

PORTLAND PARKS AND RECREATION

PO Box 71

Portland, CT 06480

(860)-342-6757 (860)-342-6763 FAX

SUMMER ENRICHMENT PROGRAMS 2019

SKYHAWKS PROGRAMS
TRIPLE THREAT BASKETBALL CAMP
QUICKSTART TENNIS
SLAMMA JAMMA BASKETBALL CAMP
JUNIOR GOLF WORKSHOPS
FUN RUNS AT VALLEY VIEW
SUMMER RUNNING CLUB
E.Y.E.S., LLC - Building with LEGO
PILATES
TAI CHI CLASSES
HORSESHOE LEAGUE
BRITISH SOCCER CAMP 2019
TUESDAY NIGHT CONCERT SERIES
INFORMATION ON PORTLAND HIKING TRAILS
AIRLINE TRAIL
PORTLAND LIBRARY – FAMILY SUMMER SHOWS
CONN VALLEY SCHOOL OF MUSIC & DANCE

Register on – line – portland.recdesk.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

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

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"> • Home: _____ • Work: _____ • Cell: _____ 	Phone Numbers: <ul style="list-style-type: none"> • Home: _____ • Work: _____ • Cell: _____
Email:	Email:
Child's Physician:	Phone:
Please provide anyone authorized for child pick-up.	<ul style="list-style-type: none"> • _____ • _____ • _____

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



SUMMER BASKETBALL PROGRAMS

TRIPLE THREAT BASKETBALL CAMP

Portland's Athletic Director & Former High School Coach, Chris Serra, with team members of the Boys and Girls PHS basketball teams will be offering a clinic for boys and girls Grades 4-9. The focus of this program will be fundamental team and individual skills. Each day participants will be taught new offensive, defensive, and game skills through demonstrations, drills and so much more!

Day: Monday - Friday

Date: July 8 – 12th

Site: PHS & PMS Complex

Grade: 4 – 9 as of Fall 2019

Time: 9:00 – 3:00 pm

Fee: \$180

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 22 - 26

Day: Monday - Friday

Site: PHS Gym

Camp: 9:00 am to 1:00 pm

Fee: \$155 Boys & Girls ~Grades 3 - 9

***Brownstone Discovery & Exploration Park
Portland Free Days for General Swim Pass
Monday May 27 / Sunday June 16 / Monday August 5 / Saturday Sept. 7***

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 24 – 27

Rain Date – June 28

SESSION 2

Day: Monday - Thursday

Fee: \$75 per session

Site: Portland West

Date: July 15 - 18

Rain Date – July 19

SESSION 3 – Tuesday Night Class

Day: Tuesdays

Fee: \$75 per session

Site: Portland West

Date: July 23 – August 13

Rain Date – TBD



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 25 – July 30

Grade: K-2 **Time:** 5:45 – 6:30 pm **Fee:** \$57

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 USPTR Certified Coach

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, as well as the rules and etiquette that make tennis an exciting game.

Date: July 29 – August 2 **Day:** Mon. – Fri. **Time:** 9:00 a.m. -12 noon

Age: 6 to 12 **Fee:** \$135 **Min:** 8 **Max:** 16

Site: Portland High School Tennis Courts

Child must bring sneakers, water, and their own racket

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 12 – 16 **Day:** Monday – Friday **Time:** 8:30 – 9:15 am.

Age: 3 – 4 **Fee:** \$64 **Min:** 6 **Max:** 12

Site: Middlesex Avenue Upper 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. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace. The SkyHawk Staff are trained to handle the specific needs of young athletes.

Date: August 12 – 16 **Day:** Monday – Friday **Time:** 9:30 a.m. – 12:30 p.m.

Age: 4 – 6 **Fee:** \$130 **Min:** 6 **Max:** 10

Site: Middlesex Avenue Upper 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 12 – 16 **Day:** Monday – Friday **Time:** 9:00 a.m. – 12:30 p.m.

Age: 7 – 10 **Fee:** \$130 **Min:** 10 **Max:** 20

Site: Middlesex Avenue Fields

EXCEPTIONAL YOUTH EDUCATION SERVICES 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 8 – 12 **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 8 – 12 **Min.** 8/Max. 24

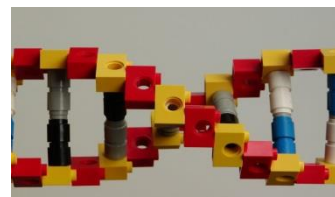
BUILDING UP S.T.E.A.M. USING LEGO

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: 9:00 am – 12:00 pm **Site:** Buck Foreman Bldg.
Date: August 5 – 9 **Min.** 8/Max. 24

OR

Day: Monday-Friday **Fee:** \$135 **Age:** 5 - 6
Time: 1:00 – 4:00 pm **Site:** Buck Foreman Bldg.
Date: August 5 – 9 **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 26 – August 7 (Six Weeks)

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 (Mon/Wed/Fri) session starting the week of July 15th and ending August 16th. 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 and up (includes a T-Shirt) Get Fit and Faster while having fun this Summer!

Coaches: Michael Pelton/Deb Rooth

Fee: \$75

Dates: July 15th – August 16th

Days: Mon/Wed/Fri

Grade: Enter grade 6th and up

Time: 6 – 7:30 pm

PORTLAND HIKING DESTINATIONS

WWW.PORTLANDCT.ORG/MAPS

SUMMER ~ KIDDIE KAMP

(Ages 3 to 5)

This program is a great introduction to our Summer Playground Program. Located at the Portland High School pre-school room, your children are about to embark on a fantastic summer journey. Kiddie Kamp is certain to bring lots of safe, action-packed fun into your child's life! Kiddie Kamp is a place where your child can have fun, be active, make new friends, discover new talents, be under the care of a nurturing staff, and help create a special camp community. On behalf of the entire Kiddie Kamp staff, we would like to personally extend a warm welcome to all our campers and their families! We are looking forward to an exciting and safe season!

Dates: June 24 to July 26

Day: Mon. – Fri. (no program 7/4 & 7/5)

Time: 8:30 a.m. to 12 Noon

Age: 3 – 5 (must be toilet trained)

Note: Must bring a snack & lunch daily

Site: PHS – Main Entrance, Near gymnasium

SUMMER PLAYGROUNDS ~ SUMMERQUEST

(Completed Grades K – 5)

Our dynamic SummerQuest program provides campers with a variety of physical and social activities based on the wee campers join us. Throughout the summer, our young SummerQuesters engage in whole camp and small group indoor and outdoor games and activities. Most of our programming is based around our five specialty areas: Arts & Crafts, Music & theater, Sports, STEM, and Reading.

In the past we have painted murals, performed plays and talent shows, Olympic competitions, learned about science, technology, engineering and math, created our own town, partnered with the Portland Library Summer Reading program, and have ended our summer with an awesome carnival! We hope you join us this summer to see what else we have planned!

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, an adventure course, building a robot, producing a TV show, kayaking the Long Island Sound, or possibly making soda! Our goal is to provide opportunities and experiences that most have never had a chance to do. The group will go on trips off campus two to three days per week, depending on the theme week and activities that have been planned.

COUNSELOR IN TRAINING PROGRAM (C.I.T's)

(Completed Grades 9 & 10)

Our C.I.T. program is designed to use two consecutive weeks so that C.I.T.'s can learn to engage fully with camp procedures, our staff and especially our campers! We work on everything from teaching C.I.T.'s about professionalism in the workplace to how to run all sorts of activities for different groups 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 19 – 23

Location: LOWER PHS SOCCER FIELDS

Cost: \$144 / week (morning or evening sessions available)

What's included ...

- Camp will include a free soccer ball, T-shirt, Poster and Certificate.

- **NEW Skill Development App!**
 - Every camper will also have access to **iCHALLENGE**, Challenger Sports brand new App along with a library of soccer skills and exercises.

 - 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.

 - 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)

Evenings 5pm – 8pm

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

<http://portland.cjsalive.org>

ADULT PROGRAMS

PILATES 6-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 25 – August 29

Fee: \$30 Min: 10 / Max 16

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: May 1 to July 3

Day: Saturday Time: 11:00 a.m. Dates: May 4 to July 6

Site: Buck Foreman Comm. Ctr.

Instructor: Ken Zaborowski

Fee per 10 week session: \$42 for 1 class per week or \$84 for 2 classes per week or \$6.00 drop in class.

****YOGA with Personal Euphoria will return in FALL 2019****

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 GYM	June 12	6:30 p.m.	Acrobat Li Liu "AWESOME"
Town Green/Gazebo	June 19	6:30 p.m.	Caryn Lin "The Science of Sound"
Town Green/Gazebo	June 26	6:30 p.m.	Ed Popielarczyk Comedy, magic, Balloon Twisting & More!!
Town Green/Gazebo	July 10	6:30 p.m.	John Higby "The YoYo Guy"
Town Green/Gazebo	July 17	6:30 p.m.	Animal Embassy Adventure
Town Green/Gazebo	July 24	6:30 p.m.	Didgeridoo Down Under!
Town Green/Gazebo	July 31	6:30 p.m.	Sciencetellers!

Portland Air Line Trail

The 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.

Celebrate the Trail

PORTLAND RIVERFRONT PARK

FREE TUESDAY NIGHT CONCERTS

PRESENTED BY

Liberty Bank

CONCERTS START AT 6:30 PM

July 16th ~ Nashville Drive

July 23rd ~ Michael Cleary Band

July 30th ~ Great Hill Mountain Band

August 6th ~ Last Licks

August 13th ~ Fleetwood Macked

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

Bring a chair or blanket and enjoy

Event sponsors: Liberty Bank, The Flood Law Firm LLC, Powder Ridge Mountain Park & Resort, Gildersleeve Spirit Shop, Budget Blinds, Dufford Well Drilling & Pump Service, Jarvis Airfoil Inc., Portland Automotive, Snyder Civil Engineering LLC, Water and Sewer Specialties, Charlie's Water Wagon, Portland Dairy Queen, Daniels Energy, Gotta's Farm, Moore Brothers Inc., NAPA Portland, Portland Discount Liquors, Portland Memorial F.H., Portland Home & Hardware, Curley Real Estate Assoc., Kenn & Kim Fischburg, A & N Subway #24776, Portland Veterinary Hospital, The Wedding Dress LLC, The Brownstone Quorum, & Portland Parks and Recreation!

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

RAIN DATES WILL BE AUGUST 20 AND/OR 27

THESE CONCERTS WOULD START AT 6 PM.



Conn Valley School of Music & Dance

Summer Dance Classes

Wednesdays in July!

79 Freestone Ave, Portland

Creative Movement/Tumbling (ages 2-5) - Dancers will have fun dancing to popular children's music through singing and dancing. We will also use props such as hoops, bean bags, Lummi sticks and more. Basic tumbling skills we also be introduced. Dancers should wear comfortable clothing that allows for movement and ballet shoes or bare feet.

Time: 4:45 to 5:15pm

Fee: \$45.00 per session

Princess & Prince Dance Class (ages 3-8) - Your child is invited to the Royal Palace, for some Ballet, Tap, Tumbling and Creative Movement! Come have fun dancing in your favorite princess & prince attire. We will have a weekly theme along with a simple craft. *Instructor does have extra tap shoes available to borrow during class if you don't have any. Please text to see if your child's size is available, 860-982-5416.* Dancers should wear comfortable clothing that allows for movement and tap & ballet shoes.

Time: 5:15 to 6:00pm

Fee: \$55.00 per session

Intergenerational Tap Class (ages 8 – 99) – Love to Tap or always wanted to try? Then this is the class for you! No experience necessary just the desire to have a great time tap dancing!

Time: 6:00 to 6:30pm

Fee: \$45.00 per session

Cardio Dance Exercise/Tumbling (ages 6 – 12) - This high energy class for boys and girls will get you moving and dancing to the music! We will warm up with some dancing and then focus on tumbling skills (balance moves, cartwheels, rolls, etc.) Children should wear comfortable clothing that allows for movement and ballet/jazz shoes or bare feet.

Time: 6:30 to 7:00pm

Fee: \$45.00 per session

Space is limited in each class so register TODAY!

Visit www.connvalley.net to register!

For more information please contact:

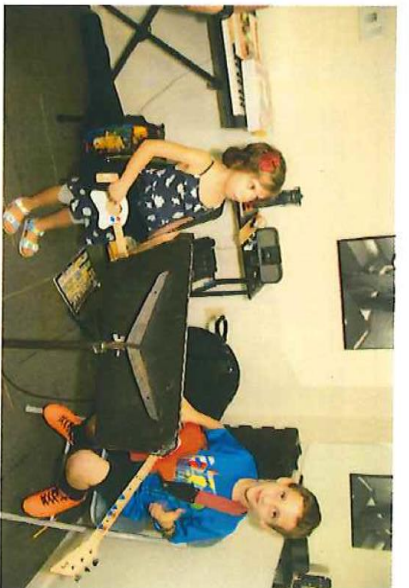
Alicia Currier - dancewithmissalicia@gmail.com or 860-982-5416 (call/text)

Visit [Dance w/Miss Alicia](#) & [Conn. Valley School of Music & Dance](#) on fb for additional Summer Offerings and upcoming Open House!



AT KIDZROCK, WE BELIEVE...

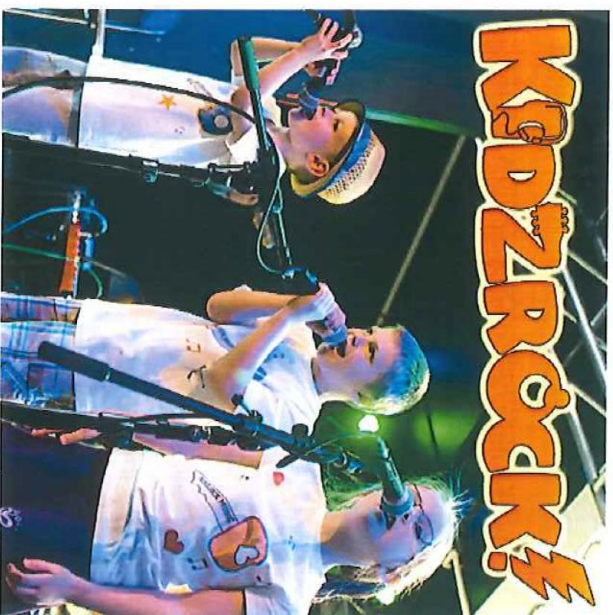
A child's first exposure to playing an instrument sets the tone for the rest of their music education. Kidzrock allows a child to experience the ultimate musical accomplishment within a few weeks; singing and playing and performing in a rock band. Curiosity and fantasy often motivate children to learn how to play an instrument. A child runs the risk of losing interest as they face technical challenges and practice requirements of mastering the basics of any instrument. Kidzrock brings the ensemble experience to a whole new age group by using simple rhythmic and harmonic patterns on modified and small sized instruments.



CONN. VALLEY SCHOOL OF MUSIC AND DANCE

226 Main Street
Portland, CT 06480
860-342-2270
info@connvalley.net

Where young musical legends
ConnValley
School of Music and Dance
Presents...

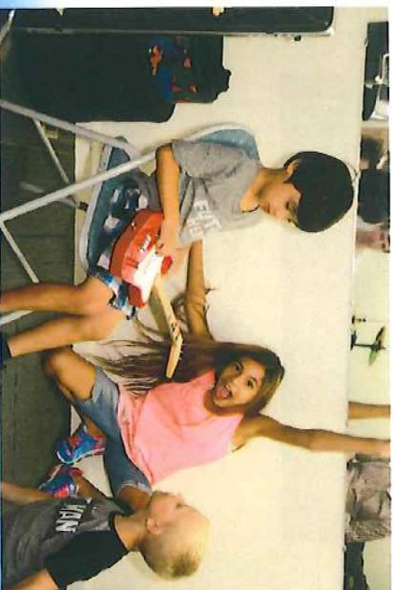


**A rock band program
for children ages 4-7!**

Sign up now!



Kidzrock is a music program that teaches children as young as 4 how to play an instrument in the setting of a rock band. Band members rotate on drums, electric guitar, and keyboard as they prepare to sing and play in an end-of-session concert. Children learn how to read color-coded standard music notation while playing modified instruments for smaller sized hands. Easy-to-play songs allow these young rockers immediate access to performing and singing in a rock band. The program creates a unique experience by combining instruments, theory, singing, ensemble performance and rock 'n roll fantasy all rolled into one!



\$99

for 6 weeks

Classes begin....
Sign up now at
www.connvalley.net



REGISTER ONLINE!

226 Main Street
Portland, CT 06480
Phone: 860-342-2270
E-mail: info@connvalley.net



CROMWELL

Riverfront Park

Brownstone Exploration & Discovery Park

PORTLAND DOWNTOWN DISTRICT

CONNECTICUT RIVER

MIDDLETOWN

Ames Hollow Road

Route 17

Route 66

Jobs Pond Road

Portland Trail Head

(62 Middle Haddam Road)

Middle Haddam Road

Penfield Hill Road

Palmer Taylor Preserve

Portland Air Line Trail

Meshomasic State Forest

EAST HAMPTON

Depot Hill Road

Air Line Trail State Park (to Massachusetts)

For more information visit the CT Rail Trail Explorer <http://www.depdata.ct.gov/maps/ctrailtrail/index.html#>