

Department of Leisure, Family and Recreation

FALL 2020

PROGRAM & EVENT GUIDE

Registration Begins September 15, 2020





Visit the Town’s COVID-19 Page (<http://manct.us/covid-19>)

For any questions regarding non-emergency town operations please call our Customer Service Center: 860-647-5235.

For information on modified services & how to make an appointment please visit our [Town Services Modified Operations Updates](#).

[Check out the Self Isolation Information & Resources page.](#)

[Check out Manchester’s COVID-19 Dashboards.](#)

For State of Connecticut COVID-19 Data Resources [click here](#). State of CT data includes testing by demographics.

For general questions call the Coronavirus Info Center 2-1-1, text “COVID19” to 898211, or [visit the 2-1-1 of CT website](#).

GENERAL INFORMATION

FACILITIES

[Call for hours of operation]

Center Springs Main Office

39 Lodge Drive • Center Springs Park • 647-3084

Community Y Recreation

78 North Main Street • 647-3164
*Reopening 09/28/2020

Fitness Center Hours
(Reservation only, no drop-in)
M- F, 8:30 AM - 8:00 PM
Sa, 9:00 AM -1:00 PM

Mahoney Recreation Center

110 Cedar Street • 647-3166

Youth Service Bureau (YSB)

63 Linden Street • 647-5213

YSB Teen Center

63 Linden Street • 647-5213

Eastside Neighborhood Resource Center

153 Spruce Street • 647-3089

Our Parks Gear & Bike Shop

Charter Oak Park

Nike Site Pickle-ball Courts

Garden Grove Road

Dates of Operation: March-October

Olcott Street Sprayground

Verplanck School (126 Olcott Street)

Open Through Labor Day | 10AM - DUSK

Northwest Park Pavilion Rental

Northwest Park’s grand pavilion is 55’ in diameter, open sided and covered with picnic tables, a full kitchen and prep area, serving windows, and rest rooms. Adjacent to the pavilion is a 50’ long observation deck which scales 16’ high and 18’ long over Union Pond allowing for spectacular sunset views. For rental information contact the Recreation Division at 647-3084.

INDOOR AQUATICS

There will be no indoor aquatics program this fall as the Recreation Division will not have access to the indoor pools at Manchester High School. The Manchester Board of Education will not be permitting community use of any of their facilities for the foreseeable future. The decision was made with the health and safety of the students and staff of Manchester Public Schools as the utmost priority.

The Recreation Division will continue to plan and prepare for a safe reopening of the indoor pools keeping the health and safety of our employees and our community the top priority. When the pools reopen, we will be ready.

PARKS & TRAILS

OurParks and Trails

For more information about Manchester’s parks and trails, visit recreation.townofmanchester.org and click on OurParks and Trails.

CONTACT US

Program Cancellation Line

Access program cancellations 24/7 at our program cancellation line at 647-3162.

Better Manchester E-Mail Service

Sign up to receive the Department’s free bi-monthly e-mail service to provide you with timely information about new programs, facilities and featured stories. **Subscribe On-line:** bettermanchester.com/subscribe

Manchester Matters

Stay informed about events happening in Town, by receiving periodic emails with news about voting, taxes, leaf collection, meetings, construction, fire safety, programs offered and more. Residents and those who work in town are invited to sign up on-line at townofmanchester.org or by calling 647-5235.

Follow Us on Social Media

Like us on Facebook and follow us on Instagram & Twitter to learn more about programs, upcoming events and more!



Find. Like. Share.

@ManchesterRecreation @YouthSvc
@NeighborhoodsandFamilies
#DLFR

***Special Consideration:** Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.*

MEMBERSHIP UPDATES



Frequently Asked Questions

- Q: Will my membership be automatically renewed?**

A: No. You will need to come in person to renew starting January 1, 2021 and then each January 1st thereafter.
- Q: I did not get a pass for 2020 earlier this year before everything closed. Do I need to renew my pass this year?**

A: You do not need to renew or get a new pass for 2020 unless you plan on using the Community Y Fitness Center this fall/winter. Passes can be obtained starting in October at the Community Y Rec Center in order to use the Fitness Center. Fitness Center usage will be by reservation only; please see details on page 12.
- Q: Can I register for a membership online?**

A: No. You will need to come in person to obtain a membership; you will also need up to date proof of residency (driver's license, lease agreement, utility bill, etc.) as well as have your picture taken.
- Q: How much does a membership cost?**

A: Youth (20 years old and younger): Free
Adult (21 - 59 years old): \$50.00
Adult fees are reduced to \$25.00 starting June 1st each year.
Senior (60+ years old): \$10.00
Lost Card: \$5.00 replacement fee
- Q: Can I create an account online prior to coming in?**

A: No. In order to enforce our residency rule, customers are not able to create accounts online. Existing accounts and new accounts will need to be verified in house with proof of residency.



MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid until December 31, 2020

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2019/2020 recreation season. Senior citizen passes are also valid for the Manchester Senior Center and Senior Center programs.

A facility pass is for Manchester residents only and a valid ID is required to prove residency upon purchase and renewal. You must be present when purchasing a membership as photos will be taken at the time of purchase. Adult, Youth and Senior facility passes can be purchased at Center Springs, Community Y Rec Center and Customer Service at Town Hall. Senior passes can also be purchased at the Senior Center.

Facility Pass Fees	
Youth (0-20 years old)	No Cost
Adults (21-59 years old)	\$50.00*
*Adult pass fees are reduced to \$25.00 after June 1st	
Senior Citizen (60 and older)	\$10.00
Lost Card Replacement Fee	\$5.00

Pass Changes for Youth & Adult

Youth and Adult passes will be valid for one year, customers can choose from a wallet sized card or key chain sized card. Passes will no longer have pictures on them. Please note that photos will still be taken at the time of purchase for our records and proper identification is required when visiting our centers and pool facilities. Youth facility passes will no longer provide access to public libraries. Youth passes are still free and provide Manchester youth full access to Manchester's recreation centers as well as, outdoor and indoor pools. The same card will be renewed year to year unless a card is lost; the lost card replacement fee is \$2.00. Library cards must be obtained separately at Manchester Public Libraries.

Senior
Senior facility passes will have a different design on the front than the Adult/Youth cards, but seniors will still be able to choose between the wallet sized card or a key chain sized card. The same card will be renewed year to year unless a card is lost. Please note that Senior Center memberships are required to participate in Senior Center programming.



EARLY CHILDHOOD

Cradle to Crayons Virtual Play Experience

This playgroup will consist of a virtual circle time & story time posted each week for families to access whenever they would like along with a one-time contact-less craft kit pick-up time at the start of the session. Each week will include emailed instructions, links to content, and suggestions to extend your child's learning based on our theme for the week! There are 15 spaces available on a first come, first served basis as well as family kits for more than one child that can be made.

Please let us know if you would like a family kit when you register and how many children of preschool age live in your family.

Register: Email CMcnamara@manchesterct.org

Pick-Up Site: Northwest Park Early Childhood Center

Session 1: 09/23/20 - 10/28/20

Session 2: 11/04/20 - 12/09/20

Fee: No Fee



Start Smart Soccer

Parents work together with their children in a supportive environment to learn the basics of sport. Teaches children (3-5) a variety of soccer skills including: dribbling/ kicking, trapping shooting, passing and running/agility.

Location: Westside Oval (110 Cedar Street)

Age: 3-5 years old

Meets: Sa, 10/03/20-10/31/20

Session 1: 9:00 - 9:45 AM

Session 2: 10:00 - 10:45 AM

Session 3: 11:00 - 11:45 AM

Fee: \$65/ \$81 (nr) [Fee Includes Equipment]

YOUTH PROGRAMS



YSB Teen Center

Youth ages 13-18 can stop by the Youth Service Bureau's Teen Center after school! Due to COVID-19 admission is limited and times have changed so please call our office at 860-647-5213 for up to date details. There's lots to do including Discussion Group on Wednesdays, and every day we have video games, foos ball, board games, and a variety of other creative, fun, and interactive activities.

Virtual Family Paint Night

Join us for step-by-step instruction and create your own work of art while spending time with family and friends! This program is designed for families and is recommended for ages 8 and up. Registration is required and space is limited. Supplies will be available for pick-up or contactless delivery to your home! For more information, please contact Kellie Sheridan (860) 647-5262 or ksheridan@manchesterct.gov.

Location: Virtual Zoom - Link will be emailed prior to event.

Age: 8+

Meets: T, 10/20/20, 12/15/20, 5:00 - 7:00 PM

Sibshop

Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunity for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs.

For more information contact Beth Mix: mixe@manchesterct.gov or 860-803-7098.

Location: Center Memorial Park

Age: 7-15

Meets: F, 09/04/20, 10/02/20, 11/06/20, 12/04/20, 5:00 - 7:00 PM (weather permitting)

Write Out Loud Youth Open Mic

BE A SUPERSTAR in a safe space environment as you engage in an experience centered on youth voice through poetry, song, music, rap and dance. Attend a workshop, perform, and/or cheer on others who display their talent and creativity in front of a supportive audience. Youth performers only. No registration is required.

Location: Mahoney Recreation Center

Meets: 5:00 - 8:00 PM last Friday of each month

Ages: All Ages (preference to youth ages 13-19)

Fee: No Fee

Youth Programs

Mother Daughter Circle

What a challenging time! We want to be a support to mothers/ significant adults & their daughters' ages 10-14 years old. We will weekly on Zoom to talk, do activities, and connect with other families in the community!

Instructor: Heather Wlochowski

Location: Virtual (ZOOM)

Ages: 11-15 year olds

Meets: W, 09/23/20-11/18/20, 6:30 - 7:30 PM

Fee: No Cost

Girls Circle

It is an opportunity to explore what it means to be a girl, to exchange ideas, & explore your future by doing creative, fun & interactive activities. It is designed to foster self-esteem & to help girls maintain authentic connections with peers. This will be a place to get support during this time of uncertainty as well. Masks Required! Questions contact: heatherw@manchesterct.gov; 860-647-5215

Instructor: Heather Wlochowski

Location: Youth Service Bureau/ Virtual (Zoom)

Age: 10 to 12 years old

Group 1: Th, 09/03/20-09/29/20, 3:00-4:45 PM

Group 3: Th, 10/29/20-11/29/20, 3:30-4:30 PM

Fee: No Cost



PFLAG

PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people through its threefold mission of support, education, and advocacy. By supporting this mission, PFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ people, their families, and their loved ones. All are welcome; no registration required.

Location: TBD (Virtual Zoom or YSB)

Age: 12-18 years old + a parent/ally support

Meets: 1st T of the every month, 09/01/20, 10/06/20, 11/03/20, 01/05/21, 02/02/21, 03/02/21, 6:30 - 8:00 PM

FALL MOVIE SERIES

Come and enjoy stars under the stars with our fall outdoor movie series. New movies with viewings at multiple locations for your convenience. Social distancing protocols enforced.

Age: All Ages

Fee: No Fee



The Mighty Ducks

Location: Market Field, 153 Spruce Street

Meets: F, 09/18/20

Shrek

Location: Westside Oval, 110 Cedar Street

Meets: F, 09/25/20

Remember the Titans

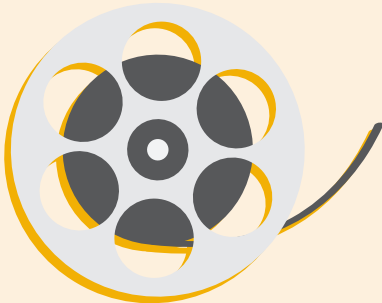
Location: Market Field, 153 Spruce Street

Meets: F, 10/09/20

Moana

Location: Westside Oval, 110 Cedar Street

Meets: F, 10/16/20





¡Your Voice Matters es otra vía para crear una comunicación bidireccional y transparente de forma que sea más accesible para todos!

Ahora tendrá acceso a:

- Foros comunitarios que le darán la oportunidad de compartir sus opiniones, comentarios y dudas en tiempo real con gente real de la comunidad.
- Actualizaciones acerca de los proyectos de la Ciudad
- Cuestionarios de la comunidad.
- Encuestas y sondeos públicos.
- ¡Y mucho más!

Regístrese hoy

LIBRARY PROGRAMS



Manchester Public Libraries

The Manchester Public Library provides books and other materials and services desired by community members in order to meet their needs for information, creative use of leisure time, and lifelong education. The library emphasizes individual service, especially to children, and serves as a focal point for interaction among the diverse residents of the community.

library.townofmanchester.org

Check our website and Facebook page, @ManchesterCTLibrary for details and registration information.

MARY CHENEY LIBRARY

586 Main Street | 860-643-2471
Open Monday-Thursday; 9 AM - 9 PM
Open Friday-Saturday; 9 AM - 5 PM

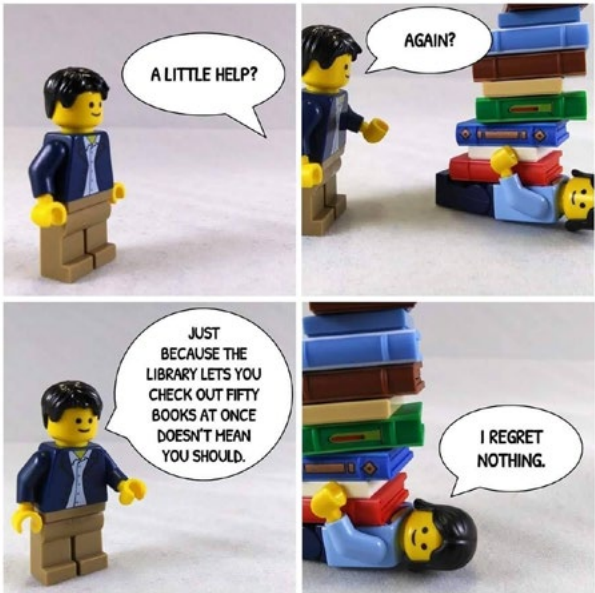
Please Note: Mary Cheney Library will be open Sunday afternoons from 1:00-5:00 PM beginning November 1st.

WHITON LIBRARY BRANCH

100 North Main Street | 860-643-6892
Open Monday-Thursday; 10 AM- 8:30 PM
Open Friday 9 AM - 5 PM
Closed Saturdays and Sundays

Reference Services

Our reference staff is here to help you with your book searches, research questions, printing, scanning, and technology assistance, and more! While the library is open, three computers are available to the public for 15 minute intervals. Be sure to check out our Facebook page, @ManchesterCTLibrary weekly for more special surprise services we are offering.



NATHAN CUNNINGHAM

Shelf Help

A brand new service for adults looking for a personal shopping experience at the library. If you are looking to expand your reading with new titles, authors, and genres, this service is for you! Visit our website under the Reader's Connection tab and fill out the form with your reading preferences and you will be matched with one of our expert staff, who will review your choices. They will pick out two to three books for you and you will come in and pick up your materials.

Walking Book Club

Program starts at the Mary Cheney Library lobby. Participants must sign up to participate: 860-645-0821; space is limited to 8 people, who must wear masks on the walk. We'll walk for 2 miles and return to the library.

Florence Adler Swims Again by Rachel Beanland

Meets: 09/17/20, 1:00 PM

Born A Crime by Trevor Noah

Meets: 10/15/20, 1:00 PM

Giver of Stars by Jojo Moyes

Meets: 11/12/20, 1:00 PM

bookmarked for adults

Our popular subscription box service for adults continues! bookmarked is a free monthly subscription box service where you receive a brand new, bestselling title, a custom bookmark themed to book, a reading list, as well as other goodies. You check out the box and the book with your library card and the rest is yours to keep! To secure your spot for this service, you need to pre-register by calling 860-645-0821.

Our themes:

- October: Time travel fantasy
- November: Blockbuster Science Fiction Sequel
- December: Steamy Romance

Not So YA Book Club

A book club designed for those 18-35 who love young adult fiction, will start again in the fall. Check our Facebook page, @ManchesterCTLibrary for dates and book selections. This book club will be run virtually through Zoom.

MORE FROM CHILDRENS

A special Make and Take craft for October.

Follow the link to "[Story Time Video Playlists](#)"

bookmarked jr. for children

Program is for children in grades 3-5. Special edition for October, Spooky Stories.

REC ON THE RUN

POP-UP CREATIVE ARTS, SPORTS & GAMES



REC ON THE RUN

Rec on the Run is our mobile pop-up creative arts, sports and games vehicle offering programs and activities to Manchester residents in neighborhoods and parks around our community. The **Rec on the Run** vehicle will visit a number of park locations once per week from 6:00-7:00 PM. Supplies on-site are limited and will be distributed on a first come, first served basis. Rec on the Run will also test a delivery service to Manchester residents. Residents can log in to their RecOnline account and purchase a box for a set delivery day. On-site program is scheduled to begin October 5th, 2020.

WEEKLY ON-SITE SCHEDULE

- Mondays** + Northwest Park, 448 Tolland Turnpike
- Tuesdays** + Marcy MacDonald Pool, 110 Cedar Street
- Wednesdays** + Market Field, 163 Spruce Street

COVID-19 CONSIDERATIONS

Rec on the Run is responding to the pandemic by offering all our activities in a "to-go" box formats. These boxes will allow easy activity pick-up onsite or delivery. We ask that you refer to CDC and State guidance regarding social distancing and preventative measures to ensure your safety and the safety of our community when picking up on-site. Please note this schedule may change.

REC ON THE RUN GALLERY

We're asking **YOU** to share your favorite Rec on the Run moments with the community! Upload an image of your Rec on the Run activity or creation and we'll highlight your images on an upcoming e-newsletter. Submit your Rec on the Run moments to



Standard Boxes

The following standard boxes will be available onsite & online while supplies last.

- **PAINT BOX**
Find all you need to paint a masterpiece.
Delivery Fee: \$10.00
- **FIBER ARTS BOX**
Weave necklaces, bracelets and more with this fiber box.
Delivery Fee: \$10.00
- **COLOR ME BOX**
Add some color to your life with the Color Me box!
Delivery Fee: \$10.00
- **NATURE ART BOX**
Nature & art go hand in hand - this box is all about it.
Delivery Fee: \$10.00
- **RECROCK BOX**
Design and create a inspirational RecRocks.
Delivery Fee: \$10.00

Specialty Theme Boxes

These kits will be available onsite & online while supplies last.

- **FALL CRAFTS BOX**
Fall theme crafts and activities for all
Release Date: October 5 | **Delivery Fee:** \$15.00
- **HALLOWEEN FUN BOX**
Halloween is right around the corner - this kit may just scare you!
Release Date: October 23 | **Delivery Fee:** \$15.00
- **WINTER CRAFTS BOX**
Winter is here - find out what's in store this month.
Release Date: November 2 | **Delivery Fee:** \$15.00
- **GRATITUDE SURPRISE BOX**
Release Date: December 7 | **Delivery Fee:** \$15.00
- **MYSTERY BOX**
Release Date: Monthly | **Delivery Fee:** \$15.00

Everything you need delivered to you!

ORDER TODAY!

ADULT LEARNSHOPS



Late Season Plant Transplanting

Learn the essentials to successfully transplanting produce and flowers between beds and planters for the upcoming fall season.

Instructor: Bettylou Sandy

Location: East Side Neighborhood Resource Center

Meets: Th, 10/01/2020, 6:00 - 7:00 PM

Ages: All Ages

Fee: No Fee



Skip the Park, Take a Hike

The hiking & walking trails throughout our community allow for passive recreation are still open to the public! [Check out the Manchester Trails Guide here](#) or visit [BetterManchester.com](#) to read the full story!



WALK THE WALK

Walk the Walk is a neighborhood walking guide, highlighting urban walks & hikes in a neighborhood near you! [Check out the guide here](#) or visit [BetterManchester.com](#) to read the full story!

ADULT FITNESS CENTER

Community Y Recreation Fitness Center

78 North Main Street • 647-3164

**Reopening 09/28/2020*

Hours of Operation

By reservation only, no drop-in.

M - F, 8:30 AM - 8:00 PM

Sa, 9:00 AM - 1:00 PM

Fitness Center Entrance Procedure

The health and safety of our employees and our community is top priority for the Town of Manchester. As such, the Town of Manchester is taking actions that are reasonably necessary to protect the health, safety and welfare of the community and our employees to minimize the effects and limit transmission of COVID-19.

To keep in line with CDC, state and local health department regulations, the Town of Manchester will limit fitness center capacity to 12 people per hour (subject to change per State of CT guidance). To maintain healthy operations at our facility the following entrance/exit procedures will be instituted:

- Capacity limited to 12 people per hour
- Reservations will be required to use the fitness center. Walk-ins not permitted. Reservations may be made on-line or over the phone.
- A valid Town of Manchester facility pass is required to enter the facility. Passes may be purchased at the Community Y Recreation Center.
- All patrons will be screened for COVID-19 symptoms.
- Masks must be worn by all patrons when entering and exiting the facility, when moving to and from common spaces and when unable to safely maintain 6 feet social distancing. Masks are not required when able to safely maintain 6 feet of social distancing.
- Social distancing must be maintained while using cardio machines, free weights and other fitness equipment. Masks will be required when unable to maintain social distancing. Some machines will be unavailable to allow for social distancing.
- Bathrooms are available. Lockers will not be available for use.
- All patrons are required to wipe down equipment before and after each use. This includes free weights, machine accessories, benches, weight plates etc...
- "Super-setting" and utilizing multiples machines at one time is not permitted. Please use one machine at a time and disinfect before and after use.
- Staff will be sanitizing and disinfecting on a regular basis.



Personal Training One on One

A personal trainer will design an exercise program specifically for you. Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs such as introduction to cardio equipment and weights will be addressed if needed.

Instructor: Brenda Bourne

Location: Community Y Rec Center

Ages: 18+

Meets: Call (860) 647-3164 to book

Fees:

1/1 Hour Session: \$35/\$44 (nr) per session

5/1 Hour Sessions: \$160/\$200 (nr) per session

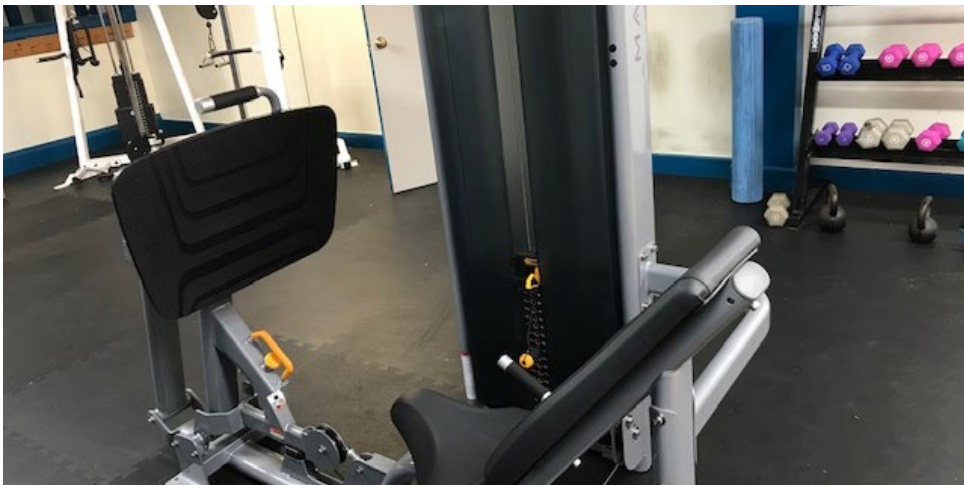
10/1 One Hour Sessions: \$300/\$375 (nr) per session

Fees for two persons (buddy rate): Best Deal

1/1 Hour Session: \$50/\$63 (nr) per session

5/1 Hour Sessions: \$210/\$250 (nr) per session

10/1 One Hour Sessions: \$400/\$475 (nr) per session



ADULT FITNESS

Pickle-ball

There's less ground to cover than other racket sports, making it easier for players of all ages, especially boomers and seniors. Players say it's easier on the body while still getting in a full workout. Equipment provided! Coach on site!

Instructor: Rec Staff
Location: Nathan Hale Activity Center Gym
Ages: 30+

BEGINNER SESSION Coach on Site!

Meets: T/Th, 5:30 - 7:00 PM
Session 1: 10/06/20 - 10/29/20
Fee: \$15
Session 2: 11/03/20 - 12/03/20
Fee: \$20

ADVANCED SESSION

Meets: T/Th, 7:00 - 9:00 PM
Session 1: 10/06/20 - 10/29/20
Fee: \$15
Session 2: 11/03/20 - 12/03/20
Fee: \$20

Drop-in Badminton

Lace up your shoes for fast paced badminton action! Suitable for both novice and advanced players alike.
Location: Nathan Hale Activity Center Gym
Meets: W, 5:00 - 7:00 PM
Fee: No Fee

Barre and More

Combines elements of Pilates, yoga, dance and functional training, allowing for a full body work out to tone lift and sculpt. Please bring your own mat and block.
Instructor: Colleen Zimmer
Location: Community Y Recreation Center
Ages: 18+
Meets: T/Th, 10:00 - 11:00 AM
Session 1: 09/29/20 - 10/29/20
Session 2: 11/03/20 - 12/10/20 (No Class 11/24/20, 11/26/20)
Fees: \$60 (r) / \$75 (nr)

Moon-Lit Yoga

Community Yoga Class. Please bring your own mat.
Instructor: Barbara Titus
Location: Westside Oval
Ages: 18+
Session 1: F, 09/04/20, 7:00 PM
Session 2: F, 10/02/20, 7:00 PM
Fees: No Fee

Power Yoga

Power yoga is a vigorous, fitness-based approach to vinyasa-style yoga. This class is an opportunity to just flow through the practice and breathe. Yes, you may notice things move a little faster in this class sometimes. But that doesn't mean YOU have to. This is an opportunity to focus on your breath and, you guessed it, do the best you can. This class is advanced.
Instructor: Barbara Titus
Location: Community Y Recreation Center
Ages: 18+
Meets: F, 5:30 - 6:30 PM
Session 1: F, 10/02/20 - 12/11/20 (No Class 11/29/20)
Fee: \$60/ \$75 (nr)

Yoga for Active Lifestyles

Enjoy your activities more this season through the practice of yoga. In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Spend time cultivating upper-body strength, core strength and balance.
Bring a yoga mat to class.
Instructor: Barbara Titus
Location: Community Y Recreation Center
Ages: 18+
Meets: M/W, 6:00 - 7:00 PM
Session 1: 09/28/20 - 11/02/20 (No Class 10/12/20)
Session 2: 11/09/20 - 12/16/20 (No Class 11/24/20, 11/25/20)
Fee: \$60/ \$75 (nr)

Total Body Plus

Need a total body make over? This is the class for you. Train every major muscle group through strength resistance exercises using a variety of equipment. Never a dull moment in this hour aimed at increasing strength, endurance and core conditioning. The plus....cardio "bursts" to increase your heart rate and maximize fat burning. Great for all fitness levels.
Instructor: Karen Cimino
Location: Mahoney Recreation Center Gym
Ages: 18+
Meets: M/W, 6:15 - 7:15 PM
Session 1: 09/28/20 - 11/02/20 (No Class 10/12/20)
Session 2: 11/09/20 - 12/16/20 (No Class 11/23/20, 11/25/20)
Fee: \$60/ \$75 (nr)

Power Walk

Power Walk - going out from Highland Street Bike Path Parking Lot in Manchester. We will head East and stay on the bike path for the entire power walk-out/back - no trails! Class will consist of a 10 minute slow pace followed by 40-45 minutes in your target zone. Then 10 minute cool down followed by stretches back in the parking lot. Rain or Shine.
Instructor: Miriam Jones
Location: Highland Street Bike Path Parking Lot
Ages: 18+
Meets: F, 10/02/20 - 12/18/20, 8:00 - 9:15 PM (No class 11/27/20)
Fees: \$82.50 (r) / \$98.70 (nr)

Team Fit After Work

Want to work out after work? Come join our team! This fitness class is a circuit with an interval training format. Participants do challenging, yet motivating strength core and cardiovascular conditioning. You'll do a variety of exercises to improve your overall fitness using all the latest fitness equipment. All fitness levels welcome! Bring an open mind and attitude!
Instructor: Karen Cimino
Location: Mahoney Recreation Center Gym
Ages: 18+
Meets: M/W, 5:00 - 5:45 PM
Session 1: 09/28/20 - 11/02/20 (No Class 10/12/20)
Session 2: 11/09/20 - 12/16/20 (No Class 11/23/20, 11/25/20)
Fee: \$50/ \$63 (nr)





JOIN THE EVOLUTION & subscribe to Better Manchester!

When you subscribe to the new Better Manchester Online, you'll have full access to captivating featured stories, uplifting ideas, and helpful community updates focused around physical health, mental health, and creative activities for all!

We hope you subscribe and join us in this next evolution.
#BetterManchester



Connect on any device, at any time.

Visit www.BetterManchester.com/subscribe

SENIOR CENTER



Manchester Senior Center

At this time the Senior Center is closed. We do have staff working full time to help you with anything you may need. Please do not hesitate to call us, we are happy to help! We can be reached Monday-Friday 8:00 am – 4:30 pm at 860-647-3211.

Lunch Program

Any Manchester Residents who are 60 years of age or older can reserve a daily lunch. Meals are being distributed at the Senior Center Monday – Friday from 11:00 AM to 12:30 PM. Meals are being distributed using a “Drive-Thru” method; all you need to do is drive into the Senior Center Parking lot and pull up to where the meals are being distributed. Please Do Not Exit Your Vehicle! Reservations can be made by calling 860-647-3211. Please call no later than the day before by 12:30 pm. If you need a lunch and cannot come to the Senior Center please call 860-647-3211 and arrangements can be made for you to receive a lunch.

Senior Center Transportation

Transportation to and from the Senior Center has been suspended until further notice and will resume when the Senior Center resumes normal operations. If you need transportation at this time please make an appointment through Dial-A-Ride or call the senior center staff and we can help make arrangements.

Grocery Shopping

Transportation to and from the Grocery Store has been suspended until further notice. If you are unable to get groceries for yourself, or with the help of friends, family, or neighbors, please contact the senior center at 860-647-3211. We will help make arrangements to make sure you are getting the groceries that you need.

TOWN OF MANCHESTER

Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester Senior Center Transportation (see above) **DIAL-A-RIDE changes in following the advice of the Governor and current guidelines that protect people from the virus and help halt its spread it is in the best interest of everyone so that we may all come together again soon! ** Currently there will be DAR transportation for Medical appointments only, grocery shopping and early morning senior grocery shopping at Big Y at 7am and at Stop & Shop at 6:30 am. To Register for Dial-A-Ride for the first time, call 860-870-7940 between 2:30-4:00 pm. To Reserve a ride thereafter with DIAL-A-RIDE, call 860-870-7940 between 8:30 am. -2:00 pm. Please direct questions or comments to Senior, Adult & Family Services at 860-647-3096, if you need more information.

We’re on FACEBOOK!

Please make sure to Follow and Like the Manchester Senior Center Facebook Page to get the latest and greatest news as quick as possible. We will be featuring our own programs and other Senior Center virtual programming. Go to <https://www.facebook.com/Manchester-Senior-Center-186553754718637/> to LIKE us!

Disclaimer – Due to ever changing circumstances this information could change by the time of publication. For the most accurate and up to date information contact the Senior Center Directly. The Senior Center will open when it is safe to do so. This information is accurate as of 8/19/2020

PROGRAM REGISTRATION

REGISTRATION INFO

Registration Dates

Residents: September 15, 2020

Non-residents: September 17, 2020

REGISTRATION OPTIONS

1. Online Registration 24/7

Enjoy the convenience of registering from your home computer 24 hours a day/seven days a week. Don't remember your username or password? Give us a call and we can assist you!

Log on to: RecOnline.townofmanchester.org

2. Over the Phone

Having trouble registering on-line. Give us a call and we'll be glad to register you over the phone. Have your payment information ready. Contact us at 860-647-3084 or 860-647-3085. (If paying over the phone a Visa or MasterCard must be used.)

RESIDENCY & NON-RESIDENT POLICY

Registration

Participants must be Manchester residents and proof of residency is required upon registration, unless otherwise noted. A resident is defined as a person who permanently resides in the Town of Manchester. Non-residents may only register for programs that indicate "nr" (non-resident fee) next to the listed fee.

Program Enrollment Policy

Enrollment is limited and most programs are on a first come, first served basis. The Recreation Division reserves the right to cancel or close a program which does not meet minimum enrollment requirements.

Refund Policy

Full refunds will be made if a request is made at least one week prior to the start of the program or if the Recreation Division cancels the class. Partial refunds will be made on a pro-rated basis, based on the date of notification, only in the first half of the program's duration. Refunds will not be considered once classes are half over or after the program ends. Refunds will not be considered less than one week prior to start of class.

Pro-rating Fees for Late Registration

Late registration will be accepted for most programs if space permits. Programs will be pro-rated up to 50% at or after the programs mid-point. Registration taken prior to the programs mid-point will be charged full price. Please note all pro-rating needs to be approved by a supervisor.

Confirmation Receipt

On-line registrants should print out their receipt upon registration. Program information will also be included on this form.

Waiting List

If your desired class is filled, you will be placed on a waiting list and will be notified by our department if openings become available.

Don't Be Disappointed! Register Early!

Unfortunately, we are sometimes forced to cancel programs two to three days prior to the start of the class because of under enrollment. When you wait too long to register and your class fills, don't be disappointed! Register Early!



YOUR VOICE MATTERS

Manchester

**WHAT DO YOU WANT THE FUTURE OF MANCHESTER
PARKS & FACILITIES TO LOOK LIKE?**

LET YOUR VOICE BE HEARD

**THE TOWN OF MANCHESTER WILL BE BEGINNING A FACILITIES AND PARKS MASTER PLANNING PROCESS
AND WANT ALL VOICES TO BE HEARD. SIGN-UP FOR YOURVOICEMATTERS TO ENGAGE
WITH PROJECT SURVERYS, UPDATES, NOTICES AND MORE!**

YOURVOICEMATTERSMANCHESTERCT.COM