

Portland Parks and Recreation Fall 2016



Programs

**Portland's "COME ON OVER" 5K Road Race
Youth Tennis Program
Junior Golf Workshop with Gerry D'Amora
Youth Karate & Gymnastics/Tumbling Classes
Basics of Wrestling
Dance & Movement with Miss Alicia
American Red Cross "When I'm In Charge" & "Babysitting"
Pre-Season Basketball Clinics
Pilates & Tai Chi
Zumba!
Hoop Fitness & Kangoo Jumps Fitness
Cardio Kickboxing, Yoga & Power Yoga
Cross Fit For Men & Women & Jujitsu for all ages
Connecticut Valley School of Music & Dance
Ladies Golf Clinic
Adult Co-Ed Volleyball
Men's Drop- in Basketball
Little Hikers & Family Day
Holiday Happenings**

PORTLAND PARKS AND RECREATION

**Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763
Hotline: 860-262-7234
www.portlandct.org**

Participant's Name: _____ Phone Number: _____

Street Address _____ Apt. # _____ Town: _____ Zip Code: _____

Male: ____ Female: ____ Date of Birth _____ School Grade: _____

Under 18 years old, please fill in parent information

Mother's Name _____ Father's Name _____

Home Number _____ E-mail Address: _____

Mom's Work Phone: _____ Dad's Work Phone: _____

Mom's Cell Phone: _____ Dad's Cell Phone: _____

If a parent is not available:

Emergency Contact: _____ **Relationship:** _____

Home Phone # _____ **Work Phone:** _____ **Cell Phone #** _____

Child's Physician: _____ Phone #: _____

* If there are any medical concerns or allergies that we should be aware of, please list below:

In case of an emergency, may we transport via ambulance? Please circle: Yes No

Please list anyone who does not have permission to pick up your child (If this is a biological parent, a copy of the court order must accompany this form). _____

I give the Portland Parks and Recreation Dept. permission to use any photographs taken during the program to be used in any advertising, i.e. web site, program literature: Yes No

<u>Program(s)</u>	<u>Date & Time</u>	<u>Fee</u>
1. _____	_____	_____
2. _____	_____	_____

TOTAL: _____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland **DO NOT** assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

If under the age of 18 years old, please have parent or guardian sign;

Participant: _____
(Print Name) (Signature) (Date)

EARLY CHILDHOOD & YOUTH PROGRAMS

LITTLE HIKERS!

Free to young children and their families (older siblings welcome!)

The Portland Early childhood Council, Youth Services, and Parks and Recreation are teaming up to offer an exciting opportunity for young children and their families to hike Portland trails, enjoy nature, and learn a little more about the natural space around them! The PECC will offer a short guided Portland hike once a month. Please wear weather appropriate clothing, bring anything that will help your little ones along the way (backpacks, carriers, etc.) Please call or e-mail to sign up prior to each hike Allison Behnke, PECC Coordinator 860-342-6758 or Earlychildhoodcouncil@portlandct.org

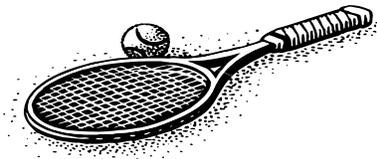
Maps/directions are available at Portland Youth Services, Portland Town Hall, or on-line www.portlandct.org (Youth Services page.) The program will be canceled due to poor weather conditions – an email will go out and you can call the Parks and Recreation Hotline the day of the hike to learn if it has been canceled, 860-262-7234. Please, no dogs. A snack will be provided for these hikes!

September 17 th	10:00 a.m.	The Oak Ledges
October 15 th	10:00 a.m.	Reservoir Rim Trail

JUNIOR GOLF WORKSHOP WITH GERRY D'AMORA (PGA GOLF PROFESSIONAL)

This workshop is designed to acquaint participants with the game of golf. The daily schedule includes demonstrations, learning the rules of golf, golf skills & techniques, learning the short game (putting and chipping), golf etiquette, and a chance to walk and play Portland's Executive Course, Portland West. If you have clubs please bring them. Sneakers are allowed. The instructor will give a rain date. Min. 8 & Max. 10 Enrollments.

Day: Monday	Dates: Sept. 12 – Oct. 3	Fee: \$75 per session	Age 6 to 12
Site: Portland West		Time: 5:00 – 6:00pm	



YOUTH TENNIS PROGRAM

QuickStart Tennis is an exciting new instruction and play format for learning tennis. It is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified games tailored to any age and size of the player. This is a proven method to accelerate your child's development and enjoyment of the game. For more information, go to the

www.partners.quickstarttennis.com .

Day: Tuesdays	Date: Sept. 20 – Oct. 25	Fee: \$50
Grade: K – 2 nd	Time: 5:45 – 6:30 pm	
Grade: 3 rd – 5 th	Time: 6:30 – 7:15 pm	
Grade: 6 th – 8 th	Time: 7:15 – 8:00 pm	

Site: Portland High School Tennis Courts (PHS or PMS Gym if it rains)

PRE-SEASON YOUTH BASKETBALL CLINICS

This is a great chance to get ready for the season!!! The Parks and Recreation Department will be hosting a series of pre-season drills and clinics during the fall to help prepare youth in grades 1 – 8 for the upcoming Basketball Season. **Fee: \$15 for the program (all 3 dates).**

Gender/Grades	Site	Day	Dates	Time
Girls 1 & 2	Valley View School	Thursdays	Dec. 1, 8, 15	5:00 – 5:45 pm
Boys 1 & 2	Valley View School	Thursdays	Dec. 1, 8, 15	6:00 – 6:45 pm
Girls 3 & 4	Gildersleeve School	Thursdays	Nov. 3, 10, 17	5:30 – 6:30 pm
Boys 3 & 4	Gildersleeve School	Thursdays	Nov. 3, 10, 17	6:30 – 7:30 pm
Girls 5 & 6	PMS	Wednesdays	Sept. 28- Oct. 12	5:00 – 6:00 pm
Boys 5 & 6	PMS	Wednesdays	Sept. 28- Oct. 12	6:00 – 7:00 pm
Girls 7 & 8	PMS	Wednesdays	Sept. 28- Oct. 12	7:00 – 8:00 pm
Boys 7 & 8	PMS	Wednesdays	Sept. 28- Oct. 12	8:00 – 9:00 pm

KARATE CLASSES for KIDS



Little Ninja's Karate (Ages 3-5)

This class taps into the “Inner Ninja” in every kid and will focus on learning some basic karate moves, listening skills, balance and coordination, taking turns and more. Parents are welcome to participate. If you or your child is a fan of American Ninja Warrior, this is the class for you!!

Site: Inner Circle Family Martial Arts, 143 Marlborough St. (Rt 66)

Day: Monday Dates: Sept. 12 – Oct. 17 Time: 3:30 – 4:15 pm

Day: Tuesday Dates: Sept. 13 – Oct. 18 Time: 4:00 – 4:45 pm

Fee: \$60 for 6 weeks

Karate for Kids Beginners (Ages 6-9)

This class is for kids that are new to karate and will cover the basics such as kicking, punching, blocking, balance, body control, self-confidence, self-defense and more in a fun, low-key atmosphere. White belts and headbands provided!

Site: Inner Circle Family Martial Arts Studio

Day: Tuesday Dates: Sept. 13 – Oct. 18 Time: 5:00 – 6:00 pm

Fee: \$60 for 6 weeks

Karate for Kids (Ages 8+)

Open to kids with or without karate experience, with the focus on proper form, self-defense, body-control, self-confidence, katas and more! All students receive white belt and will earn first stripe during this session! Gi's provided at reduced cost.

Site: Inner Circle Family Martial Arts Studio

Day: Friday Dates: Sept 16 – Oct 21 Time: 5:00 - 6:00 pm Fee: \$60 for 6 wks

GYMNASTICS & TUMBLING

These classes are ideal for both the beginner and advanced students. The focus will be on floor skills (balance moves, cartwheels, rolls, handsprings, etc..) as well as balance beam and some bar work. Each student will be assessed and pushed to perfect existing skills as well as learn newer, more advanced moves.

Site: Inner Circle Family Martial Arts Studio

Tiny Tumblers – Ages 3-5 Day: Wednesday

Dates: Sept 14 – Oct 19 Time: 3:15 - 4:00 pm

Open Gymnastics – Ages 6+ Day: Thursday Dates: Sept. 15 – Oct. 20 Time: 3:15 – 4:15 pm

Fee: \$60 for 6 weeks

NEW!! Basics of Wrestling (Ages 8 to 12)

This program will teach the basics of wrestling, including a general understanding of the rules and scoring. Wrestlers will also become comfortable with each of the positions as well as being able to wrestle in a match by the end of the session! This class is taught by Nick Dionne, a 4 year varsity wrestler at PHS as well as Asst. coach at PHS since 2012.

Site: Inner Circle Family Martial Arts Studio

Day: Saturday Dates: Sept. 17 – Oct. 22

Time: 1:00 – 2:30 pm

Instructor: Nick Dionne

Fee: \$60 for 6 weeks

AMERICAN RED CROSS “WHEN I’M IN CHARGE”

“When I’m In Charge” is designed for youth the age of 7 and up. The program gives youth increased confidence and the ability to feel safe and in control when home alone, by teaching them to act safely, think responsibly, and be independent decision makers. Topics include:

- Answering the door or telephone
- Internet Safety
- Gun Safety
- Who and When to call in an emergency

Each child will receive:

- Student workbook which includes
 - Emergency information sheet
 - House rules form
 - How to call 911 card



Day: Friday

Date: October 14

Fee: \$30

Time: 5:30 – 7:30 pm

Age: 7 years old and up

Site: Buck Foreman Comm. Ctr.

AMERICAN RED CROSS “BABYSITTING COURSE”

This course provides youth planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, choose safe and appropriate toys and games, diapering, bedtime, keeping themselves and others safe and help children behave; and learn about basic child care and basic first aid. A great way to get your teen ready for a babysitting job!

Day: Monday- Tuesday

Date: November 21 & 22

Age: 11 – 15 years old

Time: 12:15 to 2:45 p.m.

Fee: \$55

Site: Buck Foreman Center



Conn. Valley School of Music FALL Specials

Introduction to Piano for Young Beginners (3rd & 4th grade)

Start your child in a small fun group setting! Give students the beginning basics of the piano. Learn proper posture, rhythm basics, note notation, fun songs and games. Each student learns on their own digital piano in our brand new digital piano lab with experienced instructor. Guest performances!

Day: Friday

Dates: Sept. 9 – Oct. 14 (6-weeks)

Time: 5:00-6:00 p.m.

Fee: \$99

Site: Conn. Valley School of Music

Beginner Strings for Violin (2nd to 5th graders)

Students will learn basic bow grip, hand position and fingerings. Hands-on experience with a violin just your size that ensures a fun successful introduction to violin and a great head start to private lessons. Rental violins are available.

Day: Wednesday

Dates: Sept 7 – Oct . 12 (6 weeks)

Time: 5:30–6:30 p.m.

Fee: \$99

Site: Conn Valley School of Music

Singing Lessons for the Young Beginner

Designed to give young singers grades 2 - 4 early elementary age (or older, as needed) a solid foundation in the Fundamentals of singing and musicianship.

Breath support and sustain
Vocal registration (high/low voice)
Vowels and diction
Resonate tone quality

Intonation (singing in tune)
Solfege scale and intervals
Beat and rhythm
Reading music

Expressive movements, gestures and facial expressions
Performance strategies
Basic piano and percussion playing

Day: Thursday

Dates: Sept. 8 – Oct. 13 (6 weeks)

Time: 3:30-4:30 p.m.

Fee: \$99

Site: Conn. Valley School of Music

Fun with Drums

This is an exciting new class for young drummers to learn about various drums and percussion instruments. Students are introduced to creative, expressive, rhythmic activities as well as movement to inspire a curiosity of music using drums.

Day: Friday

Dates: Sept. 9 – Oct. 14 (6 weeks)

Time: 4:30-5:30 p.m.

Fee: \$ 99

Site: Conn. Valley School of Music



ADULT PROGRAMS



Zumba fitness uses Latin rhythms and easy to follow moves to create a dynamic fitness program that will totally change the way you look at fitness! Zumba is an exhilarating, caloric-burning, body-energizing, and most of all, **FUN** program that will totally blow you away! Once you've tried Zumba, you will be hooked on the most amazing fitness program you have ever experienced! So come on, "Stop the workout and Join the Party!"

ZUMBA! 10 Week Session!

Day: Wednesday

Fee: \$50 per session or \$7 per class

Time: 6:15 pm to 7:15 pm

Age: 13 and older; participants under 18 must be accompanied by a registered adult

Instructor: Valerie Swiantek

FREE "Try Out" Class

FREE Class: Sept. 7

Date: Sept. 14 – Nov. 16

Site: **BIS Gym**

"Challenging Kid Clutter"

This program will be run by a professional organizer who will discuss the difficulties of managing children's stuff with a focus on toys, clothing and collections as well as juggling their school work and schedules. The PACK method in working with disorganized kids will be reviewed as well as tips and tricks for managing time and space. The instructor will share before and after pictures of her own projects with clients and will talk about the process in working with a professional organizer.

Day: Tuesday Date: Oct. 18th Time: 6:30 to 7:30 p.m. Fee: FREE please RSVP

Instructor: Sarah Soboleski Site: Buck Foreman Comm. Center

YOGA for Everyone!

This class focuses on the three main aspects of yoga (exercise, breathing and meditation) and is ideal for both the beginner and more advanced student. Proper breathing techniques will be combined with student-appropriate exercises and techniques to help quiet the mind, strengthen the body and lower stress. Mats provided or bring your own.

Site: Inner Circle Family Martial Arts Studio

Day: Wednesday Dates: Sept 14 – Oct 19 Time: 7:15-8:30 pm

Instructor: Jodette Bentley Fee: \$72 for 6 sessions

Power YOGA

Site: Inner Circle Family Martial Arts Studio

Day: Friday Dates: Sept 16 – Oct 21 Time: 9:00 – 10:15 a.m.

Instructor: Tracey Zito Fee: \$72 for 6 classes

NEW! Hoop Fitness with Cori

Come join the hoopla!! Join America's Fit Mrs. and certified FXP hoop instructor Cori Magnotta and burn up to 600 calories per hour while having fun! This class combines the elements of barre, Pilates and yoga and provides an intense cardio and core workout for maximum results in a fun and supportive environment. Beginners welcome!

Site: Inner Circle Family Martial Arts Studio

Day: Tuesday

Dates: Sept 13 – Oct 18

Time: 6:00 – 7:00 pm

Instructor: Cori Magnotta

Fee: \$60 for 6 classes

NEW!! Fight Club for Men & Women

Whether you're a pro boxer or a first timer, this is the perfect class for you! There is no better stress-reliever or workout than boxing, and you'll get a chance to learn a variety of boxing skills (movement, punches, blocks, combinations, etc...) in a safe and supportive environment while sweating like it's your job!! Headgear and gloves provided or bring your own. For ages 16 and older (must be accompanied by adult if under 18).

Site: Inner Circle Family Martial Arts Studio

Day: Thursday

Dates: Sept 15 – Oct 20

Time: 6:00-7:00 pm

Instructor: M. Pelton

Fee: \$60 for 6 sessions

NEW! Kangoo Jumps Fitness

Kangoo Jumps is an explosive, challenging and fun class that helps build muscle, cardio endurance and core strength! Great for athletes as well as the beginner! Boots provided at a nominal charge.

Site: Inner Circle Family Martial Arts Studio

Day: Sunday

Dates: Sept 18 – Oct 23

Time: 10:00-11:00 am

Instructor: Beth Pierzanowska

Fee: \$72 for 6 sessions

Ladies Fall Golf Clinic

Always wanted to learn how to play golf or just brush up on your skills? Parks and Recreation in cooperation with Portland West will offer a ladies golf clinic. Golf Professional Gerry D'Amora from Portland West will be the instructor of this 4-week session.

Day: Tuesdays

Dates: Sept. 20 to Oct. 11

Time: 5:30 to 6:30 p.m.

Fee: \$110

Site: Portland West



Tai Chi for Long Life – 10 Week Session!

Tai Chi for Long Life is a unique health and fitness program designed to help relieve chronic pain and sickness, reverse many symptoms associated with normal aging, significantly reduce the harmful effects of stress, instill a deep sense of calm and relaxation, increase vitality and improve one's overall quality of health. Tai Chi has been proven through scientific studies to, among other things, improve balance, alleviate arthritis, reduce bone loss due to osteoporosis and manage blood sugar levels.

Day: Wednesday Sept. 21 – Nov. 30 Time: 9:30 – 10:30 a.m.

Day: Friday Sept. 23 – Dec. 2 Time: 1:00 – 2:00 p.m.

No Class: 11/23 & 11/25

Instructor: Ken Zaborowski

Fee: \$40 1 class a week or \$80 for 2 classes a week

Site: Buck Foreman Comm. Ctr.

Drop In for \$6.00 a class

PILATES – 10 Week Session!

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. This class will focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and gluts), and improve balance and coordination between the body's limbs. Class is taught by a Personal Euphoria Pilates Certified Instructor.

Day: Thursday

Site: Buck Foreman Comm. Ctr.

Dates: Oct.6 – Dec. 15th (No class 11/24)

Time: 5:30pm – 6:30pm

Age: 18 years and older

Fee: \$55 Residents/\$67 non-resident

Jujitsu for All Ages

Jujitsu, known as the "gentle art" is an ancient Japanese martial art that uses an opponent's energy against themselves. In addition to learning a variety of joint locks, disarms, pins and throws, you will also learn to properly fall, neutralize aggression and become more aware of your surroundings. All ages and skill levels welcome

Site: Inner Circle Family Martial Arts Studio

Day: Saturday Dates: Sept. 17 – Oct 22 Time: 11:15 am-12:30

Instructor: GM Dennis Bivens Fee: \$60 for 6 classes

CARDIO KICKBOXING for Men & Women

This class combines an intense cardio workout, core training and real-world self-defense skills for maximum results in a fun and supportive environment. The toughest class you'll love to take – and hate to miss! Gloves provided or bring your own. Beginners welcome!

Site: Inner Circle Family Martial Arts Studio

Day: Tuesday Dates: Sept 13 – Oct 18 Time: 6:00 – 7:00 pm

Instructor: M. Pelton Fee: \$60 for 6 classes

NEW!! CROSS TRAINING FOR MEN & WOMEN

This is the most challenging class we offer and you will be amazed at what you can do in an hour!! Get stronger, faster, fitter and more flexible than you thought possible. This is a full body workout that includes a focus on core, cardio and a variety of body weight exercises – and all skill and fitness levels are welcome. For ages 14 and older but kids are welcome to participate if the parents feel comfortable.

Site: Inner Circle Family Martial Arts Studio

Day: Saturday Dates: Sept. 17 – Oct. 22 Time: 7:30-8:30 am

Day: Sunday Date: Sept. 18 – Oct. 23 Time: 8:30 – 9:30 am

Instructor: Michael Pelton Fee: \$60 for 6 classes

Strength Training with Snap Fitness

Strength Training is one of the best things you can do for your body, but many do not know how to get started! Join Snap Fitness for a beginner strength training workout! Learn correct form and appropriate exercises for you!

Day: Monday Dates: Sept. 19 to Oct. 24 Time: 10:00 to 11:00 a.m.

Site: Snap Fitness (Tri-Town Plaza) Fee: \$100 for 6 weeks

Men's Drop-in Basketball

Looking for the opportunity to shoot some hoops and brush up on your game? Here's a chance to participate in free play basketball games. Portland residents only please.

Under 30 Men's Drop in Basketball: Portland Middle School

Day: Monday Dates: November 7 to April 3

Time: 7:30 – 9:30 pm No Program: 12/26 & 1/16 & 2/20

Over 30 Men's Drop in Basketball: Portland Middle School

Day: Tuesday Dates: November 1 to April 4

Time: 8:00 – 9:30 pm No Program: 12/27 & 2/21



Adult Co-Ed Volleyball

Participate in this fun, drop-in volleyball program. Bring your friends and join the fun! Sneakers must be worn. This program is free. Must be 18 and Older.

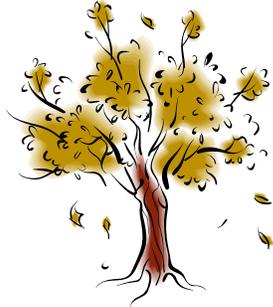
Day: Wednesday Date: November 2 – April 5th

Competitive Recreation Time: 5:00 – 6:30 pm

Non – Competitive Recreation Time: 6:30 – 8:00 pm

No Program: 11/23 & 12/28 Site: Gildersleeve School gy

ENJOY A FALL HIKE, RUN OR WALK

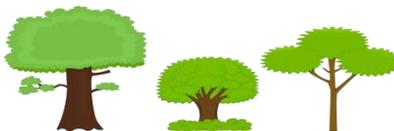


Portland Reservoir Rim Trail

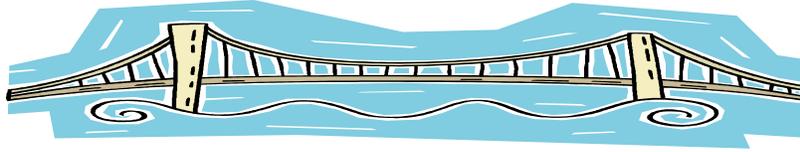
A natural hiking trail that loops around the Portland Reservoir is a nice two mile trail that is well established and is marked with red blazed markers. The first section of the trail takes you along Reservoir Rd. This section of trail takes you along the edge of the reservoir. You enter the next section of the trail as you pass a gate. After the gate you turn right on the Old Marlborough Turnpike (that was used by the early settlers to the area. This trail takes you on along the East side of the reservoir and over the biggest water crossing which is Reservoir Brook. Once you cross Reservoir Brook, hike for a while until you come across a right hand turn. Turn right and quickly come across our second water crossing. This crossing has a foot bridge completed by an Eagle Scout. Continue to hike parallel of the southern bank of the reservoir, you will then come to a fork in the road. At this point follow the fork right. After the fork, you will come to the 3rd and final water crossing. After this crossing, the trail takes you back to the parking area.

Portland Riverfront Park

Enjoy a walk or a hike through Portland's beautiful 40 acre Riverfront Park. This easy to intermediate hike along the Connecticut River will include a summit overlook with view looking North up the Connecticut River. Directions: (284 Brownstone Avenue) Take Middlesex Avenue (off of Main Street – Route 17A) follow to first stop sign. Take at left onto Brownstone Avenue where at the bottom of the Hill on the right is the driveway to the back parking area.



PORTLAND'S "COME ON OVER" 5K ROAD RACE THE ZOMBIE RUN/WALK



- Date:** Saturday, October 15, 2016, Rain or Shine
- Time:** Race starts 9:00 am (registration starts at 7:30 am)
- Place:** Start and Finish at Portland Town Riverfront Park, Brownstone Ave.
(Directions, road race course map, entry form, results, race photos and additional information can be found on the Portland web site, Portlandct.org under the Parks and Recreation Link)
- Awards:** Prizes awarded to top 3 finishers in each age category
- T-shirts:** T-shirt for the first 100 entrants
- Entry Fee:** \$15 per runner prior to October 7th, 2016
\$20 per runner on or after October 7th, 2016
\$10 for any runner 19 and under thru day of race
\$10 for walkers division – the course will be 2.1 miles.
- Information:** Sean Dwyer at 860-342-6757 or email sdwyer@portlandct.org
- Registration:** Fill in attached form. Forms available at www.portlandct.org.
(Please click departments – Parks and Recreation)
(Runners can also register on day of race at Riverfront Park)
- Race Map:** To be published on town's web site and available on race day
- Hot Line:** IF to inclement weather, please call 860-262-7234 day of race.

THEME COSTUMES ARE OPTIONAL PRIZE FOR BEST COSTUME

YOUTH SERVICES FAMILY DAY

Portland Family Day will be held on **Saturday September 10th** on the downtown green (in back of the Youth Services office and Police Dept.) from 11:00 am to 2:00 pm. This annual event is in its **20th year** and is sponsored by Portland Youth Services. There will be lots of games, prizes & crafts for the kids, food, jumping inflatable's and more will follow! The Senior CenterTeddy Bear Group will be selling Stuffed Baked Potatoes to help purchase materials for their bears that they make and give to cancer patients. Watch for further info on the entertainment for the day! Local groups and non-profit organizations will be there to share information or provide something to purchase on the green. This is not a fund raising day for Youth Services but a way of providing a low cost interactive day for the whole family to enjoy! Any questions please call Mary Pont at (860)342-6758 or email mpont@portlandct.org.



HOLIDAY HAPPENINGS

Portland Historical Society "Fundraiser" Jingle & Mingle, a Festival of Wreaths

"Jingle & Mingle, a Festival of Wreaths, will take place on Saturday, Dec. 3rd and Sunday, Dec. 4th (coinciding with the Lighted Parade festivities). Wreaths decorated by individuals, businesses and organizations will be on display in the carriage barn, behind the Historical Society's 329 Main Street location, from noon to 4:00 p.m. both days. The winning names will be drawn on Sunday at 4:00 just before the "lighted Parade". More info will be posted on the website! If you would like to sign up to donate a wreath, please e-mail the Society at PortlandHistSoc@yahoo.com or call Deb at 860-342-1927 prior to Nov. 27th. All proceeds will be used to further the Society's mission to preserve Portland's history and to fund educational projects for the community.



Pancake Breakfast Sunday, December 4th

Company #1, Middlesex Ave from **7:00am to 11:00am**. Your choice of Plain, Blueberry & Chocolate Chip, Sausage and a Beverage. Bring either a food item or unwrapped toy and receive a free breakfast. (Toys and Food will be distributed throughout Portland). Santa will be there from 9:00 to 11:00 a.m. for pictures with your children (take your own or support Portland Youth Services teens Youth Action Council & pay \$3.00. The Youth Action Council will also be on hand to make crafts with the children!



Holiday Parade and Tree Lighting December 4th

Come back downtown at 5:00pm to see the **Holiday Parade**
Starting at the Town Hall on East Main St. down Freestone Ave., ending at Brownstone School for the Tree Lighting and Carol Sing.
Special Guest will be Santa.

PORTLAND TRAVEL BASKETBALL CLUB

Registrations are now OPEN!

Basketball grades 4 - 8

Cheerleading grades 5 – 8

3rd Annual Red & Black Golf Tournament

Parents can register on-line at:

<http://portlandctravelbasketball.com>

Returning families use the same account as last year.

New families create an account.

Parents may add siblings to an existing account.

Evaluations are scheduled for October 17th at
Portland High School & Portland Middle School.

No payment is needed to register

The season runs through early March

RECREATION BASKETBALL

ANY PLAYER INTERESTED IN PLAYING RECREATION BASKETBALL – REGISTRATION IS SEPARATE FROM TRAVEL BASKETBALL – PLEASE FILL OUT REGISTRATION FORM IN THIS BROCHURE AND RETURN TO THE PARKS AND RECREATION OFFICE.

Tee-Ball/ Portland Little League/Softball 2016

Portland Little League offers softball and baseball programs for players 5 through 16. (Please see the PLL website for age requirements) Opening day is around the corner!

Information for Portland Little League registration for the upcoming season can be found by visiting their web site at www.portlandctlittleleague.org or by sending an email to infor@portlandctlittleleague.org

Panther Youth Football & Cheer

Football Ages 6-13 Cheer 6-14

For Registration and Fee Information, Please visit our website:

www.panthersfootball.com



Portland Soccer Club Announces its Fall 2016 Club-Rec Registration

PSC is now accepting registrations for the Fall 2016 club soccer season

Club-Rec registration will be accepted until September 10, 2016. Registrations received after August 12, 2016 will be charged an additional **\$25** dollar late fee.

The PSC will only accept registrations through their on-line registration system, which can be accessed via the Internet at www.bluesombrero.com/portlandsoccerclub. If you do not have internet access, it can be accessed at the Portland Library.

Club-Rec Soccer: the cost per registrant will be structured as follows:

U5 (01/01/13) TO (12/31/13) - Pre-K Club Recreational = \$60
U5 (01/01/12) TO (12/31/12) - Pre-K Club Recreational = \$60
U6 (01/01/11) TO (12/31/11) - Dribbler-Club Recreational = \$70
U7 (01/01/10) TO (12/31/10) - Kicker-Club Recreational = \$75
U8 (01/01/09) TO (12/31/09) - Kicker-Club Recreational = \$75
U9 (01/01/08) TO (12/31/08) - Kicker-Club Recreational = \$75
U10 (01/01/07) TO (12/31/07) - Kicker-Club Recreational = \$75

Full team uniforms for all divisions and balls for Pre-K are included in the registration fees and will be available for distribution prior to and during the first day of play.

The Fall Season will run from 9/17/16 - 10/29/16 (7 week Season)

All Games will take place on Saturdays at Camp Ingersoll

Pre-K sessions: 9:00-10:00 (no practice during the week)
Dribbler sessions: 8:30-10:00 (no practice during the week)
Kicker sessions: 8:30-10:00 (one practice during the week)

Club Contacts:

Chris Donahue- President - donahuecj@sbcglobal.net or (860-342-3228)
Dave Fenton - Vice President - david.fenton@hhchealth.org or (860-342-5269)
Timothy Roy - Registrar - 6789boat@gmail.com or (917-828-0066)

Portland's "Come On Over" 5K



The Zombie Run/Walk

Take a spooky run/walk in the Haunted Woods!!



The Race starts at 9:00AM (registration starts at 7:30AM)

Saturday, October 15, 2016!!

Portland Riverfront Park

Main St to Middlesex Ave, Left on Brownstone Ave

Registration: (forms available at www.portlandct.org)

\$15 per runner prior to October 7th, 2016

\$20 per runner on or after October 7th, 2016

\$10 for any runner 19 and under thru race day

\$10 for walkers division – the course will be 2.1 miles



For more information call:

Sean Dwyer at 860-342-6757 or email sdwyer@portlandct.org

Theme Costumes are Optional with Prizes for the Best Ones!

This event is Rain or Shine!!





Brownstone Quorum
and Portland Park and Rec



4th Annual

Haunted Trail Tour

Take a spooky walk in the Haunted Woods!

"BEFORE DARK VERSION" FOR **YOUNGER KIDS** UP TO **10 YEARS OLD**

4:00 PM TO 6:00 PM

"AFTER DARK VERSION" FOR **OLDER KIDS** **11 + YEARS OLD**

6:30 PM TO 10:00 PM

FUN GAMES, ACTIVITIES, PRIZES!

SPECIAL GUESTS:

THE CONNECTICUT GHOSTBUSTERS!

Saturday, October 15th, Rain Date 16th, 2016

PORTLAND RIVERFRONT PARK

Main St to Middlesex Ave, Left on Brownstone Ave

Admission \$6.00

Children 2 y.o. and under free

For cancellation information, call

860-262-7234

