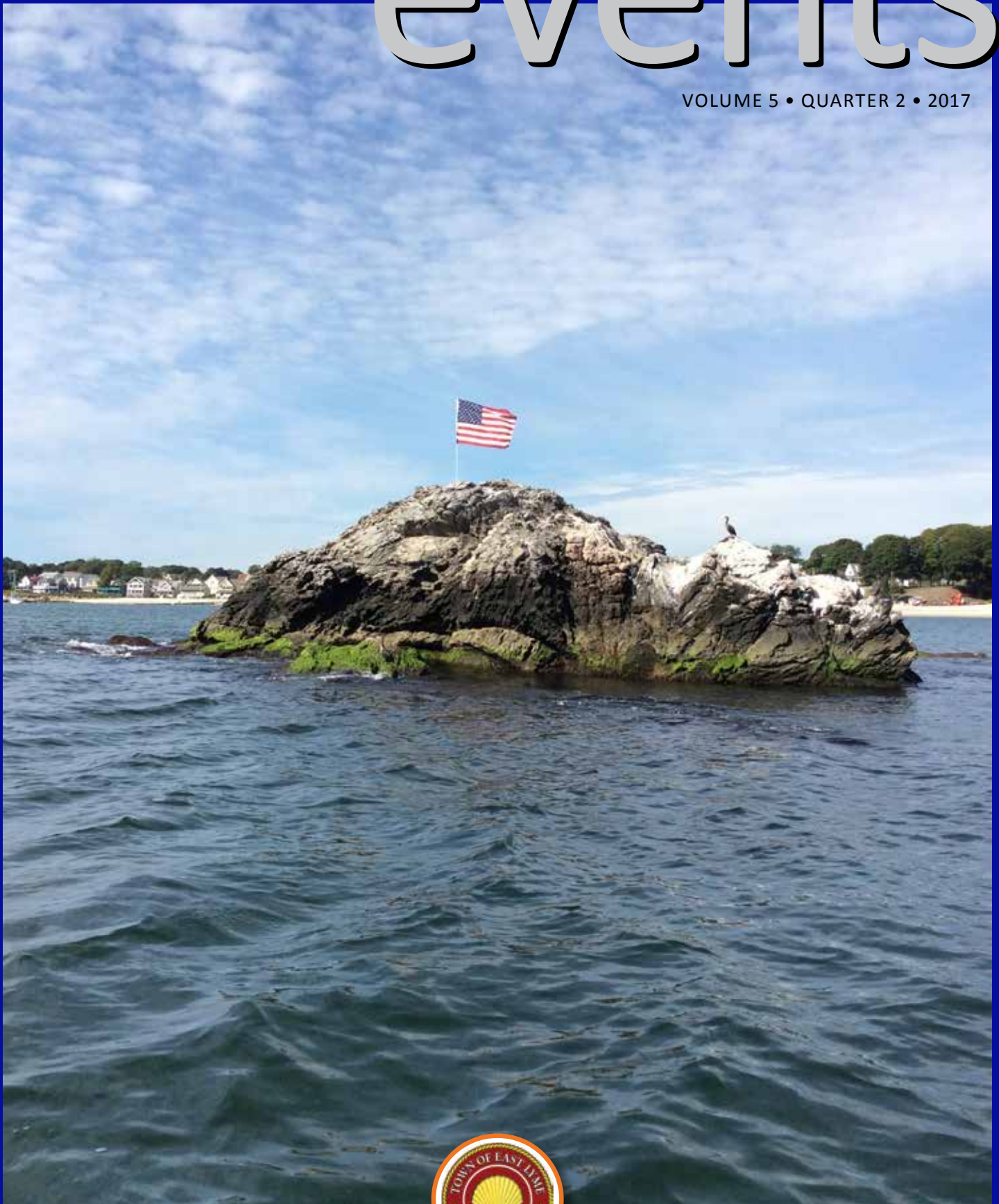


East Lyme

events

VOLUME 5 • QUARTER 2 • 2017



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First Selectman's Corner

Another summer on the shoreline is taking shape and you can feel the energy and excitement throughout our town. When we get to this time of the year, after enduring a long cold and dark winter, we come alive as individuals and collectively as a town. There's nothing better than those first couple warm days of spring when we all get outside to the beaches, boardwalk, and ballfields in our town. This year's first warm day came during the April school vacation week. In spite of a cool breeze coming off the water and the water temperatures being closer to freezing than tolerable, McCook's beach looked like a hot July day with the parking lot packed with cars and residents (some fully clothed) frolicking in the sand. The kid's playscape on top of the hill was wall-to-wall kids and moms. Awesome! And you can imagine the number of people, young and not-so-young who came out to our beloved boardwalk. My heart warmed that day watching families coming out of hibernation to enjoy our town's parks. We live in a special place.

It was about this time last year that I started our campaign to "SLOW DOWN and ENJOY OUR TOWN." It was met with overwhelming praise. The message is simple: this is our town and we all need to do our part to maintain the quality of life here. When you drive through East Lyme/Niantic, no matter where you are, you are in someone's neighborhood. Even our busiest state roads (Routes 161, 156, and Boston Post) are lined with homes and filled with kids, dog walkers and pedestrians. All streets throughout our town require your full attention and your care in driving. Abusing the speed limit to the point of being unsafe is disrespectful to your fellow citizens. Please, SHOW RESPECT and make a conscientious effort to keep your speed reasonable.

We've been talking about the addition of a bandshell for a couple of years now. With financial assistance from the Niantic Lions, Niantic Rotary Club, and the East Lyme Public Trust, the performance stage has been built in McCook's Park (next to

the Pavilion). Our Parks and Recreation Director, Dave Putnam and his staff have already lined up a summer of music beginning on the Friday of Memorial Day Weekend when we will cut the ribbon and celebrate this new facility. Watch for a full schedule of events coming up later this season.

Additionally, the new park on Main St. (at the former Mobil Station/Ocean Express) is finally being cleaned up. This identified Brownfield property received a state grant to clean up the property. While a slow process, the results will be stellar! We plan to cleanup the property by initially planting grass and then form a sub-committee to determine the final design for this key property. This is an exciting addition to our popular Main Street.

continued on page 2



Mark C. Nickerson

An advertisement for Saybrook Country Barn. The top half features a photograph of a large, light-colored wicker outdoor sofa with several cushions, set on a patio next to a swimming pool. The background shows lush greenery and a stone wall. Overlaid on the image is the text "The Great Outdoors" in a large, white, cursive font, and "Dazzling Outdoor Furniture | Made in the USA" in a smaller, white, sans-serif font. Below the photograph is a dark green banner with the text "Saybrook Country Barn" in a large, white, serif font. At the bottom of the banner, in a smaller white font, is the address "2 Main Street, Old Saybrook CT, | 860.388.0891 | www.saybrookcountrybarn.com".

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events

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Mike McDowell

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And speaking of Main Street, if you haven't been downtown lately, you're missing the best part of our town. Several shops have opened or expanded in the past year. We have one of the most idyllic villages in Connecticut. A great variety of restaurants, a movie theater, a children's museum, over 2 dozen different stores, 3 premier ice cream shops, a dance studio, and so much more make our downtown attractive to our residents and visitors alike. All of this is connected to marinas, a 1.1 mile boardwalk, 3 town beaches and McCook's Park... one of the prettiest public parks in America. With all the traffic on I-95, my suggestion is... **STAY HERE IN NIANTIC.** Make a commitment to support our local shop owners by shopping and eating in our town.

Expect nothing but the best summer ever in Niantic this year. Our 3 town beaches, our ballfields, our playgrounds, and parks have all been readied and prepped for the season. All we need now is sunshine... and you!

Mark C. Nickerson
 First Selectman

Director's Note

As the summer of 2017 is approaching it is with great excitement and anticipation for the grand opening of the McCook Point Park Band Shell. The ribbon cutting ceremony will take place on Friday, May 26 starting at 6:00 pm with the Paul Lussier Band performing on opening night. A huge thank you goes out to the East Lyme Public Trust Foundation, the Niantic Lions Club and the Niantic Rotary Club for their donations towards the construction. The Parks and Recreation staff has been busy scheduling a number of concerts for Friday nights starting in mid July (more information is in this magazine).

I am also thrilled about a new program we will be offering for the first time this summer called "I Can Bike." We are partnering with the Miracle League

of Connecticut to offer this unique program that teaches individuals with disabilities to ride a two wheel bicycle independently. The program will take place from August 7-11 at the East Lyme Middle School. For more information or if you are interested in volunteering please contact our office.

This summer will be filled with many activities and special events which are listed in this Events Magazine. Thank you as always to our advertisers that make this magazine available to our residents.

I think you will find some creative and fun filled events for you and the entire family. Please feel free to contact the office with any questions or concerns.



David Putnam

Have a great summer!!

Sincerely,

David Putnam

Director / Parks and Recreation



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Park & Beach Information

McCook Point Park, Hole N' Wall, & Cini Park:

Open daily from 8:00 am to sunset.

Pets are permitted on beaches from the Tuesday after Labor Day until the Friday before Memorial Day ONLY**; must be under owners control at all times and it is the owner's responsibility to cleanup all pet waste. Dogs are not permitted on the Niantic Bay Boardwalk at any time during the year.

Restrooms will remain open until mid-November as weather permits.

Contact the Parks and Recreation office for Pavilion reservations/availability.

Tobacco Free Parks

State Statute 22-364 states that dogs must be under the direct control of their owners at all times when using town parks. It is the dog owner's responsibility to clean up all dog waste.

**NO PETS May 26 – Sept 4, 2017 AT ANY BEACH FACILITY: SEE BELOW REGULATION

State Regulation (Public Swimming Area Regulations) Section 19a-36-B61 (10) states domestic animals shall be prohibited in the water and the land immediately adjacent to the water of a public swimming area when the public swimming area is open for use.

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BEACH/PARKING PASSES

Parking permits will go on sale beginning April 3rd at the Parks & Recreation Office. Permits will be sold from 8:30 am to 4:00 pm throughout the season. From May 25 – June 29 the office will extend the office hours to 7:00 pm on Thursdays. To obtain a season permit, ALL applicants must present their valid car registration at time of purchase. If you are new to town, please bring your tax bill or lease to expedite the process. To avoid lines, you can mail in a copy of your registration, a copy of your latest tax bill (if vehicle is not registered to an East Lyme/Niantic address), the fee (checks payable to Town of East Lyme) and a self-addressed envelope, and we will process your request and mail your beach pass to you.

FEES FOR 2017

Resident	\$35.00
Resident (Add'l car)	\$25.00
Senior (62 & over)	\$15.00
Non-Resident	\$100.00
Resident Day	\$10.00
Non-Resident Day Parking M-F	\$25.00
Non-Resident Day Parking	
WEEKENDS & HOLIDAYS	\$30.00
Non-Resident Day Walk-In	\$10.00
Non-Resident Season Walk-In	\$50.00

As of Saturday, May 27 (Memorial Day Weekend) all vehicles must have a parking permit to enter the parks through September 4 (Labor Day). Park hours are 8:00 am to dusk. Lifeguards are on duty daily from 9:00 am – 5:00 pm, beginning tentatively mid-June.

PAVILION/TENT RENTAL

The pavilion is available for full day or half day rental (9:00 am to 1:00 pm or 1:30 pm until dusk) during the summer season (Memorial Day weekend through Labor Day) for East Lyme/Niantic residents/taxpayers. Rentals are also available before Memorial Day and after Labor Day; Non-Residents are able to rent during that period. Please contact the Parks & Recreation office for information and availability.

PARKS & BEACHES ADDRESSES

Cini Park – Route 156, Niantic – (located at end of boardwalk by Niantic Bridge)

Hole-N-Wall Beach – Baptist Lane, Niantic

McCook Point Park – 8-10 Atlantic Street, Niantic Main beach, pavilion, picnic area, restrooms, Hole-N-Wall beach, playground, bocce court, outdoor showers

Peretz Park at Bridebrook – 221 West Main Street, Niantic Baseball, soccer, basketball court, softball, lacrosse, utility fields

Smith-Harris Park – 31 Society Road, Niantic (Behind EL Middle School) Little League, Pee-Wee football

Veteran's Memorial Park – 10 Memorial Park Road, Niantic Baseball, softball

Parks & Recreation Department



41 Society Road, Niantic, CT
860-739-5828 fax 860-691-2409
www.eltownhall.com

Contact Information & Websites

Executive Director: David M. Putnam
Program Coordinator: Carolann Rossiter
Administrative Assistant: Robin Grandieri
Administrative Secretary: Arlene Wilbur
Special Events Coordinator: Michael R. McDowell

Park Foreman: Edward Ball
Maintenance Support: Michael Rak, Jason Alves, William Steward

Parks & Recreation Commission Members

Chairman - J. Robert Pfanner
William Willets, Jr. Emeritus Member, Charles Fenick,
Jackie Curry, Patrick Larkin, Roger Nadeau, Milan Keser,
Thomas Beebe

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Thursday of each month at 7:00 pm. The public is welcome to attend the meetings.

East Lyme Police Department 860-739-5900

East Lyme Public Library 860-739-6926

www.ely.lioninc.org

East Lyme Public Works 860-739-8444

East Lyme Senior Center 860-739-5859

East Lyme Town Hall 860-739-6931

www.eltownhall.com

East Lyme Youth Services 860-739-6788

Commission Meetings are 2nd Thursday

Rocky Neck State Park 860-739-5471

DEP Old Lyme 860-434-8638

Children's Museum of SE Connecticut 860-691-1255

continued on page 6



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Parks & Recreation Department

... continued from page 5

East Lyme Aquatic & Fitness Center (Pool) 860-691-4681

www.nutmegaquatics.com

East Lyme Business Organization

Contact Lynnea Mahlke 860-691-1611

Athletic Organizations

EAST LYME BABE RUTH LEAGUE

Jay Reid, President / 860-326-1579

www.eastlymebaberuth.com

EAST LYME LACROSSE

Rich McCaffrey / 860-608-0465 / smongo51@gmail.com

www.ella.uslaxteams.com

EAST LYME LITTLE LEAGUE

Rob Tukey / 860-912-2679 / rtukey71@gmail.com

www.ETEAMZ.com/EastLymeLittleLeague

EAST LYME SOCCER CLUB

Chuck Massung / 860-739-9147 / www.eastlymesoccer.org

EAST LYME YOUTH FOOTBALL

Chip Mundell / 860-271-6191

EAST LYME YOUTH CHEERLEADING

Tammy Bogue / 860-303-1741

EAST LYME YOUTH BASKETBALL

Mike Catanzaro / 860-941-7272 / mcata1926@gmail.com

www.eastlymeyouthbasketball.org

Clubs

NEW COMERS CLUB

Janet Banks / 860-739-2891 / janbanks@hotmail.co.uk

MOMS CLUB OF EAST LYME

www.eastlymemomsclub.org

WOMENS CLUB OF SE CONNECTICUT / 860-691-1948

AMERICAN LEGION AUXILIARY, UNIT 128

Pat Keegan / 860-739-2107

EAST LYME GARDEN CLUB

www.eastlymegardenclub.org or elgclub@gmail.com

GIRL SCOUTS REGIONAL OFFICE

Jenna Duff / 800-922-2770 x 3728

Monica Sistaire / 860-691-8318 / monicarae79@sbcglobal.net

DISTRICT SCOUTS REGIONAL OFFICE

Mike Cooney / 860-373-0097

CUB SCOUTS PACKS

Mike McKee, #24 / 860-739-0433 / www.beascout.org

www.pack24eastlyme.org / pack24eastlyme@gmail.com

Axel Mahlke, #7 / 860-287-1174

BOY SCOUT TROOPS

George Sisson, #7 / 860-691-2165

Troop #24 / 860-443-5492

Richard Cushing, #240 / 860-739-5239

Community Bulletin Board

PASSPORTS

East Lyme Parks & Recreation Department is now an Acceptance Facility for Passports. Please call (860) 739-5828 to make an appointment and for any questions. The hours for passports are Monday – Friday from 8:15 am – 3:30 pm. Evening hours will be available on Thursdays only starting May 25– June 29. Office will be open until 7:00 pm. Appointments must be made in advance for this day. Saturday hours will be available by appointment only, June 3 – June 24 from 8:30 am – 11:00 am.

NIANTIC BAY TRIATHLON

Sponsor: Hartford Marathon Foundation on Sunday, August 6th beginning at 7:30 am. Start and Finish at McCook Point Park. More Information: Call (860) 652-8866 or visit: www.hartfordmarathon.com

NIANTIC LIONS CLUB

The 57th Annual Outdoor Arts & Craft Show and 39th Annual Lobsterfest & Chicken BBQ will be held on July 1 from 10 am - 5 pm and July 2 from 10 am – 4 pm at the East Lyme Town Hall grounds. It will feature over 1150 artists and crafters. Admission and parking are free. The Niantic Lions will be preparing lobster & chicken BBQ dinners; chowder, burgers and hot dogs are also for sale. Proceeds support local Lion charities.

U.S. AMATEUR BALLROOM DANCE

Dates: Fridays 7:00 – 10:00 pm (June 16, July 14, July 28, Aug. 11, Aug. 25). Saturday 6:30 to 11:00 pm (June 3). At the East Lyme Library & Community Center - Activity Room. For more information: Raymond O'Connell @ (860) 501-5260 www.usadancenewlondonct.com.

SHORELINE SWING DANCES

Dates: Third Saturday of each month, May 20 & June 17 from 8:00 to 11 pm. Dance lessons are offered from 7 to 8 pm. At the East Lyme Public Library/Community Center Activity room. For more information please visit "shorelineswingct.com."

CONNECTICUT TRAILS DAY HIKE

CT Trails Day / Educational Walk

Saturday, June 3 from 10:00 am to 12:00 pm at the Oswegatchie Hills Nature Preserve. Join David Putnam and Greg Decker of the Friends of Oswegatchie Hills Nature Preserve for this 6th Annual Connecticut Trails Day Hike. Points of interest will include: Smith Cove Overlook, Clark Pond Vista East and West, Rocky Ledge Overlook, Granite Quarry, and Mount Tabor. Open to all ages and abilities. Meet at the Oswegatchie Hills Nature Preserve trailhead at Veterans Memorial Park (Memorial Drive, Niantic) at the registration tent that will be in the parking lot adjacent to the softball field. Sponsored by East Lyme Parks and Recreation (eltownhall.com) and Friends of Oswegatchie Hills (oswhills.org). Rain or shine. Pre-registration is NOT NECESSARY. Questions: contact David Putnam, dputnam@eltownhall.com.

continued on page 8



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Community Board... continued from page 7

CELEBRATE 90+ TEA

The 12th Annual Celebrate 90+ Tea will be held at the East Lyme Community Center on Friday, May 19th at 1 pm. The East Lyme Senior Center, Bridebrook Health & Rehabilitation Center and Crescent Point of Niantic host this Annual Tea to celebrate the lives of East Lyme residents who are 90 or older. If you are interested in attending or if you know someone who is 90 or older who should be invited, please contact the East Lyme Senior Center at 860-739-5859.

BRONX ZOO TRIP

A family day trip to the Bronx Zoo has been scheduled for Saturday, July 29th. All ages are welcome. \$70pp includes motor coach transportation and a Total Experience admission fee (admission to all the special exhibits at no extra cost). Lunch is on your own. Tickets can be purchased at the East Lyme Senior Center or at East Lyme Parks & Recreation. There is a moderate amount of walking.

EAST LYME PLAYERS present "FOOLS"

The East Lyme Players sponsored by the East Lyme Senior Center will present a staged reading of "Fools" written by Neil Simon and directed by Joyce Beauvais. The performances will be held at the East Lyme

Community Center on Friday, June 9th at 7 pm and Saturday, June 10th at 1 pm. Tickets can be purchased at the East Lyme Senior Center beginning May 15th. Tickets will be available at the door. Prices are \$12pp.

COMING THIS SUMMER – SUMMER STOCK THEATER

Summer Stock Theater is new to Niantic and we are looking for people interested in all aspects of theater work. Acting – Crew – Public Relations – if you're interested, we will find a job for you. The performances will be held in the brand new band shell at McCook's Park. The evening performances are scheduled for August 5th through August 10th at 7 pm.

You can contact the following with your interest: East Lyme Parks & Recreation or East Lyme Senior Centers shorelinedrama@gmail.com
Give us your name and interest. Help us get this off the ground!

NIANTIC BAY SAILING ACADEMY

Weekly youth sailing lesson programs. June 19 - August 18.
Contact: www.nianticsailing.org / www.nbyc.org/junior-sailing.

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EAST LYME VETERANS

In October of 2013 the state of Connecticut established a Veterans Representative volunteer position in each town to help connect local vets to resources, services, organizations, and events. Cheryl Six is currently serving as the Veterans Representative for East Lyme and can be reached by emailing eastlymevetrep@gmail.com or by calling 860-691-4110 at the East Lyme Town Hall.

Summer Special Events

Celebrate East Lyme

Join 35,000 local residents and vacationers to Celebrate East Lyme on Saturday, July 15th from 3:00 pm-9:00 pm. This premier outdoor celebration will showcase all things local throughout Niantic, capped by a wonderful fireworks display over Niantic Bay! Browse over 200 local creative, community and business vendors, a wide variety of treats, multiple live music stages and much more!

Be sure to stop by the all of these other popular attractions: Amber Alert, Cooking Demonstrations, Interactive Children's Area, Diamond Dig, Dunk Tank at Arthur Murray Dance Studio, Sand Castle Competition, and more! The day is capped with an excellent fireworks display sponsored by Dominion over Niantic Bay. Make your way to McCook Point Park and enjoy them with thousands of others while listening to the tunes of East Lyme's own, The Paul Lussier Band. Interested in signing on as a vendor or sponsor? Contact Special Events Coordinator Mike McDowell via email at eastlymeparks@gmail.com or call 860-739-5828. For up to date information go to celebrateeastlyme.com and "like" the event on Facebook by searching "Celebrate East Lyme."

Sandcastle/Sculpture Contest: Our 11th annual sandcastle/sculpture contest will be held at 9:00 am, the morning of Celebrate East Lyme Day at Hole in the Wall beach.

Please register ahead of time by stopping by the parks and recreation office. Prizes will be awarded to the top three sculptures (judged by participating teams) as well as a judge's pick.

Niantic Bay 10k: June 10th

The Niantic Bay 10k returns this year to raise money toward East Lyme Youth Services goal of offering free afterschool programming for East Lyme Middle School students. The event will take place at McCook Point Park on Friday, June 9th in the lower level parking lot.

McCook Summer Concert Series

With the construction of the Band Shell we have expanded our Concert Series to include Friday night concerts in the Band Shell and continuing our popular Wednesday night concerts on the beach. All concerts will run from 6:00-8:00 pm. No parking passes will be needed for concertgoers arriving after 5:00 pm, and attendees are encouraged to bring lawn chairs, blankets, food and beverages. No alcohol is permitted in town parks.



The schedule is as follows:

Wednesday Nights on the Beach

- July 26 - Whiskey, Wine & Coke
- August 2 - Second Chance
- August 9 - First Company Footguard
- August 16 - Devin Noe
- August 23 - John Wood

Friday Nights at the Bandshell

- May 26 - Paul Lussier Band

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July 15 - Paul Lussier Band (Saturday, Celebrate East Lyme)
 July 21 - Boat House Blues
 July 28 - Bad Penny
 August 4 - All Funked Up
 August 11 - Billy Pilgrim Band
 August 18 - Dixieland Heartbeat Jazz (Sponsored by East Lyme Public Trust)
 August 25 - TBA

Back to School Movie Night and Family Campout at McCook's

To cap the summer we will be holding our second annual Back To School Family Campout Night at McCook Point Park on Friday, September 1st. Bring your tent, sleeping bags, food and necessary items to enjoy a nice night outdoors with the whole family. A movie will be shown on a large, inflatable screen beginning at 7:30, patrons not intending to stay over are encouraged to join for the show at no cost! Registration ends August 29th and the fee is \$10.00 per campsite. Backyard games and activities will be on site for patrons to use before sunset. For additional information contact Mike McDowell, at 860-739-5828.

Friday Night Movies in the Park.
 We have partnered with the East Lyme Public Library to bring our popular movie series back to the park this summer! Movies will be shown Friday evenings in September at sunset, at McCook Point Park. Check our website and social media accounts to get up to date information on movie lineup and weather cancellations!

East Lyme Bike & BBQ
 Sunday, October 1
 Join us at Smith Harris House in Niantic and challenge yourself with one of five rides ranging from the 10 Mile historical house tour, to the 100 Mile ride. Once you've complete the ride, a BBQ meal will be provided in the park. Registration includes the ride of choice, BBQ meal, and event t-shirt. Proceeds from this event will benefit historic places and open spaces in town through the following groups: EL Land Trust, EL Historical Society, Friends of Samuel Smith House, Friends of Smith Harris House, Friends of Oswegatchie Hills Nature Preserve.



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Parks & Recreation Summer Playground

SUMMER PLAYGROUND PROGRAM

Entering Grades 1-3 Session 160101-01

Entering Grades 4-6 Session 160101-02

Fun daily activities planned; crafts, sports & games, beach days and optional field trips. Children are grouped according to grades with a ratio of 15:1. This program is available for both East Lyme residents and Non-Residents. *Please see refund policy.

Dates: June 26 – August 11 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:00 pm

Fee: \$235.00 Residents / Non-Residents \$335.00 (Includes T-shirt)

Registration: Begins June 1 at EL Parks & Recreation Office

Where: Grades 1-3 Lillie B. Haynes Elementary School
Grades 4-6 East Lyme Middle School

EXTENDED SUMMER PLAYGROUND HOURS

Extended playground hours for children registered in the summer playground program will be available for entering grades 1-7.

Registration will be by the week. This program is available for both East Lyme residents and Non-Residents. *Please see refund policy.

Dates: June 26 – August 11 (No program 7/4)

Days: Monday-Friday

MORNING HOURS

Time: 7:30 am – 8:30 am

Fee: \$20.00 Resident/\$30.00 Non-Resident (Per Week)

Location: East Lyme Middle School

AFTERNOON HOURS

Time: 1:00 pm - 5:00 pm

Fee: \$80.00 Resident/\$90.00 Non-Resident (Per Week)

Location: East Lyme Middle School

HANGOUT FOR GRADES 7-10

This program offers a variety of recreational activities that appeal to a wide range of youthful interests and some creative community service projects, which the students will organize during the week. Weekly field trips and/or special events will be scheduled each week. *Please see refund policy. This program is available for East Lyme resident/taxpayers only due to limited number of spaces available.

Dates: June 26 – August 11 (No program 7/4)

Days: Monday-Friday

Time: 8:30 am – 1:30 pm

Where: East Lyme Youth Services

Registration: Begins June 1

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Week 1: June 26 – June 30 Checkered Flag Session 160101-03	\$110.00
Week 2: July 3 – July 7 Beach Day McCooks Session 160101-05	\$ 65.00
Week 3: July 10– July 14 Brownstone Session 160101-04	\$125.00
Week 4: July 17 – July 21 Matt’s Outback Session 160101-06	\$125.00
Week 5: July 24 – July 28 Blackhall Outfitter \$125.00 Session 160101-07	
Week 6: July 31 – Aug. 4 Lake Compounce Session 160101-08	\$125.00
Week 7: Aug. 7 – Aug. 11 Field Day; Fields of Fire Session 160101-09	\$125.00

REFUND POLICY*

PLAYGROUND & HANG-OUT PROGRAM

All refund requests must be made in writing to the Parks & Recreation Dept. An administrative fee of \$25.00 will be charged. *An exception may be considered should a health related issue arise.

PLAYGROUND PROGRAM

Refunds will only be issued during the first week of the program.
EXTENDED CARE

When purchasing all seven weeks or multiple weeks at one time; no refunds will be issued. There is the option of signing up on a weekly basis if you are uncertain of the dates you need.

HANG OUT

Once registered, no refunds will be issued unless your spot is purchased by another participant. *Approved by Parks & Recreation Commission April 9, 2015.

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- Deb Lewis



Parks & Recreation Youth Programs

Beginners/Intermediate Foil – Ages 10 & Older

Session # 180101-01

This class covers basic fencing movements with the foil, including the guard positions, basic footwork, simple and compound attacks, defensive actions (parries), attacks on the blade and attacks into preparation. The student develops sensitivity to the blade, timing and distance awareness, and basic bouting skills. The class introduces the student to elementary tactics and the fencing rules.

Dates: June 12 to June 15

Days: Monday-Thursday

Time: 6:30 pm – 8:00 pm

Fee: Resident \$75.00/Non-Resident \$90.00 (Includes Equipment)

Registration: Begins June 1

Where: ELHS, south gym

Instructor: Thames River Fencing Club

Intermediate/Advanced Foil – Ages 10 & older

Session #180201-01

Intermediate Advanced would be a continuation of the Beginner/Intermediate class.

Dates: June 20 to June 23

Days: Tuesday - Friday

Time: 6:30 pm – 8:00 pm

Fee: Resident \$75.00/Non-Resident \$90.00 (Includes Equipment)

Registration: Begins June 1

Where: ELHS, south gym

Instructor: Thames River Fencing Club

Lil Hoopsters Jam Session

Basketball camp for boys and girls entering 3rd grade next year.

Dates: June 19 – June 23

Days: Monday – Friday

Time: 5:30 pm – 7:30 pm

Fee: \$45.00 (Includes T-Shirt)

Where: Bridebrook Park (Rain location: Lillie B. Haynes)

Instructors: Nila and Kirk Kaczor

Summer Strings for Students in Grades 3 – 12

A variety of String Ensembles for students in grades 3-12 will be offered on Tuesdays and Thursdays, June 27 to July 27. This program is open to East Lyme residents and non-residents. For more information please contact Karin Carlson at karin.carlson@eastlymeschools.org. The registration form with class information is available at the East Lyme Parks & Recreation office. Fee for Residents \$140.00; Non-residents \$150.00.

Performing Arts Camp – Ages 4 through entering Grade 9

Session #180806-02

Join us for a week full of musical theater for ages 4 through those entering 9th grade. This musical theater camp will meet Monday through Friday at ELHS auditorium. Classes will be taught in ACTING, SINGING, DANCE AND ART FOR THE THEATER. Special workshops for audition technique, piano, guitar, stagecraft and acting for the camera will also be given. The session ends with a fabulous performance for friends and family. Enrollment is limited to a max of 50 participants. Participants should bring a drink and snack each day. Registration for this program is at the Parks & Recreation Office. Go to: eastlymeregionaltheater.com for more info.

Dates: July 10 to July 14

Days: Monday – Friday

Time: 8:30 am to 12:30 pm

Fees: \$165.00 Residents/\$180.00 non-Residents

Location: ELHS Auditorium

Registration: Begins June 1

Parks & Recreation Sports Camp/Clinics

Lil Hoopsters Jam Session

Basketball camp for boys and girls entering 3rd grade next year.

Dates: June 19 – June 23

Days: Monday – Friday

Time: 9:00 – 10:30 am

Fee: \$45.00 (Includes T-Shirt)

Where: Bridebrook Park (Rain location: Lillie B. Haynes)

Instructors: Nila and Kirk Kaczor

Days: Monday – Thursday

Time: 5:30 pm – 7:30 pm

Fee: \$75.00 (Includes T-Shirt)

Registration Begins: June 1

Where: East Lyme High School Turf Field

Instructors: Rudy Bagos and staff including members of High School team

Girls Basketball Clinic

Session #140602-01

For players entering grades 5-12

Dates: June 20 to June 29 (No program June 25)

Days: Monday-Tuesday-Wednesday-Thursday-Friday-Saturday

Time: 2:00 to 4:00 pm

continued on page 16

Football Clinic

Session#140601-01

For players entering grades 3-8. Clinic will be conducted by ELHS Coach Rudy Bagos and staff/members of the ELHS Football Team. Participants need to bring sneakers in case of rain.

Dates: July 11 – July 14

Register Now!

Summer Tennis

for Kids Ages 5-16

Monday - Friday Sessions
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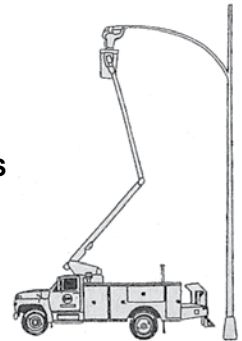
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P&R Sports Camp/Clinics ... continued from page 14

Fee: \$90.00

Registration: Begins June 1

Location: East Lyme High School north gymnasium

Instructors: Salvatore Fiorillo

Girls Lacrosse Summer Camp

Session #140701-01

Camp is for girls entering grades 3-8. Camp will be conducted by Phil Schneider and college players. Players must bring stick, goggles, & mouthpiece.

Dates: July 24 – July 28

Days: Monday – Friday

Time: 5:30 pm – 8:30 pm

Fee: \$150.00 Residents/\$200.00 Non-Residents

Where: East Lyme High School Turf Field

Women's Adult Lacrosse League

Session: #140701-02

For women players in high school, college and post-collegiate.

Players must bring stick, goggles, & mouthpiece.

Dates: June 20, 22, 27 & 29

July 5, 6, 11, 13, 18, 20

Time: 7:30 pm – 9:30 pm

Fee: \$100.00 EL/Salem Residents/\$125.00 Non-Residents

Half sessions \$55.00 Residents/\$70.00 Non-Residents

Where: East Lyme High School

Contact: Phil Schneider at (860) 884-1980 or phillip-schneider@att.net.

Slamma-Jamma Basketball Camp

For boys and girls in grades 3-8. For more information contact: Art Leary at (203) 676-1314 or Carolyn Ascioffa at (860) 961-6710.

Dates: July 31 – Aug. 4

Days: Monday – Friday

Time: 9:00 am – 3:00 pm

Fee: \$150.00

Where: East Lyme High School

Registration: Register online at slamma-jamma.com

Volleyball Camp – run by Sound Volleyball Club

SESSION: 140301-01

For high school girls entering grades 8 through 12. This is an all-day camp, 9 am to 3 pm, with a break for lunch. Participants must register with the Recreation office.

Dates: August 7 to August 10

Days: Monday-Thursday

Time: 9 am to 3 pm

Fee: \$190 East Lyme & Salem Students/\$205-non-resident students

Registration Begins May 23. Participants must register by July 28

Where: East Lyme High School, north & south gymnasium

Instructors: Josh Edmed, Patty Giannattasio, and Molly Giannattasio. Contact: Carol Rossiter, 860-739-5828

Skyhawks Sports Programs

Registration for Skyhawk programs is now only accepted ONLINE at www.skyhawks.com or call 800-804-3509. No registrations will be accepted at the Parks & Recreation Office.

Tiny Hawks (Ages 3 & 4)

(This is a "Parent & Child team" camp. Adult participation is highly encouraged).

Dates: Session 1: June 26 – June 30 M-F

Session 2: July 31 to Aug. 4 M-F

Time: 9:00 am – 9:45 am

Fee: \$75.00

Where: Samuel M. Peretz Park @ Bridebrook

Mini Hawks (Ages 4 - 7)

This program gives children age 4-7 a fun and positive first step into athletics.

Dates: Session 1: June 26- June 30 M-F 10:00 am-1:00 pm

Session 2: July 10 – July 14 M-F 9:00 am – 12:00 pm

Session 3: July 31– Aug 4 M-F 10:00 am-1:00 pm

Fee: \$120.00 per session

Where: Samuel M. Peretz Park @ Bridebrook

Teddy Tennis (Ages 3 to 5)

Teddy Tennis is a fantastic educational program that inspires children to get active and learn to play tennis. It works by combining music, pictures and teddy bear stories into a totally interactive learning adventure that children love.

Dates: June 26 – June 29 Monday-Thursday,

Time: 12:15 to 1:00 pm

Fee: \$70 per participant

Where: East Lyme High School, tennis courts

Multi-Sport (Ages 7 -12)

(Flag Football, Capture the Flag, Ultimate Frisbee & Kickball) Multi sports programs are tailored to your child's age & skill level while teaching life sessions such as respect & teamwork. Boys & girls will learn the rules and essential skills of each sport.

Dates: July 10 – July 14 M-F

Time: 9:00 am – 12:00 pm

Fee: \$120.00

Where: Sam Peretz Park – Bridebrook

Basketball (Ages 5-7 & Ages 7-10)

An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. There are two separate age groups.

Dates: July 24 – July 28 M-F

Time: 9:00 am – 12:00 pm; Ages 5-7

9:00 am – 12:00 pm; Ages 7-10

Fee: \$120.00

Where: Sam Peretz Park – Bridebrook, basketball courts

continued on page 18

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P&R Sports Camp/Clinics ... continued from page 16

Red Ball Tennis (Ages 6 – 9)

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 foot court. A variety of fun activities are used to improve player athleticism through agility, balance, coordination & movement development.

Dates, Time & Fees:

Session 1: June 26 to June 29; M-Th, 9 am to 12 noon (\$125.00)

Session 2: July 5 to July 7; W-F, 9 am to 12 noon, (\$79.00)

Session 3: July 17 to July 20; M-Th, 9:00 am to 12 noon (\$125.00)

Location: East Lyme High School tennis courts.

Orange Ball Tennis (Ages 7 – 10)

Players develop their tennis technique, athletic & court coverage skills in order to achieve success in rallying consistency & in point playing on a 60 foot court. Players will focus on using the proper shot techniques & court coverage skills before moving on to a 78 foot court.

Dates, Time & Fees:

Session 1 June 26 to June 29; M-Th, 9 am to 12 noon (\$125.00)

Session 2: July 5 to July 7; W-F, 9 am to 12 noon, (\$79.00)

Session 3: July 17 to July 20; M-Th, 9:00 am to 12 noon (\$125.00)

Location: East Lyme High School tennis courts.

Green Ball Tennis (Ages 8 – 12)

This class emphasizes all aspects of the game & helps improve proper shot technique. Focus is placed on live ball drills that develop rallying & decision-making skills along with proper movement and recovery. Point playing gems are used to reinforce the skills learned and to improve the players' competitive skills.

Dates, Time & Fees:

Session 1 June 26 to June 29; M-Th, 9 am to 12 noon (\$125.00)

Session 2: July 5 to July 7; W-F, 9 am to 12 noon, (\$79.00)

Session 3: July 17 to July 20; M-Th, 9:00 am to 12 noon (\$125.00)

Location: East Lyme High School tennis courts.

Parks & Recreation Adult Programs

Morning Aerobics

Session # 110101-01

The classes consist of 35 minutes of aerobics and 15 minutes of body toning using weights, body bars, bands, and balls. Each class concludes with 5 to 8 minute cool down. Participants are required to bring a non-slip exercise mat.

Dates: July 3 to Aug. 25

Days: Monday-Wednesday-Friday

Time: 8:30 am – 9:30 am

Fees: Resident \$60.00/Non-Resident \$75.00

Registration: Begins June 15

Location: East Lyme Library/Community Center, Activity Room

Instructors: Donna Neaton, AFAA

Total Fitness with Interval workouts (former Interval)

Session #110403-01

This is a 45 minute cardio & strength training class using a variety of aerobic moves, weights, bands, balls, and tubing and core exercises for a complete body workout. IT IS A PROGRAM DESIGNED FOR ALL FITNESS LEVELS! Please bring a non-slip exercise mat and plenty of water to drink!

Dates: July 3 to Aug. 23

Days: Monday and Wednesday

Time: 4:10 to 4:55 pm

Fee: Resident \$45.00/Non-resident \$60.00

Registration: Begins June 15

Where: East Lyme Library/CC-Activity Room

Instructor: Donna Neaton, AFAA

Stability Ball, Working the Core

Session # 110404-01

This class will include weights with the stability ball

to create a variety of exercises for the entire body. Participants are required to bring a stability ball and non-slip exercise mat.

Date: June 8 to July 27

Days: Thursday

Time: 10:15 am – 11:15 am

Fee: Resident \$35.00/Non-Resident \$50.00

Registration: Begins May 23

Where: East Lyme Library/Community Center – Activity Room

Instructor: Marsha Pirie-AFFA, Certified PiYo – Strength & Yoga Fit

Tuesday Zumba

Session #110103-02

This class will be 55 minutes of Zumba dance aerobics and & toning. The class will end with stretching.

Dates: July 18 to Aug. 29 (No class 8/1)

Days: Tuesday

Time: 5:30 pm – 6:25 pm

Fee: Resident \$25.00/Non-Resident \$40.00

Registration: Begins June 15

Where: East Lyme Library/Community Center-activity room

Instructor: Donna Neaton AFAA/Zumba Instructor

Saturday Morning Zumba Aerobics

Session #110103-03

This 1½ hour class begins with 50 minutes of ZUMBA dance aerobics and will be followed by a core strengthening workout. Class ends with a 5 minute stretch. Participants are required to bring a non-slip exercise mat.

Dates: July 8 to Aug. 26 (No class 7/15, 8/5)

continued on page 20



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Over 150 Juried Artists and Crafters

More information and ticket orders at www.nianticlions.org/lobsterfest/







P&R Adult Programs ... continued from page 18

Days: Saturdays

Time: 8:30 am – 10:00 am

Fee: Resident \$30.00/Non-Resident \$45.00

Registration: Begins June 15

Where: East Lyme Library/Community Center-Activity Room

Instructor: Donna Neaton AFAA/Zumba Instructor

Coed Cardio Total Body Conditioning

Session #110202-01

This class includes cardio and strength training using hand held weights, bands, balls and tubing. It features a total body workout taking individuals from standing moves to floor workouts. The class will end with an abdominal core workout and stretching exercises. Participants are required to bring a non-slip exercise mat.

Dates: July 3 to Aug. 28

Days: Monday - Wednesday

Time: 5:00 to 6:00 pm

Fee: Resident \$45.00/Non-Resident \$60.00

Registration: Begins June 15

Where: East Lyme Library/Community Center – Activity Room

Instructor: Donna Neaton-AFFA

Core Workout

Session # 110301-01

This class incorporates the principles of Pilates, using as resistance body weight, different equipment, and stretching. Participants in this class will work the body in a full range of motion using the core muscles. Active isolated stretching will be used to effectively regain movement that has been restricted because of injury or tight muscles. Participants are required to bring a non-slip exercise mat.

Dates: July 11 to Aug. 22

Days: Tuesday

Time: 6:30 pm – 7:30 pm

Fee: Resident \$50.00/Non-Resident \$65.00

Registration: Begins June 15

Where: East Lyme Library/Community Center – Activity Room

Instructor: Kim Stirtan-BSPE, ACE & Stott Pilates

Monday Coed Yoga

Session #110501-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. Participants are required to bring a non-slip exercise mat.

Dates: July 10 to Aug. 28

Days: Monday

Time: 6:10 pm – 7:25 pm

Fee: Resident \$40.00/Non-Resident \$55.00

Registration: Begins June 15

Where: East Lyme Library/Community Center – Activity Room

Instructor: Rosemary Gentile – M.S.R.D.-RYT

Wednesday Night Coed Yoga and Meditation

Session # 410502-01

Class is for all levels of students. Students will learn postures, deep relaxation, and breathing techniques. This class will begin at 6:30 to 7:45 pm followed by optional meditation, from 7:55 to 8:15 pm. Participants are required to bring a non-slip exercise mat.

Dates: July 5 to Aug. 23

Days: Wednesday

Time: 6:30 pm – 8:15 pm

Fee: Resident \$40.00/Non-Resident \$55.00

Registration: Begins June 15

Where: East Lyme Library/Community Center – Activity Room

Instructor: Michele Flowers, RYT 500

Yoga Fitness

Session #110107-01

This class is Yoga for the active mind & body. Postures are linked together through breath to create an invigorating flow. The class will focus on toning & sculpting through flow & core work.

Participants are required to bring a non-slip exercise mat.

Dates: July 3 to Aug. 28

Days: Monday

Time: 9:40 to 10:45 am

Fee: Residents \$45.00/Non Residents \$60.00

Registration: Begins June 15

Where: East Lyme Library/Community Center-Smith-Harris Room

Instructor: Marsha Pirie, AFFA, Certified PiYo – Strength & Yoga Fit

Beach Yoga at McCook Point Park

Session #110503-01

Class is for all levels of students. The class will meet on Saturday mornings at McCook Point Park, main beach. Participants are required to bring a non-slip exercise mat. Drop-ins are welcomed.

Dates: June 10 – Aug. 12

Days: Saturday

Time: 8:15 to 9:15 am

Fee: Resident \$50/Non-Resident \$65.00/Drop in \$10.00

Registration: Begins May 23

Where: McCook Point Park, main beach

Instructor: Michele Flowers, RYT 500

Evening Piyo Class

Session #110106-01

PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. You will exercise your body, mind & spirit.

Dates: June 22 to Aug. 24

Days: Thursday

Time: 5:10 to 6:00 pm

Fee: Resident \$45.00/Non Resident \$60.00

Registration: Begins June 1

Location: East Lyme Public Library/Community Center – Activity Room
Instructor: Marsha A Pirie, AFFA;
Certified PiYo – Strength & Yoga Fit

Morning Piyo Class

Session #110106-02
Dates: June 23 to Aug. 25
Days: Friday
Time: 9:35 to 10:25 am
Fee: Residents \$45.00/Non Resident \$60.00
Registration: Begins on June 1
Location: East Lyme Public Library/Community Center – Activity Room
Instructor: Marsha A. Pirie, Certified PIYO
Instructor/Rachel Baer

Ballroom Dance – Beginner Lessons

Session #130101-01
The beginner class will include instruction in waltz, foxtrot, rumba and swing.
Dates: June 1 to July 30
Days: Thursday
Time: 6:15 to 7:15 pm
Fee: Resident \$45.00/Non-resident \$60.00 per person
Registration: Begins on May 23
Where: East Lyme Library/Community Center – Activity Room
Instructor: Marjorie Winslow

Ballroom Dance – Intermediate Lessons

Session #410102-01
The intermediate class will include instruction in “silver dance syllabus” such as waltz, foxtrot, and tango. Date same as the beginner’s class. Time: 7:15 to 8:15 pm.

Parks & Recreation Registration Policies

The East Lyme Parks and Recreation Department reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Parks and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Program Registration Hours:

Monday - Friday / 8:30 am – 4:00 pm.

DIRECTIONS

95 South - Take Exit 74; turn right onto Flanders Rd (CT-161) & continue for approx. 1 mile. Turn right at stop light onto Society Rd. (Clauson Nursery is on corner). Turn right immediately after Lillie B. Haynes School, following signs to East Lyme Library/Community Center (complex will be on left). The Parks & Recreation Office is located in Community Center complex.

95 North - Take Exit 73; turn left onto Society Road Follow road until 3-way stop sign. Bear left onto Society Rd. and follow to Lillie B. Haynes School; take Left (see above). There are two ways to register for programs: In person at the Parks and Recreation Department office in the E. Lyme Library Community Center on Society Road or by mail (Mailing address: 41 Society Rd., Niantic, CT 06357). Programs limiting the number of participants will be determined on a first-come-first-served basis. Non-residents will be charged an additional \$15 fee for programs.

PAYMENT

Payment must be made in full at the time of registration, without exception. We accept cash, Visa/MasterCard/Discover, and checks made payable to “The Town of East Lyme.” Returned checks will be charged a \$20 fee. There are no refunds unless extenuating circumstances occur during a program session.

CANCELLATIONS

All program cancellations due to inclement weather will be announced on local radio stations and local TV channels 3, 8, & 30. If schools close due to weather or other circumstances, then programs held at affected schools will be cancelled.

The Parks & Recreation Department makes every effort to have programs and facilities that are appropriate and accessible for all ages and abilities and seeks to ensure that all programs and activities are available to East Lyme residents with physical and mental disabilities. We provide accommodations when necessary to allow your participation. Please check with our office for programs being offered within the region.

**EAST LYME PARKS AND RECREATION DEPARTMENT
"HANG OUT" REGISTRATION FORM - 2017**

PARTICIPANT'S NAME _____ AGE: _____ BIRTHDATE: _____ GRADE IN FALL: _____

LEGAL GUARDIAN/PARENT'S NAME: 1) _____ 2) _____

FAMILY MAILING ADDRESS: _____

HOME TELEPHONE # _____ E-MAIL ADDRESS: _____

1) WORK TELEPHONE # _____ 2) WORK TELEPHONE _____

1) CELL NUMBER: _____ 2) CELL NUMBER _____

PLEASE INDICATE ANY LEGAL CUSTODY/RESTRAINING ORDERS THAT ARE CURRENTLY IN PLACE:

LIST ALLERGIES/MEDICINES*/CONDITIONS: _____

*ALL MEDICINES MUST BE IN ORIGINAL CONTAINERS AND IT IS THE PARENT'S RESPONSIBILITY TO HAND IT TO AND PICKS IT UP FROM THE SITE LEADER EACH DAY. ALL MEDICATION IS SELF ADMINISTERED UNDER THE SITE LEADER'S SUPERVISION. COUNSELORS AND SITE LEADERS ARE NOT PERMITTED TO DISPENSE ANY MEDICATIONS. IF THE CHILD IS ON MEDICATION AND CANNOT SELF ADMINISTER, THE PARENT MUST COME TO THE SITE TO DISPENSE THE MEDICATION.

IF IN CASE OF AN EMERGENCY, SITE LEADERS WILL GIVE IMMEDIATE FIRST AID. IF FURTHER ATTENTION IS NEEDED, PARENTS AND/OR CAREGIVERS WILL BE NOTIFIED. IF A PARENT OR CAREGIVER IS UNREACHABLE, EMERGENCY PICK UP PEOPLE LISTED BELOW WILL BE NOTIFIED. **IF EMERGENCY MEDICAL ATTENTION IS NECESSARY, "911" WILL BE CALLED.**

EMERGENCYCONTACT (OTHER THAN PARENT):

NAME _____ TELEPHONE # _____

PLEASE CHECK SESSION DATES YOUR CHILD WILL BE ATTENDING:
(BEFORE & AFTER CARE AVAILABLE FOR PARTICIPANTS ENTERING 7th GRADE)

WEEK 1: _____ JUNE 26 TO JUNE 30 (Checkered Flag Raceway) FEE: \$110.00

WEEK 2: _____ JULY 3 TO JULY 7 (BEACH DAY AT McCOOK'S) FEE: \$65.00

WEEK 3: _____ JULY 10 TO JULY 14 (Brownstone) FEE: \$125.00

WEEK 4: _____ JULY 17 TO JULY 21 (Matt's Outback Paintball) FEE: \$125.00

WEEK 5: _____ JULY 24 TO JULY 28 (Blackhall Outfitter's) FEE: \$125.00

WEEK 6: _____ JULY 31 TO August 4 (Lake Compounce) FEE: \$125.00

WEEK 7: _____ AUGUST 7 TO AUGUST 11 (Field Day; Fields of Fire) FEE: \$125.00

I agree to hold the East Lyme Parks and Recreation Commission & Department and any person connected therewith and the Town of East Lyme harmless from any and all claims for bodily injury and property damage arising from the use of facilities and programs during the course of an East Lyme Parks and Recreation sponsored activity. **PHOTO RELEASE:** I understand that for promotional purposes the Town takes photographs of participants enrolled in recreation activities, classes or programs. I hereby release and permit the Town of East Lyme to utilize for said promotional purposes any photographs of my child engaged in the programs activities. **Photo may be used in our Brochure which is also on the Town's Web site.** PLEASE NOTIFY THE RECREATION OFFICE IF YOU DO NOT WANT PICTURE PUBLISHED. **PLEASE TAKE NOTE OF POSTED REFUND POLICY IN EFFECT 4/9/15.**

PARENT/GUARDIAN/CAREGIVER'S SIGNATURE: _____

TODAY'S DATE _____ **SIZE T-SHIRT:** _____

FORM OF PAYMENT: _____ (CASH) _____ (CHECK) _____ (MASTER CARD/VISA or DISCOVER)

Per Connecticut General Statute 19-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.



East Lyme Regional Theater and East Lyme Parks and Recreation are proud to announce...

East Lyme Performing Arts Camp

JULY 10 -14

Information under Parks & Recreation Youth Programs

SUMMER PRODUCTION

East Lyme Regional Theater will celebrate their 7th year as a vibrant successful theater group producing high quality musical theater productions. This July 28th – July 30th they will proudly present the classic musical Fiddler on the Roof at East Lyme High School. Auditions will take place May 17th and 20th at The ELRT Home 32 Society Rd Niantic. Go to www.eastlymeregionaltheater.com for more information. Like us on Facebook- East Lyme Regional Theater for all the latest info.

Town Clerk's Office - Dog License Reminder

The Town Clerk's Office is reminding dog owners that they must register their dogs by June 30, 2017.

All dogs 6 months of age or older must be licensed. Fees for neutered or spayed dogs are \$8.00 and for dogs that are not neutered or not spayed, the fee is \$19. A certificate of neutering or spaying from a licensed vet must be presented when licensing a dog for the first time.

An up-to-date certificate of rabies vaccination must be presented before a dog can be licensed. The rabies tag is not acceptable.

To license by mail, send all required information (which will be returned) along with a check made payable to Town of East Lyme and mail to East Lyme Town Clerk, PO Box 519, Niantic, CT 06357. We do require a self-addressed stamped envelope with sufficient postage on your return envelope.

The penalty of \$1 per month will be assessed for payments received after June 30, 2017. For information, call the Town Clerk's Office at 739-6931, x 120.

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East Lyme Youth Services

45 Society Road, Niantic, CT 06357

(860) 739-6788

David Putnam – Director

Michael R. McDowell – Program Director

“Our mission is to foster the positive development of youth by providing and/or coordinating preventive, remediative, educational, social, and service opportunities for young people and support for their families.”

Youth Services Commission

The East Lyme Youth Services Commission meets on the third Thursday of every month. The meetings are held at the Parks and Recreation Offices and begin at 6:00 pm. The public is welcome to attend.

Registration and Cancellation Information

In order to attend our activities and programs, participants must turn in a signed registration form for each of the programs they attend (with the exception of Summer Family Nights at McCook). Registration forms are available at Youth Services, the Parks and Recreation Office, ELMS cafeteria, and online at www.eltownhall.com. Registration forms and fees should be turned in to the Parks and Recreation Department Offices from 8 am-4 pm or can be mailed to us. All payments by check should be made out to Town of East Lyme/ELYS with the participant's name and program in the memo section. All cancellations will be posted on our website: www.eltownhall.com, and on our Facebook page.

Summer Programs and Activities

East Lyme Youth Services holds after-school programs and activities to foster positive youth development throughout the school year, and recreational and safety programs throughout the summer. Registration begins May 31st for Youth Services summer programs.

The 7th Annual Black & White Ball

Open to graduating 8th graders from East Lyme and Salem. Black and white semiformal attire requested. June 23 East Lyme Community Center from 7:00-9:00 pm. \$7.00 and a signed ELYS registration form required for admission.

Mountain Biking Club (Grades 5-9)

Day: Thursdays

Location: Rocky Neck: Trailhead near Divine Wine Emporium

Time: 4:30-6:30 pm

Meeting Dates: 7/6, 7/13, 7/20, 7/27

* Additional rides dependant on interest of participants. Fee: FREE

Guided rides will be led by program coordinator Mike McDowell along the trails of Rocky Neck. Participants will build confidence from tackling terrain found along the trails while also enjoying the time outdoors! Participants must have a working bike with front and rear brakes, helmet, a fix-a-flat kit, and water. Parents encouraged to join for the fun!

Bronx Zoo Trip

A family day trip to the Bronx Zoo has been scheduled for Saturday, July 29th. All ages are welcome. \$70.00pp includes motor coach transportation and a Total Experience admission fee (admission to all the special exhibits at no extra cost). Lunch is on your own. Tickets can be purchased at the East Lyme Senior Center or at East Lyme Parks & Recreation. There is a moderate amount of walking.

What's Cookin' For Kids

Session #942220-01

Participants will learn cooking techniques, while preparing yummy meals. Participants will be given instruction and assistance in learning some basic meals they can contribute to their family's weekly menu! Parents please take note: Youth must be mature and responsible, as they will be handling sharp knives and hot items in the kitchen. This class is open to children in grades 5-8. Classes will meet at the Community Center on Mondays from 1:30-3:30 pm.

Dates: July 10th, 17th, 24th, 31st

Fee: EL & Salem Residents \$50.00/\$65.00 Non-Residents.

Maximum of 8 participants

Lego Camps

Pre-Engineering: (Session #941240-01)

Dates: August 21 – August 25

Location: East Lyme Youth Center

Fee: \$140.00 Residents / \$150.00 Non-residents

Time: 9:00 am – 12:00 pm

Recommended for children ages 5 to 7. Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor, who will challenge new and returning students to engineer at the next level. This camp is open to the first 24 registrants.

Engineering FUNDamentals: (Session #941240-02)

Dates: August 21 – August 25

Location: East Lyme Youth Center

Fee: \$140.00 Residents / \$150.00 Non-residents

Time: 1:00 pm – 4:00 pm

Recommended for children ages 8-10. Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. This camp is open to the first 24 registrants.

Volunteering

If you enjoy interacting with kids of all ages and you are interested in becoming a Volunteer to work with Youth Services and our amazing kids, please call us to join our team of caring and dedicated staff. We are currently working on additional programs and events.

Check out our website frequently for updates www.eltownhall.com (and click ELYS to the left), “like” our page on Facebook for updates, shoot us an email to: mmcdowell@eltownhall.com, or give us a call at (860) 739-6788 for more information.

Rental

The Youth Center is available for rental for private events and meetings. Please call or email for more info.

East Lyme Senior Center

East Lyme Senior Center

37 Society Road, Niantic, CT 06357

860-739-5859

Monday – Friday 8:30 am to 4:30 pm

Cathy Wilson – Director

Kristen Caramanica – Program Coordinator

Anna Hartung – Senior Center Associate

Roxanne Kormos – Driver

John Hallissey – Driver

Melissa Victor – Driver

Joe Savoie - Driver

Check out our monthly newsletter, The Courier, for a full list of activities, programs and services. It is available the beginning of every month at the Senior Center, Public Library, Town Hall, at the senior housing sites, and the local grocery stores. The complete newsletter is available online at the Town of East Lyme website at www.eltownhall.com. Hover over the “Community” Button and then Click on “Senior Center.” If you would like the newsletter emailed to you, contact the Senior Center office.

Websites

“Like Us” on Facebook. Use our online registration feature located at www.register.eltownhall.com. Check out our Regional Website at www.seniorcentersct.org.

Commission on Aging

The Commission on Aging Board meets the 2nd Monday of every month except for August at the East Lyme Senior Center at 5:00 pm. The public is welcome to attend.

Transportation

In-Town Transit Services

Transportation to and from the Senior Center as well as to in-town destinations are available Monday through Friday. Donations are gratefully accepted in the Senior Center Office. An annual Appeal Letter is mailed to all those registered for this service. Call the Senior Center for more information.

Medical Transit/Southern New London County

The Senior Center is currently offering transportation for medical appointments that are located within southern New London County. Transportation is funded by a grant through the Dept. of Transportation. Call the Senior Center for more information.

Senior Lunches

Senior Nutrition Program

The Senior Center and TVCCA provide lunches with a 24 hour reservation Monday through Friday at 11:45 am. Monthly menus are printed in The Courier newsletter. \$3.00 suggested donation.

Meals on Wheels

The Senior Center and TVCCA provide Meals on Wheels

Monday through Friday to East Lyme adults age 60 and over who are temporarily or long term homebound. Please contact TVCCA for eligibility at 860-886-1720.

Mature Driver Safety Classes

The Senior Center and AARP provides Mature Driver Safety classes 10-12 times a year to anyone 50 or older. This 4-hour session develops safe, defensive driving techniques and refines existing skills. Contact your insurance company about a possible discount after completion of this course.

Trips

The Senior Center offers a diverse selection of trips. Detailed flyers are available once registration begins. Below are the trips currently being promoted:

Day Trips

Open to any person 55+.

Thu., May 25th - Trip to the Boston Museum of Fine Arts for a guided tour of the Matisse Exhibit. Lunch not included in the price. Trip fee is \$68pp. Moderate walking. Wait List Only.

Mon., Jun. 19th - Trip to Boston Harbor for the return of the Tall Ships. 90 minute narrated cruise. Lunch included. Trip fee is \$119pp. Registration has begun. Minimal walking.

Fri., Jun. 23rd - Trip to the Newport Flower Show at Rosecliff Mansion in Newport with lunch/shopping on your own at the Wharf. Trip fee is \$46pp. Lots of walking. Registration has begun.

Tue., Jul. 11th - Join us for a whale of day in New Bedford, MA. In the am, a guided walking tour of the New Bedford Whaling National Historical Park & in the pm a guided tour of the New Bedford Whaling Museum. Lunch on your own. Trip fee is \$50pp. Registration begins May 1st. Lots of walking.

Thu., Jul 27th - Join us for The Gilded Age of the Berkshires which includes tours of Ventford Hall and Naumkeag. Lunch included at The Mount. Trip fee is \$107pp. Lots of walking. Registration begins May 1st.

Sat., Jul. 29th - Family trip to the Bronx Zoo - all ages welcome. \$70pp includes motor coach and Total Experience admission fee. Lunch on your own. Registration begins May 1st. Moderate amount of walking.

Tue., Aug 8th - Tour of Pindar Winery on Long Island. More details to follow.

Thu., Aug 24th - “The Producers” at Theater by the Sea. More details to follow.

Overnight Trips/Cruises

June 29-30 - Ogunquit & Portland, ME. 1 night & 2 days. Guided tour of Portland, Lighthouse Cruise of Casco Bay included. \$309/double, \$379/single, \$299/triple. Registration has begun.

September 8-10 - 3 days & 2 nights in Washington, DC includes Potomac River Cruise, Museum of African American History and more. \$523/double, \$693/single, \$473/triple. Registration has begun.

continued on page 26

Senior Center ... continued from page 25

October 1-11 - Fall Foliage Cruise in New England, Canada & Newfoundland with Royal Caribbean. 11 days and 10 nights. Trip fees from \$1530 to \$2620 (taxes included). Registration has begun.

October 2-4 - "Jonah" at The Sight and Sound Theatre in Lancaster, PA. Trip includes tour of Lancaster City and Longwood Gardens. \$407/double, \$553/single, \$440/triple. Registration has begun.

November 4-15 - Escorted tour of Croatia, Slovenia and the Adriatic Coast. Trip fees from \$3369 to \$3899 (only item not in price is travel insurance). Registration has begun.

January 28-February 9, 2018 - Southern Caribbean Cruise on Royal Caribbean Anthem of the Seas. 13 days & 12 nights. No fly - Cruise out at NJ Pier. Trip fees from \$1799 to \$2019. Registration has begun.

Fitness Classes

Senior Fitness: Mon. & Wed. 10 am - R\$50.00/30 classes - NR\$55.00/30 classes. Pass required.

Senior Yoga: Mon. 2:30 pm & Tues. 8:30 am & Thu. 9 am - R\$60.00/30 classes - NR\$65.00/30 classes. Pass required.

Tai Chi: Tues. & Fri. 9 am - R\$48.00/24 classes - N\$53.00/24 classes. Pass required.

Chair Yoga: Tues. & Fri. 9:30am & 10:30 am - R\$36.00/24 classes - NR\$41.00/24 classes. Pass required.

Weight Lifting: Tues. & Thu. 10:15am @ ELHS Fitness Center -

R\$24.00/24 classes - NR\$29.00/24 classes. Pass required.

Strength Training: Mon. & Wed. 11:30 am - Session Class - Call for class fee and schedule.

Zumba Gold: Tues. & Thu. 3 pm - Session Class - Call for class fee & schedule.

PiYo: Thu. 11:30 am. Session Class - Call for class fee & schedule.

Bocce: Thu. 10:00 am. No fee. Will teach.

Pace: Thu. 1 pm - Session Class - Call for class fee - People with Arthritis Can Exercise.

Pickleball: Sat. 10:30 am and Tues. 7:30 pm - \$2pp drop in fee. Call the Senior Center office.

Performing Art Classes

Tap Class: Tues. 1 pm - R\$24.00/20 classes - NR\$29.00/20 classes. Pass required.

Drama Group: Thu. 1 pm - Session Class - Call for class fee & schedule.

Valley Shore Womens Acapella: Wed. 6:30 pm. Call for more information.

East Lyme Senior Chorus: Fri. 8:45 am. Any level. Come join the fun.

Crafts

Painting W/Friends: Tues. at 9:30 am. No instructions only camaraderie! No fee.

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Adult Coloring: Tues. 12:30 pm. No fee.

Learn To Draw: Thu. 10 am. No fee. Minimal supplies needed.

Call to register.

Quilting: 3rd Fri. and the 4th Tues. of every month 5pm and the 1st Mon. of every month from 1 pm. Fee is \$2.00. Bring a dish to share for dinner quilting. Intermediate to Advanced level.

Games/Cards

Bunco: Mon. 9:30 am. Will teach. \$2 Fee.

Hand & Foot: Mon. 1 pm. Will teach. No fee.

Scrabble: Tues. 9:30 am. No fee. Will teach.

Mah Jongg: Tues. 12:30 pm. No fee. Must know the game.

Bridge: Shoot Out played Tues. 1 pm. Fee \$5.00pp. Must know the game/have a partner. Must register.

Ping Pong: Wed. 10 am. Will teach. No fee.

Acbl Santioned Bridge: Duplicate Bridge played Wed. 1 pm. Fee \$7.00pp (\$1pp If 26 Or Younger). Must know the game.

Contact Mikehajosy@Gmail.com. For questions/registration.

Bridge: Duplicate Bridge Played Thu. 1 pm. Fee \$1.00pp. Must know the game/have a partner. Must register.

Bingo: Fri. 1 pm. \$1.00 for the 1st card - .25¢ for every additional card up to 9 cards.

Canasta: Fri. 12 pm. No fee.

Education/Enrichment

Ukulele Lessons: Mon. 11 am – Session class – Call for class fee & schedule.

Brain Aerobics: 1st & 3rd Wed. 12:45 pm – Call to register. No fee.

Guitar Lessons: Thu. 12:30 pm – Session class – Call for class fee & schedule.

Dances: Every other month – Fri. at 7 pm. May 5th, Jul. 7th, Sep. 15th, Nov. 3rd, 2017. Fee \$10pp – Tickets sold at the door. The Illusions Band plays.

Ipad Instruction: Various dates and times. Call the Senior Center office.

Health Programs/Benefits Info

Reflexology: 2nd Wed. of every month. Call to register. No fee.

Reiki: Monthly. Call to register. No fee.

Vnasc Nurse Managed Wellness Clinic: 2nd Wed. of every month 1 pm for services that focus on prevention and self-care.

Vnasc Blood Pressure Clinic: 2nd Thu. of every month 12:15 pm to 12:45 pm and 4th Wed. of every month 1:15 pm to 2:15 pm.

Hearing Clinic: 1st Fri. of every month at 10 am. Must have an appointment.

Senior Learning Network: Monthly video conference learning sessions. Call for more details.

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East Lyme Library

JUNE

Out of the Ordinary Salads

Tuesday, June 6 – 7:00 pm

Kaitlin Bennett, RD, CDN, Retail Dietitian for ShopRite of New London will share healthy summer eating tips, focusing on three salads. Learn about the ingredients, watch them being prepared, and then try all three.

Medicinal Chocolate Truffles

Wednesday, June 14 – 7:00 pm

Join Ehris Urban & Velya Jancz-Urban in creating Medicinal Chocolate Truffles. Desserts aren't "superfoods" but these truffles have maximum nutritional benefits and are sinfully delicious! Please register early, as this program has limited seating.

Summer Solstice

Tuesday, June 20 – 7:00 pm

Allyn Bryson Donath presents her very popular annual harp concert to welcome summer. Register early – space fills fast!

Lincoln Center Performance Screening

Monday, June 26 – 2:00 pm

Sinatra: Voice for a Century

The New York Philharmonic celebrates the legacy of Frank Sinatra in an all-star concert hosted by Seth MacFarlane, with performances by Christina Aguilera, Chris Botti, Fantasia, Sutton Foster, Kyle Dean Massey, Bernadette Peters, Billy Porter and Sting.

JULY

More Connecticut Lore: Guidebook to 82 Strange Locations

Tuesday, July 18 – 7:00 pm

Zachary Lamoth's newest published work, *More Connecticut Lore*, takes you on a journey to far-reaching corners of the state, from the Beckley Furnace in East Canaan to the Thimble Islands. There are spine-tingling accounts of a Norwich area medium, along with folkloric stories of strongman Elmer Bitgood and dead/revived Jemima Wilkinson. Books will be available for purchase and signing.

Book of Noticing: Collections & Connections on the Trail

Tuesday, July 25 – 7:00 pm

Join Katherine Hauswirth, author of *The Book of Noticing: Collections and Connections on the Trail* and blogger, at First Person Naturalist, for a reading and book signing. Her book, a collection of essays, is based on walks in Connecticut and reflects on the deep connections between what we experience outdoors and our day-to-day existence as humans. Books will be available for purchase and signing.

Lincoln Center Performance Screening

Monday, July 31 – 2:00 pm

Curtain Up: The School of American Ballet Workshop

Performances. The curtain rises on a new generation of ballet stars, at the School of American Ballet's 50th Annual Workshop Performances. The great George Balanchine saw the School as a springboard for his dazzling innovations.

AUGUST

The CT Authors' Trail presents *Revolution in the Lymes*

Tuesday, August 1 – 7:00 pm

The Revolutionary War in the Lymes started as a rebellion of ideas. From its origins in the Cromwellian Saybrook Colony, Lyme (today's Lyme, Old Lyme, East Lyme and Salem) prospered under the free hand of self-governance and spurned King George III's efforts to rein in the wayward colonies. In 1765, Reverend Stephen Johnson wrote incendiary missives against the Stamp Act. A few years later, the town hosted its own Tea Party, burning one hundred pounds of British tea near the town green. When the alarm came from Lexington in 1775, Lyme's citizens were among the first to answer. Join historians Jim Lampos and Michaelle Pearson as they explore how local Patriots shaped an epic revolt.

Jan & Willie Sing the 60s!

Tuesday, August 22 – 7:00 pm

Popular singer and songwriter Willie Nininger and his musical partner, Jan Scruggs, are back to perform the hits of the 1960s, including Sonny & Cher, Simon & Garfunkel, Turtles, Beatles, Everly Brothers, and more!

Lincoln Center Performance Screening

Monday, August 28 – 2:00 pm

From Bocelli to Barton: Richard Tucker Opera Gala

Renée Fleming and 2015 Richard Tucker Award winner Jamie Barton are joined by Andrea Bocelli, Lawrence Brownlee and other great voices for one of the perennial highlights of the opera season.

Book Discussion Group

A book discussion group meets the second Tuesday of each month at 7:00 pm in the East Lyme Room. Copies of the current month's book are available at the library. 6/13 *Lincoln in the Bardo* by George Saunders; 7/11 *Born to Run* by Bruce Springsteen; and 8/8 *A Man Called Ove* by Fredrik Backman. No registration necessary.

Mystery Book Discussion Group

This book discussion group meets on the fourth Thursday of each month at 11:00 am in the East Lyme Room. Copies of the current month's book are available at the library. 6/29 *Dark Harbor* by David Hosp; 7/27 *Case Histories* by Kate Atkinson; and 8/31 *Gone Baby Gone* by Dennis Lehane. No registration necessary.

Activities for Children, Tweens, and Teens

2017 Summer Events for Children and Families at the East Lyme Public Library

All programs are free and open to the public. Registration begins on June 5th. To register please call (860) 739-6926 ext. 2 or stop by the children's room. Programs begin on June 26th and end on August 9th. No registration is required for Miss Rebecca's story or movie programs or the big Wednesday shows.

Pop Open a Good Book! Earn Reading Rewards!

This year's Summer Reading Rewards theme is "Pop Open a Good

Book!" Read 5 books to earn a bronze medal, 20 for silver, and 40 for gold! Weekly prize drawings, too! We have separate reading rewards programs for pre-readers, elementary schoolers, middle schoolers, and high schoolers. The adult department even has a program for grown-ups. Would you prefer to read one to two big, thick books like Harry Potter, Little Women, or maybe even Moby Dick? How wonderful! For older readers, we will count each 100 pages as one book. We invite everyone in the family to pop open a good book and visit us at the library!

Registration for Summer Reading Rewards program begins on June 5th and continues through August 5th. You can start earning reading rewards right after the last day of school.

Mondays

Miss Rebecca's Storytime for all ages: Read, Sing, Dance & Play!: 10:00 to 10:45 am

Mrs. Bull's Friends: Stories, Movies & Crafts for 5's & fall kindergartners: 1:00 to 1:45 pm

Mrs. Bull's Pals: Stories, Movies & Crafts for fall 1st & 2nd graders: 2:00 to 3:00 pm

Mrs. Bull's Mates: Books, Movies & Crafts for fall 3rd & 4th graders: 7:00 to 8:00 pm

Tuesdays

Mrs. Bull's Buddies: Stories, Movies & Crafts for ages 3 & 4: 10:00 to 10:30 am

Mrs. Bull's Friends: Stories, Movies & Crafts for 5's & fall kindergartners: 11:00 to 11:45 am

Wednesdays

Mrs. Bull's Buddies: Stories, Movies & Crafts for ages 3 & 4: 10:00 to 10:30 am

Mrs. Bull's Pals: Stories, Movies & Crafts for fall 1st & 2nd graders: 11 am to 12 pm

Wednesday Afternoon Shows: Silly fun for everyone!: 2:30 to 3:15 pm

June 28th: Circus Acrobat Li Liu

July 5th: GRAMMY winner Les Julian: Concert for kids

July 12th: Bubbleology Show

July 19th: DJ Austin Dailey's Dance Party

July 26th: The Rob Duquette Band: Concert for Kids

August 2nd: Judi Ann Jones: Dancing with Hoops

August 9th: Magician Scott Jamieson

Pajama Wednesdays: Family Sing-along Movie Nights: 6:30 to 8:30 pm.

Thursdays

Baby Storytime with Miss Rebecca: 10:00 to 10:45 am

Mrs. Bull's Mates: Books, Movies & Crafts for fall 3rd & 4th graders: 11am to 12 pm

Fridays

Miss Rebecca's Storytime for all ages: Read, Sing, Dance & Play!: 10:00 to 10:45 am

Movie Matinee: All the movies shown are based on books! 2:00 to 4:00 pm. Free popcorn!

End of Summer: Storytelling at the Hole in the Wall Beach with Miss Rebecca. Free! Call us each week at (860)-739-6926 ext. 2 to register and find out the weekly password.

Monday, August 7th 10-11 am

Friday, August 11th 10-11 am

Monday, August 14th 10-11 am

Friday, August 18th 10-11 am

Free Summer Programs & Workshops for Middle Schoolers
Spaces are limited. Pre-registration is required for each separate program. Registration begins June 5th. To sign up, please call (860)-739-6926 ext. 2.

Tuesday, June 27th 2:30-4:30 pm Art Workshop

Thursday, June 29th 2:30-3:30 pm Calligraphy Workshop

Thursday, July 6th 2:30-3:30 pm: Game Show Fun! Kahoots, Name that Song, Backwards Trivia, and more!

Tuesday, August 1st 2:30-3:30 pm: Electronics Workshop taught by instructors from the Children's Museum of Southeastern Connecticut. Limited to 5th and 6th graders.

Thursday, August 3rd 2:30-4:00 pm: Electronics Workshop for 7th and 8th graders.

More middle school and young adult programs to be announced!



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East Lyme Aquatics and Fitness Center

www.nutmegaquatics.com (860) 691-4681
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Nutmeg Diving: For middle school and high school divers looking to continue springboard diving outside of their school teams. There is the option to practice 2 to 4 times a week for 1.5 – 2 hours per practice. Practices consist of dryland training in addition to drills on the board. There is the option to compete in USA diving meets for those who are interested and possess enough dives.

Nutmeg Swim Team: The Nutmeg Swim Team offers athletes aged 7+ competitive swimming opportunities at the local, regional, and national levels. Varied levels of practices are offered depending on age, ability, and commitment level. Swimmers are taught proper racing stroke technique, racing strategy, and participate in carefully designed training for endurance and speed. Interested parties may visit our website, www.nutmegaquatics.com or contact Rob Bouchey, Head Coach via email: coach.rob.bouchey@gmail.com for more information.

Youth Programs: Swim America Learn-To-Swim Lessons: Knowing how to swim is vital in a coastal community which is why we offer a wide range of times and days for your child to learn how to

swim. Classes are all based on ability level and when participants have completed the graduation requirements, they move up to the next level. Classes are 30 minutes in length and progress during a session.

Springboard Diving School: Open to anyone interested in learning how to dive competitively. This class focuses on the fundamentals of 1 meter springboard diving and introduces beginner level skills including forward dives, backward dives, and inward dives.

Private Swim Lessons: Available upon request we offer private lessons for those interested in getting some one on one attention and feedback of their swimming ability. Classes are 30 minutes in length and 5 classes is considered a “session” of private lessons.

Birthday Parties: Part of the pool and the party room are available to be rented out for a few hours on the weekends for those interested in having a pool birthday party.

Adult Programs

Water Aerobics-Aqua Fit: An immensely enjoyable workout using resistance and buoyancy of water to provide a low-impact work-out that is both fun and effective. It is suitable for all ages

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and different levels of fitness. Aqua fitness work-outs aim to improve all the components of fitness: muscular endurance and strength, body composition, aerobic capacity, flexibility or joint mobility, as well as improving neuromuscular coordination.

Water Aerobics-Silver Splash: A water aerobics class designed for active older adults looking to increase muscle strength and improve balance, coordination, flexibility and range of motion through water exercise. Participants do not need swimming skills.

Masters Swimming: This program is designed for individuals 18 and older interested in pursuing swimming in a fun, supportive, competitive environment. The goal of the Masters Swimming

program is to improve the athletic performance through innovative workouts, oriented around aerobic development, speed and endurance work, and proper technique. While the program works towards improving individual's swims to compete at US Masters Competitions, swimmers of all abilities are encouraged to join. No expenses to tryout and all are welcome to!

Lifeguard Classes: American Red Cross Lifeguard Certifications are offered throughout the year on the weekends. Registration is available online and you must be 15 years old and be able to pass the Pre-test to participate in the course. Course is roughly 30 hours in length.

Membership and Schedule:

Membership Rates (Effective Jan 2017)		East Lyme Resident	Salem Resident	NON-Resident
Pool	Individual	\$167/*\$54	\$266/*\$120	\$294/*\$133
	Family	\$118**/*\$54	\$466/*\$213	\$206/*\$94
	Youth (4-17)			\$466/*\$213 \$206/*\$94
Fitness Center (16+ ONLY)	Individual	\$161/*\$54	\$161/*\$54	\$266/*\$120
	Family	\$253/*\$120	\$253/*\$120	\$427/*\$194
Combined	Individual	\$248/*\$94	\$347/*\$161	\$341/*\$133
	Family	Free		\$567/*\$261
	Senior (65+)			N/A
DAY Pass Pool		\$6	\$8	\$8
DAY Pass Fitness		\$6	\$6	\$8

*Summer Membership Rates. Effective Memorial-Labor Day + School vacations for college students with ID.

^Includes ALL ELHS students, regardless of town of residence.

Family Memberships apply to husband/wife + children, or single parent + children. Children included until 23.

	Monday/ Wednesday/Thursday	Tuesday	Friday	Saturday	Sunday
Desk Hours	7:00a-12:00p & 4:30-9:00p	7:00a-12:00p & 5:00-9:00p	7:00a-12:00p & 5:00-9:00p	8:30a-7:00p	12:00-5:00p
Adult Lap Swim	5:30-7:30a, & 10:30-11:15a 4:30-9:00p*	5:30-7:30a, & 10:30-11:15a, 4:30p-6:00**, 6:30p-9:00p*	5:30-7:30a, & 10:30-11:15a 4:30-9:00p*	6:00a-7:00p	12:00-5:00p
Lap Swim	7:30-9:00p	7:30-9:00p	7:30-9:00p	9:00a-7:00p	12:00-5:00p
Open Swim	7:30-9:00p	7:30-9:00p	7:30-9:00p	11:00a-7:00p	12:00-5:00p
Fitness Center	6:00-7:30a, & 10:30-11:15a 5:00-9:00p	6:00-7:30a, & 10:30-11:15a 5:00-9:00p	6:00-7:30a, & 10:30-11:15a 5:00-9:00p	6:00-7:30a 10:00a-4:00p	12:00-5:00p

Decisions are Hard!

How should I decide? Which is better? What will the consequences be? Will I regret this? What if...? We ask ourselves these questions when faced with decisions, whether big or small. We write out pros and cons, we envision likely outcomes, we seek advice from friends and loved ones. But in the end, the final choice is ours and we do what we think is best. No matter how hard we try, we can never be sure our decision will turn out the way we expected.

One thing we've learned for sure is that life is unpredictable, and our best plans may not have the outcome we imagined. Did we choose wrong? It is often this second guessing that causes us the most pain. In hindsight, we think we know how the other outcome would have been, and it would have been better/easier/more to our liking. But the reality is, that choice may have gone differently as well. When we make a decision, we have to trust in ourselves,

that we made the best choice we could. We must forgive ourselves if we think we made a mistake, and move forward without blame. We all try our best, and outcomes are not a sure thing. Life happens. Embrace it and take pride in your best efforts!

Nancy Randall, Psy.D.
East Lyme Psychological Associates

Public Safety

Public Safety in East Lyme never sleeps on the midnight watch. We are on duty 24 hours a day, 365 days a year, ready to serve the citizens of our community at a moment's notice. Overnight at the 911 center, we receive all emergency and routine calls for all town agencies, monitor the water and sewer systems, monitor various closed-circuit cameras throughout town, update the Public Safety Facebook page and Channel 22 for emergency notifications to the community, as well as operate the Emergency Broadcast Public Address system.

If you should need assistance in an emergency, please dial 911 and tell the dispatcher your name, location, phone number, type of emergency, and stay on the line for further instructions. For after-hours notifications for any other town agency, please contact us at 860-739-3419, and we will be happy to assist you. Your midnight shift police officers are on constant neighborhood

and business patrols, and also serve as certified first responders for medical emergencies. Don't be surprised if you call 911 for an ambulance and a police officer arrives to help! For fire, rescue, and medical emergencies occurring on the midnight shift, volunteer Firefighter/EMTs respond both directly to the station to retrieve apparatus and to the scene to render immediate assistance.

East Lyme is a unique community, and your responders are equipped to handle any emergency. Within the Flanders and Niantic Fire Departments, there are 5 pumpers, 2 ladder trucks, 2 heavy rescues, 3 ambulances, 2 brush fire units, 3 boats, 2 service vehicles, and an off-road utility vehicle. In addition to the regular marked patrol units operated by the East Lyme Police, they also operate ATVs, jet-skis, and a state-of-the-art marine rescue boat.



Essex Printing Wins Printing Competition

NEW ENGLAND REGIONAL PRINTING AWARDS OF EXCELLENCE COMPETITION

Essex Printing has been honored for the quality of its work. On April 5th, the Print Industries of New England (PINE) announced Essex Printing as an Awards of Excellence winner in PINE's Awards of Excellence competition. The announcement was made during PINE's Industry Awards

Gala, held at the Mechanics Hall in Worcester, MA, with hundreds of industry professionals in attendance. The Awards of Excellence Competition attracted over 320 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories such as best annual report, direct mail campaign, labels & packaging, and more.

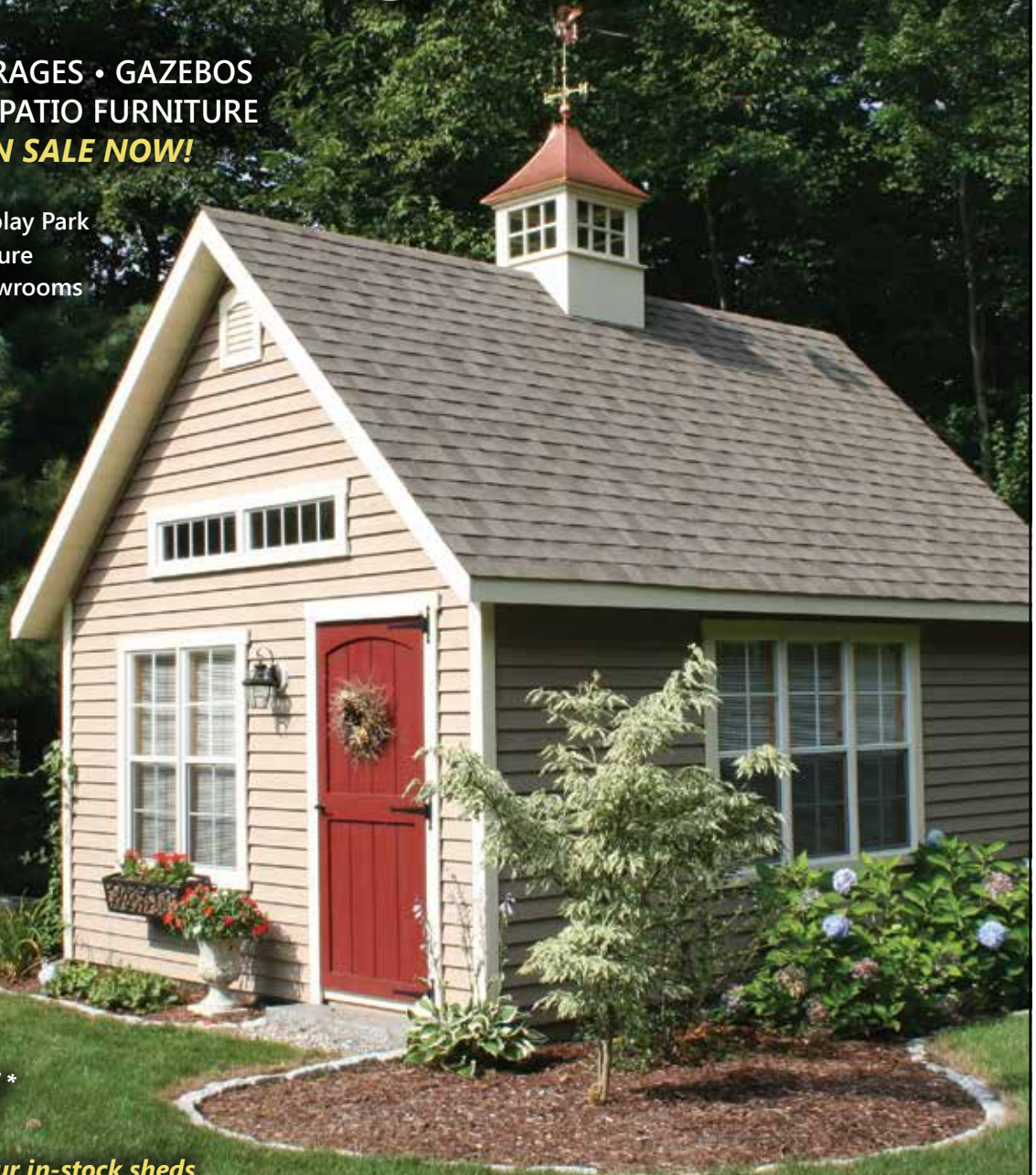
"We are honored that PINE has again selected Essex Printing for this prestigious distinction. Consistently winning Pinnacle Awards means that the company and its employees demonstrate a deep commitment to the company's customers and the quality of work produced on a day in and day out basis," said William McMinn, President of Essex Printing. "We look forward to continuing to meet our customers' needs and objectives with top quality print and customer service."

The competition marks the 5th year in a row that PINE has recognized Essex Printing with awards for the quality of the company's work, for a total of 13 awards - including an International Benny Award in 2014.

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Open Farm Day

Sunday, July 16 / 11:00 am – 3:00 pm

You are invited to stop in and visit three agricultural enterprises in Niantic and East Lyme.

First stop is Blackhawk Charter Fishing located at Cini Park (under Niantic Bridge). Fish from shore and learn about catching, cleaning fish and about healthy fisheries. Poles and bait are provided.

Second stop is the Sam Smith Farmstead located at 82 Plants Dam Road in East Lyme. Visit a property that dates back to before the Revolutionary War and learn how farming was done back then. You can visit with the animals and tour the house and community garden.

Third stop is the Old Orchard Farm located at 22A Scott Road in East Lyme just off Route 1. Tour the cider mill, learn about the farm, honeybees, and take a hayride through the orchard.

All venues are FREE and offer great learning opportunities for young and old alike. Contact Mark at (860) 442-1292 or greenacresinc@sbcglobal.net with any questions.

“Walk with a Doc”

Walk with a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. The East Lyme and Groton Parks & Recreation Departments are encouraging residents to take a step toward better health with “Walk with a Doc,” a health program that brings doctors and patients together to walk on the following dates and locations. The times will be determined later.

- May 20 at Bridebrook Park in Niantic, Ct
- June 3 at Poquonnock Plains Park in Groton, Ct
- June 17 at Bridebrook Park
- July 15 at Niantic Bay Boardwalk in downtown Niantic
- August 5 at Poquonnock Plains Park in Groton
- August 19 at Niantic Bay Boardwalk
- Sept. 9 at Poquonnock Plains Park in Groton

For more information please contact the Recreation Office at 860-739-5828.

Remember, participation is free and pre-registration is not required. Walkers will enjoy a refreshing and rejuvenating walk with a doctor and other healthcare professionals, who will provide support to participants & answer questions during the walk.

**The East Lyme Parks and Recreation Commission
Cordially invites you to the Grand Opening of the
McCook Point Park Band Shell**



The Paul Lussier Band will perform from 6:15-8:15 pm

Friday, May 26, 2017 / 6:00 pm Ribbon Cutting

The Construction of the McCook Point Park Band Shell was funded by:

- East Lyme Public Trust Foundation • Niantic Lions Club • Niantic Rotary Club • Town of East Lyme

For More Information Contact us at 860-739-5828

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i Can Bike Camp

The Parks and Recreation Department, in partnership with the Miracle League of CT, is sponsoring the iCan Bike program which uses adapted training bicycles and specialized instruction that teaches individuals with disabilities to ride a two wheel bicycle independently. This is a one week camp that will meet each day for 75 minutes.

Dates: Monday – Friday August 7-11

Location: East Lyme Middle School

Registration: www.miracleleaguect.org/bikeELreg

Fee: \$150.00 per rider

For more information or to volunteer contact David Putnam at 860-739-5828.

Free Seminars on Insurance Legal & Financial Planning for Senior Living

Two free seminars in the series “Your Choices for Senior Living: How to Make the Right Selections” will take place at The Saybrook at Haddam at 1556 Saybrook Road in Haddam, Conn. The first discusses creative insurance options for seniors, and will be held

Wednesday, May 31 at 5:30 pm. The next will focus on effective legal and financial planning for seniors and will be held on Thursday, June 22 at 5:30 pm. These events are sponsored by Elder LifeCare Planning, and are presented by Apple Rehab Saybrook,

Essex Meadows and The Saybrook at Haddam. Light fare, beverages and desserts will be served. Reservations are required for each event and can be made by calling 860-345-3779.



East Lyme Public Schools Camp Phenomena

8:30 am – 12:00 pm at Flanders School
July 31 - August 11, 2017

- Would your child benefit from additional Math and English Language Arts skill development over the summer to prepare for the next school year?
- Are you looking for a camp that has a great student/instructor ratio, with a curriculum that focuses on literacy and mathematical skills using Next Generation Science and Engineering practices?
- Ready to sign up your child entering grade two, three or four? Don't delay as this camp will fill up fast.

Register by completing an East Lyme Public Schools Camper Profile Form and we will confirm your registration! Feel free to discuss this camp option with your child's teacher as a means of ensuring the best educational experience for your child.

Full payment is due July 10, 2017 (Three weeks prior to the start the program.) Refunds after registration will only be made if a replacement participant fills your slot from the waiting list.

Mrs. Lisa Vaudreil and Mrs. Diane Swan will facilitate the ten-day camp from

Registration:

- First come, first served.
- A wait list will be started once the 40 student capacity is reached.
- Cost of Camp: \$175 (for both weeks total).
- Balance is due three weeks prior to the camp.
- Campers must participate in ALL ten days of camp.
- Camp is for students entering second to fourth grade in the fall of 2017.

Included in the cost of the camp are memberships to Reading Plus and Ten Marks online programs to work on literacy and mathematical skills during the month of July and August.

- Asking questions and defining problems
- Developing and using models
- Planning and carrying out investigations
- Analyzing and interpreting data
- Using mathematics and computational thinking
- Constructing explanations and designing solutions
- Engaging in argument from evidence
- Obtaining, evaluating, and communicating information



Smith Harris House

Historic House Tours

Smith-Harris House & Outbuildings

June through August, Friday through Sundays

12 pm to 4 pm, tours every hour on the half-hour

*Closed July 4th Weekend

Suggested donation: \$5

The Smith-Harris House is open for visitors for the summer season! Tours are every hour on the half-hour, starting at 12:30 pm; last tour at 3:30 pm. A 45-minute guided tour of the Greek-Revival farmhouse demonstrates the family and agricultural lives of the Avery, Smith, and Harris families through the 1840s and into the mid-20th century! Discover what East Lyme was like around the time of the Civil War and afterwards!

For more information, contact director Joanie DiMartino at 860-739-0761 or director@smithharris.org.
www.smithharris.org.

To download previous issues of East Lyme Events visit www.eventsmagazines.com and download the issue you desire!




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Activities and Open Houses

Activities and open houses are approaching for the summer season at the Samuel Smith Farmstead on Plants Dam Road. Starting on May 28th, the house and grounds will be open to the public on Sundays from noon to 3 pm.

On Saturday June 10, in conjunction with Connecticut's State-wide History Day, the house and grounds will be open for tours. Special guests and animals will also be on hand to create a colonial atmosphere.

On Sunday July 16 th , the day after Celebrate East Lyme Day, once again, the Samuel Smith Farmstead and historic houses in East Lyme will be open for Open Farm Day. Details to follow on website.

On July 29th, 6 pm Saturday evening, plans are underway for the major fundraiser for 2017. The Swing Orchestra of Jimmy Stewart will provide music until 8 pm for all to enjoy. Dancing will be available, bring your picnic supper and sit at the tables around the band. Tickets will be available from members of the Samuel Smith as the date gets closer.

As a special treat, members of the Arthur Murray Dance Studio will be swing dancing and sharing their talents. Put this date on your calendar for a delightful evening at McCook Park. The proceeds will go toward the construction and repair projects being done by the volunteers and Friends of the Samuel Smith Farmstead.

Website: <http://www.samuelsmithhouse.org/>

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5 things (more important than price) to consider when buying insurance:

1. Be careful of auto insurance that protects only up to your state's minimum. Roughly one in eight drivers on Connecticut's roads lack insurance. Is your coverage enough if you suffer a loss by one of them?
2. If you own a home, do you have extended dwelling coverage or guaranteed replacement cost in the event of a loss? What about for water or sewer back up, personal injury, or liable / slander claims from social media?

3. Consider optional coverage. You can add optional insurance to protect valuable, appraised items such as jewelry or fine antiques, expensive sporting gear, musical instruments, or to help cover loss or fees from identity theft.

4. Good service is key. Seek an independent, local agent who can be your advocate when a claim arises and help get you up and running again ASAP.

5. Just because an ad says you can save money doesn't mean you'll get the insurance you truly need. Work with an agent who will ask the right questions and get you the best coverage for your specific needs. It just may be more affordable than you think. Isn't your family's security worth a phone call to find out?

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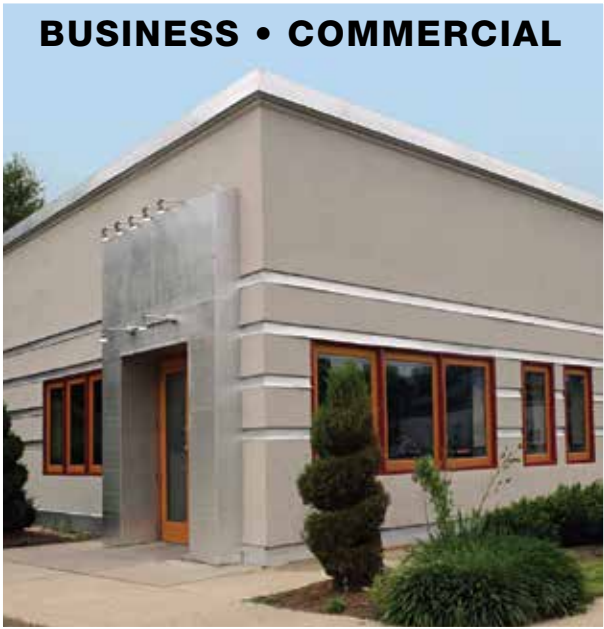
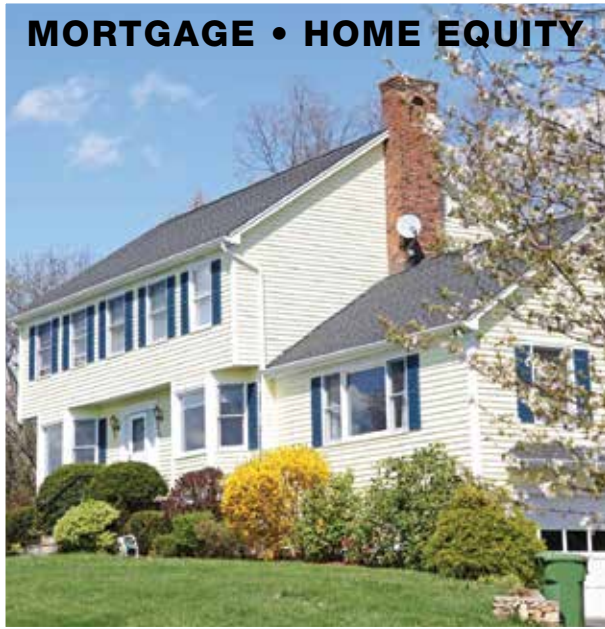
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