

Fall Back Into Recreation

Program offering options based on your comfort level

- Online programs at the *Virtual Rec. Center*.
- *Take it, Make it* programs offered at designated pick-up locations and on *ZOOM*.
- In-person programs in small groups, following ALL COVID-19 Health & Safety protocols.

We've added several new programs this issue!

Look for the graphic below throughout this newsletter and check out what's **NEW!**



GREETINGS FROM THE ENFIELD RECREATION OFFICE...

As we turn the calendar to October, there is no denying that fall is upon us. Typically, by this time, the Recreation Office is in full swing registering folks for activities like Dolphins Swim Team, Enfield Youth Basketball League and various Adult Open Gym programs. As you know, due to COVID-19, this year is different. As we continue to closely monitor guidance from the CDC, DPH and CIAC, we are hopeful that eventually we will be able to offer some sort of meaningful programming for basketball, swimming and other traditional sports activities.

The longstanding purpose of Recreation has always been to provide participants with fun, satisfying programs in a SAFE environment. Please know our commitment to this purpose has not waived and your safety when coming to our programs is paramount.

As you peruse the latest newsletter, you will find a variety of **NEW** in-person, virtual and *Take it, Make it* programs being offered this month. In these uncertain times we would like to remind you to "*Take a Break and Recreate*". We look forward to seeing you and your family at one of our many programs this October!

Warmly,

Alison Alberghini
Recreation Manager

ENFIELD RECREATION DIVISION 19 NORTH MAIN STREET

Phone: 860.253.6420

Email: Recreationsupervisor@enfield.org

Website: www.enfield-ct.gov/recreation

Office Hours: M - F, 8 AM - 4 PM

In person assistance by appointment.

In-Person Recreation Programs

Field Hockey Clinic, *Grades 3-5*

Participants will be introduced to and taught the fundamentals of field hockey. Instructors will cover stick and ball handling, passing and receiving, shooting and game rules. The program will be a combination of skills, drills and game play. **Limit: 16.**

Dates: Tues/Thurs, October 6-29, 2020

Time: 5:00 - 6:15 PM

Fee: \$39.00 Residents / \$48.75 Non-Residents

Location: Enfield Annex

Complete information can be found [here](#).

Registration currently underway!

Youth Martial Arts Clinic, *Ages 6-10*

In conjunction with Integrity Martial Arts of Enfield, participants will be introduced to the basics of martial arts and character development topics. Integrity Martial Arts will be offering 3 additional sessions free at their studio for those who attend the clinic. **Limit: 14.**

Dates: October 5 & 7, 2020

Time: 4:30 - 5:00 PM

Fee: FREE!

Location: Green Manor Park

Complete information can be found [here](#).

Registration currently underway!

Adult Yoga, *Ages 18+*

Release stress and improve personal well-being this fall. Yoga will bring balance, breath awareness, stamina and flexibility to the body and mind. Participants will be able to work at their own level, modifying poses as needed. **Limit: 24.**

Dates: Tuesdays, October 6-27, 2020

Time: 6:15 - 7:30 PM

Fee: \$18.00 Residents / \$22.50 Non-Residents

Location: Enfield Annex

Complete information can be found [here](#).

Registration currently underway!

Field Hockey Clinic, *Grades 6-8*

Participants will learn the fundamentals of field hockey and expand their skills and knowledge. Instructors will cover stick and ball handling, passing and receiving, shooting and game rules. The program will be a combination of skills, drills and game play. **Limit: 16.**

Dates: Saturdays, October 17-November 7, 2020

Time: 9:15 - 10:45 AM

Fee: \$29.00 Residents / \$36.25 Non-Residents

Location: Enfield High School

Complete information can be found [here](#).

Registration Begins 10/2 at 8:00 AM.



Lunchtime Walkers, *Ages 18+*

Different walking paths allow folks of all ages and abilities to participate in our new walking program. Free to attend, participants will have the opportunity to walk around Freshwater Pond on the path they choose. Join us for one or more dates!

Dates: Thursdays, October 1-29, 2020

Time: 12:00 - 1:00 PM

Fee: FREE

Location: Freshwater Pond

Complete information can be found [here](#).

Registration currently underway!



Women's Self Defense, *Ages 18+*

Self-defense is a real and necessary skill. Join Integrity Martial Arts to learn simple strategies to minimize risk, the psychology behind most violence, the fundamentals of striking and escaping and more. Please note that mature topics will be covered. **Limit: 10.**

Dates: October 19 & 26, 2020

Time: 7:00 - 9:00 PM

Fee: FREE!

Location: Integrity Martial Arts Studio

Complete information can be found [here](#).

Registration currently underway!

In person programs require pre-registration.

Click [here](#) to register through **Activenet**.

In-Person Recreation Programs

Holiday Craft Classes: Take it, Make it LIVE via ZOOM

3D Floating Ship

Open to Enfield Residents in Grades 1 & 2

Wednesday, October 7th at 3:30 PM

Activity Number: 3603.0102.101

3D Haunted House

Open to Enfield Residents in Grades 3 - 5

Tuesday, October 13th at 10:00 AM

Activity Number: 3603.0102.102

The Details...

- These programs are **FREE**, but are open to Enfield residents only.
- Pre-registration is **required** and can be done beginning Friday, October 2nd at 8 AM online at www.enfield-ct.gov/recreation.
- Each class is limited to 10 participants. Participants must have internet access and be available to participate during the live stream class.
- Class materials must be picked up at the Recreation Office. The office is open M-F, 8 AM - 4 PM. Please call to make a pick up appointment **AFTER** you have registered. Additional materials may be needed. Click [here](#) for complete program details.

NEW PROGRAM!

Babysitter Safety Course, Ages 11-16

This course will teach age appropriate skills necessary to care for children and teens. This course will focus on safety with an emphasis on practical topics such as diapering, personal safety and basic first aid will be covered.

Limit: 10.

Date: November 3, 2020 (Election Day - No School)

Time: 9:00 AM - 2:00 PM

Fee: \$75.00 Residents/\$85.00 Non-Residents

Location: Angelo Lamagna Activity Center

NEXT CLASS: DECEMBER 28. Details TBA.

Preschool Martial Arts Clinic, Ages 3-5

Has your little one shown an interest in martial arts? Join us and Integrity Martial Arts of Enfield to learn the basics of martial arts and character development topics. Integrity Martial Arts will be offering 3 additional sessions free at their studio for those who attend the clinic.

Limit: 14.

Dates: October 5 & 7, 2020

Time: 4:00 - 4:30 PM

Fee: FREE!

Location: Green Manor Park

Skyhawks Multi-Sport Tot's Programs

Introduce your little superstar to athletics in this multi-sport program that covers baseball, basketball and soccer. This program uses age-appropriate games and activities to explore balance, hand-eye coordination, fitness, sport-specific skills and child development.

Dates: Saturdays, October 24 – November 21, 2020

Fee: \$79.00 Residents / \$89.00 Non-Residents

Location: Angelo Lamagna Activity Center Gym

2 YEAR OLDS

Time: 9:00-9:45 AM

Parent-Child Class

3 YEAR OLDS

Time: 10:00-10:45 AM

Parent-Child Class

4-5 YEAR OLDS

Time: 11:00-11:45 AM

Child Only Class

Complete information can be found [here](#).

Registration Begins Friday, October 2 at 8:00 AM.

Register online at www.skyhawks.com!



The Cooped-Up Crafts Cart

FREE Activities for Kids!!!

Take it, Make it activities are great for those who are not comfortable attending an in person class, are unable to make an in person class or need an activity to fill their child's downtime with. This October we are offering a variety of *Take it, Make it* activities that correspond with the season and upcoming holidays.

FREE *Take it, Make it* options include (while supplies last)...

- ◆ CYO Teddy Bear Paper Bag Puppets
- ◆ Creative Play with Play-Doh
- ◆ CYO Fall Crowns
- ◆ Halloween Activity Packets
- ◆ Activity Pads & Stickers
- ◆ Fall Leaf Scratch Art
- ◆ CYO Harvest Magnets
- ◆ 3D DIY Pumpkins
- ◆ **Other Surprise Activities!**



How to get a FREE *Take it, Make it* activity...

- ◆ Call the Recreation office at 860.253.6420 to reserve an activity (24 hour hold) and schedule a time for pick up.
- ◆ **Stop by and see us at a pick-up event:**
Tuesday, October 6th, 5:30 - 6:30 PM at the Rotary Playground, Central Library on Middle Road.
Saturday, October 17th, 9:00 - 10:00 AM at Green Manor Park, Taylor Road.
Tuesday, October 20th, 5:30 - 6:30 PM at Hazardville Park, Hazard Ave./School Street.

NEXT STOP: TBA. Additional dates to be added for the remainder of 2020.

PICKLEBALL PACK RENTALS

The Veteran's Memorial Athletic Complex on South Road in Enfield is home to six brand new Pickleball courts. What is Pickleball you ask? Well, Pickleball is a paddleball sport that combines elements of badminton, table tennis and tennis. Two or four players use solid paddles to hit a perforated polymer ball over the net. Invented in the mid 1960's as a children's backyard game in the United States, the game has exploded in popularity with senior citizens and has proven to be a great intergenerational game for participants of all ages.

Interested in trying Pickleball? Click [here](#) for complete rules of the game. Additionally, Enfield residents can try playing the game of Pickleball at no cost! The Enfield Recreation Division is offering rentals of our Pickleball Packs for FREE during the month of October (\$10 refundable deposit required). Click [here](#) for complete rental details.



Virtual Rec. Center!

With the uncertainties surrounding the COVID-19 pandemic, we want you to know we are here for you! Our Virtual Rec. Center is available to you 24 hours a day, 7 days a week and contains a variety of free resources for you to use from the comfort and safety of your own home. From exercise and fitness, to enrichment activities and crafts, to virtual tours and more, we have over **50** different offerings. The best part? They're free! Check back for additional resources being added just for you! Check it out today [here](#).

