Leisure, Family & RECREATION
PROGRAM & EVENT CATALOG

PROGRAM REGISTRATION BEGINS SEPTEMBER 11TH
WHAT'S INSIDE

GENERAL INFORMATION 16
Facilities
Aquatic Facilities
Parks
Contact Us
Membership

MEMBERSHIP INFORMATION 17

FALL EVENTS 18-19

AQUATICS 20-21
General Information
Swim Lesson Dates & Schedules
Swim Lesson Registration
Swim Lesson Description
Adult Lap Swim
Swim for Fitness
Total Aqua
Adult Swim Lessons
Total Aqua
Aqua Circuit
Strength & Flex H20

EARLY CHILDHOOD 22
Partners in Play
Wonder Years
Wee Two
Happy Together
Open Play Days
Library Play Group
Cradle to Crayons
Mommy & Me Playgroup
Start Smart Soccer
Learn & Play Group

YOUTH PROGRAMS 23
Fundamentals of Basketball
Boys Pee Wee Basketball
Coed Midget Basketball
Coed Indoor Soccer
Hall of Fame Clinic & Lunch
Write Out Loud Open Mic
Jukido

NATURE EXPLORERS 24
Autumn's in the Air
Creating Autumn Art
Fall Plants & Animals
Scaracrow Crafts
October Fun!
Nature's Paintbrush
Talking Trash
Of a Feather
Deeply Rooted

YOUTH PROGRAMS 25
Teen Center Discussion
PFLAG
Youth & Police Excursions
Mother Daughter Circle
Boys Council
Boyz to Men
Family Paint Nights
Sibshop
Journey
PeaceLove Creative WorkShop

LIBRARY PROGRAMS 26
Children's Programs
Family Pajama Storytime
Drop-in Playgroup
Drop-in Storytime
Padawan Training
Special Family Program
Teen Programs

ADULT LEARNSHOPS 27
USIC First Friday Film Series
Vision Board Workshop
Putting the Gardens to Bed
Planting Garlic

ADULT FITNESS 28-29
Pickleball
Walk 15
Fit For Delivery
Hiking Case Mountain
Walk Porter Reservoir
Team Fit After Work
Taperize
Yoga for Active Lifestyles
Power Yoga
Total Body Plus
Jukido
Strength 4 Life
Personal Training One on One

SENIOR CENTER 30-32
General Information
Program Registration
Social Leisure Programs
Fitness and Movement Programs

REGISTRATION

(See Page 30 for Senior Center registration details.)

REGISTRATION DATES
Residents: September 11, 2019 (9 AM at all registration sites)
Non-residents: September 13, 2019

REGISTRATION OPTIONS
1. Online 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.
Log on to: RecOnline.townofmanchester.org

2. Walk-In Registration
Walk into any of the following registration sites M-F, 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
- Customer Service Center, Town Hall, 41 Center Street
- Mahoney Recreation Center, 110 Cedar Street

3. Over the Phone
Having trouble registering online or can’t make it to a center. Give us a call and we’ll be glad to register you over the phone. Have your payment information ready.

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 on a first come, first served basis. The Recreation Division reserves the right to cancel or close a program which does not meet minimum enrollment requirements.

REFUND POLICY
Full refunds will be made if a request is made at least one week prior to the start of the program or if the Recreation Division 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 program’s duration. Refunds will not be considered once classes are half over or after the program ends. Swim lessons require one week notice for cancellations. Refunds will not be considered less than one week prior to start of class.

PRO-RATING FEES FOR LATE REGISTRATION
Late registration will be accepted for most programs if space permits. Programs will be pro-rated up to 50% at or after the programs mid-point. Registration taken prior to the programs mid-point will be charged full price.

CONFIRMATION RECEIPT
On-line registrants should print out their receipt and walk-in registrants will receive a printed receipt upon registration. Program information will also be included on this form.

WAITING LIST
If your desired class is filled, you will be placed on a waiting list and your money will be returned. You will be notified by our department if openings become available.

DON’T BE DISAPPOINTED! REGISTER EARLY!
Unfortunately, we are sometimes forced to cancel programs two to three days prior to the start of the class because of under enrollment. When you wait too long to register and your class fills, don’t be disappointed! Register Early!
GENERAL INFORMATION

FACILITIES

Center Springs Main Office
39 Lodge Drive • Center Springs Park • 647-3084
Hours: M-F, 8:30 AM - 4:30 PM
Closed Legal Holidays

Community Y Recreation & Fitness Center
78 North Main Street • 647-3164
Fall Hours Begin: 10/07/19
Hours: M-F, 8:30 AM - 9:00 PM, Sa., 10 AM- 5 PM
Open Gym Hours
M-F, 6-9:00 PM
M-F, 8:30 AM- 9:00 PM
Sa., 10 AM- 5:00 PM

Mahoney Recreation Center
110 Cedar Street • 647-3166
Dates of Operation: 10/07/19-04/24/20
Hours: M-F, 6-9:30 PM, Sa., 10 AM-5 PM

Bennet Cone Gym Drop-In
Wells Street (Entrance & Parking)
Dates of Operation: 10/07/19-05/01/20
Drop In Basketball Youth under 18:
M/T/W/F: 5:30-7:30 PM (Closed Th)
Drop In Basketball Adults 18 and over:
M/T/W/F: 7:30-9:30 PM (Closed Th)

Youth Service Bureau (YSB)
63 Linden Street • 647-5213
Office Hours: M-F, 8:30 AM-4:30 PM
Closed Legal Holidays

YSB Teen Center
63 Linden Street • 647-5213
Center Hours: M-F, 2:30-5:30 PM
Closed Legal Holidays

Eastside Neighborhood Resource Center
153 Spruce Street • 647-3089
Closed Legal Holidays

Northwest Park Early Childhood Center (Activity Center Bld. 1)
448 Tolland Turnpike, Bld. #1 • 647-5212
Office Hours: M-F, 9:00 - 11:00 AM

OurParks Gear & Bike Shop
56 Charter Oak Street
Dates of Operation: Seasonally May - October

Nike Site Pickleball Courts
Garden Grove Road
Dates of Operation: March-October

DATES OF OPERATION

Northwest Park Pavilion Rental
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. For rental information contact the Recreation Division at 647-3075.

AQUATIC FACILITIES

MHS Main Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W/F, 7:30-8:30 PM, Sat. 12:00-1:00 PM
MHS IOH Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W, 7:30-8:30 PM, Sat. 12:00-1:00 PM

PARKS & TRAILS

OurParks and Trails
For more information about Manchester’s parks and trails, visit recreation.townofmanchester.org and click on OurParks and Trails.

CONTACT US

Program Cancellation Line
Access program cancellations 24/7 at our program cancellation line at 647-3162, press 1.

E-Recration E-Mail Service
Sign up to receive the Recreation Department’s free weekly e-recration 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.

Manchester Matters
Stay informed about events happening in Town, by receiving periodic emails with news about voting, taxes, leaf collection, meetings, construction, fire safety, programs offered and more. Residents and those who work in town are invited to sign up online at townofmanchester.org or by calling 647-5235.

Follow Us on Social Media
Like us on Facebook and follow us on Instagram & Twitter to learn more about programs, upcoming events and more!

MEMBERSHIP

Facility Pass for Seniors, Adults & Youth
Valid until December 31, 2019

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2018/2019 recreation season. Senior citizen passes are also valid for the Manchester Senior Center and Senior Center programs.

A facility pass is for Manchester residents only and a valid ID is required to prove residency upon purchase and renewal. You must be present when purchasing a membership as photos will be taken at the time of purchase. Adult, Youth and Senior facility passes can be purchased at Center Springs, Community Y Rec Center and Customer Service at Town Hall. Senior passes can also be purchased at the Senior Center.

Facility Pass Fees
Youth (0-20 years old) No Cost
Adults (21-59 years old) $50.00*
*Adult pass fees are reduced to $25.00 after June 1st
Senior Citizen (60 and older) $10.00
Lost Card Replacement Fee $2.00

Pass Changes for Youth & Adult
Youth and Adult passes will be valid for one year, customers can choose from a wallet sized card or key chain sized card. Passes will no longer have pictures on them. Please note that photos will still be taken at the time of purchase for our records and proper identification is required when visiting our centers and pool facilities. Youth facility passes will no longer provide access to public libraries. Youth passes are still free and provide Manchester youth full access to Manchester’s recreation centers as well as, outdoor and indoor pools. The same card will be renewed year to year unless a card is lost; the lost card replacement fee is $2.00. Library cards must be obtained separately at Manchester Public Libraries.

Senior
Senior facility passes will have a different design on the front than the Adult/Youth cards, but seniors will still be able to choose between the wallet sized card or a key chain sized card. The same card will be renewed year to year unless a card is lost. Please note that Senior Center memberships are required to participate in Senior Center programming.

Special Consideration: Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.
New & Exciting Changes are Coming!

• We are upgrading our registration and membership software. Our new system will be web based and more user friendly!

• Current Memberships will NO LONGER expire September 1\textsuperscript{st}. Instead current membership will be extended to December 2019. (4 Free Months on Us!)

• Our new membership season will begin January 1\textsuperscript{st} and run through December 31\textsuperscript{st} each year!

Frequently Asked Questions:

Q: Will my membership be automatically renewed?
A: Current cards will automatically be extended to December 31\textsuperscript{st}, 2019, but you will need to come in person to renew starting January 1\textsuperscript{st}, 2020 and then each January 1\textsuperscript{st} thereafter.

Q: Can I register for a membership online?
A: No, you will need to come in person to obtain a membership; you will also need to present proof of residency (driver’s license, lease agreement, etc.) as well as have your picture taken.

Q: How much does a membership cost?
A: Youth (20 years old or younger): Free
Adult (21 – 59 years old): $50.00
Adult fees will be reduced to $25.00 starting June 1st each year.
Senior (60+ years old): $10.00
Lost Card: $2.00 replacement fee

Q: Can I create an account online prior to coming in?
A: No, in order to enforce our residency rule, as of November 1\textsuperscript{st}, 2019, customers will no longer be able to create accounts online. Existing accounts will not be altered, but any new accounts will need to be made in house with proof of residency.
August 31
FARM DAY!
Annual end-of-summer festival is held on Fish Family Farm in Bolton, 9:00 AM - 5:00 PM. Rain date Sept. 7 lutzmuseum.org

September 5
AUTUMN’S IN THE AIR
Nature Explorer Fall program.
Charter Oak Park, 6:00-7:30 PM
recreation.townofmanchester.org

GOVERNMENT ACADEMY BEGINS
A hands-on 9-week course opportunity to learn about the inner workings of local Government. humanservices.townofmanchester.org

IMAGINE MAIN STREET - STEAM ROLLIN’
Downtown Manchester, 5:30 PM- 8:00 PM
info@imaginemanstreet.com

September 6
FAMILY PAINT NIGHT
Join us for a paint night for the whole family. All ages welcome.
Charter Oak Park, 6:00-8:00 PM
recreation.townofmanchester.org

USIC FIRST FRIDAY FILM SERIES
Film showing sponsored by United for a Safe and Inclusive Community (USIC). Followed by facilitated conversation in a safe and inclusive environment. Film titles will be announced several weeks in advance on Facebook. No cost to attend.
153 Spruce Street, 6 PM
facebook.com/USICManchester

September 7

MANCHESTER FARMERS MARKET
Every Saturday rain or shine, thru October 26th
Forest Street Parking Lot, 8:00 AM-12:30 PM.

September 10
CREATING AUTUMN ART
Nature Explorer Fall program.
Charter Oak Park, 6:00-7:30 PM
recreation.townofmanchester.org

September 11
FAMILY MOVIE NIGHT - COCO!
Bring the family and enjoy the great outdoors & a great movie!
Charter Oak Park, 8:00-9:30 PM
recreation.townofmanchester.org

September 13
NATURE’S PAINTBRUSH
Nature Explorer Twilight Edition Fall program.
Center Springs Park, 6:00-9:00 PM
recreation.townofmanchester.org

September 19
FALL PLANTS AND ANIMALS
Nature Explorer Fall program.
Charter Oak Park, 6:00-7:30 PM
recreation.townofmanchester.org

September 20
TALKING TRASH- RECYCLED MATERIALS
Nature Explorer Twilight Edition Fall program.
Center Springs Park, 6:00-9:00 PM
recreation.townofmanchester.org

SCIFRINI AT CHARTER OAK
Bring the whole family down for fun, creative, and wacky experiments.
Charter Oak Park, 6:00-8:00 PM
recreation.townofmanchester.org

September 21
EAST SIDE PRIDE NEIGHBORHOOD CLEAN UP
Fall clean up event hosted by East Side Neighborhood Block Watch. Free T-Shirts while supplies last & pizza party to follow! (Rain date: September 28.)
153 Spruce Street, 9:30 AM

September 22
OF A FEATHER - BIRD OF OUR PARKS
Nature Explorer Twilight Edition Fall program.
Center Springs Park, 6:00-9:00 PM
recreation.townofmanchester.org

September 23
SCARECROW CRAFTS!
Nature Explorer Fall program.
Charter Oak Park, 6:00-7:30 PM
recreation.townofmanchester.org

September 27
MOON-LIT YOGA
Yoga under the fall moonlight!
All ages & abilities welcome.
Charter Oak Park, 8:00-9:00 PM
recreation.townofmanchester.org

September 28
HISPANIC HERITAGE DAY
The entire Manchester community is invited to join the Manchester Latino Affairs Council (MLAC) in this celebration of all the different Hispanic cultures in Manchester. Join us for food, music, crafts, giveaways, and children’s activities. (Rain Date: October 5.)
153, 160, & 163 Spruce Street, 12:00 PM – 3:30 PM
facebook.com/ManchesterLAC

HOUSEHOLD HAZARDOUS WASTE COLLECTIONS
September 28th and Nov. 2nd
321 Olcott Street, 8:00 AM - 1:00 PM
sanitation.townofmanchester.org

October 3
OCTOBER FUN!
Nature Explorer Fall program.
Charter Oak Park, 6:00-7:30 PM
recreation.townofmanchester.org

October 4
DEEPLY ROOTED - TREES & PLANTS
Nature Explorer Twilight Edition Fall program.
Center Springs Park, 6:00-9:00 PM
recreation.townofmanchester.org

TIE-DYE NIGHT
Create your own Tie-Dye - bring your white shirts, socks and anything you’d want to dye.
Charter Oak Park, 6:00-8:00 PM
recreation.townofmanchester.org

USIC FIRST FRIDAY FILM SERIES
153 Spruce Street, 6 PM
facebook.com/USICManchester

October 5
PLANT THE PARK
Have fun & get your hands dirty to help beautify the park. Bulbs will be provided.
Center Springs Park, 10:00 AM
recreation.townofmanchester.org
October 7
FREE GOLF DAY
Play a free round of golf at Manchester Country Club.
305 South Main Street
www.mancc.com

October 11
PUMPKINFEST
Join us for this Halloween themed evening of spooky fun. Kids are encouraged to wear a costume. Pumpkin painting and a viewing of Its The Great Pumpkin Charlie Brown, begins at dark.
Charter Oak Park, 6:00-8:30 PM
recreation.townofmanchester.org

October 25
WRITE OUT LOUD YOUTH OPEN MIC
Workshops & uplifting performances centered on youth poetry, song, music, rap and dance.
153 Spruce Street, 5-8 PM
naf.townofmanchester.org

HOMECOMING PARADE
Parade at 4 PM & Football Game at 6:30 PM
Manchester High School

November 1
USIC FIRST FRIDAY FILM SERIES
153 Spruce Street, 6 PM
facebook.com/USICManchester

November 5
ELECTION DAY
The last day for voter registration is 10/29/19
Polling Locations, 6:00 AM - 8:00 PM
registrar.townofmanchester.org

November 9
FAMILY HISTORY DAY
Town Hall, 41 Center St.

November 11
VETERANS DAY PARADE
Parade steps off from American Legion Hall.
American Legion Hall, 10:30 AM

November 26
SAFE DOWNTOWN MANCHESTER TRICK-OR-TREAT
Children are invited to trick or treat along Main Street.
Downtown Manchester, 11:30 AM- 1:00 PM
downtownmanchester.org

November 28
83RD ANNUAL MANCHESTER ROAD RACE
Road Race spanning 4.748 miles with nearly 15,000 participants. Registration begins Sept 1st.
Main Street, 10:00 AM
manchesterroadrace.com

November 29
WRITE OUT LOUD YOUTH OPEN MIC
153 Spruce Street, 5-8 PM
naf.townofmanchester.org

December 5
TREE LIGHTING & ARRIVAL OF SANTA
The arrival of Santa & lighting of the Downtown Christmas Tree.
896 Main Street, 6:30-7:30 PM
downtownmanchester.org

December 6
USIC FIRST FRIDAY FILM SERIES
153 Spruce Street, 6 PM
facebook.com/USICManchester
Registration Information

Registration for all aquatic lessons will begin at 9 AM on Wednesday, September 11, 2019. Registration will be taken in-person and online.

Swim lessons are open to Manchester residents 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 child in the correct level because that child may or may not pass the initial level they are enrolled in. If incorrect placement occurs, parents may call the Recreation Division and transfer their child into the correct level assuming space is available. Refunds for swim lessons will be considered prior to week one before classes begin. No refunds will be given less than one week prior to the start of class, or once class has begun.

In-Person Registration: In-person registration will be held at the Community Y Recreation Center, 78 North Main Street; Recreation Division Main Offices, 39 Lodge Drive; and Customer Service Center at Town Hall, 41 Center Street.


Fee: The fee for swim lessons is $25 per session. In-person forms of payment include: cash, credit card and check (made payable to the Town of Manchester). On-line payment is by credit card only.

Age Requirements: Please note the following age requirements for swimming levels:

- **Infant:** 6 months through 18 months (adult must be in the water with child)
- **Toddler:** 19 months through 3 years 5 months (adult must be in the water with child)
- **Preschool:** 3 years 5 months through 5 years (adult must be in water with child)
- **Levels 1-6:** Ages 5 and up

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

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

LESSON DESCRIPTIONS

Parent/Child Aquatics
Builds basic water safety skills for both adults and children. Helps infants and young children become comfortable in the water so they are willing and ready to learn how to swim. Skills include: adjusting to the water environment, blowing bubbles and voluntarily submerging under water. Games, songs, toys, noodles and fun activities make this class very enjoyable. Adults must accompany child in the water. Water diapers and proper swim attire required.
Infant: ages 6 months - 18 months
Toddler: ages 19 months - 3.5 years
Preschool: ages 3.5 - 5

Level 1: Introduction to Water Skills
Enter and exit the water safely. Submerge mouth, nose and eyes. Exhale underwater (blow bubbles) through mouth and nose. Open eyes underwater. Pick up a submerged object held at arms length. Show comfort maintaining a front float/back position while supported. Recover to a standing position while supported. Change direction of travel while walking or paddling. Roll over from front to back while supported. Swim on front and on back while using any combination of arm and leg actions while supported (5 feet).
Ages: Must be age 5 at the start of class to enroll

Learn-to-Swim 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. Tread water using arm and leg motions in chest-deep water. Swim on front/back using any combination of arm and leg actions while supported (15 feet). Swim on side using an alternating or simultaneous leg action (5 feet).

Learn-to-Swim 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 (3 seconds). Demonstrate rotary breathing with body in a horizontal position. Demonstrate a front glide using 2 different kicks (2 body lengths). Demonstrate a survival float in deep water. Demonstrate a back glide using 2 different kicks. Demonstrate a back float in deep water. Tread in deep water, using hand and leg movements. Demonstrate each stroke for the following distance: Front crawl (15 yards), Back Crawl (15 yards), Butterfly—kick and body motion (15 feet).

Learn-to-Swim Level 4: Stroke Improvement

Learn-to-Swim Level 5: Stroke Refinement

Learn-to-Swim Level 6: Swimming & Skill Proficiency
Learning Objectives: This course has 4 components all of which stress endurance swimming and stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.

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.
Location: Manchester Main Pool
Age: 18+
Meets: M-F, 09/30/19-12/20/19, 6:00 - 7:15 AM & 8:30 - 9:30 PM (No Class 10/14/19, 11/11/19, 11/27/19, 11/28/19, 11/29/19)
Fee: $50 (resident only)

Swim for Fitness
Swim 30 consecutive laps by the end of the class. Evaluation and individual swim fitness programs are used to help achieve swimming goals. Prerequisite: Must be able to swim a full length without stopping.
Instructor: Lori Dusza
Location: Manchester Main Pool
Age: 18+
Session 1: T/Th, 10/01/19-10/29/19, 7:30 - 8:30 PM
Session 2: T/Th, 11/05/19-12/12/19, 7:30 - 8:30 PM
Fee: $50/ $63 (nr) (No Class 11/26/19, 11/28/19)

Total Aqua
This class combines segments of cardio & strength training using training intervals and weight resistance tools. Total Aqua is designed for all fitness levels using equipment that helps result in a toned and functional body. This class covers strength, cardio and mobility well enough to wear you out!
Instructor: Lori Dusza
Location: Manchester IOH Pool
Age: 18+
Session 1: T/Th, 10/01/19-10/29/19
Session 2: T/Th, 11/05/19-12/12/19
Fee: $36/ $45 (nr)

Adult Swim Lessons
Designed for the first time swimmer or for those who have fear of the water.
Instructor: Lori Dusza
Location: Manchester Main Pool
Age: 18+
Session 1: Sa, 10/05/19-12/14/19, 8:30 - 9:30 AM
Session 2: Sa, 10/05/19-12/14/19, 9:30 - 10:30 AM
Fee: $50/ $63 (nr) (No Class 11/30/19)

Aqua Circuit
This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Progress through a series of stations for a total-body workout.
Instructor: Lori Dusza
Location: Manchester IOH Pool
Age: 18+
Meets: T/Th, 5:00 - 5:45 PM
Session 1: 10/01/19-10/29/19
Fee: $36/ $45 (nr)
Session 2: 11/05/19-12/12/19 (No Class 11/26/19, 11/28/19)
Fee: $40/ $50 (nr)

NEW Strength & Flex H2O
This class combines an aerobic warm-up with a stretching component followed by strength and flex exercises using water dumbbells and noodles. There is a challenging and aerobic balance segment that can be modified by using the side of the pool for assistance. The class concludes with a relaxation exercises. The class is appropriate for all abilities.
Instructor: Chlake Raineau
Location: Manchester IOH Pool
Age: 18+
Meets: M/W, 3:00-3:45 PM
Session 1: M/W, 09/13/19-11/04/19 (No Class 10/14/19)
Session 2: 11/06/19-12/16/19 (No Class 11/11/19, 11/27/19)
Fee: $40/ $50 (nr)
EARLY CHILDHOOD

Partners in Play

Wonder Years
This program is designed to provide young children with a great opportunity to discover learning through music, movement, and art and crafts. They will experience socialization while parents or caregivers are present. Older siblings under one year and not mobile are not allowed. Parents are required to attend Wee Two, Wonder Years, and Happy Together. Older siblings are not allowed.
Location: Northwest Park Early Childhood Center
Ages: 1-2 year olds

TUESDAY SESSIONS
Session 1: T, 09/17/19-10/29/19, 9:15 - 10:15 AM
Fee: $35/ $44 (nr)
Session 2: T, 11/05/19-12/19/19, 9:15 - 10:15 AM
Fee: $35/ $44 (nr)

THURSDAY SESSIONS
Session 1: Th, 09/19/19-10/31/19, 10:30 - 11:30 AM
Fee: $35/ $44 (nr)
Session 2: Th, 11/07/19-12/19/19, 10:30 - 11:30 AM
Fee: $35/ $44 (nr) (No Class 11/28/19)

Wee Two
This program is designed to provide young children with a great opportunity to discover learning through music, movement, and art and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years, and Happy Together. Older siblings are not allowed.
Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds

TUESDAY SESSIONS
Session 1: T, 09/17/19-10/29/19, 9:15 - 10:15 AM
Fee: $35/ $44 (nr)
Session 2: T, 11/05/19-12/19/19, 9:15 - 10:15 AM
Fee: $35/ $44 (nr)

THURSDAY SESSIONS
Session 1: Th, 09/19/19-10/31/19, 10:30 - 11:30 AM
Fee: $35/ $44 (nr)
Session 2: Th, 11/07/19-12/19/19, 10:30 - 11:30 AM
Fee: $35/ $44 (nr) (No Class 11/28/19)

Happy Together
This program is designed to provide young children with a great opportunity to discover learning through music, movement, and art and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are not allowed. Older siblings are not allowed.
Location: Northwest Park Early Childhood Center
Ages: 3-5 year olds

MONDAY SESSIONS
Session 1: M, 09/16/19-10/28/19, 9:30 - 11:00 AM
Fee: $30/ $38 (nr) (No Class 10/14/19)
Session 2: M, 11/04/19-12/16/19, 9:30 - 11:00 AM
Fee: $30/ $38 (nr) (No Class 11/11/19)

WEDNESDAY SESSIONS
Session 1: W, 09/18/19-10/30/19, 9:30 - 11:00 AM
Fee: $35/ $44 (nr)
Session 2: W, 11/06/19-12/18/19, 9:30 - 11:00 AM
Fee: $35/ $44 (nr)

Open Play Days
Free play time for children to enjoy with their parents in a fun and safe environment. Parents are required to attend & interact with their child during this time. No registration is required, however you will be asked to fill out a permission form & sign-in upon arrival.
Location: Northwest Park Early Childhood Center
Ages: 2-5 year olds
Meets: M, 09/16/19, 10/21/19, 11/18/19, 12/16/19, 9:00 - 9:45 AM
Session 1: 9:00 - 9:45 AM
Session 2: 10:00 - 10:45 AM
Fee: $65/ $82 (nr) [Fee Includes Equipment]

Cradle to Crayons
Free play opportunities for children to socialize with others and engage in art projects, story time, and other activities to prepare them for a classroom environment. All children are encouraged to engage in activities at their own pace and ability. Join us each week for a new theme and activities! This program is designed for children ages 2-4 years old.
Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds
Meets: Th, 09/19/19-12/19/19, 3:00 - 4:15 PM
Fee: No Cost

Mommy & Me Playgroup
This program is for caretakers and their infants up to early walking age. The group is for parents of young babies to socialize themselves as well as their babies in an unstructured playgroup atmosphere. This is a laid back group with no judgment. A private changing/feeding room is available. Registration is not required to attend. If you would like to join and receive text updates email: CMcnamara@manchesterct.gov
Location: Northwest Park Early Childhood Center
Ages: 0-2 year olds
Meets: T, 09/03/19-12/17/19, 3:00 - 4:30 PM
Fee: No Cost (No Class 12/24/18)

Start Smart Soccer
Parents work together with their children in a supportive environment to learn the basics of sport. Teaches children (3-5) a variety of soccer skills including: dribbling/kicking, trapping shooting, passing and running/agility.
Location: Community Y
Age: 3-5 years old
Meets: Sa, 10/05/19-11/09/19
Session 1: 9:00 - 9:45 AM
Session 2: 10:00 - 10:45 AM
Fee: $65/ $82 (nr) [Fee Includes Equipment]

Learn & Play Group
This 8-week workshop series for parents and caregivers of young children teaches developmentally appropriate skills and promotes wellness and school readiness in a collaborative and supportive environment. Parents will have the opportunity to listen to presenters speak about various topics related to child-rearing such as: positive parenting, nutrition, and literacy.
Location: Eastside Neighborhood Resource Center
Ages: 3-5 year olds
Meets: F, 10/04/19, 11/22/19, 10:00 AM - 12:00 PM
Fee: No Cost

Library Play Group
Manchester Plays On! has teamed up with Mary Cheney Library the 2nd Friday of each month to bring new activities to play group! Our Play Ambassadors will have fun, hands on activities for your little ones.
Location: Mary Cheney Library
Ages: 0-5 year olds
Meets: F, 09/13/19, 10/11/19, 11/08/19, 12/13/19, 10:00 AM - 12:00 PM
Fee: No Cost

Follow Manchester Plays On!
Like, follow and share Manchester Plays On! on Facebook to keep up to date with upcoming events and resources in our community. #PlayOn
Fundamentals of Basketball
A fun exciting league where children can meet new friends and learn the concepts of dribbling, passing, defense, offense, and shooting.
Equipment provided!
Instructor: Volunteer Coaches & Rec Staff
Location: Mahoney Recreation Center
Ages: 6-7 years old
Meets: F, 12/06/19-01/31/20
Session 1: 6:00 - 7:00 PM (No Class 12/25/19, 12/28/19)
Session 2: 7:00 - 8:00 PM (No Class 12/25/19, 12/28/19)
Fee: $35

Boys Pee Wee Basketball
Learn the basic basketball skills: teamwork, shooting, passing, defense, offense and dribbling. Mandatory evaluation clinic 11/20/19, 6:15 PM for 8 yrs and 7:15 PM for 9 yrs.
Instructor: Mahoney Rec Staff
Location: Mahoney Recreation Center
Ages: 8-9 years old
Meets: Sa, 12/07/19-02/08/20, 8:30 AM - 12:00 PM
Fee: $35

Girls Pee Wee Basketball
Learn the basic basketball skills: teamwork, shooting, passing, defense, offense and dribbling. Mandatory evaluation clinic 12/18/19, 6:15 PM for 8 yrs and 7:15 PM for 9 yrs.
Instructor: Mahoney Rec Staff
Location: Mahoney Recreation Center
Ages: 8-9 years old
Meets: Sa, 01/11/20-02/29/20, 12:30 PM - 3:00 PM
Fee: $35

Coed Midget Basketball
Team play with emphasis on fundamental instruction & game time play. Mandatory clinic on 11/19/19 at 6:15 PM for 10 yrs and 7:15 PM for 11 & 12 yrs.
Instructor: Mahoney Rec Staff
Location: Mahoney Recreation Center
Ages: 10-12 years old
Meets: M-Th, 12/02/19-01/30/20, 6:15 - 8:15 PM
Fee: $35

Basketball Hall of Fame Clinic and Lunch
Learn from experienced coed high school and college basketball players the skills of dribbling, shooting, passing, defense and rebounding through a series of skill stations. Participants will have the opportunity to work with knowledgeable facilitators who will help participants navigate through each skill station.
Instructor: Mahoney Rec Staff
Location: Mahoney Recreation Center
Ages: 7-12 years old
Meets: Sa, 01/04/20, 10:00 AM - 2:00 PM
Fee: No Fee

Jukido
This coed course emphasizes safety and doing one's best. The principles of Karate, Judo, and Aikido are introduced such that the techniques do not conflict.
Instructor: Richard Webster
Location: Community Y Recreation Center
Ages: 6-14 years old
BEGINNERS
Session 1: F, 10/04/19-12/20/20, 6:00-7:00 PM
Fee: $58/ $72 (nr) (No Class 11/29/19)
RETURNING
(PREREQUISITE: JUKIDO BEGINNERS)
Session 1: F, 10/04/19-12/20/19, 7:00-8:00 PM
Fee: $58/ $72 (nr) (No Class 11/29/19)

Write Out Loud
Youth Open Mic
BE A SUPERSTAR in a safe space environment as you engage in an experience centered on youth voice through poetry, song, music, rap and dance. Attend a workshop, perform, and/or cheer on others who display their talent and creativity in front of a supportive audience. Youth performers only. No registration is required.
Instructor: Rec Staff
Location: Eastside Neighborhood Resource Center
Meets: F, 10/25/19, 11/29/19, 5:00 – 8:00 PM
Ages: All ages (Preference to youth members ages 13-19 to perform on stage.)
Fee: No Cost

Coed Indoor Soccer
To learn the basic skills of soccer such as dribbling, trapping, defense shooting and passing. Learn the concepts of teamwork and perseverance.
Instructor: Rec Staff
Location: Mahoney Recreation Center
Meets: Su, 01/19/19-03/22/19
5-6 year olds: 1:15-2:30 PM
7-8 year olds: 2:45-4:15 PM
Fee: $35
NEW Autumn’s in the Air
How do leaves change color?
What are the different colors and textures during the Fall season?
Location: Charter Oak Park
Ages: All Ages Welcome
Meets: F, 09/05/19, 6:00-7:30 PM
Fee: No Cost

NEW Creating Autumn Art!
How can we make Fall art using natural items?
Location: Charter Oak Park
Ages: All Ages Welcome
Meets: F, 09/12/19, 6:00-7:30 PM
Fee: No Cost

NEW Fall Plants & Animals
What Fall plants and animals can we identify?
How can we create art with Fall plants and animals?
Location: Charter Oak Park
Ages: All Ages Welcome
Meets: F, 09/19/19, 6:00-7:30 PM
Fee: No Cost

NEW Scarecrow Crafts
Why do farmers use scarecrows?
If you made a scarecrow, what would it look like?
Location: Charter Oak Park
Ages: All Ages Welcome
Meets: F, 09/26/19, 6:00-7:30 PM
Fee: No Cost

NEW October Fun!
What natural Fall items can we find on a walk?
Can we identify different apples based on taste and how they look?
Location: Charter Oak Park
Ages: All Ages Welcome
Meets: F, 10/03/19, 6:00-7:30 PM
Fee: No Cost

NEW Nature’s Paintbrush
NATURE COLOR WEEK
How many different colors can you find in our parks?
How do people use natural pigments in nature to make our worlds more colorful?
Location: Center Springs Park
Ages: All Ages Welcome
Meets: F, 09/13/19, 6:00-9:00 PM
Fee: No Cost

NEW Talking Trash
RECYCLED MATERIALS NIGHT
How do our discarded items impact our natural environment and wildlife?
What can we as humans do to re-purpose our “trash” in fun and innovative ways?
Location: Center Springs Park
Ages: All Ages Welcome
Meets: F, 09/20/19, 6:00-9:00 PM
Fee: No Cost

NEW Of a Feather
THE BIRDS OF OURPARKS
What types of feathered friends co-exist with us in our green spaces?
How are they beneficial to our food chain and how can we help protect them?
Location: Center Springs Park
Ages: All Ages Welcome
Meets: F, 09/27/19, 6:00-9:00 PM
Fee: No Cost

NEW Deeply Rooted
TREES AND PLANTS
What types of trees and plants do we have in the park?
How can we help preserve the plants & tree beneficial to our ecosystem?
Location: Center Springs Park
Ages: All Ages Welcome
Meets: F, 10/04/19, 6:00-9:00 PM
Fee: No Cost
YOUTH PROGRAMS

Teen Center Discussion
Teen Center discussions are facilitated by Pierre Brilliant, Youth Service Coordinator and former professional football player. Group discussions cover a range of topics from education and career goals to local and other news, where students are able to discuss their experiences and express their ideas in a structured, supervised environment. Pizza is served after group discussion, and the Teen Center is available for students to come and play video games, pool, ping pong, foos ball, board games, surf the internet, or participate in a variety of other creative, fun, and interactive activities.
Instructor: Pierre Brilliant
Location: Youth Service Bureau
Ages: 13-18 year olds
Meets: W, 10/1/19-12/18/19, 3:00-4:30 PM
Fee: No Cost

Youth & Police Excursions
Get to know local police officers by joining us for Youth and Police Excursions! Youth and police officers will build relationships by participating in team building activities, leadership opportunities, and a variety of fun trips! These events are open to youth in grades 8-12. Registration is required and space is limited. For more information, contact Kellie Sheridan (860) 647-5262 or ksheridan@manchesterct.gov
Location: Youth Service Bureau
Ages: 14-18 year olds
Meets: Th, 10/17/19, Spare Time Bowling, 5:00-7:00 PM
Meets: Th, 11/21/19, Dave & Busters, 3:30-7:00 PM
Fee: No Cost

Mother Daughter Circle
This circle promotes a healthy and sustaining bond between mothers/guardians and their daughters during the transitional years from girlhood to young womanhood. This is an opportunity for ONE daughter and ONE mother/guardian or significant adult woman so they can have the essential one-on-one time to connect. The Mother/Daughter Circle provides a safe, consistent, and strengths based approach to supporting mothers and daughters on their relationship journey. Dinner provided.
Instructor: Heather Wlochowski
Location: Youth Service Bureau
Ages: 11-15 year olds
Meets: W, 10/02/19-11/20/19, 5:30-7:30 PM
Fee: No Cost

Boys Council
Boys Council offers pre-teen boys and adolescent young men a solid pathway toward a healthy development and helps them navigate growing up male in today’s society. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves.
Instructor: Pierre Brilliant
Location: Youth Service Bureau
Ages: 12-14 year olds
Meets: Tu, 10/01/19-11/19/19, 3:00-4:30 PM
Fee: No Cost

Boyz to Men
Boyz to Men is an enrichment program designed to provide support to young men who can benefit from the guidance, friendship, and life experiences of adult male mentors in a group setting. Youth will engage in rich discussions on varying topics relevant to their lives and be exposed to a variety of positive activities and community events.
Instructor: Pierre Brilliant
Location: Youth Service Bureau
Ages: 14-18 year olds
Meets: T, 10/03/19-11/21/19, 3:00-4:30 PM
Fee: No Cost

PFLAG
PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people through its threefold mission of support, education, and advocacy. By supporting this mission, PFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ people, their families, and their loved ones. Meetings will be structured to include an LGBTQ youth group and a parent/ally support group.
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: 12-18 year olds
Meets: T, 10/1/19, 11/05/19, 12/3/19, 6:30-8:00 PM
Fee: No Cost

Family Paint Nights
Join us for step-by-step instruction and create your own work of art while spending time with family and friends! This program is designed for families and is recommended for ages 8 and up
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: 8+
Meets: T, 10/08/19, 11/12/19, 10/19/19, 5:00-7:00 PM
Fee: No Cost

Sibshop
Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunity for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs.
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: 7-15
Meets: F, 10/04/19, 11/01/19, 12/06/19, 5:30-7:30 PM
Fee: No Cost

Journey
In this program you'll discover nature, learn about plants and animals, and try your hand at woodworking while working independently and as a group.
Fee: No Cost
Instructor: Pete Wlochowski
Location: Youth Service Bureau
Ages: 9-14 (Contact YSB for more info)
Session 1: M-F, 10/03/19-12/19/19, 9:00 AM-3:00 PM
Fee: No Cost

PeaceLove Creative Workshop
PeaceLove is an expressive arts studio that is focused on holistic wellness and uses art as a way to feel better. Through a variety of expressive arts programs and sharing stories, we help people find their inner voice, make meaningful connections and discover new tools for wellness.
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: All Ages
Meets: Th, 10/24/19, 11/14/19, 5:00-7:00 PM
Fee: No Cost
Manchester Public Libraries
The Manchester Public Library provides books and other materials and services desired by community members in order to meet their needs for information, creative use of leisure time, and life-long education. The library emphasizes individual service, especially to children, and serves as a focal point for interaction among the diverse residents of the community.

library.townofmanchester.org

MARY CHENEY LIBRARY
586 Main Street | 860-643-2471
Open Monday-Thursday; 9 AM - 9 PM
Open Friday-Saturday; 9 AM - 5 PM

Please Note: Mary Cheney Library will be open Sunday afternoons from 1:00-5:00 PM beginning November 3rd.

WHITON LIBRARY BRANCH
100 North Main Street | 860-643-6892
Open Monday-Thursday; 10 AM- 8:30 PM
Open Friday 9 AM - 5 PM
Closed Saturdays and Sundays

Children’s Programs
FALL STORYTIME SIGN UP BEGINS
Tuesday, September 3rd for Manchester residents
Thursday September 5th for non residents.

Check library website for calendar: library.townofmanchester.org for September special programs:
- Potty training Boot Camp
- Family Place

LATE FALL STORYTIME SIGN UP BEGINS
Monday, October 28th for Manchester residents
Wednesday, October 30th for non-residents.

Family Pajama Storytime
No registration required.
Location: Whiton Library
Ages: All Ages Welcome
Meets: Tuesdays, beginning 09/10/19, 6:30 PM
Fee: No Cost

Location: Mary Cheney Library
Ages: All Ages Welcome
Meets: Thursdays, beginning 09/12/19, 6:30 PM
Fee: No Cost

Drop in Playgroup
An open play space for preschool age children, the library provides toys. No registration required. (No playgroup on 08/30/19.)
Location: Mary Cheney Library
Ages: All Ages Welcome
Meets: Fridays, beginning 09/06/19, 10:00 AM- 12:00 PM
Fee: No Cost

Location: Whiton Library
Ages: All Ages Welcome
Meets: Fridays, beginning 09/06/19, 10:00 AM- 12:00 PM
Fee: No Cost

Drop in Storytime
No registration required.
Location: Mary Cheney Library
Ages: All Ages Welcome
Meets: Saturdays, beginning 09/14/19, 10:30 AM
Fee: No Cost (No Storytime 10/12/19)

NEW Padawan Training
Registration required. Three sessions.
Location: Mary Cheney Library
Ages: 6-10 year olds
Meets: Saturday, beginning 10/12/19, 10:00-11:30 AM
Fee: No Cost

Special Family Program
No registration required.
Location: Mary Cheney Library
Ages: All Ages Welcome
Meets: Saturday, 10/26/19, 10:30 AM
Fee: No Cost

Teen Programs
MAKE & TAKE IT
No registration required.
Location: Mary Cheney Library
Ages: All Ages Welcome
Meets: Tuesdays, beginning 09/03/19, 3:00 PM
Fee: No Cost

MIDDLE SCHOOL GAMES
No registration required.
Location: Mary Cheney Library
Ages: All Ages Welcome
Meets: Wednesdays, beginning 09/04/19, 6:00-7:45 PM
Fee: No Cost
USIC First Friday Film Series
Join us for a showing of films of social significance, followed by facilitated conversation in safe and inclusive environment. This series is sponsored by United for a Safe and Inclusive Community (USIC) with the goal of providing an opportunity for community members of diverse backgrounds to learn from each other, deepening our understanding of ourselves and our connections to each other. Examples of past showings include: No Le Digas a Nadie (Don’t Tell Anyone); Race: The Power of an Illusion: “The House We Live In”, and 13th. Film titles will be announced several weeks in advance on the USIC Facebook page, or by subscribing to updates at manchesterCTunites@gmail.com.

Location: EastSide Neighborhood Resource Center
Meets: First F of the Month, 09/06/19-12/06/19, 6:00 PM
Fee: No Cost

Vision Board Workshop
Relax and reconnect with your dreams and goals by creating your own vision board! Whether you are a crafter, a business owner, or a stay-at-home parent, making a unique vision board will help you achieve the crazy dreams you’ve been chasing. The workshop will consist of a brief meditation, a goal setting exercise, and plenty of time to get creative and make our boards. Whether your dreams are big or small, they are worth pursuing. Come get inspired with us! All materials included in the cost.

Instructor: Karolina Kopek
Location: Community Y
Ages: All Ages
Meets: Th, 09/26/19, 6:00 - 8:30 PM
Fee: $15 / $18 (nr)

Putting the Gardens to Bed
Preparing for winter to bring spring success is not hard. Learn how, hands on. Clean-up, composting, mulching and more!

Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Ages: All Ages
Meets: W, 09/18/19, 6:00 - 7:00 PM
Fee: No Cost

Planting Garlic
Garlic is planted in the cold of fall and harvested in the heat of July. This winter crop is easy and valuable! Learn how at this hands on workshop.

Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Ages: All Ages
Meets: W, 10/16/19, 6:00 - 7:00 PM
Fee: No Cost
ADULT FITNESS

Pickleball
There’s less ground to cover than other racket sports, making it easier for players of all ages, especially boomers and seniors. Players say it’s easier on the body while still getting in a full workout. Equipment provided! Coach on site!
Instructor: Rec Staff
Location: Bennet Cone Gym
Ages: 30+
BEGINNER SESSION Coach on Site!
Meets: Th, 5:30 - 7:00 PM
Session 1: 10/10/19-10/31/19
Fee: $15
Session 2: 11/07/19-12/19/19
Fee: $20
ADVANCED SESSION
Meets: Th, 7:00 - 9:00 PM
Session 1: 10/10/19-10/31/19
Fee: $15
Session 2: 11/07/19-12/19/19
Fee: $20

Walk 15
Our indoor aerobic walk classes are geared for those who enjoy walking for fitness & weight loss. It is a low impact, multi-muscle, calorie-torching, walking based workout. The music is paced so 15 minutes signifies the time (speed/pace) of most miles. Four basic steps move in many different directions, add a strength component and the result is a high calorie, health enhancing, workout for all levels!
Instructor: Robin Frost
Ages: 18+
WALK 15 AT THE COMMUNITY Y
Session 1: M, 09/30/19-12/09/19, 4:45-5:30 PM
(No Class 11/11/19)
Fee: $40/ $50 (nr)
WALK 15 AT CENTER SPRINGS (MONDAY)
Session 1: 09/30/19-12/09/19, 6:30-7:15 PM
(No Class 11/11/19)
Fee: $40/ $50 (nr)
WALK 15 AT CENTER SPRINGS (WEDNESDAY)
Session 1: W, 10/02/19-12/11/19, 6:30-7:15 PM
(No Class 11/27/19)
Fee: $40/ $50 (nr)

Fit For Delivery
This prenatal exercise class is taught by a certified perinatal fitness specialists and is designed especially for expectant moms. Classes include cardio, strength exercises, and stretching and relaxation techniques. Join between weeks 12 & 28 of your pregnancy for maximum program benefit. Continue for as long as you wish until the birth of your baby.
Location: Community Y Recreation Center
Meets: Ongoing T/Th, 6:45-7:45 PM
Fee: $40 per month
Register Online: ECHN.org/calendar or call Betsy Crayton, ECHN Perinatal Education (860) 647-4790

Hiking Case Mountain
Leave from Case Mountain parking lot - off Birch Mountain Road promptly at 7:00 AM. Strenuous hike 3-3.5 miles up and around beautiful Case Mountain. Great cardio, leg & upper body workout. This is an intermediate hike with uneven terrain and at times strenuous exertion. Trail shoes recommended. Don’t forget a small pack with H2O & Snack if needed.
Instructor: Miriam Jones
Location: Case Mountain Birch Street Lot
Ages: 18+
Session 1: Th, 10/03/19-12/19/19, 7:00 - 8:15 AM
Fee: $55 / $69 (nr) (No Class 11/28/19)

Team Fit After Work
Want to work out after work? Come join our team! This fitness class is a circuit with an interval training format. Participants do challenging, yet motivating strength core and cardiovascular conditioning. You’ll do a variety of exercises to improve your overall fitness using all the latest fitness equipment. All fitness levels welcome! Bring an open mind and attitude!
Instructor: Karen Cimino
Location: Center Springs Activity Room
Ages: 18+
Meets: M/W, 5:00-5:45 PM
MONDAY SESSION
Session 1: 09/16/19-10/28/19 (No Class 10/14/19)
Fee: $24/ $30 (nr)
Session 2: 11/18/19-12/16/19 (No Class 11/18/19)
Fee: $16/ $20 (nr)
WEDNESDAY SESSION
Session 1: 09/18/19-10/23/19
Fee: $24/ $30 (nr)
Session 2: 11/20/19-12/18/19 (No Class 11/27/19)
Fee: $16/ $24 (nr)

NEW Walk Porter Reservoir
A great way to get going in the morning. Park at the lot on Ferguson Rd. Will walk in and around the reservoir 3- 4 times. Weather permitting.
Instructor: Miriam Jones
Location: Ferguson Road Parking Lot
Ages: 18+
Session 1: T, 10/01/19-12/17/19, 7:00 - 8:00 AM
Fee: $55 / $69 (nr) (No Class 11/28/19)
**Tapercize**  
**Instructor:** Carol Moriarty  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Fee:** $50/ $63 (nr) (No Class 11/26/19, 11/28/19)  
**Level 1**  
This is the class for those with little or absolutely no tap dancing experience. Beginning with an introduction to the basic tap steps, this class gradually moves from short dance combinations to a routine. Tap shoes are a must!  
**Meets:** T, 10/01/19-12/10/19, 6:30-7:30 PM  
**Level 2**  
For those with some knowledge of the basic tap steps but still consider themselves “beginners”. Tap shoes are a must!  
**Meet:** T, 10/01/19-12/10/19, 6:30-7:30 PM  
**Level 3**  
This class is for those who are able to execute the tap steps more quickly. It is faster-paced than levels 1 and 2. Some of the level 4 dance combinations are introduced. Tap shoes are a must!  
**Meets:** Th, 10/03/19-12/12/19, 5:30-6:30 PM  
**Level 4**  
Most fast-paced of all—therefore, the most aerobic of the tap classes. This class has an established repertoire of dance combinations to which we continually add. New members are welcome and will find it easier if they have had considerable tap experience and can catch on quickly. Extra “catch-up” help is available.  
**Meets:** Th, 10/03/19-12/12/19, 6:30-7:30 PM  
**Yoga for Active Lifestyles**  
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. Spend time cultivating upper-body strength, core strength and balance. Bring a yoga mat to class.  
**Instructor:** Barbara Titus  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Fee:** $50/ $63 (nr)  
**NEW Power Yoga**  
Power yoga is a vigorous, fitness-based approach to vinyasa-style yoga. This class is an opportunity to just flow through the practice and breathe. Yes, you may notice things move a little faster in this class sometimes. But that doesn’t mean YOU have to. This is an opportunity to focus on your breath and, you guessed it, do the best you can. This class is advanced.  
**Instructor:** Barbara Titus  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Fee:** $50/ $63 (nr)  
**Total Body Plus**  
Need a total body make over? This is the class for you. Train every major muscle group through strength resistance exercises using a variety of equipment. Never a dull moment in this hour aimed at increasing strength, endurance and core conditioning. The plus....cardio “bursts” to increase your heart rate and maximize fat burning. Great for all fitness levels.  
**Instructor:** Karen Cimino  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Fee:** $50/ $63 (nr)  
**Jukido**  
A co-ed self-defense course incorporating Judo, Aikido & Karate. Main emphasis is on students doing their best.  
**Instructor:** Richard Webster  
**Location:** Community Y Recreation Center  
**Ages:** 15+  
**Fee:** $69/ $88 (nr)  
**Strength 4 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 Jones  
**Location:** Community Y Rec Center  
**Ages:** 18+  
**WEDNESDAY SESSION**  
**Session 1:** 10/02/19-11/06/19, 9:00 - 10:00 AM  
**Fee:** $30/ $36 (nr)  
**Session 2:** 11/13/19-12/18/19, 9:00 - 10:00 AM  
**Fee:** $20/ $25 (nr)  
**FRIDAY SESSION**  
**Session 1:** 10/04/19-11/08/19, 9:00 - 10:00 AM  
**Fee:** $30/ $36 (nr)  
**Session 2:** 11/15/19-12/20/19, 9:00 - 10:00 AM  
**Fee:** $20/ $26 (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+  
**Meet:** Call (860) 647-3164 to book an appointment  
**Fees:**  
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  
10/1 One Hour Sessions: $400/$475 (nr) per session  
**Adult Aquatic Swimming & Fitness Classes**  
For more information on adult aquatic courses see the aquatics section on pages 20-21.
Manchester Senior Center
549 East Middle Turnpike • 647-3211
The Senior Center is a Division of the Human Services Department. The Senior Center along with the Recreation Division of the Department of Leisure, Family & Recreation collaborate to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors. Dates of Operation: Year Round
Office Hours: Monday-Friday, 8:30-4:30 PM
Holiday Closures: Senior Center Programs will be closed on Town Holidays.

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 and Senior Hoopsters. For more information, call the Senior Center at 647-3211.

Social Service Programs
Questions regarding health insurance, home care, housing, the Medicare Savings Plan or anything of a personal nature can be directed to Kitty Dudley, the Senior Center Social Worker by making an appointment by calling (860) 647-3211.

Financial Assistance
It has been the long standing policy of the Town Board of Directors that no Manchester resident should be denied access to town sponsored recreational activities due to financial hardship or other extenuating circumstances. Please contact Kitty Dudley at (860) 647-3211 for details.

Cancellation Policy
During inclement weather if Manchester schools are closed, all center programs, meals and transportation are canceled for that day. However, the Center staff is available in the office for regular scheduled office hours. When school is on a 90 minute delay all programs, meals and transportation will be delayed until 10 AM. This means that all classes that start before 10 AM are canceled. Call the Center to listen to the voice recording or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

Senior Memberships
Membership to the Senior Center is required to participate in Senior Center activities and is open to Manchester residents only. Membership Cards cost $10 and can be acquired at the Manchester Senior Center M-F between the hours of 8:30 AM-4:30 PM. Contact the Senior Center at (860) 647-3211 or visit: seniorcenter.townofmanchester.org

Meal Program
Lunch is served daily at noon. Reservations are required 24 hours in advance and no later than 12:15 PM the day before. Call (860) 647-3211 for reservations. Suggested lunch donation of $2.50 for 60 and over.

Trips
Trips offered by the Senior Center are advertised in the Journal Inquirer on Saturdays, in the newsletter and online. Day trips, overnights, cruises and trips abroad are available. Trip flyers are available in the Senior Center lobby.

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 Wednesday: Walmart
2nd Wednesday: Walmart/Mall
3rd Wednesday: Kohl’s/ Vernon Circle
4th Wednesday: Walmart/Christmas Tree Shop
5th Wednesday: Walmart (subject to change)

RIDES TO AND FROM THE SENIOR CENTER
Bus rides can be scheduled up to 3 PM on the day before your ride. Please call the Senior Center office at (860) 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.

Program Registration
Registration for all programs, except those listed below will begin on Wednesday, September 4th, 9 AM. 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 September 4th. If your class does not fill up or is a drop-in program, feel free to register anytime before the class begins.
Social Leisure

Dominoes
Stay sharp! Use your mind and learn this fun game. First few classes will be devoted to instruction. Beginners and experienced players welcome.
Location: Senior Center Craft Room
Meets: W, 08/28/19-12/18/19, 12:45 - 3:00 PM

Setback
Location: Senior Center Bingo Room
Meets: F, 08/30/19-12/27/19, 12:45 - 3:30 PM

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.
Location: Senior Center Craft Room
Meets: T/Th, 08/27/19-12/26/19, 10:00 - 11:45 AM

Mahjongg
Location: Senior Center Bingo Room
Meets: T, 08/27/19-12/24/19, 12:30 - 2:30 PM

Pinochle
Location: Senior Center Card Room
Meets: M, 08/26/19-12/24/19, 12:30 - 2:00 PM

Poker
Location: Senior Center Bingo Room
Meets: M, 08/26/19-12/23/19, 12:45 - 2:00 PM

Red Hat Society
We are the women in the red and pink hats. Bring a friend. All are welcome!
Location: Senior Center Library
Meets: T, 09/03/19-12/03/19, 1:00-3:30 PM

Friendship Circle
Coffee, crafts and fun. All are welcome to spend the morning with this friendly group working on knitting, crocheting and other craft projects.
Location: Senior Center Craft Room
Meets: W, 08/28/19-12/18/19, 8:30 - 11:30 AM

Quilting Group
Non-Instructed group. Members help each other with all phases. A couple sewing machines are available.
Location: Senior Center Craft Room
Meets: Th, 08/29/19-12/26/19, 12:30 - 4:00 PM

Ceramics
Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.
Location: Senior Center Ceramics Room
Meets: M/F, 09/09/19-12/20/19, 9:30 - 11:30 AM
Fee: $5

Guided Meditation
Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.
Location: Senior Center Library
Meets: W, 09/11/19-12/18/19, 11:15-11:45 AM
Fee: $5 per session

Social Bridge
Meets for social time enjoying a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Therapeutic Rec Specialist.
Location: Senior Center Library
Meets: W, 08/28/19-12/18/19, 2:00 - 4:15 PM

Checkers
Combines both luck and skill. Social and fun game.
Location: Senior Center Card Room
Meets: F, 08/30/19-12/27/19, 1:00 - 2:00 PM

Ping Pong
Hit the virtual lanes with Nintendo Wii Bowling!
Location: Senior Center Card Room
Meets: Th, 08/29/19-12/26/19, 9:30 - 11:30 AM

Book Group
Read and discuss different novels.
Location: Senior Center Library
Meets: 3rd Wed, 09/17/19-12/19/19, 10:30 - 11:30 AM

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.
Location: Senior Center Wood Shop
Session 1: T/W, 09/10/19-12/18/19, 9 AM - 12 PM
Fee: $5

Watercolor & Oil Painting Group
Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.
Location: Senior Center Wood Shop
Session 1: T, 08/27/19-12/24/19, 1:00 - 3:00 PM

Digital Photography Group
Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.
Location: Senior Center Craft Room
Meets: T, 08/27/19-12/24/19, 9:30 - 11:30 AM

Memory to Memoir
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-published document.
Location: Senior Center Library
Session 1: W, 10/02/19-11/20/19, 10:30 AM - 12:00 PM
Session 2: W, 10/02/19-11/20/19, 12:30 - 2:00 PM
Fee: $5

Scrabble
A board game played with 2-4 players with the players using their vocabulary to create words.
Location: Senior Center Bingo Room
Meets: Th, 08/29/19-12/26/19, 9:30 - 11:30 AM

Men’s Group
Meets for social time enjoying a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Therapeutic Rec Specialist.
Location: Senior Center Library
Meets: M, 08/26/19-12/23/19, 10:45 - 11:45 AM

Bingo
Drop in and play on one of three billiard tables.
Location: Senior Center Billiards Room
Session 1: M-F, 08/26/19-12/27/19, 8:30 AM - 4:30 PM

Cribbage
Combines both luck and skill. Social and fun game.
Location: Senior Center Card Room
Meets: F, 08/30/19-12/27/19, 1:00 - 2:00 PM

Wii Bowling
Hit the virtual lanes with Nintendo Wii Bowling!
Location: Senior Center Library
Meets: Th, 08/29/19-12/26/19, 10:00 - 11:30 AM

Bingo
Location: Senior Center Ping Pong Area
Meets: M-F, 08/26/19-12/27/19, 10:00 AM - 12:00 PM
Fitness & Movement

Strength & Flex
Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exercise tubes to improve balance, muscle tone and overall cardio health.
Location: Senior Center Auditorium
Session 1: M, 09/09/19-12/15/19, 10:00 - 11:00 AM
Session 2: W, 09/11/19-12/18/19, 10:00 - 11:00 AM
Session 3: W, 09/11/19-12/18/19, 11:00 -12:00 PM
Session 4: F, 09/13/19-12/20/19, 10:00 - 11:00 AM
Fee: $5

Yoga +
A class designed for the active senior with few limitations.
Location: Senior Center Auditorium
Session 1: M/W, 09/09/19-12/18/19, 2:25 - 3:15 PM
Session 2: M/W, 09/09/19-12/18/19, 3:25 - 4:15 PM
Fee: $5 per session

Tai Chi Beginner & Advanced Classes
Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.
Location: Senior Center Auditorium
Meets: T/F, 09/10/19-12/20/19
Beginner Class: Tu, 2:30 - 3:30 PM, F 1:00 - 2:00 PM
Advanced Class: Tu, 1:30 - 2:30 PM, F 12:00 - 1:00 PM
Fee: $5 per session

Zumba Gold
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system.
Location: Senior Center Auditorium
Meets: Th, 09/12/19-12/19/19, 2:00 - 3:00 PM
Fee: $5 per session

Stronger Seniors
Will include chair aerobics, chair Zumba and will incorporate weights, tubes and stretching.
Location: Senior Center Auditorium
Session 1: W, 09/11/19-12/18/19, 9:15 - 10:00 AM
Fee: $5 per session

Light-N-Lively
Low impact cardio workout. Active and fast paced. Seniors may sign up for 2 out of 3 classes.
Location: Senior Center Auditorium
Meets: M/W/F
Session 1: M, 09/09/19-12/16/19, 1:20 - 2:15 PM
Session 2: W, 09/11/19-12/18/19, 1:20 - 2:15 PM
Session 3: F, 09/13/19-12/20/19, 11:00 - 11:55 AM
Fee: $5 per session

Walking Group
This group meets for treks around town.
Location: Senior Center Parking Lot
Meets: W/F, 08/28/19-12/18/19, 8:45 - 11:00 AM

Biking/Hiking Club
Bikers ride approximately 6-12 miles per ride.
Location: Senior Center Parking Lot
Meets: W, 09/04/19-12/18/19, 9:00 AM - 12:00 PM

Body Sculpt
Weight bearing exercise program for active older adult that includes warm-up, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.
Location: Senior Center Auditorium
Session 1: M, 09/09/19-12/16/19, 12:30 - 1:15 PM
Session 2: W, 09/11/19-12/18/19, 12:30 - 1:15 PM
Fee: $5 per session

Senior Basketball
Location: Community Y Recreation Center
Session 1: M, 09/09/19-12/20/19, 9:00 - 11:00 AM
Fee: $10 / $20 (nr)