Parks & Recreation
FALL 2015

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Program Registration Begins September 8th

recreation.townofmanchester.org
**Special Event**

**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 30, 2016. For more information please contact Scott Garman at 647-3139 or Liz Tracy 647-3167 or visit the website at www.townofmanchester.org/rebuildingtogether

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**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.

Just to name a few, we are looking for:
- Fitness Instructors (Indoor/Outdoor)
- Youth program instructors
- Nature instructors
- Youth/Adult craft instructors

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**Retiring**

**Director of Parks and Recreation**

**Scott Sprague**

Dear Friends,

After serving as Recreation Director for five years and Director of Parks and Recreation for twenty six years I will retire from the Town on October 1, 2015.

I would like to take this opportunity to thank the citizens of Manchester for their consistent support of the Parks and Recreation Department. I have been very lucky to work for thirty one years in a Town that places great value on providing recreational opportunity for all it’s residents.

I would also like to thank and recognize all of the local non profit providers of recreational services, especially the youth sports organizations. Their volunteer service and cooperation allows Manchester to provide it’s residents with a greatly expanded program of recreational activities.

I hope that over the years, programs offered by the Parks and Recreation Department have helped improve the quality of life in Manchester. Please stay involved and enjoy the expanded program offerings and many park improvements that are planned for the coming years.

Once again thank you for your support and for making me feel at home in Manchester.

Scott Sprague

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**Manchester Matters E-Mail Subscription**

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.

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**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/曼城chect

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

PRINTED MAPS

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

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**YWCA Nike Tykes Early Learning Center**

255 Garden Grove Rd.

ENROLLING NOW!

We are a full service childcare center for children 6 weeks to 5 years open year-round. YWCA provides quality care by knowledgeable and caring staff committed to your child’s education and development. YWCA Nike Tykes is excited to announce a FREE PRESCHOOL program for income-qualified Manchester families with 4-year-olds, opening on September 1. The free preschool offers families transportation, health screenings and more!

For more information and to schedule a tour of our center, please call (860) 647-9325.
**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

**Mahoney Recreation Center**
Located at the west side of Manchester, adjacent to Washington School. This center is a registration site for recreational programs and membership.

110 Cedar Street • 647-3166
**Dates of Operation:** Fall Hours 2015, beginning Sept 21
**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 May 2016
**Office Hours:** Monday-Friday, 8:30 a.m.-8:00 p.m.
**Drop-In Rec Hours:** Monday-Friday, 6:00 p.m. -9:30 p.m. 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 a.m.-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. 5
**Office Hours:** 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 must adhere to all posted rules and regulations.

**Skate Park Hours of Operation**
Park closes at dark. 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.

**OTHER FACILITIES**

**Manchester Country Club**
www.mancc.com
Call the golf shop staff for schedules & details, 860.646.0226 x1.  www.mancc.com.

**Manchester Parks and Rec Dog Park**
@ Mt. Nebo Park. Spring Street
www.mdogcct.

**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, 2016**
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 2015/2016 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 4/1/16)
Senior Citizen (60 and older) $10
Lost Card Replacement Fee $2

**Facility Pass for Youth under 21 Access manchester Pass Valid through August 31, 2017**
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.
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. 5
Monday through Friday: 6-9 p.m.
Saturday: 10-5 p.m.

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

BENNET 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)

MARGO LEISURE CENTER
110 Cedar St. (Main entrance on Cedar Street). Membership is required for all drop-in weekday evening and weekend use.
Phone: 860-647-3166
Dates of Operation: Beginning Sept. 21
Monday through Friday: 6-9 p.m.
Saturday: 10-5 p.m.

RECREATION ACTIVITIES IN THE GYM:
Monday: 6:00 - 7:00 Dodgeball
Tuesdays 6:00 - 7:00 Floor Hockey
Wednesdays 6:00 - 7:00 Indoor Soccer
Thursdays 6:00 - 7:00 Dodgeball
Fridays 6:00 - 9:00 Basketball Night, Knockout, 3 on 3
Saturday Participant’s Choice

NINTENDO WII
Monday - Friday Drop In Wii 6:00 - 8:00
Wednesday Night is Mario Kart Night!

BENEFITS OF RECREATION
According to The American college of Dictionary, a benefit is anything that is for the good of the person or thing. In Parks and Recreation we add to this definition by adding the word “community”.
There are many different benefits that can be achieved by participating in leisure opportunities. Most of these benefits fall within one of four categories:
- Individual
- Community
- Economic
- Environmental

So, do not waste another minute. Do something FUN and reap the benefits because the Benefits are Endless!

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.

COMMUNITY “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.
Phone: 860-647-3164
Dates of Operation: October through May 2016
Office Hours: Monday-Friday, 8:30 a.m. - 8:00 p.m., Sat, 10-5:00 p.m.
Drop-In Rec Hours: Sat., 10 a.m.-5 p.m.
Monday-Friday, 6:00-9:30 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 2016
Hours: M-F, 8:30 a.m.-9:00 p.m., Sa., 10 a.m.-5 p.m.
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 predominately 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.

Charte Oak Park
Charte 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.

Recycling in the Parks
Clean Parks Are Green 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 months - 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

SWIM LESSON FEES

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

CLASS DAYS & DATES

MONDAY AND WEDNESDAY CLASSES
Session 1: October 5- November 9 (No class 10/12)
Session 2: November 16 - December 21 (No class 11/25)

TUESDAY AND THURSDAY CLASSES
Session 1: October 6 - November 5
Session 2: November 10 - December 15 (No class 11/26)

FRIDAY CLASSES
Session 1: October 9 - December 18 (No class 11/27)

SATURDAY CLASSES
Session 1: October 10 - December 19 (No class 11/28)

SWIM CLASS OFFERINGS

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<th>Day</th>
<th>Time</th>
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SWIM LESSON REGISTRATION

Registration for youth swim lessons will begin Tuesday, September 8, 2015.

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.
- 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 is 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

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 647-3084 to share your ideas.
M, W, F: 8:00-9:00 p.m.

Pools and programs are open on election days.

Breaks and inclement weather. Membership is required.

Weekend General Swim ends Saturday, March 9. Pool is open on election days.

Friday, June 3, 2016 (dates subject to change). Note:

Open Swim begins Monday, October 5, 2015 through Friday, June 3, 2016 (dates subject to change). Note:

Weekend Public Swim ends Saturday, March 9. Pool is open on election days.

Pools and programs are open on election days.

M, W, F: 7:30-8:30 p.m.

Saturday: 12:00-1:00 p.m.

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, October 5, 2015 through Friday, June 3, 2016 (dates subject to change). Note:

Weekend Public Swim ends Saturday, March 9. Pool is open on election days.

Pools and programs are open on election days.

M, W, F: 7:30-8:30 p.m.

Saturday: 12:00-1:00 p.m.

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 IOH Pool

Open Swim begins Monday, October 5, 2015 through Friday, June 3, 2016 (dates subject to change). Note:

Weekend Public Swim ends Saturday, March 9. Pool is open on election days.

Pools and programs are open on election days.

M, W, F: 8:00-9:00 p.m.

Saturday: 12:00-1:00 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, 10/5-12/23, 6-7:15 a.m.

PM Swim Schedule: M-F, 10/5-12/23, 8:30-9:30 p.m.

Pool Closed: 10/12, 11/11, 11/25, 11/26, 11/27

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, 10/6-11/5, 7:30-8:30 p.m.

Session 2: T/Th, 11/10-12/15, 7:30-8:30 p.m. (no class 11/26)

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, 10/10-12/19, 8:30-9:30 a.m. (no class 11/28)

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 Tursi, AFAA, OT-L

Location: Manchester High IOH Pool

Ages: 18 and older

Session 1: M/W/F, 10/5-11/9, 3:45-4:30 p.m. (no class 10/12)

Fee Session 1: $60/$75(nr) per session

Session 2: M/W/F, 11/16-12/18, 3:45-4:30 p.m. (no class 11/25, 11/27)

Fee Session 2: $52/$65(nr) per session

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 Tursi, AFAA, OT-L

Location: Manchester High IOH Pool

Ages: 18 and older

Session 1: M/W/F, 10/5-11/9, 4:30-5:15 p.m. (no class 10/12)

Fee Session 1: $60/$75(nr) per session

Session 2: M/W/F, 11/16-12/18, 4:30-5:15 p.m. (no class 11/25, 11/27)

Fee Session 2: $52/$65(nr) per session

Aqua Body Moves

Aqua Body Moves will help you increase your muscular endurance and overall strength. Effectively challenge every muscle in your “power center” while simultaneously improving overall movement capabilities. Experience body moves that combine day to day functional moves with classic strength exercise all in the water.

Instructor: Merry Ellen Tursi, AFAA, OT-L

Location: Manchester High IOH Pool

Ages: 18 and older

Session 1: M/W/F, 10/5-11/9, 5:15-6 p.m. (no class 10/12)

Fee Session 1: $60/$75(nr) per session

Session 2: M/W/F, 11/16-12/18, 5:15-6 p.m. (no class 11/25, 11/27)

Fee Session 2: $52/$65(nr) per session

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, 10/6-11/5, 7:30-8:30 p.m.

Fee: $50/$65 (nr)

Session 2: T/TH, 11/10-12/22, 7:30-8:30 p.m. (no class 11/24, 11/26, 12/1)

Fee Session 1: $50/$65 (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.
**Preschool**

**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, 9/15-10/27, 9:15-10:15 a.m.  
**Fee:** $37/$44 (nr)  
**Sess 2 Meets:** T, 11/10-12/15, 9:15-10:15 a.m.  
**Fee:** $32/$38 (nr)  
**Sess 1 Meets:** Th, 9/17-10/29, 9:15-10:15 am  
**Fee:** $37/$44 (nr)  
**Sess 2 Meets:** Th, 11/5-12/17, 9:15-10:15 am (no class 11/26)  
**Fee:** $32/$38 (nr)

**Class:** Wee Two  
**Ages:** 2-3 years  
**Sess 1:** T, 9/15-10/27, 10:30-11:30 a.m.  
**Fee:** $37/$44 (nr)  
**Sess 2 Meets:** T, 11/10-12/15, 10:30-11:30 a.m.  
**Fee:** $32/$38 (nr)  
**Sess 1 Meets:** Th, 9/17-10/29, 9:15-10:15 am  
**Fee:** $37/$44 (nr)  
**Sess 2 Meets:** Th, 11/5-12/17, 9:15-10:15 am (no class 11/26)  
**Fee:** $32/$38 (nr)  
**Sess 1 Meets:** F, 9/18-10/30, 9:30-10:30 a.m.  
**Fee:** $37/$44 (nr)  
**Sess 2 Meets:** F, 11/6-12/18, 9:30-10:30 a.m. (no class 11/27)  
**Fee:** $32/$38 (nr)

**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 2-6 year old child! Call today for more info 860-647-3084.

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**NEW! Kids Holiday Cupcake Decorating**
Kids will love these creative and messy classes! Join Jessica from the Cupcake Caboose and learn how to make your very own holiday theme cupcakes! All delicious decorating supplies will be provided. Please bring 4 unfrosted cupcakes and a container to transport decorated cupcakes home.

**Halloween Cupcake Decorating:** Oct 24, 10-11:00 a.m.  
Create a goopy eye monster cupcake, an owl cupcake, a ghost cupcake and a spooky pumpkin patch cupcake.

**Fall Cupcake Decorating:** Nov 21, 10-11:00 a.m.  
Children learn how to make a turkey cupcake, a pilgrim hat cupcake, a pumpkin cupcake & a scarecrow cupcake.

**Winter Cupcake Decorating:** Dec 12, 10 a.m.-11:00 a.m.  
Children learn how to make: polar bear cupcake, snowman cupcake, reindeer cupcake, & an ornament cupcake.

**Instructor:** Jessica Mendelsohn  
**Location:** Community “Y” Ball Room  
**9 am class meets:** Sat, 10/24, 10-11 a.m.  
**Fee:** $10/$12.50 (nr)

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**School-Age Youth**

**R.O.C.K 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 2-5 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:** Angelica Vega and Recreation Staff  
**Fee:** $30, $15 (MEC afterschool participant)  
**Buckley:** Mon, 9/28-11/9, 3:20-4:20 p.m. (no class 10/12)  
**Bowers:** Tu, 9/29-11/10, 3:20-4:20pm (no class 11/3)  
**Keeney:** Wed, 9/30-11/4, 3:20-4:20pm (no class 10/21)  
**Martin:** Th, 10/1-11/5, 3:20-4:20pm  
**Highland Park:** 10/2-11/6, 3:20-4:20pm

**Jukido 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, 10/9-12/18, 6-7:00 p.m. (no class 11/27)  
**Fee:** $63/$78 (nr)

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**Flash afterschool program at Bennet Academy**
For Bennet 6th grade students, 5 days a week, Monday - Friday, 2:45 to 5:30pm

**Session 1:** October to January  
**Session 2:** February to May

Program & Registration packets will be mailed to Bennet students in August.

Call us at 860-647-3084 for more information  
recreation.townofmanchester.org
**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 kick boxing, belly dancing with merengue and salsa moves.

Instructor: Kori Burz  
**Wed, Session 1:** 10/7-12/16; 7-8:00 pm, (no class 11/25)  
**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, 10/5-11/9, 5:45-6:45 pm (no class 10/12)  
**Fee:** $50/$63 (nr) per session  
**Session 2:** M/W, 11/16-12/21, 5:45-6:45 pm (no class 11/25)  
**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, 10/6-12/15, 5:30-6:30 p.m. (no class 11/24)  
**Fee:** $50/$63 (nr)

**TAPERCIZE LEVEL 2**

For those with some knowledge of the basic tap steps but still consider themselves “beginners”. Tap shoes are a must!

**Meets:** T, 10/6-12/15, 6:30-7:30 p.m. (no class 11/24)  
**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.

Tap shoes are a must!  
**Meets:** Th, 10/8-12/17, 6:30-7:30 p.m. (no class 11/26)  
**Fee:** $50/$63 (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, 10/8-12/17, 5:30-6:30 p.m. (no class 11/26)  
**Fee:** $50/$63 (nr)

**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, 10/5-11/9, 6:30-7:30 pm (no class 10/12)  
**Session 2:** M/W, 11/16-12/21, 6:30-7:30 pm (no class 11/25)  
**Fee:** $50/$63 (nr) per session

**WALK LIVE POWER CLASS**

Exciting, Motivating Music along with our four basic steps make this class suitable for all FITNESS LEVELS! Lose Weight! Feel Great! WALKING and Strength Training! INDOOR total body walking system...it's not a stroll around the block!

**Monday PM:** 10/5-12/14 (no class 10/12); 4:45-5:30 pm  
**Fee:** $40/$50 (nr) per session  
**Location:** Community “Y” Dance Room  
**Ages:** All ages welcome but geared toward boomers

**FIT FOR DELIVERY**

This prenatal exercise is class taught by certified perinatal fitness specialists designed especially for expectant moms. Classes include cardio and strength exercises plus stretching and relaxation techniques. You will receive individual attention to help modify your workouts according to your fitness level and trimester of pregnancy. Join between weeks 12 and 28 of your pregnancy for maximum program benefit. Continue for as long as you wish up until the birth of your baby.

**Tues & Thurs:** 6:45-7:45 pm  
**Fee:** $40 per month  
**Location:** Community “Y”  
**Register online:** ECHN.org/calendar or call Betsy Crayton, ECHN Perinatal Education, 860-647-4790

**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:** 9:00-10:00 am  
**Session 1:** 10/9-12/18 (no class 11/27)  
**Fee Session 1:** $50/$63 (nr)  
**Wednesdays:** 9:00-10:00 am  
**Session 1:** 10/7-12/16 (no class 11/25)  
**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. Personal needs such as introduction to cardio equipment and weights will be addressed if needed.

Instructor: Brenda Bourne  
**Location:** Community Y Rec Center Fitness Room  
**Ages:** 18 and older  
**Meets:** Call 647-3164 to set up an appointment  
**Fees for one person:**
  - 1/1 Hour Sessions: $400/$475 (nr) per session  
  - 5/1 Hour Sessions: $210/$250 (nr) per session  
  - 10/1 One Hour Sessions: $50/$63 (nr)

**Fees for two persons (buddy rate): Best Deal**
  - 1/1 Hour Session: $35/$44 (nr) per session  
  - 5/1 Hour Sessions: $160/$200 (nr) per session  
  - 10/1 One Hour Sessions: $300/$375 (nr) per session

**Fees for two persons (buddy rate): Best Deal**
  - 1/1 Hour Session: $35/$44 (nr) per session  
  - 5/1 Hour Sessions: $160/$200 (nr) per session  
  - 10/1 One Hour Sessions: $300/$375 (nr) per session

Register online: ECHN.org/calendar or call Betsy Crayton, ECHN Perinatal Education, 860-647-4790
**ADULTS**

**LAND EXERCISE**  
**NORTHWEST PARK**

**WALK LIVE POWER CLASSES**

Exciting, Motivating Music along with our four basic steps make this class suitable for all FITNESS LEVELS! Lose Weight! Feel Great! WALKING and Strength Training! INDOOR total body walking system...it’s not a stroll around the block!

**Wednesday PM Session:** 10/7-12/16; 6:30-7:15pm (no class 11/11)

**Fee:** $40/$50 (nr) per session  
**Location:** Northwest Park Activity Room Bldg. #1  
**Ages:** All ages welcome but geared toward boomers

**JUKIDO ADULTS**

A co-ed self defense course incorporating Judo, Aikido & Karate. Main emphasis is on students doing their best.  
**Instructor:** Richard Webster  
**Location:** Northwest Park Activity Room Bldg. #1  
**Ages:** 15 and older  
**Meets:** F, 10/9-12/18, 8-9:15 p.m. (no class 11/11)  
**Fee:** $68/$85 (nr)

**NEW Fitness Yoga - Tuesdays & Thursdays**

Develop your strength, balance, stamina and overall sense of well-being using breathing, flow yoga (Vinyasa) and core strengthening exercises. A basic knowledge of possess required.  
**Instructor:** Colleen Zimmer  
**Location:** Northwest Park Activity Room Bldg. #1  
**Session 1:** T/Th, 10/6-11/12, 6:00-7:00 p.m.  
**Fee:** $60/$75 (nr)  
**Session 2:** T/Th, 11/17-12/22, 6-7:00 pm (no class 11/26)  
**Fee:** $50/$63 (nr)

**TEAM ACTIVE**

Leave boredom and frustration behind and join our fitness playground in this boot camp style group training program. Team Active will provide participants with challenging, yet motivating strength and cardiovascular conditioning sessions that include a variety of innovative exercises to improve your overall fitness. This program is designed for all fitness levels, customized to each individual. An open mind and positive attitude are required!  
**Instructor:** Cindy Guimond  
**Location:** Northwest Park Activity Room, Bldg. #1  
**Session 1:** Tu, 10/6-10/27, 9:30-10:15 am  
**Session 2:** Tu, 11/3-11/24, 9:30-10:15 am  
**Session 3:** Tu, 12/1-12/22, 9:30-10:15 am  
**Fee:** $16/$20 (nr)  
**Session 1:** Th, 10/8-10/29, 9:30-10:15am  
**Fee:** $16/$20 (nr)  
**Session 2:** Th, 11/5-12/17, 9:30-10:15am (no class 11/26)  
**Fee:** $24/$30 (nr)

**TEAM FIT AFTER WORK**

Leave boredom and frustration behind and join our fitness playground in this boot camp style group training program. Team Fit will provide participants with challenging, yet motivating strength and cardiovascular conditioning sessions that include a variety of innovative exercises to improve your overall fitness. This program is designed for all fitness levels, customized to each individual. An open mind and positive attitude are required!  
**Instructor:** Karen Cimino  
**Location:** Northwest Park Activity Room, Bldg. #1  
**Session 1:** M, 10/5-11/2, 5-5:45 pm (no class 10/12)  
**Session 2:** M, 11/9-11/30, 5-5:45pm  
**Session 3:** M, 12/7-12/28, 5-5:45 pm  
**Fee:** $16/$20 (nr)  
**Session 1:** W, 10/7-10/28, 5-5:45 pm  
**Session 2:** W, 11/4-12/2, 5-5:45pm (no class 11/11)  
**Session 3:** W, 12/9-12/30, 5-5:45 pm  
**Fee:** $16/$20 (nr)

**BABY BOOMER’S**

**Pickle Ball**

New fad! There’s less ground to cover than other racket sports, making it easier for players of all ages, especially boomers and seniors. Players say it’s easier on the body while still getting in a full workout. Equipment provided!  
**Location:** Nathan Hale gymnasium  
**Session 1 Mondays:** 10/5-10/26, 6-8pm  
**Session 2 Mondays:** 11/2-11/23, 6-8pm  
**Session 3 Mondays:** 12/7-12/28, 6-8pm  
**Session 1 Thursdays:** 10/1-10/22, 6-8pm  
**Session 2 Thursdays:** 11/5-11/19, 6-8pm *(Sess 2 Thurs fee is $7.50)*  
**Session 3 Thursdays:** 12/3-12/31, 6-8pm (no class 12/24)  
**Fee:** $10 per session *(Sess 2 Thurs fee is $7.50)*

**CREAT 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**

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**PAVILION RENTAL**

**NORTHWEST PARK PAVILION AND RENTAL INFO**

Northwest Park’s grand pavilion is 55’ in diameter, open sided and covered. The facility provides 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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**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**
**Senior Center**

**General Information**

**Manchester Senior Center**
The Senior Center is division of the Human Services Department. The Senior Center along with the Recreation 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.
Closed: 9/7, 10/12, 11/11, 11/26, 11/27, 12/24, 12/25

**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.

**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 Lauren Scapaticci at 860-647-3211.

**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 Kitty Dudley, 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, overnights, cruises 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, transportation will be delayed until 10:00 a.m. Call the Center or check WFSA Channel 3 of WVIT Channel 30 for exact time of opening.

**Transportation**
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:** 9/25-12/18
**Location:** Gathering Restaurant, 471 Hartford Road

**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, 9/8-12/29
**Dates:** 10-1 p.m.
**Instructor:** Senior Center staff
**Location:** Senior Center Craft Room

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

**Friendship Circle**
Coffee, crafts and fun. Friendly group working on knitting, crocheting and other craft projects.
**Meets:** Wed., 9/2-12/30, 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, 9/14-12/28, 1-4 p.m.
**Location:** Senior Center Craft Room

**Other Programs**

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<td>Open Computer</td>
<td>M &amp; Th</td>
<td>9:00-11:00 am</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Mondays</td>
<td>12:30-2:00 pm</td>
</tr>
<tr>
<td>Poker</td>
<td>Mondays</td>
<td>12:15-2:00 pm</td>
</tr>
<tr>
<td>Setback</td>
<td>Fridays</td>
<td>12:45-3:30 pm</td>
</tr>
<tr>
<td>Social Bridge</td>
<td>Wednesdays</td>
<td>12:30-4 pm</td>
</tr>
</tbody>
</table>

**SCRABBLE**
A board game played with 2-4 players with the players using their vocabulary to create words.
**Meets:** Th, 9/17-12/31, 9:30-11:30 a.m.
**Location:** Senior Center Bingo Room

**Cribbage**
Combines both luck and skill. Social and fun game.
**Meets:** F, 9/18-12/18, 1:00-2:00 pm
**Location:** Senior Center Card Room

**Ping Pong**
Meets: M-F, 9/14-12/31, 8:30am to 4:30pm
Organized group play on Wed. from 2:30-4:30pm

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

**Men’s Group**
This social group enjoys a variety of activities including current events, health topics, trivia and good conversation.
**Meets:** Mon, 9/14-12/28, 10:45-11:45am
**Instructor:** Senior Center staff
**Location:** Senior Center Library

**Duplicate Bridge**
Meets: Th, 9/10, 12:30 - 4pm (no program 11/26, 12/21, 12/31)
**Fee:** $15/$25 (nr)
**Location:** Senior Center Bingo Room
**Director:** Richard Guttmann
**WRITING AND PRESERVING YOUR LIFE STORY**

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

**Meets:** Tuesday, 9/15-12/29, 1-3 pm
**Instructor:** Self Guided
**Location:** Senior Center Card Room

**DIGITAL PHOTOGRAPHY GROUP**

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

**Meets:** M, 9/14-12/28, 9:30-11:30 am
**Instructor:** Senior Center Volunteer
**Location:** Senior Center 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:** M, 9/14-12/21, 9:00-11:00 am (no class 10/12, 11/27)
**Instructor:** Michele D’Esopo
**Location:** Senior Center Ceramics Room

**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, 9/14-12/18, 9:30-11:30 am (no class 10/12, 11/27)
**Instructor:** Chlake Raineau
**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, 9/30-11/18, 10:30-12 pm (no class 11/11)
**Session 2:** W, 9/30-11/18, 11:15-11:45 am (no class 11/11)
**Instructor:** Sue Omilian
**Location:** Senior Center Card Room

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**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, 9/1-12/29
**Instructor:** TBD

**AARP Smart Driver**

This new course launched in January, 2014. Save at least 5% of your Auto Insurance. The class is limited to 25 participants. Course fees are $15 for AARP members and $20 for non-AARP members. You must pre-register in person at the Senior Center up to one day before the scheduled class. AARP does not accept walk-ins the day of the class. Payments are made by Check Only. Courses are scheduled as follows:

**Thursdays:** 9/24; 10/29; 11/19; no class offered in December.

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**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, 9/15-11/20
**Tai Chi Session 2:** T, 1:30-2:30 pm, F, 12-1 pm, 9/15-11/20
**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 exerubes to improve balance, muscle tone and overall cardio health.

**Mondays:** 9/14-12/21, 10-11 am (no class 10/12)
**Wednesdays:** 9/16-12/23, 10-11 am (no class 11/11)
**Fridays:** 9/18-12/18, 10-11:00 am (no class 11/27)
**Instructor:** Melissa Little
**Location:** Senior Center Auditorium

**YOGA PLUS (bring mat and towel to class)**

A class designed for the active senior with few limitations.

**Class Time:**
- **2:30pm class Meets:** M/W, 9/14-12/16, 2:30-3:15 pm (no class 10/12, 11/11, 11/25)
- **3:30pm class Meets:** M/W, 9/14-12/16, 3:30-4:15 pm (no class 10/12, 11/11, 11/25)
**Instructor:** Rima Riedel
**Location:** Senior Center Auditorium

**WALKING GROUP**

This group meets for treks around town and beyond.

**Meets:** W, 9/16-12/30, 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, 9/16-12/30, 9:00-12:00 pm

**BELLYROBICS**

Develop and improve strength and flexibility, while delivering a low impact, high energy, cardio-vascular workout.

**Meets:** Tuesdays, 10/6-12/22, 10-11 am
**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.

**Meets:** Th, 9/17-12/17, 2-3:00 pm (no class 10/22, 11/26)
**Instructor:** Kori Burz
**Location:** Senior Center Auditorium

**LINE DANCING**

Choreographed dance with a repeated sequence of steps.

**Instructor:** Laura Dunfield
**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

**Meets:** M/Th, 9/9-12/30, 1-3 pm
**Instructor:** Colleen Zimmer
**Location:** Senior Center Auditorium

**Senior Basketball Drop-In Program**

**Meets:** M, W, F 9/9-12/30
**Time:** 9:00-11:00 a.m.
**Location:** Community Y Recreation Center Gymnasium
**Fee:** $10/$20 (nr)
FALL 2015 PROGRAM REGISTRATION PROCESS AND CARD RENEWAL/MEMBERSHIP DETAILS

Please read the following information carefully.

CARD RENEWAL / MEMBERSHIP WEEK
Begins week of Monday, August 24
Times:  8:30 a.m. – 4:30 p.m.

Senior Center membership cards may be purchased at the Manchester Senior Center, the Community “Y” Recreation Center, Center Springs Recreation Office or at the Customer Service Center. Cards are valid September 1, 2015 through August 31, 2016. Proof of age and residency is required upon purchase with a CT Driver’s License, CT State I.D., or your name and address on a utility bill, or other post marked statement. 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 during the Fall & Spring sessions 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 2015 PROGRAM REGISTRATION PROCESS
Must have a valid 2015/2016 Membership Card to register for all programs.

PROGRAM REGISTRATION - Registration for all programs, except those listed below will begin on Tuesday Sept 8. Seniors may register at any registration location beginning Sept 8 at 9:00 a.m. 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 8. If your class does not fill up or is a drop-in program, feel free to register any time 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!

LOTTERY REGISTRATION
• Must have a valid 2014/2015 Membership Card to register for lottery programs.
• Seniors must submit a registration form to the front desk during the weeks of Mon, July 27 through Fri, August 7 for the following classes: Body Sculpt, Line Dancing, Light-n-Lively, Strength and Flex, Yoga Plus, Zumba Gold
• Registration forms may be picked up at the front desk
• Register for lottery classes on one registration form.
• A $5.00 commitment fee required for each class. Please make check payable to “The Town of Manchester”.
• Please place your registration form and check into a unmarked and non-sealed envelope (envelopes available at front desk).
• Registration forms received without proper fee will not be processed
• No advantage is given to registrations received on the first day
• No phone registrations will be accepted
• Checks only – no cash
• NO lottery registration forms will be accepted after Aug 7.
• Registrants will not be present for the drawing
• Class postings of acceptance into the lottery classes will be posted in the FRONT LOBBY on August 27 at 10:00 am

If you registered for a class (listed above) and did not get into the class you wanted:
• Your name will automatically be placed on the class waiting list and a credit will be applied to your account.
• If you would like to register for another class, or check for lottery class openings after the drawing, you can do so starting on Sept 8.
• You can use the credit on your account at that time, or you can save the credit for any other future class or membership.
• If you would rather have a refund check mailed to you instead of having the credit on your account, please call the front office at 860-647-3211, and we would be happy to process it for you.

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, Lauren Scapaticci, at Senior Adult and Family Services; (860) 647-3211.
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: Tuesday, September 8, 2015 (9:00 a.m. at ALL sites)
Non-residents: Thursday, September 10, 2015

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 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

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.

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!