



City of Milford, Connecticut

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Recreation
Department

NEWS RELEASE

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August 22, 2019

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 Monday, September 9, 2019 to Friday, May 22, 2020.

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 registration fee is \$25.00 for residents and \$30 for former residents. Participants must pre register at www.milfordrecreation.com or in person at the Milford Recreation Department.

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 203-783-3390 or paustin@ci.milford.ct.us

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