

DISCOVER Summer 2026



GROTON
PARKS & RECREATION

Grotonct.myrec.com

Discover Groton



▶ Director's Message

Summer is here — and there's no better time to get outside and enjoy everything our parks and recreation system has to offer.

Our parks, fields, trails, beaches, and programs are at the heart of a healthy, connected community. Whether you're registering for a program, visiting a neighborhood park, attending a special event, or simply taking a walk with family and friends, I encourage you to make time this season to step outdoors and be active.

Our mission remains simple: to create opportunities for recreation, wellness, and community connection. On behalf of our dedicated staff and volunteers, thank you for your continued support. I look forward to seeing you and your family out in the parks this summer.

Mark Berry, Director
Groton Parks and Recreation

▶ Looking Ahead

As we turn the page to summer, I'm excited about what's ahead for our parks, programs, and public spaces. This is the time of year when our community comes alive outdoors — and we're committed to making sure there are more opportunities than ever to get outside, get active, and connect with one another.

While the pump track officially opened in late fall 2025, this will be its first full summer season. We're planning a busy year at the track, including instructional opportunities for riders who are new to the experience. Whether you're a young rider just learning the basics or someone looking to build confidence and skills, we want everyone to feel welcome and ready to roll.

We also continue to invest in the parks and facilities that serve our residents every day. At the Groton Community Center, one of the multi-use fields will be renovated this year to provide a safer, higher-quality playing surface, complete with new irrigation. This improvement will enhance playability and extend the life of the field for our athletes, families, and leagues.

At the waterfront, we are currently awaiting approval from Connecticut Department of Energy and Environmental Protection (DEEP) to move forward with renovations to construct a new boat ramp at the Peruzzotti Boat Launch. If approved, we hope to complete this important access improvement in the fall, making it easier for residents to enjoy time on the water.

Neighborhood parks remain a priority as well. The basketball court at Bel-Aire Park is scheduled for replacement this year, ensuring that this popular gathering spot continues to serve pickup games, youth play, and community recreation for years to come.

In addition, we have submitted a state grant application to expand the trail improvements completed last year at Copp Family Park. Our goal is to continue enhancing accessibility so that more residents of all ages and abilities can explore and enjoy the outdoors.

Summer is the perfect reminder of why parks and recreation matter. Whether you're riding the pump track, playing on a field, shooting hoops, launching a boat, or exploring a trail, we invite you to step outside and take advantage of everything our parks have to offer. I look forward to seeing you out there.

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Groton Parks and Recreation

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Noank, CT 06340

Thrive 55+ Active Living Center

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

Recreation: 860-536-5680

Thrive55+: 860-441-6785

parksrec@groton-ct.gov
Grotonct.myrec.com
Facebook: Town of Groton Parks and Recreation
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.

SCAN HERE ↓



Shennecossett Golf Course

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

\$40 w/ cart Monday - Thursday

\$40 w/ cart Friday - Sunday After 12PM



GROTON PARKS



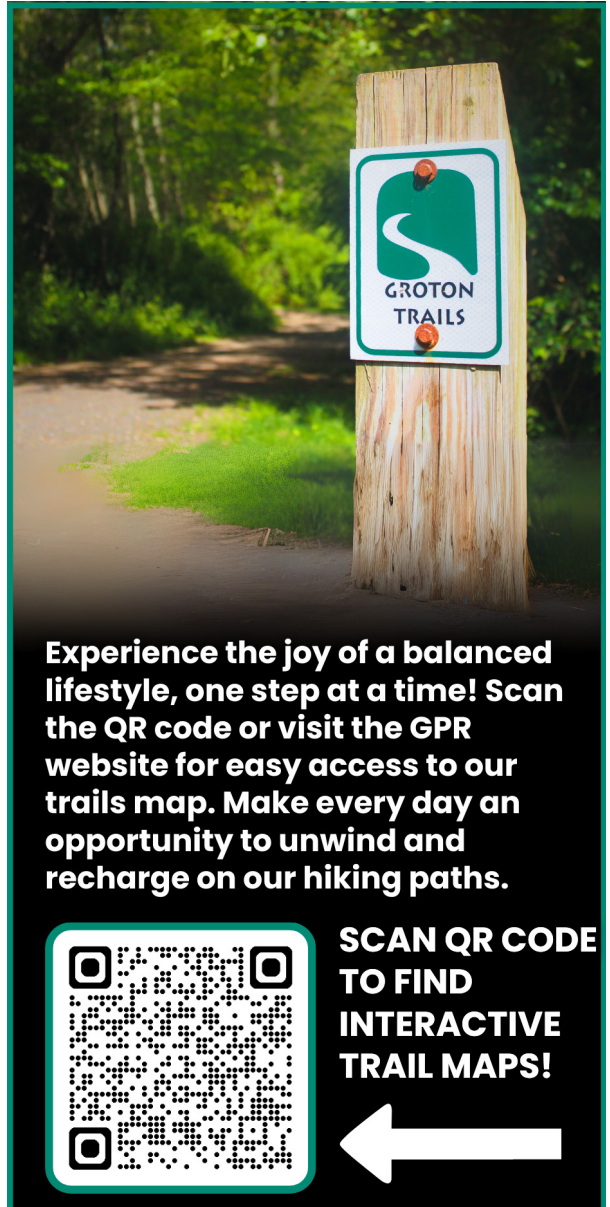
Immerse yourself in Groton's parks, where every outing promises moments of relaxation and rejuvenation. Embrace the beauty of our green spaces, perfect for picnics, play, leisurely strolls, or simply unwinding. Scan the QR code to unveil a map of Groton's parks, your passport to endless outdoor experiences!



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
860-536-5685

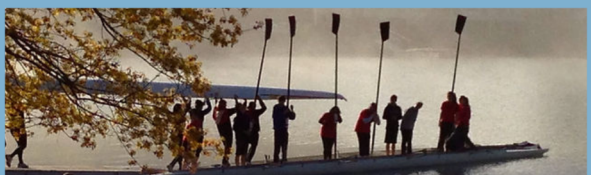
For more information,
please contact:
Denisse Diaz- Sanchez,
Community Outreach
Coordinator,
DSanchez@groton-ct.gov



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!**



LEARN TO ROW WITH NOANK ROWING CLUB!



THE NOANK ROWING CLUB OFFERS GROUP PROGRAMS FOR BEGINNER AND INTERMEDIATE ROWERS FOR ADULTS AND YOUTH (13+) ON BEEBE COVE. CLASSES WILL START AFTER MEMORIAL DAY AND RUN THROUGH LABOR DAY. THE COVE IS A GREAT LEARNING ENVIRONMENT WHERE CLASSES ARE SMALL (MAXIMUM OF 8), WITH GOOD COACHES AND GEAR. PRIVATE LESSONS ARE AVAILABLE FROM BEGINNER TO EXPERT. PARTICIPANTS MUST BE ABLE TO SWIM TWO LENGTHS OF A POOL AND TREAD WATER FOR FIVE MINUTES. SCAN THIS QR CODE FOR MORE INFORMATION.

GROTON COMMUNITY CENTER

COMMUNITY PARTNERS PROGRAMMING
CHECK OUT WHAT ELSE IS HAPPENING AT THE GROTON COMMUNITY CENTER!



MEC
WOMEN BETWEEN CULTURES

f MUJERES ENTRE CULTURAS
@ @MUJERESENTRECULTURAS



GASP

f GROTON ALLIANCE FOR SUBSTANCE USE PREVENTION
@ @GROTON_PREVENTS



Children First Groton

f CHILDREN FIRST GROTON CT - VERIFIED PAGE
@ @OFFICIALCHILDREN FIRSTGROTON

FOR MORE INFORMATION VISIT: GROTONCT.MYREC.COM

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!

Financial Aid discounts are available for Groton residents only. In order to claim the discount for Recreation programs (Thrive55+ programs not included), bring a copy of your most recent federal income tax filing(s) to our office or email to parksrec@groton-ct.gov.

If you are already receiving service at Groton Human Services, 2 Fort Hill Road, Groton, CT 06340, please mention our discount program as well. The staff there will help you apply as well. Please apply for financial aid before program registration.

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.

Rev. 4/2026

DISCOUNT	50%	40%	20%
Household Size	Total Annual Income		
1	\$15,960	\$31,920	\$47,880
2	\$21,640	\$43,280	\$64,920
3	\$27,320	\$54,640	\$81,960
4	\$33,000	\$66,000	\$99,000
5	\$38,680	\$77,360	\$116,040
6	\$44,360	\$88,720	\$133,080
7	\$50,040	\$100,080	\$150,120
8	\$55,750	\$111,440	\$167,160
each add'l	\$5,680	\$11,360	\$17,040

TRIPS



THRIVE55+
Active Living Center
Powered by Groton Senior Center

EXPLORE THE WORLD WITH US

Our extended trips are for those **21 and older** and not just for Groton residents. Visit us to pick-up a detailed flyers on any of these fabulous trips.

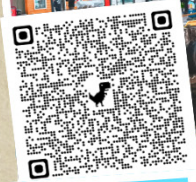
Would you rather get an electronic version? Contact Cindy. colsen@groton-ct.gov



DISCOVER HIGHLIGHTS OF NORWAY

June 20 —
June 28, 2026

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



TUSCAN & UMBRIAN COUNTRYSIDE

October 31 —
November 10, 2026

- Single \$5,979pp
- Double \$5,379pp



SPOTLIGHT ON PARIS

April 14 — 20, 2027

- Single \$5,629pp
- Double \$4,629pp

**if booked by Oct 15th, 2027*

DISCOVER SOUTH DAKOTA

October 07 —
Oct. 13, 2026

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

**if booked by April 6, 2026*



DISCOVER SOUTH PACIFIC

February 16 —
March 2, 2027

- Single \$9,429pp
- Double \$8,029pp

**if booked by August 18, 2026*

*Trip Presentation:
May 21 at 2:00 p.m.*



ALASKA: AMERICA'S LAST FRONTIER

Jun 24 — Jul 2, 2027

- Single \$8,729pp
- Double \$7,029pp
- Triple \$6,929pp

*Trip Presentation:
May 21 at 1:00 p.m.*



**Coming soon: Exploring South Africa;
Canyon Country and Europe— Discover Scotland in 2027.**

COMMUNITY EVENTS

SUMMER SOUND WAVES



- 📅 Every Thursday
- 🕒 6 pm - 8pm
- 📍 Esker point beach

Parking

\$5 Motorcycles | \$10 Cars

Free Parking with Shuttle from Fitch Highschool



PLEASE LEAVE PETS AT HOME.



**Food Trucks
On Site!**

- June 18th..... CASWELL & THE PEEL N' EATS
- June 25th..... WILL EVANS
- July 2nd..... SUGAR: Themed: 250th year Celebration of America
- July 9th..... Shaded Soul
- July 16th..... Ryan Montbleau
- July 23rd..... MYSTIC DEAD
- July 30th..... RED LION
- August 6th..... DON'T TELL LISA

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Presenting Sponsor:



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Thank you to our
Media Sponsor:

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K-HITS**
BIG HITS • BIG FUN!

GROTON SUBMARINE SWIM

GROTON PARKS & RECREATION

PICKLEBALL TOURNAMENT

JUNE 5, 6 & 7 2026

Format: Round Robin Doubles Tournament with medal round (12 Teams per Division).

- Friday, June 5th--Mixed Doubles
- Saturday, June 6th--Men's Doubles
- Sunday, June 7th--Woman's Doubles

Bassi Pickleball Courts - 102 Newtown Rd. Groton, CT 06340 (In case of inclement weather, will be moved to GCC: 61 Fort Hill Rd.)

Skill level: this is an OPEN tournament for players 3.25 and above.

GP&R Free Drop-In Pickleball Membership required

\$50.00 Per Team includes tee shirt.
Medals for 1st, 2nd and 3rd for each Division.

SCAN QR CODE FOR MORE INFO

REGISTER AT: GrotonCT.MyRec.com

Tour De Noank

Saturday, June 6th, 2026

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

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

Register by Monday, May 4th to guarantee you get a race shirt!

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.

GrotonCT.MyRec.com



4TH OF JULY PARADE

SATURDAY
JULY 4TH, 2026

THE PARADE STARTS AT POQUONNOCK PLAINS PARK AND TRAVELS ALONG ROUTE 1.

STARTS
10:00 AM

YOU DON'T HAVE TO JUST WATCH - BE IN THE PARADE!

Sign Up to be part of the Parade!



Nominate a Grand Marshal!








TOWN OF GROTON
OUTDOOR MARKET & CLASSIC CAR SHOW
FREE FAMILY EVENT



ALL TYPES OF CARS AND TRUCKS WELCOME NO YEAR LIMIT

SAT. JUNE 13, 2026. 10AM - 1PM

CAR SHOW ENTRY BY DONATION

PREMIERE SPONSOR:
The Valenti Family of Dealerships

THRIVE55+
Active Living Center

SPONSORS:
KARNS AUTOMOTIVE
THE BIRT FAMILY PIZZA PALACE
CLUB 55
THE LEDGES
GROTON TIRE AND AUTO
JOHNSONS HARDWARE
STATE FARM- GROTON

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



FORT GRISWOLD CELEBRATION ON THE THAMES

SATURDAY, JULY 11TH

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

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



UNIVERSAL SCREENING DAY

THURSDAY, JUNE 4, 2026
FROM: 9 AM - 12 PM

THRIVE55+
Active Living Center
Powered by Groton Senior Center

102 NEWTOWN RD.
GROTON, CT 06340

Hartford HealthCare

FREE
Open to all ages!

No Appointment Needed!

- Nutrition Counseling
- Balance Screening
- Alc and BP Screening
- Heart and Vascular Institute
- Cancer Education
- Spine Health Navigator



DAY CAMPS



Discover Camps • Northeast Academy Arts Magnet School

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

Ages 5-12 • Campers must have completed kindergarten.

Mon – Fri - 8A-4P / Instructor: Staff / Min. 1, Max. 100

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

Activity/Date	Day	Time	Res./Non-Res.
Artistic Genius (Week 1) 6/29-7/1	M-W	8A-4P	\$90/\$110
Disco Dayz (Week 2) 7/6-7/10	M-F	8A-4P	\$150/\$170
Splash into Summer (Week 3) 7/13-7/17	M-F	8A-4P	\$150/\$170
Mad Scientist (Week 4) 7/20-7/24	M-F	8A-4P	\$150/\$170
Spirit Week (Week 5) 7/27-7/31	M-F	8A-4P	\$150/\$170
Camp's Got Talent (Week 6) 8/3-8/7	M-F	8A-4P	\$150/\$170

Optional Camp Field Trips

Location	Date	Day	Time	Age	Res./Non-Res.
Planetarium at Mystic Seaport	7/1	W	8A-4P	5-12	\$15/\$15
Lake Compounce	7/8	W	8A-4P	10-12	\$62/\$62
GOSA Hike	7/9	Th	8A-4P	5-12	\$3/\$3
CT Sun Game	7/14	Tu	8A-4P	9-12	\$30/\$30
GOSA Hike	7/16	Th	8A-4P	5-12	\$3/\$3
Ocean Beach	7/17	F	8A-4P	5-12	\$25/\$25
Dennison Pequotsepos Nature Centre	7/22	W	8A-4P	5-7	\$25/\$25
CT Science Center	7/22	W	8A-4P	8-12	\$47/\$47
Ocean Beach	7/24	F	8A-4P	5-12	\$25/\$25
Mystic Aquarium	7/29	W	8A-4P	5-12	\$32/\$32
Mystic Luxury Theatre	8/5	W	8A-4P	5-12	\$24/\$24

Leader in Training

The LIT program is a three-week program designed to develop leadership skills through daily practice, staff shadowing, field trips, and project-based learning. Key objectives include:

Skill Development and Mentorship. Program Structure (3

- **Week 1:** Focuses on foundational leadership training, leading by example, activity planning, and game leading.

- **Week 2:** LITs assist with “Specials” (e.g., Arts and Crafts, Sports and Games) and a camp-wide activity.

- **Week 3:** Participants are assigned to specific camper groups and assist with a camp-wide activity.

July 6 - July 24, 2026 (initial 3-week program)

The deadline to apply for consideration in the initial screening phase is **May 28, 2026.**

Date	Day	Time	Age	Res./Non-Res.
7/6-7/24	M-F	8A-4P	14-16	\$125/\$145

Location: Northeast Academy Arts Magnet School

Instructor: Staff / Min. 0/Max 4

Registration Deadlines and Refunds • Recreation Registration opens April 1st, 2026. Please note Thrive dates differ.

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

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

Camp Button

Mystic River Magnet School

Dates 7/6-8/13 | M – Th • 11:30A-3P

Ages: 6-13

Fee: Residents only \$550

Instructor: Staff | Min. 10/Max. 15

Open to Groton residents only.

At **Camp Button**, every child belongs. We specialize in creating accessible activities and field trips for campers with significant disabilities, adapting every experience to match their cognitive, social and sensory needs. Through personalized evaluations, we ensure children from self-contained classrooms find their perfect spot to learn and play.

Field trips are included. A required assessment from parent and teacher is required that will help us give your child the best possible experience this summer. • **HIPAA Release must be filled out and submitted before May 23, 2026.** • Parks and Recreation State License Statement Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.

SPORTS CAMPS



CAS Soccer Camp

Campers are placed into groups according to ability and age. All campers receive a camp t-shirt and evaluation. Bring shin guards and a water bottle. Soccer balls may be purchased separately when registering.

Friday is a rain make-up day if necessary.

Date	Day	Time	Age	Res./Non-Res.
CAS Soccer Camp (June)				
6/24-6/26	M-F	9A-10A	3-4	\$70/\$90
6/24-6/26	M-F	10:30A-12P	4-6	\$80/\$100
CAS Soccer Camp: Half Day (June)				
6/24-6/26	M-F	9A-12P	6-14	\$105/\$125
CAS Soccer Camp (July)				
7/20-7/24	M-F	9A-10A	3-4	\$110/\$130
7/20-7/24	M-F	10:30A-12P	4-6	\$125/\$145
CAS Soccer Camp: Half Day (July)				
7/20-7/24	M-F	9A-12P	6-14	\$165/\$185
CAS Soccer Camp (August)				
8/17-8/21	M-F	9A-10A	3-4	\$110/\$130
8/17-8/21	M-F	10:30A-12P	4-6	\$125/\$145
CAS Soccer Camp: Half Day (August)				
8/17-8/21	M-F	9A-12P	6-14	\$165/\$185

Location: Poquonnock Plains Park

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

Style+Flow - Beginner/Intermediate Pump Track Technique (NEW)

This high-energy program is designed for kids, teens and adults looking to build confidence, control, and flow on two wheels. The camp is open to participants of all abilities and skill levels with no prior experience needed to participate or understand the lessons. Riders will learn how to generate and maintain speed, carve berms, link sections smoothly, and safely advance their skills. Sessions also cover pump track, mountain biking, and skate park etiquette to promote a positive and respectful riding environment. Each class wraps up with a fun, unsanctioned time trial to challenge skills and celebrate improvement.

This camp is available to children with any type of handicap, disability or skill level. This is available to anyone who is interested, and there is no prior experience needed to participate in or understand the lessons and subjects. No judgment zone, inexperience is gladly embraced.

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
7/6-7/9	M-Th	9A-11A	5-10	\$69/\$89
7/6-7/9	M-Th	11:30A-1:30P	11-17	\$69/\$89

Location: Pump Track

Instructor: Mat Stevenson | Min. 5/Max. 15

Youth Softball Camp

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

Rain date Friday.

Date	Day	Time	Grade	Res./Non-Res.
8/3-8/6	M-Th	9A-12P	4-8	\$89/\$109

Location: Groton Middle School

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

Cross Country Camp

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

Rain date Friday.

Date	Day	Time	Grade	Res./Non-Res.
8/17-8/20	M-Th	8:30A-11:30A	5-8	\$99/\$119

Location: Bluff Point

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

Gymnastics Camp (NEW)

Gymnastic Camp is offered Monday through Thursday, 9:00-11:30 AM, catering to children aged 8-13 years. The week's activities will include summersaulting, motor skill exploration, and strength and self-confidence development. Children will have the opportunity to learn and master various gymnastics moves, such as cartwheels and bridges. The program will also feature team games and arts and crafts activities. Please ensure your child brings a snack, water bottle, and sneakers.

Date	Day	Time	Age	Res./Non-Res.
8/3-8/6	M-Th	9A-11:30A	8-13	\$160/\$180

Location: Groton Community Center

Instructor: ABC Gymnastics | Min. 8/Max. 10

Schooners Baseball Camp

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

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
7/13-7/16	M-Th	9A-12P	8-13	\$109/\$129

Location: Fitch High School

Soaring Falcons Volleyball Camp

Learn, develop and improve volleyball skills while having fun.

Participants who are entering 9th grade with more experience will run through rigorous, higher paced skills and receive more technical information.

Please bring knee pads, sneakers, and water bottle to camp.

Date	Day	Time	Grade	Res./Non-Res.
7/13-7/17	M-F	10A-12P	9-12	\$59/\$79

Location: Fitch High School

Instructor: Jessica Harvey & Ash Curtis | Min. 10/Max. 24

Introduction to Basketball Camp

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

Date	Day	Time	Age	Res./Non-Res.
7/6-7/10	M-F	9A-12P	8-11	\$89/\$109

Location: Fitch High School

Instructor: Mike Wagner | Min. 10/Max. 25

SPORTS CAMPS



PGA Beginner Golf Camp

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

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
6/29-7/2	M-Th	9A-11A	10-21	\$129/\$149
7/27-7/30	M-Th	9A-11A	10-21	\$129/\$149

Location: Shennecossett Golf Course

Instructor: Shamus McLean | Min. 3/Max. 6

PGA Advanced Golf Camp

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

Rain date Friday.

Date	Day	Time	Age	Res./Non-Res.
8/3-8/6	M-Th	9A-11A	10-21	\$129/\$149

Location: Shennecossett Golf Course

Instructor: Shamus McLean | Min. 3/Max. 6

SPECIALTY CAMPS



Dino Design Using LEGO® Materials (NEW)

Travel back to the Jurassic era in this hands-on STEM adventure powered by LEGO®! Guided by our enthusiastic Play-Well instructors, young builders will return to the age of dinosaurs, using LEGO® to bring the time of the dinosaurs to life. Design and engineer secure habitats for gentle herbivores, embark on daring expeditions to track down elusive species, and uncover the secrets of powerful predator dinosaurs. Get ready for a dino-sized adventure packed with building, problem-solving, and imagination!

Date	Day	Time	Grade	Res./Non-Res.
7/27-7/31	M-F	9A-12P	K-2	\$199/\$219

Location: Groton Community Center

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

Pokémon Engineering Using LEGO® Materials

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

Date	Day	Time	Age	Res./Non-Res.
8/10-8/14	M-F	9A-12P	5-7	\$199/\$219

Location: Groton Community Center

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

S.T.E.M. Navigation and Concepts Camp

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

Monday & Tuesday classes meet at the Groton Community Center

Wednesday, Thursday & Friday classes meet at Esker Point Beach.

This camp will be offered 4 time this summer. Each week uses the same material.

Participants should bring a snack, lunch and water bottle.

Date	Day	Time	Grade	Res./Non-Res.
7/13-7/17	M-F	9:30A-2:30P	6-8	\$20/\$40
7/20-7/24	M-F	9:30A-2:30P	6-8	\$20/\$40
7/27-7/31	M-F	9:30A-2:30P	6-8	\$20/\$40
8/3-8/7	M-F	9:30A-2:30P	6-8	\$20/\$40

Location: Groton Community Center/Esker Point Beach

Instructor: Navy Instructors | Min. 6/Max. 10

Chef Jr. Kids Cooking Camp (NEW)

Do you love food? Is cooking fun and interesting to you? Then, learn some tricks of the trade with a certified personal chef! Please indicate any food allergies upon registration and bring a hat, apron, and containers to take food home.

Date	Day	Time	Age	Res./Non-Res.
6/29-7/2	M-Th	9A-12P	6-9	\$140/\$160
7/13-7/17	M-F	12P-3P	10-13	\$175/\$195

Location: Groton Community Center

Instructor: Erika Gradecki | Min. 5/Max. 10

SPECIALTY CAMPS



Fashion Sewing Camp

Participants will practice their sewing skills while completing wearable fashion pieces like shorts, dresses or skirts. Beyond the basics, they will tackle elastic application, hems, French seams, building confidence and problem-solving skills.

Each child needs to bring their own sewing machine.

Date	Day	Time	Age	Res./Non-Res.
6/29-7/1	M-W	12:30P-3:30P	7-11	\$200/\$220

Location: Groton Community Center

Instructor: Ashley – SewThisStudio | Min. 5/Max. 7.

Basic Sewing Camp

Participants will create fun projects out of their favorite tee shirts; i.e., a body pillow, upcycled maxi skirt or festival pants and tote bag. Bring 20-25 tee shirts.

Each child needs to bring their own sewing machine.

Date	Day	Time	Age	Res./Non-Res.
6/29-7/1	M-W	9A-12P	7-11	\$170/\$190

Location: Groton Community Center

Instructor: Ashley – SewThisStudio | Min. 5/Max. 7

ADAPTIVE



Special Recreation

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

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

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

6/4-9/10	Th	6P-7:30P	14+	\$50/\$50
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Location: Days and Locations Vary for Each Sport

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

Adaptive Cooking for Fun

Discover the joy of cooking in a fun, social atmosphere! This hands-on course is designed to help you master the basic kitchen skills while connecting with others.

- Master the Basics: Gain confidence in following recipe directions and essential kitchen skills.
- Safety First: Learn how to navigate a kitchen and handle equipment with expert safety techniques.
- Healthy Habits: Discover how to make nutritious choices that taste great.
- Social Fun: Experience the best part of the kitchen—making new friends and sharing a meal!

(Plus \$32.50 Fee for Food Supplies, scholarship does not apply.) Two 4-week sessions. You may sign up for one of the sessions.

Date	Day	Time	Age	Res./Non-Res.
6/24-7/15	W	5P-7:30P	14+	\$35/\$45
7/22-8/12	W	5P-7:30P	14+	\$35/\$45

Location: Fitch Senior High School

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

Teen/Young Adult Social Club

Our weekly group brings teens and young adults with special needs together for themed, interest-based activities planned at the start of each session. Participants explore new hobbies, share laughs, and connect with peers in a supportive, age appropriate setting.

The heart of the group is simple: building friendships, growing confidence and having fun together.

Date	Day	Time	Age	Res./Non-Res.
6/26-8/21	F	6P-9P	13-35	\$90/\$110

Location: Groton Community Center

Instructor: Hannah Watson | Min. 10/Max. 30

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.
6/25-8/20	Th	4:15P-4:45P	6-11	\$70/\$90
6/25-8/20	Th	4:45P-5:30P	12+	\$70/\$90

Location: Groton Community Center

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

What Would You Do? (NEW)

Come have fun! Learn to navigate the social world by participating in dynamic lessons and impromptu acting of scenarios. This program will focus on translating abstract social “rules” into concrete, actionable strategies within a relaxed, recreational, interest-based environment.

- Conversation Mastery: Moving past “small talk” to balanced, reciprocal dialogue.
- Relationship Nuance: Navigating the differences between acquaintances, co-workers, and friends.
- Conflict Resolution: Handling disagreements and peer rejection through calm, open communication.
- Non-Verbal Cues: Refining the ability to read body language, tone of voice, and unwritten social expectations.

Date	Day	Time	Age	Res./Non-Res.
6/24 & 7/8	W	5P-6:30P	21+	\$25/\$25
7/22 & 8/5	W	5P-6:30P	21+	\$25/\$25

Location: Groton Community Center

Instructor: Staff | Min. 3/Max. 10

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

ARTS & WRITING



Recommendation: For brand-new program registrations, try signing up for Experimental Writing first.

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 focused on the exploratory aspects of creative writing.

Date	Day	Time	Age	Res./Non-Res.
6/22-8/10	M	4P-6P	18+	\$115/\$135

Location: Groton Community Center
Instructor: Nicholas Checker | Min. 3/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 via the free means provided through Amazon.com. Prerequisite - successfully complete Short Story Writing Class and attain publication along with consent of instructor. Checker's own publications include numerous short stories in the literary markets, a pair of novels, "Druids" and "Scratch" through Oak Tree Press, California and his latest full-length novels, "The Saga of Marathon" and "The Legend of Kwi Coast", through Wild Rose Press, New York

Date	Day	Time	Age	Res./Non-Res.
6/24-8/12	W	6:30P-8:30P	18+	\$115/\$135

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

Short Story Writing

Aspiring writers learn techniques for developing correct 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.

Date	Day	Time	Age	Res./Non-Res.
6/24-8/12	W	4:30P-6:30P	18+	\$115/\$135

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

Beach Volleyball League

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

Location: Esker Point Beach
Instructor: Keith Westrate | Min. 1/Max. 500

BOATING



Weekend Boaters Forum (NEW)

A weekly forum welcomes local boaters of all experience levels to connect, share knowledge, and plan for upcoming outings. Each session begins with a review of current weather and marine forecasts, followed by an open discussion where participants can exchange boating plans, insights, and experiences.

Date	Day	Time	Age	Res./Non-Res.
7/2-8/13	Th	7P-8P	18+	FREE

Location: Groton Community Center
Instructor: Steven Deignan-Schmidt | Min. 4/Max. 20

Boating Club

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

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

Location: Spicer Park
Coordinator: Staff

Indoor & Outdoor Boat Rack Storage

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

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

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

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

Location: Spicer Park
Coordinator: Staff

DANCE



Sensual Bachata (Modern Style) (NEW)

A smooth, expressive partner dance focusing on connection, musicality, and controlled body movement. Learn modern bachata technique, body waves, isolations, and clear lead-and-follow in a welcoming, respectful environment. Build confidence, fluidity, and connection on the dance floor. All levels welcome. No partner required.

Date	Day	Time	Age	Res./Non-Res.
6/23-8/18	Tu	5P-6P	18+	\$75/\$95

Location: Groton Community Center
Instructor: Raquel Murphy | Min. 8/Max. 20

Belly Dance – Beginner

This beginner class is perfect for those new to belly dance or returning to the basics. We'll focus on building a strong foundation through essential movements, posture, and rhythm in a fun, supportive environment. You'll learn: • Basic hip and torso movements • Proper posture and alignment • Simple combinations and transitions • Musical awareness and timing.

Date	Day	Time	Age	Res./Non-Res.
6/24-8/19	W	5P-6P	18+	\$75/\$95

Location: Groton Community Center
Instructor: Raquel Murphy | Min. 8/Max. 20

Belly Dance – Intermediate

This intermediate class is for dancers who are comfortable with foundational movements and ready to deepen their technique and fluidity. We'll focus on: • Layered and traveling movements • Stronger isolations and control • Musical interpretation and transitions • Combinations with increased complexity and flow.

Perfect for dancers looking to refine technique, improve stamina, and develop a more polished dance quality.

Date	Day	Time	Age	Res./Non-Res.
6/24-8/19	W	6P-7P	18+	\$75/\$95

Location: Groton Community Center
Instructor: Raquel Murphy | Min. 8/Max. 20

Traditional Bachata

This Traditional Bachata class focuses on classic footwork, timing, and authentic movement rooted in the Dominican style. Emphasis is placed on rhythm, musicality, and connection—keeping the dance playful, grounded, and expressive. You'll learn: • Traditional bachata basic steps and variations • Footwork, rhythm, and weight transfer • Musicality and timing • Simple partner work.

Perfect for beginners and dancers wanting a strong traditional foundation. No partner required—just come ready to move and enjoy the music

Date	Day	Time	Age	Res./Non-Res.
6/24-8/19	W	7:15P-8:15P	18+	\$75/\$95

Location: Groton Community Center
Instructor: Raquel Murphy | Min. 8/Max. 20

PICKLEBALL



Groton Submarine Slam

- Annual Pickleball Tournament!
- Format: Round Robin Doubles Tournament (12 Teams per Division) with medal round
- Friday, June 5th--Mixed Doubles
- Saturday, June 6th--Men's Doubles
- Sunday, June 7th--Woman's Doubles
- Team Name and Partner's Name required at registration.
- Skill Level: This is an OPEN tournament for players 3.25 and above
- GP&R Free Drop-In Pickleball Membership required
- \$50.00 Per Team includes tee shirt
- Medals for 1st, 2nd and 3rd for each Division

Date	Day	Time	Age	Res./Non-Res.
6/5	F	5P-9P	18+	\$50/\$50
6/6	Sa	8A-12P	18+	\$50/\$50
6/7	Su	8A-12P	18+	\$50/\$50

Location: Bassi Pickleball Courts
In case of inclement weather, will be moved to GCC

Up the River, Down the River

- A fun way to prove your pickleball metal against your peers!
- Winners move up the river while losers move down.
- Players will change partners after each game.
- You must know pickleball rules and how to score.
- Sign up each week.
- Outdoor courts only. No back up indoor courts.
- Deadline for sign up is the Friday before the session by Noon.
- Skill Level: 2.75 and above.
- No Session July 4th, 2026.

Date	Day	Time	Age	Res./Non-Res.
5/9-9/26	Sa	8A-10A	18+	\$8/\$10

Location: Bassi Pickleball Courts
Instructor: Tim Daly | Min. 11/Max. 25

MUSIC



Drumming for Everyone

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

Date	Day	Time	Age	Res./Non-Res.
6/24-7/15	W	4:30P-5:30P	8+	\$20/\$20
7/22-8/12	W	4:30P-5:30P	8+	\$20/\$20

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

COASTAL ACCESS POINTS

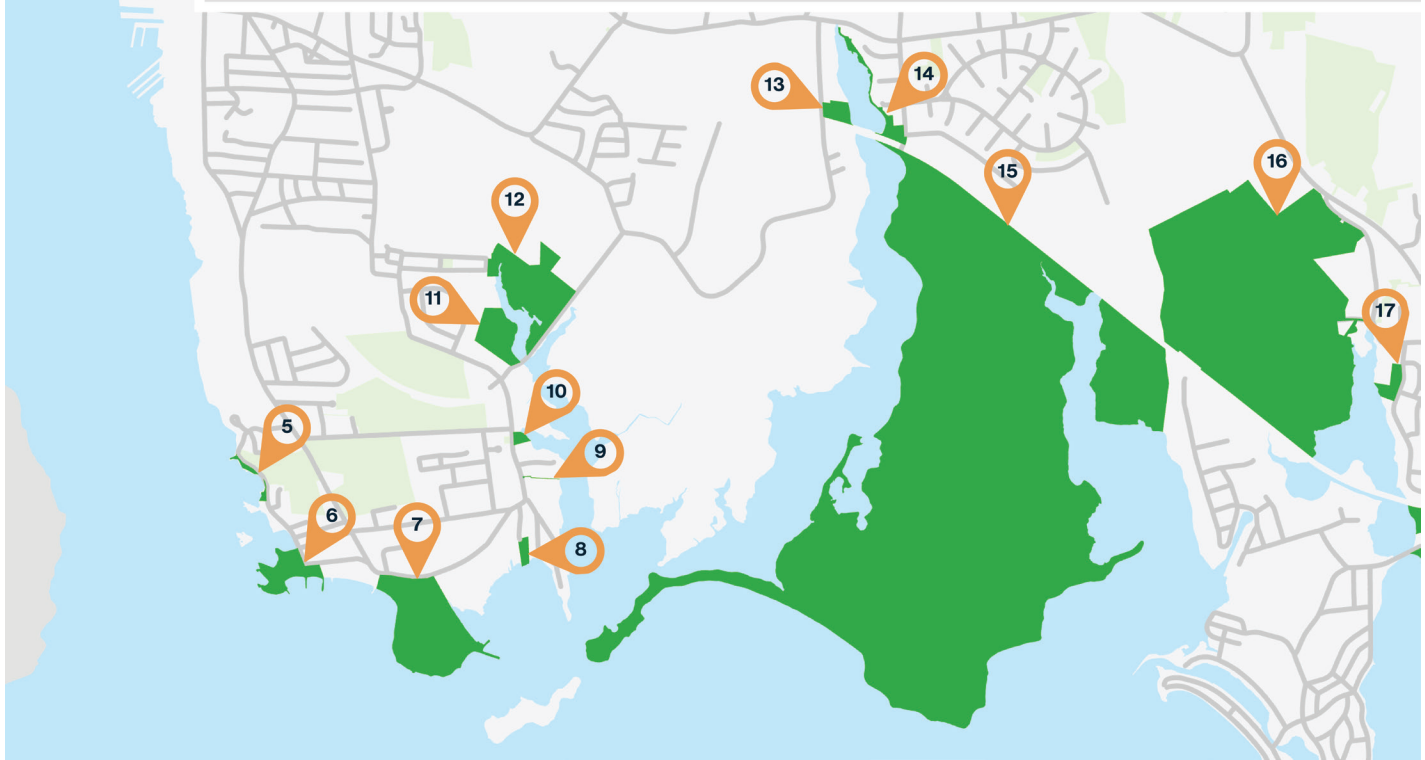


- 1 | Nautilus Overlook** 716 Military Hwy.
Scenic overviews, benches.
- 2 | Kenneth E. Streeter Boat Launch** 0 Fairview Ave.
This site offers large and small boat launching, trailer parking and recreational fishing.

Re-Opens June 2025
- 3 | Fort Street Landing** 301 Thames St.
Once used as a landing for Fort Griswold, today it offers views of the Thames River and downtown New London's waterfront. On street parking.
- 4 | Thames View Park** 343 Thames St.
Scenic views of the Thames River. On street parking.
- 5 | Shore Ave.** 0 Shore Ave.
Small shoreline park offering scenic views of the Thames River.
- 6 | Eastern Point Beach** 1 Beach Pond Rd.
Beach, playground, basketball courts, lifeguards and amenities. Paid entry and/or parking.

- 7 | UCONN Avery Point** 1084 Shennecossett Rd.
Coastal pathway providing sweeping views of Long Island Sound and the Thames River. Paid parking.
- 8 | Bayberry Lane Boat Launch** 84 Bayberry La.
This site offers large and small boat launching, trailer parking and scenic views of Pine Island and Bushy Point.
- 9 | Baker Cove Overlook** 792 Shennecossett Rd.
Overlook includes a public path from Shennecossett Rd. to the waterfront at Baker Cove offering views of a tidal marsh. Off street parking.
- 10 | Calf Pasture Overlook** 732 Shennecossett Rd.
This small recreation area offers views of an inlet within Baker Cove.
- 11 | Birch Plain Creek** 25 Thomas Rd.
Trails along Birch Plain Creek, benches and observation deck.
- 12 | Sparkle Lake Conservation Area** 155 Thomas Rd.
Trails along Birch Plain Creek, small boating opportunities.

- 13 | Peruzzotti Boat Launch & Burrows Field** 140 South Rd. Small craft launch with dedicated parking for trailers.
- 14 | Depot Rd. Playground & Poquonnock Walkway** 65 Depot Rd. Walkway with benches along Poquonnock River. Parking available at playground on Depot Road.
- 15 | Bluff Point State Park** 0 Depot Rd. Linkage to Haley Farm State Park.
- 16 | Haley Farm State Park** 0 Brook St. Linkage to Bluff Point State Park.
- 17 | Tanglewood Park** 65 Seneca Dr. Park includes basketball court, playground, and a small craft launch.
- 18 | Esker Point Beach** 900 Groton Long Point Rd. Sandy beach with bathrooms and picnic area on south side of road. Parking area, picnic tables/benches and small craft launch on north side.
- 19 | Triplett Coastal Access Area** 0 Pearl St. Offers a few benches. On street parking.



20 | Rattlesnake Hill

Small beach accessible by steep set of stairs.



21 | Riverview Fishing Area

0 Riverview Ave. Fishing area with scenic views.



22 | Main Street Dock & Beach

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



23 | Spicer House 29 Spicer Rd.

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



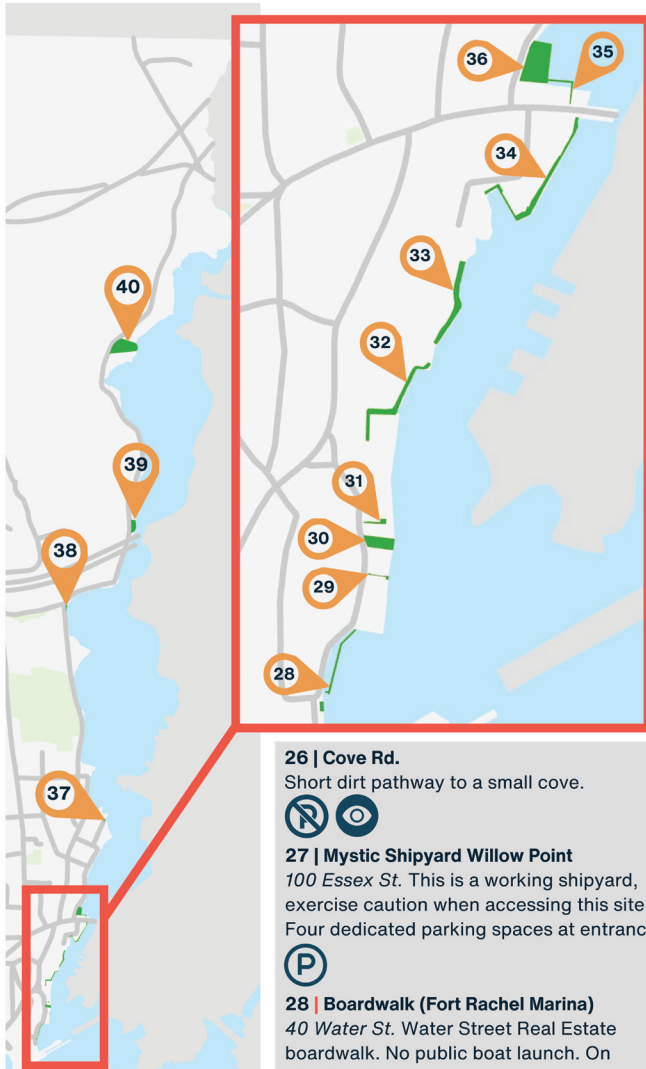
24 | Beebe Cove Vista 117 Elm St.

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



25 | Town's End 800 Noank Rd.

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



31 | HGL Marina 35 Water St.

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



32 | Randalls Wharf 17 Water St.

A pathway along the water. On street parking.



33 | Museum Walkway

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



34 | Boardwalk (Steamboat Wharf)

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



35 | Boardwalk 8 West Main St.

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



36 | Gravel St. Pump Station

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



37 | Park Place Access

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



38 | Riverside Preserve River Rd.

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



39 | River Road Boat Launch

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



40 | Downes Preserve River Rd.

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



26 | Cove Rd.

Short dirt pathway to a small cove.



27 | Mystic Shipyard Willow Point

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



28 | Boardwalk (Fort Rachel Marina)

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



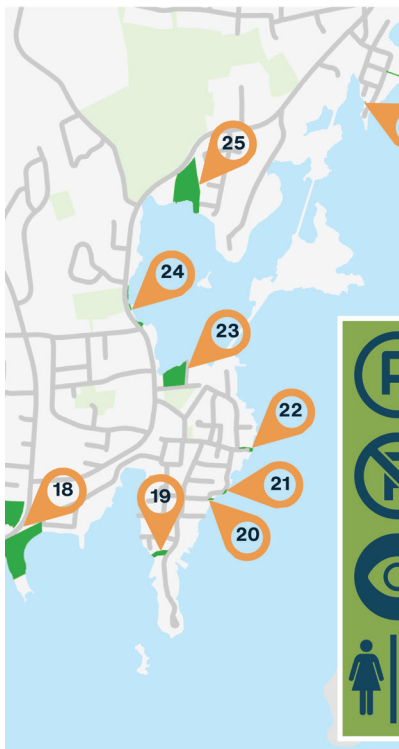
29 | Carija Property 47 Water St.

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



30 | Town Dock 41 Water St.

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



	Parking		Canoe/ Kayak Launch		Fishing
	No Parking		Boat Launch		Swimming
	Scenic Views		Benches		Bird Watching
	Restroom or port-o-let		Picnic Area		Hiking
					Biking

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

KARATE



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

Karate Grading

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

Date	Day	Time	Age	Res./Non-Res.
Lil' Tiger 7/14	Tu	5:30P-6P	3-6	\$25/\$25
Ages 6+ 7/14	Tu	6:15P-8:15P	6+	\$25/\$25

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

Lil' Tiger Karate

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

Date	Day	Time	Age	Res./Non-Res.
Lil' Tiger w/Parent 6/22-8/17	M	4:45P-5:15P	3-5	\$59/\$79
Lil' Tiger 2 6/23-8/25	Tu	5P-5:30P	3-5	\$59/\$79
Lil' Tiger 3 6/24-8/19	W	5:15P-6P	3-5	\$105/\$125

Location: Groton Community Center
Instructor: Ralph Batty Jr. | Min. 3/Max. 20

Jr. Dragon Karate

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

Date	Day	Time	Age	Res./Non-Res.
Jr. Dragon 1 6/22-8/17	M	5:15P-6P	6-13	\$105/\$125
Jr. Dragon 2 6/23-8/25	Tu,Th	5:30P-6:30P	6-13	\$135/\$155
Jr. Dragon 3 6/22-8/19	M,W	6P-7P	6-13	\$135/\$155
Jr. Dragon 4 / Jr. Black Belt 6/23-8/25	Tu,Th	6:30P-7:30P	6-13	\$135/\$155

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

Black Belt Karate

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

Date	Day	Time	Age	Res./Non-Res.
6/23-8/25	Tu,Th	7:30P-9P	13+	\$200/\$220

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

Beginner/Intermediate Karate

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

Date	Day	Time	Age	Res./Non-Res.
6/22-8/19	M,W	12P-1P	13+	\$135/\$155
6/22-8/19	M,W	7P-8P	13+	\$135/\$155

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

Senior Karate

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

Date	Day	Time	Age	Res./Non-Res.
6/22-8/19	M,W	11A-11:45A	55+	\$65/\$85

Location: Groton Community Center
Instructor: Ralph Batty Jr. | Min. 3/Max. 15

Yamanni Ryu Kobudo

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

Date	Day	Time	Age	Res./Non-Res.
Bo-Jutsu 6/22-8/17	M	8P-8:30P	9+	\$35/\$55
Sai-Jutsu 6/22-8/17	M	8:30P-9P	9+	\$35/\$55

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





Summer Fun Runs

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

Date	Day	Time	Age	Res./Non-Res.
7/10-8/14	F	6P-7P	5+	FREE

Location: Bluff Point State Park (Weather Permitting)
Instructor: Denise Descheneaux | Min. 8/Max. 200

Find Your Flex! – Release Tension and Explore Your Unique Flexibility (NEW)

Special 6-Week Session! Discover how to gently transition your body into its own unique range of flexibility. This class is designed for all abilities and can easily be adapted for those who prefer to remain seated. Immerse yourself in a tranquil atmosphere, accompanied by soft music. Follow guided instructions that lead you through a slow, intentional movement from one muscle group to another. Gradually increase your range of motion, relieve tension, and leave class feeling relaxed and at ease. Don't miss this opportunity to enhance your overall sense of well-being throughout your body.

Date	Day	Time	Age	Res./Non-Res.
6/22-7/27	M	5:15P-6:15P	18+	\$50/\$70

Location: Groton Community Center
Instructor: Vanessa Ghantous | Min. 8/Max. 30

Tai Chi Advanced

Tai Chi is a system of rounded, fluid, balanced movements to be practiced for health and peace of mind. The practice enhances one's intrinsic energy and improves balance and equilibrium. This generally promotes longevity and well-being. Tai Chi is a meditative art with movement and standing postures. This class will work on Tai Chi fundamentals, the Yang Style Tai Chi forms, and Qi Gong practices.

Only those with prior Tai Chi experience for this Advanced class

Date	Day	Time	Age	Res./Non-Res.
6/25-8/13	Th	5:30P-6:45P	15+	\$55/\$75

Location: Spicer Park/Front Lawn (Weather Permitting)
Instructor: John Sidoli | Min. 6/Max. 20

Beginner Yoga

This is an introduction to the basic practice of yoga in a safe friendly environment. The instructor breaks down each posture and creates an engaging experience where you have the time to learn and the ways to adapt the yoga to your body. This is the perfect class for someone that has always wanted to try Yoga and those that need a refresher. The instructor uses props to help you be safe. Chairs, and blocks will be utilized. Please bring your own mat and wear comfortable clothing.

Date	Day	Time	Age	Res./Non-Res.
6/23-8/11	Tu	5:30P-6:30P	18+	\$65/\$85

Location: Groton Community Center
Instructor: Elizabeth Kennedy | Min. 8/Max. 15

Yoga For All

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

Date	Day	Time	Age	Res./Non-Res.
6/22-8/17	M	6P-7:15P	18+	\$65/\$85

Location: UCONN Avery Point Lawn (Weather Permitting)
Instructor: Lori Miller | Min. 15/Max. 45

Pilates – Transform Your Body!

Special 6-week Class! This is a hybrid class for all levels and beginner-friendly. The class blends Pilates with breathwork, yoga and meditation into a harmonious learning experience. Emphasizing strength, tranquility, balance and more. Pilates can create meaningful changes in your body shape through its unique approach to strength and movement. A great class to start your Pilates journey! Grab a friend and sign up now. No experience needed!

Date	Day	Time	Age	Res./Non-Res.
6/22-7/27	M	6:30P-7:15P	18+	\$50/\$70

Location: Groton Community Center
Instructor: Vanessa Ghantous | Min. 8/Max. 30

Women's Mountain Biking Clinic

Beginners: 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. Participants must bring their own mountain bike.

Intermediate: An intermediate clinic designed for women who already have basic mountain biking experience and are comfortable riding on trails. This session will build on existing skills with a focus on bike handling, body positioning, obstacle negotiation, and efficient climbing and descending techniques. Riders should have prior trail experience, good endurance, and be prepared for up to 3 hours of riding at a steady, social pace. Participants must bring their own mountain bike.

Date	Day	Time	Age	Res./Non-Res.
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Beginners

5/16	Sa	10A-2P	14+	FREE
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Location: Bluff Point

7/18	Sa	10A-2P	14+	FREE
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Location: Haley Farm State Park

Intermediate

9/19	Sa	10A-2P	14+	FREE
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Location: Bluff Point

10/17	Sa	10A-2P	14+	FREE
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Location: Bluff Point

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

ACTIVITIES FOR 55+



REGISTRATION FOR THRIVE 55+ ACTIVE LIVING CENTER PROGRAMS

Please Note:

Registration for Thrive 55+ Active Living Center programs for the Winter/Spring Session will **not open on the same dates** as Groton Parks and Recreation program registration.

THRIVE 55+ ACTIVE LIVING CENTER: Registration Dates

Spring 2: May/June Session

Groton Residents: **April 6th, 2026**

Non-Residents: **April 13th, 2026**

Summer: July/August Session

Groton Residents: **June 1st, 2026**

Non-Residents: **June 8th, 2026**

To Register for Thrive 55+ Programming please visit:

GrotonCT.MyRec.com or walk in at the Thrive 55+ Active Living Center at: 102 NEWTOWN ROAD, GROTON 06340

For additional information or assistance with registration, please contact:

Main Line: 860-441-6785

Information Line: 860-445-2989

Faebok: Thrive 55+ Active Living Center

Pickleball Memberships

Groton Resident: \$50/Year

Non-Resident: \$60/Year

1-Time Drop-In Fee For All: \$7.00

Open Play schedule posted at Thrive 55+

Club 55 Events

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

Date	Day	Time	Age	Memb./Non-Memb.
Flea Market				
5/2	Sa	9A-1P	Any	FREE to Attend
Celebration of Summer				
7/21	Tu	5P-7P	55+	\$20/\$25

Location: Thrive55

Instructor: Volunteer | Min.50/Max. 98

McLews

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

Date	Day	Time	Age	Res./Non-Res.
5/20 (May)	W	8:45A-10A	55+	\$9/\$9
7/15 (July)	W	8:45A-10A	55+	\$9/\$9

Location: Thrive55+

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

Dining Out

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

Date	Day	Time	Age	Res./Non-Res.
May – Flanders Fish				
5/12	Tu	5P-7:30P	55+	Pay on own
June – Mystic Diner				
6/9	Tu	5P-7:30P	55+	Pay on own
July – Groton Townhouse				
7/7	Tu	5P-7:30P	55+	Pay on own
August – Sneekers				
8/11	Tu	4P-6P	55+	Pay on own

Location: Thrive55+

Instructor: Kathy Williams Min.5/Max. 30

Ceramics

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

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/4-6/22	M	10A-11:30A	55+	\$27/\$37
July/August				
7/6-8/24	M	10A-11:30A	55+	\$27/\$37

Location: Thrive55+

Instructor: Volunteer | Min.5/Max. 15

Watercolor Painting

Beginning watercolor painting students or students that have experience who would like to brush up on their skills. Each student is responsible for their own supplies; a list will be provided during your first class.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/5-6/23	Tu	11:30A-1:30P	55+	\$75/\$85
July/August				
7/7-8/25	Tu	11:30A-1:30P	55+	\$75/\$85

Location: Thrive55+

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

Acrylic

Acrylic students of all levels with some previous experience who would like to enhance their skills or work to achieve being a more experienced painter. Each student is responsible for their own supplies; a list will be provided during your first class.

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/5-6/23	Tu	2P-4P	55+	\$75/\$85
5/6-6/24	W	2P-4P	55+	\$75/\$85
July/August				
7/7-8/25	Tu	2P-4P	55+	\$75/\$85
7/8-8/26	W	2P-4P	55+	\$75/\$85

Location: Thrive55+

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

ACTIVITIES FOR 55+



Beginner Acrylic

This class is designed for students that have no experience. You will learn the basics of acrylic painting during this course. Each student is responsible for their own supplies; a list will be provided during your first class.

Date	Day	Time	Age	Res./Non-Res.
July/August				
7/15-8/19	W	11:30A- 1:30P	55+	\$75/\$85

Location: Thrive55+
Instructor: Luther Kelly Hall | Min.6/Max. 6

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 not provided

Date	Day	Time	Age	Res./Non-Res.
5/4-6/22	M	9:30A-11:30A	55+	FREE
7/6-8/24	M	9:30A-11:30A	55+	FREE

Location: Thrive55+
Instructor: Peer-led

Guitar/Ukulele Lessons

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

Date	Day	Time	Age	Res./Non-Res.
5/5-6/23	Tu	11:30A-12:30P	55+	\$50/\$60

Location: Thrive55+
Instructor: Jesse Casimono | Min. 8/Max. 30

Zentangle

Zentangle is an art form that features repetitive geometric shapes in a composition. Usually using black ink on good quality papers. Adding color with colored pencils or water based paints brings zest to the pieces. We meet weekly to gather and work on our individual pieces. This not a class, must bring your own supplies. **MUST REGISTER!**

Date	Day	Time	Age	Res./Non-Res.
5/7-6/25	Th	1P-3P	55+	FREE
7/9-8/27	Th	1P-3P	55+	FREE

Location: Thrive55+
Instructor: Peer-led | Min. /Max. None

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.

Date	Day	Time	Age	Res./Non-Res.
5/7-6/25	Th	2P	55+	FREE
7/9-8/27	Th	2P	55+	FREE

Location: Thrive55+
Instructor: Peer led

Beginning to Weaving with Liz

During this beginner 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

Date	Day	Time	Age	Res./Non-Res.
5/9-6/13	Sa	1P-3P	18+	\$100/\$100
7/11-8/15	Sa	1P-3P	18+	\$100/\$100

Location: Thrive55+
Instructor: Liz Kennedy | Min.4/Max. 7

Bring Your Own Loom

During this beginner weaving class you will learn the basics of weaving. You will create a project to complete during this session and you will be able to take home. Must supply own loom.

Date	Day	Time	Age	Res./Non-Res.
5/7-6/11	Th	1P-3P	55+	\$60/\$60
7/9-8/13	Th	1P-3P	55+	\$60/\$60

Location: Thrive55+
Instructor: Liz Kennedy | Min.4/Max. 7

Discover Connections

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

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/5-6/25	Tu,Th	9:30A-12P	55+	\$30/\$40
7/7-8/27	Tu,Th	9:30A-12P	55+	\$30/\$40

Location: Thrive55+
Instructor: Tomi Stanley | Min 4 Max 10

Bingo

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

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/7-6/25	Th	1P-3P	55+	FREE
July/August				
7/9-8/27	Th	1P-3P	55+	FREE

Location: Thrive55+
Instructor: Volunteer

ACTIVITIES FOR 55+



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.
May/June				
5/5-6/23	Tu	6:30p-8:30p	18+	\$10/\$10
5/6-6/24	W	6:30p-8:30p	18+	\$10/\$10
July/August				
7/7-8/25	Tu	6:30p-8:30p	18+	\$10/\$10
7/8-8/26	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.
5/6-6/24	W	12:30P-3P	55+	\$8/\$8
7/8-8/26	W	12:30P-3P	55+	\$8/\$8

Location: Thrive55+
Instructor: Volunteer | 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**

Date	Day	Time	Age	Res./Non-Res.
Intermediate Mah Jongg				
5/4-6/26	M,F	9:30A-11:30A	40+	\$8/\$8
7/6-8/28	M,F	9:30A-11:30A	40+	\$8/\$8

Location: Thrive55+
Instructor: Peer Led | Min. 5/Max. 24

Beginner Mah Jongg

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

Date	Day	Time	Age	Res./Non-Res.
5/5-6/23	Tu	10A-12P	40+	\$15/\$15
7/7-8/25	Tu	10A-12P	40+	\$15/\$15

New! Beginner Mah Jongg Evening

5/13-6/24	W	5P-7P	18+	\$15/\$15
7/8-8/26	W	5P-7P	18+	\$15/\$15

Location: Thrive55+
Instructor: Intermediate Volunteer: Edee Smith | Min 5/Max. 12

Non-Instructional Mah Jongg

Date	Day	Time	Age	Res./Non-Res.
5/5-6/23	Tu	9:30A-11:30A	40+	\$8/\$8
7/7-8/25	Tu	9:30A-11:30A	40+	\$8/\$8

Location: Thrive55+
Instructor: Volunteer | Min 5/Max. 24

22 | Groton Parks & Recreation | Summer 2026

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.
5/4-6/22	M	10:30A-11:30A	55+	FREE
7/6-8/24	M	10:30A-11:30A	55+	FREE

Location: Thrive55+
Instructor: Cindy Olsen | Min. 8/Max. 20

Intermediate Bridge

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

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/6-6/24	W	10A-11:30A	55+	\$28/\$38
5/7-6/25	Th	10A-11:30A	55+	\$28/\$38

Location: Thrive55+
Instructor: Larry Eppler | Min.5/ Max. 24

Cornhole

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

Date	Day	Time	Age	Res./Non-Res.
5/4-6/22	M	1P-3P	55+	\$8/\$8
7/6-8/24	M	1P-3P	55+	\$8/\$8

Location: Thrive55+
Instructor: Peer Led | Min.12/ Max. 26

THRIVING AT AGING EXPO

Wednesday, May 13th, 2026, 10 am – 1 pm

So many tables for you to visit and add to your quality of life or your loved ones. This is a community event - open to all to attend - free!

**At Thrive 55+: 102 Newtown Road
Groton, CT 06340 - 860-441-6785**

EASTERN CONNECTICUT WOODTURNERS

WOODTURNING WORKSHOP

Saturday, May 16th 10 am – 2 pm

Learn the art of wood turning at this free, hands-on event. Members of the Eastern Connecticut Woodturners will guide you through the process of using a lathe to "turn" a custom pen for you to keep.

Participants must be over the age of 12 to use a lathe

Thrive 55+: 102 Newtown Road Groton, CT 06340

**REGISTER AT:
GROTONCT.MYREC.COM
OR CALL 860-441-6785**



Stretch Strength Balance

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

Date	Day	Time	Age	Res./Non-Res.
5/4-6/26	M,W,F	10:30A-11:25A	55+	\$66/\$76
7/6-8/28	M,W,F	10:30A-11:25A	55+	\$66/\$76

Location: Thrive55+

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

Cardio Sculpt

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

Date	Day	Time	Age	Res./Non-Res.
5/4-6/26	M,W,F	9:30A-10:25A	55+	\$66/\$76
7/6-8/28	M,W,F	9:30A-10:25A	55+	\$66/\$76

Location: Thrive55+

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

Cardio & Conditioning

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

Date	Day	Time	Age	Res./Non-Res.
5/4-6/26	M,W,F	8:15A-9:15A	55+	\$66/\$76
7/6-8/28	M,W,F	8:15A-9:15A	55+	\$66/\$76

Location: Thrive55+

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

Core & Back Conditioning

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

Date	Day	Time	Age	Res / Non-Res
May/June				
5/5-6/25	Tu,Th	10A-11A	55+	\$54/\$64
July/August				
7/7-8/27	Tu,Th	10A-11A	55+	\$54/\$64

Location: Thrive55+

Instructor: Liz Kennedy | Min 15/Max. 20

Toning, Strengthen and Stretching PM – New Hours!

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
May/June				
5/4-6/26	M,W,F	5P-6P	18+	\$66/\$76
July/August				
7/6-8/28	M,W,F	5P-6P	18+	\$66/\$76

Location: Thrive55+

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

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
May/June				
5/6-6/24	W	5:15P-6:15P	18+	\$43/\$53
July/August				
7/8-8/26	W	5:15P-6:15P	18+	\$43/\$53

Location: Thrive55+

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

Zumba

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

Date	Day	Time	Age	Res./Non-Res.
Zumba Gold Seated				
5/4-6/22	M	10A-11A	55+	\$40/\$50
7/6-8/24	M	10A-11A	55+	\$40/\$50
Zumba Gold				
5/5-6/23	Tu	5P-6P	18+	\$48/\$58
7/7-8/25	Tu	5P-6P	18+	\$48/\$58
Zumba Gold				
5/8-6/26	F	11:45A-12:45P	55+	\$48/\$58
7/10-8/28	F	11:45A-12:45P	55+	\$48/\$58
Zumba for Beginners				
5/7-6/25	Th	11:15A-12P	55+	\$40/\$50
7/9-8/27	Th	11:15A-12P	55+	\$40/\$50
New! Beginner Zumba Evening				
5/7-6/25	Th	4:45P-5:45P	55+	\$48/\$58
7/9-8/27	Th	4:45P-5:45p	55+	\$48/\$58

Location: Thrive55+

Instructor: Monica Bengston | Min. 17/Max.



FITNESS FOR 55+



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.
5/5-6/25	Tu,Th	9A-10A	55+	\$54/\$64
7/7-8/27	Tu,Th	9A-10A	55+	\$54/\$64

Location: Thrive55+

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

Yoga

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

Date	Day	Time	Age	Res./Non-Res.
Yoga Strength May/June				
5/4-6/22	M	8:30A-9:30A	55+	\$35/\$45
Yoga Strength July/August				
7/6-8/24	M	8:30A-9:30A	55+	\$35/\$45
Yoga Gentle May/June				
5/6-6/24	W	8:30A-9:30A	55+	\$35/\$45
Yoga Gentle July/August				
7/8-8/26	W	8:30A-9:30A	55+	\$35/\$45
Yoga Gentle Flow May/June				
5/9-6/27	Sa	9A-10A	18+	\$35/\$45
Yoga Gentle Flow July/August				
7/11-8/29	Sa	9A-10A	18+	\$35/\$45

Location: Thrive55+

Instructor: Connie Steffes | Min. 15/Max.25

Tai Chi

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

Date	Day	Time	Age	Res./Non-Res.
May/June				
5/5-6/23	Tu	10:15A-11:45A	55+	\$63/\$73
5/6-6/24	W	10:30A-11:30A	55+	\$52/\$62
5/8-6/26	F	10:30A-11:30A	55+	\$52/\$62
July/August				
7/7-8/25	Tu	10:15A-11:45A	55+	\$63/\$73
7/8-8/26	W	10:30A-11:30A	55+	\$52/\$62
7/10-8/28	F	10:30A-11:30A	55+	\$52/\$62

Location: Thrive55+

Instructor: Alex Culligan | Min. 15 /Max.

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.
5/6-6/24	W	9:40A-10:30A	55+	\$52/\$62
7/8-8/26	W	9:40A-10:30A	55+	\$52/\$62

Location: Thrive55+

Instructor: Alex Culligan | Min. 8 /Max. 12

SPECIAL EVENTS

Thrive 55 Special Events

Please call (860) 441- 6785 for more information.

Date	Day	Time	Age	Res./Non-Res.
Thriving at Aging Expo				
5/13	W	10A-1P	55+	FREE to Attend
Woodturning Workshop				
5/16	Sa	10A-2P	12+	FREE
Universal Screening Day				
6/4	Th	9A-12P	55+	FREE
The MOTH Storytelling Workshop				
7/18	Sa	2P-5P	18+	FREE
Campfire Sing a Long				
7/25	Sa	7P	Any	\$5/\$5
Thrive55+ Sweet 16 Party				
7/31	F	5P-7P	55+	TBD
Community Craft Supply Swap				
8/29	Sa	8A-11A	Any	FREE

Location: Thrive55+

**JESSE & FRIENDS
CAMPFIRE SING-ALONG
& DESSERT**

SAT. JULY 25TH, 7PM

\$5.00 per person includes a tasty campfire dessert.

At Thrive 55+ parking lot
102 Newtown Road

ALL AGES

THRIVE55+ Active Living Center Register at GrotonCT.MyRec.com

COMMUNITY CRAFT SUPPLY SWAP

AT THRIVE 55+ : 102 NEWTOWN ROAD, GROTON CT

SHOP FOR FREE ON

SATURDAY, AUGUST 29, 2026

8A.M. - 11A.M.

DONATIONS SHOULD BE MADE 8/24-8/26 AT THRIVE

ALL AGES WELCOME

CONTACTS

Parks & Recreation Staff

Main Office860-536-5680

Mark Berry, Director

Recreational Services860-536-5680

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

Eileen Cicchese, Program Supervisor860-536-5691

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

Olivia DeTour, Program Supervisor 860-536-5681

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

Ruth Condon, Financial Assistant I860-536-5007

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

Senior Services

Mary Jo Riley, Thrive55+ Supervisor860-441-6785

Kathy Williams, Program Supervisor860-441-6795

Cindy Olsen, Program Supervisor860-441-6623

Tomi Stanley, Program Supervisor860-441-6782

Amelia Campbell, Office Assistant II860-441-6785

Bill Fisher, Office Assistant II860-441-6785

Shennecossett Golf Course860-448-1867

Todd Goodhue, Golf Professional

Eric Morrison, Golf Course Superintendent860-445-6912

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, Chairthreehouse@aol.com

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

Jim Steffes jsteffes219@gmail.com

Terry Tsang terryttht@comcast.net

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

RESOURCES

Frequently Requested Contacts

Groton City Recreation860-446-4128

Groton Soccer Club grotonsoccerclub.com

Groton/Mystic Lacrossegrotonmysticlacrosse.com

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

Groton-Mystic Softball mysticlittleleague.com

Groton Little League.....grotonlittleleague.com

Mystic Babe Ruthmystic.baberuthonline.com

Mystic Little League infomysticl@gmail.com

Town of Groton Phone Numbers

Assessment860-441-6660

Building Inspection860-446-5982

Human Services860-441-6760

Planning & Community Development860-446-5970

Police (routine)860-441-6712

Public Library860-441-6750

Public Works860-448-4083

Tax Collection860-441-6670

Town Clerk860-441-6640

Town Manager860-441-6630

Transfer Station860-536-5698

Voter Registration860-441-6650

DIRECTIONS

Spicer House | 29 Spicer Avenue, Noank, CT 06340

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

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

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

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

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

Thrive55+ | 102 Newtown Rd, Groton Ct 06340

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

For directions to all locations please visit GrotonRec.com.

IMPORTANT INFORMATION

Residency

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

Registration Options

Recreation Programs:

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

Thrive 55+ Programs:

- Online at Grotonct.myrec.com
- Walk-in at 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 or call **860-536-5691** with questions.

Recreation Cancellation Procedure

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

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

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

Medical Conditions

If you have a medical condition that you would like us to be aware of during your participation in our programs, please note this on your registration form.

Participant Behavior

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

Spicer House – Parks & Recreation Office

Telephone: **860-536-5680**

Fax: **860-536-5690**

E-mail: parksrec@groton-ct.gov

Website: **GrotonRec.com**

Facebook: **Facebook.com/GrotonParksandRec**

Instagram: **@grotonrec**

Mailing Address

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

Hours: 8:30 a.m. – 4:30 p.m.

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

Satisfaction Guarantee

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

Registration Form for Recreation Programs Only

To Register for Thrive 55+ Programs: Please visit online at GrotonCT.MyRec.com or in person at 102 NEWTOWN ROAD, GROTON 06340.

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

Total Fees:

Checks payable to: "Town of Groton" 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

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 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.

Signature: _____ Date: _____

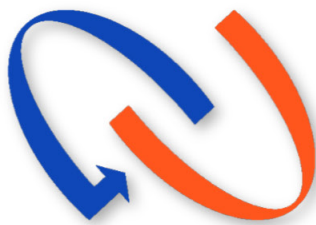
Groton Parks & Recreation Department
 29 Spicer Avenue
 Noank, CT 06340-5659

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GROTON UTILITIES



THANK YOU TO OUR COMMUNITY SUPPORTERS:

ACADEMY POINT AT MYSTIC
 BLEU GINGER ASIAN BISTRO
 CAPTAIN DANIEL PACKER INNE
 CHAPTER ONE
 COMPLETE CARE AT GROTON REGENCY
 CRYSTAL ROCK
 DOG WATCH
 FLANDERS FISH
 FOXWOODS
 FRIAR TUCKS
 GARDE ARTS CENTER

GROTON CT ROTARY
 GROTON TOWN HOUSE
 JEREMIAH'S
 KELLEY'S PACE
 MILESTONE
 MYSTIC AQUARIUM
 MYSTIC DINER
 MYSTIC FISH CAMP
 MYSTIC IRISH PARADE FOUNDATION
 MYSTIC PIZZA
 MYSTIC STARBUCKS

MYSTIFIED ESCAPE ROOMS
 OYSTER CLUB
 PAR 4
 ROCKS 21
 SCHOONERS BEVERAGE
 SNEEKERS CAFÉ
 SOLSTICE SENIOR LIVING
 STEAK LOFT
 SUPREME HOT DOGS
 TEXAS ROADHOUSE
 THE BRIDGE MARKET PIZZA & DELI
 THE FISHERMAN AT GROTON LONG POINT



BECOME A SPONSOR! CONTACT US:



INTERESTED IN BEING A SPONSOR FOR PARKS AND REC? SEE WHAT
 EVENTS AND PARTNERSHIPS WE HAVE TO OFFER.
 EMAIL: PARKSREC@GROTON-CT.GOV
 PHONE: **860-536-5680**