



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 Natorski and Ken Jardin
Machel Gauthier, Charles Daniels, Chris Cowles,
John Russo, Eric Lemieux, Judith Podell, 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.

You may register the following ways:

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.

Byphone: 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.

Lucy Drabek
860-614-7577



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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 years and up 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 7 children. In the PM care session, the ratio is 1 staff for every 8 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.



April Date/TIME TBD

Come and give back with a good old fashion clean up at Veterans Park and Burnt Hill Park. Please meet at Burnt Hill Park or Veteran Park.

Trash Bags will be provided.

148 East Street, Hebron, CT 06248



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

Vacation Day Camps

Dates: 3/8

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

Time: 7:00am-5:00pm

Cost: \$48 per day

Extra care 5:00-6:00 additional \$6

April Vacation Camp

Dates:

4/15, 4/16,
4/17

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

Time:
7:00am-
5:00pm

Cost: \$48
per day

Extra care
5:00-6:00
additional \$6



Youth Programs

After School Art Mini Session

Join Deb Pierce for 4 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: Tuesdays, 3:15-4:45pm
May 7 to 28. Fee: \$40.

Grades 1-2: Thursdays, 3:15-4:45pm
May 2 to 25. Fee: \$40.

Gracie Jiu-jitsu

At Hebron BJJ/ Bushido we offer a very innovative martial arts curriculum for children ages 8-13 (teen and adult classes also available). Regardless of age, we provide each student with essential training in character development, self-defense, fitness and 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.



Easter Eggstravaganza

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/time: April 13, 2019, 8:30 a.m.

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

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

Hebron Youth Running Club

Get up and get out! Join 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. T-shirts are provided to all participants. Ages 5-12.

Location: Hebron Elementary School

Ages 5-12: Tuesdays, 6:00-7:00 pm

April 23 to June 11. Fee: \$10.

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. It 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 9-12: Tuesdays and Thursdays, 2:30-4:30pm

April 2 to June 2. Fee: \$12 (includes two bus rides).

Adult Programs

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. All are welcome! (6 weeks)

Location: Gilead Hill School Activity Room or Music Room

Mondays, 6:30-7:30pm. February 25 to April 8 (no class 3/4 and 4/15). Fee: \$80.

Mondays, 6:30-7:30pm. April 22 to May 20 (no class 5/27). Fee: \$70.

Mondays, 6:30-7:30pm. June 3 to June 24. Fee: \$60.

Hebron Parks & Recreation

OPEN GYM

RHAM HIGH SCHOOL

START DATE 3/12

EVERY TUESDAY 30+

EVERY WEDNESDAY 18+

8:00-10:00 PM

\$20 FOR ENTIRE SESSION

860-530-1281 HPR OFFICE



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. March 13 to April 14 (no class on 4/17). Fee: \$70.

Wednesdays, 6:30–7:15pm. May 1 to May 29. Fee: \$60.

Wednesdays, 6:30–7:15pm. June 5 to June 26. Fee: \$50.

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. April 9 to May 20 (no class on 4/16). Fee: \$60.

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 and 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 Gym

Thursdays, 6:30–7:30pm. April 4 to May 16 (no class 4/18). Fee: \$60.



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

Tuesdays, 6:30–7:30pm. March 5 to November 12. Class Maximum 20 participants. Pre-registration required.

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! All Registrations are due by June 15.

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

Tuesdays, Thursdays, Sundays, 5–8:30pm. Dates TBD.

Contact Person: Ryan Price:

ryandavidprice@yahoo.com

<http://www.hebronrecsports.com>

Men's 30+ Basketball

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

Location: RHAM High School Gym

Tuesdays, 8–10pm. March 5 to November 12.

Fee: \$20 per person.

Men's 18+ Basketball

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

Location: RHAM High School Gym

Wednesdays, 8–10pm. March 6 to November 13.

Fee: \$20 per person.



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 Gymnasium

Mondays and Wednesdays, 6–8pm. Now through June 19.

Fee: \$25.

Summer Camps

This year's NEW Hebron Summer Adventure Camp will consist of grades Pre-K - 8th. All age groups will be held at the Gilead Hill School. The Summer Adventure Camp will run the duration of 9 weeks from 6:45 a.m. to 5:00 p.m. with extended care options. A full day of activities will be provided to meet the needs of the children. Kids in Pre-K - 1st grade will be traveling throughout Connecticut twice a week for different adventures, while grades 2- 8th will explore Connecticut 3 times per week. Some adventures include; Lake Compounce, Six Flags, Quassy and the CT Science Center just to name a few! *Please note- there will be an additional admission/ activities fee for trips.* Registration forms will be available online or in the office at Burnt Hill Park. Please call our Parks and Recreation office at 860-530-1281 with any additional questions.

Community Events

Easter Eggstravaganza

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/time: April 13, 2019, 8:30 a.m.

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

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

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.

Date: TBD

Location: Multiple parks

Hebron's Annual - 5K Road Race

Hebron Parks & Recreation Department will be hosting our Annual 5k Road Race in May. The Hebron Road Race is a rolling course that loops around and within the town of Hebron's Burnt Hill Park and neighboring areas. This is a beautiful course 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 a.m., rain or shine. Registration



forms can be found at www.hebronct.com.

Location: Burnt Hill Park

Date: Sunday, May 19, 2019

Time: Starts at 9:00 a.m., rain or shine

Fee: \$30 before 5/10/19

\$37 after 5/10/19 and day of race

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!

Location: Hebron Elementary School

Date: Saturdays - 5/25, 6/15, 7/6, 7/27, 8/17, 9/14, 9/28

Time: 9:00 a.m. - 12:00 p.m.

Vendor fee: \$100 Fee for the season



Event is free for the public

National Trails Day

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: 6/1/2019

Time: 9:00 a.m. - 12:00 p.m.

Fee: Free to all

Community Garden

The Hebron 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 foods, preserve green space and improve the quality of life for the people in the garden. If interested in gardening please call Parks & Rec. for more details at 860-530-1281. 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: \$16.

6th 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 painting, live music, entertainment, local businesses, arts and crafts vendors and much, much more! Located at Burnt Hill Park, our 6th Annual Hebron Day will be a fun farewell to summer!

Location: Burnt Hill Park

Date: Saturday, August 24, 2019

Time: 10:30 a.m. - 2:30 p.m.

Fee: Free to public

Vendor Fee: \$25 new/\$50 Food Truck

If you are interested in being a vendor or sponsor for Hebron Day – please contact the Parks and Recreation Department at 860-530-1281.

Six Flags and Lake Compounce 2019 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 for any day and will be available in May.

Six Flags Day Tickets

Fee: \$42



Lake Compounce Day Tickets
Fee: \$32

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 Policy

Refunds are issued only in the following circumstances:

If a program is cancelled by the Parks & Recreation Department.

On request for a medical reason 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 resold.

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 online.

Television: NBC30 www.nbcconnecticut.com, WFSB www.wfsb.com. WTNH www.wtnh.com Fox 61 www.fox61.com.