



# Hebron Parks & Recreation



## Burnt Hill Park

Office :148 East Street, Hebron, CT 06248

Mail: 15 Gilead Street, Hebron, CT 06248

Phone: 860-530-1281

Fax: 860-228-5912

[www.hebronct.com](http://www.hebronct.com)

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**Spring-Summer 2017**

# Camp Discovery

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[www.Discoveryzone.info](http://www.Discoveryzone.info)

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**Parks**

**Field Trips**

**Activities**

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At Camp Discovery our primary goal is to provide a physically and emotionally safe, enriching environment in which campers can spend their summer vacation. Children ages five (going into first grade) through twelve are offered a variety of recreational, educational and creative experiences designed to meet the diverse interests and abilities of a wide range of campers. Camp Discovery each year plans special activities, and events for our summer program with special summer camp themes. With lots of cool things to do, children can explore sports, swimming, outdoor fun, arts and crafts, games museums and lots more. Each activity is closely supervised by our well trained Camp Discovery staff members. We offer full-time, part-time and drop-in care (if available). We plan on making this summer the best summer your child has ever had!!!!



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**Hebron**  
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**860-228-3952**



[www.Discoveryzone.info](http://www.Discoveryzone.info)



**Parks and Recreation Staff:**

**Richard Calarco**, CPRP, CSFM, AOLCP, Parks and Recreation Director, rcalarco@hebronct.com  
**Richard Gadoury**, Recreation Manager, rgadoury@hebronct.com  
**Steven Bakowicz**, Recreation Supervisor, sbakowicz@hebronct.com  
**Kelly Bindert**, Office Assistant, kbindert@hebronct.com

**Park Staff:**

Jason Hunniford, Jason Costa.

**Parks and Recreation Commission**

**Co-Chairpersons:** Claudia Natorksi and Ken Jardin  
 Machel Gauthier, Charles Daniels, Dan Grabowski, Chris Cowles, John Russo, Eric Lemieux ALT, and Jessica Petro ALT  
**BOS Liaison:** Brian O’Connell

**How to reach us**

**Mailing address:** Hebron Parks & Recreation, 15 Gilead Street, Hebron, CT 06248  
**Office address:** Burnt Hill Park, 148 East Street, Hebron, CT 06248  
**Phone:** 860-530-1281  
**Fax:** 860-228-5912  
**Web site:** www.hebronct.com  
**Hours:** Monday-Friday, 8:00 am-3:30 pm

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★★★ **Mission Statement** ★★★

- To enhance the quality of life for all Hebron Residents.
- Offer a diverse cultural community and special event activities for all family members.
- Offer a full array of informational services to all leisure activities and organizations.
- Provide professional leisure department assistance to all community groups.
- Provide quality leisure opportunities in a safe and healthy atmosphere.
- Provide a well maintained park system and recreational facilities.
- Provide a comprehensive Master Plan for park development.
- Preserve open space for future generations.
- Impact the quality of life in a positive way.



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# General Information

## Community Contacts

Hebron Town Hall	860-228-5971	<a href="http://www.hebronct.com">www.hebronct.com</a>
AHM Youth Services	860-228-9488	<a href="http://www.ahmyouth.org">www.ahmyouth.org</a>
Douglas Library	860-228-9312	<a href="http://www.douglaslibrary.org">www.douglaslibrary.org</a>
Gay City State Park	860-295-9523	<a href="http://www.ct.gov">www.ct.gov</a>
Hebron Interfaith Human Services	860-228-1681	<a href="http://www.hebroninterfaithhumanservices.org">www.hebroninterfaithhumanservices.org</a>
Mercier Senior Center	860-228-1700	<a href="http://www.hebronct.com">www.hebronct.com</a>
Hebron Soccer		<a href="http://www.hebronsoccer.org">www.hebronsoccer.org</a>
Hebron Youth Baseball		<a href="http://www.hebronbaseball.org">www.hebronbaseball.org</a>
RHAM Youth Lacrosse		<a href="http://www.cecaayouthsports.org">www.cecaayouthsports.org</a>
RHAM Youth Football & Cheerleading		<a href="http://www.rhamfootball.com">www.rhamfootball.com</a>
Tri-County Babe Ruth Baseball		<a href="http://www.tricountybaberuthct.org">www.tricountybaberuthct.org</a>

## Registration Information

Nothing spoils a good program faster than everyone waiting until the last minute to register. Registrations cannot be processed without full payment. Hebron Parks & Recreation reserves the right to set minimums and maximums for all programs and trips and to cancel any program or trip due to insufficient enrollment, as well as, change the date, time for location for any program because of unforeseen circumstances.

### Registrations are accepted:

**In person:** The Parks & Recreation Office is located at Burnt Hill Park, 148 East Street Hebron, CT 06248.

**By mail:** Complete your registration form and return it with full payment to:  
Hebron Parks & Recreation, 15 Gilead Street,  
Hebron, CT 06248

**By phone:** With payment made in full using a MasterCard, Visa or Discover. Please call 530-1281. (American Express is not accepted)

## Scholarship Program

Any Hebron resident may apply for a scholarship for a recreation program due to financial need. Requests must be made in writing on an official application form, available in the Parks & Recreation Office. All requests are confidential and will be evaluated based on financial or personal hardship.

## Refund Programs:

### Refunds are issued only in the following circumstances:

- If a program is cancelled by the Parks & Recreation Department.
- On request for a medical reason and with written notification from a doctor.
- If a program participant's spot can be replaced with someone from a waiting list.
- There are no refunds once a class has begun. (see Bus Trips below)
- All program cancellations and changes are subject to a \$15.00 fee.
- There is a \$20.00 fee for returned checks.

## Bus Trips:

Due to the nature and commitment of bus contracts, bus trips are non-refundable unless tickets can be re-sold.

## Weather Related Cancellations

When schools are cancelled due to inclement weather, all Hebron Parks & Recreation programs are cancelled.

Stay tuned to these television stations for updated cancellation information or check on line.

**Television:** **NBC30m** [www.nbcconnecticut.com](http://www.nbcconnecticut.com)  
**WFSB** [www.wfsb.com](http://www.wfsb.com)  
**WTNH** [www.wtnh.com](http://www.wtnh.com)  
**Fox 61** [www.fox61.com](http://www.fox61.com)

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**Dr. Myriah Hinchey,**  
Board Certified,  
Licensed Naturopathic Physician



**Dr. Keith Yimoyines,**  
Board Certified,  
Licensed Naturopathic Physician



**Dr. Ceylon Cicero,**  
Board Certified,  
Licensed Naturopathic Physician



**Monica T. Smith,**  
LMFT, MBA. Licensed  
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Cathyann Schulte and Michael Thompson "The mother and son team" and owners of Countryside Realty LLC, in Hebron, SOLD almost 4.5 million worth of property in Hebron in 2016, for a total of 21 sales.

Cathyann Schulte ranks #1 in number of homes sold in Hebron for 2016 and has the highest number of homes SOLD in Hebron, Lebanon, and Columbia for 2016 with almost 10 million in Sales. Cathyann and Michael have been ranked Top Agents for many years.\*

Countryside Realty LLC has been helping local residents with all their real estate needs since they established Countryside Realty LLC in 1997. They credit their success to relentless focus on customer service, strong work ethic, and emphasis on preparation. Cathyann and Michael would like to send a Sincere "Thank You to their past and present clients for their Loyalty, Trust, Referrals, and Repeat Business throughout the years!

Cathyann and Michael can be reached at: 860-228-8512  
P.O. Box 257, 30 Main St. Hebron, CT 06248

**Cathyann Schulte** - c: 860-450-2682, [cathyann@countriesiderealtyct.com](mailto:cathyann@countriesiderealtyct.com)

**Michael Thompson** - c: 860-888-7683, [mike@countriesiderealtyct.com](mailto:mike@countriesiderealtyct.com)

\*According to The Greater Hartford Association of Realtors and the Connecticut Multiple Listing Service

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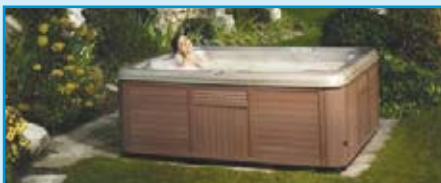
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**PREP**



**Youth Programs**

## Parks and Recreation Enrichment Program “PREP”

**PREP - Parks & Recreation Enrichment Program** - continues to offer before and after school care for Hebron children in grades PRE K (3 or 4 year olds on or before December 31st of the current school year) 6th grade. Our goal at “PREP” is to provide a supportive, nurturing environment in which school-age children can develop socially, emotionally, and physically, by encouraging positive self-esteem, self-respect, and problem-solving skills. At PREP children engage in arts & crafts activities, team building games, sports, cooking and outside time weather permitting. Snack is provided to children at the PREP program. In the AM Care session the staff to child ratio is 1 staff member for every 6 children. In the PM Care session the ratio is 1 staff for every 7 children. The PREP staffs are First Aid, CPR and Blood Borne Pathogens certified.

The Hebron Parks & Recreation office is accepting registration for the “PREP” program for Grades PREK-6, on a first come, first served basis.

**Hours of Operation:** 6:45am-6:00pm, Monday-Friday (follows School Calendar)

**Ages Served:** Children in grades PRE K-6 (3 or 4 year olds on or before December 31st of the current school year)

**Location:** Gilead Hill School

**AM Pre Care:** 6:45am – 8:15am

**PM After Care:** 3:10pm – 6:00pm

## After School Art

Join Deb Pierce, from the Golden Egg Studio, for 8 weeks of creative exploration. Participants will have the opportunity to use a variety of materials and try many different media in a relaxed instructional setting. Painting, ceramics, drawing, journaling and a season project will be presented throughout the session.

**Location:** Art Room at Gilead Hill School or Hebron Elementary School

Grade	Day	Time	Date	Fee
3-6	M	3:15-4:45P	4/3-6/5	\$77 (7 weeks) No Class on 4/10, 5/29
1-2	TH	3:15-4:45P	3/30-5/25	\$87 (8 weeks) No Class on 4/13

## Taekwondo

Come join 5th degree black belt Master Scott Lesinski to learn the traditional martial art of Taekwondo. You will learn the basics of fitness, self-defense, and Olympic style sparing. A traditional uniform is included. Look below unlimited classes are offered Saturday mornings and Monday through Friday nights. Attend one or attend them all. (6 weeks)

**Location:** Tae San Taekwondo Academy (behind Dunkin Donuts)

Age	Day	Time	Date	Fee
6 and Up	M-SA	see below	4/3-5/20	\$99

### Juniors 6 & up

<b>Time:</b>	4:00pm – 4:50pm, Tu & Th
	5:00pm – 5:50pm, M, Tu, W & Th
	6:10pm – 7:00pm, Tu & Th
	9:00am – 9:50am, Sat

## Hebron Youth Running Club

Get up and get out! Join Adam Parks and with Marianella and Scott Chalfant for this spring’s session of the Hebron Youth Running Club, one of the fastest growing youth organizations in Hebron. We will introduce your kids to running at an early age in a fun way to develop healthy habits that will influence them for life. In addition to improving physical fitness, running enhances self-esteem, confidence, focus and energy levels. Kids (and adults) participate in weekly workouts that will be tracked throughout the year. Kids show off their progress with cool necklaces and tokens, and t-shirts are provided to all participants.

**Location:** Hebron Elementary School

Age	Day	Time	Date	Fee
5-12	T	6:00-7:00P	4/18-6/6	\$10 (8 weeks)





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## Ultimate Frisbee Club

Ultimate Frisbee is one of the fastest growing sports in the country and RHAM has decided to jump on the bandwagon. The Ultimate Frisbee club is a co-ed club that is open to all students and meets two days a week during the spring semester. Students will learn the fundamentals of the team as well as the importance of team work. This club is a great way to meet other students, get a good work out and most importantly have fun.

**Location:** Veterans Park

Grade	Day	Time	Date	Fee
9-12	Tu/Th	2:30-4:30P	4/4-6/1	\$11 (includes two bus rides)

## Kids Having Fun with Drums

These after school hand drum circles promises to be a lively and fun activity.

Keeping a beat and playing along with others develops listening skills, teaches cooperation, and demonstrates how each person makes a valuable contribution to the overall experience of everyone in the circle. In a very short time we will be making music on authentic African djembes. (4 Weeks)

**Location:** GHS Activity Room

Grade	Day	Time	Date	Fee
Grade 4 – 6	Friday	3:30 – 4:30	4/21, 4/28, 5/5, 5/12	\$40



## Parks & Recreation School Vacation Camps

## SCHOOL VACATION DAY CAMPS

### Pre - Kindergarten thru 6th Grade

School vacation days and staff development day are open to all Hebron and non-Hebron residents Pre - Kindergarten through 6th grade. On the days that school is closed (for example staff development and vacation time) Hebron Parks and Recreation offers child care. Camp days include games, sports, art & crafts, cooking, and outdoor activities. Children are split up into rooms/groups depending on grade and block schedules are followed. Send your children in with 2 snacks and a lunch.

\*Please note that additional fees may apply for trips.\*

\*\*Agendas for the programs can be found on our web page\*\*  
www.hebronct.com

### April Vacation Camp

<b>Dates:</b>	4/10, 4/11, 4/12, 4/13 (no camp on 4/14 due to Good Friday)
<b>Location:</b>	Gilead Hill School (classrooms are across from the superintendent's office)
<b>Time:</b>	7:00am-6:00pm
<b>Cost:</b>	\$45.50 per day.



## Adult Programs

### Zumba

Zumba is an exciting Latin inspired dance n' tone program that blends body sculpting techniques and specific Zumba moves. This challenging workout helps to build coordination. This class is designed to offer a safe, yet effective, total body workout. Instructor Brian Laroe. Wear comfortable clothing. All are welcome. (8 weeks)

**Location:** Gilead Congregational Church

Age	Day	Time	Date	Fee
Adult	TH	7:00-8:00P	3/9 -5/4	\$40 no class on 4/13

### Pilates

Join Tina Catanzaro in this dynamic mind/body class. The focus is on core strength and stabilization using the Joseph Pilates method. Please bring a mat, water bottle and towel. Wear comfortable clothing. All are welcome. (6 weeks)

**Location:** Gilead Hill School Activity Room or Music Room

Age	Day	Time	Date	Fee
Adult	W	6:30-7:15P	3/22-5/3	\$60.00 no class on 4/12
Adult	W	6:30-7:15P	5/10-6/14	\$60.00

### Yoga

Join Tina Catanzaro, (AAFA, AAI certified Yoga Instructor) as she takes you through a journey of self-exploration. Each class will include breath work, postures, and meditation. Come increase your energy and flexibility while reducing stress. This class will allow you to honor your body, mind and spirit; explore your limits and maximize your potential. Please bring your own yoga mat, water bottle and towel. Wear comfortable clothing and refrain from eating 2 hours prior to class. All are welcome. (4 or 6 weeks)

**Location:** Gilead Hill School Activity Room or Music Room

Age	Day	Time	Date	Fee
Adult	M	6:30-7:30P	4/17-5/22	\$60
Adult	M	6:30-7:30P	6/5-6/26	\$40 (4 week class)

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## Boot Camp in the Park

Get ready to become one with nature! This challenging outdoor workout will consist of cardio drills including running/jogging and strength training exercises that will tone every muscle in your body. We will work together to stay motivated and encouraged. All are welcome! Modifications will be given to meet every fitness level. Prepare to feel like a kid at summer sports camp!

Instructor Donna Bellmore- B.S. in Human Development and Family Relations, Certified Group Fitness Instructor, Marathon Runner

**Location:** Burnt Hill Park

Age	Day	Time	Date	Fee
Adult	T	6:30-7:30P	6/20-8/1 (no class July 4th)	\$65 for the session

Class Maximum- 20 participants \*Pre-registration required\*  
(registration deadline June 14)

## Adult Tennis

Want to get a little exercise, met some new people and just have a lot of fun? This is the group for you! We will meet on Wednesday evenings to play some recreational doubles tennis. This is a non-competitive league. Players will be matched to others with like skills. All levels are welcome. Participants should be 18 years or older.

**Location:** RHAM High School Tennis Courts

Age	Day	Time	Date	Fee
Adult	W	6:30-8:00	6/7-8/30	\$5 per season

## Taekwondo

Come join 5th degree black belt Scott Lesinski and learn the traditional martial art of Taekwondo. You will learn the basics for fitness, self-defense, and Olympic style sparring. A traditional uniform is included. Look below, unlimited classes are Saturday mornings and Monday through Friday nights. Attend one or attend them all. (6 weeks)

**Location:** Tae San Taekwondo Academy (behind Dunkin Donuts)

Age	Day	Time	Date	Fee
Adult	M-SA	see below	4/3-5/20	\$99

**Times:**  
6:00pm – 7:00pm, M, W & F  
7:15pm – 8:15pm, Th  
10:00am – 11:00am, Sat

## Kickboxing

Tae San Kickboxing is for anyone who is interested in getting in shape, losing extra weight, building confidence and having fun. Classes are led by knowledgeable instructors who will lead you through a safe warm-up, core cardio program on training bags, and a peaceful cool down. A great way to start or finish your day. Classes are 45 minutes long and are held in our newly renovated 2,000 square foot training room. This class is for All-Levels.

**Location:** Tae San Taekwondo Academy (behind Dunkin Donuts)

Age	Day	Time	Date	Fee
Adult	M-SA	see below	TBD	TBD

Monday: 2:45-3:30pm  
Tuesday: 5:30-6:15am, 9-9:45am  
Wednesday: 2:45-3:30pm, 7:30-8:15p  
Thursday: 5:30-6:15am, 9-9:45am  
Friday: 2:45-3:30pm, 7:15-8:00pm  
Saturday: 8-8:45am

## Men's 30+ Basketball

Men's pick-up basketball will be on Tuesday evenings. Join others from Hebron, Andover and Marlborough ages 30+ for fun and fitness.

**Location:** RHAM High School Gym

Age	Day	Time	Date	Fee
Adult	T	8:00-10:00P	4/4-11/21	\$20 per person (No Basketball 8/8, 8/15)

## Men's 18+ Basketball

Men's pick-up basketball will be on Wednesday evenings. Join others from Hebron, Andover and Marlborough ages 18+ for fun and fitness.

**Location:** RHAM High School Gym

Age	Day	Time	Date	Fee
Adult	W	8:00-10:00P	4/5-11/22	\$20 per person (No Basketball 8/9, 8/16)



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m a n s f i e l d



Hebron • Mansfield

Robert Gildersleeve MD, FACOG

Lesley Gumbs MD, FACOG

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# Summer Day Camp



## SUMMER CAMPS

This year's Summer Camps will consist of **Great Beginnings** for grades Pre K- 2nd grade, **Great Escape** for grades 3rd -6th, and **Adventure Camp** for grades 7- 9. Great Beginnings, Great Escape Camp, and Adventure Camp will run the duration of 10 weeks, from 8:00am to 4:00pm with extended care options. A full day of activities will be provided to meet the needs of the children. In the morning the group will meet all together in one designated area. After reporting to their homeroom, each group will rotate through a block schedule, which includes sports and games, adventure, arts and crafts. We will then break for lunch at which time each group will report back to the designated homeroom area. After lunch the groups will rotate through electives which can consist of trust games, nature walks, scavenger hunts or group games. Each day will end with homeroom. **Great Beginnings will be held at Gilead Hill School. \*\*There will be an additional Admission/Activities fee for trips\*\* Registration forms will be on line.**

## Great Beginnings, Great Escape & Adventure Camp Session Dates

*\*\*Starting on August 14th camp moves to Gilead Hill School*

**Session 1:** Monday, June 19-Friday, June 23

**Session 2:** Monday, June 26-Friday, June 30

**Session 3:** Monday, July 3-Friday, July 7 (4 days no camp on 7/4)

**Session 4:** Monday, July 10-Friday, July 14

**Session 5:** Monday, July 17-Friday, July 21

**Session 6:** Monday, July 24-Friday, July 28

**Session 7:** Monday, July 31 -Friday, August 4

**Session 8:** Monday, August 7 -Friday, August 11

**\*\*Session 9:** Monday, August 14 -Friday, August 18  
(Camp held at Gilead Hill School)

**\*\*Session 10:** Monday, August 21 -Friday, August 25  
(Camp held at Gilead Hill School)

## Great Beginnings

**For Children in Preschool, Kindergarten through 2nd Grade**

(Drop off & Pick up is at the Gilead Hill School)

\*A Half Day Option is available for Pre-Schoolers at Great Beginnings ONLY\*

\*\*There will be an additional Admission/Activities fee for trips\*\*

## Great Escape

**For Children in Grades 3rd -6th Grade**

(Drop-Off & Pick-up is at the RHAM High School Gym).

## Adventure Camp

**Grades 7th -9th Grade**

(Drop-Off & Pick-up is at the RHAM High School Gym).

For Hebron, Andover, Marlborough residents entering grades 7th, 8th, and 9th, co-sponsored with AHM youth services. The Adventure campers will be walked over to the AHM teen center. \*See full list of trips on the Parks and Recreation website at [www.hebronct.com](http://www.hebronct.com)

### FULL DAY FEE OPTION

\$184.00 Weekly, Hebron Resident

\$199.00 Weekly, non-Resident

\$43.00 Daily, Hebron Resident

\$48.00 Daily, non-Resident

\*\*Session 4 (4 day week) \$147.00

### HALF DAY FEE OPTION

Pre-School Only

\$92.00 Weekly, Hebron Resident

\$99.50 Weekly, non-Resident

\$23.00 Daily, Hebron Resident

\$28.00 Daily, non-Resident

\*\*Session 4 (4 day week) \$74.00

## Extended Care Options (for all camps)

	AM Care 7 - 8 AM	PM Care 4 - 6 PM*	Both AM & PM
<b>Weekly Rate</b>	\$34.00	\$53.00	\$74.00
<b>Daily Rate</b>	\$8.50	\$11.50	\$18.00



## Summer Specialty Camps

## Performing Arts Camp

Explore the dramatic arts in a safe, fun, highly-charged setting, with classes in acting and dance. Afternoons will focus on rehearsals for the end of the week show on Friday at 1:30pm.

**Location:** HES GYM

Age	Day	Time	Date	Fee
6-11	M-F	9:00-2:30P	6/26 - 6/30	\$220 resident/ \$225 Non Resident



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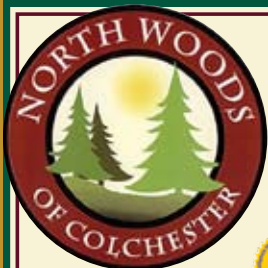


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# Summer Specialty Camps



## Eureka Invention – Mad Science

Kids explore famous inventors such as Leonardo da Vinci, Thomas Edison, Archimedes, Ben Franklin and even Rube Goldberg, along with the contributions they made to science, engineering and society. Guided by our Mad Scientists, KIDS use their knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – their minds! While Thomas Edison said “invention is 10% inspiration and 90% perspiration, this program is 100% FUN!

**Location:** HES GYM


Age	Day	Time	Date	Fee
Grades 1-5	M-F	9:00-12:00P	8/7 – 8/11	\$155

## Secret Agent Labs – Mad Science

Develop your special agent and detective skill in this super hands-on week of fun! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence – from fingerprints to tracks to trash! Secret agents-in-training will use science and awesome technological tools to connect the dots and help sniff out the suspects in this investigation into the science of sleuthing.

**Location:** HES GYM

Age	Day	Time	Date	Fee
Grades 1-5	M-F	1:00-4:00P	8/7 – 8/11	\$155



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## Mad Science Special!

IF Register for both Eureka Invention and Secret Agent Labs participate at a discounted price.

Fee for both camps is \$275/student

## Kids Clay Workshop

Boys and girls will spend this workshop exploring clay with Gilead Hill School art teacher Susan Giammarco. Projects may include but are not limited to: tile-making, clay animals and clay and natural materials. Students will learn sculptural techniques as well as kiln safety. Part of these classes may be spent outside and projects may vary depending on the weather. Please bring water, a snack, sun screen, bug repellent and dress appropriately for outdoor activities.

Note: Due to kiln firing schedules, projects will not be ready for two weeks after the workshop has ended. Pick up dates will be posted on 8/3.

**Location:** Gilead Hill School Art Room

Age	Day	Time	Date	Fee
5-12	M-TH	9:00-12:00P	7/31-8/3	\$200

Jr Golf Camp check [www.hebronct.com](http://www.hebronct.com) to get the most up-to date information.

## Nature and Art Workshop

We will spend a lot of time out of doors observing, collecting, drawing and painting with Susan Giammarco GHS Art Teacher. Weather permitting we will use the Gilead Hill School Nature trail as our inspiration. Projects may include but are not limited to: nature weaving, sun prints, print making, drawing from nature, painted walking sticks and environmental art. Students will be provided with sketch books and a tote to carry art supplies. Please bring water, a snack, sun screen and bug repellent and dress appropriately for outdoor activities.

**Location:** Gilead Hill School Art Room

Age	Day	Time	Date	Fee
5-12	M-TH	9:00-12:00P	8/7-8/10	\$200

## Tennis Beginner

Beginners' lessons are scheduled from 9-10 am and taught by James Mathews. Participants will develop new skills and techniques through enjoyable activities and drills. Each session will run from Monday thru Thursday. Make-up classes will be held on Friday if needed.

**Location:** RHS Tennis Courts

Age	Day	Time	Date	Fee
Youth	M-Th	9:00-10:00A	6/19-6/22	\$65
Youth	M-Th	9:00-10:00A	6/26-6/29	\$65
Youth	Tu-F	9:00-10:00A	7/3-7/7 (no Tuesday)	\$65
Youth	M-Th	9:00-10:00A	7/10-7/13	\$65
Youth	M-Th	9:00-10:00A	7/17-7/20	\$65
Youth	M-Th	9:00-10:00A	7/24-7/27	\$65
Youth	M-Th	9:00-10:00A	7/31-8/3	\$65
Youth	M-Th	9:00-10:00A	8/7-8/10	\$65

Like **Hebron Parks & Rec** on 



# Summer Specialty Camps

## Tennis Intermediate

Intermediate lessons are scheduled from 10:15-11:30 am and taught by James Mathews. Participants will develop new skills and techniques through enjoyable activities and drills. Each session will run from Monday thru Thursday. Make-up classes will be held on Friday if needed.

**Location:** RHS Tennis Courts

Age	Day	Time	Date	Fee
Youth	M-Th	10:15-11:30A	6/19-6-22	\$70
Youth	M-Th	10:15-11:30A	6/26-6/29	\$70
Youth	Tu-F	10:15-11:30A	7/3-7/7	\$70
Youth	M-Th	10:15-11:30A	7/10-7/13	\$70
Youth	M-Th	10:15-11:30A	7/17-7/20	\$70
Youth	M-Th	10:15-11:30A	7/24-7/27	\$70
Youth	M-Th	10:15-11:30A	7/31-8/3	\$70
Youth	M-Th	10:15-11:30A	8/7-8/10	\$70

## Volleyball Camp

Come join in the fun and learn the game of volleyball. The philosophy of the camp is to teach proper skill technique through competitive games and drills.

**Location:** RHAM High School Gymnasium

Grade	Day	Time	Date	Fee
7 - 12	M-TH	9:00-12:00P	7/24-7/27	\$120
3 - 6	M-TH	9:00-12:00P	7/31-8/3	\$120

## Shooting Stars Basketball Camp

Join Coach Steve Emt for some basketball development and fun! Kids will focus on learning team concepts, strategy, and conditioning. The goal is to develop a more well-rounded and thoughtful player. T-shirts will be given to each participant.

**Location:** RHAM High School GYM

Age	Day	Time	Date	Fee
8-14 Girls	M-F	8:00-12:00P	6/26 - 6/30	\$125
8-14 Boys	M-F	8:00-12:00P	7/3 - 7/7 (No July 4th)	\$100
5-7 Co-ed	M-TH	9:00-11:30A	7/10 - 7/13 (4 day camp at RHAM Middle School Gym)	\$85

## Football Camp

Join All American coaches for a fun and exciting week long camp. The Camp will consist of learning the basic fundamentals and techniques needed to play football. Children will learn throwing and receiving mechanics, blocking fundamentals, fakes and handoffs. If you would like more information about the camp you can contact Parks and Recreation.

**Location:** TBD

Age	Day	Time	Date	Fee
6 and up	M-F	9:00A-1:00P	7/24-7/28	\$130



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# Community Events



## Community Events

### Hebron Earth Day – Community Clean Up

Come and celebrate Earth Day at Veterans Memorial Park and Burnt Hill Park. We are looking for people to help clean the park by picking up garbage to preserve our environment in Hebron. Everyone interested in volunteering should meet at our Park and Rec offices at Burnt Hill Park at 9:00am. Garbage bags and gloves will be provided.

**Dates:** Saturday, April 22, 2017  
**Location:** Burnt Hill Park  
**Times:** Starts at 9:00 am, rain or shine  
**Fee:** Free



### Pitch, Hit & Run

Kids! Come out and test your baseball and softball skills in the MLB Pitch, Hit and Run Event! MLB Pitch Hit & run is for boys and girls ages 7 through 14. Participants will compete individually will have the opportunity to compete in four levels of competition including Locals, Sectionals, Team Championships and National Finals.

**Dates:** May, 5, 2017  
**Location:** Burnt Hill Park  
**Times:** 5:00 – 7:00pm  
**Fee:** Free

### Bus Trip New York Botanical Gardens, Bronx New York

The New York Botanical Garden, one of America's foremost public gardens, spans 250 acres and includes 50 different gardens and plant collections. Features include the Bronx River and cascading waterfall, 50 acres of historic forest, and the Enid A. Haupt Conservatory, one of the largest Victorian glasshouses in America. Visit the Peggy Rockefeller Rose Garden; see outstanding collections of daylilies, flowering trees, and conifers; and enjoy the Everett Children's Adventure Garden, with 40 hands-on activities for children.

Age	Day	Time	Date	Fee
All Ages	Sat	7:00A-8:00P	5/13	\$60

Pick up RHAM Middle School 7:00 AM  
 Pick up Glastonbury Commuter lot 7:30AM

### Track & Field

Children ages 9 and 14 will have the opportunity to participate in events, such as running, jumping and throwing, which emphasizes participation, friendship and sportsmanship. Events include the 50-meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4x100 meter relay, standing long jump, and softball throw. Contestants can participate in two field events and one running event or two running events and one field event. The top finisher in each event will receive an award. Registered participants from Hebron Elementary School between the ages of 9-14 years old will be granted permission to leave school early will be bussed to RHAM High School Track. Parents must pick up their children after the event. There is no busing back to Hebron Elementary after the event.

**Location:** RHAM High School Track

Age	Day	Time	Date	Fee
9-14	TH	3:00P	5/25	Free

### National Trail Days

In celebration of National Trails Day, Hebron, Colchester and East Hampton are teaming up to have activities/stations planned along the Airline Trail. Walk, jog, bike or ride a horse along the 10 mile stretch that covers all three towns. Stations include; bike maintenance, trail history, nature interpretation, land conservation, arts/crafts, viaduct history and trail safety.

**Location:** Airline Trail

Age	Day	Time	Date	Fee
All Ages	SA	10:00-12:00P	6/3	Free



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## Community Garden

The Parks and Recreation Department has developed a "Community Garden" at Burnt Hill Park. A Community Garden can be Flowers or vegetables. These gardens can produce nutritious food, preserve green space and improve quality of life for the people in the garden. If interested in gardening call Parks & Rec for more details. There will be a small fee and there are limited openings for gardening plots. Gardening will start after the last frost after Mother's day. Call today and get your name on the list.

**Fee:** \$15

## Hebron Day - 5K Road Race

Saturday, August 26, 2017 Hebron Parks & Recreation Department will be hosting our 25th Annual 5K Road Race. The Hebron Road Race is a rolling course that loops around and within the town of Hebron's quaint town green and neighboring areas. This is a beautiful area with forests and farmlands; and 100% paved roads – a certified 5K. The race is chipped and all runners will receive a race shirt. Race starts at 9:00 am rain or shine. Registration forms can be found at [www.hebronct.com](http://www.hebronct.com)

**Dates:** Saturday, August 26, 2017

**Location:** Burnt Hill Park

**Times:** Starts at 9:00 am, rain or shine

**Fee:** \$28.00 before 8/6/17

\$35.00 after 8/27/17 and day of race

## 4th Annual Hebron Day

Join the Parks and Recreation Department and community in celebrating all that the town of Hebron has to offer. Hebron Day includes a number of activities, entertainment, and vendors, from inflatable's to pony rides, face paint, live music, entertainment, local businesses, arts and crafts vendors and much, much more. Located at Burnt Hill Park, our 3rd Annual Hebron Day will be a fun farewell to summer!

**Location:** Burnt Hill Park

**Date:** Saturday, August 26, 2017

**Time:** 11pm – 4pm

**Fee:** Free

If you are interested in being a vendor or sponsor for Hebron Day – please contact the Parks and Recreation Department.

## Six Flags, Lake Compounce, and CT Science Center 2017 Tickets

Looking to spend the day at Six Flags or Lake Compounce, come to the Parks and Recreation Department and purchase discounted tickets for family and friends. Tickets are good any day and will be available in May.

Six Flag Day Tickets	CT Science Center	Lake Compounce Day Tickets
<b>Fee:</b> \$38.50	<b>Fee:</b> \$14.50	<b>Fee:</b> \$29.50

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# Douglas Library of Hebron



Douglas Library of Hebron

## DOUGLAS LIBRARY OF HEBRON

### Children's Programs

**Summer Reading Program** We will be having Summer Reading Programming on Thursdays at 1 pm from June 29th to August 10th. Some programs will require preregistration.

Our Program Room will be open daily for Do-It-Yourself craft projects from July 3rd to August 26th.

### Young Adult Programs

**Teen Advisory Board** the Teen Advisory Board regularly meets the first and third Wednesday of each month during the school year. This group helps plan teen events and discusses young adult program ideas and library collection needs. Time spent working in the meetings can be counted toward volunteer requirements.

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## Poetry Slam

**SLAM COMPETITION RULES**

There will be two rounds.

In **ROUND ONE**, competitors perform original poems not to exceed three minutes. The top five poets will advance to **ROUND TWO** where they will trade each other by signifying their stanzas; poem pieces, no longer than four minutes.

At the conclusion of this round, we will announce the top three winners and finalize the competition by crowning and awarding the first place winner!



**SCORING:**  
Competing performers will be scored based on the following 3 elements on a scale of 1-5 (1 being lowest, 5 being highest):

**CONTENT**  
**DELIVERY**  
**OVERALL PERFORMANCE**

There will be 3 judges, so the most a competitor can score in a single round is 15 points and the lowest is 3. Half point scoring will be permitted in order to eliminate excessive ties. Competitors will be penalized half a point for every second they exceed the time limitation in each round.

\*Poems do not have to be memorized but tend to give you an advantage if they are \*

**IMPORTANT!**  
We celebrate poems, positivity, excretion, and creativity. Poor sportsmanship will result in immediate disqualification.

What are you waiting for? Grab your pens and paper and get your poems out!

Let's SLAM!!!!

## ADULT PROGRAMS

### Vision Boards with Fiona Baine

Ms. Baine will help to make changes in your life from small to quantum movement forward.

**Apr 19th Wednesday, 6:30-8PM**

**Location:** Douglas Library Community Room

### Quintessential Jazz Band

With Paul Tamburro from RHAM along with 4 other musicians.

**Apr 21st Friday 6:00 - 7:00PM**

**Location:** Douglas Library Community Room

### Spring Friday New Film Series

The Douglas Library will be showing a variety of new films that were recently released over the past year. Look for our next series in April/May. Many of the selections are award winning movies. These movies range from PG to R rating, so they may not be suitable for children. During the movies coffee and tea will be provided with the option of popcorn if attendees are interested. Movies will be shown for six consecutive weeks.

**All movies begin at 1pm.** Free, no registration required.

**Location:** Douglas Library Community Room

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## Monday Night Handicraft Group

Join our knitting/crochet group every Monday night from 6 to 7:45 to work on knitting in a congenial atmosphere. Any level of knitter/crocheters is welcome. During the colder months, the group is working on knitting/crocheting for area residents in need. Bring your own projects, or just get inspiration or pointers from the other crafters Drop-In, No registration required.

**Location:** Douglas Library Board Room (Lower Level)

## MULTIPLE AGES

## Friends of the Library Book Sale

The Friends of Douglas Library hold quarterly book sales whose proceeds support the library's collections and programming needs. The next Book Sale is on **Saturday, June 3rd from 9am to 3pm.**

## Homebound Program

Did you know the Douglas Library had a Homebound Delivery Program? To qualify for this free service, the homebound patron must live in either Hebron or Amston. To be eligible to receive items for home delivery, the patron must be the following; 1.) Confined to their home due to prolonged illness, extended convalescences, or advanced age and have no household member available to get to the library for items. 2.) Have a temporary or permanent physical or mental disability that prevents them from coming into the library.

Call the library to see if Homebound Delivery is an option for you!

## Gardening at the Douglas Library

### Monday, April 3rd from 2:30 pm – 5:30 pm

This is a hands-on vegetable garden workshop. We will plant seeds, use season extension techniques, and set up an automatic irrigation system right beside the Douglas Library. Attendees will benefit from experiencing a proven low-maintenance germination technique that can be applied in their own gardens. All ages are welcome.

### Wednesday, May 17th from 2:30 pm – 5:30 pm

This is the follow-up hands-on vegetable garden workshop, right beside the Douglas Library. We will prepare the soil with fertilizer, plant our seedlings, plant more seeds, and alter our irrigation for this new phase of the garden. With the completion of this workshop attendees will have an example to follow for their own productive vegetable gardens. All ages are welcome.

## Volunteer Opportunities

The library has various volunteer opportunities. Currently, we offer both inside and outside volunteer hours as we have recently been working on a community garden project. We are also interested in creating a Teen Advisory Board. This teen volunteer group would help the library with program planning, collection guidance and space planning for our Young Adults. Any of these volunteer hours can be set up by visiting the library and filling out our volunteer form.



## Contact Information

**Telephone:** (860)228-9312

### To register:

- for Adult programs call (860)228-9312 x323
- for Children's programs call (860)228-9312 x324

**Website:** [www.douglaslibrary.org](http://www.douglaslibrary.org)

**Email Questions:** [info@douglaslibrary.org](mailto:info@douglaslibrary.org)

### Catalog:

<http://douglas.biblio.org/eg/opac/home>

Use the catalog to look up our collection and place holds on items.

### Find Douglas Library of Hebron on:

Facebook/Pinterest/Twitter/Tumblr/Instagram



### Hours

Monday & Wednesday 12-8

Tuesday & Thursday 10-8

Friday 12-6

Saturday 10-3

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# Senior Center



## Senior Center

### The Aging Mastery Program® - Join the Adventure!

**LIMITED SPOTS AVAILABLE: SIGN UP NOW!!!**

Contact: Mandy Rocznik

The Russell Mercier Senior Center is pleased to announce that we will be one of only 10 centers in Connecticut offering a ten-week educational program called the Aging Mastery Program®. It was developed by the National Council on Aging (NCOA) and encourages mastery of behav-

iors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

This is a wonderful opportunity to participate in, and reap the benefits of, a cutting edge program. We are currently recruiting people for participation in this unique endeavor.



The goal of this program is to empower you to make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life. The classes will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, falls prevention, and community engagement. For each of these classes, we will provide basic educational materials developed from highly trusted sources, a checklist of action steps, and a system for tracking behaviors. Participants will earn points for positive actions and rewards. This is an opportunity to not only reap the benefits of the educational aspect of this program, but to also meet new people, provide support and encouragement to your peers, and become more involved in the community.

If you are interested in learning more about this program and/or registering, please call the senior center at (860) 228-1700. We hope to recruit a wide range of participants. If this program piques your interest . . . stop by or call to learn more! We hope that you'll take advantage of this fantastic opportunity that the Russell Mercier Senior Center has to offer the Aging Mastery Program® in our community!

Aging Mastery®, a program of the National Council on Aging, is coordinated in Connecticut by Connecticut Community Care, Inc. and sponsored in part by the Connecticut Community Foundation.



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## Sports Groups

### RHAM YOUTH FOOTBALL & CHEERLEADING



The RHAM Youth Football & Cheerleading (RYFC) organization believes in building self-esteem, promoting team-work and developing its participants in both body and mind. The goal is to provide a program that allows your child to learn a sport in a positive, safe, and family oriented environment.

They are taught teamwork, sportsmanship, commitment, self-discipline, and life skills both on and off the field.

From our trained and experienced coaching staff to the condition of our practice and playing fields, no detail is left out to ensure our program is the finest in the league.

Join a program that has produced several championship football and cheer squads. Registration opens in mid March. Please visit [www.rhamyfc.com](http://www.rhamyfc.com) for more information.

**Age/Grade:** 6 - 13 years old, 1st – 8th grade

**Dates:** Early August – Mid November

**Times:** August - 6-8 pm (M-F, Football) (T, Th, F, Cheer)

Sept-Nov - 5:30-7:30, (T, Th, F, All Squads)

**Location:** Gilead Hill School (Practices)

4 home games (Burnt Hill Park), 4 away games

**Cost:** \$170/child

For D Team Football and Cheer Participants register by June 1st and receive a discount rate of \$100 per child!



## Hebron Soccer Association

Soccer registration for the Spring is open. Tryouts for competitive teams for Fall 2017-Spring 2018 will be held in June. Registration for our Fall season and pre-K through u15, will open in July and run through mid-August. Registration and information on Hebron Soccer can be found at [www.HebronSoccer.org](http://www.HebronSoccer.org) or by contacting its president and registrar, T.J. Morelli-Wolfe, at [Morelli.wolfe.law@gmail.com](mailto:Morelli.wolfe.law@gmail.com).

Hebron Soccer Association will host two clinics this summer. The first, for experienced players aged 10 and older (including high school players), from July 10-14, 2017 at Burnt Hill Fields in Hebron, will be run by Tony DiCicco and his company, SoccerPlus. Tony is the most accomplished US soccer coach ever, coaching the women's national team from 1994 to 1999 to a record of 103-8-8, while winning the Olympic gold medal in 1996 and winning the World Cup in 1999. He returned to international coaching in 2008, winning the women's u20 World Cup in 2008. He is now a TV commentator for U.S. Women's National Team with ESPN and Fox. Tony created, supervises, and coaches at SoccerPlus Camps, an intense and rewarding week of soccer training that contains many of the practices Tony used to develop the top U.S. National Team players over the past twenty years, including Alex Morgan, Sidney Leroux, Meghan Klingenberg, Brandi Chastain, Julie Foudy, Mia Hamm., and many others. Registration for this camp is at [SoccerPlus.org](http://SoccerPlus.org). Hebron soccer will also host a second camp for all ages, pre-K through U15 from August 14-18, 2017 at Burnt Hill Fields in Hebron Connecticut, which will be run by Challenger Sports and coached by UK and Brazilian coaches. The day camp is for all ages and abilities and an evening team camp is offered for our competitive teams. Information and registration for this camp can be found at [ChallengerSports.com](http://ChallengerSports.com).



# Park Information



## Parks Information

(All parks are open sunrise to sunset)

### Town Parks

#### Burnt Hill Park

Located on 148 East Street, Burnt Hill Park has two baseball fields, three multipurpose fields and nature walking trails. A pavilion at the park is available for rental.

#### Hebron Veteran's Memorial Park

Located on Route 316 (across from the RHAM High School tennis courts), offering a baseball field, softball field, soccer field, playscape, basketball court, and skateboard area.

#### Old Colchester Park

Located on Old Colchester Road featuring a multi-purpose field for sports.

#### Hebron Elementary School

Located on Church Street has a playscape and multi-purpose fields for sports.

#### Gilead Hill School

Located on Gilead Street has a playscape and athletic fields for sports.

#### Airline Trail

An asset in our midst! Built in the 1870's the Air Line Railroad ran diagonally across Connecticut through East Hampton center, just south of Marlborough (through northern most Colchester, and continuing through southern Hebron/Amston). The trail is now a recreational haven for hiking, horseback riding, mountain biking, running, etc. (Non-motorized pursuits only). The Trail can be accessed at Grayville Park, or off Route 85, near Julianos Pools. Take a morning or early evening stroll, or bring the kids with their bikes! For inspiration, visit Photographer Stan Malcolm's website, which hosts scores of beautiful pictures from the Trail: [www.performance-vision.com/airline](http://www.performance-vision.com/airline).

#### Notice to Dog Owners

State statute states dogs must be under the direct control of its owner at all times, including town parks. Many children playing at our parks may be frightened of a loose dog. Help keep our parks clean.

### State Parks

#### Grayville Falls

Located off Grayville Road is great for picnics, hiking, etc.

#### Gay City State park

Located along Route 85 near the Hebron/Bolton Town line, this park offers swimming and picnic areas plus miles of maintained trails.

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