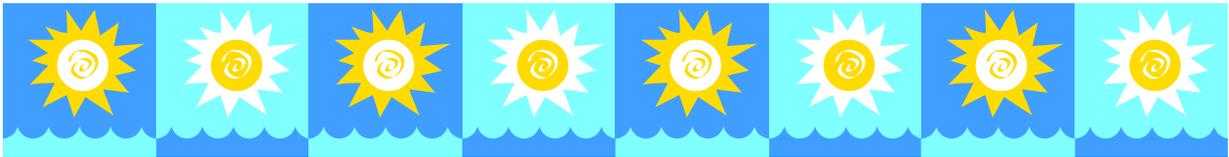


Lyme Park and Recreation

2014

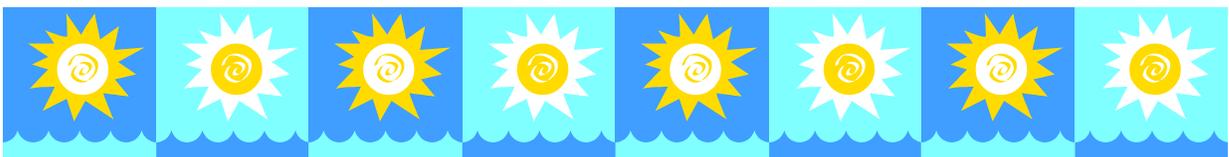
Summer Programs and Activities



Lyme Park and Recreation is pleased to offer the following summer programs and activities into the summer schedule for the citizens of Lyme. We are also very excited to bring a few new activities into the summer schedule. Some will be offered to Old Lyme residents as well. Please fill out the appropriate form(s) and return them as soon as possible to the Lyme Town Hall at 480 Hamburg Rd. Lyme, CT. 06371 attention to Park and Rec. or Jason Thornton. **DO NOT SEND FORMS INTO SCHOOL!** Should you have any questions, please contact Jason Thornton at 860-884-5048.

We now have a facebook page!

Follow our facebook page and get updates and postings at –
Lyme Parks and Recreation



4TH OF JULY TOWN PARADE, PICNIC, AND CONCERT

Date: Friday, July 4th

Location: Begins at Camp Claire on Cove Rd.

Ends at The Grange for food, music, and games.

The Cove Road 4th of July parade has been a Lyme tradition for years. Participants in the parade should gather between 9:00 and 10:00am at Camp Claire. The Parade will convene at 10:00 or when everyone is ready. Lyme Parks and Recreation will be providing food and fun activities at the Grange following the parade. Look for additional advertised information as the 4th draws near. No registration required. Two for the Show will be performing following the parade.



Annual Soccer Camp June 23-June 27

Town Woods Field, Town Woods Road, Old Lyme

9am-10:30am (4-6 yrs) \$96 or 9am-12pm (6-14 yrs) \$107

Advanced training for the 11-18 year old player. An innovative curriculum and assessment. Participants will receive a soccer ball, T-shirt, and evaluation. Please bring a water bottle and shin guards each day. Brochures and registration can be done online at information@uksoccer.com. Would you like a coach to stay with your family? If you are interested in housing a coach, please check the appropriate box on the MLS registration form. Open to Lyme and Old Lyme residents. If you have any questions, please contact Kristen Thornton at 860-884-5057 or kristenthornton@aol.com.

CHILDREN'S ARTS AND CRAFTS

Date: July 7 -11 Monday – Friday

Location: Lyme Consolidated School Cafeteria

Fee: None

Join Kristen Thornton to create arts and crafts projects working with a variety of mediums, such as clay, paints, chalk, beads and tissue paper.

Open to all children entering Kindergarten through 5th grade.

Kindergarten through 2nd grade will meet from 9:30 AM – 11:30 AM. Grades 3 through 5 will meet from 12:00 – 2:00. Please send a nutritious snack and juice box with your child each day and BRING A SMOCK! Be prompt when picking up your children as our instructors have other commitments. Limit of 12 participants per session.

Any children enrolled in summer reading at Lyme school will be brought down to the cafeteria when their program is done to participate in the last 1.5 hours of art.

Open to Lyme residents and Lyme School Students only.

To register, please complete registration form and return to Kristen Thornton at 97-1 Flatrock Hill RD. Old Lyme.

For any questions call Kristen at 884-5057.



Art Programs with Kristen Thornton

To register or any questions please contact Kristen at 884-5057 or email at kristenthornton@aol.com

Create works of art – Drawing, Painting, and sculpting projects

Mixed Medium Art - July 21-25

Grades 2-5 – 9:15 – 10:30

NEW – Preschool - 1st 10:30 – 11:30

Location – Lyme School Cafeteria

Fee - \$60



Art Club

Each week we will meet for 2 hours at a different location to draw or paint some local treasures like Guillette's castle, Devils Hopyard, and local farms. The times and locations will be determined weekly, to provide a flexible schedule throughout the summer. Sign up per week at \$15 per session. There will be a minimum of 4 students to run it each week. It will be open to students age 10 to 14 who are serious about art. If interested and to get a list of supplies call Kristen at 884-5057 or email at kristenthornton@aol.com

SWIMMING LESSONS



Date: July 21 – 25 & July 28 – Aug. 1st between 9:00 and 12:00,
45 minute time slots depending on level placement.
Placement will be on Monday, July 21 between 9:00 and 10:30
Location: Eno Residence, 75 Tantorantum Road, Lyme
Fee: none

Although Trudy Burgess is no longer able to teach swim lessons, we would like to thank the Burgess's for their continued hospitality for using their pool. We are happy to have Jake Bocian as our new certified instructor with the continued assistance of Lexi Thornton.

Open to all children entering kindergarten and up. All swimmers should attend on Monday, July 21st sometime between 9:00 and 10:30 for level placement and class assignment. Since this activity is held at a private home, parents/guardians must remain on site to supervise their children.

Open to Lyme residents and Lyme School Students only.

To register, complete registration form and return to the Lyme Town Hall, 480 Hamburg Road.

Any questions call Kristen Thornton at 860-884-5057.

New This Summer

Yoga for Preteens and Teens

With certified instructor Kiki Grethel



The benefits of practicing yoga are far reaching. The word yoga means to bring together, body , mind and spirit. Yoga is especially important for our youth today as it is a wonderful tool used to encourage self acceptance, increase concentration, calm the mind and reduce stress. From a physical standpoint, yoga helps increase flexibility, strength and energy .

Kiki Grethel is a graduate of Kripalu Yoga 200 hour YTT.

6 1 hour sessions – Fee \$65

Tuesdays – July 8, 15, 22, 29 and August 5, 12

Lyme School Gymnasium

Grades 6-8, 9:00 – 10:00 am

Grades 9-12, 10:15 – 11:15

To register, complete registration form and return to the Lyme Town Hall, 480 Hamburg Road.

Yoga on the Beach

With certified instructor Kiki Grethel

Free – sponsored by Lyme and Old Lyme Parks and Recreation

Wednesday Evenings: 7:00-8:00 pm.

Beginning June 25 – August 27.

No registration necessary.

Bring a towel or yoga mat for an evening of relaxation at White Sands Beach.

Cancellations will be posted on our facebook page.

Tennis



With Jonathan Hamilton, certified USPTA instructor

Basic forehand and backhand stroke production will be introduced. The serve and rules of the game will also be taught.

Session 1: July 7, 9, 14, 16

Ages 9-11, 9:00 – 10:30 am Ages 12-14, 10:30 – 12:00 am

Ages 15 –Adult, 6:00 – 7:30 pm

Session 2: July 21, 23, 28, 30

Ages 9-11, 9:00 – 10:30 am Ages 12-14, 10:30 – 12:00 am

Ages 15 –Adult, 6:00 – 7:30 pm

Fee : \$95

To register, complete registration form and return to the Lyme Town Hall, 480 Hamburg Road.

OLD LYME PARKS AND RECREATION SUMMER DAYCAMP



Thanks to Don Bugbee we are now offering this program to Lyme residents - **Space Permitting**

Parks and Recreation Department/ Director, Don Bugbee... 434-1605 ext 235

WHERE... Lyme/Old Lyme High School Gym

DATES... June 23 - August 1, 2014

TIMES... Monday - Friday 9AM-2PM

Campers are not expected to be dropped off before 8:30 and must be picked up promptly at 2:00

Lyme Residents are eligible to participate in Daycamp this year, but must sign up with the Lyme Parks and Recreation Dept. Contact the Lyme Town Hall at 860 434 7733 for sign-up information. Space is limited and sign-ups will be on a "first come-first served" basis.

If you drop your child(ren) off after 9:00 or pick him/her up early, please be sure to speak directly to the child's assigned counselor and/or the Camp Director(s). This ensures that we know who is present at all times.

It is imperative that we have accurate medical histories on the sign-up forms. Also, please assure that phone numbers are listed so you can be reached at work or home in the event of an emergency.

A major concern at camp is **SAFETY**. Campers are expected to stay with their assigned counselors at all times and to follow directions given by any counselor or the director. We emphasize **RESPECT** for other campers, staff, equipment and property.

***** Disciplinary actions will be taken for those who do not comply *****

In case of **EMERGENCY ONLY** you should call the Main Office of the Lyme/Old Lyme High School at 860 434 1651.

We recommend that campers do not bring toys/ equipment to camp. We cannot be responsible for lost or broken items. Equipment is provided by Parks and Rec.

Campers should bring a packed lunch. No refrigeration is available. Water and cold drinks are available in machines in the school.

On rainy days, our space is limited. Campers are not permitted to play out in the rain, as the gym and hallways get wet and muddy.

If you have any questions, please do not hesitate to ask Don. Thank you for your cooperation in all matters. Have a safe and fun summer!

To register, complete registration form and return to the Lyme Town Hall, 480 Hamburg Road.



Separate registration form is provided at the end of the packet.

Other Programs offered in Lyme and Old Lyme



ROWING

For further information, questions, and to register go to oldlymerowing.org

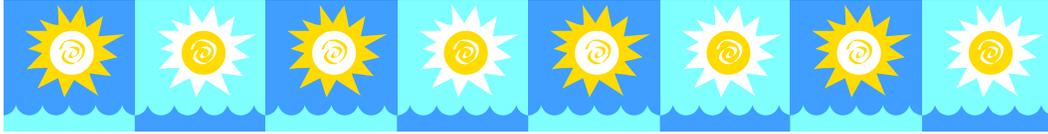
Summer Sailing Lessons At Hamburg Cove Yacht Club

For further information or go to www.hcyc.com

LYSB summer programs - <http://lysb.org/summer-2014/>

Old Lyme Parks and Recreation -
[http://www.oldlyme-
ct.gov/Pages/OldLymeCT_ParkRec/Summer](http://www.oldlyme-ct.gov/Pages/OldLymeCT_ParkRec/Summer)

Camp Claire - www.campclaire.org/



NOTES

•Please use separate registration forms for each family member and each program.

•Program cancellations and notifications will be posted on our facebook page. Please logon and follow us at: **Lyme Parks and Recreation**. We would like to post photos to our page so if you consent on the registration form.

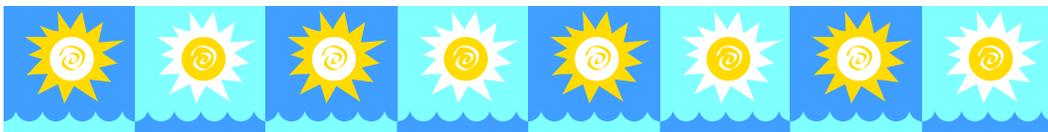
•Brochures for other camps/programs are available at the town hall.

•Pre-registration is required for all programs except the 4th of July Picnic and Yoga on the Beach.

Please be considerate of those coordinating, leading, and ordering materials for programs by registering early.

We would like to take this opportunity to thank all the volunteers, parents, coaches, and participants who make these programs possible. If you are interested in volunteering or coaching please contact Jason Thornton at 860-884-5048.

**BEST WISHES FOR A FUN, HEALTHY,
AND SAFE SUMMER!**



2014 LYME PARKS AND RECREATION
Lyme Parks and Recreation Summer Program Registration

Please fill one out for each participant and each program to help with organization of the programs.

Program Name: _____

Program Dates/ Session: _____

Participant's Name: _____ Grade _____

Address: _____

Phone: _____
(list both phone and cell# please)

Email: _____

Emergency Contact: _____
(Name) (phone#)

I give my consent for my child to participate in the following program and signing this form, I understand that I will assume all responsibility for any accidents or injuries incurred.

Parent or Legal Guardian: _____ Date _____

Is there anything we should know about your child medically or otherwise? _____

I give my consent to have photos taken of me and/or my child to be used for promotional purposes.

Parent or Legal Guardian: _____ DATE: _____



Return completed forms to: Lyme Town Hall, 480 Hamburg Road.
Attn: Lyme Parks and Recreation

2014 *** LYME RESIDENT ***

OLD LYME PARKS AND RECREATION DAYCAMP

REGISTRATION FORM

PLEASE FILL OUT A FORM FOR EACH PARTICIPANT

PARTICIPANT'S

NAME _____

2014-2015 GRADE _____ BIRTHDATE _____ AGE _____ SEX
(M) _____ (F) _____

NAME OF PARENT/
GUARDIAN _____

ADDRESS _____

CONTACT NUMBERS / INFORMATION

HOME _____ *WORK* _____

OTHER _____

EMAIL _____

RELEVANT MEDICAL INFORMATION

I HEREBY GIVE MY CONSENT TO ALLOW MY CHILD TO PARTICIPATE IN THE PARKS AND RECREATION PROGRAM LISTED ABOVE AND GIVE PERMISSION FOR ALL PARKS AND RECREATION EMPLOYEES TO ACT AS NEEDED IN CASE OF EMERGENCIES. BY SIGNING THIS FORM I UNDERSTAND THAT I ASSUME ALL RESPONSIBILITY FOR ANY INJURIES INCURRED.

SIGNATURE OF PARENT/ GUARDIAN _____

THE DAYCAMP WILL BE HELD AT THE HIGH SCHOOL
\$150 PER CHILD/ \$250 PER FAMILY
(FOR ENTIRE CAMP /JUNE 23-AUGUST 1)
MAKE CHECKS PAYABLE TO
LYME PARKS AND RECREATION
