



What's Happening

AT HEBRON PARKS AND REC



Parks and Recreation Staff

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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



Parks and Recreation Commission

Co-Chairpersons-Claudia Natorksi and Ken Jardin
Machel Gauthier, Charles Daniels, Chris Cowles, John Russo, Eric Lemieux, ALT and Jeff LeMay, ALT
BOS Liaison: Brian O’Connell



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.

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:

Walk in registrations are accepted!

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.



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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.

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

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



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Parks and Recreation Vacation Camps

School Vacation Day Camps

Pre-K thru 6th Grade (@ Gilead School)



School vacation days are open to all Hebron and non-Hebron residents Pre-K 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.*

Vacation Day Camps

Dates: 2/19, 2/20, 3/8

Location: Gilead Hill School (Park and Recreation classrooms; entrance near playground)

Time: 7:00am-6:00pm

Cost: \$48 per day

December Vacation Camp

Dates: 12/26, 12/27, 12/28 & 12/31

Location: Gilead Hill School (Park and Recreation classrooms; entrance near playground)

Time: 7:00am-6:00pm

Cost: \$48 per day

April Vacation Camp

Dates: 4/15, 4/16, 4/17, 4/18 & 4/19

Location: Gilead Hill School (Park and Recreation classrooms; entrance near playground)

Time: 7:00am-6:00pm

Cost: \$48 per day

Youth Programs

After School Art

Join Deb Pierce for 10 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 3-6: Mondays, 3:15-4:45pm

January 17 to March 25 (no class on 1/21 and 2/18).

Fee: \$115.

Grades 1-2: Thursdays, 3:15-4:45pm

January 10 to March 28 (no class on 2/21 and 3/21).

Fee: \$115.

Gracie Jiu-jitsu

At Hebron BJJ/Bushido we offer a very innovative martial arts curriculum for kids ages 7-12 (teen and adult classes also available). Regardless of age, we provide each student with essential training in character development, self-defense, fitness and



Kristin Pancavage

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teamwork, not to mention fun! Gracie Jiu-jitsu (AKA Brazilian Jiu-jitsu) is the fastest growing kid’s martial art in the world! Gracie Jiu-jitsu relies on leverage and technique over power and athleticism.

Location: Hebron BJJ 111 Main Street (Behind Dunkin Donuts)

Mondays, 5:30-6:20pm

Thursdays, 5:30-6:20pm

Saturdays, 10:00-10:50am

Fee: \$149.99 (includes GI/uniform and belt).

One month unlimited classes, open registration.

Adult Programs

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

Mondays, 6:30–7:30pm. December 17 to February 11 (no class on 1/21). Fee: \$80.

Mondays, 6:30–7:30pm. February 25 to March 1. Fee: \$80.

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

Wednesdays, 6:30–7:15pm. December 5 to January 16 (no class on 12/26). Fee: \$70.

Wednesdays, 6:30–7:15pm. January 23 to February 27. Fee: \$70.

Wednesdays, 6:30–7:15pm. March 6 to April 10. Fee: \$70.

Barre Above™

This Barre class fuses the very best of pilates, yoga, aerobics and strength training. You do not need to worry about dance experience. Barre Above™ is barre for all bodies! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body. Please bring a yoga mat & hand weights (3–5lb). Instructor: Donna Bellmore- UCONN BS Human Development and Family Relations, AFAA Certified Group Fitness Instructor, Barre Above™ Certified. Class Maximum 25.

Location: Gilead Hill School Activity Room or Gym

Tuesdays, 6:30–7:30pm. January 8 to February 12. Fee: \$60.

Tuesdays, 6:30–7:30pm. February 26 to April 2. Fee: \$60.

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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: TBD

Wednesdays, 7:30–8:30pm. December 12 to January 23 (no class 12/26). Fee: \$60.

Pickle Ball

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 Gym

Mondays and Wednesdays, 6pm. January 2 to April 1. Fee: \$35.

Hebron Gracie/Brazilian Jiu-Jitsu

Gracie Jiu-Jitsu 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.

This is the fundamental class and beginners our welcome!

Location: Hebron BJJ 111 Main Street (Behind Dunkin Donuts)

Monday through Thursday, 6:30–8:00pm

Saturday, 8:30–10:00am

Fee: \$149 (includes GI/uniform and belt).

Holiday Shopping Adventure — We’ll watch the kids!

Take the night for your holiday shopping while your kids have fun at Gilead Hill Elementary. The Hebron recreation staff will have no shortage of fun for your children. We’ll do it all from gym time to arts and

crafts. We’ll show a movie and even do the cooking providing dinner and a snack. Take advantage of this opportunity to get caught up in the holiday spirit or even a good ol’ fashion date night. Just know that your children are in good hands for the evening!

Grades preK–6: Fridays, 5:30–9:30pm. December 14. Fee: \$30 (\$5 for each additional children).

Community Events

Knights of Columbus

All boys and girls ages 9 to 14 are invited to participate at the local level for the 2019 Knights of Columbus Free Throw Championship.



Location: HES Gym

Date: Thursday, January 17th, 2019 Local Level (snow date January 24th, 2019)

Times: 5:00pm–7:00pm

Fee: Free

Hebron’s Got Talent

Dancers, musicians, vocalists, comedians, performers of all kinds! Now accepting applications for local talent. Application can be picked up at Ted’s IGA Supermarket, Hebron Parks & Recreation and AHM Youth and Family Services. All Applications are due by December 18th. Proceeds to benefit the Children’s Scholarship programs of AHM Youth and Family Services and Hebron Parks & Recreation. For more information please contact Gilead Congregational Church at 860-228-3077.

Date: Friday, February 1, 2019 (snow date 3/1)

Location: RHAM High School Auditorium

Time: 6:30 pm

Fee: \$8 individual/\$25 family of four

Easter Eggtravaganza

Join the Hebron Parks and Recreation Department in celebrating Easter as we enjoy an Easter Bunny breakfast and search for hundreds of eggs that the Easter Bunny hid!

Location: Gilead Hill School

Date: 4/13/2019

Time: 8:30

Fee: \$ 6 adult/\$4 child/\$16 per family —

Day of \$7 adult/\$5 child/20 per family