

# Hebron Parks Recreation



### INTRODUCING HEBRON'S PREMIER NEW NEIGHBORHOOD

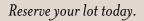


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REG# NHC.0001090

### General Information

#### **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 Natorski 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

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### 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

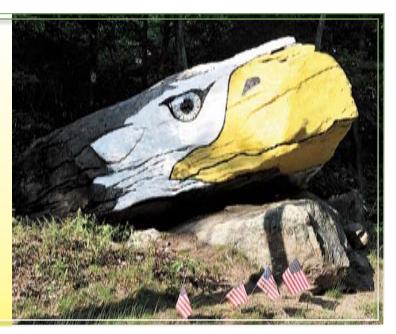
Phone: 860-530-1281 Fax: 860-228-5912

Web site: www.hebronct.com

Hours: Monday-Friday, 8:00 am-3:30 pm

### \*\*\* 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.



Produced by

### the Chronicle 860-423-8466

www.thechronicle.com

**Publisher** Mike Schroeder

**Production Manager** Lynn Coleman

**Advertising Director** Jan Koivisto

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Cover Design & **Book Layout** Heidi Graf

**Cover Photo** Stan Malcolm

### Registration Information

### **Community Contacts**

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

### **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 in 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

WFSB www.wsfb.com WTNH www.wtnh.com Fox 61 www.fox61.com

### **2018 SPRING** Registration begins April 1st



# TA<sub>0</sub>

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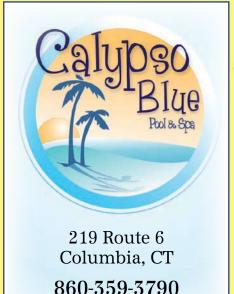


### Countryside Realty of Hebron Ranks #1 in 2017!

Countryside Realty, of 30 Main Street in Hebron, ranked #1 for the 5th straight year in total number of homes SOLD for Hebron, Lebanon, Columbia, and Andover!\*

Everyone at Countryside Realty credits their success to an emphasis on preparation, relentless focus on customer service and a deep understanding of the market. Countryside Realty would like to extend a sincere "Thank You" to their clients for their loyalty, referrals and repeat business throughout the years.

\*According to The Greater Hartford Association of Realtors and the Connecticut MLS



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### Adult 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 and fully potty trained) through 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.

PREP classrooms are located at Gilead Hill School, Entrance near the playground in back of the school.

For more information about the Hebron Parks & Recreation PREP program please call the Parks and Recreation office at 860-530-1281





#### **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	3/28-5/9	\$70
Adult	W	6:30-7:15P	5/16-6/20	\$70

### Yoga

Join Tina Catanzaro, (AAFA, AAAI 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. All are welcome. (6 weeks)

Location: Gilead Hill School Activity Room or Music Room

Age	Day	Time	Date	Fee
Adult	•	6:30-7:30P	4/9-5/21	\$80
Adult	M	6:30-7:30P	6/4-6/25	\$54 (4 week class)

#### 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: Anna Boose. Wear comfortable clothing. All are welcome. (6 weeks)

Location: Gilead Hill School Activity Room or Music Room

Age	Day	Time	Date	Fee
Adult	W	7:15-8:15P	4/11-5/23	\$70 No class 4/18

### **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	TBD		
Class Ma	aximum-	- 20 participant	s *Pre-regi	stration requi	red*
(Registr	ation de	adline June 14)			

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### Adult Programs

### **Adult Tennis**

Want to get a little exercise, meet 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	6/6-8/29	\$6

### **Hebron Brazilian Jiu-Jitsu**

BJJ promotes the concept that a smaller, weaker person can successfully defend themselves or another against a bigger, stronger, heavier assailant by using proper technique, leverage, and most notably, taking the fight to the ground, and then applying joint locks and chokeholds to defeat the opponent. Beginners welcome! This is a fundamentals class looking to add more class times in the near future.

**Location:** Tae San Academy, 111 Main Street (behind Dunkin Donuts)

Age	Day	Time	Date	Fee
Adult	T/Th	7:00-8:00*	4/10-5/10	\$149

(Gi – Included in price)

<sup>\*</sup>Open mat until 8:30



#### 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 sparing. 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	Date	Fee
Adult	M-SA	4/9-6-2	\$99
		Times:	
		6:00pm - 7:00pm, M, W	& F
		10:00am – 11:00am, Sat	

### **Adult Co-Ed Softball**

Come join us for our summer softball league. This league is designed as a recreational non-competitive league. You must be 18 years of age or older to participate. Space is limited, so sign up now!

Location: RHAM M.S. & Veteran's Park

Aae Dav Time **Date** Fee Adult Tu/Th/ 5:00-8:30P 7/24-9/2 Team fee (TBD) Sun

\*Contact Person: Ryan Price

ryandavidprice@yahoo.com / http://www.hebronrecsports.com



### 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	3/13-11/13	\$20 per person
				(No Basketball 8/7, 8/14)

#### Men's 18+ Basketball

Men's pick-up basketball will be on Wednesday 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	W	8:00-10:00P	3/14-11/14	\$20 per person
				(No Basketball 8/8, 8/15)

### **PickleBall**

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game!

Location: Gilead Hill School Gymnasium

Locutio	cocation: allead this serious dyninasiam						
Age	Day	Time	Date	Fee			
Adult	M	6:00-8:30P	1/8-6/4	\$35.00 or \$50 for both nights (winter registration do not have to re-register)			
Adult	W	7:15-9:00P	1/3-6/6	\$40.00 or \$50 for both nights (winter registration do not			



have to re-register)

### Adult Programs

### **Book Binding - Simple Stitch Books**

Students will learn 3 different simple book binding techniques in this class - pamphlet stitch, saddle stitch and stab binding will be taught.

Location: RHAM - Room 606

Age Day Time **Date** Fee Adult Sat 11:00A-2:00P 4/28 \$25 (material fee \$10

paid directly to teacher) Age Dav

### **Hard Cover Coptic Stitch Bookbinding**

Students will learn how to create hard covers for their book and then bind signatures into the book to create their own personalized blank journal.

Location: RHAM - Room 606

Aae Dav Time **Date** Fee

Adult Sat 11:00A-2:00P 5/12 \$25 (material fee \$10 paid directly to teacher)

### Paper Making and Simple Paper Marbling

Students will learn to make hand-made papers and 3 different simple paper marbling techniques.

**Location:** RHAM – Room 606

Dav Time Date Age

10:00A-1:00P 6/2 \$25 (material fee \$10 Adult Sat paid directly to teacher)

### **Introduction to Drawing**

In this beginner drawing course, you'll learn how to draw representational objects through studies in contour drawing, perspective, positive/negative space, and value. We will focus on basic skills, such as composition, structure, and proportion. Drawing will focus on monochromatic mediums of pencil and charcoal. No prior drawing experience required.

Location: RHAM - Room 606

Aae Dav Time Date Fee

Adult 9:00A-12:00P 5/26 and \$85 (material fee \$10 Sat

6/9-6/23 paid directly to teacher)

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### **Stained Glass for Beginners**

The class is open to students 15 years old and older. Students will learn the Tiffany foil method of stained glass. They will learn designing, pattern making, glass cutting, grinding, taping, and soldering. Students will produce a sun catcher to hang in a window or for outdoor display.

Location: RHAM - Cafeteria

Time Date Fee Adult 6:00-9:00P 4/9-5/14 \$150 No class 4/19 M

> (material fee paid directly to teacher)

#### Tools student should bring to class

Ball point pen

Pencil

Scissors

Ruler, 12 or 18 inch Safety Glasses Glass for projects

### Jewelry Making 101 – Memory Wire Bracelet

Instructor – Sandy Merrill

This class is for anyone interested in making beaded jewelry. You will learn to make a memory wire bracelet using many different types of beads including glass, plastic, metal, semi-precious, etc. You can make as many items as time allows in each class. The instructor will supply all the tools needed and bring jewelry making supplies for you to purchase.

Location: RHAM - Cafeteria

Aae Time Date Dav Adult W 6:00-8:00P 8/15 \$20 (material fee paid directly to teacher)

### **Jewelry Making 101 – Earrings**

Instructor – Sandy Merrill

This class is for anyone interested in making beaded jewelry. You will learn to make a pair of earrings using many different types of beads including glass, plastic, metal, semi-precious, etc. You can make as many items as time allows in each class. The instructor will supply all the tools needed and bring jewelry making supplies for you to purchase.

Location: RHAM - Cafeteria

Day Time Age Date Adult \$20 (material fee paid 6:00-8:00P 6/20 directly to teacher)

### The Grief Recovery Method®

This class will provide a safe environment for you to look at your beliefs about dealing with loss, which losses have affected your life, and show you how to take actions that will lead you to complete unresolved emotions that still cause you pain. This class is taught by Rori Ziegwied, who is the owner of Flourish Healing Center, LLC and a Certified Grief Recovery Method Specialist®.

Location: RHAM - Cafeteria

Aae Dav Time Date Fee Adult 7-8·30P 4/11-5/30 \$175 for 8 week

program includes all materials and books

### Youth Programs



### **After School Art**

Join Deb Pierce 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, sculpting, drawing, crafting 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	3/26-5/21	\$90.00 No classes on
				4/9
1-2	TH	3:15-4:45P	3/29-5/31	\$90.00 No class on 4/12,
				<b>⊿/1</b> 9

### **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 toe 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
 4/24-6/12
 \$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
 T/TH
 2:30-4:30P
 4/3-5/31
 \$12 (includes two bus rides)

### Taekwondo

Come joins us and learn the traditional martial art of Taekwondo. You will learn the basics for fitness, flexibility, self -defense, sparring, and FUN! A uniform is included. Train in as many classes as you want. s(6 weeks)

Location: Tae San Academy, 111 Main Street (behind Dunkin Donuts)

**Age 4-5yrs (children) Days:** M, W, F 4-4:45 pm

Age 6 & up (Juniors)

**Days:** M, W, F 5-5:50 pm

Tues, Thurs 4-4:50, 6:10-7 pm

Sat 9-9:50 am

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### Summer Day Camp



### SCHOOL VACATION DAY CAMPS

### Pre - K thru 6<sup>th</sup> Grade (@ Gilead School)

School vacation days are open to all Hebron and non-Hebron residents 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 field trips.\*

#### **April Vacation Camp**

Dates: 4/18, 4/19 & 4/20

**Location:** Gilead Hill School (Park and Recreation classrooms;

entrance near playground)

Time: 7:00am-6:00pm Cost: \$46.50 per day



Robert Gildersleeve MD. FACOG

Lesley Gumbs MD, FACOG

Veronica Helgans MD, FACOG

Yvette Martas MD. FACOG

Stephanie Welsh CNM

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### **Hebron Summer Adventure**

This year's NEW Hebron Summer Adventure will consist of grades Pre K-8th. Pre k- 1st grade will be held at Gilead Hill School, while grades 2-8th will be at RHAM HIGH SCHOOL GYMNASIUM. The summer adventure will run the duration of 9 weeks, from 6:45am to 5:00pm with extended care options. A full day of activities will be provided to meet the needs of the children. Kids in Prek-1st grade will be traveling throughout Connecticut twice a week to different adventures, while grades 2-8th will explore Connecticut 3 times per week. Some adventures include; Lake Compounds, Six Flags, Quassy, and the CT Science Center just to name a few. \*\*There will be an additional Admission/Activities fee for trips\*\* Registration forms will be on line, at Burnt Hill park, or other the phone at 860-530-1281.

### **Hebron Summer Adventure Camp Session Dates**

\*\*Starting on August 20th camp moves to Gilead Hill School

Session 1: Monday, June 25-Friday, June 29

**Session 2:** Monday, July 2-Friday, July 6 (4 days no camp on 7/4)

Session 3: Monday, July 9-Friday, July 13 Session 4: Monday, July 16-Friday, July 20

Session 5: Monday, July 23-Friday, July 27

Session 6: Monday, July 30-Friday, August 3

Session 7: Monday, August 6 - Friday, August 10

Session 8: Monday, August 13 - Friday, August 17 \*\*Session 9: Monday, August 20 - Friday, August 24

(Camp held at Gilead Hill School)



### Summer Day/Specialty Camps



### **Hebron Summer Adventure**

### For Children in Preschool, Kindergarten and 1st Grade

(Drop off & Pick up is at the Gilead Hill School at the rear of school near playscape)

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

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

#### For Children in Grades 2 -8th Grade

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

#### **Grades 7th -9th Grade**

(Drop-Off & Pick-up is at Veterans Park under the Pavilion).

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

#### FULL DAY FEE OPTION 6:45-5PM HALF DAY FEE OPTION

\$184.00 Weekly, \$46.50 Daily,

\*\*Session 2 (4 day week) \$148.00

#### HALF DAY FEE OPTION Pre-School Only

\$92.00 Weekly, Hebron Resident \$23.00 Daily, Hebron Resident \*\*Session 2 (4 day week) \$74.00

### **Extended Care Options** (for all camps)

**PM Care** 5-6 PM \$6.00 per day or \$22.00 Weekly \*There will be additional Admission/Activities fee per trip



### **Bixology: Engineering with LEGO™**

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Location: GHS GYM

 Age
 Day
 Time
 Date
 Fee

 Grades
 M-F
 9:00-12:00P
 8/6 – 8/10
 \$165

 1-5





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### Specialty Camps

### **Rockin' Robots**

Children will step into the shoes of rocket scientist and learn the fundamentals of flight, propulsion and rocket propulsion; We'll have fun exploring astronomy and trying out various flight designs from hot air balloons to hovercrafts (and many more!). "Launch Day" will bring real excitement to your budding astronaut! Kids will build rockets as well as discover the fundamental concepts involved in launching and recovering many different types of rockets. Students will make and take home their own complete mad science rocket.

Location: GHS GYM

Age	Day	Time	Date	Fee
Grades	M-F	1:00-4:00P	8/6 – 8/10	\$165

1-5

### **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: GHS GYM

Age	Day	Time	Date	Fee
6-11	M-F	9:00-2:30P	6/25 – 6/29	\$220 resident/
				\$225 Non Resident

### **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:** Special Schedule to allow for glazing and kiln firing. Due to kiln firing schedules, projects will not be ready for two weeks after the workshop has ended. Pick up dates will be announced via email.

Location: Gilead Hill School Art Room

Age	Day	Time	Date	Fee
5-12	M-F	9:00A-12:00P	7/30-8/2	\$250
			and 8/7	

### **Basketball Camp**

Join a great basketball staff for 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

== ca					
Age	Day	Time	Date	Fee	
8-14 Girls	TBD				
8-14 Boys	TBD				
5-7 Co-ed	TBD				



### **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	TBD		



### **Volleyball Camp**

Come join head RHAM Volleyball coach Timothy Guernsey 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	7/23-7/276	\$120
3-6	M -TH	9:00-12:00P	8/6-8/9	\$120

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### Community Events



### **Hebron Day - 5K Road Race**

Saturday, August 25, 2018 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

Dates: Saturday, August 25, 2018

**Location:** Burnt Hill Park

Times: Starts at 8:30 am, rain or shine

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

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

### **Hebron Volunteer 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 11:00am. Garbage bags provided – please bring own gloves

**Dates:** Saturday, April 7, 2018 **Location:** Burnt Hill Park

Times: Starts at 11:00 am, rain or shine

Fee: Free





### **Hebron Farmer's Market**

The Hebron Farmers' Market brings local farmers, bakers, fiber producers and crafters to you and the surrounding community.

You'll experience the freshest fruits, vegetables, baked goods and natural products-grown right here in Connecticut-while enjoying live entertainment and browsing artisan ware.

**Dates:** Saturday – 7/7, 8/4, 9/1, 10/5

**Location:** Burnt Hill Park **Times:** 9:00-1:00PM

Vendor Fee: \$100 Free (\$25 per week)

Event is free for the public

### **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
Date: 6/2/2018
Time: 9:00-11:00AM
Fee: Free to all

### **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

### **5h 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. Pony rides, face paint, live music, entertainment, local businesses, arts and crafts vendors and much, much more. Located at Burnt Hill Park, our 5th Annual Hebron Day will be a fun farewell to summer!

Location: Burnt Hill Park

Date: Saturday, August 25, 2018

**Time:** 10:30-2:30

**Fee:** Free to public (there is a fee for Vendors)

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

### **Six Flags and Lake Compounce 2018 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 Lake Compounce Day Tickets

**Fee:** \$39.50 \$29.50

### Sports Groups





Hebron, Andover, & Marlborough have joined forces to form an exciting new recreational fast pitch youth softball league. HAMR offers a range of age based leagues ranging from basic skill instruction to advanced fundamentals and in game strategies. HAMR is committed to quality instruction, sportsmanship, teamwork, respect for self and others while inspiring a lifelong pas-

sion for the game. Registration will be open in February for our spring season. Updated information can be found on the HAMR website: www.HAMRsoftball.com



Hebron, Andover and Marlborough Youth Soccer have merged and is now RHAM Youth Soccer. Soccer registration and information for all ages, from preKinder through 15 years old, can be found at www.RHAMYouthSoccer.org. We offer recreational/travel programs/teams for all ages from pre-Kinder through 15. Registration for the Spring generally opens in December and runs through early April.

Early registration is strongly encouraged as roster sizes are limited and late registrants are not guaranteed placement on teams.

Tryouts for Competitive squads are held in early June. Selected comp teams compete from the fall through the spring. If you are interested in volunteering or have any questions, please contact our president and registrar, T.J. Morelli-Wolfe, at Morelli.wolfe.law@gmail.com.



RHAM Youth Lacrosse offers kids in our community the opportunity to learn the exciting sport of lacrosse! Safety, sportsmanship, and skills development are at the absolute center of every part of the RHAM Youth Lacrosse experience, and we offer age-appropriate developmental lacrosse for boys and girls in kindergarten through 8th grade.

We offer **Learn-to-Play** sessions each fall to give new players (and parents!) a chance to see what lacrosse is all about – sign up to receive announcement emails on our website (rhamyouthlacrosse.com).

Registration begins in the late fall and ends in January.

Questions? Email RYL president Lynne Murray at *lynnejmurray@gmail.* com

www.rhamyouthlacrosse.com



### RHAM Youth Baseball Mission Statement

To encourage participation, develop character & discipline, promote teamwork and advocate citizenship and community pride. Hebron Baseball emphasizes the basic ideals of sportsmanship, fair play and respect for the rules of the game among players, parents, coaches and all other event participants. (Formerly Hebron Baseball)



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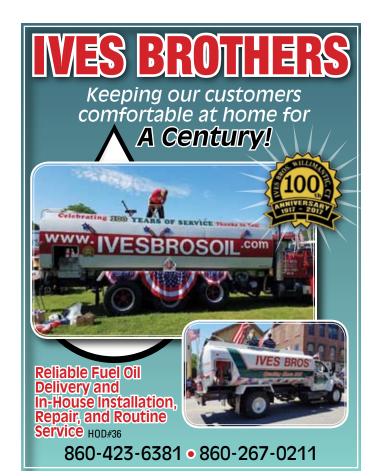
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### Park Information



(All park 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.

#### **Raymond Brook Preserve**

Located off of Church Street near Kinney Road. Offering walking and biking trails. - Park will remain close until late summer due to the upgrade of the park and it's trails.

### **Grayville Falls**

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

#### **Old Colchester Park**

Located on Old Colchester Road featuring a multi-purpose field 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. (Nonmotorized 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.

### 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**

### **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.

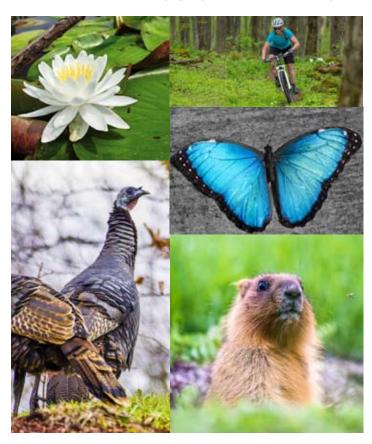
### **Schools**

#### **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.



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