



NEW LONDON RECREATION



SPRING 2026



CONNECT

1 RECREATION WAY, CT 06230 • 860-447-5230
NEW LONDON YOUTH AFFAIRS 860-442-4994
VISIT US ON THE WEB AT WWW.NEWLONDONREC.COM • REGISTER ONLINE!

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MESSAGE FROM THE DIRECTOR OF RECREATION

DEAR FAMILIES AND FRIENDS OF THE NEW LONDON RECREATION DEPARTMENT,

As we head into the spring and summer seasons, I want to take a moment to highlight everything we've been working on and what's coming next.

We've had a great start to the year with strong community participation across our programs and events. From Unified Night to our High School and Middle School Night Outs, it's been great to see so many of you come out and take part. These are the types of opportunities we're committed to continuing—bringing people together in a positive and fun environment.

Our tournaments have also been a big success, including adult pickleball and youth volleyball, and we're looking forward to building on that momentum. One of our biggest events of the year is coming up—the 5K Brew Run and 1-Mile Kids Root Beer Run, sponsored by Tox Brewing—and we hope to see you there.

Our basketball season wrapped up strong despite some weather challenges, and I want to thank all of our players, coaches, and families for their commitment. We've also launched our Teen Center, giving middle school students a safe space to gather on Fridays, and we're continuing to

expand our aquatics programming with swim lessons, swim team, masters swim, and water fitness options.

We're continuing to grow and offer more for the community—whether it's youth sports like gymnastics and karate, dance programs, adult fitness classes, cooking programs, summer camp, or new initiatives we're working on behind the scenes.

We're excited about where things are headed and appreciate your continued support.

See you this season,

Joshua Posey
Director of Recreation
City of New London



FOLLOW US ON SOCIAL MEDIA

For the latest news and information regarding
City of New London Recreation.



*Please contact us 2 wks. in advance of program with any special accommodation requests. We will make every effort to meet those needs so every child or adult can participate with success. 860-447-5230

HABLAMOS ESPAÑOL PARA MÁS INFORMACIÓN

Llamar al 860-447-5230

REFUND/CANCELLATION POLICY

If the Recreation Department cancels a program/class, then a full refund will be given. If an individual decides to drop out of a course that he/she has already paid for, **a refund request must be made seven days prior to the first class session. He/she will be assessed a \$10 processing fee. No refunds will be given within seven days of the session beginning.** 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. Session fees cannot be prorated; therefore if you join a session after the start, you are responsible for the full payment.



INCLUSION STATEMENT

The City of New London Recreation Department provides recreation and leisure programs which are open to all residents in the City and seeks and supports participation by all citizens with a variety of interests and abilities. If you or a family member require special accommodations or support to participate in the New London Recreation Department programs, please contact us at least 5 business days prior to the start of class so we may make appropriate accommodations.

MISSION STATEMENT

To connect the community with resources that will enrich and enhance the quality of life of all individuals through healthy lifestyle initiatives, inclusive prevention services, and programs that encourage civic involvement and community partnerships. Safety of participants and staff is our number one priority.

***PROGRAM SCHEDULE AND FEES SUBJECT TO CHANGE**

NEW LONDON CITY INFORMATION

CITY COUNCIL

Efrain Dominguez Jr., President | Victoria Mueller | John D. Satti | Akil Peck | Jocelyn Rosario | Reona M. Dyess
Jeffrey P. Hart, Parks & Recreation Commission Liaison
Jennifer Startz, Administrative Assistant

PARKS & RECREATION COMMISSION

Donna Bailey, Co-Chairperson | James Diaz-Saavedra Co-Chairperson | Norman Harrison | Benjamin Hyde | Christina Bliven | Ricky J. Free | James Singleton, Jr. | Alberto Garcia | Ricardo Pratts | Patrick Sheehan Gaumer | Carrie Sheridan | Michelle Johnson-Scovish, Recording Secretary

MAYOR'S OFFICE

Mayor Michael Passero
Steven Fields, Chief Administrative Officer
Richelle Meneses, Executive Assistant

PARKS DIVISION OF PUBLIC WORKS

Brian Sear, Director of Public Works
Stephen Lee, Deputy Director of Public Works
George Brosfoske, Parks Crew Leader

RECREATION DEPARTMENT OFFICES

Main Office: Phone: 860-447-5230
Fax: 860-447-7956
Youth Affairs Office: Phone: 860-442-4994

RECREATION DEPARTMENT STAFF

Joshua Posey, Director of Recreation

RECREATION

Sharon Bousquet, Assistant Director of Recreation
Sally Brennan, Program Manager II
Tara Hannaford, Recreation Supervisor II
Tommy Podeszwa, Aquatics & Recreation Coordinator
Zach Morales, Park Ranger
Rianna Rubino, Program Director
Andria Fraser, Program Director

YOUTH AFFAIRS

Cindy Alvarez, Teen Development & Employment Coordinator
Tina Salcedo, Early Childhood & Family Program Leader
Paola Cruz, Program Coordinator
Nicole Broadus, Program Assistant
Estefani Cruz, Program Assistant
Maria Cortorreal, Program Coordinator
Margaret Lancaster, Program Assistant
Gail Palladino, Program Facilitator
Rianna Rubino, Program Assistant
Debra Sargent, Program Assistant

CITY YOUTH SPORTS LEAGUES NEW LONDON YOUTH SOCCER CLUB

Clare DePeter Powers, President
nlscprez@gmail.com
newlondon.cjsalive.org

NEW LONDON LITTLE LEAGUE

Aimee Lee, President
NLLLpresident@gmail.com
newlondonlittleleague@gmail.com
newlondonlittleleague.com

NEW LONDON YOUTH FOOTBALL & CHEERLEADING

James Singleton, President
860-625-5861
newlondonyouthfootball@gmail.com
nlyouthfootballleague.com

NEW LONDON BABE RUTH

Anthony Lefleur, President
413-626-9935
Anna Stefanski, Player Agent
860-705-3244

CITY PARK GROUPS

The City is fortunate to have volunteer, non-profit groups to enhance our parks. To learn how you can help, contact:

SAVE OCEAN BEACH

Bill Lacey | 860-608-6009
steeringcommittee@saveoceanbeach.org
save-oceanbeachpark.org

RIVERSIDE PARK CONSERVANCY

Ronna Stuller
info@riversideparkconservancy.org
riversideparkconservancy.org

FRESH

McDonald Park & Community Garden
info@FRESHNEWLONDON.ORG

FACILITY RENTAL

Are you planning a practice, game or event and need a recreational location to host your family, friends, associates or co-workers? Look no further! The City of New London Recreation Department and Parks Department are proud to provide the public with wonderful facilities, parks, & fields.

- A permit is required for any organized picnic or activity of 10 or more participants.
- No permit is final until an application is submitted, processed, paid in full, and any additional requested documentation is received.
- Do you have a NLRD account at www.newlondonrec.com? You'll need one to apply for a permit.

Applications for one-time permitted uses are due at least 14 calendar days before the date of use. Requests of less than 14 days will incur a \$5 late fee. No requests will be accepted with less than 3 business days to process. Many one-time permitted uses will be approved at the time of application. Some events, especially larger community events, may require additional information and documentation including but not limited to Certificate of Liability Insurance, 501-3c status, etc. These applications will not be approved until the Recreation Office has reviewed the request and ensured that all appropriate

BEFORE & AFTER CARE

BEFORE CARE

New London Recreation in partnership with NLPS will offer care starting at 7AM at elementary schools in New London every day school is in session starting on the 1st day of school! Registration is open on our website. *Register for the school the child attends. Payment plan option ends the 15th of each month.

Date Information: Mon-Fri, on school days, August-Jun monthly; 7:00 AM-start of school.

Cost: \$30 per week - payment plan offered - reserve your spot for the whole year and pay weekly.

Age Requirements: Grades PK-5

Location: Nathan Hale, and Winthrop Elementary Schools

AFTER CARE

Offer afterschool programming at the New London Community Center starting directly afterschool, leaving all 3 elementary schools by bus every day that school is in session. A payment plan is offered so you can register and reserve your child a spot all the way through the school year. Swimming lessons offered weekly on Wednesdays during aftercare (optional additional charge). Program will not take place on parent teacher conference days or half days but WILL take place on regular early release Wednesdays. Each participant is charged by the number of days of programming in the month

Date Information: Mon-Fri, on school days, August-Jun monthly; End of school - 5:15 PM

Cost: \$30 per week - payment plan offered - reserve your spot for the whole year and pay weekly. Must register by 15th of each month for payment plan

Age Requirements: Grades PK-5

Location: NL Community Center, 1 Recreation Way

YOUTH SPORTS REGISTRATION

LITTLE LEAGUE

Girls Ages 4-16, Boys 4-13



SCAN ME

BABE RUTH

Boys 13 -18



SCAN ME

TRAVEL SOCCER

Girls and Boys Ages 8 - 14



SCAN ME

REC SOCCER

Girls and Boy Ages 5-12



SCAN ME

YOUTH FOOTBALL & CHEERLEADING

Girls Ages 6-17 and Boys Ages 5-14



SCAN ME



NEW LONDON
RECREATION



SWIM

OUR PROGRAM OFFERS:

- Adult Water Fitness Programs
- Adult Swim Lessons
- Baby & Me Swim Lessons
- Preschool Swim Lessons
- Youth Swim Lessons
- Private Swim Lessons
- Swim Team
- Masters Swim

Love being in the water! We have something for everyone. Join us for an adult water fitness class or swim lessons. We offer both group and private swim lessons. Looking for a swim workout program, join us for masters. We are also home of the Thames River Dragons Swim Team for ages 6-15.

WWW.NEWLONDONREC.COM

860-447-5230



NEW LONDON
RECREATION

5K Brew Run & 1 Mile Kids Root Beer Run



SCAN ME

Saturday, May 2
Kids Race 9:30am
5K - 10am

5K - \$30
\$20 for ages 15 and younger
Kids 1 Mile - \$20

- 5K RUN
- 1 Mile Kids Run
- Awards at Tox Brewing
- Ticket for a Slice of Pizza and a Beer (21+) or Soda

Proceeds Support NL Recreation
Program Scholarships

Sponsored By Tox Brewing

WWW.NEWLONDONREC.COM



SUMMER PLAYGROUND PROGRAM

JUNE 29 - AUGUST 7
AGES 4 - 9

AGES 4-5 @ BP
AGES 6-9 @ NATHAN HALE & WINTHROP*

\$85 PER WEEK - RESIDENTS
\$110 PER WEEK - NONRESIDENTS
PRICE INCREASES \$5 PER WEEK ON 6/15

OPTIONAL
BEFORE CARE \$30 PER WEEK
AFTER CARE \$30 PER WEEK

OUR ACTIVITIES

- FREE SWIM LESSONS
- FIELD TRIPS
- NESS ADVENTURES
- FREE BREAKFAST & LUNCH

SPACE IS LIMITED!

WWW.NEWLONDONREC.COM
860-447-5230



*SUBJECT TO CHANGE



Summer PLAYGROUND FIELD TRIPS PROGRAM

FOR AGES 10-14



LAKE COMPOUNCE



BROWNSTONE ADVENTURE PARK



IT ADVENTURES ROPES COURSE



Starting at \$85 per week



For more information:

Call: 860.447.5230

<http://newlondonrec.com>

More Trips

- CT SUN BASKETBALL GAME
- ROCKY NECK STATE PARK
- GREAT WOLF LODGE
- OCEAN BEACH WEEKLY
- MOVIES
- WEEKLY SWIMMING
- SAILING
- AND MORE!

GRANT FUNDING



CURRENT GRANT OPPORTUNITIES

Engaging Girls in New Activities

- Funding to increase girl's engagement in sport
- Vouchers available for girls to try a new sport

Seeking Women to Coach and Officiate

- Receive proper training to be an effective coach
- Receive a stipend after coaching a season in New London
- Apply here:



FY 2025 GRANT FUNDING SECURED FACT SHEET

INSPIRE GIRLS \$90,000

- Funding by CT Justice Education Center
- Supporting Programs:
 - After Care
 - Teen Center
 - Middle School & High School Night out
- Vouchers for girls to try a new activity

YOUTH SPORT EQUITY \$120,000

- Funding by: NRPA & Musco Lighting
- Increasing Youth Access to sports
 - 200 youth participating in a new sport in Fall of 2025
- Lighted Mini Pitch at Fulton Park

NRPA & NIKE \$35,000

- Increasing Access to Youth Sports
- Vouchers for Girls to Participate in new sport
- Funding to train Women to coach & officiate in New London



SOCCER SWIM CAMP

June 22 - June 26
AGE 6 - 14



GYMNASTICS CAMP

August 10 -14
Ages 4-8

Volleyball Camp

June 22-June 25
Ages 11-17

COOKING CAMP

August 10 -14 &
August 17-21
Ages 5-17



REC MOBILE

Free Programing in the
Parks.

9:30-11:30am, Monday
through Thursday
June 22 - August 20

WWW.NEWLONDONREC.COM

860-447-5230

NEW LONDON YOUTH AFFAIRS

Mission: New London Youth Affairs is a youth Service Bureau which promotes positive outcomes for children, youth, and families by supporting a wide range of comprehensive services and collaborations.
All the following programs are offered free of charge.

EARLY CHILDHOOD FAMILY CENTER

Family series/resources are provided for children from birth to 5 years and their caregivers. The Family Center promotes child development skills, assistance accessing preschool slots, links to community services, developmental screening, free books, educational trips, parent mental health support workshops, and early childhood/family basic needs items.

WHALE'S TALES CHILDREN'S BOOK BANK & LITTLE FREE LIBRARIES

The book bank provides thousands of free books to youth, their families, and the community; and collaborates to implement literacy programs. Books and donations are welcome at the Community Center book bank, and Little Free Libraries at Bates Woods Park, Green Harbor Beach, Mahan Park, Jennings School, Calkins Park, & Stanton Building lawn.

DIAPER BANK

NLYA distributes diapers to enrolled families, packaged per individualized needs. New registrants can complete forms on the Youth Affairs website: www.newlondonyouthaffairs.org. Please call the diaper bank cellphone at 959-242-4818 with related questions. Office hours are Monday through Friday, 8:30am-4pm, for diapers, other distributions, and links to community resources.

COOL (CAREERS OF OUR LIVES)

COOL targets high school juniors and seniors for placement in post-secondary education/training, and/or employment/ apprenticeships. COOL assists with career and educational guidance, job seeking skills, portfolio development, driver's education support, and work based learning experiences including internships.

PARENT LEADERSHIP

This program offers an opportunity to strengthen parents'/ adults' skills to advocate for children in schools and the community. Free courses include childcare, meals, translation, transportation, and family supports. English and Spanish trainings include People Empowering People (PEP) and other skill building/education workshop opportunities.

CT YOUTH EMPLOYMENT & TRAINING PROGRAM

Provides short-term summer and school year employment, career pipeline opportunities, as well as long-term employability training for 14-24 year olds. Young people gain work experience, initiate career contacts, and improve marketable skills. Dozens of varied worksites and contributing employment partners benefit youth.

TEEN LINKS

Teen Links supports middle school and high school aged teens achieve academic and employment objectives. Skill growth is targeted via school year workforce/career readiness certification including first aid/CPR, employment placements, evidenced based curricula life skills series (Girls Circle). Let's Talk career/risk prevention/mental health sessions, basic needs support, and enhancement excursions.

NL COMMUNITY CONNECTIONS COALITION (NLCCC)

NLCCC functions as a consortium of New London area organizations, dedicated to preventing youth substance use/risky behaviors and promoting health/mental health. Efforts include community education, skills development, and prevention initiatives.

YOUTH DIVERSION TEAM (YDT) AND SCHOOL ATTENDANCE PROMOTION

The JRB is a community based opportunity that diverts young people from the Juvenile Justice System and connects them with local services and resources to meet their needs and interests. Strategies are also implemented to promote school attendance and support FWSN (Families with Service Needs) youth, enhancing employment, academic, life skills, and health opportunities.

FAMILY/COMMUNITY EVENTS

Youth Affairs coordinates and partners to offer large scale family and community events, providing information and activities.

