

# Leisure, Family & **RECREATION** PROGRAM & EVENT CATALOG



**PROGRAM REGISTRATION  
BEGINS MAY 16**

[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

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## 19TH ANNUAL **EARL YOST** **Tennis Classic** open tennis tournament



# July 14<sup>th</sup>-17<sup>th</sup>

Manchester High School Tennis Courts

Men's Singles, Men's 35+Singles, Men's Doubles, Women's Singles,  
Women's 35+Singles, Women's Doubles, Mixed Doubles,  
Boys 16 & under, Girls 15 & under, & Boys 13 & under Singles

## **REGISTRATION DEADLINE**

**Monday July 11<sup>th</sup>, 2016**

Registration forms are available at the  
Community Y Recreation Center, 78 N. Main Street.

**Singles Play:** \$20

**Doubles Play:** \$36 (per team)

\*Registration includes a t-shirt & tennis balls for each match

### **FOR MORE INFORMATION:**

Call Cherie Baker, Director at 860-655-9514

or

Contact the Recreation Division, 860-647-3084

**[www.earlyosttennis.com](http://www.earlyosttennis.com)**

# GENERAL INFO



## FACILITIES

### Center Springs Main Office

39 Lodge Drive • Center Springs Park • 647-3084  
**Office Hours:** Mon.-Fri., 8:30 AM-4:30 PM  
Closed Legal Holidays

### Community Y Recreation & Fitness Center

78 North Main Street • 647-3164  
**Dates of Operation:** Jun. - Sept.  
**Office Hours:** Mon.-Fri., 8:30 AM-8:00 PM,  
Sat., 9 AM-12 PM

### Mahoney Recreation Center

110 Cedar Street • 647-3166  
**Dates of Operation:** Closed for the Summer

### Youth Service Bureau

63 Linden Street • 647-5213  
**Dates of Operation:** Jun.-Sept.  
**Office Hours:** Mon.-Fri., 8:30 AM-4:30 PM

### Office of Neighborhoods & Families

153 Spruce Street • 647-3089  
**Dates of Operation:** Jun. - Sept.  
**Office Hours:** Mon.-Th., 8:30 AM-4:30 PM

### Nathan Hale Center

160 Spruce Street • 647-3089  
**Dates of Operation:** Jun. - Sept.

### Northwest Park Early Childhood Center (Activity Center Bld. 1)

448 Tolland Tnpke, Bld. #1 • 647-5212  
**Dates of Operation:** June - July  
**Office Hours:** Mon.-Fri., 8:30 AM -4:30 PM

### Northwest Park Pavilion & Rental Info

Northwest Park's grand pavilion is 55' in diameter, open sided and covered with picnic tables, a full kitchen and prep area, serving windows, and rest rooms. Adjacent to the pavilion is a 50' long observation deck which scales 16' high and 18' long over Union Pond allowing for spectacular sunset views of Union Pond. For rental information contact the Recreation Division at 647-3075.

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## AQUATIC FACILITIES

### Globe Hollow Swimming Area

100 Spring Street • 647-3295  
**Open Swim Hours:** Mon.-Fri., 1-7 PM, Sat. & Sun.,  
1-6 PM  
**Lap Swim Hours:** Mon.-Fri., 11:30 AM-12:20 PM,  
Sat. & Sun., 1-6 PM

### Salters Pool

103 Lydall Street • 647-3296  
**Open Swim Hours:** Daily, 1-5 PM  
**Lap Swim Hours:** Mon.-Fri., 11:20 AM-12:20 PM,  
7:30-8:00 PM, Sat. & Sun., 1-6 PM

### Swanson Pool

48 North Main Street • 647-3297  
**Open Swim Hours:** Mon.-Fri., 1-5 PM, Sat. & Sun.,  
2-6 PM  
**Lap Swim Hours:** Mon.-Fri., 11:20 AM-12:20 PM,  
5-5:30 PM, Sat. & Sun., 1-2 PM

### Waddell Pool

163 Broad Street • 647-3299  
**Open Swim Hours:** Mon.-Fri., 1-5 PM, 6-7:30 PM,  
Sat., 1-5 PM & Sun., 1-4 PM  
**Lap Swim Hours:** Mon.-Fri., 7:30 - 8 PM

### West Side Pool

110 Cedar Street • 647-3293  
**Open Swim Hours:** Everyday, 1-5 PM  
**Lap Swim Hours:** Mon.-Fri., 11:35 - 12:20 PM, Sat. &  
Sun., 5-6 PM

## PARKS & TRAILS

### Trails

#### MyTown Trails

For more information about Manchester's trails and parkways visit [MyTownTrails.com](http://MyTownTrails.com)

#### Trail Mix

For more information about Manchester's trails and pathways pick up a copy of Trail Mix at the Customer Service Center at 41 Center Street, Manchester. Trail Mix can also be found online at [recreation.townofmanchester.org](http://recreation.townofmanchester.org)

### Parks

For more information about Manchester's Parks visit [recreation.townofmanchester.org](http://recreation.townofmanchester.org) and click on Parks.

## CONTACT US

### Program Information Line

Access program information and cancellations 24/7 at our program information line at 647-3162.

*Cancellation Information* *Press 1*

### E-Recreation E-Mail Service

Sign up to receive the Recreation Department's free weekly **e-recreation e-mail** service to provide you with timely information about new programs, facilities and cancellations due to inclement weather. Register on-line: [recreation.townofmanchester.org](http://recreation.townofmanchester.org)

## FACILITY MEMBERSHIP

### Facility Pass for Adults and Seniors Valid through August 31, 2016

A Photo ID Facility Pass is required and allows use of the recreation centers, outdoor pools, and the Community Y fitness center during the 2015/2016 recreation season. Senior Citizen passes are also valid for access to the Manchester Senior Center and Senior Center programs.

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

### Facility Pass Fees

|                               |                          |
|-------------------------------|--------------------------|
| Youth (0-20 years old)        | \$0                      |
| Adults (21-59 years old)      | \$50 (\$25 after 4/1/16) |
| Senior Citizen (60 and older) | \$10                     |
| Lost Card Replacement Fee     | \$2                      |
| Day Passes (Adult)            | \$2                      |
| Day Passes (Youth)            | \$1                      |

### Access Manchester Pass Facility Pass for Youth under 21

This free pass program gives Manchester youth under the age of 21 years old full access to Manchester's recreation facilities and public libraries.

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

# SUMMER EVENTS

## MAY EVENTS

### MAY 1

#### Kidney Walk

Walk to raise awareness and funds for lifesaving programs that educate and support patients, their families and those at risk. 9 AM. Wickham Park. [Kidneywalk.org](http://Kidneywalk.org)

### MAY 5

#### National Day of Prayer

Center Memorial Park, 6:30 PM

#### Imagine Main Street, "Art Stroll"

Come down to Main Street for arts, entertainment all happening in historic downtown Manchester. 5:30-8:30 PM [imaginemainstreet.com](http://imaginemainstreet.com)



### MAY 7

#### Fishing Derby

Salter's Pond, 103 Lydall Street.  
7-10 AM  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

#### Senior Center Plant Sale

Senior Center, 549 East Middle Turnpike.  
9 AM-1 PM  
[seniorcenter.townofmanchester.org](http://seniorcenter.townofmanchester.org)

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#### ShredFest

8th District, 18 Main Street.  
9 AM-1 PM

#### Hazardous Waste Collection

Also held on 6/4, 8/27, 9/24, 10/29

### MAY 10

#### 7th Annual Taste of Manchester

Explore the local flavors of Manchester. Proceeds benefit MDOG. 5:30-9 PM  
[tasteofmanchesterct.com](http://tasteofmanchesterct.com)

### MAY 15

#### An Elegant Tea Party

An elegant tea at the Manchester History Center, with festive food, socializing, and some surprises. Reservations requested 860-647-9983. \$25 per person (\$30 at the door). 175 Pine Street, 1 PM  
[www.manchesterhistory.org](http://www.manchesterhistory.org)

### MAY 20

#### Things in the Ocean Art Event & Book Release

East Side Neighborhood Resource Center, 153 Spruce Street. 5:30-8 PM  
[naf.townofmanchester.org](http://naf.townofmanchester.org)

### MAY 21

#### 6th Annual Walk a Mile, Feed the World

Register to walk, sponsor or donate to this 3-mile walk through Charter Oak Park and surrounding bike paths. 9:30 AM-12 PM  
[www.walk4wwlm.com](http://www.walk4wwlm.com)

### MAY 27

#### Neighborhood Works! Conference

Nathan Hale Building  
160 Spruce Street, 8 AM-4 PM  
[townofmanchester.org](http://townofmanchester.org)

### MAY 30

#### Memorial Day Parade

Downtown, Main Street, 9:30 AM  
[townofmanchester.org](http://townofmanchester.org)

## JUNE EVENTS

### JUNE 2

#### Imagine Main Street, "Rock & Stroll"

Come down to Main Street for arts, entertainment all happening in historic downtown Manchester. 5:30-8:30 PM  
[imaginemainstreet.com](http://imaginemainstreet.com)

### JUNE 3

#### Pride in Manchester, Dance

Live music, ballroom dancing, line dancing, a dance contest, refreshments, and door prizes at the Senior Center, 549 E Middle Tpke. Free admission. Tickets required for door prizes and available at the Senior Center or Town Hall Customer Service. 6-9 PM  
[prideinmanchester.townofmanchester.org](http://prideinmanchester.townofmanchester.org)

### JUNE 4 & 5

#### Connecticut Trails Day

Guided hikes in Manchester and around the state. For more information visit [ctwoodlands.org](http://ctwoodlands.org).

### JUNE 4

#### Joseph Negri Concert/Heritage Day Ceremony

Pride in Manchester at Center Memorial Park. 6-10 PM  
[prideinmanchester.townofmanchester.org](http://prideinmanchester.townofmanchester.org)

#### East Side Neighborhood Flea Market

Rent a booth or come shop from 8:30 AM-12:30 PM on the grounds of 153 Spruce Street.  
[naf.townofmanchester.org](http://naf.townofmanchester.org)

#### Historic Center Spring Park Walking Tour

One-mile walk with some hills and wet areas sponsored by the Manchester Land Trust. 39 Lodge Drive. 1 PM  
[www.manchesterhistory.org](http://www.manchesterhistory.org)

### JUNE 5

#### Art in the Park

Art in Center Memorial Park. 11 AM  
[youngatartct.org](http://youngatartct.org)

#### Bike Rodeo

Free registration begins at 9 AM at Manchester Elks Lodge, 30 Bissell St. with rodeo starting at 10 AM. Children must be accompanied by an adult and have a bicycle.  
[prideinmanchester.townofmanchester.org](http://prideinmanchester.townofmanchester.org)

### JUNE 8

#### History Walk at the East Cemetery

Free 1-hour walk begins on E. Center St. at 5:30 PM  
[prideinmanchester.townofmanchester.org](http://prideinmanchester.townofmanchester.org)

### JUNE 9

#### East Side Block Party

Free, family-friendly EastSide Block Party. 153 Spruce Street. 4:30-7:30 PM  
[mpspride.org](http://mpspride.org)

# SUMMER EVENTS



## JUNE 10

### **On Your Mark, Get Set, READ!**

Summer Reading Program Preschool Kick-Off Event. Children up to 5 years old. Mary Cheney Library. 10 AM  
[library.townofmanchester.org](http://library.townofmanchester.org)

## JUNE 11

### **Charity Road Race**

Charity Race to benefit United Cerebral Palsy of Greater Hartford with kid, youth and adult mile races. 100 Spring Street. 7-11 AM  
[manchesterrunningcompany.com](http://manchesterrunningcompany.com)

### **On Your Mark, Get Set, READ!**

Summer Reading Program Kick-Off Event featuring Trevor the Games Man. All ages welcome. Mary Cheney Library. 10:30 AM  
[library.townofmanchester.org](http://library.townofmanchester.org)

### **S.H.A.R.E. Open House Day**

Free activities sponsored by the South Manchester History, Arts, Recreation and Education Group.  
[prideinmanchester.townofmanchester.org](http://prideinmanchester.townofmanchester.org)

### **Veterans Lunch**

All veterans welcome for free lunch and camaraderie at Manchester Elks Lodge, 30 Bissell Street. RSVP to (860) 836-8396. 11:30 AM  
[prideinmanchester.townofmanchester.org](http://prideinmanchester.townofmanchester.org)

### **Dog Day: Rabies Clinic & Licensing**

License and vaccinate your dog. 75 Center Street. 12-2 PM

## JUNE 12

### **Flag Day Ceremony**

Flag Day Ceremony at Manchester Elks Lodge, 30 Bissell Street Free refreshments.  
[prideinmanchester.townofmanchester.org](http://prideinmanchester.townofmanchester.org)

## JUNE 14-17

### **19th Annual Earl Yost Tennis Classic**

Annual Tennis Classic held at MHS, 134 E. Middle Turnpike. Registration ends 7/11.  
[www.earlyosttennis.com](http://www.earlyosttennis.com)

## JULY EVENTS

## JULY 2

### **Dutch Fogarty Independence Day Celebration**

Festivities begin at 4 PM at Manchester Community College with children's activities, plenty of fun, music, food and fireworks for everyone. Rain date 7/3.  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

## JULY 6

### **Noodle Nights**

Waddell Pool, 6-7:30 PM  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

### **Bicentennial Band Shell Concert Series**

Free outdoor concerts starting at 7 PM throughout the summer months at MCC.  
[manchesterbandshell.com](http://manchesterbandshell.com)

## JULY 7

### **Imagine Main Street**

Downtown Manchester, 5:30-8:30 PM  
[imaginemainstreet.com](http://imaginemainstreet.com)



## JULY 9

### **East Side Neighborhood Flea Market**

Rent a booth or come shop from 8:30 AM-12:30 PM on the grounds of 153 Spruce Street.  
[naf.townofmanchester.org](http://naf.townofmanchester.org)

### **Deck Art Days**

Salters Pool, 1-5 PM  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

### **Farmers Market**

Saturdays through 10/29. 8 AM-12:30 PM at the Forest Street Parking Lot.

## JULY 10

### **Sunday Fun Day**

A day of activities including, the BIGGEST SPLASH cannonball contest with prizes awarded to participants. Globe Hollow, 100 Spring Street, 2-4 PM  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

### **Sundays at 4**

Pop-up art café and gallery featuring live music and art. 153 Spruce Street. 4-6 PM.  
[naf.townofmanchester.org](http://naf.townofmanchester.org)

## JULY 11

### **Free Golf Day at MCC**

Play a free round of golf at Manchester Country Club. 305 South Main Street  
[www.mancc.com](http://www.mancc.com)

## JULY 14, 21, & 28

### **Beller's Music Summer Concert Series**

Free concert in Center Memorial Park, 6-8 PM  
[bellersmusic.com](http://bellersmusic.com)

## JULY 15

### **Movie in the Park - *Minions!***

Free outdoor movie at WestSide Oval. 94 Cedar Street. 7-10 PM  
[www.lifesongmanchester.com](http://www.lifesongmanchester.com)

## JULY 16

### **Deck Art Days**

Waddell Pool, 1-5 PM  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

## JULY 20

### **Noodle Nights**

Waddell Pool, 6-7:30 PM  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)

# SUMMER EVENTS

**JULY 23**

**Deck Art Days**

Swanson Pool, 2-6 PM  
recreation.townofmanchester.org

**JULY 27**

**Noodle Nights**

Globe Hollow, 6-7:30 PM  
recreation.townofmanchester.org

**JULY 29**

**Movie in the Park - *Minions!***

Free outdoor movie on the grounds of 153 Spruce Street.  
7-10 PM  
www.lifesongmanchester.com

**JULY 30**

**Deck Art Days**

West Side Pool, 1-5 PM  
recreation.townofmanchester.org

**Motorcycle Jamboree**

Outdoor event located in the Broad Street Parkade (Rain Date: 7/31). Broad Street Parkade. 1-6 PM  
newseasonsct.org

## AUGUST EVENTS

**AUGUST 6**

**East Side Neighborhood Flea Market**

Rent a booth or come shop from 8:30 AM-12:30 PM on the grounds of 153 Spruce Street.  
naf.townofmanchester.org



**AUGUST 7**

**16th Annual Cruisin' on Main Street**

Free car show with close to 800 vintage vehicles displayed along Main Street. 11 AM-3 PM (Rain Dates: 8/14, 8/21)  
cruisinonmainstreet.org

**Sundays at 4**

Pop-up art café and gallery featuring live music and art. 153 Spruce Street. 4-6 PM  
naf.townofmanchester.org

**AUGUST 7, 14, & 21**

**Beller's Music Summer Concert Series**

Free concert in Center Memorial Park, 6-8 PM  
bellersmusic.com

**AUGUST 9**

**Noodle Nights**

Salters Pool, 6-7:30 PM  
recreation.townofmanchester.org

**AUGUST 11**

**Imagine Main Street "Silk City Fest"**

Downtown Manchester, 5:30-8:30 PM  
imaginemainstreet.com

**Noodle Nights**

West Side Pool, 6-7:30 PM  
recreation.townofmanchester.org

**AUGUST 23**

**On Your Mark, Get Set, READ!**

Summer Reading Program Grand Finale Event.  
Mary Cheney Library. 6:30-8:30 PM.  
library.townofmanchester.org

**AUGUST 26**

**Movie in the Park - *Dinosaur***

Free outdoor movie, on the grounds of 153 Spruce Street.  
7-10 PM  
www.lifesongmanchester.com

## SEPTEMBER EVENTS

**SEPTEMBER 1**

**Imagine Main Street "Stroll Back to School"**

Downtown Manchester, 5:30 – 8:30 PM  
imaginemainstreet.com

**SEPTEMBER 10**

**East Side Neighborhood Flea Market**

Rent a booth or come shop from 8:30 AM-12:30 PM on the grounds of 153 Spruce Street.  
naf.townofmanchester.org

**40th Annual Walking Tour of the Cheney Historic District**

Commentary by Dr. Chris Paulin of MCC.  
146 Hartford Road, 1 PM  
www.manchesterhistory.org

**SEPTEMBER 3**

**Labor Day Weekend- Farm Day**

This annual end-of-summer festival is held on Fish Family Farm in Bolton. Animals, live music, hayrides, barn tours, games, and farm fresh ice cream.  
lutzmuseum.org

**SEPTEMBER 11**

**Sundays at 4**

Pop-up art café and gallery featuring live music and art. 153 Spruce Street. 4-6 PM  
naf.townofmanchester.org



# AQUATIC

## SCHEDULE & INFORMATION



### GENERAL INFO

Manchester's municipal swimming pools are staffed with American Red Cross certified life guards. All pools have bathroom and changing facilities with showers. All children under the age of 10 must be accompanied by an adult 18 years and older. Most pools offer American Red Cross swim lessons, water exercise classes, as well as open & adult swim times. Pools with the exception of Globe Hollow Swimming Area offer wading pool areas for children under 52".

### SEASON SCHEDULE

#### Pre-Season (6/13-6/26)

**Location:** West Side Pool

**Meets:** 1-6 PM

#### Regular Season (6/27-8/12)

See aquatics facility schedule on this page. Globe Hollow is the only facility open on 7/4, from 1-6 PM

#### Post Season (8/13-8/28)

**Location:** West Side Pool

**Meets:** 1-6 PM

# AQUATIC FACILITIES & SCHEDULES

The dates, times and operation of all pools may be subject to change at the discretion of the Town of Manchester.

|  | MON.                                 | TUES.                                      | WED.                                 | THURS.                                     | FRI.                                   | SAT.                              | SUN.                               |
|--|--------------------------------------|--|--------------------------------------|--|--|-----------------------------------|------------------------------------|
| <b>GLOBE HOLLOW</b><br>100 SPRING ST.    | 11:30-12:30<br>Adult Lap Swim        | 11:30-12:30<br>Adult Lap Swim              | 11:30-12:30<br>Adult Lap Swim        | 11:30-12:30<br>Adult Lap Swim              | 11:30-12:30<br>Adult Lap Swim          |                                   |                                    |
|  | 1:00-7:30<br>Open Swim               | 1:00-7:30<br>Open Swim                     | 1:00-7:30<br>Open Swim               | 1:00-7:30<br>Open Swim                     | 1:00-7:30<br>Open Swim                 | 1:00-6:00 Open<br>Swim/ Adult Lap | 1:00-6:00 Open<br>Swim/ Adult Lap  |
|  | 5:00-7:30<br>Swimming<br>Lessons     | 5:00-7:30<br>Swimming<br>Lessons           | 5:00-7:30<br>Swimming<br>Lessons     | 5:00-7:30<br>Swimming<br>Lessons           | 5:00-7:30<br>Swimming<br>Lessons       |                                   |                                    |
| <b>SALTERS POOL</b><br>103 LYDALL ST.    | 11:20-12:20<br>Adult Lap Swim        | 11:20-12:20<br>Adult Lap Swim              | 11:20-12:20<br>Adult Lap Swim        | 11:20-12:20<br>Adult Lap Swim              | 11:20-12:20<br>Adult Lap Swim          |                                   |                                    |
|  | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim                 | 1:00-5:00<br>Open Swim            | 1:00-5:00<br>Open Swim             |
|  | 5:00-7:30<br>Swimming<br>Lessons     | 5:00-7:30<br>Swimming<br>Lessons           | 5:00-7:30<br>Swimming<br>Lessons     | 5:00-7:30<br>Swimming<br>Lessons           | 5:00-7:30<br>Swimming<br>Lessons       | 5:00-6:00<br>Swimming<br>Lessons  | 5:00-6:00<br>Swimming<br>Lessons   |
|  | 7:30-8:00<br>Adult Lap Swim          | 7:30-8:00<br>Adult Lap Swim                | 7:30-8:00<br>Adult Lap Swim          | 7:30-8:00<br>Adult Lap Swim                | 7:30-8:00<br>Adult Lap Swim            |                                   |                                    |
|  | 9:00-11:20<br>Swimming<br>Lessons    | 9:00-11:20<br>Swimming<br>Lessons          | 9:00-11:20<br>Swimming<br>Lessons    | 9:00-11:20<br>Swimming<br>Lessons          | 9:00-11:20<br>Swimming<br>Lessons      |                                   |                                    |
|  | 11:20-12:20<br>Adult Lap Swim        | 11:20-12:20<br>Adult Lap Swim              | 11:20-12:20<br>Adult Lap Swim        | 11:20-12:20<br>Adult Lap Swim              | 11:20-12:20<br>Adult Lap Swim          | 1:00-2:00<br>Adult Lap Swim       | 1:00-2:00<br>Adult Lap Swim        |
| <b>SWANSON POOL</b><br>48 NORTH MAIN ST. | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim                 | 2:00-6:00<br>Open Swim            | 2:00-6:00<br>Open Swim             |
|  | 5:00-5:30<br>Adult Lap Swim          | 5:00-5:30<br>Adult Lap Swim                | 5:00-5:30<br>Adult Lap Swim          | 5:00-5:30<br>Adult Lap Swim                | 5:00-5:30<br>Adult Lap Swim            |                                   |                                    |
|  | 5:30-7:00<br>Swimming<br>Lessons     | 5:30-7:00<br>Swimming<br>Lessons           | 5:30-7:00<br>Swimming<br>Lessons     | 5:30-7:00<br>Swimming<br>Lessons           | 5:30-7:00<br>Swimming<br>Lessons       |                                   |                                    |
|  | 7:00-8:00<br>Water Exercise<br>Class | 7:00-8:00<br>Water Exercise<br>Class       | 7:00-8:00<br>Water Exercise<br>Class | 7:00-8:00<br>Water Exercise<br>Class       | 7:00-8:00<br>Water Exercise<br>Class   |                                   |                                    |
|  | 9:30-10:30<br>Swimming<br>Lessons    | 9:30-10:30<br>Swimming<br>Lessons          | 9:30-10:30<br>Swimming<br>Lessons    | 9:30-10:30<br>Swimming<br>Lessons          | 9:30-10:30<br>Swimming<br>Lessons      |                                   |                                    |
|  | 10:30-11:30<br>Swimming<br>Lessons   | 10:30-11:30<br>Grandparent &<br>Child Swim | 10:30-11:30<br>Swimming<br>Lessons   | 10:30-11:30<br>Grandparent &<br>Child Swim | 10:30-11:30<br>Senior Aqua<br>Exercise |                                   |                                    |
| <b>WEST SIDE POOL</b><br>110 CEDAR ST.   | 11:35-12:30<br>Adult Lap Swim        | 11:35-12:30<br>Adult Lap Swim              | 11:35-12:30<br>Adult Lap Swim        | 11:35-12:30<br>Adult Lap Swim              | 11:35-12:30<br>Adult Lap Swim          |                                   |                                    |
|  | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim                 | 1:00-5:00<br>Open Swim            | 1:00-5:00<br>Open Swim             |
|  | 5:00-8:00<br>Swimming<br>Lessons     | 5:00-8:00<br>Swimming<br>Lessons           | 5:00-8:00<br>Swimming<br>Lessons     | 5:00-8:00<br>Swimming<br>Lessons           | 5:00-8:00<br>Swimming<br>Lessons       | 5:00-6:00<br>Adult Lap Swim       | 5:00-6:00<br>Adult Lap Swim        |
|  | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim               | 1:00-5:00<br>Open Swim                     | 1:00-5:00<br>Open Swim                 | 1:00-4:00<br>Open Swim            | 1:00-4:00<br>Open Swim             |
|  | 5:00-6:00<br>Aqua Exercise<br>Class  | 5:00-6:00<br>Aqua Exercise<br>Class        | 5:00-6:00<br>Aqua Exercise<br>Class  | 5:00-6:00<br>Aqua Exercise<br>Class        | 5:00-6:00<br>Aqua Exercise<br>Class    | 5:00-6:00<br>Adult Lap Swim       | 4:00-6:00<br>Adult Swim<br>Lessons |
|  | 6:00-7:30<br>Open Swim               | 6:00-7:30<br>Open Swim                     | 6:00-7:30<br>Open Swim               | 6:00-7:30<br>Open Swim                     | 6:00-7:30<br>Open Swim                 |                                   | 6:00-7:00<br>Teen Swim<br>Lessons  |
| <b>WADDELL POOL</b><br>163 BROAD ST.     | 7:30-8:00<br>Adult Lap Swim          | 7:30-8:00<br>Adult Lap Swim                | 7:30-8:00<br>Adult Lap Swim          | 7:30-8:00<br>Adult Lap Swim                | 7:30-8:00<br>Adult Lap Swim            |                                   |                                    |



# AQUATICS

## LESSONS & PROGRAMS

### SWIM LESSON DESCRIPTIONS

#### Parent/Child Lessons

Adults must accompany child in water. Builds basic water safety skills for both adults and children, helping infants and young children become comfortable in the water so they are willing and ready to learn how to swim. Water diapers and proper swim attire required.

**Infant:** Ages 6 months- 18 months

**Toddler:** Ages 19 months- 3 years 5 months

#### Learn to Swim Preschool Lessons

Gives young children ages 3.5 – 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. This class is independent swimming. Parents are NOT required to be in the water with their children.

**Ages:** 3 1/2-5 years old.

#### Level 1: Introduction to Water Skills

Enter/exit the water safely, submerge mouth, nose and eyes, exhale underwater (blow bubbles) through mouth and nose, open eyes underwater, show comfort maintaining a front float/back position, while supported, recover to a standing position while supported.

**Ages:** Must be age 5 at the start of class to enroll.

#### Level 2: Fundamental Aquatic Skills

Demonstrate a front/back glide (2 body lengths), float in a face-down position and recover from a back float to a standing position while unsupported, swim on front/back using any combination of arm and leg actions while unsupported.

#### Level 3: Stroke Development

Independently jump into deep water from the side, demonstrate a head-first entry from the side in a sitting or kneeling position, submerge and retrieve an object (independently) from chest-deep water, demonstrate rotary breathing with body in a horizontal position, and demonstrate a survival float in deep water.

#### Level 4: Stroke Improvement

Demonstrate a dive from the side of the pool, swim underwater, and demonstrate each stroke for the following distances: Front crawl–25 yards, Back crawl–25 yards, Butterfly– 15 yards, Breaststroke–15 yards, Elementary backstroke–15 yards, Swim on side using scissor-like kick–15 yards.

#### Level 5: Stroke Refinement

Demonstrate front/back flip turns demonstrate the following strokes: Front crawl–50 yards Back Crawl–50 yards, Butterfly–25 yards Breaststroke–25 yards Elementary backstroke –25 yards Sidestroke–25 yards, Demonstrate survival swimming (2 minutes).

#### Level 6: Swimming & Skill Proficiency

Learning Objectives: Four components all of which stress endurance swimming & stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.



## Aquatics Programs

### AQUA CARDIO FIT

Cardio aerobic class that's safe, heart healthy and gentle on the joints. The workout includes low impact movements, upper-body and abdominal conditioning, stretching and relaxation exercises. Aquatic equipment is used.

**Instructor:** Chlake Raineau

**Location:** Waddell Pool

**Ages:** 18+

**Meets:** M/W, 6/27-8/10, 5-6 PM (No class 7/4)

**Fee:** \$65/\$82 (nr)

### TEEN BEGINNER LESSONS

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

**Instructor:** Josh Charette

**Location:** Waddell Pool

**Ages:** 13-18 years old

**Meets:** Sun, 7/10-8/7, 6-7 PM

**Fee:** \$25/\$32 (nr)

### DEEP WATER

See full description on page 25.

### SWIM FOR FITNESS

See full description on page 25.

### HYDRO FIT

See full description on page 25.

### GRANDPARENT & CHILD OPEN SWIM

See full description on page 23.

### NOODLE NIGHTS

See full description on page 23.

### DECK ART DAYS

See full description on page 23.

**20** Better Manchester

## Beginner Adult Lessons

Designed for the first time swimmer or for those who have a fear of the water.

**Instructor:** Lori Dusza

**Ages:** 18+

**Fee:** \$35/\$44 (nr)

### Waddell Pool

**Session 1:** Su, 7/10-8/7, 4-5 PM

**Session 2:** Su, 7/10-8/7, 5-6 PM

### Saulters Pool

**Session 1:** T/Th, 6/28-7/28, 5-6 PM (No class 7/4)

## **NEW** Private Swim Lessons

*(Manchester Residents ONLY-Ages 5 and up)*

Private swim lessons (1:1) and semi-private swim lessons (1:2), structured to cater to meet you or your child's specific instructional needs, are now available. The aquatics staff will work with you to customize a personal swim lesson schedule with an experienced instructor. Lessons will be available in the mornings and evenings. Lessons are offered as four 30-minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level of each other. To register for the program, please contact the Recreation Division at 860-647-3087. Please be prepared with dates, times and pool locations that are preferable. Payment is required prior to the start of the first lesson.

### PRIVATE SESSION

4 x 30 Minute Private (1:1) Lessons

**Fee:** \$100/Person

### SEMI-PRIVATE SESSION

4 x 30 Minute Semi-Private (1:2) Lessons

**Fee:** \$160/ for 2 people

### REGISTRATION INFORMATION

Call 860-647-3087 for more information or to register for private or semi-private lessons.



# AQUATICS

## SCHEDULE & INFORMATION

Registration Begins:

June 4, 2016  
9-11 AM

at Community Y Recreation Center

### Learn to Swim Information

All swim lessons will be held rain or shine unless temperature drops below 65 degrees. Decisions on class cancellations will be made 15 minutes prior to the start of the class.

### Registration Information

Registration for all pools will begin at 9 AM on Saturday, June 4. Registration will be taken in-person and online. *(Please note that on-line registration requires users to set up an account which may take time the day of registration).*

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 Department and transfer their child into the correct level assuming space is available.

**In-Person Registration:** In-person registration will be held at the Community Y Recreation Center, 78 North Main Street from 9-11 AM on June 4. After that date registration will be taken at Recreation Division registration locations.

**On-line Registration:** Log onto [reconline.townofmanchester.org](http://reconline.townofmanchester.org) to register for swim lessons beginning at 9 AM.

**Fee:** The fee for swim lessons is \$25 for the first child, \$15 for each additional sibling per session. Discount is provided for siblings 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
- **Levels 1-6:** Ages 5 and up

#### Class ratio:

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

Once class levels reach maximum enrollment, registration for that class will close.

## SWIM LESSON SCHEDULE

### M-F SESSIONS

Session 1: 6/27-7/8 (No class 7/4)  
Session 2: 7/11-7/22  
Session 3: 7/25-8/5

### M/W SESSION

Session 1: 6/27-8/1 (No class 7/4)

### TU/TH SESSION

Session 1: 6/28- 7/28

### Globe Hollow Swimming Area, 100 Spring Street

| Level     | Time         | Day | Sessions | Notes |
|-----------|--------------|-----|----------|-------|
| Preschool | 5:00-5:30 PM | M-F | 1,2,3    |       |
| Preschool | 5:35-6:05 PM | M-F | 1,2,3    |       |
| Preschool | 6:10-6:40 PM | M-F | 1,2,3    |       |
| 1         | 5:00-5:30 PM | M-F | 1,2,3    |       |
| 1         | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 1         | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 2         | 5:00-5:35 PM | M-F | 1,2,3    |       |
| 2         | 6:10-6:40 PM | M-F | 1,2,3    |       |

| Level | Time         | Day | Sessions | Notes |
|-------|--------------|-----|----------|-------|
| 2     | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 3     | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 3     | 6:10-6:40 PM | M-F | 1,2,3    |       |
| 3     | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 4     | 5:00-5:30 PM | M-F | 1,2,3    |       |
| 4     | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 5     | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 6     | 6:10-7:40 PM | M-F | 1,2,3    |       |

### Salters Pool, 103 Lydall Street

| Level  | Time         | Day | Sessions | Notes |
|--------|--------------|-----|----------|-------|
| Infant | 5:00-5:35 PM | M/W | 1        |       |
| 1      | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 1      | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 2      | 6:10-6:40 PM | M-F | 1,2,3    |       |
| 2      | 6:45-7:15 PM | M-F | 1,2,3    |       |

| Level | Time         | Day | Sessions | Notes |
|-------|--------------|-----|----------|-------|
| 3     | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 4     | 6:10-6:40 PM | M-F | 1,2,3    |       |
| 4     | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 5     | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 6     | 6:10-6:40 PM | M-F | 1,2,3    |       |

### Swanson Pool, 48 North Main Street

| Level | Time           | Day | Sessions | Notes     |
|-------|----------------|-----|----------|-----------|
| 1     | 9:35-10:05 AM  | M-F | 1,2,3    | Camp only |
| 1     | 10:10-10:40 AM | M-F | 1,2,3    |           |
| 1     | 5:35-6:05 PM   | M-F | 1,2,3    |           |
| 2     | 9:00-9:30 AM   | M-F | 1,2,3    |           |
| 2     | 10:10-10:40 AM | M-F | 1,2,3    | Camp only |
| 2     | 10:45-11:15 AM | M-F | 1,2,3    |           |
| 2     | 5:35-6:05 PM   | M-F | 1,2,3    |           |
| 2     | 6:10-6:40 PM   | M-F | 1,2,3    |           |
| 3     | 9:35-10:05     | M-F | 1,2,3    | Camp only |

| Level | Time           | Day | Sessions | Notes     |
|-------|----------------|-----|----------|-----------|
| 3     | 10:45-11:15 AM | M-F | 1,2,3    |           |
| 3     | 6:10-6:40 PM   | M-F | 1,2,3    |           |
| 4     | 9:00-9:30 AM   | M-F | 1,2,3    |           |
| 4     | 10:10-10:40 AM | M-F | 1,2,3    | Camp only |
| 4     | 10:45-11:15 AM | M-F | 1,2,3    |           |
| 4     | 5:35-6:05 PM   | M-F | 1,2,3    |           |
| 5     | 9:00-9:30 PM   | M-F | 1,2,3    |           |
| 5     | 9:35-10:05 PM  | M-F | 1,2,3    | Camp only |
| 5     | 6:10-6:40 PM   | M-F | 1,2,3    |           |

### West Side Pool, 110 Cedar Street

| Level     | Time           | Day  | Sessions | Notes |
|-----------|----------------|------|----------|-------|
| Infant    | 10:35-11:05 AM | M/W  | 1        |       |
| Infant    | 5:00-5:30 PM   | T/TH | 1        |       |
| Infant    | 6:10-6:45 PM   | M/W  | 1        |       |
| Infant    | 6:10-6:45 PM   | T/TH | 1        |       |
| Toddler   | 10:35-11:05AM  | M/W  | 1        |       |
| Toddler   | 5:00-5:30 PM   | M/W  | 1        |       |
| Toddler   | 6:10-6:40 PM   | M/W  | 1        |       |
| Toddler   | 6:10-6:40 PM   | T/TH | 1        |       |
| Preschool | 10:35-11:10 AM | M/W  | 1        |       |
| Preschool | 5:00-5:30 PM   | M/W  | 1        |       |
| Preschool | 5:00-5:35 PM   | T/TH | 1        |       |
| Preschool | 5:35-6:05 PM   | M-F  | 1,2,3    |       |

| Level     | Time         | Day | Sessions | Notes |
|-----------|--------------|-----|----------|-------|
| Preschool | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 1         | 9:30-10 AM   | M-F | 1,2,3    |       |
| 1         | 10-10:30 AM  | M-F | 1,2,3    |       |
| 1         | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 1         | 7:20-7:50 PM | M-F | 1,2,3    |       |
| 2         | 9:30-10 AM   | M-F | 1,2,3    |       |
| 2         | 10-10:30 AM  | M-F | 1,2,3    |       |
| 2         | 6:45-7:15 PM | M-F | 1,2,3    |       |
| 2         | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 2         | 7:20-7:50 PM | M-F | 1,2,3    |       |
| 3         | 5:35-6:05 PM | M-F | 1,2,3    |       |
| 3         | 6:10-6:40 PM | M-F | 1,2,3    |       |
| 3         | 7:20-7:50 PM | M-F | 1,2,3    |       |

# EARLY CHILDHOOD



## Partners in Play

This summer program is designed to provide young children with the opportunity to discover learning through music, movement, and arts & crafts. Children will experience socialization while parents or caregivers are present. The class includes Free Play Fridays from 9:30 - 11:30 AM where participants from all classes are welcome to drop in with their parents or caregivers to enjoy a less structured class. Siblings under one year and not mobile are welcome to attend. Older siblings are not allowed.

**Instructor:** Karen Rowell

**Location:** North West Park Early Childhood Center

### TODDLER TIME

**Meets:** T/Th/F, 9:30-11 AM

**Age:** 1-2 years old

**Fee:** \$22/\$25(nr) per week

**Week 1:** Red, White & Blue Week, 7/5-7/7

**Week 2:** Animal Week, 7/12-7/15

**Week 3:** Water Week, 7/19-7/22 (suit, towel & water shoes)

**Week 4:** Safety Week, 7/26-7/29

**Week 5:** Nature Week, 8/2-8/05

### CREATIVE KIDS

**Meets:** M/W/F, 9:30-11:30 AM

**Age:** 2.5 - 5 years old

**Fee:** \$26/\$29(nr) per week

**Week 1:** Red, White, & Blue Week, 7/6-7/8

**Week 2:** Animal Week, 7/11-7/15

**Week 3:** Water Week, 7/18-7/22 (suit, towel & water shoes)

**Week 4:** Safety Week, 7/25-7/29

**Week 5:** Nature Week, 8/1-8/05

## **NEW** 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, 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! Parents are required to attend. Families are encouraged to come early or stay late to enjoy use of the playground facilities. This program is designed for 2-4 year olds, however caregivers with younger children are encouraged to attend and offer their children more guidance in the classroom.

**Facilitator:** Caitlin McNamara

**Location:** North West Park Early Childhood Center

**Age:** 2-4 years old

**Meets:** F, 3-4:15 PM

**Session 1:** 7/8-7/29

**Session 2:** 8/12-8/26

**Fee:** \$0

## **NEW** Create with Me

### THE COLORS OF VINCENT VAN GOGH

Join us and explore the colors of the rainbow through the eyes of Post-Impressionist painter Vincent Van Gogh, a Dutch painter who made over 900 paintings in his short life (1853-1890). This week of creative investigation will include paint, paper, glue, sculpture, experiments, and play! We learn about color mixing, the rainbow, the light spectrum and the many paintings of Van Gogh. Dress for a mess!

**Facilitator:** Reagen O'Reigaekn-Holt

**Location:** Nathan Hale Center

**Age:** 3-8 years old, with a caregiver

**Meets:** M-F, 9:30-11:30 AM

**Session 1:** 7/11-7/15

**Fee:** \$0

### STORY TELLING AND PUPPET MAKING

Join us to hear stories, and make finger puppets, felt puppets, shadow puppets, story aprons, a puppet theater and more. Puppets offer a link between learning and the dramatic play that is believed to be fundamental to a child's social, cognitive, and emotional growth. Puppets encourage creative discovery, help children express feelings through role-playing, and encourage even the most reluctant reader!

**Facilitator:** Reagen O'Reigaekn-Holt

**Location:** Nathan Hale Center

**Age:** 3-8 years old, with a caregiver

**Meets:** M-F, 9:30-11:30 AM

**Session 1:** 7/25-7/29

**Fee:** \$0



## Parent/Child Swim Lessons

For more information on early childhood swim programs see Aquatics on page 14.

## PeeWee Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts. Bring your own racquet.

**Instructor:** Volunteer Instructors

**Location:** Robertson Tennis Courts

**Age:** 4-7 years old

### MORNING SESSIONS

**Meets:** M-Th, 6/27-8/18, 9:30-10 AM

**Fee:** \$14/\$18(nr) per week

**Session 1:** 6/27-6/30 (Meets M-Th)

**Session 2:** 7/05-7/08

**Session 3:** 7/11-7/14

**Session 4:** 7/18-7/21

**Session 5:** 7/25-7/28

**Session 6:** 8/1-8/4

**Session 7:** 8/8-8/11

**Session 8:** 8/15-8/18

### EVENING SESSIONS

**Meets:** M/W, 6/27-8/24, 5-5:30 PM

**Fee:** \$20/\$25(nr) per week

**Session 1:** 6/27-7/13 (Meets M/W)

**Session 2:** 7/18-8/3

**Session 3:** 8/8-8/24

## **NEW** Skyhawks® Sports Academy

See specialty camps for more information about early childhood Skyhawks programs on page 24.

## **NEW** Lego® Camps

See specialty camps for more information about early childhood Lego Camp programs on page 24.

# YOUTH PROGRAMS



## Youth Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts located on North Main Street. Bring your own racquet.

**Instructor:** Volunteer Instructors  
**Location:** Robertson Tennis Courts  
**Ages:** 8-12 years old

### MORNING SESSIONS

**Meets:** M-Th, 6/27-8/18, 10-11 AM  
**Fee:** \$27/\$34(nr) per week  
**Session 1:** 6/27-6/30  
**Session 2:** 7/05-7/08 (Meets T-F)  
**Session 3:** 7/11-7/14  
**Session 4:** 7/18-7/21  
**Session 5:** 7/25-7/28  
**Session 6:** 8/1-8/4  
**Session 7:** 8/8-8/11  
**Session 8:** 8/15-8/18

### EVENING SESSIONS

**Meets:** M/W, 6/27-8/24, 5:30-6:30 PM  
**Fee:** \$40/\$50(nr) per week  
**Session 1:** 6/27-7/13 (Meets M/W)  
**Session 2:** 7/18-8/3  
**Session 3:** 8/8-8/24

## Youth Basketball Leagues

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

### CO-ED YOUTH

**Instructor:** Volunteer Coaches  
**Location:** Mahoney Recreation Center Outdoor Courts  
**Ages:** 8-9 years old

**Meets:** M/Tu, 6/27-8/16, 6-8 PM  
**Fee:** \$30/\$20 second sibling/\$10 third sibling  
*\*Mandatory Evaluation Clinic 6/13 @ Mahoney Rec Center at 6 PM. Participants should bring sneakers, shorts, shirt and a water bottle.*

### CO-ED TEEN

**Instructor:** Volunteer Coaches  
**Location:** Mahoney Recreation Center Outdoor Courts  
**Ages:** 10-12 years old  
**Meets:** W/Th, 6/29-8/18, 6-8 PM  
**Fee:** \$30/\$20 second sibling/\$10 third sibling  
*\*Mandatory Evaluation Clinic 6/14 @ Mahoney Rec Center at 6 PM. Participants should bring sneakers, shorts, shirt and a water bottle.*

## Teen Swim Lessons

For more information on teen swim lessons and courses see Aquatics Lessons and Courses on page 20.

## Noodle Nights

Join us at the pool for noodle and float night. Bring a float or grab a noodle and relax at the pool. Pools will have limited noodles available for use. (Noodles and floats are only allowed at designated events and times). For dates and locations see Community Events on pages 16-18.

**Location:** Varies  
**Ages:** All Ages  
**Fee:** \$0 (Facility Pass Required)

## Deck Art Days

On select Saturdays throughout the summer, bring your sidewalk chalk to the pool and showcase your artistic abilities! Children can decorate the pool deck and prizes will be given for the most creative chalk drawings. For dates and locations see Community Events on pages 16-18.

**Location:** Varies  
**Ages:** All Ages  
**Fee:** \$0 (Facility Pass Required)



## Jukido

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

**Instructor:** Richard Webster  
**Location:** Community Y Recreation Center

### BEGINNERS

**Ages:** 6+  
**Meets:** F, 7/8-9/23, 6-7 PM  
**Fee:** \$75/\$94 (nr)

### RETURNING (Prerequisite: Jukido Beginners)

**Instructor:** Richard Webster  
**Location:** Community Y Recreation Center  
**Ages:** 6-14  
**Meets:** F, 7/8-9/23, 7-8 PM  
**Fee:** \$75/\$94 (nr)

## Journey

In this program you'll explore nature, learn about plants and animals, and try your hand at woodworking.

**Facilitator:** Pete Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 9-14 years old  
**Meets:** M-F, 9AM-3PM  
**Fee:** \$0  
**Session 1:** 7/11-7/15 (9-10 years old)  
**Session 2:** 7/25-8/5 (11-14 years old)

## Girls Circle

A program where girls are invited to make friends, talk about important issues, and gain confidence through creative activities and inspiring trips.

**Facilitator:** Beth Mix & Heather Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 10-16 years old  
**Meets:** M-F, 9AM-3PM  
**Fee:** \$0  
**Session 1:** 6/27-7/1 (10-12 years old)  
**Session 2:** 7/11-7/15 (13-16 years old)

## Boys Week

A week long enrichment program that deals with issues young men face through fun and challenging activities, discussion, and guest speakers.

**Facilitator:** Pierre Brillant  
**Location:** Youth Service Bureau  
**Ages:** 13-16 years old  
**Meets:** M-F, 7/25-7/29, 9AM-3PM  
**Fee:** \$0

## Urban Expedition

Enjoy a week of exploring Manchester and seeing local sights you may never have seen before. Join us to discover some of the great things Manchester has to offer.

**Facilitator:** Heather Wlochowski & Beth Mix  
**Location:** Youth Service Bureau  
**Ages:** 11-14 years old  
**Meets:** M-F, 7/18-7/22, 9AM-3PM  
**Fee:** \$0

## Grandparent & Child Open Swim

Grandparents, bring a child with you to a fun, relaxed open swim time. Noodles and pool toys will be provided for an enjoyable time with your special little one.

**Location:** West Side Pool  
**Meets:** T/Th, 6/28-7/28, 10:30-11:30 AM  
**Who:** Grandparents and their young guests.  
*\*Grandparents must possess a valid Senior Center or Recreation card.*

# SPECIALITY SUMMER CAMPS

## **NEW** Skyhawks® Sports Academy

Skyhawks® Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. To register for Skyhawks® camps visit, [skyhawks.com](http://skyhawks.com) or call (800) 804-3509.

### **FLAG FOOTBALL CAMP**

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.

**Location:** WestSide Oval

**Meets:** M/T/W/Th, 6/20-6/23, 6-7:30 PM

**Ages:** 6-10 years old

**Fee:** \$70

### **MINI-HAWKS® (SOCCER, BASEBALL & BASKETBALL)**

This multi-sport program was developed to give children a positive first step into athletics. Mini-Hawk® games and activities are designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

**Meets:** M-F, 9 AM- 12 PM

**Ages:** 4-7 years old

**Fee:** \$109

**Session 1:** M-F, 6/20-6/24

**Location:** Robertson Park

**Session 1:** M-F, 8/8-8/12

**Location:** Nathan Hale Center

### **MULTI-SPORT**

#### **(SOCCER, BASEBALL, BASKETBALL & FLAG FOOTBALL)**

This multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

**Meets:** M-F, 8/8-8/12, 9 AM- 3 PM

**Ages:** 7-12 years old

**Fee:** \$139

**Location:** WestSide Oval

### **TINY-HAWK® (SOCCER & BASKETBALL)**

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sports-specific games tailored to their attention spans.

**Meets:** M-F, 12:15-1 PM

**Ages:** 3-4 years old

**Fee:** \$59

**Session 1:** M-F, 6/20-6/24

**Location:** Community Y Recreation Center

**Session 1:** M-F, 8/8-8/12

**Location:** Nathan Hale Center

## **Camp Kennedy**

Camp Kennedy Adult Week 2015. 51 years of summer fun! For adults with developmental challenges. Must be out of High School and or 21+ years of age. Residents and non-residents are invited to attend for a fun-filled week. All paperwork and doctors form must be completed before starting camp.

**Location:** Camp Kennedy Site adjacent to Martin School

**Meets:** M-F, 8/8-8/12, 9 AM - 3 PM

**Ages:** 21+

**Fee:** \$30

## **NEW** Ropes Course

This program includes fun active games, low elements which present challenges 2-3 feet off the ground, and high elements where participants will climb 25-40 feet in the air! The philosophy of this program is "Challenge by Choice." Participants can choose their level of challenge. All instructors are certified Ropes Course Facilitators. For registration information please call (860) 647-5213

**Location:** Manchester Ropes Course, 180 Hillstown Road.

**Ages:** 10-12 years old

**Meets:** M-F, 9AM-3PM

**Fee:** \$155/175(nr) per week

**Session 1:** 6/20-6/24

**Session 2:** 8/8-8/12



## **NEW** Lego® Camps

**MINE, CRAFT, BUILD: ADVENTURE GAME USING LEGO®**  
Bring Minecraft to life using LEGO®! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This LEGO® experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO®.

**Location:** EastSide Neighborhood Resource Center

**Meets:** M-F, 6/20-6/24, 9 AM-12 PM

**Ages:** 5-6 years old

**Fee:** \$145/ \$155 (nr)

**MINE, CRAFT, BUILD: SURVIVAL GAME USING LEGO®**

Bring Minecraft to life using LEGO®! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO® Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO®.

**Location:** EastSide Neighborhood Resource Center

**Meets:** M-F, 6/20-6/24, 1-4 PM

**Ages:** 7-10 years old

**Fee:** \$145/ \$155 (nr)

**PRE-ENGINEERING FUNDAMENTALS USING LEGO®**

Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor, who will challenge new and returning students to engineer at the next level with all new projects!

**Location:** EastSide Neighborhood Resource Center

**Meets:** M-F, 8/8-8/12, 9 AM-12 PM

**Ages:** 5-6 years old

**Fee:** \$145/ \$155 (nr)

**ENGINEERING FUNDAMENTALS USING LEGO®**

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level with all new projects!

**Location:** EastSide Neighborhood Resource Center

**Meets:** M-F, 8/8-8/12, 1-4 PM

**Ages:** 7-10 years old

**Fee:** \$145/ \$155 (nr)

# ADULT FITNESS

## Adult Tennis Lessons

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

**Instructor:** Volunteer Instructors

**Location:** Robertson Tennis Courts

**Ages:** 17+

**Meets:** M/T/W, 6/27-8/24, 6:30-7:30 PM

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

**Session 1:** M/W, 6/27-7/13

**Session 2:** M/W, 7/18-8/3

**Session 3:** M/W, 8/8-8/24

## Total Body Plus

Train every major muscle group through strength/resistance exercises using a variety of equipment. Increase strength, endurance and core conditioning with cardio "bursts" to increase your heart rate & burn fat.

**Instructor:** Brenda Bourne

**Location:** Community Y Recreation Center

**Ages:** 18+

**Session 1:** M/W, 6/27-7/27, 5:45-6:45 PM (No class 7/4)

**Fee:** \$45/\$56 (nr)

**Session 2:** M/W, 8/1-8/31, 5:45-6:45 PM

**Fee:** \$50/\$63 (nr)

**Session 2:** M/W, 9/12-9/28, 5:45-6:45 PM

**Fee:** \$30/\$38 (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+

**Meets:** F, 7/8-9/23, 8-9:15 PM

**Fee:** \$81/\$101 (nr)

## Pilates

Focusing on developing core strength, reducing neck, hip, and back pain, working on posture and developing total body strength. Thick Pilates mat is recommended.

**Instructor:** Miriam DeGrandi

**Location:** Community Y Recreation Center

**Ages:** 18+

**Meets:** Th, 9-10 AM

**Session 1:** 6/16-8/4

**Fee:** \$40/\$50 (nr)

**Session 2:** 9/8-9/29

**Fee:** \$20/\$25 (nr)

## Deep Water

Ideal class for anyone seeking a totally non-impact cardio exercise program. Open to men and women of all ages & fitness levels. Just bring a towel, some bottled water & be prepared to smile.

**Instructor:** Leslie Frey

**Location:** Waddell Pool

**Ages:** 18+

**Meets:** T/Th, 6/28-8/11, 5:15-6 PM (No class 7/7)

**Fee:** \$52/\$65 (nr)

## Hydro Fit

Get a great FULL HOUR workout to music while benefiting from the water's resistance. Build muscle strength, muscle tone and endurance without the impact of land exercise.

**Instructor:** Leslie Frey

**Location:** Swanson Pool

**Ages:** 18+

**Meets:** T/Th, 6/27-8/10, 7-8 PM

**Fee:** \$65/\$82 (nr)

## Aqua Cardio Fit

See Aquatics page 20.

## Swim for Fitness

Swim 30 consecutive laps by the end of the class. This course is designed for swimmers who can demonstrate the basic skills required to swim the crawl stroke.

**Instructor:** Lori Dusza

**Location:** Swanson Pool

**Ages:** 18+

**Meets:** M/W, 6/27-8/10, 7-8 PM

**Fee:** \$65/\$82 (nr)

## Strength for Life

This non impact class helps people improve their balance, muscular strength and muscular endurance. A focus on core conditioning, functional fitness and flexibility too!

**Instructor:** Miriam DeGrandi

**Location:** Community Y Rec Center

**Ages:** 18+

### WEDNESDAYS

**Session 1:** W, 6/15-8/3, 9-10 AM

**Fee:** \$40/\$50 (nr)

**Session 2:** W, 9/7-9/28, 9-10 AM

**Fee:** \$20/25 (nr)

### FRIDAY

**Session 1:** F, 6/17-8/5, 9-10 AM

**Fee:** \$40/\$50 (nr)

**Session 2:** F, 9/9-9/30, 9-10 AM

**Fee:** \$20/\$25 (nr)

## Yoga for Active Lifestyles

In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings by cultivating upper-body strength, core strength and balance.

**Instructor:** Barbara Titus

**Location:** Community Y Recreation Center

**Ages:** 18+

**Session 1:** M/W, 6/27-7/27, 6:30-7:30 PM (No class 7/4)

**Fee:** \$45/\$56 (nr)

**Session 2:** M/W, 8/1-8/31, 6:30-7:30 PM

**Fee:** \$50/\$63 (nr)

**Session 3:** M/W, 9/12-9/28, 6:30-7:30 PM

**Fee:** \$30/\$38 (nr)

## Personal Training 1-on-1

Contact Community Y Recreation Center for information.

## Walk Live Power Class

Exciting, motivating music along with four basic steps make this Walk fun and suitable for all fitness levels!

**Instructor:** Robin Frost

**Ages:** 18+

**Session 1:** M, 7/11-9/26, 4:45-5:30 PM

**Location:** Community Y Recreation Center

**Fee:** \$48/\$60 (nr)

**Session 2:** M, 7/11-9/26, 6:30-7:15 PM

**Location:** Nathan Hale Center

**Fee:** \$48/\$60 (nr)

**Session 3:** W, 7/6-9/21, 6:30-7:15 PM

**Location:** Nathan Hale Center

**Fee:** \$48/\$60 (nr)

## Fit For Delivery

This prenatal exercise is taught by a certified perinatal fitness specialists designed especially for expectant moms. Classes include cardio, strength exercises, and 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.

**Location:** Community Y Recreation Center

**Meets:** Ongoing T/Th, 6:45-7:45 PM

**Fee:** \$40 per month

**Register:** Call Betsy Crayton, 860-647-4790

## Team Active

This course will provide participants with challenging, yet motivating strength and cardiovascular conditioning.

**Location:** Nathan Hale Center

**Instructor:** Cindy Guimond

**Meets:** T/Th, 9:30-10:15 AM

**Fee:** \$16/\$20 (nr)

**Session 1:** T, 7/5-7/26

**Session 2:** T, 8/2-8/23

**Session 3:** T, 8/30-9/20

**Session 1:** Th, 7/7-7/28

**Session 2:** Th, 8/4-8/25

**Session 3:** Th, 9/1-9/22

## Team Fit

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.

**Location:** Nathan Hale Center

**Instructor:** Karen Cinimo

**Meets:** M/W, 5-5:45 PM

**Fee:** \$16/\$20 (nr)

**Session 1:** M, 7/11-8/1

**Session 2:** M, 8/8-8/29

**Session 3:** M, 9/12-9/26

**Session 1:** W, 7/6-7/27

**Session 2:** W, 8/3-8/24

**Session 3:** W, 8/31-9/28 (No Class 9/7)

## RECREATION PROGRAMS - EASY REGISTRATION

The Recreation Division offers four different ways to register for programs.  
(See Page 27 for Senior Center registration details.)

### REGISTRATION DATES

**Residents:** Monday, May 16, 2016 (9 AM at all registration sites)

**Non-residents:** Wednesday, May 18, 2016

### REGISTRATION OPTIONS

#### 1. Internet Registration 24/7

Avoid waiting in line and enjoy the convenience of registering from your home computer 24 hours a day/seven days a week. Log on to: [RecOnline.townofmanchester.org](http://RecOnline.townofmanchester.org)

#### 2. Mail-in Registration

Mail-in registration will be accepted for all programs with the exception of the youth swimming lessons and Senior Center programs. Registration is randomly processed by its post-marked date. Confirmation will be sent within five working days of receipt. Payment can be made with check, money order and Master Card or Visa only.

#### 3. 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

### RESIDENCY POLICY AND NON-RESIDENT REGISTRATION

Participants must be Manchester residents and proof of residency is required upon registration, unless otherwise noted. A resident is defined as a person who permanently resides in the Town of Manchester. Non-residents may only register for programs that indicate nr-(non-resident fee) next to the listed fee.

### PROGRAM ENROLLMENT POLICY

Enrollment is limited and most programs are based on a first come, first serve basis. The Recreation 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 programs duration. Refunds will not be considered once classes are half over or after the program ends.

### PRO-RATING FEES FOR LATE REGISTRATION

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

### CONFIRMATION RECEIPT

A confirmation receipt of your registration will be mailed for mail and fax registrants only. On-line registrants should print out their receipt and walk-in registrants will receive a printed receipt upon registration. Program information will also be included on this form.

### WAITING LIST

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

### DON'T BE DISAPPOINTED! REGISTER EARLY!

Unfortunately, we are sometimes forced to cancel programs two to three days prior to the start of the class because of under-enrollment. Or there are times when you wait too long to register and your class fills. Don't be disappointed! Register Early!

## Manchester Leisure, Families & Recreation Department Registration Form

Mail Forms with payment to: Department of Leisure, Family & Recreation, 41 Center Street, P.O. Box 191, Manchester, CT 06045-0191/Fax Forms to (860) 647-3083

### PRIMARY HOUSEHOLD CONTACT/PARENT/GUARDIAN

First/Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_

Town: \_\_\_\_\_

Gender: \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_

Zip: \_\_\_\_\_

Email: \_\_\_\_\_

### ACTIVITY REGISTRATION INFORMATION

| Participant First/Last Name | Date of Birth | Gender | Activity Name | Days Held | Time Held | Fee |
|-----------------------------|---------------|--------|---------------|-----------|-----------|-----|
|                             |               |        |               |           |           |     |
|                             |               |        |               |           |           |     |
|                             |               |        |               |           |           |     |
|                             |               |        |               |           |           |     |
|                             |               |        |               |           |           |     |

**PAYMENT METHOD** (Circle Method of Payment)

MONEY ORDER/CHECK

CREDIT CARD

[Credit Card Type: MC VISA] Card Number \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Total: \_\_\_\_\_

# SENIOR CENTER

## GENERAL INFORMATION



### Manchester Senior Center

549 East Middle Turnpike • 647-3211

The Senior Center is a Division of the Human Services Department. The Senior Center provides a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.

**Dates of Operation:** Year round (Closed – 8/15-8/26)

**Office Hours:** Monday-Friday, 8:30-4:30 PM

#### Holiday Closures

Senior Center Programs will be held on Town Holidays:

*Memorial Day:* Monday, May 30th

*Independence Day:* Monday, July 4th

*Labor Day:* Monday, September 5th

### Off Site Programs

The Senior Center offers activities that are run outside of the Senior Center. These programs, as well as the Senior Center programs, are open to Manchester residents who are 60 and over. Programs include: Breakfast Club, Senior Hoopsters, and At Home Program. For more information, call the Senior Center at 647-3211.

### Health Programs

The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Fall Risk Assessments and Health Consultation. For more information, contact the Senior Center at 647-3211.

### Social Service Programs

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

### Meal Program

Lunch is served daily at noon. Reservations are required 24 hours in advance and no later than 12:15 p.m. the day before. Call 647-3211 for reservations. Recommended lunch donation of \$2.50 is suggested for 60 and over. Under 60 must pay \$5.00.

### Trips

Trips offered by the Senior Center are advertised in the *Journal Inquirer* paper on Saturdays, in the newsletter and online. Day trips, overnights, cruises and trips abroad are available, brochures are available at the Senior Center. For more information regarding trips, please call Irma Riedel at (860) 647-5255.

### 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

1<sup>st</sup> Tuesday: Shop-Rite

2<sup>nd</sup> Tuesday: Stop & Shop

3<sup>rd</sup> Tuesday: Shop-Rite

4<sup>th</sup> Tuesday: Stop & Shop

5<sup>th</sup> Tuesday: Shop-Rite (subject to change)

#### Department Store Shopping

1<sup>st</sup> Wednesday: Walmart

2<sup>nd</sup> Wednesday: Target

3<sup>rd</sup> Wednesday: Kmart/Kohl's

4<sup>th</sup> Wednesday: Buckland Mall & Christmas Tree Shop

5<sup>th</sup> 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 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 **Monday, May, 16<sup>th</sup>, 9 AM**. Registration will be ongoing. Register at the Manchester Senior Center, the Community Y Recreation Center, Center Springs Recreation Office or at the Customer Service Center.

To avoid LONG lines and LONG waiting periods, PLEASE do not rush to register on May 16. If your class does not fill up or is a drop-in program, feel free to register anytime before the class begins.

### Financial Assistance

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

### Cancellation Policy

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

### Refund Policy for Self-Sustaining Classes

Full refunds will be made if a request is made at least one week prior to the start of the program or if the Senior Center cancels the class.

### Membership Renewal Week

Membership to the Senior Center must be renewed every year. Take the opportunity to have your membership card renewed M-F, between the hours of 9 AM and 4 PM during Renewal Week. Memberships renewed during this time period will be valid from September 1, 2016 – August 25, 2017. Senior Center membership is open to Manchester residents only. For full membership requirements, contact the Senior Center at (860) 647-3211 or visit our website:

seniorcenter.townofmanchester.org

**Location:** Manchester Senior Center

**Renewal Week:** 8/29-9/2, 9-AM-4PM

# SENIOR PROGRAMS



## Social Leisure Programs

### Karaoke Sing-A-Long Hour

Singing with a pre-existing song, where you replace the lead singer. Lyrics are presented to singer during song.

**Instructor:** Self Guided

**Location:** Senior Center Library

**Meets:** F, 6/3-9/9, 11 AM-12 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.

**Instructor:** TBD

**Location:** Senior Center Craft Room

**Meets:** T/Th, 6/7-9/8, 10 AM-1 PM

### Men's Group

Be social, meet new friends and let's "shoot the breeze!" We have a great group of our Senior Center Men dropping in for an hour of conversation, current events, health topics and more!

**Instructor:** TBD

**Location:** Senior Center Library

**Meets:** M, 6/6-8/8, 10:45-11:45 AM

### Red Hat Society

We are the women in the red and pink hats and meet the first Tuesday of the month.

**Location:** Senior Center Library

**Meets:** Tu, 6/7-9/6, 1-3:30 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, 6/1-9/7, 8:30-11:30 AM

## Creative Leisure Programs

### Watercolor & Oil Painting Group

Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.

**Instructor:** Self Guided

**Location:** Senior Center Craft Room

**Meets:** T, 6/7-9/6, 1-3 PM

### Digital Photography Group

Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.

**Instructor:** Senior Center Volunteer

**Location:** Senior Center Craft Room

**Meets:** M, 6/6- 9/12, 9:30-11:30 AM

### Ceramics



Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.

**Instructor:** Michele D'Esopo

**Location:** Senior Center Craft Room

**Meets:** M/F, 9:30-11:30 AM

**Session 1:** 6/3-7/1

**Session 2:** 7/8-8/5

**Fee:** \$24

### Community Gardens

We are fortunate enough to have a large plot of land behind the building, which is used as a community garden, open to Senior Center members. Gardeners are responsible for the purchase of their own plants and for tending to their plots. The garden is ready for planting by mid-May. Members who are interested in a garden plot should call the Senior Center Main Office at 860-647-3211.



## Educational Leisure Programs

### Book Group

Join this group to read and discuss different novels.

**Location:** Senior Center Library

**Meets:** 3rd T of the month, 6/21 – 9/20, 10:30-11:30 AM

### Quilting Group

This friendly group will assist with layout, color, selection, pattern and more. Six sewing machines are available.

**Location:** Senior Center Craft Room

**Meets:** Th, 6/2-9/8, 1-4 PM

### Walking Group

This group meets for treks around town and beyond.

**Instructor:** Self Guided

**Location:** Senior Center Parking Lot

**Meets:** W/F, 6/1-9/7, 8:45-11 AM

### Wii at the Senior Center

Come to play bowling, golf, tennis. No prior experience necessary. Drop in is Mondays 9-10 AM in the library

Bowling league is Thursdays 10-11:30 AM in the Library

**Meets:** M/Th, 6/6-9/8

### Senior Drop-In Basketball

**Location:** Community Y Recreation Center

**Meets:** M/W/F, 9-11 AM

### At-Home Therapeutic Recreation

Low impact exercise, crafts, reminiscing, music, current events, 1 hour visits on a bi-weekly basis to the homes of the individuals that cannot attend the Senior Center. Participants must be Manchester residents and proof of residency is required upon registration.

**Instructor:** TBD

**Meets:** T-F, 6/7-9/9



# Fitness & Movement

## Strength and Flexibility

Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exercubes to improve balance, muscle tone and overall cardio health.

**Instructor:** Colleen Zimmer

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** M/W/F

**Session 1:** M, 6/6-8/1, 10-11 AM (No class 7/4)

**Session 2:** W, 6/1-8/3, 10-11 AM

**Session 4:** W, 6/1-8/3, 11-11:45 AM

**Session 3:** F, 6/3-8/5, 10-11 AM

**Fee:** \$5 per session

## RetroFit

This is an aerobic dance class utilizing classic big band music, rock and roll and show attendance from the thirties through the seventies. Some contemporary classics will be used as well.

**Instructor:** Rima Riedel

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** T, 5/31-8/9, 11 AM-12 PM

**Fee:** \$33

## Yoga Plus

A class designed for the active senior with few limitations. Please bring a mat and towel to class.

**Instructor:** Melissa Little

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** M/W

**Session 1:** M/W, 6/1-7/27, 2:25-3:15 PM

**Session 2:** M/W, 6/1-7/27, 3:25-4:15 PM

**Fee:** \$5 per session

## Guided Meditation

Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.

**Instructor:** Laura Dunfield

**Location:** Senior Center Library

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** W, 6/1-7/27, 11:15-11:45 AM

**Fee:** \$5 per session

## Zumba Gold

Zumba fuses hypnotic Latin rhythms and dance moves to create a dynamic workout system. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**Instructor:** Carole Buffington

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** Th, 6/2-8/11, 2-3 PM

**Fee:** \$5 per session

## Line Dancing

Line dancing is a choreographed dance with a repeated sequence of steps with people in lines or rows.

**Instructor:** Laura Dunfield

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** W/Th, 6/2-7/27, 10-11 AM

**Fee:** \$5 per session

## Stronger Seniors

Will include chair aerobics, chair Zumba and will incorporate weights, tubes and stretching.

**Instructor:** Laura Dunfield

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** W, 6/1-8/10, 9:15-10 AM (No class 7/4)

**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.

**Instructor:** Chlake Raineau

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** M/W/F

**Fee:** \$5 per session

**Session 1:** M, 6/6-8/8, 1:20-2:15 PM (No class 7/4)

**Session 2:** W, 6/1-8/10, 1:20-2:15 PM

**Session 3:** F, 6/1-8/12, 11-11:55 AM

## Body Sculpt

Weight bearing exercise program for active older adult that includes warmup, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.

**Instructor:** Chlake Raineau

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** M/W

**Session 1:** M, 6/6-8/8, 12:30-1:15 PM (No class 7/4)

**Session 2:** W, 6/1-8/10, 12:30-1:15 PM

**Fee:** \$5 per session

## BellyRobics

Develop and improve strength and flexibility, while getting a low impact, high energy, cardio-vascular workout.

**Instructor:** Rima Riedel

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** T, 5/31-8/9, 10-11 AM

**Fee:** \$5 per session

## Tai Chi I

Develop and improve strength and flexibility, while getting a low impact, high energy, cardio-vascular workout. Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.

**Instructor:** Malee Khaw

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** T/F, 5/31-8/12

**Tuesday Session:** 2:30-3:30 PM

**Friday Session:** 1-2 PM

**Fee:** \$5 per session

## Tai Chi II

Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.

**Instructor:** Malee Khaw

**Location:** Senior Center Auditorium

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** T/F, 5/31-8/12

**Tuesday Session:** 1:30-2:30 PM

**Friday Session:** 12-1 PM

**Fee:** \$5 per session

## Senior Aqua Exercise

Aqua exercise workout incorporating basic stretching and water resistance. This class is weather dependent. Call the Recreation Division cancellation line at 860-647-3162 for class status.

**Instructor:** Lori Dusza

**Location:** WestSide Pool

**Age:** 60+ (Senior Center Facility Card Required)

**Meets:** F, 7/1-8/12, 10:30-11:30 AM

**Fee:** \$5 per session

## Other Programs

### Billiards

**Meets:** M-F, 8:30 AM-4:15 PM

### Bingo

**Meets:** M/F, 10 AM- 12 PM

### Canasta

**Meets:** W, 2-4 PM

### Computer Lab

**Meets:** M-F, 8:30 AM-4:30 PM

### Dominoes

**Meets:** W, 12:30-3 PM

### Hand & Foot

**Meets:** Th, 1:30-3:30 PM

### Mahjonn

**Meets:** T, 12:30-2:30 PM

### Open Computer

Coaches available.

**Meets:** M/Th, 9-11 AM

### Ping Pong

**Meets:** M-F, 8:30 AM-4:30 PM

### Pinochle

**Meets:** M, 9:12:30-2 PM

### Poker

**Meets:** M, 12:15-2 PM

### Setback

**Meets:** F, 12:45-3:30 PM

### Social Bridge

**Meets:** W, 12:30-4 PM

### Scrabble

**Meets:** Th, 6/2-9/1, 9:30-11:30 AM

### Cribbage

**Meets:** F, 6/3-9/2, 12:30-3 PM

### Duplicate Bridge

**Meets:** Th, 12:30-4 PM

**Fee:** \$15/\$25 (nr)