

Department of Leisure, Family and Recreation
**2021 WINTER/SPRING
PROGRAM & EVENT GUIDE**

Registration Begins December 9, 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

Fitness Center Hours

(Reservation only, no drop-in)

M- F, 8:30 AM - 1:30 PM, 3:30-7:30 PM

Sa, 9:00 AM -1:00 PM

Eastside Neighborhood

Resource Center

153 Spruce Street • 647-3089

Leisure Labs at Mahoney Center

110 Cedar Street • 647-3166

Northwest Park Early

Childhood Center

(Activity Center Bld. 1)

448 Tolland Turnpike, Bld. #1 • 647-5212

Youth Service Bureau (YSB)

63 Linden Street • 647-5213

YSB Teen Center

63 Linden Street • 647-5213

Outdoor Ice Skating

Lighted ice skating is offered at Union Pond Park & Charter Oak Park when ice conditions are suitable. Ice skating is drop-in and unsupervised. Weather and ice conditions permitting.

FACILITY & PROGRAM

COVID-19 Notice

The Department follows all CDC and State guidance regarding social distancing and preventative measures to ensure your safety and the safety of our community. Please follow these guidelines to keep our community safe. If you feel ill please stay home.

INDOOR AQUATICS

With the hot days of summer behind us and cold snowy nights ahead, we here at the Department are moving programming indoors and are working hard to keep our spaces, programs and patrons safe. Unfortunately, due to the current health risks, our indoor aquatics programs will not be taking place this winter. The Recreation Division will not be allowed access to the indoor pools at Manchester High School. The Manchester Board of Education is not permitting community use of any of their facilities. The decision was made with the health and safety of the students and staff of Manchester Public Schools as the utmost priority. While disappointed not to be able to provide indoor aquatics programming, we are looking at this as an opportunity to start planning ahead to our summer aquatics programs. We appreciate all the inquiries about the winter aquatics and look forward to seeing everyone back outside once summer is here!

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

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



MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid until May 31, 2021

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2020/2021 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*
<i>*Adult pass fees are reduced to \$25.00 after June 1st</i>	
Senior Citizen (60 and older)	\$10.00
Lost Card Replacement Fee	\$5.00

Membership Changes due to COVID-19

Instead of membership passes expiring on December 31, 2020 all current membership passes will expire on May 31, 2021. Anyone buying a pass between now and May 31, 2021 will pay \$25.00 for the pass. June 1, 2021-December 31, 2021 all membership passes will renew and will be sold at the pro-rated rate of \$25.00. Any new passes purchased during this time will also be sold for \$25.00. January 1, 2022- membership passes renew and the cost and renewal cycle returns to normal.

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.



FAQ

Frequently Asked Questions



Q: Will my membership be automatically renewed?

A: Memberships purchased now through December 2020 will be extended through May 2021. Memberships can then be renewed for June 1st, 2021 - December 2021 (for \$25.00) and then again in January 2022 for full price/full membership year.

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: If you are planning to utilize the Community Y Fitness Center then you will need to renew or get a new pass.

Q: Can I register for a membership online?

A: No. You can visit the Community Y Rec Center to obtain a membership. If you need to create an account just to register for a class online, please contact the main office.

EARLY CHILDHOOD



Cradle to Crayons Virtual Play Experience

For a virtual play experience, join Cradle to Crayons playgroup! This playgroup will consist of a virtual circle time and 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. There will also be a few live story times for families to log in to and participate together. 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: CMnamara@manchesterct.gov

Pick-up Site: NW Park Early Childhood Center

Session 1: 01/06/21-02/24/21 (8 weeks)

Session 2: 03/10/21-04/28/21 (8 weeks)

Fee: No Fee

Start Smart Basketball

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

Location: Community Y Recreation Center Gym

Age: 3-5 years old

Meets: Sa, 03/20/21-04/17/21

Session 1: 9:00-10:00 AM

Session 2: 10:00-11:00 AM

Session 3: 11:00-12:00 PM

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

Start Smart Baseball

Parents will work together with their children in a supportive environment to learn the basics of sport. Teaches children (3-5) a variety of baseball skills including: throwing, catching, hitting a baseball and agility skills.

Location: Community Y Recreation Center

Age: 3-5 years old

Meets: Sa, 05/01/21-06/05/21

Session 1: 09:00-10:00 AM

Session 2: 10:00-11:00 AM

Session 3: 11:00-12:00 PM

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



FAMILY FUN NIGHTS

Let the Fun Begin!

The following Family Fun Nights will take place at the Nathan Hale Activity Center, located at 160 Spruce Street. Masks are required and social distancing guidelines will be enforced. All events are free to the public, but registration is required. Registration is limited. To register, please contact the Neighborhoods & Families Division at (860) 647-3089.

Location: Nathan Hale Activity Center, 160 Spruce Street

Marvelous Marvin's Laugh Count

Laugh Count is a family-friendly fun show that blends magic, juggling, comedy, audience participation and some science education. Since 1995, Marvin has surprised his audiences with fun antics, great magic and lasting impressions. Start the laugh count, join in the fun and be amazed!

Meets: F, 01/08/21, 6:30 PM – 7:30 PM

Into the Groove

DJ DANCE PARTY

Come on out for a night of family-friendly dancing and enjoy a mix of new and classic songs, including the Cha Cha Slide, Cotton-Eye Joe, Cupid Shuffle and more!

Meets: F, 02/05/21, 6:30 PM – 7:30 PM

Coco Spanish-Language Movie Showing

(with English Subtitles)

All are invited to an indoor Spanish-language showing of Pixar's Coco (with English-subtitles). Feel free to bring your own chairs, blankets and snacks!

Meets: F, 03/05/21, 6:30 PM – 7:30 PM



YOUTH PROGRAMS

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. Program supplies will be delivered to your home prior to the event.

Instructor: Kellie Sheridan

Location: Zoom

Age: 8+

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

Fee: No Cost

Mother-Daughter Circle

This evidence-based support program promotes a healthy and sustaining bond between mothers & daughters during the transitional years from girlhood to young womanhood. This program provides a safe, consistent, and strengths based approach to supporting mothers and daughters on their relationship journey.

Instructor: Heather Wlochowski

Location: TBD

Age: Guardians/Moms & their 6-8th grade daughters

Meets: Th, TBD

Session 1: 03/04/21-04/29/21

Session 2: 05/06/21-06/24/21

Fee: No Cost



Self-Care Week

This special week is open 5th-7th grade youth alongside high school mentors. The participants will have an opportunity to engage in self-care activities such as art, drumming, yoga, etc.

Instructor: Heather Wlochowski

Location: Center Memorial Park

Age: 5th-7th Grade Youth/Mentors

Meets: M-F, 04/12/21-04/16/21, 10 AM-12 PM

Fee: No Cost

Virtual 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. Meetings will be structured to include an LGBTQ youth group (ages 12-18) and a parent/ally support group. All are welcome; no registration required.

Instructor: Kellie Sheridan

Location: Zoom

Age: 12-18 with parent/ally support

Meets: 1st T every month, 6:30-8:00 PM

Fee: No Cost

Teen Center

The Teen Center is fun place for students to spend time with their friends and peers in a safe and supervised environment. Enjoy playing pool, video games, board games, foosball, and many more activities! Homework help is always available and every Wednesday there's pizza and discussion! We are following all CDC safety requirements and precautions. Face masks must be worn at all times. Space is limited. Please call Pierre Brillant at (860) 647-5223 or (860) 647-5260 for more information.

Instructor: Pierre Brillant

Location: 63 Linden Street

Age: 13-18 year olds

Meets: M-F, 01/04/21- 06/15/21, 12:30-4:30 PM

Fee: No Cost

Strengthening Families

The Strengthening Families program is an evidence-based curriculum to help foster a positive relationship between youth and parents. The curriculum is designed to help parents/caregivers and youth deal with the challenges pre-teens and young teens bring to the family. We will provide an hour of family communication, bonding, problem solving, and some fun! **Instructor:** Heather Wlochowski

Location: Virtual

Age: Families with 10-14 years old

Meets: Th, 01/14/21-02/25/21

Session 1: 6:30-7:30 PM

Fee: No Cost

Boys Council

Boys Council offers pre-teen boys and adolescent young men a solid pathway toward a healthy development and helps them navigate growing up male in today's society. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves.

Instructor: Pierre Brillant

Location: Zoom

Age: 12-14 year olds

Meets: T, 01/12/21-02/16/21, 3:00-4:00 PM

Fee: No Cost

Boys to Men

Boys to Men is an enrichment program designed to provide support to young men (ages 14-18) who can benefit from the guidance, friendship, and life experiences of adult male mentors in a group setting. Youth will engage in rich discussions on varying topics relevant to their lives and be exposed to a variety of positive activities and community events.

Instructor: Pierre Brillant

Location: Zoom

Age: 14-18 year olds

Meets: M, 01/11/21-02/15/21, 3:00-4:00 PM

Fee: No Cost

Manchester Youth Commission

Applications are available February 1-April 26

The Manchester Youth Commission is a group of high school students who work to ensure youth voice is represented in the decision making process of the Town of Manchester. They are direct advisors to the Board of Directors on youth issues or issues that will impact youth in some way. They meet 2 times per month with additional opportunities to participate in town events, field trips, and other activities. The commission is accepting applications for open seats for the 2021-2022 terms. Applications due April 26, 2021. If interested contact Heather Wlochowski at 860-647-5215 or heatherw@manchestersrct.gov.

YOUTH PROGRAMS



Co-ed Junior Basketball

Learn the basic basketball skills—teamwork, shooting, passing, defense, offense and dribbling. Mandatory Evaluation Clinic on 01/05/21 at 6 PM for 8-9 years old Mahoney.

Instructor: Mahoney Rec Staff

Location: Leisure Labs at Mahoney Center

Ages: 8-9 years old

Meets: Sa, 01/16/21-03/06/21, 8:00 AM-1:30 PM

Fee: \$35

Co-ed Youth Basketball

Team play with emphasis on fundamental instruction and game time play. Mandatory Evaluation Clinic on 01/05/21 at 7:30 PM for 10-12 years old Mahoney.

Instructor: Mahoney Rec Staff

Location: Leisure Labs at Mahoney Center

Ages: 10-12 years old

Meets: F, 01/15/21-03/16/21, 6:00 PM, 7:30 PM

Meets: Sa, 01/16/21-03/17/21, 2:00-4:30 PM

Fee: \$35

Coed Indoor Soccer

To learn the basic skills of soccer such as dribbling, trapping, defense shooting and passing. Learn the concept of team work and hard work.

Instructor: Rec Staff

Location: Leisure Labs at Mahoney Center

Meets: Su, 01/17/21-03/14/21

Session 1: 12:30 PM - 1:45 PM

Age: 5-6 year olds

Fee: \$35

Session 2: 2:15-3:30 PM

Age: 7-8 year olds

Fee: \$35

Due to the pandemic, we are doing everything to keep our community safe...we are asking families to limit households (parent or guardian) to 1. No siblings. Thank you for your cooperation.

Drop-in Basketball

Welcome basketball back to the Nathan Hale Recreation Center! Staff supervised drop-in court time is available five days a week. Capacity is limited to 20 individuals at any one time with a strict one in one out policy after capacity has been met. All recommended state health and social distancing guidelines will be enforced, half-court games are encouraged.

Instructor: Rec Staff

Location: Nathan Hale Activity Center Gym

Ages: 16+

Meets: M-F, 7:30-9:00 PM

Fee: No Fee (Recreation Membership Required)

NEW "Di-Cy-Pher"

LYRICAL BREAKDOWN

This program enables participants to break down lyrics from different songs with other music enthusiasts. Participants spend an hour analyzing a song chosen by the staff and discuss the possible meaning and emotions behind the lyrics. Then after listening to the song and watching the music video, another conversation ensues.

Instructor: Ryan Ward / Jakob Lopez

Location: Leisure Labs at Mahoney Center

Age: 16+

Meets: M, 01/11/21-03/08/21, 6:00-8:00 PM

Fee: No Cost

NEW "Di-Cy-Pher"

WORDSMITHING AND COMPOSITION

Encourages aspiring song writers and creatives to take a non-biased dive into the world of wordsmithing while also getting an introduction into basic guitar for song writing, poetry, and other creative expressions. All equipment is provided.

Instructor: Ryan Ward / Jakob Lopez

Location: Leisure Labs at Mahoney Center

Age: 16+

Meets: W, 01/13/21-03/10/21, 6:00-8:00 PM

Fee: \$30

NEW Fun for Science Labs

Have you ever wondered why bubbles float? What makes slime slimy? Or how a light bulb works? Join us for "Fun with Science Labs" for the answers to these questions and many more. All participants get their own lab coat and goggles!

Instructor: Ethan Talyor

Location: Leisure Labs at Mahoney Center

Age: 9-12 years old

Meets: F, 01/15/21, 01/29/21, 02/12/21, 02/26/21, 03/12/21, 03/26/21, 6:00-7:30 PM

Fee: \$30 (Includes equipment)

NEW Rocking Nature

Rocking Nature is an outside, musical experience located at Center Springs Park. Participants will begin with a nature walk and discussion about music and sound, then break out to create music in nature. Using natural materials participants will create a DIY musical instrument tutorial will finish the day.

Instructor: Ryan Ward

Location: Center Springs Park (Activity Center)

Age: 16+

Meets: Su, 03/14/21, 03/21/21, 04/04/21, 04/11/21, 05/02/21, 10:00 AM-11:30 AM

Fee: \$30

NEW Creative Expressions

MULTI-MEDIA ART AT LEISURE LABS

Calling all young artists! This program will keep participants engaged with a variety of shorter projects that can be completed and taken home in just one night! Those who register can expect to work with a wide variety of art and craft mediums during the creation of their projects!

Instructor: Chris O'Brien

Location: Leisure Labs at Mahoney Center

Age: 9-12 years old

Meets: T, 01/12/21-04/27/21, 6:00-7:30 PM

Fee: \$40

NEW Artist's Place

A DEEPER DIVE INTO ART & THE CREATIVE PROCESS

In this program supervised by our Artist in Resident participants will learn how to refine their basic art skills, and take on multi-day projects that combine a multitude of media and form!

Instructor: Chris O'Brien

Location: Leisure Labs at Mahoney Center

Age: 16+

Meets: Th, 01/14/21-04/29/21, 6:00-8:00 PM

Fee: \$50

REC ON THE RUN


NEW


Rec on the Run is a mobile pop-up creative arts, sports & games vehicle offering Rec on the Run Activity Boxes to Manchester Residents all season long.

COVID-19 CONSIDERATIONS

Our activities are delivered in "to-go" box formats. 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.

How to Order

 **Call:** Manchester Recreation Division at (860) 647-3084 to place an order over the phone. Have your household information ready.






 **Mail-In:** Complete the Mail-In Order Form below with payment (check only for mail-in orders) to Manchester Recreation Division, ATTN: Rec on the Run Order, 41 Center Street, Manchester CT 06045-0191 (Must be Manchester resident).

 **Delivery:** Deliveries are made twice weekly to Manchester residents based on household address provided.

Mail-In Order Form



Name: _____ **Address:** _____ **Phone:** _____
Last, First Street, Apt # Cell/Home

	Rec on the Run Activity Boxes	Fee	QTY	Total
	Color Me Box Add some color to your life with a Color Me box! Color Me boxes include an assortment of Color Me activities from backpacks to stuffed animals, markers, and more!	\$10	X _____	\$ _____
	Scratch Art Box Explore this unique art form and scratch away a work of art! This box includes scratch art templates and a wooden pencil to create a masterpiece.	\$10	X _____	\$ _____
	Weave It Box Weave a wall hanging, a bracelet or necklace or just design your own slap bracelet! This weave it box contains everything you need!	\$10	X _____	\$ _____
	Doodle Box Doodle art boxes to your doodle art desire! These doodle art boxes contain multiple velvet art pieces and a pack of marker.	\$10	X _____	\$ _____
	Paint Box Paint, brushes and a canvas - what else do you need to create a work of art!	\$10	X _____	\$ _____
	Kindness Rocks Box Kindness can be shared in many different ways. This Kindness Rocks box provides all you need to create a positive message for someone to find in a park or greenspace near you!	\$10	X _____	\$ _____
	Animal Mask Box Have some fun creating your own animal masks. Get creative and design your own! Boxes include 5 masks, construction paper and markers (animal sounds sold separately).	\$10	X _____	\$ _____
	Fall Crafts Box Design your own wood cut leaves. Boxes include 8 wood cut leaves, markers and construction paper to design your own!	\$15	X _____	\$ _____
	Winter Crafts Box Now's the time to create your Winter Crafts. This box includes an Apple Bird feeder kit to be able to feed our winter friends as the seasons change. (Apple not included.)	\$15	X _____	\$ _____
	Gratitude Box What are you thankful for? Our Gratitude Box contains greeting card templates, blank cards, construction paper and colored pencils to be able to share your gratitude with the world!	\$15	X _____	\$ _____
	TOTAL		_____	\$ _____

ORDER TODAY!

ADULT LEARNSHOPS



Preparing Your Garden for Spring

Happy (almost) spring! There are so many things to do in our landscapes, but through demonstrations and explanations of the process, you will be relaxed as you get back into the rhythm of all phases of your garden.

Instructor: Bettylou Sandy

Location: Eastside Neighborhood Resource Center

Age: All Ages Welcome

Meets: Th, 03/04/21, 6:00-8:30 PM

Fee: No Cost

Basic Vegetable Gardening

No matter how much or little space you have, you can grow vegetables! For little to no cost, it is possible for you to have fresh vegetables all year long.

Instructor: Bettylou Sandy

Location: Eastside Neighborhood Resource Center

Age: All Ages Welcome

Meets: Th, 03/11/21, 6:00-8:00 PM

Fee: No Cost

Gardener Gathering

The spring gathering of the Spruce Street Community Gardeners is to hear about the new opportunities and facilities at the improved garden; application sign-ups, tours, refreshments and conversation.

Instructor: Bettylou Sandy

Location: Eastside Neighborhood Resource Center

Age: All Ages Welcome

Meets: Th, 03/16/21, 6:00-8:00 PM

Fee: No Cost

Planting Peas

March is traditionally the time to plant peas. In this hands-on class, you will see how to plant this cold weather crop for a successful early harvest.

Instructor: Bettylou Sandy

Location: Eastside Neighborhood Resource Center

Age: All Ages Welcome

Meets: Th, 03/18/21, 6:00-7:00 PM

Fee: No Cost

NEW Art Cafe - Open Park Studio

The great outdoors provides an ever changing environment for inspiration and relaxation. Creativity is contagious and sparks conversation. Overlooking the pond and beyond, bring your paints, easels etc and spend some time alone or with your friends in a COVID-19 safe outdoor studio. Tables and chairs, limited supplies available at the "Paint Bar" for use. Artist in Residence Chris O'Brien will be on site to serve up some inspiration and welcome creatives of kinds. *For more information contact Artist in Residence cobrien@manchesterct.gov.*

Instructor: Chris O'Brien

Location: Center Springs Park Lodge

Age: 16+

Meets: Su, 02/21/21, 02/28/21, 03/14/21, 03/21/21, 04/04/21, 04/11/21, 05/02/21, 11 AM

Fee: \$10 / \$20 (nr)

NEW Document Shredding Event

An identity is stolen every two seconds! Take this opportunity to bring personal documents, and sensitive information to be professionally and confidentially disposed of.

Location: Eastside Neighborhood Resource Center

Age: All Ages Welcome

Meets: W, 03/10/21, 12:00-3:00 PM

Fee: No Cost

NEW Virtual Tax Support

Tax assistance for basic preparations and tax preparation review for qualifying tax payers. Contact the office of Neighborhoods and Families for more details. Appointments required.

Location: Eastside Neighborhood Resource Center

Age: All Ages Welcome

Meets: T/Th, 03/23/21, 03/25/21

Fee: No Cost

NEW Nature Photography Walks

Nature offers an abundance of subject matter for the photographer to capture and share. This introduction to Nature Photography combines fresh air, a walk in the park and your camera lens. Weekly themed "Challenges" will inspire, motivate and guide participants along a path to discover simple tips for capturing the natural beauty all around. Light, color, and composition are all a part of what makes a stunning photograph - bring your camera, cell phones and walking shoes. Participants may digitally submit images for an exhibit at the end of the program. *For more information contact Artist in Residence cobrien@manchesterct.gov.*

Instructor: Chris O'Brien

Location: Center Springs Park Lodge

Age: All Ages Welcome

Meets: Su, 02/21/21, 02/28/21, 03/14/21, 03/21/21, 04/04/21, 04/11/21, 05/02/21, 9 AM

Fee: \$15 / \$20 (nr)



ACCESSIBLE GARDEN RENOVATIONS COMING SOON



SPRUCE STREET COMMUNITY GARDEN

Federal Funds for this Project Provided By HUD Through Manchester's Community Development Block Grant Program



The Department of Leisure, Family, and Recreation has openings for a number of summer jobs. Interested persons may obtain position descriptions including minimum qualifications and applications by visiting www.townofmanchester.org **CLOSING DATE FOR APPLICATIONS IS MID-MARCH.** *Pre-season training required for all positions. YOU MUST BE AVAILABLE TO WORK THE DURATION OF THE SUMMER!*

Positions available:

- Camp Director
- Camp Counselor
- Head Lifeguard
- Water Safety Instructor
- Lifeguard
- Park Ambassador
- Recreation Leaders



ADULT FITNESS

Pickle-ball

There's less ground to cover than other racquet 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: 18+

Meets: T/W/Th, 5:30-7:00 PM

Fee: \$15/\$25 (nr) (per session)

TUESDAY SESSION

Session 1: 01/05/21-01/26/21

Session 2: 02/02/21-02/23/21

Session 3: 03/02/21-03/30/21

WEDNESDAY SESSION

Session 1: 01/06/21-01/27/21

Session 2: 02/03/21-02/24/21

Session 3: 03/03/21-03/31/21

THURSDAY SESSION

Session 1: 01/07/21-01/28/21

Session 2: 02/04/21-02/24/21

Session 3: 03/04/21-04/01/21

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: 01/05/21-02/04/21

Session 2: 02/16/21-03/18/21

Session 3: 03/30/21-04/29/21

Session 4: 05/04/21-06/03/21

Fee: \$60/\$75 (nr)

Stretch & Meditation

Relax and unwind with a class that nourishes you in every way. The class will include stretching the muscles, meditation and deep relaxation through supported and restorative postures. No yoga experience necessary. Meditation can be done in a chair. Please, bring your own mat!

Instructor: Colleen Zimmer

Location: Community Y Recreation Center

Age: 18+

Meets: Tu/Th, 6:15-7:15 PM

Session 1: 01/05/21-02/04/21

Session 2: 02/16/21-03/18/21

Session 3: 03/30/21-04/29/21

Session 4: 05/04/21-06/03/21

Fee: \$60/\$75 (nr)

Total Body Plus

Need a total body make over? 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 levels.

Instructor: Karen Cimino

Location: Leisure Labs at Mahoney Center

Ages: 18+

Meets: M/W, 6:00-7:00 PM

Session 1: 01/04/21-02/08/21 (No Class 01/18/21)

Session 2: 02/22/21-03/24/21

Session 3: 04/05/21-05/05/21 (No Class 04/02/21)

Fee: \$60/\$75 (nr)

Session 4: 05/10/21-06/07/21 (No Class 05/31/21)

Fee: \$48/\$60 (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!

Instructor: Karen Cimino

Location: Leisure Labs at Mahoney Center

Ages: 18+

Meets: M/W, 5:00-5:45 PM

Session 1: 01/04/21-02/08/21 (No Class 01/18/21)

Session 2: 02/22/21-03/24/21

Session 3: 04/05/21-05/05/21 (No Class 04/02/21)

Fee: \$50/\$63 (nr)

Session 4: 05/10/21-06/07/21 (No Class 05/31/21)

Fee: \$40/\$50 (nr)

Pilates

This Pilates class will tone, shape, lengthen and strengthen your entire body. Beginning, Intermediate and Advanced students all welcome. This class will incorporate both beginning level modifications and advanced variations to ensure all participants get the best workout possible. Please bring your own mat!

Instructor: Colleen Zimmer

Location: Community Y Recreation Center

Ages: 18+

Meets: Tu/Th, 5:00-6:00 PM

Session 1: 01/05/21-02/04/21

Session 2: 02/16/21-03/18/21

Session 3: 03/30/21-04/29/21

Session 4: 05/04/21-06/03/21

Fee: \$60/\$75 (nr)

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 sometime. 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: 01/08/21-03/12/21

Session 2: 03/19/21-05/28/21 (No Class 04/02/21)

Fee: \$60/\$75 (nr)

Yoga for Active Lifestyles

Enjoy your activities 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. Please bring your own mat.

Instructor: Barbara Titus

Location: Community Y Recreation Center Gym

Ages: 18+

Meets: M/W 6:30-7:30

Session 1: 01/04/21-02/08/21 (No Class 01/18/21)

Session 2: 02/22/21-03/24/21

Session 3: 04/05/21-05/05/21 (No Class 04/02/21)

Fee: \$60/\$75 (nr)

Session 4: 05/10/21-06/07/21 (No Class 05/31/21)

Fee: \$48/\$60 (nr)

ADULT FITNESS



NEW Winter Snow Shoe and Hiking

This class will go out from various hiking trail starting points in Manchester. Weather depending, we will be hiking if there's no snow and snowshoeing if there's at least 5" or more of snow! Need to have good mountain boots, snowshoes, and poles. Bring your own water/snack if needed. We will keep moving throughout the class time. Please bring your own equipment.

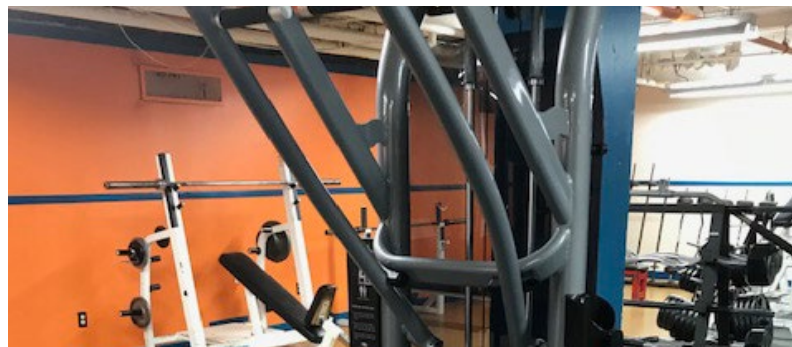
Instructor: Mariam Jones

Ages: 18+

Location: Varies

Meets: W, 01/06/21-03/31/21, 8:30-9:45 AM
(No Class 02/17/21)

Fees: \$91/\$113 (nr)



Recreation Fitness Center

78 North Main Street • 647-3164

Hours of Operation

By reservation only, no drop-in.

M - F, 8:30 AM - 1:30 PM, 3:30 - 7:30 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. Masks must be worn the entire time while in the facility. This includes while working out.
- Social distancing must be maintained while using cardio machines, free weights and other fitness equipment. Masks will be required when using cardio equipment. 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.

Instructors: Colleen Zimmer or Emmanuel Caicedo

Location: Community Y Rec Center

Ages: Varies

Meets: Call (860) 647-3164 to book

Fees:

1/1 Hour Session: \$60/\$75 (nr) per session

5/1 Hour Sessions: \$250/\$312 (nr) per session

10/1 One Hour Sessions: \$400/\$500 (nr) per session

Fees for two persons (buddy rate): Best Deal

1/1 Hour Session: \$100/\$125 (nr) per session

5/1 Hour Sessions: \$400/\$500 (nr) per session

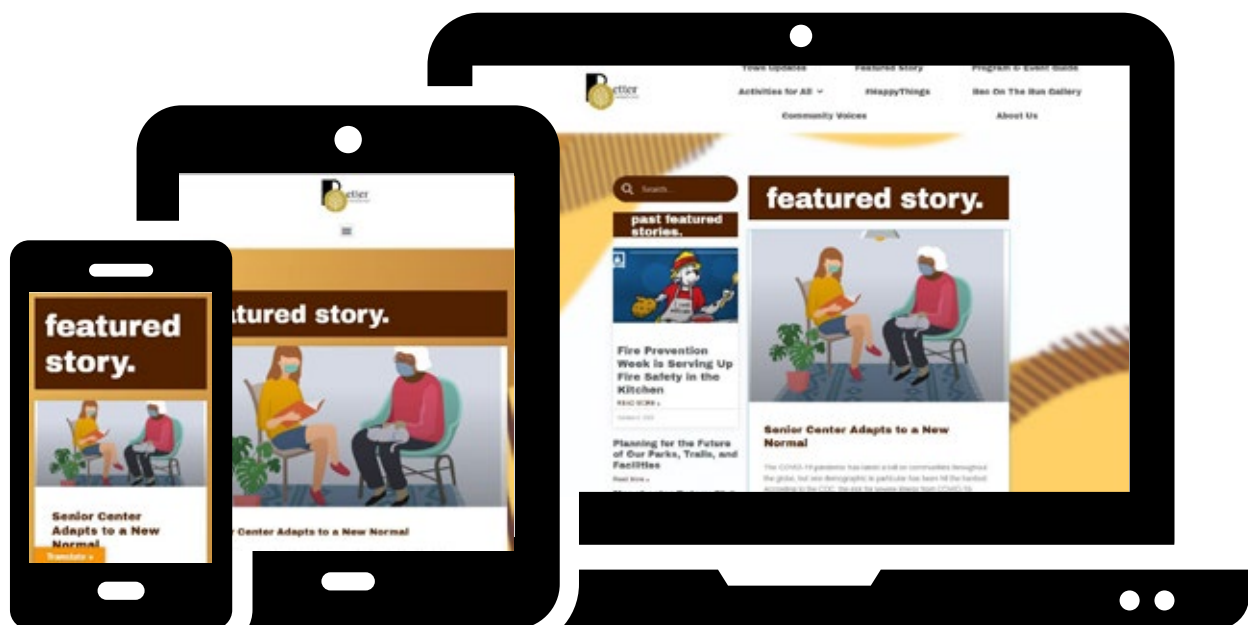
10/1 One Hour Sessions: \$550/\$680 (nr) per session



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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. Visit www.facebook.com/ManchesterCTSeniorCenter/ 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 11/06/20

REGISTRATION INFORMATION



Register

REGISTRATION DATES

Residents: December 9, 2020

Non-residents: December 11, 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.)

3. In-Person

Visit the Manchester Community Y to register in person.

RESIDENCY AND 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

¡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!

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