Parks & Recreation
Fall 2014

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Program Registration Begins September 8

recreation.townofmanchester.org
**RECREATION FACILITIES**

**CENTER SPRINGS MAIN OFFICE**
Center Springs Main Office is located at Center Springs Park. This building houses recreation personnel and serves as the department’s main focal point for daily administration. In addition, the building is a registration site for programs and membership.

39 Lodge Drive • Center Springs Park • 647-3084
Office Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.
Closed Legal Holidays

**MANCHESTER SENIOR CENTER**
The Senior Center is now part of the Recreation Department. The Senior Center provides a full program of recreation, social and health programs for Manchester seniors.

549 East Middle Turnpike • 647-3211
Dates of Operation: Year round
Office Hours: M-F, 8:30-4:30 p.m.
T/Th, 5:30-8 p.m.

**MAHONEY RECREATION CENTER**
Located at the west side of Manchester, adjacent to Washington School. The center is a registration site for recreational programs and membership.

110 Cedar Street • 647-3166
Dates of Operation: Fall Hours 2014, beginning Sept 22
Office Hours: Monday-Friday, 9 a.m. to 9 p.m.

**COMMUNITY Y RECREATION CENTER**
The Community Y Recreation Center is located at the north end of Manchester. The center is a registration site for recreational programs and membership.

78 North Main Street • 647-3164
Dates of Operation: September through June 2015
Office Hours: Monday-Friday, 8:30 a.m.-8:00 p.m.
Drop-In Rec Hours: Sat, 9 a.m.-12 p.m.

**COMMUNITY Y FITNESS CENTER**
The Community Y Fitness Center is located at the north end of Manchester. The fitness center offers free weights, multi-station gym and cardio equipment.

78 North Main Street • 647-3164
Dates of Operation: October - May
Hours: M-F, 8:30-9:00 p.m., Sa., 10 a.m.-5 p.m.

**BENNET LEISURE CENTER**
22 School Street • 647-3571 (ext. 5)
Dates of Operation: Beginning Oct. 1st
Monday through Friday: 6-9 p.m.
Saturday: 10-5 p.m.

**MANCHESTER SKATE PARK**
Located at Robertson Park, adjacent to the tennis courts, the park is 14,400 square feet and consists of precast concrete structures. The skate park is unsupervised and skating is at your own risk. Skate park users must adhere to all posted rules and regulations.

Skate Park Hours of Operation
Daily, Park closes at dark
Park is closed during inclement weather.

**Use of Safety Equipment Required**
All skaters are required to wear protective equipment. Helmets, knee pads and elbow pads are mandatory. Wrist guards are an added requirement for in-line skater.

**NORTHWEST PARK AND ACTIVITY CENTER**
Manchester’s premier park, located at the north end of Manchester (448 Tolland Turnpike), has a pavilion, observation deck, boundless playground, sand volleyball courts, walking trails, little league field and baseball field. This park shares the waterfront of Union Pond and boasts a picturesque water view along with breathtaking flower gardens, an award winning butterfly garden and wooded walking trails. In addition, the park is a location for one of the Recreation Department’s activity/fitness class rooms.

**NORTHWEST PARK PAVILION AND RENTAL INFO**
Northwest Park’s grand pavilion is 55’ in diameter, open sided and covered with picnic tables, a full kitchen and prep area, serving windows, and rest rooms. Adjacent to the pavilion is a 50’ long observation deck which scales 16’ high and 18’ long over Union Pond allowing for spectacular sunset views of Union Pond. Contact the Recreation Dept. at 860-647-3075 for rental information.

**PARKS DIVISION OFFICE**
The Parks Division Office is located in Public Works Facility. This office houses park staff and serves as the department’s main focal point for daily parks maintenance and administration.

321 Olcott St. • 647-3222
Office Hours: Monday-Friday, 7 a.m.-3:30 p.m.
Closed Legal Holidays

**OTHER FACILITIES**

**MANCHESTER COUNTRY CLUB** www.mancc.com
Call the golf shop staff for schedules & details, 860.646.0226 x1. www.mancc.com.

**MANCHESTER BARKS AND REC DOG PARK**
@ Mt. Nebo Park. Spring Street
www.mdogct.com

**COMMUNICATIONS**

**Program Information Line • 647-3162**
Access program information and cancellations 24/7 at our program information line, 647-3162.
Cancellation Information Press 1
Pool Schedules Press 2
Recreation Centers Press 3
Registration Information Press 4
Special Events Press 5
Further Assistance Press 0

**Manchester Youth Sports Alliance**
Visit: mysa.townofmanchester.org/

**FREQUENTLY REQUESTED PHONE NUMBERS**
Youth Service Bureau 647-5213
MHS Student Activities 647-3350
Bicentennial Band Shell 649-9213
Bicycle Paths Info/Maps 594-2145
Chamber of Commerce 646-2223
Downtown Special Services 645-2101
Hockanum River Linear Park 402-9908
MARC 646-5718
Manchester Soccer Club mscbp14@gmail.com
Arts Council 647-3167
Wickham Park 528-0856
Manchester PAL 645-5525
MBA Basketball 645-1097
Little League and T-Ball, ManchesterLittleLg@gmail.com
Manchester Country Club 646-0103
Manchester Road Race Hotline 649-6456
Manchester Swim Club 635-7205
Cheney Hall 647-9824
Manchester Ropes Course 690-2459
Baseball (12-15 years) 649-9144
Midget Knights Football 432-0803
Pop Warner Sentinals Football 335-1675

**E-RECREATION E-MAIL SUBSCRIPTION**
Sign up to receive the Recreation Department’s free weekly e-recreation e-mail service to provide you with timely information about new programs, facilities and cancellations due to inclement weather. Register on-line: recreation.townofmanchester.org

**FACILITY MEMBERSHIP**

**Facility Pass for Adults and Seniors**
Valid through August 31, 2015

An Indoor/Outdoor Photo ID Facility Pass is required and allows use of the recreation centers, outdoor pools, skate park and the Community Y fitness center during the 2014/2015 recreation season. Senior Citizen passes are also good for access to 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. You must be present when purchasing a membership for photo ID production. A Facility Pass can be purchased at any of our registration sites.

**Facility Pass Fees**
Adults (21-59 years) $50 ($25 after 4/1/15)
Senior Citizen (60 and older) $10
Lost Card Replacement Fee $2

**Facility Pass for Youth under 21**
Access Manchester Pass
Valid through August 31, 2015

This free pass program gives Manchester youth under the age of 21 years old full access to Manchester’s recreation facilities and public libraries.

Access Manchester Pass is for Manchester residents only and a valid ID is required to prove residency upon purchase. You must be present when purchasing a membership for photo ID production. Access Manchester Pass can be obtained at any of our registration sites.
**Better Manchester/Parks and Recreation - Recreation Centers**

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**BENNET LEISURE CENTER**

**AT THE ELISABETH M. BENNET ACADEMY**

22 School St. (Main entrance, School St. under skywalk) Membership is required for all drop-in weekday evening and weekend use.

Phone: 860-647-3571 (ext. 5)

**Dates of Operation:** Beginning Oct. 1st

Monday through Friday: 6-9 p.m.
Saturday: 10-5 p.m.

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**Recreation Activities in the East Side Gym:**

- Monday: 6:00 - 8:00 Dodgeball
- Tuesdays: 6:00 - 8:00 Floor Hockey
- Wednesdays: 6:00 - 8:00 Indoor Soccer
- Thursdays: 6:00 - 9:00 Dodgeball Tournament
- Fridays: 6:00 - 8:00 Basketball Night, Knockout, 3 on 3 Tournaments!
- Saturday: Participant’s Choice Activities

**Nintendo Wii**

- Monday - Thursday Drop In Wii 6:00 - 8:00
- Wednesday Night is Mario Kart Night!
- Tuesday and Thursday Guitar Hero Tournaments!

**Arts & Crafts**

- Drop In Monday-Saturday
- Projects every Monday and Tuesday Nights

**Benet Big Screen Movie Nights - Every Friday**

- New releases every Friday Night at 6:15
- Saturday Matinees at 1:00 every 1st and 3rd Saturday of the Month

**Board Games, Cards, Music & More - Every night!**

**Drop-In Youth Basketball**

- East Side Gymnasium (ages 7-14)

**Drop-In Adult Basketball**

- Cone Gymnasium (15 & older)

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**Commute Y Recreation Center**

**Community “Y” Recreation Center**

78 North Main Street. The Community Y Recreation Center is located at the north end of Manchester. The center is a registration site for recreational programs and membership. 860-647-3164

**Dates of Operation:** October through May 2015, 8:30 am - 9:30 pm

**Office Hours:** Monday-Friday, 8:30 am - 9:00 p.m.

**Drop-In Rec Hours:** Sat., 10 a.m.-5 p.m.

**Community Y Fitness Center**

- The Community Y Fitness Center is located at the north end of Manchester. The fitness center offers free weights, multi-station gym and cardio equipment.
- Personal Trainer available. 860-647-3164

**Dates of Operation:** October through May 2015

**Hours:** M-F, 8:30-9:00 p.m., Sa., 10 a.m.-5 p.m.

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**Northwest Park**

**Northwest Park and Activity Center**

448 Tolland Turnpike. Manchester’s premier park, located at the north end of Manchester, has a pavilion, observation deck, boundless playground, sand volleyball courts, walking trails, little league field and baseball field. This park shares the waterfront of Union Pond and boasts a picturesque water view along with breathtaking flower gardens, an award winning butterfly garden and wooded walking trails. In addition, the park is a location for one of the Recreation Department’s activity/fitness class rooms.

**Northwest Park Pavilion and Rental Info**

Northwest Park’s grand pavilion is 55’ in diameter, open sided and covered with picnic tables, a full kitchen and prep area, serving windows, and rest rooms. Adjacent to the pavilion is a 50’ long observation deck which scales 16’ high and 18’ long over Union Pond allowing for spectacular sunset views of Union Pond.

Contact the Recreation Dept. at 860-647-3075 for rental information.

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**Senior Center**

See Page 20
SPECIAL EVENTS

REBUILDING TOGETHER
Rebuilding Together is a volunteer organization dedicated to rehabilitating the homes of low-income homeowners, particularly the elderly, disabled and veterans. Homeowner applications, sponsorship requests, and volunteer registration forms are currently available.

"MANCHESTER’S REBUILDING DAY" is Saturday April 25, 2015. For more information please contact Scott Garman at 647-3139 or Liz Tracy 647-3167 or visit the website at www.townofmanchester.org/rebuildingtogether

FREE OUTDOOR CONCERT
Frank Lombardo’s saxophone & Frankenfrenz, showcasing some of the finest local musicians, covering an eclectic mix of classic to modern jazz and fusion standards.
Thursday, September 25th
Concert begins 6:00PM
Northwest Park Pavilion — Rain or Shine
Beautifully luminated pavilion.
Wear your sweatshirts and bring your comfy chair and blankets.
448 Tolland Turnpike, Manchester, CT
Coffee, Hot Chocolate and Desserts will be served
Sponsored by the Recreation Department
860-647-3084

HELP WANTED
Looking for
INSTRUCTORS & PROGRAM IDEAS
The Recreation Department is always looking for new and exciting programs as well as instructors to teach. Have a class or program you would like to take or teach?
Contact us at 860-647-3084 or email rec@manchesterct.gov to share your ideas.

MANCHESTER MATTERS E-MAIL SUBSCRIPTION
Sign up for Manchester Matters Email!
Stay informed about events happening in the Town of Manchester, by receiving periodic emails with news about voting, taxes, leaf collection, committee meetings, road construction, fire safety, Town jobs, dog licensing, special events, and programs offered by the libraries, schools, health and recreation departments.
Residents and those who work in town are invited to sign up online at www.townofmanchester.org or call 860-647-5235.

CREATE YOUR FAMILY ACCOUNT ONLINE!
Families should ENTER each member of their household prior to registering in person or online

Program Registration begins September 8
To create an account visit:
RecOnline.townofmanchester.org

NEW TRAIL GUIDE
AND WEB APP
View our trails online at home or from your smartphone on the trail with interactive maps with GPS capabilities to track your progress.
visit us at: mytowntrails.com/manchesterct

USE THIS QR CODE WITH YOUR SMARTPHONE TO GO DIRECTLY TO THE SITE/MOBILE APP.

PRINTED MAPS
Pick up a new printed trail guide at any of our registration locations.

Check us out on Facebook and Twitter!
Like us on Facebook or follow us on Twitter (@recmanchester) to get all the updates with news and events.
Visit: www.facebook.com/ManchesterRecreation

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Visit: www.facebook.com/ManchesterRecreation

Better Manchester/Parks and Recreation - Special Events and Trails
**Center Springs Park**  
**Lodge Drive, Manchester**

This picturesque park features a little league field, half basketball court, charcoal grills for cookouts, waterfront and hilltop pavilions, small pond for fishing, accessible fishing piers, play scape and hiking trails.

**Center Park**  
**Main Street, Downtown Manchester**

Centrally located in Downtown Manchester, this park is predominantly a passive recreation area. The park offers both shuffle board and bocce ball. A prime site for some of Manchester’s community wide special events, such as Pride In Manchester Week, Concerts in the Park and much more.

**Charter Oak Park**  
**Charter Oak Street, Manchester**

One of Manchester’s most active recreational areas. This park offers lighted outdoor basketball courts, a lighted softball field, four lighted tennis courts, two lighted outdoor handball/racquetball courts, two smaller size softball fields, small pavilion, play scape and a section of the East Coast Green way bike path.

**Union Pond Park**  
**North School Street, Manchester**

Located across the street from Robertson Park, this park sits on the waterfront of Union Pond and offers a boat launch, fishing pier, hiking trails, and a handicap accessible walking trail.

**Robertson Park**  
**North School Street, Manchester**

Another of Manchester’s highly active parks, this park offers an outdoor swimming pool, outdoor skate park, softball field, two outdoor basketball courts, lighted tennis courts, shuffleboard and play scape.

**West Side Recreation Area**  
**Cedar Street, Manchester**

Located behind Mahoney Recreation Center/Washington School, this small neighborhood park’s recreational facilities include: outdoor swimming pool, stone dust walking path, play scapes, outdoor basketball court, and a lighted practice field for youth sports.

**Northwest Park**  
**448 Tolland Turnpike, Manchester**

Manchester’s premier park, located at the north end of Manchester, has a pavilion, observation deck, boundless playground, sand volleyball courts, walking trails, little league field and baseball field. Most importantly, this park shares the waterfront of Union Pond and boasts a picturesque water view along with breathtaking flower gardens, ornamental grasses, and wooded walking trails. In addition, the park is the location for the Recreation Department’s programming offices and activity center.

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**Recycling in the Parks**

Manchester Parks and Recreation, in partnership with Public Works, would like to remind residents and Park visitors that recycling containers are available in all Town Park and Recreation facilities. Whether you’re hiking, playing softball at the New State Road field, or playing a game Kennedy Road soccer fields, you won’t have to take that water or sports drink bottle home anymore to recycle it.

Most facilities have one or more blue recycling carts on a seasonal basis. These recycling carts should be located adjacent to a Town garbage cart, which have a green body and a yellow lid marked “TRASH ONLY.”

The Stream recycling program allows for all plastic, glass and metal bottles and cans to be recycled, as well as cardboard, newspaper, magazines and juice boxes to be recycled at the Parks. Here is the complete list.

- **Water Bottles**
- **Sports Drinks**
- **Carbonated Drinks**
- **Ice Teas**
- **Energy Drinks**
- **Other Metal, Plastics & Glass Containers**
- **Juice Boxes**
- **Cardboard**
- **Newspapers**
- **Magazines**
- **Telephone Books**

Both recycling and garbage carts are stationed near parking areas, so that they can be emptied easily by the Town’s collection contractor. If you desire to move the cart for your use during a sports or picnic event, please return it to the edge of the parking area. If you have questions about this program, please call the Sanitation Division at 860-647-5279 or visit: www.manchesterrecycles.org
**Swim Lesson Descriptions**

Parent/Child Aquatics  
Adults must accompany child in water.  
Builds basic water safety skills for both adults and children, helping infants and young children become comfortable in the water so they are willing and ready to learn how to swim.  
Water diapers and proper swim attire required.  
- Infant: ages 6 months- 18 months  
- Toddler: ages 19 moths- 3 years 5 months  
- Preschool: Ages: 3 1/2 - 5 years

**Level 1—Introduction to Water Skills**  
Enter/exit the water safely, submerge mouth, nose and eyes, exhale underwater (blow bubbles) through mouth and nose, open eyes underwater, show comfort maintaining a front float/back position, while supported, recover to a standing position while supported.  
*Ages: Must be age 5 at the start of class to enroll.

**Level 2—Fundamental Aquatic Skills**  
Demonstrate a front/back glide (2 body lengths), Float in a face-down position, recover from a back float to a standing position while unsupported, Swim on front/back using any combination of arm and leg actions while unsupported.

**Level 3—Stroke Development**  
Independently jump into deep water from the side, demonstrate a head-first entry from the side in a sitting or kneeling position, submerge and retrieve an object (independently) from chest-deep water, demonstrate rotary breathing with body in a horizontal position, demonstrate a survival float in deep water.

**Level 4—Stroke Improvement**  

**Level 5: Stroke Refinement**  
Demonstrate front/back flip turns demonstrate the following strokes: Front crawl–50 yards Back Crawl–50 yards, Butterfly–25 yards Breaststroke–25 yards Elementary backstroke–25 yards Sidestroke–25 yards, Demonstrate survival swimming (2 minutes)

**Level 6: Swimming and Skill Proficiency**  
Learning Objectives: 4 components all of which stress endurance swimming levels:  
- Infant: 6 months–18 months  
- Toddler: 19 months–3.5 years  
- Preschool: 3.5–5 years  
- Levels 1-6: ages 5 and up

- In person forms payment: cash, credit card, check (made payable to the Town of Manchester).  
- On-line form of payment: credit card.  
- The fee for swim lessons is $25.00 for the first child, $15 for each additional sibling per session. Discount is available for siblings only.  
- Children may not be enrolled in more than one class per session.  
- Please note that parents who register their child for more than one swimming session at registration, take the chance of not placing their 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 Department and transfer their child into an appropriate level.  
- Once class levels reach maximum enrollment, registration for that class will close. Waiting lists are not maintained for swim lessons.

**Swim Lesson Fees**  
Class fees for swim lessons are $25 for the first child, and $15 for each additional sibling per class.

**Benefits of Recreation**

**INDIVIDUAL**  
Develops Personal Development and Growth  
Physical Health  
Self Esteem and Self Reliance  
Creativity and Sense of Accomplishment  
Creates more Fun  
Enhances Pleasure  
Reduces Stress  
Increases Life Satisfaction  
Promotes Psychological Well-being

**Swim Lesson Registration**

Registration for youth swim lessons will begin Monday, September 8, 2014.

**Swim Lesson Registration Information**  
- Registration will be in-person and on-line.  
- Registration for all pools will begin at 9:00 a.m.  
- In-person registration will be held at the Community Y Recreation Center, 78 North Main Street, Recreation Department Main Offices, 39 Lodge Drive and Customer Service Center at Town Hall, 41 Center Street.  
- 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 Department 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 on September 8.

- Swim lessons open to Manchester residents only.  
- Please note the following age requirements for swimming levels:
  - Infant: 6 months–18 months  
  - Toddler: 19 months–3.5 years  
  - Preschool: 3.5–5 years  
  - Levels 1-6: ages 5 and up

- In person forms payment: cash, credit card, check (made payable to the Town of Manchester).  
- On-line form of payment: credit card.  
- The fee for swim lessons is $25.00 for the first child, $15 for each additional sibling per session. Discount is available for siblings only.  
- Children may not be enrolled in more than one class per session.  
- Please note that parents who register their child for more than one swimming session at registration, take the chance of not placing their 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 Department and transfer their child into the correct level assuming space in available.

- Class ratio:  
  - Infant- 1:12  
  - Toddler- 1:12  
  - Preschool- 1:12  
  - Levels 1-6- 1:8

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

**Create Your Family Account Online!**

Families should ENTER each member of their household prior to registering in person or online.

Program Registration begins September 8  
To create an account visit:  
RecOnline.townofmanchester.org

recreation.townofmanchester.org
**Manchester High Main Pool**

Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield Street. Locker rooms are available.

**Open Swim Main Pool**

Open swim begins Monday, September 29, 2014 through Friday, June 12, 2015 (dates subject to change). Note: Weekend Public Swim ends Saturday, March 27. Pool is closed when school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

- Saturday: 12:00-1:00 p.m.
- M, W, F: 8:00-9:00 p.m.
- Pools and programs are open on election days.

**Manchester High IOH Pool**

The Instructors of the Handicapped Pool is adjacent to the MHS Main Pool. The entrance, pool and locker room is fully accessible. The pool is heated, has steps and a ramp for pool entry.

Open Swim begins Monday, September 29, 2014 through Friday, June 12, 2015 (dates subject to change). Note: Weekend Public Swim ends Saturday, March 27. Pool is closed when school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

- M, W, F: 7:30 -8:30 p.m.
- Saturday: 12:30-1:00 p.m.
- M, W, F: 7:30 -8:30 p.m.

**Swim Programs**

**Adult Lap Swim**

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

- Instructor: Rec Staff
- Location: Manchester High School Main Pool
- AM Swim Schedule: M-F, 9/29-12/19, 6-7:15 a.m.
- PM Swim Schedule: M-F, 9/29-12/19, 8:30-9:30 p.m.
- Pool Closed: 10/13, 11/11, 11/26-28
- Fee: $50 residents only, fee includes both AM/PM

**Swim for Fitness, Swim For Life**

Swim 30 consecutive laps by the end of this class. This swim fitness class is designed for swimmers who can demonstrate the basic skills required to swim the crawl stroke. Participants will be evaluated and individual swim fitness programs designed to help achieve swimming goals. Make swimming part of your fitness, swim for life!

- Instructor: Lori Dusza
- Location: Manchester High School Main Pool
- Session 1: T/TH, 9/30-10/30, 7:30-8:30 p.m.
- Session 2: T/Th, 11/4-12/11, 7:30-8:30 p.m. (no class 11/11, 11/27)
- Fee per session: $50/$63 (nr)

**Adult Swimming Lessons Beginners**

Designed for the first time swimmer or for those who have fear of the water.

- Instructor: Lori Dusza
- Location: Manchester High School Main Pool
- Meets: Sat, 10/4-12/13, 8:30-9:30 a.m. (no class 11/29)
- Fee: $50/$63 (nr)

**Adult Swimming Lessons Advanced**

Designed for swimmers with swimming skills and comfortable in deep water.

- Instructor: Lori Dusza
- Location: Manchester High School Main Pool
- Meets: Sat, 10/4-12/13, 9:30-10:30 a.m. (no class 11/29)
- Fee: $50/$63 (nr)

**Water Exercise**

**Aqua Arthritis Exercise Spells Relief**

Discover how the water can help people suffering from constant aching & fatigue. Keeping fit is important for optimum health, vitality and functional daily activities. Water exercise can be the most important activity you can do!

- Instructor: Merry Ellen Gasorek, AFAA, OT-L
- Location: Manchester High IOH Pool
- Ages: 18 and older
- Session 1: M/W/F, 9/29-11/3, 3:45-4:30 p.m. (no class 10/13)
- Fee: $50/$63 (nr)
- Session 2: M/W/F, 11/10-12/17, 3:45-4:30 p.m. (no class 11/26, 11/28)
- Fee: $50/$63 (nr)

**Aquatic Balance**

Get on the cutting edge of aquatic fitness with the fusion of cardio, strength and Pilates. Challenge yourself, open your mind and get motivated. Get in the WATER.

- Instructor: Merry Ellen Gasorek, AFAA, OT-L
- Location: Manchester High IOH Pool
- Ages: 18 and older
- Session 1: M/W/F, 9/29-11/3, 4:30-5:15 p.m. (no class 10/13)
- Fee: $50/$63 (nr)
- Session 2: M/W/F, 11/10-12/17, 4:30-5:15 p.m. (no class 11/26, 11/28)
- Fee: $50/$63 (nr)

**Hydro Fitness**

Have some fun and exercise all at the same time! Get a great FULL HOUR workout to music while benefiting from the water’s resistance. Great for all fitness levels and ages. Build muscle strength, muscle tone and endurance without the impact of land exercise. This class is open to men and women and to youth 12 and older with parent participation.

- Instructor: Leslie Frey, NETA, AEA
- Location: Manchester High IOH Pool
- Ages: 18 and older
- Session 1: T/TH, 9/30-10/30, 7:30-8:30 p.m.
- Fee: $50/$63 (nr)
- Session 2: T/TH, 11/4-12/11, 7:30-8:30 p.m. (no class 11/11, 11/27)
- Fee Session 1: $50/$63 (nr) per session
- Fee Session 2: $50/$63 (nr) per session

**Looking for Instructors & Ideas**

The Recreation Department is always looking for new and exciting programs as well as instructors to teach. Have a class or program you would like to take or teach? Contact us at 647-3084 to share your ideas.
PARTNERS IN PLAY

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

Instructor: Karen Rowell
Location: Center Springs Park

Class: Wonder Years
Ages: 1-2 years
Sess 1: T, 9/16-10/21, 9:15-10:15 a.m.
Fee: $32/$38 (nr)
Sess 2 Meets: T, 10/28-12/16, 9:15-10:15 a.m. (no class 11/14, 11/16)
Fee: $32/$38 (nr)
Sess 1 Meets: Th, 9/18-10/23, 10:30-11:30 am
Fee: $32/$38 (nr)
Sess 2 Meets: Th, 10/30-12/11, 10:30-11:30 am (no class 11/27)
Fee: $32/$38 (nr)

Class: Wee Two
Ages: 2-3 years
Sess 1: T, 9/16-10/21, 10:30-11:30 a.m.
Fee: $32/$38 (nr)
Sess 2 Meets: T, 10/28-12/16, 10:30-11:30 a.m. (no class 11/4, 11/11)
Fee: $32/$38 (nr)
Sess 1 Meets: Th, 9/18-10/23, 9:15-10:15 am
Fee: $32/$38 (nr)
Sess 2 Meets: Th, 10/30-12/11, 9:15-10:15 am (no class 11/27)

Sess 1 Meets: F, 9/19-10/24, 9:30-10:30 a.m.
Fee: $32/$38 (nr)
Sess 2 Meets: F, 10/31-12/19, 9:30-10:30 a.m. (no class 11/28)

Class: Happy Together
Ages: 2.5 years and up
Meets: M, 9/15-10/27, 9:30-11 am (no class 10/13)
Fee: $45/$53 (nr)
Sess 2 Meets: M, 11/3-12/8, 9:30-11 am
Fee: $45/$53 (nr)
Meets: W, 9/17-10/29, 9:30-11 a.m.
Fee: $52/$61 (nr)
Sess 2 Meets: W, 11/5-12/17, 9:30-11 a.m.
Fee: $52/$61 (nr)

Preschool Sport Development
Parents work together with their children in a supportive environment to learn all the sport basics.

Start Smart Soccer
Teaches children (3-5) a variety of soccer skills including, dribbling, kicking, passing, and trapping more.
Instructor: Staff
Location: Community “Y” Gymnasium
9 am class meets: Sat, 10/18-11/22, 9-10 a.m.
Fee: $65/$82 (nr) includes equipment
10 am class meets: Sat, 10/18-11/22, 10-11 a.m.
Fee: $65/$82 (nr) includes equipment

Birthday Bonanza
Give your child a fun, creative birthday party that is age appropriate, easy for you and affordable. The party consists of 2 hours of structured games, songs and activities for your 2 - 6 year old and guests. Parties may be scheduled weekdays after 4pm or on weekends at Center Springs Park.
Parties starting at $160 (includes facility rental) Let Miss Karen help create a party specific to your 1-5 year old child!
Call today for more information 860-647-3084.

School-Age Youth

ROCK Recreation on Campus For Kids
Outdoor Soccer
Recreation instructional program brought to your child’s elementary school immediately after school one day per week. This program is offered at select schools, but is open to all elementary school students grades 2-6 regardless if they attend that school or not. Transportation is not provided from other schools. Children attending the school where the program is held will be dismissed to the gymnasium immediately following the dismissal bell.
Instructors: Staff
Fee: $30, $20 second sibling, $10 additional sibling
X-C Running Program
Helping kids learn the basic skills of running on trails, grass and pavement. Teaching proper breathing & form.
Instructor: Natalie Carpenter
Date: Mondays/Wednesdays, 10/20 to 11/26
Time: 4:45 p.m. to 6:00 p.m.
Location: Charter Oak Park
Ages: 6 to 15
Fee: $30, $20 second sibling, $10 additional sibling

Swimming Lessons - See Page 15

Benefits of Recreation

Community
Connected Families
Strengths Social Bonding
Ethnic and cultural Harmony
Reduces Alienation
Develops Strong Communities

Indoor Youth Basketball Leagues
Team play with emphasis on fundamental instruction.
Instructor: Rec Staff and Volunteer Coaches
Fee: $30, $20 second sibling, $10 additional sibling
League: Fundamentals
Ages: 6-7 years as of 12/31/13
Date: F, 12/5-1/30, 6-7 or 7-8 p.m. (no class 12/26)
League: Boys Pee Wee
Ages: 8-9 years as of 12/31/13
Date: Sa, 12/6-2/7, 9 a.m to 12 noon (game times vary)
Mandatory Evaluation Clinic: M, 11/10, 6:15 pm for 8 yrs, and 7:15pm for 9 yrs. (Held at Mahoney Rec Center)
League: Girls Pee Wee
Ages: 8-9 years as of 12/31/13
Date: Sa, 1/3-2/1, begin at 12:30-3:30 pm (game times vary)
Mandatory Evaluation Clinic: W, 11/12, 6:15 p.m. for 10 yrs and 7:15 p.m. for 11 and 12 yrs (Mahoney Rec)

Judo Beginners
A co-ed self defense course incorporating Judo, Aikido and Karate. The emphasis is on students doing their best.
Instructor: Richard Webster
Location: Northwest Park Activity Room Bldg. #1
Ages: 6-14
Meets: Fridays, 10/10-12/19, 6-7:00 p.m. (no class 11/28)
Fee: $63/$78 (nr)

Judo Returning
Instructor: Richard Webster
Location: Northwest Park Activity Room Bldg. #1
Ages: 6-14
Meets: Fridays, 10/10-12/19, 7-8:00 p.m. (no class 11/28)
Fee: $63/$78 (nr)

INDOOR YOUTH BASKETBALL LEAGUES
League: Boys Midget
Ages: 10-12 years as of 12/31/13
Date: M-Th, begin 12/8-2/26, begin 6:00-8:00 p.m. (times vary)
Mandatory Evaluation Clinic: W, 11/12, 6:15 p.m. for 10 yrs and 7:15 p.m. for 11 and 12 yrs (Mahoney Rec)
**ADULTS**

**LAND EXERCISE COMMUNITY “Y”**

**Zumba**
Zumba is a fusion of Latin and international music that creates a dynamic, exciting and effective fitness system. It incorporates cardio kickboxing, belly dancing with merengue and salsa moves.

**Instructor:** Kori Burz
**Meets:** Wed, Session 1: 10/6-12/17; 7-8:00 pm, (no class 11/26)
**Instructor:** Barbara Titus
**Location:** Community Y Dance Room
**Fee Per Session:** $50/$63 (nr)

**TOTAL BODY PLUS**
Need a total body makeover? This is the class for you. Train every major muscle group through a series of strength/resistance exercises using a variety of equipment including hand weights, tubing, medicine balls, etc. Never a dull moment in this hour aimed at increasing strength, endurance and core conditioning. The plus.....cardio "bursts" to increase your heart rate & maximize fat burning. Easy to modify and great for all fitness levels.

**Instructor:** Brenda Bourne
**Location:** Community Y Recreation Center Dance Room
**Session 1:** M/W, 9/15-10-1/1, 5:45-6:45 pm
**Fee:** $30/$43 (nr) per session
**Session 2:** M/W, 10/6-11/10, 5:45-6:45pm (no class 10/13)
**Session 3:** M/W, 11-17-12/17, 5:45-6:45pm (no class 11/26)
**Fee:** $50/$63 (nr) per session

**TAPERCIZE LEVEL 1**
This is the class for those with little or absolutely no tap dancing experience. Beginning with an introduction to the basic tap steps, this class gradually moves from short dance combinations to a routine. Tap shoes are a must!

**Instructor:** Carol Moriarty
**Location:** Community Y Rec Center Dance Room
**Meets:** T, 10/7-12/16, 5:30-6:30 p.m. (no class 11/25)
**Fee:** $50/$63 (nr)

**TAPERCIZE LEVEL 2**
For those with some knowledge of the basic tap steps but still consider themselves "beginners". Tap shoes a must!

**Meets:** T, 10/7-12/16, 6:30-7:30 p.m. (no class 11/25)
**Fee:** $50/$63 (nr)

**TAPERCIZE LEVEL 3**
This class is for those who are able to execute the tap steps more quickly. It is faster-paced than levels 1 and 2. Some of the level 4 dance combinations are introduced.

**Meets:** Th, 10/9-12/18, 6:30-7:30 p.m. (no class 11/27)
**Fee:** $50/$63 (nr)

**BENEFITS OF RECREATION**

**ECONOMIC**
Reduces Healthcare Cost
Reduces Vandalism and Crime
Enhances Property Value
Catalyst for Tourism

**STRENGTH FOR LIFE**
This non impact class helps people improve their balance, muscular strength and muscular endurance. A strong focus on core conditioning, functional fitness and flexibility will be incorporated too!

**Instructor:** Miriam DeGrandi
**Location:** Community Y Rec Center Fitness Room
**Ages:** 18 and older
**Fridays:** 9:00-10:00am
**Fee Session 1:** $20/$25 (nr)
**Session 1:** 9/5-9/26
**Fee Session 2:** $20/$25 (nr)
**Wednesdays:** 9:00-10:00am
**Session 1:** 9/10-10/1
**Fee:** $20/$25 (nr)
**Session 2:** 10/8-12/17 (no class 11/26)
**Fee:** $50/$63 (nr)

**PERSONAL TRAINING ONE ON ONE**
A personal trainer will design an exercise program specifically for you. Your trainer will motivate you through your workout and ensure proper form and safety.

**Instructor:** Brenda Bourne
**Location:** Community Y Rec Center Fitness Room
**Ages:** 18 and older
**Meets:** Call 647-3164 to set up an appointment

$35/$44 (nr) per session
$160/$200 (nr) per session
$300/$375 (nr) per session
$50/$63 (nr) per session
$20/$25 (nr) per session
$35/$44 (nr) per session
$50/$63 (nr) per session
$400/$475 (nr) per session

**YOGA FOR ACTIVE LIFESTYLES: FLEXIBILITY, STRENGTH AND JOY ALL LEVELS**
Enjoy your activities more 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. You'll also spend time cultivating upper body strength, core strength and balance.

**Instructor:** Barbara Titus
**Location:** Community Y Ball Room
**Session 1:** M/W, 10/6-11/10, 6:30-7:30pm (no class 10/13)
**Session 2:** M/W, 11/17-12/17, 6:30-7:30pm (no class 11/26)
**Fee:** $50/$63 (nr) per session

**HOT HULA**
Inspired by dances of the Pacific Islands, Hot Hula fitness is a fun, new and exciting dance workout. It provides a total body workout in just 60 minutes. Hot Hula fitness incorporates cardio kick boxing, belly dancing with merengue and salsa moves. It creates a dynamic, exciting and effective fitness system. It is a fusion of Latin and International music that enhances your activities more 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. You'll also spend time cultivating upper body strength, core strength and balance.

**Instructor:** Catherine Matemate-Roper
**Location:** Community Y Rec Center Fitness Room
**Meeting 1:** Tuesdays, 5:30-6:30pm
**Fee:** $20/$25 (nr)

**TAPERCIZE LEVEL 4**
Most fast-paced of all--therefore, the most aerobic of the tap classes. This class has an established repertoire of dance combinations to which we continually add. New members are welcome and will find it easier if they have had considerable tap experience and can catch on quickly. Extra "catch-up" help is available.

**Meets:** Th, 10/9-12/18, 5:30-6:30 p.m. (no class 11/27)
**Fee:** $50/$63 (nr)
**Team Fit**

Team Fit will provide participants with challenging, yet motivating strength and cardiovascular conditioning sessions that include a variety of exercises to improve overall fitness. This program is designed for all fitness levels, customized to each individual and includes pre and post assessments to track progress.

**Instructor:** Karen Cimino  
**Location:** Northwest Park Activity Bldg. #1  
**Session 1:** M/W, 10/6-11/13, 5-5:45 pm (no class 10/13)  
**Session 2:** M/W, 11/10-12/3, 5-5:45 pm  
**Fee:** $32/$40 (nr)

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**Pickle Ball**

Pickleball is played much like tennis, just on a badminton sized court. Differences from tennis include having to serve the ball underhand, having to wait for the ball to bounce when it's returned after a serve, staying out of the "kitchen," an area close to the net where you can't stand unless the ball is in it and getting two serves during your service turn. The equipment is also different. Instead of a racket, pickleballers use a paddle to play the ball. The ball is also different, resembling a wiffleball — hard plastic with holes put into it.

Location of fall play is to be determined. Join our Pickleball email group today by contacting Karen Gubbins, Recreation Supervisor at 647-3075 or kgubbins@manchesterct.gov

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**Baby Boomer's**

**What is a Baby Boomer?**

Glad you asked, baby boomers are those born between (and including) 1946 and 1964. There are about 75 million boomers in the U.S.; we currently represent about 29% of the U.S. population.

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**Join Today!**

E-mail Boomer Coordinator, Deb Kellie at: djk381@hotmail.com or contact Karen Gubbins, Recreation Supervisor at 647-3075 or kgubbins@manchesterct.gov

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**Boomers Social Group**

Our mission is to provide residents with a friendly and vibrant social outlet while promoting health and wellness, encouraging physical and mental activities, strengthening the sense of self and community and stimulating active living.

We offer a variety of recreation and social activities including health and wellness programs as well as cultural and educational programs, learning opportunities and promote involvement in our community and other communities in the region. We are nearing 400 email participants and are expanding daily.

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**Boomers and Beyond Social E-Mail**

**Activity Networking Group**

This is a great way to meet new people in a fun, relaxed and non-stressful atmosphere. It's easy to join. Register today and receive detailed information on many of the fun, social activities we have tentatively planned for Sept – Dec. Please note we must receive enough interest in order to hold activities. For detailed program information log on to our website at: recreation.townofmanchester.org

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**FREE OUTDOOR CONCERT**

Frank Lombardo's saxophone & Frankenfrenz, showcasing some of the finest local musicians, covering an eclectic mix of classic to modern jazz and fusion standards.  
**Thursday, September 25th**  
Concert begins 6:00PM  
Northwest Park Pavilion — Rain or Shine  
Beautifully luminated pavilion.  
Wear your sweatshirts and bring your comfy chair and blankets.

448 Tolland Turnpike, Manchester, CT  
Coffee, Hot Chocolate and Desserts will be served  
Sponsored by the Recreation Department  
860-647-3084  
kgubbins@manchesterct.gov
Senior Center Programs

**General Information**

**Manchester Senior Center**
The Senior Center is part of the Recreation Department. The Senior Center along with the Human Services Department collaborate to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.

549 East Middle Turnpike • 647-3211
Dates of Operation: Year round
Office Hours: Monday-Friday, 8:30-4:30 p.m.

**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: Breakfast Club, Senior Hoopsters, fitness classes at NW Park and At Home Program. For more information, call the Senior Center at 647-3211.

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

**Health Programs**
The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Diabetes Support Group, Fall Risk Assessments and Health Consultation. For more information, contact the Senior Center at 647-3211.

**Social Service Programs**
Questions regarding health insurance, home care, housing, Medicare Savings Plan or anything of a personal nature can be directed to Sue Bernstein, the Senior Center Social Worker by making an appointment by calling 647-3211.

**Meal Program**
Lunch is served daily at noon. Reservations are required 24 hours in advance and no later than 12:30 p.m. the day before. Call 647-3211 for reservations.
Recommended lunch donation of $2.50 is suggested for 60 and over. Under 60 must pay $5.00.

**Trips**
Trips offered by the Senior Center are advertised in the J.I. paper on Saturdays, in the newsletter and online. Day trips, overnight trips and trips abroad are available, brochures are at the Senior Center.

**Cancellation Policy**
During inclement weather, if Manchester schools are closed, all center programs, meals and transportation are cancelled for that day. However, the Center staff is required to report to the office for its regular scheduled office hours. When school is on a 90 minute delay all programs, meals and transportation will be delayed until 10:00 a.m. Call the Center or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

**Trainsportation**
The Senior Center provides transportation for Manchester senior residents who wish to come to the center for classes, activities and lunch. Transportation is also provided for those who wish to grocery shop on Tuesdays. Our bus goes to a different department store each Wednesday for general shopping.

**Grocery Shopping**
1st Tuesday - Shop-Rite
2nd Tuesday - Stop & Shop
3rd Tuesday - Shop-Rite
4th Tuesday - Stop & Shop
5th Tuesday - Shop-Rite (subject to change)

**Department Store Shopping**
1st Wed - Walmart
2nd Wed - Target
3rd Wed - Kmart/Kohl’s
4th Wed - Buckland Mall & Christmas Tree Shop
5th Wed - Walmart (subject to change)

**Rides to and From the Senior Center**
Bus rides can be scheduled up to 3:00 p.m. on the day before your ride. Please call the Senior Center office at 647-3211 and speak with staff to schedule bus rides.

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

**Fees**
DENOTES $5 COMMITMENT FEE FOR PROGRAM

**Social Leisure**

**Breakfast Club**
This friendly group meets on Fridays for a good meal and great conversation. All are welcome.
Meets: Fridays, 9-10 a.m.
Dates: 9/10/2019
Location: Gathering Restaurant, 471 Hartford Road

**Karaoke Sing-A-Long Hour**
Singing with a pre-existing song, where you replace the lead singer. Lyrics are presented to singer during song.
Meets: F, 9/19-12/19, 11-12:00 p.m.
Instructor: Self Guided
Location: Senior Center Library

**Senior Circle**
This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is lead by a Therapeutic Recreation Specialist and requires pre-registration. This is not a drop-in program.
Call the Senior Center for details.
Meets: Tues/Thurs, 9/16-12/30
Dates: 10-1 p.m.
Instructor: Nina Stramaglia
Location: Senior Center Craft Room

**Red Hat Society - Meets 1st Tuesday**
We are the women in the red and pink hats.
Meets: Tu, 9/2-12/2, 1:00-3:30 p.m.
Location: Senior Center Room

**Golden Agers**
This social group meets for conversation and to play bingo. Visit this group to find out about their activities.
Meets: 2nd and 4th Tuesday of the Month, 1-3 p.m.
Dates: 9/9-12/23
Location: Senior Center Bingo Room

**Friendship Circle**
Coffee, crafts and fun. Friendly group working on knitting, crocheting and other craft projects.
Meets: Wed, 9/2-12/31, 8:30-11:30 a.m.
Location: Senior Center Craft Room

**Coffee Klatch**
Discuss current events, meet friends, swap coupons, laugh, share stories while enjoying a cup of tea or coffee.
Meets: M, 9/15-12/29, 1-4 p.m.
Location: Senior Center Craft Room

**Other Programs**

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DAY OF THE WEEK</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Billiards</td>
<td>M-F</td>
<td>8:30-4:30 pm</td>
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<tr>
<td>Bingo</td>
<td>M &amp; F</td>
<td>10-12 pm</td>
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<td>Dominoes</td>
<td>Wednesdays</td>
<td>12:30-3:00 pm</td>
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<tr>
<td>Mahjong</td>
<td>Tuesdays</td>
<td>12:30-2:30 pm</td>
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<tr>
<td>Open Computer</td>
<td>M &amp; Th</td>
<td>9:00-11:00 am</td>
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<tr>
<td>Pinochle</td>
<td>Mondays</td>
<td>12:30-2:00 pm</td>
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<tr>
<td>Poker</td>
<td>Mondays</td>
<td>12:15-2:00 pm</td>
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<tr>
<td>Setback</td>
<td>Fridays</td>
<td>12:45-3:30 pm</td>
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<tr>
<td>Social Bridge</td>
<td>Wednesdays</td>
<td>12:30-4 pm</td>
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<tr>
<td>Scrabble</td>
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A board game played with 2-4 players with the players using their vocabulary to create words.
Meets: Th, 9/11-12/18, 9:30-11:30 a.m.
Location: Senior Center Bingo Room

**Cribbage**
Combines both luck and skill. Social and fun game.
Meets: F, 9/16-12/19, 1:00-2:00 p.m
Location: Senior Center Card Room

**Ping Pong**
Meets: M-F, 9/15-12/31, 8:30am to 4:30pm
Organized group play on Wed. from 2:30-4:30pm

**Computer Lab**
Meets: M-F, 9/15-12/31, 8:30am - 4:30pm

**Men’s Group**
This social group enjoys a variety of activities including current events, health topics, trivia and good conversation.
Meets: Mon, 9/15-12/29, 10:45-11:45am
Instructor: Nina Stramaglia
Location: Senior Center Library

**Duplicate Bridge**
Meets: Th, 8/28, 12:30 - 4pm (no program 11/27, 12/25)
Fee: $15/$25 (nr)
Location: Senior Center Bingo Room
Director: Richard Guttman

seniorcenter.townofmanchester.org
**CREATIVE LEISURE**

**Watercolor and Oil Painting Group**
Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.
**Meets:** Tuesday, 9/16-12/30, 1-3 pm  
**Instructor:** Self Guided  
**Location:** Senior Center Craft Room

**Digital Photography Group**
Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.
**Meets:** M, 9/15-12/29, 9:30-11:30 am  
**Instructor:** Senior Center Volunteer  
**Location:** Senior Center Craft Room

**Woodworking**
Enjoy our wonderful hobby shop with all the equipment you need to create wood pieces. Fix old treasures or create something new. Supervised instruction available.
**Meets:** T/W, 9/9-12/17, 9 am to 12 noon  
**Instructor:** Dave Malinowski  
**Location:** Senior Center Hobby Shop

**Ceramics Daytime**
Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.
**Meets:** M/F, 9/8-12/17, 9:30-11:30 am (no class 10/13, 11/28)  
**Instructor:** Michele D’Esopo  
**Location:** Senior Center Ceramics Room

**From Memory to Memoir: Writing and Preserving Your Life Story**
Learn to start your memoir, organize material and keep going until you are finished. Learn tips on which pictures to include and finish with a self-publishing document.
**Session 1:** W, 10/1-11/19, 10:30-12 pm  
**Session 2:** W, 10/1-11/19, 12:30-2 pm  
**Instructor:** Susan Omilian  
**Location:** Senior Center Card Room

**EDUCATIONAL LEISURE**

**Book Group**
Join this group to read and discuss different novels.
**Meets:** 3rd Tuesday of the month, 9/16-12/16  
**Time:** 10:30 -11:30 am  
**Location:** Senior Center Library

**Quilting Group**
Instructor will assist with layout, color selection, pattern and more. Six sewing machines are available.
**Meets:** Thursday, 9/18-12/18, 1-4 pm  
**Instructor:** Ginny Dodd  
**Location:** Senior Center Craft Room

**FITNESS AND MOVEMENT**

**Guided Meditation**
Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.
**Meets:** W, 9/10-12/17, 11:15-11:45 am  
**Instructor:** Laura Dunfield  
**Location:** Senior Center Library

**Tai Chi 1 & 2**
Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.
**Tai Chi Session 1:** T, 2:30-3:30 pm, F, 1-2 pm, 9/9-11/21  
**Tai Chi Session 2:** T, 1:30-2:30 pm, F, 12-1 pm, 9/9-11/21  
**Instructor:** Malee Khow  
**Location:** Senior Center Auditorium

**Strength and Flexibility**
Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exertubes to improve balance, muscle tone and overall cardio health.
**Mondays:** 9/8-12/22, 9:15-10:15 am (no class 10/13)  
**Instructor:** Colleen Zimmer  
**Wednesdays:** 9/10-12/17, 10-11 am  
**Fridays:** 9/12-12/19, 10-11 am (no class 11/28)  
**Location:** Senior Center Auditorium

**Yoga Plus (bring mat and towel to class)**
A class designed for the active senior with few limitations.
**2:30 pm class Meets:** M/W, 9/8-12/17, 2:30-3:15 pm (no class 10/13, 11/28)  
**3:30 pm class Meets:** M/W, 9/8-12/17, 3:30-4:15 pm (no class 10/13, 11/28)  
**Instructor:** Melissa Little  
**Location:** Senior Center Parking Lot

**Walking Group**
This group meets for treks around town and beyond.
**Meets:** W, 9/17-12/31, 8:45-11 am  
**Instructor:** Helen Partridge  
**Location:** Senior Center Parking Lot

**Biking/Hiking Club - Outdoor Trails**
Bikers ride approximately 6-12 miles per ride.
**Meets:** Wed, 9/17-12/31, 9:00-12:00 pm

**Bellyrobics**
Develop and improve strength and flexibility, while delivering a low impact, high energy, cardio-vascular workout.
**Meets:** Tuesdays, 9/9-12/16, 10-11 am (no class 9/30, 11/11)  
**Instructor:** Rima Riedel  
**Location:** Senior Center Auditorium

**Zumba Gold**
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system.  
**Instructor:** Rosie Gurske  
**Meets:** Th, 9/11-12/18, 2-3:00 pm (no class 10/23, 11/27)  
**Location:** Senior Center Auditorium

**Line Dancing**
Choreographed dance with a repeated sequence of steps.  
**Instructor:** Laura Dunfield  
**Meets:** Th, 9/11-12/18, 10:00-11 am (no class 11/27)  
**Location:** Senior Center Auditorium

**Wii at the Senior Center Auditorium**
Come to play bowling, golf, tennis. No prior experience necessary. Drop in is Mondays 10:00-11:30 am  
**Bowling league is Thursdays 10-11:00 am**  
**Meets:** M/Th, 9/16-12/30, see times above

**Senior Basketball Drop-In Program**
**Meets:** M, W, F 9/15-12/31  
**Time:** 9:00-11:00 am  
**Location:** Community Y Recreation Center Gymnasium  
**Fee:** $10/$20 (nr)

**At Home Therapeutic Recreation**
Low impact exercise, crafts, reminiscing, music, current events, 1 hour visits on a bi-weekly basis to the homes of the individuals that cannot attend the Senior Center.  
**Meets:** T-F, 9/16-12/31  
**Instructor:** Nina Stramaglia

**Stronger Seniors, Chair Exercise Program**
Chair aerobics & zumba - will incorporate weights, tubes and stretching. Improve balance, posture, reduce your risk and fear of falling, increase flexibility and core strength.
**Meets:** Wed, 9/9-12/17, 9:15-10:00 am  
**Location:** Senior Center Auditorium  
**Instructor:** Laura Dunfield

**Light-n-Lively**
(May sign up for 2 out of 3 classes)  
Low impact cardio workout. Active and fast paced.  
**Meets:** M, 9/8-12/22, 1:30-2:30 pm (no class 10/13)  
**Meets:** W, 9/10-12/17, 1:30-2:30 pm  
**Meets:** F, 9/12-12/19, 11:00-12:00 pm (no class 11/28)  
**Location:** Senior Center Auditorium  
**Instructor:** Chlake Raineau  
**Fee:** $40 (resident)

**Evening Body Sculpting (ages 49 & up)**
Weight bearing exercise program designed for the active older adult to increase flexibility, joint mobility, balance and coordination. Participants should bring a mat.  
**Tu Session Meets:** Tu, 9/16-10/28, 6:00-7:00 pm  
**Instructor:** Janice Flanagan  
**Th Session Meets:** Th, 9/18-10/30, 6:00-7:00 pm  
**Instructor:** Chlake Raineau  
**Location:** Senior Center Auditorium  
**Fee:** $5 per Session

**Evening Yogalates (ages 49 & up)**
Using traditional exercises and poses from both Pilates and Yoga, this class will include strength, flexibility and balance of yoga with a focus on building strength in the body’s core. The result will be a full body workout.  
**Tu Session Meets:** Tu, 9/16-10/28, 7:00-8:00 pm  
**Instructor:** Janice Flanagan  
**Th Session Meets:** Th, 9/18-10/30, 7:00-8:00 pm  
**Instructor:** Chlake Raineau  
**Location:** Senior Center Auditorium  
**Fee:** $5 per Session
Manchester Senior Center

FALL 2014 PROGRAM REGISTRATION PROCESS AND CARD RENEWAL/MEMBERSHIP DETAILS

Please read the following information carefully

CARD RENEWAL / MEMBERSHIP WEEK
Begins week of Monday, August 26
Times:  8:30 a.m. – 4:30 p.m.

Senior Center membership cards may be leisurely purchased at the Manchester Senior Center, the Community “Y” Recreation Center, Center Springs Recreation Office or at the Customer Service Center. Cards are valid through August 31, 2015. Proof of age and residency is required upon purchase. Senior Center membership cards are honored at all Recreation Centers and outdoor pools. Members age 60 and older may participate in all programs. Members age 55 through 59 may participate in evening programs only.

Senior membership card fees:
- 60 years and older:           $10.00/year
- 59 years and younger:      $50.00/year (adult facility recreation card)
- 59 years and younger:      $25.00/year after March 31

The starting dates for fall programs vary depending on instructor availability. Most instructor based programs will begin the week of September 8th.

FALL 2014 PROGRAM REGISTRATION PROCESS

Must have a valid membership card to register for all programs

PROGRAM REGISTRATION - Registration for all programs, except Body Sculpt, Ceramics, Line Dancing, Lite-n-Lively, Strength and Flex, Yoga Plus and Zumba Gold will begin on Monday, Sept 8th. Seniors may register at any registration location beginning Sept 8th at 9:00am. Registration will be on-going. Register at the Manchester Senior Center, the Community “Y” Recreation Center, Center Springs Recreation Office or at the Customer Service Center.

To avoid LONG lines and LONG waiting periods - PLEASE do not rush to register on Sept 8th. If your class does not fill up or is a drop-in program, feel free to register anytime before the class begins. If seniors register at their convenience (instead of registering on the first day) it will avoid long waiting lines and result in happy members!

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, Becky Brown, at Senior Adult and Family Services; (860) 647-3096.

Manchester Senior Center
Presents: Meet the Candidates
Thursday, October 23rd, 2014 at 1:00p.m.
Senior Center Auditorium

All candidates running for office in November will be invited to participate. Each candidate will make a brief presentation. There will be a Question & Answer Session following the presentations.

Refreshments will be served following the program in its entirety.

Manchester Rebuilding Together
Rebuilding Together is a volunteer organization dedicated to rehabilitating the homes of low-income homeowners, particularly the elderly, disabled and veterans. Homeowner applications, sponsorship requests, and volunteer registration forms are currently available.

"Manchester's Rebuilding Day" is Saturday April 25, 2015. For more information please contact Scott Garman at 860-647-3139 or Liz Tracy 860-647-3167 or visit the website at www.townofmanchester.org/rebuildingtogether

Benefits of Recreation

Environmental
- Reduces Pollution
- Promotes Clean Air and Water
- Preserves Open Space
- Protects the Ecosystem
- Increases Community Pride
**Recreation Programs - Easy Registration**

The Parks and Recreation Department now offers four different ways to register for programs you are interested in. *(See Page 20 for Senior Center registration details).*

**Registration Begins as Follows:**
- **Residents:** Monday, September 8, 2014 (9:00 a.m. at ALL sites)
- **Non-residents:** Wednesday, September 10, 2014

**Registration Options**

1. **Internet Registration 24/7**
   Avoid waiting in line and enjoy the convenience of registering from your home computer 24 hours a day/seven days a week. Simply log on to: [recreation.townofmanchester.org](http://recreation.townofmanchester.org) and click on to **on-line registration**.

2. **Mail-in Registration**
   Mail-in registration will be accepted for all Parks and Recreation programs with the exception of the Nike Tykes Preschool, youth swimming lessons, and Senior Center programs. Registration is randomly processed by its post-marked date. Confirmation will be sent within five working days of receipt. Payment can be made with check, money order and Master Card or Visa only.

3. **Fax Registration Form Using Credit Card**
   Fax your registration using VISA or Mastercard to our fax number, 647-3083. Registration by fax should be no earlier than registration dates indicated above.

4. **Walk-In Registration**
   Walk into any of the following registration sites Monday-Friday, during listed business hours. Payment can be made with cash, check, money order and credit/debit card (Master Card and Visa only).
   - **Center Springs Main Office**, 39 Lodge Drive
   - **Community “Y” Rec Center**, 78 North Main Street
   - **Mahoney Rec Center**, 110 Cedar Street
   - **Customer Service Center, Town Hall**, 41 Center Street

**Residency Policy and Non-Resident 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 based on a first come, first serve basis. The Recreation Department 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 Department 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 programs duration. Refunds will not be considered once classes are half over or after the program ends. For Summer camp refund policy, refer to Camp Registration packet.

**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.

**Confirmation Receipt**

A confirmation receipt of your registration will be mailed for mail and fax registrants only. On-line registrants should print out their receipt and walk-in registrants will receive a printed 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 your money will be returned. You will be notified by our department if openings become available.

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**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. Or there are times when you wait too long to register and your class fills. Don’t be disappointed! Register Early!