

November

With



Child and Babysitter Safety: NEW DATE

When: Saturday November 20, 2021 1:00pm—6:00pm

Where: Herrick Park Building, 29 Hebron Rd, Bolton, CT 06043. ****please note the change in location**



Who: Ages 11-17 **Cost:** \$100.00

Courses taught by Life Safe Services Professionals

This course is for youth's age 11 to 17 years of age with the most common age of 12 - 14. This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include hand washing, diapering, bottle feeding, personal safety and interview skills. Basic first aid and obstructed airway management for conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification) Booklet, handouts and Babysitter Safety Certificate of completion included.

Register through the Recreation Department by going to <https://boltonrec.recdesk.com>



Contact the Recreation Department today!
Interim Recreation Director— Stephanie Crane
860-649-8066 X6109 or scrane@boltonct.org

Registration for all programs are very limited
register today before it is too late!

<https://boltonrec.recdesk.com>

COVID Guidelines are ever changing and we will continue following all recommended guidelines from the state, OEC, CDC, and the health district. This will include however may not be limited to mask wearing, social distancing, screenings at drop off and more!

Mask wearing is required for all fall programs.

These will be followed by everyone at ALL in person programs AND events!

*****Any programs and all facilities may close with or without notice depending on COVID infection rates and community transmission*****

Virtual Cooking Class: Pumpkin Recipes

Cook with Shoprite Nutritionist Sarabeth!

When: Saturday November 6 @ 10:00am (Join us on a Saturday in your PJ's!)

Where: Your Kitchen

Bring the family together to learn how to make some yummy pumpkin recipes following along with Sarabeth virtually right from your kitchen.

There is no cost for this program, simply register with the Bolton Recreation Department to receive virtual class information and do the grocery shopping for the below listed ingredients on your own time.

Pumpkin Pie Parfait Ingredients:

- 4 oz reduced fat cream cheese, softened
- 4 oz (1/2 cup) greek yogurt (plain or vanilla)
- 1 cup pumpkin puree
- 3 Tbsp. maple syrup
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp pumpkin pie spice
- Whole grain graham crackers



Pumpkin Pie Energy Bites Ingredients:

- 1 ¾ cup oat flour
- ¼ cup coconut flour
- 2 TBS sugar
- 1 TBS pumpkin pie spice
- ¾ cup pumpkin puree
- 1 tsp vanilla
- ¼ cup almond butter
- ¼ cup honey
- ½ cup white chocolate chips



Register here: <https://boltonrec.recdesk.com/>

This program is brought to you by Bolton Recreation Department, Bolton Senior Center and Bentley Memorial Library.

NCC Travel League 2021-2022 Competitive Basketball

Girls and Boys in grades 5-8 have the opportunity to participate in a competitive basketball league with surrounding towns in Connecticut during the season.

Travel teams for every grade level are **not guaranteed**. If there is not enough interest at a specific age level participants will be placed on the appropriate recreational level team for the season. Joining the Travel basketball team takes much more commitment and dedication throughout the season. If you cannot guarantee your commitment and dedication you will be asked to join the recreation level teams instead. To join the Travel league team your participation will be mandatory in tryouts prior to the season starting, if you are not at tryouts you will automatically be placed on a recreation team. We ask you to understand that not everyone is able to join the travel teams and there are cuts that are made after tryouts. If you do not make the travel league team, you will be placed on the appropriate recreational level team.



Registration if interested is due by November 3rd, 2021. No Registrations after November 3 will be accepted for the Travel League Team

Tryouts @ BCS Gymnasium		
Division	Time	Date
5/6 Girls	6:15pm	November 8
7/8 Girls	7:15pm	November 8
5/6 Boys	6:15pm	November 10
7/8 Boys	7:15pm	November 10

Travel League cost: \$165.00

Payment will be due after tryouts, no payments will be accepted prior to

Practice and game dates are TBD

Registration can be done online at:

<https://boltonrec.recdesk.com/>

“Yes I want to Coach!”

Coaches can be parents, siblings, other relatives or volunteers interested in helping! All coaches must complete a background check and attend the preseason screenings and evaluations as well as a mandatory coaches meeting. High School students interested in helping are able to receive community service hours as well. Coaching is more than just knowing the game! The ability to teach the age appropriate athletic skill is equally as important as the awareness of the psychological and emotional needs of those children participating in the sport. If you are interested please indicate so when you register your child The number one goal of our coaches is to be sure our Recreational players have fun while learning!

Never coached before? Not a problem! We can get you the appropriate training and information needed to help you succeed for the season. All coaches are requested to join and assist in running drills during tryout nights.

We will have a preseason mandatory coaches meeting on Friday November 19 at 6pm at Herrick Park, 29 Hebron Rd, Bolton, CT 06043.

2021 – 2022 Youth Basketball

Bolton Recreation Department welcomes players at all levels of experience. The programs feature skill; development, sportsmanship, teamwork, participation and healthy competitions.



Registration can be done online:

<https://boltonrec.recdesk.com/>

Pewee basketball

For ages 2-5 to spend some time on the court! Eight Saturday mornings 8:00am-8:30am at Bolton Center School learning the basic fundamentals of basketball!

Dates: January 8, 22, and 29; February 5, 12, 19, and 26; March 5

Cost: \$35 Registration Deadline: December 30, 2021

Kindergarten and First Grades

Co-ed teams at an instructional level. Eight Saturday mornings 8:30am-9:15am at Bolton Center School are spent learning the basic fundamentals of basketball! Small teams are formed allowing everyone to shine and receive the appropriate one on one time. Parents are required to stay throughout the program and are encouraged to participate on the gym floor with your child.

Dates: January 8, 22, and 29; February 5, 12, 19, and 26; March 5

Cost: \$55.00 Registration Deadline: December 30, 2021



Second grade teams

Coed teams that spend eight Saturday mornings 9:15am-10:15am at Bolton Center School getting everyone moving, and preparing for the next level at third grade and having fun learning the basic fundamentals of basketball! Small teams are formed allowing everyone to shine and receive the appropriate one on one time.

Dates: January 8, 22, and 29; February 5, 12, 19, and 26; March 5

Cost: \$65.00 Registration Deadline: December 30, 2021

Grades 3-8 Recreational Basketball

Consists of one night of practice a week beginning in December at Bolton Center School and one game on the weekend beginning in January at Bolton or other surrounding towns in our league. The season consists of 8 games for each team ending with a division jamboree/tournament. Recreation League consists of equal playing time on the court during games and no one being left out during games or practices. Prior to the start of the season ALL participants must participate in a pre-season evaluation. Team divisions are composed of grades three and four, five and six, seven and eight. Practice and game schedules for the season are TBD.

Cost: \$110.00 Registration Deadline: November 5, 2021