

Department of Leisure, Family and Recreation

# 2024 SUMMER PROGRAM & EVENT GUIDE

REGISTRATION BEGINS MAY 8



# 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** Hours Begin 06/03/24\*

M-F, 8:30 AM-8:00 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-3:00 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

### 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

### 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](http://manchesterct.gov) and search Northwest Park Pavilion Rental.

## PARKS/TRAILS

### OurParks and Trails

For more information about Manchester's parks and trails, visit [manchesterct.gov](http://manchesterct.gov)/facilities and search for a park near you.

### Trails Guide

For the Manchester Trails Guide please scan the QR Code below!



## AQUATIC FACILITIES

**For a detailed pool schedule and hours please see pool schedules.**

### 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

## 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 monthly e-mail service to provide you with timely information about new programs, facilities, and featured stories.

**Subscribe:** [bettermanchester.com/subscribe](http://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, 2024**



A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the

Community Y Fitness Center through December 31<sup>ST</sup>, 2024. 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.

### 2024 Resident Memberships

Claim your free Recreation Membership Card thanks to the American Rescue Plan Act Funding while supplies last.

### Facility Pass Fees

Youth (0-20 years old)	No Cost
Adults (21-59 years old)	No Cost*
*Adult pass fees no cost for 2024	
Senior Citizen (60 and older)	No Cost*
*Senior pass fees no cost for 2024	
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.

# REGISTRATION INFORMATION



## Register

### REGISTRATION INFORMATION

#### Registration Dates

**Residents:** May 8, 2024

**Non-residents:** May 10, 2024

### 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](https://RecOnline.townofmanchester.org)

#### 2. Over the Phone with Active RecTrac Account

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, Center Springs Office, Customer Service Center at Town Hall or Manchester Senior Center 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 processed if a request is made at least one week prior to the start of the program or if the Recreation Division cancels the class. Refunds will not be considered once classes are over or after the program ends.

#### Prorating Fees for Late Registration

Late registration will be accepted for some programs if space permits. Programs will be prorated 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 prorating 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. This does not apply to swim lessons or pickleball.

#### 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

## READY TO SIGN-UP MAY 8, 2024 Registration Information



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

- Registration will be in-person and on-line for residents only beginning at 9:00 AM on May 8, 2024
- 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.town-ofmanchester.org](https://reconline.town-ofmanchester.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 to 12

The fee for swim lessons is \$25.00 per child per session.

- **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 available for swim lessons.

## 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 19-30  
**Open Swim:** 1:00-5:00 PM  
**Adult Lap Swim:** 5:00-6:00 PM

### REGULAR SEASON

#### All Pools Open

**Date:** July 1-August 11

Regular summer schedule and hours

*Globe Hollow last day is August 11 but only open for Adult Lap Swim from 12 – 1 p.m.*

#### July 4<sup>TH</sup> - Holiday Hours

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

### POST SEASON

#### Marcy MacDonald Pool

**Dates:** August 12-18  
**Open Swim:** 1:00-5:00 PM  
**Adult Lap Swim:** 5:00-6:00 PM



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!



[yvmct.com](https://yvmct.com)

**YOUR VOICE MATTERS**  
Manchester

# AQUATICS

## Aquatic Facilities & Schedules

The dates, times and operation of all pools may be subject to change at the discretion of the Town of Manchester.

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
<b>Globe Hollow</b> 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 Friday Night Pool Event/ Make Ups Adult Lap		
<b>Salters Pool</b> 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 Aqua Exercise	5:00-6:00 Aqua Exercise	5:00-6:00 Aqua Exercise	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 Ups		
<b>Swanson Pool</b> 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 Ups		
	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			
<b>Marcy MacDonald Pool</b> 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	10:00-11:00 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 Ups	5:00-6:00 Adult Lap Swim	
<b>Waddell Pool</b> 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
<b>Olcott St. Sprayground</b>	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

# SWIM LESSONS

## SWIM LESSON SCHEDULE SESSION DATES

### MONDAY - THURSDAY CLASSES

Session 1: 07/01/24-07/11/24 (No Class July 4)

Session 2: 07/15/24-07/25/24

Session 3: 07/29/24-08/08/24

### MONDAY CLASSES

Session 1: 07/01/24-08/05/24

### TUESDAY CLASSES

Session 1: 07/02/24-08/06/24

### WEDNESDAY CLASSES

Session 1: 07/03/24-08/07/24

### THURSDAY CLASSES

Session 1: 07/05/24-08/08/24

(First class on Friday 7/05, Thursday starts 07/11)

### 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	6:10-6:40	M-Th	1,2,3
3	5:35-6:05	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

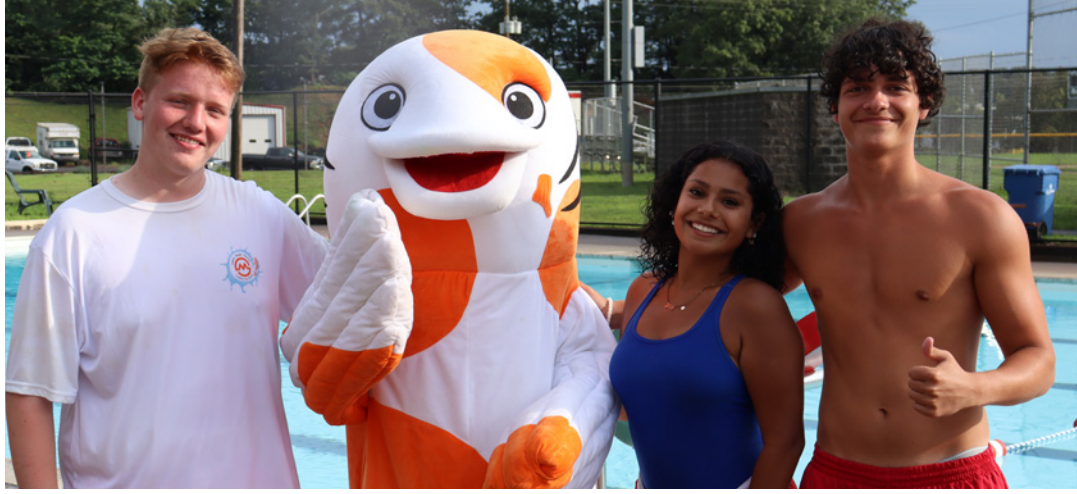
### SALTERS POOL

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

### GLOBE HOLLOW SWIMMING AREA

Level	Time	Day	Sessions
Preschool	10:40-11:10a	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 a	M-Th	1,2,3 CAMP
1	10:05-10:35 a	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 - 10:00a	M-Th	1,2,3 CAMP
2	10:40-11:10a	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	9:30-10:00a	M-Th	1,2,3
3	10:40-11:10a	M-Th	1,2,3
3	5:35-6:05	M-Th	1,2,3
4	10:05-10:35a	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
6 + Lifeguard	6:50 - 7:30	M/W	1
6+ Open Water	6:50 - 7:30	Tu/Th	1

# AQUATIC PROGRAMS



## Hydro 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. Build muscle strength, muscle tone and endurance without the impact of land exercise. This can be a SHALLOW OR DEEP-WATER aerobics class. Belts are limited and are on a first come first serve basis.

**Instructor:** Tanya Camerota

**Location:** Salters Pool

**Age:** 18+

**Meets:** M/W, 07/01/24-08/05/24, 5:00-6:00 PM

**Fee:** \$66 / \$82 (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, 07/02/24-08/06/24, 5:00-6:00 PM

**Fee:** \$60 /\$75 (nr) [No Class 07/04/24]

## 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:** 07/01/24-07/31/24

**Fee:** \$35/ \$44 (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, 07/02/24-08/06/24, 7:00-8:00 PM

**Fee:** \$66/\$75 (nr) [No Class 07/04/24]

## 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, 07/12/24-08/09/24, 10:00-11:00 AM

**Fee:** \$30 / \$37 (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.

**Location:** Waddell Pool

**Age:** 18+

**Session 1:** Su, 07/07/24-08/11/24, 4:00-5:00 PM

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

**Session 1:** M/W, 07/01/24-07/31/24, 6:15-7:00 PM

**Fee:** \$60 /\$75 (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, 07/07/24-08/11/24, 5:00-6:00 PM

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

## Water Safety Instructor Class (WSI) Summer Session

Become certified instructor to be able to teach swimming lessons. This American Red Cross course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups including Learn-to-Swim Levels 1-6, Adult Swim and Infant, Toddler, Preschool classes. This certification is the gold standard and provides the most comprehensive training for swim instructors. Due to this being a Blended Learning course, online and in person, registration will close on 08/05.

**Prerequisites:** Must be at least 16 years of age and be able to swim at a Learn to Swim level 4 ability.

**Location:** Salters Pool

**Ages:** 16+

**Meets:** M-F, 08/12/24 – 08/16/24, 11:00 AM– 5:00 PM

**Fee:** \$100/\$250 (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.

## New Level 6 Swimming Lessons

### LEVEL 6 LIFEGUARD AND WATER SPORT INTRODUCTION

This class will take place on Monday and Wednesday nights at Globe Hollow. Your child will learn introductory skills of lifeguarding as well as the different types of water sport activities.

**Location:** Globe Hollow Swimming Area

**Ages:** 11 – 13

**Meets:** M/W, 07/01/24-07/31/24, 6:50 – 7:30 PM

**Fee:** \$25

### LEVEL 6 OPEN WATER INTRODUCTION

This class will prepare and challenge your child for long distance swimming in an open water facility. This class will take place on Tuesday and Thursday nights at Globe Hollow. You will learn the different challenges you could encounter while swimming open water as well as gaining endurance for long distance swimming.

**Location:** Globe Hollow Swimming Area

**Ages:** 11 – 13

**Meets:** T/Th, 07/02/24-07/06/24, 6:50 – 7:30 PM

**Fee:** \$25



# 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.

**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.

**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.

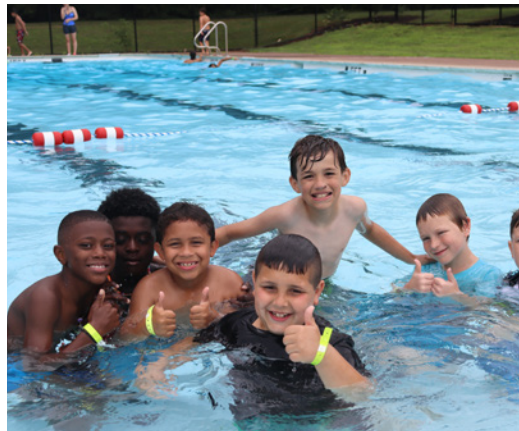
**Free Family Swim**- Bring your family down to the pool and enjoy a free night of swimming. Valid proof of Manchester residency required.

**Luau Night**- LIMBO LIMBO LIMBO! Join us at our pools to experience the thrill of a backyard LUAU!!! With music, dancing, leis, and more, this will be a luau you don't want to miss.

**Backyard Games Night**- Join us for an evening of your favorite backyard games. Spike ball, cornhole, and more! Stop by the pool to challenge the lifeguards to some games and enjoy the wonderful features of our pools. Tournaments will be set up to add a little competition.

**DIY Boat Contest**- Come join us for a BIY Boat Contest. There are only two rules: boat must be made of cardboard and duct tape, and they must be built prior to arriving to the contest. Bring your boats to Globe Hollow and see if your boat is the fastest. In a race venturing from one lifeguard chair to the other, participants with paddle to reach the finish line first, wins! We will offer free pizza to everyone who participates. Bring your boats and hope they float!!

Pool Site/Date	12-Jul	19-Jul	26-Jul	2-Aug	9-Aug
<b>Globe Hollow</b>	Noodle Night	Lifeguard Night	DIY Boat Contest	Luau Night	Backyard Games Night
<b>Marcy MacDonald</b>	Backyard Games Night	Noodle Night	Lifeguard Night	Free Family Swim	Luau Night
<b>Waddell</b>	Luau Night	Backyard Games Night	Free Family Swim	Lifeguard Night	Awards Night
<b>Swanson</b>	Free Family Swim	Luau Night	Backyard Games Night	Noodle Night	Lifeguard Night
<b>Salters</b>	Lifeguard Night	Free Family Swim	Luau Night	Backyard Games Night	Noodle Night



## 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, 07/02/24, 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, 08/11/24, 1:00-3:00 PM

**Fee:** \$5.00 per dog (max. 2 dogs per handler)

## Moi the Koi Adult & Child Summer Swimming Challenge

Moi the Koi is calling on swimmers of all ages to complete this years summer challenge. Moi is challenging the youth 17 and under to complete 100 laps and individuals 18 and over to complete 200 laps. You may use any strokes that are marked on the 2024 summer swimming 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 down lifeguards at the pool and they will stamp the box. Once you've completed your required 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 8 to August 5, and we will draw the winners on Friday August 9th at Waddell Pool during the Friday Night Event.



# 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:** 05/09/24-06/27/24

**Session 2:** 07/11/24-08/29/24

**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-under 2 years old

**Meets:** T, 05/07/24-08/27/24, 3:00-4:30 PM

**Fee:** No Fee

## Stroller Walks

This program is for parents or caretakers and their infant to preschool aged children, ages 0-5 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 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:** 0-5 years old

**Meets:** W, 07/10/24-08/14/24, 9:30 AM

**Fee:** No Fee

## My Baby & Me

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 is a drop-in playgroup, registration is not required. For reminders and cancellations, text @mybabyme to 81010.

**Instructor:** Alison Luong

**Location:** Northwest Park Early Childhood Center

**Session 1:** W, 05/01/24-08/28/24, 9:15-10:45 AM

**Age:** 0-18 months

**Session 2:** F, 05/03/24-08/30/24, 9:15-10:45 AM

**Age:** 12 months- 2.5 years

**Fee:** No Fee

## Robin's Mothering Group

Moms and babies one year and under. This program is a chance to meet other moms and receive breastfeeding advice from a board certified lactation consultant. Dates are every Thursday unless otherwise specified. Check "Robin's Lactation Services" Facebook group for updates. Contact Robin to register (860)742-6231 or RobinDeGemmis@gmail.com.

**Instructor:** Robin DeGemmis, IBCLC

**Location:** Northwest Park Early Childhood Center

**Age:** 0- under 1 year old

**Meets:** Th, 05/02/24-08/29/24, 11:30-1:30 PM

**Fee:** No Fee

## Play & Learn Groups

**Instructor:** Caitlin Barclay

**Location:** Northwest Park Early Childhood Center

### PLAY & LEARN ABOUT THE FARM

We will learn about why we need farms, what happens there and the animals that live there. We will pair our learning 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!

**Age:** 1-5 years

**Meets:** M, 05/06/24, 05/13/24, 05/20/24, 06/03/24, 06/10/24, 9:30-11:00 AM

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

### PLAY & LEARN ABOUT SPRING

A caregiver-child class where we will learn all about spring. We will learn about spring weather, activities and what animals are up to!

**Age:** 1-5 years old

**Meets:** T, 05/07/24, 05/14/24, 05/21/24, 05/28/24, 06/04/24, 06/11/24, 9:30-11:00 AM

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

### PLAY & LEARN ABOUT SUMMER

A caregiver-child class where we will learn all about summer. We will learn about summer weather, activities and what animals are up to!

**Age:** 1-5 years old

**Meets:** M, 07/01/24, 07/08/24, 07/15/24, 07/22/24, 07/29/24, 08/05/24, 9:30-11:00 AM

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

### PLAY & LEARN ABOUT INSECTS

A caregiver-child class where we will learn all about common insects. We will learn about why we need them, what they do and where to find them.

**Age:** 1-5 years old

**Meets:** T, 07/02/24, 07/16/24, 07/23/24, 07/30/24, 08/06/24, 9:30-11:00 AM

**Fee:** \$36/\$44 (nr)



# YOUTH PROGRAMS

## Summer Youth Employment Program

The 2024 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/>  
**Application Deadline:** May 31<sup>ST</sup>



## 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.

**Facilitator:** Tasha Weston

**Location:** Manchester Youth Service Bureau

**Fee:** No Fee

**Session 1:** 07/15/24-07/19/24, 9:00 AM-3:00 PM

**Ages:** 7-10

**Session 2:** 07/29/24-08/02/24, 9:00 AM-3:00 PM

**Ages:** 11-13

**Session 3:** 08/12/24-08/16/24, 9:00 AM-3:00 PM

**Ages:** 14+

## Boys Week

A week long enrichment program and a chance for young men to discover something new through engaging and physical activity!

**Location:** Manchester Youth Service Bureau

**Fee:** No Fee

**Session 1:** M-F, 08/12/24-08/16/24, 9:00 AM-3:00 PM

**Ages:** 10-13

## Urban Expedition

Enjoy a week of exploring Manchester and seeing local sights you may never have seen before. Join us to see to 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:** 08/19/24-08/23/24, 9:00 AM-3:00 PM

**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, 07/11/24-08/15/24, Times Vary

**Fee:** No Fee

## AUSSAKITA ACRES FARM

**Meets:** Th, 07/11/24, Time TBD

## SERVICE PROJECT

**Meets:** Th, 07/18/24, Time TBD

## HARTFORD YARD GOATS

**Meets:** Th, 07/25/24, 5:00-9:30 PM

## SERVICE PROJECT

**Meets:** Thursday, 08/01/24, Time TBD

## FARMINGTON RIVER TUBING

**Meets:** Th, 08/15/24, 9:30-3:00 PM



## 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!

**Instructor:** Pete (Poppy) Wlochowski

**Location:** Manchester Youth Service Bureau

**Ages 11-14:** 07/15/24-07/19/24, 9:00 AM-3:00 PM

**Ages 7-10:** 07/22/24-07/26/24, 9:00 AM-3:00 PM

**Ages 10-14:** 07/29/24-08/02/24, 9:00 AM-3:00 PM

**Fee:** No Fee

## 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.

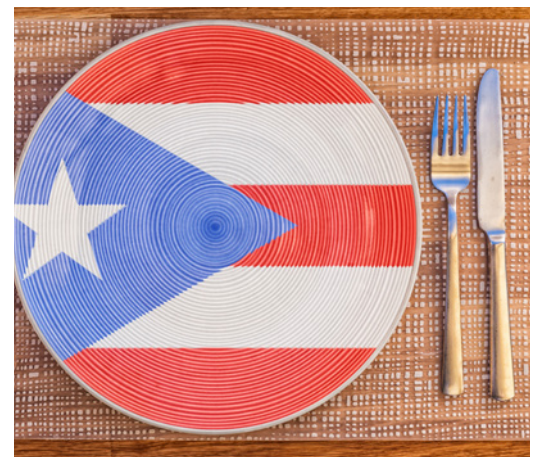
**Facilitator:** Sam Bell

**Location:** Manchester Youth Service Bureau

**Meets:** M-F, 07/08/24-07/12/24, 9:00 AM-3:00 PM

**Age:** 11-13

**Fee:** No Fee



## Dine Around the World Dinner Series in the Park

The Dine Around the World Dinner Series brings community members together to celebrate diversity, while sharing a delicious meal and conversation. Enjoy cultural favorites from Puerto Rico, Jamaica, and India, surrounded by the natural beauty of Northwest Park in the summer. Registration is required for each dinner and space is limited.

**Facilitator:** Kellie Gauvin

**Location:** Northwest Park Pavilion

## PUERTO RICAN DINNER SERIES

**Meets:** T, 06/25/24, 5:00-7:00 PM

## JAMAICAN DINNER SERIES

**Meets:** T, 07/30/24, 5:00-7:00 PM

## INDIAN DINNER SERIES

**Meets:** T, 08/20/24, 5:00-7:00 PM

## Family Camp

Looking for something fun to do as a family this summer? Join us for Family Camp! Family Camp includes a series of adventure-based and educational excursions that **PARENTS/GUARDIANS & CHILDREN** will enjoy! Registration is required for each event; join us for one or for all!

## ADVENTURE PARK AT STORRS

**Meets:** F, 07/19/24, 8:00 AM-2:00 PM

**Ages:** Youth 7+ & families

## ROGER WILLIAMS ZOO

**Meets:** F, 07/26/24, 8:00 AM-4:30 PM

**Ages:** Youth 4+ & families

## DINOSAUR PLACE

**Meets:** F, 08/16/24

**Ages:** Youth 4+ & families

## WINDING TRAILS

**Meets:** F, 08/23/24, 9:00 AM-2:00 PM

**Ages:** Youth 4+ & families

# 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 videogames, pool, foos ball, board games, surf the internet, or participate in a variety of other creative, fun, and interactive activities. Open to all youth (6<sup>TH</sup>-12<sup>TH</sup> grade).

**Location:** Manchester Youth Service Bureau  
**Meets:** W, 05/01/24-06/26/24, 12:30-5:00 PM

## 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. Sibshop meets monthly at the Youth Service. Please call Martha Baskerville (860) 647-6038 for more information or to register.

**Location:** Manchester Youth Service Bureau  
**Age:** 11+  
**Meets:** 05/10/24 & 06/14/24, 5:30-8:00 PM  
**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, 06/11/24-08/13/24, 5:00-6:00 PM  
**Fee:** \$60/\$75 (nr)

## 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, 07/01/24-08/20/24, 6:00-8:00 PM  
**Fee:** \$35  
*\*Mandatory Clinic 06/12/24 @ 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, 07/10/24-08/29/24, 6:00-8:00 PM  
**Fee:** \$35  
*\*Mandatory Clinic 06/12/24 @ Leisure Labs at 7:00 PM.*

## Junior 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:** 5-7 years old

**MORNING SESSIONS**  
**Meets:** M-Th, 9:30-9:30 AM (F rain out)  
**Session 1:** 07/01/24-07/05/24 (No Class 07/04/24)  
**Session 2:** 07/08/24-07/11/24  
**Session 3:** 07/15/24-07/18/24  
**Session 4:** 07/22/24-07/25/24  
**Session 5:** 07/29/24-08/01/24  
**Session 6:** 08/05/24-08/08/24  
**Session 7:** 08/12/24-08/15/24  
**Fee:** \$19/ \$23 (nr) per week

**EVENING SESSIONS**  
**Meets:** M/W, 5:00-5:30 PM  
**Session 1:** 06/03/24-06/19/24  
**Session 2:** 06/24/24-07/10/24  
**Session 3:** 07/15/24-07/31/24  
**Session 4:** 08/05/24-08/21/24  
**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, 9:30-10:30 AM (F rain out)  
**Session 1:** 07/01/24-07/05/24 (No Class 07/04/24)  
**Session 2:** 07/08/24-07/11/24  
**Session 3:** 07/15/24-07/18/24  
**Session 4:** 07/22/24-07/25/24  
**Session 5:** 07/29/24-08/01/24  
**Session 6:** 08/05/24-08/08/24  
**Session 7:** 08/12/24-08/15/24  
**Fee:** \$32/ \$39 (nr) per week

**EVENING SESSIONS**  
**Meets:** M/W, 5:30-6:30 PM  
**Session 1:** 06/03/24-06/19/24  
**Session 2:** 06/24/24-07/10/24  
**Session 3:** 07/15/24-08/31/24  
**Session 4:** 08/05/24-08/21/24  
**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:** 06/03/24-06/19/24  
**Session 2:** 06/24/24-07/10/24  
**Session 3:** 07/15/24-07/31/24  
**Session 4:** 08/05/24-08/21/24  
**Fee:** \$45/ \$55 (nr) per week



# CHARTER OAK PARK

## Charter Oak Summer Event Series

OurShop will be open Monday through 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. All events and drop-in activities are no cost and sign up is not required. Drop-in rec activities, renting of from our Yellow Bike Program and art programs will begin on Monday June 24.

**Location:** Charter Oak Park

**Ages:** All Ages

## FRIDAY EVENT SCHEDULE

### SUMMER KICK OFF

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

**Meets:** 06/28/24, 6-8PM

### BIKE NIGHT

Bring your child's bike and helmet down to the park where we will have inspections taking place. After your child's bike gets inspected, go through the obstacle course that will be set up or take a ride down the East Coast Greenway. Don't have a bike, use one of the yellow bikes!

**Meets:** 07/05/24, 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:** 07/12/24, 5:30-8PM

### LUTZ MUSEUM FUR, FEATHERS, OR SCALES NIGHT

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

**Meets:** 07/19/24, 7:30-8:30PM

### DJ DALE DANCE PARTY

DJ Dale of Into the Groove will be kicking off the weekend with a family fun dance party! Experience a great mix of family-friendly music, juggling and interactive dancing!

**Meets:** 07/26/24, 6-8PM

### AMBULANCE SERVICE OF MANCHESTER NIGHT

In collaboration with the Ambulance Service of Manchester, come to the park where our front-line EMS will be with us to enjoy a night of fun, games and an opportunity to meet our first responders.

**Meets:** 08/02/24, 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 frontline responders!

**Meets:** 08/09/24, 6-8PM

### SUNSET YOGA

Come enjoy the Zen 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.

**Meets:** 08/18/24, 7:30-8:30PM

### MOVIE NIGHT

Join the Charter Oak Staff in celebrating the end of summer with a movie in the park. Enjoy free popcorn as you relax while watching the feature presentation. We ask for you to bring your favorite chair or blanket to reserve a spot.

**Meets:** 08/23/24, 7:30-9PM

## MANCHESTER ANIMAL CONTROL'S LOW-COST RABIES CLINIC 2024



**SATURDAY, JUNE 1<sup>ST</sup> 12PM – 2PM**

**Location: Charter Oak Park - 50 Charter Oak Street, Manchester CT, 06040**

Proof of previous rabies certificate must be presented in order to receive a 3-year vaccine. All dogs MUST be leashed, and all cats MUST be in a carrier. All towns are welcome! Please pick up after your pet.

**\$20 PER PET**

Questions? 860-645-5516

**CASH ONLY SERVICE**

Sponsored by Manchester  
Veterinary Clinic

The Town Hall will be open during this event for Manchester residents to purchase their dog license – 41 Center St, Manchester CT 06040. Dog licensing is also available online on the Town Hall Website.

## Dutch Fogarty INDEPENDENCE DAY CELEBRATION

CELEBRATE INDEPENDENCE DAY WITH THE MANCHESTER COMMUNITY.

**SATURDAY, JULY 6**

\*RAIN DATE JULY 7

**MANCHESTER COMMUNITY COLLEGE BANDSHELL**  
60 BIDWELL STREET

**KID ZONE | 4-8 PM**

FACE PAINTING, REG ON THE RUN  
INFLATABLES, GIVE-A-WAYS

**LIVE MUSIC | 4:45-9:15 PM**

SILVER FOX STRINGBAND 4:45 PM - 6:45 PM  
NIGHTSHIFT 7 PM - 9:15 PM

**ARTISAN MARKET | 4-8 PM**

**FIREWORKS DISPLAY | DUSK**

**FOOD TRUCKS | 5-9 PM**

## NATIONAL NIGHT OUT

**Tuesday, August 6th 5:00 PM – 7:00 PM**

**Eastside Neighborhood Resource Center, 153 Spruce Street**

**National Night Out** is an annual community-building campaign that promotes strong police community, partnerships and neighbor 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.



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 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 Olcott Street Sprayground, ; and Thursdays at Center Memorial Park.



## Nature's Journal Week | 07/01/24-07/03/24, 5:00-7:00 PM

Step outside and take a walk, collect your thoughts and favorite things, remember them in a journal. (No Program 07/04/24)

## Paint Week | 07/8/24-07/11/24, 5:00-7:00 PM

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

## Color Me Week | 07/15/24-07/18/24, 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 | 07/22/24-07/25/24, 5:00-7:00 PM

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

## Built It Week | 07/29/24-08/01/24, 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 | 08/05/24-08/08/24, 5:00-7:00 PM

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

## Bead It Week | 08/12/24-08/15/24, 5:00-7:00 PM

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

## Color Me Week | 08/19/24-08/22/24, 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.





Spruce Street • Northwest Park

# FARMERS MARKET

Good Food. Good People. Grown Here.



Manchester, CT

**WEDNESDAY, JUNE 05-AUGUST 28, 4:30 PM-7:30 PM  
MARKET FIELD, 153 & 163 SPRUCE STREET**

**WEDNESDAY, SEPTEMBER 4- OCTOBER 30, 4:00 PM-7:00 PM  
NORTHWEST PARK, 448 TOLLAND TURNPIKE**

**SNAP DOUBLED UP TO \$20.00**



# THE WALL THAT HEALS

Proudly hosted by



Elks Lodge #1893  
Manchester, CT

Supported by



Partnered with  
501(c)(3) Charity  
Partner



EIN 88-1807752

VIETNAM VETERANS MEMORIAL  
REPLICA & MOBILE EDUCATION CENTER

## Charter Oak Park

CHARTER OAK STREET, MANCHESTER, CONNECTICUT

Thursday, September 19–  
Sunday, September 22, 2024

Get Involved  
Donate  
Volunteer



[manchesterelks.org/twth2024](http://manchesterelks.org/twth2024)

# 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 POP voucher for fresh produce at every market.

The market also accepts SNAP 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: SPRING MARKET

**Meets:** Sat, 05/04/24, 9:00 AM-1:00 PM

**Location:** Market Field, 153 & 163 Spruce Street

**Ages:** All Ages welcome

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

### SPRUCE STREET MARKET

**Meets:** W, 06/05/24-8/28/24, 4:30 PM-7:30 PM

**Location:** Market Field, 153 & 163 Spruce Street

**Ages:** All Ages welcome

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

### NORTHWEST PARK FARMERS MARKET

**Meets:** W, 09/04/24-10/30/24, 4:00 PM-7:00 PM

**Location:** Northwest Park, 448 Tolland Turnpike

**Ages:** All ages welcome

**Fee:** No fee to attend

## Spruce Street Community Garden

Get your green thumbs ready for the 2024-2025 growing season! The Spruce Street Community Garden is a welcoming, inclusive space for gardeners of all abilities. Bed registration is completed annually and covers from March 2024 - March 2025. Must be a Manchester resident to register. Bed availability is on a first-come, first-served basis.

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

**Ages:** 16+

**Register:** To inquire about plot availability, call (860) 647-3089



## EASTSIDE NEIGHBORHOOD RESOURCE CENTER 153 & 163 SPRUCE STREET, MANCHESTER, CT

**JUNE 19**  
4:30 - 7:30 PM

### SPRUCE STREET FARMERS MARKET

- Shop with Black-owned food & artisanal vendors
- Enjoy a live performance by Mixed Company
- All attendees will receive a free Pan-African flag

**JUNE 22**  
11 AM - 2 PM

### JUNETEENTH COMMUNITY CELEBRATION

- Enjoy live music & cultural performances
- Shop with black-owned food truck vendors
- Enjoy a Juneteenth-themed historical timeline exhibit
- Free children's activities & much more!



in partnership with

Department of Leisure, Family and Recreation  
41 Center Street • 647-3084



## UR Community Tech Center

Want to learn tech skills in small groups and meet new friends in a welcoming space? As the 1st Senior Planet licensed partner in Connecticut, it will be centered around the following impact areas: health & wellness, social engagement, creative expression, financial security, and civic engagement and advocacy. It is tailored for older adults, fostering digital literacy and community connections through lectures, workshops, and classes. Classroom volunteers are welcome to assist us. Tech classes and drop-in hours with laptops provided. Call 860-430-4557 for monthly schedules, topics and registration.

**Meets:** M/Th/F; 04/01/24-06/01/24 & M/T-Th/F  
07/01/24-12/01/24

**Location:** ENRC, 153 Spruce Street

**Ages:** Age 50+ and adults with physical disabilities

**Fee:** No cost



# SUMMER READING



## Summer Reading 2024

[www.manchesterct.gov/library](http://www.manchesterct.gov/library)

### Mary Cheney Library

586 Main Street | 860-643-2471

Open: M – Th; 9 AM-9 PM; F/Sa; 9 AM-5 PM

### Whiton Branch Library

100 North Main Street | 860-643-6892

Open M-Th; 10 AM-8:30 PM; F 9 AM-5 PM

## Children Programs

### PICNIC STORYTIME

Bring a blanket and a lunch or snack and enjoy some stories, songs and fingerplays.

**Location:** Whiton Branch Library

**Ages:** All Ages

**Meets:** M, 10:30-11:15 AM; 06/17/24-08/19/24

**Fee:** No Cost

### BINGO

Play a variety of different types of Bingo & win prizes.

**Location:** Mary Cheney Library

**Ages:** Recommended for pre-K to Grade 5.

**Meets:** M, 3:00-4:15 PM, 06/17/24-08/19/24

**Fee:** No Cost

### MOTHER GOOSE

Rhymes, bounces, and fingerplays for little ones.

**Location:** Mary Cheney Library

**Ages:** Children ages 0 to 24 months

**Meets:** T, 9:30-10:00 AM, 06/18/24-08/20/24

**Fee:** No Cost

### SPECIAL PERFORMER EVENTS

Great family events which change weekly!

**Location:** Whiton Branch Library

**Ages:** All Ages – Family event

**Meets:** T, 3:30 PM, 06/18/24 08/13/24.

**Fee:** No Cost

### WEEKLY FAMILY EVENTS

**Location:** Mary Cheney Library

**Ages:** All Ages – Family event

**Meets:** T, 6:30 PM, 06/18/24-08/20/24

**Fee:** No Cost

### PICNIC STORYTIME

Bring a blanket and a lunch or snack and enjoy some stories, songs and fingerplays.

**Location:** Mary Cheney Library

**Ages:** All Ages

**Meets:** M, 10:30-11:15 AM, 06/26/24-08/14/24

**Fee:** No Cost

### PROGRAMS FOR SCHOOL-AGE CHILDREN

Programs for school-age children. Beginning with a high energy Sport stacking presentation and activity session. Ages and times will vary for this program so check website or calendar for exact times.

**Location:** Whiton Branch Library

**Ages:** Gr 1-5

**Meets:** T, 3:30-4:15 PM, 06/26/24-08/13/24

**Fee:** No Cost



### LEGO MOSAICS BUILD

Stop by the library to create a mosaic with LEGO tiles as part of a public group build with local LEGO group, ConnLug.

**Location:** Whiton Branch Library

**Ages:** For children ages 6 -12

**Meets:** W, 07/03/24, 10 AM-2 PM

**Fee:** No Cost

### DROP-IN PLAYGROUP

An open play space for preschool age children, the library provides the toys. No registration required.

(No playgroup on 8/31/24)

**Location:** Mary Cheney Library

**Ages:** Preschool

**Meets:** F, 10 AM-12 PM

**Fee:** No Cost

## Teen Programs

**REMEMBER TO JOIN THE SUMMER READING PROGRAM AT THE LIBRARY.**



# LIBRARY PROGRAMS



## WALKING BOOK CLUB

Attendees will take a two-mile walk to and from the library, making stops for discussion. Program starts in the Manchester Public Library Lobby. Titles: "This is How You Lose the Time War" by Amal El-Mohtar (May); "Yellowface" by R.F. Kuang (June); "All This Could Be Different" by Sarah Thankam Mathews (July); and "The Marriage Plot" by Maggie O'Farrell (August)

**Meets:** 05/02/24, 06/06/24, 07/11/24, 08/01/24, 2:00 PM

## MANDALA CRAFT

Make a mandala by weaving yarn in a pattern around toothpicks. All materials will be supplied. Program will be held in the Whiton Auditorium.

**Meets:** 05/02/24, 6:30PM

## SOUND MEDITATION

Join us for a Self-Care Sound Bath Meditation led by Melissa, a certified sound meditation guide. Take time to nurture your mind and body as you experience an acoustic sound journey. A variety of relaxing sound instruments will be used including Tibetan singing bowls, chimes, tuning forks, and tingshas. These instruments are used with the aim of activating every cell in your body, promoting relaxation, and leaving you refreshed and rejuvenated. Please bring a yoga mat or large towel to lay on and a small blanket or pillow to place under your knees to create maximum comfort so you can completely relax as the sounds wash over you. Program will be held in the Whiton Auditorium.

**Meets:** 05/06/24, 10:00 AM

## FLORENCE REISS KRAUT, AUTHOR

Local author Florence Reiss Kraut will talk about her latest book "Street Corner Dreams", a family saga that takes place in Brooklyn before WWI. Copies of her book will be available for purchase and signing. Program will be held at the Main Library.

**Meets:** 5/6/24, 6:30 PM

## KONMARI PRESENTATION

Description Christine Thorn, Certified Platinum KonMari consultant explains how the KonMari Method focuses only on those items which bring joy to your life, rather than what needs to be eliminated. The fundamental KonMari question is: Does this spark joy? She detailed the six-step process of the KonMari Method. She also demonstrated proper KonMari folding techniques, as well as showing examples of transformations achieved in her clients' homes. Program will be held in the Whiton Auditorium.

**Meets:** 05/08/24, 6:30 PM

## COSTUMING FOR HOLLYWOOD

### KEITH NIELSEN

Manchester native Keith Nielsen has done costume design for a variety of Hallmark movies and Amazon Prime's "Mozart in the Jungle" series, as well as costuming for Broadway theater productions. He has worked with Hollywood actors like Christopher Lloyd, Lacey Chabert, and Scott Wolf. Nielsen will talk about his costume designs and will have pictures, video, sketches, and costumes to show. Program will be held in the Whiton Auditorium.

**Meets:** 05/09/24, 6:30PM

## SUMMER BOOK CHAT

Join Barbara, Reader's Advisor and Jenn, Head of Reference and Adult Services as they chat about the summer's biggest books. Find out what will be most popular and books will you will definitely want to place on hold. Program will be held at the Main Library.

**Meets:** 05/11/24, 2:30 PM

## CHECK 'EM OUT BOOK CLUB

In the book group, participants read a variety of popular fiction and nonfiction. Meets at the Main Library. Titles: "Lady Tan's Circle of Women" by Lisa See (May), "Bright Young Women" by Jessica Knoll (June), "Tomorrow and Tomorrow and Tomorrow" by Gabrielle Zevin (July), "All the Sinners Bleed" by S. A. Cosby. (August)

**Meets:** 05/13/24, 06/10/24, 07/07/24, 8/12/24, 6:30 PM

## MINDFULNESS

In the relentless rush of daily life, it's easy for our thoughts to race ahead or linger in the past, often neglecting the serenity of the present moment. If you find yourself yearning for a pause, a chance to recalibrate and nurture your mental well-being, then join us for a transformative workshop that promises to guide you back to inner peace. Hosted by Mary Ann Francis LMFT, this experience is dedicated to those who are ready to embrace the art of mindfulness. Through the gentle practice of body scan meditation, engaging in the reflective world of journal writing, where your thoughts and feelings can unfold freely, bringing clarity. As well as participating in self-awareness exercises designed to sharpen your perception of the now. Mary Ann will address the challenges of decelerating in a fast-paced world. Program will be held in the Whiton Auditorium.

**Meets:** 05/15/24, 6:00 PM

## WANDERLUST BOOK CLUB

In this book group, participants will travel vicariously through reading a variety of atmospheric books that will transport readers to locations around the world...and perhaps beyond. Meets the third Thursday of each month at Whiton Branch Library. Titles: "Please Look After Mom" by Kyung-Sook Sin (May - takes place in South Korea); "West with the Night" by Beryl Markham (June - takes place in Kenya); "Better The Blood" by Michael Bennett (July - takes place in New Zealand); and "The Island of Missing Trees" by Elif Shafak (August - takes place in Cyprus)

**Meets:** 05/16/24, 06/20/24, 07/18/24, 08/15/24, 6:30 PM

## RECIPE READERS BOOK CLUB

This club meets monthly on Saturday afternoons from 12:30 to 2:30. Each month a theme, author or cookbook will be chosen. Participants are asked to pick one recipe from the book and come to the program with dish in hand on the date posted ready to discuss their experience. Dishes should arrive fully prepared and ready to share. To register for this free event please call our Reference Desk at 860-645-0821. Registration is required.

**Meets:** 05/18/24, 6/1/24, 7/13/24, 8/10/24, 12:30 PM

## MEDITATION: A TOOL TO BALANCE YOUR LIFE

Claire Vidich, who has practiced meditation for 40 years and has spoken internationally on the subject, has taught meditation to all ages. In this program she will speak on the benefits of meditation: reduction in stress, a deeper sense of fulfillment in life, and a greater physical, emotional and spiritual sense of well-being. Vidich will also lead a meditation and give meditation technique tips. Program will be held in the Whiton Auditorium.

**Meets:** 05/23/24, 6:30 PM

# LIBRARY PROGRAMS

## THE HAPPILY EVER AFTER BOOK CLUB

A book club for Colleen Hoover and romance reader fans. Meets once a month at Whiton Branch Library. Titles: "It Ends with Us" by Colleen Hoover (May); "Sammy Espinoza's Last Review" by Tehlor Kay Mejia (June); "The Happy Ever After Playlist" by Abby Jimenez (July); and "It Happened One Summer" by Tessa Bailey (August)

**Meets:** 05/20/24, 06/05/24, 07/11/24, 08/05/24, 6:30 PM

## NOT SO "YA" BOOK CLUB

This group is aimed at (but not limited to) adults who are between the ages 18 -35 who love young adult literature. We read across many genres including historical fiction, fantasy, dystopian, paranormal, horror and realistic fiction.

**Meets:** 05/29/24, 6/26/24, 7/31/24, 8/28/24, 7:00 PM

## THRONE OF GLASS PAINT NIGHT

You could rattle the stars and paint your very own Throne of Glass inspired scene on canvas. All materials supplied for this free program based on the Throne of Glass book series. Space is limited to 20 participants and registration is required by calling our Reference Room at: 860-645-0821 starting 5/28/24. Program meets at the Main Library.

**Meets:** 06/03/24, 6:30 PM

## SILK CITY BOARD GAME GROUP

Join other board gamers and learn new games. All board games taught to you; no need to bring your own, we will supply them all. Free program for adults. Program meets at the Main Library.

**Meets:** 6/11/24, 7/20/24, 8/17/24, 12:00 PM

## INVASIVE PLANT SPECIES

Join Lauren Kurtz CT Invasive Species Outreach Specialist for UCONN's Department of Plant Science and Landscape Architecture, as she talks about what invasive species are and how they got here, how to avoid planting them, how to remove them from your property, and more. Program meets at the Main Library.

**Meets:** 06/17/24 6:30 PM

## ADULT SUMMER READING KICK-OFF PARTY

Totally fab! Join us for the start of adult summer reading, this year themed to "The 90's", with a kick-off party featuring 90's cover band The Usual Lebowskis, 90's themed refreshments, 90's themed crafts, trivia, and more!

**Meets:** 06/22/24, 2:30 PM



## SUSANNE DAVIS, LOCAL AUTHOR

Join local author Susanne Davis, author of "Gravity Hill", a mystery which is based on Eastern CT. She will talk about writing, publishing, environmental themes in her book, and more. Copies of her book will be available for purchase and signing. Program meets at the Main Library.

**Meets:** 06/24/24, 6:30 PM

## TAYLOR SWIFT PARTY

Join fellow Swifties with friendship bracelet making, cross stitching, trivia, prizes, and more! This program for adults will meet at the Main Library.

**Meets:** 07/01/24, 6:30PM

## SURVIVORS SWING BAND

Survivors Swing Band returns with another great concert, sure to get your toes tapping to popular tunes from the 1920's-1940's. Program meets at the Main Library.

**Meets:** 07/15/24, 6:30 PM

## MANCHESTER EATS: LABYRINTH BREWING

Adam DeLaura, owner of Labyrinth Brewing, will talk about what it's like to set up a brewery, what happens to all of the product left over after brewing, how to homebrew, and more. Program meets at the Main Library.

**Meets:** 07/22/24, 6:30 PM

## URBAN FORESTRY AND MANCHESTER

Join Danica Doroski, Urban Forestry Coordinator for the Connecticut Department of Energy and Environmental Protection, will talk about urban forestry and how it affects Manchester. Program meets at the Main Library.

**Meets:** 07/29/24 6:30 PM

## 90'S WATERCOLOR PAINTING

Athira Sanal returns to teach another watercolor class at the library. All the materials needed to create a 1990's themed watercolor painting will be supplied. Adults only. Registration will be required and spaces are limited - call 860-645-0821 to register and for more information. Program will be held in the Whiton Auditorium.

**Meets:** 08/08/24, 6:00 PM

## GRASS ROUTES BLUEGRASS

Join Grass Routes Bluegrass band as you sing along with bluegrass, folks, and contemporary music. Program meets at the Main Library.

**Meets:** 08/19/24, 6:30 PM

## ADULT SUMMER READING FINALE PARTY

Join The Terrible Fates, a Legend of Zelda tribute band, as we finish another great summer for reading! 90's themed crafts, refreshments, and more will also be available. Program meets at the Main Library.

**Meets:** 08/26/24, 6:30 PM

# 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 & Tanya Camerota  
**Location:** Community Y Recreation Center Gym

**Ages:** Varies

**Meets:** Call (860) 647-3164 to book

**Fees:**

- 1/1 Hour Session: \$60/\$75 (nr)
- 5/1 Hour Sessions: \$250/\$312 (nr)
- 10/1 Hour Sessions: \$400/\$500 (nr)

**Fees for two persons (buddy rate): Best DEAL!**

- 1/1 Hour Session: \$100/\$125 (nr)
- 5/1 Hour Sessions: \$400/\$500 (nr)
- 10/1 Hour Session: \$550/\$680 (nr)

## 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:** 06/17/24 – 07/22/24 (No Class 06/19/24)

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

**Session 2:** 07/29/24 – 08/28/24

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

**Session 3:** 09/04/24-09/30/24

**Fee:** \$48/\$60 (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:** T/Th, 5:30-6:30 PM

**Session 1:** 08/20/24 – 09/26/24 (No class 09/03, 09/05)

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

## 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

**Age:** 18+

**Meets:** T/Th, 6:30 – 7:30 PM

**Session 1:** 06/18/24 – 07/23/24 (No Class 07/04)

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

**Session 2:** 07/30/24 – 08/29/24

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

**Session 3:** 09/10/24 – 09/26/24

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

## Strength 4 Life

A class that incorporates the use of Body Resistance Exercises, free weights, exercise bands and balls. This class will help you develop and maintain strength throughout the whole body. This is a nonaerobic, non-impact class with seated and standing exercises.

**Instructor:** Carin Hoffman

**Location:** Community Y Recreation Center

**Ages:** 18+

**Meets:** T/Th, 9:30– 10:30 AM

**Session 1:** 06/18/24 – 07/23/24

(No class 07/04)

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

**Session 2:** 07/30/24 – 08/15/24

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

**Session 3:** 09/03/24 – 09/26/24

**Fee:** \$48/\$60 (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:** 06/03/24 – 06/26/24 (No Class 06/19/24)

**Fee:** \$42/\$53 (nr)

**Session 2:** 07/08/24 – 07/31/24

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

**Session 3:** 08/05/24 – 08/28/24

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

**Session 4:** 09/09/24 – 10/02/24

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

## Team Fit After Work

Want to work out after work? Come join our team! This fitness class is a circuit with an interval training format. Participants do challenging, yet motivating strength core and cardiovascular conditioning. You'll do a variety of exercises to improve your overall fitness using all the latest fitness equipment. All fitness levels welcome! 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:** 06/03/24 – 06/26/24

(No Class 06/19/24)

**Fee:** \$42/\$53 (nr)

**Session 2:** 07/08/24 – 07/31/24

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

**Session 3:** 08/05/24 – 08/28/24

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

**Session 4:** 09/09/24 – 10/02/24

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

# SENIOR CENTER



## Manchester Senior Center

**549 East Middle Turnpike**

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, and Group Travel. 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 aged 60 and over. 2024 Membership is FREE! Get your membership at The Manchester Senior Center Monday – Friday, between 8:30 AM – 4:30 PM. Contact the Senior Center at 860-647-3211 or visit: [www.manchesterct.gov/Government/Departments/Senior-Center](http://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 12:30 PM the day before. Call 860-647-3211 for reservations. Cost: suggested donation of \$2.50. If you find that you need to cancel your lunch, please call the office. We appreciate as much advance notice as possible

## Trips

Trips offered by the Senior Center are advertised in the newsletter, and online. Day trips are available. Trip flyers are posted 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. Bus rides can be scheduled up to 3 PM 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, 06/03/24 – 06/17/24, 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 & coordination.

**Location:** Senior Center Auditorium

**Session 1:** M, 06/03/24 – 08/05/24, 12:30 – 1:15 PM

**Session 2:** W, 06/05/24 – 08/07/24, 12:30 – 1:15 PM

**Fee:** \$5 per session

### Cardio Drumming

An exercise class that activates your muscles with the use of drumming movements. Follow along with instructor to some great music.

**Location:** Senior Center Auditorium

**Meets:** Th, 06/06/24 – 08/29/24, 10:00 – 11:00 AM

**Fee:** \$5 per month

### Hiking Club

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

**Location:** Offsite

**Meets:** Th, 06/06/24 – 08/29/24, 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, 06/03/24 – 08/05/24, 11:00 – 12:00 PM

**Session 2:** M, 06/03/24 – 08/05/24, 1:20 – 2:15 PM

**Session 3:** W, 06/05/24 – 08/07/24, 1:20 – 2:15 PM

**Session 4:** F, 06/07/24 – 08/09/24, 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, 06/04/24 – 08/06/24

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

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

**Fee:** \$5 per session

### 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 only, 06/18/24 – 08/15/24, 11:00 – 12:00 PM

**Fee:** \$5

### 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, 06/03/24 – 08/05/24, 10:00 – 11:00 AM

**Session 2:** W, 06/05/24 – 08/07/24, 10:00 – 11:00 AM

**Session 3:** W, 06/05/24 – 08/07/24, 11:00 – 12:00 PM

**Session 4:** F, 06/07/24 – 08/09/24, 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, 06/05/24 – 08/07/24, 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, 06/04/24 – 08/09/24

**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, 06/03/24 – 08/30/24, 8:45 – 11:00 AM

### Yoga +

A class designed for the active senior with few limitations.

**Location:** Senior Center Auditorium

**Session 1:** M/W, 06/03/24-08/07/24, 2:20-3:20 PM

**Session 2:** M/W, 06/03/24-08/07/24, 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, 06/06/24-08/08/24, 2:30-3:30 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, 06/03/24 – 08/30/24, 8:30 – 4:15 PM

### Bingo

Mark off numbers on your card, and shout BINGO when you win!

**Location:** Senior Center Bingo Room

**Meets:** F, 06/07/24 – 08/30/24, 10:00 AM – 12:00 PM

**Fee:** \$0.25 per Bingo Card

### Book Group

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

**Location:** Senior Center Library

**Meets:** 3rd T, 06/18/24 – 08/20/24, 10:30 – 11:30 AM

### 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, 06/03/24 – 07/26/24, 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, 06/06/24 – 08/29/24, 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, 06/07/24 – 08/30/24, 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, 06/05/24 – 08/28/24, 12:45 – 3:00 PM

### Duplicate Bridge

A variation of contact bridge, played with a partner.

**Location:** Senior Center Card Room

**Meets:** Th, 06/06/24 – 08/29/24, 12:30 – 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, 06/05/24 – 08/28/24, 8:30 – 11:30 AM

### Hand & Foot

A card game related to canasta.

**Location:** Senior Center Card Room

**Meets:** Th, 06/06/24 – 08/29/24, 1:30 – 3:30 PM



### Mahjongg

A Chinese game played with tiles, collect winning sets to win!

**Location:** Senior Center Card Room

**Meets:** T, 06/04/24 – 08/27/24, 12:30 – 2:30 PM

### Music Circle

Weekly group 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, 06/03/24 – 08/26/24, 1:00 – 3:00 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

### Ping Pong

Table Tennis, played between players or teams.

**Location:** Senior Center Basement.

**Meets:** M-F, 06/03/24 – 08/30/24, 8:30 – 4:15 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, 06/03/24 – 08/26/24, 12:30 – 2:00 PM

### Quilting Group

Non-Instructed group. A couple sewing machines are available.

**Location:** Senior Center Craft Room

**Meets:** Th, 06/06/24 – 08/29/24, 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, 06/03/24 – 08/06/24, 1:00 – 3:30 PM

### Samba

Card game, variant of canasta.

**Location:** Senior Center Card Room

**Meets:** Th, 06/06/24 – 08/29/24, 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, 06/06/24 – 08/29/24, 9:30 – 11:30 AM

### Setback

American trick-taking card game.

**Location:** Senior Center Bingo Room

**Meets:** F, 06/07/24 – 08/30/24, 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, 06/05/24 – 08/28/24, 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, 06/04/24 – 08/27/24, 1:00 – 3:00 PM

### Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!

**Location:** Senior Center Library

**Meets:** Th, 06/06/24 – 08/29/24, 10:00 – 11:30 AM



# **YOUR VOICE MATTERS**

*Manchester*

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