

## STONINGTON RECREATION

The Recreation Division within the Human Services Department serves as an advocate for meeting the recreational needs of all the residents within the Town of Stonington by providing youth and adults with an abundance of seasonal and year-round recreational opportunities. Residents can participate in camps, clinics, leagues, open runs, trips and fitness programs.

## HIKE Stonington

Stonington has a diverse array of hiking trails available and open to the general public on a year-round basis. Trails that explore some spectacular coastal inlets, to deep-forested views (and everything in between!). Choices that range from a rugged hike with elevations, to a nice leisurely stroll with paved walkways. Connecticut's Barn Island; Avalonia's Knox Preserve and the Denison Pequotsepos Nature Center's Meadow Loop are just a few among the dozen (plus) trails listed within the program. Contact us directly by at: [hikestonington@stonington-ct.gov](mailto:hikestonington@stonington-ct.gov) to receive a full listing. Start your adventures today!



Watch for details on a number of 'guided hikes' that we have planned throughout the spring and summer months.

## PLAYGROUNDS IN OUR COMMUNITY

The Recreation Division oversees and maintains [3] playgrounds in our community. Please abide by all posted rules & regulations.

**Spellman Park:** Spellman Drive - Pawcatuck  
**Town Dock:** High Street - Stonington Borough  
**Haley's Way:** Haley's Way - Old Mystic

## PAVILION RENTALS

Our Pavilions, located behind Spellman Park Playground are available to reserve from Memorial Day to Columbus Day Weekend. Fee: \$30/day. Call (860) 535-5015 for additional information and to check on availability. A printable application is available online and can be mailed or left in the drop box at Stonington Human Services. Payment is due at the time of reservation.

## PROGRAM SCHOLARSHIPS

Stonington Human Services is pleased to offer program scholarships to eligible resident families. Send an email to: [adavis@stonington-ct.gov](mailto:adavis@stonington-ct.gov) for more information.

## ONLINE REGISTRATION

Additional programs are listed throughout the season. For current programs, information and online registration visit the link below: <https://stonington.recdesk.com>

## RECREATION TEAM

Richard Ward, Recreation Administrator: [rward@stonington-ct.gov](mailto:rward@stonington-ct.gov)  
Pete Christina, Program Coordinator: [pchristina@stonington-ct.gov](mailto:pchristina@stonington-ct.gov)

## SPELLMAN PARK

Our recreation complex consists of four athletic playing fields, a large playground area, outdoor exercise equipment area, two outdoor basketball courts, six tennis courts and two pavilions - add in Stonington High School's Palmer turf field and baseball field - and you will find one of the finest recreational facilities in the area! Any organized non-scholastic sport wishing to use the fields for games or practices at the park, middle school or SPS District Office must be registered with the Recreation Division. For more information, please call (860) 535-5015.

- GEORGE CROUSE TENNIS COURTS (6 courts available)
- PICKLEBALL COURTS (2 courts available)
- JOSEPH CIRELLO BASKETBALL COURTS (2 courts available)
- VOLLEYBALL, SHUFFLEBOARD & HORSESHOE PITS
- OUTDOOR EXERCISE EQUIPMENT
- FAR FLUNG DISC GOLF COURSE (9 holes)
- TOM MCCOY RED TRAIL LOOP (1 mile long)
- PAVILION & PICNIC AREAS
- LARGE, SHADED PLAYGROUND AVAILABLE FOR ALL AGES





## SPRING TENNIS LESSONS



Youth lessons instructed by George Crouse. Athletes will learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game.

Mr. Crouse is the long standing coach at Stonington High School and is a USTA & USPTA trained tennis instructor.

**Level:** Beginners: 8:00-9:00AM

Intermediate/Advanced: 9:00-10:00AM

**Dates:** Saturdays, April 20-May 18 (5-weeks)

**Place:** Spellman Park, George Crouse Tennis Courts

**Fees:** \$55/Stonington Residents; \$70/Non-Residents

**PLEASE NOTE:** Tennis and Pickleball classes are weather dependent and held on our courts in Spellman Park (behind SHS). Every attempt is given to provide as much advance notice for any cancellations due to weather.



## SAFE BOATING & PERSONAL WATER

### CRAFT CERTIFICATION COURSE

Participants who successfully complete this course and pass the test will qualify for the Certificate of Personal Watercraft Operation. A Safe Boating Certificate (SBC) will allow an individual to operate any recreational vessel registered in Connecticut. A Certificate of Personal Watercraft Operation (CPWO) will allow an individual to operate any recreational vessel including a personal watercraft ("jet ski" type vessel). Visit <http://www.ct.gov/deep> for additional information on how to obtain your Safe Boating / Personal Watercraft Certificate. Payments received cover the cost to attend the course only. Pre-registration required: Max of 30. Participants must attend both classes.

**Ages:** 12 +

**Dates:** Tuesday, April 23 and Thursday, April 25

**Times:** 5pm-9pm

**Place:** Stonington High School,  
176 South Broad Street, Pawcatuck

**Fee:** \$25/participant



**STONINGTON**  
**HUMAN SERVICES**

**PLAY • PROVIDE • PROSPER**

# STONINGTON PICKLEBALL

Pickleball is a badminton/tennis/ping-pong mashup that volleyed itself into one of the fastest growing sports in the U.S. Instructed by long-time tennis instructor GEORGE CROUSE. Coach Crouse is now a certified **USPTA** Pickleball instructor. Learn the rules, techniques and strategies of this fasted pace game. Max of 8 participants/class.

### SPRING LESSONS:

Mon & Wed 7:30-8:30AM & Mon & Wed 8:30-9:30AM

Spring Session 1: April 15-May 1

Spring Session 2: May 6-May 22

Spring Session 3: June 3-June 19

### Summer LESSONS:

Mon & Wed 7:00-8:00AM & Mon & Wed 8:00-9:00AM

summer Session 1: July 1-July 17

Summer Session 2: July 29-August 14

**Fees:** \$60/Stonington Residents; \$75/Non-Residents

Watch for Details on Evening Lessons, Open Play and Competitive Leagues offered for various levels!

**Our courts are OPEN & AVAILABLE TO THE PUBLIC from 6:00AM until 10:00PM. Use at your own risk. Tennis shoes required!**

### SAFETY & COURTESY

- Players and spectators both on and/or off the courts should conduct themselves in a courteous and respectful manner at all times.
- Courts are for Pickleball ONLY—no bikes, skateboards, inline/roller skates, baseball or softball, frisbee, hockey, soccer, tennis, etc.
- Non-marking, rubber sole court shoes only.
- No pets on the court at any time.
- Food or glass containers are not allowed on the courts.
- Alcoholic beverages are not allowed in the park.
- Place all trash and waste in appropriate receptacles.
- Please remain outside the gate area while you are waiting to play.
- Player bags should remain outside the gate area.
- No individual or group lessons, leagues or tournament play without permission from Stonington REC.

### PLAYER ROTATION & SCHEDULING

AM PRIMETIME: Reservations Required! Sunday-Saturday 6AM to 10AM

AM OPEN PLAY: Sunday-Saturday 10AM to 2PM

PM PRIMETIME: Reservations Required! Sunday-Saturday 2PM to 7PM

EVENING PLAY: OPEN Sun, Mon, Wed, Fri, Sat 7PM to 10PM

Reservation Required! Tue & Thurs 7PM to 10PM

**During OPEN PLAY, when courts are full and players are waiting to play:**

- Waiting players will place their paddle in the "Paddle Saddle" from left-to-right.
- If players are waiting, court time is limited to 1 game to 11, win by 2.
- If players are waiting, exit court immediately - return to waiting area outside the gates.
- Playing again? Place your paddle in the first available opening in the "Paddle Saddle" from left to right.
- Next-up when court is open—Slide "next" button to next group (left to right).

**PRIMETIME Reservations are \$5/hour Residents; \$15/hour Non-Residents (all reservations are non-refundable). Individuals are limited to 1 reservation per day, up to 7 days in advance.**



### NFL YOUTH FLAG FOOTBALL - SPRING TOURNAMENT

Get back OUTSIDE for this one-day tournament! Registered players will be selected to a team by one of our coaches and play a minimum of (4) games. All participants will receive a tournament t-shirt.

**Age:** Coed - (2) Divisions: Grades 3-5 & Grades 6-8

**Dates:** Current Grades 6-8: Sat, March 23  
Current Grades 3-5; Sat, April 6

**Times:** 10am start (schedule TBD) ending around 3pm

**Where:** SPS District Office, 40 Field Street, Pawcatuck

**Fees:** \$30/Stonington Resident; \$40/Non-Resident

## ADULT RECREATION LEAGUES

We are pleased to offer the following Adult Sports Leagues this spring and summer. Please call (860) 535-5015 for additional information.

### MEN'S SOFTBALL LEAGUE:

Register as a team starting March 1. Games are held at Spellman Recreational Complex, behind Stonington High School. Schedule could have one or two games per week and will be played Monday through Thursday evenings starting in May and running through the first week of August (schedule TBD). An organizational and captain's meeting is scheduled for Monday, April 15 at 7:00 PM. Team fees are \$500 if paid on or before April 1; \$575 if paid before the first scheduled game; \$1250 late payment if paid after the first scheduled game.

### ADULT CO-ED SOFTBALL LEAGUE:

Register as a team starting March 1. Games are held at Spellman Recreational Complex, behind Stonington High School. Schedule could have one or two games per week and will be played Monday through Thursday evenings starting in May and running through first week in August (schedule TBD). An organizational and captain's meeting is scheduled for Monday, April 15 at 7:00 PM. Team fees are \$500 if paid on or before April 1; \$575 if paid before the first scheduled game; \$1250 late payment if paid after the first scheduled game.

### ADULT CO-ED TENNIS LEAGUE:

Register as a team starting April 1. Matches are played on the courts in Spellman Park (behind SHS) on Monday and Wednesday evenings starting in June. Schedule consists of 1 or 2 matches per week (TBD) from late June through Mid-August. Team fees are \$400 if paid on or before June 1; \$450 if paid before the first scheduled game; \$500 late payment if paid after the first scheduled match. \*An additional \$50 is charged for Non-Resident teams (less than 80% of the roster).



## OPEN GYM BBall GIRLS & BOYS

Girls Grades 7-8; 9-12

Tue & Thurs 6:00-7:00PM

Boys Grades 9-12

Tue & Thurs 7:00-8:30PM

**Dates:** April 2-June 13, no program 4/9 & 4/11 (spring vacation)

**Fees:** \$30/Stonington Residents Only



*Save the date!*

# Stonington Spring Fest

**Saturday, May 4th  
from 11am-1pm**

**Outdoors at Stonington Human Services  
(166 South Broad Street, Pawcatuck)**



**YOUTH CLINIC!** Stonington has a LONG-STANDING, DEEP-ROOTED history of having some of the best field hockey teams in the region. Come learn and play the game with the best of them! Instructed by Jenna Tucchio, Stonington High School's Head Field Hockey Coach, along with both current and past team members. Individual fees include the 6-weeks of instruction and fun games on the turf behind Stonington High School. Participants may also choose to purchase an optional "starter kit" which includes a stick, one pair of shin guards, a mouthguard and a ball.

**Ages:** Grades 5-8

**Dates:** Sundays, April 21-June 2

**Times:** 6:00-7:00 PM

**Place:** Palmer Field (the turf) behind SHS

**Fees:** \$10/Participant

\$50/Optional "starter kit"



# SUMMER 2024



## SUMMER TENNIS LESSONS

Youth lessons instructed by George Crouse. Young athletes will learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Mr. Crouse is the long standing coach at Stonington High School and is a USTA & USPTA trained tennis instructor.

**Level:** Beginners: 8:00-9:00AM  
Intermediate/Advanced: 9:00-10:00AM

**Dates:** Tuesdays/Thursdays,  
Session 1: June 25-July 16 (no class 7/4)  
Session 2: July 30-August 15

**Place:** Spellman Park, George Crouse Tennis Courts  
**Fees:** \$55/Stonington Resident; \$70/Non-Resident



## YOUTH TENNIS CAMP

Week-long INTENSE (but fun) camp for beginner through advanced players. Instructed by George Crouse, with a particular focus on: 1. STROKES & TECHNIQUE to develop and improve all strokes within tennis; 2. DOUBLES PLAY to learn the fundamentals while becoming a better partner; 3. MATCH PLAY to see how you stack up against the competition; 4. HAVE FUN in joining activities that will allow your child to enjoy just being a kid!

**Age:** 7 to 17 years old  
**Dates:** Monday-Friday, July 22-July 26

**Times:** 8:30-11:30AM  
**Place:** Spellman Park, George Crouse Tennis Courts  
**Fees:** \$135/Stonington Resident; \$155/Non-Resident



## DAY TRIP! MARTHA'S VINEYARD

**Sponsored by the Senior Services Division.** Motor-coach ride to the port of Woods Hole, MA where we board the Steamship Authority Ferry for the short trip to **Oak Bluffs** on the charming island of **Martha's Vineyard**. Tour Includes: Motor-coach transportation, Ferry Transport, Free time in Oak Bluffs, Lunch at Nancy's, tour director and all gratuities to driver and tour director. \*Times are approximate and subject to change.\*

**Date:** Tuesday, May 14  
**Times:** Depart 6:15am from Stonington Human Services  
Estimated Return to Stonington: 6:45pm



## DAY TRIP! FENWAY PARK

**Sponsored by the Youth & Family Services Division.** Motor-coach bus departs Stonington Human Services at 9:00am and will return and depart Fenway after the game. Fees include transportation and ticket to the 1:00pm game.

**Date:** Sunday, June 30  
**Times:** Depart 9:00am from Stonington Human Services  
Return after the 1:00pm game  
**Fees:** \$110/Stonington Resident; \$125/Non-Resident

## TRAIL STEWARDSHIP SPELLMAN PARK

**Celebrate Earth Day / Arbor Day & SHS Voice Volunteer Day** [April 26] by helping us maintain the existing trails like the Tom McCoy Run and the Far Flung Disc Golf Course areas. Participants will help clear paths of natural overgrowth and blowdowns throughout Spellman Park. Dress appropriately and bring work gloves & bug spray (you will be outside, in the woods!). Limited to anyone (young and old) ready to work hard and get their hands dirty. Email for details and to register: [stoningtonbeautification@stonington-ct.gov](mailto:stoningtonbeautification@stonington-ct.gov).



Interested, but can't make this particular day? Stonington Recreation is starting a **TRAIL STEWARDSHIP CLUB** this spring with the idea that a select group of volunteers will take the lead and provide the regular, ongoing care that is needed to keep the trails clear and passable. If you are interested in joining the group, or would like additional information please contact Rich Ward by email at [rward@stonington-ct.gov](mailto:rward@stonington-ct.gov).



# MIDDLE SCHOOL REC CAMP 2024

Full and half-day programs set up specifically for middle school boys and girls entering grades 7 & 8 in the fall. Based in Spellman Park behind Stonington High School, our program takes full advantage of on-site sports fields, playgrounds, hiking trails and school facilities for safe, fun-filled adventures and summer time fun! Numerous day trips (schedule TBD) to local destinations of interest are planned throughout the summer. Max of 20 per week.

**Dates:** Monday-Friday starting June 24-August 16

**Times:** Full-Day: 8:00 am to 4:00 pm

Half-Day (AM or PM): 8-12pm or 12-4pm



**Regular Season Weekly Rates:**

Full Day: \$150/Stonington Resident;  
\$185/Non-Resident

Half Day: \$80/Stonington Resident  
\$97/Non-Resident

## Weekly Camp Themes:

Join for any 1 (or more) of the [8] weeks we are in session!

- Week 1 - (6/24-6/28) Harry Potter Week
- Week 2 - (7/1-7/5) no program 7/4 Wet & Wild
- Week 3 - (7/8-7/12) Superheroes & Villains
- Week 4 - (7/15-7/19) Shipwrecked!
- Week 5 - (7/22-7/26) Super Mario Week
- Week 6 - (7/29-8/2) Caribbean Cruise Week
- Week 7 - (8/5-8/9) Olympic Week
- Week 8 - (8/12-8/16) Camp Carnival



**[CLICK HERE](#)  
& REGISTER TODAY!**

**Possible day trips:**

- Kayaking
- Ropes Course
- Bowling
- Movie Theater
- Swimming





# CHEER CAMP



First-hand experience learning and perfecting the different aspects of the competitive sport of cheerleading! Cheerleading is unique in that it incorporates a variety of sports into one: cheering, stunting, dancing and gymnastics. Join the Stonington High School Varsity Cheerleaders and their coaches in a cheer camp where we will focus on motions, jumps, stunts, gymnastics, and dancing skills while learning about teamwork and making new friends! Coach Emily has over 20 years experience in cheerleading (including collegiate cheer and coaching) and Coach Mercedes has 5 years of cheerleading experience. All coaches are First Aid and CPR certified. Camp is open to all students of varying levels of experience! Participants will receive a camp t-shirt.

**Ages:** Boys and Girls entering Grades 1-9

**Dates:** Mon-Fri, July 22-26

**Place:** Stonington High School AUX Gymnasium

**Time:** Half Day: 9:00am-12:00pm

Full Day: 9:00am-3:00 pm

**Fee:** \$125/Half-Day Participant

\$165/Full-Day Participant



**ONLINE REGISTRATION** is available at:

<https://stonington.recdesk.com>

Scholarships available to eligible resident families. For more info, email to: [ADavis@stonington-ct.gov](mailto:ADavis@stonington-ct.gov)



# STONINGTON SOCCER CAMP



**Monday-Friday  
July 15 - July 19**

**For Boys & Girls  
Entering Grades 3-8  
5:30 - 8:00 pm**

**AND**

**Boys and Girls  
Ages 5-7 (Junior Sharks),  
4:00 - 5:15 pm**

**SPELLMAN PARK (BEHIND SHS) PAWCATUCK, CT & TAUGWONK FIELD, STONINGTON, CT**

**Proudly Sponsored by**



## Registration Fees

Price guarantees four days of camp (weather). If necessary, make-up date will be Sat 7/20.

### Boys & Girls Grades 3-8

**EARLY BIRD: \$115.00\***

(Thru 6/14)

\*Campers receive a ball & a camp shirt

**FULL REGISTRATION: \$140.00\*\***

(Thru 7/5)

\*\*Campers receive just a ball

### Junior Sharks (Ages 5-7)

**EARLY BIRD: \$65.00\***

(Thru 6/14)

\*Campers receive a camp shirt

**FULL REGISTRATION: \$80.00**

(Thru 7/5)

## EVERTON SOCCER SCHOOLS USA 2024

PRESENTED BY



STONINGTON HUMAN SERVICES  
JULY 22-26 | AGES 7-18  
STONINGTON HIGH SCHOOL, PAWCATUCK, CT

**SIGN UP NOW**

EVERTONINTERNATIONALACADEMY.COM



## Soccer Camp

**August 26-30**

**Full and half day options available**

For players ages 6 to 13 years old. Have you ever wondered how to accelerate your child's soccer skills? At Futsal & Street Soccer our aim is to bring each player's personal skills to the next level. Using high speed, high volume ball touches and ball maneuvering in tight spaces, Futsal & Street Soccer consistently delivers a far better player than traditional soccer programs.

**Ages:** 6-13 years old

**Dates:** Monday-Friday Aug 26-Aug 30

**Times:** Half day 9AM to 12Noon

Full day 9AM to 3PM

**Place:** Ballato Field, Spellman Park

**Fees:** Half day: \$190/Participant; Full day: \$240/Participant

# High School Soccer

## Soccer - High School Girls Summer Training

Instructors: Everald Benjamin, Kellie Palmer & Joe Mendonca, Sr. Individual skill development and fitness - great way to improve and get ready for the fall season ahead. Wheeler and Stonington High School girls are encouraged to attend.

Age: Girls entering grades 8-12

Day: Tuesday and Thursday

Date: July 8-August 15

Time: 7:00-9:00 AM

Location: Spellman Park – Multi-Purpose Field

Fee \$85/Participant

## Soccer - High School Boys Summer Training

Instructors:

**Marc Davis, Head Coach, Mitchell College; Diane Macera, Fitness Coach;** Challenging game-related situations are utilized to develop player technical ability and tactical knowledge. A soccer friendly against a worthy opponent will wrap up the session (dates & times TBD).

**Max of 45 participants.**

Age: High School Boys entering Grades 9-12

Day/Time: Mondays, 8-9:45PM: Conditioning, w/Coach Diane

Tuesdays, 7:45-9:45PM: Soccer training, w/Coach Marc

Thursdays, 8:30-10:30AM: Soccer training, w/Coach Marc

Fridays, 8:30-10:15AM: Conditioning, w/Coach Diane

Date: Monday, July 8-Friday August 16

Location: Spellman Park - Palmer Field and/or Ballato Field

Fee: \$145/SHS students only



Held Sept into Nov (schedule TBD). Practices and games held at Spellman Park behind Stonington High School and/or Stonington District Office (40 Field Street, Pawcatuck) Each team will practice one weeknight, with games being played on Saturdays. Goals of the league are that all participants will develop their social and mental skills, as well as physical strength and character while safely learning how to play flag football. Teamwork and active participation are key components. Every child plays! We will host a skills day in an effort to draft teams as evenly as possible. This is a recreational league and commitment to the league will not conflict with other fall sports. Each player will receive an Official NFL Flag Reversible Team Jersey and flag belt. Also, our coaches and referees will have access to amazing trainings and support tools to better teach and prepare for practices and games!

Age: Coed-Four Divisions: Ages 5-6, 7-9, 10-11 & 12-14

Dates: Saturdays, September 7th - November 18th

Where: Spellman Park Fields and/or District Office

Fees: \$100/Discounted Stonington Resident;  
\$120/ Discounted Non-Resident

\*\*Regular season rates will be applied after May 1\*\*



# BEAR CUB MENTORS

OPEN TO YOUTH AGES 14-15 YEARS OLD

A community-based leadership development program—formerly our **Jr. Counselor Program**—enhanced to now include job training and other employment opportunities within the Department of Human Services. Begin with a week-long training (to include numerous leadership projects), which will identify strengths; build and develop positive characteristics that future employers will be drawn to; and foster bonds and relationships between peers and adults. **Internship Opportunities:** Upon successful completion of the training, participants will begin to explore paid internship opportunities within the Department. Apply your training and skills working within our summer preschool and/or elementary school-age day camp(s); time and score competitive sports leagues; blaze and clear hiking trails; or assist in facilitating a recreation and/or enrichment programs. Participants will receive a stipend for their time depending on the amount of hours committed; however, the experiences gained will be the priority! *Limited to a max of 12 participants!*

**Initial Trainings:** 6/24-6/28 (M/TU/W/FR)

**Time:** 9:00AM-4:00PM

**Internship:** Flexible dates set during the training session

**Fee:** \$100/Stonington Resident; \$150/Non-Resident



## SUMMER TRAINING

**FHOC Coaches:** Teagan O'Brien, Elena Korinek, Hannah Nulick & Dillon Griscom

**Fitness Coach:** Diane Macera

Participate in various development stations, games and drills with both team and individual sessions. You will practice the art of ball control, the skill of effectively passing and receiving, shooting with accuracy, how to provide quality defense, and so much more. All while increasing your level of fitness ahead of the fall season. Come join your teammates!

**Age:** Open to SHS Girls entering Grades 9-12

**Dates:** Starts Monday, July 1—August 17 (no program 7/4)

**Location:** SHS Palmer Turf Field

**Weekly Schedule:**

Mon 8:15AM Captains Warm Up  
8:30-9:30AM Conditioning, w/Coach Diane

Tues 6:15-7:45PM Skills Clinic

Wed 8:15AM Captains Warm Up  
8:30-9:30AM Conditioning, w/Coach Diane

Thurs 6-8PM Skills & Scrimmages w/FHOC Coaches

**Fee:** \$85/SHS students only

## ADULT FIELD HOCKEY

**Open time – Open play – Come on back!**

SHS has a **LONG STANDING / DEEP** history of having some of the best Field Hockey Teams in the region. So dust off the cleats & sticks and join us back on the turf for some informal pickup games! Adults, ages 18 to 99 years old—jump in anytime!

**Dates:** Thursdays, July 11-August 15

**Times:** 8:00-10:00PM

**Fees:** \$10/Residents; \$20/Non-Residents



# FAR FLUNG DISC GOLF

## AT SPELLMAN PARK

FREE and open for to the general public during normal park hours on a “year-round” basis. Come check what all the excitement is about with this growing sport. A limited number of beginner discs are available free of charge for those who are new to the sport or would like to try it for the first time. Contact [discgolf@stonington-ct.gov](mailto:discgolf@stonington-ct.gov) to arrange a pick up and drop off time for all the equipment needed to get you on your way!

**Help us build the back 9!** Seasonal and perpetual sponsorships are available. Contact [discgolf@stonington-ct.gov](mailto:discgolf@stonington-ct.gov) for details on how you can get involved.



## TRACK & FIELD - SHS YOUTH CLINIC

Specifically developed for children in Grades 1-8. Special guest coaches Megan Chapman & Gwen Anderson along with the GREAT coaches from SHS Track & Field. Participants will be exposed to the various disciplines of Track & Field, including: sprinting; distance running; hurdling; jumping and throwing. Campers work in groups based on age-level to master relevant skills as they relate to each event. The last day will be an exhibition meet, with athletes showing off their hard work in front of a crowd. Jumping, Throwing, Running, Starts, Fun Runs, Shirts, Medals, Hurdling, Sprinting, Meets, and much more! Fees include a special meet at the end along with a camp t-shirt.

**Ages:** Grades 1-3; Grades 4-6; Grades 7-9

**When:** Tuesdays, July 9-August 13 from 5:00-6:30PM

**Where:** Stonington High School Track

**Fee:** \$135/Resident; \$145/Non-Resident



## STONINGTON SUMMER SLAM! The Hoop Academy

Great opportunity for players of all abilities to continue to develop and learn about the game of basketball in a positive environment. Directed by George Hardison. Coach Hardison is a head basketball coach on the collegiate level and in a variety of other arenas throughout New England. All campers will receive a full week of drills and instruction on all aspects of the game including shooting, dribbling, passing and defense.

- Individual & Group Instruction
- Outstanding, Dedicated Staff
- Shooting Instruction w/ Related Drills
- Certified staff
- Camp T-shirt
- Fantastic Guest Speakers
- Two Games Daily
- Contests with Prizes

**Who:** Boys & Girls entering Grades 3-9 who love to play Hoops!

**When:** Monday-Friday, July 8-July 12  
AM Session - 8:30-11:30AM  
PM Session - 12:00-3:00PM

**Where:** Stonington High School Gymnasium  
**Fee:** \$130 for a single Session (AM or PM)  
\$220 for full day both sessions



## SAVE THE DATE!

**STONINGTON  
HUMAN SERVICES**

**BENEFIT GOLF  
CLASSIC 2024**

**Stonington Country Club**  
**Monday, October 7**

## Stonington Cross-Country 5K & Fun Run

**7th Annual!** Mark your calendar and plan to join us on our trails, fields, bridges and finish at the 50-yard line of the track at Stonington High School!

Wednesday, August 14

5:15pm: Registration OPENS (Everyone must check in to get their bib)

5:50pm: Registration CLOSES (Please plan accordingly; we can't allow anyone without a bib to participate)

6:00pm: Children's Fun Run: 1/2 mile (Age 10 & under)  
Cross Country 5K (starts immediately after Children's Run)

**Location:** Spellman Park—Pawcatuck

**Fee:** FREE! If pre-registered online by August 15  
\$5 in person on race day



**Register at:** [http://www.westerlytrackclub.org/stonington\\_xc.html](http://www.westerlytrackclub.org/stonington_xc.html)

## Wed, August 14



# RECREATION



**STONINGTON**  
HUMAN SERVICES

PLAY • PROVIDE • PROSPER

# ADULT EXERCISE

2024

Spring/Summer Fitness & Exercise Classes are offered through the Recreation Division of Stonington Human Services. Please note the location of each class. Outside classes are weather dependent and subject to change.

## Boomers Exercise

Participants use weights, bands and balls to strengthen muscles and increase range of motion. Balance and fall prevention exercises are included. Designed specifically for individuals ages 50 and older. Join at any time. **Age: 50+ Instructor: Michele Gardner**  
**Days: Mon & Wed Time: 8:30-9:30AM Location: St. Michael's Church Hall**

## Chair Yoga

Slow down, stretch and breathe in this 45 minute seated and standing class. Work within your own ability to improve flexibility and soothe tight muscles. Bring a water bottle for hydration. **Instructor: Michele Gardner**  
**Day: Mondays Time: 9:45-10:30 AM**  
**Location: St. Michael's Church Hall**



## Groove & Tone

Groove & Tone uses weights, balls and bands for strength and balance exercises - mixed in with cardio dances - all set to some jazzy music, along with some popular tunes, that you'll be sure to recognize. **Instructor: Tina Pagliusi Day: Fridays Time: 8:30-9:30AM**  
**Location: Stonington Arms**

## Fall Fury & Winter Warriors!

OUTDOOR WORKOUT! Starts back late September with FALL FURY and continues through the winter months. Go at your own pace as we walk 1-2 miles around Spellman Park. Stop along the way to work with weights and do fun activities. A great way to change up your workout schedule as we work through the fall into the winter months!

**Instructor: Michele Gardner Days: Thursdays Time: 9:45-10:30AM**  
**Location: Outdoors - Spellman Park, Ballato Field Parking lot.**

## Class Locations

- ◆ **Spellman Park** - Spellman Drive, Pawcatuck; behind Stonington High School
- ◆ **Stonington Arms** - Community Room; 133 S. Broad Street, Pawcatuck
- ◆ **St. Michael's Church Hall** - 63 Liberty Street, Pawcatuck



## Stretch & Mobility Class

A gentle, steady class of movement, stretches, poses and muscle isolations, performed to music, in a continuous flow of sequences. Participants will stretch, tone, lubricate and lengthen the muscles and joints. Moving the body through these dynamic positions will increase blood flow, oxygen levels, body strength, stability, control and positional awareness. This class can be done at any level of fitness and participants can move at their own pace. No equipment necessary. **Instructor: Tina Pagliusi**  
**Day: Thursdays Time: 11:00-11:45AM**  
**Location: Stonington Arms**

## YOGA for Everyone

Practice a gentle style of yoga that focuses equally on strength, stretching and balance. Perfect for new students and seasoned yogis alike. Please bring a mat or towel/blanket to practice on as well as any additional props that are part of your usual practice (block, strap, pillow, extra blanket). **Instructor: Chelsea Hauck Day: Thursdays Time: 4:00-5:00pm**  
**Location: Stonington Arms**

## Zumba Fitness

Watc

nd location coming this spring  
 **ZUMBA**  
fitness



## Fitness Class Fees / Punch Cards

- Good for any current or future Fitness Class hosted by Stonington Human Services—Recreation Division**
- 10 Class Punch Card \$45.00
  - 20 Class Punch Card \$80.00

Punch cards can be purchased during normal business hours  
Mon-Fri 9am-12pm / 1:00-3:30pm at Stonington Human Services, 166 South Broad Street, Pawcatuck (next door to Stonington High School).



**RECREATION**



# STONINGTON HUMAN SERVICES

PLAY • PROVIDE • PROSPER

## From our Youth & Family Services Division

### TEEN SOCIAL CLUB

Open to youth with disabilities in grades 6-8, this club is intended to focus on providing a safe space to meet new friends and socialize! Fun activities and snacks will be provided. Space is limited and pre-registration is required. If interested please contact Kristen King at [kking@stonington-ct.gov](mailto:kking@stonington-ct.gov) or 860-535-5015

### YOUTH VOLUNTEER PROGRAM

Are you a youth looking for volunteer opportunities? If so, please reach out! Human Services often has events/programs that need volunteers. We can also connect you with the right non-profit fit to make a difference in your community!



### READ TO LAKE!

Dogs make great listeners while students work to build confidence and fluency in reading. Bring your favorite book or borrow one of ours. Lake will be waiting patiently!

### For early readers in Grades K-2

Stonington Early Release Day: Thursday, March 21

**Location:** Stonington Human Services

**Time Slots Available:** 1:30, 1:50, 2:10, 2:30, 2:50 & 3:10pm

Please visit [www.stonington.recdesk.com](http://www.stonington.recdesk.com) to register or call 860-535-5015



Every parent wants a nurturing environment for their young child's early education. Get off to a great start and enroll in our summer camp or school year program! Open to fully potty-trained children ages 3-5. Located within Stonington High School.

### 2024-2025 School Year Program

Monday-Friday (2, 3 and 5-day opportunities) – 9:00am-12:30pm – Quality, affordable program that encourages social, emotional, physical, and intellectual growth. Structured classroom setting with a well-balanced schedule of activities and weekly curriculum themes. Reach out to our Head Teacher to schedule a classroom tour today – [Sstartz@stonington-ct.gov](mailto:Sstartz@stonington-ct.gov). Registration begins March 1<sup>st</sup>.

### SUMMER FUN CAMP



Monday / Wednesday / Friday, 9am-12pm. A great introduction to a preschool setting for the younger child, as well as an opportunity to keep the current student engaged in classroom learning over the summer. Ocean-themed activities, water days and more!



**VAPING**  
 High Nicotine Levels. Harmful Chemicals. Brain Impairment. Serious Lung Damage. Addiction.  
**IT'S NOT WORTH IT.**

Stonington Prescription COUNCIL  
 860-535-5015  
 EDUCATION • COMMUNITY • SAFETY

In 2023, 10.0% of middle and high school students reported current tobacco product use. From 2022 to 2023, current e-cigarette uses among high school students declined from 14.1% to 10.0%. E-cigarettes remained the most commonly used tobacco product among youths – **US Food & Drug Administration**

It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.  
- **Johns Hopkins Medicine**

If your child or a loved one is suffering from nicotine addiction, please contact your healthcare provider or you can also dial 211 for addiction resources.





# STONINGTON REC CAMP

# 2024



# STONINGTON HUMAN SERVICES

RECREATION

Held at **Spellman Park in Pawcatuck** (behind Stonington High School), our camp takes full advantage of on-site sports fields, playground, hiking trails and school facilities for safe, fun-filled weeks of **summer time adventure!** The program is open to campers entering **Grades 1-6 in the Fall of 2024**, running **Monday-Friday 8am to 4pm** (rain or shine) from June 24 to August 16

*\*Start date may be impacted by SPS District snow days*



Theme Days · Crafts · Sports  
Wacky Wednesdays  
Fantastic Fridays  
Field Trips · Nature · Theater  
Music · Camper Time Clubs  
and much, much more!

## CAMP REGISTRATION STARTED FEBRUARY 1st

Join for any 1 (or more) of the  
[8] weeks we are in session!

### Regular Full Day/Full Summer Rates:

Limited to 125 participants

\$775/Resident; \$925/Non-Resident

**Limited space  
still available!**

### Regular Season Weekly Rates:

Choose any one (or more) of the [8] weeks in session.

Limited to 125 participants/week.

\$150/Resident; \$175/Non-Resident

- Week 1 - (6/24-6/28) Harry Potter Week
- Week 2 - (7/1-7/5) no program 7/4 Wet & Wild
- Week 3 - (7/8-7/12) Superheroes & Villains
- Week 4 - (7/15-7/19) Shipwrecked!
- Week 5 - (7/22-7/26) Super Mario Week
- Week 6 - (7/29-8/2) Caribbean Cruise Week
- Week 7 - (8/5-8/9) Olympic Week
- Week 8 - (8/12-8/16) Camp Carnival

