Parks &
Recreation
Winter/Spring 2015

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Registration Begins December 9

recreation.townofmanchester.org
Located at Robertson Park, adjacent to the tennis courts, 39 Lodge Drive • Center Springs Park • 647-3084 for programs and membership.

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.

78 North Main Street • 647-3164
Office Hours: M-F, 8:30 a.m.-9:00 p.m.
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., 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.

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.

Ben nett Leisure Center

22 School Street • 647-3571 (ext. 5)
Dates of Operation: October to May
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.

Park Division Office

The Parks Division 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.

Field Closings

A list of the fields designated as closed for drop-in use for the winter (November 15 to March 15):

- MHS Memorial Field (main field)
- Leber Little League Field
- Verplanck Little League Field
- Bagshaw Little League Field
- Dettore Little League Field
- Nike Site Softball Field
- New State Road Softball Field
- Fitzgerald Softball Field @ Charter Oak Park
- Northwest Park Baseball Field
- Moriarty Baseball Field @ Mt. Nebo
- Carlin Football Field @ Mt. Nebo
- Veterans Memorial Park Soccer Fields (all 4)
- Kennedy Road Soccer Fields (all 3)

For a list and map of fields open for winter use, please visit our website at:
recreation.townofmanchester.org/FieldsOpenforWinterUse.cfm

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
Chenery 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 14/15 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.
**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:** October to May

Monday through Friday: 6-9 p.m.

Saturday: 10-5 p.m.

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**Other Facilities**

**Manchester Country Club** [www.mancc.com](http://www.mancc.com)

Call the golf shop staff for schedules & details, 860.646.0226 x1.

**Manchester Parks and Rec Dog Park**

@ Mt. Nebo Park, Spring Street

[www.mdogct.com](http://www.mdogct.com)

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**Northwest Park**

**Northwest Park and Activity Center**

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

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**Senior Center**

**See Page 20**

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**Mahoney Recreation 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:** October to May

Monday through Friday: 6-9 p.m.

Saturday: 10-5 p.m.

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**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. 860-647-3164

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

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

**Drop-In Rec Hours:** Sat., 10:00 a.m. - 5:00 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 a.m. - 9:00 p.m., Sat., 10:00 a.m. - 5:00 p.m.
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. There is no cost to the homeowner. 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 860-647-3139 or Liz Tracy 860-647-3167 or visit the website at www.townofmanchester.org/rebuildingtogether.

SANTA CALLS
The Recreation Department is assisting Santa in contacting all of his little friends ages 8 and under. Santa will be contacting participants on Friday, December 5, between 4:30-7:00 p.m. Parents may pick up a participation form at the Center Springs Recreation Office, located at 39 Lodge Drive. All forms must be returned by Friday, December 5 at 3:00 p.m.

ELKS HOOP SHOOT
A free one day event for boys and girls ages 8-13.
Date: Saturday, January 10, 2015
Time: 12:00 p.m. to 4:00 p.m.
Location: Bennet Leisure Center
Ages: 8 to 13

Aquatic Special Events

SWIMMING WITH SANTA
Saturday, December 20, 2014
10:00-11:30 a.m.
Manchester High School Main Pool
All ages welcome
Children must have a valid pool pass to be presented when entering to swim.

Come and enjoy free swim time with Santa! Santa will visit the main pool for a fun morning of splashing and swimming with your children. Parents must accompany young children or non-swimmers in the water. Bring your cameras!

AQUA EGG HUNT
Saturday, March 27, 2015
Manchester High School Pools
Fee: $3.00 per child

Join us for our Aqua Egg Hunt where children will collect floating and sinking eggs and enjoy a visit from the Bunny. Bring a bucket to collect eggs and then turn them into the Bunny’s helper for a prize. Swim attire is required.

Children 4 years & under must be accompanied by a parent in the water. Children who are not potty trained must wear a swim diaper in the water. This event is popular, so register early- pre-registration is required. Each group is limited to 20 children. Bring your camera!!

YWCA Nike Tykes
Early Learning Center
IS NOW OPEN!
We are a year-round, full-day child care center for children 6 weeks to 5 years.

Providing quality care by knowledgeable and caring staff committed to your child’s education and development.

For information call: 860-647-9325

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 Recreation Center Fitness Room
Ages: 18 and older
Meets: Call 647-3164 to set up an appointment
Fees for one person:
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: $50/$63 (nr) per session
5/1 Hour Sessions: $210/$250 (nr) per session
5/1 Hour Sessions: $210/$250 (nr) per session

Start on your New Year’s Resolution today!

The Community Y Recreation Centerboasts a user-friendly, clean, supervised and updated fitness center in the lower level of the building.
A Recreation Department facility pass is all that is needed to begin your fitness routine.
The Fitness Center is open to Manchester residents 16 years of age and older.

Personal trainers are available for a fee. Call 860-647-3164 or stop by the lobby desks in desires to make an appointment.
Community Y Hours: Monday-Thursday 6:00 a.m.-8:00 p.m.
Friday-Saturday 6:00 a.m.-6:00 p.m.

YWCA NIKE TYKES
EARLY LEARNING CENTER
IS NOW OPEN!
We are a year-round, full-day child care center for children 6 weeks to 5 years.

Providing quality care by knowledgeable and caring staff committed to your child’s education and development.

For information call: 860-647-9325

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.
**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.

*Age: 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**
Demonstrate a dive from the side of the pool, Swim underwater, Demonstrate each stroke for the following distances: Front crawl—25 yards, Back crawl—25 yards Butterfly—15 yards Breaststroke—15 yards, Elementary backstroke—15 yards, Swim on side using scissor-like kick—15 yards

**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. Lessons for Manchester residents only. Children may not be enrolled in more than one class per session.

**Class Days & Dates**

**Monday and Wednesday Classes**
- Session 1: February 2 - March 9 (no class 2/16)
- Session 2: March 23 - April 29 (no class 4/16)*
*IOH Pool classes only*

**Tuesday and Thursday Classes**
- Session 1: February 3 - March 10 (no class 2/17)
- Session 2: March 24 - April 30 (no class 4/14, 4/16)*
*IOH Pool classes only*

**Friday Classes**
- Session 1: January 30 - April 10 (no class 4/3)

**Saturday Classes**
- Session 1: January 31 - April 11 (no class 4/4)

**Create Your Family Account Online!**
Families should ENTER each member of their household prior to registering in person or online.

For On-line registration visit: RecOnline.townofmanchester.org

Swim Lesson registration for youth swim lessons will begin **Monday, December 8**.

Registration will be available **ON-LINE and IN PERSON** beginning at 9:00 a.m.

**Lifeguard Training (LGT)**
Looking for a great summer job? Through videos, group discussion and hands-on practice, learn patron rescue and surveillance skills, first aid and CPR/AED. Successful candidates will receive a 2 year CPR/AED certification and 3 year Lifeguarding certification. Prerequisites: Must be at least 15 years old and pass certain swimming requirements. Attendance at each class is mandatory.

**Instructor:** Mike Silver
**Date:** Tuesday, 3/10 to 5/26 (no class 4/15)
**Time:** 7:30 p.m. to 9:30 p.m.
**Location:** MHS Main Pool
**Ages:** 15 and older
**Fee:** $170/$210 (nr)

**Water Safety Instructor Training (WSI)**
Get certified to teach swim lessons. The American Red Cross certification program to teach swimming lessons.

**Instructor:** Meg Bonk
**Date:** Thursday, 3/12 to 5/28 (no class 4/16)
**Time:** 7:30 p.m. to 9:30 p.m.
**Location:** MHS Main Pool
**Ages:** 16 and older
**Fee:** $290/$350 (nr)

Attendance at each class is mandatory.

**Swim Class Offerings**

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<tr>
<th>Level</th>
<th>Day</th>
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**Swim Lesson Registration**

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- Infant: ages 6 months-18 months
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**Swim Lesson Fees**
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**INDOOR POOLS**

**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 ends Friday, June 5, 2015 (dates subject to change). Note: Weekend Public Swim ends Saturday, April 11, 2015. 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.

**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 ends Friday, June 5, 2015 (dates subject to change). Note: Weekend General Swim ends Saturday, April 11, 2015. 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: 8:00-9:00 p.m.
Saturday: 12:00- 1:00 p.m.

**Special Open Swim Hours - IOH Pool Only**
January 5- January 29
May 4- May 29
6:00-7:30 p.m.

**Swim Programs**

**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:** Sa, 1/31-4/11, 8:30-9:30 a.m. (no class 4/4)
**Meets:** Tu/Th, 1/6-2/5, 8:30-9:30 p.m.
**Fee Sat session:** $50/$63 (nr)
**Fee Tu/Th session:** $50/$63 (nr)

**Teen Beginner Swim Lessons**
Designed specifically for the teenager looking to be more comfortable in the water. No prior swimming skills required. Perfect for first-time swimmer or someone looking to gain more confidence in the water.

**Instructor:** Lori Dusza
**Location:** Manchester High School Main Pool
**Meets:** Sa, 1/31-4/11, 9:30-10:30 a.m. (no class 4/4)
**Fee:** $50/$63 (nr)

**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, W, F, 8:30-9:15 a.m.
**PM Swim Schedule:** M, W, F, 8:30-9:30 p.m.
**Session 1:** 1/5-3/27/15
**Pool Closed:** 1/19, 2/16, 2/17
**Session 2:** 3/30-6/5/15
**Pool closed:** 4/3, 4/13, 4/14, 4/15, 4/16, 4/17, 5/25
**Fee per session:** $50 residents only, fee for 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
**T/Th Session 1:** 1/6-1/29, 7:30-8:30 p.m.
**Fee:** $40/$48 (nr)
**T/Th Session 2:** 2/3-3/3, 7:30-8:30 p.m. (no class 2/17)
**Fee:** $40/$48 (nr)
**M/W Sess 1:** 3/16-4/29, 6:30-7:30 p.m (no class 4/13, 4/15)
**Fee:** $60/$73 (nr)
**M/W Session 2:** 5/4-6/8, 6:30-7:30 p.m. (no class 5/25)
**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
**Session 1:** M/W/F, 1/5-1/28, 6:30-7:30 p.m.
**Session 2:** M/W/F, 2/18-3/23, 6:30-7:30 p.m.
**Session 3:** M/W/F, 3/30-5/11, 6:30-7:30 p.m.
**Sess 4:** M/W/F, 5/18-6/12, 6:30-7:30 pm (no class 5/25)
**Fee Per Session 1-3:** $60/$75 (nr) per session
**Fee Per Session 4:** $44/$56 (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 Gasorek, AFAA, OT-L
**Location:** Manchester High IOH Pool
**Session 1:** M/W/F, 1/5-2/9, 5:15-6:00 p.m. (no class 1/19)
**Session 2:** M/W/F, 2/18-3/23, 5:15-6:00 p.m.
**Session 3:** M/W/F, 3/30-5/11, 5:15-6:00 p.m.
**Sess 4:** M/W/F, 5/18-6/12, 5:15-6:00 pm (no class 5/25)
**Fee Per Session 1-3:** $60/$75 (nr) per session
**Fee Per Session 4:** $44/$56 (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, tone and endurance without the impact of land exercise. 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
**Session 1:** T/Th, 1/6-2/5, 7:30-8:30 p.m.
**Session 2:** T/Th, 2/10-3/12, 7:30-8:30 p.m.
**Session 3:** T/Th, 3/24-4/30, 7:30-8:30 p.m. (no class 4/14, 4/16)
**Session 4:** 5/5-6/4
**Fee per Session 1-4:** $50/$63 (nr) per session

**Deep Water NEW**
Discover the fun and effectiveness of aquatic exercise. This class is a new way to burn fat and tone your muscles. Primarily conducted in deep water utilizing core muscles to stabilize the body during the workout. Excellent addition to your fitness routine. Class held in the Main Pool.

**Instructor:** Merry Ellen Gasorek, AFAA, OT-L
**Location:** Manchester High MAIN Pool
**Session 1:** M/W, 1/5-1/28, 6:30-7:30 p.m. (no class 1/19)
**Fee:** $35/$44 (nr) per session

**Aquatic Special Events**

See Special Event Page - page 13

recreation.townofmanchester.org
Manchester Parks and Recreation, in partnership with Public Works, is pleased to announce 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 will have one or more blue recycling carts on a seasonal basis. These recycling carts will be located adjacent to a Town garbage cart, which will have a green body and a yellow lid marked “TRASH ONLY.”

Recycling carts will have a special circular cutout on top of the lid for the collection of all plastic, metal and glass beverage containers. Additionally, because of the new Single-Stream recycling program, newspaper, magazines and juice boxes can be collected in recycling carts at the Parks:

- WATER BOTTLES
- SPORTS DRINKS
- CARBONATED DRINKS
- ICE TEAS
- ENERGY DRINKS
- OTHER METAL, PLASTICS & GLASS CONTAINERS
- JUICE BOXES
- NEWSPAPERS
- MAGAZINES

Both recycling and garbage carts will be 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 new program, please call the Sanitation Division at 647-5279 or visit: www.manchesterrecycles.org

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**Summer Camps**

**Summer Camps**
The Summer Day Camp program includes structured activities such as sports and games, arts and crafts, swimming, field trips and special events. For more information please contact Calvin Harris at 860-647-3088 or Scott Garman at 860-647-3139.

**Recreation Leader in Training (RLT)**

Program (for ages 14 & 15)
The Recreation Leader in Training program is a six week leadership training program for youth ages 14 to 15. The RLT program is designed for training youth to be future leaders and to provide them the opportunity for possible future employment with the Manchester Recreation Dept. in our Summer Aquatics or Summer Camp program. For more information please contact Rob Topliff at 860-647-3079.

**New Camp Programs for this Summer!**

Look for all the camp packets MARCH 2.

ALL SUMMER & RLT CAMP REGISTRATION PACKETS WILL BE AVAILABLE MARCH 2, 2015

Registration is mail in only.

Applications must be postmarked by March 27, 2015.

Packets will be available at:
Center Springs Main Office, 39 Lodge Drive,
Mahoney Rec Center, 110 Cedar Street,
Community "Y" Rec Center, 78 North Main St.,
Citizen Services Center, 41 Center Street,
Bennet Leisure Center, 22 School Street

Any questions regarding the S.A.A.M program, please contact Amy Radikas at 860-647-3446.
**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. Older siblings are not allowed.

**Instructor:** Karen Rowell  
**Location:** Center Springs Park

**Class: Wonder Years**  
**Ages:** 1-2 years  
**Meets:** T, 1/6-2/24, 9:15-10:15 a.m.  
**Fee:** $37/$44 (nr)

**Class: Wee Two**  
**Ages:** 2-3 years  
**Meets:** T, 1/6-2/24, 10:30-11:30 a.m.  
**Fee:** $37/$44 (nr)

**Class: Happy Together**  
**Ages:** 2.5 years and up  
**Monday Sess 1:** M, 1/5-2/23, 9:30-11 a.m.  
**Fee:** $45/$53 (nr)

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

**Instructor:** James Tierini  
**Location:** Community Y Rec Center Gym

**Start Smart Basketball**
Teaches children (3-5) a variety of basketball skills including: dribbling, ball handling, shooting, passing, catching and running. An adult must participate with the child.

**Session:** Sa, 2/7-3/14, 9-10 a.m. or 10-11 a.m.  
**Fee:** $65/$82 (nr) per session includes equipment

**Start Smart Baseball**
Teaches children (3-5) a variety of baseball skills, including: throwing, catching, batting and running/agility.

**Session:** Sa, 3/28-5/2, 9-10 a.m. or 10-11 a.m.  
**Fee:** $65/$82 (nr) per session includes equipment

**SCHOOL-AGE YOUTH**

**R.O.C.K Recreation on Campus For Kids**
Indoor Basketball and Indoor/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:** Attah Agygmang  
**Fee:** $30, $15 (MEC afterschool participant)  
**Buckley:** Mondays, 3:20-4:20 p.m.  
**Basketball:** 1/26-3/9 (no class 2/16)  
**Soccer:** 4/6-5/18 (no class 4/13)

**Bowers:** Tuesdays, 3:20-4:20 p.m.  
**Basketball:** 1/27-3/24 (no class 2/17, 3/10, 3/17)  
**Soccer:** 4/7-5/19 (no class 4/14)

**Keeney:** Wednesdays, 3:20-4:20 p.m.  
**Basketball:** 1/28-4/1 (no class 2/4, 3/11, 3/18, 3/25)  
**Soccer:** 4/22-6/3 (5/13)

**Martin:** Thursdays, 3:20-4:20 p.m.  
**Basketball:** 1/29-3/5  
**Soccer:** 4/9-5/21 (no class 4/16)

**Highland Park:** Fridays, 3:20-4:20 p.m.  
**Basketball:** 1/30-3/6  
**Soccer:** 4/10-5/22

**Jukido Beginners**
A co-ed self defense course incorporating Judo, Aikido and Karate. The emphasis is on students doing their best.

**Instructor:** Richard Webster, IKA  
**Location:** Northwest Park Activity Room Bldg. #1  
**Ages:** 6-14

**Session 1 Meets:** F, 1/2-3/20, 6-7 p.m.  
**Session 2 Meets:** F, 4/10-6/26, 6-7 p.m.  
**Fee:** $75/$94 (nr) per session

**Jukido Returning**

**Instructor:** Richard Webster, IKA  
**Location:** Northwest Park Activity Room Bldg. #1  
**Ages:** 6-14

**Session 1 Meets:** F, 1/2-3/20, 7-8 p.m.  
**Session 2 Meets:** F, 4/10-6/26, 7-8 p.m.  
**Fee:** $75/$94 (nr) per session

**Indoor Tennis**
Learning the basic skills of tennis.

**Instructor:** Rec Staff  
**Session 1:** Tuesday, 4/7 to 4/28  
**Session 2:** Tuesday, 5/5 to 5/26  
**Time:** 3:00 p.m. to 7:00 p.m.  
**Location:** Mahoney Recreation Center  
**Ages:** 4 to 7 years  
**Fee:** $13/$17 (nr)

**Teen Stomp/Step/Street Dance - NEW**
A form of percussive dance in which the participant's body is used as an instrument to produce sounds through a mixture of footsteps, spoken word, and hand claps.

**Instructor:** Maurice Clark  
**Session 1:** Thursday, 2/5 to 2/26  
**Session 2:** Thursday, 3/5 to 3/26  
**Session 3:** Thursday, 4/2 to 4/23  
**Time:** 3:00 p.m. to 4:00 p.m.  
**Location:** Community “Y” Recreation Center  
**Ages:** 8 to 11 years  
**Fee:** $26/$33 (nr)

**Hip Hop Dance for Kids - NEW**
Dance that evolved outside of dance studios in any available open space such as streets, dance parties, block parties, parks and school yards. Provide history, technique and choreography to (what is considered the original "duet" of Street dance) Locking and Popping.

**Instructor:** Maurice Clark  
**Session 1:** Saturday, 2/7 to 2/28  
**Session 2:** Saturday, 3/7 to 3/28  
**Session 3:** Saturday, 4/11 to 5/2  
**Time:** 11:00 a.m. to 12:00 p.m.  
**Location:** Community “Y” Recreation Center  
**Ages:** Grades 2 - 5  
**Fee:** $16/$20 (nr) per session

**Teen Beginner Swim Lessons - See Page 15**

**Lifeguard Training (LGT) - See Page 14**

**Water Safety Instructor Training (WSI)**
See Page 14

recreation.townofmanchester.org
**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  
**Location:** Community Y Dance Room  
**Ages:** 18 and older  
**Wed. Session 1:** 7:00-8:00 pm, 1/14-3/18  
**Wed. Session 2:** 7:00-8:00 pm, 4/1-6/3  
**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 strength/resistance exercises using a variety of equipment. 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, 1/12-2/16, 5:45-6:45pm (no class 1/19)  
**Session 2:** M/W, 2/23-3/25, 5:45-6:45 pm  
**Session 3:** M/W, 4/6-5/6, 5:45-6:45 pm  
**Session 4:** M/W, 5/11-6/15, 5:45-6:45 pm (no class 5/25)  
**Fee:** $50/$63 (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, 1/12-2/15, 6:30-7:30pm (no class 1/19)  
**Session 2:** M/W, 2/23-3/25, 6:30-7:30pm  
**Session 3:** M/W, 4/6-5/6, 6:30-7:30pm  
**Session 4:** M/W, 5/11-6/15, 6:30-7:30pm (no class 5/25)  
**Fee:** $50/$63 (nr) per session

**Golf Leagues**

**Mixed Doubles Golf League**

Openings are available for Monday night league. Season runs mid-April to end of August. Interested Manchester residents should call Liz Tracy at 860-647-3167.

**Men's Golf League**

Openings are available for Monday night league. Season runs mid-April to end of August. Interested Manchester residents should call Liz Tracy at 860-647-3167.
**ADULTS**

**LAND EXERCISE** NORTHWEST PARK

**POWER YOGA - TUESDAYS & THURSDAYS**
Two classes in one, weight lifting integrated with yoga stretching and breathing. Together they can help strengthen bones, connective tissue, enhance balance and well-being.

**INSTRUCTOR:** Colleen Zimmer  
**LOCATION:** Northwest Park Activity Room, Bldg. #1
**SESSION 1:** T/Th, 1/6-2/5, 6:00-7:00 pm  
**FEE:** $50/$63 (nr)  
**SESSION 2:** T/Th, 2/17-3/19, 6-7:00 pm  
**FEE:** $50/$63 (nr)

**JUKIDO ADULTS**
A co-ed self defense course incorporating Judo, Aikido & Karate. Main emphasis is on students doing their best.

**INSTRUCTOR:** Richard Webster, IKA  
**LOCATION:** Northwest Park Activity Room, Bldg. #1
**AGES:** 15 and older
**SESSION 1 MEETS:** F, 1/2-3/20, 8-9:15 p.m.  
**FEE:** $81/$101 (nr)  
**SESSION 2 MEETS:** F, 4/10-6/26, 8-9:15 p.m.  
**FEE:** $81/$101 (nr)

**BODY SCULPT**
Cardio mixed with Body Sculpt intervals of aerobics and weight training.

**TUESDAY:** 1/6-3/10, 7:00-7:45 pm
**INSTRUCTOR:** Janice Flanagan  
**LOCATION:** Northwest Park Activity Room, Bldg. #1
**FEE:** $40/$50 (nr)

**RHYTHM & MOVEMENTS**
Encompassing both traditional exercises and poses from both practices. Core work, strength, stretching and mind body connection.

**TUESDAY SESS 1:** 1/6-3/10, 7:45-8:30 pm  
**INSTRUCTORS:** Janice Flanagan  
**LOCATION:** Northwest Park Activity Room, Bldg. #1
**FEE:** $40/$50 (nr)

**TEAM ACTIVE**
While this individualized group training program is designed for baby boomers age 50 and over, anyone who is new to exercise, or just getting back into the swing of things, is welcome to join. Each session will provide participants with a well rounded and accommodating workout that will incorporate muscular fitness, aerobic endurance and flexibility training using a variety of modalities and types of equipment.

**INSTRUCTOR:** Cindy Guimond  
**LOCATION:** Northwest Park Activity Room, Bldg. #1
**SESSION 1:** T/Th, 1/6-1/29, 9:30-10:15 am  
**SESSION 2:** T/Th, 2/10-3/5, 9:30-10:15 am  
**SESSION 3:** T/Th, 3/17-4/9, 9:30-10:15 am  
**SESSION 4:** T/Th, 4/21-5/14, 9:30-10:15 am  
**SESSION 5:** T/Th, 5/26-6/18, 9:30-10:15 am  
**FEE:** $32/$40 (nr) per session

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**TEAM FIT AFTER WORK**
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 and includes pre and post assessments to track progress.

**INSTRUCTOR:** Karen Cimino  
**LOCATION:** Northwest Park Activity Room, Bldg. #1
**SESSION 1:** M/W, 1/5-2/2, 5:15-6:00 pm (no class 1/19)  
**SESSION 2:** M/W, 2/11-3/11, 5:15-6:00 pm (no class 2/12)  
**SESSION 3:** M/W, 3/23-4/15, 5:15-6:00 pm  
**SESSION 4:** M/W, 4/27-5/20, 5:15-6:00 pm  
**SESSION 5:** M/W, 6/3-6/29, 5:15-6:00 pm  
**FEE:** $32/$40 (nr) per session

**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!

**MONDAY SESS 1:** 1/5-3/23 (no class 1/19, 2/16); 5:15-6pm  
**MONDAY SESS 2:** 4/6-6/29 (no class 5/25); 5:15-6pm  
**FEE per Mon Sess:** $40/$50 (nr)

**WEDNESDAY SESS 1:** 1/7-3/3; 6:30-7:15pm  
**WEDNESDAY SESS 2:** 3/25-6/10, 6:30-7:15pm  
**FEE per Wed Sess:** $48/$60 (nr) per session

**INSTRUCTOR:** Robin Frost  
**LOCATION:** Northwest Park Activity Room, Bldg. #1

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**BABY BOOMER PROGRAMS**

**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.

**WHO ARE WE LOOKING FOR TO JOIN THE MANCHESTER BABY BOOMER SOCIAL CLUB?**
We’re looking for men and women (single, married, divorced), with or without children. If you’re in your 50’s - 60’s, active, looking for a social outlet, please join our group. This is a great way to meet new people in a fun, relaxed and non-stressful atmosphere.

**POSSIBLE ACTIVITIES AND EVENTS**
Workshops and Lecture Series, Couponing Class, Stress Management, Diet & Exercise: Why we don’t stick with them!! In the community - Dinner, movies, various other activities: bowling, wineries, contra dancing and more!

**BOOMERS AND BEYOND E-MAIL**

**ACTIVITY NETWORKING GROUP**
It’s easy to join. Register today and receive detailed information on many of the fun, social activities we have tentatively planned for Jan – June. 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

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

recreation.townofmanchester.org
WINTER/SPRING 2015 PROGRAM REGISTRATION PROCESS

The starting dates for WINTER programs vary depending on instructor availability. Most instructor based programs will begin the week of January 5th. Must have a valid membership card to register for all programs.

PROGRAM REGISTRATION - Registration for all programs, except those listed below will begin on Monday, December 8th at 9:00 am. 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 Dec 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!

LOTTERY REGISTRATION:

• Must have a valid membership card to register for lottery programs
• Submit a registration form to the front desk beginning Nov 3 and no later than Nov 14 for these classes:
  Ceramics (begins Jan 5)
  Line Dancing (begins Jan 8)
  Light-N-Lively (begins Jan 5)
  Strength and Flex (begins Jan 5)
  Yoga Plus ((begins Jan 5)
  Zumba Gold (begins Jan 8)
• 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 non-sealed envelope (envelopes available at front desk)
• Registration forms received without proper fee will not be processed
• No advantage for registrations received on the first day
• No phone registrations will be accepted
• Checks only – no cash
• NO lottery registration forms will be accepted after Nov 14
• Registrants will not be present for the drawing
• Class postings of acceptance into the lottery classes will be posted in the CARD ROOM on Friday, December 5 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 OR you may register for another class on December 8th and your $5.00 fee will be transferred to that class OR you will receive your check back in the mail OR a credit to your account.

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, Sue Bernstein, our Senior Center Social Worker, at 860-647-3211 for details.

GOLF PROGRAMS

SERNIOR MENS GOLF PROGRAM
Meets: Mondays, 7:30-11:00 a.m. (late April to mid September)
Location: Manchester Country Club
Ages: 55 and older
All fees are due upon registration. Fee will be determined at a later date. Registration packets will be mailed to all prior members in March. New players should contact Liz Tracy at 860-647-3167 for more information.

SERNIOR LADIES GOLF LEAGUE
Meets: Mondays, 8:30-11:00 a.m. (late April to mid September)
Location: Manchester Country Club
Ages: 55 and older
All fees are due upon registration. Fee will be determined at a later date. Informational meeting will be held in March at the Senior Center to review rules and accept registration for new players. Contact Liz Tracy at 860-647-3167 for more information.
**Senior Center**

**General Information**

**Manchester Senior Center**
The Senior Center is a division 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.
T/Th, 5:30 - 8:00 p.m. (3/24-5/28)

Holidays: Programs will NOT meet on Town holidays.

**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 info., 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 Kitty Dudley-McIntosh, the Senior Housing, Medicare Savings Plan or anything of a personal nature can be directed to Kitty Dudley-McIntosh, the Senior Center. These programs, as well as the Senior Center. These programs, as well as the Senior Center. These programs, as well as 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 and transportation are cancelled from 8:30 to 10:00 a.m. and regular schedule will resume at 10:00 a.m. Call the center or check WTIC 1080 AM 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.

**Social Leisure**

**Fees** = Denotes $5 commitment fee for program

**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: 1/2-5/29 (No class 4/3)
Location: Guido's Restaurant, 242 Broad Street

**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, 1/2-5/29, (no class 4/3), 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, 1/6-5/28
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, 1/6-5/26, 1:00-3:30 p.m.
Location: Senior Center Library

**Golden Agers**
This social group meets twice a month for conversation and to play bingo. Visit us to find out more.
Meets: 2nd and 4th Tuesday of the Month, 1-3 p.m.
Dates: 1/13-5/26
Location: Senior Center Bingo Room

**Friendship Circle**
Coffee, crafts and fun. Friendly group working on knitting, crocheting and other craft projects.
Meets: Wed., 1/7-5/27, 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, 1/5-5/18, 1-4:00 p.m.
Location: Senior Center Library

**Greenhouse**
Trained horticultural specialist takes the time to work with all participants in making their greenhouse experience a pleasurable one. Seniors assist in watering, pruning and daily tending of plants. Plant sale will be held on Saturday, May 9, 9am to 1pm.
Instructor: Karen Bafumo

**Other Programs**

<table>
<thead>
<tr>
<th>Program</th>
<th>Day of the Week</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards</td>
<td>M-F</td>
<td>8:30-4:30 pm</td>
</tr>
<tr>
<td>Billiards Evening</td>
<td>Tu &amp; Th</td>
<td>5:30-8:00 pm</td>
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<tr>
<td>Bingo</td>
<td>M &amp; F</td>
<td>10-12 pm</td>
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<tr>
<td>Dominoes</td>
<td>Wednesdays</td>
<td>12:30-3:00 pm</td>
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<tr>
<td>Mahjongg</td>
<td>Tuesdays</td>
<td>12:30-2:30 pm</td>
</tr>
<tr>
<td>Open Computer</td>
<td>M - F</td>
<td>8:30-4:30pm</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>12:30-2:30 pm</td>
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<tr>
<td>Setback</td>
<td>Fridays</td>
<td>12:30-3:30 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, 1/8-5/28, 9:30-11:30 a.m.
Location: Senior Center Bingo Room

**Cribbage**
Combines both luck and skill. Social and fun game.
Meets: F, 1/2-5/29, 12:30-3:00 pm
Location: Senior Center Card Room

**Ping Pong**
Meets: M-F, 1/5-5/29, 8:30am to 4:30pm (Billiards room)
Organized group play on Wed. from 2:30-4:30pm

**Bocce League**
Meets: W, 8:30 to 11:00 a.m.
Location: Behind the Senior Center

**Duplicate Bridge**
Session Meets: Thursdays, 1/8-5/28, 12:30-4:00 p.m.
Fee: $15, $25 (non-resident)

**Hand and Foot**
Session Meets: Thursdays, 1:30 - 3:30 p.m.
W R I T I N G  A N D  P R E S E R V I N G  Y O U R  L I F E  S T O R Y

Senior Center Card Room
Session 2: W, 1/7-2/25, 12:30-2 p.m.
Session 1: include and finish with a self-publishing document.

Learning to start your memoir, organize material and keep going until you’re finished. Learn tips on which pictures to
include and finish with a self-publishing document.

**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.

Meet: M, 1/5-5/18, 9:30-11:30 am (no class 1/19, 2/16)

Instructor: Norm McKee

Location: Senior Center Craft Room

**CERAMICS**

Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.

Meet: M/F, 1/5-5/29, 10:30-12 p.m. (no class 1/19, 2/16, 4/3, 5/25)

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’re finished. Learn tips on which pictures to include and finish with a self-publishing document.

Session 1: W, 1/7-5/27, 10-11 a.m. OR 11-11:45 a.m.
Session 2: W, 3/11-5/29, 12:30-1:30 pm.

Instructor: Nina Stramaglia

Location: Senior Center Card Room

**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. Seniors may sign up for 2 out of 3 classes.

Mondays Meet: 1/5-5/18, 10-11 a.m. (no class 1/19, 2/16)

Wed Meet: 1/7-5/27, 10-11a.m. OR 11-11:45 a.m.

Fridays Meet: 1/9-5/29, 10-11:00 a.m. (no class 4/3)

Instructor: Colleen Zimmer

Location: Senior Center Auditorium

**YOGA PLUS (BRING MAT AND TOWEL TO CLASS)**

A class designed for the active senior with few limitations.

Meet: M/W, 1/5-5/27, 2:30-3:15 p.m. (no class 1/19, 2/16, 5/25)

Meet: M/W, 1/5-5/27, 3:30-4:15 p.m. (no class 1/19, 2/16, 5/25)

Instructor: Melissa Little

Location: Senior Center Auditorium

**SLOW-N-LIGHT**

Meets for treks around town.

Meet: W & F, 1/7-5/29, 8:45-11 a.m. (no class 4/3)

Instructor: Helen Partridge

Location: Senior Center Parking Lot

**TAI CHI 1 & 2**

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

Tai Chi Session 1: T, 2:30-3:30pm, F, 1-2pm, 1/6-5/29

Tai Chi Session 2:T, 1:30-2:30pm, F, 12-1pm, 1/6-5/29

Instructor: Maleek Khow

Location: Senior Center Auditorium

**G U I D E D  M E D I T A T I O N**

Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.

Instructor: Laura Dunfield

Meet: W, 1/7-5/27, 11:15-11:45 am

Location: Senior Center Library

**ZUMBA BLACK**

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system.

Instructor: Rocio Gurske

Meet: Th, 1/8-5/28, 2:00-3:00 p.m.

Location: Senior Center Auditorium

**BELLYROBICS**

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

Session 1 Meets: Tues, 1/6-5/26, 10-11 am

Instructor: Rima Riedel

Location: Senior Center Auditorium

**LINE DANCING**

Line dancing is a choreographed dance with a repeated sequence of steps with people in lines or rows.

Instructor: Laura Dunfield

Session 1 Meets: Th, 1/6-5/28, 10:00-11:00 a.m.

Location: Senior Center Auditorium

**BODY SCULPTING (BRING A MAT)**

Weight bearing exercise program for active older adult that includes warmup, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.

Instructor: Chlake Rainey

Meet: M, 1/5 - 5/18, 12:45-1:30 p.m. (no class 1/18, 2/16)

Meet: W, 1/7 - 5/27, 12:45 - 1:30 p.m.

Location: Senior Center Auditorium

**EVENING BODY SCULPTING (BRING A MAT)**

Weight bearing exercise program for active older adult that includes warmup, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.

Meet: Tu., 3/24-5/26, 6:00-7:00 p.m. (Janice Flanagan)

Meet: Thurs, 3/26-5/28, 6:00-7:00 p.m. (Chlake Rainey)

Location: Senior Center Auditorium

Ages: 55 +

**EVENING YOGALATES**

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.

Meet: Tues. 3/24 - 5/26, 7:00 - 8:00 pm

Meet: Thurs. 3/26 - 5/28, 7:00 - 8:00 pm

Instructor: Tu. - Janice Flanagan. Th. - Chlake Rainey

Location: Senior Center Auditorium

Ages: 55 +

**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.

Instructor: Nina Stramaglia

**LIGHT-N-LIVELY**

Low impact cardio workout. Active and fast paced.

Seniors may sign up for 2 out of 3 classes.

Meet: M, 1/5-5/18, 1:30-2:30 pm (no class 1/19, 2/16)

Meet: W, 1/7-5/27, 1:30-2:30 pm

Meet: F, 1/9-5/29, 11:00-12:00 pm (no class 4/3)

Location: Senior Center Auditorium

Instructor: Chlake Rainey

**STONGER SENIORS - CHAIR EXERCISE PROGRAM**

Will include chair aerobics, chair zumba and will incorporate weights, tubes and stretching.

Meet: W, 1/7-5/27, 9:15-10:00 am

Location: Community “Y” Recreation Center

Fee: $10, $20 (nonresident)
Recreation Programs - Easy Registration
The Parks and Recreation Department now offers four different ways to register for programs you are interested in. (See Page 19 for Senior Center registration details).
Registration Begins as Follows:
Residents: Monday, December 8, 2014 (9:00 am at ALL sites)
Non-residents: Wednesday, December 10, 2014

Registration Options
Families should CREATE AN ACCOUNT for their entire household prior to registering in person or online.

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: RecOnline.townofmanchester.org

2. Mail-in Registration
Mail-in registration will be accepted for all Parks and Recreation programs with the exception of the 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, 8:30 a.m.-4:30 p.m.
  - Community “Y” Rec Center, 78 North Main Street, 8:30 a.m.-8:30 p.m.
  - Mahoney Rec Center, 110 Cedar Street, 3:00-8:00 p.m.
  - Customer Service Center, Town Hall, 41 Center Street, 8:30 a.m.-5:00 p.m.

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.

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.