

Town of Columbia
Recreation Department
323 Route 87
Columbia, CT 06237

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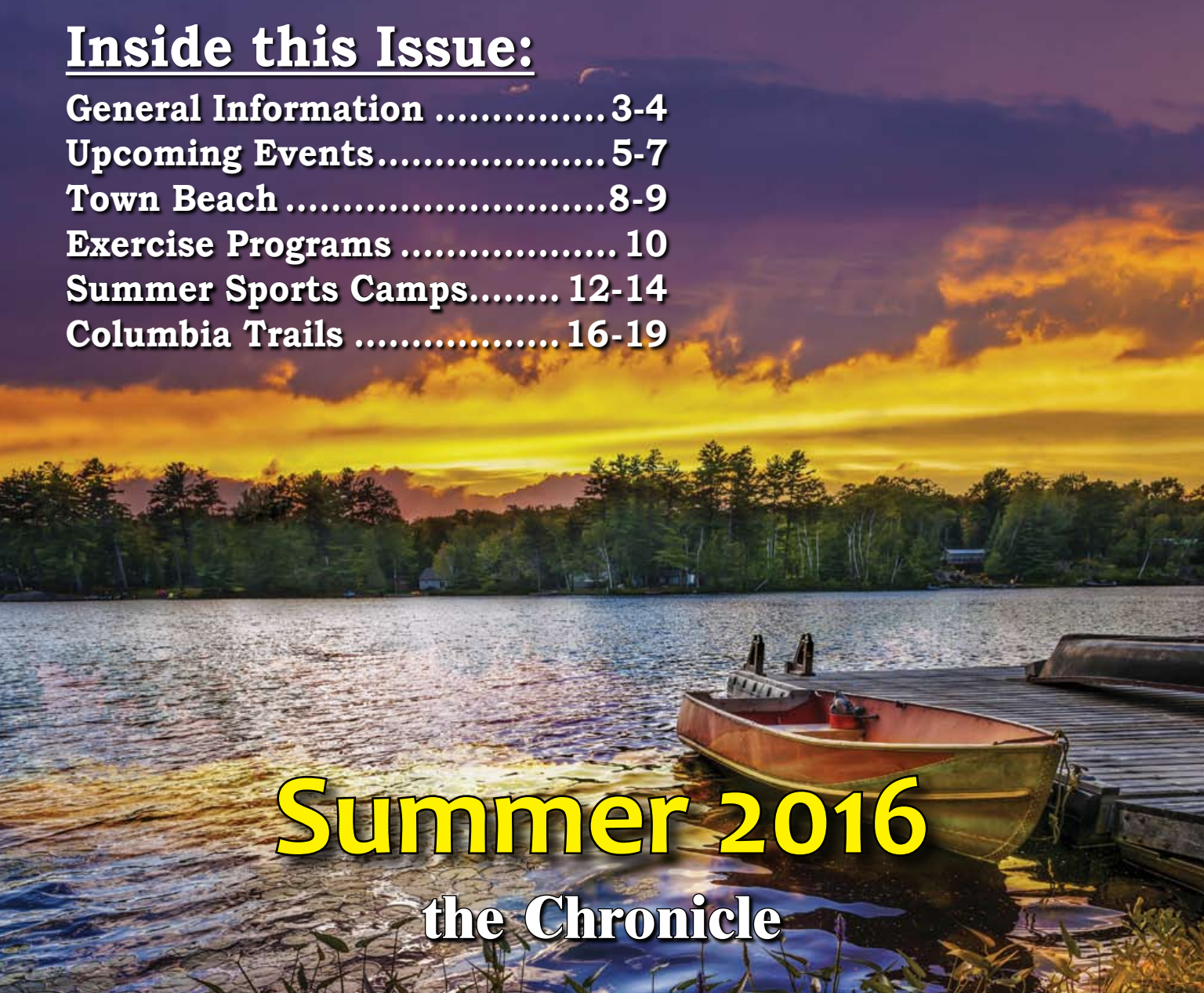
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COLUMBIA Recreation Catalog

Inside this Issue:

General Information 3-4
Upcoming Events..... 5-7
Town Beach 8-9
Exercise Programs 10
Summer Sports Camps..... 12-14
Columbia Trails 16-19



Summer 2016
the Chronicle



Dr. Myriah Hinchey,
Board Certified,
Licensed Naturopathic Physician



Dr. Keith Yimoyines,
Board Certified,
Licensed Naturopathic Physician



Dr. Ceylon Cicero,
Board Certified,
Licensed Naturopathic Physician



Monica T. Smith,
LMFT, MBA. Licensed
Marriage and Family Therapist



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GENERAL INFORMATION



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Facility Rentals Around Town

**For the "Birthday Parties at the Beach"
Package, or to rent the facility below,
call the Rec. Department at:
860-228-8513**

**Pavilion at the Town Beach
\$50 (4 hrs.)
\$100 (8 hrs.)**

**To rent the facilities below,
call the Town Hall at:
860-228-0110**

- The Pavilion at Rec. Park - \$25
- The Beckish Senior Center - \$200
- Yeomans Hall - \$150

Kayak Rentals

Last summer, Columbia Recreation began renting kayaks to residents at the Columbia Lake Beach.

The following is information about our kayaks and on how you can rent them at the beach:

All kayaks **will remain on Columbia Lake** and may only be rented by a resident.

All renters are required to have a **Coast Guard approved** Type I, II or III lifejacket in their kayak at all times.

Children 12 and under are required by law to wear their lifejacket at all times.

Residents may also use/wear their own **Coast Guard approved** lifejackets as long as they are Type I, II or III.

Residents may rent the kayaks on a **first come-first served** basis at the beach when the Lifeguards are regularly scheduled to be on duty.

GENERAL INFORMATION



Marc Volza, Director of Recreation

323 Route 87

Columbia, CT 06237

recreation@columbiact.org

860-228-8513

Hours: Mon-Weds: 8am-4pm, Thurs: 8am-7pm

www.facebook.com/ColumbiaCTRecDept

<http://columbia.recdesk.com>

RECREATION COMMISSION

The Recreation Commission is looking for one more member to join! The commission meets every second Tuesday of the month at 7pm in the Town Hall Conference Room. The current members are Chair: Nikki Keldsen, Melissa Petrone, Millie Ramsey, Steve Piro, Cindy Postemski, and Brian Pedersen.

MARC'S NOTES

It has been a busy year in the Recreation Department. As of March 7th, the Director position became a full-time position! Thus, allowing the Recreation department to increase not only its office hours, but the services offered to the community. There are currently a variety of programs in the works, that will begin being offered at the end of the summer.

Looking to Partner with Columbia Recreation?

We are always looking for sponsor for our events. Being a sponsor is a great way to get your name out into the community. Contact the Recreation Department to sponsor one of our fundraising events, or our Concerts on the Green. We also offer sponsor signs at Rec. Park. For more details contact us at: 860-228-8513, or recreation@columbiact.org

VOLUNTEERS WANTED

The Columbia Recreation Department is always looking for volunteers to help out, or be "judges" at a variety of our programs.

If you are interested in learning about more opportunities, please contact the Recreation Department at recreation@columbiact.org

Thank You!

Columbia Recreation would like to thank all of those who take time out of their busy schedules to help out in the community! From all of the volunteer basketball coaches, to program volunteers, and those who act as judges at our food tasting events. Without you it would be impossible to put on such terrific events! We look forward to continuing to work with you in the future to provide quality events for the community!

– Columbia Recreation



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Columbia Recreation Presents its first **Coloring Sip Night**

The phenomenon known as adult coloring books is becoming more popular by the day.

Join local artist, Ann Marie Drury and Columbia Recreation, May 21st, at 7PM in Yeoman's Hall, for the first **Coloring Sip Night!**



**All art materials will be provided, the cost is \$35
For ages 21+**

Every participant will also get a pack of coloring pages to take home with them!

NEW FOR SUMMER!



Adult Duckpin Bowling League

**Monday Nights at 7pm
June 13th-August 8th**

\$65 per person (shoes included)

**Lucky Strike Lanes
Mansfield, CT**

Summer Kickoff CONCERT

Date: May 26th

Time: 6:30pm-8:30pm

Location: Gazebo on the Green

Join Columbia Recreation in kicking off summer, the right way!!

Bruce John will be performing live!!

In addition, we will be selling Hosmer Mountain Soda.

Entrance is FREE!



SPECIAL EVENTS

Columbia Market

Saturday, August 27, 2016, 9am-2pm
Rain or Shine

Columbia Town Hall Grounds
Parking at Porter School

*Farmers, Crafters, Vendors and
Non-Profit Organizations are all welcome.
Registration Forms can be found online and
returned to the Recreation Department*

Closing Dates for Applications is August 18th

Please contact the Recreation Department at
recreation@columbiact.org, or 860-228-8513
with any questions.

The Columbia Market is back for the 2nd straight year. This year, we are anticipating an even larger market, with more vendor varieties!

Cost to Join:

Vendor = \$35

Farmer = \$25

Non-profit = \$5

Dinner and a Dip

at Columbia Lake

June 22, 2016

5-7pm

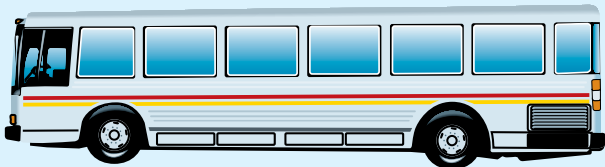


Dinner, Games, Music and Raffles!

Pulled-pork, corn on the cob, soda/water – \$10

Kids Meal – Hotdogs, soda/water – \$5

BUS TRIP TO BOSTON



**On September 17th,
Columbia Recreation
will host it's
First Bus Trip!**

This is a day trip to Quincy Market, Boston, MA. The bus will leave Town Hall Parking Lot at 8:30am and return to the lot at 7:30pm. The cost of the trip is \$45, which includes: coach bus ride to and from Boston, along with a \$5 food voucher to the marketplace. Spots are limited, so act fast!

The First Annual Columbia Classic Car Show

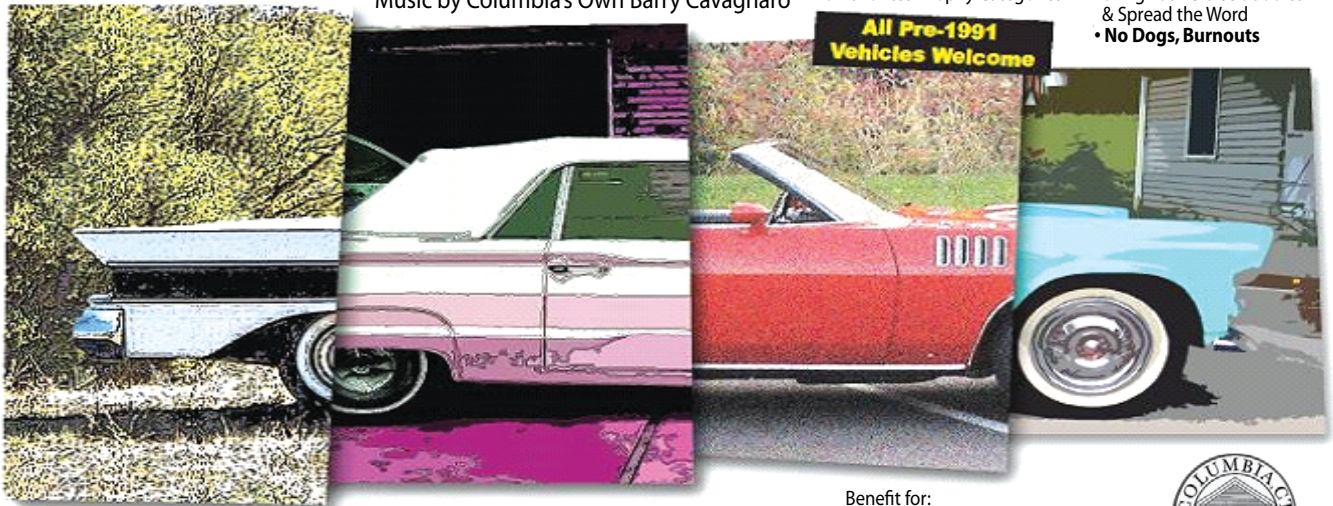


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Music by Columbia's Own Barry Cavagnaro

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- Join us for a great family event
- Food & Beverages
- 50/50 Raffle • Face Painting
- 10 "Favorites" Trophy Categories
- Spectators **FREE**
- Admission & Parking **FREE**
- Show Vehicles : \$10 Donation
- Bring Your Cruise Buddies & Spread the Word
- **No Dogs, Burnouts**



Sunday, Sept. 18, 2016 11:00-3:00

Vehicle Registration Starts at 9:00 Rain Date: Oct. 2nd

- Benefit for:
- Columbia Recreation Commission
 - Szegda Farm Open Space
 - Research for Type 1 Diabetes & Multiple Sclerosis
 - Horace Porter School PTO




Discovering History, Pride of Place and Community

TOWN BEACH

Town Beach

The Columbia Lake Beach Hours/Season have undergone some changes. We are now providing more hours, where the beach will be life guarded! In addition, we have also changed our pass system, looking to simplify it, to make it easier to use for residents. Both the Season/Hours schedule and pass chart are located below.

Season	Hours	Days
June 10 th – August 17 th	Weekdays: 1030am-7pm	Mon. - Fri.
weekends only from May 28 th - June 9 th and August 20 th - Sept. 5 th	Weekends: 12pm-7pm	Sat. - Sun.

Resident	Season Pass	Day Pass	Transferrable Pass
Ages 5-17	\$20	\$5	\$40
Ages 18-61	\$30	\$5	\$40
Age 62+	\$15	\$5	\$40
Non-Resident	Season Pass		
Ages 5-17	\$200		
Ages 18-61	\$300		
Age 62+	\$150		

- Max of 4 transferrable Guest Passes per family.
- Resident season pass holders can purchase day passes for any guest for \$5.



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- Family Max of \$120: Applies only to resident's purchasing season passes.
- Passes are required for admission.
- Fishermen using the town dock must have a beach pass.
- Children under age of 12 must be accompanied by an adult.
- Renters and Nanny's fall under the Resident Pricing. **(Must provide proof of rental agreement/nanny's name will go on the back of pass holders card).**

Swim Lessons:

Session 1 July 6th – July 15th

Level 1: 10:30am or 5pm
Level 2: 10:30am or 5pm
Level 3: 10:30am or 5pm
Level 4: 10:30am or 5pm
Level 5: 10:30am or 5pm
Level 6: 10:30am or 5pm



Session 2 August 1th – August 10st

Level 1: 10:30am or 5pm
Level 2: 10:30am or 5pm
Level 3: 10:30am or 5pm
Level 4: 10:30am or 5pm
Level 5: 10:30am or 5pm
Level 6: 10:30am or 5pm

Times are subject to change due to enrollment

Fee: Resident: \$75.00 per session; Non-Resident: \$80.00 per session (Non-refundable)

Class Session: There are 9 days of lessons with the 10th day reserved for make-up if a lesson is cancelled due to inclement weather. **Please Note:** Swim-lessons are non-refundable and non-transferrable. In the event of a schedule conflict or your child being unable to participate, we cannot be held responsible for missed days.

Requirement To Enter Class: A completion card or mastery of skills of previous level.



Complete class descriptions can be found on our website.

Level 1: An introductory class for children who entered school (5+). Children will learn basic water skills such as bubble blowing, going under water, and floating with assistance.

Level 2: Building off the basic skills learned in level 1, children learn to float and glide on their own as well as the basics of crawl stroke.

Level 3: Building off of skills from level 2, children learn to refine their breathing technique and stroke work.

Level 4: Building off of the skills learned in level 3, children learn to refine strokes further, learn the basics of diving, and build endurance.

Level 5: Building off of level 4 skills, children further refine swimming and diving skills while building endurance.

Level 6: Building off level 5, children build endurance and develop a sustainable, powerful stroke. This class also has a focus on open water safety.

WEEKLY EXERCISE PROGRAMS

Monday	Wednesday	Thursday	Saturday
Fit-Fusion 4:30pm-5:30pm	Fit-Fusion 4:30pm-5:30pm	Yoga in Yeomans 7pm-8pm	Yoga at the Lake 8am-9am
Zumba 7pm-8pm	Fit-Fusion 4:30pm-5:30pm	In- Alignment 7pm-8:15pm	
Men's Basketball 7pm-10pm		Men's Basketball 7pm-10pm	

- Fit-Fusion is located in Yeomans Hall until July 11th. July 11th-September 28th it will be held in the Beckish Center.
- Men's Basketball is only during the school year and is from 8pm-10pm, November-March.
- Yoga at Yeomans becomes Yoga at the Lake once summer begins.
- In-Alignment only offered July 7th- August 30th.

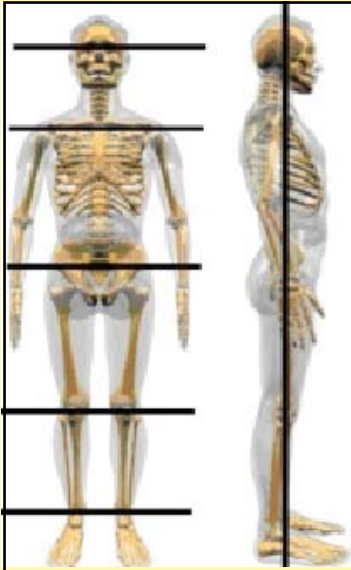
Zumba	\$6/Walk-in, \$50/10 class, \$90/20 class
Fit-Fusion	\$6/Walk-in \$50/10 classes
Yoga	\$10/Walk-in \$90/10 classes
Mens Basketball	\$55 for Residents, \$65 non-residents
In-Alignment	\$5

These classes will help you to:

Discover some of the imbalances and misalignments that may be causing you pain, discomfort or restriction in daily life.

Learn simple, accessible, and functional postures and movements to help you restore muscle balance and joint alignment. Improve your overall strength and flexibility.

Increase your overall physical balance to help you more fully enjoy life now and for many years to come. Everyone can benefit from improved body alignment!! It's one essential element of any health and well-being program. And it's a great complement to those who have a yoga practice!



In-Alignment helps improve overall body posture while it relieves musculo-skeletal pain without the use of drugs, surgery or hands-on manipulation. Learn simple therapeutic postures and movements to help you stay active and pain-free.

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May 28	Carolyn Brodginiski
June 4	Collins & Bradley
June 11	Bruce John
June 18	the Macha Brothers
June 25	Bruce John
July 2	Bruce John
July 9	Patty Tuite & Wild Bill
July 16	Ron Anderson
July 23	Bruce John
July 30	Ashlee Paradise
August 6	Bruce John
August 13	Tuesday Saints
August 20	Macha Brothers
August 27	Bruce John

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SUMMER SPORTS CAMPS



Holowaty Baseball Camp	June 27-July 1	9am-12:30pm	Ages 5-12
Love of the Game Baseball Camp	July 25- July 29	8am-1pm	Ages 6-15
Columbia Softball Camp	July 25- July 29	9am-12:30pm	Ages 6-16
Columbia Field Hockey Camp	August 1-August 5	9am-12:30pm	Ages 6-16



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SUMMER SPORTS CAMPS

Columbia Field Hockey Camp

Camp Director- Amanda Lester
E.O. Smith Varsity Field Hockey Coach

Dates and Times:

Monday, August 1st - Friday, August 5th
9:00am-12:30pm

Location:

Recreation Park
Hennequin Rd.
Columbia, CT

Cost:

\$120 Residents / \$130 Non-Resident
(includes shirt and insurance)

Contact Director for sibling prices

Registration Forms to:

Amanda Lester
16 Szegda Rd.
Columbia, CT 06237

Info: ColumbiaCamps@gmail.com or call (860)-228-4805 Amanda Lester, Camp Director.



**\$115 family discount for 3
or more**

**Every participant receives a
t-shirt and certificate.**

July 25th – 29th

Recreation Park, Columbia, CT

8:30am-12pm

Our camps offer an opportunity to improve individual skills and team play with teaching as a key element. Staff consists of outstanding area coaches who not only will help your child to develop skills but hopefully, in some way, will help him or her to be a better person. It is our goal to have each camper improve and most importantly have a good time doing so!

SUMMER SPORTS CAMPS

Holowaty Baseball Camp

June 27th - July 1

9am - 12:30pm

Rec. Park

Learn the game from 4-time National Championship coach, Bill Holowaty and staff. Coach Holowaty has been a Columbia resident for over 35 years, and was head baseball coach at Eastern Connecticut State University from 1968-2013, with a record of 1382-515-6. Learn from some of the best baseball teachers in the game today.

Columbia Softball Camp

Camp Director - Amanda Lester

Dates and Times:

Monday, July 25th
through Friday, July 29th
9:00am - 12:30pm

Location:

Recreation Park, Hennequin Rd.
Columbia, CT

Cost:

\$120 Residents
\$130 Non-Resident
(includes shirt and insurance)

**Contact Director
for sibling prices**

Registration Forms (checks/payment) to:

Amanda Lester
16 Szegda Rd.
Columbia, CT 06237

For more information email: ColumbiaCamps@gmail.com, or call: (860)-228-4805

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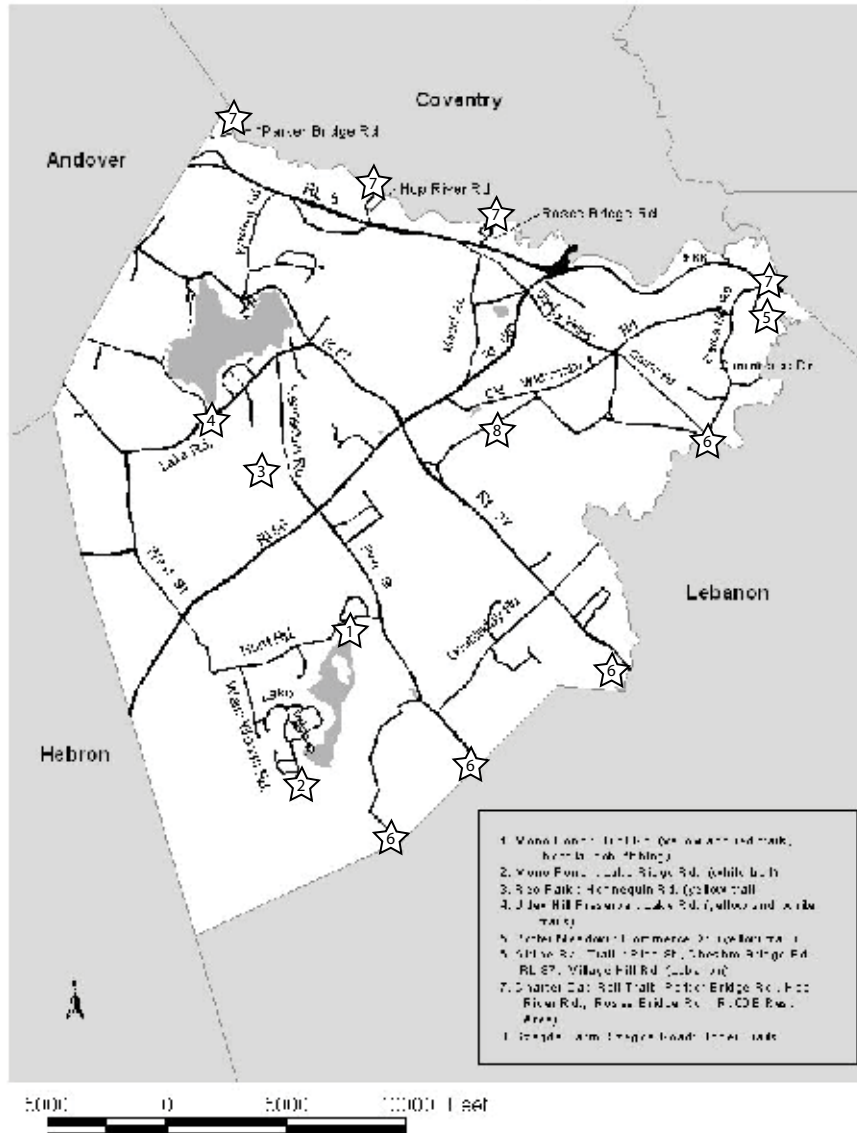


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COLUMBIA TRAILS

Columbia Trail Access Parking Areas



Columbia Trails

Columbia's public trails are owned by the Town, the State, or Joshua's Land Trust, and are maintained by volunteers. Only the rail trails are multi-use trails - allowing hikers, bicycles, and horses. All other trails are pedestrians only. None allow motor vehicles. The Town and Trust trails are marked with paint blazes.

Please observe normal trail courtesy. Keep your pet under control. Clean up after your pet. Do no collecting of plant, animal, or mineral matter. Respect the integrity of historical structures or ruins. Carry out all waste or trash

matter. Report any problems with the trail to the Joshua's Trust or the Columbia Conservation Commission.

Enjoy and help protect the scenic and historic beauty of our town!

Mono Pond Recreation Area

(State: 180 acres)

1. The main parking lot off Hunt Road near Yeomans Road provides access to two trails which start at the same trail head near a large boulder at the edge of the lot. The Yellow Trail is a one mile loop. The shoreline

COLUMBIA TRAILS



portions are popular for fishing access. Part of the Yellow Trail has been developed as a Nature Trail with a guide available on the back of the sign board at the parking area. The guide emphasizes succession of the area from farmland to forest, and the variety of plants and animals in the different habitats along the way.

The Red Trail begins where the Yellow Trail loops back. It is a fairly rough and sometimes wet trail that parallels the shoreline of the pond as far as the main inlet with a short loop at the end that then returns you along the same path. One way: one mile

2. Park at the dead end of Lake Ridge Road, the main road through the Island Woods Subdivision. The White Trail is a half mile loop through second growth forest. The trail begins at either side of the cul de sac. It is fairly level and dry year round. Adjacent abandoned roads access Columbia's "ghost town" Wells Woods. These roads are now privately owned and permission is necessary to walk them.

Recreation Park / Utley Hill Area

(Town and Land Trust: 233 acres)
See page 18 for map and trail guide details.

3. There are two short white blazed connector trails

that lead from either end of the rear parking lot at Rec Park to the Utley Preserve's Yellow Loop Trail. The Yellow Loop is 1 1/4 miles long and is signposted at main intersections.

4. Limited parking off Lake Road opposite Erdoni Road gives access to the other end of the Yellow Loop Trail, and closest access to the White Trail, a loop trail on the south side of Utley Brook which passes historic mill ruins.

Potter's Meadow

(Joshua's Trust : 34 acres)

5. Parking is at the end of Commerce Drive. This preserve lies entirely in the Ten Mile and Willimantic River floodplains and is often impassable after heavy rains. Insects and ticks can be numerous. The Yellow Trail here provides a one mile loop along river and marsh with excellent wildlife viewing opportunities.

Airline Rail Trail

(State: six miles, but continues to East Hampton)

6. This trail has a number of access points. Parking is limited at all of them. The trail is under restoration. Currently it provides a level and wide but sometimes rough trail along scenic portions of the Lebanon-Columbia border. Abutting property is private, so please keep to the trail.

Charter Oak Rail Trail

(State: five miles, but continues to Vernon)

7. This trail has a number of access points. Parking is best

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COLUMBIA TRAILS

off Hop River and Parker Bridge Roads in Coventry. The trail parallels and recrosses the Hop River numerous times. The trail is wide and level with new bridges. Abutting property is private, so please keep to the trail.

Szegda Farm

(Town: 135 acres, trails 1.5 miles)

8. The parking area off Szegda Road is signposted Szegda Farm: Upper Trails. Two 3/4 mile loops.

Purple Loop: fairly level trail leading through a variety of habitats

Yellow Loop: reached from the Purple Trail - a woodland trail with views from a rocky ridgeline. One steeper section.

This trail system lies on 150 acres belonging to the town of Columbia and 125 acres belonging to Joshua's Trust. While the Recreation Park portion includes active recreation facilities, the wooded portions serve as protection for the Columbia Lake watershed and as home to a considerable variety of wildlife. At the heart of the area is Utley Brook, a scenic watercourse which features 19th century mill ruins, beaver dams, several pond-like impoundments, and an extensive swamp. Please help protect these important features by taking only photographs, leaving only footprints, and following the guidelines below.

Suggested Activities

Hiking
X-C Skiing
Birdwatching/Nature Study

Prohibited Activities

Unleashed Dogs
Motor Vehicles of any kind
Camping/Camp Fires
Hunting

Trail Guide

There are a total of 4 miles of blazed hiking trails within this area. Please do not stray from the paint-blazed woodland trails, as hunting does occur on adjacent private land.

Utley Yellow Trail

This loop is 1.25 miles long. It may be reached from either Columbia Recreation Park or 1/4 mile access path from Lake Road. It is signposted at main intersections and includes part of an old road that follows the southeastern bank of Utley Brook with views of beaver work and a swamp. In the upland areas it passes many stone walls that once bounded farm land dating back to colonial times.

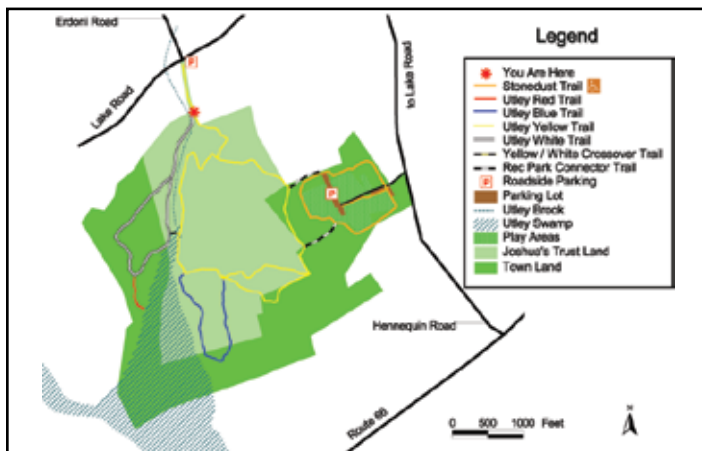


Utley Red Trail

This short, 100 yard trail leads from the farthest point of



General Information



the White Trail down to the edge of Utley Swamp and provides an ideal spot for wildlife watching.

Utley White Trail

This 1-mile trail begins at the end of the Lake Road Access Path. It crosses Utley Brook on an old bridge of large stone slabs and passes several old mill sites before dividing into the loop portion. The trail gently climbs and descends the slopes northwest of the Utley Swamp with signs of former granite quarrying.

Utley Blue Trail

This nearly level 1/2 mile trail provides an extension to the Yellow Trail. It follows the edge of Utley Swamp and then returns through upland forest to the Yellow Trail near it's division into two alternate routes. As this area is less traveled, there are good opportunities for seeing wildlife.

Stonedust Trail

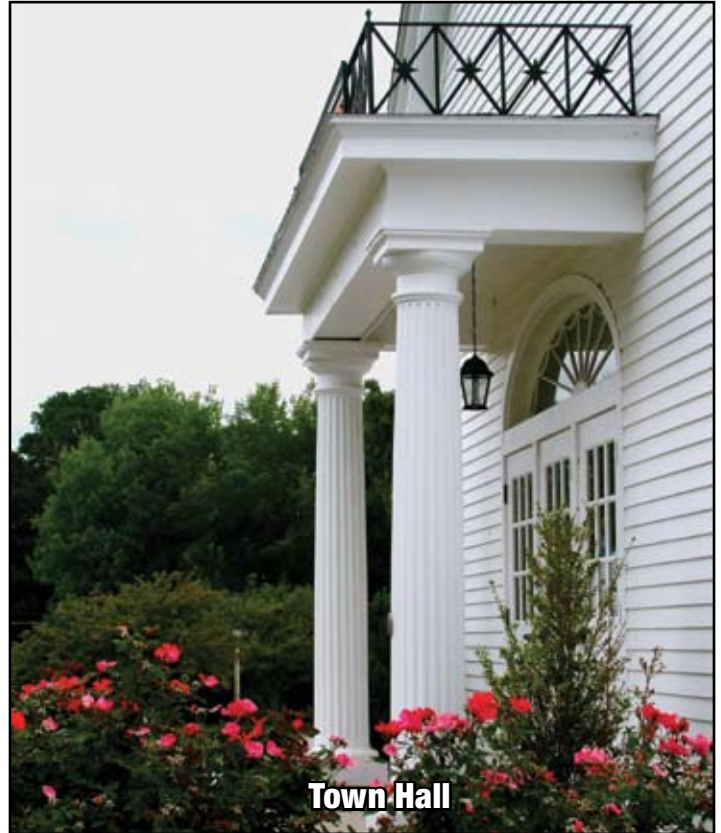
This level 3/4 mile trail loops around the perimeter of the playing fields in Columbia Recreation Park. Its firm surface makes it suitable for strollers and wheelchairs

Yellow/White Crossover Trail

This trail connects the yellow and White trails just below the open water areas of Utley Swamp. Rock-hopping across the brook is required and may be difficult in high water conditions.

Rec Park Connector Trail

These two short white-blazed trails provide access from the Stonedust Trail to the Yellow Trail. One lies at either end of the rear parking lot in Recreation Park.



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At Camp Discovery our primary goal is to provide a physically and emotionally safe, enriching environment in which campers can spend their summer vacation. Children ages five (going into first grade) through twelve are offered a variety of recreational, educational and creative experiences designed to meet the diverse interests and abilities of a wide range of campers. Camp Discovery each year plans special activities, and events for our summer program with special summer camp themes. With lots of cool things to do, children can explore sports, swimming, outdoor fun, arts and crafts, games museums and lots more. Each activity is closely supervised by our well trained Camp Discovery staff members. We offer full-time, part-time and drop-in care (if available). We plan on making this summer the best summer your child has ever had!!!!



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