

# DISCOVER 2025

Winter/Spring



**GROTON**  
PARKS & RECREATION

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



# Discover Groton

## ▶ Looking Ahead

### Planned investment in our community...

Work is progressing on the much-anticipated renovations to Sutton Park. The next steps involve finalizing permits and preparing bidding documents, with construction expected to begin in the next 8-12 months. Once completed, the park will feature a redesigned, illuminated skate park, a multi-use path connecting it to the surrounding neighborhood, a new restroom facility, and improved pedestrian access throughout the park. Future plans include replacing the playground and adding a second basketball court.

Quality parks like Sutton Park play a vital role in fostering a healthy, vibrant community. They provide spaces for recreation, social connection, and physical activity, enhancing the overall well-being of residents. With these upgrades, Sutton Park will continue to be a valuable asset, serving as a place where people of all ages can come together, stay active, and enjoy the outdoors.

### ▶ Director's Message

Our department has been hard at work advancing several key projects aimed at enhancing Groton's open spaces and infrastructure. Two major efforts include updating the Bike and Pedestrian Master Plan and the Community Forest Management Plan.

The Bike and Pedestrian Master Plan focuses on improving connectivity throughout Groton by designing safe, accessible facilities—such as sidewalks and multi-use paths—for cyclists and pedestrians. These improvements will help make it easier for everyone to navigate our town.

The Community Forest Management Plan will guide us in maintaining and growing Groton's community forest. By diversifying the tree species we plant and increasing the number of trees in areas with low canopy coverage, we aim to create a healthier, more resilient tree population for future generations.

Community engagement has been essential in shaping both plans, and we sincerely appreciate the valuable feedback from residents who participated in meetings and completed surveys.

In the coming months and years, we'll begin putting the recommendations from these plans into action, with both immediate and long-term benefits for our community.

Thank you for your continued support as we work together to make Groton an even better place to live, work, and play.

Mark Berry, *Director*  
Groton Parks and Recreation



# TABLE OF CONTENTS



## Community Events

Mystic Irish 5K.....	7
Tour de Noank 5K.....	7
Gnog Show.....	8
Puzzle Palooza .....	8
Pizza & Dance Party.....	8
Souper Bowl Saturday .....	8
Trips & Travel .....	9



## Recreation Programs

Adaptive .....	10
Early Childhood .....	10
Karate .....	11-12
Gymnastics & Dance .....	12-13
Aquatics .....	13-14
Sports.....	15,18
Fitness .....	18-19
Arts & Writing.....	19
Memberships.....	20



**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



## Information

Director's Message .....	2
Help wanted .....	4
Featured Commissioner.....	5
Financial Aid.....	6
Area Map.....	16-17
Contact Info & Resources .....	25
Directions .....	25
Important Information .....	26
Registration Form.....	27

## Thrive55+

Activities for 55+.....	20-23
Fitness for 55+.....	23-24



# Lifeguard Needed!

**We're seeking a lifeguard for our robust aquatics programs. If interested, please apply at [Groton-CT.gov](http://Groton-CT.gov)**



**Saturdays Only!**



**\$18/hr**



**Scan to  
Apply!**



**GROTON**  
PARKS & RECREATION

## Host Your Next Event at



**GROTON**  
**COMMUNITY CENTER**

We have a variety of multipurpose rooms that can be reserved and rented for individuals, organizations, community or private events. To learn more or book a space, visit

[GrotonCT.MyRec.com](http://GrotonCT.MyRec.com) or call us at 860-536-5680

**Meeting Rooms | Gym Space | Birthday Parties**  
**Public & Private Events | Inquire for More Info!**

# Featured Parks & Recreation Commissioner



**Elizabeth Hogan**

## Background

Born in Providence, Rhode Island, and raised in New York, I spent my childhood in the rural village of St. James on Long Island, where community activities like Red Cross swimming lessons and fire department parades fostered a close-knit environment. My family's move to Rye, New York, introduced me to "Rye Rec," where I enjoyed skating and community events, sparking a lifelong appreciation for parks and recreation programs.

## Why I got Involved

As an adult, I've benefited from parks and recreation services in cities like New York, Boston, and Groton. A memorable example was my trip to the Athabasca Glacier in Alberta, Canada, sponsored by Thrive 55+ Active Living Center. In 2020, Mary Jo Riley, Director of Thrive 55+, invited me to join the Groton Parks & Recreation Commission. Over the past four years as a Commissioner, I've had the privilege of contributing to the department's mission of fostering a happy, healthy, and connected community in Groton, Connecticut.



**The Parks and Recreation Commission has a vacancy. Interested in joining and making a difference? Visit [Groton-CT.gov](http://Groton-CT.gov) >> click on "Boards and Commissions" under the "Government" tab, and complete the application! More details on page 25.**



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.

Scan QR Code to Find Interactive Trail Maps!



# 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!



# 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

parcsrec@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



**GROTON PARKS & RECREATION**

## Saturday, March 22nd

Join us for our annual Mystic Irish 5K to celebrate St. Patrick's Day and support our scholarship program! This certified course and optional fun run travels along scenic River Road on the banks of the beautiful Mystic River.

**Early Registration: \$25 | Race-day fee: \$30**  
**Fun Run: 9:30AM | 5K: 10:00AM**  
15 Pearl St., Mystic, CT

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



Register by Friday, February 14th at 4:00 p.m. to guarantee yourself a race shirt!



# Tour De Noank



## & FUN RUN

**Saturday, June 7th**

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

Early Registration: \$25  
Race Day Fee: \$30  
Fun Run: \$5

Register by Monday, May 5th to guarantee you get a race shirt!

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


**Support GPR Adaptive Programs!**

Our Annual Tour De Noank starts and ends at Esker Point Beach and is a family friendly event! Proceeds benefit our popular Adaptive Programs, making sure all people are able to enjoy recreational and communal activities.


# COMMUNITY EVENTS

## Gnog Show 2025

In this amateur talent contest, three local celebrity panelists judge a series of acts, some good, some hilariously awful, all unprofessional! Enjoy the show after a delicious dinner.



**Friday, February 21st**  
**Time: 5:00-8:00PM**  
**Cost: \$20pp | Ages 18+**



55+ with Talent? Get your act together and contact Cindy to join the show! 860-441-6623

## Pizza & Dance Party!

**Friday April 25**  
**5-7PM**

**\$15/pp**



Thrive55+  
**102**  
 Newtown Rd., Groton

Register in person at Thrive55+ or online at [GrotonCT.MyRec.com](http://GrotonCT.MyRec.com)




# PUZZLE PALOOZA

\$25 per team	Teams of 2-4	Ages 8-99+	30 Dec. 2024	6:00 - 8:00PM
---------------	--------------	------------	--------------	---------------

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

Register by 12/23!  
[GrotonCT.MyRec.com](http://GrotonCT.MyRec.com)  
 102 Newtown Rd., Groton

Thrive55+ Active Living Center Presents

# SOUPER BOWL SATURDAY

**Saturday, February 8th**  
**5PM-7PM**

Come enjoy sample soups from local restaurants! This is a community event **OPEN TO ALL.** Proceeds benefit Thrive55+ programs.

Early Registration: \$10pp  
 .....  
 Event Day Registration: \$12pp

[GrotonCT.MyRec.com](http://GrotonCT.MyRec.com) 860-441-6785



# TRIPS AND TRAVEL

Extended trips  
for any adult!

## Discover the Pacific Northwest and California



June 22 - 29, 2025

Double  
\$4,029pp\*



Single  
\$4,829pp\*

*\*if booked before Dec. 22, 2024*

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



## Discover Switzerland, Austria & Bavaria

August 27 - Sept. 5, 2025

Double  
\$4,829pp\*



Single \$  
5,429pp\*

*\*if booked before Feb. 28, 2025*

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



## Discover America's Music Cities New Orleans, Memphis, & Nashville

October 5-12, 2025

Double:  
\$3,829pp\*



Single:  
\$4,629pp\*

*\*if booked before April 4, 2025*

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



## European Christmas Markets Prague, Vienna, & Budapest

December 6-14, 2025

Double:  
\$3,629pp\*



Single:  
\$4,329pp\*

*\*if booked before June 7, 2025*

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

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not Included in Price: Cancellation Waiver and Insurance.



## 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 6-7:30P.

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.

### Arts & Crafts

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
12/5-2/27	Th	6:30P-7:30P	14+	\$50/\$50
<b>Spring</b>				
3/6-2/27	Th	6:30P-7:30P	14+	\$50/\$50

**Location:** Days and Locations Vary Depending on the Sport

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

## Special Olympics Aquatics

Thursdays. Any questions please call Eileen 860-625-1024.

Date	Day	Time	Age	Res./Non-Res.
<b>Winter/Spring</b>				
2/12-5/28	W	6:30P-8:30P	8+	\$85/\$85

**Location:** UCONN Avery Point Pool

**Instructor:** Staff | Min. 5/Max. 20

## 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.
<b>Winter</b>				
1/30-3/20	Th	4:45P-5:30P	12+	\$70/\$90
<b>Spring</b>				
4/10-5/29	Th	4:45P-5:30P	12+	\$70/\$90

**Location:** Groton Community Center

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

## 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 for Food Supplies, scholarship does not apply).

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/28-3/18	T	5P-7P	13-35	\$104/\$124
1/29-3/19	W	5P-7P	13-35	\$104/\$124
<b>Spring</b>				
4/8-5/27	T	5P-7P	13-35	\$104/\$124
4/9-6/4	W	5P-7P	13-35	\$104/\$124

**Location:** Fitch 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.
<b>Winter</b>				
1/31-3/21	F	6P-9P	13-35	\$90/\$110
<b>Spring</b>				
4/11-6/13	F	6P-9P	13-35	\$90/\$110

**Location:** Groton Community Center

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

# EARLY CHILDHOOD ABC

## 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.

Age	Winter	Day	Time	Res./Non-Res.
<b>9mths-2 ½</b>	1/28-3/18	Tu	9A-9:45A	\$49/\$69
<b>1-5</b>	1/28-3/18	Tu	10A-10:45A	\$49/\$69
<b>1-5</b>	1/30-3/20	Th	9A-9:45A	\$49/\$69
<b>2 ½ -5</b>	1/30-3/20	Th	10A-10:45A	\$49/\$69
Age	Spring	Day	Time	Res./Non-Res.
<b>9mths-2 ½</b>	4/8-5/27	Tu	9A-9:45A	\$49/\$69
<b>1-5</b>	4/8-5/27	Tu	10A-10:45A	\$49/\$69
<b>1-5</b>	4/10-5/29	Th	9A-9:45A	\$49/\$69
<b>2 ½ -5</b>	4/10-5/29	Th	10A-10:45A	\$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.
<b>Winter</b>				
1/29-3/19	W	9A-9:45A	1-2	\$55/\$75
1/29-3/19	W	10A-10:45A	2-5	\$55/\$75

**Location:** Groton Community Center

**Instructor:** 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.
<b>Spring</b>				
4/9-5/28	W	9A-9:45A	1-2	\$55/\$75
4/9-5/28	W	10A-10:45A	2-5	\$55/\$75

**Location:** Groton Community Center

**Instructor:** Carlene Lange | Min. 6/Max. 12

# 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.

**No cell phones allowed during classes.**

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Lil' Tiger</b>				
2/18 (Winter)	Tu	5:30P-6P	3-6	\$25/\$25
5/6 (Spring)	Tu	5:30P-6P	3-6	\$25/\$25
<b>Ages 6+</b>				
2/18 (Winter)	Tu	6:15P-8:15P	6+	\$25/\$25
5/6 (Spring)	Tu	6:15P-8:15P	6+	\$25/\$25

**Location:** Groton Community Center  
**Instructor:** Ralph Batty Jr. | Min.1/Max. 99

## Beginner & Intermediate Karate

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

Date	Day	Time	Age	Res./Non-Res.
1/27-3/24 (Winter)	M,W	12P-1P	13+	\$135/\$155
1/27-3/24 (Winter)	M,W	7P-8P	13+	\$135/\$155
4/7-6/2 (Spring)	M,W	12P-1P	13+	\$135/\$155
4/7-6/2 (Spring)	M,W	7P-8P	13+	\$135/\$155

**Location:** Groton Community Center  
**Instructor:** Ralph Batty Jr. | Min. 1/Max. 50

## Lil' Tiger Karate

- ALL NEW STUDENTS MUST TAKE LIL' TIGER 1.
- Level I class requires a parent.
- 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Lil' Tiger w/Parent</b>				
1/27-3/24 (Winter)	M	4:45P-5:15P	3-5	\$59/\$79
4/7-6/2 (Spring)	M	4:45p-5:15P	3-5	\$59/\$79
<b>Lil' Tiger 2</b>				
1/28-3/18 (Winter)	Tu	5P-5:30P	3-5	\$59/\$79
4/8-5/27 (Spring)	Tu	5p-5:30P	3-5	\$59/\$79
<b>Lil' Tiger 3</b>				
1/29-3/19 (Winter)	W	5:15P-6P	3-5	\$105/\$125
4/9-5/28 (Spring)	W	5:15P-6:00P	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.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Jr. Dragon 1</b>				
1/27-3/24 (Winter)	M	5:15P-6P	6-13	\$105/\$125
4/7-6/2 (Spring)	M	5:15P-6P	6-13	\$105/\$125
<b>Jr. Dragon 2</b>				
1/28-3/20 (Winter)	Tu,Th	5:30P-6:30P	6-13	\$135/\$155
4/8-5/29 (Spring)	Tu Th	5:30P-6:30P	6-13	\$135/\$155
<b>Jr. Dragon 3</b>				
1/27-3/24 (Winter)	M,W	6P-7P	6-13	\$135/\$155
4/7-6/2 (Spring)	M,W	6P-7P	6-13	\$135/\$155
<b>Jr. Dragon 4 / Jr. Black Belt</b>				
1/28-3/20 (Winter)	Tu,Th	6:30P-7:30P	6-13	\$135/\$155
4/8-5/29 (Spring)	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.
1/28-3/20 (Winter)	Tu,Th	7:30P-9P	13+	\$200/\$220
4/8-5/29 (Spring)	Tu,Th	7:30P-9P	13+	\$200/\$220

**Location:** Groton Community Center  
**Instructor:** Ralph Batty Jr. / Min. 3/Max. 50

**Special Olympics**  
Groton

**Special Olympics**  
*Be a Fan.*

Groton Parks and Recreation is proud to offer year-round training and competition opportunities to athletes with disabilities for Special Olympics sports. We also offer Unified Sports programs, teaming up athletes with disabilities and peers without disabilities.

Register:  
GrotonCT.MyRec.com  
For more info contact  
Eileen:  
ECicchese@groton-ct.gov  
or call 860-536-5691

Athletes playing floor hockey at Groton Community Center.

# KARATE



## 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.
1/27-3/24 (Winter)	M,W	11A-11:45A	55+	\$65/\$85
4/7-6/2 (Spring)	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 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Bo-Jutsu (Winter)</b>				
1/27-3/24	M	8P-8:30P	9+	\$35/\$55
<b>Sai-Jutsu (Winter)</b>				
1/27-3/24	M	8:30P-9P	9+	\$35/\$55
<b>Bo-Jutsu (Spring)</b>				
4/7-6/2	M	8P-8:30P	9+	\$35/\$55
<b>Sai-Jutsu (Spring)</b>				
4/7-6/2	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	W	8A-9A	3-5 yrs old	\$5/\$15
1/1	W	8A-10A	6+ yrs old	\$10/\$20

**Location:** Groton Community Center  
**Instructor:** Ralph Batty Jr. | Min. 5/Max. 80

# GYMNASTICS / DANCE

Learn Gymnastics from a USA Gymnastics certified instructor.

## 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 is specifically designed for parent/child interaction together.

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
2/1-3/22	Sa	8:30A-9A	1 1/2-3	\$109/\$129
2/1-3/22	Sa	9:05A-9:35A	1 1/2-3	\$109/\$129
<b>Spring</b>				
4/5-6/7	Sa	8:30A-9A	1 1/2-3	\$109/\$129
4/5-6/7	Sa	9:05A-9:35A	1 1/2-3	\$109/\$129

**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.
<b>Winter</b>				
2/1-3/22	Sa	9:40A-10:10A	4-5	\$109/\$129
2/1-3/22	Sa	10:15A-10:45A	4-5	\$109/\$129
<b>Spring</b>				
4/5-6/7	Sa	9:40A-10:10A	4-5	\$109/\$129
4/5-6/7	Sa	10:15A-10:45A	4-5	\$109/\$129

**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.
<b>Winter</b>				
2/1-3/22	Sa	10:55A-11:35A	5-15	\$109/\$129
2/1-3/22	Sa	11:40A-12:20P	5-15	\$109/\$129
2/1-3/22	Sa	12:40P-1:20P	5-15	\$109/\$129
<b>Spring</b>				
4/5-6/7	Sa	10:55A-11:35A	5-15	\$109/\$129
4/5-6/7	Sa	11:40A-12:20P	5-15	\$109/\$129
4/5-6/7	Sa	12:40P-1:20P	5-15	\$109/\$129

**Location:** Groton Community Center  
**Instructor:** ABC Gymnastics | Min. 6/Max 10

# GYMNASTICS / DANCE

## Intermediate Gymnastics

**Requirements:** 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.
<b>Winter</b>				
2/1-3/22	Sa	1:25P-2:05P	5-15	\$109/\$129
<b>Spring</b>				
4/5-6/7	Sa	1:25P-2:05P	5-15	\$109/\$129

**Location:** Groton Community Center  
**Instructor:** ABC Gymnastics | Min. 6/Max 10

## Elementary Ballet & Tap

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

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/28-3/18	Tu	4P-4:45P	3-5	\$65/\$85
1/28-3/18	Tu	4:45P-5:45P	6-11	\$65/\$85
1/30-3/20	Th	4P-4:45P	3-5	\$65/\$85
1/30-3/20	Th	4:45P-5:45P	6-11	\$65/\$85
<b>Spring</b>				
4/8-5/27	Tu	4P-4:45P	3-5	\$65/\$85
4/8-5/27	Tu	4:45P-5:45P	6-11	\$65/\$85
4/10-5/29	Th	4P-4:45P	3-5	\$65/\$85
4/10-5/29	Th	4:45P-5:45P	6-11	\$65/\$85

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

## Adult Dance

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

Date	Day	Time	Age	Res./Non-Res.
<b>Adult Ballet (Winter)</b>				
1/28-3/18	Tu	6P-7P	18+	\$65/\$85
<b>Adult Tap (Winter)</b>				
1/28-3/18	Tu	7P-8P	18+	\$65/\$85
1/30-3/20	Th	6P-7P	18+	\$65/\$85
<b>Adult Ballet (Winter)</b>				
4/8-5/27	Tu	6P-7P	18+	\$65/\$85
<b>Adult Tap (Spring)</b>				
4/8-5/27	Tu	7P-8P	18+	\$65/\$85
4/10-5/29	Th	6P-7P	18+	\$65/\$85

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

# AQUATICS



## 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.
<b>Winter</b>				
1/4-2/8	Sa	10A-10:30A	6 mths-3 yr.	\$65/\$85
2/15-3/22	Sa	10A-10:30A	6 mths-3 yr.	\$65/\$85
<b>Spring</b>				
3/29-5/10	Sa	10A-10:30A	6 mths-3 yr.	\$65/\$85

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 4/Max. 20

## Intro to Level 1 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.
<b>Winter</b>				
1/4-2/8	Sa	10A-10:30A	3-5	\$65/\$85
2/15-3/22	Sa	10A-10:30A	3-5	\$65/\$85
<b>Spring</b>				
3/29-5/10	Sa	10A-10:30A	3-5	\$65/\$85

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 4/Max. 20

## Intro to Level 1 Without Parent

This 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. (Permission is required for this class after previously taken Intro to Level 1.) (Parent is not required to go into the water.)

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/4-2/8	Sa	10:30A-11A	3-5	\$85/\$105
2/15-3/22	Sa	10:30A-11A	3-5	\$85/\$105
<b>Spring</b>				
3/29-5/10	Sa	10:30A-11A	3-5	\$85/\$105

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

## 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.

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/4-2/8	Sa	11:55A-12:30P	6-15	\$85/\$105
2/15-3/22	Sa	11:55A-12:30P	6-15	\$85/\$105
<b>Spring</b>				
3/29-5/10	Sa	11:55A-12:30P	6-15	\$85/\$105

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



## 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.

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/4-2/8	Sa	11:15A-11:50A	6-15	\$85/\$105
1/4-2/8	Sa	12:45P-1:20P	6-15	\$85/\$105
2/15-3/22	Sa	11:15A-11:50A	6-15	\$85/\$105
2/15-3/22	Sa	12:45P-1:20P	6-15	\$85/\$105
<b>Spring</b>				
3/29-5/10	Sa	11:15A-11:50A	6-15	\$85/\$105
3/29-5/10	Sa	12:45P-1:20P	6-15	\$85/\$105

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

## Level 3 Swim

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

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/4-2/8	Sa	11:15A-11:50A	6-15	\$85/\$105
1/4-2/8	Sa	12:45P-1:20P	6-15	\$85/\$105
2/15-3/22	Sa	11:15A-11:50A	6-15	\$85/\$105
2/15-3/22	Sa	12:45P-1:20P	6-15	\$85/\$105
<b>Spring</b>				
3/29-5/10	Sa	11:15A-11:50A	6-15	\$85/\$105
3/29-5/10	Sa	12:45P-1:20P	6-15	\$85/\$105

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 4/Max. 10

## Level 4 Swim

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!

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/4-2/8	Sa	10:30A-11:10A	6-15	\$85/\$105
2/15-3/22	Sa	10:30A-11:10A	6-15	\$85/\$105
<b>Spring</b>				
3/29-5/10	Sa	10:30A-11:10A	6-15	\$85/\$105

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 4/Max. 10

## Private Children/Adult Swim Lessons

**Private one-on-one swim lessons.**

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/4-2/8	Sa	10:30A-11A	6+	\$159/\$179
1/4-2/8	Sa	11:15A-11:45A	6+	\$159/\$179
1/4-2/8	Sa	11:55A-12:25P	6+	\$159/\$179
1/4-2/8	Sa	12:45P-1:15P	6+	\$159/\$179
1/4-2/8	Sa	1:25P-1:55P	6+	\$159/\$179
2/15-3/22	Sa	10:30A-11A	6+	\$159/\$179
2/15-3/22	Sa	11:15A-11:45A	6+	\$159/\$179
2/15-3/22	Sa	11:55A-12:25P	6+	\$159/\$179
2/15-3/22	Sa	12:45P-1:15P	6+	\$159/\$179
2/15-3/22	Sa	1:25P-1:55P	6+	\$159/\$179
<b>Spring</b>				
3/29-5/10	Sa	10:30A-11A	6+	\$159/\$179
3/29-5/10	Sa	11:15A-11:45A	6+	\$159/\$179
3/29-5/10	Sa	11:55A-12:25P	6+	\$159/\$179
3/29-5/10	Sa	12:45P-1:15P	6+	\$159/\$179
3/29-5/10	Sa	1:25P-1:55P	6+	\$159/\$179

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

## Level 5 Swim

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.
<b>Winter</b>				
1/4-2/8	Sa	11:55A-12:30P	6-15	\$85/\$105
2/15-3/22	Sa	11:55A-12:30P	6-15	\$85/\$105
<b>Spring</b>				
3/29-5/10	Sa	11:55A-12:30P	6-15	\$85/\$105

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

## Family Open Swim

Enjoy the pool to relax, work on skills, or just have fun. Two lanes are set up for lap swim. Pool capacity is set at a maximum of 80 participants per swim time. Children must be supervised at all times. You can use family swim times to practice skills learned in swim lessons, or just have some great family fun in the water!

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/4-2/8	Sa	1:25P-2:25P	18+	Price is per family! \$60/\$80
2/15-3/22	Sa	1:25P-2:25P	18+	\$60/\$80
<b>Spring</b>				
3/29-5/10	Sa	1:25P-2:25P	18+	\$60/\$80

**Location:** UCONN Avery Point  
**Instructor:** Staff | Min. 7/Max. 25 Families



## CAS Soccer Stars

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.
<b>Spring</b>				
4/15-6/3	Tu	3:45P-4:45P	3-5	\$85/\$105
4/17-6/5	Th	3:45P-4:45P	3-5	\$85/\$105

**Location:** Groton Community Center

**Instructor:** Community Athletic Solutions (CAS) | Min. 8/Max. 14

## Winter Youth Soccer

Instructors/Coaches will work with participants on technique and skills development using drills and mini round robin games.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/29-3/19	W	4P-4:55P	4-6	\$85/\$105
1/29-3/19	W	5P-5:55P	7-10	\$85/\$105
2/1-3/22	Sa	9A-9:55A	4-5	\$85/\$105
2/1-3/22	Sa	10A-10:55A	4-5	\$85/\$105
2/1-3/22	Sa	11A-11:55A	6-7	\$85/\$105
2/1-3/22	Sa	12P-12:55P	6-7	\$85/\$105
2/1-3/22	Sa	1P-2P	8-10	\$85/\$105

**Location:** Groton Community Center

**Instructor:** Community Athletic Solutions (CAS) | Min. 8/Max. 15

## Indoor Tennis Clinic New Program

Whether your child is new to the sport or has some experience, this clinic provides personalized instruction to help them develop their game. Participants will focus on fundamentals like strokes, footwork, and court awareness while building confidence, fitness, and teamwork. With drills, match play and games, we make learning tennis enjoyable and challenging, all in the comfort of an indoor setting – perfect for year-round improvement! (Participants need to wear tennis attire and bring racquet and water bottle.)

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/26-3/2	Su	9A-10A	8-12	\$75/\$95
1/26-3/2	Su	10A-11A	13-18	\$75/\$95
<b>Spring</b>				
4/6-5/18	Su	9A-10A	8-12	\$75/\$95
4/6-5/18	Su	10A-11A	13-18	\$75/\$95

**Location:** Groton Community Center

**Instructor:** Riz Shariff | Min. 6 /Max. 10

## Pickleball at Groton Community Center

Whether you’re just starting out or aiming to enhance your Pickleball skills, our Groton Community Center Gym is the perfect place to enjoy the game. Explore the variety of Pickleball options we offer:

- **Beginner Pickleball Lessons** – (Registration required; no drop-ins allowed, and slots are limited)
- **Intermediate Lessons** – (Registration required; no drop-ins allowed, and slots are limited)
- **Intermediate Level Clinic** – Elevate your Pickleball game to the next level
- **Small Group Instructional Pickleball** – Single day registration includes play for up to 4 people.

And more! Be sure to check details of current offerings and schedule at [GrotonCT.MyRec.com](http://GrotonCT.MyRec.com). Spaces are limited, so sign up now!

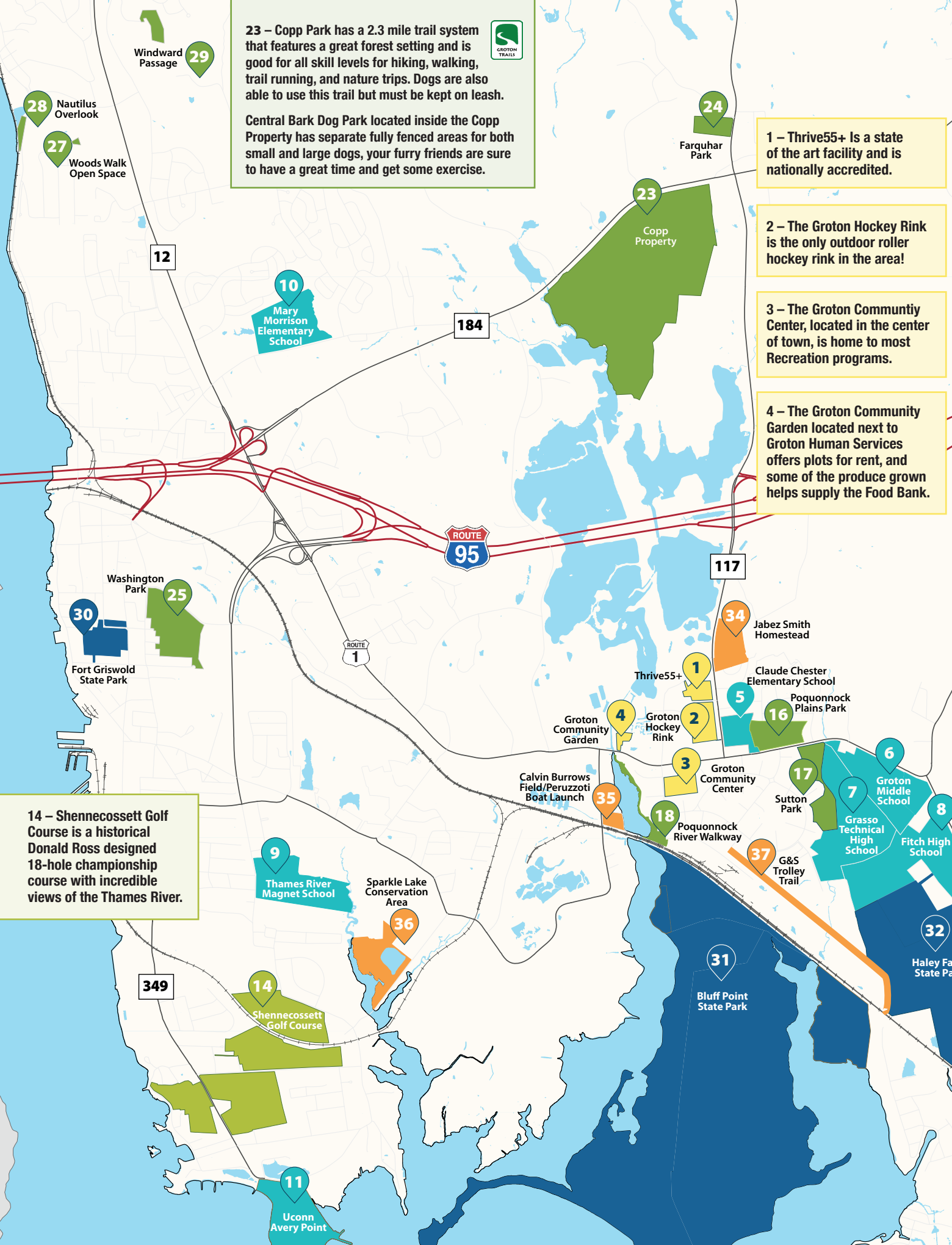


**Fridays**  
11:30AM - 1:30PM



**Groton**  
Community Center





**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 – The Groton Hockey Rink** is the only outdoor roller hockey rink in the area!

**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.

**28** Nautilus Overlook

**29** Windward Passage

**27** Woods Walk Open Space

**24** Farquhar Park

**23** Copp Property

**10** Mary Morrison Elementary School

**184**

**12**

**117**

**25** Washington Park  
**30** Fort Griswold State Park

**34** Jabez Smith Homestead

**1** Thrive55+  
**2** Groton Hockey Rink

**5** Claude Chester Elementary School

**16** Poquonnock Plains Park

**4** Groton Community Garden

**35** Calvin Burrows Field/Peruzzoti Boat Launch

**3** Groton Community Center

**17** Sutton Park

**6** Groton Middle School

**7** Grasso Technical High School

**8** Fitch High School

**9** Thames River Magnet School

**36** Sparkle Lake Conservation Area

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

**14** Shennecossett Golf Course

**31** Bluff Point State Park

**32** Haley Fa State Pa

**349**

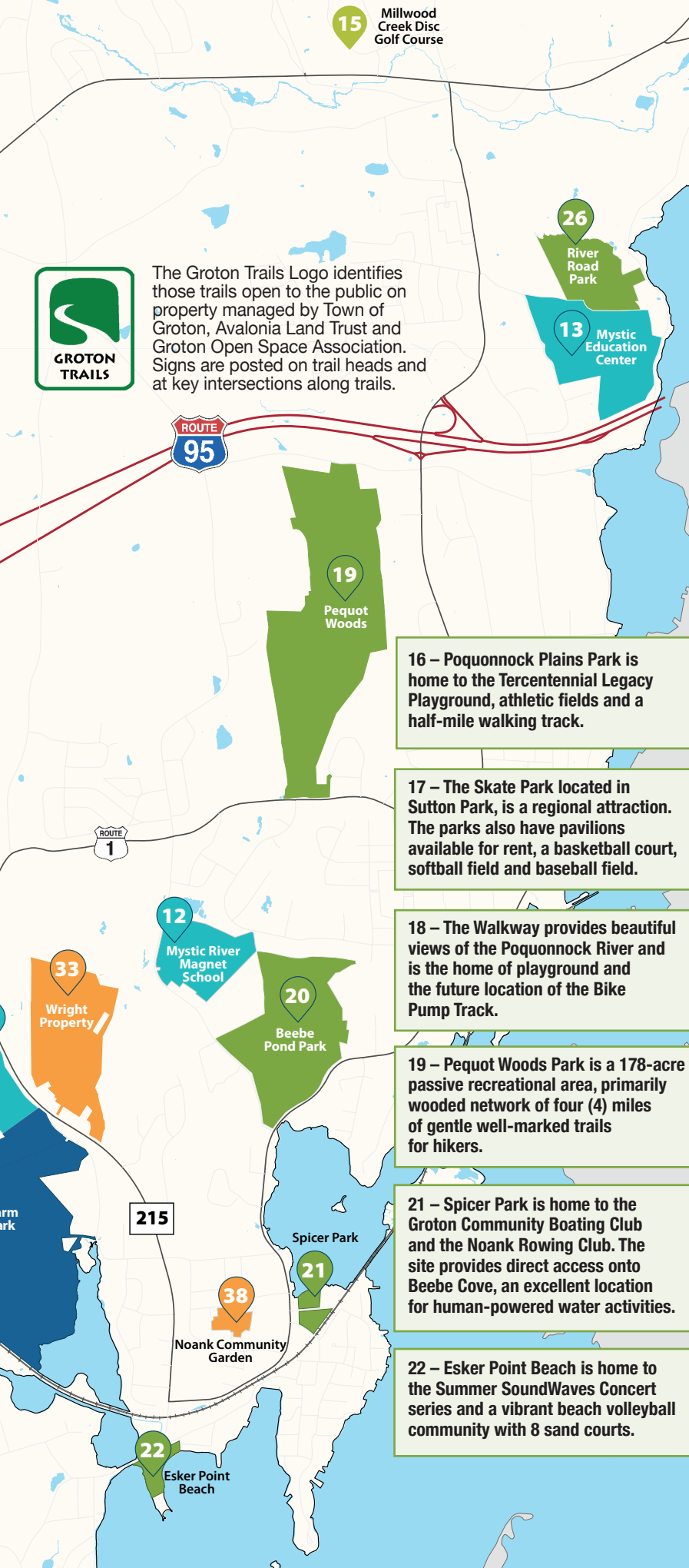
**11** Uconn Avery Point



15 Millwood Creek Disc Golf Course



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.



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

17 – 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.

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

19 – Pequot Woods Park is a 178-acre passive recreational area, primarily wooded network of four (4) miles of gentle well-marked trails for hikers.

21 – 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.

22 – 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	Thrive55+
2	Groton Hockey Rink
3	Groton Community Center
4	Groton Community Garden

**GROTON SCHOOL LOCATIONS**

5	Claude Chester Elementary School
6	Groton Middle School
7	Grasso Technical High School
8	Fitch High School
9	Thames River Magnet School
10	Mary Morrison Elementary School
11	Uconn Avery Point
12	Mystic River Magnet School
13	Mystic Education Center

**GOLF COURSES**

14	Shennecossett Golf Course
15	Millwood Creek Disc Golf Course

**COMMUNITY PARKS**

16	Poquonnock Plains Park
17	Sutton Park
18	Poquonnock River Walkway
19	Pequot Woods
20	Beebe Pond Park
21	Spicer Park
22	Esker Point Beach
23	Copp Property
24	Farquhar Park
25	Washington Park
26	River Road Park
27	Woods Walk Open Space
28	Nautilus Overlook
29	Windward Passage

**STATE PARKS**

30	Fort Griswold State Park
31	Bluff Point State Park
32	Haley Farm State Park

**POINTS OF INTEREST**

33	Wright Property
34	Jabez Smith Homestead
35	Calvin Burrows Field/Peruzzoti Boat Launch
36	Sparkle Lake Conservation Area
37	G&S Trolley Trail
38	Noank Community Garden

# SPORTS



## Small Group Instructional Pickleball

Small Group Instructional Pickleball is designed for a four-person group. The leader will register for the group. Subs may be made. A single day registration includes play for up to 4 people. If less than 4 people play, the cost remains the same for the session. Players must register for free Groton Parks & Recreation membership and sign waiver prior to playing. Players must scan membership bar code in prior to play.

- First hour consists of drills.
- Second hour is coached play by instructor, Tim Daly.
- Includes one open play on the day of the Small Group Instruction.

Date	Day	Time	Age	Res./Non-Res.
1/31-3/21 (Winter)	F	11:30A-1:30P	18+	\$120/\$140
4/11-6/13 (Spring)	F	11:30A-1:30P	18+	\$120/\$140

**Location:** Groton Community Center  
**Instructor:** Tim Daly | Min. 1 /Max. 1

## Eastern CT Roller Hockey League

Competitive inline hockey is at its finest at Southeast CT's only outdoor regulation rink. Registration is now by team. Team captains can register online. Rosters/waivers will be submitted to league coordinator at the first game. Teams consist of up to thirteen players including goalies.

Date	Day	Time	Age	Res./Non-Res.
3/30-6/15 (Spring)	Su	9A-1P	18+	\$875/\$875

**Location:** Groton Hockey Rink  
**Instructor:** Ray Arnott | Max. 10 Teams

**INDOOR TENNIS CLINICS**

9AM-10AM	10AM - 11AM
AGES 8-12	AGES 13-18

**SUNDAYS**  
 JAN. 26 - MARCH 2ND

**RES./NON-RES: \$75/\$95**  
[GROTONCT.MYREC.COM](http://GROTONCT.MYREC.COM)

## Adult Coed Soccer Non-League

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.
1/5-3/23 (Indoor)	Su	2:30P-4P	16+	\$25/\$45

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

# FITNESS



## Yoga For All

Experience the union of mind, body and spirit while you mindfully move and breathe while building muscle strength in this class that is suitable for beginners and experienced yoga practitioners. The instructor has some equipment and props. Please bring your own yoga mat.

Date	Day	Time	Age	Res./Non-Res.
<b>Winter</b>				
1/27-3/24	M	6P-7:15P	14+	\$65/\$85
<b>Spring</b>				
4/7-6/2	M	6P-7:15P	14+	\$65/\$85

**Location:** Groton Community Center  
**Instructor:** Lori Miller | Min. 15/Max. 45

## 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.
<b>Winter</b>				
1/27-3/24	M	5:30P-6:25P	12+	\$65/\$85
1/29-3/19	W	5:30P-6:25P	12+	\$65/\$85
<b>Spring</b>				
4/7-6/2	M	5:30P-6:25P	12+	\$65/\$85
4/9-5/28	W	5:30P-6:25P	12+	\$65/\$85

**Location:** Groton Community Center  
**Instructor:** Denise Descheneaux | Min. 8/Max. 17



## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Beginner</b>				
1/30-3/20 (Winter)	Th	6:45P-7:50P	14+	\$55/\$75
4/10-5/29 (Spring)	Th	6:45P-7:50P	14+	\$55/\$75
<b>Experienced</b>				
1/30-3/20 (Winter)	Th	5:30P-6:45P	14+	\$55/\$75
4/10-5/29 (Spring)	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.
<b>Winter</b>				
1/28-3/18	Tu	9:15A-10:10A	13+	\$65/\$85
1/30-3/20	Th	9:15A-10:10A	13+	\$65/\$85
<b>Spring</b>				
4/8-5/27	Tu	9:15A-10:10A	13+	\$65/\$85
4/10-5/29	Th	9:15A-10:10A	13+	\$65/\$85

**Location:** Groton Community Center  
**Instructor:** Denise Descheneaux | Min. 8/Max. 17

## 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.
<b>Winter</b>				
1/27-3/24	M	6P-7P	15+	\$65/\$85
1/29-3/19	W	6P-7P	15+	\$65/\$85
1/31-3/21	F	6P-7P	15+	\$65/\$85
<b>Spring</b>				
4/7-6/2	M	6P-7P	15+	\$65/\$85
4/9-5/28	W	6P-7P	15+	\$65/\$85
4/11-6/13	F	6P-7P	15+	\$65/\$85

**Location:** Groton Community Center  
**Instructor:** Joe Russack-Baker | Min. 5/Max. 16



## 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.
<b>Winter</b>				
1/27-3/24	M	4P-6P	18+	\$99/\$119
1/29-3/19	W	4:30P-6:30P	18+	\$99/\$119
<b>Spring</b>				
4/7-6/2	M	4P-6P	18+	\$99/\$119
4/9-5/28	W	4:30P-6:30P	18+	\$99/\$119

**Location:** Groton Community Center  
**Instructor:** Nick 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.
<b>Winter</b>				
1/27-3/24	M	6P-8P	18+	\$99/\$119
1/29-3/19	W	6:30P-8:30P	18+	\$99/\$119
<b>Spring</b>				
4/7-6/2	M	6P-8P	18+	\$99/\$119
4/9-5/28	W	6:30P-8:30P	18+	\$99/\$119

**Location:** Groton Community Center  
**Instructor:** Nick Checker | Min. 1/Max. 6

# MEMBERSHIPS

## Indoor & Outdoor Boat Rack Storage

Limited indoor and outdoor storage for shells and kayaks is available to the public at Spicer Park. 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 or Outdoor Storage Membership for this year!

All participants that would like to request a 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.

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

**Location:** Spicer Park **Coordinator:** Ben Morse

## 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)

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

**Location:** Spicer Park **Coordinator:** Melissa Porter

## Community Gardens

- Groton Community Garden is located at 2 Fort Hill Road, Groton, (behind Groton Human Services office) and Noank Community Garden is at 42 Smith Lane, Noank.
- Both gardens are intended to be a beautiful and peaceful place for individuals, 18 and older, to cultivate flowers and vegetables.
- Gardening is a wonderful past time and very rewarding. Please realize the amount of time, commitment and effort that is required to keep your plot weed free, healthy and maintained takes approximately 2-3 hours weekly.

- Returning gardeners are re-assigned garden plots first and should call **860-536-5680 by January 1st** to activate your Garden Membership and pay your registration fee for this year. After January 1st the plots will be assigned to new gardeners.
- Please review the Garden rules prior to registering.
- New gardeners should register under the New Garden Request activity. As plots become available, new gardeners are contacted from this list to receive their assigned plot at which time the registration fee is due.
- Garden Plots are \$40 for Residents
- Garden Plots are \$60 for Non-Residents

**Location:** Groton Community Garden/Noank Community Garden **Coordinators:** Eileen Cicchese/Melissa Porter

# ACTIVITIES FOR 55+



## Health & Wellness Clinic for Pets of Veterans and Older Adults

Low cost pet wellness clinic for dogs and cats. Included services wellness check, rabies vaccines, distemper vaccine, basic deworming and heart worm testing (dogs only). Must register by March 1 to reserve your spot (Limited to 30). Call **800-533-1898** to register.

Day	Day	Time	Age	Res./Non-Res.
3/7	F	10A-1P	18+	\$60 per pet

**Location:** Thrive55+

**Instructor:** Tomi Stanley | Min. 0/Max. 30

## 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. Monthly social breakfast special event. Each month is a different featured menu.

Date	Day	Time	Age	Res./Non-Res.
1/10 (January)	F	8:45A-10A	55+	\$12/12
3/7 (March)	F	8:45A-10A	55+	\$12/12
5/9 (May)	F	8:45A-10A	55+	\$12/12

NONE (Dec)

**Location:** Thrive55+

**Instructor:** Staff | Min. 10/Max. 24

## HEALTH & WELLNESS CLINIC

**LOW COST!**

**March 7<sup>th</sup>**

**10am - 1pm**

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

Register by March 1st  
to Reserve Your Spot  
(Limited to 30)

**PRE-REGISTRATION REQUIRED**

\$100/pet | \$60/pet for qualifying Seniors and Veterans (cash/check only)

**REGISTER:**  
VetCareEverywhere.org/community-events  
Call: 800-533-1898

**INCLUDED SERVICES:**

- + Wellness check
- + Rabies vaccines
- + Distemper vaccine
- + Basic deworming
- + Heartworm testing (dogs only)

\*Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee

VETCAREEVERYWHERE.ORG



## 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. Guests order off the menu on their own! Described as Socially Nutritional by a past participants of DINING OUT.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Dining Out – Capt Daniel Packer Inne (Order off Menu)</b>				
1/13	M	5P-7:30P	18+	Pay on Own
<b>Dining Out – Angie's Pizza (Order off Menu)</b>				
2/11	Tu	5P-7:30P	18+	Pay on Own
<b>Dining Out – Chester's BBQ (Order off Menu)</b>				
3/11	Tu	5P-7:30P	18+	Pay on Own
<b>Dining Out – Neon Chicken (Order off Menu)</b>				
4/8	Tu	5P-7:30P	18+	Pay on Own
<b>Dining Out – Flanders Fish (Order off Menu)</b>				
5/13	Tu	5P-7:30P	18+	Pay on Own
<b>Dining Out – The Spot (Order off Menu)</b>				
6/10	Tu	5P-7:30P	18+	Pay on Own

**Location:** Thrive55+

**Instructor:** Volunteer | Min. 1/Max. 35

## Club 55 Events

Vendors can purchase tables to sell their wares. All are welcome to come shop and purchase from local vendors.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Flea Market</b>				
5/10	Sa	9A-1P	All ages	N/C

**Location:** Thrive55+

**Instructor:** Volunteer | Min. 50/Max. 98

## Lecture/Speakers-General

Come join us for this Pet Education Series. Each month will be a new topic.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Paws &amp; Learn Pet Education - Dog's Physical &amp; Mental Needs</b>				
1/15	W	1P-2P	55+	N/C
<b>Paws &amp; Learn Pet Education - Basic Maintenance &amp; Care</b>				
2/12	W	1P-2P	55+	N/C
<b>Paw &amp; Learn Pet Education - Tools to Help on the Pet Parent Journey</b>				
3/12	W	1P-2P	55+	N/C

**Location:** Thrive55+

**Instructor:** Barks & Recreation | Min. 5/Max. 24

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/7-2/25	Tu	6:30P-8:30P	18+	\$10/\$10
3/11-4/29	Tu	6:30P-8:30P	18+	\$10/\$10
5/6-6/24	Tu	6:30P-8:30P	18+	\$10/\$10

**Location:** Thrive55+

**Instructor:** Volunteer | Min. 4/Max. 24

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/06-2/25	M	10A-11:30A	55+	\$27/\$37
3/10-5/3	M	10A-11:30A	55+	\$27/\$37
5/5-6/23	M	10A-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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/07-2/25	Tu	11:30A-1:30P	55+	\$75/\$85
3/11-4/29	Tu	11:30A-1:30P	55+	\$75/\$85
5/6-6/24	Tu	11:30A-1:30P	55+	\$75/\$85

**Location:** Thrive55+

**Instructor:** Kelly Luther 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 will be responsible for their own supplies; a list will be provided upon registration.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/07-2/25	Tu	2P-4P	55+	\$75/\$85
1/08-02/26	W	2P-4P	55+	\$75/\$85
3/11-4/29	Tu	2P-4P	55+	\$75/\$85
3/12-4/30	W	2P-4P	55+	\$75/\$85
5/6-6/24	Tu	2P-4P	55+	\$75/\$85
5/7-6/25	W	2P-4P	55+	\$75/\$85

**Location:** Thrive55+

**Instructor:** Kelly Luther Hall | Min. 5/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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/9-2/27	Th	1P-3P	55+	\$.50 per card
3/6-5/1	Th	1P-3P	55+	\$.50 per card
5/8-6/26	Th	1P-3P	55+	\$.50 per card

**Location:** Thrive55+

**Instructor:** Volunteer | Min. 5/Max. 40



## Guitar/Ukulele Lessons

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

Activity/Date	Day	Time	Age	Res./Non-Res.
1/07-2/25	Tu	11:30A-12:30P	55+	\$50/\$60
3/11-4/29	Tu	11:30A-12:30P	55+	\$50/\$60
5/06-6/24	Tu	11:30A-12:30P	55+	\$50/\$60

**Location:** Thrive55+

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

## Beginner Mah Jongg

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

Activity/Date	Day	Time	Age	Res./Non-Res.
1/7-2/25	Tu	10A-12P	40+	\$8/\$8
3/11-4/29	Tu	10A-12P	40+	\$8/\$8
5/6-6/24	Tu	10A-12P	40+	\$8/\$8

**Location:** Thrive55+ | Min. 5/Max. 8

**Beginner Instructor:** Edee Smith

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/8-2/26	W	12:30P-3P	55+	\$8/\$8
3/12-4/30	W	12:30P-3P	55+	\$8/\$8
5/7-6/25	W	12:30P-3P	55+	\$8/\$8

**Location:** Thrive55+

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

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/8-2/26	W	10A-11:30A	55+	\$28/\$38
1/9-2/27	Th	10A-11:30A	55+	\$28/\$38
3/12-4/30	W	10A-11:30A	55+	\$28/\$38
3/13-5/1	Th	10A-11:30A	55+	\$28/\$38
5/7-6/25	W	10A-11:30A	55+	\$28/\$38
5/8-6/26	Th	10A-11:30A	55+	\$28/\$38

**Location:** Thrive55+

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

## 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**

Activity/Date	Day	Time	Age	Res./Non-Res.
1/6-2/28	M/F	9:30A-11:30A	40+	\$8/\$8
3/10-5/2	M/F	9:30A-11:30A	40+	\$8/\$8
5/5-6/23	M/F	9:30A-11:30A	40+	\$8/\$8

**Location:** Thrive55+

**Instructor:** Volunteer (no instruction) | 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).

Activity/Date	Day	Time	Age	Res./Non-Res.
1/6-2/24	M	1P-3P	55+	\$8/\$8
3/10-4/28	M	1P-3P	55+	\$8/\$8
5/5-6/23	M	1P-3P	55+	\$8/\$8

**Location:** Thrive55+

**Instructor:** Volunteer | Min. 12/Max. 26



## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/7-2/27	Tu,Th	10A-12P	55+	\$30/\$40
3/11-5/1	Tu,Th	10A-12P	55+	\$30/\$40
5/6-6/24	Tu,Th	10A-12P	55+	\$30/\$40

**Location:** Thrive55+

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

## Thriving at Aging Expo

Area agencies and businesses showcase their services and specialties to area residents from local and surrounding communities. This is the day your business is seen by hundreds of people.

Activity/Date	Day	Time	Age	Res./Non-Res.
5/14	W	10A-1P	18+	N/C

**Location:** Thrive55+

## Outdoor Market and Classic Car Show

Bring the whole family for an afternoon of fun! Local Artisans will be selling their wares, food trucks on site to purchase lunch, music and classic car show. This event is free and open to the public.

**To be a vendor call Tomi 860-441-6782**

**Location:** Thrive55+

**Coordinator:** Tomi Stanley



## Annual Outdoor Market & Car Show

FREE AND OPEN TO THE PUBLIC!

SAT. JUNE 14TH

11AM-2PM

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/6-2/28	M,W,F	10:30A-11:25A	55+	\$66/\$76
3/10-5/2	M,W,F	10:30A-11:25A	55+	\$66/\$76
5/5-6/27	M,W,F	10:30A-11:25A	55+	\$66/\$76

**Location:** Thrive55+

**Instructor:** Christina Palacios | 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/6-2/28	M,W,F	9:30A-10:25A	55+	\$66/76
3/10-5/2	M,W,F	9:30A-10:25A	55+	\$66/76
5/5-6/27	M,W,F	9:30A-10:25A	55+	\$66/76

**Location:** Thrive55+

**Instructor:** Christina Palacios | Min. 5/Max. 40

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/6-2/28	M,W,F	8:15A-9:15A	55+	\$66/\$76
3/10-5/2	M,W,F	8:15A-9:15A	55+	\$66/\$76
5/5-6/27	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 and hiking. Standing, seated and modified floor exercises.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/7-2/27	Tu,Th	10A-11A	55+	\$54/\$64
3/11-5/1	Tu,Th	10A-11A	55+	\$54/\$64
5/6-6/26	Tu,Th	10A-11A	55+	\$54/\$64

Location: Thrive55+

Instructor: Liz Kennedy | Min. 15/Max. 20

## Dance Flow

A fusion of contemporary, ballet barre, jazz and fun choreography. Incorporating fitness disciplines that support dance.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/9-2/27	Th	5P-6P	18+	\$40/\$50
3/13-4/24	Th	5P-6P	18+	\$40/\$50
5/8-6/26	Th	5P-6P	18+	\$40/\$50

Location: Thrive55+

Instructor: Liz Kennedy | Min: 10 / Max: 15

## 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.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Zumba Gold Seated</b>				
1/6-2/24	M	10A-11A	55+	\$40/\$50
3/10-4/28	M	10A-11A	55+	\$40/\$50
5/5-6/23	M	10A-11A	55+	\$40/\$50
<b>Zumba Gold Toning</b>				
1/6-2/24	M	5:15P-6:15P	18+	\$40/\$50
3/10-4/28	M	5:15P-6:15P	18+	\$40/\$50
5/5-6/23	M	5:15P-6:15P	18+	\$40/\$50
<b>Zumba Gold 18+</b>				
1/7-2/2	Tu	5P-6P	18+	\$40/\$50
3/11-4/29	Tu	5P-6P	18+	\$40/\$50
5/6-6/24	Tu	5P-6P	18+	\$40/\$50
<b>Zumba Gold 55+</b>				
1/10-2/28	F	11:45A-12:45A	55+	\$40/\$50
3/7-5/2	F	11:45A-12:45A	55+	\$40/\$50
5/9-6/27	F	11:45A-12:45A	55+	\$40/\$50
<b>Zumba Gold Toning</b>				
1/11-3/1	Sa	10A-11A	18+	\$40/\$50

Location: Thrive55+

Instructor: Monica Bengston | Min: 17 / Max: 15 Location: Thrive55+

## 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. SILVER SNEAKERS Program.

Activity/Date	Day	Time	Age	Res./Non-Res.
1/7-2/25 (Virtual)	Tu,Th	9A-10A	55+	\$54/\$64
3/11-4/29	Tu,Th	9A-10A	55+	\$54/\$64
5/6-6/26	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.

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Yoga Strength</b>				
1/6-2/24 (Virtual)	M	8:30A-9:3A	55+	\$35/\$45
3/10-4/28	M	8:30A-9:3A	55+	\$35/\$45
5/5-6/23	M	8:30A-9:3A	55+	\$35/\$45
<b>Yoga Gentle</b>				
1/8-2/26 (Virtual)	W	8:30A-9:30A	55+	\$35/\$45
3/12-4/30	W	8:30A-9:30A	55+	\$35/\$45
5/7-6/25	W	8:30A-9:30A	55+	\$35/\$45
<b>Yoga Gentle Flow</b>				
1/11-3/1 (Virtual)	Sa	9A-10A	18+	\$35/\$45
3/15-5/03	Sa	9A-10A	18+	\$35/\$45
5/10-6/28	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. 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..

Activity/Date	Day	Time	Age	Res./Non-Res.
<b>Tai Chi (1.5hrs)</b>				
1/7-2/25	Tu	10:30A-12p	55+	\$63/\$73
3/11-4/29	Tu	10:30A-12p	55+	\$63/\$73
5/6-6/24	Tu	10:30A-12p	55+	\$63/\$73
<b>Tai Chi (1hr)</b>				
1/8-2/26	W	10:30A-11:30A	55+	\$52/\$62
3/12-4/30	W	10:30A-11:30A	55+	\$52/\$62
5/7-6/25	W	10:30A-11:30A	55+	\$52/\$62
<b>Tai Chi (1hr)</b>				
1/10-2/28	F	10:30A-11:30A	55+	\$52/\$62
3/14-5/2	F	10:30A-11:30A	55+	\$52/\$62
5/9-6/27	F	10:30A-11:30A	55+	\$52/\$62

Location: Thrive55+

Instructor: Alex Culligan | Min. 15/Max. 22



# CONTACTS

## Parks & Recreation Staff

**Parks and Recreation Admin** .....860-536-5680  
Mark Berry, Director

### Parks Maintenance

Tabitha Wilson, Manager of Parks & Open Space...860-446-5950

**Recreational Services** .....860-536-5680

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

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

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

Clayton Potter (claypotter@groton-ct.gov)

Community Outreach Coordinator ..... 860-536-5685

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

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

### Senior Services

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

Lamont Hill, Food Service Supervisor .....860-441-6771

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** .....860-448-1867

Todd Goodhue, Golf Professional

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

**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 7P at Thrive55+.

**Dom Bassi, Chair** ..... dksbassi98@yahoo.com

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

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

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

**Vacant**

# 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 .....860-446-5995

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 and 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

- U.S. Mail
- Walk-in at Spicer House
- Drop-off box at Spicer House, Groton Community Center, or the Thrive55+
- Online at [Grotonct.myrec.com](http://Grotonct.myrec.com)

## 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

- No refunds after the 2nd meeting of a program
- 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 use the comment section on the registration form or attach a separate sheet to the registration form detailing your circumstances and any assistance requested. It is also required that you complete the Inclusive Recreation Assessment, available at [GrotonRec.com](http://GrotonRec.com) or from our office with your registration. 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.

## Rec. Division Cancellation Procedure

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

If schools have a delayed opening due to weather conditions, programs scheduled to begin prior to 3P are canceled. Decisions for weekend programs are made by 7A for morning classes and 11A for afternoon and evening classes. For cancellation information, please visit our Facebook page at [Facebook.com/GrotonParksandRec](https://www.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](http://GrotonRec.com)

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

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

## Mailing Address

Groton Parks and Recreation  
29 Spicer Avenue, Noank, CT 06340-5659

Hours: 8:30A – 4:30P

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	City	State
E-mail	City	State	Zip

Participant Information		Program/Activity Name	Fee
First Name	Last Name		
Date of Birth	Gender	Grade	*Race/Ethnicity
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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**

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.

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.

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.

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.

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.

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.

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.

## 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

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

Local Postal Customer

PRSRD STD  
US POSTAGE  
PAID  
NEW LONDON CT  
PERMIT NO #378

# Groton Parks & Recreation

## Keeping Groton Happy, Healthy and Connected

**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	3/1/2025-2/28/2026	\$300/\$300
3 yr. contract	3/1/2025-2/28/2028	\$800/\$800

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

Grotonct.myrec.com

Facebook: grotonparksandrec

Instagram: grotonrec



**GROTON**  
PARKS & RECREATION

## BY THE NUMBERS

GROTON PARKS & RECREATION

158 ROOM  
RESERVATIONS  
AT GROTON  
COMMUNITY CENTER

2,997 NEW  
MYREC ACCOUNTS  
CREATED IN 2024

13,616 TOTAL PROGRAM REGISTRATIONS

**Thrive55+**  
**Dance Party**

Friday, January 31  
5:00-7:00PM  
\$10pp  
(light refreshments)