



City of Milford, Connecticut

-Founded 1639-

70 West River Street - Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

www.ci.milford.ct.us

Recreation
Department

NEWS RELEASE

RELEASE ASAP / PLEASE REPEAT

Contact: Patrick Austin
203.783.3390
paustin@ci.milford.ct.us

August 10, 2016

SENIORS (Over 50) BASKETBALL WORKOUTS

The Milford Recreation Department announces that its popular Senior (Over 50) Basketball Workouts will be held on Monday, Wednesday, and Friday mornings from 8:30 a.m. to 11:30 a.m. in the Parsons Complex Gymnasium from Wednesday, September 7, 2016 to Friday, June 7, 2017.

This free play activity is open to men and women 50 years of age or older. This half-court activity promotes exercise, fun, and camaraderie. Lockers and showers are available.

The program is free however participants must pre register at www.milfordrecreation.org or in person at the Milford Recreation Department.

The program will not meet on 10/3, 11/7, 11/9 and any State/Federal Holiday or during Milford Public school Vacation in April.

For further information please contact Patrick Austin at the Milford Recreation Department 783-3390 or paustin@ci.milford.ct.us

“Building a Community Through People, Parks, and Programs”
The Benefits Are Endless