



## *City of Milford, Connecticut*

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Recreation  
Department

# NEWS RELEASE

## RELEASE ASAP / PLEASE REPEAT

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August 27, 2018

### Lunch Time Basketball Workout

The Milford Recreation Department announces that its popular Lunch Time Basketball Workout will be held on Monday, Wednesday, and Fridays afternoons from 11:30 a.m. to 1:30 p.m. at the Parsons Complex Gymnasium beginning on Wednesday, September 9, 2018. The program runs through May 22, 2020.

This open gym basketball activity is open to both men and women who are either Milford residents or employees of Milford Businesses. Lockers and showers are available.

All participants must be at least Twenty-One years of age and must register in advance at [www.milfordrecreation.com](http://www.milfordrecreation.com) or at the Milford Recreation Department. The registration fee is \$25.00 or \$30.00 for non-residents. Registration is on a first come first serve basis or until program maximums are met.

The program will not meet on any State/Federal Holidays 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](mailto:paustin@ci.milford.ct.us)

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