

# P O R T L A N D



## PARKS & RECREATION



*Fall 2019*



*Get  
Active,  
Get  
Involved!*



### Contact Us!

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Portland CT 06480

#### Office Phone:

860-342-6757

#### Fax #:

860-342-6763

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860-262-7234

#### Website

[www.Portland.Recdesk.com](http://www.Portland.Recdesk.com)

#### Facebook

@PortlandCTParks&Recreation

# FALL 2019 PROGRAMS

<b>Youth Programs.....</b>	<b>- 1 -</b>	<b>Women's /Men's Drop-in Basketball .....</b>	<b>- 4 -</b>
<i>Junior Golf Workshop .....</i>	<i>- 1 -</i>	<i>Adult Co-Ed Volleyball.....</i>	<i>- 5 -</i>
<i>Quick Start Tennis .....</i>	<i>- 1 -</i>	<i>Adult Fall Golf Clinic .....</i>	<i>- 5 -</i>
<i>Pre-Season Youth Basketball Clinics.....</i>	<i>- 1 -</i>	<i>Tai Chi for Long Life – 10 Week Session! .....</i>	<i>- 5 -</i>
<i>Little Ninja's Karate (Ages 3-5).....</i>	<i>- 1 -</i>	<i>Chess Club – for All Ages .....</i>	<i>- 5 -</i>
<i>Karate for Kids (Ages 7+) .....</i>	<i>- 2 -</i>	<i>Yoga with Personal Euphoria.....</i>	<i>- 5 -</i>
<i>Gymnastics &amp; Tumbling (Ages 6+).....</i>	<i>- 2 -</i>	<i>Pilates – 12 Week Session!.....</i>	<i>- 5 -</i>
<i>American Red Cross: .....</i>	<i>- 2 -</i>	<i>Jujitsu for All Ages.....</i>	<i>- 6 -</i>
<i>"When I'm in Charge" .....</i>	<i>- 2 -</i>	<i>Cross Training Boot Camp.....</i>	<i>- 6 -</i>
<i>American Red Cross: .....</i>	<i>- 2 -</i>	<b>Youth League Athletics .....</b>	<b>- 6 -</b>
<i>"Babysitting Class" .....</i>	<i>- 2 -</i>	<i>Portland Travel Basketball Club .....</i>	<i>- 6 -</i>
<b>Youth Dance with Miss Alicia .....</b>	<b>- 3 -</b>	<i>Recreation Basketball .....</i>	<i>- 6 -</i>
<i>Pre-Ballet/ Creative Movement .....</i>	<i>- 3 -</i>	<i>Tee-Ball/ Portland Little League/Softball 2019 .....</i>	<i>- 6 -</i>
<i>Tap/Ballet/Jazz .....</i>	<i>- 3 -</i>	<b>Enjoy and Explore Portland, CT- Beautiful Outdoors!.....</b>	<b>- 7 -</b>
<i>Tap/Ballet .....</i>	<i>- 3 -</i>	<i>Portland Reservoir Rim Trail.....</i>	<i>- 7 -</i>
<i>Kids Cardio Dance Exercise Class.....</i>	<i>- 3 -</i>	<i>Portland Riverfront Park.....</i>	<i>- 7 -</i>
<i>Creative Movement and Music.....</i>	<i>- 3 -</i>	<b>Little Hikers .....</b>	<b>- 8 -</b>
<i>AcroDance .....</i>	<i>- 3 -</i>	<b>Holiday Happenings!.....</b>	<b>- 9 -</b>
<b>Adult Dance with Miss Alicia .....</b>	<b>- 4 -</b>	<i>Pancake Breakfast .....</i>	<i>- 9 -</i>
<i>Adult Tap Exercise Class.....</i>	<i>- 4 -</i>	<i>Holiday Light Parade/ Tree Lighting &amp; Carol Sing.....</i>	<i>- 9 -</i>
<i>Adult Tabata Class .....</i>	<i>- 4 -</i>	<i>Jingle &amp; Mingle, a Festival of Wreaths .....</i>	<i>- 9 -</i>
<b>Adult Programs &amp; Sports .....</b>	<b>- 4 -</b>	<b><i>"COME ON OVER" 5K ZOMBIE RUN.....</i></b>	<b>- 10 -</b>
<b><i>ZUMBA!.....</i></b>	<b>- 4 -</b>	<i>Haunted Trail .....</i>	<i>- 11 -</i>
<i>Hoop Fitness with Cori .....</i>	<i>- 4 -</i>		

## REGISTRATION INFORMATION

Online Registration is easy and available through [ww.Portland.Recdesk.com](http://ww.Portland.Recdesk.com) – refer to “help” tab for further instructions

- Create a new user account on the right sidebar if you don't already have one
- Include any household member that will be participating in Parks and Recreation programs

Fill out and drop off or mail in our registration form on the next page of this program packet

- Payment in the form of cash or check must be included with the registration form – Thank you!

**PORTLAND PARKS AND RECREATION**  
**Po Box 71, 265 Main Street, Portland, CT 06480**  
**Phone:** 860-342-6757 **Fax:** 860-342-6763 **Hotline:** 860-262-7234  
**Register online:** portland.recdesk.com **Website:** [www.portlandct.org](http://www.portlandct.org)

Participant's Name \_\_\_\_\_ Phone \_\_\_\_\_ Grade \_\_\_\_\_

Street Address \_\_\_\_\_ Apt # \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_ Email \_\_\_\_\_

Parent/Guardian Information- Required for All Participants Under the Age of 18	
Parent/Guardian Name:	Parent/Guardian Name:
Phone Numbers: <ul style="list-style-type: none"> <li>• Home: _____</li> <li>• Work: _____</li> <li>• Cell: _____</li> </ul>	Phone Numbers: <ul style="list-style-type: none"> <li>• Home: _____</li> <li>• Work: _____</li> <li>• Cell: _____</li> </ul>
Email:	Email:
Child's Physician:	Phone:
<b>Please provide anyone authorized for child pick-up.</b>	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>

**Emergency Information:**

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

**Please include any medical concerns or allergies that we should be aware of:**

\_\_\_\_\_

**In case of an emergency, may we transport via ambulance? Please circle: Yes      No**

I give the Portland Parks and Recreation Dept. permission to use any photographs taken during the program to be used in any advertising, i.e. web site, program literature: **Yes      No**

Program(s)	Date & Time	Fee

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland DO NOT assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department. The Parks & Recreation Department has the right to cancel any program if the minimum participation has not been met.

If under the age of 18 years old, please have parent or guardian sign below

Guardian/Participant \_\_\_\_\_  
(Print Name) (Signature) (Date)

## Youth Programs

### Junior Golf Workshop with Gerry D'Amora

This workshop is designed to acquaint participants with the game of golf. The daily schedule includes demonstrations, learning the rules of golf, golf skills & techniques, learning the short game (putting and chipping), golf etiquette, and a chance to walk and play Portland's Executive Course, Portland West. If you have clubs please bring them. Sneakers are allowed. The instructor will announce rain dates.

**Fee:** \$75 per session  
**Site:** Portland West Golf Course  
**Min:** 8 ~ participants  
**Max:** 10 participants

#### Monday Session 1 (Grades K-2)

**Dates:** Sept. 9 – 30  
**Time:** 4:30pm – 5:30pm

#### Monday Session 1 (Grades 3-8)

**Dates:** Sept. 9 – 30  
**Time:** 5:30pm – 6:30pm

#### Monday Session 2 (Grades K-8)

**Dates:** Oct. 7 – 28  
**Time:** 4:30pm – 5:30pm



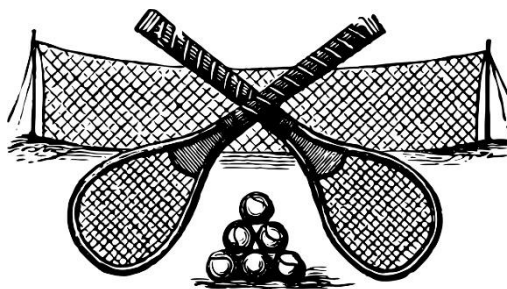
### Quick Start Tennis

Quick Start Tennis is an exciting new instruction and play format for learning tennis. It is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified games tailored to any age and size of the player. This is a proven method to accelerate your child's development and enjoyment of the game. For more information, go to: [www.partners.quickstarttennis.com](http://www.partners.quickstarttennis.com).

**Fee:** \$57  
**Site:** Portland High School Tennis Courts  
 (PHS Gym if it rains)

**Tuesday: Sept. 24 – Oct. 29**

**Grade:** K – 2<sup>nd</sup>  
**Time:** 5:30pm – 6:15pm  
**Grade:** 3<sup>rd</sup> – 5<sup>th</sup>  
**Time:** 6:15pm – 7:00pm  
**Grade:** 6<sup>th</sup> – 8<sup>th</sup>  
**Time:** 7:00pm – 7:45pm



### Pre-Season Youth Basketball Clinics

This is a great chance to get ready for the season!!! The Parks and Recreation Department will be hosting a series of pre-season drills and clinics during the fall to help prepare youth in grades 1-4 for Basketball.

**Fee:** \$20 (all 3 dates)

#### Grades 1&2

**Valley View- Thursday: Dec 5, 12, 19**

Girls: 5:00pm – 5:45pm

Boys: 6:00pm – 6:45pm

#### Grades 3&4

**Gildersleeve School- Thursday: Nov. 7, 14, 21**

Girls: 5:30pm – 6:30pm

Boys: 6:30pm – 7:30pm

### Little Ninja's Karate (Ages 3-5)

This class taps into the "Inner Ninja" in every kid and will focus on learning some basic karate moves, listening skills, balance and coordination, taking turns and more. Parents are welcome to participate. If you or your child is a fan of American Ninja Warrior, this is the class for you!!

**Fee:** \$60  
**Site:** Inner Circle Family Martial Arts Studio

#### Monday Session 1

**Dates:** Sept. 9 – Oct. 14  
**Time:** 3:15pm – 4:00pm

#### Tuesday Session 1

**Dates:** Sept. 10 – Oct. 15  
**Time:** 4:00pm – 4:45pm

#### Monday Session 2

**Dates:** Oct. 21 – Nov. 25  
**Time:** 3:15pm – 4:00pm

#### Tuesday Session 2

**Dates:** Oct. 22 – Nov. 26  
**Time:** 4:00pm – 4:45pm



## Karate for Kids (Ages 7+)

Open to kids with or without karate experience. Focus on proper form, self-defense, body-control, self-confidence, katas and more! All students receive a white belt and will earn their first stripe during this session! Gi's provided at reduced cost.

**Fee:** \$60

**Site:** Inner Circle Family Martial Arts Studio

### Friday Session 1

**Dates:** Sept. 13 – Oct. 18

**Time:** 4:00pm – 4:45pm

### Mondays Session 1

**Dates:** Sept. 9 – Oct. 14

**Time:** 5:00pm – 6:00pm

### Fridays Session 2

**Date:** Oct. 25 – Nov. 29

**Time:** 4:00pm – 4:45pm

### Mondays Session 2

**Dates:** Oct. 21 – Nov. 25

**Time:** 5:00pm – 6:00pm

## Gymnastics & Tumbling (Ages 6+)

These classes are ideal for both the beginner and advanced students. The focus will be on floor skills such as balance, cartwheels, rolls, and handsprings. Balance beam and some bar work will be performed. Each student will be assessed and pushed to perfect existing skills while learning more advanced moves.

**Fee:** \$70

**Site:** Inner Circle Studio

**Day:** Thursday

**Dates:** Sept 12 – Oct. 24

**Time:** 6:00pm – 7:00pm



## American Red Cross:

### “When I’m in Charge”

“When I’m In Charge” is designed for youth, ages 7 and up. The program instills increased confidence, and the ability to feel safe & in control when home alone through teaching how to act safely, think responsibly, and be independent decision makers.

**Topics include:** Answering the door or telephone, Internet Safety, Gun Safety, Who and When to call in an emergency

**Each child will receive:** Student workbook which includes, emergency information sheet, house rules form, how to call 911 card.

**Fee:** \$35

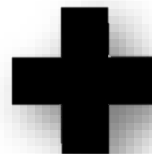
**Site:** Waverly Center

**Instructor:** Terri Benoit

**Day:** Friday, October 18

**Time:** 5:45pm – 7:15pm

**Age:** 7 and older



## American Red Cross:

### “Babysitting Class”

Although every situation is unique, there are some universal skills and techniques that every babysitter should have. American Red Cross Babysitting courses were designed with this principle in mind and can help you deliver the care that families need. Just a few of the things covered in this course include: Basic Care for Infants and Children, Basic First Aid, Child Behavior, Age-Appropriate Activities, Emergency Protocols, Professionalism, Leadership, and Growing Your Business.

**Fee:** \$60

**Site:** Buck Foreman Center

**Instructor:** Terri Benoit

**Day:** Monday & Tuesday- November 25, 26

**Age:** 11 – 15 years

**Time:** 12:15pm – 2:45pm





## Youth Dance with Miss Alicia

### Pre-Ballet/ Creative Movement

This class is for young dancers who want to express their independence without the assistance of an adult. Dancers will learn pre-ballet movement to popular children's music through singing and dancing. Props such as hoops, bean bags, lummi sticks and more will be used. Dancers should wear comfortable clothing that allows for movement and ballet shoes/slippers.

**Fee:** \$165  
**Site:** Conn Valley Music & Dance Center  
**Day:** Tuesday  
**Date:** Sept. 10 – Dec. 10  
**Time:** 4:30pm – 5:00pm  
**Age:** 2 to 4 years



### Tap/Ballet/Jazz

Dancers will learn tap technique, ballet coordination and flexibility with Jazz as we chasse, gallop and leap across the floor. **Girl's attire:** t-shirt, leotard and tights **Boys: shorts or athletic pants. Ballet & tap shoes are required.**

**Fee:** \$189  
**Site:** Conn Valley Music & Dance Center  
**Day:** Wednesday  
**Date:** Sept. 11 – Dec. 4  
**Time:** 5:20pm – 6:05pm  
**Age:** 5 – 8 years

### Tap/Ballet

Tap steps and dance terminology will be taught while dancing with arms & legs. Props are used to increase creativity, hand eye coordination and fun! **Girls attire:** t-shirt, leotard and tights **Boys: shorts or athletic pants. Ballet & tap shoes are required.**

**Fee:** \$189  
**Site:** Conn Valley Music & Dance Center  
**Day:** Monday  
**Date:** Sept. 9 – Dec. 16  
**Time:** 9:50am – 10:35am  
**Age:** 2 – 4 years

### Kids Cardio Dance Exercise Class

This high energy class for boys and girls will get you moving! Props will be used to incorporate many different styles of dance and movements. Children should wear comfortable clothing that allows for movement.

**Fee:** \$165  
**Site:** Conn Valley Music & Dance Center  
**Day:** Tuesday  
**Date:** Sept. 10 – Dec. 10  
**Time:** 5:55pm – 6:25pm  
**Age:** 6 – 14 years

### Creative Movement and Music

Children and adults will enjoy creative movement and music activities to help develop motor, social and listening skills. Props such as bean bags, ribbons, hoops, & Lummi sticks will be used. Dancers should wear comfortable clothing that allows for movement.

**Fee:** \$165  
**Site:** Conn Valley Music & Dance Center  
**Day:** Monday  
**Date:** Sept. 9 – Dec. 16  
**Time:** 11:20am – 11:50am  
**Age:** 3 years old

### AcroDance

A fun way to explore dance & acrobatics! The focus of this program includes learning the beginner acro positions, locomotive skills (jumping, hopping, etc.) and balance skills that prepare dancers for mixing dance and tumbling! Attire: Leotard & tights for girls and t-shirt & shorts/athletic pants for boys along with ballet shoes.

**Fee:** \$165  
**Site:** Conn Valley Music & Dance Center  
**Monday Class**  
**Date:** Sept. 9 – Dec. 16  
**Time:** 10:45am – 11:15 am  
**Age:** 3 – 5 years  
**Wednesday Classes**  
**Date:** Sept. 11 – Dec. 4  
**Time:** 4:15pm – 4:45 pm // 4:45pm – 5:15pm  
**Age:** 3-5 years // 5-8 years

## Adult Dance with Miss Alicia

### Adult Tap Exercise Class

Love to Tap or always wanted to try? Want to incorporate it into a workout? Then this is the class for you! No experience needed! You're going tap your way into a great workout!

**Fee:** \$120  
**Site:** Conn Valley Music & Dance Center  
**Day:** Tuesday  
**Date:** Sept 10 – Dec. 10  
**Time:** 6:30pm – 7:00pm

### Adult Tabata Class

Perfect for people with limited time who want the most efficient workout! Tabata is a high intensity interval training – 20 seconds of high intensity exercise (at your own pace) followed by 10 seconds of rest. Great workout for any fitness level. bring your own mat.

**Fee:** One class per week - \$120  
Two classes per week - \$192  
Three classes per week - \$216  
**Site:** Conn Valley Music & Dance Center  
**Monday**  
**Time:** 9:15am – 9:45am  
**Dates:** Sept. 9 – Dec. 16  
**Tuesday**  
**Time:** 5:45am – 6:15am and 7:15pm – 7:45pm  
**Dates:** Sept. 10 – Dec. 10  
**Thursday**  
**Time:** 5:45am – 6:15am  
**Dates:** Sept. 12 – Dec. 5



## Adult Programs & Sports

### ZUMBA!

Zumba fitness uses Latin rhythms and easy to follow moves to create a dynamic program that will totally change the way you look at fitness! Zumba is an exhilarating, caloric-burning, body-energizing, and exciting program that will totally blow you away! Once you've tried Zumba, you will be hooked on the most amazing fitness program you have ever experienced! So come on, "Stop the workout and Join the Party!"

\*FREE CLASS on September 4th 2019! Try it!\*

**Fee:** \$55 per session or \$8 drop-in fee  
**Site:** Valley View Gym

**Day:** Wednesday  
**Date:** Sept. 4 – Nov. 20 (No Class Oct. 23)  
\*10 Week Session\*  
**Time:** 6:15pm – 7:15pm  
**Age:** 13 and older; participants under 18 must be accompanied by a registered adult.

### Hoop Fitness with Cori

Come join the hoopla!! Join America's Fit Mrs. and certified FXP hoop instructor Cori Magnotta and burn up to 600 calories per hour while having fun! This class combines the elements of barre, Pilates and yoga while providing an intense cardio and core workout for maximum results in a fun and supportive environment. Beginners welcome!

**Fee:** \$80  
**Site:** Inner Circle Family Martial Arts Studio  
**Day:** Tuesday  
**Date:** Sept. 10 – Oct. 29  
**Time:** 7:00pm – 8:00pm

### Women's /Men's Drop-in Basketball

Looking for the opportunity to shoot some hoops and brush up on your game? Open to Portland residents only, please. Must be 18+

**Site:** Portland Middle School Gym  
**Day:** Monday (women) / Tuesday (men)  
**Date:** 9/23- 4/6 (women) / 9/10-4/7 (men)  
**Time:** 7:00 – 8:30 (women) / 7:30 – 9:00 (men)



## Adult Co-Ed Volleyball

Participate in competitive and/or non-competitive drop-in volleyball. Bring your friends and join the fun! Sneakers must be worn. This program is free. Must be 18+

**Site:** Gildersleeve School gym

**Day:** Wednesday

**Date:** October 16 – May 20

**No volleyball on:**

**\*11/27, 12/18 & 25, 1/1 & 22, 3/25, 4/14 & 22\***

**Competitive Play:** 5:00pm – 6:30pm

**Non-competitive Play:** 6:30pm – 8:00pm



## Adult Fall Golf Clinic

Interested in learning how to play golf? Portland West's PGA Professional, Gerry D'Amora will instruct this 5 week session!

**Fee:** \$110

**Site:** Portland West Golf Course

**Day:** Tuesday

**Date:** Sept. 10 - Oct. 8

**Time:** 5:30pm – 6:30pm



## Tai Chi for Long Life – 10 Week Session!

*Tai Chi for Long Life* is a unique health and fitness program designed to help relieve chronic pain and sickness, reverse many symptoms associated with normal aging, significantly reduce the harmful effects of stress, instill a deep sense of calm and relaxation, increase vitality and improve one's overall quality of health. Tai Chi has been proven through scientific studies to improve balance, alleviate arthritis, reduce bone loss due to osteoporosis and manage blood sugar levels.

**Instructor:** Ken Zaborowski

**Fee:** \$42- 1 class per week

\$84- 2 classes per week

\$6 per drop in

**Site:** Buck Foreman Community Center

**Wednesdays**

**Date:** Sept. 25 – Dec. 4

**Time:** 9:30am – 10:30am

**Saturday**

**Date:** October 5 – Dec. 7

**Time:** 11:00am – 12:00pm



## Chess Club – for All Ages

Join us Sunday nights for an evening of chess and great conversation! Whether you're a beginner or ranked player come on down and play the king's game! Challenge yourself and others, improve your play, and meet other chess lovers! All ages and skill levels welcome and we will have a club tournament on the last class!

**Fee:** \$80

**Site:** Inner Circle Family Martial Arts Studio

**Day:** Sunday

**Date:** September 8 – October 27

**Time:** 6:00pm – 8:00pm

**Age:** All ages welcome

## Yoga with Personal Euphoria

Unwind and recharge your batteries as you surrender into Yoga poses designed to strengthen your core, build stamina, and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered making this class fun, safe, and challenging for all levels. Please bring a mat (there are a few available in the class), a water bottle, and any props (pillow, yoga block, blanket, etc.) that will add to your comfort. Mixed level class.

**Fee:** \$60

**Site:** Buck Foreman Community Center

**Day:** Friday

**Date:** Sept. 13 – Dec. 6

**Time:** 5:30pm - 6:30pm



## Pilates – 12 Week Session!

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose limbs. The exercises provide multiple variations to meet the needs of different body types. This class will focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and gluts), and improve balance and coordination between the body's limbs. Class is taught by a Personal Euphoria Pilates Certified Instructor.

**Fee:** \$60

**Site:** Buck Foreman Community Center

**Day:** Thursdays

**Dates:** Sept. 12 – Dec. 12

**Time:** 5:30pm – 6:30pm

**Age:** 18 years and older



## Jujitsu for All Ages

Jujitsu, known as the “gentle art,” is an ancient Japanese martial art that uses an opponent’s energy against themselves. In addition to learning a variety of joint locks, disarms, pins, and throws, you will also learn to properly fall, neutralize aggression, and become more aware of your surroundings. All ages and skill levels welcome.

**Instructor:** GM Dennis Bivens

**Fee:** \$60

**Site:** Inner Circle Family Martial Arts Studio

### Saturday Session 1

**Dates:** Sept. 14 – Oct 19

**Time:** 11:15am – 12:30pm

### Saturday Session 2

**Dates:** Oct. 26 – Nov. 30

**Time:** 11:15am – 12:30pm



## Cross Training Boot Camp

Training for a Tough Mudder? Spartan Race? American Ninja Warrior? This is the class for you! Get stronger, faster, fitter and more flexible than you thought possible. This full body workout focuses on core, cardio and a variety of body weight exercises. All skill and fitness levels are welcome. This class is for ages 14 and older, but kids are welcome to participate if the parents feel comfortable.

**Instructor:** Michael Pelton

**Fee:** \$60

**Site:** Inner Circle Family Martial Arts Studio

### Saturday Session 1

**Dates:** Sept. 14 – Oct. 19

**Time:** 7:30am - 8:30am

### Monday Session 1

**Date:** Sept. 9 – Oct. 14

**Time:** 7:00pm – 8:00pm

### Saturday Session 2

**Date:** Oct. 26 – Nov. 30

**Time:** 7:30pm – 8:30pm

### Monday Session 2

**Date:** Oct. 21 – Nov. 25

**Time:** 7:00pm – 8:00pm

## Youth League Athletics

### Portland Travel Basketball Club

**Registration is Open!**

**Basketball:** grades 4 - 8

**Cheerleading:** grades 5 – 8

**5th Annual Red & Black Golf Tournament**

**Register @** <http://portlandcttravelbasketball.com>

- Returning families can use their old account
- New families must create an account
- You may add siblings to an existing account

Evaluations are scheduled for **Monday, October 7<sup>th</sup>** at Portland High School & Portland Middle School

- No payment is needed to register
- The season runs through early March

### Recreation Basketball

Recreation Basketball is a separate registration from Travel Ball. Please stay tuned for the Parks & Recreation Basketball Brochure and information in early October. See you on the court!

Basketball brochure/information will be Available early **October!**

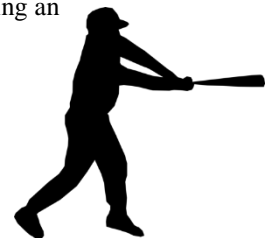


### Tee-Ball/ Portland Little League/Softball 2019

Portland Little League offers softball and baseball programs for players ages 5-16. These programs are not offered through the Portland Parks & Recreation Department. Please see the PLL website for age requirements.

**Opening day is around the corner!**

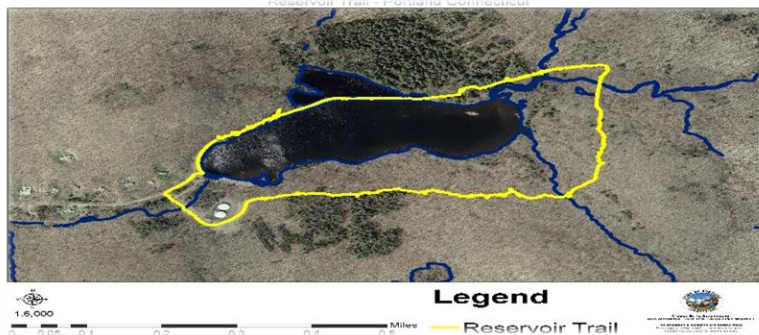
Information for Portland Little League seasonal registration can be found by visiting their web site at [www.portlandctlittleleague.org](http://www.portlandctlittleleague.org) or by sending an email to [infor@portlandctlittleleague.org](mailto:infor@portlandctlittleleague.org)



## Enjoy and Explore Portland, CT- Beautiful Outdoors!

### Portland Reservoir Rim Trail

A natural hiking trail that loops around the Portland Reservoir. This trail is two miles, well established, and is blazed with red marks. The first section of the trail takes you along the edge of the reservoir. As you pass through a large gate into the next trail section, you turn right on the Old Marlborough Turnpike (early Portland settlement area). This trail takes you on along the East side of the reservoir and over the largest water crossing, Reservoir Brook. Once you cross Reservoir Brook, enjoy a stretch of hiking until you come to a right turn. You will cross a foot bridge that was completed as an Eagle Scout project. Continue to hike parallel of the southern bank of the reservoir until you reach a fork in the trail- follow it right. After the fork, you will come to the 3rd and final water crossing. This trail will lead you back to the main parking area.



### Portland Riverfront Park

Enjoy a walk or a hike through Portland's beautiful 40 acre Riverfront Park.

### Riverfront Park Rental Information (284 Brownstone Avenue, Portland CT 06480):

- Rental pricing is currently being updated and we will be able to provide the community with more accurate information approximately December 2019.
- The pavilion and or band shell at Riverfront Park is available for rent starting January 1<sup>st</sup> of the rental year.
- Rentals are available between May 1<sup>st</sup> and October 31<sup>st</sup>



## Little Hikers



## JOIN US FOR THE FALL HIKE!!

**Saturday, September 28 – 11 a.m. at Riverfront Park.** We will be enjoying a new **AND IMPROVED** Story Walk together. A special community collaboration to bring families, books, and nature together!

**Saturday, October 19 – 11:00 a.m. at the Portland Airline Trail.** We will be hiking and learning about this beautiful Portland spot.

**PLEASE RSVP.** [earlychildhoodcouncil@portlandct.org](mailto:earlychildhoodcouncil@portlandct.org)

**860-342-6758**

Maps and directions are available at Portland Youth Services, Portland Town Hall, or on the Youth Services page on [www.portlandct.org](http://www.portlandct.org). Directions will be sent out via email each month. To be added to the contact list, email [earlychildhoodcouncil@portlandct.org](mailto:earlychildhoodcouncil@portlandct.org). If the program will be canceled due to poor weather conditions an email will be sent out. You can also call the Parks & Recreation hotline at (860) 262-7234 on the day of the hike to learn if it has been canceled. Bring water, a snack if wanted, bug spray, and what you need. **Please, no dogs.**



Check us out on Facebook or visit the Youth Services Page at <http://portlandct.org> for more program information



Middlesex United Way

## Holiday Happenings!

Come and enjoy Portland's Weekend of  
**Holiday Happenings** for the Family!

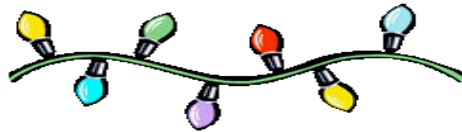


Sunday December 8th



**Pancake Breakfast** at Company #1 Fire House, Middlesex Ave from **7:00 to 11:00**. Your choice all you can eat of Plain, Blueberry & Chocolate Chip Pancakes, Sausage and Beverage. Cost Adults \$6.00, children \$3.00, for each unwrapped toy receive a free breakfast. (Toys will be distributed by Portland Youth Services, throughout Portland)

**Santa** will be there from **9:00 AM to 11:00 AM** for Pictures with your Children (Take your own or support Portland Youth Services programs and pay \$3.00/picture). Teen Youth Action Council will also be on hand to make crafts with the children.



### **Holiday Light Parade/ Tree Lighting & Carol Sing**

Sponsored by Portland Park & Rec. and Portland Youth Services

Come back downtown at **5:00** to see the Holiday Light Parade. Starting at the Town Hall on East Main St., down Freestone Ave., ending at Brownstone School for the Tree Lighting and Carol Sing. **Special Guest will be Santa.**

**If inclement weather please call (860)262-7234 for parade cancellation info.**



### **Portland Historical Society Fundraiser**

#### **Jingle & Mingle, a Festival of Wreaths**

Wreaths decorated by individuals, businesses and organizations will be on display in the carriage house behind 329 Main St. on Saturday **December 7th** & Sunday **December 8th from 12:00PM to 4:00PM**. Everyone will be able to buy tickets for a chance to win their favorite wreath. Winning tickets will be drawn on Sunday 4:00 pm just before the Holiday Light parade.

**Just think all this and you haven't left Portland**



P O R T L A N D



PARKS & RECREATION



PRESENTS THE 16<sup>TH</sup> ANNUAL

## "COME ON OVER" 5K ZOMBIE RUN

THEMED COSTUMES ARE HIGHLY SUGGESTED!

Chip Timing Managed by Platt Timing-  
Manchester, CT

*Saturday, October 12, 2019 rain or shine*

Registration: 7:30AM

Race Starts: 9AM

# Portland Riverfront Park

284 Brownstone Ave. Portland, CT 06480

Register at the Parks & Recreation Office or online

[www.portland.recdesk.com](http://www.portland.recdesk.com)

<https://runsignup.com/race/ct/portland/comeonover5Kandwalk>

**Early Bird Registration (on or before September 27)**

18 & under runners/walkers \$15.00

19 & over runners \$20.00

+ \$5.00 after September 27 and Day of Registration

For more information please contact:

Portland Parks & Recreation 860-342-6757

Nate Foley- [N Foley@portlandct.org](mailto:N Foley@portlandct.org)

Andy Dionne- [ADionne@portlandct.org](mailto:ADionne@portlandct.org)





## Haunted Trail



**Brownstone Quorum**  
and Portland Park and Rec  
**2019**



# Haunted Trail Tour

Take a spooky walk in the Haunted Woods!

## PORTLAND RIVERFRONT PARK

**Saturday, October 12<sup>TH</sup> , Rain Date 13<sup>TH</sup>**

**BEFORE DARK - FOR YOUNGER KIDS UP TO 10 YEARS OLD:**  
3:00 pm to 6:00 pm

**AFTER DARK - FOR OLDER KIDS 11+ YEARS OLD:**  
6:30 pm to 9:00 pm

**Fun games, Activities, Prizes!**

**SPECIAL GUESTS: THE CONNECTICUT GHOSTBUSTERS!**

**Main St to Middlesex Ave, Left on Brownstone Ave**

**Admission \$ 7.00**

**Children 2 y.o. and under free**  
For cancellation information, call  
**860-262-7234**

