modern and traditional Tai Kwon Do. Through drills, students will; earn respect, manners, self-defense (Stranger Danger), and improved fitness. This is an introductory program and uniforms are not required for the first 5 weeks.

All classes are taught by Bob Chester, a 6th degree Black belt.

Session V

When: Tuesdays, September 30 – October 28, 2014

Ages & Time: 5 – 7 year olds 6:30 pm – 7:00 pm
Fee: \$30.00/ 5 week session

Ages & Time: 8-12 year olds 7:00 pm – 7:45 pm
Fee: \$40.00/ 5 week session

Ages & Time: 13 & older 7:45 pm – 8:30 pm
Fee:\$40.00/ 5 week session

Session VII

When: Tuesdays, January 6 – February 3, 2015

Ages & Time: 5 – 7 year olds 6:30 pm – 7:00 pm
Fee: \$30.00/ 5 week session

Ages & Time: 8-12 year olds 7:00 pm – 7:45 pm
Fee: \$40.00/ 5 week session

Ages & Time: 13 & older 7:45 pm – 8:30 pm
Fee:\$40.00/ 5 week session

Session VI

When: Tuesdays, November 18 – December 16, 2014

Ages & Time: 5 – 7 year olds 6:30 pm – 7:00 pm
Fee: \$30.00/ 5 week session

Ages & Time: 8-12 year olds 7:00 pm – 7:45 pm
Fee: \$40.00/ 5 week session

Ages & Time: 13 & older 7:45 pm – 8:30 pm
Fee:\$40.00/ 5 week session

Session VIII

When: Tuesdays, February 24 – March 24, 2015

Ages & Time: 5 – 7 year olds 6:30 pm – 7:00 pm
Fee: \$30.00/ 5 week session

Ages & Time: 8-12 year olds 7:00 pm – 7:45 pm
Fee: \$40.00/ 5 week session

Ages & Time: 13 & older 7:45 pm – 8:30 pm
Fee:\$40.00/ 5 week session

All sessions are held at West Side Middle School, 250 Brandegee Ave, Groton

ARE YOU LOOKING FOR A VENUE TO CONDUCT A PROGRAM?

The City of Groton Parks and Recreation is looking to expand its programming. If you or someone you know needs a venue to conduct their program, please submit a proposal to the Director of Parks and Recreation, City of Groton, 295 Meridian St, Groton, CT 06340.

The proposal should include the type of program, fee charged, age limits and what type of space is needed.



Online Registration is here: cityofgroton.recdesk.com



FALL BUS TRIP

Thursday, October 23, 2014

Enjoy a fall inspired Harvest Buffet then we'll be escorted into the Jack O' Lantern Spectacular trail!



Sample Menu: Soup, BBQ pulled pork, oven roasted turkey with country gravy, cranberry sauce, hamburgers, hot dogs, stuffing, mashed potatoes, butternut squash, corn bread, apple crisp, apple cider, hot chocolate, water, and assorted soft drinks.

Leaves: 4:00 pm from Groton City Municipal Building, 295 Meridian Street

(Groton Public Schools have early dismissal this day!)

Returns: Approximately 8:30 pm to the City Municipal Building

Destination: Roger Williams Park Zoo, Providence, RI

COST: \$45 per person (13 years old and older) \$25 per child (3-12 years old)
2 & under free with no bus seat (must sit on adults lap)

***** Limited space. Registration deadline: Monday, September 29, 2014**

Hundreds Switch to TVC Each Month!



Why Choose the NEW TVC?

- Save Money
- Faster Internet
- Better Cable TV
- Reliable Phone Service
- 99% Customer Satisfaction



What former Comcast subscribers say after switching to TVC:

"LOVE YOU GUYS - Tech was wonderful!"
-AS, Pawcatuck

"Very Happy!"
-RC, Gales Ferry

"Thrilled with the Internet!"
- CR, Groton

"Very Happy with my channels."
GS, Groton

"We're VERY PLEASED with TVC!"
- AC, Pawcatuck

"Happy with TVC...Glad to come back!"
-JN, Groton

"Had an issue with the cable box and a technician came out the same day to correct it...we love you guys!"
-WC, Groton

"Tried Comcast...We're VERY VERY Happy to be back."
- PB, Stonington

Sign Up Today!

860.446.4009

BUS TRIP TO RADIO CITY MUSIC HALL



TO SEE

THE CHRISTMAS SPECTACULAR

STARRING THE ROCKETTES

SUNDAY

DECEMBER 7, 2014



Bring your family and get into the Holiday Spirit.

Enjoy New York City dressed up for Christmas and then a spectacular show!

- Leaves:** 10:00 am from the Groton City Municipal Building, 295 Meridian Street
- Arrives:** At Radio City Musical Hall, New York City, approximately 1:00 pm.
- Show starts at 5:00 pm, giving your family time to shop and eat prior to the show!**
- Departs:** Directly after the show getting us back to Groton about 9:30 pm.
- Seats:** Orchestra seating
- Fee:** \$105.00 per person (ages 2-99, under 2 can sit on a parents lap for show and bus at no cost)
- Deadline:** To register is FRIDAY, OCTOBER 3, 2014. Space is limited!

Open to City of Groton Residents and Non-Residents alike.



Special thanks to our generous Bus Trip Sponsors!



GROTON UTILITIES

Looking Toward The Future.

Providing a second century of service.

Local Service - Local People - Local Company

www.grotonutilities.com



TVC

**THAMES VALLEY
COMMUNICATIONS**

Online Registration is here: cityofgroton.recdesk.com

FAMILY SWIM

Avery Point Pool
1084 Shennecossett Road, Groton

Session I: Sundays, Sept 21 – Nov 16, 2014
Session II: Sundays, Jan 11 – March 15, 2015
Time: 5:00- 6:30 pm
Fee: FREE

** Registration for each session prior is necessary

This program is a fun evening for families to get together and enjoy the pool at the UCONN-AVERY POINT campus.

Open to City Residents and City Employees ONLY

ADULT SWIM

Avery Point Pool
1084 Shennecossett Road, Groton

When: Tuesdays and Thursdays
Runs from September to March
Time: 9:00 am to 11:00 am
Fee: FREE

** Registration prior to attending is necessary

This program is intended for ADULTS ONLY.

Open to City Residents and City Employees ONLY



HALLOWEEN

TRICK or TRUNK PARTY

Date: **Friday, October 24, 2014**
Agenda: 6-6:30 pm Check in and Decorating
6:45-7:15 pm "Trick or Trunking" and Judging
7:30 pm Winners announced
Where: Eastern Point Beach 3 Beach Pond Rd, Groton

Trick or Treat!



What to bring: Bring your car, your kids and treats to Eastern Point Beach for a fun-filled night. Park your car, open and decorate your trunk, and sit on your lawn chairs while you watch your child trick or treat from car to car, while you hand out candy to those visiting your car!

Prizes for the best decorated trunk!

*In order to provide a safe event the gate will be locked @ 6:45 pm.

All children must be accompanied by an adult and all adults must be accompanied by their child(ren).

Save time and postage...



**ONLINE REGISTRATION
IS HERE!**



Visit us at

cityofgroton.recdesk.com

**Instructions can be found on
our website or call our office
at 860-446-4128 for help.**

ZUMBA

Have you always wanted to try Zumba?
Join the fun and feel the rhythm of the music!

Session I: October 1 – November 5, 2014

Session II: January 7 – February 11, 2015

Session III: March 4 - April 8, 2015

Fee: \$45.00 per 6-week session

All classes are held on Wednesdays
from 4:45-5:30 pm at the
City of Groton Municipal Building Auditorium.

No experience required and
all ages are welcome!

HOLIDAY FESTIVAL

Sponsored by the City of Groton Police Department

Date: Thursday, December 4, 2014

Time: 6:00 pm

Where: City Municipal Building, 295 Meridian Street

Fee: FREE

Join us for an evening of family fun! Holiday music will be performed by area school bands and the choir from St. John's Church in Groton.



Have your child's picture taken with Santa and let them get acquainted with Frosty the Snowman and Rudolph!

Refreshments will be served.

Sing-Along With Santa

Monday, December 8, 6:00 p.m.

At The Bill Memorial Library

240 Monument St, Groton

Carols, Cookies, and Santa

Parents should bring their cameras – every child will have a chance to get their photo with Santa!

Online Registration is here: cityofgroton.recdesk.com

From the City of Groton Highway Department - 860-446-4127

2014 LEAF PICKUP

Leaves will be collected throughout the City of Groton on the following dates:

Wednesday, October 15, 2014	Wednesday, November 5, 2014
Wednesday, October 22, 2014	Wednesday, November 12, 2014
Wednesday, October 29, 2014	Wednesday, November 19, 2014



* Please call 86-446-4127 for complete details. Leaves will NOT be picked up if they are in plastic bags.

BULKY WASTE PICK UP

Bulky waste is picked up on WEDNESDAYS and will be scheduled by appointment only with the sanitation department at 860-446-4127. Please give us one (1) week's notice for all pickups. Thank you!

CHRISTMAS TREE COLLECTION

Christmas tree collection in the City of Groton will be held on:

Wednesday, December 31, 2014	Wednesday, January 14, 2015
Wednesday, January 07, 2015	Wednesday, January 21, 2015



*Please have your Christmas tree curbside by 7:00 am for pickup.

DO NOT PLACE CHRISTMAS TREES IN PLASTIC BAGS.

GRASS CLIPPINGS will not be taken under any circumstances. Bagging Grass Clippings is illegal in Connecticut.

Babysitting Certification Class

Gives teenagers the skills to manage whatever may come up while babysitting.

You'll learn how to:

- Care for babies and kids up to 10 years old
- Keep the kids and yourself safe
- Make playtime fun with age-appropriate games
- Handle a wide variety of emergencies
- Manage your babysitting business

Dates: Saturday, October 18, 2014

Time: 9:00-4:00 (bring a bag lunch)

Ages: 11-15 year olds

Place: Zbierski House at Eastern Point Beach, 1 Beach Pond Rd, Groton

Fee: \$45.00 per person

Limit: 15 students

REGISTRATION DEADLINE: Friday, September 26, 2014



**Red Cross Approved,
Certificates Provided.**



**CITY OF GROTON
PARKS AND RECREATION DEPARTMENT
PROGRAM REGISTRATION FORM**

Name / Parent or Guardian _____ Email _____

Street Address _____

City _____ State _____ Zip _____

Home Phone # _____ Work Phone # _____

Emergency Contact _____ Phone # _____
(Someone other than parent, you will be called first)

PROGRAM	PARTICIPANT'S NAME	DOB	M/F	FEE	GRADE/AGE

Circle one please: T-shirt size: Child's S M L Adult's S M L XL

I do _____ I do not _____ give permission for myself or my family to appear in any media coverage approved by the Department of Parks and Recreation.

Chronic/Recurring illness (diabetes; asthma) _____

Allergies to food/medication: _____

Does your child use an Epi-Pen? _____ Inhaler? _____ Other: _____

Injuries or specific restrictions: _____

Physician's Name and Phone: _____

I hereby understand and agree that the City of Groton Parks & Recreation Department, its employees, volunteers and commissioners will not be held liable for any accident or injury incurred by participants while traveling to and from or participating in the above mentioned trips or activities.

Individuals with disabilities who require accommodation to participate in a program should request accommodation from the Parks & Recreation Department at or before registration. Documentation supporting the need and the extent of the accommodation may be required.

Signature _____ Printed Name _____ Date _____

For more information call Parks & Recreation Office at 446-4128

Make checks payable to: **City of Groton**

Mail to: City of Groton, Parks & Recreation, 295 Meridian Street, Groton, CT 06340

Revised 8/19/14



City of Groton
295 Meridian St
Groton, CT

Sponsored by:



From the Fire Department



Daylight Savings
time is at
2:00 am on
Sunday,
November 2, 2014.

Don't forget to set your clocks
back one hour.

This is also a good time to change
the batteries in your
smoke detectors!

City Cabaret



**Our Winter Concert series are FREE
and open to the public. They are held
on the third Sunday of the month from
December—March at the**

**City of Groton Municipal Building
295 Meridian St, Groton**



**Keep your eyes open
for full details
on our website!**