

Department of Leisure, Family, and Recreation

Summer 2022 Program & Event Guide

Registration Begins May 4, 2022



GENERAL INFORMATION

FACILITY & PROGRAM

COVID-19 Notice: The Department follows all CDC and State guidance regarding social distancing & 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

Center Springs Main Office

39 Lodge Drive • Center Springs Park • 647-3084

Office Hours: M-F, 8:30 AM-4:30 PM

Closed Legal Holidays

Community Y Recreation & Fitness Center

78 North Main Street • 647-3164

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

Sa, 9 AM-1 PM

Fitness Center Hours

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

Sa, 9:00 AM-1:00 PM

Leisure Labs at Mahoney Center

110 Cedar Street • 647-3166

Office Hours: M-F, 9:00 AM-5:00 PM

Youth Service Bureau (YSB)

63 Linden Street • 647-5213

Closed Legal Holidays

YSB Teen Center

63 Linden Street • 647-5213

Closed Legal Holidays

Eastside Neighborhood Resource Center

153 Spruce Street • 647-3089

Office Hours: M-F, 11:00 AM-4:30 PM

Closed Legal Holidays

Charter Oak Gear & Bike Shop

Charter Oak Park

Dates of Operation: June - August

Rec Drop-In: M-F, 5:30-8:00 PM

Northwest Park Early Childhood

Center (Activity Center Bld. 1)

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

Dates of Operation: June - July

Office Hours: M-F, 8:30 AM-10:30 AM

Northwest Park Pavilion Rental

Grand, open sided, covered 55' pavilion with picnic tables, a full kitchen, prep area, serving windows & rest rooms. For information contact the Recreation Coordinator at 647-3075.

AQUATIC FACILITIES



For detailed pool schedule and hours please visit the Aquatic Section.

Olcott Street Sprayground

126 Olcott Street • Memorial Day to Labor Day

Daily Hours of Operation: 10:00 AM-8:00 PM

Globe Hollow Swimming Area

100 Spring Street • 647-3295

Salters Pool

103 Lydall Street • 647-3296

Swanson Pool

48 North Main Street • 647-3297

Waddell Pool

163 Broad Street • 647-3299

Marcy MacDonald Pool

110 Cedar Street • 647-3293

PARKS & TRAILS

Trails

All Trails

For more information about Manchester's trails and parkways visit [AllTrails.com](https://www.alltrails.com)

Parks

For more information about Manchester's Parks visit recreation.townofmanchester.org and click on Parks.



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 providing you with timely information about new programs, facilities and more! Sign up on-line by visiting: bettermanchester.com/subscribe

Follow Us on Social Media

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



Find. Like. Share.



MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid until December 31, 2022

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2021/2022 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 INFO

Manchester's municipal swimming pools are staffed with American Red Cross certified life guards. All pools have bathroom and changing facilities with showers. All children 10 and under must be accompanied by an adult 18 years and older. Most pools offer American Red Cross swim lessons, water exercise classes, as well as open & adult swim times. Pools, with the exception of Globe Hollow Swimming Area, offer wading pool areas for children under 52".

SEASON SCHEDULE

PRE-SEASON Marcy MacDonald Pool

Dates: June 19, 25, 26; 1:00-6:00 PM
June 20-24; 3:00-6:00 PM

REGULAR SEASON All Pools Open

Date: June 27-August 14
Regular summer schedule and hours.

Holiday: July 4 *Globe Hollow Only,
1:00-6:00 PM



POST SEASON Globe Hollow

Date: August 15-August 21
Open Swim/Adult Swim: 1:00-6:00 PM

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
Globe Hollow 100 Spring St. (860) 647-3295	9:30-11:20 Swimming Lessons	9:30-11:20 Swimming Lessons	9:30-11:20 Swimming Lessons	9:30-11:20 Swimming Lessons	9:30-11:20 Swimming Lessons		
	11:30-12:30 Adult Lap Swim	11:30-12:30 Adult Lap Swim	11:30-12:30 Adult Lap Swim	11:30-12:30 Adult Lap Swim	11:30-12:30 Adult Lap Swim		
	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-6:00 Open Swim/ Adult Lap	1:00-6:00 Open Swim/ Adult Lap
	5:00-7:30 Swimming Lesson Adult Lap	5:00-7:30 Swimming Lesson Adult Lap	5:00-7:30 Swimming Lesson Adult Lap	5:00-7:30 Swimming Lesson Adult Lap	5:00-7:30 Swimming Lesson Adult Lap		
Salters Pool 103 Lydall St. (860) 647-3296	12:00-1:00 Adult Lap Swim	12:00-1:00 Adult Lap Swim	12:00-1:00 Adult Lap Swim	12:00-1:00 Adult Lap Swim	12:00-1:00 Adult Lap Swim		
	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	Closed	1:00-2:00 p.m. Adult Lap Swim
	5:00-6:00 Aqua Exercise	5:00-6:00 Adult Lessons	5:00-6:00 Aqua Exercise	5:00-6:00 Adult Lessons	5:00-6:00 Aqua Exercise		2:00-6:00 Open Swim
	6:00-8:00 Swimming Lessons	6:00-8:00 Swimming Lessons	6:00-8:00 Swimming Lessons	6:00-8:00 Swimming Lessons	6:00-8:00 Friday Night Pool Event/Make Up		
Swanson Pool 48 North Main St. (860) 647-3297	12:00 - 1:00 Adult Lap Swim	12:00 - 1:00 Adult Lap Swim	12:00 - 1:00 Adult Lap Swim	12:00 - 1:00 Adult Lap Swim	12:00 - 1:00 Adult Lap Swim	1:00-2:00 Adult Lap Swim	
	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	2:00-6:00 Open Swim	Closed
	5:00-5:30 Adult Lap Swim	5:00-5:30 Adult Lap Swim	5:00-5:30 Adult Lap Swim	5:00-5:30 Adult Lap Swim	5:00-5:30 Adult Lap Swim		
	5:30-7:00 Swimming Lessons	5:30-7:00 Swimming Lessons	5:30-7:00 Swimming Lessons	5:30-7:00 Swimming Lessons	6:00 - 8:00 Friday Night Event/Make Up		
	7:00-8:00 Teen Swim Lesson	7:00-8:00 Swim for Fitness	7:00-8:00 Teen Swim Lesson	7:00-8:00 Swim for Fitness			
Marcy MacDonald Pool 110 Cedar St. (860) 647-3293	9:30-11:10 Swimming Lessons	9:30-10:30 Swimming Lessons	9:30-11:10 Swimming Lessons	9:30-10:30 Swimming Lessons	9:30-10:30 Swimming Lessons		
	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	10:30-11:30 Senior Aqua Exercise		
	11:35-12:30 Adult Lap Swim	11:35-12:30 Adult Lap Swim	11:35-12:30 Adult Lap Swim	11:35-12:30 Adult Lap Swim	11:35-12:30 Adult Lap Swim		Closed
	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	1:00-5:00 Open Swim	
	5:00-8:00 Swimming Lessons	5:00-8:00 Swimming Lessons	5:00-8:00 Swimming Lessons	5:00-8:00 Swimming Lessons	5:00-8:00 Friday Night Pool Event/Make Up	5:00-6:00 Adult Lap Swim	
Waddell Pool 163 Broad St. (860) 647-3299	1:00- 6:00 Open Swim	1:00- 7:00 Open Swim	1:00- 6:00 Open Swim	1:00- 7:00 Open Swim	1:00- 5:00 Open Swim	Closed	1:00-4:00 Open Swim
	6:00 - 7:00 Adult Swim Lessons		6:00 - 7:00 Adult Swim Lessons		5:00 - 7:00 Friday Night Pool Event		
	7:00-8:00 Adult Lap Swim	7:00-8:00 Adult Lap Swim	7:00-8:00 Adult Lap Swim	7:00-8:00 Adult Lap Swim	7:00-8:00 Adult Lap Swim		4:00-6:00 Adult Lessons

READY TO SIGN-UP



MAY 4, 2022

Registration Information

**Ready to Sign Up?
Here are the details:**

- Registration will be in-person and on-line.
- Registration for all pools will begin at 9:00 AM on May 04, 2022
- In-person registration can be done at the Community Y Recreation Center, 78 North Main Street or Center Springs Lodge, 39 Lodge Drive
- On-line registration: Log onto reconline.townofmanchester.org
 - Please note that on-line registration requires users to set up an account which may take time the day of registration. The Recreation Division suggests accessing the on-line registration site prior to the day of registration to complete this set up. This will allow you for quicker registration.
 - Swim lessons open to Manchester residents only.

Please note the following age requirements for swimming levels:

- Infant: 6 months-18 months (adult must be in the water with child)
- Toddler: 19 months- 3 years 5 months (adult must be in the water with child)
- Preschool: 3 years 5 months- 5 years
- Levels 1-6: ages 5 and up

The fee for swim lessons is \$25.00 per child

- 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.

- Class ratio:
 - Infant- 1:8
 - Toddler- 1:8
 - Preschool- 1:5
 - Levels 1-6- 1:5

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

SWIM LESSONS

SWIM LESSON SCHEDULE SESSION DATES

MONDAY - THURSDAY CLASSES

Session 1: 06/27/22-07/07/22 (No Class July 4)

Session 2: 07/11/22-07/21/22

Session 3: 07/25/22-08/04/22

MONDAY CLASSES

Session 1: 06/27/22-08/08/22 (No Class July 4)

TUESDAY CLASSES

Session 1: 06/28/22- 08/09/22

WEDNESDAY CLASSES

Session 1: 06/29/22- 08/10/22

THURSDAY CLASSES

Session 1: 06/30/22- 08/11/22

SWANSON POOL

Level	Time	Day	Sessions
1	5:35-6:05	M-Th	1,2,3
2	5:35-6:05	M-Th	1,2,3
2	6:10-6:40	M-Th	1,2,3
3	6:10-6:40	M-Th	1,2,3
4	5:35-6:05	M-Th	1,2,3
5	6:10-6:40	M-Th	1,2,3



MARCY MACDONALD POOL

Level	Time	Day	Sessions
Infant	6:10-6:40	M	1
Infant	6:10-6:40	T	1
Infant	6:10-6:40	W	1
Infant	6:10-6:40	Th	1
Toddler	6:10-6:40	M	1
Toddler	6:10-6:40	T	1
Toddler	6:10-6:40	W	1
Toddler	6:10-6:40	Th	1
Preschool	5:00-5:30	M-Th	1,2,3
Preschool	5:00-5:30	M-Th	1,2,3
Preschool	5:35-6:05	M-Th	1,2,3
Preschool	6:45-7:15	M-Th	1,2,3
Preschool	10:40-11:10	M-Th	1,2,3
1	9:30-10:00	M-Th	1,2,3 (Camp)
1	10:05-10:35	M-Th	1,2,3 (Camp)
1	6:45-7:15	M-Th	1,2,3
1	7:20-7:50	M-Th	1,2,3
2	10:05-10:35	M-Th	1,2,3 (Camp)
2	10:40-11:10	M-Th	1,2
2	6:45-7:15	M-Th	1,2,3
2	5:35-6:05	M-Th	1,2,3
2	7:20-7:50	M-Th	1,2,3
3	9:30-10:00	M-Th	1,2,3 (Camp)
3	10:40-11:10	M-Th	3
3	5:35-6:05	M-Th	1,2,3
3	6:10-6:40	M-Th	1,2,3
3	7:20-7:50	M-Th	1,2,3

GLOBE HOLLOW SWIMMING AREA

Level	Time	Day	Sessions
Preschool	10:40-11:10	M-Th	1,2,3
Preschool	5:00-5:30	M-Th	1,2,3
Preschool	5:35-6:05	M-Th	1,2,3
Preschool	6:10-6:40	M-Th	1,2,3
1	9:30 - 10:00	M-Th	1,2,3 (Camp)
1	10:05-10:35	M-Th	1,2,3 (Camp)
1	5:00-5:30	M-Th	1,2,3
1	5:35-6:05	M-Th	1,2,3
1	6:10-6:40	M-Th	1,2,3
2	9:30 - 10:00	M-Th	1,2,3 (Camp)
2	10:40-11:10	M-Th	1,2,3
2	5:00-5:35	M-Th	1,2,3
2	6:10-6:40	M-Th	1,2,3
3	9:30-10:00	M-Th	1,2,3 (Camp)
3	10:40-11:10	M-Th	1,2,3
3	5:35-6:05	M-Th	1,2,3
4	10:05-10:35	M-Th	1,2,3 (Camp)
4	5:00-5:30	M-Th	1,2,3
5	10:05-10:35a	M-Th	1,2,3 (Camp)
5	5:35-6:05	M-Th	1,2,3
6	6:10-6:40	M-Th	1,2,3

We are excited to announce our Learn to Swim Project Page on Your Voice Matters!

Please take a couple moments to visit and complete our Aquatics Survey!

yvmmct.com



Which swim level does my child belong?

Not sure what level to sign up your child? Read the full level descriptions online on YourVoiceMattersManchester.com

SALTERS POOL

Level	Time	Day	Sessions
1	6:10-6:40	M-Th	1,2,3
1	7:20-7:50	M-Th	1,2,3
2	6:45-7:15	M-Th	1,2,3
2	7:20-7:50	M-Th	1,2,3
3	6:10-6:40	M-Th	1,2,3
4	6:45-7:15	M-Th	1,2,3
4	7:20-7:50	M-Th	1,2,3
5	6:45-7:15	M-Th	1,2,3
6	6:10-6:40	M-Th	1,2,3

AQUATIC PROGRAMS



Aqua Circuit

This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Progress through a series of stations for a total-body workout.

Instructor: Lori Dusza

Location: Salters Pool

Age: 18+

Meets: M/W, 06/27/22-08/08/22, 5:00-6:00 PM

Fee: \$72 / \$90 (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!

Instructor: Tanya Camerota

Location: Salters Pool

Age: 18+

Meets: T/Th, 06/28/22-08/04/22, 5:00-6:00 PM

Fee: \$72 /\$90 (nr)

Swim for Fitness, Swim for Life

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

Instructor: Carin Hoffman

Location: Swanson Pool

Age: 18+

Meets: T/Th, 06/28/22-08/04/22, 7:00-8:00 PM

Fee: \$72/\$90 (nr)

Senior Aqua Exercise

Aqua exercise workout incorporating basic stretching and water resistance. This class is weather dependent.

Instructor: Carin Hoffman

Location: Marcy MacDonald Pool

Age: 60+

Session 1: 07/01/22-08/12/22, 10:30-11:30 AM

Fee: \$30 / \$38 (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: Swanson Pool

Ages: 13-18

Meets: M/W, 06/27/22-08/10/22, 7:00-8:00 PM

(No Class 07/04/22)

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

Adult Swim Lessons

BEGINNER

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.

Instructor: TBD

Location: Waddell Pool

Age: 18+

Session 1: M-F, 06/27/22-08/01/22, 6:15-7:00 PM

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

Session 2: Su, 07/10/22-08/14/22, 4:00-5:00 PM

Fee: \$36 /\$45 (nr)

INTERMEDIATE

This class is designed for swimmers who feel comfortable in the water. Participants will build upon their knowledge of the basic swimming strokes that was taught in the beginner class. Participants should feel comfortable entering any depth of water and would be able to identify exit points for safety purposes.

Session 1: Su, 07/10/22-08/14/22, 5:00-6:00 PM

Fee: \$36 /\$45 (nr)

AQUATIC PROGRAMS



Marcy MacDonald Open Water Swim Clinic

We are excited to announce a fun filled day with Marcy MacDonald. You'll start the day at Marcy MacDonald pool where Marcy will work on Stroke Development skills. Following the Stroke Development session, we will make our way to the Leisure Labs at Mahoney for a light lunch and a short video presentation (Bring your questions). The day will end at Globe Hollow Swimming Area for an open water adventure with Marcy. *Please note that these clinics are intended for individuals who are interested in participating in triathlons or individuals who are proficient swimmers looking to make the move out of the pool atmosphere.*

Adult Clinic: Su, 06/26/22, 9:00 AM
Youth Clinic: Sat, 08/13/22, 9:00 AM
Fee: \$75.00

Log Rolling Clinic

Come learn some basic skills and strategies to conquering the log! Log-rolling is a fun sport exhibiting equal parts balance, speed and determination. The unique sport has rules that are simple enough, try to get your opponent to fall off the log as you roll it. You can't touch your opponent or cross the center line of the log. The motion of the log can spin, stop and reverse at any time, depending on the skills and strategy of the log rollers! Come for an introductory clinic. Let's Roll!

Meets: Sat, 07/09/22, 07/16/22
Ages: 17 and Under: 10:00-11:00 AM
 18 and Over: 11:00-12:00 PM
Location: Globe Hollow Swimming Area
Fee: \$15/\$20 (nr)

Private Swim Lessons

Private swim lessons (1:1) and semi-private lessons (1:2) are structured to cater to meet you or your child's specific instructional needs. The aquatics staff will work with you to customize a personal swim lesson schedule with an experienced instructor. Lessons are offered as 4 thirty minute sessions at a mutually agreed upon times. Lessons will not be available during peak times of the day when the pool is most crowded. Semi-private lesson participants must be within a skill level of each other.

PRIVATE SESSION

4 X 30 Minute Private (1:1) Lessons
Fee: \$100

SEMI-PRIVATE SESSION

4 X 30 Minute Semi-Private (1:2) Lessons
Fee: \$160/ for 2 participants

REGISTRATION INFORMATION

Contact the Recreation Division at 860-647-3139 and be prepared with dates, times & pool locations. Payment required prior to the start of the first lesson.

Slide Into Summer

Children of all ages are encouraged to come down to Waddell Pool and slide their way into the summer. There will be games, toys, noodles and music. We will also be handing out popsicles that you can enjoy while dancing on the grass.

Location: Waddell Pool
Meets: T, 06/28/22, 5:30-7:00 PM
Ages: All Ages
Fee: No Fee (Pool Pass required to enter facility)

Friday Night Pool Events

Noodle Night- Bring a float or grab a noodle and relax at the pool. Pools will have limited noodles available. Noodles and floats are only allowed on designated nights and times. Proof of residency required.

Deck Art Night- Bring your sidewalk chalk to the pool and showcase your artistic abilities. Pool Pass required.

Pool Side Bingo- Come down to the pool to play bingo while relaxing in the water. Exciting prizes will be available to the winners. Pool Pass required.

Lifeguards Choice- This night will be a surprise for our visitors. The lifeguards will be deciding what event will take place. Pool Pass required.

Lifeguard Night- Interact with the staff and get to learn and try some of the techniques the lifeguards learned during their training. Pool Pass required.

Marco Polo Night- Swim around in the shallow end playing the famous Marco Polo game. Pool Pass required

Toy Night- Bring your favorite pool toy to the pool where you can play with it in the water with the other participants. Pool Pass required.

Free Family Swim- Bring your family down to the pool and enjoy a free night of swimming. Valid proof of Manchester residency required.

Pool Site/Date	8-Jul	15-Jul	22-Jul	29-Jul	5-Aug	12-Aug
Globe Hollow	Noodle Night	Lifeguard Night	Free Family Swim	Pool Side Bingo	Deck Art Night	Toy Night
Marcy MacDonald	Deck Art Night	Noodle Night	Lifeguard Night	Free Family Swim	Pool Side Bingo	Marco Polo Night
Waddell	Pool Side Bingo	Deck Art Night	Noodle Night	Lifeguard Night	Free Family Swim	Pool Side Bingo
Swanson	Free Family Swim	Pool Side Bingo	Deck Art Night	Noodle Night	Lifeguard Night	Free Family Swim
Salters	Lifeguard Night	Free Family Swim	Pool Side Bingo	Deck Art Night	Noodle Night	Lifeguards Choice

EARLY CHILDHOOD



Cradle to Crayons

A preschool playgroup supporting the development of skills that will promote success in and out of preschool and kindergarten. Activities include circle time, art, fine motor, gross motor, pre-math and pre-writing skill building. Children will have the opportunity to both engage in socialization and free play with other children as well as structured activities.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 2-4 years old

Meets: Th, 06/30/22-08/18/22, 3:00-4:15 PM

Fee: No Fee

Stroller Walks

For parents or caretakers and their infant or toddler ages 0-2 years old. Siblings welcome if they can maintain social distancing guidelines. 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 canceled for weather/temperature.

Instructor: Caitlin McNamara

Location: Charter Oak Park

Age: 0-2 years old

Meets: W, 06/29/22-08/17/22, 9:30 AM

Fee: No Fee



Mommy & Me Playgroup with Monthly Lactation and New Parenting Support

This program is for moms and their infants to early walking age (approximately newborn to age 2). The group is for parents of young babies and toddlers to socialize in an unstructured playgroup atmosphere. The first Tuesday of each month will include Lactation Consultant Robin DeGemmis, IBCLC to offer lactation and new parent support to attendees. Robin will offer general lactation support and can book private sessions outside of group with anyone needing more care than what can be provided in a group setting. A private changing and feeding room is available. Registration is not required to attend, please just show up. Contact Caitlin for questions or to be put on the list for group updates and cancellations at CMcnamara@manchesterct.gov

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 0-2 years old

Meets: T, 06/28/22-08/30/22, 3:00-4:30 PM

Fee: No Fee

Nurturing the Nest

A support group for moms of children in the youngest early childhood years (newborn to age 3). The group will be a structured time to work through the ups and downs of mothering through activities and discussions around topics such as processing birth, setting boundaries, self-care, parenting styles, and partner relationships. Registration is required for this group, please contact Caitlin McNamara at CMcnamara@manchesterct.gov, as space is limited to 10 mothers for now. Childcare is available upon request for any mobile child up to age 5.

Instructor: Caitlin McNamara & Kellie Gauvin

Location: Northwest Park Early Childhood Center

Meets: F, 05/06/22-06/24/22, 3:00-4:30 PM

Fee: No Fee

YOUTH PROGRAMS



Urban Expedition

Enjoy a week of exploring Manchester and seeing local sights you may never have seen before. Join us on exploring all that Manchester has to offer while making great connections with other youth.

Location: Youth Service Bureau

Ages: 10-14 year olds

Meets: M-F, 08/01/22-08/05/22, 9:00 AM-3:00 PM

Fee: No Fee

Journey

In this program you'll discover nature, learn about plants and animals, and try your hand at woodworking while working independently and as a group.

Instructor: Pete Wlochowski

Location: Youth Service Bureau

Meets: M-F, 9:00 AM-3:00 PM

Session 1: 07/11/22-07/15/22 (11-14 year olds)

Session 2: 07/18/22-07/22/22 (7-10 year olds)

Session 3: 07/25/22-07/29/22 (10-14 year olds)

Fee: No Fee

FACTS

This is a substance use prevention program and designed for young people to inform other young people and the community about the risks of substance use. The week will be spent learning about relevant issues, being creative about getting the message out and some fun field trips thrown in the mix.

Location: Youth Service Bureau

Ages: 11-15 year olds

Session 1: 08/15/22-08/19/22

Fee: No Fee

Girls Week

A program where girls are invited to make friends, talk about important issues, and gain confidence through creative activities and inspiring trips.

Instructor: Tasha Weston

Location: Youth Service Bureau

Meets: M-F, 9:00 AM-3:00 PM

Session 1: 07/11/22-07/15/22 (Ages 14+)

Session 2: 08/15/22-08/19/22 (Ages 10-13)

Fee: No Fee

Boys Week

A week long enrichment program that addresses issues young men face through fun and challenging activities, discussion, and guest speakers. Nonstop action and fun!

Location: Youth Service Bureau

Meets: M-F, 9:00 AM-3:00 PM

Session 1: 07/18/22-07/22/22 (Ages 14+)

Session 2: 08/15/22-08/19/22 (Ages 10-13)

Fee: No Fee

Youth Center Drop-In

Every Wednesday, the Youth & Family Engagement Center will be dedicated to youth in the community. There will be a variety of activities, arts and crafts, video games, pool and pizza will be served.

Location: Youth Service Bureau

Meets: W, 07/06/22-08/24/22, 3:00-6:00 PM

Fee: No Fee

Service Learning

Spend the week making an impact on the Manchester community. Each day will be an opportunity to make a difference in the lives of others by providing essential help to community agencies, parks, and individuals. We will end the week with a celebration to remember! Community Service hours will be recorded and awarded if needed.

Location: Youth Service Bureau

Ages: 12-18 year olds

Meets: 08/08/22-08/12/22, 9:00 AM-3:00 PM

Fee: No Fee

Youth Basketball Leagues

Team play with emphasis on fundamental instruction & competitive play. For boys & girls, played outdoors. Participants should bring sneakers, shorts, shirt and a water bottle. If leagues do not have enough enrollment, we will combine the leagues and adjust the night schedules.

CO-ED YOUTH (8-9)

Instructor: Volunteer Coaches

Location: Charter Oak Park Outdoor Courts

Ages: 8-9 years old

Meets: M/Tu, 06/27/22-08/16/22, 6:00-8:00 PM

Fee: \$35

**Mandatory Evaluation Clinic 06/08/22 @ Leisure Labs at 6:00 PM.*

CO-ED YOUTH (10-12)

Instructor: Volunteer Coaches

Location: Charter Oak Park Outdoor Courts

Ages: 10-12 years old

Meets: W/Th, 06/29/22-08/18/22, 6:00-8:00 PM

Fee: \$35

**Mandatory Evaluation Clinic 06/08/22 @ Leisure Labs at 7:00 PM.*

Jazz for Kids

This class offers an improvised and energetic style of exercise that allows participants to physically express themselves through a range of routines. With flowing movements similar to ballet, jazz dancers combine sharp turns, large leaps and quick footwork in a show of flexibility and grace.

Instructor: Mikayla Quey

Location: Community Y Dance Room

Ages: 6-12 years old

Meets: T, 5:00-6:00 PM

Session 1: 06/14/22-08/16/22

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



YOUTH PROGRAMS



Kids Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts. Bring your own racquet.

Age: 4-7 years old

Instructor: Volunteer Instructors

Location: Robertson Tennis Courts

MORNING SESSIONS

Meets: M-F, 9:30-10:00 AM

Session 1: 07/05/22-07/08/22 (No Class 07/04/22)

Session 2: 07/11/22-07/15/22

Session 3: 07/18/22-07/22/22

Session 4: 07/25/22-07/29/22

Session 5: 08/01/22-08/05/22

Session 6: 08/08/22-08/12/22

Session 7: 08/15/22-08/19/22

Fee: \$19/ \$23 (nr) per week

EVENING SESSIONS

Meets: M/W, 5:00-5:30 PM

Session 1: 06/06/22-06/22/22

Session 2: 06/27/22-07/13/22 (No Class 07/04/22)

Session 3: 07/18/22-08/03/22

Session 4: 08/08/22-08/24/22

Fee: \$25/ \$30 (nr) per week

Youth Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts. Bring your own racquet.

Instructor: Volunteer Instructors

Location: Robertson Tennis Courts

Ages: 8-12 years old

MORNING SESSIONS

Meets: M-F, 10:00-11:00 AM

Session 1: 07/05/22-07/08/22 (No Class 07/04/22)

Session 2: 07/11/22-07/15/22

Session 3: 07/18/22-07/22/22

Session 4: 07/25/22-07/29/22

Session 5: 08/01/22-08/05/22

Session 6: 08/08/22-08/12/22

Session 7: 08/15/22-08/19/22

Fee: \$32/ \$39 (nr) per week

EVENING SESSIONS

Meets: M/W, 5:30-6:30 PM

Session 1: 06/06/22-06/22/22

Session 2: 06/27/22-07/13/22 (No Class 07/04/22)

Session 3: 07/18/22-08/03/22

Session 4: 08/08/22-08/24/22

Fee: \$45/ \$55 (nr) per week

**CALLING ALL FAMILIES!
TUESDAY, AUGUST 2ND IS
NATIONAL NIGHT OUT IN
MANCHESTER!**



National Night Out is an annual community-building campaign that promotes strong police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live and work. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the first Tuesday in August. Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.

Take a look at what the Town of Manchester has in store!

National Night Out at Waddell

A one-night extravaganza to celebrate National Night Out. Come take a slide in to Waddell pool where there will be music, popsicles and for this special night, NOODLES. All pool entrance procedures will still be enforced.

Location: Waddell Pool

Time: 6:00 – 8:00 PM

Ages: All Ages Welcome

National Night Out - Charter Oak

Come celebrate National Night Out with the Manchester Police Department at Charter Oak where we will have a footgolf tournament throughout the park!

Location: Charter Oak Park

Time: 6:00 – 8:00 PM

Ages: All Ages Welcome

Westside Community Block Party

Come celebrate National Night Out on the Westside for some summer fun at the Leisure Labs at Mahoney Center. The night will include inflatables, chalk art, music & more! No registration is required, so be sure to come by and get in on the fun!

Location: Leisure Labs at Mahoney Center

Time: 5:30-7:30 PM

Ages: All Ages Welcome

Movie Night Out

Join us for a movie in the park with ice cream treats sponsored by Highland Park Market!

Location: Northwest Park, 441 Tolland Turnpike

Time: 8:00 PM



EVENTS FOR ALL!

CHARTER OAK PARK

CHARTER OAK STREET MANCHESTER CT

The Park Ambassadors are back to working hard and look forward to serving you at Charter Oak Park. OurShop will be open Monday - Friday from 5:30 - 8:30 PM. While open, you can rent between our "Yellow" bike and scooter options. Please have proper identification and safety equipment present to rent. We will also be open for drop-in activities which include life-size jenga/connect four, foosball, arts and crafts and Ping-Pong tables. We are excited to announce we are bringing back the Summer Event series which begins on June 30 and runs every Thursday or Friday through August 26. All events and drop-in activities are no cost and sign up is not required.

EVENT SCHEDULE

Summer Kick Off | 06/30, 6:00-8:00 PM

Bring the family and enjoy our summer kick off featuring inflatables & recreational games and activities!

Plant Night | 07/08, 6:00-8:00 PM

Join us this Friday Night to plant the seeds to a healthy lifestyle! We will have different paint your own flowerpots and grass craft kits.

Bike Rodeo | 07/14, 4:30-7:30 PM

In collaboration with the Police Department, Youth Services Division, and Elks Club, we will be hosting a Bike Rodeo at Mount Nebo Parking Lot. We will have an obstacle, helmet checks and much more. Stay tuned for more information.

Zumba In The Park | 07/22, 6:00-7:00 PM

Enjoy a night of zumba at Charter Oak Park!

Nature Night | 07/29, 6:00-8:00 PM

Take a hike along the Charter Oak Greenway and try to identify all the different species that live at or near the park. After your hike, come back to the gear and bike shop where we will design your own bird houses. Binoculars and good walking shoes are the only thing you'll need for this event!

National Night Out | 08/02, 6:00-8:00 PM

Come celebrate National Night Out with the Manchester Police Department at Charter Oak where we will have a footgolf tournament throughout the park!

Sunset Yoga | 08/05, 7:30-8:30 PM

Come enjoy the Zhen of a beautiful sunset that will give to a starry night. Bring your yoga matt or a blanket and enjoy a relaxing evening after a long week.

Fire Department Night | 08/12, 6:00-8:00 PM

In collaboration with the Manchester Fire Department, come down to the park and sit by the fire where we will be cooking smores. Come interact with our firefighters and get to know our frontline responders!

Dog Walk and Create your Own Frisbee | 08/19, 6:00-8:00 PM

Join us for a dog walk along the Manchester Greenway at Charter Oak Park! We welcome dogs of all sizes and breeds, but kindly ask for all dogs to be well-behaved around others. We encourage distance if that makes you or another handler more comfortable. After, we will create your own frisbee for your dog to enjoy!

Summer Send Off | 08/26, 6:00-8:00 PM

Join the Charter Oak Staff in celebrating the end of summer with games, activities, and food.



TOWN OF MANCHESTER

REC ON THE RUN

POP-UP CREATIVE ARTS, SPORTS & GAMES

WHAT IS REC ON THE RUN?

Rec on the Run is the Town of Manchester Department of Leisure, Family and Receptions' mobile pop-up creative arts, sports and games vehicle offering programs and activities to Manchester residents in neighborhoods and parks around our community.

Rec on the Run distributes specially designed activity boxes on a first come, first served basis. Boxes allow easy activity pick-up on-site.

WHERE CAN I FIND REC ON THE RUN?

During the evenings the program will operate on-site from 5:00-7:00 PM; Mondays at Northwest Park, 448 Tolland Turnpike; Tuesdays at Westside Oval, 110 Cedar Street; Wednesdays at Market Field, 163 Spruce Street; and Thursdays at Center Memorial Park.



Paint Week | 06/06/22-06/10/22, 5:00-7:00 PM

Explore watercolors, have fun with sun catchers - never too old to Paint!

Color ME Week | 06/13/22-06/17/22, 5:00-7:00 PM

Customize your project, make it your own! A variety of projects including friendship bracelets to funny little creature pets.

Fiber Arts Week | 06/20/22-06/24/22, 5:00-7:00 PM

Cross Stich, basket weaving and wall hangings, just imagine the possibilities for creative imagination!

Velvet Art Week| 06/27/22-07/01/22, 5:00-7:00 PM

Have fun doodling away creating one of a kind magnets. Trade them with your friends or just display them on the fridge!

Gratitude Week | 07/05/22-07/08/22, 5:00-7:00 PM

Card making your way. Something special about being about to send that special message to a friend or loved one - a keepsake they will always treasure.

Nature's Journal Week | 07/11/22-07/15/22, 5:00-7:00 PM

Start a journal the next time you take a walk, discover something new or have a great idea. Take notes, draw, write a poem and remember the day.

Paint Week | 07/18/22-07/22/22, 5:00-7:00 PM

Always fun and relaxing to play with paint and colors.

String Art Week | 07/25/22-07/29/22, 5:00-7:00 PM

A retro craft back for the next generation to discover!

Collage Week | 08/01/22-08/05/22, 5:00-7:00 PM

Mixed media, no rules just your imagination needed. Using a variety of materials to create one of a kind masterpieces.

Mystery Week | 08/08/22-08/12/22, 5:00-7:00 PM

If you like surprises then you will enjoy what you find inside! Fun for the whole family!

Button Up Week | 08/15/22-08/19/22, 5:00-7:00 PM

Design your own button, badge and show off your individuality with your special message.

Hats Off 2 Summer | 08/22/22-08/26/22, 5:00-7:00 PM

Hoping everyone has had a wonderfully creative time this summer. A variety of hats, caps and visors for you to make your own.



Celebrate Trails Day!

June 4 & 5, 2022

Hiking & Yoga

Join Meeyoung Lepore for an outdoor workout that includes hiking, mindfulness, and yoga. Complete a 3 mile loop hike up to the top of the mountain. This is an easy to moderately rated hike. Meeyoung will guide hikers through a yoga sequence to stretch and open up, no yoga mat needed. Pre-registration through the instructor is required. The group will assemble at the bridge.

Meets: Sat 06/04/22 (Rain Date: 06/05/22), 4:00-7:00 PM

Ages: 16+

Location: Case Mountain, 640 Spring Street, Manchester, CT

Contact: Meeyoung Lepore; mdl2001@gmail.com

Guided Hike of Case Mountain

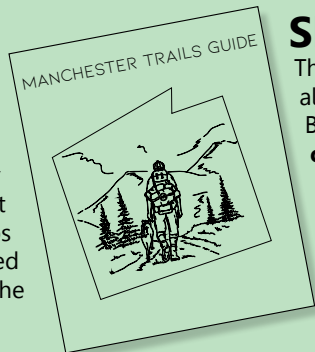
Hike leader Patrick Kennedy will be leading a hike of approximately 4 miles along the CFPA Blue Blazed trails with views from Lookout Mountain. This hike traverses moderate terrain with average ups and downs. Appropriate footwear is strongly recommended; leashed dogs are permitted as part of this hike. The group will depart from the Case Pond parking area

Meets: Sat, 06/04/22, 10:00 AM-12:00 PM

Ages: All ages

Location: 68 Birch Mountain Road, Manchester, CT

Leader: Patrick Kennedy: KennedysinSW@aol.com



Skip the Park, Take a Hike

The hiking & walking trails throughout our community allow for passive recreation are open to the public! Visit BetterManchester.com to find a digital copy of the **Manchester Trails Guide!**



FARMERS MARKET

Good Food. Good People. Grown Here.



Spruce Street

WEDNESDAYS, JUNE 1 - AUGUST 31, 4:30-7:30 PM

MARKET FIELD, 153 & 163 SPRUCE STREET



Northwest Park

WEDNESDAYS, SEPTEMBER 7 - OCTOBER 26, 4:30-7:30 PM

NORTHWEST PARK, 448 TOLLAND TURNPIKE



Manchester's Juneteenth

Freedom Day Commemoration

JUNE 18TH

4 PM - 7 PM

LEISURE LABS AT

MAHONEY CENTER,

110 CEDAR STREET,

MANCHESTER CT



LEARNSHOPS & EVENTS



Community Conversations: HONORING OUR BLACK VETERANS

Join the African American & Black Affairs Council and the Town of Manchester's Neighborhoods & Families Division for a panel discussion focused on black veterans, their experiences serving their country, and what steps need to be taken to further ensure the ongoing care of all veterans.

Meets: F, 05/13/22, 6:30-8:30 PM

Location: Culture Lab at Mahoney Center

Ages: All welcome

Fee: No Cost

Juneteenth Freedom Day Commemoration

Join the Town of Manchester's Department of Leisure, Family and Recreation, in collaboration with local community partners, for the annual Juneteenth Freedom Day Commemoration. The evening will include special speakers and performers, a black-owned food and vendor market, family activities, live music and more!

Meets: Sat, 06/18/22, 4:00-7:00 PM

Location: Mahoney Center

Ages: All welcome

Fee: No Cost

Friends & Family CPR[®] (AMERICAN HEART ASSOCIATION)

Community rescuers are a key part of the chain of survival for cardiac arrest victims. You CAN learn the skills needed to assist a friend, neighbor or family member. This course covers child and adult CPR, as well as choking rescue. Optional "Stop The Bleed"[®] training will be available after the CPR session is complete. Please inquire at Town Hall, the Community Y or another town recreation center if you need assistance with setting up a household account for online registration, or if you would like to take this class in Spanish.

Location: Community Y

Meets: W, 06/08/22, 6:00-8:00 PM

Fee: \$10



ADULT PROGRAMS



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: Carin Hoffman

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

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: 06/13/22-07/18/22 (No Class 07/04/22)

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

Session 2: 07/25/22-08/24/22

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

Session 3: 08/29/22-09/28/22 (No Class 09/05/22)

Fee: \$54/\$68 (nr)



Zumba

This program combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

Instructor: Opal Crawford

Location: Community Y

Ages: 18+

Meets: Sat., 06/18/22-08/27/22, 9:00-10:00 AM (No Class 07/02/22)

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

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.

Instructor: Tanya Camerota

Location: Community Y Dance Room

Ages: 18+

Meets: T/Th, 6:30-7:30 PM

Session 1: 06/14/22-07/14/22

Session 2: 07/19/22-08/18/22

Session 3: 08/23/22-09/29/22 (No Class 09/06/22, 09/08/22)

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: 06/13/22-06/29/22

Fee: \$36/\$45 (nr)

Session 2: 07/11/22-07/27/22

Fee: \$36/\$45 (nr)

Session 3: 08/01/22-08/24/22

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

Session 4: 08/29/22-09/28/22 (No Class 09/05, 09/07, 09/19, 09/21)

Fee: \$36/\$45 (nr)

ADULT PROGRAMS



Adult Tennis Lessons

To Learn the proper footwork, ground strokes, volleying and service game. Bring your own racket, sneakers and water bottle. Bring your own racket.

Instructor: Volunteer Instructors

Location: Manchester High School Tennis Courts

Age: 17+

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

Session 1: 06/06/22-06/22/22

Session 2: 06/27/22-07/13/22 (No Class 07/04/22)

Session 3: 07/18/22-08/03/22

Session 4: 08/08/22-08/24/22

Fee: \$55/ \$45 (nr) per week

Drop-In Badminton

Test your agility and dexterity with one of the most popular sports in the world! Come play, with no equipment required (but you are more than welcome to bring your own), as we practice our drop shots and slams in a friendly and competitive environment! Racquets, net, and birdies provided.

Ages: 16+

Location: Northwest Park, Pavilion Area

Meets: T, 06/28/22-08/30/22, 5:00-7:00 PM

Fee: No Fee

Lawn Game Roulette

Drop-in on the fun at Northwest Park with this after work activity! 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.

Games Featured: Can Jam, Corn-hole, Bocce, Ladder Ball, and many more!

Ages: 18+

Location: Northwest Park, Pavilion Area

Meets: W, 06/29/22-08/31/22, 5:00-7:00 PM

Fee: No Fee

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 Dance Room

Ages: 18+

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

Session 1: 06/13/22-06/29/22

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

Session 2: 07/11/22-07/27/22

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

Session 3: 08/01/22-08/24/22

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

Session 4: 08/29/22-09/28/22 (No Class 09/05, 09/07, 09/19, 09/21)

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

Tap for Beginners

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

Instructor: Brennen Ruganis

Location: Community Y Dance Room

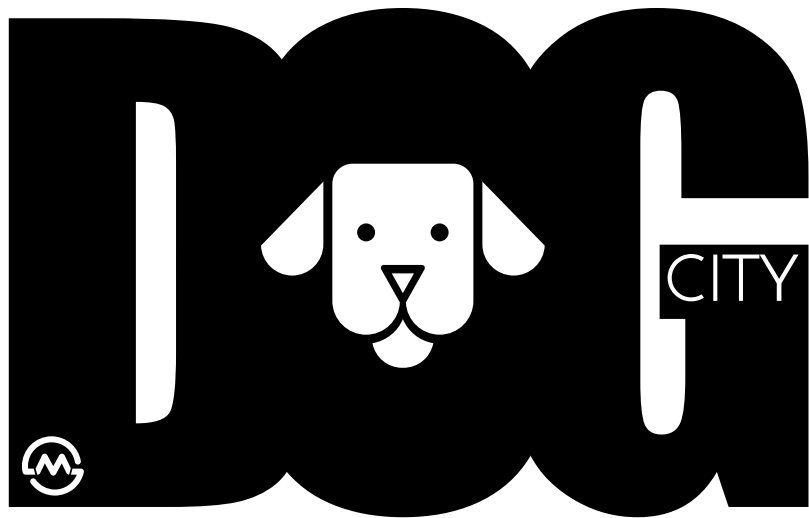
Meets: Th, 5:30-6:30 PM

Session 1: 06/16/22-08/18/22

Fee: \$60/75 (nr)

Session 2: 08/25/22-09/29/22

Fee: \$36/\$45 (nr)



Top 10 Activities to Do with Your Dog This Summer!

Be a responsible dog owner: dogs must be on leash, up to date on vaccines, and be a positive, active role in your dog's life!

- Find and explore new walking or hiking paths!
- Fill a kiddie pool with water and/or tennis balls
- Low energy or elderly dog? Buy a used or new stroller to take your dog with you inside dog-friendly stores or on long walks
- Go to a pet supply store and let your dog pick out a new toy
- Go on a Sniffari! Walk and allow your dog to safely follow their nose to whatever smells they pick up
- Have a picnic in the shade and teach your dog basic or new commands
- Play with glow-in-the-dark dog toys at night
- Visit dog-friendly events and farmers markets
- Check out mental stimulation activities such as puzzle games/toys, snuffle mats, lick mats (spread peanut butter, pumpkin, or other safe foods), and hide treats around the house
- Get a free pup cup at a drive-thru: Starbucks, DQ, and Sonic

A dog-friendly city enhances the quality of life for both residents and their dogs. Our goal is to become a more dog-friendly city providing opportunities to spend time with your dog, enrich their lives through dog-friendly recreational activities, and promote responsible dog-ownership.



K9 Kerplunk

In conjunction with the Manchester Youth Commission, we are happy to announce the annual K9 Kerplunk is back! We've added more days for your dog to swim at Globe Hollow (swimming for dogs only). We kindly ask for all dogs to be licensed, up to date on shots, and well-behaved Manchester dogs. If your dog is not licensed or renewed with the town, we will hand out dog license applications for you to bring or mail to the town clerk. A \$5 pre-registration fee per dog (maximum of 2 dogs per handler), per swim session is required. Admission to the event will benefit the Manchester Youth Commission! Registration can be done online or over the phone through any of our Recreation facilities. Please contact Kellie Gauvin (860) 647-5262 or Josh Charette (860) 647-3139 with any questions. Hope to see you there!

Location: Globe Hollow Swimming Area

Session 1: Tu, 08/23/22, 4:00-4:45 PM

Session 2: Tu, 08/23/22, 5:00-5:45 PM

Session 3: Th, 08/25/22, 4:00-4:45 PM

Session 4: Th, 08/25/22, 5:00-5:45 PM

Session 5: Sat, 08/27/22, 9:00-9:45 AM

Session 6: Sat, 08/27/22, 10:00-10:45 AM

Fee: \$5.00 per dog (minimum 2 dogs per handler)

Charter Oak Dog Walk & Create Your Own Frisbee!

Join us for a dog walk along the East Coast Greenway at Charter Oak Park! We welcome dogs of all sizes and breeds, but kindly ask for all dogs to be well-behaved around others. We encourage distance if that makes you or another handler more comfortable. Afterwards, you can create your own Frisbee for your dog to enjoy!

Location: Charter Oak Park Gear & Bike Shop

Meets: 08/19/22, 6:00 PM

Fee: No Fee, Drop-In

Certification in Pet First Aid & CPR

You love your dog or cat and want to keep them safe – do you know how to give them first aid or CPR in a medical emergency? Become certified in pet first aid & CPR! This class, led by a certified instructor, will teach the basics – from checking your dog's vital signs and noticing abnormalities, to more critical emergency situations – cardiac arrest, hyperthermia & hypothermia, choking, wounds/bleeding, seizures, and more! This class will give you the knowledge, skills, and confidence to potentially save your pet's life one day! A registration fee for your session of choice is required. Short breaks provided during class. *Ramp located in the back for those with mobility issues. A pre-registration fee for your session of choice is required. No dogs in class. No pets in class.

Location: Community Y Recreation Center

Age: 16+ year olds

Session 1: Sat, 06/18/22, 9:00 AM-2:00 PM

Session 2: Sat, 07/09/22, 9:00 AM-2:00 AM

Session 3: Sat, 08/06/22, 9:00 AM-2:00 AM

Session 4: Sat, 09/10/22, 9:00 AM-2:00 AM

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

the

Tiny gallery

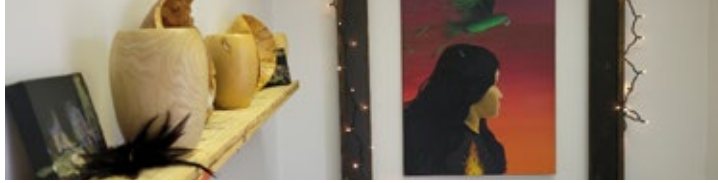
at Northwest

The Tiny Gallery

Find this intimate community based ART space located in Northwest Park. This space promotes curating ideas and fostering creative collaborations within the community and beyond and acts as a destination for the curious and the connector to all things ART.

Location: Northwest Park, Tiny Gallery (Building 2)

Meets: W, Open Seasonally, May-December, 4:30-7:30 PM



Gallery Schedule

Memories

Presented by Karell Velez

Opening: 05/18/22 – Closing: 06/22/22

Tiny Things Exhibit

Community Art Project

Opening: 06/29/22 – Closing: 07/13/22

Alcohol Ink-Zentangle

Presented by Prathima Bhargav

Opening: 07/20/22 – Closing: 08/10/22

Family Affair

Presented by the Quaglia Family

Opening: 08/17/22 – Closing: 08/31/22

Fantastical Costumes

Presented by Kil Mawson

Opening: 09/07/22 – Closing: 09/28/22

Wood Turning

Presented by Rick Meier

Opening 10/05/22 - Closing 10/26/22

Sculptures

Presented by Brian C. Walters II

Opening: 11/02/22 – Closing 11/23/22

Woodcuts

Presented by Tim Tanker

Opening: 12/07/22 - Closing: 12/28/22

Creative Arts Programs @ The Tiny Gallery

Swish – Bend – Smash IT!

Not your average PAINT Night Event! Got stress? Perfect way to just relax under the stars on a summer night over @The Tiny Gallery in Northwest Park. No skills needed to create a one of a kind masterpiece. We all need to vent, let off steam from time to time and this is a no stress timeout – just join in and enjoy some conversation and creativity. All supplies included. NOT intended for small children.

Ages: 16+ (Teens and Adults Welcome)

Location: Northwest Park, Tiny Square

Meets: F, 05/13/22, 06/10/22, 07/15/22, 6:30-8:00 PM

Fee: \$10 (r) / \$15 (nr)

Trade-Swap–Makers Meetup

We all have a stash of supplies that we no longer need and always on the hunt more. A great way to meetup with like minded creatives to share/swap ideas and supplies. Make connections, collaborate and have some coffee, tea or lemonade. FREE to setup, hang out. No Registration required.

Meets: Sat, 07/09/22, 07/23/22, 08/13/22, 11:00 AM-1:00 PM

Fee: No Fee

Twist, Scrunch & Tie Dye - Socks

Put some color on your feet - join us for a fun twisty, scrunchy time! Fun for everyone. We have the socks, just need you to come out to the @The Tiny Gallery @ Northwest Park. Registration recommended.

Ages: All Ages Welcome

Location: Northwest Park, Tiny Gallery

Meets: Sat, 06/25/22, 12:00-2:00 PM (Raindate: 06/26/22)

Fee: No Fee

Alice's Tea Party

You are invited to come join us @The Tiny Gallery for a not so elegant tea party complete with Tea Pots Races! A fun time for all and what a great way to stop and enjoy the day, sip a cup of tea or lemonade. In wonderland there are stories to tell, share and imagine the possibilities. Come dressed as your favorite storybook character or not - pre-registration recommended.

Ages: 16+ (Teens and Adults Welcome)

Location: Northwest Park, Tiny Gallery

Meets: Sat, 08/06/22, 12:00-4:00 PM

Fee: No Fee



The Great Northwest Faerie Trail

We're looking forward to an even more magical season of wonder and joy this on the trail! Follow the trail through the Butterfly Garden beginning in August and be transported to the Great Northwest Faerie Trail. Hidden along the trail, discover and explore magical hiding spaces where the faeries live!

Trail Opens: 08/08/22

Would you like to create Faerie Doors/habitats for Faeries? Contact Artist in Residence, Chris O'Brien, cobrien@manchesterct.gov



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!

VISITA



YOURVOICEMATTERSMANCHESTERCT.COM

LIBRARY PROGRAMS



CT Wildlife Series

May 2, June 6, Aug 1 | Mary Cheney Library | 6:30 PM
July 11 | Whiton Library | 6:30 PM

Walking Book Club

May 5, June 2, July 7, August 4 | Mary Cheney Library | 2:00 PM

Recipe Readers Book Club

May 7 | Mary Cheney Library | 12:30 PM

Check 'Em Out Book Club

May 9, June 13, Aug 8 | Mary Cheney Library | 6:30 PM

Downtown 2nd Saturday

May 14 | Mary Cheney Library | All Day

Silk City Board Game Group

May 14, June 11, July 9, Aug 6 | Mary Cheney Library | 12:00 PM

Bass Fishing

May 16 | Mary Cheney Library | 6:30 PM

Adult Craft

May 21, June 30, July 14, 28, Aug 11 | Mary Cheney Library | 2:00 PM

Mental Health Awareness with NAMI

May 23 | Mary Cheney Library | 6:30 PM

Not So "YA" Book club

May 25, June 29, July 27, Aug 31 | Whiton Library | 7:00 PM

Recipe Readers Book Club

May 7, June 4, July 16, August 13 | Mary Cheney Library | 12:30 PM

Bollywood Fitness

July 6 | Whiton Library | 6:30 PM

Podcasting 101

July 7 & July 14 | Whiton Library | 6:30 PM

Adult Summer Reading Kickoff Party

June 21 | Mary Cheney Library | 3:00 PM

Pollinator Plants

June 27 | Mary Cheney Library | 6:30 PM

Learn How To Meditate

July 13 | Whiton Library | 6:30 PM

CT Beekeeper's Association

July 18 | Mary Cheney Library | 6:30 PM

Sleep Program

July 21 | Mary Cheney Library | 2:00 PM

Seasonal Produce with a Registered Dietitian

July 21, August 25 | Whiton Library | 6:00 PM

CT Women's Hall of Fame

July 25 | Mary Cheney Library | 6:30 PM

Birding 101

July 28 | Whiton Library | 6:30 PM

Civilian Conservation Corps

August 3 | Whiton Library | 6:30 PM

Switchfire Band

August 10 | Whiton Library | 6:30 PM

Art With Rebecca Maloney

Aug 15 | Mary Cheney Library | 6:00 PM

Self-Defense Class

Aug 22 | Mary Cheney Library | 6:30 PM

Edith Wharton + The Gilded Age

Aug 29 | Mary Cheney Library | 6:30 PM



SENIOR CENTER



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 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.



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, 06/06/22–08/08/22, 10:00-11:00 AM

Session 2: W, 06/08/22–08/10/22, 10:00-11:00 AM

Session 3: W, 06/08/22–08/10/22, 11:00-12:00 PM

Session 4: F, 06/10/22–08/12/22, 10:00-11:00 AM

Fee: \$5 per session

Yoga +

A class designed for the active senior with few limitations.

Location: Senior Center Auditorium

Session 1: M/W, 06/06/22–08/10/22, 2:20-3:15 PM

Session 2: M/W, 06/06/22–08/10/22, 3:20-4:15 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, 06/07/22–08/12/22

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

Advanced Class: Tu, 1:30-2:30 PM; F, 12:30-1:30 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, 06/09/22–08/11/22, 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, 06/07/22–08/09/22

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, 06/08/22–08/10/22, 9:15-10:00 AM

Fee: \$5 per session

Light-N-Lively

Low impact cardio workout. Active and fast paced.

Location: Senior Center Auditorium

Meets: M/W/F

Session 1: M, 06/06/22–08/08/22, 1:20-2:15 PM

Session 2: W, 06/08/22–08/10/22, 1:20-2:15 PM

Session 3: F, 06/10/22–08/12/22, 11:00-12:00 PM

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: Local Trails

Meets: M/W/F, 06/06/22–08/12/22, 8:45-11:00 AM

Biking Club

Bikers ride approximately 6-12 miles per ride.

Location: Offsite

Meets: M, 06/06/22–08/08/22, 9:00 AM-12:00 PM

Hiking Club

Enjoy hikes on local trails with friends.

Location: Offsite

Meets: Th, 06/09/22–08/11/22, 1:00-3:00 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, 06/06/22–08/08/22, 12:30-1:15 PM

Session 2: W, 06/08/22–08/10/22, 12:30-1:15 PM

Fee: \$5 per session

Senior Basketball

Location: Community Y Recreation Center

Session 1: M, 06/06/22–08/29/22, 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, 06/08/22–08/10/22, 12:45-3:00 PM

Setback

Location: Senior Center Bingo Room

Meets: F, 06/10/22–08/12/22, 12:30-3:00 PM

Senior Circle

This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is led 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, 06/07/22–08/09/22, 10:00-11:45 AM

Mahjonn and American Mahjonn TRADITIONAL

Location: Senior Center Card Room

Meets: T, 06/07/22–08/09/22, 12:30-2:00 PM

AMERICAN

Location: Senior Center Arts & Crafts Room

Meets: F, 06/10/22–08/12/22, 12:30-3:30 PM

Pinochle

Location: Senior Center Card Room

Meets: M, 06/06/22–08/08/22, 12:30-2:30 PM

Red Hat Society

We are the women in the red and pink hats. Bring a friend! We meet the 1st Tuesday of every month. All are welcome!

Location: Senior Center Library

Meets: 1st T, 06/07/22–08/02/22, 1:00-4:00 PM

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, 06/08/22–08/10/22, 8:30-11:30 AM

Quilting Group

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

Location: Senior Center Craft Room

Meets: Th, 06/09/22–08/11/22, 1:00-4:00 PM

Summer 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, 06/06/22–07/29/22, 9:30-11:30 AM

Fee: \$6 per class

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, 06/07/22–08/09/22, 1:00-3:00 PM

Digital Photography Group

Shooting to printing. Learn photography techniques.

Location: Senior Center Craft Room

Meets: M, 06/06/22–08/08/22, 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, 06/06/22–08/08/22, 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, 06/06/22–08/12/22, 8:30 AM-4:15 PM

Cribbage

Combines both luck and skill. Social and fun game.

Location: Senior Center Card Room

Meets: F, 06/10/22–08/12/22, 12:45-3:00 PM

Ping Pong

Location: Senior Center Ping Pong Area

Meets: M-F, 06/06/22–08/12/22, 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, 06/09/22–08/11/22, 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, 06/06/22–08/08/22, 9:30–10:30 AM

MEN'S GROUP

Meets: M, 06/06/22–08/08/22, 10:45-11:45 AM

Book Group

Read and discuss different novels the 3rd Tuesday of every month!

Location: Senior Center Library

Meets: 3rd T, 06/21/22–08/31/22, 10:30-11:30 AM

Social Bridge

Location: Senior Center Bingo Room

Meets: W, 06/08/22–08/10/22, 12:30-4:00 PM

Hand & Foot

Location: Senior Center Card Room

Meets: Th, 06/09/22–08/11/22, 1:00-4:15 PM

Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!

Location: Senior Center Library

Meets: Th, 06/09/22–08/11/22, 10:00-11:30 AM

Bingo

Location: Senior Center Bingo Room

Meets: F, 06/10/22–08/12/22, 10:00 AM-12:00 PM

Cornhole

Location: Senior Center Auditorium

Meets: Th, 06/09/22–08/11/22, 9:00-11:00 AM

REGISTRATION INFORMATION



Register

REGISTRATION INFORMATION

Registration Dates

Residents: May 4, 2022

Non-residents: May 6, 2022

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. (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. Please note that not all programming offers a waitlist option, an example would be Swim Lessons.

Don't Be Disappointed! Register Early!

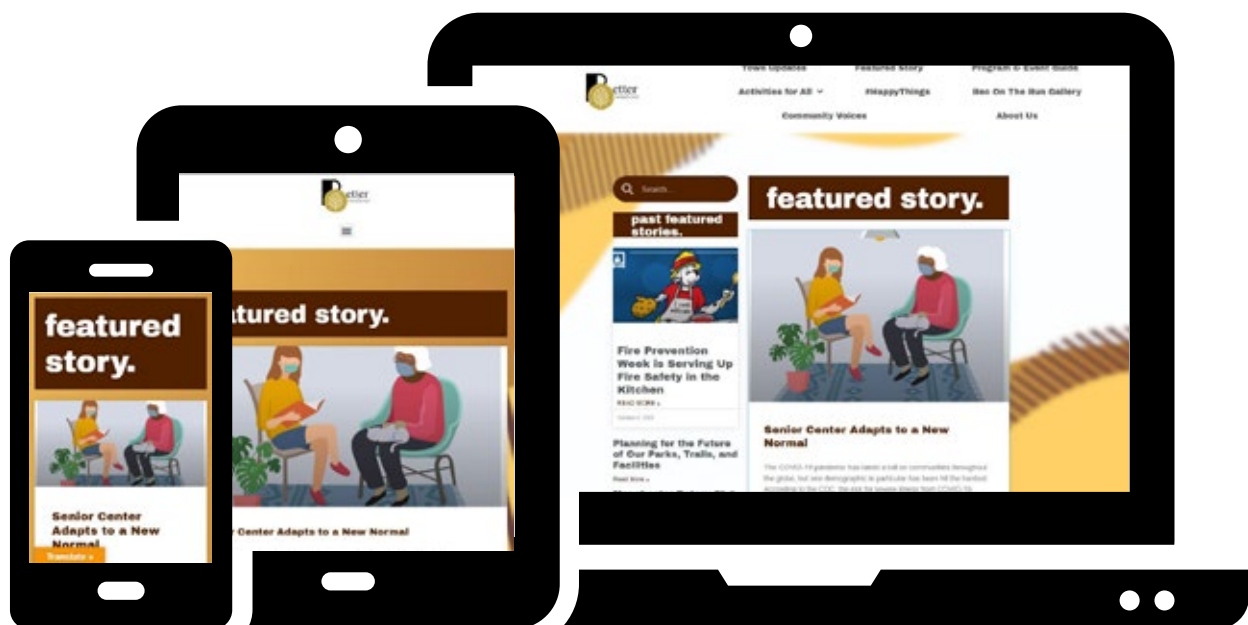
Unfortunately, we are sometimes forced to cancel programs two to three days prior to the start of the class because of under enrollment. When you wait too long to register and your class fills, don't be disappointed! Register Early!



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