

Old Saybrook Parks & Recreation



Winter Activities

January – March
2018

Visit our website at
www.OLDSAYBROOKREC.com

Registration for all programs begin on
Tuesday, January 2nd

Youth Basketball Registration closes on 12/28/17

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PROGRAM REGISTRATION INFORMATION

- **All recreational programs require advance registration unless noted. Programs are filled on a first come first served basis.**
- **Residents may register in person or online.**
- **Phone reservations can not be accepted.**
- **Parents please note deadlines for registration**
- **Parks and Recreation reserves the right to change dates, consolidate classes, and/or modify programs in order to make programs accessible to the general public.**
- **Full refunds given (7) working days prior to start date of program. 50% refund will be given if cancellation occurs less than (7) working days prior to program.**
- **No refund given after program starts.**
- **A \$5.00 cancellation/transfer fee applies to ALL programs.**
- **Partial scholarships are available for most programs., please speak with Ray Allen for Assistance**



Cancellations

At times it is necessary for us to cancel programs due to circumstances beyond our control. Every effort is made to notify participants and schedule make-up sessions. We follow the lead of Old Saybrook schools when cancelling activities due to the weather. If school is cancelled, recreation programs are cancelled. If school is delayed by 1 hr, recreation programs beginning before 12PM noon will begin 1Hr after scheduled start time. If school is delayed by 2 hrs, recreation programs beginning before 12PM noon will be cancelled. All other programs will start at scheduled time. If school dismisses early, Recreation programs scheduled for after 12PM are cancelled

Registration Starts at 9:00AM promptly in the office or online
Office Registration Accepts Cash, Check, MasterCard or Visa
Online Registration Accepts MasterCard or Visa Only

OFFICE HOURS

Mondays, Tuesdays, Thursdays

9:00AM — 4:30PM

Wednesdays

10:00AM—4:30PM

Fridays & Saturdays

9:00AM-4:00PM

Pick-up schedules for
Gym/Track/Teen Center hours in office

OFFICE PHONE

(860) 395-3152/3154 (fax)

ADDRESS

308 MAIN ST.
(Recreation Center)

COMMISSIONERS

Susan Esty - Chair

Tom Boland

Jim Henderson

Kevin Lane

Star Rueckert

Nancy Gatta

Steve Pernal

Clerk: Sharon Tezzi

STAFF

Ray Allen - Director

Jonathan Paradis - Asst. Director

Taryn Erb – Program and Facility Assistant

Judy Sherman- Office Manager

Jim Price—Rec. Center Maintainer

Adam Laverty & Pat Reagan—Park Maintainer

Winter Ice Skating

Ice Skating on Exchange Pond

Exchange Pond – Located on the corner of Rt. 154 and Bokum Rd. will be open for skating this winter as soon as the weather permits. Ice is tested and posted on weekdays.

Parents please supervise your children. Department supervision provided on weekend days when ice is safe. A warming fire and lighted skating times will be noted at the Park or Call Park & Recreation at 860-395-3152
Skate Safely!!



Clark Community Park (Town Park)

There is No Ice Skating Permitted on Crystal Lake at Clark Community Park. Open Pond Skating can be hazardous. Ice is untested and should be assumed to be unsafe. Look for safety signs.

Recreation Center Special Hours & Closings

22-Dec	Municipal Holiday	Office Closed – Rec. Open
24-Dec	Christmas Eve	Closed
25-Dec	Christmas Day	Closed
31-Dec	New Year's Eve	Closing at 4:00pm
1-Jan	New Year's Day	Closed
15-Jan	MLK Day	Rec Center Open
19-Feb	President's Day	Rec Center Open

Adults

Gentle Yoga

Explore your flexibility to both beginners and experienced. Lots of modification is offered. It's all about you as an individual. Sign up and do something healthy this New Year. Class lasts for 6 weeks and takes place on Monday's and Thursdays at the Vicki Duffy Pavilion.

Dates: Session 4 Jan 11th – Feb. 19th **Non Res. Reg. Date: 1/1/18**

Dates: Session 5 Feb 22nd –April 2nd **Non Res. Reg. Date: 2/12/18**

Fee: \$65.00 Resident \$75.00 Non-resident

Time: 10:00am – 11:00am or 11:15am – 12:15pm

Pickle Ball for Adults

On Monday mornings here at the Rec. center we are offering this exciting game that is taking the country by storm. Indoor and outdoor Pickle ball courts are popping up everywhere you look. Pickle ball is very similar to Tennis, except it is played on a smaller court with a wooden paddle and plastic ball.

Mondays: 9:30am – 11:00am

Ages: 40 and over

Dates: Jan 8th – Feb. 26th or March 5th – April 23rd **Fee:** \$10.00 Non-Resident \$15.00

Pick-up Basketball Times

Come Down to the New Recreation Center and play some great Men's Pickup basketball Games. Play is for Old Saybrook Residents Only. Residents may bring a non-resident guest for a \$2.00 fee.

Mondays: 18 & Over

Time: 7:00-8:30pm

Tuesdays: 30 & Over

Thursdays: **Women's Night**

Indoor Walking Track

The indoor walking track is available for all Old Saybrook Residents and is located in the gymnasium of the Recreation Center. The track is 1/18 of a mile long, meaning it takes 18 laps to complete 1 Mile. Walkers are required to sign in at the front desk. Non-residents must be accompanied by a resident and pay a \$2.00 fee.

Adult Golf Lessons at Fenwick Golf Course – Early Spring

Get ready for the upcoming season!! OSPR is proud to work with Fenwick Golf course to offer golf lessons at the Ryder Cup Course. These lessons will cover 150 yards and down, irons and approaches, putting and how to improve your swing. Instructed by Sue Cart, PGA golf professional at Lake of Isles a Troon Golf property. Four lessons – **Registration will begin on Feb 1st**

Day: Mondays 5:30-7:30pm

Location: Fenwick Ryder Cup Course

Dates: April 23rd, 30th April 7th, 14th

Fee: \$75 RES / \$100 Non RES



Special Family Events

Easter Egg Hunt

Join us for this fun event to find different pieces of wrapped candy. Three different fields around the Recreation Center will be used to “hide” the candy for the kids to find, each field will be for a different age group. Age groups will be 2-4 yr olds on McMurray Field, 5yr olds - 1st graders on the Middle school field, and 2nd & 3rd graders on the Town Green. Please bring a basket to put the goodies in. Please sign up online by March 11th. Bring a camera to take pictures with the Easter Bunny. Co-Sponsored by Old Saybrook Lions Club.



Date: Saturday, March 24th

Fee: FREE

Hunt Times: 2-4 yr olds 11:00am

5yr - 1st Grades 11:15am

2nd & 3rd Grades 11:30am

Annual Rock Hunt at Town Park

It's time to go rock hunting!! This fun annual event will be at Clark Community Park on Schoolhouse Rd. The Hunt will begin at 10:00AM (sharp). Hunters in grades 4th-6th are invited to search the woods for painted rocks which can be traded in for gift certificates, candy prizes and more. Anyone up for the challenge should show up on time with a bag or bucket to collect the rocks. Please sign up online or in the office for this event to give us an idea of numbers.

Date: Friday, March 30th

Grades: 4th—6th

Time: 10:00am

Fee: FREE

Ray Dobratz Annual Fishing Derby

Join us for a fishing derby at Crystal Lake at Clark Community Park on Schoolhouse Rd. See who can claim bragging rights, the children or the adults? Who will get the biggest catch of the day? Children age 5-15 can be accompanied by a family member in this great derby which kicks off the fishing season. The lake will be stocked with trout for all to enjoy. Prizes will be awarded for biggest fish caught. Coffee, Hot chocolate & donuts will be served in the morning and Hotdogs will be available later in the morning. Please register by April 19th.



Date: Saturday, April 28th

Fee: \$5.00 per person

Time: 7:00-10:00am

Participants 16 and older must have a valid CT fishing license.

Old Saybrook Residents Only

New Programming in 2018

Semi-Private Dancing Program w/ USA Dance Kids at Fred Astaire



Come learn this important life skill in a small group setting. This intro to dance experience uses concepts of “lead and follow”, “rise and fall” and “sight lead”. We will focus our small learning environment on Waltz as the signature slow dance and Hustle/Swing during the rhythm portion. Although we use playful techniques, the program allows kids to explore their natural dance/rhythm abilities in a safe space. Students will come away with three full dances at the end and don’t be surprised if their sports and math skills improve as well!

Day: Saturdays 10:30am

Grades: 2nd – 4th

Dates: Jan. 13th, 20th, 27th, Feb. 3rd, 10th

Fee: \$45.00

Location: Fred Astaire Dance Studio

4 kids per class, 30 min classes, 1st come, 1st served. A max of 3 classes

Adult Kickball League

Think the movie dodgeball, but with Kickball!!! This four league team will take place at the Rec. on Tuesday nights. The first 4 captains to register a team of no more than 10 get in on the inaugural season. Rules and more will be discuss at the captain’s meeting. Only the captain needs to register for the whole team.

Wednesdays: 7:00 or 7:45pm

Ages: 18+

Dates: Feb 7th to March 28th

Fee: \$50.00 per team



Sewing Night Out

OSPR is offering an adult night out at the Pavilion where you will make your very own, soft and stylish infinity scarf. For more information please visit our website, space is limited!!

Thursday: 7:00-9:00pm

Ages: 18+

Date: Feb.8th

Fee: \$50.00



Important Websites & Numbers

- **Town of Old Saybrook** www.Oldsaybrookct.org
- **Old Saybrook Youth & Family Services**
http://www.oldsaybrookct.org/pages/oldsaybrookct_youth/index
- **OS Little League** <http://leagueathletics.com/?org=osll.net>
- **Old Saybrook Soccer Club** <http://ossoccer.org/>
- **Old Saybrook Youth Football** www.osyouthfootball.com
- **CT River Ticks Lacrosse Club** <http://tickslacrosse.com/>
- **Old Saybrook Basketball Club** <http://oldsaybrookbasketball.com>

Volunteer Opportunities through Parks and Rec

Parks and Recreation offers many opportunities for your 7-12 grader to earn volunteer hours throughout the year, via our afterschool programs or our season athletic programs. Afterschool opportunities include 1 hour, 5 week programs afterschool at The Goodwin Elementary school, and volunteers are needed for our youth basketball leagues keeping score. Spaces are limited depending on the programs being offered.

If interested, please contact Jonathan Paradis.

Winter Fun

February Vacation Camp

Looking for something fun and exciting for your child to do during our mid-winter break? Your child can enjoy a day of great activities such as tag games, dodge ball, Arts –n- Crafts, movies, bowling and more. Please bring snack and lunch and active clothes, Program runs from 9:00AM—4:00PM and is for K –5th graders. Program is held at the Recreation Center. 2/21 is a “snow flake” day and may become a school day.

Registration will begin Jan. 2nd Space is limited. Sign up early!!

Dates: Feb.19th, 20th & 21st

Ages: K —5th Grade

Times: 9:00AM—4:00PM

Fee: \$75 per wk

CRPA HotShots Contest

The Connecticut Recreation and Parks Association HotShots Contest is a statewide event. Each player will have one minute to shoot from “hotspots” placed on one half of the court. Starting at the center of half-court, the player dribbles into shooting range. The contest challenges a player’s speed, shooting, dribbling, and rebounding ability The top scorer in each division will move on to the next level of the contest. The HotShots Contest is a recreational program designed to promote basketball enthusiasm as much as basketball skill, fun, physical fitness, friendship, and good sportsmanship. Regional winners will play at the state championship level. **OSPR will host the State Championship here at The Rec Center on April 1st.** The three division are

Boys: ages 9-10, 11-12, 13-15 Girls: ages 9-10, 11-12, 13-15

Date: Saturday, March 3rd

Time: Starts at 10:00AM

Ages: 9 - 15

Fee: FREE



"Bringing our community together through excellence in our beaches, Parks, fields, facilities, and programs."



Follow us on Twitter @ OSParksRec



Find us on Facebook Old Saybrook Parks and Recreation



308 Main St.
Old Saybrook, CT, 06475

860-395-3152
860-395-3154 (F)
www.oldsaybrookrec.com

3- 5 Year Old Programs

Silly Science for Jr's

This fun, new program will have your child exploring the world of science in a silly and easy way. Children will participate in small experiments that will have them playing with slime, bubbles, magnets and a whole lot more!

Saturdays: 9:30-10:15am

Dates: Jan 20th, 27th Feb 3rd, 10th, 17th

Ages: 3-5

Fee: \$15.00



Fun with Music

A new program for 2017, is an exciting intro to music, sounds and rhythm. The children will explore a wide range of percussion and other instruments to find the rhythm and keep the beat. Students will even make their own instrument to bring home.

Saturdays: 9:00-9:45am

Dates: March 10th, 17th, 24th, 31st April 7th

Ages: 3-5

Fee: \$15.00

Fun and Games

This class features lots of games and a whole lot of fun. Your child will play games such as parachute games, tag and more. Class takes place in the rec center for 5 weeks.

Saturdays: 9:45-10:30am

Dates: March 10th, 17th, 24th, 31st April 7th

Ages: 3-5

Fee: \$15.00

Creative Dance Movements

Kids learn how to groove to the rhythm of their favorite songs. Kids will learn some basic dance moves with an imaginative mind, clapping hands, and cool props. Class lasts for 5 weeks and takes place at the Recreation Center.

Thursdays: 4:45-5:30pm

Dates: March 1st, 8th, 15th, 22nd, 29th

Ages: 3-5

Fee: \$15.00

Happy Feet Soccer

This class will be taught by Happy Feet Soccer. This program is designed to combine dynamic activity with rapidly developing imagination of preschoolers.

Your child will learn some basic foot skills, dribbling, passing, and shooting. Children must wear shin guards. Class takes place at the Recreation Center and last for 6 weeks.

Ages: 3-5yrs old

Fee: \$30.00

Saturdays: 8:45-9:30am

Dates: Jan 13th, 20th, 27th Feb 3rd, 10th, 17th



K – 3rd Grade Programs

Extreme LEGOS Club

A new program in 2018 is LEGOS Club, where each week your child will get their own LEGOS set to build. These kits will be brand new and contain 100-200 pieces per project. The final project will take two weeks to complete. This program will take place at Goodwin Elementary.

Tuesdays: 3:00-4:30pm

Grades: 1st – 3rd

Dates: Jan. 16th, 23rd, 30th Feb. 6th, 13th

Fee: \$50.00

Arts-N-Crafts

Children in grades 1-3rd can join us on at the Goodwin school where we will make great seasonal arts-n-crafts projects. Each week they will leave with a great new project to show the whole family.

Wednesday: 3:15 – 4:00PM

Grades: K-3rd

Dates: Jan. 17th, 24th, 31st Feb. 7th, 14th

Fee: \$20.00



Color By Number

Join us for an afternoon of art as we all find our inner Picasso. Each participant will be given their own Color by number work book and over the 5 classes, we will have mastered the art of coloring. Class takes place at Goodwin Elementary.

Thursdays 3:15 – 4:00pm

Grades: K-3

Dates: Jan. 11th, 18th, 25th Feb. 1st, 8th

Fee: \$15.00

Cooking Kids

Learn to make homemade snacks and meals and about their ingredients. An introduction to the culinary world! Class takes place at Goodwin Elementary. If you child has any food allergies, you must contact Jonathan Paradis prior to the start of the program.

Fridays: 3:15M – 4:00PM

Grades: 1st - 3rd

Dates: Jan. 12th, 19th, 26th Feb. 2nd, 9th

Fee: \$20.00



Program Brochure Cover Photo Contest

OSPR needs your help with our program brochures. We are running four photo contests to display on the cover of our 4 program brochures. The rules are very simple; we are looking for photos that represent the season and showcase the qualities of our town and department. We will be looking for photos for our spring and summer brochure starting in early March. They can be sent to Jonathan Paradis at

Jonathan.Paradis@OldSaybrookCT.gov

K – 3rd Grade Programs

Crazy 8's Math Club Season 2

Join us for this fun & exciting new program. This program will take math to a whole new and cool level. We will have games and activities all afternoon that will improve math skills. Class takes place at Goodwin Elem.

Tuesdays: 3:15 — 4:15PM

Grades: K-2nd

Dates: Feb 27th, Mar. 6th, 13th, 20th, 27th

Fee: \$15.00



Softy Hockey

Your K– 3rd grader can enjoy this 5 week program that will teach the basic skills needed to play the sport. Class will feature 20 minutes of skill building and 25 minutes of game play all equipment is provided. Sticks are soft for safety reasons. Players must wear non-marking white soled sneakers. Class will be held at the Recreation Center.

Tuesday: 4:15-5:00PM

Grades: K – 3rd

Dates: Mar. 6th, 13th, 20th, 27th, April 3rd

Fee: \$15.00



Peewee Basketball

Children in 1st grade will be exposed to the basic skills required in the game of basketball. Learn dribbling, shooting, passing, teamwork and how to give the high five. Program meets for 5 weeks after school at Goodwin.

WednesdayS: 3:15-4:00pm

Grades: 1st

Dates: Feb 28th, Mar. 14th, 21st, 28th, April 4th

Fee: \$15.00



Dancing Class at Goodwin

Dance for joy with Deb's dance party. Warm up, shake it up, and get down to today's hottest jams. Come and enjoy the fun. Wear comfortable clothes, dance shoes or sneakers, no bare feet. Class takes place at the Goodwin.

Thursday: 3:15-4:15PM

Grades: K-3rd

Dates: Mar 8th, 15th, 22nd, 29th April 5th

Fee: \$15.00



Community Calendar

The Old Saybrook Chamber of Commerce has a great community events calendar on their website to keep you informed on some wonderful events going on in and around town. Visit their website, www.oldsaybrookchamber.com to see all that is going on!



www.OLDSAYBROOKREC.com

4th & 5th Grade Programs

As part of our new afterschool programming, any 4th or 5th grader who is signed up for a program at the Rec that starts at 3:00pm, can attend the Teen Center until the program begins.

Ultimate Frisbee

This fast paced sport is played like football except you don't tackle and you use a Frisbee to score touchdowns!! Learn to throw the Frisbee, pass to teammates, and how to score goals. Class takes place at The Rec.

Wednesdays: 3:00-3:45pm

Grades: 4th-5th

Dates: Jan. 17th, 24th, 31st Feb. 7th, 14th

Fee: \$15.00



Afterschool Basketball

Open gym at the Rec is taking off to new heights. For 5 weeks come to the Rec afterschool to play some pick up style basketball but with a ref and a score board. We will have two divisions (courts) based on skill level.

Wednesdays: 3:00-3:45pm

Ages: 4th – 5th

Dates: March 14th, 21st, 28th April 4th, 11th

Fee: \$15.00



Introduction to Dancing

Every boy and girl should learn the basics of dancing with a partner. In this class we will focus on easy lead and follow techniques while learning Tango, Swing, and Hustle.

Don't be surprised if your sports and math skills improve as a result. A life skill you'll be glad you learned! Class take place at the Fred Astaire Dance Studio on Main St.

Tuesdays: 2:45– 3:45PM

Grades: 4th & 5th

Dates: Jan 16th, 23rd, 30th Feb. 6th, 13th

Fee: \$15.00



Emoji Sewing Class

This 2hr class will take place on a ½ day giving your child a great new experience and skill to learn afterschool. Kids will have their option of 3 emoji's pillows and will learn how to master a sewing machine. Class take place at the Rec.

Thursday: 12:30-2:30pm

Grades: 4th & 5th

Date: March 22nd

Fee: \$45.00



Use your QR Reader App to register online



Teen Center

Friday Night Teen Center

Each Friday night 6th-8th graders can enjoy a night in the Teen Center. The Teen Center offers a wide variety of activities to do in a safe & supervised environment.

We have some special events coming up:

- **Movie Night – January 19th**
- **Co-Ed Indoor Soccer Tournament – February 2nd & 9th**
- **Co-Ed 3 on 3 Basketball Tournament – March 23rd**
- **Volleyball Tournament – April 13th**

Teens sign-in when they arrive and **are not** allowed to leave unless a parent/guardian picks them up or provides permission for them to leave.

Friday Nights: 7:00—9:30PM

Grades: 6th-8th

Membership Fee: \$20.00

Non-Members \$5.00 Each Friday

Teen Center After-School Drop – In

Each day after-school, the Teen Center is open! On Monday through Thursday, the Teen Center is open for grades 6th-8th and then on Friday afternoons, the Teen center is open for grades 4th & 5th only!

The Teen Center offers endless fun and socialization afterschool with a large gym, game room with a pool table, bumper pool table, ping pong, foosball, air hockey and a whole lot more. We also have 3 gaming centers and a great lounge. The Teen Center is staffed with youth development professionals and is a great place to make new friends and hang out with old ones.

The Teen Center is open Monday - Thursday afterschool for grades 6th-8th. A Membership is required to attend after-school, for more information, please visit our website, or contact Taryn Erb at Taryn.Erb@OldSaybrookCT.gov

Monday - Thursday: 2:35—5:30PM

Grades: 6th-8th Only

Membership Fee: \$20.00

Friday Afternoons: 2:35 -4:00pm

Grades: 4th & 5th Only

Membership Fee: \$5.00

½ Days at The Rec.

On a ½ day, the Teen Center will open right when school lets out at 11:55am. When a ½ day falls on a Friday, the TC is for 4th and 5th grade only and until 4:00pm. ½ days on Mondays through Thursdays are for 6th-8th and until 5:30pm.

New with your Teen Center Membership!!!

We are kicking off 2018 by offering two afterschool programs at the Rec to our 6th – 8th Graders with Teen Center Memberships!

January

- **Monday's:** *Floor Hockey with Nick* **Time:** 4:15pm -5:00pm
- **Thursday's:** *Kickball with Alex* **Time:** 4:30pm – 5:00pm

All you need is a Teen Center Membership to participate. For more information contact Taryn at the Rec.

Team Sports / Special Programs

YOUTH BASKETBALL

OSPR Youth Basketball program begins in Jan. with practices and games and runs for (7) weeks. This basketball program is open to boys & girls in grades 2nd – 8th of all abilities. All players receive a shirt and loads of fun. Players will be divided up by gender in the two older divisions and our 2nd-3rd grade league will be co-ed and play on 8' hoops. The league will be divided by Grades 2nd & 3rd, 4th & 5th, and 6th -8th. Teams will have weekly practices and games will be played on Saturday mornings at the Recreation Center.

Divisions are subject to change based on registration numbers.

Coaches are Needed!!!

Games: Jan 13th, 20th, 27th Feb. 3rd, 10th, 17th, 24th

Ages: 2nd – 8th Grades Boys & Girls

Fee: \$30.00



This year's league sponsor is Mike's Barbershop on Main St.

Outdoor Adult Soccer at Maple Ave.

Be on the lookout this winter for our 3rd annual outdoor adult soccer league at Maple Ave. This fun, recreational league is for any adult 18 and older looking to lace the cleats back up and play outside. Registration for this league will take place in February, and will fill up fast. We will start our league in April, so registration will end quickly. Don't delay and register online at oldsaybrookrec.com.

Group Fitness at OSMS

New Year's Resolution...

GET MOVING!!!

Improve your overall health and wellbeing with various types of exercises for all fitness levels!

What: Group Fitness

When: Tuesdays 3:05 - 4:05
(Starting January 2nd, 2021)

Where: OSMS Fitness Room

For Who: YOU!

With Who: Kate Livingston
(OSMS Teacher + AFAA Group Fitness Certified)

Cost: \$30 for 7 classes
For more information or to register, please visit www.oldsaybrookrec.com

For questions, please see Kate or contact Jonathan
Parents at: Jonathan.Peredia@oldsaybrookrec.gov

The logo for Old Saybrook Recreation Program (OSPR) is located at the bottom of the flyer, featuring the letters "OSPR" in a stylized font with "Old Saybrook Recreation Program" written above it.

Afterschool Group Fitness Class

OSPR is offering a new fitness class right after school at OSMS geared for adults who may have just finished the day working with students or any adult who is free at this hour to get a solid workout in. This class will last for one hour and take place at the OSMS Fitness Room.

Tuesdays: 3:05-4:05pm

Dates: Jan. 2nd – Feb. 13th

Ages: 18+

Fee: \$30.00

Athletic Clubs in Old Saybrook

Old Saybrook Soccer Club
Contact Person: Tyler Potts
Phone – 860-989-2398
Email – tylerpotts@icloud.com



Old Saybrook Westbrook Youth Football & Cheerleading
Contact Person – Heather McIntyre
Phone – 860-575-5148
Email - osyouthfootball@gmail.com



Old Saybrook Little League
Contact Person – Jon Walden
Phone – 860-304-9243
Email – Jon.walden@usi.com



Old Saybrook Basketball Club
Contact Person – Ryan Percival
Phone – 434-249-0398
Email – Ryanpercival@comcast.net



Connecticut River Ticks Lacrosse Club
League Website – Tickslacrosse.com
League Email – hsigersmith@me.com



Important Athletic Dates in Town

Old Saybrook Little League

- Registration begins 12/1 and Early Bird discount ends on 2/28
- Skills Day Middle of March
- Opening Day 4/28/18

Old Saybrook Basketball Club

- Annual Meeting in April
- Be on the lookout for some great summer offerings including, summer camp and summer basketball league under the lights!!

Tick's Lacrosse

- Registration for the 2018 season is now open and will close in February
- Dec., Jan & Feb. skills and training clinics for boys and girls
- For more information and to register, visit www.tixlacrosse.com

Old Saybrook Soccer Club

- Spring Registration takes place in March
- Skills Day will take place towards the end of May

OSLL Spring Training at OSPR

Welcome to spring training with Old Saybrook Little League. This four week program is a great way to prepare for the upcoming season, or give baseball or softball a shot if you have not played before. Every session is run by a manager or coach of OSLL.



Softball Pitching and Catching Clinic

This clinic is designed only for those players who will be catching or pitching in the majors this season. It is geared for those individuals to learn the fundamental mechanics of these positions.

Tuesdays: 6:00PM-7:00PM **Ages:** 10-12

Dates: Feb 27th, March 6th, 13th 20th **Fee:** \$5.00

Minor League Baseball Spring Training I

This session is designed for the entry level or new player to baseball. Emphasis is on learning basic fundamentals and techniques of baseball. This program will focus on throwing, catching and hitting to maximize their minor league or tee ball experience.

Tuesdays: 5:00PM-6:00PM **Ages:** 6-7

Dates: Feb 27th, March 6th, 13th 20th **Fee:** \$5.00

Minor League Baseball Spring Training II

This session is designed for the intermediate skill level player or players with some level of baseball/softball experience. Emphasis is on advanced drills in hitting, throwing, running and catching. Goal of this session is to prepare the player to compete effectively at an advanced minor league level.

Wednesdays: 5:00PM-7:00PM **Ages:** 8-9

Dates: Feb. 28th March 7th, 14th, 21st **Fee:** \$5.00

Minor League Softball Spring Training I

This session is designed for the entry level or new player to baseball. Emphasis is on learning basic fundamentals and techniques of baseball. This program will focus on throwing, catching and hitting to maximize their minor league or tee ball experience.

Thursdays: 5:00PM-6:00PM **Ages:** 6-7

Dates: March 1st, 8th, 15th, 22nd **Fee:** \$5.00

Softball Spring Training

This session is designed for the entry level or new player to Softball. Emphasis is on learning basic fundamentals of softball. Throwing & catching the ball, fielding, batting, bunting, base running, pitching, and catcher's position will all be covered. In addition, having fun is a must. Class lasts for 4 weeks and takes place at the Rec Center.

Thursdays: 5:00PM-7:00PM **Ages:** 8-9

Dates: March 1st, 8th, 15th, 22nd **Fee:** \$5.00

OSLL will be offering separate spring training opportunities for all 10 – 12 boys and 10-13 year old girls at the Wide World of Indoor Sports in Montville, CT. For more info please visit them online, their website can be found on page 15.