

Department of Leisure, Family and Recreation

# Fall 2021

Program and Event Guide

Resident  
Registration Begins  
September 15

# GENERAL INFORMATION

## 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.

## 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

M- F, 8:30 AM-9:00 PM  
Sa, 10:00 AM-5:00 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

### Nike Site Pickle-ball Courts

Garden Grove Road

**Dates of Operation:** March-October



## CHARTER OAK PARK

CHARTER OAK STREET MANCHESTER CT

## EVENTS FOR ALL!

### Autumn Slime Night

Join us for Slime Night, where you get to play with and customize your own slime!

**Location:** Charter Oak Park

**Meets:** F, 09/10/21, 6:00-8:00 PM

**Ages:** All Welcome

### Movie Night - Selena

Come watch Selena with us, to celebrate Hispanic Heritage Month!

**Location:** Charter Oak Park

**Meets:** F, 09/17/21, 8:00-10:00 PM

**Ages:** All Welcome

### Moon-Lit Yoga

Come enjoy outdoor yoga under the harvest moon!

**Location:** Charter Oak Park

**Meets:** F, 09/24/21, 8:00-9:00 PM

**Ages:** All Welcome

## AQUATIC FACILITIES

### MHS Main Swimming Pool

134 E. Middle Turnpike

**Open Swim Hours:** M/W/F, 7:30-8:30 PM,  
Sat. 12:00-1:00 PM

### MHS IOH Swimming Pool

134 E. Middle Turnpike

**Open Swim Hours:** M/W, 7:30-8:30 PM,  
Sat. 12:00-1:00 PM

## PARKS & TRAILS

### OurParks and Trails

For more information about Manchester's parks and trails, visit [recreation.townofmanchester.org](http://recreation.townofmanchester.org) and click on OurParks and Trails.

## CONNECT WITH 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](http://bettermanchester.com/subscribe)

### Follow Us on Social Media

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@ManchesterRecreation @YouthSvc  
@NeighborhoodsandFamilies  
#DLFR



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## MEMBERSHIP

### Facility Pass for Seniors, Adults & Youth Valid until December 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*
*Adult pass fees are reduced to \$25.00 after June 1st	
Senior Citizen (60 and older)	\$10.00
Lost Card Replacement Fee	\$5.00

### 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.

**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.

# AQUATICS

## GENERAL INFORMATION

Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield St. Locker Rooms available. Pool is closed while school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

The IOH Pool is adjacent to the MHS Main Pool. The entrance, pool and locker room is fully accessible. The pool is heated, with steps and a ramp for pool entry.

**Please Note:** Children 10 and under must be accompanied by and an adult 18 and older.

### POOL OPENS: MONDAY, OCTOBER 4, 2021

#### OPEN SWIM MAIN POOL

**M, W, F:** 7:30 - 8:30 PM

**Saturday:** 12:00 - 1:00 PM

#### OPEN SWIM IOH POOL

**M, W:** 7:30 - 8:30 PM

**Saturday:** 12:00-1:00 PM

Pool will be closed on the following dates: 10/11/21, 11/11/21, 11/24/21, 12/23/21

## SWIM LESSON SESSION DATES & SCHEDULE



### MONDAY & WEDNESDAY CLASSES

**Session 1:** 10/04/21-11/08/21

(No Class 10/11/21)

**Session 2:** 11/15/21-12/20/21

(No Class 11/24/21)

### TUESDAY & THURSDAY CLASSES

**Session 1:** 10/05/21-11/04/21

**Session 2:** 11/16/21-12/21/21

(No Class 11/25/21)

### FRIDAY CLASSES

**Session 1:** 10/08/21-12/17/21

(No Class 11/26/21)

### SATURDAY CLASSES

**Session 1:** 10/09/21-12/18/21

(No Class 11/27/21)

Level	Day	Time	Pool
Infant	M/W	6:00-6:30 PM	IOH
Infant	F	6:00-6:30 PM	IOH
Toddler	M/W	6:30-7:00 PM	IOH
Toddler	F	6:30-7:00 PM	IOH
Preschool	M/W	7:00-7:30 PM	IOH
Preschool	F	7:00-7:30 PM	IOH
Preschool	Sa	10:30-11 AM	IOH
Level 1	T/Th	6:00-6:30 PM	IOH
Level 1	F	7:30-8:00 PM	IOH
Level 1	Sa	9:00-9:30 AM	IOH
Level 1	Sa	10:00-10:30 AM	IOH
Level 2	T/Th	6:30-7:30 PM	IOH
Level 2	T/Th	7:00-7:30 PM	IOH
Level 2	Sa	9:30-10:00 AM	IOH
Level 2	Sa	11:30-12 PM	IOH
Level 3	Sa	10:30-11:00 AM	MAIN
Level 3	Sa	11:00-11:30 AM	MAIN
Level 3	Sa	11:30-12:00 PM	MAIN
Level 3	M/W	6:30-7:00 PM	MAIN
Level 3	M/W	7:00-7:30 PM	MAIN
Level 4	Sa	9:30-10:00 AM	MAIN
Level 4	Sa	10:00-10:30 AM	MAIN
Level 4	Sa	11:30-12:00 PM	MAIN
Level 4	M/W	6:30-7:00 PM	MAIN
Level 5	Sa	10:00-10:30 PM	MAIN
Level 5	Sa	11:00-11:30 AM	MAIN
Level 6	Sa	9:30-10:00 AM	MAIN
Level 6	Sa	10:30-11:00 AM	MAIN
Level 6	M/W	7:00-7:30 PM	MAIN

# AQUATICS



## REGISTRATION

September 15, 2021

### Registration Information

Registration for all aquatic lessons will begin at 9 AM on Wednesday September 15, 2021. Registration will be taken in-person and online.

Swim lessons are open to Manchester residents only. Children may not be enrolled in more than one class per session. Please note that parents who register their child for more than one swimming session at registration take the chance of not placing their child in the correct level because that child may or may not pass the initial level they are enrolled in. If incorrect placement occurs, parents may call the Recreation Division and transfer their child into the correct level assuming space is available. Refunds for swim lessons will be considered prior to week one before classes begin. **No refunds will be given less than one week prior to the start of class, or once class has begun.**

**In-Person Registration:** In-person registration will be held at the Community Y Recreation Center, 78 North Main Street; Recreation Division Main Offices, 39 Lodge Drive; and Customer Service Center at Town Hall, 41 Center Street.

**On-line Registration:** Log onto [reconline.townofmanchester.org](http://reconline.townofmanchester.org). Search under Aquatics.

**Fee:** The fee for swim lessons is \$25 per session. In-person forms of payment include: cash, credit card and check (made payable to the Town of Manchester). On-line payment is by VS/MC only.

**Age Requirements:** Please note the following age requirements for swimming levels:

**Infant:** 6 months through 18 months (adult must be in the water with child)

**Toddler:** 19 months through 3 years 5 months (adult must be in the water with child)

**Preschool:** 3 years 5 months through 5 years (adult must be in water with child)

**Levels 1-6:** Ages 5 and up

#### Class ratio:

**Infant:** 1:12

**Toddler:** 1:12

**Preschool:** 1:12

**Levels 1-6:** 1:8

Once class levels reach maximum enrollment, registration for that class will close. Waiting lists are not maintained for swim lessons.

## LESSON DESCRIPTIONS

### Parent/Child Aquatics

Builds basic water safety skills for both adults and children. Helps infants and young children become comfortable in the water so they are willing and ready to learn how to swim. Skills include: adjusting to the water environment, blowing bubbles and voluntarily submerging under water. Games, songs, toys, noodles and fun activities make this class very enjoyable. **Adults must accompany child in the water.** Water diapers and proper swim attire required.

**Infant:** ages 6 months- 18 months

**Toddler:** ages 19 months- 3.5 years

**Preschool:** ages 3.5- 5

### Level 1: Introduction to Water Skills

Enter and exit the water safely. Submerge mouth, nose and eyes. Exhale underwater (blow bubbles) through mouth and nose. Open eyes underwater. Pick up a submerged object held at arms length. Show comfort maintaining a front float/back position while supported. Recover to a standing position while supported. Change direction of travel while walking or paddling. Roll over from front to back while supported. Swim on front and on back while using any combination of arm and leg actions while supported (5 feet).

**Ages: Must be age 5 at the start of class to enroll**

### Learn-to-Swim Level 2: Fundamental Aquatic Skills

Demonstrate a front/back glide (2 body lengths). Float in a face-down position. Recover from a back float to a standing position while unsupported. Tread water using arm and leg motions in chest-deep water. Swim on front/back using any combination of arm and leg actions while unsupported (15 feet). Swim on side using an alternating or simultaneous leg action (5 feet).

### Learn-to-Swim Level 3: Stroke Development

Independently jump into deep water from the side. Demonstrate a head-first entry from the side in a sitting or kneeling position. Submerge and retrieve an object (independently) from chest-deep water (3 seconds). Demonstrate rotary breathing with body in a horizontal position. Demonstrate a front glide using 2 different kicks (2 body lengths). Demonstrate a survival float in deep water. Demonstrate a back glide using 2 different kicks. Demonstrate a back float in deep water. Tread in deep water, using hand and leg movements. Demonstrate each stroke for the following distance: Front crawl (15 yards), Back Crawl (15 yards), Butterfly—kick and body motion (15 feet).

### Learn-to-Swim Level 4: Stroke Improvement

Demonstrate a dive from a compact or stride position on the side of the pool. Swim underwater (3 body lengths). Demonstrate an open turn using any stroke on front and back and push off in a streamlined position. Tread water using a modified scissors. Demonstrate each stroke for the following distances: Front crawl—25 yards, Back crawl—25 yards, Butterfly—15 yards, Breaststroke—15 yards, Elementary backstroke—15 yards. Swim on side using scissor-like kick—15 yards.

### Learn-to-Swim Level 5: Stroke Refinement

Demonstrate a shallow dive from the side. Glide two body lengths and begin any front stroke. Swim underwater (15 yards). Demonstrate a tuck and pike surface dive, submerging completely. Demonstrate front/back flip turns. Demonstrate the following strokes: Front crawl—50 yards, Back Crawl—50 yards, Butterfly—25 yards, Breaststroke—25 yards, Elementary backstroke—25 yards, Sidestroke—25 yards. Demonstrate survival swimming (2 minutes).

### Learn-to-Swim Level 6: Swimming & Skill Proficiency

Learning Objectives: This course has 4 components all of which stress endurance swimming and stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.

# AQUATICS

## Adult Lap Swim

Swimming is one of the best overall body workouts. Build cardio and tone at the same time. Dedicated lap swim time available early mornings and evenings.

**Location:** Manchester Main Pool

**Age:** 18+

**Meets:** M-F, 10/04/21-12/22/21, 6:00-7:15 AM & 8:30-9:30 PM (No Class 10/11/21, 11/11/21, 11/24/21, 11/25/21, 11/26/21)

**Fee:** \$50 (resident only)

## Swim for Fitness

Swim 30 consecutive laps by then end of the class. Evaluation and individual swim fitness programs are used to help achieve swimming goals. Prerequisite: Must be able to swim a full length without stopping.

**Location:** Manchester Main Pool

**Ages:** 18+

**Meets:** T/Th, 7:30-8:30 PM

**Session 1:** 10/05/21-11/04/21

**Session 2:** 11/16/21-12/21/21 (No Class 11/25/21)

**Fee:** \$60 / \$72 (nr)

## Total Aqua

This class combines segments of cardio and strength training using training intervals and weight resistance tools. Total Aqua is designed for all fitness levels using equipment that helps result in a toned and functional body. This class covers strength, cardio, and mobility, well enough to wear you out!

**Location:** Manchester IOH Pool

**Age:** 18+

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

**Session 1:** 10/04/21-11/08/21 (No Class 10/11/21)

**Session 2:** 11/15/21-12/20/21 (No Class 11/24/21)

**Fee:** \$60 / \$72 (nr)

## Adult Swim Lessons

Designed for the first time swimmer or for those who have fear of the water. Participants will learn introductory water safety skills which include entry/exit skills, experiencing buoyance on your front and back and basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

**Location:** Manchester Main Pool

**Age:** 18+

**Meets:** Saturday

**Session 1:** 10/09/21-12/18/21, 8:30-9:30 AM

(No Class 11/27/21)

**Session 2:** 10/09/21-12/18/21, 9:30-10:30 AM

(No Class 11/27/21)

**Fee:** \$60 / \$72 (nr)

## Teen Swim Lessons

Designed for the teenager interested in learning to swim or who may have a fear of the water. Class is taught with peers in the same age group and no previous swim experience is required. The class is taught by an American Red Cross certified instructor and will orient students to an aquatic environment and create a sound foundation for swimming and safety skills.

**Location:** Manchester IOH Pool

**Ages:** 13-18

**Meets:** T/TH, 5:00-5:45 PM

**Session 1:** 10/05/21-11/04/21

**Session 2:** 11/16/21-12/21/21 (No Class 11/25/21)

**Fee:** \$30/ \$38 (nr)



# EARLY CHILDHOOD



## Start Smart Soccer

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

**Location:** Community Y Gym

**Age:** 3-5

**Meets:** Sa, 10/16/21-11/13/21

**Session 1:** 9:00-10:00 AM

**Session 2:** 10:00-11:00 AM

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

## Cradle to Crayons

This playgroup provides opportunities for children to socialize with others and engage in art projects, circle and story time, and other activities to prepare them for a classroom environment. All children are encouraged to engage in activities at their own pace and ability.

**Instructor:** Caitlin McNamara

**Location:** Northwest Park Early Childhood Center

**Age:** 2-5 years old

**Meets:** Th, 09/23/21-12/16/21, 3:00-4:15 PM

**Fee:** No Cost

## Mommy & Me Playgroup

This program is for caretakers and their infants up to early walking age. The group is for parents of young babies to socialize themselves as well as their babies in an unstructured playgroup atmosphere. This is a laid back group with no judgment. A private changing/feeding room is available. Registration is not required to attend. If you would like to join and receive text updates email: CMcnamara@manchesterct.gov

**Instructor:** Caitlin McNamara

**Location:** Northwest Park Early Childhood Center

**Ages:** 0-2 year olds

**Meets:** Tu, 09/21/21-12/14/21, 3:00-4:30 PM

**Fee:** No Cost

## Stroller Walking

For parents or caretakers and their infant, toddler, or preschool aged child. Siblings are welcome. All fitness levels welcome, walks will be slow and on the paved bike trail. Meet up in front of the building behind the playground with your infants and toddlers, a stroller or carrier and anything you may need to be outside for an hour or two! Walks will be cancelled for weather/temperature and we will walk until it gets too cold out or snows. For cancellations or updates email CMcnamara@manchesterct.gov.

**Instructor:** Caitlin McNamara

**Location:** Charter Oak Park

**Meets:** W, 09/22/21-12/14/21, 9:30-11:30 AM

**Fee:** No Cost

## Partners in Play

This program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years and Happy Together. Older siblings are not allowed.

**Location:** Northwest Park Early Childhood Center

## Wonder Years

**Ages:** 1-2 year olds

### TUESDAY SESSIONS

**Session 1:** T, 09/21/21-10/26/21, 9:30-10:15 AM

**Fee:** \$30/ \$38 (nr)

**Session 2:** T, 11/02/21-12/14/21, 9:15-10:15 AM

**Fee:** \$35/ \$44 (nr)

### THURSDAY SESSIONS

**Session 1:** Th, 09/16/21-10/28/21, 10:30-11:30 AM

**Fee:** \$35/ \$44 (nr)

**Session 2:** Th, 11/04/21-12/16/21, 10:30-11:30 AM

**Fee:** \$25/ \$32 (nr) (No Class 11/11/21, 11/25/21)

## Wee Two

**Ages:** 2-4 year olds

### TUESDAY SESSIONS

**Session 1:** T, 09/21/21-10/26/21, 10:30-11:30 AM

**Fee:** \$30/ \$38 (nr)

**Session 2:** T, 11/02/21-12/14/21, 10:30-11:30 AM

**Fee:** \$35/ \$44 (nr)

### THURSDAY SESSIONS

**Session 1:** Th, 09/16/21-10/28/21, 9:15-10:15 AM

**Fee:** \$35/ \$44 (nr)

**Session 2:** Th, 11/04/21-12/16/21, 9:15-10:15 AM

**Fee:** \$25/ \$32 (nr) (No Class 11/11/21, 11/25/21)

### FRIDAY SESSIONS

**Session 1:** F, 09/17/21-10/29/21, 9:30-10:30 AM

**Fee:** \$35/ \$44 (nr)

**Session 2:** F, 11/05/21-12/17/21, 9:30-10:30 AM

**Fee:** \$30/ \$38 (nr) (No Class 11/26/21)

## Happy Together

**Ages:** 3-5 year olds

### MONDAY SESSIONS

**Session 1:** M, 09/20/21-10/27/21, 9:30-11:00 AM

**Fee:** \$25/ \$31 (nr) (No Class 10/11/21)

**Session 2:** M, 11/01/21-12/13/21, 9:30-11:00 AM

**Fee:** \$35/ \$44 (nr) (No Class 11/11/19)

### WEDNESDAY SESSIONS

**Session 1:** W, 09/15/21-10/27/21, 9:30-11:00 AM

**Session 2:** W, 11/03/21-12/15/21, 9:30-11:00 AM

**Fee:** \$35/ \$44 (nr)

# YOUTH

## Mother Daughter Circle

For Mothers/Guardians or significant adult females & their girls (5-9<sup>TH</sup> grade). Call (860) 647-5215, or email heatherw@manchesterct.gov with questions.

**Instructor:** Heather Wlochowski

**Location:** Youth Service Bureau

**Ages:** 11-15

**Meets:** W, 09/29/21-11/17/21, 5:30-7:30 PM

**Fee:** No Cost

## Journey

For youth (6<sup>TH</sup>-8<sup>TH</sup> grade & high school volunteers).

Call (860) 647-5213, or email cbelton@manchesterct.gov with questions or to register.

**Instructor:** Pete Wlochowski

**Location:** Youth Service Bureau

**Session 1:** T, 09/14/21-12/14/21, 3:00-5:30 PM

**Ages:** 8-10 & High School Volunteers

**Session 2:** W, 09/15/21-12/15/21, 3:00-5:30 PM

**Ages:** 11-13 & High School Volunteers

**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. Meetings will be structured to include an LGBTQ youth group and a parent/ally support group. For more information, contact Kellie at (860) 647-5262 or ksheridan@manchesterct.gov

**Instructor:** Kellie Sheridan

**Location:** Youth Service Bureau

**Ages:** 12-18

**Meets:** 1<sup>ST</sup> T each month, 6:30-8:00 PM (Virtual)

**Fee:** No Cost

## Youth & Police Together

Get to know local police officers by joining us for a variety of fun trips and activities! For more information, contact Kellie at (860) 647-5262 or ksheridan@manchesterct.gov.

**Location:** Youth Service Bureau

**Ages:** 13-18

**Meets:** Meeting Dates/Times Vary

**Fee:** No Cost

## Hot Fingers Trivia

Virtual trivia game for families to compete against one another from the comfort of home! This fun, interactive event is appropriate for families with children ages 10 and up. Event includes a family snack pack delivered to your home and prizes for winners! For more information, contact Kellie at (860) 647-5262 or ksheridan@manchesterct.gov.

**Instructor:** Kellie Gauvin

**Location:** Youth Service Bureau

**Ages:** 10+

**Meets:** F, 09/24/21, 10/29/21, 7:00-8:30 PM

**Fee:** No Cost

## Family Paint Night at YSB

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. For more information, contact Kellie at (860) 647-5262 or ksheridan@manchesterct.gov.

**Location:** Zoom Meeting

**Ages:** 8+

**Meets:** T, 09/14/21, 10/12/21, 11/09/21, 12/14/21, 5:00-7:00 PM

**Fee:** No Cost

## Boys Council

Boys Council offers middle school boys a solid pathway toward a healthy development and helps them navigate growing up male in today's society. Group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. Email pbrilliant@manchesterct.gov with questions or call 860-647-5213 to register.

**Instructor:** Pierre Brilliant

**Location:** Youth Service Bureau

**Ages:** 12-14

**Meets:** 09/27/21-11/29/21, 3:00-4:00 PM

(No Class 10/11/21)

**Fee:** No Cost

## Boys to Men

Boys to Men is an enrichment program designed to provide support to young men 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. Space is limited. Email pbrilliant@manchesterct.gov with questions or call 860-647-5213 to register.

**Instructor:** Pierre Brilliant

**Location:** Youth Service Bureau

**Ages:** 14-18

**Meets:** T, 09/28/21-11/16/21, 2:30-4:00 PM

**Fee:** No Cost

## Teen Center Discussion

Every Wednesday during the school year we offer a group discussion where students are able to discuss their experiences, engage with guest speakers and express their ideas on a variety of topics. Pizza is served after group discussion. Call for more information (no need to register). Program Begins 09/15/21.

**Instructor:** Pierre Brilliant

**Location:** Youth Service Bureau

**Ages:** 13-18

**Meets:** W, 2:30-4:00 PM

**Fee:** No Cost

## Mind over Matter

This program was created to engage youth in exciting and active activities around fitness, mental, emotional and social well-being. We don't get enough sleep, neglect our relationships, eat junk food, stress out, sit too much, and exercise too little – yet can't figure out why we feel tired most of the time! Join Mind over Matter to help you get the right amount of physical activity, sleep, and overall well-being back into shape! Call (860) 647-5216, or email sdouglass@manchesterct.gov. for more information or to register.

**Instructor:** Sheridan Douglass

**Location:** Youth Service Bureau

**Ages:** 13-18

**Meets:** Meeting Dates/Times Vary

**Fee:** No Cost

# YOUTH

## 4 What's Next

Offered to 6th grader at Bennet Academy over the course of 5 thirty minute modules, students will understand what distress looks like for them and develop or strengthen an internal locus or control related to their mental health and emotional wellbeing. They will gain skills for psychological resiliency such as self-advocacy, coping, and help-seeking, and learn how to apply these skills in better manage conflict, time, and money as examples. Call (860) 647-5216, or email [sdouglass@manchesterct.gov](mailto:sdouglass@manchesterct.gov) for more information or to register.

**Instructor:** Sheridan Douglass

**Location:** Bennet Academy

**Ages:** 11-12

**Meets:** Meeting Dates/Times Vary

**Fee:** No Cost

## FACTS

### FIGHTING-AGAINST-COMMON-TEEN-SUBSTANCES

This youth driven campaign meets biweekly in an effort to plan interactive activities, promote and reduce risky behaviors through education and raising awareness of underage drinking and substance abuse among their peers and community members. Call (860) 647-5216, or email [sdouglass@manchesterct.gov](mailto:sdouglass@manchesterct.gov) for more information or to register.

**Instructor:** Sheridan Douglass

**Location:** Manchester High School

**Ages:** 14-18

**Meets:** Meeting Dates/Times Vary

**Fee:** No Cost

## Fundamentals of Basketball

An exciting league where children can meet new friends, learn the concepts of dribbling, passing, defense, offense, and shooting. Equipment provided!

**Instructor:** Volunteer Coaches & Rec Staff

**Location:** Gym at Leisure Labs at Mahoney

**Ages:** 6-7

**Meets:** F, 12/10/21-02/11/22 (No Class 12/24/21, 12/31/21)

**Session 1:** 6:00-7:00 PM

**Session 2:** 7:00-8:00 PM

**Fee:** \$35

## CO-ED Youth Basketball

Learn the basic basketball skills: teamwork, shooting, passing, defense, offense and dribbling. Mandatory evaluation clinic at Leisure Labs.

**Instructor:** Rec Staff

**Fee:** \$35

### 8-9 YEAR OLDS

Evaluation will be Thursday 11/11/21 at 6:00 PM

**Location:** Community Y Rec Center Gym

**Meets:** Sa, 12/11/21-02/12/22, 8:30 AM-1:30 PM  
(No Class 12/25/21, 01/01/22)

### 10-12 YEAR OLDS

Evaluation will be Thursday 11/11/21 at 7:15 PM

**Location:** Leisure Labs at Mahoney

**Meets:** Th-Sa, 12/09/21-02/12/22, 6:00-9:00 PM  
(No Class 12/30/21, 01/01/22)



## CO-ED Youth Indoor Soccer

To learn the basic skills of soccer such as dribbling, trapping, defense shooting and passing. Learn the concepts of teamwork and perseverance.

**Instructor:** Rec Staff

**Location:** Gym at Leisure Labs at Mahoney

**Meets:** Su, 01/23/22-03/20/22 (No Class 02/13/22)

**5-6 year olds:** 1:15-2:30 PM

**7-8 year olds:** 2:45-4:00 PM

**Fee:** \$35

## Eureka Inventions

Guided by our Mad Scientists, Junior Inventor use their knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all - their minds! Each student will also bring home a cool science take-away every week!

**Instructor:** Mad Science

**Location:** Creative Labs at Mahoney Center

**Meets:** W, 10/13/21-11/17/21, 5:30-6:30 PM

**Ages:** 7-12

**Fee:** \$99/ \$124 (nr)

## Mimis Cupcake Class

**Instructor:** Miss Jen

**Location:** Creative Labs at Mahoney Center

**Meets:** F, 10/29/21, 11/12/21, 12/17/21, 6:00-8:00 PM

**Ages:** 7-12

**Fee:** \$45 / \$56 (nr)

### HALLOWEEN DECORATING

No tricks only treats in this Halloween cupcake decorating class. From spooky to cooky decorations. Using buttercream icing, modeling chocolate, fondant & edible sugars.

**Meets:** F, 10/29/21, 6:00-8:00 PM

### THANKSGIVING DECORATING

Top your cupcakes with Turkey's, pie, pumpkins, apples, beautiful foliage leaves & more! All made with edible decorations.

**Meets:** F, 11/12/21, 6:00-8:00 PM

### HOLIDAY DECORATING

Have fun decorating your cupcakes with Sparkling snowflakes, Christmas trees, twinkling lights, reindeer & more. Made from edible decorations & glitters.

**Meets:** F, 12/17/21, 6:00-8:00 PM





# YOUTH



## Drop in Art

Every Monday night, join us for a creative no-cost program that consists of a variety of different art projects. (No Class 10/11/21, 10/22/21)

**Instructor:** Rec Staff

**Location:** Creative Labs at Mahoney Center

**Meets:** M, 10/04/21-12/13/21, 6:00-8:00 PM

**Ages:** All Ages Welcome

**Fee:** No Cost

### SUPER HEROS

Come create your own superhero with a unique power set. You even get to make your own cape!

**Meets:** M, 10/04/21, 6:00-8:00 PM

### IF LIFE GIVES YOU LEMONS

Come this week for an introduction to acrylic painting; by painting a bowl of lemons!

**Meets:** M, 10/18/21, 6:00-8:00 PM

### MASKS REQUIRED

Get ready for Halloween and create your own mask!

**Meets:** M, 10/25/21, 6:00-8:00 PM

### LEAF RUBBING

Come find fallen leaves with us and use them to make beautiful rubbings.

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

### SAND ART

Come this week to make animal shaped sand art!

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

### SUPER FANS

Calling all sports fans! Come paint sports helmets and foam fingers with your favorite team's logos.

**Meets:** M, 11/15/21, 6:00-8:00 PM

### DREIDEL MOBILES

Come this week to create fun spinning paper dreidel mobiles!

**Meets:** M, 11/29/21, 6:00-8:00 PM

### SNOWFLAKES

Come learn how to make the best paper snowflake and help decorate the building for the Winter Season!

**Meets:** M, 12/06/21, 6:00-8:00 PM

### HANDPRINT MITTENS

This week make sparkly unique paper hand mittens!

**Meets:** M, 12/13/21, 6:00-8:00 PM



## Fencing

In this class, you will learn how to use a foil-the blunt training sword-to play this unique sport in a safe and fun way. You'll also learn how to use the safety equipment, how the modern sport of fencing is different from movie swordplay, and how some of the most famous practitioners of this "aristocratic" sport were people of color.

**Location:** Movement Lab (2nd Floor) at Leisure Labs

**Meets:** W, 7:00-8:30 PM

**Session 1:** 10/06/21-11/03/21

**Session 2:** 11/10/21-12/15/21 (No Class 11/24/21)

**Ages:** 13+

**Fee:** \$60/ \$75 (nr) per session



## Super Smash Brothers Ultimate Tournament

Challenge your friends and family to battle in Super Smash Brothers Ultimate! Brackets will be determined in advance. Participants must register for each tournament they chose to compete in. Tournament finalists will have their fee waived for their next competing tournament.

**Location:** 3rd Floor at Leisure Labs

**Meets:** 1st & 3rd F, 10/01/21-12/17/21, 6:00-8:30 PM

**Ages:** 12+

**Fee:** \$10/ \$15 (nr) per tournament

## Comic Construction

Students learn the basics of comics mechanics, the basics of drawing, and creating a story. The assembly is best followed by workshops where students can put the principles they've learned into action by creating their own written and drawn pages.

**Instructor:** Matt Ryan

**Location:** Creative Labs at Mahoney Center

**Meets:** T, 10/12/21-11/16/21, 6:00 PM-8:00 PM

**Ages:** 10-16

**Fee:** \$90 / \$113 (nr)

# YOUTH



## Drop-In Youth Basketball

Join us for drop-in youth basketball.

### NATHAN HALE ACTIVITY CENTER

**Meets:** M/W/F, 10/04/21-12/17/21, 7:00-9:00 PM

**Ages:** 7+

**Fee:** No Fee (Rec Pass Required)

### COMMUNITY Y REC CENTER

**Meets:** M-F, 10/04/21-12/17/21, 6:00-7:30 PM

**Ages:** 7-16

**Fee:** No Fee (Rec Pass Required)

**Meets:** M-F, 10/04/21-12/17/21, 7:30-9:00 PM

**Ages:** 17+

**Fee:** No Fee (Rec Pass Required)

**Meets:** Sa, 10/09/21-12/18/21, 11:00 AM-5:00 PM

**Ages:** All Ages

**Fee:** No Fee (Rec Pass Required)



## American Red Cross

### Babysitting Class

In this series of classes, participants will learn the skills necessary to safely and responsibly care for children and infants. Participants will also learn leadership skills; how to develop a babysitting business; how to keep themselves and others safe; and obtain basic first aid & CPR certification.

**Instructor:** Kellie Gauvin

**Location:** Youth Service Bureau

**Ages:** 11-15

**Meets:** F, 10/15/21, 11/05/21, 4:30-6:30 PM &

Sa, 10/16/21, 11/06/21, 8:30-10:30 AM

**Fee:** No Cost

## Nature Explorers

### BUDDING NATURALIST

Is your family ready to take a "walk on the wild side?" Ready to "roar" with laughter or "spread your wings" while investigating our parks and greenspaces? Then it is only natural that you would join us for this special series.

This nature-based, experiential program series allows children and families to explore nature, gain knowledge through creative and science-based activities, and learn how to be stewards of our parks, trails, and green spaces. Each week will consist of a guided nature walk, a story, and a art project themed around the topic of the week. No experience is needed; beginners are always welcome! Just bring your family and your curiosity to join in on the fun!

**Location:** Center Springs Park

**Ages:** Families of children ages of 6-10 years old

**Fee:** \$15 (r) / per session (\$70 for all sessions)

### EXPLORE MORE BEYOND YOUR DOOR

Learn what it means to be a naturalist and how to use your senses to explore the natural world. Topics will include: using our senses in nature, techniques for observation and identification of local plants and animals, and making our own natural collections and nature journals for documenting our observations at home.

**Meets:** F, 10/08/21, 6:00-7:30 PM

### NATURE'S PAINTBRUSH

Explore the colors of our parks, learn how to make ink from berries or food scraps and creating art supplies from natural mineral pigments and making our own natural paintbrushes.

**Meets:** F, 10/15/21, 6:00-7:30 PM

### NO PLACE LIKE HOME

Explore different animal habitats and dwellings in our parks and discuss what different animals need when choosing spaces for their families, and creating our own nature-inspired animal homes.

**Meets:** F, 10/22/21, 6:00-7:30 PM

### HELPFUL HERBS

Learning about what plants need to grow, the benefits herbs can bring to our gardens, historic uses for these plants, and making our own clay diffusers to enjoy for years to come.

**Meets:** F, 10/29/21, 6:00-7:30 PM

### PARK PROTECTORS

Learn about why preserving our greenspaces is important, how environmental change-makers have made an impact throughout the world, and what can be done in our local green spaces to help make our parks more habitable for everyone (and everything).

**Meets:** F, 11/05/21, 6:00-7:30 PM

## Monday Night Art Bar

Creative makers join in on Monday Night Art Bar to discover where creativity, imagination, inspiration takes you! Explore an new medium or art form and get familiar with various mediums and styles. Supplies and materials will be set-up buffet style to allow your creativity to go wild! Program for Manchester Residents.

**Location:** Northwest Park Building 2

**Meets:** M, 09/13/21-10/25/21, 5:00-7:00 PM

**Ages:** 13+

**Fee:** \$10/per session to cover supply costs

## Drop-In Badminton

Drop-In Badminton at Northwest Park. Equipment provided.

**Location:** Northwest Park

**Meets:** T, 09/07/21-10/19/21, 5:00-7:00 PM

**Ages:** 8+

**Fee:** No Cost

# ADULT LEARNSHOPS

## Community Garden Learnshops

Registration is required.

**Location:** Community Garden, 153 Spruce Street

**Meets:** Th, 6:00-7:00 PM

**Ages:** All Welcome

### FALL ORGANIC LAWN CARE

Fall is the best time to repair your lawn! Come learn some simple and low-cost methods to have a beautiful lawn ready for the spring. Bring your questions.

**Meets:** 09/02/21

### DEADHEADING AND CUTTING BACK PERENNIALS & SHRUBS

Cleaning up your perennial beds as you go is much easier than one long, exhausting work day. Learn how to cut back and deadhead to keep your garden looking great all season! Come learn about some tools, supplies, and tips of the trade.

**Meets:** 09/09/21

### PREPARING THE VEGETABLE GARDEN FOR WINTER

The season may be changing, but the vegetable garden continues in another form. As we help the summer vegetables complete their cycle, the cold weather crops will thrive through the winter cold and snow.

**Meets:** 09/16/21

### CUTTING BACK AND DIVIDING THE PERENNIAL GARDEN

Dividing overgrown perennials will make space and bring beauty to your home garden. Perennials will work on building their root system through the winter while in containers or in the ground. Learn some tips to have an even better garden for next year!

**Meets:** 10/7/21

### GARLIC: PLANTING & GROWING

This well-loved herb is easy to grow through the winter to be harvested in July. Learn some tricks and considerations to help out with the planting process.

**Meets:** 10/14/21

### STOCKING UP FOR WINTER SUSTAINABILITY

Take advantage of "stock-up" sales and seasonal prices so you will not need to panic when snow or hurricanes are predicted. You have more space than you might realize to store food and supplies for the winter.

**Meets:** 10/21/21

# PERSPECTIVES

## Perspectives in Righting Discussion Series

Join a discussion that takes the conversation from the pages of Better Manchester Magazine's Diversity, Equity and Inclusion section, Perspectives in Righting, and allows for an in-depth panelist discussion. The conversation will be focused on topics such as the CT Victims Bill of Rights, National Registry for Violent Offenders and more.

**Location:** Culture Labs (3rd Floor) at Leisure Labs

**Meets:** F, 6:00-7:30 PM

**Session 1:** 09/17/21

**Session 2:** 11/12/21

**Ages:** 16+

**Fee:** No Fee



## Boomer Boxes & Beats

A series dedicated to old school arts, crafts, music, fashion... The things we grew up making, doing and listening to but still enjoy. Finger painting is NOT just for kids, paint pouring formally known as "Spin Art" brings back the kid in all of us. Geared toward the adults who never stop loving to create and just have fun. ART for a purpose – partnership with a mental health program: Gizmo as the partner.

**Location:** Northwest Park Building 2

**Meets:** Sa, 10/09/21-11/06/21, 10:00-11:30 AM

**Ages:** 30+

**Fee:** \$10/per session

## Perspectives in Righting Film Discussions

Join us for a free film screening of culturally-significant films followed by a moderator-led discussion. The chosen films are in recognition of the following events: Latinx Heritage Month, National Disability Employment Month and National Native American Heritage Month. All showings will start at 6:30 PM.

**Location:** Culture Labs (3rd Floor) at Leisure Labs

**Meets:** F, 6:30 PM

### STOLEN EDUCATION

**Meets:** 09/24/21

### CRIP CAMP: A DISABILITY REVOLUTION

**Meets:** 10/29/21

### SONGS MY BROTHER TAUGHT ME

**Meets:** 12/10/21



# ADULT FITNESS



## Personal Training 1 on 1

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:** Colleen Zimmer

**Location:** Community Y Recreation Center Gym

**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 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 Session: \$400/\$500 (nr) per session
- 10/1 Hour Session: \$550/\$680 (nr) per session

## Drop-In Adult Basketball

**Location:** Waddell School

**Ages:** 30+

**Meets:** W, 10/21-03/22, 6:00-9:00 PM

**Fee:** No Cost

## Senior Basketball

**Location:** Community "Y" Recreation Center

**Session 1:** M, 09/27/21-12/20/21, 9:00-11:00 AM (No Class 10/11/21)

**Fee:** \$10/\$20 (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 Rec Center Dance Room

**Ages:** 18+

**Meets:** Tu/Th, 10:00-11:00 AM

**Session 1:** 10/07/21-11/09/21

**Session 2:** 11/16/21-12/21/21 (No Class 11/25/21)

**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. This plus... Cardio "bursts" to increase your heart rate and maximize fat burning. Great for all fitness levels.

**Instructor:** Karen Cimino

**Location:** Community Y Rec Center Dance Room

**Ages:** 18+

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

**Session 1:** 10/06/21-11/10/21 (No Class 10/11/21)

**Session 2:** 11/17/21-12/22/21 (No Class 11/24/21)

**Fee:** \$60/\$75 (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:** Community Y Rec Center Dance Room

**Ages:** 18+

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

**Session 1:** 10/06/21-11/10/21 (No Class 10/11/21)

**Session 2:** 11/17/21-12/22/21 (No Class 11/24/21)

**Fee:** \$50/\$62 (nr)

## Yard Game Roulette

Join in on the fun at Northwest Park with this drop in activity after-work! Each week we've have a slew of traditional and not-so-traditional yard games and activities - bring yourself, bring a friend - we'll meet you at the park.

**Location:** Northwest Park

**Meets:** Th, 09/09/21-10/21/21, 5:00-7:00 PM

**Ages:** 18+

**Fee:** No Cost

# ADULT FITNESS



## 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 Ballroom

**Ages:** 18+

**Meets:** M/W, 6:30-7:30 PM

**Session 1:** 10/06/21-11/10/21 (No Class 10/11/21)

**Session 2:** 11/22/21-12/27/21 (No Class 11/24/21)

**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 Rec Center Basketball Court

**Ages:** 18+

**Meets:** Th, 5:30-6:30 PM

**Session 1:** 10/07/21-12/23/21 (No Class 11/25/21)

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

## Restorative Yoga & Journaling

Restorative Yoga & Journaling will explore various journaling techniques, yoga breath work and gentle restorative yoga sequences. Both restorative yoga and journaling provide tools to help us manage stress and anxiety throughout our daily lives. This class is great for beginners to both practices!

**Location:** Movement Labs (2nd Floor) at Leisure Labs

**Meets:** T/Th, 10/5/21-12/16/21, 6:00-7:00 PM

**Session 1:** 10/05/21-11/04/21

**Session 2:** 11/09/21-12/16/21 (No Class 11/23, 11/25)

**Ages:** 18+

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

## Pickleball

### BEGINNERS

Join us for instructor-led pickleball play & learn about the game in a fun, relaxed atmosphere. Wear comfortable clothes and sneakers. Beginner players will be able to graduate into the advanced pickleball sessions. Includes use of equipment.

**Location:** Nathan Hale Activity Center

**Ages:** 12+

**Session 1:** W, 10/06/21-12/15/21, 5:00-6:30 PM

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

### ADVANCED

Experienced pickleball players are welcomed to come out to play in an advanced yet relaxed environment. Players who graduate from the beginner's session will be able to register for the advanced sessions. Not Instructor-Led.

**Location:** Nathan Hale Activity Center

**Ages:** 12+

**Session 1:** T/Th, 10/05/21-12/16/21, 6:00-8:00 PM

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

## Tap for All

### BEGINNER

This is the class for those with little or no tap dancing experience. Begin with an introduction to the basic tap steps, basic rhythmic music theory, from basic versions of tap steps, to more advanced tap moves. Tap shoes are recommended but not required!

**Instructor:** Brennen Ruganis

**Location:** Community Y Recreation Center

**Meets:** Th, 5:30-6:30 PM

**Session 1:** 10/07/21-12/23/21 (No Class 11/11/21, 11/25/21)

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

### INTERMEDIATE

This is the class for those who have had some tap experience and are able to pick up and execute tap steps more quickly. This class is for individuals who have a considerable tap foundation and can catch on to choreography quickly. Tap shoes are strongly encouraged.

**Meets:** Th, 6:30-7:30 PM

**Session 1:** 10/07/21-12/23/21 (No Class 11/11/21, 11/25/21)

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

# SPECIAL EVENTS



## Northwest Park FARMERS MARKET

Good Food. Good People. Grown Here.

WEDNESDAYS, AUGUST 18 - OCTOBER 6, 4:30-7:30 PM

NORTHWEST PARK, 448 TOLLAND TURNPIKE, MANCHESTER

FACEBOOK.COM/NORTHWESTPARKFARMERSMARKETCT



## Northwest Park Farmers Market

Come get your locally-grown produce, farm-raised eggs & meat and fresh-baked goods. Also be sure to check out talented local artisans and dine at our CT-based food trucks.

**Location:** Northwest Park

**Meets:** W, 08/18/21-10/06/21, 4:30-7:30 PM

**Ages:** All Welcome

## Fashionista Runway

Music, food, and fashion – a great way to explore the collections of local designers – giving them a platform to launch their latest original creations and gain confidence when dealing with the public. To participate in this event please contact [cobrien@manchesterct.gov](mailto:cobrien@manchesterct.gov).

**Location:** Northwest Park Pavilion

**Meets:** F, 10/15/21, 5:00-8:00 PM

**Ages:** All Welcome

## Creatives Meetup & Swap

Monthly gathering of artists, crafters, makers, music makers. The goal of providing a casual environment to connect, share and swap ideas, materials and gather inspiration from one another. FREE to participate, registration encouraged. PLEASE NOTE: This is not a vendor fair, rather a place for creatives to share and exchange any materials and supplies they no longer need or have a use for. As they say "one person's trash is another's treasure."

**Location:** Northwest Park Building 2 (Picnic Tables)

**Meets:** Sa, 09/25/21, 10/16/21, 11/13/21, 8-10 AM

**Ages:** All Welcome

## Scarecrow Village

Where the Scarecrows live, work and play! The Village where imagination and creativity mingle and jingle.

Contact Chris O'Brien at [cobrien@manchesterct.gov](mailto:cobrien@manchesterct.gov) for more information and how to become a builder and reserve your location in "The Scarecrow Village".

**Location:** Northwest Park

**Meets:** 10/04/21-11/01/21

**Ages:** All Welcome

## Fall Festival

### PUMPKIN CARVINGS

Leading up to the event, we will have staff in the park with pumpkins for you to carve to decorate the park!

**Location:** Northwest Park

**Meets:** T/Th, 10/19/21, 10/21/21, 5:00-7:00 PM

**Ages:** All Welcome

### TRUNK OR TREAT IN THE PARK

Try your Halloween costume on and join us and other Town of Manchester Departments for our Fall Festival Trunk or Treat! We will have vendors, pumpkin painting, Jack-O-Lantern Zombie Ride with a spooky twist and of course CANDY!

**Location:** Northwest Park

**Meets:** F, 10/22/21, 5:00 PM (Rain Date 10/23/21)

**Ages:** All Welcome

## Yoga for Food

Join us for a free Community Yoga class. All we ask is that you bring a nonperishable food item to be donated to the Manchester Area Conference of Churches food pantry. Let's help to fill the pantry for those who are in need during the holiday season. No yoga experience needed.

**Location:** Community "Y" Recreation Center

**Meets:** F, 10/15/21, 10/29/21, 11/12/21, 12/10/21, 6:30-7:30 PM

**Ages:** All Welcome

## Shop Small Saturday @ Spruce Street Farmers Market

### Market

Join us for an indoor Spruce Street Farmers Market! Shop local with our local farmers, prepared food vendors and artisans. Come get your holiday shopping started early or treat yourself at one of our many vendors. Free parking & admittance.

**Location:** Nathan Hale Activity Center

**Meets:** 11/27/21, 9:00 AM-1:00 PM

**Ages:** All Welcome

## Yoga for Toys

Join us for a free Community Yoga class. All we ask is that you bring an unwrapped toy to be donated to the Manchester Area Conference of Churches. Let's help a child in need of a toy during the holiday season. No yoga experience needed.

**Location:** Community "Y" Recreation Center

**Meets:** F, 12/03/21, 6:30-7:30 PM

**Ages:** All Welcome

## Swim with Santa

Come and enjoy free swim time with Santa! Santa will visit the pool for a fun morning of splashing and swimming with your children. Parents must accompany young children or non-swimmers in the water. Bring your cameras! Participants must have a valid pool pass to be presented when entering to swim.

**Location:** Manchester High School IOH Pool

**Meets:** Sa, 12/11/21, 12:00-1:00 PM

**Ages:** All Welcome

**Fee:** A non-perishable food item to support the MACC food pantry

## Holiday in the Park

This event is coming back for a second year and we cannot wait to see all the smiling faces again. The drive through event will be filled with music, characters, treats and a surprise gift! Make sure to follow all of our social media accounts so you are up to date about this event as it approaches.

**Location:** Northwest Park

**Meets:** Sa, 12/18/21, 9:00-11:00 AM

**Ages:** All Welcome

TOWN OF MANCHESTER

# REC ON THE RUN

POP-UP CREATIVE ARTS, SPORTS & GAMES



## Rec on the Run Subscription Service

Sign-up for this new Rec On the Run Subscription program to receive a set of Rec on the Run Activity Boxes right to your door! By signing up to this program you'll receive your selection of five (5) activity boxes delivered throughout the fall season. This program is for Manchester residents only.

**Fee:** \$50 Fee (r)

# SENIOR



## Manchester Senior Center

549 East Middle Turnpike • 647-3211

The Senior Center is a Division of the Human Services Department. The Senior Center along with the Recreation Division of the Department of Leisure, Family & Recreation collaborates to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.

**Dates of Operation:** Year Round

**Office Hours:** Monday-Friday, 8:30-4:30 PM

**Holiday Closures:** Senior Center Programs will be closed on Town Holidays.

**Phone:** 860-647-3211

## Off Site Programs

The Senior Center offers activities that are run outside of the Senior Center. These programs, as well as the Senior Center programs, are open to Manchester residents who are 60 and over. Programs include: Hiking Club, Biking Club, Walking Group, Group Travel, and Senior Basketball. For more information, call the Senior Center at 647-3211.

## Support Group Programs

The Senior Center offers the following support group programs: Caregivers and Low Vision. For more information about these groups, contact the Senior Center at 647-3211.

## Health Programs

The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Fall Risk Assessments, Health Consultations, and health education programs. For more information call (860) 647-3211.

## Social Service Programs

Questions regarding health insurance, home care, housing, the Medicare Savings Plan or anything of a personal nature can be directed to Kitty Dudley, the Senior Center Social Worker. Make an appointment by calling (860) 647-3211.

## Financial Assistance

It has been the long standing policy of the Town Board of Directors that no Manchester resident should be denied access to town sponsored recreational activities due to financial hardship or other extenuating circumstances. Please contact Kitty Dudley at (860) 647-3211 for details.

## Cancellation Policy

During inclement weather if Manchester schools are closed, all center programs, meals and transportation are canceled for that day. However, the Center staff is available in the office for regular scheduled office hours. When school is on a 90 minute delay all programs, meals and transportation will be delayed until 10 AM. This means that all classes that start before 10 AM are canceled. Call the Center to listen to the voice recording or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

## Senior Memberships

Membership to the Senior Center is required to participate in Senior Center activities and is open to Manchester residents only. Membership Cards cost \$10 and can be acquired at the Manchester Senior Center M-F between the hours of 8:30 AM- 4:30 PM. Contact the Senior Center at (860) 647-3211 or visit: [seniorcenter.townofmanchester.org](http://seniorcenter.townofmanchester.org) for more information.

## Meal Program

Lunch is served daily at noon for those 60 and over. Reservations are required in advance no later than 12:15 PM the day before. Call (860) 647-3211 for reservations. Suggested lunch donation of \$2.50.

## Trips

Trips offered by the Senior Center are advertised in the Journal Inquirer on Saturdays, in the newsletter and online. Day trips, overnights, cruises and trips abroad are available. Trip flyers are available in the Senior Center lobby. Call Missy Rankin at 860-647-3210 for more information.

## Transportation

The Senior Center provides transportation for Manchester senior residents who wish to come to the center for classes, activities and lunch. Transportation to the grocery store and retail shopping is suspended at this time; please call the Senior Center for updates.

### RIDES TO AND FROM THE SENIOR CENTER

Bus rides can be scheduled up to 3 PM on the day before your ride. Please call the Senior Center office at (860) 647-3211 and speak with staff to schedule bus rides.

### CANCELLATION OF RIDE

If you find that you need to cancel your ride with us, please call the office. We appreciate as much advance notice as possible.

## 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!

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/ManchesterCTSeniorCenter>

### Program Registration

Registration for programs is on-going. Register at the Manchester Senior Center, the Community Y Recreation Center, Center Springs Recreation Office, or at the Customer Service Center.

# SENIOR

## FITNESS & MOVEMENT

### Strength & Flex

Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exercubes to improve balance, muscle tone and overall cardio health.

**Location:** Senior Center Auditorium

**Session 1:** M, 08/30/21-12/13/21, 10:00 - 11:00 AM

**Session 2:** W, 09/01/21-12/15/21, 10:00 - 11:00 AM

**Session 3:** W, 09/01/21-12/15/21, 11:00 -12:00 PM

**Session 4:** F, 09/03/21-12/17/21, 10:00 - 11:00 AM

**Fee:** \$5

### Yoga +

A class designed for the active senior with few limitations.

**Location:** Senior Center Auditorium

**Session 1:** M/W, 08/30/21-12/15/21, 2:25 - 3:15 PM

**Session 2:** M/W, 08/30/21-12/15/21, 3:25 - 4:15 PM

**Fee:** \$5 per session

### Tai Chi Beginner & Advanced Classes

Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.

**Location:** Senior Center Auditorium

**Meets:** T/F, 08/31/21-12/17/21

**Beginner Class:** Tu, 2:30 - 3:30 PM, F 1:00 - 2:00 PM

**Advanced Class:** Tu, 1:30 - 2:30 PM, F 12:00 - 1:00 PM

**Fee:** \$5 per session

### Zumba Gold

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system.

**Location:** Senior Center Auditorium

**Meets:** Th, 09/02/21-12/16/21, 3:00 - 4:00 PM

**Fee:** \$5 per session

### Line Dancing

Line dancing is a choreographed dance with a repeated sequence of steps with people in lines or rows.

**Location:** Senior Center Auditorium

**Meets:** T, 08/31/21-12/14/21

**Beginner:** 10:00 - 11:00 AM

**Advanced:** 11:00 - 12:00 PM

**Fee:** \$5 per session

### Stronger Seniors

Will include chair aerobics, chair Zumba and will incorporate weights, tubes and stretching.

**Location:** Senior Center Auditorium

**Session 1:** W, 09/01/21-12/15/21, 9:15 - 10:00 AM

**Fee:** \$5 per session

### Light-N-Lively

Low impact cardio workout. Active and fast paced. Seniors may sign up for 2 out of 3 classes.

**Location:** Senior Center Auditorium

**Meets:** M/W/F

**Session 1:** M, 08/30/21-12/13/21, 1:20 - 2:15 PM

**Session 2:** W, 09/01/21-12/15/21, 1:20 - 2:15 PM

**Session 3:** F, 09/03/21-12/17/21, 11:00 - 11:55 AM

**Fee:** \$5 per session

### Walking Group

This group meets for walks on local trails in Manchester and Vernon. Please call Missy Rankin for more details and to register, 860-647-3210.

**Location:** Senior Center Parking Lot

**Meets:** M/W/F, 08/30/21-12/31/21, 8:45 - 11:00 AM

### Biking/Hiking Club

Bikers ride approximately 6-12 miles per ride.

**Location:** Off-Site

**Meets:** W, 09/01/21-12/29/21, 9:00 AM - 12:00 PM



### Body Sculpt

Weight bearing exercise program for active older adult that includes warm-up, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.

**Location:** Senior Center Auditorium

**Session 1:** M, 08/30/21-12/13/21, 12:30 - 1:15 PM

**Session 2:** W, 09/01/21-12/15/21, 12:30 - 1:15 PM

**Fee:** \$5 per session

### Senior Basketball

**Location:** Community Y Recreation Center

**Session 1:** M, 09/27/21-12/20/21, 9:00 - 11:00 AM

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

## SOCIAL LEISURE

### Dominoes

Stay sharp! Use your mind and learn this fun game. First few classes will be devoted to instruction. Beginners and experienced players welcome.

**Location:** Senior Center Craft Room

**Meets:** W, 09/01/21-12/29/21, 12:45 - 3:00 PM

### Setback

**Location:** Senior Center Bingo Room

**Meets:** F, 09/03/21-12/31/21, 12:45 - 3:30 PM

### Senior Circle

This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is lead by a Therapeutic Recreation Specialist and requires pre-registration. This is not a drop-in program. Call the Senior Center for details.

**Location:** Senior Center Craft Room

**Meets:** T, 09/14/21-12/14/21, 10:00 - 11:45 AM

### Mahjongg & American Mahjongg

**Traditional:**

**Location:** Senior Center Card Room

**Meets:** T, 08/31/21-12/28/21, 12:30 - 2:30 PM

**American:**

**Location:** Senior Center Arts & Crafts Room

**Meets:** F, 09/03/21-12/31/21, 12:30 - 2:30 PM

### Pinochle

**Location:** Senior Center Card Room

**Meets:** M, 08/30/21-12/27/21, 12:30 - 2:00 PM

### Red Hat Society

We are the women in the red and pink hats. Bring a friend. All are welcome!

**Location:** Senior Center Library

**Meets:** 1st T, 09/07/21-12/07/21, 1:00-3:30 PM



# SENIOR



## Friendship Circle

Coffee, crafts and fun. All are welcome to spend the morning with this friendly group working on knitting, crocheting and other craft projects.

**Location:** Senior Center Craft Room

**Meets:** W, 09/01/21-12/29/21, 8:30 - 11:30 AM

## Quilting Group

Non-Instructional group. Members help each other with all phases. A couple sewing machines are available.

**Location:** Senior Center Craft Room

**Meets:** Th, 09/02/21-12/30/21, 12:30 - 4:00 PM

## Ceramics

Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.

**Location:** Senior Center Ceramics Room

**Meets:** M/F, 08/30/21-12/17/21, 9:30 - 11:30 AM

**Fee:** \$5

## Woodworking

Enjoy our wonderful hobby shop with all the equipment you need to create wood pieces. Fix old treasures or create something new. Supervised instruction available.

**Location:** Senior Center Wood Shop

**Session 1:** T/W, 08/31/21-12/15/21, 9 AM - 12 PM

**Fee:** \$5

## Watercolor & Oil Painting Group

Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.

**Location:** Senior Center Craft Room

**Meets:** T, 08/31/21-12/28/21, 1:00 - 3:00 PM

## Digital Photography Group

Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.

**Location:** Senior Center Craft Room

**Meets:** M, 08/30/21-12/27/21, 9:30 - 11:30 AM

## Guided Meditation

Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.

**Location:** Senior Center Library

**Meets:** M, 08/30/21-12/13/21, 11:15-11:45 AM

**Fee:** \$5 per session

## Billiards

Drop in and play on one of three billiard tables.

**Location:** Senior Center Billiards Room

**Session 1:** M-F, 08/30/21-12/31/21, 8:30 AM - 4:30 PM

## Cribbage

Combines both luck and skill. Social and fun game.

**Location:** Senior Center Card Room

**Meets:** F, 09/03/21-12/31/21, 1:00 - 2:00 PM

## Ping Pong

**Location:** Senior Center Ping Pong Area

**Meets:** M-F, 08/30/21-12/31/21, 8:30 AM - 4:30 PM

## Scrabble

A board game played with 2-4 players with the players using their vocabulary to create words.

**Location:** Senior Center Bingo Room

**Meets:** Th, 09/02/21-12/30/21, 9:30 - 11:30 AM

## Women's & Men's Group

Meets for social time enjoying a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Therapeutic Rec Specialist.

**Location:** Senior Center Library

**Women's Group Meets:** M, 09/13/21-12/13/21, 9:30 - 10:30 AM

**Men's Group Meets:** M, 09/13/21-12/13/21 10:45 - 11:45 AM

## Book Group

Read and discuss different novels.

**Location:** Senior Center Library

**Meets:** 3rd T, 09/21/21 - 12/21/21, 10:30 - 11:30 AM

## Social Bridge

**Location:** Senior Center Bingo Room

**Meets:** W, 09/01/21-12/29/21, 12:30 - 4:00 PM

## Hand & Foot

**Location:** Senior Center Card Room

**Meets:** Th, 09/02/21-12/30/21, 1:30-3:30 PM

## Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!

**Location:** Senior Center Library

**Meets:** Th, 09/02/21-12/30/21, 10:00 - 11:30 AM

## Bingo

**Location:** Senior Center Ping Pong Area

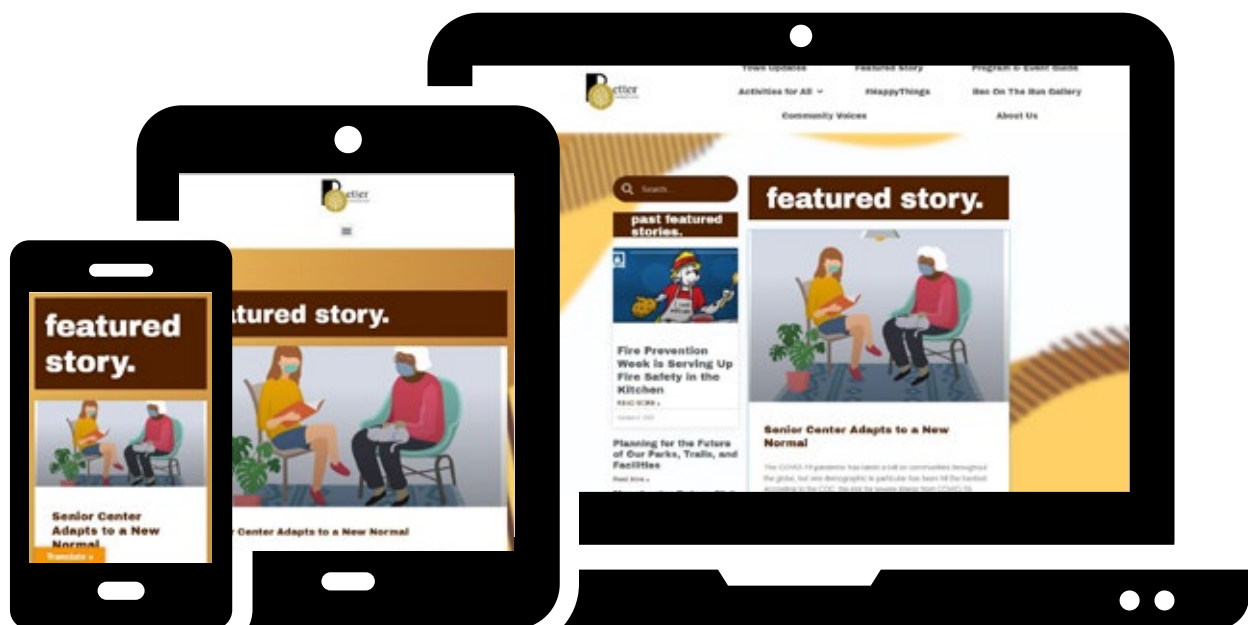
**Meets:** F, 09/03/21-12/31/21, 10:00 AM - 12:00 PM



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When you subscribe to the new Better Manchester, 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!

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Connect on any device, at any time.

Visit [www.BetterManchester.com/subscribe](http://www.BetterManchester.com/subscribe)

# REGISTRATION INFORMATION



## Register

### REGISTRATION INFORMATION

#### Registration Dates

**Residents:** September 15, 2021

**Non-residents:** September 17, 2021

### 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](http://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. (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.
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