## **Ellington Recreation Department Program Guide**

**October 2022 Edition** 



We are just over a month away from our 3rd annual Robert Tedford Memorial Road Race and we are looking forward to what is sure to be our best turnout yet. The road race was created to honor longtime Recreation Director Robert Tedford and all proceeds are put toward projects that promote or enhance recreational facilities and opportunities. So please join us in honoring Bob the best way we know how to...by enjoying the outdoors!

Please feel free to peruse the programs that still have openings this fall and please also note that our early bird discount for recreational basketball expires on November 1st.

We look forward to seeing you outside this fall!

Dustin Huguenin Ellington Recreation Director

### **3RD ANNUAL ROBERT TEDFORD MEMORIAL 5K**



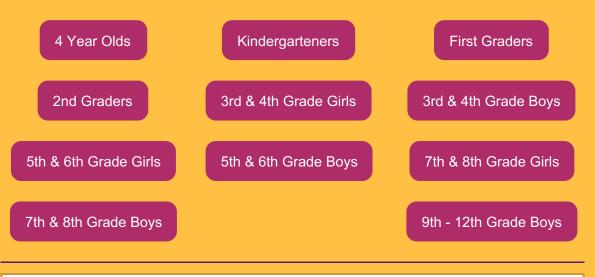
On November 12 our annual Robert Tedford Memorial Road Race will return to some of Ellington's most picturesque roads. Winners will receive awards and all participants will receive race swag and custom finisher medals. Younger participants can also register for our smaller duration 3k.

**Register Here** 

# RECREATIONAL & INSTRUCTIONAL BASKETBALL REGISTRATION



Youth Basketball Registration for the 2022 - 2023 Season is now open for grades 3 - 12! If you're interested in either travel/recreational or instructional basketball all you need do is register by clicking the below links for the appropriate grade levels. During registration please indicate if your child will be participating in travel team tryouts. Tryouts will be held in mid-October and will be announced soon. If interested in registering for 9-12th Grade Girls please email the recreation dept. at: recreationstaff@ellington-ct.gov





#### Adult (30+) Pick Up Basketball - Residents Only

Informal pick up style basketball for adults aged 30 and up. Play begins on September 12 at 5:30 - 8:30 PM and continues every Monday through June 5, 2023.

Register Here

## **High School Fall Pick Up Basketball**

This is a low cost informal pick up basketball opportunity for any high schooler that wants to play the game in a stress free environment. Play begins on 9/28 and continues every Wednesday through 11/16.

High School Boys

High School Girls

## JUKIDO

Jukido has blended techniques from jujitsu, judo, aikido and karate. Jukido is perfect for children ages 5 and over.

Jukido has blended techniques from jujitsu, judo, aikido and karate. Jukido is perfect for children ages 5 and over. Our program is led by the experienced and knowledgeable Jacob Ward and runs on Monday nights at Center School through out the year. For more information and to register please follow the below session links.





Ellington Parks and Recreation - Ellington, CT | 31 Arbor Way, Ellington, CT 06029

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