

Department of Leisure, Family and Recreation

SUMMER 2023

PROGRAM & EVENT GUIDE



REGISTRATION BEGINS MAY 3



GENERAL INFORMATION

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, 10:30 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 visit manchesterct.gov and search Northwest Park Pavilion Rental.



AQUATIC FACILITIES

For detailed pool schedule and hours please visit page 8.

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 • 647-6037

Salters Pool

103 Lydall Street • 647-3296

Swanson Pool

48 North Main Street • 647-3297

Waddell Pool

163 Broad Street • 647-5234

Marcy MacDonald Pool

110 Cedar Street • 647-3293

PARKS & TRAILS

OurParks and Trails

For more information about Manchester's parks and trails, visit manchesterct.gov/facilities and search for a park near you.



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, 2023

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2022/2023 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.

2023-2023 Memberships

Membership passes that are renewed and the cost associated, as well as the renewal cycle are back on track! January 1, 2023 – December 31, 2023. Please refer to the Fee Schedule below.

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.



Register

Registration Dates

Residents: May 3, 2023

Non-residents: May 5, 2023

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 Community Y or Town Hall Customer Service to register.

RESIDENCY AND NON-RESIDENT POLICY

Registration

Participants who are Manchester residents require proof of residency upon initial account registration and set-up, 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 may be placed on a waitlist, if a waitlist is available. If a waitlist is permitted, you will be contacted by our department if an opening becomes available. This does not include the Infant, Toddler, Preschool and Levels 1-6 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!

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".

REGULAR SEASON

All Pools Open

Date: June 26-August 13

Regular summer schedule and hours

Holiday

Date: July 4

*Globe Hollow Only, 1:00-6:00 PM

SEASON SCHEDULE

POST SEASON

PRE-SEASON

Marcy MacDonald Pool

Dates: June 19-25

Open Swim: 1:00-5:00 PM

Adult Lap Swim: 5:00-6:00 PM

Marcy MacDonald Pool

Dates: August 14-20

Open Swim: 1:00-5:00 PM

Adult Lap Swim: 5:00-6:00 PM

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
Globe Hollow 100 Spring St. (860) 647-6037	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 Pool Event/Make Up/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 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 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	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 Pool Event Make Up	5:00-6:00 Adult Lap Swim	
Waddell Pool 163 Broad St. (860) 647-5234	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
Olcott St. Sprayground	10:00- 8:00 Open Swim	10:00- 8:00 Open Swim	10:00- 8:00 Open Swim	10:00- 8:00 Open Swim	10:00- 8:00 Open Swim	10:00- 8:00 Open Swim	10:00- 8:00 Open Swim
	Open From Memorial Day to Labor Day						

AQUATICS

READY TO SIGN-UP MAY 3, 2023 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 03, 2023
- 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- 1:12
 - Toddler- 1:12
 - Preschool- 1:6
 - 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.



SWIM LESSONS

SWIM LESSON SCHEDULE SESSION DATES

MONDAY - THURSDAY CLASSES

Session 1: 06/26/23-07/06/23 (No Class July 4)

Session 2: 07/10/23-07/20/23

Session 3: 07/24/23-08/03/23

MONDAY CLASSES

Session 1: 06/26/23-08/07/23

TUESDAY CLASSES

Session 1: 06/27/23- 08/08/23

WEDNESDAY CLASSES

Session 1: 06/28/23- 08/09/23

THURSDAY CLASSES

Session 1: 06/29/23- 08/10/23

SWANSON POOL

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

MARCY MACDONALD POOL

Level	Time	Day	Sessions
Infant	6:10-6:45	M	1
Infant	6:10-6:45	T	1
Infant	6:10-6:45	W	1
Infant	6:10-6:45	Th	1
Toddler	6:10-6:45	M	1
Toddler	6:10-6:40	T	1
Toddler	6:10-6:40	W	1
Toddler	6:10-6:45	Th	1
Preschool	5:00-5:30	M	1
Preschool	5:00-5:30	T	1
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	5:00-5:30	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	10:05-10:35	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

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

Which swim level does my child belong? Not sure what level to sign up your child? Read the descriptions online at www.yourvoicemattersmanchesterct.com/learn-to-swim/news_feed/swim-lesson-descriptions

AQUATIC CLASSES



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, 7:00-8:00 PM

Session 1: 06/26/23-07/19/23

Session 2: 07/24/23-08/09/23

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/W, 06/26/23-07/26/23, 6:15-7:00 PM

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

Session 2: Su, 07/09/23-08/13/23, 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.

Meets: Su, 07/09/23-08/13/23, 5:00-6:00 PM

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

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: Tanya Camerota

Location: Salters Pool

Age: 18+

Meets: M/W, 06/26/23-08/02/23, 5:00-6:00 PM

Fee: \$66 / \$82 (nr) [No Class 07/03/23]

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.

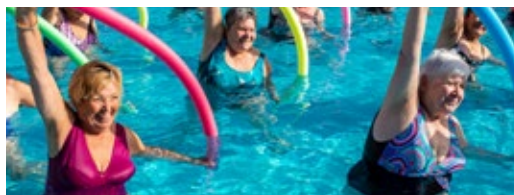
Instructor: Carin Hoffman

Location: Swanson Pool

Age: 18+

Meets: T/Th, 06/27/23-08/03/23, 7:00-8:00 PM

Fee: \$66/\$82 (nr) [No Class 07/04/23]



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+

Meets: F, 06/30/23-08/11/23, 10:30-11:30 AM

Fee: \$30 / \$37 (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, 06/27/23-08/03/23, 5:00-6:00 PM

Fee: \$66 /\$82 (nr) [No Class 07/04/23]

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.

200 Laps for 200 Years

Celebrate our Bicentennial with a summer swim challenge. We are calling on all our lap swimmers to complete 200 laps in any or all the strokes that will be on the challenge card. The challenge cards will be distributed at the Community Y, Center Springs, or any of our pools. When you complete a box of laps, present your card to one of the lifeguards at the pool and they will stamp the box. Once you've completed 200 laps in any or all the strokes, bring the completed card to the Community Y where you'll be entered into our raffle. The challenge will run from July 1 to August 1, and we will draw the winners on Friday August 4th at Waddell Pool during the Friday Night Event. So, Learn, Swim, Thrive and celebrate this great town and community.

AQUATIC EVENTS

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.

Log Rolling Night – Come learn some basic skills and strategies to conquer the log. Logrolling is a fun sport exhibiting equal parts balance, speed, and determination. Pool pass required.

Pool Site/Date	7-Jul	14-Jul	21-Jul	28-Jul	4-Aug	11-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	Log Rolling 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

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 pop-sicles that you can enjoy while dancing on the grass.

Location: Waddell Pool

Meets: T, 06/27/23, 5:30-7:00 PM

Ages: All Ages

Fee: No Fee (Pool Pass required to enter facility)



K-9 Kerplunk

In conjunction with the Manchester Youth Commission, we are happy to announce the annual K9 Kerplunk is back another year. We kindly ask for all dogs to be licensed, up to date on all shots and well-behaved Manchester dogs. Swimming is for dogs only. A \$5.00 Registration fee per dog (maximum of 2 dogs per handler) is required. We will also accept on-site registration day of event. 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

Meets: Su, 08/13/23, 9:00 AM-3:00 PM

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

Log Rolling Clinic

Come learn some basic skills and strategies to conquering the log! Logrolling 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: Sa., 08/05/23

Ages: 17 and Under: 10:00-11:00 AM

18 and Over: 11:00 AM-12:00 PM

Location: Globe Hollow Swimming Area

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

EARLY CHILDHOOD



Cradle to Crayons

Cradle to Crayons is a preschool playgroup that supports 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 at their own pace.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 2-5 years old

Meets: Th, 3:00-4:15 PM

Session 1: 05/11/23-06/29/23

Session 2: 07/13/23-08/17/23

Fee: No Fee

Mommy & Me Playgroup

This program is for moms and their infants to early walking age (approximately newborn to age 1.5). The group is for parents of young babies and toddlers to socialize in an unstructured playgroup atmosphere. This is a laid back social group with no judgment, come when you can! 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: 0-1.5 years old

Meets: T, 3:00-4:30 PM

Session 1: 05/09/23-06/20/23

Session 2: 07/11/23-08/22/23

Fee: No Fee

Waddlers & Toddlers

Drop-In Play

This program is a drop-in play time for those little ones that are just starting off on their feet to walking. Come play and socialize in an unstructured environment. There will be basic gross motor play activities as well as basic art supplies or table activities for children to engage with during this open play time.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 6 months to 2 years

Meets: W, 7/12/23-8/16/23, 3:00-4:30 PM

Fee: No Fee

Little Artists

Drop-in Craft Time

Come craft and play! This program is for preschool aged children who love to craft- glue, scissors, paper, paint- we will do it all! Children will also be able to play in our classroom and listen to a story that goes along with our crafts for the day.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 3-5

Meets: T, 9:30-10:45 AM, 08/08/23, 08/15/23, 08/22/23

Fee: \$15

Parent Café

Are you a parent with a child aged birth to six? Are you free Thursday mornings? Manchester Early Childhood Collaborative, MECC, is offering a free monthly get. Parent Café's will offer a variety of guest speakers and activities-from Raising Culturally Competent Children to Staying Connected with your Partner during Childrearing as well as fun activities that include visits from the Lutz and local artists. It is an opportunity for you to connect with other parents and your children to gain experience playing with others. Contact Donna Farr at dfarr@manchesterct.gov for more information.

Instructor: Donna Farr & Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 0- 5 years

Meets: Th, 9:30-11:00 AM, 05/25/23, 06/22/23, 07/27/23, 08/24/23

Fee: No Fee

My Baby & Me

This program is for new caretakers and their children. Our goal is to establish a community of new parents of young children and provide early socialization opportunities for their babies. This program is for children 9 to 24 months. Older siblings welcome. Cancellations come directly from facilitators, email CMcnamara@manchesterct.gov to connect to the facilitators.

Instructor: Dee Dee Huang and Alison Luong

Location: Northwest Park Early Childhood Center

Age: 9-24 months

Meets: W/F, 05/10/23-08/25/23, 9:15-10:45 AM

Fee: No Fee

Robin's Mothering Group

This program is for new caretakers to receive lactation and parenting support. Contact Robin to register (860)742-6231 or RobinDeGemmis@gmail.com.

Instructor: Robin DeGemmis

Location: Northwest Park Early Childhood Center

Age: 0- 6 months

Meets: Th, 05/11/23-08/31/23, 11:30-1:30 PM

Fee: No Fee



Play & Learn Groups

We will be learning through simple and engaging activities that are interactive and developmentally appropriate. We will pair it with rhymes, movement, stories, circle time, themed activities, crafts, vocabulary rich conversations and of course, play! Caregivers should be prepared to participate with their little learner!

Instructor: Caitlin Barclay

Location: Northwest Park Early Childhood Center

PLAY & LEARN ABOUT HEAD, SHOULDERS, KNEES AND TOES!

A parent-child class where we will learn about our basic body parts: eyes, ears, nose, mouth, hands and feet!

Age: 1-2.5 years

Meets: M, 05/08/23, 05/15/23, 05/22/23, 06/05/23, 9:30-11:00 AM

Fee: \$24/ \$29 (nr)

PLAY & LEARN ABOUT SPRING

A parent-child class where we will learn all about spring. We will explore spring weather, experiment with spring colors, learn about spring animals and more signs of the season!

Age: 2.5-4 years old

Meets: T, 05/09/23, 05/16/23, 05/23/23, 05/30/23, 9:30-11:00 AM

Fee: \$24/ \$29 (nr)

MINDFUL PLAY & LEARN WITH ANIMALS

A parent-child class where we will learn about staying present in our play with animals as the theme! We will learn how to use yoga, breathing and mindfulness to stay engaged in our play to create meaningful experiences!

Age: 1-5 years old

Meets: T, 07/11/23, 07/18/23, 07/25/23, 08/01/23, 9:30-11:00 AM

Fee: \$24/\$29 (nr)

IMAGINATIVE PLAY & LEARN

A parent-child class where we will use our imaginations to learn about new experiences and play! Some of the themes will be pirates, archaeologists, scuba divers and more!

Age: 2.5-5 years old

Meets: M, 07/10/23, 07/17/23, 07/24/23, 07/31/23, 9:30-11:00 AM

Fee: \$24/\$29 (nr)

YOUTH PROGRAMS



Girls Week

Girls are invited to make friends, talk about important issues, and gain confidence through creative activities and inspiring trips. This week is a great time to be expressive and be inspired.

Location: Manchester Youth Service Bureau

Fee: No Fee

Session 1: 07/10/23-07/14/23, 9:00 AM-3:00 PM

Age: 7-11

Session 2: 08/07/23-08/11/23, 9:00 AM-3:00 PM

Age: 10-13

Session 3: 08/14/23-08/18/23, 9:00 AM-3:00 PM

Age: 14+

Boys Weeks

Week long enrichment programs and a chance for young men to discover something new through engaging and physical activity!

Facilitator: Shakir Leacock

Location: Manchester Youth Service Bureau

Fee: No Fee

AGES 10-12

Meets: M-F 07/17/23-07/21/23, 9:00 AM-3:00 PM

AGES 13+

Meets: M-F 08/14/23-08/18/23, 9:00 AM-3:00 PM

Urban Expedition

Enjoy a week of exploring Manchester and seeing local sights you may never have seen before. Join us to see some of the great things Manchester has to offer. Be prepared for an epic Manchester adventure.

Location: Manchester Youth Service Bureau

Age: 10-14

Meets: 7/31/23-8/4/23, 9:00 AM-3:00 PM

Fee: No Fee



PFLAG

PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQIA+) 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 LGBTQIA+ people, their families, and their loved ones. Meetings are open* and designed to support families with LGBTQIA+ youth. Meetings will be structured to include an LGBTQIA+ youth group (ages 12-18) and a parent/ally support group.

Facilitator: Kellie Gauvin

Meets: Monthly, first T, 6:30-8:00 PM

Location: Manchester Youth Service Bureau

Family Audubon

Spring Census

Each spring tens of thousands of volunteers throughout the Americas take part in the Annual Audubon, ages 10-14 to assess the health of bird populations, and to help guide conservation action. Take part in this effort and join Poppy. This is a terrific community service opportunity! We will provide binoculars & lunch. Parents, guardians, and youth in grades 4-12 are welcome! Registration is required.

Location: Manchester Youth Service Bureau & Offsite

Meets: Sa., 05/06/23, 9:00 AM-3:00 PM

Fee: No Fee

Passport to Family Fun!

You don't need to travel far to have fun! Join us for monthly family activities, including pottery painting, family trivia, gingerbread house competition, family bingo, cupcake decorating, drum circle, paint party, and more! All families will receive a "Passport," which will be stamped at each event. Families who attend 5 or more events throughout the year will be entered into a drawing for a Grand Prize!

Facilitator: Kellie Gauvin

Age: 8+ and parent(s)/guardian(s)

Meets: Th, 05/11/23, 06/08/23, 5:30-7:30 PM

Location: Manchester Youth Service Bureau

Fee: No Fee

Youth and Police

Manchester Police and high school youth will meet monthly to build relationships with officers by participating in a variety of team building and leadership opportunities. Great way to make positive connections and become active in the community!

Facilitator: Kellie Gauvin

Location: Manchester Youth Service Bureau

Ages: 15-18

Meets: Th, 05/18/23, 3:30-6:30 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. Facilitated by the infamous Poppy! You're sure to have fun and learn A LOT! (Program capacity: 10 participants)

Instructor: Pete (Poppy) Wlochowski

Location: Manchester Youth Service Bureau

Fee: No Fee

Session 1: 07/10/23-07/14/23, 9:00 AM-3:00 PM

Age: 11-14

Session 2: 07/17/23-07/21/23, 9:00 AM-3:00 PM

Age: 7-10

Session 3: 07/24/23-07/28/23, 9:00 AM-3:00 PM

Age: 10-14

Summer Youth

Employment Program

The 2023 Summer Youth Employment and Learning Program (YELP) is a youth employment program connecting Connecticut youth living in the North Central Region between the ages of 16 and 24 (Manchester residence) with career exploration opportunities and paid work experience. Participants have the opportunity to explore their interests and career pathways, develop workplace skills, and engage in learning experiences that help in developing their social, civic and leadership skills. A permission slip is required. If interested please contact Sheridan Douglass at (860) 647-5216, or apply directly at <https://capitalworkforce.org/syelp/>

Sibshop

Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunities for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs. Call Tasha Weston (860) 647-5215 for more information or to register.

Location: Manchester Youth Service Bureau

Age: 7+

Meets: 1st F, 05/19/23 & 06/16/23, 5:30-8:00 PM

Fee: No Fee

YOUTH PROGRAMS

Teen Center

The Teen Center offers a place for youth to come together and socialize with their peers in a structured, supervised environment. Students can play video games, pool, foos ball, board games, surf the internet, or participate in a variety of other creative, fun, and interactive activities. Open to all youth (7th-12th grade).

Location: Manchester Youth Service Bureau

Meets: 05/03/23-06/01/23

Hours: W: 12:30-6:00 PM | Th: 2:30-6:00 PM

True You

Spend a week learning about who YOU are. We'll be doing lots of fun activities and trips where you'll learn more about yourself, how to handle the stress life throws at us, and how to make a positive impact on the world around you.

Location: Manchester Youth Service Bureau

Meets: M-F, 07/31/23 - 08/04/23, 9:00 AM-3:00 PM

Age: 11-13

Fee: No Fee

Jazz for Kids

Jazz for kids dancing 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

Meets: T, 06/06/23-08/15/23, 5:00-6:00 PM

Fee: \$54/\$67 (nr) [No Class 07/04/23]



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, 06/26/23-08/22/23, 6:00-8:00 PM

(No Practice 07/03/23 & 07/04/23)

Fee: \$35

**Mandatory Clinic 06/07/23 @ 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, 06/28/23-08/17/23, 6:00-8:00 PM

Fee: \$35

**Mandatory Clinic 06/07/23 @ Leisure Labs at 7:00 PM.*



Kids Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. Bring your own racquet.

Instructor: Volunteer Instructors

Location: Summit Street Tennis Courts

Age: 4-7 years old

MORNING SESSIONS

Meets: M-Th, 9:30-10:00 AM (F rain out)

Session 1: 07/03/23-07/07/23

(No Class 07/04/23)

Session 2: 07/10/23-07/13/23

Session 3: 07/17/23-07/20/23

Session 4: 07/24/23-07/27/23

Session 5: 07/31/23-08/03/23

Session 6: 08/07/23-08/10/23

Session 7: 08/14/23-08/17/23

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

EVENING SESSIONS

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

Session 1: 06/05/23-06/21/23

Session 2: 06/26/23-07/12/23

Session 3: 07/17/23-08/02/23

Session 4: 08/07/23-08/23/23

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

Youth Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. Bring your own racquet.

Instructor: Volunteer Instructors

Location: Summit Street Tennis Courts

Ages: 8-12 years old

MORNING SESSIONS

Meets: M-Th, 10:00-11:00 AM (F rain out)

Session 1: 07/03/23-07/07/23

(No Class 07/04/23)

Session 2: 07/10/23-07/13/23

Session 3: 07/17/23-07/20/23

Session 4: 07/24/23-07/27/23

Session 5: 07/31/23-08/03/23

Session 6: 08/07/23-08/10/23

Session 7: 08/14/23-08/17/23

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

EVENING SESSIONS

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

Session 1: 06/05/23-06/21/23

Session 2: 06/26/23-07/12/23

Session 3: 07/17/23-08/02/23

Session 4: 08/07/23-08/23/23

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

Teen Tennis Lessons

Location: Summit Street Tennis Courts

Ages: 13-18 years old

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

Session 1: 06/05/23-06/21/23

Session 2: 06/26/23-07/12/23

Session 3: 07/17/23-08/02/23

Session 4: 08/07/23-08/23/23

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



Ropes Challenge Course

LEADERSHIP - TEAM WORK - GOAL SETTING - FUN GAMES - INITIATIVES - LOW ROPES - HIGH ROPES - ZIP LINE

SUMMER CAMP 2023

Each day will include fun active games, low elements which present challenges 2-3 feet off the ground and high elements where participants will climb 25-40 feet in the air! Our philosophy is "Challenge by Choice" in other words each participant chooses their level of challenge. All instructors are highly skilled and experienced in creating an exciting and inspiring adventure. **Facilitator:** Sue Larson

Location: Manchester Ropes Challenge Course, 180 Hillstown Road (Veteran's Memorial Soccer Complex)

Ages: 10-14

Meets: 06/26/23-06/30/23, 2023, 9:00 a.m.-3:00 p.m.

Fee: \$250.00 (Limited Scholarship funds are available)

LEADERSHIP CAMP 2023

For an unforgettable experience, Youth will have the opportunity to develop their leadership skills through a series of fun and challenging physical adventure activities that will change their lives forever! With a focus on safety first, participants will join with their peers to overcome group challenges while pushing their personal limits. The course is run by highly trained, experienced ropes course personnel that know how to awaken the inner leader! Visit www.outsidetheboxexperiential.com/page2 for more.

Facilitator: Scott Goldsmith

Grades: 13-16

Location: Manchester Ropes Challenge Course, 180 Hillstown Road (Veteran's Memorial Soccer Complex)

Meets: 07/10/23-07/14/23, 9:00 AM-3:00 PM

Fee: \$250.00 (Limited Scholarship funds are available)

ROPES COURSE REGISTRATION

Call Heather Wlochowski to register at 860-647-5214; or email heatherw@manchesterct.gov.

YOUTH PROGRAMS



In-School Programs

BOYS COUNCIL (BENNET ACADEMY)

Boys Council offers elementary school boys (5-6 grade) a solid pathway towards healthy development and helps them navigate the unique challenges of adolescence. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

BOYS COUNCIL (ILLING MIDDLE SCHOOL)

Boys Council offers middle school boys (7-8 grade) a solid pathway towards building healthy connections, helps them to further develop their self-image and improve effective communication. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

BOYS COUNCIL (MANCHESTER HIGH SCHOOL)

Boys Council offers High school boys (9-12 grade) a solid pathway towards building healthy coping mechanisms and helps them to further develop their critical thinking. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

FACTS (MANCHESTER HIGH SCHOOL)

Sometimes we forget that most youth DON'T drink alcohol or use other drugs. FACTS is a substance use prevention program for young people that gives you the tools to stay sober, helps you learn healthy stress-management strategies, allows you to grow as a leader, all while exploring your community, traveling to conferences, and hanging out with friends. Please call Samantha Bell at (860) 647-5260, or email sbell@manchesterct.gov for more information or to register. Ages: 14-18

GIRLS CIRCLE (BENNET ACADEMY)

Girls Circle is an evidence-based support program for 6th grade girls to assist during their transitional years. The primary focus is to build confidence, provide support, help build relationships and provide positive youth development to girls. The facilitator will provide assistance to girls in learning how to grow up as a young woman in today's society in a fun and caring environment. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information or to register.

GIRLS CIRCLE (ILLING MIDDLE SCHOOL)

Girls Circle is an evidence-based support program for 7th and 8th grade girls to assist during their transitional years. The primary focus is to build confidence, provide support, help build relationships and provide positive youth development to girls. The facilitator will provide assistance to girls in learning how to grow up as a young woman in today's society in a fun and caring environment. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information, or to register.

VOICES (BENTLEY ACADEMY)

Voices is an evidence-based program that was created to address the unique needs of adolescent girls and young women ages 14-18. Please call Sheridan Douglass at (860) 647-5216, or email sdouglass@manchesterct.gov for more information, or to register.

YOUNG MEN'S GROUP (BENTLEY ACADEMY)

5/04/23 – 05/25/23

Young Men's Group offers High school boys (9-12 grade) a solid pathway towards building healthy coping mechanisms and helps them to further develop their critical thinking. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.



CHARTER OAK PARK

Charter Oak Summer Event Series

The Park Ambassadors are back to working hard and look forward to serving you at Charter Oak Park. Our Shop will be open M-F 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.

Location: Charter Oak Park

Ages: All Ages

EVENT SCHEDULE

SUMMER KICK OFF

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

Meets: 06/29/23, 6-8PM

LUTZ MUSEUM FUR, FEATHERS, OR SCALES NIGHT

Do mammals, birds, and reptiles share similar physical features, and how do we tell them apart? Join the Lutz Museum with three live animals, one from each group, along with biofacts from the natural history collection.

Meets: 07/07/23, 6-8PM

POLICE DEPARTMENT NIGHT

Join the Manchester Police Department, and enjoy a night of fingerprinting and see all of the exciting equipment that our officers use.

Meets: 07/14/23, 5:30-8PM

SUNSET YOGA

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

Meets: 07/21/23, 7:30-8:30PM

NATURE NIGHT

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!

Meets: 07/28/23, 6-8PM

SUNSET YOGA

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

Meets: 08/04/23, 7:30-8:30PM

FIRE DEPARTMENT NIGHT

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 front-line responders!

Meets: 08/11/23, 6-8PM

DOG WALK & CREATE YOUR OWN FRISBEE

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!

Meets: 08/18/23, 6-8PM

SUMMER SEND OFF

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

Meets: 08/25/23, 6-8PM

Manchester's **Juneteenth** Freedom Day Commemoration

Art, live music and performances, poetry, food, vendor market, family activities & more!

June 17, 11 AM - 3 PM
Leisure Labs at Mahoney Center
110 Cedar Street, Manchester CT



Spruce Street • Northwest Park

FARMERS MARKET

Good Food. Good People. Grown Here.



Manchester, CT

WEDNESDAYS, JUNE 7 - AUGUST 30, 4:30-7:30 PM
MARKET FIELD, 153 & 163 SPRUCE STREET



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 Recreations' 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 onsite.

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 Nathan Hale Activity Center 160 Spruce Street; and Thursdays at Center Memorial Park.



SUMMER WEEKLY SCHEDULE

Paint Week | 06/05/23-06/08/23, 5:00-7:00 PM

Splash into summer with some water colors, let your creativity flow out onto the paper.

Color ME Week | 06/12/23-06/15/23, 5:00-7:00 PM

Use your imagination, make it your own. Select from a variety of projects: puppets to sea creatures, everyone is unique.

Button Up Week | 06/19/23-06/22/23, 5:00-7:00 PM

Display your individuality, design a button/badge, raise awareness, support a cause, just have fun!

Tie Dye It! Week | 06/26/23-06/29/23, 5:00-7:00 PM

Celebrate 2023, Manchester's Bicentennial, with some color!

Nature's Journal Week | 07/03/23-07/06/23, 5:00-7:00 PM

Step outside and take a walk, collect your thoughts and favorite things, remember them in a journal. (No Program 07/04/23)

Doodles and Velvet Week | 07/10/23-07/13/23, 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!

Color Me Week | 07/17/23-07/20/23, 5:00-7:00 PM

Use your imagination, make it your own. Select from a variety of projects: butterflies to sun catchers, everyone is unique.

Junk It Week | 07/24/23-07/27/23, 5:00-7:00 PM

Using a variety of recycled elements, what will you create? A buzzing bee? A flower?

Built It Week | 07/31/23-08/03/23, 5:00-7:00 PM

Always fun to squish, twist and roll some clay. Create an imaginary creature, mini flower pot, maybe a kindness message?

Paint Week | 08/07/23-08/10/23, 5:00-7:00 PM

Everyone is an artist, relax and take a little time out creating a masterpiece.

Bead It Week | 08/14/23-08/17/23, 5:00-7:00 PM

A bowl full of colorful beads, who wants to string together a necklace, bracelet or maybe a something unexpected!

Tie Dye It Week | 08/21/23-08/24/23, 5:00-7:00 PM

Celebrate 2023, Manchester's Bicentennial, with some color!



Dutch Fogarty INDEPENDENCE DAY CELEBRATION

MANCHESTER COMMUNITY COLLEGE BANDSHELL, 60 BIDWELL STREET

SATURDAY JULY 8TH

*RAIN DATE JULY 9TH



Cruisin' **2023** on Main Street MANCHESTER, CONNECTICUT

AUGUST 6TH

10AM TILL 3PM



CRUISIN' INFORMATION

Free Spectator Admission & Parking



Sponsors Choice Trophies

\$ 10 show car registration

SPONSORED

Gates open 8am for show cars

FUELED BY



Keep up to date



LEARNSHOPS & EVENTS



Farmers Market Series

Vendor selections are thoughtfully curated to include diverse food and business owners, with products including: fresh fruits & vegetables, meats & eggs, honey & maple syrup, baked goods, vegan offerings, CT food trucks & artisans. All children receive a \$2.00 voucher for fresh produce at every market.

The market also accepts EBT payments & will double the value of SNAP purchases up to \$20.00 (spend \$20.00 using your EBT card to receive an additional \$20.00 to spend on SNAP-eligible items).

SPRUCE STREET MARKET

Meets: W, 06/07/23-8/30/23, 4:30-7:30 PM

Location: Market Field, 163 Spruce Street

Ages: All welcome

Fee: No fee to attend [Free parking available across street at 160 Spruce Street]

NORTHWEST PARK FARMERS MARKET

Meets: W, 09/06/23-10/25/23, 4:00-7:00 PM

Location: Northwest Park, 448 Tolland Turnpike

Ages: All welcome

Fee: No fee to attend

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. This special event will include special speakers & performers, a black-owned food and vendor market, family activities and much more!

Meets: Sa, 06/17/23, 11:00 AM-3:00 PM

Location: Leisure Labs at Mahoney Center

Ages: All welcome

Fee: No cost

Pokémon Pack Battles

Join Competitive Pokémon TCG player Vaughn O'Brien for a brief introduction to the Pokémon Trading Card Game. Each participant will be given one free Scarlet & Violet Booster Pack. After that, the trainers (attendees) will be paired & will participate in pack battles.

Meets: Tu, 05/02/23-05/16/23, 5:30-7:00 PM

Location: Eastside Neighborhood Resource Center

Ages: 5-17 (participants under 12 must be accompanied by an adult guardian)

Fee: \$10/\$12 (per class)

Pokémon TCG

Win-A-Box Tournament

Pokémon TCG Win-a-Box Tournament hosted by Competitive Pokémon TCG player Vaughn O'Brien! Players will compete with a standard legal 60-card deck in 5 rounds of 50 minutes, best-of-three swiss with a 60-minute, best-of-three single elimination (top 8 cut). The winner of the tournament will be awarded a sealed Scarlet & Violet Booster Box (retail value: \$160).

Meets: Sa, 07/08/23-07/29/23, 12:00-6:00 PM

Location: Eastside Neighborhood Resource Center

Ages: All ages welcome

Fee: \$25 (per tournament)

Candle Making Workshop

Join Laurie Lynne of Creative Girl Studios for an afternoon of candle making. The workshop will include over 130 scents to choose from, organic cotton wicks, jars, twine, tags, labels, markers, wax color and more! Participants will leave with two handmade, 100% soy candles.

Meets: Sat, 06/03/23, 6:00 PM – 8:00 PM

Location: Eastside Neighborhood Resource Center

Ages: 8+ (children under 16 must be accompanied by an adult)

Fee: \$30/\$35 (nr)



Clay Workshop with A Clay Zone

Join Carnetta Parnell of A Clay Zone for a sea creature creation workshop! Each participant will receive their choice of a medium-sized aromatherapy scented clay that can be used for future use. Non-scented clay is also available. Participants will be provided sample images to use. Everyone's own creativity is always encouraged.

Meets: Sat, 08/05/23, 1:00 PM – 3:00 PM

Location: Eastside Neighborhood Resource Center

Ages: 5+ (children must be accompanied by an adult)

Fee: \$30/\$35 (nr)

Wood Flowers Arrangement in Mini Wood Box Workshop

Join Jen Angle of Wood & Word Blooms to create a forever wood flower arrangement – perfect for Mother's Day! During this workshop, participants will receive instruction in designing a mini wood box arrangement with sola wood mini blooms. Each kit includes 9 Baby Blooms (1.5 inch sola wood flowers), faux greenery, fillers, stems, tools and a wood flower care card.

Meets: Su, 05/07/23, 1:00-3:00 PM

Location: Eastside Neighborhood Resource Center

Ages: 10+ (participants under 12 must be accompanied by an adult guardian)

Fee: \$30/\$35 (nr)



CREATIVE PROGRAMS

the

Tiny gallery

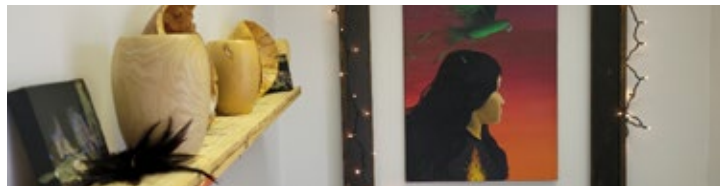
at Northwest

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



MHS Independent Study

Presented by Audrey Labbe

Opening: 05/10/23 – Closing: 06/07/23

Acrylic Paintings

Presented by Marnise Nicole

Opening: 06/14/23– Closing: 07/05/23

Imaginary Faerie Houses

Presented by Nicole Young

Opening: 07/12/23– Closing: 08/02/23

Origami Plea

Presented by Benjamin Parker

Opening: 08/09/23 – Closing: 08/30/23

For the Love of a Dog

Presented by Kelly Burns

Opening: 09/06/23 – Closing: 09/27/23

Caleb's Creations

Presented by Caleb Brackett

Opening 11/22/23 - Closing 01/24

Creative Arts Programs @ The Tiny Gallery



Paint with your Pup!

Join the fun at Northwest Park Paint with Your Pup events! Spend time with your pup and channel their inner artist, as they assist you with your painting project. Dogs and owners will work together on a painting project.

Event Guidelines:

- No more than one dog per handler. A dog handler must be at least 16 years of age.
- All dogs are required to be on a leash, while on Northwest Parks' property.
- Dog handlers must be holding the leash for the entirety of the event.
- Dog handlers must be in control of, and in visual contact with, their dogs at all times.
- Dog handlers must immediately remove and dispose of their dog's feces and repair any holes created by their dogs.
- No aggressive dog behavior. If your dog is observed showing aggressive behavior towards other dogs and/or owners at the event, you may be asked to leave the event.
- No female dogs in heat.
- Dog owners are liable for injuries or damage caused by their dogs.
- Dogs must display current license and rabies vaccination tags.

Spots are limited and advanced registration is required. See below for session times, dates, and locations. Don't wait to sign-up. Supplies are included

Ages: 16+ (Teens and Adults Welcome)

Location: Northwest Park, Tiny Square

Meets: Sa., 06/10/23, 07/29/203, 09/30/23

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

Twist, Scrunch & Tie Dye

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, 07/01/23, 12:00-2:00 PM

Fee: No Fee



The Great Northwest Park 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: 07/12/23

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

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: 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 4 Life

Is structured around rejuvenating, empowering, and healing the body and the mind. This class is slower pace class with a lot of fun moves that focus on stretching all areas of the body, while releasing stress and tensions physically, mentally, and emotionally. The main focus is to move with breath. Teacher might make manual adjustments. Please bring your own mat.

Instructor: Barbara Titus

Location: Community Y Recreation Center

Ages: 18+

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

Session 1: 06/12/23-07/17/23 (No Class 06/19/23)

Session 2: 07/24/23-08/23/23

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

Session 3: 08/30/23-09/27/23 (No Class 09/04/23)

Fee: \$54/\$67 (nr)

Yoga for Active Lifestyles

Enjoy your activities this season through the practice of yoga. In this class you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Spend time cultivating upper-body strength, core strength and balance. Please bring your own mat

Instructor: Tanya Camerota

Location: Community Y Recreation Center

Ages: 18+

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

Session 1: 06/15/23-08/17/23

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

Session 2: 08/24/23-09/28/23

Fee: \$30/\$38 [No Class 09/07/23]



Barre and More

Combines elements of Pilates, yoga, dance and functional training, allowing for a full body workout to tone lift and sculpt. Please bring your own mat.

Instructor: Tanya Camerota

Location: Community Y Dance Room

Ages: 18+

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

Session 1: 06/13/23-08/22/23

[No Class 07/04/23]

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

Session 2: 08/29/23-09/26/23

[No Class 09/05/23]

Fee: \$24/\$30 (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: 06/12/23-06/28/23 (No Class 06/19/23)

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

Session 2: 07/10/23-07/26/23

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

Session 3: 08/07/23-08/30/23

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

Session 4: 09/11/23-09/27/23

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

ADULT FITNESS



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: 06/12/23-06/28/23 (No Class 06/19/23)

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

Session 2: 07/10/23-07/26/23

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

Session 3: 08/07/23-08/30/23

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

Session 4: 09/11/23-09/27/23

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

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, 06/13/23-08/22/23, 5:00-7:00 PM

Fee: No Fee



Intro to Pickleball

Pickleball is the fastest growing sport in the country and this summer is the time to get involved in the action as a new player! Registrants will join instructor Samuel Kim, one of CT's top 5 Ranked Pickleball players, and International Pickleball Teaching Professional Association (IPTPA) certified pickleball instructor to learn the ins and outs of the game and how to bring their play to the next level! This is an instruction-based program designed for first time and novice players. Please note there will be no "Open Court Time" offered during the program and registration is required!

Instructor: Samuel Kim

Location: Nathan Hale Activity Center

Ages: 18+

Meets: M/Th, Times Vary [No Class 07/03/23, 07/06/23]

Session 1: Th, 06/01/23-06/22/23, 8:30-10:00 AM

Session 2: Th, 06/01/23-06/22/23, 10:00-11:30 AM

Session 3: M, 06/26/23-07/24/23, 8:30-10:00 AM

Session 4: M, 06/26/23-07/24/23, 10:00-11:30 AM

Session 5: Th, 06/29/23-07/27/23, 10:00-11:30 AM

Session 6: M 07/31/23-08/21/23, 8:30-10:00 AM

Session 7: M, 07/31/23-08/21/23, 10:00-11:30 AM

Session 8: Th, 08/3/23-08/24/23, 10:00-11:30 AM

Fee: \$24/session (residents only)

Intermediate Pickleball

Pickleball is the fastest growing sport in the country and this summer is the time to get involved in the action as a new player! Registrants will join instructor Samuel Kim, one of CT's top 5 Ranked Pickleball players, and International Pickleball Teaching Professional Association (IPTPA) certified pickleball instructor to learn the ins and outs of the game and how to bring their play to the next level! This is an instruction based program designed for first time and novice players. Please note there will be no "Open Court Time" offered during the program and registration is required!

Instructor: Samuel Kim

Location: Nathan Hale Activity Center

Ages: 18+

Meets: M/Th, Times Vary [No Class 07/03/23, 07/06/23]

Session 1: Th, 06/29/23-07/27/23, 8:30-10:00 AM

Session 2: Th, 08/03/23-08/24/23, 8:30-10:00 AM

Fee: \$24/session (residents only)

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.

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 2 hour delay all programs, meals and transportation will be delayed until 10:30 AM. This means that all classes that start before 10:30 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 costs \$10 and can be acquired at the Manchester Senior Center Monday – Friday between the hours of 8:30 AM – 4:30 PM. Contact the Senior Center at 860-647-3211 or visit: www.manchesterct.gov/Government/Departments/Senior-Center for more information.

Meal Program

Lunch is served daily at 12:00 PM 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. Cost: suggested 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 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 to schedule your ride.

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). To Register for Dial-A-Ride for the first time, call 860-870-7940 between 2:30 PM – 4:00 pm. To Reserve a ride thereafter with DIAL-A-RIDE, call 860-870-7940 between 8:30 AM – 2:00 PM. If you need more information, please direct your inquiries to Senior, Adult & Family Services at 860-647-3096.

We're on FACEBOOK!

Please make sure to Follow and Like the Manchester Senior Center Facebook Page to get the latest and greatest news as quick as possible. 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

Please note that class dates are subject to change based on instructor availability.

Biking Club

Bikers ride approximately 6-12 miles per ride. Contact the senior center for the full schedule.

Location: Offsite

Meets: M, 06/05/23-08/28/23, 1:00 PM-3:30 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, 06/05/23-08/07/23, 12:30-1:15 PM

Session 2: W, 06/07/23-08/09/23, 12:30-1:15 PM

Fee: \$5 per session

Hiking Club

Enjoy hikes on local trails with friends. Contact the senior center for the full schedule.

Location: Offsite

Meets: Th, 06/08/23-09/07/23, 1:00 PM-3:00 PM

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, 06/05/23-08/07/23, 11:00-12:00 PM

Session 2: M, 06/05/23-08/07/23, 1:20-2:15 PM

Session 3: W, 06/07/23-08/09/23, 1:20-2:15 PM

Session 4: F, 06/09/23-08/11/23, 11:00-12:00 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, 06/06/23-08/08/23

Beginner: 10:00-11:00 AM

Advanced: 11:00-12:00 PM

Fee: \$5 per session

Senior Basketball

Location: Community Y Recreation Center

Session 1: M, 06/05/23-08/28/23, 9:00-11:00 AM

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

Steady as We Go

Chair-based class that uses light weights, exercise bands, or no weights at all, and is great for improving posture and balance.

Instructor: Carin Hoffman

Location: Eastside Neighborhood Resource Center

Meets: T, 06/27/23-08/29/23, 11:00 AM-12:00 PM

Fee: \$5 [No Class 07/04/23, 08/08/23]

Square Dancing

A type of country dancing that starts with couples facing one another in a square, with the steps and movements shouted out by a caller.

Location: Senior Center Auditorium

Meets: Th, 06/01/23-08/10/23

Fee: \$5 per class, out of town participants can join. Advanced registration required.

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, 06/05/23-08/07/23, 10:00-11:00 AM

Session 2: W, 06/07/23-08/09/23, 10:00-11:00 AM

Session 3: W, 06/07/23-08/09/23, 11:00-12:00 PM

Session 4: F, 06/09/23-08/11/23, 10:00-11:00 AM

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, 06/07/23-08/09/23, 9:15-10:00 AM

Fee: \$5 per session

Tai Chi Beginner & Advanced Classes

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

Location: Senior Center Auditorium

Meets: T/F, 06/06/23-08/11/23

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

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, 06/05/23-09/08/23, 8:45-11:00 AM

Yoga +

A class for the active senior with few limitations.

Location: Senior Center Auditorium

Session 1: M/W, 06/05/23-08/09/23, 2:20-3:20 PM

Session 2: M/W, 06/06/23-08/09/23, 3:20-4:20 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, 06/08/23-08/10/23, 3:00-4:00 PM

Fee: \$5 per session



Social Leisure

Billiards

Drop in and play on one of three billiard tables.
Location: Senior Center Billiards Room
Session 1: M-F, 06/05/23–09/08/23, 8:30 AM-4:30 PM

Bingo

Mark off numbers on your card, and shout BINGO when you win!
Location: Senior Center Bingo Room
Meets: F, 06/09/23–09/08/23, 10:00 AM-12:00 PM

Book Group

Read and discuss different novels the 3rd Tuesday of every month!
Location: Senior Center Library
Meets: 3rd T, 06/20/23–08/08/23, 10:30-11:30 AM

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, 06/06/23–07/28/23, 9:30-11:30 AM
Fee: \$6 per class

Cornhole

Players or teams take turns throwing bean bags at a raised board with a hole at its far end, score the most points to win!
Location: Senior Center Auditorium
Meets: Th, 06/08/23–09/07/23, 11:00 AM-12:00 PM

Cribbage

This card game combines both luck and skill. Make it around the board first to win.
Location: Senior Center Card Room
Meets: F, 06/09/23–09/08/23, 12:30-3:00 PM

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, 06/07/23–09/06/23, 12:45-3:00 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, 06/07/23–09/06/23, 8:30-11:30 AM

Hand & Foot

A card game related to canasta.
Location: Senior Center Card Room
Meets: Th, 06/07/23–09/06/23, 1:30-3:30 PM

Mahjongg

A Chinese game played with tiles, collect winning sets to win!
Location: Senior Center Card Room
Meets: T, 06/06/23–09/05/23, 12:30-2:30 PM

Men's Group

Enjoy a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Program Assistant.
Location: Senior Center Library
Meets: M, 06/05/23–08/28/23, 10:45-11:45 AM

Music Circle

This group meets weekly to play their acoustic instruments and sing with fellow music lovers. Take turns suggesting and playing your favorite songs!
Location: Senior Center Craft Room
Meets: M, 06/05/23–08/28/23, 12:30-2:30 PM

Paint Class

An artist will instruct you to paint a scene on 11x14 stretched canvas. Create a one-of-a-kind masterpiece, no experience necessary.
Location: Senior Center Bingo Room
Meets: One T per month (Check newsletter), 9:30- 11:30 AM
Fee: \$12 per class

Piano Lessons

A volunteer piano teacher will teach basics of piano.
Location: Senior Center Card Room
Meets: F, 06/09/23–09/08/23, 8:45-9:45 AM

Ping Pong

Table Tennis, played between players or teams.
Location: Senior Center Basement.
Meets: M-F, 06/05/23–09/08/23, 8:30-4:30 PM

Pinochle

A card game played with a 48-card deck, score points for various combinations and to win tricks.
Location: Senior Center Card Room
Meets: M, 06/05/23–08/28/23, 12:30-2:00 PM

Quilting Group

Non-Instructioned group. A couple sewing machines are available.
Location: Senior Center Craft Room
Meets: Th, 06/08/23–09/07/23, 12:30-4:00 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, 06/06/23–09/05/23, 1:00-3:30 PM

Samba

Card game, variant of canasta.
Location: Senior Center Card Room
Meets: Th, 06/08/23–09/07/23, 9:00 AM-12:00 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, 06/08/23–09/07/23, 9:30-11:30 AM

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 our Program Assistant and requires pre-registration. This is not a drop-in program. Call the Senior Center for details.
Location: Senior Center Craft Room
Meets: T/Th, 06/06/23–09/07/23, 10:00-11:45 AM

Setback

American trick-taking card game.
Location: Senior Center Bingo Room
Meets: F, 06/09/23–09/08/23, 12:30-3:00 PM

Social Bridge

A card game played by teams of 2 to win points.
Location: Senior Center Bingo Room
Meets: W, 06/07/23–09/06/23, 12:30-4:00 PM

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, 06/06/23–09/05/23, 1:00-3:00 PM

Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!
Location: Senior Center Library
Meets: Th 06/08/23–09/07/23, 10:00-11:30 AM

Women's Group

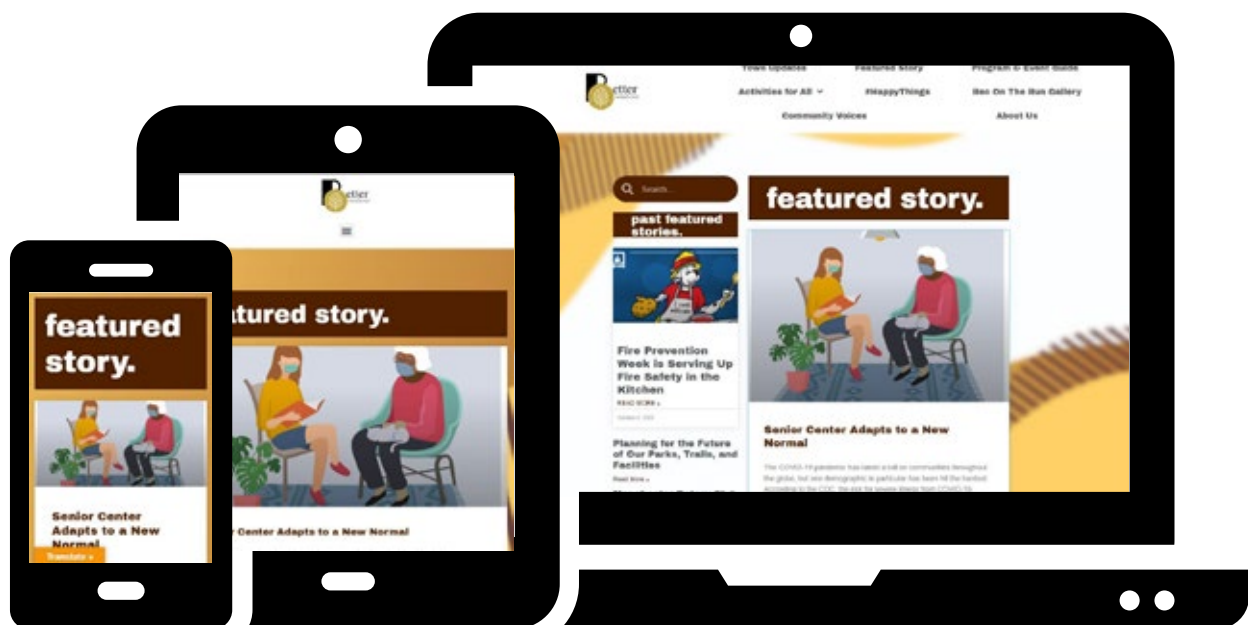
Enjoy a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Program Assistant.
Location: Senior Center Library
Meets: M, 06/05/23–08/28/23, 9:30-10:30 AM



JOIN THE EVOLUTION & subscribe to Better Manchester!

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