



HISTORY
in the
MAKING
GROTON CITY

Today's
CITY OF GROTON
Fall - Winter
2025-2026

City of Groton's Park & Recreation Program Brochure

Basketball, Swimming, Karate, Soccer, Puzzle /Trivia Nights and much more...

ADMINISTRATIVE OFFICES

Mayor

Keith Hedrick

Deputy Mayor

Gweneviere Depot

City Council

Erin Artale

Paul Norris

Stephen Sheffield

Christine Piazza

Tony Patterson

Parks and Recreation Department Staff

Director:

Mary K. Hill

Admin Assist:

Valerie Koschmieder

Program Coordinator:

Jordan Furey

Department Contact Info

Recreation Office: 860-446-4128

Email: pr@cityofgroton.com

Beach and Parks Committee Members

William Borysewicz, Chairperson

Brian Clinton

Benjamin Moore

Stacy Popp

Devon Robarge

Gail Kelly

Scott Nadeau

Barry Tuohy

Jennifer Smith

The Committee meets the second Wednesday of each month at 7:00 pm at the City Municipal Building in Room Council Chambers

Office Location

City of Groton, Municipal Building
295 Meridian St. Groton, CT 06340

Visit us on the Web

cityofgroton.com

Mission

The mission of the City of Groton Parks & Recreation is to promote a wide range of quality recreation and wellness programs along with park facilities for the benefit and enjoyment of all.

Registration Policy

Registration is required for all programs. If the class does not reach its minimum enrollment, it will be cancelled. The Recreation Department reserves the right to cancel any program. Participants will be notified of all cancellations. Full payment of fees on all activities and classes must be made at the time of registration. Checks are payable to the "City of Groton"

ONLINE REGISTRATION IS AVAILABLE AT

<http://cityofgroton.recdesk.com>

Refund Policy

If the Recreation Department cancels a program/class, then a full refund will be given. Credit card processing fees are non-refundable. If a session is cancelled due to weather or other problems, an effort will be made to schedule a make-up session. If a make-up session cannot be scheduled, no partial refund will be made.

Program cancellations due to weather conditions will be announced on Channels 3, 4, 6 & 8, 105.5, 104.7, 102.3 FM & 980 AM, or the individual may call the Recreation Department at 446-4128.

LOCAL CONTACT NUMBERS

| | |
|--|---|
| Groton Little League (Baseball) | grotonpresidentll@gmail.com http://grotonlittleleague.com/ |
| Groton Mystic Youth Football League/ Cheer | grotonmysticfalcons@gmail.com |
| Groton Parks & Recreation | 860-536-5680 29 Spicer Ave, Noank, CT 06340 parksrec@groton-ct.gov |
| Groton Soccer Club | grotonsoccer@yahoo.com |
| Groton/Mystic Lacrosse | Chad Frost 860-608-1528 |

Zumba Is Back!



ZUMBA CLASS

Tuesdays, September 16th to
 October 28th
 5:00 - 6:00 PM
 AUDITORIUM
 295 Meridian Street, Groton,
 CT
**JOIN OUR FUN AND ENERGETIC
 ZUMBA CLASSES!**



REGISTER NOW!



Get the Kids out and enjoying weather this fall in Washington Park!



ACTIVE KIDS FREE PROGRAM



**Sign the kids up for a fun time!
 Keep them active and moving
 with a Sports and Games
 experience.**

**This group will meet on the
 Basketball court in
 Washington Park**

Thursdays 4PM-6PM
 For Ages 8-12

Program Runs
 September 11th - October 16th

Sports & Games

Join Now



SHOOT STRAIGHT BASKETBALL 2024-2025

Grades 1 & 2

Saturdays, starting December 6, 2025 - March 7, 2026

9:30-11:00 am (no class 12/27 & 1/3)

Grades 3-5

ELKS HOOP SHOOT on Dec 8th

Mondays, starting December 1st, 2025 – March 9, 2026

6:00 pm – 7:30 pm (no class 12/22, 12/29, 1/19 & 2/16)



The above programs are for both boys and girls emphasizing fundamentals, physical fitness, sportsmanship, equal play and teamwork. This program helps develop a youngster's positive self-image and teaches youngsters that sports can be fun.

Location: Thames River Magnet School, 250 Brandegee Ave, Groton

Fee: \$50.00/Residents \$60.00/Non-Residents Jerseys are provided

KARATE

Karate will be offered to boys and girls and will run in five week sessions. The kids will learn Concentration, Self-Confidence, and Listening Skills while practicing the art of modern and traditional Tae Kwon Do. Through drills, students will; earn respect, manners, self-defense (Stranger Danger), and improved fitness. This is an introductory program and uniforms are not required for the first 5 weeks.

Session I

Tuesdays, September 30– October 28, 2025

Session II

Tuesdays, November 18– December 16, 2025

Session III

Tuesdays, January 6– February 3, 2026

Session IV

Tuesdays, February 24 – March 24, 2026

Ages & Time:

5 – 7 year olds **5:00 pm – 5:30 pm**

Fee: \$50.00/ 5 week session

8-12 year olds **5:30 pm – 6:15 pm**

Fee: \$60.00/ 5 week session

** Minimum of 4 students needed to hold class.

All sessions are held at Thames River Magnet School, 250 Brandegee Ave, Groton

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Swim & Golf

FAMILY SWIM

Avery Point Pool
1084 Shennecossett Road, Groton

Session I: Sundays, Sept 14 – Nov 16, 2025
(no swim on 10/12)

Session II: Sundays, Jan 4 – March 15, 2026
(no swim on 1/18 & 2/15)

Time: 5:00 - 6:30 pm

Fee: FREE for City Residents



**** Registration for each session is required**

This program is a fun evening for families to get together and enjoy the pool at the UCONN-AVERY POINT campus. Adults must stay, Not a drop off activity.

ADULT SWIM

Avery Point Pool
1084 Shennecossett Road, Groton

When: Tuesdays and Thursdays
(Beginning September 9, 2025)

Time: 9:00 am to 11:00 am

Fee: FREE

**** Registration prior to attending is necessary**

Open to City Residents and City Employees ONLY

GOLF LESSONS at Great Brook Golf Center

Chris Hedden promotes a fun and relaxed learning environment. He will cover the following fundamentals: grip, stance, posture, backswing, follow-through, sand shots, downswing, chipping, putting, equipment information, and golf etiquette.

Participants will need the following equipment: A 3 wood, 7 iron, pitching wedge, and a putter. If you do not have clubs, equipment is available. Each student must purchase a basket of golf balls for each lesson.

| ADULT GOLF LESSONS | | | YOUTH GOLF LESSONS Ages: 8 – 15 | | |
|--------------------|---------------------|----------|---------------------------------|----------------------|------------|
| Fall I : | Wed, Sept. 3– Oct 1 | 10–11 am | Fall I | Sat, Sept. 6– Oct. 4 | 11 am—Noon |
| Fall II: | Wed, Sept. 3– Oct 1 | 6–7 pm | | | |

Fee: Residents \$200 Non-Residents \$220

WOMEN ONLY

A calm, relaxing instruction class for women of all abilities. Grab a friend and enjoy!

Fall I: Thursdays, Sept 4 – Oct 2, 2025 10-11 am

Fall II: Thursdays, Sept 4 – Oct 2, 2025 6—7 pm

Fall III: Mondays, Sept. 8- Oct. 6, 2025 10-11 am

Fall IV: Mondays, Sept.8- Oct. 6, 2025 6—7 pm

Fee: Residents: \$200 Non-residents: \$220



Life Saving Classes

Child and Babysitting Safety & CPR AED/First Aid

The new **Child and Babysitting Safety (CABS) program** from ASHI gives teenagers and young adults everything they need to know for safe and successful babysitting. From getting started with their business, to dealing with parents and children, to key safety, caregiving, and first aid tips, the magazine-format CABS guide and vlogger-style video make learning fun. First aid, CPR and use of an AED are included. This course empowers students to act with confidence in the event of an emergency at home or in the community.

Students should be at least 12 years old for this class. Certificates will be emailed within a week of class.

Saturday, September 27

Time: 9:00 am—4:00 pm (bring a bag lunch) **Ages:** 12 and above

Place: Council Chambers, City Municipal Building, 295 Meridian St, Groton

Fee: \$80.00 per person

Registration deadline is Monday, September 25th **Limit: 16 students**



CPR AED for Adults (18 +)

American Heart Association Heartsaver CPR AED For Adults (Ages 18 +)

Reflecting the latest science and education from the 2020 AHA Guidelines for CPR and Emergency Cardiovascular Care (ECC), the AHA's Heartsaver courses provide students the highest quality training in the lifesaving skills of CPR and use of an AED.

This course empowers students to act with confidence in the event of an emergency at work, home, or in the community. This course is approximately 2½ hours long. *Certificates are awarded*

Saturday, October 25

Time: 10:00 am—12:30 pm

Ages: 18 +

Limit: 9 students

Place: Council Chambers, City Municipal Building, 295 Meridian St, Groton

Fee: \$60.00 per person

Registration deadline is Monday, October 16th



CPR AED for Youth Ages 13-18

Saturday, November 22

Time: 10:00 am—12:30 pm

Ages: 13—18

Limit: 9 students

Place: Council Chambers, City Municipal Building, 295 Meridian St, Groton

Fee: \$60.00 per person

Registration deadline is Monday, Monday, November 27th

Tea classes at the Zbierski House

Harvesting your Garden for Tea Blending and Storage

- *Participants will learn about some common garden herbs/flowers that can be harvested for storage in the fall and winter months
 - *Learn how to safely preserve and dry herbs using a variety of methods
 - *Learn the medicinal benefits of these herbs and use them to create your own unique tea blend to take home
 - *Sample two hand blended autumn teas from Thyme for Tea CT that will be paired with seasonal treats
- SAT, OCTOBER 18 2:00-3:00 PM | Fee: \$40**

Chatter about Chai - A Chai Tea Workshop Experience

- *Learn the history of chai tea and an overview of the spices used in traditional chai teas and their benefits
 - *Learn how chai is made in a variety of countries and how they differ from the U.S.
 - *Sample a variety of chai teas hand blended by Thyme for Tea CT paired with a variety of chocolates
 - *Using both traditional and non-traditional ingredients, create your own unique chai blend to take home .
- SUN, NOVEMBER 16 2:00-3:00 PM | Fee: \$40**

Holiday Tea Making and Crafting Workshop

- *Learn about some popular herbs and their benefits
- *Use these herbs to craft your own unique tea blends-one for you and one to gift for the holidays
- *Make a fun wintery craft to bring home to decorate your home for winter
- *Sample holiday teas blended by Thyme for Tea CT paired with holiday treats
- *Gift wrapping station available for your gifted tea

SUN, DECEMBER 14 2:00-3:00 PM | Fee: \$40



Medicinal Herbs for Winter

- *Learn about some herbs, spices and fruits that will keep your immune system boosted during those pesky winter months
- *Learn the medicinal benefits of some herbs such as: Echinacea, lemon balm, elderberry, cinnamon, and more!
- *Use these herbs to create their own unique winter immunity blend
- *Sample some holiday blends from Thyme for Tea CT paired with some winter treats
- *Take home some recipes for other things you can make over the winter to keep your immune system up such as elderberry syrup, fire cider and more!

SUN, JANUARY 18 2:00-3:00 PM | Fee: \$40

***** ALL CLASSES HELD AT THE ZBIERSKI HOUSE, EASTERN POINT BEACH *****

Community Events

PUZZLE NIGHTS

September 19th and
November 14th
START TIME IS 6:00PM

300 PIECE PUZZLE, 2 HOURS,
CAN YOUR TEAM BEAT THE
OTHERS AND CLAIM THE PRIZE?

FEE IS \$25 PER TEAM
(4 PEOPLE MAX)

295 MERIDIAN STREET, CT,
GROTON

TEAM
Puzzle Challenge

TRIVIA NIGHTS

PRIZES | FUN GAME

OCTOBER 17TH
December 19TH

Start at 6:00
295 Meridian Street, CT,
Groton

\$25 Fee per group
(Max of 4 per team)

Groton City Farmers Market

Every Tuesday from 3-6pm
through End of October at Washington Park
(155 Meridian St, Groton)

Vendors bringing locally grown fresh fruits and vegetables, plants, meats, fish & scallops, eggs and cheeses, baked goods, soaps, honey, kombucha, oils and other specialty items.



Winter Pop-Up Markets 2025-2026

Inside the Auditorium of the City Municipal Building, 295 Meridian Street

Second Sunday of the month November—March from 11 am—2pm

November 9 & December 14, 2025, January 11, February 8, & March 8, 2026

City Haunted Trail & Spooktoberfest

GROTON CITY HAUNTED TRAIL

A TRAIL MAP WILL BE CREATED OF ALL THE REGISTERED HOUSES DECORATED IN A CREEPY, HALLOWEEN OR FALL THEME.

Register your city address no later than Monday, October 20th to be included on the map. Vote for your favorite Creepiest, Most Creative or Silliest decorations.

Trail will be open from Wed, October 22nd to Wed, November 5th

Formally known as the Scarecrow Trail

Registered houses should email a picture of their decorations to pr@cityofgroton.com by Wed, Oct 22nd

SPOOKTOBERFEST GROTON HALLOWEEN FOOD TRUCK FESTIVAL

At
Washington
Park

Oct. 25 & 26
Sat. 12-8pm Sun. 12-7pm

Presented By: Eastside Festivals

FOOD TRUCK CONVOY
VENDORS
LIVE BANDS
TRICK OR TREATING
BOUNCE HOUSES...

FREE ADMISSION
& PARKING

December Fun!

Letters to Santa

Begins on Monday, November 24th and continues until Thursday, December 11th.

The City of Groton Parks & Recreation Department will set up a special mailbox for this so that letters will go straight to the North Pole!

*Don't forget a return address for a reply from Santa!
Or mail your letter to 295 Meridian Street, Groton, CT 06340
and we will put it in the mailbox for you.*



HOLIDAY LIGHTS TRAIL 2025

Wed, December 3rd—Wed, December 17th

Show your family's Holiday Spirit! Register your City address as participating on our website or with our office by Monday, December 1st. No fee to enter!

A Holiday Lights Trail Map will be posted for all to follow and vote for their favorites. City Award, Airy Award, Spirit Award & People's Choice will all be awarded!

Each address is required to send in a picture of their decorations to pr@cityofgroton.com by Wednesday, Dec 3rd



City of Groton Police Department



CITY OF GROTON POLICE
DEPARTMENT PRESENTS ITS

ANNUAL Holiday FESTIVAL

04 DECEMBER 2025 AT 6 PM

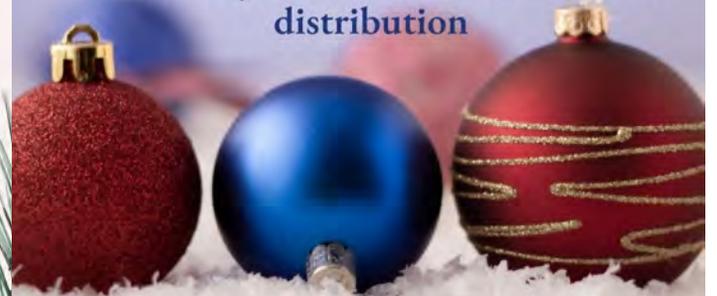
MEET SANTA AND ALL
HIS HELPERS
AND SPECIAL MUSICAL
GUESTS



City of Groton Police Department's Stuff A Cruiser



Full of toys, food and coats for local
distribution



at 295 Meridian Street, Groton, CT
10 a.m. to 2 p.m. on
Sunday, December 7, 2025

SAFE
K:DS
WORLDWIDE.



Child Safety Seat Fitting Station Day!

SATURDAY
SEPTEMBER 27,
2025
10 A.M. TO 2 P.M.

CONTACT (860) 440-9720 to
schedule your time.
295 Meridian Street, Groton, CT
06340
(Follow Signage)



Overview: Certified safety seat technicians will provide free safety seat checks; educate parents and caregivers on the proper installation of child safety seats. This event is part of the Child Safety Passenger Safety Week, sponsored by the City of Groton Police Department, Save Kids Worldwide and the Connecticut Department of Transportation.

Community Share — The Bill Memorial Library



MUSIC & MOVEMENT

At the Bill Memorial Library
TUESDAYS 10:00 – 10:30AM
SEPTEMBER 9 – DECEMBER 2
No Session November 11

**JOIN US FOR SONGS & ACTIVITIES
WITH LIVE MUSIC!**



We'll have you and your little one moving and grooving as we sing, stretch and explore music with instruments.



This program is supported by CT Humanities.

No registration necessary.
Call 860-445-0392
for more information.



The Bill Memorial Library
240 Monument St. Groton, CT 06340
860-445-0392 billmemorial.org
FB Bill Memorial Library Instagram @billmemorialgrotonct



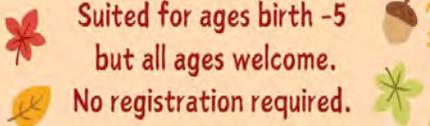
Fall Story Time

At the Bill Memorial Library
Mondays at 10:00 AM
September 8 - November 17
(no session October 13)



FUN STORIES & LIVE MUSIC!

Suited for ages birth -5
but all ages welcome.
No registration required.



BILL MEMORIAL LIBRARY
240 MONUMENT ST. GROTON 860-445-0392
billmemorial.org FB billmemorial



Holiday Family Portraits

Bill Memorial Library

Take your family's holiday photo at the Library this year! We provide the holiday-themed backdrop, you take the photos. You are welcome to bring your own props. Sign up for 10-minute time slots. Check our web page and Facebook page for more information.

Friday, November 7
5:00 - 7:00 PM (pets welcome)

Saturday, November 8
10:00 AM - 3:00 PM

860-445-0392
billmemorial.org

City Public Works Department—860-446-4127

Fall Leaf Collection:

Wednesdays,
October 15th, 22nd & 29th, November 5th,
12th & 19th (no Pick Up 11/26)
and December 3rd, 2025

Please do **not** sweep leaves into the street or road. Leaves accumulate into catch basins and clog them creating drainage problems.



NOTE: If you have leaves that need to be picked up after the official Leaf Collection is over, please call the Highway Office at 860-446-4127 and leave your name, address, phone number and about how many bags of leaves you have and we will pick them up on a Wednesday. One week notice is required.

Please do **not** sweep your leaves into the street or road. Leaves accumulate into the catch basins and clog them up creating drainage problems.

LEAVES WILL NOT BE COLLECTED IF PLACED IN PLASTIC BAGS.

Christmas Tree Collection:

Wednesdays,
January 7, 14, 21 & 29, 2026

Please have your Christmas trees curbside by 7:00 AM for pickup.

DO NOT PLACE CHRISTMAS TREES IN PLASTIC BAGS

City of Groton Pickup Schedule for Trash, Recycling and Bulky Waste

It is important that you have your items out for pick up by the following times (NO exceptions)

6:00 AM— Memorial Day to Labor Day (Summer Schedule)

7:00 AM—Rest of the year

Most all routes and starting points have changed, therefore, the time we arrive at your house has also changed.

It is imperative for you to have your items out in time.

Trash & Recycling Pickup Schedules for Holidays:

- ✦ If a holiday falls on a Monday, and this is your pickup day, it will be picked up on Tuesday morning
- ✦ If a holiday falls on a Tuesday, and this is your pickup day, it will be picked up on Wednesday morning
- ✦ If a holiday falls on a Wednesday, and this is your pickup day, it will be picked up Thursday morning
- ✦ If a holiday falls on a Thursday, and this is your pickup day, it will be picked up on Friday morning*
- ✦ If a holiday falls on a Friday, and this is your pickup day, it will be picked up on Thursday morning*

*For Thanksgiving Day and the Day after Thanksgiving, if these are your pickup days, Thursday Thanksgiving Day will be picked up on Wednesday morning and Friday the Day-After Thanksgiving Day will be picked up on the following Monday morning.

The City of Groton Sanitation Dept. sells trash and recycling carts as follows:

95 gallon Green Otto Trash Carts for \$89.00 each

65 gallon Green Otto Trash Carts for \$79.00 each

Eastern Point Beach—Everyone's favorite spot!

Year round rental for your next family party

Zbierski House

at Eastern Point Beach

with breathtaking views of Long Island Sound!

3 Beach Pond Rd, Groton

House holds 50 people.

City of Groton residents \$30.00 per hour
Non-residents \$60.00 per hour

*** Business rates differ.

\$100.00 security deposit (refundable)

Tables and chairs for 50 are included. Limited kitchen on premise.
Additional parking fees apply during open beach season.
First floor, 2 restrooms and attached porch for your use.
Year round rental!



Visit cityofgroton.recdesk.com or
call 860-446-4128 for further details.

PERSONALIZED PAVERS

AT EASTERN POINT BEACH

Add your paver to our personalized
paver walkway facing the
Tyler House.

\$225.00 / 4 lines max.

Payment is due with order form.

See our website for the order form:

<http://cityofgroton.com>, Parks & Recreation



*Honor someone, a special
moment or in memory of.*





**CITY OF GROTON
PARKS AND RECREATION DEPARTMENT
PROGRAM REGISTRATION FORM**

Name / Parent or Guardian _____ Email _____

Street Address _____

City _____ State _____ Zip _____

Home Phone # _____ Work Phone # _____

Emergency Contact _____ Phone # _____

(Someone other than parent, you will be called first)

| PROGRAM | PARTICIPANT'S NAME | DOB | M/F | FEE | GRADE | AGE |
|---------|--------------------|-----|-----|-----|-------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |

I do _____ I do not _____ give permission for myself or my family to appear in any media coverage approved by the Department of Parks and Recreation.

Chronic/Recurring illness (diabetes; asthma) _____

Allergies to food/medication: _____

Does your child use an Epi-Pen? _____ Inhaler? _____ Other: _____

Injuries or specific restrictions: _____

Physician's Name and Phone: _____

I hereby understand and agree that the City of Groton Parks & Recreation Department, its employees, volunteers and commissioners will not be held liable for any accident or injury incurred by participants while traveling to and from or participating in the above mentioned trips or activities.

Individuals with disabilities who require accommodation to participate in a program should request accommodation from the Parks & Recreation Department at or before registration. Documentation supporting the need and the extent of the accommodation may be required.

Signature

Printed Name

Date

For more information call Parks & Recreation Office at 446-4128

Make checks payable to: **City of Groton**

Mail to: City of Groton, Parks & Recreation, 295 Meridian Street, Groton, CT 06340

How did you hear about this program/Event? _____ Brochure _____ Social Media _____ Website
 _____ Other (please specify) _____



City of Groton
295 Meridian St
Groton, CT 06340



**From the Fire
Department**

Daylight Savings
time is at
2:00 am on

Sunday,
November 2nd, 2025.

Don't forget to set your clocks
back one hour.



GROTON UTILITIES
At Your Service

Clean, affordable water | Reliable, economical electric power



Always At Your Service | www.grotonutilities.com