

PORTLAND PARKS AND RECREATION

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SUMMER ENRICHMENT PROGRAMS 2018

**SKYHAWKS PROGRAMS
HIGHLANDER BASKETBALL ACADEMY
860 BASEBALL CLINIC
QUICKSTART TENNIS
SLAMMA JAMMA BASKETBALL CAMP
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PORTLAND LIBRARY – FAMILY SUMMER SHOWS.**

Register on – line – portland.recdeck.com

Mail in Registration – Portland Parks and Recreation, PO Box 71

Website: - www.portlandct.org

Call us: 860-342-6757

Fax information to us: 860-342-6763

Like us on Face Book

YOUTH PROGRAMS



SUMMER BASKETBALL PROGRAMS

HIGHLANDER BASKETBALL ACADEMY

“An Elite co-ed Basketball Clinic”

A week long clinic for boys and girls entering grades 4 – 9 is being offered. The Clinic Director will be Coach Alan Stekloff, Head Basketball Coach of the Portland Boys High School Team along with the team members of the Boys and Girls PHS basketball teams. The focus on the program will be fundamental team and individual skills. Each day participants will be taught new offensive, defensive, and game skills through demonstration, shooting technique, and drills and so much more! Lectures will be conducted throughout the week by former high school, college coaches and players!

Day: Monday - Friday

Date: July 9 – 13th

Site: PHS & PMS Complex

Grade: 4 – 9 as of Sept. 2018

Time: 9:00 – 3:00 pm

Fee: \$175

Participants attending are required to bring a lunch and drinks to stay hydrated

Snacks & and Drinks will be sold at the concession stand

**Each participant will receive a T-Shirt*

SLAMMA JAMMA BASKETBALL CAMP

This camp will have one half day session and one full day session. The camp will feature skills, awards, games and special guests. Each participant will receive a FREE BALL and FREE SHIRT!

Date: July 23 - 27

Day: Monday - Friday

Site: PHS Gym

Full Day Camp: 9:00 am to 3:00 pm

Fee: \$155 Grade 4 - 9

Half Day Camp: 9:00 am to Noon

Fee: \$130 Grades: K – 3

860 BASEBALL CLINIC

Join us for a positive, safe, fun and educational experience where your child will be able to enhance their baseball skills through the knowledge and experience from our highly qualified staff. Games will be held at the end of each session.

Day: Monday - Thursday

Date: June 25 – 28 (Rain Date June 29)

Site: Bransfield Park

Age: 8 – 12 years old

Time: 9:00 – 1:00 pm

Fee: \$125



QUICK START TENNIS PROGRAM

QuickStart 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 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.

Days: Tuesdays **Dates:** June 26 – July 31
Grade: K-2 **Time:** 5:45 – 6:30 pm **Fee:** \$55
Grade: 3-5 **Time:** 6:30 – 7:15 pm
Grade: 6-8 **Time:** 7:15 - 8:00 pm **Site:** PHS Courts
Limit 16 **Instructor:** Karen Piazza USPTP certified coach

SUMMER GOLF

JUNIOR GOLF WORKSHOP

With PGA GOLF PROFESSIONAL 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 give rain date. Max. 10.

Grade Entering: K – 2 **Time:** 4:30 – 5:30 pm
Grade Entering: 3 – 5 **Time:** 5:30 – 6:30 pm
Grade Entering: 6 – 8 **Time:** 6:30 – 7:30 pm

SESSION 1

Day: Monday - Thursday **Fee:** \$75 per session **Site:** Portland West
Date: June 25 – 28 **Rain Date** – June 29

SESSION 2

Day: Monday - Thursday **Fee:** \$75 per session **Site:** Portland West
Date: July 16 - 19 **Rain Date** – July 20

SESSION 3 – Tuesday Night Class

Day: Tuesdays **Fee:** \$75 per session **Site:** Portland West
Date: July 24 – August 14 **Rain Date** – TBD

Brownstone Discovery & Exploration Park
Portland Free Days for General Swim Pass
Monday May 28 / Sunday June 17 / Monday August 6 / Saturday Sept. 8

SKYHAWKS YOUTH SPORTS

SKYHAWKS TENNIS

Skyhawks Sports Tennis focuses on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way.

Date: July 30 – August 3 **Day:** Mon. – Fri. **Time:** 9:00 a.m. -12 noon
Age: 6 to 12 **Fee:** \$119 **Min:** 8 **Max:** 16
Site: Portland High School Tennis Courts

SKYHAWK TINY-HAWK (Soccer & Basketball)

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans.

Date: August 13 – 17 **Day:** Monday – Friday **Time:** 8:30 – 9:15 am.
Age: 3 – 4 **Fee:** \$55 **Min:** 6 **Max:** 12
Site: Middlesex Avenue Fields

SKYHAWKS MINI –HAWK (Soccer, Baseball & Basketball)

SkyHawks multi-sport program was developed to give children a positive first step into athletics! The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a big focus on fun. The SkyHawk staff are trained to handle the specific needs of young athletes.

Date: August 13 – 17 **Day:** Monday – Friday **Time:** 9:30 a.m. – 12:30 p.m.
Age: 4 – 6 **Fee:** \$119 **Min:** 10 **Max:** 20
Site: Middlesex Avenue Fields

SKYHAWKS MULTI-SPORTS (Soccer, Baseball, Basketball & Flag Football)

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

Date: August 13 – 17 **Day:** Monday – Friday **Time:** 9:00 a.m. – 12:30 p.m.
Age: 7 – 10 **Fee:** \$119 **Min:** 10 **Max:** 20
Site: Middlesex Avenue Fields

EXCEPTIONAL YOUTH EDUCATION SERVICE

With LEGOS

S.T.E.A.M. WORKS USING LEGO

Children are working standards LEGO materials to problem solve pre-engineering challenges involving structure, levers, gears, pulleys, and other elements of simple machines. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Day: Monday-Friday **Fee:** \$135 **Age:** 7 to 9
Time: 9:00 a.m. – Noon **Site:** Buck Foreman Bldg.
Dates: July 9 – 13 **Min.** 8/Max. 24

FULL S.T.E.A.M AHEAD USING LEGO

Children are learning and strengthening building techniques and problems solving while working with more complex LEGO mechanisms that reinforce skills learned in the younger age programs. Most challenges are open ended and individualized for your child's ability and interest. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Day: Monday-Friday **Fee:** \$135 **Age:** 10 to 12
Time: 1:00 – 4:00 PM **Site:** Buck Foreman Bldg.
Dates: July 9 - 13 **Min.** 8/Max. 24

BUILD WITH ME USING LEGO

Children are accompanied by an adult family member. This program encourages communication and collaboration between children and family/community with an introduction to using LEGO Education early childhood materials. Your child will have the outside opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Day: Monday-Friday **Fee:** \$125 **Age:** 4 to 5
Time: 10:00 a.m. – Noon **Site:** Buck Foreman Bldg.
Date: August 6 – 10 **Min.** 8/Max.24

BUILDING UP S.T.E.A.M. USING LEGO

Children are working independently and cooperative as they begin to explore simple machines using LEGO Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.

Day: Monday-Friday **Fee:** \$135 **Age:** 5 - 6
Time: 1:00 – 4:00 pm **Site:** Buck Foreman Bldg.
Date: August 6 – 10 **Min.** 8/Max. 24



ANNUAL SUMMER FUN RUN SERIES

Each week runners will compete in races from 400 M to 3200 M. This six week series will have ribbons awarded each week and certificates will be given out at the end of the series for all runners who competed in at least four of the six races. SEVEN different age categories!!!

Day: Wednesdays **Date:** June 27 – August 8 (Six Weeks) **No Program:** July 4th
Site: Valley View School **Time:** 6:00 p.m. **Fee:** FREE

SUMMER RUNNING CLUB

Join us this summer for fun running, yes running can be fun! We offer a 7 week session starting the week of July 9th and ending August 24th. This program will feature unique events, obstacle type courses, relay race challenges, fitness stations, “tough mudder” and traditional races, at different locations in Portland. We will also focus on increasing endurance and overall fitness so that any sport you do will benefit from this training!

This Program will be tailored for incoming 6th graders through High School freshman and includes a T-Shirt. Get Fit and Faster while having fun this Summer!

Coaches: Michael Pelton/Deb Rooth **Fee:** \$75
Dates: July 9th – August 24th **Days:** Monday, Thursday, Friday
Grade: Enter grade 6th - 9th Fall 2018 **Time:** 6 – 7:30 pm

PORTLAND HIKING DESTINATIONS

WWW.PORTLANDCT.ORG/MAPS

Upper 90 Soccer Clinic

Boys and Girls Soccer Clinic

“Success is where preparation and opportunity meet.”

-Bobby Unser

Summer 2018

Coaches: Joe Santavenere and Michael Searson **Fee:** \$200
Dates: August 6th-10th **Days:** Monday - Friday
Grade: Boys and Girls Entering Grades 4 - 8 **Time:** 9:00 am – 3:00 pm
Site: Portland High School & Middle School Soccer Complex

Participants should bring lunch and drinks to stay hydrated

Water will be provided throughout the day

***Each participant will receive a soccer ball and an “Upper 90” t-shirt**

This one week clinic will focus on developing strong offensive and defensive tactics:

- Shooting
- Dribbling
- Passing
- Crossing
- Finishing
- Conditioning
- First-touch
- Defensive technique and understanding
- Offensive possession
- Goalie training
- Daily individual and team competitions
- Week long World Cup style tournament

Clinic Directors:

Assistants: Boys and Girls from Portland High School Soccer Teams

Other Highlights: Daily lectures on “skill of the day” and special guests throughout the week

Registration forms are available through Portland Parks and Recreation

Contact: www.portlandct.org or 860-342-6757

SUMMER ~ KIDDIE KAMP

Age: 3 to 5 – must be completely toilet trained **Fee:** \$80 per week, except July 4th (\$64)

Date: June 25th – July 27th – 5 weeks – each week is an individual session

No Program: July 4th **Max:** 24 **Site:** PHS Pre-School Room

Days: Monday – Friday **Time:** 8:30 am to 12:00 pm

For more information, please see our Summer Playground Brochure at

www.portlandct.org

Or Portland.recdesk.com

SUMMER PLAYGROUNDS ~ SUMMERQUEST

SummerQuest – (Completed Grades K -5) – Our dynamic SummerQuest program provides campers with a variety of physical and social activities. Most of our programming is based around our five specialty areas: Arts and Crafts, Music and Theater, Sports, Nature and Reading.

Teen Adventure – (Completed Grades 6 - 8) – Our most independent group! Teens will get the opportunity to spend time doing what they love to do, whether it is sports, nature, arts & crafts or other! Teens will also have chances to go off campus for fun events!

C.I.T. - Counselor in Training – (Completed Grades 9 - 10) - For this program , CITs will learn valuable practical skills with hands-on experience. The redesigned program asks CITs to attend for two consecutive weeks so they can learn to engage fully with camp procedures, our staff and campers. We work on everything from teaching CITs about professionalism in the workplace to how to run activities for different groups and ages of campers.

For more information, please visit our SummerQuest playground brochure at www.portlandct.org or portland.recdesk.com

British Soccer Camp sponsored by Portland Soccer Club

Dates: Aug 20 – 24

Location: Bransfield Park - Rose Hill Fields

Cost: \$140 / week (morning or evening sessions available)

What's included ...

- Camp will include a free soccer ball, T-shirt, Poster and Certificate.
- Campers who REGISTER IN APRIL will receive an additional Under Armour or International jersey at no additional cost!
- **NEW Skill Development App!**
 - o Every camper will also have access to **iCHALLENGE**, Challenger Sports brand new App along with a library of soccer skills and exercises.
 - o Campers will be able to continue to practice at home after camp and will be shown how to: view and practice the skills linked to their ability level, upload a video completing their chosen skills, receive personalized online coaching from a member of our experienced virtual coaching team, and even score points for videos and compete in league tables with other players from across the world.
 - o They can also follow and vote for the other players as well as challenging them to innovative freestyle duels!

Early Development Sessions (ages 6 – 10)

Mornings 9am – 12pm

OR

Evenings 5pm – 8pm

Advanced Development Sessions (ages 11 – 14)

Mornings 9am – 12pm

OR

Evenings 5pm – 8pm

NOTE: ALL Registration is through the Portland Soccer Club website at the following link:

<http://clubs.bluesombrero.com/portlandsoccerclub>

ADULT PROGRAMS

PILATES 8-Week Summer Session

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber 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 and back and improve balance and coordination between the body's limbs. Class is taught by a Personal Euphoria Pilates Certified Instructor.

Day: Thursday

Date: July 5 – August 23

Fee: \$44

Min: 10

Site: Buck Foreman, 265 Main Street

Time: 5:30 p.m. – 6:30 p.m.

Age: 18 years and older

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, among other things, improve balance, alleviate arthritis, reduce bone loss due to osteoporosis and manage blood sugar levels.

Day: Wednesday **Time:** 9:30 a.m.

Dates: June 13 to Sept. 5 (no class 7/4, 7/11 & 8/8)

Day: Saturday **Time:** 11:00 a.m.

Dates: June 16 to Aug. 18

Site: Buck Foreman Comm. Ctr.

Instructor: Ken Zaborowski

Fee per 10 week session: \$40 for 1 class per week or \$80 for 2 classes per week or \$6.00 drop in class.

HORSESHOE LEAGUE

The Portland Adult Horseshoe League is looking for new members. Anyone interested please contact the Portland Parks and Recreation Department for more information. The league plays on Thursday nights at Bransfield Park.



PORTLAND LIBRARY – FAMILY SUMMER SHOWS

These programs are FREE and for the whole family to enjoy! In case of inclement weather, shows will be moved indoors to the Portland Library and attendance will be limited to the first 90 people on the registration list, therefore, registrations are recommended! For further information and a complete list of summer shows and programs please call 860-342-6770 or visit our website at www.portlandlibraryct.com.

Day	Date	Time	Performer
PMS Auditorium	June 20	6:30 p.m.	Illusionist David Garrity
Town Green/Gazebo	June 27	6:30 p.m.	Bring the Hoopla!
Town Green/Gazebo	July 11	6:30 p.m.	Bubble Party!
(TBA)	July 18	6:30 p.m.	Christina the Magician!
Inside Library	July 25	6:30 p.m.	Sciencetellers
Town Green/Gazebo	Aug. 2	6:30 p.m.	Drumming Circle w/Mark Zarrillo

Portland Air Line Trail

The opening of Phase 1 of the Portland Air Line Trail will be celebrated with a formal ribbon-cutting event on June 2, 2018 at the new trail head and parking area located at 82 Middle Haddam Road. The trail is made up of a gravel base and topped with compacted stone dust. Phase 1 is 2.3 miles long and 10 feet wide with grass buffers on the sides. The Portland trail will connect to the East Hampton section of the Air Line State Park Trail at Depot Hill Road on the Portland/Cobalt line, and then will continue all the way to the Massachusetts boarder near East Thompson in two sections with a connector in Windham -- about 50 miles total.

The Portland Air Line Trail committee has now started work on Phase 2 of the Portland trail with a goal of continuing west to downtown Portland, the bridge, and the riverfront.

PORTLAND RIVERFRONT PARK

FREE TUESDAY NIGHT CONCERTS

PRESENTED BY

Liberty Bank

CONCERTS START AT 6:30 PM

July 17th – Michael Cleary Band

July 24th – Bennie and the Jets

July 31st – Heat

August 7th – Connecticut Transit Authority

August 14th - Great Hill Mountain Band

Take Middlesex Avenue off Main Street. Then left to the park on the right

Bring a chair or blanket and enjoy

Event sponsored by the Flood Law Offices, Gildersleeve Package Store, Snyder Civil Engineering LLC, Portland Memorial Funeral Home, American Concrete Pumping, Dufford Drilling Co., Water and Sewer Specialties, Budget Blinds of Middletown, Yankee Boat Yard, NAPA Auto Parts, Quality Welding, Daniel Energy, Dairy Queen, Connecticut Valley Music, C.S.B. Inc, Portland Discount Liquors, Quarry Ridge Golf Course and Restaurant, Edward Jones Financial, Petzold's Marine Center, Bud's Café, Gotta Farm, Eagle Rivet, McGinley Builder, Joe and Karen Labbadia, Brownstone Quorum, and the Portland Parks and Recreation

In case of inclement weather, please call 860-262-7234

RAIN DATES WILL BE AUGUST 21 AND/OR 28

THESE CONCERTS WOULD START AT 6 PM.

