Parks & Recreation
SUMMER 2015

What’s Inside

Page 11  Facilities and Membership
Page 12  Special Events
Page 13  Pool Schedules
Page 13  Swim Lessons and Programs
Page 15  Swim Lesson Schedules
Page 16  Children and Youth Programs
Page 17  Children and Youth Programs
Page 18  Adult Programs
Page 19  Adult and Baby Boomer Programs
Page 20  Senior Center Registration
Page 21  Senior Programs
Page 22  Senior Programs
Page 23  Registration

Registration Begins May 18

recreation.townofmanchester.org
Recreation Facilities

Center Springs Main Office
Center Springs Main Office is located at Center Springs Park. This building houses recreation personnel and serves as the department's main focal point for daily administration. In addition, the building is a registration site for programs and membership.
39 Lodge Drive • Center Springs Park • 647-3084
Office Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.
Closed Legal Holidays

Parks Division Office
The Parks Division Office is located in Public Works Facility. This office houses park staff and serves as the department's main focal point for daily parks maintenance and administration.
321 Olcott St. • 647-3222
Office Hours: Monday-Friday, 7 a.m.-3:30 p.m.
Closed Legal Holidays

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. (3/27 - 5/31)

Mahoney Recreation Center
Located at the west side of Manchester, adjacent to Washington School. The center is a registration site for recreational programs and membership.
110 Cedar Street • 647-3166
Dates of Operation: Summer Hours 2015 (6/16-8/22)
Office Hours: Monday-Friday, 9 a.m. to 9 p.m.

Community Y Recreation Center
The Community Y Recreation Center is located at the north end of Manchester. The center is a registration site for recreational programs and membership.
78 North Main Street • 647-3164
Dates of Operation: June through September 2015
Office Hours: Monday-Friday, 8:30 a.m.-8:00 p.m.
Office Hours: Sat., 9 a.m.-12 p.m.

Community Y Fitness Center
The Community Y Fitness Center is located at the north end of Manchester. The fitness center offers free weights, multi-station gym and cardio equipment.
78 North Main Street • 647-3164
Dates of Operation: June through September 2015
Hours: M-F, 8:30-8:00 p.m., Sa., 9 a.m.-12 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.

Other Facilities
Manchester Country Club www.mancc.com
It’s time to wipe the dust off that swing...it’s almost spring! Please visit the Manchester CC website for course opening details, www.mancc.com.

Get your game in shape with a spring tune up from our PGA Professional staff. 30-minute individual lessons are available. New to the game? Call and inquire about our PGA Get Golf Ready packages for beginners. (5)

You can also visit www.mancc.com, for spring golf specials. As always Manchester Country Club will be providing (3) days of complimentary golf for Manchester residents during the season. Dates this year are April 20, July 13 and October 5. Teetimes are accepted by calling 60-minute lessons are only $99.

You can also visit www.mancc.com for spring golf specials. As always Manchester Country Club will be providing (3) days of complimentary golf for Manchester residents during the season. Dates this year are April 20, July 13 and October 5. Teetimes are accepted by calling the MCC golf shop no earlier than 7 days in advance.

If you have any questions please contact PGA Director of Golf, John Cook at the club, 860.646.0226 x1.

Manchester Barks and Rec Dog Park
@ Mt. Nebo Park. Spring Street
www.mdogct.com

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

Manchester Youth Sports Alliance
Visit: mysatownofmanchester.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
MARL 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, ManchesterLittleLon@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 Sentinels 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 2013/2014 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
Day Passes (adult) $2
Day Passes (youth) $1

Facility Pass for Youth under 21
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.
SPECIAL EVENTS

ANNUAL KIDS FISHING DERBY - UP TO AGE 14
Fishing for a fun time, come cast your line at this year's annual fishing Derby. This is a free event.
Salters Pond, Lydall Street
Saturday, 5/2, 7 a.m. to 10:00 a.m.

FISHING DERBY - SENIORS
Saturday, May 2, 2015
7:00 a.m. to 10:00 a.m.
Salters Pond, Lydall Street

SENIOR CENTER PLANT SALE
Saturday, May 9, 2015, 9:00 a.m. to 1:00 p.m.
Rain or shine and open to the public.
Our talented “Greenhouse Volunteers” guided by our experienced horticultural specialist will provide us with a magnificent selection of plants for sale. This event is conducted behind the Senior Center in the parking lot on Saturday, May 9th. Select from a huge assortment of hanging baskets, flowers, vegetables, herbs and much more. Purchase a Mother’s Day gift or a gift for yourself to plant in your own garden; you will not be disappointed!

NOODLE NIGHTS
Join us at the pool for noodle and float night. Bring a float or grab a noodle and relax at the pool. Pools will have limited noodles available for use. (Noodles and floats are only allowed on these designated nights and times).
Waddell pool: July 8 & July 22, 6 to 7:30pm
Globe Hollow swimming area: July 29, 6 to 7:30pm
Salters pool: August 11, 6 to 7:30pm
West Side pool: August 13, 6 to 7:30pm
All ages, pool pass required.

DECK ART DAYS
On select Saturdays throughout the summer, bring your sidewalk chalk to the pool and showcase your artistic abilities! Children can decorate the pool deck and prizes will be given to the most creative chalk drawings.
Waddell pool: July 11, 1 to 5pm
Salters pool: July 18, 1 to 5pm
Swanson pool: July 25, 2 to 6pm
West Side pool: August 1, 1 to 5pm
Ages 1-21, pool pass required.

SUNDAY FUN DAY AT GLOBE HOLLOW
Visit Globe Hollow on Sunday, July 20 for a fun filled day of activities. First 50 guests will receive a free ice cream sundae. Water activities including, the BIGGEST SPLASH cannonball contest, will be held throughout the day. Prizes will be awarded to participants.
Date: Sunday, July 12
Time: 2 to 4pm
Ages: All ages
Fee: Pool pass required for all patrons entering the facility

Trail Guide and Web App
View our trails online at home or from your smartphone on the trail with interactive maps with GPS capabilities to track your progress, visit us at:
mytowntrails.com/manchesterct

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

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

Guided Hike on Trails Day!
Saturday, June 6, 9:00 a.m.
Case Mountain
(park at Birch Mtn Road Parking Lot)
Guided hike will be to the summit of the mountain and return to parking lot.

18th annual Earl Yost Tennis Classic open tennis tournament
July 16th to July 19th
Manchester High School and Charter Oak Tennis Courts
Men’s Singles, Men’s 35+, Women’s Singles, Women’s 35+, Mixed Doubles, Boys 16 & under, Girls 15 & under, and Boys 13 & under Singles
Registration forms are available at the Community Y Rec Center, 70 North Main St.
Registration deadline is Monday, July 13, 2015
www.earlyosttennis.com

15th annual Independence Day Celebration
Manchester Community College
Festivities begin at 4:00 p.m.
4:00 p.m. Children’s Activities
4:30 p.m. Music - Skyline Drive
7:00 p.m. Music - Mohegan Sun All-Stars
9:30 p.m. Fireworks
Plenty of fun, music, food and fireworks for everyone
BBQ CHICKEN DINNER TICKETS AVAILABLE AT THE CUSTOMER SERVICE CENTER
(Rain Date for this Event is Sunday, July 5th)

Better Manchester/Parks and Recreation - Special Events & Trail Guide
Manchester’s municipal swimming pools are staffed with American Red Cross certified lifeguards. All pools have bathroom and changing facilities with showers. All children under the age of 10 must be accompanied by an adult 18 years and older. Most pools offer American Red Cross swim lessons, water exercise classes, as well as open & adult swim times. Pools with the exception of Globe Hollow, offer wading pool areas for children under 52”.

### Facility Membership

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

An Indoor/Outdoor Photo ID Facility Pass is required and allows use of the recreation centers, outdoor pools, skate park and the Community Y fitness center during the 2014/2015 recreation season. Senior Citizen passes are also good for access to the Manchester Senior Center and Senior Center programs.

A Facility Pass is for Manchester residents only and a valid ID is required to prove residency upon purchase. You must be present when purchasing a membership for photo ID production. A Facility Pass can be purchased at any of our registration sites.

### Facility Pass Fees

<table>
<thead>
<tr>
<th>Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults (21-59 years)</td>
<td>$50</td>
</tr>
<tr>
<td>($25 after 4/1/15)</td>
<td></td>
</tr>
<tr>
<td>Senior Citizen (60 and older)</td>
<td>$10</td>
</tr>
<tr>
<td>Lost Card Replacement Fee</td>
<td>$2</td>
</tr>
<tr>
<td>Day Passes (adult)</td>
<td>$2</td>
</tr>
<tr>
<td>Day Passes (youth)</td>
<td>$1</td>
</tr>
</tbody>
</table>

### Swim Season Schedule

**Pre-Season:** WEST SIDE POOL only

- **Monday, June 15 - Sunday, June 28**
- Hours: M-F: June 15 - June 19: 3:00-6:00 p.m., M-F: June 20 - 28: 1:00-6:00 p.m., Sat and Sun: 1:00-6:00 p.m.
- **Regular Season:** June 29 - August 14, 2015

**Post Season:** Globe Only

- August 15 - August 23
- Hours: 1:00-6:00 p.m.

---

### Pools and Schedules

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Globe Hollow</strong></td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-6:00 Open Swim/Adult Lap Swim</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00-5:00 p.m. Open Swim</td>
<td>1:00-5:00 p.m. Open Swim</td>
<td>1:00-5:00 p.m. Open Swim</td>
<td>1:00-5:00 p.m. Open Swim</td>
<td>1:00-5:00 p.m. Open Swim</td>
<td>1:00-5:00 p.m. Open Swim</td>
<td></td>
</tr>
<tr>
<td><strong>Swanson Pool</strong></td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-6:00 Adult Lap Swim</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td></td>
</tr>
<tr>
<td><strong>West Side Pool</strong></td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td>9:00-11:20 Swim Lessons</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td></td>
</tr>
<tr>
<td><strong>Globe Hollow</strong></td>
<td>5:00-5:30 Adult Lap Swim</td>
<td>5:00-5:30 Adult Lap Swim</td>
<td>5:00-5:30 Adult Lap Swim</td>
<td>5:00-5:30 Adult Lap Swim</td>
<td>5:00-5:30 Adult Lap Swim</td>
<td>5:00-5:30 Adult Lap Swim</td>
<td></td>
</tr>
<tr>
<td><strong>Salters Pool</strong></td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td>5:00-7:30 Swim Lessons</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:00-8:00 Water Exercise</td>
<td>7:00-8:00 Water Exercise</td>
<td>7:00-8:00 Water Exercise</td>
<td>7:00-8:00 Water Exercise</td>
<td>7:00-8:00 Water Exercise</td>
<td>7:00-8:00 Water Exercise</td>
<td></td>
</tr>
<tr>
<td><strong>Swanson Pool</strong></td>
<td>9:30-11:10 Swim Lessons</td>
<td>9:30-10:30 Swim Lessons</td>
<td>9:30-10:30 Swim Lessons</td>
<td>9:30-10:30 Swim Lessons</td>
<td>9:30-10:30 Swim Lessons</td>
<td>9:30-10:30 Swim Lessons</td>
<td></td>
</tr>
<tr>
<td><strong>West Side Pool</strong></td>
<td>11:35-12:30 Adult Lap Swim</td>
<td>11:35-12:30 Adult Lap Swim</td>
<td>11:35-12:30 Adult Lap Swim</td>
<td>11:35-12:30 Adult Lap Swim</td>
<td>11:35-12:30 Adult Lap Swim</td>
<td>11:35-12:30 Adult Lap Swim</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 Open Swim</td>
<td>1:00-5:00 p.m. Open Swim</td>
<td></td>
</tr>
<tr>
<td><strong>Waddell Pool</strong></td>
<td>5:00-8:00 Swim Lessons</td>
<td>5:00-8:00 Swim Lessons</td>
<td>5:00-8:00 Swim Lessons</td>
<td>5:00-8:00 Swim Lessons</td>
<td>5:00-8:00 Swim Lessons</td>
<td>5:00-6:00 Adult Lap Swim</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td>7:30-8:00 Adult Lap Swim</td>
<td></td>
</tr>
</tbody>
</table>

---

**General Information**

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

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Globe Hollow</td>
<td>100 Spring Street</td>
<td>860-647-3295</td>
</tr>
<tr>
<td>Salters Pool</td>
<td>103 Lydall Street</td>
<td>860-647-3296</td>
</tr>
<tr>
<td>Swanson Pool</td>
<td>48 North Main Street</td>
<td>860-647-3297</td>
</tr>
<tr>
<td>Waddell Pool</td>
<td>163 Broad Street</td>
<td>860-647-3299</td>
</tr>
<tr>
<td>West Side Pool</td>
<td>110 Cedar Street</td>
<td>860-647-3293</td>
</tr>
</tbody>
</table>

recreation.townofmanchester.org
Swim Lesson Registration
Saturday, June 6, 2015

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 from 9:00 a.m.-11:00 a.m.
- On-line registration:
  - Log onto reconline.townofmanchester.org
  - Please note that on-line registration requires users to set up an account which may take time the day of registration. The Recreation Department suggests accessing the on-line registration site prior to the day of registration to complete this set up. This will allow you for quicker registration on June 6.
- Swim lessons open to Manchester residents only.
- Please note the following age requirements for swimming levels
  - Infant: 6 months-18 months (adult must be in the water with child)
  - Toddler: 19 months-3 years 5 months (adult must be in the water with child)
  - Preschool: 3 years 6 months-5 years
  - Levels 1-6: ages 5 and up
- 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: 1.6 or 2:8
  - 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.

Learn to Swim General Information

The following pages contain information about swim lesson registration, class locations and times. All swim lessons will be held rain or shine unless temperature drops below 65 degrees. Decisions on class cancellations will be made 15 minutes prior to the start of the class. All classes have an additional 5 minutes built into its schedule this year which will result in no make ups for cancelled classes.

Swim Lesson Session Dates

Swim Lesson Session Dates
Monday - Friday Classes
- Session 1: June 29 - July 10 (no class July 3)
- Session 2: July 13 - July 24
- Session 3: July 27 - August 7

Monday & Wednesday Classes
- Session 1: June 29 - July 29

Tuesday & Thursday Classes
- Session 1: June 30 - July 30

WATER CLASSES

Hydro Fitness at Swanson Pool
Get a great FULL HOUR workout to music while benefitting 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. Open to youth 12 and older with parent participation.
Instructor: Leslie Frey, NETA, AEA
Meets: T/Th, 6/30-8/13, 7-8 p.m.
Location: Swanson Pool
Fee: $70/$88 (nr)

Liquid TNT
Discover the fun and effectiveness of aquatic exercise. It's a new way to burn fat and tone your muscles! A unique experience that will prepare your mind and body for a great workout and excellent results.
Instructor: Merry Ellen Gasorek, AFAA, OT-L
Meets: M/W, 6/29-8/12, 5-6:00 p.m.
Location: Waddell Pool
Fee: $70/$88 (nr)

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
Meets: M/W, 6/29-8/12, 7-8 p.m.,
Location: Swanson Pool
Fee: $70/$88 (nr)

Deep Water Class
Discover the fun and effectiveness of aquatic exercise. It's a new way to burn fat and tone your muscles! A unique experience that will prepare your mind and body for a great workout and excellent results.
Instructor: Leslie Frey
Meets: T/Th, 6/30-8/13, 5:15-6 p.m.
Location: Waddell Pool
Fee: $56/$70 (nr)

Grandparent and Child Open Swim
Grandparents, bring a child with you to a fun, relaxed open swim time. Noodles and pool toys will be provided for an enjoyable time with your special little one.
Meets: T/Th, 6/30-7/30, 10:30-11:30 a.m.
Location: West Side Pool
Who: Grandparents must possess a valid Senior Center or Rec card.

Adult Swimming Lessons Beginners
Designed for the first time swimmer or for those who have fear of the water, this class orients the swimmer to an aquatic environment and creates a sound foundation for aquatic and safety skills.
Instructor: Lori Dusza
4pm Meets: Su, 7/12-8/9, 4:00-5:00pm
5pm Meets: Su, 7/12-8/9, 5:00-6:00pm
Location: Waddell Pool
Fee: $25/$32 (nr)
OR
Meets: Tu/Th, 6/30-7/30, 5:00-5:40pm
Location Salters Pool
Fee: $50/$63 (nr)

Teen Beginner Swim Lessons
Swim class is designed specifically for the teenager who is interested in learning to swim or who may have a fear of water. No previous swim experience is required and class is taught with peers in the same age group. Taught by an American Red Cross certified instructor and will orient students to an aquatic environment and create a sound foundation for swimming and safety skills.
Instructor: Josh Charette
Location: Waddell Pool
Ages: 13 to 18 years
Meets: Sun, 7/12-8/9, 6:00-7:00 p.m.
Fee: $25/$32 (nr)

Like Us on Facebook Win Prizes!
“Like Us” on Facebook by May 29 and have the chance to win a free adult Recreation facility pass or a $25 credit toward a fitness class. Manchester adult residents only.
Visit: www.facebook.com/ManchesterRecreation
All Manchester adult residents that "Like" us on Facebook by May 29 will have a chance to win in our random drawing held on June 1.
**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 wiling and ready to learn how to swim. Water diapers and proper swim attire required.

Infant: ages 6 months- 18 months
Toddler: ages 19 moths- 3 years 5 months

**Learn to Swim Preschool Lessons**
Gives young children ages 3.5 – 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. This class is independent swimming. Parents are NOT required to be in the water with their children. 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**
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 Sisde stroke—25 yards, Demonstrate survival swimming (2 minutes)

**Level 6: Swimming and Skill Proficiency**

---

**Swim Lesson Session Dates**

**Swim Lesson Session Dates**

**Monday - Friday Classes**
**Session 1:** June 29 - July 10 (no class July 3)
**Session 2:** July 13 - July 24
**Session 3:** July 27 - August 7

**Monday & Wednesday Classes**
**Session 1:** June 29 - July 29

**Tuesday & Thursday Classes**
**Session 1:** June 30 - July 30

---

**Swim Lesson Session Dates**

**Swim Lesson Session Dates**

**Monday - Friday Classes**
**Session 1:** June 29 - July 10 (no class July 3)
**Session 2:** July 13 - July 24
**Session 3:** July 27 - August 7

**Monday & Wednesday Classes**
**Session 1:** June 29 - July 29

**Tuesday & Thursday Classes**
**Session 1:** June 30 - July 30
**PARTNERS IN PLAY TODDLER TIME (1-2 years)**
This summer program is designed to provide young children with the opportunity to discover learning through music, movement, and arts & crafts. Children will experience socialization while parents or caregivers are present. The class includes Free Play Fridays from 9:30am - 11:30am where participants from all classes are welcome to drop in with their parents or caregivers to enjoy a less structured class. Siblings under one year and not mobile are welcome to attend. Older siblings are not allowed.

**Instructor:** Karen Rowell  
**Location:** Center Springs Building, Downstairs  
**Meets:** T/Th/F, 9:30 a.m. to 11 a.m.  
**Week 1:** Red, White & Blue Week, 6/29-7/2 (no class 7/3)  
**Fee:** $15/$17 (nr)  
**Week 2:** Safety Week, 7/7-7/10  
**Week 3:** Animal Week, 7/14-7/17  
**Week 4:** Water Week, 7/21-7/24 (bring suit and towel)  
**Week 5:** Nature Week, 7/28-7/31  
**Fee:** $22/$25(nr) per week

**PARTNERS IN PLAY CREATIVE KIDS (2.5-5 years)**
This summer program is designed to provide young children with the opportunity to discover learning through music, movement, and arts & crafts. Children will experience socialization while parents or caregivers are present. The class includes Free Play Fridays from 9:30am - 11:30am where participants from all classes are welcome to drop in with their parents or caregivers to enjoy a less structured class. Siblings under one year and not mobile are welcome to attend. Younger mobile siblings are welcome for an extra $3. Older siblings are not allowed.

**Instructor:** Karen Rowell  
**Location:** Center Springs Building, Downstairs  
**Meets:** T/Th/F, 9:30 a.m. to 11:30 a.m.  
**Week 1:** Red, White & Blue Week, 6/29-7/2 (no class 7/3)  
**Fee:** $17/$19 (nr)  
**Week 2:** Safety Week, 7/7-7/10  
**Week 3:** Animal Week, 7/14-7/17  
**Week 4:** Water Week, 7/21-7/24 (bring suit and towel)  
**Week 5:** Nature Week, 7/28-7/31  
**Fee:** $26/$29(nr) per week

**TENNIS LESSONS (SUMMER)**
Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Charter Oak Park tennis courts. Bring your own racquet.

**Children Beginner Mornings**  
**Ages:** 4-7  
**Time:** M-Th, 9:30-10 a.m.  
**Sessions:** 6/29-7/2, 7/6-7/9, 7/13-7/16, 7/20-7/23, 7/27-7/30, 8/3-8/6, 8/10-8/13, 8/17-8/20  
**Fee:** $14/$18 (nr) per session

**Children Beginner Evenings**  
**Ages:** 4-7  
**Time:** M/W, 5-5:30 p.m.  
**Sessions:** 6/29-7/15, 7/20-8/5, 8/10-8/26  
**Location:** Charter Oak Tennis Courts  
**Fee:** $20/$25 (nr)

**SCHOOL-AGE CHILDREN**

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

**Instructor:** Richard Webster  
**Location:** Northwest Park Activity Room Bldg. #1  
**Ages:** 6-14  
**Meets:** F, 7/10-9/25, 6-7 p.m.  
**Fee:** $75/$94 (nr)

**JUKIDO RETURNING**  
**Prerequisite:** Jukido Beginners  
**Instructor:** Richard Webster  
**Location:** Northwest Park Activity Room Bldg. #1  
**Ages:** 6-14  
**Meets:** F, 7/10-9/25, 7-8 p.m.  
**Fee:** $75/$94 (nr)

**NEW FINIS & FEET AQUATHLON**
An Aquathlon is a continuous, two-stage race involving swimming followed by running. (Like a triathlon without the cycling segment.) It is a fast growing sport, and we are hosting our first annual Fins & Feet Aquathlon for kids ages 7-15 years of age at Globe Hollow Swimming Area. The swim will take place at Globe Hollow and the run will be held on paths and the grassy area around Martin School.

**Ages 7-8:** 100 meter swim, 1k run  
**Ages 9-10:** 100 meter swim, 1k run  
**Ages 11-12:** 200 meter swim, 2 k run  
**Ages 13-15:** 200 meter swim, 2 k run  
**Date:** Tuesday, 7/21  
**Time:** 6:00 - 7:00 p.m.  
**Location:** Globe Hollow Swimming Area  
**Fee:** $10/$15 (nr)

**NEW FINIS & FEET TRAINING COURSE**
Prepare for the first annual Fins & Feet Aquathlon by taking part in this three night training course that will prepare you for all phases of the race. The first session will focus on running and pace, including stretching and breathing techniques and nutrition. The second session will focus on swimming including swimming in a pack, pacing, what to do if you get tired, transitions and more. The last session we will put all of our training together and practice the race start to finish with a focus on the course layout, transitions and how to stay safe on the course. This is great way to get ready for the big race.

**Dates:** Tuesdays, 6/30, 7/7, 7/14  
**Times:** 6:00 - 6:45 p.m.  
**Ages:** 7-15  
**Location:** Globe Hollow Swimming Area  
**Fee:** $15/$20 (nr)

**ANNUAL KIDS FISHING DERBY - UP TO AGE 14**
Fishing for a fun time, come cast your line at this years annual fishing Derby. This is a free event.

**Location:** Salters Pond, Lydall Street  
**Ages:** All kids and families welcome  
**Meets:** Saturday, 5/2, 7 a.m. to 10:00 a.m.

**SWIMMING LESSONS**
See Swim Lessons Page  
American Red Cross Learn to swim programs for ages 5 and older offering six progressive levels of swimming instruction.
**SPECIAL EVENTS**

$30/$20 second sibling/$10 third sibling; $50 (nr)

Meets: M/W, 6/29-8/19, 4:45-6:00 p.m.

Ages: 6-15 years

Location: Charter Oak Park

Instructor: Patrick Byrne

**School-Age Children**

**YOUTH SUMMER BASKETBALL LEAGUES**

Team play with emphasis on fundamental instruction & competitive play. For boys & girls, played outdoors. If leagues do not have enough enrollment, we will combine the leagues and adjust the night schedules.

**Ages 8-9 (Instructional and Competition)**

Instructor: Volunteer Coaches

Location: Mahone Rec Center Outdoor Courts

Meets: M&Tu, 7/6-8/25, 6-8 p.m.

Fee: $30/$20 second sibling/$10 third sibling

Mandatory Evaluation Clinic 6/17/15 @ Mahoney Rec Center at 6:00 pm. Participants should bring sneakers, shorts, shirt and a water bottle.

**Ages 10-12 (Instructional and Competition)**

Instructor: Volunteer Coaches

Location: Mahone Rec Center Outdoor Courts

Meets: W&Th, 7/6-8/27, 6-8 p.m.

Fee: $30/$20 second sibling/$10 third sibling

Mandatory Evaluation Clinic 6/17/15 @ Mahoney Rec Center at 7 pm. Participants should bring sneakers, shorts, shirt and a water bottle.

**TERRAIN AND TRAIL**

Learn the basic skills and proper technique of terrain running, including an introduction to trail running on Case Mountain.

Instructor: Patrick Byrne

Location: Charter Oak Park

Ages: 6 to 15 years

Meets: M/W, 6/29-8/19, 4:45-6:00 p.m.

Fee: $30/$20 second sibling/$10 third sibling; $50 (nr)

**Special Events**

See page 12

**School-Age Youth**

**JUKIDO BEGINNERS**

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

Instructor: Richard Webster

Location: Northwest Park Activity Room Bldg. #1

Ages: 6-14

Meets: F, 7/10-9/25, 6-7 p.m.

Fee: $75/$94 (nr)

**JUKIDO RETURNING Prerequisite: Jukido Beginners**

Instructor: Richard Webster

Location: Northwest Park Activity Room Bldg. #1

Ages: 6-14

Meets: F, 7/10-9/25, 7-8 p.m.

Fee: $75/$94 (nr)

**TENNIS LESSONS (SUMMER)**

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

**Teen/Adult Evenings**

Ages: 13 and older

**Session 1:** M/W, 6/29-7/15, 6:30-7:30 p.m.

**Session 2:** M/W, 7/20-8/5, 6:30-7:30 p.m.

**Location:** Charter Oak Park Tennis Courts

Fee: $40/$50 (nr) per session

**TERRAIN AND TRAIL**

Learn the basic skills and proper technique of terrain running, including an Introduction to trail running on Case Mountain.

Instructor: Patrick Byrne

Location: Charter Oak Park

Ages: 6 to 15 years

Meets: M/W, 6/29-8/19, 4:45-6:00 p.m.

Fee: $30/$20 second sibling/$10 third sibling; $50 (nr)

**NEW FINS & FEET Aquathlon**

An Aquathlon is a continuous, two-stage race involving swimming followed by running. (Like a triathlon without the cycling segment.) It is a fast growing sport, and we are hosting our first annual Fins & Feet Aquathlon for kids ages 7-15 years of age at Globe Hollow Swimming Area. The swim will take place at Globe Hollow and the run will be held on paths and the grassy area around Martin School.

Ages 7-8: 100 meter swim, 1k run

Ages 9-10: 100 meter swim, 1k run

Ages 11-12: 200 meter swim, 2 k run

Ages 13-15: 200 meter swim, 2 k run

**Date:** Tuesday, 7/21

**Time:** 6:00 - 7:00 p.m.

**Location:** Globe Hollow Swimming Area

**Fee:** $10/$15 (nr)

**NEW JUKIDO RETURNING**

Prerequisite: Jukido Beginners

Instructor: Richard Webster

Location: Northwest Park Activity Room Bldg. #1

Ages: 6-14

Meets: F, 7/10-9/25, 6-7 p.m.

Fee: $75/$94 (nr)

**NEW FINS & FEET TRAINING COURSE**

Prepare for the first annual Fins & Feet Aquathlon by taking part in this three night training course that will prepare you for all phases of the race. The first session will focus on running and pace, including stretching and breathing techniques and nutrition. The second session will focus on swimming including swimming in a pack, pacing, what to do if you get tired, transitions and more. The last session we will put all of our training together and practice the race start to finish with a focus on the course layout, transitions and how to stay safe on the course. This is great way to get ready for the big race.

**Dates:** Tuesdays, 6/30, 7/7, 7/14

**Times:** 6:00 - 6:45 p.m.

**Ages:** 7-15

**Location:** Globe Hollow Swimming Area

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

**Swim Team Prep**

This class is designed for teens interested in swimming at the high school level. Participants will be given instruction in the four competitive strokes, turns and working with the pace clock. Great introduction class for those looking to find out more about competitive swimming.

**Instructor:** Mel Seibold

**Location:** Waddell Pool

**Ages:** 14-18

**Meets:** Tu/Th, 6/30-7/30, 7:30-8:30pm

**Fee:** $50 (Manchester residents only)

**MANCHESTER ROPES COURSE Hillstown Rd.**

A series of physical activities and challenges used for personal and group development. Through these activities, group members increase their self-confidence, communication, problem solving and decision making skills as well as leadership abilities. Groups will develop increased levels of trust and bonds between members will be strengthened. Great for various types of groups such as youth groups, school groups, civic organizations and corporate groups. For more information contact Scott Goldsmith at 860-541-0479, or email ManchesterRopes@gmail.com Visit us at: www.townofmanchester.org/ropescourse

**Thursday Night Track & Field Series**

A series of track & field meets will take place each Thursday night (July 9 - July 30) at 6:00 p.m. at the MHS track and is open to all ages and abilities. Over 12 events will be contested each week including track, jumping, and throwing events. Youth and open divisions will be contested. Cost is $4 for youth, $5 for residents, and $10 for non-residents.

For more information go to www.manchesterrunningcompany.com

**Swimming Lessons**

See Swim Lessons Page

American Red Cross Learn to swim programs for ages 5 and older offering six progressive levels of swimming instruction.

**Teen Beginner Swim Lessons**

Swim class is designed specifically for the teenager who is interested in learning to swim or who may have a fear of water. No previous swim experience is required and class is taught with peers in the same age group. Taught by an American Red Cross certified instructor and will orient students to an aquatic environment and create a sound foundation for swimming and safety skills.

**Instructor:** Josh Charette

**Location:** Waddell Pool

**Ages:** 13 to 18 years

**Meets:** Sun, 7/12-8/9, 6:00-7:00 p.m.

**Fee:** $25/$32 (nr)
**Land Exercise Community Y**

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

*Location*: Community Y Dance Room  
*Ages*: 18 and older  
*Wed, Session 1*: 7:00-8:00 pm, 6/17-7/29  
*Fee*: $35/$44 (nr)  
*Wed, Session 2*: 7:00-8:00 pm, 9/2-9/30  
*Fee*: $25/$32 (nr)  
*Instructor*: Kori Burz

**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, 6/29-7/29, 5:45-6:45pm  
*Session 2*: M/W, 8/10-9/14, 5:45-6:45 pm (no class 9/7)  
*Fee Session 1*: $25/$32 (nr)  
*Fee Session 2*: $20/$25 (nr)

**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  
*Wednesdays*: 9:00-10:00am  
*Session 1*: 7/1-7/29  
*Fee*: $25/$32 (nr)  
*Fridays*: 9:00-10:00am  
*Session 1*: 7/10-7/31  
*Fee Session 1*: $20/$25 (nr)

**Pole Hiking at Howard Porter**
Leave from Porter/Howard parking lot promptly at 7:15am. Be ready to hike approximately 4-5 miles with ski poles that have extensions. Great cardio, leg & upper body workout. Trail shoes recommended. Don't forget a small pack with H2O & snack if needed. Participants must have their own poles.

*Instructor*: Miriam DeGrandi  
*Location*: Howard Porter Reservoir  
*Ages*: 18 and older  
*Thursdays*: 7:00-8:15 am, 7/2-7/30  
*Fee*: $31/$39 (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 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 two persons (buddy rate)*: Best Deal  
1/1 Hour Session: $50/$63 (nr) per session  
5/1 Hour Sessions: $210/$250 (nr) per session  
10/1 One Hour Sessions: $400/$475 (nr) per session

**Yoga for Active Lifestyles**
**Flexibility, Strength and Joy All Levels**
Enjoy your activities more this season through the practice of yoga. In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. You'll also spend time cultivating upper-body strength, core strength and balance.  

*Instructor*: Barbara Titus  
*Location*: Community Y Ball Room  
*Session 1*: M/W, 6/29-7/29, 6:30-7:30pm  
*Session 2*: M/W, 8/10-9/14, 6:30-7:30pm (no class 9/7)  
*Fee*: $50/$63 (nr) per session

**Walk Live Power Class**
Why 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! IN-DOOR total body walking system...it's not a stroll around the block!  

*Instructor*: Robin Frost  
*Location*: Community “Y” Recreation Center  
*Ages*: 18 and older  
*Mondays*: 4:45-5:30pm, 7/6-9/28 (no class 9/7)  
*Fee*: $48/$60 (nr)

---

**Other**

**Tennis Lessons**

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

*Teen/Adult Evenings*  
*Ages*: 13 and older  
*Session 1*: M/W, 6/8-6/24, 6:30-7:30 p.m.  
*Session 2*: M/W, 6/29-7/15, 6:30-7:30 p.m.  
*Session 3*: M/W, 7/20-8/5, 6:30-7:30 p.m.  
*Location*: Charter Oak Park Tennis Courts  
*Fee*: $40/$50 (nr) per session

---

**Like Us on Facebook**

**Win Prizes!**

“Like Us” on Facebook by May 29 and have the chance to win a free adult Recreation facility pass or a $25 credit toward a fitness class. Manchester adult residents only.  
Visit: www.facebook.com/ManchesterRecreation  
All Manchester adult residents that “Like” us on Facebook by May 29 will have a chance to win in our random drawing held on June 1.
**ADULT & BOOMERS**

**LAND EXERCISE NORTHWEST PARK**

**POWER YOGA - TUESDAYS & THURSDAYS**
Emphasis on strength and flexibility. Power Yoga is an intense class! Sweating is required!

**Instructor:** Colleen Zimmer  
**Location:** Northwest Park Activity Room Bldg. #1  
**Session 1:** T/Th, 7/7-8/13, 6:00-7:00 p.m.  
**Fee:** $60/$75 (nr)  
**Session 2:** T/Th, 8/18-9/24, 6:00-7:00 pm  
**Fee:** $60/$75 (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  
**Monday Session 1:** 7/6-7/27, 5:00-5:45 pm  
**Monday Session 2:** 8/3-8/24, 5:00-5:45 pm  
**Monday Session 3:** 9/14-9/28, 5:00-5:45 pm  
**Wednesday Session 1:** 7/8-7/29, 5:00-5:45 pm  
**Wednesday Session 2:** 8/5-8/26, 5:00-5:45 pm  
**Wednesday Session 3:** 9/2-9/23, 5:00-5:45 pm  
**Fees:** $16/$20 (nr); *Monday Sess 3 fee: $12/$16 (nr)

**TEAM ACTIVE**
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:** Cindy Guimond  
**Location:** Northwest Park Activity Room, Bldg. #1  
**Tuesday Session 1:** 7/7-7/28, 9:30-10:15 am  
**Tuesday Session 2:** 8/4-8/25, 9:30-10:15 am  
**Tuesday Session 3:** 9/1-9/22, 9:30-10:15 am  
**Thursday Session 1:** 7/9-7/30, 9:30-10:15 am  
**Thursday Session 2:** 8/6-8/27, 9:30-10:15 am  
**Thursday Session 3:** 9/3-9/24, 9:30-10:15 am  
**Fee:** $16/$20 (nr)

**WALK LIVE POWER CLASSES**
Why 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!  
**Instructor:** Robin Frost  
**Location:** Northwest Park Activity Room, Bldg. #1  
**Ages:** 18 and older  
**Wednesdays:** 6:30-7:15pm, 7/8-9/23  
**Fee:** $48/$60 (nr)

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

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

**What is a Baby Boomer?**
Baby boomers are those born between (and including) 1946 and 1964. There are about 75 million boomers in the U.S.; they currently represent about 29% of the U.S. population.

**Who Are We Looking For To Join The Manchester Baby Boomer Social Club?**
Looking for men and women (single, married, divorced), with or without children. If you’re in your 40'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**
In the community: Dinner, movies & various other activities.

**BOOMERS AND BEYOND SOCIAL E-MAIL 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 July - Sept. Please note we must receive enough interest in order to hold activities.

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

**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  
**Session 1:** F, 7/10-9/25, 8-9:15 p.m.  
**Fee:** $81/$101 (nr)

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

Starting June 4th spring and summer play will be conducted at the Timothy Edward Middle School outdoor Pickleball/Tennis courts located in South Windsor. Play will be on a drop-in basis and equipment will be available each week from 6:00 - 8:00 p.m.

**PAVILION RENTALS**

**NORTHWEST PARK PAVILION**
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.

**INTRODUCTION TO FLY FISHING**
This comprehensive three-hour course teaches you the basics of fly casting in a fun; relaxed atmosphere. Our skilled instructors will guide you; step-by-step; through the four-part cast; false cast and roll cast. We'll explain how to strip and shoot line; as well as how to tie basic fishing knots. You'll receive plenty of one-on-one instruction and have ample time to practice each skill with an instructor and on your own. You'll finish this course with an excellent foundation of fly-casting knowledge. All necessary fly-casting equipment is provided. Please note this course does not include fishing time on the water. Visit www.lifebean.com/southwindor or call 888-552-3261 to register.

**CAMP KENNEDY - ADULT SUMMER CAMP**
For adults with developmental challenges. Must be out of High School and over 21 years of age. Residents and non-residents are invited to attend for a fun-filled week. All paperwork and doctors forms must be completed before starting camp.  
**Dates:** 8/10 – 8/14  
**Time:** 9am – 3pm  
**Location:** Camp Kennedy adjacent to Martin School  
**Fee:** $30.00
**Senior Center**

**Program Registration & Membership**

**SUMMER 2015**

**PROGRAM REGISTRATION PROCESS**

Please read the following information carefully.

The starting dates for SUMMER programs vary depending on instructor availability. Most instructor based programs will begin the week of JUNE 1. 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, May 18th**. Seniors may register at any registration location beginning May 18 at 9:00am. Registration will be on-going. Register at the Manchester Senior Center, the Community “Y” Recreation Center, Center Springs Recreation Office or at the Customer Service Center.

To avoid LONG lines and LONG waiting periods - PLEASE do not rush to register on May 18th. 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
- Seniors must submit a registration form to the front desk during the weeks of Mon, April 20 through Fri, May 1 for the following classes:
  - Body Sculpt
  - Line Dancing
  - Lite-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 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 May 1.
- Registrants will not be present for the drawing
- Class postings of acceptance into the lottery classes will be posted in the CARD ROOM on May 14 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 May 18th. 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 the Senior Center Social Worker, at 860-647-3211 for details.

**REFUND POLICY FOR SELF-SUSTAINING CLASSES**

Full refunds will be made if a request is made at least one week prior to the start of the program or if the Senior Center 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 FOR SELF-SUSTAINING CLASSES**

Late registration will be accepted for most programs if space permits and will be pro-rated up to 50% at or after the programs mid-point.

**Membership Renewal Week**

**at the Senior Center**

August 24 to August 28
9:00 a.m. to 4:00 p.m.
Membership to the Senior Center must be renewed every year. Take the opportunity to have your membership card renewed Monday - Friday, between the hours of 10:00 a.m. and 3:00 p.m. during Renewal Week. Memberships renewed during this time period will be valid from September 3, 2015 - August 29, 2016. Senior Center membership is open to Manchester residents only. For full membership requirements, contact the Senior Center at 860-647-3211 or visit our website: seniorcenter.townofmanchester.org

**Special Events**

**Fishing Derby - Seniors**

Saturday, May 2, 2015
7:00 a.m. to 10:00 a.m.
Salters Pond, Lydall Street

**Senior Center Plant Sale**

Saturday, May 9, 2015,
9:00 a.m. to 1:00 p.m.
Rain or shine and open to the public.
Our talented “Greenhouse Volunteers” guided by our experienced horticultural specialist will provide us with a magnificent selection of plants for sale. This event is conducted behind the Senior Center in the parking lot on Saturday, May 9th. Select from a huge assortment of hanging baskets, flowers, vegetables, herbs and much more. Purchase a Mother’s Day gift or a gift for yourself to plant in your own garden; you will not be disappointed!
**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, Closed Aug 10 – 24  
**Office Hours:** Monday-Friday, 8:30-4:30 p.m.  
**Holidays** – Programs will not meet on the Town Holidays: Memorial Day – Monday, May 25th; Independence Day – Friday, July 3rd and Labor Day – Monday, September 7th

**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.

**Health Programs**
The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, 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 MSW, 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 12:15 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 $4.50.

**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 available at the Senior Center. For more information regarding trips, please call Rima Riedel at (860) 647-5255

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

**CANCELLATION POLICY**
All of the programs that were slated to begin before the 10:00am delayed opening would be canceled. Call the Center or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

**Men’s Group**
Conversation on current events, health topics and more.  
**Meets:** Mondays, 6/8-8/10, 10:45-11:45 p.m.  
**Location:** Senior Center Library

**Golden Agers**
Social group meets for conversation and to play bingo. Visit this group to find out more, new folks welcome!  
**Meets:** 2nd and 4th Tuesday of the Month, 1-3 p.m.  
**Dates:** 6/2-9/22  
**Location:** Senior Center Bingo Room

**Friendship Circle**
Coffee, crafts and fun. All are welcome to spend the morning with this friendly group working on knitting, crocheting and other craft projects.  
**Meets:** Wed., 6/3-9/8, 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, 6/1-8/31, 1 - 4:00 p.m.  
**Location:** Senior Center Craft Room

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

**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>8:30-4:15 pm</td>
</tr>
<tr>
<td>Bingo</td>
<td>M &amp; F</td>
<td>10-12 pm</td>
</tr>
<tr>
<td>Canasta</td>
<td>Wednesdays</td>
<td>2-4 pm</td>
</tr>
<tr>
<td>Computer lab</td>
<td>M-F</td>
<td>8:30-4:30pm</td>
</tr>
<tr>
<td>Dominoes</td>
<td>Wednesdays</td>
<td>12:30-3:00 pm</td>
</tr>
<tr>
<td>Hand and Foot</td>
<td>Thursdays</td>
<td>1:30-3:30pm</td>
</tr>
<tr>
<td>Mahjong</td>
<td>Tuesdays</td>
<td>12:30-2:30 pm</td>
</tr>
<tr>
<td>Open Computer</td>
<td>M &amp; Th</td>
<td>9:00-11:00 am</td>
</tr>
<tr>
<td>Ping Pong</td>
<td>M-F</td>
<td>8:30-4:15pm</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, 6/4-9/10, 9:30-11:30 a.m.  
**Location:** Senior Center Bingo Room

**Duplicate Bridge**
**Meets:** Th, 6/4-9/10, 12:30-4:00 pm  
**Fee:** $15/$25 (nr)  
**Location:** Senior Center Bingo Room  
**Director:** Richard Gutman

**Cribbage**
Combines both luck and skill. Social and fun game.  
**Meets:** F, 6/5-9/11, 12:30-3:00 pm  
**Location:** Senior Center Card Room
**Watercolor and Oil Painting Group**
Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.
**Meets:** Tuesday, 6/2-9/8, 1-3:00 p.m.
**Instructor:** Self Guided  
**Location:** Senior Center Craft Room

**Digital Photography Group**
Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.
**Meets:** M, 6/1-8/31, 9:30-11:30 am  
**Instructor:** Norm McKee  
**Location:** Senior Center Craft Room

**Ceramics - Summer**
Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.
**Session 1:** M, 6/8-6/29, 9:30-11:30 am  
**Session 2:** M, 7/6-7/27, 9:30-11:30 am  
**Instructor:** Michelle Desopo  
**Location:** Senior Center Ceramics Room

**Fee:** $24 per session

**Community Gardens**
We are fortunate enough to have a large plot of land behind the building, which is used as a community garden, open to Senior Center members. Gardeners are responsible for the purchase of their own plants and for tending to their plots. The garden is ready for planting by mid-May. Members interested in a garden plot should call Liz Tracy, Recreation Supervisor at 860-647-3167.

**Educational Leisure**

**AARP Smart Driver Course**
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.
No classes July & August, will resume Th, September 24

**Quilting Group**
Instructor will assist with layout, color selection, pattern and more. Six sewing machines are available.
**Meets:** Thursday, 6/5-9/11, 1-4 pm  
**Instructor:** TBD  
**Location:** Senior Center Craft Room

**Book Group -** Read and discuss different novels.
**Meets:** 3rd Tuesday of the month, 6/16-9/17  
**Time:** 10:30 -11:30 a.m.  
**Location:** Senior Center Library

**Fitness and Movement**

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

**Strength and Flexibility**
Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exertubes to improve balance, muscle tone and overall cardio health.
**Mondays Meet:** 6/1-8/3, 10:00-11:00 a.m.  
**Wednesdays Meet:** 6/3-8/5, 10-11a.m.  
**Fridays Meet:** 6/5-8/7, 11-11:45 a.m. (no class 7/3)  
**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.
**Meets:** M/W, 6/1-7/22, 2:30-3:15 p.m.  
**Instructor:** Melissa Little  
**Location:** Senior Center Auditorium

**Walking Group -** Meets for treks around town.
**Meets:** Wed and Fri, 6/3-9/11, 8:45-11 a.m.  
**Instructor:** Helen Partridge  
**Location:** Senior Center Parking Lot

**Line Dancing**
**Meets:** Thurs, 6/4-8/6, 10:00-11:00 a.m.  
**Instructor:** Laura Dunfield  
**Location:** Senior Center Auditorium

**Guided Meditation**
Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.
**Instructor:** Laura Dunfield  
**Meets:** Wed, 6/3-8/5, 11:15-11:45 am  
**Location:** Senior Center Library

**Bellyroboics**
Develop and improve strength and flexibility, while delivering a low impact, high energy, cardio-vascular workout.
**Session 1 Meets:** Tuesdays, 6/2-8/4, 10-11 a.m.  
**Instructor:** Rima Riedel  
**Location:** Senior Center Auditorium

**Stronger Seniors**
Will include chair aerobics, chair zumba and will incorporate weights, tubes and stretching.
**Session 1 Meets:** Thursdays, 6/3-8/5, 9:15-10:15 a.m.  
**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 9:00-10:00am. Bowling league is Thursdays 10:00-11:30am.
**Meets:** M/Th, 6/1-9/10

**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:** M-Th, 6/1-9/11  
**Instructor:** Nina Stramaglia

**Light-n-Lively**
Come join us for 1 hour of a low impact cardio workout that will quicken your breath and brighten your mood. This is a very active and fast paced class. This workout will improve your stamina, strength & cardiovascular fitness.
**Meets:** M, 6/1-8/3, 1:30-2:30 pm  
**Meets:** W, 6/3-8/5, 1:30-2:30 pm  
**Meets:** F, 6/5-8/7, 11:00-12:00 pm  
**Location:** Senior Center Auditorium  
**Instructor:** Chlaje Raineau

**Body Sculpt**
Weight bearing exercise program for active older adults that includes warmup, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.
**Meets:** M, 6/1-8/3, 12:45-1:30 pm  
**Meets:** W, 6/3-8/5, 12:45-1:30 pm  
**Location:** Senior Center Auditorium  
**Instructor:** Chlaje Raineau

**Senior Aquatic Exercise**
Very Low Impact. Basic stretching and water resistance workout.
**Meets:** F, 7/10-8/14, 10:30-11:30 a.m.  
**Instructor:** Lori Dusza  
**Location:** West Side Swimming Pool  
**Ages:** 55 and up

**Zumba Gold**
Zumba fuses hypnotic latin rhythms and dance moves to create a dynamic workout system. There is no dance instruction during this program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating 45 minutes of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!
**Instructor:** Rocic Gurske  
**Meets:** Th, 6/4-8/6, 2:00-3:00 p.m. (no class 7/4)  
**Location:** Senior Center Auditorium

**Drop-in Basketball**
**Meets:** Mon, Wed and Fri, 9:00-11:00 a.m.  
**Location:** Community “Y” Recreation Center
RECREATION PROGRAMS - EASY REGISTRATION

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

Registration Begins as Follows:
- Residents: Monday, May 18, 2015 (9:00 a.m. at ALL sites)
- Non-residents: Wednesday, May 19, 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: 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
   - 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.

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.

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!