



Town of North Haven Department of Recreation SUMMER BROCHURE 2025



RECREATION PROGRAM REGISTRATION

Resident Mail In – April 21

(Postmarked no earlier than 4/18)

Resident Walk In – April 28

Non-Resident – May 5

No online registration

Rec@northhaven-ct.gov

203-239-5321 ext. 530

All registrations must include proof of residency, or they will be sent back. Proof of residency cannot be kept on file. A check is not considered proof of residency.



TOWN OF NORTH HAVEN
MEMORIAL TOWN HALL / 18 CHURCH STREET
NORTH HAVEN, CONNECTICUT 06473



First Selectman
Michael J. Freda

Tel. (203) 239-5321
Fax (203) 985-9009

Summer 2025

Dear Friends,

As summer approaches, we look to fill our days with activities that will relax and recharge us. The Town of North Haven Department of Community Services & Recreation takes pride in presenting a variety of programs and events for all ages.

Our Summer Day Camp and our Theatre Camp provide a safe and fun-filled environment for your children. As well as, our sports camps and playgrounds program provides outdoor fun activities while you are at work.

Thanks to the support of North Haven's business community, we are pleased to continue the "Music Under the Stars" outdoor concert series, a favorite of many residents. So, grab your blanket or lawn chair and head down to the green to enjoy an evening of music and relaxation.

Please be sure to register early to reserve your participation. For further information, call the Department of Community Services & Recreation, (203) 239-5321 ext. 530.

Warm regards,

Michael J. Freda
First Selectman

PARKS AND RECREATION COMMISSION RECREATION DEPARTMENT STAFF

AL CENTONE, Chairman
MARY LOU STAMP, Vice Chairman
FRANK MONTAGNA, Secretary
ROBERT KOWALEWSKI
KEITH MACDOWALL
CHRISTOPHER PAGAN
JOAN WALSH

ANDREW DELVECCHIO, Assistant Director/Recreation
KATE MEIKLE, Assistant Director/ Pool
JOHN BIMONTE, Program Coordinator
JENNIFER KLEIN, Secretary

SPECIAL NOTE: All mail in registrations must include proof of residency or they will be returned. A check is not considered proof of residency. Class participation may be confirmed by sending a **self-addressed, stamped envelope** with your registration; otherwise, you will be notified **only** if you **do not** receive your first choice. **Sign up early!** There is limited space in all classes and programs.



Music Under the Stars

Summer Concert Series

2025

Concerts start 7:00pm

Tuesday, May 27	Rich DiPalma	Italian/Contemporary
Tuesday, June 3	Rhythm City	Pop/Top 40/Rhythm & blues
Tuesday, June 10	Heavy Hitters	Pop/Classic rock
Tuesday, June 17	KSF	Tribute to Kansas, Styx & Foreigner
Tuesday, June 24	Signature Band	Decades of Dance
Tuesday, July 1	Changes in Latitude	Jimmy Buffet Tribute Show
Tuesday, July 8	Classics	Doo Wop/50's/60's
Tuesday, July 15	The Brothers Doobie	Tribute to the Doobie Brothers
Tuesday, July 22	Timmy Maia Band	Motown/Today's Music
Tuesday, July 29	Beau Bolero	Tribute to Steely Dan
Tuesday, August 5	American Honey	Modern Country/Pop/Rock
Tuesday, August 12	Fleetwood Heart	Tribute to Fleetwood Mac & Heart
Tuesday, August 19	Rum Runners	Premier Party/Dance Band
Tuesday, August 26	Raise Your Hands	Bon Jovi Tribute Band
Tuesday, Sept 2	Avenue Groove	Rhythm & Blues/Funk/Pop

Please assume the concert will be on the Green, no matter what the weather is. If you become concerned about the weather, call the Recreation Center Info-line at (203) 672-0541 after 5:00pm. If the concert is moved to North Haven High School, that information will be on the Info-line as well as on the Recreation Facebook page. Please note that if the concert is held at the High School, seating is limited and is first come, first served. Also, no food or beverages are allowed there, including water.



SUMMER DAY CAMP 2025

For ages 3-13 at the Rec Center

Here comes another fun-filled summer at the Rec Center's Summer Day Camp!



The days will be creatively structured and filled with interesting activities that are developmentally appropriate for all ages of camper. Our Summer Camp program provides children with a small counselor to child ratio, and our supervisory staff is trained in first aid and CPR. The camp day goes from 8:00 a.m. to 5:00 p.m., Monday through Friday. The daily camp activities are centered on a weekly theme and include cooperative group games, arts and crafts, weekly special events, a reading program and more. Each fun-filled week ends with Pizza Day, so no need to pack a lunch on Fridays. Each camper will receive a free T-shirt, with a maximum of two for the summer. **THE HEALTH/WAIVER FORM MUST BE COMPLETED AND RETURNED WITH MAIL-IN AND WALK-IN REGISTRATION.** You will find all the forms you need at the back of this brochure.

Day Camp is open to nonresidents for an additional \$10 per week.

WEEK 1 – June 23 – June 27 BACK TO THE FUTURE \$310

The week's theme will be from prehistoric to the present and beyond.

Special event June 23: Kids favorite **Magician Matt Matthews**

WEEK 2 – June 30 – July 3 Science Fun \$250

No camp on Friday, July 4th

Science and stem themed crafts and activities.

Special event July 1: **Mad Scientist – an experience powered by learning & science.**

WEEK 3 – July 7 – July 11 Animals Kingdom \$310

An animal themed week

Special Events: Visits from **Curious Creatures** on July 9 & **North Haven Police K-9 Unit (TBA)**

WEEK 4 – July 14 – July 18 Camp Olympics! \$310

Campers will try their hands at a variety of sports and make sports themed crafts.

Special Event July 15: **Inflatable Obstacle Course**

WEEK 5 – July 21 – July 25 Game Week \$310

Cooperative games and activities.

Special Events: **Campardy**, an interactive game show with all the bells and whistles on July 22

WEEK 6 – July 28 – August 1 Talent Week! \$310

Our annual talent show highlights our week of games, activities, and a dance party.

Special Events: **Dance Party** July 29 / **Talent Show** August 1.



PLAYGROUND CAMP

at Montowese Elementary School

For ages 6-12

Monday, June 23 – Friday, August 1, 2025

No Camp Friday, July 4, 2025



Camp runs Monday through Friday from 9:00 a.m. to 3:00 p.m.

FEE: \$360.00

This program is run on a **DROP-IN BASIS** offering children the opportunity to interact with others in various recreational activities. The playground is staffed with a director and an appropriate number of youth counselors. Our supervisory staff is trained in First Aid and CPR. Arts & Crafts will be offered at no additional charge. Children 5½ years of age who have completed kindergarten may register. A letter from the school or a report card must be shown as proof of the completion of kindergarten. Children are required to wear sneakers to this program! Participants should bring lunch in a cooler and a water bottle. **Each child must be signed in and out daily by their parent/guardian unless written permission is given directly to the site director indicating the name of the person that will be signing that child out. Children will not be allowed to sign themselves in or out unless it is indicated and signed on the health waiver by that child's parent/guardian.**

PLEASE NOTE: This program is for NORTH HAVEN residents only.

THE HEALTH/WAIVER FORM MUST BE COMPLETED AND RETURNED WITH MAIL-IN AND WALK-IN REGISTRATION. You will find all the forms you need at the back of this brochure.

Recreation Office hours Mon. – Fri. 9:00am – 4:30pm & Mon. – Thurs. 6:30 – 8:30pm

WEEKDAY SWIMMING LESSONS

For Ages 6 – 14 Years
Classes are 45 minutes

LEVEL 1 SCHOOL AGE

Developed for a first time or fearful swimmer to overcome any fears and to work on beginning swimming skills. Swim belts may be used.

Tuesdays

TIMES: 3:30-4:15pm and 4:45-5:30pm

SESSION I DATES: June 24 – July 15

SESSION II DATES: July 22 – August 12

FEE: \$72 for 4 classes Nonresidents \$112

Thursdays

TIMES: 3:30-4:15pm and 4:45-5:30pm

SESSION I DATES: June 26 – July 17

SESSION II DATES: July 24 – August 14

FEE: \$72 for 4 classes Nonresidents \$112

LEVEL 2 SCHOOL AGE

For those comfortable in the water who swim independently. Children will work on face in swimming and transitioning from flotation devices.

Tuesdays

TIMES: 3:15-4:00pm, 4:00-4:45pm,
5:00-5:45pm, and 5:15-6:00pm

SESSION I DATES: June 24 – July 15

SESSION II DATES: July 22 – August 12

FEE: \$72 for 4 classes Nonresidents \$112

Thursdays

TIMES: 3:15-4:00pm, 4:00-4:45pm,
5:00-5:45pm, and 5:15-6:00pm

SESSION I DATES: June 26 – July 17

SESSION II DATES: July 24 – August 14

FEE: \$72 for 4 classes Nonresidents \$112

LEVEL 3 SCHOOL AGE

Working on full lap swimming freestyle and backstroke and on breaststroke and butterfly.

Tuesdays

TIMES: 4:15-5:00pm, and 4:30-5:15pm

SESSION I DATES: June 24 – July 15

SESSION II DATES: July 22 – August 12

FEE: \$72 for 4 classes Nonresidents \$112

Thursdays

TIMES: 4:15-5:00pm, and 4:30-5:15pm

SESSION I DATES: June 26 – July 17

SESSION II DATES: July 24 – August 14

FEE: \$72 for 4 classes Nonresidents \$112

LEVEL 4/5 SCHOOL AGE

To develop confidence and competency in four competitive strokes. Proper starts and turns will be taught as students get a workout.

Tuesdays

TIME: 5:45-6:30pm

SESSION I DATES: June 24 – July 15

SESSION II DATES: July 22 – August 12

FEE: \$72 for 4 classes Nonresidents \$112

Thursdays

TIMES: 5:45-6:30pm

SESSION I DATES: June 26 – July 17

SESSION II DATES: July 24 – August 14

FEE: \$72 for 4 classes Nonresidents \$112

If a class must be canceled, makeups for Tuesday classes will be held on a Wednesday and on a Friday for a Thursday class. We only offer makeups if the Rec Center cancels a class.

WEEKDAY SWIMMING LESSONS

**All Classes are 30 minutes
For Ages 6 Months – 3 Years**

INTRO LEVEL – Parent/Child Swim

An introduction to the water for little ones. Instructor will lead parents in singing and learning through play. At least one adult needs to be in the water with each participant.

Mondays

TIME: 9:00 – 9:30am

SESSION I DATES: June 16 – July 7

SESSION II DATES: July 21 – August 11

FEE: \$48 for 4 Classes Nonresidents \$88

Wednesdays

TIME: 9:00 – 9:30am

SESSION I DATES: June 18 – July 9

SESSION II DATES: July 23 – August 13

FEE: \$48 for 4 Classes Nonresidents \$88

If a class must be canceled, the session will be extended for an extra week. We only offer makeups if the Rec Center cancels a class.

Tuesdays

TIME: 6:00 – 6:30pm

SESSION I DATES: June 24 – July 15

SESSION II DATES: July 22 – August 12

FEE: \$48 for 4 Classes Nonresidents \$88

Thursdays

TIME: 6:00 – 6:30pm

SESSION I DATES: June 26 – July 17

SESSION II DATES: July 24 – August 14

FEE: \$48 for 4 Classes Nonresidents \$88

If a class must be canceled, makeups for Tuesday classes would be held on a Wednesday and on a Friday for Thursday classes. We only offer makeups if the Rec Center cancels a class.

For Ages 3 – 5 Years

PRESCHOOL ALL LEVELS

Each child will be taught at a level that is appropriate for them. Classes are small, so the teacher(s) can handle a range of abilities in one class. When possible, children will be divided up based on their abilities. Parents do not get in the pool with their children.

Mondays

TIME: 9:30 – 10:00am

SESSION I DATES: June 16 – July 7

SESSION II DATES: July 21 – August 11

FEE: \$48 for 4 Classes Nonresidents \$88

Wednesdays

TIME: 9:30 – 10:00am

SESSION I DATES: June 18 – July 9

SESSION II DATES: July 23 – August 13

FEE: \$48 for 4 Classes Nonresidents \$88

If a class must be canceled, the session will be extended for an extra week. We only offer makeups if the Rec Center cancels a class.

Tuesdays

TIMES: 3:30-4, 4-4:30, 5:30-6, 6-6:30pm

SESSION I DATES: June 24 – July 15

SESSION II DATES: July 22 – August 12

FEE: \$48 for 4 Classes Nonresidents \$88

Thursdays

TIMES: 3:30-4, 4-4:30, 5:30-6, 6-6:30pm

SESSION I DATES: June 26 – July 17

SESSION II DATES: July 24 – August 14

FEE: \$48 for 4 Classes Nonresidents \$88

If a class must be canceled, makeups for Tuesday classes would be held on a Wednesday and on a Friday for Thursday classes. We only offer makeups if the Rec Center cancels a class.

SATURDAY SWIMMING LESSONS

All classes will run from June 21 – August 2

No class July 5

For Ages 6 months – 3 years

Classes are 30 minutes

INTRO CLASS – Parent/Child Swim

An introduction to the water for the little ones. Instructor will lead parents in singing and learning through play. At least one adult needs to be in the water with each participant.

TIMES: 8:30-9:00am and 10:30-11:00am

FEE: \$72 for 6 Classes Nonresidents \$112

For Ages 3-5 years old

Classes are 30 minutes

PRESCHOOL ALL LEVELS

Each child will be taught at a level that is appropriate for them. Classes are small, so the teacher can handle a range of abilities in one class. Parents do not get in the pool with their children.

TIMES: 8:30 – 9:00am, 9:00-9:30am, 9:30-10:00am, and 10:00-10:30am

FEE: \$72 for 6 Classes Nonresidents \$112

For Ages 6 – 14 Years

Classes are 45 minutes

LEVEL 1 SCHOOL AGE - Developed for a first time or fearful swimmer to overcome any fears and to work on beginning swimming skills. Swim belts may be used.

TIME: 9:30 - 10:15

FEE: \$108 for 6 Classes Nonresidents \$148

LEVEL 2 SCHOOL AGE - For those comfortable in the water who swim independently. Children will work on face in swimming and transitioning from flotation devices.

TIMES: 9:15 – 10:00am, 9:45 – 10:30am, and 10:00 - 10:45am

FEE: \$108 for 6 Classes Nonresidents \$148

LEVEL 3 SCHOOL AGE - Working on full lap swimming freestyle and backstroke and on breaststroke and butterfly.

TIMES: 8:30 – 9:15am, 9:00 – 9:45am and 10:15 – 11:00am

FEE: \$108 for 6 Classes Nonresidents \$148

LEVEL 4/5 SCHOOL AGE - To develop confidence and competency in four competitive strokes. Proper starts and turns will be taught as students get a workout.

TIME: 8:45 – 9:30am

FEE: \$108 for 6 Classes Nonresidents \$148

ADULT SWIMMING LESSONS

Adult lessons are for all levels ages 15 and Up
Classes are 45 minutes

No two adults are quite the same. The aim is to meet each participant's individual goals.

FEE: \$108.00 for 6 classes Nonresidents \$148.00

DATES: Saturdays, June 21 – August 2 **No Class:** July 5

TIME: 11:00 – 11:45am

WATER EXERCISE CLASS

for Adults of all fitness levels

Water workouts are a fabulous way to exercise, no matter your current fitness level. Exercising in the water is effective because it offers a range of therapeutic and health benefits yet still improves all the components of fitness that you get from land exercise-- with no impact. With just a pool and a swimsuit, you can strengthen, rehabilitate, and add variety to your workouts. You'll also learn how to use optional equipment such as foam noodles, kick boards, dumb bells, barbells, and plain old resistance to strengthen muscles and improve flexibility.

Free for residents, **Residents without annual passes need to pay the daily fee.**

Mondays, Wednesdays and Fridays 10:00-10:45am

June 16 – August 15

No Class: 7/4

NORTH HAVEN RESIDENTS ONLY

Summer Pool Schedule

June 21 – August 16

Weekday Mornings

Mondays – Fridays 7:00 -9:00 AM Lap Swim

9:00 AM - 12:30 PM Open/Lap Swim

Weekday Afternoons/Evenings

Mondays 3:30 – 7:30 PM Open/Lap Swim

Tuesdays 6:30 – 8:30 PM Open/Lap Swim

Wednesdays 3:30 - 7:30 PM Open/Lap Swim

Thursdays 6:30 - 8:30 PM Open/Lap Swim

Fridays 3:30 – 6:30 PM Open/Lap Swim

Saturdays

11:30 AM - 3:00 PM Open/Lap Swim

Please remember, the schedule may change. Call Infoline for the most up to date schedule at (203) 672-0541.

POOL MEMBERSHIP

Annual Memberships (residents only) Valid from July 1 through June 30. Fees are not pro-rated. Proof of age and residency are required when paying. People who work **full time for the town** have the same privileges as residents and may purchase annual passes; **proof of age and employment are required at the time of purchase.** **Corporate Memberships** are available to individuals who are employees of companies located in the town.

ADULT SINGLE for those 18 and over:	\$85.00
YOUTH SINGLE for ages 17 and under:	\$75.00
FAMILY OF TWO:	\$125.00
FAMILY OF 3+:	\$145.00
SENIOR SINGLE for ages 60 and over:	\$40.00
SR. COUPLE for ages 60 and over:	\$50.00
CORPORATE MEMBERSHIP:	\$310.00

Please note that "Family" means immediate family (parents and their children 17 years old and under) who reside at the same address.

Daily fees for residents who do not have an annual pass: when you sign in be prepared to show proof of residency. Payment must be made in cash or check.

ADULT:	\$5.00
SR. CITIZEN:	\$4.00
CHILDREN:	\$4.00
NONRESIDENT GUEST:	\$10.00
CORPORATE:	\$10.00

Procedures for Daily Passes and Guests

Daily passes should be purchased upstairs in the Recreation Office. The only times that lifeguards will accept payment for them is before 8:30am Monday- Friday and on Saturdays. Be prepared to show proof of residency and to pay by cash or check only. Nonresidents may not use the pool unless they are accompanying a swimming resident. Fees for Daily and guest passes are listed above.



Sunrise at the pool

While You Are at the Pool

- Unless you have a physical restriction, please enter and exit through the pool foyer, not the pool area itself.
- Please put your belongings in a locker. You may put a lock on while you are here, but you may not leave your lock on a locker when you go.
- Please do not leave your belongings in any changing areas in the locker room.
- Shower before entering pool area
- Parents with young children or children of opposite sex may use staff area to change if needed. Children 3 years and over must use either the correct gender locker room or the staff changing area with the accompanying parent/responsible adult. Young children should not be on their own in locker rooms.
- Children under 12 must be accompanied by an adult/responsible party. Children 12 or over being dropped off must be signed in by a parent/responsible adult.
- Take your pool pass out or your receipt for a daily pass onto the deck with you and leave it on a round table next to a lifeguard chair.
- Feel free to leave your towel and other necessary items on the benches or by the windows.
- If lap swimming, it is fine to share a lane. Try to find a swimmer of comparable ability to join and let the other swimmer(s) know you are entering the lane.
- Lap lanes are intended for use by those swimming laps continuously. There may be times when others may use lanes in order provide most efficient use of space, but lifeguards have final say.
- If swimming in a leisurely manner or while chatting, please use the open area.
- Follow pool rules, listen to lifeguards and be courteous to others.
- Enjoy!

General Pool Rules

- No running or rough play in or around the pool.
- Anyone with long hair must have it tied back or wear a bathing cap.
- No food or gum on deck.
- Any beverages must be in a covered container that is not glass.
- Non-swimming children must have an adult in the water with them and children under 8 must be accompanied by an adult in the water.
- No walking on deck in fins. They should be put on and taken off at the pool edge.
- No diving in the shallow end.
- Use of diving board and pool equipment is at the discretion of the lifeguards.
- Starting blocks are off limits except during swim lessons and swim team times.
- One person on the diving board at a time.
- Please put away any equipment you take out.
- Obey the lifeguards, they have final say.

SUMMER ACTING CLASS FOR KIDS AND TEENS

Ages 10 - 16

3 classes per session

FEE: \$120.00

Nonresidents pay an additional \$10

DATE: Session 1 Tuesday – Thursday, June 24-26

Session 2 Tuesday – Thursday, July 22-24

TIME: 9:00 am-1:00 pm

INSTRUCTOR: Kevin McCormick

This acting class is a fun, energetic class that will consist of scene work with other students, monologue work, cold reads and acting lessons that will ultimately enhance all the students' acting skill sets, all while having fun. The class will be taught by Kevin McCormick, who is an accomplished television and film actor.

The class is for students of all levels, from beginners who are excited to learn more about acting all the way up to students who have prior acting experience. This class will add to each student's "acting toolbox".

The maximum number of students per class is 10, so sign up early to secure your spot. Any questions can be emailed directly to Kevin at decbrook3@gmail.com

Kevin McCormick is an accomplished television and film actor who has had recurring roles in the television shows CITY ON A HILL, GOTHAM and NYC 22 and guest star roles on the television shows CHICAGO PD, BLUE BLOODS, THE LAST OG and HOSTAGES amongst others. Kevin has also had strong movie roles in the films SPENCER CONFIDENTIAL and I CARE A LOT. Kevin spent 15 years in education as a teacher and an assistant principal before resigning to pursue his acting career full time. His IMDB resume can be found below thru the link provided.

https://m.imdb.com/name/nm3225143/?ref=ext_shr_em





ELM
SHAKESPEARE
EDUCATION

PLAYERS CAMP



INFO &
REGISTRATION



ELM SHAKESPEARE PLAYERS CAMP

For ages 7 - 12:

\$660
TOTAL for a two week program

North Haven Recreational Center 7 Linsley Street
Final Performance on North Haven Green

August 4 - 15, 2025 (Two Weeks)
Monday - Friday 9 AM - 3 PM*

Be part of your own **Theatre Troupe!**
Create **costumes**, props, and backdrops!
Be part of a kid-driven final performance
for friends and family.

*After hours 3 - 5 PM available for an additional fee of \$150

PLAY & PERFORM!

elmshakespeare.org/education/players-camp

SPORTS CAMPS/CLINICS



VOLLEYBALL CAMP

FEE: \$240 Nonresidents pay an additional \$10

DATES: Monday – Friday, July 21 – July 25

TIME: 9:00 am-12:00 pm

INSTRUCTOR: Taylor DePalma

AGES: Athletes entering grades 5-9

LOCATION: North Haven High School.



WRESTLING CAMP

FEE: \$60 Nonresidents pay an additional \$10

DATES: June 16, 17, 18, 20

TIME: 8:00 am-12:00 pm

INSTRUCTOR(S): North Haven High School Wrestling Coaching Staff & members of the team

AGES: Grades 3 – 8

LOCATION: North Haven High School

Absolutely no wrestling experience is necessary! Kids will learn the fundamentals of wrestling, drill and practice different wrestling techniques, and participate in live situational drills and games. Last year's 3-day camp was a huge success, and we are offering it as a 4-day camp this year. All campers should bring a snack and plenty of water!

YOUTH TENNIS CLINIC

For Ages 6 – 13 5 Sessions

FEE: \$70.00 Nonresidents pay an additional \$10

DATE: Saturdays, June 28 – August 2 No Session July 5

TIME: 8:30-9:30 am

INSTRUCTOR: Bob Migliorini

LOCATION: North Haven High School Tennis Courts off Maple Ave



The objective of the youth tennis clinics is to introduce participants to the game of tennis and build their skills in the game through a combination of formal instruction, drills and fun games. The clinics are intended for beginner and intermediate level players. Formal instruction will be provided on the following strokes: forehand, backhand, serve, return of serve, volley, lob and overhead. In addition, participants will learn about tennis scoring, rules of the game, tennis etiquette, singles play strategy, and doubles play strategy. Each clinic will start with a warm-up, followed by formal instruction on a stroke or technique, followed by drills to practice the stroke or technique, and finally supervised games to apply the teachings in play situations. Participants should wear sneakers and bring a racquet to each clinic. Bob Migliorini is the North Haven High School Girls Tennis Coach. If you have any questions about the clinic, please contact Bob at rampatlaw@gmail.com. **Rain date if needed: August 9**

Wellness Wednesdays Featuring Meditation & Energy Healing

For Adults 6 Sessions

FEE: \$105.00 Nonresidents pay an additional \$10

DATE: Wednesdays, July 9 – August 13

TIME: 6:00-6:45 pm

INSTRUCTOR: Tricia Harkins

Over the course of six weeks, we will explore habits that will help you to get to know who You truly are, keep you grounded in that knowledge and help you to reach new levels of peace, security and happiness. We will explore the benefits of meditation, conscious breathing, gratitude, journaling, and more! Now more than ever, self-care should be an essential part of our everyday lives. When we continue to give our energy to other people, situations, negative thoughts, etc.... we run the risk of having nothing left for ourselves. This type of lifestyle can lead to increased anxiety, recurring illnesses, addictive behaviors, exhaustion, depression, and more...

Each Session will also include a guided meditation and an energy healing. Both modalities have been scientifically proven to increase your clarity, focus and overall physical and emotional well-being. **What to bring:** Yoga Mat & Pillow



Mindfulness Workshop for Kids

For Ages 8 – 17 6 Sessions

FEE: \$105.00 Nonresidents pay an additional \$10

DATE: Tuesdays, July 8 – August 12

TIME: 6:00-6:45 pm

INSTRUCTOR: Tricia Harkins

"If every 8-year-old in the world is taught meditation, we will eliminate violence from the world in one generation." - Dalai Lama

Consistent meditation practice has been **scientifically** proven to improve focus, concentration, memory, and sleep, while also reducing anxiety, stress, and depression. Meditation has helped so many of Tricia's students reach levels of success academically, athletically, socially and emotionally.

Each session will explore various meditation techniques and adopt habits aimed at fostering self-love. Our focus will be on boosting confidence and self-worth, while also discovering effective strategies for managing stress and navigating the increasing demands of growing up in the chaotic world we live in.

What to bring: Yoga Mat & Pillow

SPECIAL OLYMPICS

REGISTRATION DATE: June 18, 2025, 6:00 PM-8:00 PM at North Haven Recreation Center, 7 Linsley Street

BOCCE

All players must make a minimum of 8 practices.

Wear comfortable clothing and sneakers.

FEES: \$10 Make check out to "Treasurer, Town of North Haven."

\$30 Tournament Fee - make payable to SOCT

PRACTICE DATES: Wednesdays & Thursdays

July 9, 10, 16, 17, 23, 24, 30, 31

August 6, 7, 13, 14, 20, 21, 27, 28

September 3, 4

Schedules will be handed out the first week of practice.

TIME: 5:30 PM – 8:00 PM

LOCATION: North Haven Senior Center, 189 Pool Road, North Haven

COMPETITION DATES: September 6 & 7

COMPETITION LOCATION: West Haven



GOLF

All players must make a minimum of 8 practices.

This is NON-NEGOTIABLE.

Athletes must bring their own golf clubs and should wear comfortable clothing and sneakers. Athletes will begin with a review of the fundamentals and then begin play on the course in preparation for the Special Olympics tournament in September.

FEES: \$10 Make check out to "Treasurer, Town of North Haven."

\$30 Tournament Fee - make payable to SOCT

\$20.00 for Shirt (if needed) Make payable to SOCT

TIME: Skills: 5:30 PM – 7:30 PM

9-Hole League: 5:00 PM – dusk

PRACTICE DATES: Skills: Tuesdays

9-Hole League Dates: Tuesdays

July 1, 8, 15, 22, 29

August 5, 12, 19, 26

September 2

LOCATION: Sleeping Giant Golf Course, 3931 Whitney Avenue, Hamden

COMPETITION DATE: **Sunday**, September 7, 2025 (subject to change)

COMPETITION LOCATION: At Sleeping Giant Golf Course

SPECIAL OLYMPICS

REGISTRATION DATE: June 18, 2025, 6:00 PM-8:00 PM at
North Haven Recreation Center, 7 Linsley Street



UNIFIED SOFTBALL

Athletes must bring their own glove and wear comfortable clothing and sneakers.

FEES: \$10.00. Make check payable to "Treasurer, Town of North Haven."
\$30.00 Make payable to SOCT

PRACTICE DATES: Mondays, June 23, 30
July 7, 14, 21, 28
August 4, 11, 18, 25
Tuesday, September 2

TIME: 5:30PM – 8:00PM

LOCATION: Blakeslee Field/Grover Wyman Park, 11 Blakeslee Avenue,
North Haven

DIVISIONING TOURNAMENTS: TBA

LOCATION: Pratt Whitney Aircraft Club, 200 Clement Rd., East Hartford CT

TOURNAMENT: Saturday and Sunday, September 6 & 7

LOCATION: Pratt Whitney Aircraft Club, 200 Clement Rd., East Hartford CT



For cancellation information for any of these programs, call the Info-line at (203) 672-0541. For any other questions, please contact Ria Violano at (203) 627-8948.



Miss Susie's Learn and Explore Enrichment Program



For Children Ages 3 - 5

Mondays, Wednesdays, and Fridays from 9am – 12 pm

This is a continuation of Miss Patsy's program. Call or stop by for more detailed information on this wonderful Pre-K program!

These programs follow the school calendar year, broken into four sessions. They are run by Ms. Susan who has over a dozen years of experience in a variety of educational settings, as well as three little ones of her own.

The Learn and Explore program provides a well-rounded foundation for young learners, fostering growth across key areas of development. Through engaging, hands-on experiences, children will be encouraged to think critically, ask questions, solve problems, and explore their creativity while having fun. The program blends child-led play with teacher-guided activities to nurture curiosity, confidence, and independence.

Throughout the year, students will develop essential skills in communication, early literacy, math, science, and social studies. They will engage in music, movement, and creative arts while strengthening fine and gross motor skills. Activities will also support social-emotional learning, self-help skills, and foundational academic concepts such as name writing, shape and color recognition, and early numeracy. The program prepares each child for a smooth and confident transition to kindergarten.

OPEN HOUSES: Wednesday, April 23rd, 5:30 – 6:30 pm
Thursday, April 24th, 10:00 – 11:00 am
Tuesday, July 8th, 10:00 – 11:00 am



COMING FALL 2025.... ONLINE REGISTRATION!

To create an account, please use the link below.



SCAN ME



Town of North Haven Recreation Department

<https://www.facebook.com/share/16PvBWN396/?mibextd0=wwXlfr>

Please be advised that you will not be able to renew or obtain pool memberships and/or daily pass online.

PROGRAM REGISTRATION INFORMATION

All program registrations are accepted on a first come, first served basis as follows:

RECREATION PROGRAM REGISTRATION

Resident Mail In – April 21

(Postmarked no earlier than 4/18)

Resident Walk In – April 28

Non-Resident – May 5

Unfortunately, online registration is not available.

If you have any questions, email us at Rec@northhaven-ct.gov or call (203) 239-5321 extension 530

HOW TO REGISTER VIA MAIL:

1. Fill out one (1) registration form for each person and program.
2. Write one (1) check for each person and program, payable to **“Treasurer, Town of North Haven.”**
3. Include proof of residency. Proof of residency **must** be included **every** time you register.

One of the following will be accepted for proof of residency:

Valid CT driver's license

Lease or mortgage

Two recent utility bills

Voter registration card

Tax bill for **real property** (real property is building or land. This does not include motor vehicle and other like taxes)

4. **Registration forms must be signed by participant or parent if** participant is under 18 years old.

Class registration will only be confirmed by sending a **self-addressed stamped envelope** with your registration, otherwise you will be notified **only** if you **do not** receive your first choice.

The department reserves the right to return any registration with incomplete information or insufficient proof of residency without processing it.

Mailing address/telephone/email

7 Linsley Street

North Haven, CT 06473

Telephone: (203) 239-5321 ext. 530

Rec@northhaven-ct.gov

Office hours

Mon-Fri 9:00 a.m.-4:30 p.m.

Mon-Thurs 6:30 p.m.-8:30 p.m.

HOW TO REGISTER IN PERSON:

1. Come to the Recreation Office during business hours.
2. Bring a check or cash to pay for program. We cannot accept partial payments.
3. Bring proof of residency.

One of the following will be accepted for proof of residency:

Valid CT driver's license

Lease or mortgage

Two recent utility bills

Voter registration card

Tax bill for **real property** (real property is building or land. This does not include motor vehicle and other like taxes)

Refund Policy: Refunds will not be issued unless the program is cancelled by the department, your space can be filled with another registration, or a physician's note is provided. Should the department initiate cancellation of a class after the start of the program and makeups cannot be rescheduled, a credit will be issued. However, if the opportunity for makeup is provided, no credit will be issued.

Cancellation Information: In the event of inclement weather or other factors beyond our control, programs may need to be cancelled. Participants should call the recreation **info-line at (203) 672-0541** if there is any question about cancellations due to weather conditions.

Residency Defined: Residents are defined as those people domiciled on a permanent basis in the town of North Haven or those persons working on a permanent full-time basis for the town. Individual owners of real property (non-motor vehicle) are included in this definition. Please note: any person working full-time in the town of North Haven is considered a resident and is eligible to pay the program's established resident fee; this privilege is not extended to the family members of the employee. Those who work in the town must show proof of full-time employment such as a current pay stub or letter from the employer at the time of registration.

Special Information: All classes are held at the Mildred A. Wakeley Recreation Center on Linsley Street, unless otherwise noted. Class location, fees, and instructors are subject to change. Be sure to sign up early because there is limited space in all classes and programs.

Inclusion Policy: The Recreation Department welcomes the participation of all individuals, including those with disabilities, into our programs. We will comply with the spirit and intent of the Americans with Disabilities Act (ADA) in making reasonable accommodations for those individuals who need them. Please inform us of any special needs at the time of registration. We would like at least two weeks prior to the start of the program to arrange for accommodations.

GENERAL REGISTRATION FORM
See detailed directions in preceding pages

PARTICIPANT'S
NAME _____

DATE OF BIRTH _____ AGE _____ PHONE _____

ADDRESS _____ TOWN & ZIP CODE _____

PROGRAM: 1ST

CHOICE _____ DAY _____ TIME _____

2ND CHOICE _____ DAY _____ TIME _____

WAIVER HOLD HARMLESS

The undersigned individual and/or as parent or guardian of the above-named child do hereby agree to waive, release, and hold harmless the Town of North Haven and its agents and employees from any and all causes of action including injury and property damage. The North Haven Recreation Department may videotape or take pictures of participants enrolled in recreation activities, classes, or programs. These photos and/or videotapes may be used for promotional purposes. I will allow my child's name, likeness, and photographs for the purposes of publicity in any media.

SIGNATURE _____ DATE _____

DID YOU INCLUDE THE FOLLOWING?

SEPARATE CHECKS _____ PROOF OF RESIDENCY _____ SIGNATURE _____ 2ND CHOICE _____

OFFICE USE ONLY: CHECK# _____ RECEIPT# _____

GENERAL REGISTRATION FORM
See detailed directions in preceding pages

PARTICIPANT'S
NAME _____

DATE OF BIRTH _____ AGE _____ PHONE _____

ADDRESS _____ TOWN & ZIP CODE _____

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CHOICE _____ DAY _____ TIME _____

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NORTH HAVEN DEPARTMENT OF RECREATION CAMP HEALTH/WAIVER FORM

PROGRAM NAME _____ SITE _____ WEEK/S _____
NAME OF CHILD _____ DATE OF BIRTH _____
NAME OF PARENT/GUARDIAN _____
ADDRESS _____ HOME PHONE _____ WORK PHONE _____
CELL PHONE _____ BEST EMAIL TO USE: _____
SCHOOL AND GRADE COMPLETED IN JUNE _____

In the event of emergency, list name, addresses, and phones of parent, guardian, or another responsible individual available during the program hours:

NAME _____ RELATIONSHIP TO CHILD _____
ADDRESS _____ PHONE _____
NAME _____ RELATIONSHIP TO CHILD _____
ADDRESS _____ PHONE _____

CHILD'S PHYSICIAN PHONE: _____ CHILD'S DENTIST PHONE: _____

HOSPITAL OF CHOICE: _____

I give permission to the staff of the Department of Community Services and Recreation to administer emergency first aid and in the event it becomes necessary to transport my child by ambulance to the hospital listed above.

☐ Yes

☐ No

Please list any medical and/or physical condition, which may affect your child's activities or require us to modify activities appropriately.

MEDICAL CONDITIONS/PLEASE CHECK ALL THAT APPLY:

SEIZURE

☐ Yes

☐ No

ASTHMA

☐ Yes

☐ No

DIABETES

☐ Yes

☐ No

CARDIAC

☐ Yes

☐ No

HEARING

☐ Yes

☐ No

VISION

☐ Yes

☐ No

ADHD/ADD

☐ Yes

☐ No

ALLERGIES

☐ Yes

☐ No

OTHER/PLEASE EXPLAIN: _____

If yes to any of above please list here medication needed: _____

If medication needed at camp ie epipen or inhaler; you must provide a copy of the medication authorization form.

(*Please be sure to sign here and below) _____

**Signature of Parent or Guardian*

WAIVER, HOLD HARMLESS

The undersigned individual and/or as parent or legal guardian of the above-named child do hereby agree to waive, release and hold harmless the Town of North Haven and its agents and employees from any and all causes of action including personal injury and property damage resulting from participation in the above named program.

Please place your initials next to the statements which apply to your child.

SWIMMING

___ I give permission for my child to participate in swimming at the Walter J. Gawrych Community Pool.

Please indicate your child's swimming ability.

___ Swimmer (child can swim a minimum of one pool length unassisted)

___ Beginner (can swim without assistance, but may need it at times)

___ Non-Swimmer (needs flotation device)

___ I do **not** give permission for my child to swim.

TRANSPORTATION (DOES NOT APPLY TO DAY CAMP)

___ I hereby give my child permission to walk or ride his/her bicycle to and/or from the program site and understand that it is my child's responsibility to sign him/herself in and out of the program each day or portion thereof. The Department of Community Services and Recreation is not responsible for my child while he/she is on their way to/from the program site.

___ I will transport my child to/from the program in my own vehicle.

My signature constitutes agreement with the information as indicated above.

Date

**Signature of Parent or Guardian*

NORTH HAVEN DEPARTMENT OF RECREATION CAMP HEALTH/WAIVER FORM

PROGRAM NAME _____ SITE _____ WEEK/S _____
NAME OF CHILD _____ DATE OF BIRTH _____
NAME OF PARENT/GUARDIAN _____
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☐ No

CARDIAC

☐ Yes

☐ No

HEARING

☐ Yes

☐ No

VISION

☐ Yes

☐ No

ADHD/ADD

☐ Yes

☐ No

ALLERGIES

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