



Before School Basketball: Starts November 4th – December 18th each school morning from 7:50 to 8:20 am. Boys and girls in grades 4-8 are invited to join.

Fee: \$30.00



New York City: Saturday, November 28th. A day to do whatever you like in the Big Apple. Price: \$39.00 for the coach bus. Bus leaves PCS parking lot at 7 am and leaves NYC at 6 pm.



Family Ice Skating: registrations have been mailed out to all who skated last year. If you'd like to join in on the fun, please call or e-mail the Rec. Office to receive a form. This program has limited capacity & sells out each year. Don't wait! Registration form enclosed here.

Skate Swap: has been cancelled this year.

Family Fun Night at the Ice Rink: Saturday, *December 19th from 6:30 to 8:00 pm. This is the only single admission night available to the public at the rink. It is a holiday themed evening with music, food, games, prizes and a visit by Santa. *weather permitting-no make up date.

Admission: \$4.00 adults & \$3.00 children



NBA FIT Challenge: Friday, November 6th at 6:30 in the PCS Gym. Boys and girls ages 5 -14 are eligible to participate in this free program. You do not have to live in Pomfret to attend. The contest consists of 5 "exercise stations". You will have 30 seconds to compete in each exercise. The stations are as follows: Line Sprints, Jump Rope, Speed Revolution, Wall Pass and the Defensive Shuffle. Should be lots of fun!

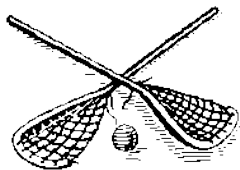


● **Friday Night Basketball:** for boys and girls starts on Friday, November 6th and runs through Friday, January, 29, 2010. Grades 3 & 4 play from 6:30 to 7:30 pm and grades 5 & 6 play from 7:30 to 8:30 pm. Fee: \$25.00. Get ready for the Frog Rock season!

Men's Over 30 Basketball in the PCS gym on Monday nights starting at 6:30 pm. The program started on October 5th and continues through March, 2010. Fee to play is \$25.00.



Letters from Santa: Boys and girls may write a letter to Santa starting on November 30th. Santa will respond to all letters received by December 17th. You may send your letters to: Santa, North Pole, c/o General Delivery, Pomfret, CT 06258. Please be sure to write your name and address on the letter.



Winter Lacrosse Warm Up for High School Girls and Boys: Saturdays from 4:45 to 6:30 at the Woodstock Academy Field House starting on January 9th through March 20th. This is a free program



Owaneco Youth Lacrosse coming soon!

Look for info and registrations starting in January.

Call the Recreation Office for registration forms for any program.

Most forms can be e-mailed or faxed.

Office Phone: 974-1423. or E-mail: B.Gagnon@pomfretct.org