

Town of Manchester
Department of Leisure, Family and Recreation
Upcoming Programs & Events
Weekly Report Updated: Friday, June 21, 2019

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

Registration & Passes

Program Registration: Summer program registration is on-going. 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 summer program brochure is available online at recreation.townofmanchester.org by clicking the Brochures link.

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 6 months of age and older, Teen Swim Lessons for 13 – 18 year olds and Adult Beginner Swim Lessons for those 18+. Be sure to check out the summer brochure for more details by visiting our website. Private Swim Lessons are also available for Manchester residents ages 5 and up by contacting 860-647-3087. Please be prepared with dates, times and desired pool location.

Adult Aquatic Fitness: Aqua Circuit is held at Salters Pool on Mondays and Wednesdays from 5:00 – 6:00pm. This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Total Aqua is held at Swanson Pool on Tuesdays and Thursdays from 7:00 – 8:00pm. This class combines segments of cardio and 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. Swim for Fitness is held at Swanson Pool on Mondays and Wednesdays from 7:00 – 8:00pm. Swim 30 consecutive laps by the end of this class. Evaluation and individual swim fitness programs are used to help achieve swimming goals. Must be able to swim a full length without stopping. Summer sessions of aquatic fitness classes will be starting in June, so be sure to check out our brochure for full details.

Outdoor Open Swim: Pre-season swimming started Monday, June 17th at Globe Hollow from 1:00 – 6:00pm. Regular season swimming will start on Monday, June 24th at Salters, Swanson, Marcy MacDonald (previously West Side) and Waddell. Please note that the first week of regular season will have adjusted open swim hours since swimming lessons will not begin until Monday, July 1st. View our full summer program brochure for details. Recreation cards/day passes are required and are not sold at the pools; cards and passes can be obtained at Center Springs, Customer Service at Town Hall and the Community Y Rec Center.

Noodle Nights: Join us at the Marcy MacDonald Pool on Wednesday, June 26th from 6:00 – 7:30pm for noodle and float night for all ages! Bring a float or grab a noodle and relax at the pool. Pools will have limited noodles available for use. Please note that noodles and floats are only allowed on designated nights and time. A Recreation card is required to participate.

Slide Into Summer: Children of all ages are welcome to enjoy the water slide, play water games, enjoy popsicles on the

grass and dance the night away to some summer beach jams at the Waddell Pool on Friday, June 28th from 6:00 – 7:30pm. Please note that a Recreation card is required to participate.

Adult Programming

Pickleball – Outdoor Open Play: Four outdoor courts are available at Nike Site, 255 Garden Grove Road. Courts are located towards the back of the parking area; look for the sign and access road on the left. Courts are open daily, sunrise to sunset. Bring your own equipment and water.

Adult Tennis Lessons (17+): Learn the proper footwork, ground strokes, volleying and service game. Bring your own racquet, sneakers and water bottle. Lessons will be held on Mondays and Wednesdays from 6:30 – 7:30pm at the Manchester High School Tennis Courts (Summit Street). Registration is required.

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.

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.

Total Body Plus (18+): 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 at the Community Y Rec Center. Summer sessions will begin on June 24th, so be sure to register soon.

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. Join the class going on now, or register now for the summer session which will begin on June 24th!

Sunset Boot Camp: Summer is on the way and it’s time to start sweating outside again! We can’t think of a better way to celebrate the warmer temperatures than with a little outdoor boot camp action. Held at the new Union Pond Fitness trail, the class will incorporate the trail equipment as well as fun add-ons like tires, jump ropes or elastic bands. The boot camp workout consists of cardiovascular conditioning, strength training and stretching. Go at your own pace and work your way up. Program works for all fitness levels. Class is held outdoors, so please bring water and bug spray. Sunset Boot Camp will be held at the Jay Howroyd Fitness Trail at Union Pond Park on Tuesday and Thursday evenings from 7:30 – 8:30pm starting Tuesday, June 25th. Registration is required.

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 and Wednesdays at 6:30pm. Summer sessions will begin July 1st.

Fit for Delivery: This prenatal exercise class is taught by a certified perinatal fitness specialist and is designed especially for expectant moms. Classes include cardio, strength exercises, stretching and relaxation techniques. Join between weeks 12 and 28 of your pregnancy for maximum program benefit. Continue for as long as you wish until the birth of your baby! This class is ongoing at the Community Y Rec Center on Tuesday and Thursday evenings from 6:45 – 7:45pm. Register online by visiting ECHN.org/calendar, or call Betsy Crayton, ECHN Perinatal Education, at 860-647-4790.

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

Tennis Lessons: Tennis lessons for ages 4 – 7 (Pee Wee) are offered at the Robertson Tennis Courts both in the mornings

from 9:30 – 10:00am and evenings from 5:00 – 5:30pm and for ages 8 – 12 (Youth) from 10:00 – 11:00am and 5:30 – 6:30pm. Children will learn to play the game of tennis stressing footwork, ground strokes, service and volleying. Bring your own racquet! Registration is required. Evening lessons have begun and morning lessons will begin on Monday, July 1st.

Rec on the Run: Rec on the Run is our NEW mobile pop-up creative arts, sports and games vehicle which offers recreation programs and activities across Manchester! Our engaging staff will bring read aloud programs, free book giveaways, health and wellness programs, arts, music, environmental projects and more! You will be able to find this vehicle across the community during the week and at various special community events this summer.

Color Me Week

Bracelets and Frisbees: Monday, July 1st at Northwest Park, 448 Tolland Turnpike from 6:00 – 8:00pm.

Umbrellas: Tuesday, July 2nd at the Marcy MacDonald Pool, 110 Cedar Street, from 6:00 – 8:00pm.

Super Hero Capes: Wednesday, July 3rd at the Spruce Street Market, 153 Spruce Street, from 6:00 – 8:00pm.

Nature Explorers: Today many children are disconnected from nature. Playing outdoors and learning how to respect animals and the environment benefits children in many ways. This nature program gives children and families the opportunity to explore nature, gain knowledge through creative and science-based activities, and learn how to be stewards of Our Parks, trails and green spaces! Each week is a different nature theme and every Thursday evening there is a fun, in-depth activity at Charter Oak Park related to the theme.

Branch Out: Join us for our first Nature Explorers program, Branch Out, on Thursday, July 11th from 6:00 – 7:30pm. The Lutz Museum will be coming to Charter Oak Park for kids to interact with different furs, feathers, live animals and much more! Kids will also grow their own crystal trees.

Bumble Bee Night: Join us at Charter Oak on Thursday, July 18th from 6:00 – 7:30pm to meet a beekeeper who will bring a live bee colony. There will be honey tasting and kids will learn and plant flowers that are friendly to bumble bees.

Jukido: Jukido is a self-defense system first and foremost. Jukido turns the attacker's own strength and energy against them. Jukido Jujitsu applies traditional techniques to modern circumstances. Classes are taught in a safe and enjoyable environment. Beginner and Returning classes are held at the Community Y Rec Center on Friday evenings for 6 – 14 year olds. The first class will be held on Friday, July 12th. Registration is required.

See Aquatics and Special Events for additional programming.

Special Events/Family Programming

Summer Kick Off Party: Bring the family and enjoy our summer kick off featuring inflatables and recreational games & activities at Charter Oak Park from 6:00 -8:30pm on Friday, July 5th.

Slime Night: Join the Our Park Ambassadors for Slime Night on Friday, July 12th from 6:00 – 8:00pm, where the whole family will be able to create their own colorful and wacky slime!

Manchester Country Club Free Clinic Day & Greens Fees

Please remember the Manchester Country Club's dress code; denim, t-shirts and footwear with metal spikes are not permitted. Free Golf and Clinic Days do not include cart fees or practice balls. Please consider shopping at the club's ProShop and/or dine with us at the Waterview Café which is open for lunch and dinner daily.

Golf 101: Designed for the youth and adult non-golfers. Participants will be given basic instruction to better prepare them for a day on the course. This program will be held for youth 17 and under from 4:00 – 5:00pm and for adults 18 and older from 5:30 – 6:30pm on July 15 and October 7; please note that registration deadlines are July 12th and October 4th. All equipment is provided.

Free Golf Days for Youth and Adults: Manchester residents of all skill levels can come out to play free golf and enjoy a great day at the course on July 15 and October 7. Register to play up to 7 days in advance online at www.mancc.com, or by calling the ProShop at 860-646-0226; registration is required.

Junior Membership Raffle: Youth who register and participate in the October 7th Clinic will be eligible for 1 of 3 seasonal Junior Memberships valued at \$400.00 each!

Earl Yost Tennis Classic: We invite all residents and non-residents to play in the 22nd annual Earl Yost Tennis Classic Thursday, July 18 – Sunday, July 21, 2019! Register online at www.earlyosttennis.com no later than Wednesday, July 17th

by 6:00pm.

Office of Neighborhoods and Families Division

153 Spruce Street, 860-647-3089

Youth Programming

STEAM Works LEGO: Children are working with standard LEGO materials to problem solve pre-engineering challenges involving many elements of simple machines and motorized creations. Your child will have the opportunity to work with and bring home evidence based lab sheets to share with family to continue the learning process outside of camp. This program will be held at the Eastside Neighborhood Resource Center for 7 – 9 year olds from Monday, July 8 – Friday, July 12th from 9:00am – 12:00pm. Registration is required.

Full STEAM Ahead LEGO: Children are learning and strengthening building technique and problem solving skills while working with more complex LEGO mechanisms that reinforced skills learned in the younger age programs. Your child will have the opportunity to work with and bring home evidence based lab sheets to share with family to continue the learning process outside of camp. This program will be held at the Eastside Neighborhood Resource Center for 10 – 12 year olds from Monday, July 8 – Friday, July 12th from 1:00 – 4:00pm. Registration is required.

Adult Workshops

Deadheading Herbs and Flowers: Help your plants grow and produce more for you by deadheading and pruning. See the various processes in action at the Spruce Street Community Garden and learn how to do it yourself. Join us at the Eastside Neighborhood Resource Center on Wednesday, July 17th from 6:00 – 7:00pm.

Drying Herbs and Flowers: Keep the joy of herbs and flowers all year long by drying them at their peak freshness. Save herbs for later use and for your own teas and flavorings. Join us on Wednesday, July 31st from 6:00 – 7:00pm.

Special Events/Family Programming

Spruce Street Market: The Spruce Street Market is just around the corner! We run rain or shine on Wednesdays from June 12 – August 21 from 4:30 – 7:30pm at 153 & 160 Spruce Street. Come get your locally grown produce, farm raised eggs and meats, and handcrafted artisanal products. Relax and enjoy music, locally made artwork and artisan demonstrations. Call 860-647-3089 for more information.

Youth Service Bureau Division

63 Linden Street, 860-647-5213

Early Childhood Programming

Partners in Play – Summer Program: This summer program is designed to provide young children ages 1 – 5 with the opportunity to discover learning through music, movement and arts & crafts. Children will experience socialization while parents or caregivers are present. This program also includes Free Play Fridays from 9:30 – 11:30am. Each week will have a different fun and exciting theme such as Animal Week, Water Week, Nature Week and more! Toddler Time will be held on Tue/Thu/Fri from 9:30 – 11:00am for ages 1 – 2.5. Creative Kids will be held on Mon/Wed/Fri from 9:30 – 11:30am. Registration is required.

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. Playgroup is held Tuesdays from 3:00 – 4:15pm. Summer sessions will begin on Tuesday, July 2nd.

Crafternoon: Each session children will engage in many types of projects including painting and cutting, so dress for a mess! Children will have the opportunity to begin the group with 15 minutes of free play to get their wiggles out. Parents are required to attend and help younger children engage in the activities. This program is held at the Northwest

Park Early Childhood Center for 2 – 5 year olds starting Wednesday, July 10th from 3:00 – 4:15pm.

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. Summer sessions will begin on Thursday, July 11th.

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 August 19th from 4:00 – 5:30pm.

Youth Programming

FULL summer programs: Journey, Urban Expedition and Girls Circle

Reaching for the Stars: This wellness program is for student athletes and youth who desire to become more athletic. Participants will create fitness routines designed to reach their desired goals, learn to properly use gym equipment and focus on developing healthy habits. Youth will engage in weight training and aerobic exercise. Reaching for the Stars is held on Mon/Wed/Fri starting Monday, June 24th for 14 – 18 year olds from 10:00am – 2:00pm.

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!