

Summer Programs / Special Events

Rose City Pentathlon

The Norwich Rec. Department is teaming up with Youth and Family Services as well as NFA coaches to bring you a one of a kind fitness journey this spring and summer! This program is designed for the whole family and will highlight some of the great attractions that Norwich has to offer, such as Mohegan Park, Norwich Golf Course and much more. Athletes will compete in age divisions and prizes will be awarded for top results! Sign up and enjoy this fitness adventure. Athletes will have 3 weeks to complete each event at their leisure. Please be sure to register with the rec. department and share your times or results. This fitness series is free but \$25 donations are welcomed and will help to provide children scholarships for programs and camps.

Dates	Event	Ages	Location
5/01 – 5/23	5K Run	All Divisions	Virtual
5/24 – 6/15	18 holes @ NGC	All Divisions	Norwich Golf Course
6/16 – 7/8	Bowling	All Divisions	Norwich Bowling Center
7/9 – 8/1	Disc Golf	All Divisions	Mohegan Park Disc Golf
8/2 – 8/24	10K Bike Ride	All Divisions	Virtual

Location: Various Locations
Fee: FREE (\$25 donations accepted)
Instructor: Norwich Rec. Staff, NFA Coaches



Age Divisions (Male and Female)

Youth: 14 – 19 yrs old

Open: 19 – 39 yrs old

Masters: 40 + up

Family Fishing Program

We will cover the basics about fish and fishing. Spend time learning from experienced instructors, and then fish at Spaulding Pond at Mohegan Park.

You will learn about fishing tackle, how to cast, knot tying, safety, regulations and how to identify your catch. You can even use our fishing gear during the field experience! Bring bait and a fishing license if over 16. If under 16, a free license can be obtained at the Clerk's Office at City Hall. Training with DEEP is virtual this year and ZOOM and videos are uploaded weekly on their website. They are also requesting that you register through their site. Please find all links in the description of this program on our website!



Date	Day	Time	Ages
5/08	Sa	2:00 – 5:00 pm	9 & up

Location: Norwich Rec. Dept. & Mohegan Park
Fee: FREE
Instructor: DEEP Staff

Community Police Fishing Series

The Norwich Rec. Department is teaming up with Norwich's finest in a family friendly fishing series throughout the city! Family fun, catch and release fishing will be taking place over the summer with some of the Norwich Police Department officers. The officers will be teaching and assisting during each event. Each month a prize will be awarded to an individual with the best catch! Submissions of catches can be sent to recreation@cityofnorwich.org.



Dates	Day	Times	Ages	Location
5/08	Sa	2:00 – 5:00 pm	15 & Under	Mohegan Park
6/5	Sa	9:00 – 11:00 am	15 & Under	Mohegan Park
7/17	Sa	9:00 – 11:00 am	15 & Under	Howard T. Brown
8/7	Sa	9:00 – 11:00 am	15 & Under	Howard T. Brown

Fee: FREE
Instructor: Norwich Police Officers