



Town of Waterford

Department of Planning and Development

www.waterfordct.org

Office Use Only

Date Submitted: 4/10/26

Processed By: KK

App. No.: PL-26-9

Total Fee: \$ 360

Electronic Submission

Waived: Yes No

RECEIVED

APR 10 2026

PZC Form 1

Planning and Zoning Application

Planning & Development
Town of Waterford, CT

1. Type of Application(s), Use and Property Information (check all that apply)

- | | | |
|---|---|---|
| ☐ Informal Staff Review | ☐ Site Plan/Design Review | ☐ Municipal Project (CGS§8-24) |
| ☒ Special Permit/Design Review ¹ | ☐ Subdivision /Resubdivision | ☐ Lot line Adjustment |
| ☐ Zoning Map Change | ☐ Regulation Amendment(s) | ☐ New District |
| ☐ Multifamily Development | ☐ Coastal Area Management ² | ☐ Earth Excavation |
| ☐ Flood Hazard Area | ☐ Other: _____ | ☐ Other: _____ |

Specify all uses and corresponding section for which this application applies³:

Use: Private educational institutions Section: 8.2.4

Use: _____ Section: _____

Use: _____ Section: _____

Name of proposed development/subdivision: _____ If subdivision how many lots?: _____

If applicable, are roadways proposed to be private, public or both:

- ☐ Private ☐ Public ☐ Both⁴

Parcel 1

Map/Block/Lot: / /

Street No. & Name: 131 Boston Post Road

Size SF/AC: /

Zoning District(s): C-G

Parcel 2

Map/Block/Lot: / /

Street No. & Name: _____

Size SF/AC: /

Zoning District(s): _____

¹ Include a completed list of property owners with Parcel ID, name, address and mailing address. It is the applicant's responsibility to distribute all notices certified return receipt. Evidence of mailing shall be submitted prior to the start of the hearing. Failure to do so will delay the opening of the hearing.

² Coastal Site Plan reviews under Coastal Area Management §25.4 must submit a completed PZC Form 2 in addition to this PZC Form 1.

³ The use listed must correspond to the exact use term noted within the zoning district as a permitted use allowed through site plan or special permit.

⁴ A plan must accompany the application clearly delineating the limits of public and private roads.

2. Applicant Information

Name: Crystal Aldrich
Title: Owner
Company: Aikido New London County, LLC
Address: [REDACTED]
City/State: [REDACTED]
Zip Code: [REDACTED]
Telephone: [REDACTED] Fax: _____ Email: [REDACTED]

Applicant's Authority to File Application⁵

☐

Legal Owner of Record

☐

Power of Attorney

☐

Contract to Purchase

☒

Other Tenant

3. Agent Information; if applicable

Name: _____
Title: _____
Company: _____
Address: _____
City/State: _____
Zip Code: _____
Telephone: _____ Fax: _____ Email: _____

Specify Nature of Agent

☐

Attorney

☐

Civil Engineer

☐

Land Surveyor

☐

Design Professional; _____

☐

Other: _____

Bar/License/Reg. No.: _____

4. Property Owner(s) and Parcel(s) Information

Is owner co-applicant? ☐ Yes ☐ No

Note: If landowner is an LLC, Corporation, Trust or other legal entity, attach the names, addresses and title of each member or officer, including agent(s). If same as applicant list 'Same'.

Name: Arlene Sherman
Title: [REDACTED]
Company: [REDACTED]
Address: [REDACTED]
City/State: [REDACTED]
Zip Code: [REDACTED]
Telephone: _____
Fax: _____
Email: _____

Name: _____
Title: _____
Company: _____
Address: _____
City/State: _____
Zip Code: _____
Telephone: _____
Fax: _____
Email: _____

⁵ Applicant must submit evidence attesting to the authority to file application (i.e. deed, option for purchase, etc.)

5. Statement of Use

Attached a typed statement of use in conformance with the Zoning Regulations as described in Section 22.4.2. In addition include all hours and days of operation, size of buildings and number of stories, utilities servicing the parcel, variances received, number of employee and structures to be demolished.

6. Statement of Design Compatibility (Site Plans and Special Permits only)

Attach a statement describing how the building and site design is compatible with the neighborhood, character of Waterford and Zoning Regulations.

7. Consistency with Adopted Plan of Preservation, Conservation and Development (all applications)

Attach a statement attesting to how the proposed use, zone change, amendment or design is consistent with the most recent adopted Plan of Preservation, Conservation and Development (the Plan). Note relevant Plan section numbers and pages.

8. Natural and Cultural Resources

Yes	No		% of Property
☐	☒	a. Are inland wetlands present on site? Total SF/AC _____ / _____	_____
☐	☒	b. Are tidal wetlands present on site? Total SF/AC _____ / _____	_____
☐	☒	c. Are their known or suspected vernal pools on the property?	
☐	☒	d. CT DEEP NDDB: Are endangered, threatened or species of special concern suspected to be located on the property? <i>Applicant must attach an 8 1/2 x 11 map of the most current CT DEEP Natural Diversity Database with site clearly identified regardless of response provided. If you answered yes to item d., attach a letter from CT DEEP stating the name of the specie(s) that are suspected to be on the property. See Section 22 of the Zoning Regulations for additional information.</i>	
☐	☒	e. Are floodplains or flood hazard areas on the property?	
		Identify: _____	
☐	☒	f. Is the property located within a local, state or national historic district?	
		If yes identify district name: _____	
☐	☒	g. Does the site possess any structures or sites listed on the local, state or national register of historic landmarks?	
		If yes, identify: _____	

9. Additional Information

Yes No

- ☐ ☒ a. Is any part of the site within 500' of the Town line? Which town: _____
- ☐ ☒ b. Will any egress or ingress for the property use streets within an adjoining municipality?
- ☐ ☒ c. Is any work proposed in wetlands or watercourses? Explain in Statement of Use
- ☐ ☒ d. Is any work proposed within 100 feet of a wetlands or watercourse? Explain in Statement of Use
- ☐ ☒ e. Is any work proposed within a floodplain or flood hazard area? Explain in Statement of Use
- ☒ ☐ f. Is public water available or proposed to the site? Identify: preexisting shopping center
- ☒ ☐ g. Are public sanitary sewers available or proposed to the site? Identify: preexisting shopping center
- ☒ ☐ h. Is there a utility, drainage or other easement(s) on the site? Specify: preexisting shopping center
- ☐ ☒ i. Is open space proposed on the property?

How much open space is proposed (SF/AC)? _____ / _____ Percent of property(s) _____

Use and purpose of open space: _____

10. Previous Land Use Permits Associated with the Property(s)

Have previous permits been issued for the Property: ☐ Yes ☒ No (List singularly; attached additional pages if necessary)

Date Issued

Issuing Agency

Approved Use/Activity

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

11. Change of Zone, Regulation Amendment or New Zoning District, if applicable

Yes No

- ☐ ☒ a. Is this application for a new zoning district and/or regulation not presently established within the Zoning Regulations? If a new zoning district, distinguish type of zone proposed:

☐ Fixed Zone

☐ Floating Zone

☐ Overlay Zone

Identify proposed zone name: _____

For new regulations, list proposed section number(s) and titles(s):

i. _____

ii. _____

iii. _____

- ☐ ☐ b. Is this application an amendment to an existing regulation? Attach proposed amendments, clearly noting any deletions, modifications or additions. List sections proposed to be modified:

i. _____

ii. _____

iii. _____

- ☐ ☒ c. Is this application for a change to a district already established within the regulations? Identify:

Supporting materials:

For new zoning districts or a change in zone provide a legal description of the land involved in the zone district change including the following:

- Location map at 1"=1000'
- Accurate description and acreage of tract(s) to be changed with existing buildings and uses
- Show existing features including but not limited to contours at two-foot intervals, wetlands and watercourses, flood plains, all improvements and structures,
- All lots or parts of lots contained in an area within 500 feet in all directions of the zone change tract
- All lots shown in this area and within the zone change tract shall contain the name and address of owners as recorded in the Assessor's records and shall show the nature of use
- North point, and distance along road from nearest road intersection.
- Scale of map(s)

12. Bulk Zoning Requirements Table

Complete the following table, which must also be included on applicable drawings:

Zoning District(s): _____		
Item	Required	Proposed
Minimum Lot Size		
Frontage		
Front Yard		
Side Yard		
Rear Yard		
Building Line		
Building Coverage		
Parking ⁶		
Landscaping		
Impermeable Coverage		

⁶ Attach method used to determine the number of parking spaces required.

13. Planning, Design and Engineering Team

Provide a list of all professionals responsible for the project. Additional pages attached, if necessary: ☐ Yes ☒ No

Discipline:	_____	Telephone:	_____
Name:	_____	Fax:	_____
Company:	_____	Email:	_____
License(s)/ Accreditations:	_____	License(s)/ Accreditation No(s):	_____

Discipline:	_____	Telephone:	_____
Name:	_____	Fax:	_____
Company:	_____	Email:	_____
Licenses and/or Accreditations:	_____	License/ Accreditation No(s):	_____

Discipline:	_____	Telephone:	_____
Name:	_____	Fax:	_____
Company:	_____	Email:	_____
Licenses and/or Accreditations:	_____	License/ Accreditation No(s):	_____

Discipline:	_____	Telephone:	_____
Name:	_____	Fax:	_____
Company:	_____	Email:	_____
Licenses and/or Accreditations:	_____	License/ Accreditation No(s):	_____

Discipline:	_____	Telephone:	_____
Name:	_____	Fax:	_____
Company:	_____	Email:	_____
Licenses and/or Accreditations:	_____	License/ Accreditation No(s):	_____

14. Supporting Documentation

Itemize, including additional attachments, all information provided in support of the application. Titles, dates and sheet/map numbers shall correspond exactly with the corresponding information provided.

Additional pages attached, if necessary: ☐ Yes ☐ No

Special Permit Proposal Answers

Cover Letter

15. For Informal Staff Review Use Only

Sec. 7-159b – Pre-application review of use of property. Notwithstanding any other provision of the general statutes, prior to the submission of an application for use of property under chapters 124, 126, 440 and 541 or any other provision of the general statutes authorizing an authority, commission, department or agency of a municipality to issue a permit or approval for use of such property, such authority, commission, department or agency or authorized agent thereof may separately, jointly, or in any combination, conduct a pre-application review of a proposed project with the applicant at the applicant's request. Such pre-application review and any results or information obtained from it may not be appealed under any provision of the general statutes, and shall not be binding on the applicant or any authority, commission, department, agency or other official having jurisdiction to review the proposed project.

I have read and understand the above provision of the Connecticut General Statutes and understand and agree that whatever discussion, comments and/or recommendations are made through this review are non-binding upon the parties.

Further, I acknowledge and agree that this pre-application review meeting is being conducted prior to and in anticipation of a formal application to the Waterford Planning and Zoning Commission or Conservation Commission to obtain feedback and response to the proposal or design, as it exists on this date, in the interest of preparing an application consistent with the Subdivision, Zoning or Wetlands regulations of the Town of Waterford as the case may be.

Signature

Printed Name

Date

Applicant

Agent

Land Owner

Land Owner

16. Technical Assistance Review Fee

In accordance with the Waterford Code of Ordinance Chapter 16.08, the Commission may require third party technical assistance review for the evaluation of applications associated with but not limited to site plans, special permits, zone change and regulation amendments and may collect payment for costs associated with the review. This includes but is not limited to civil engineering, architecture, legal assistance, traffic engineering and environmental protection.

17. Acknowledgements; All applications

Application Content

The undersigned hereby acknowledges that this application and statements submitted herewith are true to the best of my knowledge and approval of the application is contingent upon compliance with all requirements of said regulations.

Right of Entry and Inspection

The undersigned hereby authorizes the Waterford Planning and Zoning Commission or its agents, to enter the subject property for the purposes of inspection and enforcement for the said Zoning Regulations until receipt of final Certificate of Occupancy and Certificate of Zoning Compliance.

Electronic Data Accuracy and Transmission

If applicable, the undersigned hereby acknowledges that all electronic data submitted as part of this application is an accurate and true representation of all paper transmissions provided as part of this application and may be transmitted publically when requested and all applicable fees are paid in full by the requesting party.

Signature

Printed Name

Date



Crystal Aldrich

4/8/2026

Applicant

Agent



Arlene Sherman 4/10/26

Land Owner

Land Owner



April 10, 2026

Crystal Aldrich
[REDACTED]

RE: Planning & Zoning Commission Board for 131 Boston Post Rd., Waterford, CT

To the Members of the Planning and Zoning Commission Board,

Thank you for your time and consideration in reviewing this application. My name is Crystal Aldrich Sensei, and I am the Chief Instructor and Owner of Aikido New London County. I have been a Waterford resident for over five years, and my husband is a lifelong resident of the area. We consider this community home and are deeply invested in contributing to its continued strength and character.

Aikido New London County is a locally owned, traditional martial arts school. Rather than operating as a high-volume franchise, we intentionally prioritize a small, supportive environment akin to a neighborhood "mom-and-pop" business. Our school focuses on personal development, safety, and overall community well-being. Alongside our structured programming for individuals and families, we actively give back to the town through community-centered events and free self-defense workshops for women. We are proud that our positive impact has earned us recognition as The Day's "Best of the Best Martial Arts Studio" in 2024 and 2025.

Our current location is 316 Boston Post Road, Unit 11. We are submitting this application because we are seeking a stable, long-term home for our dojo at 131 Boston Post Road. This is not intended to be a transitional use; our goal is to establish a lasting presence that positively contributes to the surrounding area and supports the people of Waterford.

We understand and respect the Board's responsibility in carefully evaluating this application. Regardless of the outcome, we appreciate the opportunity to be considered for this space, or similar spaces in the future.

Thank you again for your service to the community and your thoughtful consideration.

Respectfully,

Crystal Aldrich Sensei

Aikido New London County



Statement of Use: Aikido New London County

131 Boston Post Road, Waterford, CT

23.5.1 Community Plan Alignment

The proposed use, Aikido New London County, is a traditional Japanese martial arts school focused on the physical, mental, and social well-being of individuals and the broader community.

The studio provides structured programming that supports youth development, adult fitness, and lifelong learning. Aikido training emphasizes discipline, confidence, conflict resolution, and personal safety, aligning with the Town of Waterford's goals of promoting health, safety, and community engagement.

The organization is led by Chief Instructor and Owner, Crystal Aldrich Sensei, who is actively engaged in local and regional community development efforts. This includes participation in established organizations such as the Women's Business Development Council, the Southeastern Connecticut Women's Network, the Greater Mystic Chamber, and local business networking groups.

The organization is committed to accessibility and inclusivity, offering a welcoming environment for individuals of all backgrounds, abilities, and experience levels. Programs are designed to support families, neurodiverse individuals, and those seeking a positive, structured environment for personal growth.

Additionally, the studio provides a constructive and healthy alternative for teens and young adults by offering consistent evening programming that encourages discipline, connection, and substance-free social engagement.

23.5.2 Orderly Development

The proposed use is consistent with the existing character of the Boston Post Road corridor and the surrounding commercial environment.

Aikido New London County is a locally owned, small-scale martial arts school that emphasizes traditional instruction and community connection. The studio is intentionally designed to operate



as a neighborhood-focused business rather than a high-volume or heavily commercialized operation.

This approach ensures that the scale, character, and intensity of the use remain in harmony with adjacent businesses and properties. The studio maintains a calm, structured indoor environment with no amplified noise, outdoor activity, or disruptive elements.

23.5.3 Property Values

The proposed use is expected to support and enhance surrounding property values by introducing a stable, community-oriented business that contributes positively to the plaza.

Aikido New London County is a traditional Japanese martial arts school that offers not only physical training, but also cultural and educational programming. The studio periodically hosts cultural events that provide additional opportunities for community engagement and learning, further strengthening its role as a family-oriented and community-centered organization.

The proposed use is low-impact and consistent with other service-oriented businesses, contributing to steady, responsible foot traffic without causing disruption.

No structural changes are proposed that would negatively affect the appearance or character of the property. All signage will comply with local regulations and be designed to align with the plaza's existing aesthetic.

We have prior experience navigating municipal approval processes for signage and improvements at a previous location, demonstrating a commitment to compliance with local regulations and collaboration.

23.5.4 Public Safety

The subject property provides adequate access for emergency vehicles, including fire and police services, as it is located within an established commercial plaza with existing infrastructure designed to support such access.

The interior layout of the martial arts studio will be fully accessible, including wheelchair-accessible entry and restroom facilities, supporting safe and inclusive use for all participants.

The open training space allows for clear visibility and safe movement within the facility, further supporting occupant safety and ease of emergency response if needed.



The proposed use does not involve hazardous materials or inherently high-risk activities beyond standard supervised physical exercise.

23.5.5 Traffic Considerations

The proposed use will not create undue traffic congestion or hazards.

Classes are scheduled primarily during late afternoon and evening hours, typically beginning after 4:30 PM. This avoids peak traffic times associated with other plaza businesses, particularly morning and midday activity.

Classes are staggered to prevent large simultaneous arrivals and departures. Typical class sizes range from approximately 5–10 students; with this move, we anticipate 10-25 students.

The plaza provides adequate parking in compliance with zoning requirements, and existing access points safely accommodate traffic flow.

23.5.6 Landscaping and Buffers

No changes to existing landscaping or buffering are proposed.

The use is fully contained within an existing commercial space, and current site conditions provide adequate buffering for surrounding properties.

23.5.7 Utilities, Drainage, and Community Impact

The proposed use represents a low-impact demand on utilities and infrastructure.

The subject space was previously occupied by a personal service use (hair salon), which typically requires significantly higher water and sewer usage. In comparison, the proposed martial arts studio will have substantially lower utility demands, limited primarily to standard restroom facilities.

The existing water, sewer, and drainage systems are therefore more than adequate to support the proposed use without additional strain.



The use will not adversely affect stormwater systems, neighboring properties, or community facilities.

23.5.8 Compliance with Zoning Regulations

The proposed use complies with all applicable provisions of the Town of Waterford Zoning Regulations.

No changes to the building footprint, parking layout, or site infrastructure are proposed.

23.5.9 Community Character, Health, and Welfare

The proposed Aikido studio directly enhances the health, safety, and well-being of the community.

The studio promotes physical fitness, confidence, discipline, self-defense, and mental well-being through structured training and accessible programming for all ages.

Aikido New London County places strong emphasis on community outreach and public benefit, including offering free self-defense workshops for women in the community.

The studio also provides a positive, structured alternative for youth, teens, and young adults, particularly during evening hours, encouraging connection, accountability, and personal growth in a safe and supportive environment.

The organization prioritizes inclusivity and accessibility, supporting individuals from diverse backgrounds and abilities, including neurodiverse students.

Through these efforts, the studio contributes positively to the character of the Town of Waterford by fostering a healthier, more engaged, and socially connected community.



April 10, 2026

Crystal Aldrich
[REDACTED]

Waterford, CT 06385

RE: Planning & Zoning Commission Board for 131 Boston Post Rd., Waterford, CT

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Crystal Aldrich Sensei

Aikido New London County