

# DISCOVER Fall 2025



**GROTON**  
PARKS & RECREATION

[Grotonct.myrec.com](http://Grotonct.myrec.com)





# Discover Groton

## ▶ Looking Ahead

Here's a look at some of the initiatives we're implementing to build a greener, healthier Groton for everyone:

### Tree Equity Planting

We'll begin planting trees in areas identified as having low Tree Equity Index scores—neighborhoods where increased tree canopy can significantly improve public health, reduce heat, and create more welcoming outdoor spaces. Guided by both data and community feedback, this effort helps address historical disparities in access to nature.

### Transition to Electric Equipment

Our team is transitioning from gas-powered to electric maintenance equipment. This reduces carbon emissions, lowers fuel costs, and minimizes noise in our parks and public spaces, enhancing the experience for both visitors and staff.

### Misting Stations for Climate Resiliency

To help our community stay cool and safe during the summer months, we are installing misting stations in select parks. These stations offer relief during extreme heat events, particularly for children, older adults, and others who may be more vulnerable to high temperatures.

### Reimagining Play for All

The Town of Groton is transforming the aging Tercentennial Legacy Playground at Poquonnock Plains Park into the new PQ Playground—an inclusive, ADA-accessible space designed for children of all ages and abilities. Inspired by art, music, and nature, the playground will promote active play, creativity, and community connection while using sustainable, long-lasting materials. This project is a lasting investment in the health and happiness of Groton families.

## ▶ Director's Message *Investing in a Greener, Healthier Future for All of Groton*

At Groton Parks and Recreation, we are proud to be taking meaningful steps to meet our commitments to the community—creating a happy, healthy, and connected Groton, today and for generations to come.

As we move forward, we are placing sustainability and equity at the heart of our work. That means more than maintaining beautiful parks and trails—it means ensuring that all residents benefit from the health, environmental, and recreational advantages of public green spaces.

Parks are not only places for play and relaxation—they are essential infrastructure in our efforts to build a more resilient, equitable, and sustainable community.

Thank you for your continued support. Together, we're making Groton stronger—one tree, one park, and one positive change at a time.

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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## 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.





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.

Bilingual  
instructors  
highly  
needed!

SCAN HERE ↓



### Meet Your Parks and Recreation Commissioners:

Terry Tsang  
Background

My education background in organic chemistry and spent my career in drug development within the pharmaceutical industry. I've lived and worked in Groton for over 30 years and have a deep love for the city, town, and its people. I've been active in sports all my life, including biking, soccer, running, basketball, swimming, table tennis, pickleball, and badminton.

In my free time, I enjoy fishing, boating, windsurfing, kayaking, canoeing, reading, watching movies, and gardening. I believe that while life can be chaotic, staying calm, kind, patient, and helpful—while striving for win-win solutions—leads to a more meaningful and rewarding life.

#### Why I Got Involved

Now retired, I wanted to stay involved in the community, especially in supporting and promoting active, healthy living. My motto is simple: stay active, stay healthy. To live by this motto and encourage others to do the same, I've dedicated my time to helping people engage in physical activities that support both body and mind. I started by volunteering to help others with computer and electronic device issues, then expanded into organizing biking and hiking trips, pickleball games, and table tennis. These activities not only promote physical health but also foster connection and well-being. I've also seen Groton Parks and Recreation's growing efforts to keep the community active, and I wanted to contribute to that vision. Volunteering with the Parks and Rec Commission is one of my ways of helping Groton become an even healthier and more active place for everyone.



Reach Me At: [terryttht@comcast.net](mailto:terryttht@comcast.net)



# 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!



GROTON  
PARKS FOUNDATION

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.

29 Spicer Avenue, Noank,  
CT 06340  
[GrotonCT.MyRec.Com](http://GrotonCT.MyRec.Com)  
860-536-5685

For more information,  
please contact:  
**Denisse Diaz- Sanchez,**  
Community Outreach  
Coordinator,  
[DSanchez@groton-ct.gov](mailto:DSanchez@groton-ct.gov)



GROTON  
TRAILS

Scan QR Code to  
Find Interactive  
Trail Maps!



Experience the joy of a balanced lifestyle, one step at a time! Scan the QR code or visit the GPR website for easy access to our trails map. Make every day an opportunity to unwind and recharge on our hiking paths.





# 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	\$15,650	\$31,300	\$46,950
2	\$21,150	\$42,300	\$63,450
3	\$26,650	\$53,300	\$79,950
4	\$32,150	\$64,300	\$96,450
5	\$37,650	\$75,300	\$112,950
6	\$43,150	\$86,300	\$129,450
7	\$48,650	\$97,300	\$145,950
8	\$54,150	\$108,300	\$162,450
each add'l	\$5,500	\$11,000	\$16,500

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](mailto: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 31st of each year.



# COMMUNITY EVENTS



**WALK-INS WELCOME**

**THRIVE55+ Active Living Center**  
Powered by Groton Senior Center

## When The Dead Speak

Thursday, October 30th • 6 PM • 18 YRS+  
**TAPS** FREE at 102 Newtown Road, Groton, CT 06340  
\$1.00 DONATIONS PLEASE RSVP AT [GROTONCT.MYREC.COM](http://GROTONCT.MYREC.COM)

**THURSDAY, AUGUST 28, 2025**  
From: 6PM-8PM



**PARKING LOT**

## PIZZA DANCE PARTY

**WHO HAS THE BEST PIZZA?**  
Enjoy an evening of pizza sampling and dancing. Vote for your favorite pizza while dancing to music from **DJ GABE!**  
**This is a community all age event.**  
This is an outdoor event, please bring a chair or blanket to sit on.

**\$15 PER PERSON**

Register at: [GrotonCT.MyRec.com](http://GrotonCT.MyRec.com)

**THRIVE55+ Active Living Center**  
Powered by Groton Senior Center

102 Newtown Road, Groton, CT 06340



## GROTON'S SEASON OF Celebrations!

**FRIDAY, DECEMBER 5**  
**6:00 PM to 8:00 PM.**  
**THRIVE 55**  
102 Newtown Road  
Groton, CT 06340  
**Open to all ages.**

**GROTON**  
CONNECTICUT | ESTABLISHED 1709

**WE WILL ALSO BE HOLDING A TREE DECORATING CONTEST**

**CHRISTMAS TREE DECORATING CONTEST**  
IN CONJUNCTION WITH GROTON'S HOLIDAY KICKOFF EVENT

**SCAN FOR INFO.**




## PUZZLE Palooza

**JOIN THE JIGSAW PUZZLE COMPETITION**  
**THE FOLLOWING FRIDAYS:**  
9/12, 11/21, 2/20, 4/17  
LIGHT REFRESHMENTS WILL BE SERVED BEFORE THE COMPETITION STARTS.  
**TEAMS OF 1 TO 4 PLAYERS- \$25 PER TEAM**  
FROM 6- 8PM AT  
102 NEWTOWN ROAD  
GROTON, CT 06340  
AGES 8+ REGISTER AT: [GROTONCT.MYREC.COM](http://GROTONCT.MYREC.COM)



## TOWN OF GROTON

### OUTDOOR MARKET

AND

## CLASSIC CAR SHOW

**THRIVE55+ Active Living Center**  
Powered by Groton Senior Center

**SEPTEMBER 6, FROM 11AM - 2PM**  
102 NEWTOWN ROAD, GROTON, CT 06340



# Luminaria Walk

FRIDAY, OCTOBER 17TH AT 6 PM

Register at: [GrotonCT.MyRec.com](http://GrotonCT.MyRec.com)

**\$10 PER ADULT**  
**\$5 FOR 8 YRS+**  
**8 YRS & UNDER FREE**

PROCEEDS GO TO RAISING FUNDS FOR THE GROTON PARKS FOUNDATION

# WALKTOBER

October 18th  
Any Ages Welcome!  
Sheep Farm at 10 am

Register at: [GrotonCT.MyRec.com](http://GrotonCT.MyRec.com)

## FREE



# TRIPS AND TRAVEL



## CLASSICAL GREECE

March 22 — April 01, 2026

- Single \$4,229pp
- Double \$3,979pp

*\*if booked by Sept. 22, 2025*



## DISCOVER HIGHLIGHTS OF NORWAY

June 20 — June 28, 2026

- Single \$6,879pp
- Double \$5,779pp

**TRIP PRESENTATION: Thursday,  
Sept 25 at 1:45pm**

*\*if booked by Dec. 14, 2025*



## DISCOVER SEQUOIA & KINGS CANYON NATIONAL PARKS FEATURING SAN DIEGO AND CALIFORNIA'S CENTRAL COAST

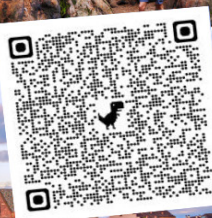
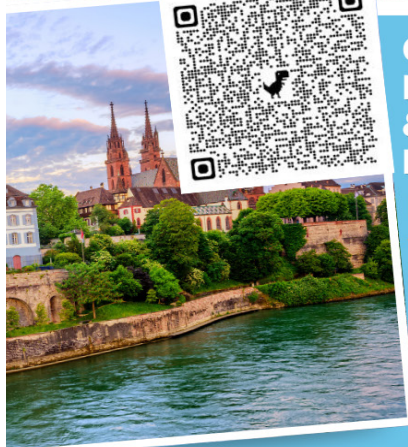
May 20 — May 29, 2026

- Single \$5,929pp
- Double \$4,529pp
- Triple \$4,479pp

*\*if booked by Nov. 20, 2025*



**TRIP PRESENTATION:  
Thursday, Sept 25 at 1 pm**



## CRUISING THE MAGICAL RHINE & MOSELLE RIVERS

Departing  
September 13th, 2026

*See link for  
more  
information  
and cabin  
pricing.*

## DISCOVER SOUTH DAKOTA FEATURING MOUNT RUSHMORE & THE BADLANDS

October 07 —  
Oct. 13, 2026

- Single \$3,729pp
- Double \$3,029pp
- Triple \$2,999pp

*\*if booked by  
April 6, 2026*



**THRIVE55+**  
Active Living Center  
Powered by Groton Senior Center



For More Details or booking contact:  
Cindy - (860)-441-6623 or email: [colsen@groton-ct.gov](mailto:colsen@groton-ct.gov)

**EXTENDED TRIPS FOR ANY ADULT 21+**







## 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.

**Ages 6-11: Parents are required to participate with child.**

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/11-10/30	Th	4:15P-4:45P	6-11	\$70/\$90
9/11-10/30	Th	4:45P-5:30P	12+	\$70/\$90
FALL 2				
11/13-1/22	Th	4:15P-4:45P	6-11	\$70/\$90
11/13-1/22	Th	4:45P-5:30P	12+	\$70/\$90

**Location:** Groton Community Center

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

## Playful Steps (NEW)

Welcome to our program for children ages 9 months to 3 years! This fun, movement-based class supports balance, coordination, and early motor skills through music, games, and age-appropriate equipment. We proudly welcome children of all abilities, including those with diverse developmental and physical abilities, in a safe and supportive environment where every child is celebrated. Come join the fun - everyone belongs here!

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/8-11/3	M	9:30A-10:30A	9 mths-3y	\$49/\$69
FALL 2				
11/17-1/5	M	9:30A-10:30A	9 mths-3y	\$49/\$69

**Location:** Groton Community Center

**Instructor:** Katherine Hollay Wilhelm | Min. 3/Max. 1

## 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 \$65.00 Fee for Food Supplies, scholarship does not apply.)

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/9-10/28	Tu	5P-7P	14+	\$135/\$155
9/10-10/29	W	5P-7P	14+	\$135/\$155
FALL 2				
11/18-1/13	Tu	5P-7P	14+	\$135/\$155
11/12-1/21	W	5P-7P	14+	\$135/\$155

**Location:** Fitch Senior High School

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

## Adaptive Swim

Swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water.

Ratio: 2:1

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-10/18	Sa	11:45A-12:10P	6-21	\$105/\$125
9/6-10/18	Sa	12:55P-1:20P	6-21	\$105/\$125
9/7-10/19	Su	1P-1:25P	6-21	\$105/\$125
FALL 2				
11/1-12/13	Sa	11:45A-12:10P	6-21	\$105/\$125
11/1-12/13	Sa	12:55P-1:20P	6-21	\$105/\$125
11/2-12/14	Su	1P-1:25P	6-21	\$105/\$125
FALL 3				
1/10-2/14	Sa	11:45A-12:10P	6-21	\$105/\$125
1/10-2/14	Sa	12:55P-1:20P	6-21	\$105/\$125
1/11-2/15	Su	1P-1:25P	6-21	\$105/\$125

**Location:** UCONN Avery Point

**Instructor:** Staff | Min. 2/Max. 3

## 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.
FALL 1				
9/12-11/7	F	6P-9P	13-35	\$90/\$110
FALL 2				
11/14-1/23	F	6P-9P	13-35	\$90/\$110

**Location:** Groton Community Center

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

## Adaptive Pickleball Clinic (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.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/18	Th	5P-6P	13+	\$5/\$5
10/2	Th	5P-6P	13+	\$5/\$5
10/16	Th	5P-6P	13+	\$5/\$5
10/30	Th	5P-6P	13+	\$5/\$5
11/13	Th	5P-6P	13+	\$5/\$5

**Location:** Groton Community Center

**Instructor:** Staff | Min. 2/Max. 10

## 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 6:00-7:30 pm.

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.

**Each season there will be an intent to participate in Special Olympic sports. Look to receipt to register.**

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/18-11/13	Th	6P-7:30P	14+	\$50/\$50
FALL 2				
11/20-1/15	Th	6P-7:30P	14+	\$50/\$50

**Location:** Groton Community Center

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

For more information about Adaptive Programs and special needs modifications, please contact Eileen Cicchese 860-536-5691

## Time to Move

Spend time with your child to build strength and coordination through play with ramps, slides, climbers, balance beams, balls, music, and movement games.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/9-10/28	Tu	9A-9:45A	9 mths -2 ½ yr.	\$49/\$69
9/9-10/28	Tu	10A-10:45A	1-5	\$49/\$69
9/11-10/30	Th	9A-10:45A	1-5	\$49/\$69
9/11-10/30	Th	10A-10:45A	1-5	\$49/\$69
FALL 2				
11/18-1/13	Tu	9A-9:45A	9 mths -2 ½ yr.	\$49/\$69
11/18-1/13	Tu	10A-10:45A	1-5	\$49/\$69
11/13-1/22	Th	9A-10:45A	1-5	\$49/\$69
11/13-1/22	Th	10A-10:45A	1-5	\$49/\$69

**Location:** Groton Community Center  
**Instructor:** Carlene Lange | Min. 6/Max. 15

## Time to Get Messy

Roll up your sleeves and get messy together with a variety of tactile activities including water, sand and SLIME - bring a smock and a smile!

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/10-10/29	W	9A-9:45A	1-2	\$55/\$75
9/10-10/29	W	10A-10:45A	2-5	\$55/\$75
<b>Location:</b> Groton Community Center				
<b>Instructor:</b> Carlene Lange   Min. 6/Max. 12				

## Time to Get Crafty

Hands on activities with crafts, cooking, painting and playdough. Add in a story and take home activities and this class is filled with FUN!

Date	Day	Time	Age	Res./Non-Res.
FALL 2				
11/12-1/21	W	9A-9:45A	1-2	\$55/\$75
11/12-1/21	W	10A-10:45A	2-5	\$55/\$75

**Location:** Groton Community Center  
**Instructor:** Carlene Lange | Min. 6/Max. 12

# DANCE



Young dancers learn the basic foundations of ballet and tap in a fun, safe, equitable environment.

## Ballet & Tap 3-5 yrs.

Tiny twirlers and toe-tappers dive into the enchanting world of ballet and tap, all while having a blast in a delight in our dance studio!

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/9-10/28	Tu	4P-4:45P	3-5	\$65/\$85
9/11-10/30	Th	4P-4:45P	3-5	\$65/\$85
FALL 2				
11/18-1/13	Tu	4P-4:45P	3-5	\$65/\$85
11/13-1/22	Th	4P-4:45P	3-5	\$65/\$85

**Location:** Groton Community Center  
**Instructor:** Loreene Tyler | Min. 6/Max. 10

## Ballet & Tap 6-11 yrs.

Tiny twirlers and toe-tappers dive into the enchanting world of ballet and tap, all while having a blast in a delight in our dance studio!

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/9-10/28	Tu	4:45P-5:45P	6-11	\$65/\$85
9/11-10/30	Th	4:45P-5:45P	6-11	\$65/\$85
FALL 2				
11/18-1/13	Tu	4:45P-5:45P	6-11	\$65/\$85
11/13-1/22	Th	4:45P-5:45P	6-11	\$65/\$85

**Location:** Groton Community Center  
**Instructor:** Loreene Tyler | Min. 6/Max. 12

## Adult Dance

Adult twirlers and toe-tappers dive into the enchanting world of ballet and tap, all while having a blast in a delight in our dance studio!

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
Adult Ballet				
9/9-10/28	Tu	6P-7P	18+	\$65/\$85
Adult Tap				
9/9-10/28	Tu	7P-8P	18+	\$65/\$85
FALL 2				
Adult Ballet				
11/18-1/13	Tu	6P-7P	18+	\$65/\$85
Adult Tap				
11/18-1/13	Tu	6P-7P	18+	\$65/\$85

**Location:** Groton Community Center  
**Instructor:** Loreene Tyler | Min. 6/Max. 15

## Traditional Bachata

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.
FALL 2				
11/14-1/23	F	6:45P-7:45P	13+	\$75/\$95

**Location:** Groton Community Center  
**Instructor:** Raquel Murphy | Min. 8/Max. 14



# DANCE



## Belly Dance

Explore the rich cultural roots of belly dance in this beginner-friendly class. You'll learn traditional movements like hip circles, shimmies, and undulations, while gaining an understanding of the music and rhythms that inspire them. This class celebrates the art of Middle Eastern dance, helping you connect with the culture, build confidence, and enjoy the joy of movement.

**Comfortable attire recommended.**

Date	Day	Time	Age	Res./Non-Res.
FALL 2				
11/14-1/23	F	5:30P-6:30P	13+	\$75/\$95

**Location:** Groton Community Center  
**Instructor:** Raquel Murphy | Min. 8/Max. 14

# ARTS & WRITING



## Short Story Writing OR Experimental Writing Journeys

**Monday:**

**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.

**Wednesday:** (Same class selection with two options in curriculum)

### Experimental Writing Journeys or Short Story Writing

You can choose to explore the experimental curriculum OR take on the more structured short story aspect, designed to pursue publication in the literary market. But this is entirely up to the individual participant which curriculum to pursue.

**Experimental Writing Journey:** A unique writing curriculum where adult students explore the depths and range of their writing, delving into the imagination ... more for artistic discovery than for actual story writing. It is a course designed for creative exploration as opposed to publication. A curriculum that is designed for a less formal approach that plumbs the depths of their creativity and focuses on the exploratory aspect.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/8-11/3	M	4P-6P	18+	\$99/\$119
9/10-10/29	W	4:30P-6:30P	18+	\$99/\$119
FALL 2				
11/10-1/5	M	4P-6P	18+	\$99/\$119
11/12-1/21	W	4:30P-6:30P	18+	\$99/\$119

**Location:** Groton Community Center  
**Instructor:** Nick Checker | Min. 3/Max. 6

## Experimental Writing Journeys

A unique writing curriculum where adult students explore the depths and range of their writing, delving into the imagination ... more for artistic discovery than for actual story writing. It is a course designed for creative exploration as opposed to publication. A curriculum that is designed for a less formal approach that plumbs the depths of their creativity and focuses on the exploratory aspect, which can also be shared at our periodic finale presentations if the participant so chooses.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/9-10/28	Tu	10:30A-12:30P	18+	\$99/\$119
FALL 2				
11/18-1/13	Tu	10:30A-12:30P	18+	\$99/\$119

**Location:** Groton Community Center  
**Instructor:** Nick Checker | Min. 3/Max. 6

# 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, making it a fun and engaging experience for all skill levels.

**(Participants must bring drum pad and drum sticks.)**

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/10-10/1	W	5P-6P	8+	\$20/\$40
10/8-10/29	W	5P-6P	8+	\$20/\$40
FALL 2				
11/12-12/10	W	5P-6P	8+	\$20/\$40
12/17-1/21	W	5P-6P	8+	\$20/\$40

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

# ARTS & WRITING



## 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.
FALL 1				
9/8-11/3	M	6P-8P	18+	\$99/\$119
9/10-10/29	W	6:30P-8:30P	18+	\$99/\$119
FALL 2				
11/10-1/5	M	6P-8P	18+	\$99/\$119
11/12-1/21	W	6:30P-8:30P	18+	\$99/\$119

**Location:** Groton Community Center  
**Instructor:** Nick Checker | Min. 3/Max. 6





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.
<b>FALL 1</b>				
<b>Lil' Tiger</b>				
9/30	Tu	5:30P-6P	3-6	\$25/\$25
<b>Ages 6+</b>				
9/30	Tu	6:15P-8:15P	6+	\$25/\$25
<b>FALL 2</b>				
<b>Lil' Tiger</b>				
12/8	M	5:30P-6P	3-6	\$25/\$25
<b>Ages 6+</b>				
12/8	M	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.
<b>FALL 1</b>				
<b>Lil' Tiger w/Parent</b>				
9/8-11/3	M	4:45P-5:15P	3-5	\$59/\$79
<b>Lil' Tiger 2</b>				
9/9-11/4	Tu	5P-5:30P	3-5	\$50/\$79
<b>Lil' Tiger 3</b>				
9/10-10/29	W	5:15P-6P	3-5	\$105/\$125
<b>FALL 2</b>				
<b>Lil' Tiger w/Parent</b>				
11/10-1/12	M	4:45P-5:15P	3-5	\$59/\$79
<b>Lil' Tiger 2</b>				
11/18-1/13	Tu	5P-5:30P	3-5	\$50/\$79
<b>Lil' Tiger 3</b>				
11/12-1/21	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.
<b>FALL 1</b>				
<b>Jr. Dragon 1</b>				
9/8-11/3	M	5:15P-6P	6-13	\$105/\$125
<b>Jr. Dragon 2</b>				
9/9-11/4	Tu,Th	5:30P-6:30P	6-13	\$135/\$155
<b>Jr. Dragon 3</b>				
9/8-11/3	M,W	6P-7P	6-13	\$135/\$155
<b>Jr. Dragon 4 / Jr. Black Belt</b>				
9/9-11/4	Tu,Th	6:30P-7:30P	6-13	\$135/\$155
<b>FALL 2</b>				
<b>Jr. Dragon 1</b>				
11/10-1/12	M	5:15P-6P	6-13	\$105/\$125
<b>Jr. Dragon 2</b>				
11/18-1/22	Tu,Th	5:30P-6:30P	6-13	\$135/\$155
<b>Jr. Dragon 3</b>				
11/10-1/21	M,W	6P-7P	6-13	\$135/\$155
<b>Jr. Dragon 4 / Jr. Black Belt</b>				
11/18-1/22	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.
<b>FALL 1</b>				
9/9-11/4	Tu,Th	7:30P-9P	13+	\$200/\$220
<b>FALL 2</b>				
11/18-1/22	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.
<b>FALL 1</b>				
9/8-11/3	M,W	12P-1P	13+	\$135/\$155
9/8-11/3	M,W	7P-8P	13+	\$135/\$155
<b>FALL 2</b>				
11/10-1/21	M,W	12P-1P	13+	\$135/\$155
11/10-1/21	M,W	7P-8P	13+	\$135/\$155

**Location:** Groton Community Center

**Instructor:** Ralph Batty Jr. | Min. 3/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.
FALL 1				
9/8-11/3	M,W	11A-11:45A	55+	\$65/\$85
FALL 2				
11/10-1/21	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.
FALL 1				
<b>Bo-Jutsu</b>				
9/8-11/3	M	8P-8:30P	9+	\$35/\$55
<b>Sai-Jutsu</b>				
9/8-11/3	M	8:30P-9P	9+	\$35/\$55
FALL 2				
<b>Bo-Jutsu</b>				
11/10-1/12	M	8P-8:30P	9+	\$35/\$55
<b>Sai-Jutsu</b>				
11/10-1/12	M	8:30P-9P	9+	\$35/\$55

**Location:** Groton Community Center

**Instructor:** Ralph Batty, Jr. | Min. 3/Max. 50

## New Year's Karate Training

Okinawa has a tradition of bringing in a new year with hard training. The Okinawan Karate-ka believes that whatever you do on the first of the year creates a good habit for the entire year. This is a training session for all students.

Date	Day	Time	Age	Res./Non-Res.
1/1	Th	8A-9A	3-5	\$5/\$15
1/1	Th	8A-10A	6+	\$10/\$20

**Location:** Groton Community Center

**Instructor:** Ralph Batty, Jr. | Min. 5/Max. 80



## 2025 Yamanni Ryu Kobudo Seminar

The seminar will be led by Shihan Kiyoshi Nishime who is one of the top Masters in the world for Yamanni Ryu Kobudo. Having over 50 years of experience Shihan Nishime also is an AAU National Coach. The seminar will consist of a combination of Bo-jutsu and Sai-jutsu

Date	Day	Time	Age	Res./Non-Res.
10/12	Su	9-3P	9+	\$125/\$125

**Location:** Groton Community Center

**Instructor:** Ralph Batty, Jr. | Min. 16/Max. 60

2025



**NATIONAL  
AMERICAN  
CHAMPIONSHIP**

October 10-11

This national level event gives competitors a chance to compete against athletes from across the USA! Various divisions of Kata, Kobudo, and Kumite are on the schedule! Sign up and take a shot at going for gold!



**NATIONAL AMERICAN CHAMPIONSHIP**  
**GROTON CT**  
**RISE TO THE CHALLENGE**

**Divisions**

4 & 5 Year Olds  
Blocker Sparring  
Adaptive | Gizers  
6-8 Year Olds |  
Ages 9+

**Scan for More Info:**



GrotonCT.MyRec.com



## 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.
FALL 1				
9/6-10/18	Sa	10A-10:30A	6mths-3yr	\$70/\$90
9/6-10/18	Sa	10:30A-11A	6mths-3yr	\$70/\$90
9/7-10/19	Su	1:30P-2P	6mths-3yr	\$70/\$90
FALL 2				
11/1-12/13	Sa	10A-10:30A	6mths-3yr	\$70/\$90
11/1-12/13	Sa	10:30A-11A	6mths-3yr	\$70/\$90
11/2-12/14	Su	1:30P-2P	6mths-3yr	\$70/\$90
FALL 3				
1/10-2/14	Sa	10A-10:30A	6mths-3yr	\$70/\$90
1/10-2/14	Sa	10:30A-11A	6mths-3yr	\$70/\$90
1/11-2/15	Su	1:30P-2P	6mths-3yr	\$70/\$90

**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.
FALL 1				
9/6-10/18	Sa	10A-10:30A	3-5	\$70/\$90
9/6-10/18	Sa	10:30A-11A	3-5	\$70/\$90
9/7-10/19	Su	1P-1:30P	3-5	\$70/\$90
FALL 2				
11/1-12/13	Sa	10A-10:30A	3-5	\$70/\$90
11/1-12/13	Sa	10:30A-11A	3-5	\$70/\$90
11/2-12/14	Su	1P-1:30P	3-5	\$70/\$90
FALL 3				
1/10-2/14	Sa	10A-10:30A	3-5	\$70/\$90
1/10-2/14	Sa	10:30A-11A	3-5	\$70/\$90
1/11-2/15	Su	1P-1:30P	3-5	\$70/\$90

**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.
FALL 1				
9/6-10/18	Sa	11:05A-11:40A	6-15	\$85/\$105
9/6-10/18	Sa	12:15P-12:50P	6-15	\$85/\$105
9/6-10/18	Sa	1:25P-2P	6-15	\$85/\$105
9/7-10/19	Su	2:05P-2:40P	6-15	\$85/\$105
9/7-10/19	Su	3:25P-4P	6-15	\$85/\$105
FALL 2				
11/1-12/13	Sa	11:05A-11:40A	6-15	\$85/\$105
11/1-12/13	Sa	12:15P-12:50P	6-15	\$85/\$105
11/1-12/13	Sa	1:25P-2P	6-15	\$85/\$105
11/2-12/14	Su	2:05P-2:40P	6-15	\$85/\$105
11/2-12/14	Su	3:25P-4P	6-15	\$85/\$105
FALL 3				
1/10-2/14	Sa	11:05A-11:40A	6-15	\$85/\$105
1/10-2/14	Sa	12:15P-12:50P	6-15	\$85/\$105
1/10-2/14	Sa	1:25P-2P	6-15	\$85/\$105
1/11-2/13	Su	2:05P-2:40P	6-15	\$85/\$105
1/11-2/13	Su	3:25P-4P	6-15	\$85/\$105

**Location:** UCONN Avery Point

**Instructor:** Staff | Min. 4/Max. 10

## 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.
FALL 1				
9/6-10/18	Sa	11:40A-12:15P	6-15	\$85/\$105
9/6-10/18	Sa	12:50P-1:25P	6-15	\$85/\$105
9/6-10/18	Su	2:05P-2:40P	6-15	\$85/\$105
9/7-10/19	Su	2:45P-3:20P	6-15	\$85/\$105
FALL 2				
11/1-12/13	Sa	11:40A-12:15P	6-15	\$85/\$105
11/1-12/13	Sa	12:50P-1:25P	6-15	\$85/\$105
11/1-12/13	Su	2:05P-2:40P	6-15	\$85/\$105
11/2-12/14	Su	2:45P-3:20P	6-15	\$85/\$105
FALL 3				
1/10-2/14	Sa	11:05A-11:40A	6-15	\$85/\$105
1/10-2/14	Sa	12:15P-12:50P	6-15	\$85/\$105
1/10-2/14	Su	2:05P-2:40P	6-15	\$85/\$105
1/11-2/13	Su	2:45P-3:20P	6-15	\$85/\$105

**Location:** UCONN Avery Point

**Instructor:** Staff | Min. 4/Max. 8





## Level 3 Swim

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

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-10/18	Sa	11:05A-11:40A	6-15	\$85/\$105
9/6-10/18	Sa	12:15P-12:50P	6-15	\$85/\$105
9/7-10/19	Su	2:45P-3:20P	6-15	\$85/\$105
9/7-10/19	Su	3:25P-4P	6-15	\$85/\$105
FALL 2				
11/1-12/13	Sa	11:05A-11:40A	6-15	\$85/\$105
11/1-12/13	Sa	12:15P-12:50P	6-15	\$85/\$105
11/2-12/14	Su	2:45P-3:20P	6-15	\$85/\$105
11/2-12/14	Su	3:25P-4P	6-15	\$85/\$105
FALL 3				
1/10-2/14	Sa	11:05A-11:40A	6-15	\$85/\$105
1/10-2/14	Sa	12:15P-12:50P	6-15	\$85/\$105
1/11-2/15	Su	2:45P-3:20P	6-15	\$85/\$105
1/11-2/15	Su	3:25P-4P	6-15	\$85/\$105

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

## 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.
FALL 1				
9/6-10/18	Sa	10:25A-11A	6-15	\$85/\$105
9/6-10/18	Sa	1:25P-2P	6-15	\$85/\$105
9/7-10/19	Su	1:25P-2P	6-15	\$85/\$105
FALL 2				
11/1-12/13	Sa	10:25A-11A	6-15	\$85/\$105
11/1-12/13	Sa	1:25P-2P	6-15	\$85/\$105
11/2-12/14	Su	1:25P-2P	6-15	\$85/\$105
FALL 3				
1/10-2/14	Sa	10:25A-11A	6-15	\$85/\$105
1/10-2/14	Sa	1:25P-2P	6-15	\$85/\$105
1/11-2/15	Su	1:25P-2P	6-15	\$85/\$105

**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.
FALL 1				
9/6-10/18	Sa	11:05A-11:35A	6+	\$159/\$179
9/6-10/18	Sa	12:15P-12:45P	6+	\$159/\$179
9/6-10/18	Sa	1:30P-2P	6+	\$159/\$179
9/7-10/19	Su	1:30P-2P	6+	\$159/\$179
9/7-10/19	Su	2:10P-2:40P	6+	\$159/\$179
9/7-10/19	Su	2:50P-3:20P	6+	\$159/\$179
9/7-10/19	Su	3:25P-3:55P	6+	\$159/\$179
FALL 2				
11/1-12/13	Sa	11:05A-11:35A	6+	\$159/\$179
11/1-12/13	Sa	12:15P-12:45P	6+	\$159/\$179
11/1-12/13	Sa	1:30P-2P	6+	\$159/\$179
11/2-12/14	Su	1:30P-2P	6+	\$159/\$179
11/2-12/14	Su	2:10P-2:40P	6+	\$159/\$179
11/2-12/14	Su	2:50P-3:20P	6+	\$159/\$179
11/2-12/14	Su	3:25P-3:55P	6+	\$159/\$179
FALL 3				
1/10-2/14	Sa	11:05A-11:35A	6+	\$159/\$179
1/10-2/14	Sa	12:15P-12:45P	6+	\$159/\$179
1/10-2/14	Sa	1:30P-2P	6+	\$159/\$179
1/11-2/15	Su	1:30P-2P	6+	\$159/\$179
1/11-2/15	Su	2:10P-2:40P	6+	\$159/\$179
1/11-2/15	Su	2:50P-3:20P	6+	\$159/\$179
1/11-2/15	Su	3:25P-3:55P	6+	\$159/\$179

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 1/Max. 2

## Adaptive Swim

Swimmers with special needs learn basic skills at their own speed and develop increased independence and safety in the water.

Ratio: 2:1

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-10/18	Sa	11:45A-12:10P	6-21	\$105/\$125
9/6-10/18	Sa	12:55P-1:20P	6-21	\$105/\$125
9/7-10/19	Su	1P-1:25P	6-21	\$105/\$125
FALL 2				
11/1-12/13	Sa	11:45A-12:10P	6-21	\$105/\$125
11/1-12/13	Sa	12:55P-1:20P	6-21	\$105/\$125
11/2-12/14	Su	1P-1:25P	6-21	\$105/\$125
FALL 3				
1/10-2/14	Sa	11:45A-12:10P	6-21	\$105/\$125
1/10-2/14	Sa	12:55P-1:20P	6-21	\$105/\$125
1/11-2/15	Su	1P-1:25P	6-21	\$105/\$125

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 2/Max. 3

23 – Copp Park has a 2.3 mile trail system that features a great forest setting and is good for all skill levels for hiking, walking, trail running, and nature trips. Dogs are also able to use this trail but must be kept on leash.

Central Bark Dog Park located inside the Copp Property has separate fully fenced areas for both small and large dogs, your furry friends are sure to have a great time and get some exercise.



1 – Thrive55+ Is a state of the art facility and is nationally accredited.

2 – Groton Hockey Rink and NEW Pickle Ball Courts.

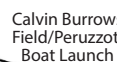
3 – The Groton Community Center, located in the center of town, is home to most Recreation programs.

4 – The Groton Community Garden located next to Groton Human Services offers plots for rent, and some of the produce grown helps supply the Food Bank.

23 – Traffic Garden is a place for young children to learn safe bike riding skills.



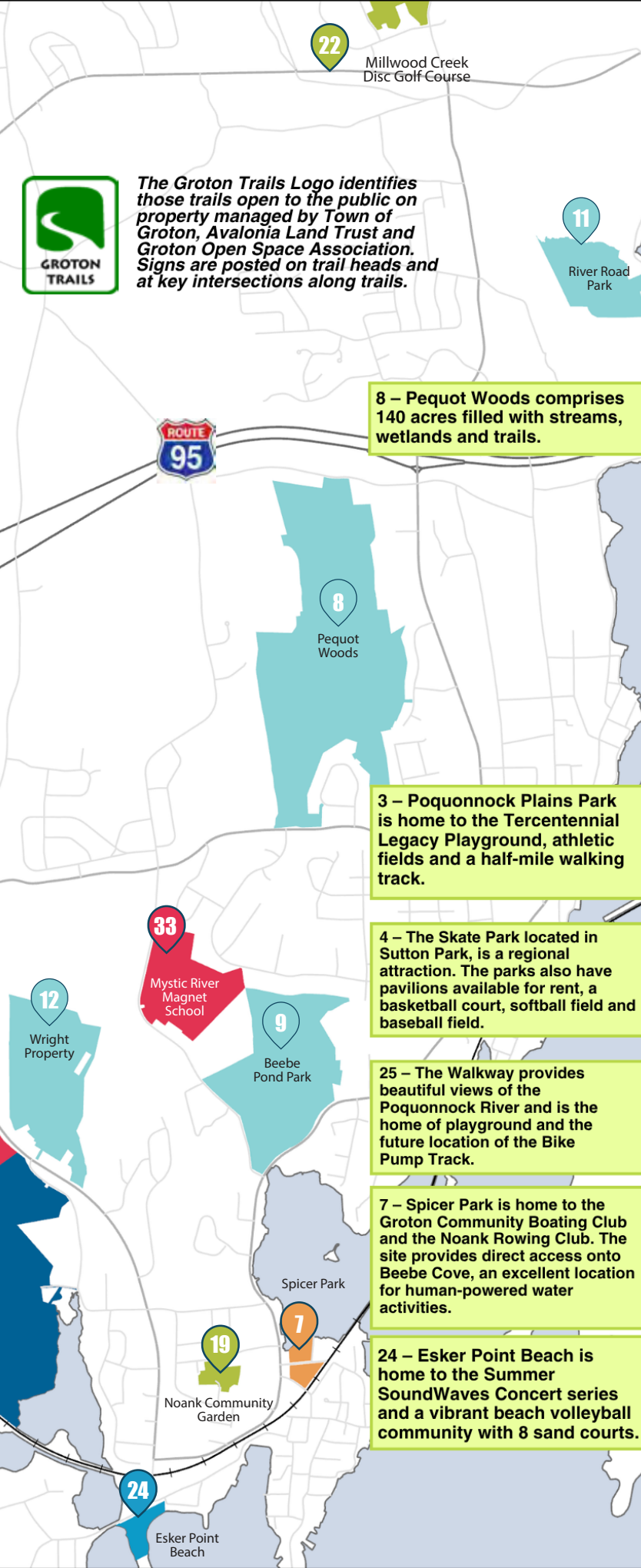
14 – Shennecossett Golf Course is a historical Donald Ross designed 18-hole championship course with incredible views of the Thames River.







*The Groton Trails Logo identifies those trails open to the public on property managed by Town of Groton, Avalonia Land Trust and Groton Open Space Association. Signs are posted on trail heads and at key intersections along trails.*



**8 – Pequot Woods** comprises 140 acres filled with streams, wetlands and trails.

**3 – Poquonnock Plains Park** is home to the Tercentennial Legacy Playground, athletic fields and a half-mile walking track.

**4 – The Skate Park** located in Sutton Park, is a regional attraction. The parks also have pavilions available for rent, a basketball court, softball field and baseball field.

**25 – The Walkway** provides beautiful views of the Poquonnock River and is the home of playground and the future location of the Bike Pump Track.

**7 – Spicer Park** is home to the Groton Community Boating Club and the Noank Rowing Club. The site provides direct access onto Beebe Cove, an excellent location for human-powered water activities.

**24 – Esker Point Beach** is home to the Summer SoundWaves Concert series and a vibrant beach volleyball community with 8 sand courts.

## GP&R PROGRAM LOCATIONS

- 1** Thrive 55+ Active Living Center
- 2** Groton Community Center

## COMMUNITY PARKS

- 3** Poquonnock Plains Park
- 4** Sutton Park
- 5** Farquhar Park
- 6** Washington Park

## NEIGHBORHOOD PARK

- 7** Spicer Park

## OPEN SPACE

- 8** Pequot Woods
- 9** Beebe Pond Park
- 10** Copp Family Park
- 11** River Road Park
- 12** Mortimor Wright Property
- 13** Sparkle Lake Conservation Area

## STATE PARKS

- 14** Fort Griswold State Park
- 15** Bluff Point State Park
- 16** Haley Farm State Park

## SPECIAL USE

- 17** Groton Hockey Rink/Pickleball Courts
- 18** Groton Community Garden
- 19** Noank Community Garden
- 20** G&S Trolley Trail
- 21** Shennecossett Golf Course
- 22** Millwood Creek Disc Golf Course
- 23** Bicycle Traffic Garden

## WATERFRONT

- 24** Esker Point Beach
- 25** Poquonnock River Walkway/Bicycle Pump Track
- 26** Burrows Field/Peruzzoti Boat Launch

## GROTON SCHOOL LOCATIONS

- 27** Groton Middle School
- 28** Grasso Technical High School
- 29** Fitch High School
- 30** Thames River Magnet School
- 31** Mary Morrison Elementary School
- 32** Uconn Avery Point
- 33** Mystic River Magnet School

# GYMNASTICS



## Tiny Tumblers Gymnastics

Learn the basics of proper warm-up, tumbling, and balance beam from a USA Gymnastics certified instructor and explore a wide range of special motor skills with a clear emphasis on movement, music and balance. The program specifically designed for parent/child interaction together.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-11/1	Sa	8:30A-9A	1 ½ - 3	\$129/\$149
9/6-11/1	Sa	9:05A-9:35A	1 ½ - 3	\$129/\$149
FALL 2				
11/15-1/24	Sa	8:30A-9A	1 ½ - 3	\$129/\$149
11/15-1/24	Sa	9:05A-9:35A	1 ½ - 3	\$129/\$149

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics / Min. 6/Max. 16

## Mini Stars Gymnastics

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam from a USA Gymnastics certified instructor.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-11/1	Sa	9:40A-10:10A	4-5	\$129/\$149
9/6-11/1	Sa	10:45A-10:45A	4-5	\$129/\$149
FALL 2				
11/15-1/24	Sa	9:40A-10:10A	4-5	\$129/\$149
11/15-1/24	Sa	10:45A-10:45A	4-5	\$129/\$149

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics / Min. 6/Max. 10

## Beginner Gymnastics

Learn the basics of proper warm-up, tumbling, vaulting, and balance beam from a USA Gymnastics certified instructor.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-11/1	Sa	10:55A-11:35A	6-15	\$129/\$149
9/6-11/1	Sa	11:40A-12:20P	6-15	\$129/\$149
9/6-11/1	Sa	12:40P-1:20P	6-15	\$129/\$149
FALL 2				
11/15-1/24	Sa	10:55A-11:35A	6-15	\$129/\$149
11/15-1/24	Sa	11:40A-12:20P	6-15	\$129/\$149
11/15-1/24	Sa	12:40P-1:20P	6-15	\$129/\$149

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics / Min. 6/Max. 10

## Intermediate Gymnastics

Requirements: Must have completed a beginner class. Must have mastered a forward roll with feet together, cartwheel, be able to walk across high beam forward and backward without assistance, and be able to jump up to a front support and cast on the bar.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-11/1	Sa	1:25P-2:05P	6-15	\$129/\$149
FALL 2				
11/15-1/24	Sa	1:25P-2:05P	6-15	\$129/\$149

**Location:** Groton Community Center

**Instructor:** ABC Gymnastics / Min. 6/Max. 10

# FITNESS



## Beginner Tai Chi

Students learn the fundamentals of Tai Chi, a traditional Taoist martial art/health practice that has slow gentle movements and postures with slow and relaxed breathing. Class includes fundamental movements as well as the Yang style short form. Class will also include work with Qi Gong techniques. The benefits are improved health and longevity.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/11-10/30	Th	6:45P-7:50P	14+	\$55/\$75
FALL 2				
11/13-1/22	Th	6:45P-7:50P	14+	\$55/\$75

**Location:** Groton Community Center

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

## Advanced Tai Chi

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.
FALL 1				
9/11-10/30	Th	5:30P-6:45P	14+	\$55/\$75
FALL 2				
11/13-1/22	Th	5:30P-6:45P	14+	\$55/\$75

**Location:** Groton Community Center

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





## Mornings at the BARRE

This class mixes moves from Pilates, Yoga, and Ballet to increase core strength, sculpt, and tone. Barre classes consist of high reps/small range-of-motion movements designed to tone your whole body. Even better, this class includes short-interval cardio bursts bringing your fitness to the next level! Barre Classes are taught barefoot in order to feel connection with the floor, improve balance, and, strengthen the muscles of the feet. A personal yoga mat and Yoga/Barre socks with gripper bottoms are suggested equipment for class.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/9-10/28	Tu	9:15A-10:10A	13+	\$65/\$85
9/11-10/30	Th	9:15A-10:10A	13+	\$65/\$85
FALL 2				
11/18-1/13	Tu	9:15A-10:10A	13+	\$65/\$85
11/13-1/22	Th	9:15A-10:10A	13+	\$65/\$85

**Location:** Groton Community Center

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

## Happy Hour at the BARRE

This class mixes moves from Pilates, Yoga, and Ballet to increase core strength, sculpt, and tone. Barre classes consist of high reps/small range-of-motion movements designed to tone your whole body. Even better, this class includes short-interval cardio bursts bringing your fitness to the next level! Barre Classes are taught barefoot in order to feel connection with the floor, improve balance, and, strengthen the muscles of the feet. A personal yoga mat and Yoga/Barre socks with gripper bottoms are suggested equipment for class.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/8-11/3	M	5:30P-6:25P	12+	\$65/\$85
9/10-10/29	W	5:30P-6:25P	12+	\$65/\$85
FALL 2				
11/10-1/5	M	5:30P-6:25P	12+	\$65/\$85
11/12-1/21	W	5:30P-6:25P	12+	\$65/\$85

**Location:** Groton Community Center

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

## Yoga for All

Immerse yourself in the union of mind, body, and spirit as you partake in mindful movement and breath work, 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.
FALL 1				
9/8-11/3	M	6P-7P	15+	\$65/\$85
FALL 2				
11/10-1/5	M	6P-7P	15+	\$65/\$85

**Location:** Groton Community Center

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

## Kickboxing

Experience Fun, Full-Body Workouts – In every class, every part of your body gets the best work out of your life. You'll do fun, crazy exercises you've never seen. And you'll slim down every inch of yourself! Countless studies have shown how powerful it is to combine cardio & resistance training. In every class, you get the perfect amount of each. After being bored by gyms, trainers, and other ineffective programs - our members can't stop raving about how fun our workouts really are. They say the best part is working with REAL kickboxing equipment for an authentic experience. Participants must provide gloves, shin guards and bring water.

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/8-11/3	M	6P-7P	15+	\$65/\$85
9/10-10/29	W	6P-7P	15+	\$65/\$85
9/12-10/31	F	6P-7P	15+	\$65/\$85
FALL 2				
11/10-1/5	M	6P-7P	15+	\$65/\$85
11/12-1/21	W	6P-7P	15+	\$65/\$85
11/14-1/23	F	6P-7P	15+	\$65/\$85

**Location:** Groton Community Center

**Instructor:** Joe Russack-Baker / Min. 5/Max. 16

## CLINIC

### Women's Mountain Biking

A clinic specifically for women to enjoy and get exposure to Mountain Biking. This clinic is suitable for all level riders and will focus on safety, bike handling and trail riding. Each participant needs to have endurance and should expect 3 hours of riding at a social pace. **BRING YOUR OWN MOUNTAIN BIKE.** Participants must know how to ride a bike comfortably and need to wear a proper fitted helmet.

Date	Day	Time	Age	Res./Non-Res.
<b>Bluff Point</b>				
10/11	Sa	10A-2P	14+	FREE
<b>Haley Farm State Park</b>				
11/1	Sa	10A-2P	14+	FREE

**Location:** Bluff Point/Haley Farm State Park

**Instructor:** Mary Cryan / Min. 3 | Max. 15

## COOKING



### Snack Chat Teen Cooking (NEW)

This teen cooking program provides participants with hands-on experience, exploring diverse cuisines and recipes, and cultivating confidence in the kitchen. They also delve into topics such as nutrition, locally sourced ingredients, and the implications of food choices.

**Erica is a volunteer UCONN EFNEP.**

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/22-11/3	M	2:30P-4P	14-18	FREE
FALL 2				
11/10-12/15	M	2:30P-4P	14-18	FREE

**Location:** Fitch Senior High School

**Instructor:** Erica Benvenuti | Min. 4/Max. 12



## GBA Youth Basketball League

GBA is a volunteer-coached, youth recreational league that places high emphasis on fun, instruction/skill development, and good sportsmanship. Volunteer coaches needed! All head coaches may sign one child up for free provided they sign up for and attend one of the mandatory coaches training sessions. Interested in coaching? (Volunteer coaches must complete a background check every year.) Call 860-536-5680.

**Registration deadline for players is October 21st.** A \$25 late fee applies to anyone registering after the deadline and those players are placed on a Waiting List.

**The first week of practices will begin the week of November 10th (reminder that November 11th is a holiday).** Game information will be sent out to families when teams and schedules are finalized.

Age is determined as of January 1. All players must attend a skills assessment. Assessments will be held on Saturday, October 18th and Tuesday, October 21st at **Groton Middle School, 35 Groton Long Point Road, Groton.**

### Game Days and Times

Please note that game days and times may vary based on factors such as space availability and weather conditions. Be sure to check in with your team's coach for the latest updates.

Sponsors pay \$225 to provide t-shirts for teams with their business name on the back.

Players	Day	Time	Age	Res./Non-Res.
Micro Boys	Su	9A-2P	8-9	\$99/\$119
Junior Boys	Su	9A-2P	10-11	\$99/\$119
Senior Boys	Sa	1:30P-5:30P	12-14	\$99/\$119
Micro Girls	Sa	8:30A-10:30A	8-9	\$99/\$119
Junior Girls	Sa	9:30A-10:30A	10-11	\$99/\$119
Senior Girls	Sa	11:30A-1:30P	12-15	\$99/\$119

**Location:** Groton Middle School  
**Instructor:** Ryan Magee | Min. 10/Max. 75

## Adult Coed Soccer

Recreational, non-league soccer for adults.

Work on your skills, get back into shape in a casual (but spirited) non-league pickup setting.

Ages 16+. Younger skilled players may attend with a participating parent.

Call the office for assistance in registering younger skilled players.

Register in advance and wear flat, non-marking sport shoes.

Date	Day	Time	Age	Res./Non-Res.
Outdoor Soccer				
5/4-11/9	Su	2:30P-4:30P	16+	FREE

**Location:** Groton Middle School Turf Field or Poquonnock Plains Park

Date	Day	Time	Age	Res./Non-Res.
Indoor Coed Soccer				
1/4-3/22	Su	2:30P-4:30P	16+	\$25/\$45

**Location:** Fitch High School  
**Instructor:** John Watson | Min. 10/Max. 45

## Junior Basketball

This fun and energetic program introduces young athletes to the fundamentals of basketball, including dribbling, passing, shooting, and teamwork. Through age-appropriate drills and games, players will build confidence, coordination, and a love for the game in a supportive and encouraging environment. Perfect for beginners looking to learn and play!

Date	Day	Time	Age	Res./Non-Res.
FALL 1				
9/6-11/1	Sa	9:30A-10:15A	6-7	\$55/\$75
9/6-11/1	Sa	10:30-11:15A	6-7	\$55/\$75
FALL 2				
11/15-1/24	Sa	9:30A-10:15A	6-7	\$55/\$75
11/15-1/24	Sa	10:30-11:15A	6-7	\$55/\$75

**Location:** Catherine Kolnaski Magnet School  
**Instructor:** Michael Wagner / Min. 8/Max. 10

## CAS Soccer Fall 2025

Children engage in fun games in "Adventureland" using the vehicle of soccer. These adventures accelerate a child's advancement of the fundamental motor skills. Technical coaching points are disguised as fun games, stories and play so children learn in their natural environment. (Please remember to bring a size 3 soccer ball!)

(Games are held Rain or Shine! If it's raining hard, we will move inside so bring sneakers just in case!)

Date	Day	Time	Age	Res./Non-Res.
9/9-10/28	Tu	3:45P-4:45P	3-5	\$85/\$105
9/11-10/30	Th	3:45P-4:45P	3-5	\$85/\$105

**Location:** Groton Community Center  
**Instructor:** Community Athletic Solutions | Min. 8/Max. 14

## Indoor Volleyball League

The games occur at Groton Middle School from October - May. Games begin at 5:45, 6:45, and 7:45 p.m. Seasons run a minimum of 8 weeks plus playoffs. A maximum of 12 teams will play per night. Decisions on number of teams in each division will be determined by Groton Parks and Recreation. All official communication from Groton Parks and Recreation will go through team captains by email. It will be their responsibility to pass along information to their players. (For full list of playing rules please visit Groton Parks and Recreation website) **To view season standings and schedules, please visit: <https://www.teamsideline.com/sites/GrotonCT/schedules>**

**All players must fill out the League Waiver. Team Captains must also register the team in the appropriate league.**

Activity	Date	Day	Age	Res./Non-Res.
Session 1				
Women's A	10/20	M	18+	\$390//\$390
Women's B	10/20	M	18+	\$390//\$390
Men's A	10/20	M	18+	\$390//\$390
Open B-1	10/14	Tu	18+	\$390//\$390
Co-ed Power	10/15	W	18+	\$390//\$390
Open B-2	10/15	W	18+	\$390//\$390
Session 2				
Women's A	1/5	M	18+	\$390//\$390
Women's B	1/5	M	18+	\$390//\$390
Men's A	1/5	M	18+	\$390//\$390
Open B-1	1/6	Tu	18+	\$390//\$390
Coed Power	1/7	W	18+	\$390//\$390
Open B-2	1/7	W	18+	\$390//\$390

**Location:** Groton Middle School  
**Instructor:** Keith Westrate / Min. 1/Max. 12





## Thanksgiving Luncheon

Join us for a Thanksgiving Day Feast! All the traditional favorites makes this luncheon a favorite

Date	Day	Time	Age	Res./Non-Res.
11/21	F	12:00P-1:30P	55+	\$20PP/\$5 LATE FEE

**Location:** Thrive55+

**Instructor:** Volunteer | Min. 40/Max. 56

## Jesse's Holiday Sing-A-Long

Date	Day	Time	Age	Res./Non-Res.
12/16	Tu	11:30A	55+	FREE

**Location:** Thrive55+

## As Time Goes By Concert

Date	Day	Time	Age	Res./Non-Res.
12/17	W	7:00 P	Any	FREE

**Location:** Thrive55+

## Holiday Breakfast

Date	Day	Time	Age	Res./Non-Res.
12/24	W	8:30A-10A	55+	\$12/\$12

**Location:** Thrive55+

## Artists Nook Holiday Market

Get a jump start on your holiday shopping!

Visit the "Artists Nook" at Thrive 55+ . Shop local, all items for sale in the Nook are made by artists from within our community. There will be an assortment of wares such as paintings, pottery, gourd art, jewelry, honey , soap and much more!!

Hours of operation will be during Thrive 55+ business hours. For more information or to be featured as an artist contact Tomi at 860-441-6782!

### Dates

November 3rd – December 23rd

**Location:** Thrive55+



## Club 55 Events

Join Club 55 in celebrating the holidays with a spectacular luncheon. Enjoy a fabulous meal and entertainment. For vendor pricing at Artisan fair contact 860-441-6785

Date	Day	Time	Age	Res./Non-Res.
Artisan Fair				
11/1	Sa	9A-1P	Any	FREE
Holiday Luncheon				
12/17	W	11:30A-1P	55+	\$20/\$20

**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.
Sept				
9/12	F	8:45A-10A	55+	\$12/\$12
Oct				
10/10	F	8:45A-10A	55+	\$12/\$12
Nov				
11/7	F	8:45A-10A	55+	\$12/\$12
Dec				
12/12	F	8:45A-10A	55+	\$12/\$12

**Location:** Thrive55+

**Instructor:** Volunteer | 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.
<b>Sept – Charlie's Place</b>				
9/9	Tu	5P-7:30	55+	Pay on own
<b>Oct – Dog Watch</b>				
10/14	Tu	5P-7:30P	55+	Pay on own
<b>Nov – Rocks21</b>				
11/12	W	5P-7:30P	55+	Pay on own
<b>Dec - Milestone</b>				
12/9	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.
9/8-10/20	M	10A-11:30A	55+	\$27/\$37
10/27-12/15	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.
9/2-10/14	Tu	11:30A-1:30P	55+	\$75/\$85
10/28-12/16	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.
9/2-10/21	Tu	2P-4P	55+	\$75/\$85
9/3-10/22	W	2P-4P	55+	\$75/\$85
10/28-12/16	Tu	2P-4P	55+	\$75/\$85
10/29-12/17	W	2P-4P	55+	\$75/\$85

**Location:** Thrive55+

**Instructor:** Luther Kelly Hall | Min.8/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.
9/8-10/20	M	9:30A-11:30A	55+	FREE
10/27-12/16	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.
9/2-10/21	Tu	11:30A-12:30P	55+	\$50/\$60
10/28-12/16	Tu	11:30A-12:30P	55+	\$50/\$60

**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.
9/4-10/23	Th	2P	55+	FREE
10/30-12/18	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.
9/2-10/23	Tu,Th	9:30A-12P	55+	\$30/\$40
10/28-12/18	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. (**\$0.50 PER CARD**)-FREE TO PLAY

Date	Day	Time	Age	
9/8-10/20	M	4P-6P	18+	EVERY OTHER WEEK
9/4-10/23	Th	1P-3P	55+	FREE
10/27-12/15	M	4P-6P	18+	EVERY OTHER WEEK
10/30-12/18	Th	1P-3P	55+	FREE

**Location:** Thrive55+

**Instructor:** Tomi Stanley | Min.4/Max. 10

## Table Tennis

Ready for fun, fitness, and friendly competition? Table tennis boosts coordination, agility, and heart health—all while being easy on the joints. It's also a great way to connect, whether you're a seasoned player or just getting started. Since launching in Spring 2024, our program has grown from two to five tables, with a goal of six by July. With 16 million players nationwide, Groton's table tennis scene is thriving—bring your paddle and join us

Date	Day	Time	Age	Res./Non-Res.
9/2-10/21	Tu	6:30p-8:30p	18+	\$10/\$10
9/3-10/22	W	6:30P-8:30P	18+	\$10/\$10
10/28-12/16	Tu	6:30p-8:30p	18+	\$10/\$10
10/29-12/17	W	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.
9/3-10/22	W	12:30P-3P	55+	\$8/\$8
10/29-12/17	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.
<b>Intermediate Mah Jongg</b>				
9/5-10/20	M,F	9:30A-11:30A	40+	\$8/\$8
10/27-12/15	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.
9/2-10/21	Tu	10A-12P	40+	\$15/\$15
10/28-12/16	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.
9/3-10/22	W	10A-11:30A	55+	\$28/\$38
9/4-10/23	Th	10A-11:30A	55+	\$28/\$38
10/29-12/17	W	10A-11:30A	55+	\$28/\$38
10/30-12/18	Th	10A-11:30A	55+	\$28/\$38

**Location:** Thrive55+

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

## Mind Aerobics

Please join us for this fun and helpful weekly class to maintain and improve cognitive function, reduce risk of cognitive decline, and enhance overall well-being through mental exercises.

Such programs help with mental clarity, sparking other parts of our minds, through new games, exercise and conversations.

Date	Day	Time	Age	Res./Non-Res.
9/8-10/20	M	1P-2P	55+	FREE
10/27-12/15	M	1P-2P	55+	FREE

**Location:** Thrive55+

**Instructor:** Cindy Olsen | Min.8/ Max. 20

## 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.
9/8-10/20	M	1P-3P	55+	\$8/\$8
10/27-12/15	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.
9/3-10/24	M,W,F	10:30A-11:25A	55+	\$66/\$76
10/27-12/19	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.
9/3-10/24	M,W,F	9:30A-10:25A	55+	\$66/\$76
10/27-12/19	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.
9/3-10/24	M,W,F	8:15A-9:15A	55+	\$66/\$76
10/27-12/19	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
9/2-10/23	Tu,Th	10A-11A	55+	\$54/\$64
10/28-12/18	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.
9/2-10/23	Tu/Th	1P-2P	55+	\$54/\$64
10/28-12/18	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.
9/8-10/20	M	5P-6P	18+	\$40/\$50
10/27-12/15	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.
<b>Zumba Gold Seated</b>				
9/8-10/20	M	10A-11A	55+	\$40/\$50
10/27-12/15	M	10A-11A	55+	\$40/\$50
<b>Zumba Gold Max 32</b>				
9/2-10/21	Tu	5P-6P	18+	\$48/\$58
10/28-12/16	Tu	5P-6P	18+	\$48/\$58
<b>Zumba Gold Max 30</b>				
9/5-10/24	F	11:45A-12:45P	55+	\$48/\$58
10/31-12/19	F	11:45A-12:45P	55+	\$48/\$58
<b>Zumba Gold Toning</b>				
9/6-10/25	Sa	10:30A-11:30A	18+	\$48/\$58
11/1-12/20	Sa	10:30A-11:30A	18+	\$48/\$58

**Location:** Thrive55+

**Instructor:** Monica Bengston| Min.17 /Max.22

## Boom Move-It

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.
9/2-10/23	Tu,Th	9A-10A	55+	\$54/\$64
10/28-12/18	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.
<b>Yoga Strength</b>				
9/8-10/20	M	8:30A-9:30A	55+	\$35/\$45
10/27-12/15	M	8:30A-9:30A	55+	\$35/\$45
<b>Yoga Gentle</b>				
9/3-10/22	W	8:30A-9:30A	55+	\$35/\$45
10/29-12/17	W	8:30A-9:30A	55+	\$35/\$45
<b>Yoga Gentle Flow</b>				
9/6-10/25	Sa	9A-10A	18+	\$35/\$45
11/1-12/20	Sa	9A-10A	18+	\$35/\$45

**Location:** Thrive55+

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

**24 | Groton Parks & Recreation | Fall 2025**

## 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.
9/2-10/21	Tu	10:30A-12P	55+	\$63/\$73
10/28-12/16	Tu	10:30A-11:30A	55+	\$63/\$73
9/3-10/22	W	10:30A-11:30A	55+	\$52/\$62
10/29-12/17	W	10:30A-12P	55+	\$52/\$62
9/5-10/24	F	10:30A-11:30A	55+	\$52/\$62
10/31-12/19	F	10:30A-11:30A	55+	\$52/\$62

**Location:** Thrive55+

**Instructor:** Alex Culligan | Min. 10 /Max. 15

## Instructional Tai Chi for Beginners

This Tai Chi class is for individuals just beginning, this class will offer extra instruction so that the student can become fluid and master the art of Tai Chi with the end goal of joining more advanced classes.

Date	Day	Time	Age	Res./Non-Res.
9/3-10/22	W	10-10:30A	55+	\$30/\$40

**Location:** Thrive55+

**Instructor:** Alex Culligan | Min. 10 /Max. 15

## Drumming in Motion

This class teaches simple drumming techniques while incorporating fitness exercises for a fun and exciting class!

Date	Day	Time	Age	Res./Non-Res.
9/3-10/22	W	5P-6P	18+	\$66/\$76
10/29-12/19	W	5P-6P	18+	\$66/\$76

**Location:** Thrive55+

**Instructor:** Liz Kennedy | Min. 8 /Max.12

**During this beginners weaving class you will learn the basics of weaving. You will create a project that you will complete during this session that you will be able to take home.**

Dates	Day	Time	Age	Res./Non-Res.
9/13-10/18	Sa	9:30-11:30A	16+	\$48/\$58

**Location:** Thrive55+  
**Instructor:** Liz Kennedy | Min. 4 /Max. 6



# CONTACTS

## Parks & Recreation Staff

**Main Office** .....860-536-5680

**Mark Berry, Director**

### Parks and Forestry

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

### Recreational Services

Ben Morse, Mgr. of Recreation Services .....860-536-5687

Eileen Cicchese, Program Supervisor .....860-536-5691

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

Olivia DeTour, Program Supervisor ..... 860-536-5681

Denisse Diaz-Sanchez,  
Community Outreach Coordinator .....860-536-5685

Ruth Condon, Financial Assistant I .....860-536-5007

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

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

### Senior Services

Mary Jo Riley, Thrive55+ Supervisor .....860-441-6785

Kathy Williams, Program Supervisor .....860-441-6795

Cindy Olsen, Program Supervisor .....860-441-6623

Tomi Stanley, Program Supervisor .....860-441-6782

Amelia Campbell, Office Assistant II .....860-441-6785

Bill Fisher, Office Assistant II .....860-441-6785

### Shennecossett Golf Course

Todd Goodhue, Golf Professional

Eric Morrison, Golf Course Superintendent .....860-445-6912

To Book a Tee Time, Please visit: **Shennygolf.com**

**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 fourth Wednesday of each month at 5:00 p.m..

**Mike DiFranco, Chair** .....threehouse@aol.com

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

**Jim Steffes** ..... jsteffes219@gmail.com

**Terry Tsang** ..... terrytht@comcast.net

**Megan Raymond**..... Megan.Raymond@Comcast.net

# RESOURCES

## Frequently Requested Contacts

Groton City Recreation .....860-446-4128

Groton Soccer Club ..... grotonsoccer@yahoo.com

Groton/Mystic Lacrosse .....grotonmysticlacrosse.com

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

Groton-Mystic Softball ..... mysticlittleleague.com

Groton Little League.....grotonlittleleague.com

Mystic Babe Ruth .....mystic.baberuthonline.com

Mystic Little League ..... infomysticll@gmail.com

## Town of Groton Phone Numbers

Assessment .....860-441-6660

Building Inspection .....860-446-5982

Human Services .....860-441-6760

Planning & Community Development .....860-446-5970

Police (routine) .....860-441-6712

Public Library .....860-441-6750

Public Works .....860-448-4083

Tax Collection .....860-441-6670

Town Clerk .....860-441-6640

Town Manager .....860-441-6630

Transfer Station .....860-536-5698

Voter Registration .....860-441-6650

# 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](http://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 those 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](mailto: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](mailto: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

<p><b>PARTICIPATION RELEASE WAIVER</b></p> <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>		<p><b>Total Fees:</b></p> <p><b>Checks payable to: "Groton Parks and Recreation"</b> Payment must accompany this form.</p> <p><b>Groton Parks and Recreation Welcomes everyone!</b> 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.</p>
<p><b>Signature:</b> _____ <b>Date:</b> _____</p>		<p><b>Mail to:</b> <b>Groton Parks and Recreation</b> <b>29 Spicer Avenue</b> <b>Noank, CT 06340-5659</b></p>

# Groton Parks & Recreation Department

29 Spicer Avenue

Noank, CT 06340-5659

\*\*\*\*\*ECRWSSSEDDM\*\*\*\*\*

Local Postal Customer

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## Groton Parks & Recreation

Keeping Groton Happy, Healthy and Connected



**Family Puzzle Night!**

GrotonCT.MyRec.com  
Groton Community Center

Friday  
October 3rd 6:00 PM

All Ages

\$5 per Team

Teams of 2-4



**EASTERN CT ROLLER HOCKEY LEAGUE**

SCAN HERE

Visit: [GROTONCT.MYREC.COM](https://www.grotonct.myrec.com)



**SIDES WITHOUT LIMITS & BAKER'S BATTLE**

SEPTEMBER 19  
FRIDAY: 5-7 PM

102 Newtown Rd  
Groton, CT 06340

GROTON PARKS & RECREATION  
GrotonCT.MyRec.com

THRIVE55+  
Active Living Center  
Powered by Groton Senior Center



Visit: [GROTONCT.MYREC.COM](https://www.grotonct.myrec.com)  
For Full Pickleball Schedule

**PICKLEBALL Open Play**

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](mailto:parksrec@groton-ct.gov)

[Grotonct.myrec.com](https://www.grotonct.myrec.com)

Facebook: [grotonparksandrec](https://www.facebook.com/grotonparksandrec)

Instagram: [grotonrec](https://www.instagram.com/grotonrec)

