

DISCOVER

Summer 2025



GROTON
PARKS & RECREATION

Grotonct.myrec.com



Discover Groton

▶ Looking Ahead

Exciting improvements are on the horizon for Groton's parks and recreation facilities! As we continue our mission to enhance outdoor spaces and provide diverse recreational opportunities, several key projects are in the works that will benefit residents of all ages.

At Sutton Park, planned renovations to revitalize this important community space are moving forward. Planned upgrades include enhanced accessibility, and new amenities to support a variety of activities. These improvements will ensure that Sutton Park remains a vibrant and welcoming destination for sports, play, and relaxation.

Families have a new place to play at Farquhar Park, where a brand-new playground was installed. This project will provide children with a safe, engaging play environment while making the park an even more inviting neighborhood gathering spot.

For those who enjoy active recreation, construction of six new pickleball courts near the library are scheduled for this Spring. Pickleball continues to grow in popularity, and these new courts will provide an exciting opportunity for players of all skill levels to enjoy the game in a convenient and centrally located setting.

These projects reflect our ongoing commitment to making Groton's parks and recreation facilities even better for our community. Stay tuned for updates as we bring these exciting improvements to life!



INCLUSION STATEMENT

Groton Parks and Recreation values including people as a means of strengthening our community. The Department strives for inclusion and equity by:

- making all programs, services and activities equally available and accessible.
- making intentional efforts to be welcoming to all citizens, particularly those who have been historically under-resourced in terms of parks and recreation.
- striving to enhance each individual's potential for full participation in programs and services of their choice.
- providing specialized opportunities specifically designed to meet the needs of those with varied interests, abilities or backgrounds.

▶ Director's Message

As we move into another exciting season in Groton, I want to take a moment to reflect on the vital role that parks, open spaces, and recreation programs play in our community. At Groton Parks & Recreation, we are committed to fostering a happy, healthy, and connected community by providing high-quality facilities, engaging programs, and opportunities for all ages to stay active and involved.

This season, we're continuing our work to improve parks, trails, and recreational spaces throughout Groton. From enhancing our athletic fields to expanding bike and pedestrian connectivity, we are dedicated to making outdoor recreation more accessible and enjoyable for everyone. One exciting initiative is the development of a pump track, which will offer a dynamic space for bikers of all skill levels to ride and practice.

Whether you're exploring our parks, joining a fitness class, or attending a community event, we encourage you to take advantage of all that Groton Parks & Recreation has to offer. Your participation, feedback, and support help shape the future of our programs and facilities.

We look forward to seeing you out and about this season!

Mark Berry, *Director*

Groton Parks and Recreation

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Groton Parks and Recreation
29 Spicer Ave
Noank, CT 06340

Thrive 55+ Active Living Center
102 Newtown Road
Groton, CT 06340

Recreation: 860-536-5680
Thrive55+: 860-441-6785
parksrec@groton-ct.gov
Grotonct.myrec.com
Facebook: grotonparksandrec
Instagram: grotonrec



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Join Us in Enriching Lives, Shaping Futures, and Inspiring Community: Seeking Passionate Program Instructors!

Passionate about making a difference in your community?
Groton Parks & Recreation Department is seeking **Program Instructors**
to lead engaging and educational activities for all ages.

Join us and be a part of something extraordinary!

Contribute to the well-being of your community.

- **Join a Supportive Team:** Collaborate with like-minded individuals.
- **Inspire** a love for education and skill-building.
- **Connecting Communities:** Strengthen neighborhood bonds.
- **Fostering Fun:** Create memorable experiences for all.



Shennecossett Golf Course

**June is Women's Golf Month! Take
Advantage of our Specials.**

\$30 w/ cart Monday - Thursday

\$30 w/ cart Friday - Sunday After 12PM





GROTON PARKS



Immerse yourself in Groton's parks, where every outing promises moments of relaxation and rejuvenation. Embrace the beauty of our green spaces, perfect for picnics, play, leisurely strolls, or simply unwinding. Scan the QR code to unveil a map of Groton's parks, your passport to endless outdoor experiences!



Experience the joy of a balanced lifestyle, one step at a time. Connect with nature's rhythms as you explore our diverse hiking paths. Scan the QR code for easy access to our trail map and make every day an opportunity to unwind and recharge amidst serene landscapes.



Do you believe in the power of parks to enhance the holistic health and wellness of our residents? Are you looking for more ways to support Groton programs and green spaces? Consider making a tax-deductible donation to the Groton Parks Foundation to help support our programs and future projects.

For more information, please contact:

Denisse Sanchez, Community Outreach Coordinator, DSanchez@groton-ct.gov

Scan the QR Code below or visit GrotonCT.MyRec.com to donate.

29 Spicer Avenue,
Noank, CT 06340
GrotonCT.MyRec.Com
860-536-5685



FINANCIAL AID DISCOUNTS

1. Determine your annual Total Income

- Line 11 on Form 1040
- If married filing separately, combine figures from both income tax filings!

2. Determine Household Size

- Number of people listed on your income tax filing(s).

3. If your **Total Income** is less than the amount listed for your Household Size on the chart, you qualify for a Discount!

DISCOUNT	50%	40%	20%
Household Size	Total Annual Income		
1	\$15,060	\$30,120	\$45,180
2	\$20,440	\$40,880	\$61,320
3	\$25,820	\$51,640	\$77,460
4	\$31,200	\$62,400	\$93,600
5	\$36,580	\$73,160	\$109,740
6	\$41,960	\$83,920	\$125,880
7	\$47,340	\$94,680	\$142,020
8	\$52,720	\$105,440	\$158,160
each add'l	\$5,380	\$10,760	\$16,140

Financial Aid discounts are available for Groton residents only. In order to claim the discount for Recreation programs (Thrive55+ programs not included), bring a copy of your most recent

federal income tax filing(s) to our office or email to

parksrec@groton-ct.gov. If you are already receiving service at Groton Human Services, 2 Fort Hill Road, Groton, CT 06340, please mention our discount program as well. The staff there will help you apply as well.

If you do not file income taxes, please call (860) 536-5680 to discuss alternative documentation.

Additionally, many of our customers donate money to help those who can't pay to participate. These donations are used to provide grants to help pay for programs, including non-residents. The amount of grant funds available is based on donations received. Call (860) 536-5680 for more information.

Discounts expire on March 31 each year.

COMMUNITY EVENTS



Summer Sound Waves

**Thank you to our
Exclusive Presenting
Sponsor:**



GROTON UTILITIES
At Your Service

**Thank you to our
Media Sponsor:**

**EASTERN CONNECTICUT'S
BIG 100.9**
NEW LONDON GROTON NORWICH

June 26th	FUSION	 <p>Free Concerts!</p>
July 3rd	DON'T TELL LISA	
July 10th	SUGAR	
July 17th	MYSTIC DEAD	
July 24th	WILL EVANS	
July 31st	RED LION	
August 7th	SOULS ON FIRE	
August 14th	AMERICAN HONEY*	

*5:30 pm start

All Concerts Thursdays at 6pm at Esker Point Beach

Shuttle Service Offered at Fitch High School

Parking

\$5 Motorcycles / \$10 Cars

Food Trucks
On Site!





Kindly leave your
pets at home.

TOWN OF GROTON'S ANNUAL OUTDOOR MARKET AND CLASSIC CAR SHOW

ALL TYPES OF
CARS AND
TRUCKS
WELCOME NO
YEAR LIMIT

FREE FAMILY EVENT

SATURDAY

JUNE 14, 2025

11:00 A.M. - 2:00 P.M.

LOCATED IN THE FIELD BETWEEN THRIVE 55+
AND THE GROTON PUBLIC LIBRARY
102 NEWTOWN ROAD GROTON, CT
860-441-6785

CAR SHOW ENTRY
BY
DONATION




The Valenti Family of Dealerships

Mystic Westerly Old Saybrook



THRIVE55+
Active Living Center
Powered by Groton Senior Center



BIKE RODEO

TRAFFIC GARDEN GRAND OPENING

Sunday May 18th, 2025
12PM - 4 PM

Children 10 yrs old and younger (12-2pm)
Anyone over 10 yrs old (2-4pm)

**RAIN DATE:
JUNE 1ST**

Claude Chester Elementary School
Children ages 4-15

FREE

CHILDREN WILL LEARN ROAD SAFETY RULES AND ENGAGE IN
EXCITING ACTIVITIES, INCLUDING A BIKE RODEO AT THE
NEWLY PAINTED TRAFFIC GARDEN.
EVERYONE WHO COMPLETES THE RODEO WILL RECEIVE A DIPLOMA,
HELMET AND OTHER FREE STUFF!





COMMUNITY EVENTS



4TH OF JULY PARADE

Friday, July 4th 10AM

The parade starts at Poquonnock Plains Park and travels along Route 1.

You don't have to just watch -
Be In the Parade!

Learn more at:
GrotonCT.MyRec.com



**FORT GRISWOLD
CELEBRATION
ON THE THAMES**

Food, Fun, & Fireworks!
All We Need is YOU!

Celebration on the Thames is a family-friendly event filled with music, food and fun!

Saturday, July 12th
Live Music
Acoustic Marshpit
6:00 - 9:15PM
Fireworks
9:20PM



**THANK YOU
SO MUCH!**

to our
Exclusive Presenting Sponsor!



GROTON UTILITIES
At Your Service

and our Media Sponsor!

**EASTERN CONNECTICUT'S
BIG 100.9**
NEW LONDON GROTON NORWICH

97.7 WCTY
Eastern Connecticut's Country!

WICH 94.5
Personality Radio 1310AM



**TOUR
DE
NOANK 5K**



SATURDAY, JUNE 7TH

Fun Run: 9:30AM 5K: 10:00AM

To Register, Scan
QR code or visit:
GrotonCT.MyRec.com



Our Tour de Noank 5K Road Race benefits Groton Parks and Recreation adaptive programs.

This is a communal and family event. In addition to the certified 5K, we have a kid's Fun Run, and we're encouraging new runners, walkers, and anyone looking for a healthy challenge to participate in the Road Race.

*Don't compete,
just complete!*

Thanks to our Sponsors:

KELLEY'S KSPACE
RUN MYSTIC

 **Sunrise**
HOME INSPECTION LLC

PUZZLE PALOOZA

Fri. May 16th 6:00 - 8:00PM Ages 8-99+ \$25 per Team Teams of 2-4

**500 Piece Puzzle
Challenge!**
Family Friendly Event

Registration Required

GrotonCT.MyRec.com

102 Newtown Rd., Groton



Get out on the water this summer
with Noank Rowing Club!



Whether you are a former competitive rower or a complete beginner, we have a program for you. Located on the protected waters of Beebe Cove, Noank Rowing Club offers three levels of group classes for youth and adults, workshops, private lessons, and group rows



Scan the QR code for more information, or visit
our programs page at

<https://www.noankrowing.org/programs>

WOMENS MOUNTAIN BIKING CLINIC

ALL LEVEL
RIDERS

TRAIL RIDING

SAFETY & BIKE
HANDLING

📍 **BLUFF POINT & HALEY FARM STATE PARK**
GROTON, CT

📅 **SATURDAYS- MAY 17 - JULY 19 - SEPTEMBER 20**
10:00 AM - 2:00 PM



FREE TO REGISTER

Visit us today at:

GrotonCT.MyRec.com



DAY CAMPS



Discover Camps Northeast Academy

NOTE: New camp hours 8A-3P / Extended camp hour available from 3P-4P.

Campers participate in activities that include sports, arts and crafts, outdoor games, literacy, drama, music, dress up days, water activities, and special events all within a caring and safe environment. Breakfast and Lunch is provided. We offer financial aid for families that qualify. If your child has any special needs or requires special assistance, you must include this information on the registration. Formal assessment will be required. **Ages 5-12 • Campers must have completed kindergarten.**

Campers must be registered the Thursday prior to the camp week.

Activity/Date	Day	Time	Res./Non-Res.
All Together Now (Week 1) 6/23-6/27	M-F	8A-3P	\$125/\$145
Patriotic Pride (Week 2) 6/30-7/2	M-W	8A-3P	\$75/\$95
Wild West (Week 3) 7/7-7/11	M-F	8A-3P	\$125/\$145
Space Exploration (Week 4) 7/14-7/18	M-F	8A-3P	\$125/\$145
Sports & Fitness (Week 5) 7/21-7/25	M-F	8A-3P	\$125/\$145
Spirit Week (Week 6) 7/28-8/1	M-F	8A-3P	\$125/\$145
Camp's Got Talent (Week 7) 8/4-8/8	M-F	8A-3P	\$125/\$145
Extended Camp Hour Each Week	M-F	3P-4P	\$20/\$35

Optional Camp Field Trips

Location	Date	Day	Time	Age	Res./Non-Res.
Ocean Beach	6/27	F	8A-3P	5-12	\$25/\$25
Mini Golf	7/2	W	8A-3P	5-12	\$15/\$15
CT Sun Women's Basketball	7/9	W	8A-3P	8-12	\$30/\$30
Kotter Farm	7/9	W	8A-3P	5-7	\$5/\$5
GOSA Hike	7/10	Th	8A-3P	5-12	FREE
Ocean Beach	7/11	F	8A-3P	5-12	\$25/\$25
CT Science Center and Butterfly Exhibit	7/16	W	8A-3P	7-12	\$60/\$60
Niantic Children's Museum	7/16	W	8A-3P	5-6	\$23/\$23
GOSA Hike	7/17	Th	8A-3P	5-12	FREE
Yawgoo Valley Water Park	7/23	W	8A-3P	8-12	\$47/\$47
Bluff Point	7/23	W	8A-3P	5-7	\$5/\$5
GOSA Hike	7/24	Th	8A-3P	5-12	FREE
Dennison Pequotsepos Nature Center	7/30	W	8A-3P	5-7	\$17/\$17
Mystic Aquarium	7/30	W	8A-3P	8-12	\$32/\$32
GOSA Hike	7/31	Th	8A-3P	5-12	FREE
Ocean Beach	8/1	F	8A-3P	5-12	\$25/\$25
Mystic Luxury Theatre	8/6	W	8A-3P	5-12	\$24/\$24
GOSA Hike	8/7	Th	8A-3P	5-12	FREE

GOSA Hikes are funded by Groton Open Space Association

Leader in Training

The Leader in Training (LIT) program offers opportunities for youth to prepare for future employment by assisting in our summer camp. Candidates will be screened and interviewed.

- Applications must be received by June 1.
- Camp weeks align with Discover Camps.
- All LITs must register for a minimum of (2) weeks.
- Ages: 14-16
- Res./Non-Res. \$30

Registration Deadlines and Refunds • Online registration is available at [GrotonCT.myrec.com](https://grotonCT.myrec.com).

Financial Aid is available for camp and field trips. Please contact **Groton Parks and Recreation 860-536-5680** to find out more.

- Children signed up after the maximum enrollment is reached are put on the paid waiting list.
- Refunds must be **requested 1 week before** start of the camp week.
- If we cancel a field trip, you will be refunded and camp will still take place. We do not issue refunds for a child who is suspended or dismissed from camp due to behavior issues.
- Parks and Recreation State License Statement: Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.

Camp Button

Mystic River Magnet School

Dates 7/7-8/15 | M - F • 11:45A-3P

Ages: 6-13

Fee: Residents only \$570

Instructor: Erin Challinor | Min. 5/Max. 20

Camp Button is designed for children with significant disabilities to provide activities, experiences and field trips that are accessible to each camper based on their level of cognition, adaptive abilities, sensory needs and social skills. All campers are evaluated for appropriate placement in Camp Button.

Open to Groton residents only. Field trips are included. A required assessment from parent and teacher is required that will help us give your child the best possible experience this summer. Campers must have completed kindergarten. The paid wait list will be based on staffing.



CAS Soccer Camp

Campers are placed into groups according to ability and age. All campers receive a soccer ball, camp t-shirt and evaluation. Bring shin guards and a water bottle.

Friday is a rain make-up day if necessary.

Date	Day	Time	Age	Res./Non-Res.
CAS Soccer Camp (June)				
6/23-6/27	M-F	9A-10A	3-4	\$110/\$130
6/23-6/27	M-F	10:30A-12P	4-6	\$125/\$145
CAS Soccer Camp: Half Day (June)				
6/23-6/27	M-F	9A-12P	6-14	\$165/\$185
CAS Soccer Camp (July)				
7/21-7/25	M-F	9A-10A	3-4	\$110/\$130
7/21-7/25	M-F	10:30A-12P	4-6	\$125/\$145
CAS Soccer Camp: Half Day (July)				
7/21-7/25	M-F	9A-12P	6-14	\$165/\$185
CAS Soccer Camp (August)				
8/18-8/22	M-F	9A-10A	3-4	\$110/\$130
8/18-8/22	M-F	10:30A-12P	4-6	\$125/\$145
CAS Soccer Camp: Half Day (August)				
8/18-8/22	M-F	9A-12P	6-14	\$165/\$185

Location: Poquonnock Plains Park

Instructor: Community Athletic Solutions | Min. 10/Max. 100

Youth Track & Field Camp

Learn the basics of track including high jump, long jump, hurdles, sprints, middle distance, relays, shot put, and turbo javelin. For students ages 10-14 years old.

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
6/23-6/26	M-Th	8:30A-12P	10-14	\$99/\$119

Location: Fitch High School

Instructor: Lacy Johnson | Min. 14/Max. 30

Southeastern CT Throwing Camp (NEW)

Come learn and practice the throwing events of outdoor track and field--shot put, discus and javelin! Participants will be taught technique, taken through exercises and drills that will help them develop as throwing athletes, and introduced to strategies to enhance their performances in competition of all kinds.

Rain date Friday.

Date	Day	Time	Age	es./Non-Res.
7/28-7/31	M-Th	5:30P-8P	11-18	\$99/\$119

Location: Fitch High School

Instructor: Lacy Johnson | Min. 14/Max. 30

Cross Country Camp

Incoming 5th graders through incoming 8th graders learn the basics and are inspired to do their best in this lifetime sport. This camp blends running opportunities with learning experiences. Topics include; core training, stretching, hydration & nutrition, injury prevention, racing strategies, proper shoe selection and more.

Rain date Friday.

Date	Day	Time	Grade	Res./Non-Res.
8/18-8/21	M-Th	8:30A-11:30A	5-8	\$99/\$119

Location: Bluff Point

Instructor: Denise Descheneaux | Min. 8/Max. 25

Gymnastics Camp (NEW)

Gymnastic Camp is offered Monday through Thursday, 9:00-11:30 AM, catering to children aged 6-13 years. The week's activities will include summersaulting, motor skill exploration, and strength and self-confidence development. Children will have the opportunity to learn and master various gymnastics moves, such as cartwheels and bridges. The program will also feature team games and arts and crafts activities. Please ensure your child brings a snack, water bottle, and sneakers.

Date	Day	Time	Age	Res./Non-Res.
7/21-7/24	M-Th	9A-11:30A	6-13	\$150/\$170

Location: Groton Community Center

Instructor: ABC Gymnastics | Min. 8/Max. 12

Schooners Baseball Camp

Practice the fundamentals of baseball including the mechanics of throwing, hitting and fielding daily. Players grouped by age and skill level to promote skill development.

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
7/7-7/10	M-Th	9A-12P	8-13	\$109/\$129

Location: Fitch High School

Instructor: Mystic Schooners | Min. 10/Max. 36

Children's Bike Rodeo (NEW)

- Day filled with activities to teach children how to ride a bike safely. Includes an obstacle course and races.
- Participants learn how to stop their bikes, avoid hazardous road items, and manipulate their handlebars.
- Helmets & bikes are available for those who don't have them.
- Everyone who participates will receive a diploma and helmet.
- Registration preferred.

Date	Day	Time	Age	Res./Non-Res.
5/18	Su	12P-2P	4-10	FREE
5/18	Su	2P-4P	11-15	FREE

Location: Claude Chester Traffic Garden

Sponsored by: Bike Groton & Groton Parks & Rec. | Min. 5/Max. 100



Tennis Camp

Beginner and intermediate tennis players develop basic strokes and skills in this fun clinic. Please bring tennis racquet with you. We will follow the USTA guidelines.

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
Week 1				
6/23-6/26	M-Th	5P-7P	8-14	\$89/\$109
Week 2				
6/30-7/3	M-Th	5P-7P	8-14	\$89/\$109
Week 3				
7/7-7/10	M-Th	5P-7P	8-14	\$89/\$109

Location: Fitch High School

Instructor: Rizwan Shariff | Min. 8/Max. 12

Youth Softball Camp

Learn, develop and improve softball skills while having fun. Players improve their technical skills, hitting, fielding, base running, throwing, and foot speed/movement training and apply them in game situations.

Rain date Friday.

Date	Day	Time	Grade	Res./Non-Res.
8/4-8/7	M-Th	9A-12P	4-8	\$89/\$109

Location: Groton Middle School

Instructor: Jackie Lewis | Min. 14/Max. 25

Volleyball Camp

Learn, develop and improve volleyball skills while having fun.

Middle School: Participants who are between the ages of 11-14 years old or are newer to volleyball will learn introductory skills and receive information that will help them become better volleyball players. (No Incoming Freshman)

High School: Participants who are 14-18 years old with more experience will run through rigorous, higher paced skills and receive more technical information.

Date	Day	Time	Age	Res./Non-Res.
Middle School (No Incoming Freshman)				
8/6-8/8	W-F	10A-12P	11-14	\$79/\$99
High School				
8/20-8/22	W-F	12:30P-2:30P	14-18	\$79/\$99

Location: Fitch High School

Instructor: Jennifer Sim | Min. 10/Max. 16

Introduction to Basketball Camp

For the new or developing player, this camp will help familiarize you with the game in fun and exciting ways. Develop your skills with informative coaching and drills, set new goals as a player and maybe even play a game or two. Players should bring water, basketball shoes, a basketball and be ready to work hard and have fun!

Date	Day	Time	Age	Res./Non-Res.
6/23-6/27	M-F	9A-12P	8-11	\$89/\$109

Location: Groton Middle School

Instructor: Ryan Magee | Min. 10/Max. 25

Beach Volleyball Camp (NEW)

Learn, develop and improve volleyball skills while having fun.

Middle School: Participants who are between the ages of 11-14 years old or are newer to volleyball will learn introductory skills and receive information that will help them become better volleyball players. (No Incoming Freshman)

High School: Participants who are 14-18 years old with more experience will run through rigorous, higher paced skills and receive more technical information.

Date	Day	Time	Age	Res./Non-Res.
Middle School (No Incoming Freshman)				
6/25-6/27	W-F	10A-12P	11-14	\$79/\$99
High School				
7/9-7/11	W-F	12:30P-2:30P	14-18	\$79/\$99

Location: Esker Point Beach

Instructor: Jennifer Sim | Min. 10/Max. 16

PGA Beginner Golf Camp

Learn the grip and stance of putting/chipping, alignment of iron shots, when to use each club and how far each club goes. Golfers receive individual instruction while they rotate through three distinct short game centers. Use newly acquired skills to play multiple holes on Shennecossett Golf Course. Intermediate golfers continue the practicing fundamentals and also learn proper course management, etiquette, and the rules of the game while testing abilities through on-course practice. Shared golf clubs are provided, but please feel free to bring your own. Collared shirts are required.

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
6/16-6/19	M-Th	9A-11A	10-21	\$129/\$149
7/28-7/31	M-Th	9A-11A	10-21	\$129/\$149

Location: Shennecossett Golf Course

Instructor: Casey Roan | Min. 3/Max. 6

PGA Advanced Golf Camp

Shennecossett's PGA professionals offer this great opportunity for young golfers with some experience. Instruction includes the golf swing, short game instruction on Shennecossett's excellent practice areas and playing instruction, including rules of golf and golf course etiquette, on the historic course. Golf clubs are available to golfers who do not have equipment. Proper golf attire is required. Visit ShennyGolf.com for more information on the course!

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
8/4-8/7	M-Th	9A-11A	10-21	\$129/\$149

Location: Shennecossett Golf Course

Instructor: Casey Roan | Min. 3/Max. 6

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691 or ecicchese@groton-ct.gov

SPECIALTY CAMPS

Minecraft Engineering Using LEGO® Materials

Minecraft Engineering using LEGO® Materials Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

Date	Day	Time	Age	Res./Non-Res.
7/28-8/1	M-F	9A-12P	5-7	\$199/\$219

Location: Groton Community Center

Instructor: Play-Well TEKologies | Min. 10/Max. 16

Pokémon Engineering Using LEGO® Materials

Pokémon Engineering using LEGO® Materials Calling all Pokémon trainers! With the Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!

Date	Day	Time	Age	Res./Non-Res.
8/11-8/15	M-F	9A-12P	5-7	\$199/\$219

Location: Groton Community Center

Instructor: Play-Well TEKologies | Min. 10/Max. 16

Sewing Camp

Learn to operate sewing machines and craft summer on-the-go pieces like lined beach totes, zippered pouches, scrunchies and PJ shorts. Beyond the basics, tackle elastic application, hems, French seams, building confidence & problem-solving skills. Each child needs their own sewing machine. Need one? We'll make every attempt to provide one.

Date	Day	Time	Age	Res./Non-Res.
7/14-7/16	M-W	9A-1P	8-14	\$170/\$190

Location: Groton Community Center

Instructor: Ashley – SewThisStudio | Min. 6/Max. 10

S.T.E.M. Navigation and Concepts Camp (NEW)

Experience an exciting hands-on camp led by dedicated Navy volunteers! Young explorers will dive into the world of navigation, learning essential skills such as piloting, using gyroscopes and compasses, and understanding GPS technology. Campers will also explore bathymetry, celestial navigation, biodiversity, and cartography. They'll even train with flood and mooring simulators to develop critical maritime skills. This engaging program combines science, adventure, and teamwork to inspire the next generation of navigators and environmental stewards.

Date	Day	Time	Grade	Res./Non-Res.
6/23-6/27	M-F	9A-12P	6-8	\$20/\$40

Location: Esker Point Beach

Instructor: Navy Instructors | Min. 6/Max. 18

ADAPTIVE



Special Recreation

Individuals with disabilities participate in arts & crafts, sports activities and compete in Special Olympics sports. (All Special Olympics sports fall under the Special Recreation Program.) Arts and crafts always take place at the Groton Community Center on Thursdays from 6P-7:30P.

Days and times vary, please check monthly calendar that is given to you at the time of reservation. Please note some sports do not occur on Thursdays. Any questions please call Eileen 860-625-1024.

Date	Day	Time	Age	Res./Non-Res.
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Arts & Crafts

6/12-9/11	Th	6P-7:30P	14+	\$50/\$50
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Location: Days and Locations Vary for Each Sport

Instructor: Vic Cicchese | Min. 4/Max. 99

Adaptive Cooking for Fun

Enjoy the art of cooking in a social setting. Learn to follow directions, use a kitchen safely, make healthy choices, collect recipes, and share with peers. (Plus \$60.00 Fee for Food Supplies, scholarship does not apply.)

Date	Day	Time	Age	Res./Non-Res.
6/25-8/13	W	5P-7P	13+	\$104/\$124

Location: Fitch Senior High School

Instructor: Gina McGrade | Min. 5/Max. 10

Teen/Young Adult Social Club

Teens and young adults with special needs, plan group activities weekly. Participants have opportunities to learn new leisure activities, meet new friends, while having fun in age-appropriate groups.

Date	Day	Time	Age	Res./Non-Res.
6/27-8/22	F	6P-9P	13-35	\$90/\$110

Location: Groton Community Center

Instructor: Hannah Watson | Min. 10/Max. 25

Adaptive Karate

Students with disabilities learn how to overcome challenges by utilizing their strengths and improving their weaknesses. Participants also develop a strong mind, body and spirit while increasing self-confidence, self-worth, and self-reliance.

Date	Day	Time	Age	Res./Non-Res.
6/26-9/4	Th	4:45P-5:30P	12+	\$70/\$90

Location: Groton Community Center

Instructor: Ralph Batty | Min. 1/Max. 50

Adaptive Pickleball (NEW)

Pickleball adaptive lessons are designed to teach individuals with physical, cognitive, or developmental disabilities how to play pickleball, incorporating modifications and specialized equipment to ensure accessibility and allow everyone to enjoy the game at their own pace, fostering physical activity, social interaction, and a sense of accomplishment.

Day	Time	Age	Res./Non-Res.
Mondays	4:45P-5:15P	18+	\$5/\$10

Location: Groton Community Center

Instructor: Tim Daly | Min. 1/Max. 6

ARTS & WRITING



Short Story Writing

Aspiring writers learn tactics and techniques for developing the right type of language and skills for writing fiction that can be marketed successfully. Participants also learn how to approach the publication market and query agents and managers. The end of the course culminates with a public presentation of the students' short works. The class is taught by local writer Nicholas Checker, author of a pair of novels, "Druids" and "Scratch" through Oak Tree Press, California – and his latest full-length novel, "The Saga of Marathon", through Wild Rose Press, New York. Younger participants must receive permission from the instructor.

Date	Day	Time	Age	Res./Non-Res.
6/23-8/11	M	4P-6P	18+	\$99/\$119
6/25-8/13	W	4:30P-6:30P	18+	\$99/\$119

Location: Groton Community Center

Instructor: Nicholas Checker | Min. 1/Max. 6

Novelette Writing & Publication

Aspiring writers concentrate on the craft of writing novelettes (mini-novels 20 – 35 pages) that can then be assembled for publication (electronic & paperback) via the free means provided through Amazon.com. Prerequisite to enroll in this program is having successfully completed our Short Story Writing class and attained publication through it, along with consent of the instructor, Nicholas Checker, published novelist. Checker's own publications include numerous short stories in the literary markets, a pair of novels, "Druids" and "Scratch" through Oak Tree Press, California and his latest full-length novels, "The Saga of Marathon" and "The Legend of Kwi Coast", through Wild Rose Press, New York.

Date	Day	Time	Age	Res./Non-Res.
6/23-8/11	M	6P-8P	18+	\$99/\$119
6/25-8/13	W	6:30P-8:30P	18+	\$99/\$119

Location: Groton Community Center

Instructor: Nick Checker | Min. 1/Max. 6

SPORTS



Girls Volleyball Non-league

Tuesdays: June 10 • June 24 • July 8 • July 22 • August 5

Girls Drop-In Instructional Volleyball This program is open to anyone interested in learning volleyball or improving your skills development and game play.

Time: 6P – 7:30P **Ages:** 10-14 years old **Drop In Fee:** \$10.00

Girls Drop-In Competitive Volleyball This program is open to teens who play on competitive volleyball teams in the 2024-2025 season. It will be competitive play with coaching guidance.

Time: 7:30P – 8:45P **Ages:** 12-18 years old **Drop In Fee:** \$10.00

Location: Groton Middle School

Instructor: Jennifer Sim | Min. 1/Max. 50

One-on-One Tennis Lesson (NEW)

Maximize your potential with personalized tennis coaching designed to accelerate your progress. Our instructor will assess your current skills, identify areas for improvement, and tailor each session to meet your specific needs. You'll develop better technique, sharpen strategic thinking, and enhance your physical conditioning through targeted drills and exercises. He'll focus on refining your strengths while addressing weaknesses, helping you achieve consistent and measurable growth. Whether you're looking to fine-tune your game or take it to the next level, the one-on-one coaching will empower you to reach your goals on the court.

Date	Day	Time	Age	Res./Non-Res.
6/28-8/23	Sa	10A-11A	8-18	\$45/\$65
6/28-8/23	Sa	11:15A-12:15P	8-18	\$45/\$65
6/28-8/23	Sa	12:30P-1:30P	8-18	\$45/\$65

Location: Fitch High School

Instructor: Rizwan Shariff | Min. 1/Max. 1

BOATING



Boating Club

Membership includes the use of club kayaks and paddle boards and the boathouse, located on Beebe Cove in Spicer Park in Noank. Kayak fleet includes singles, doubles and sit-on-tops. PFD's are not provided. (Park closes at dusk or 8:30 p.m., whichever is earlier)

Date	Day	Time	Age	Res./Non-Res.
Youth				
3/1-12/31	M-Su	8:30A-8:30P	12-18	\$75/\$95
Adult				
3/1-12/31	M-Su	8:30A-8:30P	19-54	\$100/\$120
55+				
3/1-12/31	M-Su	8:30A-8:30P	55+	\$75/\$95
Family				
3/1-12/31	M-Su	8:30A-8:30P	18+	\$175/\$195

Location: Spicer Park

Coordinator: Staff

Indoor & Outdoor Boat Rack Storage

Limited indoor rack shell and kayak storage is available to the public at Spicer Park in the Boathouse. All personally owned boats or equipment is stored at the owner's risk. The Town of Groton is not responsible for lost, stolen or damaged boats or equipment.

Call the office at (860)536-5680 to activate your Indoor Storage Membership for this year!

All participants that would like to request new space to store any water vessels need to sign up for this activity. If a space becomes available, one of our staff members will be in touch. Please be aware that you must be approved for a space and assigned a rack number before you can bring a boat to store on the racks.

Date	Day	Time	Age	Res./Non-Res.
Indoor				
4/1-3/31	M-Su	24 hrs. a day	18+	\$325/\$345
Outdoor				
4/1-3/31	M-Su	24 hrs. a day	18+	\$150/\$170

Location: Spicer Park

Coordinator: Staff



Baby and Me Social

Introduce your child to the water using activities, toys and songs. Participate with your baby in your grasp. One parent per child required. Swim diapers required.

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	10A-10:30A	6mth-3yr	\$65/\$85

Location: UCONN Avery Point
Instructor: Staff | Min. 4/Max. 12

Intro to Level 1 Swim WITH Parent

This parent & child class is for your beginning swimmer to prepare for Level 1. Basic introduction to breath control, basic floating and balance in the water, changing directions and rolling over.

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	10:30A-11A	3-5	\$65/\$85

Location: UCONN Avery Point
Instructor: Staff | Min. 4/Max. 12

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. Goggles recommended.

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	10A-10:35A	6-15	\$85/\$105
5/31-7/12	Sa	12P-12:35P	6-15	\$85/\$105
5/31-7/12	Sa	1:20P-1:55P	6-15	\$85/\$105

Location: UCONN Avery Point
Instructor: Staff | Min. 4/Max. 26

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 recommended.

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	10:40A-11:15A	6-15	\$85/\$105
5/31-7/12	Sa	11:20A-11:55A	6-15	\$85/\$105
5/31-7/12	Sa	12:40P-1:15P	6-15	\$85/\$105

Location: UCONN Avery Point
Instructor: Staff | Min. 4/Max. 6

Level 3 Swim

Furtherers swimmers' ability in swimming independently. Swimmers work on freestyle, backstroke, frog kick, treading, and diving. Goggles REQUIRED!

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	11:20A-11:55A	6-15	\$85/\$105
5/31-7/12	Sa	12:40P-1:15P	6-15	\$85/\$105

Location: UCONN Avery Point
Instructor: Staff | Min. 4/Max. 6

Levels 4 & 5 Swim

Level 4 – Swimmers learn how to completely swim with limited to no instructor support. Swimmers review freestyle and backstroke techniques. Swimmers learn breaststroke and body dolphin, as well as getting more in-depth diving training. Goggles REQUIRED!

Level 5 – Advanced swimmers learn butterfly stroke, flip turns, and diving off of the blocks. Swimmers also review all previous strokes. Participants learn the skills needed to be on a competitive swim team. Goggles REQUIRED!

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	10:40A-11:15A	6-15	\$85/\$105

Location: UCONN Avery Point
Instructor: Staff | Min. 4/Max. 6

Pre-Competition Swim

Pre-Competitive swimmers use all previous stroke knowledge to begin training for competitive-level swimming. Swimmers learn racing starts, flip turns, interval training, and the rules of swim competition and practices. Swimmers will be required to have a basic understanding of all 4 strokes and must be able to swim 25 yards without stopping. Goggles REQUIRED!

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	1:20P-2:05P	8-21	\$109/\$129

Location: UCONN Avery Point
Instructor: Staff / Min. 4/Max. 8

Private Children/Adult Swim Lessons

Private one-on-one swim lessons.

Date	Day	Time	Age	Res./Non-Res.
5/31-7/12	Sa	11:20A-11:50A	6+	\$159/\$179
5/31-7/12	Sa	12P-12:30P	6+	\$159/\$179
5/31-7/12	Sa	12:40P-1:10P	6+	\$159/\$179
5/31-7/12	Sa	1:20P-1:50P	6+	\$159/\$179

Location: UCONN Avery Point
Instructor: Staff | Min. 1/Max. 1

MUSIC



Drumming for Everyone

Group drumming lessons are interactive sessions where participants come together to learn and practice drumming as a collective activity. Led by a skilled instructor, these lessons often focus on rhythm, coordination, and teamwork, allowing individuals to explore various drumming techniques and styles. The collaborative nature of group drumming not only enhances musicality but also promotes social skills, self-expression, and stress relief. A fun and engaging experience for all skill levels. **(Participants must bring drum pad and drum sticks.)**

Date	Day	Time	Age	Res./Non-Res.
6/25-7/16	W	5P-6P	8+	\$20/\$40
7/23-8/13	W	5P-6P	8+	\$20/\$40

Location: Groton Community Center
Instructor: George Holmes | Min. 1/Max. 5

COASTAL ACCESS POINTS

1 | Nautilus Overlook 716 Military Hwy.
Scenic overlooks, benches.



2 | Kenneth E. Streeter Boat Launch
0 Fairview Ave.

This site offers large and small boat launching, trailer parking and recreational fishing.



**Re-Opens
June 2025**

3 | Fort Street Landing 301 Thames St.
Once used as a landing for Fort Griswold, today it offers views of the Thames River and downtown New London's waterfront. On street parking.



4 | Thames View Park 343 Thames St.
Scenic views of the Thames River. On street parking.



5 | Shore Ave. 0 Shore Ave.
Small shoreline park offering scenic views of the Thames River.



6 | Eastern Point Beach
1 Beach Pond Rd.
Beach, playground, basketball courts, lifeguards and amenities. Paid entry and/or parking.



7 | UCONN Avery Point
1084 Shennecossett Rd.
Coastal pathway providing sweeping views of Long Island Sound and the Thames River. Paid parking.



8 | Bayberry Lane Boat Launch
84 Bayberry La.
This site offers large and small boat launching, trailer parking and scenic views of Pine Island and Bushy Point.



9 | Baker Cove Overlook
792 Shennecossett Rd.
Overlook includes a public path from Shennecossett Rd. to the waterfront at Baker Cove offering views of a tidal marsh. Off street parking.



10 | Calf Pasture Overlook
732 Shennecossett Rd.
This small recreation area offers views of an inlet within Baker Cove.



11 | Birch Plain Creek 25 Thomas Rd.
Trails along Birch Plain Creek, benches and observation deck.



12 | Sparkle Lake Conservation Area
155 Thomas Rd.
Trails along Birch Plain Creek, small boating opportunities.



13 | Peruzzotti Boat Launch & Burrows Field 140 South Rd.
Small craft launch with dedicated parking for trailers.



14 | Depot Rd. Playground & Poquonnock Walkway
65 Depot Rd. Walkway with benches along Poquonnock River. Parking available at playground on Depot Road.



15 | Bluff Point State Park 0 Depot Rd.
Linkage to Haley Farm State Park.



16 | Haley Farm State Park 0 Brook St.
Linkage to Bluff Point State Park.



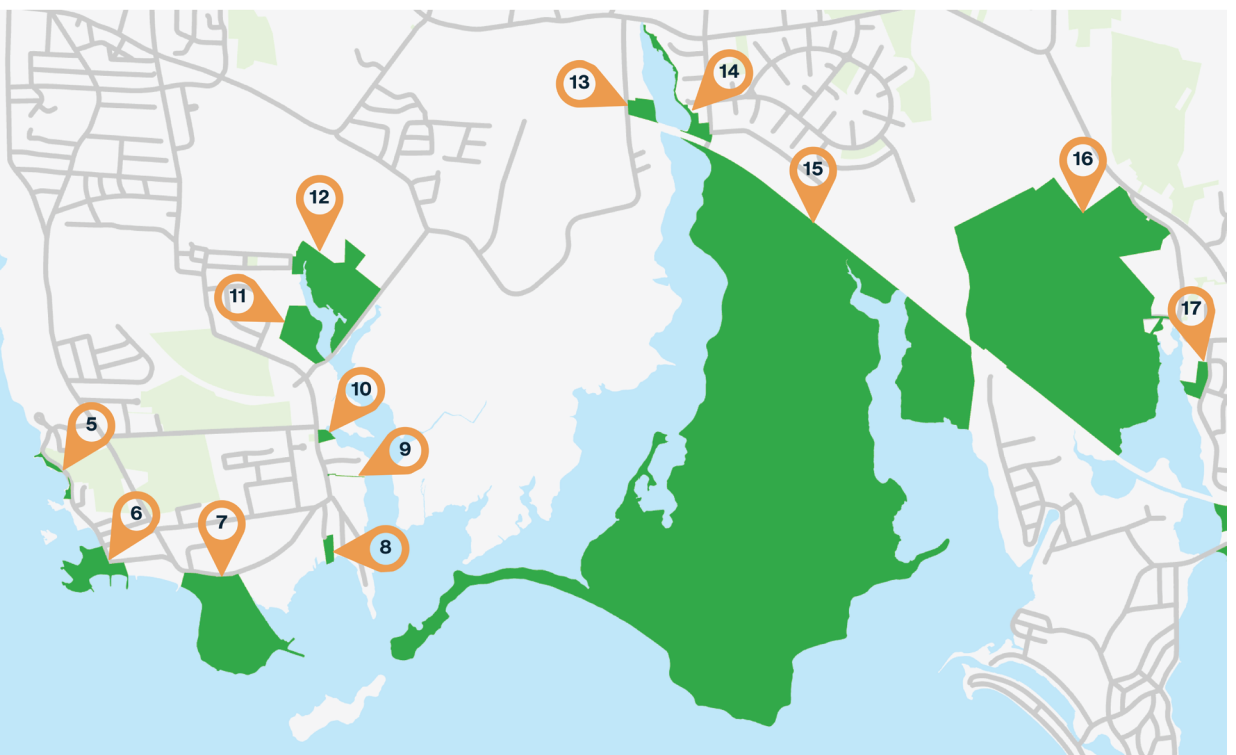
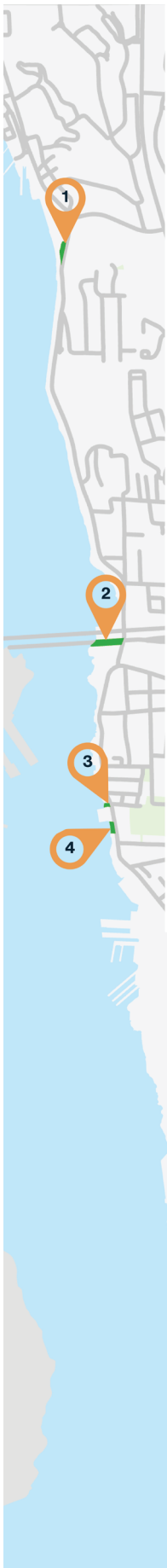
17 | Tanglewood Park 65 Seneca Dr.
Park includes basketball court, playground, and a small craft launch.



18 | Esker Point Beach 900 Groton Long Point Rd.
Sandy beach with bathrooms and picnic area on south side of road. Parking area, picnic tables/benches and small craft launch on north side.



19 | Triplett Coastal Access Area
0 Pearl St. Offers a few benches. On street parking.



20 | Rattlesnake Hill

Small beach accessible by steep set of stairs.



21 | Riverview Fishing Area

0 Riverview Ave.

Fishing area with scenic views.



22 | Main Street Dock & Beach

112 Main St.

Parcel features a small sandy beach, benches and approximately 10 parking spots.



23 | Spicer House 29 Spicer Rd.

Home to Groton Parks & Rec. Space to launch Canoe/Kayak and ample parking. Canoe and Kayak racks are available for storage with membership.



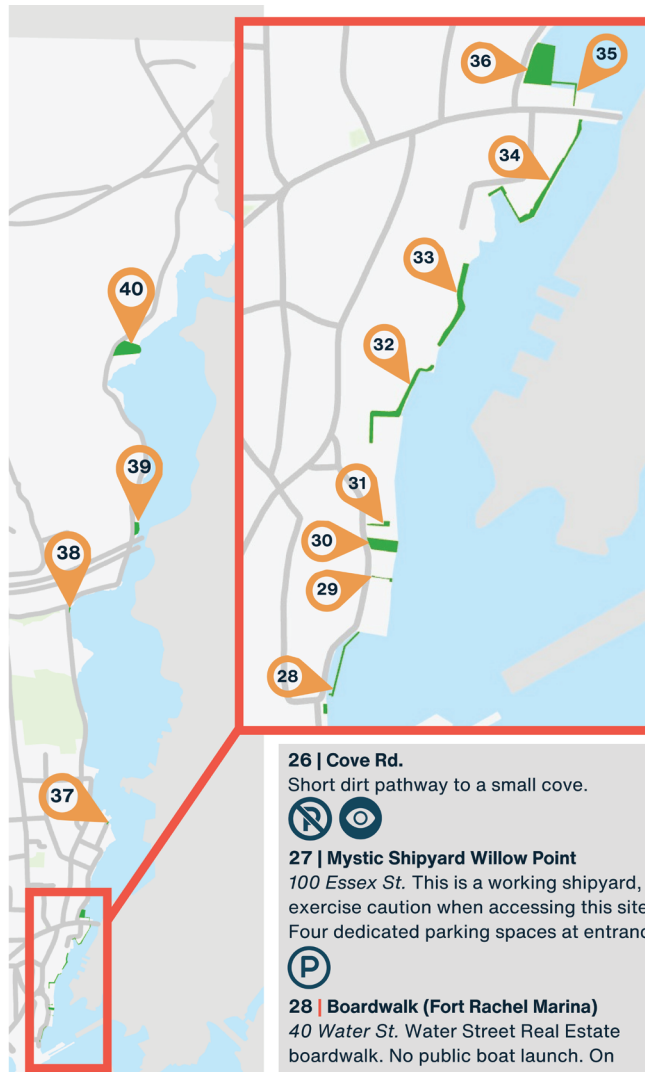
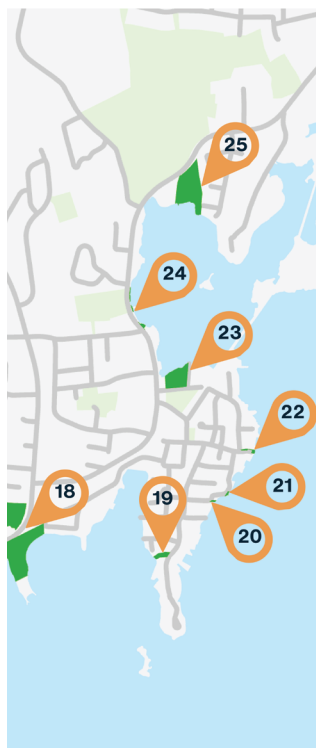
24 | Beebe Cove Vista 117 Elm St.

Four small parcels along Elm Street with chairs overlooking the water. Anderson Marsh and Woodlands (Avalonia Property) are directly across the road. Respect adjoining private property.



25 | Town's End 800 Noank Rd.

Scenic views of Beebe Cove. Limited parking by the entrance to Beebe Pond Park across the street.



26 | Cove Rd.

Short dirt pathway to a small cove.



27 | Mystic Shipyard Willow Point

100 Essex St. This is a working shipyard, exercise caution when accessing this site. Four dedicated parking spaces at entrance.



28 | Boardwalk (Fort Rachel Marina)

40 Water St. Water Street Real Estate boardwalk. No public boat launch. On street parking.



29 | Carija Property 47 Water St.

A small path beside the building leads to the water. On street parking.



30 | Town Dock 41 Water St.

Small craft launch area and a dock for fishing. On street parking.



31 | HGL Marina 35 Water St.

A portion is open to the public and offers views of the Mystic River. This is a working marina, exercise caution when accessing this site. On street parking.



32 | Randalls Wharf 17 Water St.

A pathway along the water. On street parking.



33 | Museum Walkway

9 Water St. Mystic Museum of Art, waterfront benches. Paid parking available.



34 | Boardwalk (Steamboat Wharf)

1 West Main St. Scenic views of downtown Mystic and the Bascule Bridge. On street parking.



35 | Boardwalk 8 West Main St.

Scenic views of downtown Mystic and the Bascule Bridge. On street parking.



36 | Gravel St. Pump Station

2 Gravel St. Scenic views of downtown Mystic and the Bascule Bridge. On street parking.



37 | Park Place Access

River Rd. Narrow road with very limited on-street parking.



38 | Riverside Preserve River Rd.

Parcel features a marsh and bird watching. On-street parking is not available.



39 | River Road Boat Launch

550 River Rd. This popular fishing spot has about 10 parking spots and is great for canoe/kayak use.



40 | Downes Preserve River Rd.

Parcel features a marsh and bird watching. Off-street parking is not available.



Parking



No Parking



Scenic Views



Restroom or port-o-let



Canoe/Kayak Launch



Boat Launch



Benches



Picnic Area



Fishing



Swimming



Bird Watching



Hiking



Biking

Coastal Access Points border private property. Please be respectful of any posted signs, regulations and property owner privacy when accessing these areas. Designated swim spots are swim at your own risk.

KARATE



Acquire increased self-esteem, self-respect, and self-discipline while developing strong minds, bodies, and spirits. All classes Level II and higher require approved uniform and safety equipment. The class is taught in a safe and structured environment.

Karate Grading

- Lil' Tiger grading (belt testing) Levels II and III. Test takes approximately 30 mins.
- Jr. Dragons, Jr. Black Belt, Black Belt and Adults: All students must wear their dogi and have all the necessary safety equipment required for their rank.
- Students age 6 and older Level II and higher will be dismissed based on their level requirements.
- Lower rank students will be dismissed upon completion of their test

Date	Day	Time	Age	Res./Non-Res.
Lil' Tiger				
8/5	Tu	5:30P-6P	3-6	\$25/\$25
Ages 6+				
8/5	Tu	6:15P-8:15P	6+	\$25/\$25
Location: Groton Community Center				
Instructor: Ralph Batty Jr. Min. 1/Max. 99				

Lil' Tiger Karate

- **ALL NEW STUDENTS MUST TAKE LIL' TIGER 1**
- Level I class requires a parent. **No cell phones allowed during class.**
- Lil' Tiger II Ranks: White, White w/Yellow Stripe, White w/ Orange Stripe
- Lil' Tiger III Ranks: White w/Green, White w/Blue, White w/Purple, White w/Brown

Date	Day	Time	Age	Res./Non-Res.
Lil' Tiger w/Parent				
6/23-8/25	M	4:45P-5:15P	3-5	\$59/\$79
Lil' Tiger 2				
6/24-9/2	Tu	5P-5:30P	3-5	\$59/\$79
Lil' Tiger 3				
6/25-8/27	W	5:15P-6P	3-5	\$105/\$125
Location: Groton Community Center				
Instructor: Ralph Batty Jr. Min. 3/Max. 20				

Jr. Dragon Karate

- **ALL NEW STUDENTS 6+ MUST TAKE JR. DRAGON 1**
- Jr Dragon 2 Ranks: White, Yellow w/ White, Yellow, Orange and all Lil' Tiger rank moving up to this class.
- Jr Dragon 3 Ranks: Green, Blue, Purple, Purple w/ Black.
- Jr Dragon 4/Black Belt Rank: All Brown and Jr. Black levels.

Date	Day	Time	Age	Res./Non-Res.
Jr. Dragon 1				
6/23-8/25	M	5:15P-6P	6-13	\$105/\$125
Jr. Dragon 2				
6/24-9/4	Tu,Th	5:30P-6:30P	6-13	\$135/\$155
Jr. Dragon 3				
6/23-8/27	M,W	6P-7P	6-13	\$135/\$155
Jr. Dragon 4 / Jr. Black Belt				
6/24-9/4	Tu,Th	6:30P-7:30P	6-13	\$135/\$155
Location: Groton Community Center				
Instructor: Ralph Batty Jr. Min. 3/Max. 50				

Black Belt Karate

- Black Belt ranks requirements: Brown w/white stripe or higher
- Ages: 13 and older

Date	Day	Time	Age	Res./Non-Res.
6/24-9/4	Tu,Th	7:30P-9P	13+	\$200/\$220
Location: Groton Community Center				
Instructor: Ralph Batty Jr. Min. 3/Max. 50				

Beginner/Intermediate Karate

- Ranks: White belt (all beginners) through Purple with Black.

Date	Day	Time	Age	Res./Non-Res.
6/23-8/27	M,W	12P-1P	13+	\$135/\$155
6/23-8/27	M,W	7P-8P	13+	\$135/\$155
Location: Groton Community Center				
Instructor: Ralph Batty Jr. Min. 1/Max. 50				

Senior Karate

Students ages 55+ receive an introduction to traditional karate-do taught in a safe and structured manner catering to every student's personal needs. Students learn basic karate techniques and fundamentals for self-protection which strengthens them mentally and physically. Mobility and stretching is a consistent part of class also. Must have Sensei Ralph's approval to move up.

Date	Day	Time	Age	Res./Non-Res.
6/23-8/27	M,W	11A-11:45A	55+	\$65/\$85
Location: Groton Community Center				
Instructor: Ralph Batty Jr. Min. 3/Max. 15				

Yamanni Ryu Kobudo

- Students learn fundamentals of kobudo (traditional weapons) which include basics, basics with movement, Hojo undo and kata.
- All participants must be approved by Sensei Ralph to join the class.
- All participants must have their own Bo staff or pair of Sai which must be pre-approved by Sensei Ralph.

Date	Day	Time	Age	Res./Non-Res.
Bo-Jutsu				
6/23-8/25	M	8P-8:30P	9+	\$35/\$55
Sai-Jutsu				
6/23-8/25	M	8:30P-9P	9+	\$35/\$55
Location: Groton Community Center				
Instructor: Ralph Batty Jr. Min. 3/Max. 50				





Summer Fun Runs

Come alone or with your family and try a course: a 0.4-mile short fun run for children, 2.8 miles to the beach and back, or the full 3.5-mile loop. Walkers are welcome.

Date	Day	Time	Age	Res./Non-Res.
7/11-8/15	F	6P-7P	5+	FREE

Location: Bluff Point State Park (Weather Permitting)

Instructor: Denise Descheneaux | Min. 8/Max. 200

Step-Up to the BARRE-Fusion

Get ready to enjoy an invigorating experience as classic step aerobics combines with a traditional BARRE class focused on sculpting your physique. We will begin with a warm-up on the step platform, followed by dynamic stretches that will leave you feeling energized. After that, we will engage in a choreographed step segment before transitioning into BARRE resistance training that effectively targets the core, upper, and lower body. This unique summer class is an exceptional opportunity that you definitely do not want to overlook!

Date	Day	Time	Age	Res./Non-Res.
6/23-8/11	M	5:30P-6:25P	13+	\$65/\$85
6/24-8/12	Tu	9:15A-10:10A	13+	\$65/\$85
6/26-8/21	Th	9:15A-10:10A	13+	\$65/\$85

Location: Groton Community Center

Instructor: Denise Descheneaux | Min. 8/Max. 17

Tai Chi Advanced

This class is intended for individuals with prior experience in Tai Chi. It will concentrate on the Yang style, specifically the 48 short form and the classical 108 long form. Participants will engage with fundamental Tai Chi principles, in addition to selected Qi Gong practices. The program aims to promote health and longevity through low-impact physical exercise and emphasizes healthy breathing techniques. This practice can be characterized as a "moving meditation," offering benefits such as stress reduction and mood enhancement.

Date	Day	Time	Age	Res./Non-Res.
6/26-8/21	Th	5:30P-6:45P	14+	\$55/\$75

Location: Spicer Park/Front Lawn (Weather Permitting)

Instructor: John Sidoli | Min. 3/Max. 24

Beach Volleyball League

We are proud to offer 13 different divisions of play for the upcoming summer! Co-ed and Men's & Women's options are all available. Games are played week nights – rain or shine at Esker Point Beach. Games are cancelled only at time of play if it is thundering or lightning. All players must fill out the league waiver. Team Captains must also register the team in the appropriate league. For more information on available divisions and to fill out waiver, please visit

GrotonCT.Myrec.com.

Location: Esker Point Beach

Instructor: Keith Westrate | Min. 1/Max. 500

Yoga For All

Immerse yourself in the symphonic union of mind, body, and spirit as you partake in mindful movement and breathwork, all while cultivating your strength. This enchanting class welcomes both novices and seasoned yoga devotees alike. While the instructor offers some equipment and props, do not forget to bring your own yoga mat to complete your experience.

Date	Day	Time	Age	Res./Non-Res.
6/23-8/18	M	6P-7:15P	14+	\$65/\$85

Location: UCONN Avery Point Lawn (Weather Permitting)

Instructor: Lori Miller | Min. 15/Max. 45

Mystic Mornings

Experience innovative and invigorating sessions led by a masterful yoga instructor. Her instructions perfectly synchronized with the ambient, calming beats mixed by a live DJ and presented through wireless silent disco headphones. This unique class weaves together the harmonious elements of meditation, dance and yoga to create a deeply immersive and peaceful experience where rhythmic, ethereal tones help you dive deeper into each stretch, breath and move.

Date	Day	Time	Age	Res./Non-Res.
Single Day				
6/24-8/12	Tu	8A-9A	13+	\$20/\$20
Entire Session				
6/24-8/12	Tu	8A-9A	13+	\$140/\$140

Location: Esker Point Beach Park

Instructor: Immersive Productions | Min. 10/Max. 250

Belly Dance (NEW)

Discover the beauty and grace of Belly Dance, an ancient art form that combines fluid movements with deep cultural roots. In this class, you'll learn the fundamentals of hip, torso, and arm movements, while building strength, flexibility, and confidence. Whether you're a beginner or have some experience, this class is designed to help you connect with the music, express yourself, and have fun!

Comfortable attire recommended.

Date	Day	Time	Age	Res./Non-Res.
6/25-8/20	W	5:30P-6:30P	13+	\$75/\$95

Location: Groton Community Center

Instructor: Raquel Murphy | Min. 8/Max. 14

Traditional Bachata (NEW)

Join us for an exciting journey into the world of Traditional Bachata! Rooted in the vibrant culture of the Dominican Republic, this captivating dance blends hip movements with rhythmic footwork, creating a beautiful expression of emotion and connection. All skill levels are welcome—whether you're a beginner or looking to refine your technique, this class is designed to help you grow and enjoy every step of the way!

No partner required. Comfortable attire recommended.

Date	Day	Time	Age	Res./Non-Res.
6/25-8/20	W	6:45P-7:45P	13+	\$75/\$95

Location: Groton Community Center

Instructor: Raquel Murphy | Min. 8/Max. 14



Trips & Travel Destinations

Extended Trips for Any Adult!

Our extended trips are usually for those 21 and older and not just for Groton residents. Visit us at Thrive55+ to get the detailed flyers on any of these fabulous trips. Would you rather get an electronic version? Contact Cindy. Ready to book one of these trips? Schedule a meeting. Call 860-441-6623 or email colsen@groton-ct.gov.

SCAN THE QR CODES TO LEARN MORE.

Discover America's Music Cities

October 5 - 12, 2025

French Quarter, Jazz Revue, Grammy Museum, Graceland, Civil Rights Tour, Barbecue Lunch, Ryman Auditorium, the Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Goo Goo Cluster Candy or Johnny Cash Museum.



European Christmas December 6 - 14, 2025

Prague's Christmas Markets, Prague Castle, Choice on Tour: Vltava Boat Tour or Jewish Heritage Tour, Dresden's Christmas Markets, Český Krumlov, Vienna's Christmas Markets, Viennese Candy Workshop, Train Ride to Bratislava, Budapest's Christmas Markets, Matthias Church, Fisherman's Bastion.

Classical Greece

March 22- April 1, 2026

Athens, The Acropolis and Parthenon, Meteora, Delphi, Olympia, Greek Farm Visit, Cooking Class, Greek Dance Class, Choice on Tour: Nafplio Walking Tour or Mycenae Archeological Tour.



Discover South Dakota featuring Mount Rushmore & The Badlands October 7 - 13, 2026

Mount Rushmore, Badlands National Park, Wall Drug, Deadwood, Off-Road Jeep Safari at Custer State Park, Crazy Horse Memorial, Devils Tower National Monument.

Club 55 Events

Join Club 55's events and luncheons that enhance their efforts to support their community.

	Date	Day	Time	Age
Flea Market	5/3	Sa	9A-1P	55+
Great American Picnic	TBA	TBA	TBA	55+
Celebration of Summer	TBA	TBA	TBA	55+

Location: Thrive55

Instructor: Volunteer | Min.50/Max. 98

McLews

Breakfast is the main meal of the day when it's McLew's Day! Come enjoy a hearty breakfast, morning socialization and fun door prizes. Registration is required. Special event occurring every other month. Each event is a different featured menu.

Date	Day	Time	Age	Res./Non-Res.
5/9 (May)	F	8:45A-10A	55+	\$12/\$12
7/18 (July)	F	8:45A-10A	55+	\$12/\$12

Location: Thrive55+

Instructor: Cindy Olsen | Min.10/Max. 24

Dining Out

Every month the Thrive55+ gives back to the community that gives to us by joining us for the featured restaurant of the month. Good food, good company, good time!!! Transportation is provided but guests order off the menu on their own! Described as Socially Nutritional by a past participants of Dining Out.

Date	Day	Time	Age	Res./Non-Res.
May - Flanders Fish				
5/13	Tu	5P-7:30P	55+	Pay on own
June - The Spot				
6/10	Tu	5P-7:30P	55+	Pay on own
July - Chili's				
7/8	Tu	5P-7:30P	55+	Pay on own
August - Groton Townhouse				
8/12	Tu	5P-7:30P	55+	Pay on own

Location: Thrive55+

Instructor: Volunteer | Min.5/Max. 30

Ceramics

Paint and glaze your choice of ceramic green ware. Items are fired in kilns at Thrive55+. Items to fit all abilities from beginner to advanced.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/5-6/23	M	10A-11:30A	55+	\$27/\$37
July/August				
7/7-8/25	M	10-11:30A	55+	\$27/\$37

Location: Thrive55+

Instructor: Volunteer | Min.5/Max. 15



Watercolor Painting

This class is designed for all level students. List of supplies needed for this class will be given to the first day of class.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/6-6/24	Tu	11:30A-1:30P	55+	\$75/\$85
July/August				
7/8-8/26	Tu	11:30A-1:30P	55+	\$75/\$85

Location: Thrive55+

Instructor: Luther Kelly Hall | Min.8/Max. 10

Acrylic

Beginning acrylic painting students or students that have experience who would like to brush up on their skills. Each student responsible for their own supplies; a list will be provided upon registration.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/6-6/24	Tu	2P-4P	55+	\$75/\$85
5/7-6/25	W	2P-4P	55+	\$75/\$85
July/August				
7/8-8/26	Tu	2P-4P	55+	\$75/\$85
7/9-8/27	W	2P-4P	55+	\$75/\$85

Location: Thrive55+

Instructor: Luther Kelly Hall | Min.5/Max. 10

Drop-In Knitting/Crocheting Group

This is a social group that is open to all levels from beginners to advanced individuals who enjoy knitting and crocheting. Come make friends and chat while creating a beautiful masterpiece. Supplies will be provided but feel free to bring your own. There will be an advanced crafter available during the group to assist folks who are just learning.

Date	Day	Time	Age	Res./Non-Res.
5/6-6/23	M	9:30A-11:30A	55+	FREE
7/7-8/25	M	9:30A-11:30A	55+	FREE

Location: Thrive55+

Instructor: Volunteer

Guitar/Ukulele Lessons

Guitar and Ukulele Classes: Made Fun by Performing Artist!
All Levels welcome.

Date	Day	Time	Age	Res./Non-Res.
5/6-6/24	Tu	11:30A-12:30P	55+	\$50/\$60

No classes in July/Aug

Location: Thrive55+

Instructor: Jesse Casimono | Min. 8/Max. 20

Drop-In Song Circle

Bring your mandolin, banjo, guitar, fiddle, bass or ukulele and join in for a good old time gathering of music play. Whether you haven't picked up your instrument in a while or play every day, come join a fun group and make music! Free and open to all skill levels. Must register.

Date	Day	Time	Age	Res./Non-Res.
5/9-6/28	Th	2P	55+	FREE
7/10-8/28	Th	2P	55+	FREE

Location: Thrive55+

Instructor: None, peer led

Discover Connections

Discover Connections is a welcoming and nurturing program designed for individuals 55 and over with varied needs. This program is designed for those persons with mild cognitive challenges or anyone at risk for social isolation. Each individual will be asked to meet with the program facilitator for an assessment. It is recommended that a family member accompany the prospective participant for this meeting. Each class will offer different experiences that will challenge participants. The activities are planned to be fun with purpose.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/6-6/26	Tu,Th	9:30A-12P	55+	\$30/\$40
7/8-8/26	Tu,Th	9:30A-12P	55+	\$30/\$40

Location: Thrive55+

Instructor: Tomi Stanley | Min 4 Max 10

Bingo

Bingo is a simple game but at Thrive55+, it starts with simple Bingo and gradually adds more difficult and challenging options. Think of this as Bingo Aerobics for the mind. **MUST REGISTER BEFORE SESSION BEGINS.**

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/8-6/26	Th	1P-3P	55+	FREE Registration \$.50 per card
July/August				
7/10-8/28	Th	1P-3P	55+	FREE Registration \$.50 per card

Location: Thrive55+

Instructor: Volunteer

Table Tennis

Table tennis/ping pong can improve your hand-eye coordination, reflexes, and agility. It can also strengthen your core muscles, increase your heart rate, and boost your cardiovascular fitness. Table tennis is also easy on your joints and can help you burn calories. It is a social sport that helps foster new friendships.

Date	Day	Time	Age	Res./Non-Res.
5/6-6/24	Tu	6:30p-8:30p	18+	\$10/\$10
7/7-8/30	Tu	6:30P-8:30P	18+	\$10/\$10

Location: Thrive55+

Instructor: Volunteer | Min. 4/Max. 16

Wii Bowling

Instead of wooden lanes and pins, competitors hit the virtual lanes using Nintendo's Wii Game System. No heavy balls to lift and throw and no special bowling shoes. You pick up your Wii-mote and simulate the throwing of a bowling ball.

Date	Day	Time	Age	Res./Non-Res.
5/7-6/25	W	12:30P-3P	55+	\$8/\$8
7/9-8/27	W	12:30P-3P	55+	\$8/\$8

Location: Thrive55+

Instructor: Volunteer | Min. 5/Max. 24

ACTIVITIES FOR 55+

Mah Jongg

A Chinese tile game. Beginners and novices are welcome as well as experienced players. Facilitated by volunteers. There is no instructor for this class. MUST REGISTER BEFORE SESSION BEGINS

Date	Day	Time	Age	Res./Non-Res.
Intermediate Mah Jongg				
5/19-6/27	M,F	9:30A-11:30A	40+	\$8/\$8
7/7-8/29	M,F	9:30A-11:30A	40+	\$8/\$8

Location: Thrive55+

Instructor: Intermediate Volunteer | Min. 5/Max. 24

Beginner Mah Jongg

We teach one step at a time – we don't rush! We just like to have fun learning Mah Jongg!

Date	Day	Time	Age	Res./Non-Res.
5/20-6/24	Tu	10A-12P	40+	\$15/\$15
7/8-8/26	Tu	10A-12P	40+	\$15/\$15

Location: Thrive55+

Instructor: Intermediate Volunteer: Edee Smith | Min 5/Max. 8

Intermediate Bridge

Instruction in selected topics to improve the bridge playing skills of those already familiar with the game. Students are expected to know already the fundamentals of bidding, declarer play and defense.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/7-6/25	W	10A-11:30A	55+	\$28/\$38
5/8-6/26wTh		10A-11:30A	55+	\$28/\$38

No classes in July/August

Location: Thrive55+

Instructor: Larry Eppler | Min. 5/Max. 24

Cornhole

Cornhole is a game in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board (one point) or putting a bag through the hole (three points).

Date	Day	Time	Age	Res./Non-Res.
5/5-6/23	M	1P-3P	55+	\$8/\$8
7/7-8/25	M	1P-3P	55+	\$8/\$8

Location: Thrive55+

Instructor: Volunteer | Min./12 Max. 26

FITNESS FOR 55+

Stretch Strength Balance

This program focuses on muscular strength and endurance and flexibility with a goal of improving fitness level and balance. Joint health and safety and fall prevention included. Chairs are used.

Date	Day	Time	Age	Res./Non-Res.
5/5-6/27	M,W,F	10:30A-11:25A	55+	\$66/\$76
7/7-8/29	M,W,F	10:30A-11:25A	55+	\$66/\$76

Location: Thrive55+

Instructor: Christina Palacois | Min. 5/Max. 40

Cardio Sculpt

This class is a combination of cardio and strength training intervals. The Cardio portion is approximately 25-30 min with intervals of strength and resistance moves utilizing tools such as hand weights, elastic tubing and balls.

Date	Day	Time	Age	Res./Non-Res.
5/5-6/27	M,W,F	9:30A-10:25A	55+	\$66/\$76
7/7-8/29	M,W,F	9:30A-10:25A	55+	\$66/\$76

Location: Thrive55+

Instructor: Christina Palacios | Min. 5/Max. 45

Cardio & Conditioning

Standing warmup followed by steady cardio conditioning then followed by body weight training or cardio intervals with intervals of weights, bands, or balls. Followed by cool down with balance and coordination drills, finish with a stretch.

Date	Day	Time	Age	Res./Non-Res.
5/5-6/27	M,W,F	8:15A-9:15A	55+	\$66/\$76
7/7-8/29	M,W,F	8:15A-9:15A	55+	\$66/\$76

Location: Thrive55+

Instructor: Liz Kennedy | Min. 15/Max. 40

Core & Back Conditioning

Working the posture groups of muscles to develop strength, conditioning and balance. Developing the core muscles to maintain and support other daily activities such as lifting weights, boating, golfing, racket sports, walking, biking, running/ hiking

Date	Day	Time	Age	Res / Non-Res
May/June				
5/6-6/25	Tu,Th	10A-11A	55+	\$54/\$64
July/August				
7/8-8/28	Tu,Th	10A-11A	55+	\$54/\$64

Location: Thrive55+

Instructor: Liz Kennedy | Min 15/Max. 20



Heart Healthy Cardio Training

Lower intensity aerobic training. This class is great for someone who had to take an extended break from fitness due to an injury or a life event. The pace of this class is determined by each individual student and their abilities. Every class will finish with a relaxing stretch. Class is led by an experienced instructor.

Date	Day	Time	Age	Res./Non-Res.
5/6-6/26	Tu/Th	1P-2P	55+	\$54/\$64
7/8-8/28	Tu/Th	1P-2P	55+	\$54/\$64

Location: Thrive55+

Instructor: Liz Kennedy | Min.15 /Max 18

Toning, Strengthening, and Stretching

The instructor will focus on using various muscle groups while strength training, stretching and toning using light weights/ resistance bands . All fitness levels are welcome and this class can also be modified by incorporating a chair.

Date	Day	Time	Age	Res./Non-Res.
5/5-6/23	M	5P-6P	18+	\$40/\$50
7/8-8/28	M	5P-6P	18+	\$40/\$50

Location: Thrive55+

Instructor: Liz Kennedy | Min.8 /Max.25

Zumba

Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass. Walk in ready to have a blast and tone up.

Date	Day	Time	Age	Res./Non-Res.
Zumba Gold Seated				
5/5-6/23	M	10A-11A	55+	\$48/\$58
7/7-8/25	M	10A-11A	55+	\$48/\$58
Zumba Gold Max 32				
5/6-6/24	Tu	5P-6P	18+	\$48/\$58
7/8-8/26	Tu	5P-6P	18+	\$48/\$58
Zumba Gold Max 30				
5/9-6/27	F	11:45A-12:45P	55+	\$48/\$58
7/11-8/29	F	11:45A-12:45P	55+	\$48/\$58
Zumba Gold Toning				
7/12-8/30	S	10:30A-11:30A	18+	\$48/\$58

Location: Thrive55+

Instructor: Monica Bengston | Min. 17/Max.

Boom Mind

This is a moderate to moderately heavy low impact aerobics program. Exercises focus on the major muscle groups and strengthening the heart and lungs. 25 to 30 minutes of aerobic work is done. This is a SILVER SNEAKERS Program.

Date	Day	Time	Age	Res./Non-Res.
5/6-6/26	Tu,Th	9A-10A	55+	\$54/\$64
7/8-8/28	Tu,Th	9A-10A	55+	\$54/\$64

Location: Thrive55+

Instructor: Connie Steffes | Min. 15/Max. 40

Yoga

Simple yoga poses are used to focus on relaxation and flexibility. WEDNESDAY yoga is a SILVER SNEAKERS Program.

Date	Day	Time	Age	Res./Non-Res.
Yoga Strength May/June				
5/5-6/23	M	8:30A-9:30A	55+	\$35/\$45
Yoga Strength July/August				
7/7-8/25	M	8:30A-9:30A	55+	\$35/\$45
Yoga Gentle May/June				
5/7-6/25	W	8:30A-9:30A	55+	\$35/\$45
Yoga Gentle July/August				
7/9-8/27	W	8:30A-9:30A	55+	\$35/\$45
Yoga Gentle Flow May/June				
5/10-6/28	Sa	9A-10A	18+	\$35/\$45
Yoga Gentle Flow July/August				
7/12-8/30	Sa	9A-10A	18+	\$35/\$45

Location: Thrive55+

Instructor: Connie Steffes | Min. 15/Max.22

Tai Chi

Join us for a gentle yet powerful practice. Tai Chi is more than just a martial art; it's a path to improved well-being for those aged 55 and up. This practice promotes balance, flexibility, and a greater range of motion. Engaging in Tai Chi can enhance your immune system, making you more resilient and healthier. Embrace this opportunity to connect with a supportive community while cultivating a lifestyle of health and vitality.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/6-6/24	Tu	10:30A-12P	55+	\$63/\$73
5/7-6/25	W	10:30A-11:30A	55+	\$52/\$62
5/9-6/27	F	10:30A-11:30A	55+	\$52/\$62
July/August				
7/8-8/26	Tu	10:30A-12P	55+	\$63/\$73
7/9-8/27	W	10:30A-11:30A	55+	\$52/\$62
7/11-8/30	F	10:30A-11:30A	55+	\$52/\$62

Location: Thrive55+

Instructor: Alex Culligan | Min. 15 /Max.



SPECIAL EVENTS AT THRIVE55+

Universal Screening Day with Hartford HealthCare

Wednesday June 4, 2025

9am to 12pm

Thrive55+ Active Living Center 102 Newtown Rd. Groton, CT

No appointment needed. All services provided for FREE.

A1c and BP screening: A1c testing through a quick finger-stick blood test, to help determine the possibility of Diabetes and need for follow-up. Blood pressure screening is provided, along with a basic health assessment.	Nutrition Counseling: Speak with a Hartford HealthCare dietician about nutrition for various health conditions. Receive 1:1 counseling regarding nutrition concerns.	Cancer Education: Nurse Navigators and staff from the Cancer Institute will be on hand to provide education on multiple cancers including warning signs and when to seek medical help.
Heart and Vascular Institute: Education and screenings regarding Congestive Heart Failure & Heart Disease.	Balance Screening: Hartford HealthCare Rehab Network Physical Therapists will provide balance screenings.	Spine Health Navigator: Discuss spine health and your options with an Ayer Neuroscience Spine Health Navigator.

***More screenings to be added. Check back soon!**



CONTACTS

Parks & Recreation Staff

Main Office860-536-5680

Mark Berry, Director

Parks and Forestry

Tabitha Wilson, Manager of Parks & Open Space...860-460-5950

Recreational Services860-536-5680

Ben Morse, Mgr. of Recreation Services860-536-5687

Eileen Cicchese, Program Supervisor860-536-5691

Melissa Porter, Program Supervisor.....860-536-5682

Olivia DeTour, Program Supervisor 860-536-5681

Denisse Diaz-Sanchez,
Community Outreach Coordinator860-536-5685

Ruth Condon, Financial Assistant I860-536-5007

Beth Whipple, Office Assistant II.....860-536-5680

Tara Capiello, Office Clerk.....860-440-6827

Senior Services

Mary Jo Riley, Thrive55+ Supervisor860-441-6785

Kathy Williams, Program Supervisor860-441-6795

Cindy Olsen, Program Supervisor860-441-6623

Tomi Stanley, Program Supervisor860-441-6782

Amelia Campbell, Office Assistant II860-441-6785

Bill Fisher, Office Assistant II860-441-6785

Shennecossett Golf Course860-448-1867

Todd Goodhue, Golf Professional

Eric Morrison, Golf Course Superintendent860-445-6912

Email: first initial and last name@groton-ct.gov
example jdoe@groton-ct.gov

Parks & Recreation Commission

The Groton Parks and Recreation Commission serves as a liaison of the residents of the community to share ideas or comments involving parks and recreation. Commissioners are also charged with advocating for the Parks and Recreation Department. As advocates, commission members are encouraged to represent the department at public meetings and community events.

Citizens are welcome to attend monthly meetings on the second Wednesday of each month at 7:00 p.m..

Mike DiFranco, Chairthreehouse@aol.com

Elizabeth Hogan.....flubster47@yahoo.com

Jim Steffes jsteffes219@gmail.com

RESOURCES

Frequently Requested Contacts

Groton City Recreation860-446-4128

Groton Soccer Club grotonsoccer@yahoo.com

Groton/Mystic Lacrossegrotonmysticlacrosse.com

Groton Mystic Youth Football
/Cheer League..... grotonmysticfalcons@gmail.com

Groton-Mystic Softball mysticlittleleague.com

Groton Little League.....grotonlittleleague.com

Mystic Babe Ruthmystic.baberuthonline.com

Mystic Little League infomysticll@gmail.com

Town of Groton Phone Numbers

Assessment860-441-6660

Building Inspection860-446-5982

Human Services860-441-6760

Planning & Community Development860-446-5995

Police (routine)860-441-6712

Public Library860-441-6750

Public Works860-448-4083

Tax Collection860-441-6670

Town Clerk860-441-6640

Town Manager860-441-6630

Transfer Station860-536-5698

Voter Registration860-441-6650

DIRECTIONS

Spicer House | 29 Spicer Avenue, Noank, CT 06340

The Parks & Recreation office is located in Noank on Spicer Avenue. For online or GPS directions, use Spicer Park, Noank.

From I-95: Take exit 88 and go south on Route 117. Turn left on US Route 1. Bear right at top of hill onto Route 215. Go past Fitch High School and turn left on Brook Street (third left). Turn right on Elm Street. Take first left onto Spicer Avenue. We are the second house on the left on Spicer Ave.

From Mystic: Take Water Street towards Noank, past Beebe Cove. Spicer Avenue is on the left. We are the second house on the left.

Groton Community Center | 61 Fort Hill Rd, Groton, Ct 06340

From I-95: Take exit 88 and go south on Route 117. Turn right on US Route 1. The Groton Community Center is 1/2 a block down on the left.

Thrive55+ | 102 Newtown Rd, Groton Ct 06340

From I-95. Take exit 88 and go south on Route 117 (North Road into Newtown Road). Approximately 0.6 mile. Arrive at Thrive55+. Your destination is on the right. We are in the same parking lot as the Groton Public Library.

For directions to all locations please visit GrotonRec.com.

IMPORTANT INFORMATION

Residency

A resident (R) is someone whose primary residence is in the Town of Groton. Resident and non-resident (NR) registration forms may be submitted at any time.

Registration Options

- Online at Grotonct.myrec.com
- U.S. Mail
- Walk-in at Spicer House or Thrive 55+

Financial Aid

We are committed to providing opportunities for all residents of Groton regardless of ability to pay. Please see Page 6 for more details, or to see if you qualify.

Program Grants

Program grants are given to qualifying non-residents to enable them to participate in recreational programs. Please call the office at 860-536-5680 for more information and to request a grant form.

Refunds for Recreation Division Programs

- One-Day programs and events: Cancellations must be made (24) hours in advance. Registrations are non-transferable.
- Refunds must be requested prior to second class.
- Camp refunds must be requested 1 week before the start of the camp week.
- We do not issue refunds for a child who is suspended or dismissed from continuing attendance due to behavior issues.

Age of Participants

Unless otherwise noted, age refers to participant's age on the first day of class.

People with Disabilities

All programs and activities are available to Groton residents with disabilities. Upon request, we provide reasonable modifications, including extra staff support when necessary, to allow your participation. Please fill out the ADA Reasonable Accommodation Request Form when registering online. This form helps us determine any necessary modifications to enable participation. Contact Eileen at ecicchese@groton-ct.gov or call **860-536-5691** with questions.

Recreation Cancellation Procedure

At times it may be necessary to cancel programs due to circumstances beyond our control. Every effort is made to notify participants and schedule make-up sessions. Programs may be cancelled due to low enrollment.

If schools are closed, all classes scheduled to begin prior to 3:00 p.m. are canceled. A decision to cancel afternoon and evening classes is made by 1:00 p.m. If schools are dismissed early due to weather conditions, classes scheduled after 3:00 p.m. are canceled.

If schools have a delayed opening due to weather conditions, programs scheduled to begin prior to 3:00 p.m. are canceled. Decisions for weekend programs are made by 7:00 a.m. for morning classes and 11:00 a.m. for afternoon and evening classes. For cancellation information, please visit our Facebook page at **Facebook.com/GrotonParksandRec** or call our info line at 860-441-6791. **Call before you go!**

Medical Conditions

If you have a medical condition 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.

Spicer House – Parks & Recreation Office

Telephone: **860-536-5680**

Fax: **860-536-5690**

E-mail: parksrec@groton-ct.gov

Website: **GrotonRec.com**

Facebook: **Facebook.com/GrotonParksandRec**

Instagram: **@grotonrec**

Mailing Address

Groton Parks and Recreation
29 Spicer Avenue, Noank, CT 06340-5659
Hours: 8:30 a.m. – 4:30 p.m.

OOPS! Despite our best efforts, sometimes errors sneak into print. We apologize for any problems these errors may cause.

Satisfaction Guarantee

Groton Parks and 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.

Registration Form

Adult First & Last Name	Date of Birth	Gender	*Race/Ethnicity
Primary Phone	Address		
E-mail	City	State	Zip

Participant Information		Date of Birth	Gender	Grade	*Race/ Ethnicity	Program/Activity Name	Fee
First Name	Last Name						

Join others who support the Groton Parks Foundation in providing funding for needed parks projects in our community. ☐ \$10 ☐ \$25 ☐ \$50 ☐ Other

PARTICIPATION RELEASE WAIVER <p>If you would like, or would like your child, to participate in this event and use the facilities, please read, complete, sign and return this form, which includes your consent, as well as a full release of liability. As yourself, or as parent or legal guardian, you remain fully responsible for any acts of the named person during this activity.</p> <p>The above child/person is eligible to participate in the above event or use the facilities in the location referenced above. The undersigned person, or the undersigned parent, guardian or legal representative, hereby consents to the participation of the person or child in the activity described and in the location where it will occur.</p> <p>For and in consideration of you, or of your child being allowed to participate in the event or to use the facilities, and other valuable consideration, the undersigned, or the undersigned parent, guardian or legal representative, on behalf of the child and the child's parents, and for all their personal representatives, successors, assigns, heirs, and next of kin, does hereby release and hold harmless the Town of Groton, and its employees and agents, their personal representatives or assigns, from any loss or damage on account of any injury to the person or the personal property of yourself or of the child, as the case may be, or for death, caused by negligence or otherwise, while you or your child is engaged in the above-stated activities. The undersigned expressly agrees that this release, waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Connecticut, and that if any portion of this Agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.</p> <p>I am aware that physical activities, games and sporting events, whether there is supervision or not, generally involve many risks, dangers and hazards including, but not limited to: overexertion, high heart rate, high blood pressure, tripping, collision, loss of balance or control, fighting, pushing, physical contact, failure to act safely or within one's own ability or to stay within designated areas; and negligence or other acts or failures of others participants in games and other persons. I am also aware that the risks, dangers and hazards referred to above exist and that there are many other hazards that are unmarked, including those that interfere with existing medical or physical conditions resulting in bodily harm or death.</p> <p>I am fully aware of my or my child's medical condition and take full responsibility for these conditions. If I or my child has a medical condition which may cause harm or death during the activities, I will not participate or allow my child to participate.</p> <p>I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS, AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH OR PROPERTY DAMAGE OR LOSS RESULTING THEREFROM. Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State of Connecticut Office of Early Childhood.</p> <p>The undersigned parent, guardian, legal representative further acknowledges he/she is authorized to enter this Agreement on behalf of the child, and the child's parents, personal representatives, assigns, successors, heirs, and next of kin.</p>		Total Fees: Checks payable to: "Groton Parks and Recreation" Payment must accompany this form.
Groton Parks and Recreation Welcomes everyone! Use the comment box or attach a separate sheet to alert us of any special health concerns, accessibility issues or behavioral needs or to request a modification. Please register as early as possible so that we can plan accordingly. You will be contacted for additional information if needed.		
Mail to: Groton Parks and Recreation 29 Spicer Avenue Noank, CT 06340-5659		
Signature: _____	Date: _____	

Groton Parks & Recreation Department

29 Spicer Avenue

Noank, CT 06340-5659

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Groton Parks & Recreation

Keeping Groton Happy, Healthy and Connected



BINGO NIGHT
SUMMER 2025
102 NEWTOWN ROAD GROTON
Registration Required - www.Grotonct.myrec.com
Just bring a non perishable food item to play. Food will be donated to social services!
July 25th at 6pm
Free
Fun
Event



SUMMER 2025 MOVIE NIGHT
UNDER THE STARS
FREE
TICKET
REGISTRATION WILL BE REQUIRED
GrotonCT.MyRec.com
MORE INFORMATION TO COME. STAY TUNED!



Dasher Board Advertising
at the Groton Hockey Rink
GET YOUR NAME IN THE GAME!
72"
30" YOUR COMPANY HERE!
Promote your company while supporting local hockey with a full color advertisement, printed and installed to the dasher boards year-round.
1 yr. contract \$300/\$300
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Visit: GROTONCT.MYREC.COM
For Full Pickleball Schedule
Ages 18+
\$5 Fee per session
*Must understand Pickleball rules and scoring to participate in open play.
GROTON COMMUNITY CENTER
61 Fort Hill Road
Groton, CT



Groton Parks and Recreation

29 Spicer Avenue
Noank, CT 06340

Thrive 55+ Active Living Center

102 Newtown Road
Groton, CT 06340

Recreation: 860-536-5680

Thrive55+: 860-441-6785

parksrec@groton-ct.gov

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