

# Town of Manchester

## Department of Leisure, Family and Recreation

### Upcoming Programs & Events

Weekly Report Updated: Friday, March 8, 2019

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#### Recreation Division

39 Lodge Drive (main office), 860-647-3084

#### Registration & Passes

**Program Registration:** Winter program registration has officially begun! Registration can be done online, in person, or over the phone. Payment, when applicable, is due at the time of registration; online and phone registration can be processed using Visa or MasterCard. Our full winter program brochure is available online at [recreation.townofmanchester.org](http://recreation.townofmanchester.org) by clicking the Brochures link. Summer program registration will begin at 9:00am on Wednesday, May 15<sup>th</sup> for residents and Friday, May 17<sup>th</sup> for non-residents. Swim lesson registration will begin in June, so stay tuned for more detailed information!

**Membership: The current membership year is September 1, 2018 – August 31, 2019. If you currently have a 2017/2018 membership, be sure to bring your cards with you when renewing.** Membership cards can be obtained at the Center Springs Main Office, Community Y Rec Center and Customer Service at Town Hall. Senior cards can also be purchased at the Senior Center. Please note that youth cards are no longer processed at the libraries. Proof of residency is required each year when obtaining your card to verify current resident status. When getting a youth card, please be sure that the child is present as we still keep updated pictures in our system. Membership cards are valid at all of our rec centers, indoor and outdoor pools, as well as the Fitness Center at the Community Y Rec Center.

**ATTENTION Summer Camp Registration:** Summer Camp is for Manchester residents only and takes place from July 1, 2019 - August 9, 2019 for 5 - 15 year olds (age 5 only if Kindergarten has been completed). Registration is done by lottery and registration packets will be accepted **by mail only** from March 1 - March 31. Registration packets are now available at the following locations: Center Springs Main Office - 39 Lodge Drive, Community Y Recreation Center - 78 N Main Street, Customer Service, Town Hall - 41 Center Street, Mahoney Recreation Center - 110 Cedar Street or Online at [recreation.townofmanchester.org](http://recreation.townofmanchester.org). Please note that approved financial assistance forms must be mailed with registration forms in order to be processed, so be sure to contact Katie Clark at 860-647-3065 as soon as possible if needed.

#### Aquatics

**Swimming Lessons:** The Recreation Division offers Infant – Level 6 lessons for youth and Adult Swim Lessons for those 18+. Be sure to check out the new Winter/Spring Catalog for more details by visiting our website. Please note that the next swimming lesson registration (summer) will not be until June. Details TBA!

**UPDATED 1/28/19** Indoor Open Swim Hours: MHS Main Pool hours for open swim are now - Mondays and Wednesday from 7:30 - 8:30pm, Fridays from 8 - 9pm and Saturdays from 12:00 – 1:00pm. MHS IOH Pool hours for open swim are now Mondays, Wednesdays and Fridays from 7:30 - 9:00pm and Saturdays from 12:00 – 1:00pm. Both the Main Pool and the IOH Pool will close Friday, June 7, 2019. Weekend swim hours will end on Saturday, April 13, 2019.

**Hiring Indoor Swim Lesson Instructors:** The Town of Manchester Recreation Division is currently accepting applications for American Red Cross certified Swim Lesson instructors for the indoor swim season. All applicants must be certified as an ARC Water Safety Instructor. Additionally, applicants should be certified in ARC Lifeguarding, CPR/AED and First Aid. Hours would begin in October. Duties include, but are not limited to: teaching swim lessons to infant through Level 6. Pay rates begin at \$13.00/hour. Applicants must submit an employment application via the Town of Manchester. Positions open until filled. This is a part time, hourly position with no benefits.

**Adult Lap Swim:** Swimming is one of the best overall body workouts. Build cardio and tone at the same time with Adult

Lap Swim! The \$50.00 fee covers dedicated lap swim time in the early mornings AND the evenings, Monday – Friday. This program is for Manchester residents ages 18 and older.

**NEW Yoqua:** Prepare yourselves – YOQUA is here! This class introduces full breath breathing, a warm up, Yoqua poses/stretches and ends with a relaxation period. Class is taught in waist deep, warm water and is low impact. Classes are held at the Manchester High School IOH Pool on Mondays and Wednesdays from 3:00 – 3:45pm.

**Adult Aquatic Fitness:** Great workouts at the pool like Swim for Fitness, Aqua Circuit and Total Aqua have started! With class times ranging from 4:00pm all the way to 7:30pm, we know you can find the perfect cardio class to fit your schedule. Check out our full brochure for class details!

**FULL Lifeguard Training (LGT):** Through video, group discussion and hands-on practice, learn patron rescue and surveillance skills, First Aid and CPR/AED. Successful candidates will receive a 2 year CPR/AED certification and a 2 year Lifeguard certification! Participants must be at least 15 years of age and pass certain swimming requirements. Attendance at each class is mandatory. LGT will take place at the Manchester High School Main Pool on Tuesday evenings from March 19 – May 28. The fee for this course is \$170.00 for residents and \$210.00 for non-residents.

**FULL Water Safety Instructor (WSI):** This American Red Cross certification program is offered to individuals 16 years of age or older who are looking to become certified to teach swimming lessons. WSI will take place at the Manchester High School Main Pool on Thursday evenings from March 21 – May 30. The fee for this course is \$290.00 for residents and \$350.00 for non-residents.

**Aqua Egg Hunt:** Children will collect floating and sinking eggs during our annual egg hunt at the Manchester High School IOH Pool! Bring a bucket to collect eggs and then turn them in to the Bunny's helper for a prize. Swim attire is required and children 4 years old and younger must be accompanied by a parent in the water. Children who are not potty trained must wear a swim diaper in the water. Preregistration is required. Join us on Saturday, April 13<sup>th</sup> from 1:15 – 1:45pm for 5 – 9 year olds (*12:30 – 1:00pm for 2 – 4 year olds is full*). This program is for Manchester residents only.

### **Adult Programming**

**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. This program is held on Mondays and Wednesdays from 5:45 – 6:45pm. The next session will begin on April 1st.

**Pickleball:** There's less ground to cover than other racket sports, making Pickleball easier for players of all ages (30+)! Players say it's easier on the body, while still getting in a full workout. The indoor season is held at the Bennet Leisure Center on Thursday evenings from 5:45 – 7:45pm.

**Team Fit After Work:** Team Fit provides 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. Team Fit After Work is held at Center Springs on Monday and Wednesday evenings from 5:00 – 5:45pm.

**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. Yoga for Active Lifestyles is held at the Community Y Rec Center on Monday and Wednesday evenings from 6:30 – 7:30pm. The next session will begin on April 1<sup>st</sup>.

**Walk 15:** Take group fitness to a new level with this low impact, multi muscle, calorie torching, walking based workout with very effective results. All fitness levels welcome! Classes are held at the Community Y Rec Center on Mondays at 4:45pm and at Center Springs on Mondays at 6:00pm and Wednesdays at 9:00am, 4:00pm and 6:30pm.

**Strength 4 Life:** This nonimpact 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! Strength 4 Life is held at the Community Y Rec Center on Wednesday and Friday mornings from 9:00 – 10:00am.

**Tapercize:** Levels 1 – 4 of Tapercize are available at the Community Y Rec Center on Tuesday and Thursday evenings for adults. Whether you have absolutely no tap dancing experience, or you are looking for a fast-paced, aerobic tap class, we have the class for you!

**Personal Training One on One:** Did you know that a personal trainer will design an exercise program specifically for you at the Community Y Rec Center? Your trainer will motivate you through your workout and ensure proper form and safety. Just call 860-647-3164 to set up your appointment!

***See Aquatics for additional programming.***

### **Youth Programming**

**Jukido:** Jukido is a style of Japanese Jujitsu, the techniques of which were founded centuries ago. The coed course emphasizes safety and doing one's best. The principles of Karate, Judo and Aikido are introduced. Both the class for beginner students and returning students are held on Friday evenings for youth ages 6 -14 at the Community Y Rec Center.

**FULL Start Smart Basketball:** This program teaches children ages 3 - 5 a variety of basketball skills including: dribbling/ball handling, shooting, passing, catching and running. An adult must participate with the child. The 9:00am, 10:00am AND newly added 11:00am session are all full already! Start Smart Basketball is held on Saturdays starting February 9<sup>th</sup> at the Community Y Rec Center.

**FriSciNi:** Have you ever wanted to learn how to make it snow indoors, or to build sand castles with sand from Mars? Working directly with Bennet staff, participants will get hands on experience as well as learn something new. These fun, crazy, wacky experiments involve slime, water, snow and sand. Youth ages 9 – 18 can join us on Friday, March 15<sup>th</sup> at the Bennet Leisure Center from 6:15 – 7:30pm.

**Karaoke Nights:** Bring your singing voices, dancing shoes and all of your best performing moves! Join us (ages 9 – 18) at the Bennet Leisure Center on March 29<sup>th</sup> from 6:15 – 7:30pm.

**Indoor Tennis:** Kids ages 4 – 7 and 8 - 12 will learn basic tennis lessons; groundstroke, backhand, forehand, volleying and serving. Please wear gym clothes and bring a racquet. Indoor Tennis is held at the Mahoney Rec Center on Tuesday evenings starting April 2<sup>nd</sup>. Please note that the 4 – 7 year old sessions are full, but there are still openings for 8 – 12 year olds.

**FULL Start Smart Baseball:** In this program for youth ages 3 – 5, parents will work together with their children in a supportive environment to learn the basics of baseball. Start Smart teaches children a variety of baseball skills including throwing, batting, catching and running/agility. Participants should wear sneakers and comfortable clothing to class. Parent involvement is required. Baseball will be held at the Community Y Rec Center on Saturday mornings from April 6 – May 11.

**E.Y.E.S. LEGO Mini Camp:** Introduce your child to a new and exciting S.T.E.A.M. (Science, Technology, Engineering, Art and Math) program that uses LEGO as the tool for experiential learning and reinforcing S.T.E.A.M. concepts. Building Up STEAM will be held from 10:00am – 12:00pm for 5 – 6 year olds, and STEAM WORKS from 1:00 – 3:00pm for 7 – 9 year olds, from Monday, April 15 – Thursday, April 18 at the Eastside Neighborhood Resource Center. Register now!

***See Aquatics and Special Events for additional programming.***

### **Special Events/Family Programming**

#### ***NEW* Family Art Nights for All Ages**

**Hands Up!:** Drawing hands! This session tackles the structure, shadowing and creating of all things HANDS. Join us at the Bennet Leisure Center on Thursday, March 14<sup>th</sup> from 6:15 – 7:30pm.

**Quick Switch:** Start with one sheet of blank paper. Once the clock starts you'll only have a couple of minutes before everyone switches papers! Continue with what the previous artist had started, but now add your own special touch to the piece. Join us at the Bennet Leisure Center on Thursday, March 21<sup>st</sup> from 6:15 – 7:30pm.

**Color Match:** Each participant will have five minutes to mix a mystery color, using whatever colors to add into it that they please. The question is, can the rest of the class work together to mix the same color? Everyone gets a turn to mix a color that everyone guesses. Join us at the Bennet Leisure Center on Thursday, March 28<sup>th</sup> from 6:15 – 7:30pm.

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## Office of Neighborhoods and Families Division

### 153 Spruce Street, 860-647-3089

#### Adult Learnshops

**Basic Vegetable Garden:** Vegetable gardening can be fun or frustrating depending on your preparation and experience. With the knowledge you gain in this class, you will be guaranteed better success with your garden. This class is for beginner gardeners, but all are welcome. Register now for this program being held at the Eastside Neighborhood Resource Center on Tuesday, April 9<sup>th</sup> from 6:00 – 9:00pm.

#### Family Programming

**Marvelous Marven's Brain Circus:** This show begins with a rhyming overture about brain health and its links to problem solving, exercise and reading. Then we join the circus and feel our brains grow! We learn circus skills: juggling props, balancing sticks, spinning plates, flip and flyers, hula hoop, rhythm sticks and romper stompers. Join us at the Eastside Neighborhood Resource Center on Friday, March 15<sup>th</sup> from 6:30 – 8:00pm.

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## Youth Service Bureau Division

### 63 Linden Street, 860-647-5213

#### Early Childhood Programming

**Cradle to Crayons:** Children will have opportunities for free play and to socialize with others as well as engage in activities such as art projects, story time, etc. 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. Cradle to Crayons is a free program and is held at the Northwest Park Early Childhood Center on Thursday afternoons from January 3 – June 6th.

**Partners in Play:** This 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. Wonder Years (ages 1 – 2), Wee Two (ages 2 – 4) and Happy Together (ages 2.5 – 5) are all held at the Northwest Park Early Childhood Center during various weekday mornings.

**Mommy & Me Playgroup:** This program is for caretakers and their infants up to early walking age to socialize themselves as well as their babies in an unstructured playgroup atmosphere. Come when you can! A private changing and feeding room is available. Registration is not required, but please email Caitlin if you would like to join that week, or for the entire session, at [cmcnamara@manchesterct.gov](mailto:cmcnamara@manchesterct.gov). Playgroup is held Tuesdays from 3:00 – 4:15pm.

**Peace at Home Parenting Solutions:** This collaborative of recognized experts in child development and parenting education strive to bring simple, effective solutions to busy parents, so that all families may find peace at home. Light dinner and child care provided. Registration required. The next program, Playful Parenting, will be held on Wednesday, March 13<sup>th</sup> from 5:00 – 7:00pm at the Northwest Park Early Childhood Center.

**Open Play Days:** Join Manchester Plays On for drop-in play time at Northwest Park Early Childhood Center. This free play time is for children ages 2 – 5 to enjoy with their parents in a fun and safe environment. Parents are required to attend and interact with their child during this time. No registration is required, however you will be asked to fill out a permission form and sign-in sheet upon arrival. The next play day will be held on Monday, March 18<sup>th</sup> from 4:00 – 5:30pm.

#### Youth Programming

**Middle School Socials:** Every month, junior high school students in grades 7 and 8 are invited to a new event at the Youth Service Bureau Teen Center! These socials are open to all middle school students who live in Manchester, or students who attend Manchester schools (transportation only provided for illing students to the YSB, guardians are responsible for pickup). Snacks are served and registration is required by calling 860-647-5213.

**St. Patrick's Party:** Friday, March 8<sup>th</sup> from 2:45 – 5:30pm

**Spring Fling:** Friday, April 26<sup>th</sup> from 2:45 – 5:30pm

**Teen Center Discussion:** Discussions are facilitated by Pierre Brilliant, Youth Service Coordinator and former professional football player, covering a range of topics from education and career goals to current events. 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 video games, pool, ping pong, foosball, board games, internet surfing and a variety of other creative, fun and interactive activities. Join us for the first winter session of discussions on Wednesdays from January 9 – March 27<sup>th</sup> and April 3 – June 12<sup>th</sup> from 2:45 – 3:30pm.

**Mother Daughter Circle:** This circle promotes a healthy and sustaining bond between mothers/guardians and their daughters (one child and one adult) during the transitional years from girlhood to young womanhood. We are providing a safe, consistent and strengths based approach to supporting mothers and daughters on their relationship journey. Dinner is provided. This program is held at the Youth Service Bureau for 11 – 15 year olds on Wednesday evenings.

**PeaceLove Workshops:** Participants explore the creative process through challenges such as painting on someone else's canvas, recreating images and using paint brushes in unexpected ways. The workshop closed by encouraging participants to consider the meaning of peace of mind and the ways we each find it.

**Creative Calisthenic:** Explore creative challenges such as painting on someone else's canvas, recreating images and using paint brushes in unexpected ways on Thursday, March 21<sup>st</sup> from 5:00 – 7:00pm

**Story Shoes:** Participants consider each person's unique story and the idea that our journeys are similar even though each person walks a different path on Thursday, April 18<sup>th</sup> from 5:00 – 7:00pm

**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 (for youth ages 12 – 18) will be structured to include an LGBTQ youth group and a parent/ally support group. Our next meeting will be held on Tuesday, April 2<sup>nd</sup> from 6:30 – 8:00pm at the Youth Service Bureau.

**Strengthening Families:** A skills training program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol/drug abuse in children ages 9 – 14 while also improving social competencies and school performance. Dinner will be served each night to the full family. Please let us know if you will need free babysitting services for younger siblings when you register. This program will be held on Wednesday evenings starting March 6<sup>th</sup>.

**Young Women's Circle:** This support group is for females ages 15 – 18 to share, explore, build skills and encourage one another to live authentically in mind, body, heart and spirit. By participating in meaningful, gender-relevant discussions and capacity building activities, young women reinforce their vital roles within the community and society. Young Women grow through and toward relationships as they share diverse strengths and capabilities that shape their lives and communities. Young Women's Circle is held on Fridays from 3:00 – 4:15pm. The next session will be held from March 8 – March 29.

**Half Day Special Events:** The Youth Service Bureau offers free special events for 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students on most scheduled early release days. The next event will be Rock Climb Day on Wednesday, March 20<sup>th</sup> from 1:00 – 3:30pm and we will be going to Stone Age Rock Gym! For more information, please contact 860-647-5262.

**Teen Center:** The YSB Teen Center is open Monday – Friday from 2:30 – 5:30pm. Teens are asked to bring their recreation cards as they will now be swiped at the Teen Center. If your child does not have a recreation card, they can now obtain one right at the Teen Center!

**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. Join us at the Youth Service Bureau on March 12<sup>th</sup> from 5:00 – 7:00pm!