

**Town of Manchester**  
**Department of Leisure, Family and Recreation**  
**Upcoming Programs & Events**  
**Weekly Report Updated: Friday, April 12, 2019**

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

**Registration & Passes**

**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; first lottery deadline has passed, but you can now submit your registration for our second round lottery. Registration packets are 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).

**Program Registration:** Winter/Spring program registration began in December. 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/spring 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.

**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.

**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 Winter/Spring Catalog for more details by visiting our website. Please note that the next swimming lesson registration (summer) will start at 9:00am on Wednesday, May 15<sup>th</sup>.

**UPDATED 4/12/19 Indoor Open Swim Hours:** MHS Main Pool hours for open swim are: Mondays and Wednesday from 7:30 - 8:30pm, Fridays from 8:00 – 9:00pm and Saturdays from 12:00 – 1:00pm. MHS IOH Pool hours for open swim are: Mondays, Wednesdays and Fridays from 7:30 - 9:00pm and Saturdays from 12:00 – 1:00pm. Saturday swim hours for both pools will end on Saturday, April 13, 2019. Starting Monday, April 22nd the open swim hours at the IOH pool will be changing to: Tuesdays and Thursday from 6:00 – 7:00pm. Both the Main Pool and the IOH Pool will close Friday, June 7, 2019.

**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.

**Adult Aquatic Fitness:** There are great workouts at the pool available like Swim for Fitness, Aqua Circuit, Total Aqua and Yoqua! With class times ranging from 3:00pm 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.

**FULL 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**

**Hiking at Case Mountain:** Leave from Case Mountain parking lot off of Birch Mountain Road promptly at 3:00pm! Be ready to hike approximately 3 – 3.5 miles up and around this beautiful mountain. This is an intermediate hike with uneven terrain and at times strenuous exertion. Don't forget your water and a small snack. Hikes are on Thursdays from 3:00 – 4:45pm. Register now!

**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.

**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.

**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 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 is still one opening in the second session 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**

**SPLASH BANNER! PART 3:** After our splashing is done, color is dry, drips are no longer dripping... what do we do? PULL THE PAINT-ERS TAPE! Spend time slowing down and pulling the perfect outline, gently adding crisp and bold line work to where the tape once stood! Join us at the Bennet Leisure Center on Thursday, April 18<sup>th</sup> from 6:15 – 7:30pm.

**SPLASH BANNER! PART 4 FINAL TOUCHES!:** Sign your name on the back of our giant canvas banner! Finish outlines, add some colorful shapes and make sure all of the borders are even and straight. Learn how to look at a final product from the artist's stand point and from those receiving the final piece. An exciting last touch and look to our banner before we hang it! Join us at the Bennet Leisure Center on Thursday, April 25<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**

**Gardening on the Rocks:** Flowers and vegetables, even in rocky soil and ledge! No matter what your land is like, you can grow food and flowers, if you know which ones to choose. Register now for this program being held at the Eastside Neighborhood Resource Center on Tuesday, April 16<sup>th</sup> from 6:00 – 8:00pm.

**Water Harvesting:** Rain barrels, edging styles, drainage basins, berms and swales are some ways to harvest and direct water to where it is best used by your landscape. Learn how and save time and money. Join us at the Eastside Neighborhood Resource Center on Tuesday, April 23<sup>rd</sup> from 6:00 – 8:00pm.

**Composting Basics:** Turn kitchen scraps, weeds, coffee grounds, leaves and shredded paper into rich fertile soil! This free fertilizer can perk up any lawn, garden or indoor plant. Join us at the Eastside Neighborhood Resource Center on Tuesday, April 30<sup>th</sup> from 6:00 – 8:00pm.

**So You Want to be a Vendor?:** An informal introduction to becoming a successful vendor at your local farmers market, craft fair and beyond. Visual Design and display tips and tricks to help you get started making your hobby a money making venture. Join us at the Eastside Neighborhood Resource Center on Tuesday, May 20<sup>th</sup> from 6:00 – 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 following programs are held from 5:00 – 7:00pm at the Northwest Park Early Childhood Center:

**Sibling Connection:** Wednesday, May 15<sup>th</sup>

**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, April 15<sup>th</sup> from 4:00 – 5:30pm.

#### Youth Programming

**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. For more information, please contact 860-647-5262.

**Happiness Project:** Wednesday, May 8<sup>th</sup> from 1:00 – 3:30pm

**YSB Self-Care Day:** This special day on Wednesday, April 17<sup>th</sup> from 9:00am – 3:00pm is open to 10 – 14 year old middle school girls and is facilitated by high school girls. Participants will have an opportunity to engage in art, yoga, a mini spa treatment and enjoy a healthy lunch and snack. Register now by contacting 860-647-5215.

**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.

**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

**Transformation Collaboration:** Some transformations in our lives just happen, while others require personal initiation and a great deal of work. Participants begin the process of transforming unhealthy behaviors and thought patterns. Participants make, take apart and reconstruct artwork to create images that provide inspiration for positive change on Thursday, May 16<sup>th</sup> from 5:00 – 7:00pm.

**Hartford Scavenger Hunt:** Participants (ages 10 – 18) will leave from the YSB and take the city bus into Hartford on Thursday, April 18<sup>th</sup> from 9:00am – 3:00pm. They will engage in an educational tour of downtown that will include learning about history, architecture, art, parks and end with a local food truck lunch. This is open to older elementary and middle school youth and each team is led by high school youth. To register, please contact 860-647-5215.

**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.

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

**Cinco de Mayo:** Friday, May 10<sup>th</sup> from 2:45 – 5:30pm

**Teen Center Discussion:** Discussions are facilitated by Pierre Brillant, 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 next session of discussions on Wednesdays from 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 from May 1 – June 19<sup>th</sup> from 5:30 – 7:30pm.

**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 May 3 – May 24<sup>th</sup>.

**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, May 7<sup>th</sup> from 6:30 – 8:00pm at the Youth Service Bureau.

**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 Tuesday, May 14<sup>th</sup> from 5:00 – 7:00pm!

**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!