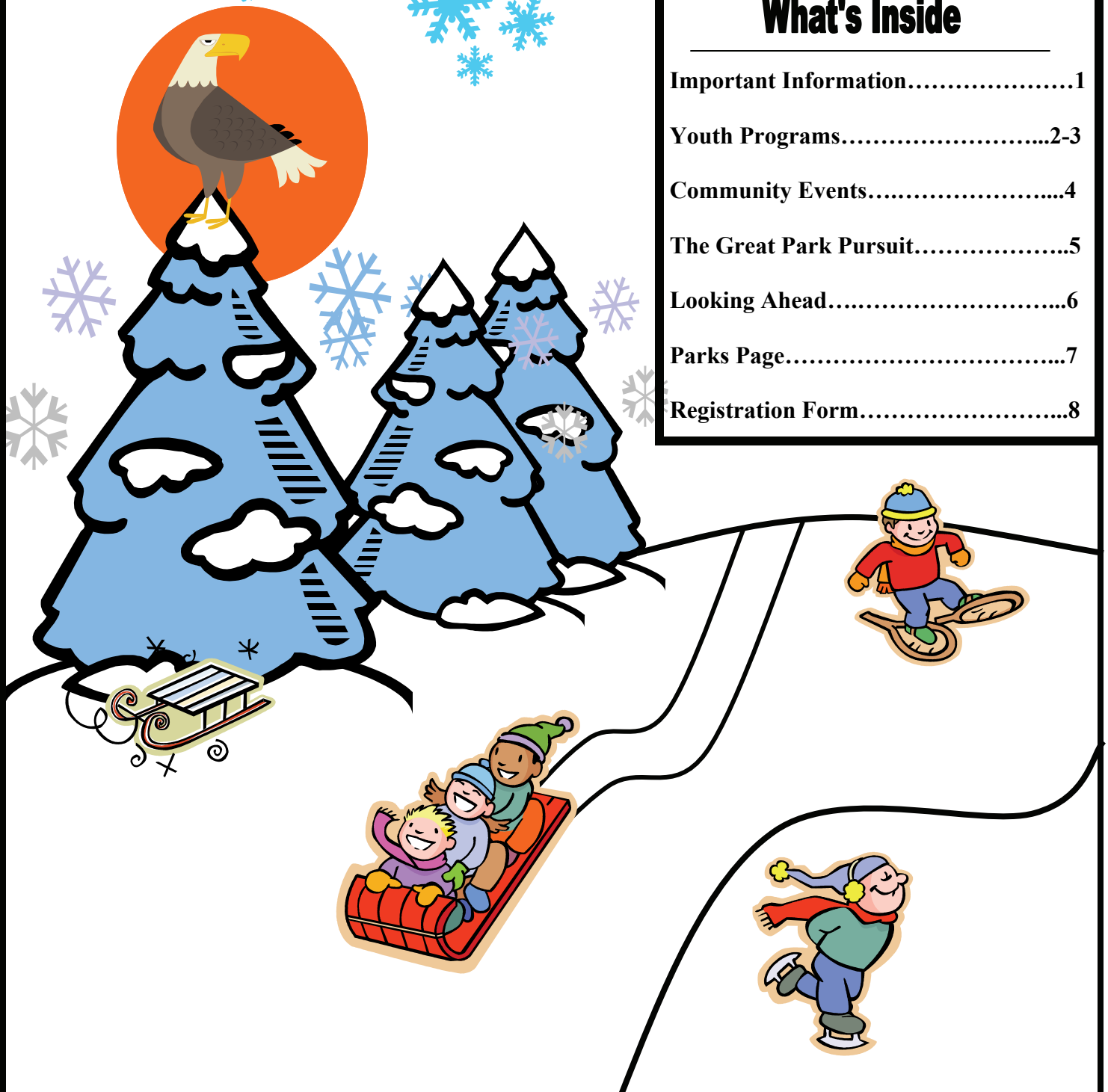


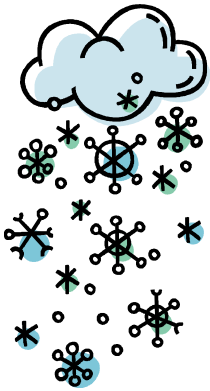
Essex Park and Recreation

Winter 2011 Programs

What's Inside

Important Information.....	1
Youth Programs.....	2-3
Community Events.....	4
The Great Park Pursuit.....	5
Looking Ahead.....	6
Parks Page.....	7
Registration Form.....	8





Important Information

Our Mission

It is the mission of the Essex Parks and Recreation Department to create recreational opportunities for growth and enhancement by developing diverse services and programs that promote citizen involvement and a strong sense of community while striving to increase the social, cultural, and physical well-being of its residents and visitors.

Please complete one program registration form per student per course.

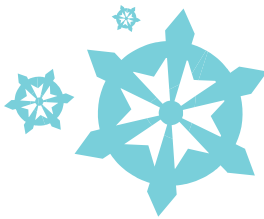
Be sure you include the course name on the form.

The registration deadline for EES After Hours & Volleyball is Feb.19th.

Make checks payable to Essex Park and Recreation.

One check per child per course.

****Do not combine payments****.



You can register for all programs by mail, in person or online at any time. All Programs are on a first come first serve basis. The Essex Park and Recreation Department doesn't not confirm mail-in registrations. If you do not hear from us assume that you are registered. Please make checks payable to:

Essex Park and Recreation

Park and Recreation Department Staff

Rick Audet-Director of Park and Recreation

raudet@essexct.gov

(860) 767-4340 x148

Mary Ellen Barnes-Program Coordinator

mbarnes@essexct.gov

(860) 767-4340 x110

Fees/Refund Policy

Payment is due at the time of registration when fees are charged. Once an activity has begun, there will be no refunds except in the case of illness, injury or relocation. Refunds will be given if a program is cancelled due to insufficient enrollment. However, there will be no refunds on excursions cancelled less than 2 weeks prior to the trip.

Facilities

All Programs will be held at Essex Elementary School unless otherwise indicated.



Register Early

Most programs have a minimum number of participants in order to be conducted. Please register early if a program interests you. Do not wait until the last minute or else it may be cancelled due to insufficient enrollment. Some programs fill quickly as well.

Youth Programs

Junior Warriors Boys LAX

These informal gym sessions will be run by parent volunteers. The general idea is to give the players a local indoor location to work on their stick skills and prepare for the upcoming season. The specific format will depend on participant numbers each week, but will loosely encompass the following: Warm up/stretch, passing drills, stick handling drills, shooting drills, conditioning, cool down/stretch. All stick handling drills and defensive drills will be comprised of 1v1, 2v2 or 3v3 scrimmages. Indoor balls will be provided but all other necessary equipment (sticks, helmets, pads) must be provided by the participants.

Who: Boys Gr. 1-6.

When: Tuesdays Feb.15, March 1, 8, 15, 22 & 29 (6 Sessions) **Time:** 5p-7p.

Location: Essex Elementary School Gym.

Cost: \$65.00

Limit: Max. 20.

Instructor: Park and Recreation Parent Volunteers.

Registration Deadline: Feb. 10, 2011

Shoreline Girls Lacrosse Clinic

This clinic will focus on technical skill work, both on defense and attack. We will feature small sided instruction (1v1, 2v2, 3v3, 4v4) along with all the components necessary to be a confident and skilled player. Session breakdown will be 1/3 technical work, 1/3 small sided instruction, 1/3 scrimmaging. There will be no goal-keeper training at this clinic. All equipment is provided by The Shoreline Girls Lacrosse Clinic except a mouth guard (which is mandatory). If you are playing spring lax, this is the clinic that will prepare you for the upcoming season!

Who: Girls Grades 1-6

When: Thurs. 3/3, 3/10, 3/17, 3/24, 3/31 (5 Sessions).

Time: 5pm-7pm.

Location- Essex Elementary School Gym.

Cost: \$55 which includes a clinic lax shirt.

Limit: 36 players.

Instructor: Greg Ruel, Director of the Shoreline Girls Lacrosse Clinic. **Registration Deadline:** Feb. 10, 2011

Co-Ed Volleyball:

Ready Set Spike! A volleyball skills program that includes games and drills to improve areas such as bumping, setting, serving, game strategy and more!

Who: Boys & Girls Grades 5-9

Meets: TBA (Tentatively GR. 5-6 Wed. & Gr. 7-9 Fri.)

Session: Wed: March 2, 9, 16, 23, 30, April 6

Session: Fri: March 4, 11, 18, 25, April 8

Time: 5p-6:30p on Wed, Fridays 6p-7:30p

Cost: 40.00

Location: EES GYM

Limit: As space will allow.

Instructor: Park and Recreation Parent Volunteers

In the Program Spotlight:

EES Afterhours Programs:

Essex Elementary School After Hours Programs provide an opportunity for students to explore, create and participate in a variety of different activities. Programs meet directly afterschool allowing children to join the fun without the added pressure "getting them there." EES After Hours is also available to students in the after school care program. Parents can coordinate with the after care provider, allowing their child to participate. The Winter Sessions will start soon after February Break, so it is important to register early as most programs require a minimum number of participants in order to be conducted. Please register early if a program interests you. Do not wait until the last minute or else it may be cancelled due to insufficient enrollment. Some programs fill quickly as well. You can register for all programs by mail at any time. Online registration will also be available for a limited time. It is the mission of the Essex Parks and Recreation Department to create recreational opportunities for growth and enhancement by developing diverse services and programs that promote citizen involvement and a strong sense of community while striving to increase the social, cultural and physical well-being of its residents and visitors. EES After Hours programming provides opportunities for our youth to play, achieve and grow!!

Deadline for Registration is Feb. 19th for "EES After Hour's" Winter Session 2011

Recreational Scholarships

are available for families in need. They enable those who are eligible to join certain programs we sponsor at a reduced rate or free of charge.

For information to see if you qualify, contact Mary Ellen Barnes, 767-4340 x110.

All inquiries are strictly confidential.



Youth Programs



Out of the Box Art

Think outside of the box and explore a world of creativity! Children will create a variety of different projects using all kinds of materials. Come use your imagination to make wonderful treasures!

Who: boys & girls grade K-3

Meets: Thursdays

March 3, 10, 17, 31 April 7, 14

Session: **Time:** 3:00-4:00

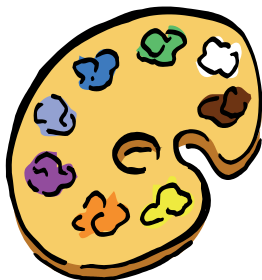
Cost: \$65.00

Limit: Max 12

Location: EES Room TBA

Instructor: Jennifer Crown

***Program Does Not Meet on March 24th



Karate Kids

Meet friends and build self esteem while learning the meaning of respect, self discipline, concentration and self control. Student will learn the basics of Kempo Karate.

Who: boys and girls grades K-6

Meets: Mondays

Session: Feb. 28, March 7, 14, 21, 28 & April 4

Time: 3:00-4:00

Cost: \$60.00

Location: ½ EES Gym

Limit: Max 20

Instructor: Kim Kleinman,

Valley Shore Martial Arts



Intro to Robotics I

Using the latest LEGO product the WEDO Robotics System you can create a robot that rocks. Create a bird that chirps, a boat that rocks, a monkey who can tap his own tune, and a soccer player that can kick his own goal. This course builds knowledge of simple machines, engineering, programming and teamwork in an environment full of Rockin' Fun!

Who: Children grades K-3

Meets: Tuesdays

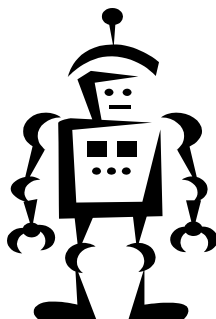
Session: March 1, 8, 15, 22, 29 April 5

Time: 3:00 - 5:30 pm

Fee: \$100.00

Limit: Min:6 Max 20

Location: EES Room #TBA



Mad Scientists

We spark imaginative learning when school is out!

This hands-on, one-hour science program is centered around N.A.S.A themed classes. Children engage in exciting hands-on activities, watch spectacular demonstrations, participate in inquiry-based discussions and take home things that they have made themselves. Our Mad Science after-school program offers children a chance to see just how cool science can be!

Possible Topics Included: Planets & Moons, Space Travel, Rocket Science, Living in Space, & Space Technology

Who: boys and girls grades 2-5

Meets: Mondays

Session: Feb. 28, March 7, 14, 21, 28, April 4

Time: 3:00-4:00

Location: EES Room TBA

Cost: \$87.00

Limit: Min. 10 Max 20

Instructor: Mad Science of Southeastern CT Staff

Creative Songwriting Workshop

Fischer Music School's Charles Domler is a talented guitar teacher, singer and songwriter now bringing his fun and exciting Creative Songwriting Workshop to the Essex Elementary School. This introductory level program will focus on building a song, complete with music and lyrics, from the ground up. Charles will share his own original music throughout the program. Students will sing, share poems and stories, write lyrics, learn about basic chord construction and melody, perform songs in a group setting and learn to critique each other's work. Students should bring pencil and paper to workshops and may bring instruments if they like, but not required.

Who: Students Grades 4-6

Meets: Wednesdays

Session: March 2, 9, 16, 30, April 6, 13 ****Program Does Not Meet on March 23**

Time: 3:15 - 4:15 *** 60 minute class

Location: EES Room TBA

Cost: \$65

Limit: 15

Instructor: Charles Domler



NEW PROGRAM

Children's Music Program-The Children's Music Workshop was designed to introduce young children to the basics of music such as singing in tune and performing correct rhythm by using games, a variety of instruments, dance and songs.

Class instructor and Fischer Music School owner, Charles Domler, believes that all children have great musical capabilities and when exposed to music education at an early age, children can be inspired to take their musical gifts to a higher level. During the 6 week program, kids will participate in jam sessions, sing, make music with egg shakers and kazoos, hear lots of live guitar, dance, play the tambourine, learn about basic music notation, and have plenty of silly fun!

Who: Students Grades K-3. **Meets on Tuesdays. Session: March 8, 15, 22, 29, April 5, 12**

Time: 3:15 - 4:00 *** 45 minute class. **Location:** EES Room

Cost: \$60.00 **Instructor:** Charles Domler

Community Events

Essex go Bragh

* Irish Parade & Festival

Events- (Exact times and Locations TBD)

The First Annual “Essex go Bragh Irish Parade & Festival” will take place on Saturday March 19th (rain date, March 20). Stepping off from Town Hall at 12noon, the parade will make its way down Main Street Essex before ending at the Main Street Park where there will be live music by the Corby’s and Fisher Music School, demonstrations by Grays School of Irish Dance, Pawsitive Teach, Valley Shore Martial Arts, and Shoreline Gymnastics. Guests can also enjoy a Taste of Ireland from local organizations participating in an Irish Stew Cook-off.

The Parade Committee extends an invitation to all residents of the Villages of Essex! Gather your family, neighbors, groups of any kind and decorate your bike, scooter, wagon, tractor, truck or antique car, even your pooch! Come march with us at the Essex go Bragh Parade!! Contact Essex Park and Recreation for more information.

VOLUNTEERS:

Would you like to help us put on Essex Park and Recreation’s premier festival event? It will take many dedicated volunteers to make the Essex go Bragh Irish Parade & Festival a reality. It’s a lot of work ... and an amazing amount of fun. There are a number of different opportunities for volunteers at the Parade & Festival – before, during and after the event! Volunteers are needed from 11a.m. until 5 p.m. Let us know the hours you are available and your interest and we will find the ideal activity for you!

Enter the Irish Stew Cook-off - All local groups and restaurants are welcome; it makes a fun day and is a great fundraising opportunity. Please contact us if you are interested in entering the Essex go Bragh Irish Stew Cook Off.

Deadline for entering is March 1st.

Essex Park and Recreation

recreation@essexct.gov

860-767-4340 x110 or 148

The Essex Great Outdoors Pursuit

The Essex Great Outdoors Pursuit is a cooperative effort between the Land Trust and Park and Recreation Department. Our mission is to bring the families of Essex together through positive and healthy outdoor endeavors, while increasing the presence and awareness of our local parks, open spaces, and preserves. For more information, please visit the Park and Recreation website: <http://essexct.recdesk.com/recdeskportal/>. We are very appreciative of the Essex Land Trust in developing this program with us, and for those of you not in the know, we have one of the best Land Trusts in the state right here in Essex.

To play the EGOP, all families who participate will receive a Great Outdoors Pursuit passport. With each event you complete, your passport will be stamped. For a family to officially complete the event, at least one parent or grandparent and one child must participate (except for the Turkey Plunge). You may pick up your passport at any event or in the Park & Recreation office. Participants will receive a small prize for attending and participating in an event. Families must turn in their stamped passports at the conclusion of our program to the Park and Recreation office no later than December 9, 2011. We will then hold a drawing for a really cool grand prize valued at \$250. Each family will have their name placed into the drawing the same amount of times for each event they officially completed. For example, if a family did two events they will have two tickets in the drawing, or for all eight events, you will have eight tickets in the drawing. The greater number of events a family completes, the greater the chance of winning the grand prize!

Here is a brief listing of each program, for complete information visit the Park and Recreation or Land Trust website:

Winter Walk at Falls River Preserve and Jean's Island, Falls River Preserve
Saturday, February 19th, 10am

Family Vernal Pool Walk, Bushy Hill Nature Center
Sunday, March 27th, 1pm

Fishing Derby, Viney Hill Brook Park
Saturday, May 21, 8am (Fishing class on Friday, May 20 5:30pm at Town Hall)

Family Walk, Picnic, and Concert, Cross Lots
Sunday, June 5th, 4-6pm

Wiffle Ball Tournament, Hubbard Field
Wednesday, July 20th, 6-7:30pm

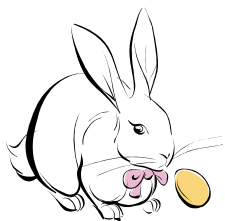
Family Canoe/Kayak on Mill Pond, Falls River Drive, Ivoryton
Sunday, October 2nd, 1pm

Ivoryton 5k Run/Walk/Road and Trail Race and Pumpkin Run, Ivoryton Library

Saturday, October 22nd, 8:45am

Family Turkey Tromp and Plunge, Viney Hill Brook Park
Saturday, November 26th, 10am-12pm

Looking Ahead...



Easter Egg Hunt:

The Annual Town of Essex Easter Egg Hunt will be on Good Friday, April 22. This event is held at Grove Street Park and is open to children from preschool to 2nd grade. With plenty of eggs and an opportunity to meet the Easter Bunny, plan to arrive 15 minutes early as the hunt begins at 10am SHARP!



Running Rams:

Tri-Town area residents in grades 2-6 will once again be invited to participate in a Track and Field Program that will focus on fitness and fun with Local Resident and Coach Pete Capezzone. This six week program is scheduled to begin in late April.



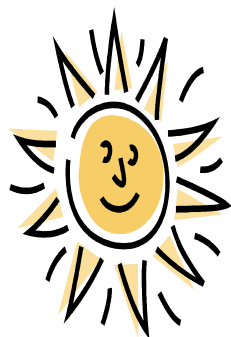
Flag Football:

Open to Tri-Town area youths will be held at Essex Elementary School. This program is a great opportunity to learn the sport in a non-contact setting. Exact times and dates TBA



Tennis Clinics:

Valley Regional Girls Varsity Tennis Coach Gary Ribchinsky will be teaching the fundamentals of tennis: ground-strokes, volley, serve, and game play. Clinics will meet starting in April.



Summer Camp:

This year Summer Camp will be open to children that will be entering grades 1-7 Sept. 2011. The camp will be held once again at Essex Elementary School and is planned to run for 8 sessions: Early drop off and late pick up will be available. In addition, we are planning to offer a late pick up. More information will be available in the Spring. Registrations will be accepted starting on April 1, 2010, and registration forms will be available on line at www.essexct.gov. Space is limited so please register early.

The Parks Page

Clark's Pond

This meadow and pond is found off of Main Street in the village of Ivoryton. It has a great dock that was built for fishing and many residents find themselves enjoying it during the winter months by ice skating.

Comstock Fields

Situated off of Park Road in Ivoryton, this area holds a multi-purpose field merged between two baseball fields, one of which is regulation size. It is commonly used by Essex Little League and Babe Ruth Baseball League.

Dickinson Park

Located off of North Main Street in the Village of Essex, this quaint little park is surrounded by a rock wall with iron gates and is tucked away by beautiful trees making it a perfect spot for weddings or quaint family gatherings.

Grove Street Park

Families enjoy gathering at this park for playtime and picnics. It has a beautiful picnic area with Toddler playscapes and playground equipment surrounded by a walking trail that winds around the outer edge of the park through the trees. There are picnic tables and benches for families to enjoy a little outdoor time.

Hubbard Field

Baseball Fever hits Hubbard Field on North Main Street every year starting in April! This location offers a little league baseball field, batting cages, basketball, a beach volleyball court, and multi-purpose field.

Ivoryton Green

This tucked in grassy area is the home to a beautiful gazebo, picnic tables, and benches. There is a portable seasonal restroom and the park is found on Main Street in the Village of Ivoryton right next to a historical gem, the Ivoryton Playhouse. It is the perfect location for that lazy summer night to come and listen to the Summer Concert Series blues, jazz, or whatever the sound of the day is. It also becomes haunted on the Saturday before Halloween when the Ivoryton Village Pumpkin Festival takes over and fills the green with the pumpkin carving talents of the residents of the three villages.

Main Street Park

Main Street Park has been a hub for the village of Essex since it was put together by volunteers and created for the benefit of the Town. It features a scenic spot in the middle of Main Street with a gazebo, benches and picnic tables, the new restroom facility, beautiful waterfront and cove views, a boat launch and municipal parking area. It has been the home to many events in our town including the Farmer's Market, Summer Concert Series, Lobster Bake, May Market, and Craft Fairs. It is the perfect spot to grab a bite to eat at one of the local establishments and take a stroll in the park or sit for a picnic while shopping at Main Street.

Sunset Pond

This quaint location off of West Avenue in the village of Essex sports a great pond with a wood dock on the pond's edge. It is a popular place for residents to ice skate or to fish.

Tennis Courts

Tennis Courts are located behind Town Hall adjacent to Grove Street Park. The courts are lit until 10pm.

Viney Hill Brook Park

Our newest park is excited to welcome residents and is open April 1st until November 30th. The park is open from sunrise to sunset. This location offers a beach and swimming facility. There will be lifeguards on duty from the last day of school through Labor Day weekend from 11am until 3pm and there will be seasonal restroom facilities. This park also offers nature trails and the fenced in "Paw Park" which offers a place for man's best friend to romp and play with other four-legged licensed residents. It offers a one-acre area that is fenced in with a separate area for small dogs.



Program Registration Form

Name: _____ M ____ F ____ Present
Grade _____

Teacher _____

Date of Birth ____/____/____ Program Registering For: _____
Please include Session Information if applicable.

Shirt Size: ____YS ____YM ____YL ____AS ____AM ____AL ____AXL

Parent/Guardian Name (If Applicable) _____

Phone Number _____ Cell Number _____

Address _____

Email (PLEASE PRINT CLEARLY) _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

I hereby grant permission for myself/or _____ to participate in the Essex Park and Recreation sponsored activity. I agree to hold the Essex Park and Recreation Commission, and any person connected therewith, including the Town of Essex, harmless from any and all claims of bodily injury and property damage arising from the use of the facilities during the course of this Essex Park and Recreation sponsored activity.

I hereby verify that I or my child am /is in good physical health and am able to participate in and/or complete the program. I/We grant permission for my child/myself to receive emergency medical treatment, as necessary, while attending any function of any team of the Essex Park and Recreation sponsored activity. I also give permission for my child/myself to be photographed and for the pictures to be used in newspapers, marketing, and advertising materials in support of Park and Recreation.

Player Parent/Guardian Signature Date

Persons Authorized to Pick Up My Child while participating in this Essex Park and Recreation Sponsored Program. (If Applicable)

Name _____

Address _____

Phone Number _____

Name _____

Address _____

Phone Number _____

Payment Enclosed: _____ Check Number: _____ Date Received: _____