



# SUMMER PROGRAM CATALOG

MIDDLEFIELD  
PARKS AND RECREATION

**June- August  
2026**



[WWW.MIDDLEFIELDCT.ORG/241/PARKS-RECREATION](http://WWW.MIDDLEFIELDCT.ORG/241/PARKS-RECREATION)

## Letter from the Director

Dear Middlefield Families, Neighbors, and Friends,

Thank you for being part of this new season of Middlefield Parks & Recreation.

Over the winter and spring, we piloted new programs, listened to feedback, watched what people responded to, and learned a lot about what our community is looking for. Your participation, ideas, patience, and encouragement helped shape this summer brochure. Whether you came to Tai Chi, watercolor, table tennis, a community music jam, a family program, a hike, or simply reached out with a suggestion, you helped us understand what is possible when our parks, beach, and Community Center are used as gathering places.

This summer, we are expanding in several exciting directions. At Beseck Lake, we are launching new waterfront programs. At Peckham Park, you will see more active outdoor programs, volunteer opportunities, fitness classes, and informal community gatherings. At the Community Center, we are building a more vibrant schedule of arts, crafts, music, and wellness programs. And our summer camp program will be having beach time at Beseck Lake this summer.

As our programs grow, we are also working to improve how we communicate and respond. We are expanding our team, building better systems, and adding more ways for residents to get in touch with us. Our goal is to be easier to reach, quicker to respond, and clearer about program details, schedules, registration, and cancellations.

You can expect to see more updates through our program registration system, emailed newsletters, the Town website, and direct program communications. We always welcome your feedback. Parks and Recreation works best when it grows with the community it serves, and we want to hear what is working, what is confusing, what is missing, and what you hope to see next.

This brochure is more than a list of programs. It is an invitation: to try something new, spend time outside, meet neighbors, make music, make art, move your body, get on the water, volunteer, play, learn, and help bring more life into our shared spaces.

Thank you for helping us build a more active, welcoming, and connected Parks & Recreation program for Middlefield.

See you at the park, the beach, and the Community Center,

**Mary Farnsworth**

Director of Parks & Recreation

Town of Middlefield

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## Volunteer Opportunities

### Peckham Park Garden Helpers (Mon)

Start your week outdoors and lend a hand at Peckham Park. Join us on Monday mornings to help care for the park gardens through simple, satisfying volunteer tasks like watering, planting, weeding, and tidying up planting areas.

This is a relaxed, welcoming volunteer opportunity for community members who enjoy being outside, working with plants, and helping keep Peckham Park welcoming for everyone. No gardening experience is required — just bring a willingness to help.

Staff will provide direction and tasks each week.

**Ages:** All ages

**Cost:** Free

**Location:** Peckham Park

**Sessions:** Mondays, 9:00–11:00 a.m.

## Contact Us

We are expanding our Parks & Recreation team and adding clearer ways to get in touch so we can respond more quickly and direct questions to the right person.

### Program Registration, Reservations & Billing and General Parks & Recreation Questions

For help with program registration, program payments, facility reservations, billing questions, refunds, account issues, or registration troubleshooting:

Email: [registration@middlefieldparkrec.com](mailto:registration@middlefieldparkrec.com) or for general questions: [parkrec@middlefieldct.org](mailto:parkrec@middlefieldct.org)  
Phone: [\(860\) 349-7122](tel:(860)349-7122)

### Summer Day Camp

For questions about camp registration, camp forms, camper needs, schedules, staffing, or daily camp operations:

#### General Camp Questions

Email: [camp@middlefieldparkrec.com](mailto:camp@middlefieldparkrec.com)  
Phone: 203-464-7364

#### Summer Camp Director: Cely Soto.

Email: [campdirector@middlefieldparkrec.com](mailto:campdirector@middlefieldparkrec.com)

### Waterfront & Beach Programs

For questions about swim lessons, kayak and paddle programs, beach operations, beach passes, lifeguard station questions, waterfront safety, or Beseck Lake programs:

#### Waterfront / Lifeguard Station

Email: [waterfront@middlefieldparkrec.com](mailto:waterfront@middlefieldparkrec.com)  
Phone: 475-261-1375

#### Waterfront Director: Michael Gonzalez

Email: [michael@middlefieldparkrec.com](mailto:michael@middlefieldparkrec.com)  
Phone: 860-575-7065

## How to Register

Most Middlefield Parks & Recreation programs are registered through our online registration system.

**Step 1: Visit our webpage and create or log in to your account .** Visit the Middlefield Parks & Recreation page [www.middlefieldct.org/241/Parks-Recreation](http://www.middlefieldct.org/241/Parks-Recreation) and either log into your existing household account or create a new one. Please make sure your household information, emergency contacts, phone numbers, email addresses, and participant information are up to date.

**Step 2: Choose Your Programs.** Browse the available programs by category, age group, date, or location. Program listings include dates, times, fees, locations, age requirements, and any special notes about what to bring. (Look for the little tabs at the top of each program description)

**Step 3: Complete Registration and Payment.** Follow the prompts to register and pay online. Some free programs still require registration so we know how many people to expect, can communicate changes, and can plan staffing or supplies.

**Step 4: Watch for Program Updates.** After registering, please watch your email for program updates, weather-related changes, reminders, forms, or location details. Some programs, especially waterfront and outdoor programs, may be adjusted for weather, safety, staffing, or site conditions.

### Need Help Registering?

We are happy to help. If you have trouble using our registration system or need help choosing the right program, have billing questions, or are unsure where to start, please contact:

[registration@middlefieldparkrec.com](mailto:registration@middlefieldparkrec.com)

You can also contact the specific program area listed above for camp, waterfront, or other program questions.

# Morning Wellness Programs

## Tai Chi with Master Qilong Zhang (Tue + Thu)

Slow down, breathe, and move with intention. Tai Chi is a gentle mind-body practice that combines slow, flowing movement with balance, posture, breath, and focus. No previous Tai Chi experience is needed. Beginners are welcome.

**Ages:** Adults

**Cost:** \$65 residents/\$75 nonresidents per session

**Location:** Middlefield Community Center

**Sessions:**

**Tuesday Sessions:**

- **June Tuesday Session:** June 2, 9, 16, 23
- **July Tuesday Session:** July 7, 14, 21, 28
- **August Tuesday Session:** August 4, 11, 18, 25

**Thursday Sessions:**

- **June Thursday Session:** June 4, 11, 18, 25
- **July Thursday Session:** July 2, 9, 16, 23, 30
- **August Thursday Session:** August 6, 13, 20, 27

## Fitness Boot Camps at Peckham Park

Ready to get moving, feel stronger, and stay accountable to your goals? Join us for a short, encouraging outdoor Fitness Boot Camp at Peckham Park. This supportive class will combine cardio, strength training, mobility work, and practical conversations about healthy eating, wellness, and building habits that last.

Each session will meet at Peckham Park Pavilion before heading into a workout designed to challenge participants at their own level. The focus is on movement, motivation, and progress — not perfection. Come ready to work hard, have fun, and feel stronger alongside your neighbors.

**Ages:** Adults and teens

**Cost:** \$10 resident / \$20 non-resident per 3-week session

**Location:** Peckham Park Pavilion

**Bring:** Water bottle, comfortable workout clothes, and sneakers

**Weather:** Outdoor classes may be cancelled or rescheduled for hard rain, lightning, or unsafe weather.

**Sessions:**

- **Tuesday Morning Session:** June 2, 9, 16 — 8:30–9:30 a.m.
- **Wednesday Morning Session:** June 3, 10, 17 — 8:30–9:30 a.m.
- **Thursday Lunchtime Session:** June 4, 11, 18 — 12:00–1:00 p.m.

## All Paces Morning Walks (Wed) (Free)

Start your Wednesday mornings with a friendly walk at Peckham Park. This free walking series is a welcoming way to move your body, meet neighbors, and pick up practical health tips along the way. Walks will be led by Athalie Bastien, a Community Health Worker with the Southington Health District. Walk together or walk at your own pace — all paces are welcome.

**Ages:** Adults

**Cost:** Free

**Meeting Location:** Peckham Park Pavilion

**Sessions:** Wednesdays, 9:00–10:00 a.m.

## Sunrise Stretch on the Beach (Sat) (Residents Only)

Start your Saturday with a peaceful morning stretch at Beseck Lake. This gentle beachside 4 week class is designed to help participants wake up the body, release tension, improve flexibility, and enjoy a calm start to the weekend.

Set against the quiet morning lake, this four-week program includes guided stretching, simple mobility work, breath awareness, and relaxing movements appropriate for a wide range of fitness levels. No prior experience is needed.

**Ages:** Adults and teens

**Cost:** \$40 resident / non-resident fee not shown in export

**Bring:** Yoga mat or beach towel, water bottle, and comfortable clothing.

**Sessions:** 7:30–8:30 a.m.

- **June Session:** Saturdays, June 6, 13, 20, 27
- **July Session:** Saturdays, July 11, 18, 25 and August 1
- **August Session:** Saturdays, August 8, 15, 22, 29

## Beseck Lake Open Water Swim (Sat)

A structured open-water swim for confident swimmers who are comfortable in lake conditions and want a supported opportunity with lifeguards in a safety boat to build endurance, practice pacing, and experience Beseck Lake in a focused fitness setting.

**Ages:** Strong swimmers / adults and experienced teens

**Cost:** \$20 resident / \$40 non-resident

**Location:** Beseck Lake Town Beach

**Session:** Saturdays, June 20, June 27, July 22, July 18 — 7:30–8:30 a.m.

# Thursday Nights on the Beach

Thursday evenings, 5:00–8:00 p.m.

June 4- August 28

Make Thursday nights your beach night. Join us at Beseck Lake for a relaxed summer evening by the water with picnic dinners, music, paddling, and sunset views. Bring your dinner, beach chairs, blanket, and family, and enjoy an easy after-work evening at the lake. Come for one activity or make a whole evening of it — eat dinner on the beach, try a kayak or canoe, bring your own boat for a quick safety check, borrow a ukulele, or simply sit back and enjoy the sunset.

These events are open to Middlefield residents with beach passes and their guests; some activities may also be open to non-residents by registration only.

## Picnic Dinner on the Beach (Residents and their Guests Only)

Bring your own dinner and enjoy a simple summer picnic by the lake. Beach chairs, blankets, and relaxed family time encouraged. Thursday nights at Beseck Lake are a chance to slow down, spread out a blanket, enjoy dinner by the water, and let the evening feel a little more like vacation. Come for dinner, stay for music, games, paddling, or just a quiet evening by the water.

**Cost:** FREE for residents

**Time:** 5:00 -8:00PM

## Ukulele on the Beach

Strum at sunset with a relaxed ukulele gathering by the water. Beginners are welcome, and ukuleles will be available to borrow. Come learn a few chords with Susan Peak, our teacher, try a new song, or just enjoy making music in a low-pressure setting.

**Cost:** Free for residents / \$30 non-residents per month

**Time:** 7:00-8:00 p.m.

## Bring-Your-Own Boat & Board Tune-Up

Have a kayak, canoe, or paddleboard and want to feel more confident using it? Bring it down for a quick check-in with an instructor, who can help you look over your gear, explain setup and safety basics, and offer tips for transport, storage, and use.

**Cost:** Free for residents / \$15 non-resident

**Equipment:** Bring your own kayak, canoe, or paddleboard

**Time:** 6:00–6:30 p.m.

## Sunset Paddle

End the day on the water with a calm, scenic guided paddle on Beseck Lake. This relaxed program is designed for paddlers who want to slow down, enjoy the evening light, and take in the natural beauty of the lake. Along the way, participants may quietly observe birds, fish, shoreline plants, and other signs of life around the lake.

Participants may use their own kayak/canoe or register to use Town equipment. Life jackets are required and provided with Town boats.

**Cost:** Free for residents / \$10 non-resident guests

**Time:** 7:00–8:00 p.m.

# Saturday Arts Hub

**Make art. Meet people. Find your place.**

On Saturdays, the Middlefield Community Center becomes a place to create. **Saturday Arts Hub** brings together art classes, craft workshops, maker projects, open creative time, visiting artists, and informal meetups in different rooms throughout the building.

Come for a class, try a new tool, bring a project, join a creative group, or simply spend time around other people who like to make things. Programs may include drawing, watercolor, sewing, Cricut projects, button making, zines, fiber arts, collage, family crafts, teen art gatherings, and community art projects.

All experience levels are welcome. You do not need to think of yourself as an “artist” to come. The goal is to make the Community Center feel alive with art, color, conversation, and belonging — a friendly Saturday home for creative people of all ages and identities.

## Multi-Week Art Classes

### Saturday Watercolor Open Studio (FREE)

Spend a quiet Saturday morning painting, practicing, and connecting with other creative neighbors. Saturday Watercolor Studio is a free, informal gathering for anyone who enjoys watercolor or wants a low-pressure place to try painting.

This is not a class. It is open studio time: sit down with supplies, work on your own painting, experiment with color and technique, share tips with others, and enjoy a relaxed creative morning. Beginners are welcome, as are more experienced painters who would enjoy having a regular time and place to paint with others.

Basic watercolor materials will be provided, or participants may bring their own favorite paints, brushes, paper, sketchbooks, or works in progress. When the weather is nice, the group may head outside to the Community Garden to paint flowers, plants, light, shadows, and small garden details from life.

**Ages:** Teens and adults

**Cost:** Free

**Location:** Middlefield Community Center

**Sessions:** Saturdays, June 6–August 8 — 10:00–11:00 a.m.

### Introduction to Drawing

Learn the fundamentals of drawing in a relaxed, beginner-friendly class. This Saturday program is designed for people who want to build confidence with a pencil, understand the basics, and enjoy making art without pressure.

Participants will learn simple drawing foundations such as line, shape, proportion, shading, texture, perspective, and how to really look at what they are drawing. Each class will include guided practice and approachable exercises that help beginners develop skills step by step.

This class is a great fit for adults or teens who have always wanted to draw, are returning to art after time away, or simply want a creative Saturday activity. No experience is needed — just curiosity and a willingness to try.

**Ages:** Teens and adults

**Cost:** \$75 resident / \$85 non-resident

**Location:** Middlefield Community Center

**Session:** Saturdays, June 27, July 4, July 11, July 18 — 11:00 a.m.–12:00 p.m.

# One Time Creative Arts Workshops

## July 11: Zine-Making Workshop

Create your own mini magazine, handmade booklet, or tiny work of art in this fun, beginner-friendly zine-making workshop. Zines are small self-published creations that can be about almost anything — art, poetry, comics, nature, music, personal stories, local history, favorite recipes, community issues, big ideas, or whatever else you want to share.

In this hands-on workshop, participants will learn simple ways to fold, design, and assemble a zine using paper, drawing materials, collage supplies, and imagination. We'll explore how to combine words and images, lay out pages, create a cover, and make a small finished piece to take home.

No art experience is needed. This workshop is about creativity, self-expression, and trying something playful and low-pressure.

**Ages:** Teens and adults

**Cost:** \$25 resident / \$30 non-resident

**Location:** Middlefield Community Center

**Session:** Saturday, July 11 — 12:00–3:00 p.m.

## July 18: Amigurumi Workshop

Learn the basics of amigurumi — the Japanese-inspired art of crocheting small stuffed animals, characters, and soft sculptural creations. This one-day workshop is a fun, hands-on introduction for participants who want to try something creative, cozy, and a little different.

Participants will learn how amigurumi is built using simple crochet shapes, stuffing, shaping, and finishing techniques. The instructor will introduce basic stitches, how to work in the round, how to read a simple pattern, and how small details can bring a handmade piece to life. This workshop is beginner-friendly, though some comfort with holding a crochet hook or making a basic stitch may be helpful. Participants will work at their own pace and leave with either a small finished project or the skills and materials to continue working at home.

**Ages:** Teens and adults

**Cost:** \$25 resident / \$30 non-resident

**Location:** Middlefield Community Center

**Session:** Saturday, July 18 — 12:00–3:00 p.m.

## July 25: Button-Making Workshop

Make tiny wearable art in this fun, hands-on button-making workshop. Participants will design and create their own custom pin-back buttons using drawings, collage, words, patterns, images, and bold little ideas that can be worn, traded, gifted, or added to a backpack, jacket, tote bag, or bulletin board.

This is a relaxed, creative workshop with plenty of room to experiment. No art experience is needed, and the process is quick, satisfying, and very beginner-friendly.

**Ages:** Teens and adults

**Cost:** \$25 resident / \$30 non-resident

**Location:** Middlefield Community Center

**Session:** Saturday, July 25 — 12:00–2:00 p.m.

## August 8: Cricut Paper Art Workshop

Design it, cut it, make it. Come explore what a Cricut machine can do in this hands-on paper art workshop.

This beginner-friendly workshop will focus on simple paper-based projects such as cards, layered paper art, bookmarks, signs, gift tags, and decorations. Participants will learn the basics of preparing a project, cutting materials, layering pieces, and finishing a small creative item.

No Cricut experience is needed. This is a great workshop for curious beginners, crafters who have wondered how these machines work, or anyone interested in trying a maker-style project in a relaxed community setting.

**Ages:** Teens and adults

**Cost:** \$25 resident / \$30 non-resident

**Location:** Middlefield Community Center Maker Space

**Session:** Saturday, August 8 — 10:00 a.m.–12:00 p.m.

# Music Programs

## Community Folk Music Jams (Free)

### Second Sundays at the Middlefield Community Center

Come spend a Sunday evening surrounded by live music, neighbors, and the warm sound of people playing together. The Community Folk Music Jam is one of our biggest and most welcoming monthly gatherings — a lively, multi-room evening for musicians, listeners, families, and anyone who enjoys acoustic music and community connection.

This is not a concert and not a formal class. It is a true community jam, where music is shared, passed around, learned by ear, and built together in the moment. Each month, musicians from Middlefield and across the region gather to play bluegrass, old-time, Irish, folk, singer-songwriter, ukulele, fiddle tunes, and other acoustic styles. Depending on the month, different rooms will have jam session leaders hosting different styles, skill levels, or types of playing, from faster jam circles to more relaxed beginner-friendly spaces.

Musicians are invited to bring an instrument and join in. Experienced players can jump into a circle, try a new room, or help keep the music moving. Newer players are welcome to listen, learn, follow along quietly, or try joining in when they feel ready. Listeners are just as welcome as musicians — come sit for a while, tap your foot, enjoy the sound of live local music, meet neighbors, and experience the energy of the Community Center filled with song. The Community Folk Music Jam is about more than music. It is about creating a place where people can gather across ages, towns, backgrounds, and experience levels; where beginners can learn from longtime musicians; where families can hear live acoustic music up close; and where the Community Center feels alive, friendly, and full.

**Ages:** All ages welcome; musicians and listeners

**Cost:** Free; donations accepted

**Location:** Middlefield Community Center

**Sessions:** Second Sundays, 5:00–9:00 p.m.

**Dates:** June 14, July 12, August 9, September 13, October 11, November 8, December 13

**Bring:** An instrument if you plan to play; listeners are welcome to come as they are

**Notes:** Different rooms may feature different styles or levels depending on attendance. Beginners are welcome, and audience members are encouraged to come listen and enjoy.

**Notes:** Bring your instrument if you plan to play.

## Ukulele on the Beach (Free for Residents)

Strum at sunset with a relaxed ukulele gathering by the water, where the evening light, lake breeze, and easy rhythm of summer set the scene. Beginners are warmly welcome, and ukuleles will be available to borrow, so there is no pressure to bring anything but yourself. Come learn a few simple chords with Susan Peak, our teacher, try a new song, sing along with others, or simply enjoy making music in a friendly, low-pressure setting. Whether you are brand new to the ukulele or just looking for a peaceful way to spend a summer evening, this is a chance to slow down, connect, and enjoy the laid-back beach atmosphere as the sun goes down over Beseck Lake. Listeners welcome too!

**Cost:** Free for residents / \$30 non-residents per month

**Time:** Thursdays, 7:00-8:00 p.m. June 4- June 25

**Ages:** All ages welcome; musicians and listeners

**Location:** Beseck Lake Beach

## Adventure & Active Sports Programs

### Intro to Skateboarding

Learn skateboarding basics in a fun, supportive class for beginners. This four-week program helps new skaters build confidence, learn safe habits, and get comfortable on a board.

Participants will learn stance, balance, pushing, stopping, turning, foot placement, board control, park awareness, and safe practice habits. The class also covers skate park etiquette, including taking turns, watching for others, and sharing the space respectfully.

The focus is on progress, confidence, safety, and fun—not tricks or pressure. It's a great fit for kids, teens, and adults who are new to skateboarding or want guidance before using the skate park on their own.

**Ages:** All ages / beginner skaters

**Cost:** \$50 resident / \$65 non-resident

**Location:** Peckham Park Skate Park

**Session:** Mondays, June 8, 15, 22, 29 — 3:00–4:00 p.m.

Note: Bring your own helmet, skateboard, and wrist guards and knee pads

### Beginner Youth Tennis Lessons

Spend a summer morning on the courts learning the game of tennis! This beginner-friendly program introduces children and teens to the basic skills, rules, and fun of tennis in a relaxed and supportive setting.

Players will practice racquet grip, ready position, forehand, backhand, serving basics, footwork, hand-eye coordination, scoring, and court etiquette. Each day will include a mix of instruction, drills, games, and friendly play designed to help participants build confidence and enjoy being active on the court.

This is a great program for new players or those still developing their basic skills.

**Dates:** Monday–Friday, August 3–7

**Time:** 9:00–10:30 AM

**Location:** Coginchaug High School Tennis Courts

**Ages:** Entering Kindergarten–Age 14

Participants should bring a tennis racquet, water bottle, and sneakers. A limited number of loaner racquets may be available if needed.

### Intro to Rock Climbing

Climb, balance, and build confidence in this beginner-friendly rock climbing program for kids and teens. It introduces basic climbing skills in a fun, supportive, low-pressure setting.

Classes begin at the Peckham Park playscape, where participants use playground features to practice safe movement, balance, hand and foot placement, route planning, taking turns, careful climbing down, and basic climbing etiquette.

On the final day, families may join a guided visit to Rock Spot Climbing in Wallingford. Parents/guardians are responsible for transportation, supervision, and any admission, rental, waiver, or related fees. The instructor will attend to support participants and help connect Peckham Park skills to the indoor gym experience.

**Cost:** \$50 resident / \$65 non-resident

**Location:** Peckham Park Playscape; optional/final outing to Rock Spot Climbing in Wallingford

**Sessions:**

- **Kids Session:** Saturdays, June 6, 13, 20, 27 — 5:00–6:00 p.m. — kids up to age 12
- **Teen Session:** Saturdays, June 6, 13, 20, 27 — 6:00–7:00 p.m. — teens age 13+

### Intro to Mountain Biking Skills

Curious about mountain biking but not ready for trails? This beginner-friendly class introduces basic bike-handling skills to help riders feel more confident on uneven surfaces, gravel, grass, roots, and small obstacles.

This is not a trail ride and includes no hills or advanced terrain. Held at Peckham Park, the class focuses on practical skills in a safe, open setting, including slow riding, smooth starts and stops, safe braking, weight shifting, looking ahead, steering around obstacles, and rolling over small roots, rocks, sticks, and bumps.

You do not need a mountain bike—any safe, working bike is welcome. This class is for true beginners, families, kids, teens, and adults who want to build confidence before riding on paths, trails, or other uneven ground.

**Ages:** All ages; children should attend with an adult

**Cost:** \$50 resident / \$65 non-resident

**Location:** Peckham Park

**Sessions:** Mondays, June 8, 15, 22, 29 — 5:30–6:00 p.m.

**Bring:** Your own bike, helmet

**Notes:** Helmets are required. This is a skills class, not a group ride.

# Meetups at the Park – Everyone Welcome!

## Chess at the Park (FREE)

Who plays chess in Middlefield? Let's find out.

Join us at the Peckham Park Pavilion for casual, friendly chess in the park. This informal meetup is for anyone who enjoys the game — from experienced players looking for a match to newer players who want to practice, learn, and meet other people who like chess.

There is no tournament, no pressure, and no formal instruction. Just bring a board, find a seat, and play a game or two. Depending on who comes, players may match up for casual games, help newer players learn the basics, try speed chess, or simply enjoy a quiet evening at the park.

**Ages:** Adults, teens, and families

**Cost:** Free

**Location:** Peckham Park Pavilion

**Sessions:** Tuesdays, June 9–July 28 — 6:00–7:00 p.m.

## Pickup Basketball at Peckham Park (FREE)

Who plays basketball in Middlefield? Let's find out.

Join us Thursday evenings at Peckham Park for informal pickup basketball on the newly refinished court. This relaxed, drop-in style program is for adults and older teens who want to get outside, move around, shoot hoops, and play friendly games with other local players.

No team, league, or long-term commitment required — just bring yourself, a water bottle, and a good attitude.

Depending on who shows up, players may organize half-court or full-court games, rotate teams, shoot around, or run casual scrimmages.

**Ages:** Adults and older teens

**Cost:** Free

**Location:** Peckham Park Basketball Court

**Sessions:** Thursdays, 7:00–8:00 p.m. Starts June 11

## Adult Open Skate (FREE)

Adults need play time too! Adult Open Skate is a free, informal skate park session for adult skateboarders, inline skaters, and quad skaters who want a little room to roll, practice, and enjoy the park with other adults.

This is not a class, competition, or performance space. It is a relaxed, low-pressure time where adults can use the skate park at their own pace, work on basic skills, try something new, or simply enjoy moving around outside.

Beginners, returning skaters, and experienced skaters are all welcome. The goal is to create a friendly adult skate community where people can move, play, encourage one

another, and feel comfortable using the park without bumping into the kids!

**Ages:** Teens and adults, 16+

**Cost:** Free

**Location:** Peckham Park Skate Park

**Sessions:** Mondays, 4:00–5:00 p.m.

**Required:** Helmet required

## Table Tennis at the Community Center (Free)

Who plays table tennis in Middlefield? Let's find out.

Join us Thursday evenings at the Middlefield Community Center for casual, indoor table tennis in a comfortable air-conditioned space. This informal program is a great way to get moving, meet other players, and enjoy friendly games without the heat, bugs, or weather worries of outdoor summer activities.

Players of different experience levels are welcome — from people who have played for years to those who are just getting back into it. Depending on who comes, participants may play singles, doubles, rotate tables, practice skills, or organize casual match play.

**Ages:** Adults and older teens

**Cost:** Free

**Location:** NOTE: Middlefield Community Center

**Sessions:** Thursdays, 7:30–9:30 p.m.

## Bike Tune-Up Clinic & Bike Swap Drop-Off (Free)

Get your bike ride-ready at our free Bike Tune-Up Clinic. Stop by for a basic safety check, simple adjustments, and practical tips for riders and families.

Bring your bike for a quick check of tire pressure, brakes, seat height, gears, chain, handlebars, and fit. You'll learn simple maintenance like pumping tires, checking brakes, adjusting a seat, and spotting issues before a ride.

It's a great chance to make sure kids' bikes still fit, get an unused bike rolling again, or ask basic comfort and safety questions. Many bikes just need a little attention—not a full repair.

We'll also collect outgrown bikes for a future bike swap. If your child has a usable bike they've outgrown, bring it to help another family.

**Ages:** Families / all ages

**Cost:** Free

**Location:** Peckham Park

**Session:** Tuesday, June 9 — 4:00–5:00 p.m.

## Early Childhood Programs

### You & Me Yoga

Take a little time to stretch, breathe, move, and reconnect together. This gentle yoga class is for preschoolers and their caregivers, designed to support both the child and the adult.

Each class will include simple yoga poses, playful movement, breathing activities, songs, stories, balance games, and calming moments. Preschoolers will practice body awareness, listening, movement, and imagination, while caregivers get a chance to stretch, slow down, breathe, and enjoy focused time with their child.

Caregivers participate throughout the class, making this a sweet way to move your body, share a routine, laugh together, and build simple calming tools you can use at home. No yoga experience is needed, and nobody has to do the poses perfectly.

**Ages:** Preschoolers with caregiver

**Cost:** \$40 resident / \$50 non-resident per pair

**Location:** Middlefield Community Center

**Sessions:** Saturdays, 10:30–11:00 a.m. — 4-week class  
July 11, 18, 25 and August 1

### Water Safety for Little Ones (Free)

A gentle caregiver-supported water safety program for young children and their adults. This is not a swim lesson. Families will learn age-appropriate water safety habits, comfort around the water, life jacket use, boating safety basics, and what to do if a child unexpectedly enters the water.

**Ages:** 6 months–5 years with caregiver

**Cost:** FREE

**Location:** Beseck Lake Town Beach

**Sessions:**

- Saturdays, June 6, 13, 20, 27 — 12:00–12:30 p.m.
- Fridays, June 12, 19, 26 and July 3 — 4:30–5:00 p.m.

## Adaptive, Integrated, and Inclusive Programs

### Adaptive Park Workout

Move, stretch, and connect in this welcoming outdoor fitness class for adults with disabilities, Alzheimer's, or other support needs. Participants attend with a caregiver or support person for a gentle workout together at the park. This class focuses on movement that feels good—not intensity, competition, or doing everything “right.”

Activities may include stretching, walking, balance, simple strength exercises, music, games, and seated or standing movement adapted for different comfort levels.

The focus is on community, fresh air, and the joy of being active together. Participants are required to attend with the level of caregiver support they need for safety, communication, and personal care.

**Ages:** Adults with caregiver/support person

**Cost:** \$10 per participant pair / \$20 non-resident pair

**Location:** Peckham Park

**Sessions:** Fridays, June 5, 12, 19 — 10:00–11:00 a.m.

### Adaptive Intro to Kayaking

Middlefield Parks & Recreation is excited to offer an adaptive paddling program for adults with disabilities of any kind. Whether you have mobility limitations, developmental or intellectual disabilities, sensory needs, balance concerns, or other support needs, we will work with you and your caregiver to help you experience Lake Beseck in a safe, comfortable, and meaningful way.

This program is designed to be flexible. Some participants may paddle independently, some may paddle with support, and some may simply enjoy being safely out on the water with assistance. Our goal is to meet each participant where they are and help them participate in paddling in whatever way works best for them.

Caregivers must attend and remain present for the full program. Caregivers may be asked to assist with communication, transfers, comfort, behavior support, or other individual needs.

**Dates:** Fridays, July 10, 17, 24, and 31

**Time:** 12:30–1:30 PM

**Location:** Lake Beseck Beach

**Who:** People with disabilities of any kind, with caregiver support

# Beseck Lake Beach Passes & Hours

Beseck Lake Beach is open to Middlefield residents and eligible pass holders during the summer season. Beach passes help staff welcome families, confirm residency, and keep the beach safe and enjoyable for the community.

## Staffed Swimming Hours

### Pre-Season: Until June 20th

- **Staffed Beach Swimming Hours:** 12pm -3pm
- **Days:** Saturdays and Sundays only

### Summer Season: After June 20th

- **Staffed Beach Swimming Hours:** 10am-6pm
- **Days:** 7 days per week

## How do I get a Beach Pass

You can pick up a beach pass application at the lifeguard station, return completed forms to the lifeguard station, register online, or stop by town hall.

### **Pass Options:**

Family Season Pass: \$25

Two-Week Resident Pass: \$25

Senior Pass: Free for residents age 65+

Short-Term Rental Pass: \$250 per season per pass (this is for Airbnb's, VRBO, etc.)

## Where do I check in? Where is my pass?

Please check in at the lifeguard station each time you arrive at the beach. Pass holders may bring up to four guests at a time.

The beach staff will have access to the current pass holder list at the lifeguard station so you do not need to bring a physical pass each time you visit but passes will be available if requested.

# Swim Lessons and Programs

## Gentle Water Fitness (Residents Only)

Enjoy a refreshing midday movement class in the water at Beseck Lake. This gentle water fitness program is designed for participants who want low-impact exercise in a relaxed, supportive setting.

Using the natural resistance of the water, class will include easy-to-follow movements to support balance, flexibility, strength, circulation, and overall mobility. Exercises may include gentle walking, stretching, range-of-motion work, light cardio movement, and simple strengthening activities that can be adapted for different comfort levels.

This is a great class for people looking for a softer fitness option, those returning to movement, or anyone who enjoys being active outdoors without the strain of a traditional land-based workout.

**Cost:** \$40 resident

**Ages:** Adults

### **Session:**

- Mondays, July 20, July 27, August 3, August 10 — 12:00–1:00 p.m.

## Learn to Swim Lessons (Residents Only)

Build comfort, confidence, and swimming skills in a small-group setting at Beseck Lake. Swim lessons will help participants make steady progress through age- and ability-appropriate instruction.

Classes are taught by a certified lifeguard and Water Safety Instructor. Participants will be placed into small groups of approximately 3–4 swimmers based on age, comfort level, and swimming ability, so instruction can be focused, supportive, and appropriately paced.

Depending on each swimmer's level, lessons may include water comfort, safe entry and exit, breath control, floating, kicking, basic strokes, treading water, underwater comfort, and general water safety skills.

**Ages:** Children; grouped by age, comfort level, and ability

**Cost:** \$65 resident

**Early Summer Weeklong Session:** Monday–Friday, June 29–July 3 — 4:00–5:00 p.m.

**July Tuesday Session:** Tuesdays, July 7, 14, 21, 28 — 4:00–5:00 p.m.

**July Saturday Session:** Saturdays, July 11, 18, 25 and August 1 — 10:00–11:00 a.m.

**August Tuesday Session:** Tuesdays, August 4, 11, 18, 25 — 4:00–5:00 p.m.

**Late Summer Weeklong Session:** Monday–Friday, August 24–28 — 9:00–10:00 a.m.

# Beseck Lake Kayak and Paddle Programs

Middlefield Parks & Recreation is excited to launch a new non-motorized watersports program at Beseck Lake, with opportunities to safely enjoy the lake by kayak, canoe, paddleboard, and other human-powered craft. Whether you are brand new to paddling, returning to the water after time away, or ready to build more advanced skills, we hope you will join us on Beseck Lake this season.

Programs include beginner kayaking, after-work paddles, intermediate and advanced skill-building, self-rescue practice, paddleboarding, family-friendly water safety, and guided ecology and nature paddles. Whether you are brand new to paddling, returning after time away, or ready to build stronger skills, we hope you will join us on the water.

## Instructor:

Michael Gonzalez, Middlefield's new Waterfront Director will be lead instructor for our kayak and paddle programs. Michael brings deep experience in paddling instruction, waterfront safety, adaptive paddling, and outdoor education. He has served as an American Canoe Association instructor trainer, including in adaptive paddling, meaning he has not only taught paddlers directly but has also trained other kayak instructors. His approach combines strong safety practices with a welcoming teaching style that helps people of all ages and abilities feel more confident on the water.

## Program Logistics & Safety:

All kayak and paddle programs meet at Beseck Lake Town Beach. Town kayaks, paddles, and life jackets are provided unless otherwise noted. Participants may bring their own properly fitted life jacket if they prefer, but life jackets are required for all participants and must be worn while on the water.

Participants should wear clothes and shoes that can get wet and should bring a water bottle, towel, and dry change of clothes when appropriate. Water-based programs are weather-dependent and may be rescheduled or cancelled in the event of unsafe weather, wind, water, thunder, lightning, or other conditions.

Our waterfront staff and lifeguards are being trained to support safe paddle programming, including participant check-in, life jacket use, launch and landing procedures, on-water awareness, and emergency response. Additional safety boats will be on the water when appropriate based on the program, group size, conditions, and activity.

Non-residents are welcome to register for paddle programs and use the boat launch area for registered activities. Please note that the beach swim area is staffed for Middlefield residents and beach pass holders only. Access to the swim beach requires a valid beach pass.

## Beginner Kayaking Programs

### Saturday Intro to Kayaking

Whether you are brand new to kayaking or have paddled a little on your own, this four-week class is a chance to slow down, learn proper technique, and feel more confident on the water. Participants will learn basic kayak safety, paddling strokes, turning, stopping, balance, and control in a supportive small-group setting.

**Ages:** Teens & adults

**Cost:** \$40 resident / \$50 non-resident

**June Session:** Saturdays, June 6, 13, 20, 27, 2:00–3:00 p.m.

**July Session:** Saturdays, July 11, 18, 25 and August 1, 4:00-5:00 pm

**August Session:** Saturdays, August 8, 15, 22, 29, 2:00–3:00 p.m.

### Gentle Intro to Kayaking for Seniors

Enjoy the beauty of Beseck Lake while learning the basics of kayaking in a calm, supportive setting. This four-week class is designed especially for older adults who are new to kayaking, returning after time away, or looking for a slower-paced introduction to being on the water. The focus is on comfort, safety, confidence, and enjoyment.

**Ages:** Older adults

**Cost:** \$30 resident / \$40 non-resident

**Sessions:** 1:00–2:00 p.m.

- **June Session:** Fridays, June 5, 12, 19, 26
- **July Session:** Fridays, July 10, 17, 24, 31
- **August Session:** Fridays, August 7, 14, 21, 28

### Introduction to Kayaking — After-Work Series

Ease into the evening with a relaxed after-work paddle class on Beseck Lake. This beginner-friendly class is designed for adults and teens who are new to kayaking or would like to build confidence on calm water. Participants will learn how to safely enter and exit a kayak, hold and use a paddle, steer, stop, turn, and feel more comfortable on the water.

**Ages:** Teens & adults

**Cost:** \$40 resident / \$50 non-resident

**Sessions:** 6:00–7:00 p.m.

- **June Session:** Wednesdays, June 3, 10, 17, 24
- **July Session:** Wednesdays, July 8, 15, 22, 29
- **August Session:** Wednesdays, August 5, 12, 19, 26

### Intro to Kayaking for Kids Grades 4-5

Get out on Beseck Lake and learn the basics of kayaking in a fun, safe, and supportive class designed for younger paddlers. Participants will use Town kayaks and equipment while learning how to sit safely, balance, paddle forward, stop, turn, steer, and feel more comfortable on calm water.

**Grades:** Entering Grades 4–5

**Cost:** \$40 resident / \$50 non-resident

**Sessions:** 3:00–4:00 p.m.

- **July Friday Session:** Fridays, July 10, 17, 24, 31
- **July Session:** Saturdays, July 11, 18, 25 and August 1
- **August Session:** Saturdays, August 8, 15, 22, 29
- **Late Summer Session:** Fridays, August 14, 21, 28 and September 4

### Intro to Kayaking for Middle Schoolers

This four-week program is a great introduction for middle school students who are new to kayaking or who have paddled a little and want to build confidence. Participants will learn step-by-step paddling skills, including safe entry and exit, forward strokes, stopping, turning, steering, and awareness of other boats and lake conditions.

**Grades:** Entering Grades 6–8

**Cost:** \$40 resident / \$50 non-resident

**Sessions:**

- **July Friday Session:** Fridays, July 10, 17, 24, 31 — 4:00–5:00 p.m.
- **July Saturday Session:** Saturdays, July 11, 18, 25 and August 1 — 2:00–3:00 p.m.
- **August Saturday Session:** Saturdays, August 8, 15, 22, 29 — 2:00–3:00 p.m.
- **Late Summer Friday Session:** Fridays, August 14, 21, 28 and September 4 — 4:00–5:00 p.m.

### Adaptive Intro to Kayaking

This intro to kayaking class is for people with disabilities of any kind. Whether you have mobility limitations, developmental or intellectual disabilities, sensory needs, balance concerns, or other support needs, we will work with you and your caregiver to help you experience Lake Beseck in a safe, comfortable, and meaningful way. Some participants may paddle independently, some may paddle with support, and some may simply enjoy being safely out on the water with assistance. Our goal is to meet each participant where they are and help them participate in paddling in whatever way works best for them. Caregivers must attend and remain present for the full program. Caregivers may be asked to assist with communication, transfers, comfort, behavior support, or other individual needs.

**Cost:** \$40 resident / \$50 non-resident

**Dates:** Fridays, July 10, 17, 24, and 31

**Time:** 12:30–1:30 PM

**Location:** Lake Beseck Beach

**Who:** People with disabilities of any kind, with caregiver support

### Intro to Paddleboarding

Learn to paddleboard in a calm, supportive setting on Beseck Lake. This four-week class is designed for participants who are new to stand-up paddleboarding or who have tried it a few times and want to feel more comfortable, balanced, and confident on the water.

**Equipment:** Bring your own paddleboard

**Cost:** \$40 resident / \$50 non-resident

**Sessions:**

- Saturday, June 6 — 12:30–1:30 p.m.
- Saturdays, June 13, 20, 27 — 1:00–2:00 p.m.

# Intermediate and Advanced Kayaking

## Intermediate Kayaking — After-Work Series

Ready to feel more confident and efficient on the water? This class is designed for paddlers who already know the basics but want to improve comfort, control, and technique. Participants will work on smoother paddling, turning, stopping, maneuvering, posture, balance, and building confidence on calm lake water.

This is a great next step for anyone who has kayaked before but still wonders, “Am I doing this right?”

Participants may use their own kayak or register to use Town equipment. Life jackets are required and provided with Town boats.

**Ages:** Teens & adults with basic kayaking experience

**Cost:** \$40 resident / \$50 non-resident

**Location:** Beseck Lake Town Beach

### Sessions:

- **June Session:** Tuesdays, June 2, 9, 16, 23 — 6:00–7:00 p.m.
- **July Session:** Tuesdays, July 7, 14, 21, 28 — 6:00–7:00 p.m.
- **Late Summer Session:** Tuesdays, August 11, 18, 25 and September 1 — 6:00–7:00 p.m.

## Advanced Kayaking Skills Workshop

Take your kayaking skills beyond the basics with this two-session workshop for adults who already feel comfortable in a kayak and want to become stronger, safer, and more capable paddlers. Led by an experienced instructor, this workshop will focus on practical skills for real-world paddling, including efficient strokes, boat control, self-recovery techniques, and safer decision-making on the water.

**Ages:** 18+

**Equipment:** Bring your own boat

**Cost:** \$200 resident / \$300 non-resident

### Session:

- Saturdays, July 18 and July 25 — 9:00 a.m.–12:00 p.m.

## Advanced Kayaking: Skills, Safety & Self-Rescue

Build stronger safety skills and confidence in real-world paddling situations. This class is designed for participants who already have basic kayaking experience and are comfortable paddling on calm water. Instruction will focus on self-rescue, assisted rescue, controlled wet exits, re-entering a kayak, towing basics, safe group paddling, bracing, edging, maneuvering, and what to do when conditions change.

Participants should expect to get wet. Participants may use their own kayak or register to use Town equipment. Life jackets are required and provided with Town boats.

**Ages:** Teens & adults with prior kayaking experience

**Cost per session:** \$40 resident / \$50 non-resident

### Sessions:

- **June Friday Session:** Fridays, June 5, 12, 19, 26 — 5:00–6:00 p.m.
- **June Saturday Session:** Saturdays, June 6, 13, 20, 27 — 10:00–11:00 a.m.
- **July Friday Session:** Fridays, July 10, 17, 24, 31 — 5:00–6:00 p.m.
- **August Saturday Session:** Saturdays, August 8, 15, 22, 29 — 10:00–11:00 a.m.

## Guided Ecology Paddles

### Aquatic Plant ID Lab by Kayak

Take a closer look at the plant life growing in and around Beseck Lake. This hands-on ecology paddle will help participants observe aquatic plants, understand why they matter for fish and wildlife, and learn the difference between healthy native plant growth and plants that may become invasive or problematic.

**Session:** Saturday, June 6 — 9:00–10:00 a.m.

**Cost:** \$20 resident / \$30 non-resident Ages: Teens & adults; families welcome

### Birding by Boat: Beginner Kayak & Canoe Paddle

Birding from a kayak or canoe is a whole different experience than birding from shore. On this guided Beseck Lake paddle, participants will learn how to observe birds safely and respectfully from the water while enjoying a quiet morning on the lake.

**Session:** Saturday, June 13 — 7:30–8:30 a.m.

**Cost:** \$20 resident / \$30 non-resident Ages: Teens & adults; families welcome

### Fish Habitat Paddle

You don't have to fish to think like a fish. On this guided paddle, we'll explore Beseck Lake from a fish's point of view, looking for the places where fish find shelter, food, shade, and protection. We'll notice weed edges, shallow water, drop-offs, docks, submerged branches, and other habitat features.

**Session:** Saturday, June 13 — 9:00–10:00 a.m.

**Cost:** \$20 resident / \$30 non-resident Ages: Teens & adults; families welcome

### Quiet Cove Wildlife Paddle

Start the morning quietly on the water with a slow, low-impact wildlife paddle through Beseck Lake's calmer coves and shoreline edges. Participants will practice pausing, drifting, listening, and noticing birds, turtles, fish activity, insects, and shoreline plants.

**Session:** Saturday, June 20 — 8:00–9:30 a.m.

**Cost:** \$20 resident / \$30 non-resident Ages: Teens & adults; families welcome

### Lake Mapping Paddle

Explore Beseck Lake from a new point of view. This morning paddle is part nature outing, part lake exploration, and part hands-on field activity. Participants will learn how to "read" the lake by noticing coves, shallow areas, deeper water, plant beds, sunny edges, shaded shoreline, bird

activity, and places where fish and wildlife may be feeding, resting, or hiding.

**Session:** Saturday, June 27 — 7:30–9:00 a.m.

**Cost:** \$20 resident / \$30 non-resident Ages: Teens & adults; families welcome

### Dragonflies & Damselflies Paddle

By mid-summer, dragonflies and damselflies are busy over the lake. This slow, observation-focused paddle will explore the fascinating lives of these insects and the important role they play in Beseck Lake's ecosystem.

**Session:** Saturday, July 11 — 8:30–9:30 a.m.

**Cost:** \$20 resident / \$30 non-resident Ages: Teens & adults; families welcome

### Full-Growth Plant Paddle

By late summer, the lake's plant life is at its most visible — and sometimes its most confusing. What is healthy habitat? What is nuisance growth? What might be invasive? This guided ecology paddle will help participants look more closely at the aquatic plants growing in Beseck Lake and better understand what belongs, what may be spreading too aggressively, and why plant balance matters.

**Session:** Saturday, August 8 — 8am-10am

**Cost:** \$20 resident / \$30 non-resident Ages: Teens & adults; families welcome

## Guided Ecology Hikes

### Wadsworth Naturalist Guided Hike

Come join Everyone Outside Naturalist Andie Bisceglia for a family-friendly hike at Wadsworth Falls State Park. We will start at the "Big Falls" entrance in Middlefield and hike less than two miles, stopping along the way for hands-on activities to learn about the plants and animals around us. This is a welcoming outdoor program for families and nature lovers who want to slow down, explore, and learn together. This hike is a joint program of Middlefield Parks & Recreation, Everyone Outside, and the Coginchaug Outdoor Enrichment Center.

**Ages:** Families / all ages

**Cost:** \$10, or free with Hiking Pass

**Location:** Wadsworth Falls State Park, "Big Falls" entrance, 25 Cherry Hill Road, Middlefield

**Session:** Sunday, June 14 — 2:00–4:00 p.m.

# Summer Day Camp

Middlefield Parks & Recreation Summer Day Camp is a classic outdoor summer camp experience based at **John Lyman School**, with weekly themes, outdoor play, creative projects, games, music, theater, art, friendship bracelets, beading, beach time, and plenty of time with friends.

Camp runs **Monday through Friday, June 22–August 7, 2026**, from **9:00 a.m.–4:00 p.m.** Families may register for a full week or choose a **3-day Tuesday/Wednesday/Thursday option**. Optional before care is available from **7:30–9:00 a.m.**, and optional after care is available from **4:00–5:00 p.m.**

John Lyman School will serve as our camp home base for drop-off, pick-up, outdoor games, art, rainy-day activities, gym games, nurse support, bathrooms, and indoor space during poor weather. Campers should expect to spend most of the day outdoors, with indoor plans used for rain, thunderstorms, high heat, poor air quality, or other conditions when being outside is not safe or comfortable.

## Weekly Themes

Each week of camp has a playful theme to guide special projects, games, challenges, and Friday fun. Campers will still enjoy the classic camp mix every week: outdoor play, art, beading, friendship bracelets, theater, singing, group games, beach time, kayaking for grades 1 and up, and time with friends.

### Week 1: Sandcastles (June 22–26)

We'll start the summer with beach-inspired building, digging, designing, and creative sand play. Campers may build sandcastles, create miniature beach scenes, design flags and decorations, and work together on sandy engineering challenges.

### Week 2: Boats (June 29–July 3)

Campers in Grades 1 and up will be introduced to kayaks, water safety, and their first experiences on the water. On land, campers will build small boats and test whether they float, experiment with different designs, and learn what helps a boat stay balanced. Older campers will take on a bigger challenge: building a cardboard boat for counselors to try to paddle.

### Week 3: Art (July 6–10)

A colorful week full of creativity, messy projects, and self-expression. Campers may paint, bead, draw, collage, make friendship bracelets, create group art, design costumes or props, and explore different ways to make something by hand.

### Week 4: Ecology & Animals (July 13–17)

A week for nature lovers and curious explorers. Campers will learn about habitats, lake life, insects, birds, plants, animal tracks, food webs,

and the living world around John Lyman and Beseck Lake. Activities may include nature walks, obson games, outdoor art, and hands-on ecology projects.

### Week 5: Olympics (July 20–24)

A high-energy week of sports, team games, friendly challenges, cooperation, and camp spirit. Campers may create team names and flags, try silly relays, group challenges, field games, water games, and noncompetitive "Olympic" events focused on fun, effort, and cheering each other on.

### Week 6: STEM (July 27–31)

A hands-on week of building, experimenting, problem-solving, and discovery. Campers may try simple science experiments, engineering challenges, nature-based STEM, water experiments, puzzles, building projects, and creative inventions.

### Week 7: Circus & Carnival (August 3–7)

We'll end the summer with a joyful final week of circus-inspired games, theater, music, movement, silly challenges, face-paint-style art projects, carnival games, and camp celebration. The week will end with a camp carnival on the last day.

## Camp Waterfront & Safety

Campers entering **Grades 1 and up** will have scheduled waterfront time at **Beseck Lake** each week, including supervised beach time and introductory kayaking experiences. Even our youngest waterfront campers will begin gently, using youth boats and small-group instruction to learn basic comfort, safety, the parts of the kayak and paddle, and what it feels like to be on calm water.

Because this is our first summer bringing campers to the waterfront, we are planning for extra support and conservative procedures. Our maximum waterfront ratio will be **6 campers to 1 staff member**, in addition to lifeguards on duty, but we are staffing up with the goal of being closer to **1 staff member for every 2 campers** during waterfront instruction and transitions whenever possible.

An adult Waterfront Director will be on site during all camp waterfront programming. Life jackets are required in the water at all times for camp waterfront activities, and all waterfront programming follows clear safety protocols. Campers will never be pressured to swim or paddle beyond their comfort level. Children who are not comfortable in the water may enjoy supervised shoreline activities, sand play, and other beach options.

Every camp group has at least one counselor over age 18, and all counselors are certified in First Aid and CPR. A nurse will be on staff during the camp day to support health needs, medication plans, first aid, and communication with families.

## Camp Age Groups

Camp groups are organized by the grade the child will enter in Fall 2026:

### Entering Kindergarten

A warm, gentle introduction to camp life with outdoor play, art, stories, music, simple games, sensory activities, sprinklers, water tables, and plenty of support as children build confidence and settle into camp routines.

**Kindergarten campers do not go to the waterfront.**

### Entering Grades 1–2

A classic summer camp experience with outdoor games, art, nature time, music, theater, beach visits, creative projects, and lots of time to play and make friends. Campers will also have gentle introductory kayaking experiences using youth boats, with small-group instruction focused on comfort, safety, learning the parts of the boat and paddle, and getting used to being on the water.

### Entering Grades 3–4

A lively camp group with active games, creative projects, team challenges, beach time, art, nature exploration, theater, singing, and hands-on activities. Campers will build confidence at the waterfront and continue learning kayaking skills in a supportive, small-group setting.

### Entering Grades 5–6

A fun older-camper experience with more independence, bigger group challenges, active outdoor games, creative projects, beach time, kayaking, STEM activities, and leadership-building moments. Campers will have opportunities for more skill-building on the water while still staying within strict camp safety procedures.

### CIT 1: Entering Grades 7–8

A leadership-focused camp experience that combines the fun of camp with an introduction to helping, planning, and supporting activities alongside staff. CIT 1 participants are still campers and are not responsible for supervising children independently.

### CIT 2: Entering Grades 9–10

A more advanced leadership-learning opportunity for teens who are interested in working with younger campers and growing toward future junior counselor roles. CIT 2 participants are still in a learning role and are never used in place of adult staff.

## Camp Schedule & Fees

**Full Week:** Monday–Friday, 9:00 a.m.–4:00 p.m.

**3-Day Option:** Tuesday–Thursday, 9:00 a.m.–4:00 p.m.

**Before Care:** 7:30–9:00 a.m.

**After Care:** 4:00–5:00 p.m.

**Full Week Camp:** \$150 resident / \$175 non-resident

**3-Day Camp:** \$100 resident / \$125 non-resident

**Before Care:** \$5 per day resident / \$8 per day non-resident

**After Care:** \$5 per day resident / \$8 per day non-resident

**CIT 1:** \$25 resident / \$35 non-resident per week

**CIT 2:** Free

For financial aid for camps, please contact Sue at Middlefield Social Services.