Spring/Summer 2022

Spring Session: April 30 – June 18
Summer Session: July 9 – August 20

INSIDE THIS ISSUE
• Youth & Adult Programs
• Summer Camps
• Special Events

NORWICH RECREATION DEPARTMENT

75 Mohegan Road | Norwich, CT | (860) 823-3791 | Norwichct.org/recreation

Register online at Norwichct.org/recreation
From the Recreation Director

We are excited to kick off the Spring and Summer season of 2022 with an array of new programs and events. We are releasing all our programs in one brochure this spring that will cover both the spring and summer months.

For early childhood age children, we are offering a fun filled gymnastic inspired Mini Star Tumblers program where parents/guardians can enjoy time with their toddler using movement, tumbling, music, balls and obstacle courses. Among other enriching programs, we are offering a Smart Start program, where young athletes can dip their toes into the world of athletics and learn the fundamentals of different sports each week.

For our Summer Day Camp, expect exciting theme weeks, lots of outdoor fun and amazing counselors in 2022. We are offering 7 weeks at camp. We listened to our communities continuing needs for early education care and are in our 3rd year or Kindercamp for 3-5yr olds. This program offers age appropriate sports, activities, arts and crafts and provides a warm, nurturing atmosphere for our youngest campers.

We are also offering weekly sport and specialty camps throughout the summer. We are starting the summer with a Basketball camp followed by Multi-sport, Soccer, LEGO S.T.E.A.M camps and more!

Mohegan Park beach will soon be prepared by our staff. Lifeguards and swim instructors are being hired and we are planning to open June 23rd. Be ready for swim lessons several days a week this summer. It is very important for your child to learn how to swim. Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

The Recreation Department oversees and manages over 166 acres including 25 sites, 18 fields, 10 playgrounds and 16 building structures. This spring and summer we will be working on adding a basketball court to Jenkins Park, as well as resurfacing, sealing and lining several basketball courts throughout the city. We are also working on replacing the playground at Greenville Park. We are also working on reconstructing the Armstrong Tennis courts this Fall to complete Phase 1. We are still fundraising for Phase 2 and 3 of the project to pave the parking lot and convert the lights to energy efficient LED’s. We currently have an active donation drive and any support is appreciated!

You can register for all of our programs and more online, where registration is quick and simple. Go to our website at www.norwichct.org/recreation. We also have an active Facebook page @ NorwichRec for updates.

The Recreation Department constantly strives to create community through people, parks and programs all year long. If you have a new idea or question, please call us anytime!

Sincerely,

Cheryl Hancin Preston

Cheryl Hancin Preston

Staff & Hours

Our Mission
To provide opportunities and facilities that will promote health and fitness and enrich the quality of life for Norwich residents.

Recreation Staff
Director: Cheryl Hancin Preston
Program Coordinator: Bob Kilpatrick
Administrative Specialist: Vacant
Facility Maintainer Supervisor: Ken Cwirko
Facility Maintainer II: Vacant
Facility Maintainer I: Jimmy Haring
Facility Maintainer I: Jonathan Hoffman

Human Services Director: Tara Booker

Contact Information
Norwich Recreation Department
75 Mohegan Rd., Norwich, CT 06360
Phone: (860) 823-3791
Fax: (860) 823-3830
Email: recreation@cityofnorwich.org
Permits: rpermits@cityofnorwich.org

Office Hours
Monday - Friday, 8:00am - 4:00pm (excluding federal holidays)

Norwich Recreation Advisory Board
The Advisory Board meets every other month and meetings are held the 3rd Wednesday of the month.

The role of Advisory Board is to study the recreation facilities and program of the city and shall from time to time confer with the chief executive officer of the city and advise him in respect to the development and the use of the city’s parks and its recreation program. The chief executive officer of the city, with the advice of the board, shall have the supervision and management of such public playgrounds, swimming pools, gymnasiums, recreation places, athletic fields and equipment and facilities used in connection therewith as are now or may hereafter be established; shall provide regulations for their use and shall arrange for a balanced active recreational program for the inhabitants of the City of Norwich.

Board Members
Jeff Blinderman-Chairman
Derell Wilson
Jeff Brown
Julie Feindt-Cagle
Grant Nuerendorf
General Information

Mail/In Person or Online: We are excited to announce that we are offering online registration; visit www.norwichct.org/recreation for online registration. Completed paper registration forms may be mailed or brought to: Norwich Recreation Dept., 75 Mohegan Road, Norwich, CT 06360. For after hours, a lock box is located outside the main door under the mailbox.

Registration for programs is on a first come, first served basis. Pre-registration is required for all programs. Registrations must be made before the start of all programs. The Rec. Dept. does not call to confirm registrations. We will only contact you if the program does not run. Registration received after the start of the program will not be pro-rated.

Residents: Any person/s that resides in the City of Norwich pays the ‘resident’ fee.

Payment: We accept cash, debit, credit, check, or money order. Checks can be made out to the Norwich Recreation Department. There is a $30 return fee for non-sufficient funds.

Scholarships: Scholarships will be awarded if scholarship money is available. For more information contact the Recreation Dept.

Refund Policy: The Recreation Department reserves the right to cancel, postpone, or change classes. If insufficient enrollment causes the cancellation of a class, a refund will be given. Refunds will not be issued after the second class of a program.

Satisfaction Guarantee: Norwich Recreation is committed to providing the highest quality service to our customers. If you are not fully satisfied with any of our services or classes, we want to hear from you. Please give us the opportunity to resolve your issue.

Cancellations: Recreation programs that are run in Norwich Public Schools, are cancelled when schools are closed or when after school programs are cancelled. Programs run at any other location are cancelled at the discretion of the Recreation Department staff. Please call our office for cancellation information at (860) 823-3791 if you have not heard from us 2 hours prior to the start of class. Please make sure emails provided to the department are accurate, as this is typically the way we inform participants. The Rec. Dept. will make every effort to makeup classes.

Use of Public Park/Field: A permit is required for use of some parks and playing fields. Requests may be e-mailed to rpermits@cityofnorwich.org. Fees may apply.

Medical Conditions or Special Needs: If you have a medical condition or special need that, you would like us to be aware of during your participation in our programs, please note this on your registration form.

Participant Behavior: Participants are expected to exhibit appropriate behavior at all times. Participants shall behave in a safe and responsible manner; show courtesy and respect to other participants, volunteers and staff, and treat equipment and facilities with care. We use a positive approach to behavior management. However, we reserve the right to take appropriate action based on an evaluation of each situation on its own merits.

Insurance/Medical: The City of Norwich has liability insurance but does not carry accident insurance for participants. Personal health and accident insurance is recommended. All participants must sign the medical release/parental permission slip form before participating in our programs. Parental signature is required for those under the age of eighteen.

Photo Policy: Any photographs taken of participants of the Norwich Recreation Department programs or activities may be used for publication or advertising materials such as brochures, flyers and online. Participants not wishing to have a photograph of them used must submit a request in writing not to be photographed at the time of registration.

OOPS! Despite our best efforts, sometimes errors sneak into print or onto the web. We apologize for any problems this may cause.

Sports League Contacts - The following leagues are independent of the Rec. Dept.

Please check the league websites for detailed contact information.

Norwich Youth Football League ..............................................................Facebook - Norwich Wildcats Youth Football
Norwich Little League Baseball/Softball ..............................................norwichlittleleague.com
Cal Ripken / Babe Ruth Baseball - PAL ..............................................norwichpal.org
Norwich Youth Soccer Club ...............................................................norwichyouthsoccerclub.org
American Jr./Sr. Legion Baseball ......................................................baseball.legion.org
PAL (Baseball, Basketball, Soccer) ..................................................norwichpal.org
Norwich Youth Lacrosse Association ..............................................norwichyouthlacrosse.org
Mohegan Striders ..............................................................................moheganstriders.org
Eastern CT Major League Baseball ................................................rosegardenicearena.com

Parks & Facilities - Programs are held at the following locations throughout Norwich

Norwich Recreation Department Hall & Fields .................................. 75 Mohegan Road
Teacher Memorial Global Studies Magnet Middle School ...................... 15 Teachers Drive
Kelly Magnet Middle School ............................................................... 25 Mahan Drive
Huntington School Gym .......................................................................80 West Town Street
Raymond “CIT” Ouellet Park ...............................................................20 Old Canterbury Turnpike
McKeon Park ......................................................................................2 Taftville Occum Road
Moriarty Magnet Elementary School ..............................................386 New London Turnpike
John B. Stanton Elementary School ......................................................66 Franklin St.
Early Childhood

Messy Mondays
Your child will have fun getting messy! Experiment with different textural materials such as shaving cream, goop, finger paints, play-dough, and more. Parents: leave the mess to us! A great social experience for both you and your toddler or preschooler! 6 weeks. **No class 5/30.**

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<td>5/2 – 6/13</td>
<td>M</td>
<td>10:00 – 10:45 am</td>
<td>12 mo. – 3</td>
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**Location:** Norwich Rec. Dept.

**Fee:** $30 Res. / $40 Non–Res.

**Instructor:** Recreation Dept. Staff

Smart Start Multi Sport
Norwich Recreation is now offering a chance for our youngest athletes to experience a wide range of different sports! Each week will focus on a new sport, soccer, baseball, flag football giving our youngsters a chance to see what interests them! Parent or guardian participation is required. 6 weeks. **No class 5/30.**

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<tr>
<td>7/11 – 8/15</td>
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<td>5:30 – 6:30 pm</td>
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**Location:** Kelly Middle School Field

**Fee:** $40 Res. / $50 Non–Res.

**Instructor:** Recreation Dept. Staff

Beginner Dance
Students will learn basic ballet and modern technique through nurturing yet challenging beginning ballet and modern dance exercises. Classes will address the individual students’ needs and technical instruction will be given to help them strengthen within the form. Students will learn in a developmentally appropriate way, while expressing themselves through the art of dance. 6 weeks.

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**Location:** Norwich Rec. Dept.

**Fee:** $45 Res. / $55 Non–Res.

**Instructor:** Martha Tornay

Small and Tall Tumblers
Parents/Guardians participate in the world of the toddler with movement, music, balance beams, and obstacle courses, combined with instruction, while learning about their child’s development. The stage is set to enhance key areas of motor development for gymnastics, while stimulating the mind and body through highly creative activity. 6 weeks. Parent or guardian participation is required.

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<td>7/14 – 8/18</td>
<td>Th</td>
<td>5:00 – 5:45 pm</td>
<td>12 mo. – 3 y.o.</td>
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**Location:** Norwich Rec. Dept.

**Fee:** $45 Res. / $55 Non–Res.

**Instructor:** Thames Valley Gymnastic Staff

Mini Star Tumblers
This class enhances emerging gymnastics skills in an energetic and creative environment. Children refine basic skills that reinforce a heightened aptitude for all physical sport activities. This class offers greater challenges to the older preschooler and beyond on scaled down gymnastics inspired equipment. 6 weeks.

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<td>7/14 – 8/18</td>
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</table>

**Location:** Norwich Rec. Dept.

**Fee:** $45 Res. / $55 Non–Res.

**Instructor:** Thames Valley Gymnastic Staff

Youth Programs

You must call the office to register and inform us that you will be using a **Trial Class Pass**!

For more information on all of our programs and to register, visit our website: norwichct.org/recreation

NEW participants only, single use per program!
Pre-K Basketball
Mini-hoops, mini-balls and tons of fun! They will work on having fun while learning the fundamentals of basketball. Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program. Parent or guardian participation is required. 6 weeks.

**Dates** | **Day** | **Time** | **Ages**
--- | --- | --- | ---
5/14 – 6/18 | Sa | 10:00 – 11:00 am | 3 – 7
7/9 – 8/13 | Sa | 10:00 – 11:00 am | 3 – 7

**Location:** Robert Spayne Courts
**Fee:** $50 Res. / $60 Non–Res.
**Instructor:** Recreation Dept. Staff

Pre-K T-Ball
Let’s take a walk through the fundamentals of America’s favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is the perfect introduction to t-ball where learning and skill development are our priorities. 6 weeks.

**Dates** | **Day** | **Time** | **Ages**
--- | --- | --- | ---
5/14 – 6/18 | Sa | 11:30 – 12:30 pm | 3 – 7
7/9 – 8/13 | Sa | 11:30 – 12:30 pm | 3 – 7

**Location:** Kelly Middle School Field
**Fee:** $50 Res. / $60 Non–Res.
**Instructor:** Recreation Dept. Staff

Youth Sports and Fitness

Youth Yoga
Improve strength, flexibility, and coordination. Enhance focus and reduce stress through breathing and mindfulness exercises. Build confidence and awareness as we move through fun yoga poses designed for all levels of ability! 6 weeks. (**No class on 5/30**)

**Dates** | **Day** | **Time** | **Ages**
--- | --- | --- | ---
5/2 – 6/13 | M | 6:00 – 6:45 pm | 8 – 13
7/11 – 8/15 | M | 6:00 – 6:45 pm | 8 – 13

**Location:** Norwich Rec. Dept.
**Fee:** $40 Res. / $50 Non–Res.
**Instructor:** Michelle Vanase–Frawley, Certified Yoga Teacher, CYT 200

Beginner Fencing
Fencing is a modern and exciting sport. It relies on the use of tactics and strategy as well as speed and skill while facing your opponent. The need to think quickly and adapt to constantly changing situations is key. In fact, the modern sport of fencing has been described as trying to play chess while running the 100-meter dash! All equipment will be provided. 6 weeks.

**Dates** | **Day** | **Time** | **Ages**
--- | --- | --- | ---
5/4 – 6/8 | W | 5:15 – 6:15 pm | 10 & up
7/13 – 8/17 | W | 5:15 – 6:15 pm | 10 & up

**Location:** Norwich Rec. Dept.
**Fee:** $50 Res. / $60 Non–Res.
**Instructor:** Aaron Hughes

Beginner Tennis Lessons
Come join us at the courts and learn to play tennis! Class will focus on the forehand, backhand, serve and the game of tennis. Please bring a racket and a water bottle. 6 weeks.

**Dates** | **Day** | **Time** | **Ages**
--- | --- | --- | ---
5/4 – 6/8 | W | 6:00 – 7:00 pm | 8 & up
7/13 – 8/17 | W | 6:00 – 7:00 pm | 8 & up

**Location:** Stanton Tennis Courts
**Fee:** $50 Res. / $60 Non–Res.
**Instructor:** Arthur Sculco

Register online!
norwichct.org/recreation
Summer Fun Runs
Join us on Thursday evenings for the 59th year of summer fun runs. Come out to have some fun, there are several course lengths so that all levels can participate. All runs are timed.

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<td>7/7 – 8/25</td>
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<td>6:30 pm – 1 mile run</td>
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<td>6:45 pm – 0.5 mile run</td>
<td>6 &amp; up</td>
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<td>7:00 pm – 5k (3.1 mi.)</td>
<td>6 &amp; up</td>
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Fee: FREE
Location: Mohegan Park Center
Instructor: Mohegan Striders

Youth Champions Karate
Come learn to kick, strike, and block and learn traditional Karate values such as Focus, Respect, Self-Confidence, Self-Control, and Self-Defense. Opportunities to “belt-up” for students interested in furthering their karate skills. 6 weeks.

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<td>Sa</td>
<td>9:45 – 10:30 am</td>
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Location: Norwich Rec. Dept.
Fee: $45 Res. / $55 Non–Res.
Instructor: Sensei Josh Seals

Tiny Champions Karate
Come learn to kick, strike, and block! Your children will also gain school preparedness skills such as social interaction, body control, self-discipline and following directions all while having tons of fun! Opportunities to “belt-up” for students interested in furthering their karate skills. 6 weeks.

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Location: Norwich Rec. Dept.
Fee: $45 Res. / $55 Non–Res.
Instructor: Sensei Josh Seals

Little Champions Karate
Come learn kicks, strikes, and blocks! This class teaches movement skills, discipline, self-control, practical karate skills and self-defense in a format that is both enjoyable and beneficial to participants. Opportunities to “belt-up” for students interested in furthering their karate skills. 6 weeks.

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Location: Norwich Rec. Dept.
Fee: $45 Res. / $55 Non–Res.
Instructor: Sensei Josh Seals

Basketball Clinics
NEW
Come learn basketball from experienced coaches.

Junior Division: Practices will focus on skill development, fundamentals, floor spacing and ball movement along with flexibility, agility, footwork, and speed! 6 weeks.

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<td>7/12 – 8/16</td>
<td>Tu</td>
<td>6:00 – 7:00 pm</td>
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Location: Spayne Basketball Courts
Fee: $50 Res. / $60 Non–Res. per program
Instructor: Recreation Dept. Staff

Senior Division: Practices will focus on skill development, fundamentals, floor spacing and ball movement along with flexibility, agility, footwork, and speed! Learn the importance of teamwork, making quick decisions, and non–zone defense. 6 weeks.

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Location: Spayne Basketball Courts
Fee: $50 Res. / $60 Non–Res. per program
Instructor: Recreation Dept. Staff
Neighborhood Basketball Clinics
Come join NFA coaches and players to learn basketball fundamentals. Improve your shooting, ball handling, footwork, and agility this summer. 4 weeks.

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<td>Hamilton Ave. Courts</td>
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<td>7/20</td>
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<td>6:00 – 7:30 pm</td>
<td>Greenville Courts</td>
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<td>7/27</td>
<td>W</td>
<td>6:00 – 7:30 pm</td>
<td>Thamesville Courts</td>
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<td>8/3</td>
<td>W</td>
<td>6:00 – 7:30 pm</td>
<td>Stanton Courts</td>
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Fee: FREE
Age: 7 - 13
Instructor: NFA Coaches and players

Youth Enrichment

Safe Sitter Babysitting Course
Learn the necessary skills to care for children of all ages. A certified instructor will teach you how to handle the messy situations of feeding and diapering, managing scrapes and minor bruises to life threatening situations. This is a fun, hands-on course! Complete the course and become a trained Safe Sitter. Handbook is included. Bring a snack and lunch.

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Location: Norwich Rec. Dept.
Fee: $65 Res. / $75 Non–Res.
Instructor: Recreation Dept. Staff

Safe @ Home by Safe Sitter
Safe@Home by Safe Sitter is a program designed for students in grades 4th – 6th to prepare them to be safe when they are home alone. This course teaches young kids how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Handbook is included.

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Location: Norwich Rec. Dept.
Fee: $30 Res. / $40 Non–Res.
Instructor: Recreation Dept. Staff

Vacation Camps

Amazing April Vacation Camp
Looking for something fun to do during April Vacation? Join us for an “April Adventure” camp at the Norwich Recreation Department. Some of our outstanding Summer Camp staff and program instructors will staff the week. Daily activities will include games, sports, crafts, special theme events, outdoor activities and more!

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<td>8:00 am - 4:00 pm</td>
<td>5 – 12</td>
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Location: Norwich Rec. Dept.
Fee: $40 per day Res. / $50 Non-Res.
Instructor: Recreation Dept. Staff

Staff Spotlight

Sensei Joshua Seals is a first degree black belt and has been practicing Martial Arts for over 15 years. He is an expert in Krav Maga and has mastered teaching this form of karate over the past 11 years. Josh has been working with youth in various roles for over 20 years. He spent 5 years as a para professional and intervention specialist in various schools and is a very active member of his Church. He also is the proud father of two karate students! The Norwich Recreation Department is thrilled to have Josh and we look forward to providing awesome karate programs with him. Make sure to check out his Saturday morning classes!

Follow Us!
Facebook@Norwichrec
### Youth Activities at a Glance – Spring & Summer 2022

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat/Sun</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Messy Mondays</td>
<td>Beginner Dance</td>
<td>Beginner Fencing</td>
<td>Small &amp; Tall Tumbler</td>
<td>Level 1 &amp; 2 Swim Lessons</td>
<td>Tiny Champions Karate</td>
</tr>
<tr>
<td></td>
<td>10:00 – 10:45 am Norwich Rec. Dept.</td>
<td>4:15 – 5:00 pm (4-7 yo) Norwich Rec. Dept.</td>
<td>5:15 – 6:15 pm (8-12 yo) Norwich Rec. Dept.</td>
<td>5:00 – 5:45 pm Norwich Rec. Dept.</td>
<td>4:45 – 5:20 pm Mohegan Park Beach</td>
<td>8:00 – 8:30 am Norwich Rec. Dept.</td>
</tr>
<tr>
<td>Youth Yoga</td>
<td>6:00 - 6:45 pm Norwich Rec. Dept.</td>
<td>Basketball Clinic</td>
<td>Youth Beginner Tennis Lessons</td>
<td>Mini Star Tumblers</td>
<td>Level 3 &amp; 4 Swim Lessons</td>
<td>Little Champions Karate</td>
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<td></td>
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<td>6:00 – 7:00 pm - JR. Robert Spayne Courts</td>
<td>6:00 – 7:00 pm</td>
<td>6:00 – 6:45 pm</td>
<td>5:25 – 5:55 pm Mohegan Park Beach</td>
<td>8:45 - 9:30 am Norwich Rec. Dept.</td>
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<td>Youth Beginner Lessons</td>
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<td>Stanton Tennis Courts</td>
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<td>Smart Start Multi Sport</td>
<td>Level 1 &amp; 2 Swim Lessons</td>
<td>Neighborhood Basketball Clinic</td>
<td>Level 1 &amp; 2 Swim Lessons</td>
<td>Pre-K Basketball</td>
<td>Youth Champions Karate</td>
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<td></td>
<td>5:30 – 6:30 pm Kelly Fields</td>
<td>10:40 – 11:15 am</td>
<td>6:00 – 7:30pm</td>
<td>10:40 – 11:15 am</td>
<td>10:00 – 11:00 am</td>
<td>9:45 - 10:30am Norwich Rec. Dept.</td>
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<td>Level 3 &amp; 4 Swim Lessons</td>
<td>Level 1 &amp; 2 Swim Lessons</td>
<td>Level 3 &amp; 4 Swim Lessons</td>
<td>Safe @ Home</td>
<td>Pre-K Tee-Ball</td>
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<td>11:00-12:00pm Robert Spayne Courts</td>
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<td>Safe @ Home</td>
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| Youth Camps at a Glance- Summer 2022

<table>
<thead>
<tr>
<th>Week of June 20</th>
<th>Week of June 27</th>
<th>Week of July 4</th>
<th>Week of July 11</th>
<th>Week of July 18</th>
<th>Week of July 25</th>
<th>Week of August 1</th>
<th>Week of August 8</th>
<th>Week of August 15</th>
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<tbody>
<tr>
<td>Basketball Camp</td>
<td>Summer Camp 9:00-3:00 pm TBD</td>
<td>Summer Camp 9:00-3:00 pm TBD</td>
<td>Summer Camp 9:00-3:00 pm TBD</td>
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<td>Summer Camp 9:00-3:00 pm TBD</td>
<td>Summer Camp 9:00-3:00 pm TBD</td>
<td>Basketball Camp 9:00-3:00 pm TBD Robert Spayne Courts</td>
</tr>
<tr>
<td>Community Athletic Solutions Soccer Camp</td>
<td>Kinder Camp 9:00-3:00 pm Norwich Rec. Dept.</td>
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<td>Kinder Camp 9:00-3:00 pm Norwich Rec. Dept.</td>
<td>Dance Camp 9:00-12:00pm Norwich Rec. Dept.</td>
<td>Community Athletic Solutions Soccer Camp 9:00-12:00pm Fontaine Field</td>
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<tr>
<td>Tennis Camp 9:00-12:00 pm Norwich Tech</td>
<td>Tennis Camp 9:00-12:00 pm Norwich Tech</td>
<td>Food Explorers 9:00-12:00 pm TBD</td>
<td>Casablanca Fashion Camp 9:00-12:00 pm TBD</td>
<td>LEGO Camp 9:00-12:00 pm Ages 5 &amp; 6 TBD</td>
<td>LEGO Camp 1:00-4:00 pm Ages 7-10 TBD</td>
<td>Skyhawk Multi Sport 9:00-12:00pm 9:00-3:00pm Kelly Fields</td>
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</tbody>
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**Norwich Recreation**

Try the first class of any of our Spring/Summer 2022 ADULT fitness programs with no commitment!

You must call the office to register and inform us that you will be using a Trial Class Pass!

For more information on all of our programs and to register, visit our website: norwichct.org/recreation

NEW participants only, single use per program!

---

Follow Us!

Facebook@Norwichrec

Norwich Recreation - Spring/Summer 2022

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Try it First!

**Trial Class Pass**
**Essential Yoga**
This class delivers a well-rounded yoga practice that is appropriate for all levels. It will be taught in the flowing style, marrying breath and movement, a basic component of any Hatha yoga practice. Bring a yoga mat. 6 weeks. **No class 5/30.**

**Yoga Basics**
Yoga Basics is the perfect class for beginners or any student looking for a simpler practice. You will learn basic yoga poses, breath work, and mindfulness techniques. Modifications will be offered to accommodate all levels of ability. Benefits include increased flexibility, improved strength, and stress reduction. Please bring a yoga mat. 6 weeks. **No class on 5/30.**

**Adult Beginner Tennis Lessons**
Come join our instructor and learn how to play tennis. Class will focus on the forehand, backhand, serve and the game of tennis. Bring a racket and a water bottle. 6 weeks.

**Tai Chi for Beginners**
Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing to achieve the ultimate relaxation while increasing your flexibility, balance, and agility. Join us to expand your aerobic capacity, muscle strength and increase your energy. 6 weeks.

**H.I.I.T (High Intensity Interval Training)**
HIIT (High Intensity Interval Training) provide participants a chance to build not only their cardiovascular conditioning, but muscular strength as well. The combination of cardio conditioning and improved muscle strength has shown to be the most effective way to maintain a healthy weight and overall health. Though many believe this style class is only for the highly conditioned individual, through simple modifications this class can be beneficial to the beginner as well. All levels are welcome!

**Register online!**
[ norwichct.org/recreation ]

**Find us on Instagram!**
@NorwichRecreation
**CPR and First Aid Certification Class**

If you need CPR training for a job, to satisfy an OSHA-mandated job requirement, or you just want to know how to keep your loved ones safe, the American Red Cross has excellent courses to ensure that you get the latest information, and quality instruction. Class will cover Adult, Child CPR/AED and First Aid in a blended online format. Open to new and re-certification students.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
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<tbody>
<tr>
<td>5/12</td>
<td>Th</td>
<td>6:00 – 8:00 pm</td>
<td>14 &amp; up</td>
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<tr>
<td>7/21</td>
<td>Th</td>
<td>6:00 - 8:00 pm</td>
<td>14 &amp; up</td>
</tr>
</tbody>
</table>

**Location:** 66 Franklin Street (Foundry 66)

**Fee:** $70 Res. / $80 Non-Res.

**Instructor:** Steve Starke & Bradford Hyde

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**Saturday Mindfulness Walk**

Join Norwich resident and spiritual guide David Horst for six, Saturday morning mindfulness walks in beautiful Mohegan Park. As we transition from spring to summer, come experience full awareness of your mind, body, and spirit. The morning begins with a Qigong-inspired warm-up and meditative reading and concludes with sharing and reflection. Rain or shine. 6 weeks.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
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</thead>
<tbody>
<tr>
<td>5/7 – 6/1</td>
<td>Sa</td>
<td>10:00 – 11:00 am</td>
<td>16 &amp; up</td>
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</tbody>
</table>

**Location:** Spaulding Pond Gazebo at Mohegan Park

**Fee:** $30 Res. / $40 Non-Res.

**Instructor:** David Horst

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**Basic Dog Obedience**

This class is an introductory class for puppies and dogs of all ages. No previous training is required. After completing this course, your dog will be able to walk keeping a loose leash, come when called, and perform basic commands around distractions. Dogs must be at least 12 weeks of age or older. Only one dog per handler. 6 weeks.

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<tr>
<th>Dates</th>
<th>Day</th>
<th>Time</th>
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<tr>
<td>5/1 – 6/5</td>
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<td>11:30 – 12:30 pm</td>
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<tr>
<td>7/10 – 8/14</td>
<td>Su</td>
<td>11:30 – 12:30 pm</td>
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</table>

**Location:** Norwich Rec. Dept.

**Fee:** $90 Res. / $100 Non-Res.

**Instructor:** Janet Schultz

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**Men’s Softball League**

Norwich Recreation Men’s Softball is comprised of teams with a minimum of 10 players. Each player must be 18 years old to play. The season will consist of a 14 game season with a playoff to follow. If interested in forming a team please contact the Norwich Recreation Department at (860) 823-3791.

<table>
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<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Ages</th>
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</thead>
<tbody>
<tr>
<td>5/17 – 8/4</td>
<td>Tu &amp; Th</td>
<td>6:15 – 9:00 pm</td>
<td>18 &amp; up</td>
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</tbody>
</table>

**Fe€:** $800 Per Team

**Location:** Raymond “CIT” Ouellet Park

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**Adult Activities at a Glance – Spring & Summer 2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday/Sunday</th>
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</thead>
</table>
| Essential Yoga  
6:00 – 7:00 pm  
Foundry 66 | Men’s Softball  
6:15 – 9:00 pm  
Raymond “CIT” Ouellet Park | H.I.I.T. Training  
5:30 – 6:30 pm  
Kelly Fields | CPR Certification  
6:00 - 8:00pm  
5/12 & 7/21  
Foundry 66 | Mindfulness Walks  
10:00 - 11:00am  
Mohegan Park |
| Yoga Basics  
7:00 - 8:00 pm  
Norwich Rec. Dept. | Tai Chi for Beginners  
6:15 – 7:15 pm  
Norwich Rec. Dept. | Men’s Softball  
6:15 - 9:00pm  
Raymond “CIT” Ouellet Park | Basic Dog Obedience  
11:30 – 12:30 pm  
Norwich Rec. Dept. |
| Adult Tennis Lessons  
7:00 – 8:00 pm  
Stanton Courts | Summer Fun Runs  
6:30 – 7:30pm  
Mohegan Park | | |
Summer Programs

Summer Day Camp
Ages 5 - 12

Norwich Summer camp consists of seven (7) one-week sessions beginning June 27, 2022 and running through August 12, 2022. Summer camp is designed to give children the opportunity to participate in fun Sports, Arts & Drama, Science & Technology, and Health programs throughout the summer. Our department summer camps are licensed with the state of CT Office of Early Childhood ensuring we provide exceptional and enriching summer camp experiences. Children will go on adventurous field trips, enjoy special entertainers, and participate in exciting theme weeks! Extended care is also available for an additional fee.

What’s NEW this year:
• Registration opens early on Monday, April 4.
• Discounts are available:
  ° Early Bird Discount: 5% by April 15th
  ° Sibling Discount: 10% off applied to each child after the first

Day Camp Hours
AM Care: 8:00 – 9:00 am
Camp Hours: 9:00 – 3:00 pm
PM Care: 3:00 – 5:00 pm
Location: TBD

Camp Theme Weeks:
Week 1: Summer Kickoff
Week 2: Party in the U.S.A
Week 3: Summer Olympics
Week 4: Have a Ball Week
Week 5: Holiday Hoopla
Week 6: Under the Sea
Week 7: Wacky Tacky Week

Trips & Fun:
Norwich Recreation Summer Camps is planning to enjoy several field trips this summer. Trips are subject to change or cancellation. On-site entertainment will be provided in lieu of trips that are cancelled.

All registered children will receive a free camp shirt. Shirts MUST be worn on field trip days and additional t-shirts can be purchased at the Recreation office for $7.00/each

SUMMER CAMP
Ages 5-12

Weeks 1 & 3-7:
Week 1: June 27 – July 1
Week 2: July 5 – July 8 (No camp July 4)
Week 3: July 11 – July 15
Week 4: July 18 – July 22
Week 5: July 25 – July 29
Week 6: August 1 – August 5
Week 7: August 8 – August 12

Weekly Fee: $155.00 Res. / $175.00 Non–Res.
AM Care: $20.00 / weekly
PM Care: $30.00 / weekly
AM+PM: $40.00 / weekly

Week 2 (only): (no camp on July 4)
Weekly Fee: $124.00 Res. / $144.00 Non–Res.
AM Care: $16.00
PM Care: $24.00
AM+PM: $32.00

One time Admin-fee : $10.00

Registration: Registration opens on Monday, April 4 and is handled on a first come, first serve basis. A one-time $10.00 administrative fee per child (non-refundable) is due at time of registration. Go to our website at www.norwichct.org/recreation for more information. Scholarships are available upon request.

Norwich Recreation - Spring/Summer 2022
KINDERCAMP
Ages 3-5

Kindercamp is our specially designed camp for pre-school children (must be 3 years old before 12/31/21) through entering kindergarten. Our program recognizes the social and motor skill level of preschool children. It provides a warm, nurturing atmosphere where our youngest campers are encouraged to expand their horizons while feeling safe and cared for. Our department summer camps are licensed with the state of CT Office of Early Childhood ensuring we provide exceptional and enriching summer camp experiences. We offer on-site entertainment throughout the summer. One-week sessions beginning June 27th through August 12th. Children must be potty trained for acceptance into this camp.

KINDERCAMP
Ages 3-5

Weeks 1 & 3-8:
Weekly Fee: $160.00 Res. / $180.00 Non–Res
AM Care: $20.00 / weekly
PM Care: $20.00 / weekly
AM+PM: $30.00 / weekly

Week 2 only (no camp on 7/4)
Weekly Fee: $128.00 Res. / $148.00 Non–Res
AM Care: $16.00
PM Care: $16.00
AM+PM: $24.00

One time Admin-fee: $10.00

Kindercamp Theme Weeks

Week 1: Summer Kickoff
Week 2: Red, White and Blue
Week 3: Down on the Farm
Week 4: Wide World of Sports
Week 5: Holiday Hoopla
Week 6: Under the Sea
Week 7: Super Hero Week

Kindercamp Hours
AM Care: 8:00 – 9:00 am
Camp Hours: 9:00 – 3:00 pm
PM Care: 3:00 – 4:00 pm
Location: Norwich Recreation Department

Summer Camp Open House!

Come out to meet our camp directors and staff before camp starts! This event is open to children, parents and guardians. Your child(ren) will be supervised by our staff while you have the opportunity to learn more about Norwich Rec’s Summer Camp! This special event is open to all families’ enrolled, interested or returning to recreation camp!

Date: 6/22
Day: W
Time: 5:00 – 7:00 pm
Ages: All Ages

Location: Norwich Rec. Dept.
Fee: FREE (childcare provided during informative sessions for children aged 3 - 12)
Food and drink provided
<table>
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<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td><strong>Summer Kickoff</strong></td>
<td>Week 1: June 27 – July 1</td>
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<tr>
<td>27 <strong>Have a great Summer Vacation!</strong></td>
<td>28</td>
<td>29 Summer</td>
<td>30 Mystic Luxury Cinemas</td>
<td>1 Mohegan Park Beach 10am-3pm</td>
</tr>
<tr>
<td><strong>Party in the U.S.A.</strong></td>
<td>Week 2: July 5 – July 8</td>
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<tr>
<td>4 CLOSED NO CAMP</td>
<td>5</td>
<td>6 American Flag</td>
<td>7 Full Day Field Trip</td>
<td>8 Mohegan Park Beach 10am-3pm</td>
</tr>
<tr>
<td><strong>Summer Olympics</strong></td>
<td>Week 3: July 11 – July 15</td>
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<tr>
<td>11 Sporting Goods</td>
<td>12 Color Wars</td>
<td>13 Full Day Field Trip</td>
<td>14 Full Day Field Trip</td>
<td>15 Mohegan Park Beach 10am-3pm</td>
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<tr>
<td><strong>Have a Ball Week</strong></td>
<td>Week 4: July 18 – July 22</td>
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<tr>
<td>18 Soccer Ball</td>
<td>19 CT Sun Basketball Game!</td>
<td>20 Full Day Field Trip</td>
<td>21 Tennis Ball</td>
<td>22 Mohegan Park Beach 10am-3pm</td>
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<tr>
<td><strong>Holiday Hoopla</strong></td>
<td>Week 5: July 25 – July 29</td>
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<tr>
<td>25 Christmas in July!</td>
<td>26</td>
<td>27 Easter Basket</td>
<td>28 On-site Water Slide Day!</td>
<td>29 Mohegan Park Beach 10am-3pm</td>
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<tr>
<td><strong>Under the Sea</strong></td>
<td>Week 6: August 1 - August 5</td>
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<tr>
<td>1 Under the Sea</td>
<td>2 Fish</td>
<td>3 Octopus</td>
<td>4 Full Day Field Trip</td>
<td>5 Mohegan Park Beach 10am-3pm</td>
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<tr>
<td><strong>Wacky Tack Week</strong></td>
<td>Week 7: August 8 - August 12</td>
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<td>8 Crazy Hair Day!</td>
<td>9 Wacky</td>
<td>10 Crazy Hat Day!</td>
<td>11 Full Day Field Trip</td>
<td>12 Mohegan Park Beach 10am-3pm</td>
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<td>MONDAY</td>
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<td>Week 1: June 27 – July 1</td>
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<tr>
<td>27 Have a great summer vacation!</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>1 Drumming About You with Bob Bloom!</td>
</tr>
<tr>
<td><strong>Red, White &amp; Blue</strong></td>
<td>Week 2: July 5 – July 8</td>
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<tr>
<td>4 CLOSED NO CAMP</td>
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<td>6</td>
<td>7</td>
<td>8 Magic by George!</td>
</tr>
<tr>
<td><strong>Down on the Farm</strong></td>
<td>Week 3: July 11 – July 15</td>
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<td>11</td>
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<td>13</td>
<td>14</td>
<td>15 Circle K Animals!</td>
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<tr>
<td><strong>Wide World of Sports</strong></td>
<td>Week 4: July 18 – July 22</td>
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<td>18</td>
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<tr>
<td><strong>Holiday Hoopla</strong></td>
<td>Week 5: July 25 – July 29</td>
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<tr>
<td>25 Christmas in July!</td>
<td>26</td>
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<tr>
<td><strong>Under the Sea</strong></td>
<td>Week 6: August 1 - August 5</td>
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<td>5 Tom Knight Music and Puppet Show!</td>
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<tr>
<td><strong>Super Hero Week</strong></td>
<td>Week 7: August 8 - August 12</td>
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<td>11</td>
<td>12 Foam Party!</td>
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</table>
Norwich Recreation Department

HIRING FOR SUMMER 2022

DO YOU NEED A FUN AND FULFILLING JOB THIS SUMMER?

Positions Available
- Camp Director
- Team Leader
- Behavior Specialist
- Instructor/Counselor
- Lifeguard
- Asst. Waterfront Director
- Water Safety Instructor
- Parks Maintenance

Pay Range
$14 – $25 per hour depending on position & experience.

Questions?
Call (860) 823-3791 with questions regarding summer employment!

How to Apply!
At www.NorwichCT.org/Employment-Opportunities

WWW.NORWICHCT.ORG/RECREATION

Norwich Recreation - Spring/Summer 2022 15
IMPORTANT CAMP INFORMATION

Registration:
Registration is handled on a first come, first serve basis. Registration is due the Wednesday before each session at 4 PM. Campers are not considered registered if payment is not received. There is a $10 late fee for registration’s received after the registration deadline. Cash, checks, money orders, and debit/credit are accepted.

Forms Needed:
A Health Assessment Record & Camp Registration Form is required to participate in camp. Children who arrive without them turned in will not be allowed to attend camp. All required paperwork must be turned in to the office or by email before your child starts camp. Any children with special needs is required to submit any 504, IEP and other plan to the office by June 1st. This allows our Behavioral Interventionist time to ensure an appropriate plan is in place for your child's success.

Breakfast/Lunch:
FREE breakfast and lunch will be provided. If you choose to bring a lunch, small coolers with ice packs are recommended; all water bottles and lunches must be labeled.

Behavior:
We have fun, educational and enriching activities planned. We expect campers to follow rules, stay with instructors at all times and participate. We have zero tolerance for verbal, physical, or threatening misbehavior. Campers may be suspended and/or removed from the program if necessary.

First Aid:
Certified CPR/First Aid personnel along with Medical Administration trained staff will be on site. We treat minor cuts, scrapes, and bruises & breathing emergencies. All other injuries will be referred to proper emergency personnel. For medication needs we require a physician’s written order and parent/guardian authorization for staff to assist with administration of medications. Epi-pens and inhalers must be labeled with child’s name, drug name, dosage, frequency, physicians’ name, and date of original prescription.

All forms can be found on our website @ NorwichCT.org/Recreation

SCHOLARSHIP AVAILABLE!

HOW TO APPLY

- Find the application online @NorwichCT.org/Recreation
- Through email at Recreation@cityofnorwich.org
- In Person @75 Mohegan Rd. in Norwich, CT

Call (860) 823-3791 With Questions
Basketball Camp
This camp is the perfect experience for the beginning and intermediate basketball player as it introduces basic basketball fundamentals such as on dribbling, passing, shooting, ball control and concepts through drills, competitions, and controlled game play. Choose from either a half-day or a full day program. There are two (2) sessions this summer! Daily pricing for 6/20-6/24 session.

**Session I:**
- **Days:** M – F
- **Location:** Spayne Courts
- **Instructor:** Rec. Dept. Staff

**Full Day Daily Rate**
- **Ages:** 5 – 12
- **Time:** 9:00 – 3:00 pm
- **Fee:** $25 Res. / $35 Non–Res. per day

**Half-Day Daily Rate**
- **Ages:** 5 – 12
- **Time:** 9:00 – 12:00 pm
- **Fee:** $20 Res. / $30 Non–Res.

**Session II:**
- **Days:** M – F
- **Location:** Spayne Courts
- **Instructor:** Rec. Dept. Staff

**Full Day Program- Week**
- **Ages:** 5 – 12
- **Time:** 9:00 – 3:00 pm
- **Fee:** $125 Res. / $145 Non–Res.

**Half-Day Program- Week**
- **Ages:** 5 – 12
- **Time:** 9:00 – 12:00 pm
- **Fee:** $75 Res. / $95 Non–Res.

Soccer Camp
Join the amazing coaches with Community Athletic Solutions for this fun and rewarding camp! This camp focuses on dribbling, passing, shooting and ball control. By the end of camp, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills preparing them to play for the playground or league play!

**Dates**
- **6/20 – 6/24**
- **7/15 – 7/19**

**Days**
- **M – F**

**Time**
- **9:00 – 12:00 pm**

**Ages**
- **6 – 12**

**Fee:**
- **$140 Res./ $160 Non–Res.

Laura B. Seder Tennis Camp
Come learn the game of tennis during this free tennis camp! Tennis pro from Lyme Shores will be working with campers to teach them the basics through games and contests. All equipment included! Sponsored by attorney Sayet & Seder.

**Dates**
- **7/11 – 7/15**
- **7/18 – 7/22**

**Days**
- **M – F**

**Time**
- **9:00 – 12:00 pm**

**Ages**
- **8 – 12**

**Fee:**
- **FREE**

Food Explorers Camp
Join Food Explorers to Taste the Rainbow! Explore new flavors, cooking techniques and recipes by delving into a new color each day, learning all about foods of that color. You will also discover fun facts about food and nutrition through interactive games and activities between recipes. Each day will feature a snack and meal. All recipes are nut free and some will contain dairy and/or eggs.

**Dates**
- **7/25 – 7/29**
- **7/31 – 8/4**

**Days**
- **M – F**

**Time**
- **9:00 – 12:00 pm**

**Ages**
- **7 – 11**

**Fee:**
- **$140 Res. / $160 Non–Res.

Register online!
norwichct.org/recreation
**Fashion Camp**  
NEW  
John Casablancs Modeling and fashion Camp provides children with a wonderful experience of learning the tips of looking like a model, developing their etiquette skill for any setting, feeling good about themselves, perfecting whom they are inside and out and tapping into their fashion talents. Each day consists of fun filled activities that directly relate to the industry.

**Dates** | **Days** | **Time** | **Ages**  
--- | --- | --- | ---  
8/1 – 8/5 | M – F | 9:00 – 12:00 pm | 6 – 12  
**Fee:** | $140 Res./ $160 Non–Res.  
**Location:** | TBD  
**Instructor:** | John Casablanca Staff

**Skyhawks Multi–Sport Camp**
Our Multi-Sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine 2-3 sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of (2 or 3) new sports along with vital life lessons such as respect, teamwork, and self-discipline. This program is for Norwich residents only.

**Dates** | **Day** | **Time** | **Ages**  
--- | --- | --- | ---  
8/8 – 8/12 | M – F | 9:00 – 12:00 pm | 6 – 12  
8/8 – 8/12 | M – F | 9:00 – 3:00 pm | 5 – 12  
**Fee:** | $125 Res./ $145 Non–Res.  
**Location:** | Norwich Rec. Dept.  
**Instructor:** | Martha Tornay

**Modern Dance Camp**  
NEW  
Don’t miss the opportunity of this awesome dance camp with our instructor Martha and her Connecticut College dance students! Students will learn basic ballet and modern technique through nurturing yet challenging beginning ballet and modern dance exercises. Camp will address the individual students’ needs and technical instruction will be given to help them strengthen within the form. Students will learn in a developmentally appropriate way, while expressing themselves through the art of dance.

**Dates** | **Days** | **Time** | **Ages**  
--- | --- | --- | ---  
8/15 – 8/19 | M – F | 9:00 – 12:00 pm | 6 – 12  
**Fee:** | $125 Res./ $145 Non–Res.  
**Location:** | Norwich Rec. Dept.  
**Instructor:** | Martha Tornay

**LEGO Camps**

**Building up S.T.E.A.M Using LEGO**
Children are working independently and cooperatively as they begin to explore simple machines using LEGO® early childhood materials. Your child will have the opportunity to work with and bring home evidence based lab sheets to share with family to continue the learning process outside of camp. Projects include spin tops, hockey players, and motorcycles.

**Dates** | **Days** | **Time** | **Ages**  
--- | --- | --- | ---  
8/8 – 8/12 | M – F | 9:00 – 12:00 pm | 5 – 6  
**Fee:** | $130 Res. / $150 Non–Res.  
**Location:** | TBD  
**Instructor:** | E.Y.E.S Staff
**S.T.E.A.M Works Using LEGO**

Children are working with standard LEGO® materials to problem solve using pre-engineering skills. Class involves structure, levers, gears, pulleys, and other elements of simple machines. Your child will have the opportunity to work with and bring home evidence based lab sheets to share with the family to continue the learning process outside of camp. Projects include drawbridges, flywheel cars, and amusement park rides.

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<td>M – F</td>
<td>1:00 – 4:00 pm</td>
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**Fee:** $130 Res. / $150 Non–Res.

**Location:** TBD

**Instructor:** E.Y.E.S Staff

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**Norwich Youth and Family Services Department**

NYFS mission is to promote the social and emotional health of our youth by creating opportunities for them to maximize their potential and become balanced, functioning citizens in their community. Please contact them directly to inquire about updates on virtual programming on their Facebook this Spring.

75 Mohegan Road  
Monday through Friday  
8:30 am – 4:30 pm  

Evening Hours are available by appointment. Counseling services are available to Norwich residents through the age of 21.

Phone: (860) 823–3782

Erin Haggan  
Coordinator x3484

VacantDFC  
Coordinator x3471

Katherine Milde  
PFS Coordinator x3481

---

**Try it First!**

Try the first class of any of our Spring/Summer 2022 ADULT fitness programs with no commitment!

You must call the office to register and inform us that you will be using a Trial Class Pass!

**Register online!**

norwichct.org/recreation
Mohegan Park Beach

Come enjoy a day at the beach.
Beach opens June 23, 2022

Beach Hours
Monday 10-6pm
Tuesday 12-6pm
Wednesday Closed
Thursday 12-6pm
Friday 10-6pm
Saturday 10-6pm

Swim Lessons at Mohegan Park Beach
The Norwich Recreation swimming classes for kids are tailored to the needs of each child, so that your child can progress at a comfortable pace and although some children may advance more quickly or slowly, our instructors ensure that everyone receives the instruction they need. 6 classes.

Level 1 Swim - Swimmers learn water safety rules, safe water entry and exits, breath control, basic floating and balance in the water, changing directions and rolling over, and using a personal flotation device (PFD). Parental assistance is allowed but not required.

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<td>3 &amp; up</td>
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<td>M &amp; F</td>
<td>4:45 - 5:20 pm</td>
<td>3 &amp; up</td>
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<td>10:40 - 11:15 am</td>
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Level 2 Swim - Swimmers learn how to float and balance in the front, back and side positions, underwater movement and retrieval skills, water safety, and movement. Goggles are required.

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Level 3 Swim - Swimmers learn kicks used in all swim strokes, pulls used in side stroke and elementary back stroke, treading, rules for safe diving, HELP and Huddle positions with PFD, and reaching assists. Goggles are required.

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Level 4 Swim - Swimmers learn underwater swimming, surface diving, pulls for competitive strokes, whole-stroke swimming of all strokes, and safe diving rules. Goggles are required.

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<td>11:20 - 11:55 am</td>
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Fee: $45 Res/$55 Non-Res.
Location: Mohegan Park Beach
Instructor: Norwich Recreation Staff

Follow Us!
Facebook@Norwichrec
Movie in the Park

Grab the family, get your candy and join us at Dickenman field for a family movie night! The movie will be age appropriate for the entire family and is a great way to wrap up the summer. Limited attendance so please be sure to register in advance!

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<tr>
<td>8/26</td>
<td>F</td>
<td>7:30 pm</td>
<td>All Ages</td>
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Location: Dickenman Field
Fee: FREE

Family Fishing Program

Norwich Recreation is proud to partner with the DEEP Fisheries Division – Connecticut Aquatic Resources Education (CARE) program to host a Special Fishing Event at Mohegan Park Pond on JUNE 4th from 8:00AM to 11:00AM. Come join expert fishing instructors and learn how to get started fishing safely, legally, and successfully! The CARE program supplies all bait, tackle, and instruction. All participants ages 16 and above MUST have a valid 2022 inland fishing license. Contact DEEP for more information on acquiring your license. Anglers under 16 are encouraged to register for a free Youth Fishing Passport.

Participants should learn the basics of fishing by completing the CARE program's self-paced “Let's Go Fishing” online course and/or attend an Introduction to Fishing ZOOM webinar prior to the Special Fishing Event at Mohegan Park Pond.

Pre-registration for this fishing event is required and opens on APRIL 4th at the DEEP Hunting and Fishing Education registration system (Filter by Event Type “FISHING FIELD TRIP”). The event is offered free of charge but space is limited so early sign-up is encouraged. Minimum age to participate is 6 years old, and all children are required to have a parent/guardian participate alongside them. Please contact DEEP with any questions 860-663-1656

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<td>6/4</td>
<td>Sa</td>
<td>8:00 – 11:00 am</td>
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Location: Norwich Rec. Dept. & Mohegan Park
Fee: FREE
Instructor: DEEP Staff
Special Events

4th Annual Spring Egg-stravaganza

Norwich Recreation is “hoppy” to offer our 4th annual Spring egg hunt on Saturday, April 9 at Dickenman field starting at 10:00 am. A safe egg hunt will be located throughout our recreation fields and broken up into small groups. Bring the whole family for a day of music, candy, fun and to meet the Bunny!

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<td>4/9</td>
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<td>All Ages</td>
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Location: Dickenman Field
Fee: FREE

Norwich Splash and Dash

The Norwich Recreation Department is excited to partner with New London Parks and Rec to bring you a Run, Swim, Run event. Children of all ages can discover what it is like to have competing in an Aquathlon event. This is a family friendly event so bring a blanket and/or chairs. Medals to all children that finish the race. *Limited life jackets available upon request.

| 5-6 Run .5 miles – Swim 50 yards – Run .5 miles |
| 7-10 Run .5 miles – Swim 100 yards – Run .7 miles |
| 11-17 Run .5 miles – Swim 200 yards – Run 1.5 miles |

Registration: https://runsignup.com/Race/CT/Norwich/NorwichSplashandDash
Contact New London Recreation for more information at (860) 447-5230

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<tbody>
<tr>
<td>6/11</td>
<td>Sa</td>
<td>9:00 – 11:00 am</td>
<td>5 – 17</td>
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Location: Mohegan Park
Fee: $35 per participant
Norwich Recreation
Adult Registration Form

Address ____________________________________________ Town ___________________ ST ______ Zip __________

Home Phone (____) __________________ Work Phone (____) __________________ Cell Phone (____) __________________

Email ___________________________________________

Emergency Contact______________________________ Relationship __________________ Home Phone (____) ____________

Cell Phone (____) __________________ Work Phone (____) __________________ Email ______________________________

Participant # 1 __________________________________ Gender ______ Birthday ______ / ______ / ______ Age ______

Program Name __________________ Activity # ______ Day & Time ______ Fee ______

Additional info for participant accommodations; please explain (REQUIRED):
Do you have any allergies? ____________________________
Are you on any medications? ________________________
Do you have special needs? _________________________

Participant # 2 __________________________________ Gender ______ Birthday ______ / ______ / ______ Age ______

Program Name __________________ Activity # ______ Day & Time ______ Fee ______

Additional info for participant accommodations; please explain (REQUIRED):
Do you have any allergies? ____________________________
Are you on any medications? ________________________
Do you have special needs? _________________________

Participant # 3 __________________________________ Gender ______ Birthday ______ / ______ / ______ Age ______

Program Name __________________ Activity # ______ Day & Time ______ Fee ______

Additional info for participant accommodations; please explain (REQUIRED):
Do you have any allergies? ____________________________
Are you on any medications? ________________________
Do you have special needs? _________________________

Make checks payable to: “Norwich Recreation Dept.” Debit/Credit accepted; NO CASH TOTAL FEE $ ______

Please make sure that you fill out this form completely to assure proper registration. The grade is only required for youth programs. Grade listed that child is in beginning in September. The City of Norwich Recreation Department Program (as defined below, “Program”) involves a variety of physical activities and there is an element of risk involved, which each participant must assume (including injury, disability or death). I affirm that my health is adequate and that I am not under a physician’s care for any undisclosed condition that bears upon my fitness to participate in the Program. The undersigned hereby agrees: 1. I fully assume all risks associated with utilization and participation in the program(s) listed above and agree not to sue and hereby release the City of Norwich, its agents, servants, employees, volunteers, elected officials boards and commissions (collectively “The City”), from all liability should an injury to me or listed participant occur during participation in the said program(s). 2. I, for myself and for my heirs, executors, administrators, and legal representatives, agree to defend, indemnify and hold harmless the Town, from any and all claims, suits or demands by anyone arising from my use of OR participation in THE PROGRAM. 3. If I am a parent or guardian signing on behalf of a child or ward, I make these representations and agreements on behalf of my child or ward. 4. I give permission to the Recreation Department to use any photo or video taken during participation for promotional materials. * There are NO REFUNDS unless the program is cancelled by the Norwich Recreation Department.

Signature ___________________________ Date ______

FOR ADDITIONAL INFORMATION www.norwichct.org/recreation

Norwich Recreation - Spring/Summer 2022
Norwich Recreation Department
Armstrong Tennis Court
Reconstruction Donation

The Norwich Tennis Committee and the Norwich Recreation Department are in need of your support to aid in the reconstruction and renovations of the tennis courts in Norwich. Currently there are only four (4) public tennis courts in Norwich and this is not adequate to fulfill the community's needs. Please help us restore the Armstrong Tennis Courts to their full potential!

### Donation Tiers
- **Platinum** - $5,000
- **Gold** - $2,000
- **Silver** - $1,000
- **Bronze** - $500
- **Copper** - $250

### Corporate Sponsor Tiers
- **Ace** - $300,000
- **Approach** - $100,000
- **Deuce** - $50,000
- **Rally** - $25,000
- **Love** - $10,000

Donor Name: _____________________________________
Address: ______________________________________________
Phone: ______________ Email: ___________________________

**Sponsor Level:** Ace  □  Approach  □  Deuce  □  Rally  □  Love  □

**Donor Level:** Platinum □  Gold □  Silver □  Bronze □  Copper □

Other Amount: $_________

**Thank you for your Generosity!**

Please complete this form, pay on our website @Norwichct.org/recreation or make checks payable to Norwich Recreation and mail to: Norwich Recreation Department, 75 Mohegan Rd., Norwich, CT 06360. To discuss personalized options or to pay by credit card, please call the office at 860-823-3791.