



**79 North Main Street
East Granby, CT 06026**
Mailing Address: 9 Center Street
E-mail : eastgranbyrecreation@gmail.com
Phone : 860-653-7660 | Fax : 860-413-3702
www.EastGranbyRec.com

Spring & Summer 2023 Program Guide

Adult Activities

Adult Painting in Watercolor

Join award winning artist Lori Rapuano and learn how to paint in watercolor! This program is designed for all experience levels; each student works at their own pace, and small class sizes ensure individual assistance can be given. Guidance is provided on drawing, color theory, composition, design elements and, of course, watercolor technique. Bring reference photos to work from and your own materials and supplies. **Classes are \$25 each and are held in the Sears House at East Granby Farms.**

Tuesdays, 7:00 - 9:00 pm

March 7, 14, 21, 28

April 4, 11, 18, 25

Wednesdays, 9:30 - 11:30 am

March 1, 8, 15, 22, 29

April 5, 12, 19, 26

East Granby Parks & Recreation and Lori Rapuano are excited to announce the first Adult Painting in Watercolor Student Exhibit March 18 – April 15, 2023, at the East Granby Public Library! An Opening Reception will be held March 18th, 4:00 – 5:30 pm. Please join us!

Learn to Meditate

Enjoy learning how to reduce stress, sleep better, and practice mindfulness with meditation. **See our website for upcoming classes.**



Slow Flow Vinyasa Yoga

While connecting breath to movement, we start with a warm-up then flow through a series of yoga poses (asanas) building heat slowly and gently and ending in a relaxing Savasana. Modifications are given for all levels. This class is great for those newer to yoga or those wanting to slow it down in a basic flow class.



This Spring, classes will be offered Monday and Wednesday evenings (and some Thursdays), 6:30 – 7:30 pm. Please see EastGranbyRec.com for the complete schedule including dates and class locations.

Adult Drop-In Basketball

This drop-in program is for anyone over the age of 18. Different teams are made weekly, and we limit the number of participants to 20. Priority is given to those who purchase a punch card and arrive by 7:00 pm. The cost for a full session punch card is \$50 or you can purchase a drop-in pass each week for \$5. We encourage you to register in advance.



**Spring Season: Wednesdays, 3/8 – 5/31
7:00 - 9:00 pm (no games 4/12)
East Granby High School New Gym**

High School events & programs take precedence. Please follow the East Granby Parks and Recreation Facebook page or register online to ensure you receive notifications for last minute changes due to scheduling conflicts.

Follow us on social media:



/EastGranbyRec



@eastgranbyrec



Join instructor Renee Klucznik for this a fun dance exercise program that burns tons of calories and works your legs, arms, glutes, and abs. Classes are open to those ages 13+ years. You may join us at any point during the Spring session. Drop-In Fee \$10 (you must register online in advance of class). Multi-class punch cards are available at a discount, on eastgranbyrec.com.

Spring Session: Tuesdays, 5/16 – 6/20
6:00 - 7:00 pm
East Granby Farms Recreation Building

Introduction to Backpacking

Learn the basics (and some secret advanced stuff too) and plan and execute your first backpacking experience. We'll cover everything from trip and meal planning, packing your pack, dealing with wild animals, storing your food, to even how to go to the bathroom in the woods (GASP!) Our class will learn the basics in a classroom environment, take a practice hike to test out equipment, and finish with a three-day, two-night trip on the Appalachian Trail here in CT. We'll practice and follow Leave No Trace principles and philosophy in our planning and execution of our class. This class is ideally suited for people that have previous hiking experience and are physically active. Group size is limited to 6 persons, ages 14 and up. Kids under 18 must be accompanied by a responsible registered adult.

Session I:

Class - Thursdays, May 25 & June 1, 2023
Trip - June 2, 3, 4, 2023 (rain or shine)

Session II:

Class - Thursdays, June 8 & 15, 2023
Trip - June 16, 17, 18, 2023 (rain or shine)

Session III:

Class - Thursdays, July 27 & August 3, 2023
Trip - August 4, 5, 6, 2023 (rain or shine)

Tap Dance for Teens and Adults

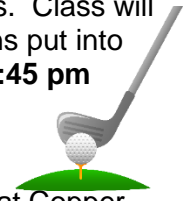
Tap dance is an excellent workout that allows for creative expression and utilizes rhythm, syncopation, and sound in addition to movement. Tap dance sharpens reflexes and improves memory skills and coordination, making this a wonderful class for anyone from teenager through senior citizen.

Spring Session: 3/29 – 5/24

Intermediate Tap Dance: This class is for those students who have mastered beginner level tap step combinations. **Wednesdays, 7:00 - 7:45 pm**

Advanced Tap Dance: This class is suitable for those students who have mastered both the beginner and intermediate level classes. Class will include complex steps and combinations put into actual routines. **Wednesdays, 8:00 - 8:45 pm**

Learn to Golf Group Lessons



This 4-week instructional golf program at Copper Hill will adequately prepare you to successfully tackle the golf course in 2023 and beyond. We will cover putting, chipping, equipment, and full swing. Clubs will be provided for your use if needed. Wear non-restrictive comfortable clothing and supportive athletic shoes. At the close of the program, we'll provide information on continuing your golf venture with more playing opportunities at Copper Hill.

Mondays, May 15 - June 5 | 6:00 – 7:00 pm

Cost: \$99 (Please contact the Parks & Rec Office to confirm space in this class 860-653-7660).

Mountain Biking for Adults-Fundamentals!



Learn to ride on the trails of our very own Cowles Park!

This program is for all types of riders, those who are new to mountain biking or are experienced riders looking to kick bad habits. Our instructors will take you back to the basics with a progressive approach to teaching bike/body position, operation of controls, and navigating the trail. Our goal is to have you dancing down the trail and having more fun on your bike!

This class is for ages 16+ and all participants must have their own safe and working mountain bike.

Skills to be taught include Ready Position, Bike/ Body Movements, Braking/Shifting, Climbing/ Descending, Reading the Trail, Wheel Lifts, and Introduction to Cornering.

Session I: Saturday, April 22, 2023
4:00 – 7:00 pm | Cost: \$100

Session II: Saturday, May 27, 2023
4:00 – 7:00 pm | Cost: \$100

Session III: Saturday, June 3, 2023
4:00 – 7:00 pm | Cost: \$100

Visit our website for more information: www.EastGranbyRec.com

Bus Trips

Bronx Zoo Trip

LIONS, & TIGERS & BEARS, OH MY!



Join us on **Monday, April 10, or Monday, August 21, 2023**, for an exciting trip to the world-famous Bronx Zoo!

Our deluxe motorcoach will leave the East Granby Farms parking lot at 7:30 am and depart the Bronx Zoo at 4:30 pm.

The Total Experience Deluxe package includes zoo shuttles, Wild Asia Monorail, Bug Carousel, Children's Zoo, the New 4-D Theater, and the Congo Gorilla Forest! **See EastGranbyRec.com for more information and ticket pricing.**

New York City on Your Own

Saturday, June 10, 2023 | \$58/ person

Enjoy a day in the city on your own to enjoy the Big Apple. See Chinatown, Little Italy, Central Park, a museum, the zoo, a Broadway show, or shop - use your imagination!

Children's Spring Activities



Preschool Playgroup

Our parent/child toddler through preschool playgroup is an excellent opportunity for socialization, for both your little one(s) and for you!

The East Granby Recreation Building is transformed into a giant playroom that allows your child(ren) to safely explore and play with other children while you chat and connect with other caregivers. After free play, the group comes together for a short circle time that includes a story and a taste of music and movement.

We offer two playgroup sessions a week:

Group 1: Mondays, 4/17 – 5/22

9:30 - 10:30 am

Cost: \$30 per child

Group 2: Wednesdays, 4/19 – 5/24

9:30 - 10:30 am

Cost: \$30 per child

Introduction to Horseback Riding

Looking for an opportunity for your child to learn to ride, or improve their current riding skills? Join our advanced riding instructors in this introductory set of lessons. Held off site in the indoor barn at the End of Hunt Equestrian Center. (1360 Hill Street, Suffield, CT). Ages 3-17.

Spring Session: Tuesdays, May 2, 9 & 16, 2023
4:30 - 5:30 pm | Cost: \$125

After School Programs

ART-Ventures for Kids – Allgrove School

Just for Fun ART-ventures:

Get ready to "create some fun"!

Just for Fun Art-ventures leads children on an imaginary tour through the world's greatest art museums, inspiring creativity through exposure to the FUN-damentals of artist's tools, techniques, and art forms, many inspired by the masters. But don't just admire these great works - decorate your home with masterpieces of your own! Draw Oil Pastel Flowers like O'Keefe, create colorful canvases in the style of Matisse, and design upside down and inside out Watercolor Dream Paintings inspired by Chagall. Sculpt Swirly Clay Pencil Holders, create Burlap Landscape Collages, and decorate Paper Mache Boxes. Craft wacky Cubist Costumes inspired by Picasso, draw unique self-portraits, and design sparkling Fabric Wall Hangings. Creatively educational, whimsical, and unconventional, these art-ventures welcome children into a world of artistic wonder. Children bring home beautiful masterpieces each week, sure to transform any home into a gallery!



Mondays, 4/3 – 6/5 | 3:00 - 4:30 pm
East Granby Community Center

NEW Food Explorers - Allgrove School

Super Snacks:

Join the Food Explorer staff as they empower children to learn about food and nutrition



and make some delicious after-school snacks!

You'll create a mix of sweet and savory snacks while chopping, mixing, stirring, and learning about food. You'll be making Taco Pizzas, Apple Nachos, Chips & Dip and Red Velvet Trifles. All recipes are nut free but may contain dairy and/or eggs.

Thursdays, 3/30 – 4/27 | 3:00 - 4:30 pm

East Granby Community Center | Cost: \$85

***NEW* Food Explorers - Seymour School**

Tasty Desserts: Join Food Explorers for some seasonal and tasty spring desserts! Each week you'll bake something delicious. You'll be making: Black Forest Cake Bites, Cannoli Cones, Mini Lemon Pies, and Peach Cobbler Cups. All recipes are nut free but may contain dairy and/or eggs.

Thursdays, 5/4 – 5/25 | 3:00 – 4:15 pm
R.D. Seymour School Cafeteria
Cost: \$75

***NEW* NextGen Smarty Pants: Amazing Animals Robotics**

Lions and Tigers and Bears...
Oh my! In Amazing Animals Robotics, students create their own robotic animals. Build them; code them; and then make them RRROOOAARR!!!



Kids have fun and learn about robotics, engineering, coding, and circuits as they build Dinosaurs, Dolphins, and more. Each week is a different lesson, providing a new opportunity to apply the math skills they learn during the day. Your child is sure to have a wild time as they build, learn, and play!

R.D. Seymour School:
Tuesdays, March 14 – April 25 | 3:00 - 4:30 pm
R.D. Seymour School Cafeteria
Cost: \$194.00

Allgrove School:
Tuesdays, May 2 - June 6 | 3:00 - 4:30 pm
East Granby Community Center
Cost: \$194.00

Skyhawks After School Sports and Games - R.D. Seymour School

Join East Granby Parks and Recreation as we partner with Skyhawks to bring this fun, active, and exciting after school Sports and Games program to R.D. Seymour School students.



Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect, and sportsmanship. The programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle.

For this program, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. Students will play 2-4 different games/sports each week.

Tuesdays, 3/28 – 5/2 | 3:00 – 4:30 pm
R.D. Seymour School Gym | Cost: \$95

R.D. Seymour - After School Hang Out

Looking to hang out with your peers in a relaxed and fun environment? Come join Mason Williams, Youth Services and Parks & Rec Program Coordinator, for some after school "hang-out" time. Each week will be filled with different crafts, science experiments, board games, outdoor time, and more. This 6-week program will be an opportunity to relax and unwind with friends you know and ones you may not have met yet, while building social skills.



Mondays, April 17 – May 22 | 3:00 - 4:30 pm
R.D. Seymour Cafeteria | Cost: \$50

Middle & High School Tennis with Mr. Ziff

Our instructor, PE Teacher, Joel Ziff, will lead this opportunity for all students in Grades 6-12.



Mr. Ziff will lead groups of all ages and skills to learn or improve their skills. Fitness, stroke development, game play and fundamentals will be focused on with our beginner players. Court movement, fitness, and match strategy will be the focus for the more experienced players.

All lessons will be held at the East Granby High School Tennis Courts and will be moved indoors to the gym, in the event of rain.

Monday - Friday, June 5 - 9, 2023
2:15 - 3:45 pm | Cost: \$79
Please note: the 4:00 late bus is available only on Tuesday and Thursday.

Dance Programs

The Spring Session begins March 25th

All Spring East Granby Recreation Dance Classes are **\$120 resident | \$125 non-resident** and are held at the East Granby Farms Recreation Building.

Visit EastGranbyRec.com for more information and to register for all classes.

Terrific 2s ~ Baby Creative Movement

This fun and exciting and adorable 30-minute class teaches coordination, musicality and the fundamental creative movement and ballet. Our tiny dancers will learn rhythm, spatial awareness, basic technique as well as listening and learning skills while learning self-confidence.

Saturdays, 8:30-9:00 am

Tap & Ballet

This is the perfect combination class for tiny dancers. Ballet promotes coordination, grace, balance, and correct body alignment. Tap dance develops a sense of rhythm, timing, and musical awareness. These fun classes are a well-rounded introduction to dance.



Tiny Dancers Tap & Ballet (Ages 3 – 4)

Saturdays, 9:15 - 10:00 am

Tap & Ballet (Grades K – 3)

Level 1: students who have never taken dance classes before.

Wednesdays, 4:00 – 4:45 pm

Level 2: Students who have completed Level 1 classes.

Wednesdays, 5:00 – 5:45

or

Saturdays 11:15 am – 12:00 pm

Tap & Ballet (Grades 4 – 6)

Beginner: students who have never taken dance classes before.

Thursdays, 5:00 – 5:45 pm

Intermediate: students who have completed Beginner Level classes

Thursdays, 6:00 – 6:45 pm

Mini Tumblers (Ages 4 – 7)

This class will teach basic acrobatic moves, working on fine and gross motor skills and coordination. Students will increase their flexibility and strength and will learn a variety of basic beginner tricks.

Saturdays, 10:15 – 11:00 am

Boys Ninja Hip-Hop/Tumbling (Ages 4 – 9)

In this high energy class, students will learn age-appropriate hip-hop choreography and tumbling skills, incorporating the spins, kicks, rolls, and jumps of a ninja!



Wednesdays, 6:00 – 6:45 pm

Jazz, Hip-Hop, & Tumbling

Our young dancers will learn jazz and hip-hop steps and combinations working on sequences that will fuse together technique and style, all while building the dancer's style and confidence.

Jazz, Hip-Hop, & Tumbling (Grades K – 3)

Thursdays, 4:00 – 4:45 pm

Jazz, Hip-Hop, & Tumbling (Grades 4 – 6)

Thursdays, 7:00 – 7:45 pm

Lyrical, Jazz and Tumbling (Grades 7 – 12)

This class will focus on three genres of dance. Lyrical is a combination of jazz and ballet with expressive motions that tell a story. Jazz will focus on learning proper dance technique. Dancers will work on technique, and performance through age-appropriate choreography. In tumbling, students will learn basic skills with progressions to more difficult skills, focusing on increasing flexibility, strength, balance, coordination, timing, and confidence.



Thursdays, 8:00 – 9:00 pm

For **Adult (Ages 16+) Tap Dance Classes**, see the information listed under "Adult Activities" on the second page of this program guide.

Youth Activities

Cartooning Masterclass Series with Zach Bakken (Grades 4-8)



Does your child love to doodle? Do they love characters from Disney, Nickelodeon, or video games?

This creative course will allow them to bring their favorite characters to life by learning step-by-step how to draw, color, and create! **All materials will be provided**; all your child needs to bring is their imagination and love of cartoons!

During these classes we will learn to draw and fully illustrate two different characters, play fun character themed games, and learn the history behind the creation of these characters!

This 4-part Masterclass Series is designed for students in Grades 4-8. There are two dates remaining for the Spring Session:

Saturdays, 3/25, and 4/22 | 12:00 - 2:00 pm
Cost per class \$35 resident | \$40 non-resident
see EastGranbyRec.com for location information

Youth Sports

Spring NFL Flag Football

NFL Flag Football is the premier youth football program for boys and girls. The program provides young players a fun and exciting opportunity to engage in a non-contact, continuous action sport, while learning lessons in teamwork.



The Spring 2023 program begins the week of April 24, and runs until June 16. We offer three age groups: **Level 1** is for players aged 6 - 8, **Level 2** is for players aged 9-11, and **Level 3** is for players aged 12-14. We will be playing teams from Suffield and Granby. No experience is needed.

Please see EastGranbyRec.com for more information regarding assessments, practices, games, and required equipment.

***The last day to register is Sunday, April 16.
No late registrations will be accepted.***

Mountain Biking for Kids - Fundamentals!



This program is designed for 8–12-year-olds and will cover the fundamental skills that all riders need to have to be safe and have fun on the trails. Our instructors will use

a progressive approach to safely teach riding position, bike/body movement, braking and shifting just to name a few. Our goal is to make your child a more confident rider wherever they may be, on the trails or in the neighborhood.

Cost: \$100

Skills to be taught include ready/neutral position, bike/body movement, braking/shifting, climbing/descending, reading the trail, intro to turning, and wheel lifts.

Requirements: All participants must have a properly fitting bike helmet and a safe and working mountain bike with hand brakes.

Practices take place 5:00 – 6:30 pm, in Cowles Park. Each session is two 90-minute lessons.

Session 1: Wednesdays, April 19 & April 26

Session 2: Thursday & Friday, May 11 – 12

Session 3: Fridays, June 2 & June 9

Session 4: Wednesdays, July 12 & July 19

Session 5: Wednesdays, August 16 & August 23

Mountain Biking for Kids - Level 2

This program is designed for young riders, who are 8-12 years old, and who have completed the Kids Fundamentals Clinic and are looking to improve their mountain bike skills. Our fun, progressive approach to teaching is designed to develop riders' confidence and abilities to tackle common obstacles found on single track mountain bike trails. **Most of the instruction will take place on the trails of Cowles Park in East Granby.** Topics covered will include balance and body position, wheel lifts, hops and bump jumps, negotiating steep transitions, small drops, riding rock gardens and switchbacks. **Cost:** \$80

Requirements: All participants must have a properly fitting bike helmet and a safe and working mountain bike with hand brakes.

Session 1: Friday, May 26 | 5:00 – 7:00 pm

Session 2: Wednesday, June 28 | 5:00 – 7:00 p

Soccer Shots Mini (Ages 2-3)

This program is geared toward our youngest players. Soccer Shots Mini is a high-energy program that introduces children to the fundamental soccer principles such as using your feet, dribbling, and the basic rules of the game.



Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Winter Session 2:

R.D. Seymour School Gymnasium | Cost \$109

Wednesdays, 3/15 – 4/26 | 4:30 – 5:00 pm

or

Thursdays, 3/16 – 4/27 | 4:30 – 5:00 pm

Spring Session:

East Granby Farms | Cost: \$109

Wednesdays, 5/10 – 6/14 | 4:30 – 5:00 pm

or

Thursdays, 5/11 – 6/15 | 4:30 – 5:00 pm

Soccer Shots Classic (Ages 3-5)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight positive character traits during each session, such as respect, teamwork, and appreciation.

This program is geared toward 3-year-olds who have soccer experience up to those who are not yet enrolled in kindergarten.

Winter Session 2:

R.D. Seymour School Gymnasium | Cost \$109

Wednesdays, 3/15 – 4/26 | 5:15 – 6:00 pm

or

Thursdays, 3/16 – 4/27 | 5:15 – 6:00 pm

Spring Session:

East Granby Farms | Cost: \$109

Wednesdays, 5/10 – 6/14 | 5:15 – 6:00 pm

or

Thursdays, 5/11 – 6/15 | 5:15 – 6:00 pm

Skyhawks - Multi-Sport Tots (Ages 2-3)

Introduce your little superstar to sports in SkyHawks' most popular program! This basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required during this program.

Winter session 2:

Tuesdays, 3/28 – 5/2 | 4:30 - 5:15 pm

R.D. Seymour School Gymnasium | Cost: \$89

Spring Session:

Tuesdays, 5/23 – 6/20 | 4:30 – 5:15 pm

East Granby Farms | Cost: \$89

Skyhawks - Mini-Hawks (Ages 4-6)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, children explore balance, hand/eye coordination and skill development at their own pace.

Winter session 2:

Tuesdays, 3/28 – 5/2 | 5:30 – 6:30 pm

R.D. Seymour School Gymnasium | Cost: \$89

Spring Session:

Tuesdays, 5/23 – 6/20 | 5:30 – 6:30 pm

R.D. Seymour School Gymnasium | Cost: \$89

Flag Football, Future Ballers (Ages 4-5)

Future Stars Flag Football is a great way to introduce your future NFL Flag Football Star to the exciting game of football. This program is open to both boys and girls; there is no better introduction for your young athlete!

Using proportionately sized footballs and flags, this program encourages players to develop motor skills and basic technique in passing, receiving and de-flagging. Players will be taught through a series of fun challenges, structured activities, and games, designed to reinforce movement and coordination skills.

The Spring 2023 program begins the week of April 24, and runs until June 12. Please see

EastGranbyRec.com for more information.

The last day to register is Wed., April 19, or when the program is full. Enrollment is limited.

Follow us on social media:



/EastGranbyRec



@eastgranbyrec

Children's Summer Camps & Programs



In this edition of Let's Talk Turkey, the East Granby Parks & Recreation Dept. has provided a chronological listing of all our Summer Camps and Programs to help make planning out your family's summer a little easier. Immediately following the list, you will find each program, in alphabetical order, with a brief description. As always, for more information or to register, please visit our website: www.EastGranbyRec.com or call the Office at (860) 653-7660.

Program	Ages	Grades	Dates	Times
Mini Adventurers Camp - Week 1: Animals Big & Small	3 - 5	PK - K	<u>6/20 - 6/23</u>	9:00 AM - 12:00 PM
Minds in Motion - Session 1 AM: Chemical Creations	6 - 11	-	<u>6/20 - 6/23</u>	9:00 AM - 12:00 PM
Minds in Motion - Session 1 PM: Crime Scene Investigation	7 - 11	-	<u>6/20 - 6/23</u>	1:00 - 4:00 PM
Tennis Lessons - Week 1: 6-8 yr olds	6 - 8	-	<u>6/26 - 6/29</u>	9:00 - 9:55 AM
Tennis Lessons - Week 1: 9-11 yr olds	9 - 11	-	<u>6/26 - 6/29</u>	10:00 - 10:55 AM
Tennis Lessons - Week 1: 12-15 yr olds	12 - 15	-	<u>6/26 - 6/29</u>	11:00 - 11:55 AM
Camp Granbrook - Week 1: Carnival Kick-Off & Spirit Week	-	K - 5	<u>6/26 - 6/30</u>	8:00 AM - 3:30 PM
Totally Rock Star Summer Dance Camp	5 - 8	-	<u>6/26 - 6/30</u>	9:00 - 11:30 AM
Mini Adventurers Camp - Week 2: Under the Sea & at the Beach	3 - 5	PK - K	<u>6/26 - 6/30</u>	9:00 AM - 12:00 PM
Mountain Biking for Kids - Level 2: Session 2	8 - 12	-	<u>6/28</u>	5:00 - 7:00 PM
Broadway Musical Workshop	-	3 - 8	<u>7/5 - 7/7</u>	3:00 PM - 4:30 PM
Skyhawks Flag Football Camp - Session 1	7 - 12	-	<u>7/10 - 7/13</u>	9:00 AM - 3:00 PM
Tennis Lessons - Week 2: 6-8 yr olds	6 - 8	-	<u>7/10 - 7/13</u>	9:00 - 9:55 AM
Tennis Lessons - Week 2: 9-11 yr olds	9 - 11	-	<u>7/10 - 7/13</u>	10:00 - 10:55 AM
Tennis Lessons - Week 2: 12-15 yr olds	12 - 15	-	<u>7/10 - 7/13</u>	11:00 - 11:55 AM
Horsemanship Summer Program at End of Hunt - Session A	3 - 16	-	<u>7/10 - 7/14</u>	9:00 AM - 1:00 PM
Piano Exploration with Mrs. Lepak	-	3 - 5	<u>7/10 - 7/14</u>	9:00 - 11:00 AM
ART-Ventures - Week 1: Fairies & Dragons	5 - 12	N/A	<u>7/10 - 7/14</u>	9:00 AM - 12:00 PM
Camp Granbrook - Week 2: Race Around the World	-	K - 5	<u>7/10 - 7/14</u>	8:00 AM - 3:30 PM
Mini Adventurers Camp - Week 3: Superheroes	3 - 5	PK - K	<u>7/10 - 7/14</u>	9:00 AM - 12:00 PM
Mountain Biking for Kids - Fundamentals! - Session 4	8 - 12	-	<u>7/12 - 7/19</u>	5:00 - 6:30 PM
Dance Pawty Dance Camp	3 - 6	-	<u>7/17 - 7/21</u>	9:00 AM - 11:30 AM
Singing Stars with Mrs. Lepak	-	2 - 5	<u>7/17 - 7/21</u>	9:00 AM - 11:00 AM
Kara Wolters Dream Big Basketball Camp for Girls	-	4 - 10	<u>7/17 - 7/21</u>	9:00 AM - 3:00 PM
All Boys Ninja Hip-Hop Tumbling Camp	4 - 8	-	<u>7/17 - 7/21</u>	12:00 PM - 2:30 PM
Horsemanship Summer Program at End of Hunt - Session B	3 - 16	-	<u>7/17 - 7/21</u>	9:00 AM - 1:00 PM
Camp Granbrook - Week 3: Wacky Water Week	-	K - 5	<u>7/17 - 7/21</u>	8:00 AM - 3:30 PM
WINS for Life Basketball Camp (Boys)	-	4 - 9	<u>7/24 - 7/27</u>	9:00 AM - 12:00 PM
WINS for Life Basketball Camp (Girls)	-	4 - 9	<u>7/24 - 7/27</u>	12:45 - 3:45 PM

Food Explorers: Chocolate Baking (Grades 2-4)	-	2 - 4	<u>7/24 - 7/28</u>	9:00 AM - 12:00 PM
Circuit Labs: AM - Hands-On Electronics	-	3 - 6	<u>7/24 - 7/28</u>	9:00 AM - 12:00 PM
Circuit Labs: PM - App Inventors	-	3 - 6	<u>7/24 - 7/28</u>	1:00 - 4:00 PM
Food Explorers: Chocolate Baking (Grades 5-8)	-	5 - 8	<u>7/24 - 7/28</u>	1:00 - 4:00 PM
Camp Granbrook - Week 4: Superheroes Week	-	K - 5	<u>7/24 - 7/28</u>	8:00 AM - 3:30 PM
Introduction to Backpacking - Session 3	14 - 99	-	<u>7/27 - 8/3</u>	7:30 PM - 8:30 PM
WINS for Life High School Advanced Clinic (Boys)	-	8 - 11	<u>7/28</u>	9:00 - 11:30 AM
WINS for Life High School Advanced Clinic (Girls)	-	8 - 11	<u>7/28</u>	12:15 - 2:45 PM
Wiffle Ball Camp	-	5 - 10	<u>7/31 - 8/4</u>	9:00 AM - 1:00 PM
Fun 4 All: Hands on Science	-	1 - 6	<u>7/31 - 8/4</u>	9:00 AM - 12:00 PM
My Dolly and Me Camp	5 - 10	-	<u>7/31 - 8/4</u>	1:00 - 4:00 PM
Mini Adventurers Camp - Week 4: Pirates & Princesses	3 - 5	PK - K	<u>7/31 - 8/4</u>	9:00 AM - 12:00 PM
Camp Granbrook - Week 5: The Wonderful World of Sports	-	K - 5	<u>7/31 - 8/4</u>	8:00 AM - 3:30 PM
Skyhawks Flag Football Camp - Session 2	7 - 12	-	<u>8/7 - 8/10</u>	9:00 AM - 3:00 PM
That 70s Dance Camp - Peace, Love & Remix	7 - 11	-	<u>8/7 - 8/11</u>	9:00 AM - 11:30 AM
Fun 4 All: Outside the Lines Art Camp	-	1 - 6	<u>8/7 - 8/11</u>	9:00 AM - 12:00 PM
Mini Adventurers Camp - Week 5: Movies & Books	3 - 5	PK - K	<u>8/7 - 8/11</u>	9:00 AM - 12:00 PM
Camp Granbrook - Week 6: Outdoor Madness Week	-	K - 5	<u>8/7 - 8/11</u>	8:00 AM - 3:30 PM
Food Explorers: Tapas & Tacos (Grades 2 - 4)	-	2 - 4	<u>8/14 - 8/18</u>	9:00 AM - 12:00 PM
ART-Ventures - Week 2: Amazing Faces & Places	5 - 12	-	<u>8/14 - 8/18</u>	9:00 AM - 12:00 PM
Circuit Labs Summer: AM - Circuit Makers 101	-	1 - 3	<u>8/14 - 8/18</u>	9:00 AM - 12:00 PM
Food Explorers: Chopped Cookout (Grades 5-8)	-	5 - 8	<u>8/14 - 8/18</u>	1:00 - 4:00 PM
Circuit Labs Summer - PM - Interactive Circuitry	-	7 - 9	<u>8/14 - 8/18</u>	1:00 - 4:00 PM
Camp Granbrook - Week 7: Mystery Week	-	K - 5	<u>8/14 - 8/18</u>	8:00 AM - 3:30 PM
Mountain Biking for Kids - Fundamentals! - Session 5	8 - 12	-	<u>8/16 - 8/23</u>	5:00 - 6:30 PM
Minds in Motion Session 2 AM - Electricity and Magnetmania	7 - 12	-	<u>8/21 - 8/25</u>	9:00 AM - 12:00 PM
Minds in Motion Session 2 PM - Agent992 Robot	8 - 12	-	<u>8/21 - 8/25</u>	1:00 - 4:00 PM

All Boys Ninja Hip-Hop Tumbling Camp | Cost: \$150 resident, \$155 non-resident

This camp will be a fun and creative outlet for your child! We will work on flexibility, balance, agility, and strength using cool hip-hop moves, acrobatic tumbling, and ninja obstacles. Come join the fun!

ART-Ventures Summer | Cost: \$184

Fairies and Dragons ART-ventures: Enter the fantasy world of imagination where fairies fly and unicorns roam. Art-venturers unleash their inner elves as they conjure up fire-breathing dragons, transform colorful clay into silly goblin masks, and create winged fairies or armored knight dolls. Sculpt bedazzling unicorns with rainbow manes, design witch or wizard figurines, and build wooden fairy houses with real shells, stones, moss and more. Paint ceramic unicorn banks and create your own dragon or mermaid t-shirts! With the aid of some very magical potions and spells (i.e., materials and techniques), campers experience painting, drawing, stained glass, ceramic, fabric, and clay art. Enjoy an enchanted week of two- and three-dimensional works of art! Fairies Fairies and Dragons storytelling is included, as well as surprises and humor. Fun, fantasy- filled art-ventures!

Amazing Faces and Places ART-ventures: Oh, the places we'll go! Art explorers travel to some weird places while creating some wicked cool art forms dating back to when art began. Discover weird gargoyle faces and visit the amazing castles of Scotland. Experience cave painting and fossil making. Make worry dolls and totem poles. Learn about Oaxacan alebrijes while designing T-shirts. Sculpt and paint colorful Mexican pots, make bark paintings and create Haitian sequined banners. This is our most creative and original art-venture week!

Broadway Musical Workshop | Cost: \$99 resident, \$109 non-resident

Does your child love to perform? Give them the gift of confidence, as well as fun and new friendships as your child learns the theatrical art of stage performance. Our professionally trained singing, acting, and dancing director, Erin Dugan, teaches age-appropriate skills in a SUPER FUN atmosphere! Students will work on their acting, music, and dancing skills throughout the three-day camp from several classic and fun Broadway shows!

Camp Granbrook

This is our day camp for children who are at least 5 years old and have completed kindergarten, through age 12 and entering 5th grade. Daily activities include arts and crafts, sports, games, music, special guests, and field trips!

2023 Themes Weeks:

Week 1 - Carnival Kick-Off & Spirit Week: Carnival week is one of our favorites and is jam packed with exciting activities and games. This is a week of friendly fun-filled competition. Bring your team spirit and get ready to play!

Week 2 - Race Around the World: Join us this week as we take a tour around the world and explore a variety of cultures and traditions! Be ready to try games you've never heard of as well as some familiar favorites. Maybe we will even try an amazing race to learn new skills and learn about new cultures!

Week 3 - Wacky Water Week: Dive right into summer with your friends and be prepared to get wet with lots of fun water games! This week is all about having fun, getting wet, and staying cool through it all.

Week 4 - Super Heroes: Are you a superhero or an evil villain? Explore the world of superheroes! This week isn't always about costumes and comic books, though that is included, it's also about recognizing the heroes in our everyday lives.

Week 5 - The Wonderful World of Sports: If your child likes to play, have fun, and engage in friendly competition then this is the week for you! Days will be chock full of sports games, board games, and friendly tournaments. No athletic or game experience is necessary.

Week 6 - Outdoor Madness: Exploring the beautiful outdoors is just where it begins! Don't let bugs and snakes scare you! Campers will learn survival skills, games and maybe even enjoy a campfire and s'mores!

Week 7 - Mystery Week: And finally, we've saved our favorite summer camp theme for last. What *is* mystery week, you ask? Whatever you want it to be! The fun of mystery week is that each day, the theme will be something a little different. The real fun of mystery week is that your kids won't know the theme of each day until it comes around! How fun is that?!

All children will be grouped by age/grade and all activities are age appropriate. Camp is held in one-week sessions to better meet you and your child(ren)'s needs. The cost per week is \$199 per week for East Granby residents and \$220 for non-residents. If you are registering two or more children per week, there is a \$10 discount per child, for the full day program.

For our campers, who may not want a full-day experience, we offer a half-day option that runs 8:00 am - 12:00 pm. The cost is \$110 for residents and \$140 for non-residents. *There is no sibling discount for the 1/2-day option.*

The camp day begins at 8:00 am each day and ends at 3:30 pm. Extended care is available until 5:30 pm for an additional fee.

Visit our website for more information: www.EastGranbyRec.com

Circuit Labs Summer | Cost: \$199

Hands-On Electronics: Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

App Inventors: Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom blue tooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps and can build apps of their own with the support of Circuit Lab instructors.

Circuit Makers 101: Let's get creative with electricity! In this junior version of our Hands-On Electronics class, students will gain experience with creating their own electronics, designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.

Interactive Circuitry: Take your electronics knowledge to the next level in this hands-on class. We will dive into the world of electronics and circuitry, working with sensors, wireless communication, and computer programming, using Arduino microcontrollers, MIT App Inventor Software, and the Scratch programming language. Projects include building custom Apps for phones and tablets, wirelessly controlling lights, designing our own game controllers, and more. Each class day gives participants the chance to design a hands-on project with the guidance of Circuit Lab instructors.

Register for two classes during the same session and save \$\$\$.

Dance Pawty Dance Camp | Cost: \$150 resident, \$155 non-resident

Your little dancer will pawsitively love this fun dance workshop, featuring daily themed classes in tap, ballet, jazz (creative movement), and basic tumbling. Students will bring their favorite stuffie to dance with and will experience the purr-fect learning atmosphere! Daily themes include Blueey, Paw Patrol, Puppy Dog Pals, Clifford, and Mia Kitty. This dance pawty will be a super fun time!

Food Explorers Summer | Cost: \$150 per class

Chocolate Baking: *A baking camp dedicated to all things chocolate!* Children will create two recipes each day while also taking part in activities about food. Recipes we will make include Cosmic Brownies, Blondies, Chocolate Tarts, Grasshopper Pie, Chocolate Zucchini Cakes, Baked Chocolate donuts, Chocolate cupcakes, Whoopie Pies, Chocolate Pudding Pies, and Puff Pastry Twists.

Chopped: American Cook-Out: *Awaken Your Inner Chef!* Get creative while working in teams to design and customize delicious recipes! Recipes we will make Carrot Cake Cups, Pasta Salad, Mac & Cheese, Banana Split Cups, Black Bean Burgers, Stuffed Pie Bites, No-Bake Cheesecakes, Salad, and Grilled Cheese & Tomato Soup.

Tapas & Tacos: *Appetizers and Tacos Every day!* Children will create a snack and a meal while also taking part in activities about food. Recipes we will make include Spinach Artichoke Dip, Bruschetta, Zucchini Fritters, Egg Bites, Banana Split Bites, Breakfast Tacos, Black Bean Tacos, Sweet Tacos, Greek Tacos, and Mushroom Tacos.

Follow us on social media:



/EastGranbyRec



@eastgranbyrec

Fun 4 All Summer Programs | Cost: \$185

HANDS ON SCIENCE - Calling all future scientists! Put on your safety glasses and get ready for your next experiment in this week-long program. Some of the experiments students can plan to conduct during the week include using charcoal to purify water, making real crystals, testing how sugary drinks can impact teeth, and learning how colors can affect memory. Students are always encouraged to ask questions, get creative, and learn new skills in our safe, action-packed environment. And when our future scientists are done with their experiments, our instructors are excited to coordinate team games that help bring kids together and create lasting memories. Time for a little bit of education, and a whole lot of fun with science and friends!

OUTSIDE THE LINES ART - Join us this summer for a unique and exciting art experience! Our art program will focus on exploring art through different mediums. Watercolor, collage, vision boards, and tissue art are just some of the different ways we will express our creativity through art during this action-packed week. This week's themes are foil painting and splatter painting, and each student will be asked to make at least one artwork using each theme! Our instructors will also give brief art lessons to teach students about some famous painters and their artwork. And when it is time for art break, students will be playing games and having fun with new friends!

Horsemanship Summer Program at End of Hunt Equestrian Center | Cost: \$335

Our summer Program is conducted at our equestrian center for children interested in learning to ride and for experienced riders looking to improve their skills. The programs are a great way to learn and improve riding skills in a fun and safe environment. Along with teaching riding skills, the program emphasizes safety, horsemanship, and stable management. The program includes a daily riding lesson as well as fun, educational, and unique activities, and games. This Program is geared towards children ages 3-16. Each program concludes with an award ceremony in which each participant is recognized for their accomplishments.

Introduction to Backpacking | Cost: \$269

Ready to head out and explore the wilderness but don't have the comfort level to go it alone or don't know where to start? Let us help you learn the basics (and some secret advanced stuff too) and plan and execute your first backpacking experience. We'll cover everything from trip and meal planning, packing your pack, dealing with wild animals, storing your food, to even how to go to the bathroom in the woods (GASP!).

Our class will learn the basics in a classroom environment, and finish with a three-day, two-night trip on the Appalachian Trail here in CT. We'll practice and follow Leave No Trace principles and philosophy in our planning and execution of our class. The trip cost includes instruction classes, use of group equipment, tents, stoves, and any necessary permits.

Kara Wolters Dream Big Basketball Camp for Girls | Cost: \$350

Learn from UCONN great, Olympic Gold Medalist, & Women's Basketball Hall of Famer, Kara Wolters! Our philosophy is simple. Give girls a basic understanding of the game of basketball while instilling in them life's lessons and the qualities and characteristics that will enable them to be successful as young women in today's world. We strive to create an atmosphere that is educational but at the same time one that embodies a social, friendly, and entertaining atmosphere. In other words, "FUN"!! Our camps offer on-court drills and off court skills to not only make you a better basketball player but help develop confidence, character, and self-esteem.

Minds in Motion Summer | Session 1 Cost: \$145 | Session 2 Cost: \$165

CHEMICAL CREATIONS: Come experience a hands-on world of fun as you conduct a variety of scientific experiments! You will work on and take home your very own Chemistry Lab Kit complete with test tubes, safety goggles, and more! Learn and discover many different scientific concepts in an entertaining and innovative approach. You will be trained to work like a real scientist in the lab. You will also make and take home some really cool chemical creations! Learn all about energy and molecules, create a crazy bouncy glob from glue, and some scary green slime! Make your very own UV bracelet and watch it react to the sun. You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

CRIME SCENE INVESTIGATION – CSI: Come join our Minds in Motion Crime Team in this fun and interesting program! We will provide you with all the tools you need to become your very own crime scene investigator. Learn all about forensics, search for evidence, and gather clues and bring home your very own detective kit! Working in groups, you will conduct many science experiments in our crime lab to solve the mysteries at hand. You will learn all about fingerprinting and how to classify them and bring home your very own fingerprint classification sheet! You will also perform chemical analyses and observations working with powders, liquids, and much much more! Be amazed at how much science plays a part in solving a crime. Come ready with your thinking caps and be prepared to use all the skills necessary to solve the crime of the century and help save the Minds In Motion Laboratory! We need you!

ELECTRICITY AND MAGNETMANIA: Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. With the aid of your instructor, simply follow the colorful pictures in your manual to build up to 100 exciting projects such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! Watch electricity being produced by a handheld generator and take part in a cool activity involving a very powerful magnet. Behold a special magnetic top levitating and much much more!

AGENT992 ROBOT: Build and take home your very own Agent992 Robot! This smart undercover robotics kit will entertain and teach infra-red capabilities to inquisitive minds. It consists of 140 assembly pieces and is equipped with an infrared radar so it can capture its surrounding conditions! A classified press-button switch instructs your *Agent992 Robot to transform into 3 investigative modes:* Forward mode, Gesture Control mode, and Auto Navigation mode. Forward mode executes basic forward direction where its eyes turn red. Use your hand's forward and backward motion to guide your robot when Gesture Control mode is activated, and its eyes turn blue. Compete with your classmates by designing obstacles or maze courses! *Agent992 Robot's Auto Navigation Mode* will set it on its secret mission as its eyes turn purple and automatically avoids obstacles on its own. This super cool robot is educational, entertaining, and fun!

Mini Adventurers Summer Camp

Join us for a fun, exciting and activity filled program geared toward our youngest campers. This program will provide opportunities for self-expression, creativity, crafts, music, games, and plenty of FUN! We will have indoor and outdoor activities and special guests throughout the weeks.

The program is for children who have reached their third birthday by the start of camp through those not yet in kindergarten. For our campers, who are 5 but have not yet attended kindergarten, this is the camp for you! All participants must be toilet trained. Don't miss out on the fun!

2023 Theme Weeks:

Week 1 - Animals: Big & Small

Week 2 - Under the Sea & at the Beach

Week 3 - Superheroes

Week 4 - Pirates & Princesses

Week 5 - Movies & Books

Mountain Biking for Kids - Fundamentals! | Cost: \$100

This program will cover the fundamental skills that all riders need to have to be safe and have fun on the trails. Our instructors will use a progressive approach to safely teach riding position, bike/body movement, braking and shifting just to name a few. Our goal is to make your child a more confident rider wherever they may be, on the trails or in the neighborhood. Skills to be taught include ready/ neutral position, bike/ body movement, braking/ /shifting, climbing/ descending, reading the trail, intro to turning, and wheel lifts.

Visit our website for more information: www.EastGranbyRec.com

Mountain Biking for Kids - Level 2 | Cost: \$80

This program is designed for young riders who have completed the Kids Fundamentals Clinic and are looking to improve their mountain bike skills. Our fun, progressive approach to teaching is designed to develop riders' confidence and abilities to tackle common obstacles found on single track mountain bike trails. Most of the instruction will take place on the trails of Cowles Park in East Granby. Topics covered will include balance and body position, wheel lifts, hops and bump jumps, negotiating steep transitions, small drops, riding rock gardens and switchbacks.

My Dolly and Me Camp | Cost: \$135 resident, \$145 non-resident

Make this summer extra special with the one-of-a-kind experience of Dolly & Me Summer Camp! Bring your favorite 18" doll friend and enjoy a week filled with crafts, games, storytelling, creativity, giggles, and Dolly & Me Fun! Daily themes include going camping, sleepover party, spa day, DIY fashion design, and garden tea party.

Piano Exploration | Cost: \$125

This weeklong program, led by Mrs. Lepak, is for children who will be entering Grades 3 - 5 in Fall 2023 and would like to begin to learn how to play piano. Each day we will explore the piano by playing simple songs, reading from the musical staff, improvising, and composing music! We will learn through games, crafts, and creative snacks! Families will be invited on the last day for an informal performance.

Singing Stars | Cost: \$125

This program, led by Mrs. Lepak, is for children who will be entering grades 2-5 in Fall 2023 and would like to learn more about singing and performing. We will learn songs from kid-friendly musicals and movies along with fun vocal warmups and choreography. Families will be invited on the last day for an informal performance.

Flag Football Summer SKYHAWKS | Cost: \$175

Skyhawks Flag Football is the perfect program for young athletes who want a complete introduction to "America's Game" or for those who simply want to brush up on their skills in preparation for league play. Campers will learn skills on both sides of football including the core components of passing, catching, and defense using a revised curriculum to encourage social distancing as well as minimizing contact with others - all presented in a fun and positive environment. The week ends with the Skyhawks Sports Super Bowl, giving participants a chance to showcase their skills on the gridiron!

Tennis Summer Lessons | Cost: \$40

Lessons are designed for beginner/intermediate level players. Players are grouped with children their own age for social comfort. Lessons will cover basic forehand and backhand strokes, volley, and approach shots, overhead serves, court awareness, footwork, scoring, and playing games. Instructor will adjust drills and skills for all participants. Lessons will run Monday - Thursday, with Friday being the designated makeup day in case of rain cancellation.

Peace, Love & Remix - That 70s Dance Camp | Cost: \$150 resident, \$155 non-resident

Calling all groovy kids for this 70s inspired dance workshop, featuring daily classes in tap, ballet, jazz, hip-hop & tumbling. Dancers will move & groove to 70s style music and in addition to regular genres, will learn the 70s classics like the YMCA, the Hustle, the Electric Slide and much more! Come dance, make a craft and have a ton of fun!

Totally Rock Star Summer Dance Camp | Cost: \$150 resident, \$155 non-resident

Come celebrate everything Summer with us! Rock out to all summer music and dance in daily themed classes in tap, ballet, jazz, hip-hop and tumbling. Daily themes include Bubble Day, Rockin' Guitar Day, Totally Tie-Dye Day, Stars on Microphone's Day, and Glitter & Bling Day. Feel the energy! Don't miss out on all the fun!

Wiffle Ball Camp | Cost: \$70

Wiffle Ball - It's every one's favorite backyard game! Close your eyes and imagine... the sight of the white plastic ball knuckling through the air and the sound of the yellow plastic bat as it contacts the ball and the celebration after a game winning hit! Participants can look forward to games, games, games, a home run derby, and a Playoff Champion! Don't miss out on the fun! Join our co-ed camp!

WINS for Life Basketball Camps | Cost: \$200 per student

These high-level camps are exceptional learning opportunities, featuring outstanding instruction, progressive skill development, educational activities, and personal growth. Full-court competition, skills & drills stations, team building tasks, contests and mini-lectures are creatively combined to teach a range of basketball fundamentals and important life lessons. The experienced WINS coaches provide each student with valuable experiences to enhance overall individual skills, ability, knowledge, and team concepts. Students will have fun, gain confidence, and improve. Excellent staff to student ratio!

WINS for Life Basketball Advanced High School Clinics | Cost: \$50 per student

Advanced clinics for those that *really* want to elevate their game! The high-energy, top-notch instruction is power packed with mega-drills designed to improve key offensive & defensive skills sets and improve "Basketball IQ". Lotsa value in this fantastic opportunity to learn at a higher level.

**PARKS & REC IS
HIRING!**

See our website
for more
information and
to download an
application.

JOIN OUR SUMMER TEAM

OPEN POSITIONS INCLUDE....

- ✓ DIRECTOR - CAMP GRANBROOK
- ✓ DIRECTOR - MINI ADVENTURERS CAMP
- ✓ CAMP COUNSELORS
- ✓ SPECIALIST CAMP COUNSELORS
- ✓ COUNSELORS IN TRAINING (CITS)

www.EastGranbyRec.com



Upcoming Events

Annual Town Easter Egg Hunt Saturday, April 1, 2023

This is a **FREE** event, open to all town residents Birth - 5th Grade.

Held rain or shine at East Granby Farms, 79 North Main Street!

Please bring a non-perishable food item(s) or cash donation for the Friend-to-Friend Food Pantry.
Also, be sure to bring a basket or bag to collect your eggs in!

The event begins ***PROMPTLY*** at **10:00 am** for those in 2nd Grade and younger.

Toddler/ Preschool aged children: your event will take place inside the fenced baseball field.

Children in Kindergarten - 2nd Grade: your event will take place in the field.

Children in 3rd - 5th Grade: your event begins promptly at **10:15 am** near the entrance to the Recreation Building and will take you on an adventure throughout the back fields, so be sure to wear sturdy footwear! Your Easter Egg Hunt will require detective skills and attention to detail to find hidden treats. Keep a look out for a few golden eggs which will have their own special prizes!



SAVE THE DATES!



**Summer Kick Off Concert:
Dyn-O-Myte Disco Review
Friday, June 16, 2023 | 6:30 – 8:30 pm**

**Last Blast of Summer:
Friday, August 25, 2023 | 6:30 – 8:30 pm**

These **FREE** family-friendly concerts take place on the Town Green on Center Street and offer something fun for everyone!

Check our website for the August band announcement, and a full list of activities for both events, including food trucks, face painting, bounce houses, and more!

Visit our website for more information: www.EastGranbyRec.com



**East Granby
Youth Services**

79 North Main Street
East Granby, CT 06026
860-653-7800

<https://eastgranbyct.org/youth-services>

Susan J. Lawshe, JD, LMFT
SueL@egtownhall.com

Alicia Van Neil, Supervisor
aliciav@egtownhall.com

Mason Williams, Program Coordinator
mason@egtownhall.com

Becky Hayes, Program Coordinator
beckyh@egtownhall.com

The mission of the East Granby Youth Service Bureau is to coordinate the delivery of community-based services for prevention, intervention, treatment, and follow up for at risk youth, and to provide opportunities for all youth to function as responsible members of the community.

The Commission on Youth Services (CYS) was established to serve in an advisory capacity and support the mission and staff of the Youth Services Bureau. Members are appointed by the board of selectmen and represent various segments of the community including law enforcement, education, children and families, and local businesses and organizations.

The goal of the CYS is to advocate for our youth population by evaluating priority needs and interests on an ongoing basis and assisting the YSB in the development of appropriate programs and services. Meetings are held every 3rd Monday of the month and are open to the public.

Counseling Services addressing emotional, behavioral, and mental health issues are available for children and families residing in East Granby. We provide parenting support, family therapy, individual therapy, play therapy for children, referrals, and school consultation. School, Parent, and Self-referrals are accepted. All services are professional and confidential and are offered free of charge to East Granby residents.

Keep Your Kids Talking by Sue Lawshe, JD, LMFT

It's so important to keep the lines of communication open with our kids, and to be a safe audience with whom they can share their worries, fears, and feelings. Younger children are often eager to share what happened during their day, what they've learned or what their friends said. Sometimes they share more than we'd like them to!

As kids get older, however, it can be harder to get them to open up. Teenagers are notoriously monosyllabic. To up your chances of having an actual conversation with your older child, try talking with them in the car.

While you are transporting your kids from place to place, they are a captive audience. It might be best not to bring up super serious subjects that will distract you from driving or upset your child before a big game or performance, but you'll likely be able to get their attention more easily.

Also, it's okay to plan for these conversations! Have a list of questions ready. Your questions don't have to be personal but try to make them open-ended. The goal is to start a dialog, not get a "yes" or "no" answer.

The kitchen table is another great place for conversation, regardless of the meal. You might ask everyone at the table the same question, such as, "If you could have any superpower, what would you pick and why?" Good conversation can be fun and funny and can create lasting memories. Plus, frequent casual conversation may make it easier for your child to approach you when they need to have a serious talk.

East Granby Youth Services and the East Granby Youth Action Council created packets of Table Talk questions to help jumpstart family conversations. If you'd like a set, just stop by the EGYSB Office, and ask – they're free! (First come, first served).

East Granby Youth Services

Upcoming Programs & Events

We are adding new programs, activities, and events all the time! You can find more information on www.eastgranbyct.org/youth-services or follow us on Facebook /eastgranbyyouthservices or Instagram @eastgranby_youthservices.

Youth Mental Health First Aid (for Adults)

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You will better understand trauma, substance use, self-care and the impact of social media and bullying, and build the skills and confidence you need to reach out and provide initial support to young people who are struggling and learn how to help connect them to appropriate support. **Saturday, March 25, 2023 | 9:30 am – 2:00 pm | East Granby Senior/ Community Center**
Cost: \$20. Lunch is included. This program will be presented by the Farmington Valley Health District, and there is an online component to complete prior to the in-person portion of the class.

QPR Training for Youth (Question, Persuade, & Refer)

QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. **This program is open to youth in grades 6-12. This program is free, but we do request that you pre-register.** The program will be presented by The Farmington Valley Health District on **Tuesday, March 28, 2023 | 5:30 – 6:30 PM | East Granby Farms Recreation Building**

Girls' Circle (Grades 3-5)

Sharon Eastman, LCSW, leads this support and skill building group for girls in grades 3-5. Through crafts, vision boards, readings, and role play, she will facilitate real conversations about many of the challenges girls are facing growing up in today's world. Topics will include improving social skills, strengthening relationships with peers and parents, building communication and leadership skills, goal setting, learning healthy ways to handle stress, and making new friends and realizing you aren't alone. *All discussions will be confidential, except under specific circumstances.* **The Spring Session will be held at the East Granby Community Center on Wednesdays, April 19, 2023 - May 31, 2023 | 2:55 - 4:45 pm.** *Transportation will be provided from R.D. Seymour School to the East Granby Community Center via the East Granby Seniors Services' Minibus. You are responsible for picking your child up promptly at 4:45 pm, at the Community Center (20 Center Street).*

SAVE THE DATE! The High School Youth Action Council (YAC) is hosting a Red Cross Blood Drive on Tuesday, May 9, 2023, 1:00 – 6:00 pm, at the East Granby Senior/ Community Center. Sign up for an appointment at <https://www.redcrossblood.org/give>.

Coming Soon...

Love & Logic Parenting
Middle School Girls' Circle
R.D. Seymour School Boys' Council
Middle School Boys' Council

Last June, East Granby Youth Services conducted a Needs Assessment in our Middle School and High School. We look forward to sharing those results with students and parents in the coming weeks.



/eastgranbyyouthservices



@eastgranby_youthservices

What have we been up to?

Dog Therapy: East Granby Youth Services partners with Love on a Leash of Western Massachusetts to bring therapy dogs into our schools on a regular basis. Research shows that therapeutic dogs **provide comfort that can help the child's brain to relax**. This year, we have been in the High School and Middle once every other month and have begun visiting Allgrove School as well. The students' faces light up when they see the dogs, and they report feeling happier and more focused when they return to class.



Mental Health Awareness: East Granby Youth Services has committed to visiting the High School and the Middle School during lunch, once a month, to present the students with activities, giveaways, and resources to support mental health awareness, substance abuse prevention, and suicide prevention. We are using the Check In curriculum from the Jordan Porco Foundation. So far, students have had the opportunity to create Uplift Kits with items such as calm strips, worry stones, thinking putty, positive affirmations, stress balls, fidgets, and ideas for coping strategies that they can pull out on a rough day. They've also had the opportunity to trash their insecurities and create bracelets with positive messaging. In the coming weeks and months, we are looking forward to doing some art therapy, working through peer pressure, and testing our alcohol, marijuana and vaping knowledge, connecting physical health to mental health in a fun way, and supporting our LGBTQIA+ youth and their ally friends. If you have any questions or about our program content or plans, please call the Youth Services Office: (860) 653-7800 or email eastgranbyyouthservices@gmail.com

The **SafeSitter** and **Safe@Home** programs were both well attended, and we are looking to hold both programs again in the late Spring. Watch for announcements on **Facebook / eastgranbyyouthservices** or **Instagram @eastgranby_youthservices** and on www.eastgranbyct.org/youth-services.



Talia M., Casey C., Lylah J., Megan B., and Hannah B. from the Middle School Youth Action Council thank you for your generous donations to their **pet food drive!** They are looking forward to visiting Bandit's Place Animal Rescue and Wildlife Rehabilitation to deliver the items they've collected and volunteer their time.



THE GREAT SKATE

Sunday, March 19, 2023 | 2:45 - 3:45 pm

Join the Middle School Youth Action Council for our annual family skating event. Open to all East Granby residents. Please register online. \$10 fee for each family.

Hot chocolate and cookies will be available.

**INTERNATIONAL SKATING CENTER OF CONNECTICUT
1375 HOPMEADOW STREET, SIMSBURY**

REGISTER AT: WWW.EASTGRANBYREC.COM

East Granby Town Hall
9 Center Street
East Granby, CT 06026

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Resident
East Granby, CT 06026