

The Sports Center of Connecticut
784 River Road
Shelton, CT 06484
(203) 929-6500

From Merritt Parkway (Route 15):

Take Exit 53. At exit (light) turn onto Rte 110 North. The Sports Center is 1 mile past Sikorsky Aircraft on the right. Proceed past the Golf Center building and mini golf course to The Rinks (the large building in back). Please enter through the front entrance of The Rinks.

From I-95 South: (from New Haven)

Take Exit 38 connector to Wilbur Cross/Merritt Pkwy (Route 15 S), take Exit 53. At the exit, turn onto Rte. 110 North. The Sports Center is 1 mile past Sikorsky Aircraft on the right. Proceed past the Golf Center building and mini golf course to The Rinks (the large building in back). Please enter through the front entrance of The Rinks.

From I-95 North: (from Norwalk)

Take Exit 27A, Rte 8 N. Follow signs to Merritt Pkwy N (15). Take Exit 53. At the exit, turn onto Rte 110. North. The Sports Center is 1 mile past Sikorsky Aircraft on the right. Proceed past the Golf Center building and mini golf course to The Rinks (the large building in back). Please enter through the front entrance of The Rinks.

From Route 8 South:

Take Exit 14 (Howe Ave./Rte. 110). Make a left at bottom of ramp onto Rte. 110 South (River Road). The Sports Center is 2+ miles down on the left. Proceed past the Golf Center building and mini golf course to The Rinks (the large building in back). Please enter through the front entrance of The Rinks.

From Route 8 North:

Take Exit 12 (Old Stratford Rd). Make a right at the light. Continue down the hill (becomes Warner Hill Rd) to a "T". Make a left at light and continue 1 mile. Proceed past the Golf Center building and mini golf course to The Rinks (the large building in back). Please enter through the front entrance of The Rinks.