



City of Milford, Connecticut

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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

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

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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 beginning on Monday, September 12, 2011.

This HALF COURT activity promotes exercise, fun, and camaraderie.

This free play activity is open to men and women 50 years of age or older.
Lockers and showers are available.

Participants will be required to complete a registration form.

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