Leisure, Family & Recreation Program & Event Catalog

New Rec on the Run Vehicle Brings Rec Activities to Our Local Parks!

Program and Swim Lesson Registration Begins May 15
REGISTRATION DATES
Residents: May 15, 2019 (9:00 AM at all registration sites)
Non-residents: May 17, 2019

REGISTRATION OPTIONS
1. Online Registration 24/7
Avoid waiting in line and enjoy the convenience of registering from your home computer 24 hours a day/seven days a week.
Log on to: RecOnline.townofmanchester.org

2. Walk-In Registration
Walk into any of the following registration sites M-F, during listed business hours. Payment can be made with cash, check, money order and credit/debit card (Master Card and Visa only).
- Center Springs Main Office, 39 Lodge Drive
- Community Y Rec Center, 78 North Main Street
- Customer Service Center, Town Hall, 41 Center Street
- Mahoney Recreation Center, 110 Cedar Street

3. Over the Phone
Having trouble registering online or can’t make it to a center. Give us a call and we’ll be glad to register you over the phone. Have your payment information ready. Contact us at 860-647-3085 or 860-647-3084.
* SPECIAL NOTE: Mail-in registration is no longer accepted.*

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

Program Enrollment Policy
Enrollment is limited and most programs are on a first come, first served basis. The Recreation Division reserves the right to cancel or close a program which does not meet minimum enrollment requirements.

Refund Policy
Full refunds will be made if a request is made at least one week prior to the start of the program or if the Recreation Division cancels the class. Partial refunds will be made on a pro-rated basis, based on the date of notification, only in the first half of the program’s duration. Refunds will not be considered once classes are half over or after the program ends. Swim lessons require one week notice for cancellations. Refunds will not be considered less than one week prior to start of class.

Pro-rating Fees for Late Registration
Late registration will be accepted for most programs if space permits. Programs will be pro-rated up to 50% at or after the programs mid-point. Registration taken prior to the programs mid-point will be charged full price. Please note all pro-rating needs to be approved by a supervisor.

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

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

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

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

Community Y Recreation & Fitness Center
78 North Main Street • 647-3164
Hours: M-F, 8:30 AM-9 PM; S, 10 AM-5 PM
(through 05/31/18)
Open Gym Hours
M-F, 6:30-9:30 PM
S, 10 AM-5 PM
Closed
Fitness Center Hours
M-F, 8:30 AM-9 PM
S, 10 AM-5 PM
Hours: M-F, 8:30 AM-8 PM; S, 9 AM-12 PM
(effective 06/01/19)
Open Gym Hours
Closed
Fitness Center Hours
M-F, 8:30 AM-8 PM
S, 9 AM-12 PM

Mahoney Recreation Center
110 Cedar Street • 647-3166
Office Hours: M-F, 9 AM-5 PM

Youth Service Bureau (YSB)
63 Linden Street • 647-5213
Office Hours: M-F, 8:00 AM-4:30 PM
Closed Legal Holidays

YSB Teen Center
63 Linden Street • 647-5213
Center Hours: M-F, 2:30-6:00 PM
Closed Legal Holidays

Eastside Neighborhood Resource Center
153 Spruce Street • 647-3089
Office Hours: M-Th, 8:30 AM-4:30 PM
Closed Legal Holidays

Charter Oak Gear & Bike Shop
Charter Oak Park
Dates of Operation: June - Oct
Rec Drop-In: M-F, 5:30-9:00 PM

Northwest Park Early Childhood Center (Activity Center Bld. 1)
448 Tolland Turnpike, Bld. #1 • 647-5212
Dates of Operation: June - July
Office Hours: M-F, 8:30 AM-10:30 AM

Northwest Park Pavilion Rental
Grand, open sided, covered 55’ pavilion with picnic tables, a full kitchen, prep area, serving windows & rest rooms. For rental information contact the Recreation Division at 647-3075.

AQUATIC FACILITIES
Globe Hollow Swimming Area
100 Spring Street • 647-3295
Open Swim Hours: M-F, 1-7:30 PM; S/Su, 1-6 PM
Adult Lap Swim Hours: M-F, 1-7:30 PM; S/Su, 1-6 PM

Salters Pool
103 Lydall Street • 647-3296
Open Swim Hours: M-S, 1-5 PM; Su, 1-5 PM
Lap Swim Hours: M-F, 12-1 PM; S/Su, 5-6 PM

Swanson Pool
48 North Main Street • 647-3297
Open Swim Hours: M-F, 1-5 PM; S/Su, 2-6 PM
Lap Swim Hours: M-F, 11:30 AM-12:30 PM, 5-5:30 PM; S/Su, 1-2 PM

Waddell Pool
163 Broad Street • 647-3299
Open Swim Hours: M-F, 1-7:30 PM; S/Su, 1-4 PM
Lap Swim Hours: M-F, 7:30-8:00 PM; S 5-6 PM

Marcy MacDonald Pool
110 Cedar Street • 647-3293
Open Swim Hours: Everyday, 1-5 PM
Lap Swim Hours: M-F, 11:35-12:30 PM; S/Su, 5-6 PM

PARKS & TRAILS
Trails
MyTown Trails
For more information about Manchester’s trails and parkways visit MyTownTrails.com

Parks
For more information about Manchester’s Parks visit recreation.townofmanchester.org and click on Parks.

CONTACT US
Program Cancellation Line
Access program cancellations 24/7 at our program cancellation line at 647-3162.

E-Recration E-Mail Service
Sign up to receive the Recreation Department’s free weekly e-recration e-mail service to provide you with timely information about new programs, facilities and cancellations due to inclement weather. Register on-line: recreation.townofmanchester.org

MARKETPLACE
Facility Pass fees
Youth (0-20 years old) No Cost
Adults (21-59 years old) $50.00*
Senior Citizen (60 and older) $10.00
Lost Card Replacement Fee $2.00

Pass Changes as of Sept. 1, 2017
Youth & Adult
Youth and Adult passes will be valid for one year, customers can choose from a wallet sized card, or key chain sized card. Passes will no longer have pictures on them. Please note that photos will still be taken at the time of purchase for our records and proper identification when visiting our centers and pool facilities. Youth facility passes will no longer provide access to public libraries. Youth passes are still free and provide Manchester youth full access to Manchester’s recreation centers, outdoor and indoor pools. The same card will be renewed year to year unless a card is lost; the lost card replacement fee is $2.00. Library cards must be obtained separately from Manchester Public Libraries.

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

Special Consideration: Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.
Manchester Trails Day 2019

All hikes are rain or shine. Please bring water and dress appropriately. [Cancellations will be made on-site.]

**June 1**

Jay Howroyd Fit Trail Dedication & Family Fit Trail Challenge | 9:30 AM  
Manchester Recreation Division  
Bring the family to dedicated the new Jay Howroyd Fitness Trail followed by a family fun circuit fitness challenge using the multi-exercise fitness stations and trail.  
**Distance:** 0.5 miles  
**Rating:** Easy  
Union Pond Park, 129 Union Street

Case Mountain Dog Hike | 10:00 AM  
Manchester Dog Owners Group (MDOG)  
2 hour hike on Case Mountain. Dogs welcome.  
**Distance:** 3 miles  
**Rating:** Moderate  
Case Pond Lot, Birch Mountain Road

New State Road Trail Hike | 10:00 AM  
Hockanum River Linear Park Committee  
A riverside hike along the Hockanum River.  
**Distance:** 2 miles  
**Rating:** Easy  
791 Middle Turnpike West, Cheney Tech Lot (West)

Center Springs Loop Trail & Cheney Rail Trail Orientation | 1:00 PM  
Manchester Land Trust  
Explore Center Springs Park, from the ancient gorge to the brand new entryway.  
**Distance:** 1.5 miles  
**Rating:** Easy  
39 Lodge Drive, Center Springs Lodge Lot

Charter Oak Greenway | 1:00 PM  
Manchester Recreation Division  
Demo the Yellow Bike & Scooter Program and get information and ride down the greenway.  
**Distance:** Varies  
**Rating:** Varies  
55 Charter Oak Street, Charter Oak Park

June 2

Hop River Linear Trail | 9:00 AM  
Manchester Recreation Division  
Out and back along the Hop River Trail.  
**Distance:** 1-2 miles  
**Rating:** Easy  
178 Colonial Road, Manchester, CT 06042

Early Childhood Hike | 10:00 AM  
Manchester Plays On!  
Nature walk & trails mix at Northwest Park.  
**Distance:** 25 miles  
**Rating:** Easy  
448 Tolland Turnpike, Early Childhood Center

Risley Park Hike | 1:00 PM  
Manchester Land Trust  
Explore MLT's largest parcel with links to the CFPA's Blue Trail system, parts of the Shenipsit Trail and more!  
**Distance:** 2.5 miles  
**Rating:** Moderate  
366 Lake Street, Vernon CT 06066

Case Mt. Bike Ride | 1:00 PM  
New England Mountain Bike Association, Central CT Chapter  
Guided hike for experienced mountain bikers. Helmets and appropriate gear required.  
**Distance:** 10-15 miles  
**Rating:** Intermediate/Expert  
Case Mountain Line Street Lot

The Highland Trail | 1:00 PM  
Manchester Conservation Commission  
Summit Case Mountain for stunning views of Hartford and the Hartford River Valley.  
**Distance:** 1.8 miles  
**Rating:** Moderate  
671 Spring Street, Case Mountain Spring Street Lot

For information contact the Department of Leisure, Family & Recreation
SUMMER EVENTS

May 2
IMAGINE MAIN STREET - IMAGINE YOUTH
Celebrating Youth Artists
Visit with vendors who make so many amazing items including candles, jewelry, toys, critters, cozies, and skateboards and games, oh my!
Downtown Manchester, 6:00-8:30 PM. imaginemainstreet.com

May 4
MANCHESTER FISHING DERBY
Salters Pond, 7-10 AM recreation.townofmanchester.org

20TH ANNUAL FAMILY HISTORY DAY
Free event to learn your family genealogy. 41 Center Street, 9:00 AM-1:00 PM townofmanchester.org

May 11
ANNUAL SENIOR CENTER PLANT SALE
Just in time for mother's day!
Senior Center, 549 E Middle Tpke. 9:00 AM-1:00 PM seniorcenter.townofmanchester.org

May 15
SUMMER REGISTRATION BEGINS
Register for summer programs and swim lessons. Recreation Centers & Online, 9:00 AM. recreation.townofmanchester.org

May 17
THINGS IN A PARK
Full description on page 24. 153 Spruce Street, 5:00-8:00 PM. recreation.townofmanchester.org

May 18
WALK A MILE FEED THE WORLD
Charter Oak Park, 9 AM-12 PM. worldwidelighthouse.org

MANCHESTER STEP
Center Memorial Park, 11:00 AM-3:00 PM.

INFANT PLAY DAY
Manchester Plays On Play Day!
153 Spruce Street, 9:30 AM-11:30 AM ysb.townofmanchester.org

May 22
PUBLIC WORKS OPEN HOUSE
A family fun event with info booths, touch-a-truck, paint a plow and more!
321 Olcott Street, 9:00 AM - 12:00 PM publicworks.townofmanchester.org

May 31
WRITE OUT LOUD OPEN MIC
Venue for youth performance artists.
153 Spruce Street, 5-8:30 PM naf.townofmanchester.org

June 1
SHREDFEST
8th District, 18 Main Street, 9 AM-12 PM

June 2
ART IN THE PARK
Art and concert in the Park.
Center Memorial Park, 10-4 PM prideinmanchester.townofmanchester.org

June 6
IMAGINE MAIN STREET
The biggest Imagine of the season, several blocks of music, art, craft, food and fun!
Downtown Manchester, 6:00-8:30 PM. imaginemainstreet.com

June 8
DOG DAY: RABIES CLINIC & LICENSING
License and vaccinate your dog.
41 Center Street, 2:00-4:00 PM

June 12
MARKET NIGHT
153 & 160 Spruce Street, 4:30-7:30 PM naf.townofmanchester.org

June 13
MANCHESTER ART COMMISSION
STATE OF THE ARTS & ARTS HALL OF FAME
Information, speakers, and honoring those who honor the arts with their time and talent.
Manchester Country Club, 5:30-7:30 PM. townofmanchester.org

June 13
FLAG DAY CEREMONY
Center Memorial Park, 5:00-8:00 PM. (Rain Date 06/14/19) elks.org

June 18
SUMMER READING KICK-OFF
Adult summer reading program kick-off.
Mary Cheney Library, 586 Main Street, 6:00-8:00 PM. library.townofmanchester.org

FIRST DAY OF SUMMER
Manchester Plays On! Play Event
Charter Oak Park, 10:30 AM-1:30 PM ysb.townofmanchester.org

June 19
MARKET NIGHT
Music with 41 Prospect. Free Garden Learnshop 6-7 PM.
153 & 160 Spruce Street, 4:30-7:30 PM naf.townofmanchester.org

June 22
CHILDREN SUMMER READING KICK-OFF
Free family program for all ages to celebrate the start of the summer reading program.
Mary Cheney Library, 586 Main Street, 10:30 AM. library.townofmanchester.org

ROTARY MUSIC GARDEN PARTY & FESTIVAL OF ART
Performances will occur on a rotating basis, so attendees may experience different types of art.
Charter Oak Park, 55 Charter Oak Street, 9 AM-12 PM.
SUMMER EVENTS

June 26
NOODLE NIGHTS
Full description on page 22.
Marcy MacDonald Pool, 6:00-7:30 PM
recreation.townofmanchester.org

MARKET NIGHT
153 & 160 Spruce Street, 4:30-7:30 PM
naf.townofmanchester.org

June 28
SLIDE INTO SUMMER
Full description on page 22.
Waddell Pool, 6:00-7:30 PM
recreation.townofmanchester.org

LITTLE FREE LIBRARY RIBBON CUTTING
Special reading and ribbon cutting for Little Free Library.
Waddell, 163 Broad Street, 6:00-7:30 PM
recreation.townofmanchester.org

July 5
SUMMER KICK-OFF
Bring the family and enjoy our summer kick off featuring
inflatables & recreational games and activities!
Charter Oak Park, 55 Charter Oak Street, 5:30-8:30 PM
recreation.townofmanchester.org

LITTLE FREE LIBRARY RIBBON CUTTING
Special reading and ribbon cutting for Little Free Library.
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

July 6
DUTCH FOGARTY INDEPENDENCE DAY CELEBRATION
Festivities with children’s activities, plenty of fun, music, food
and fireworks for all. Fireworks begin at 9:30 PM.
(Rain Date: 07/07/19)
Manchester Community College, 60 Bidwell Street, 4 PM.
recreation.townofmanchester.org

DECK ART DAYS
Full description on page 22.
Salters Pool, 1-5 PM.
recreation.townofmanchester.org

FARMERS MARKET
Saturdays through 10/26/19.
Forest Street Parking Lot, 8 AM-12:30 PM

July 10
LITTLE FREE LIBRARY RIBBON CUTTING
Special reading and ribbon cutting for Little Free Library.
153 Spruce Street, 5:00-6:00 PM
recreation.townofmanchester.org

NOODLE NIGHTS
Full description on page 22.
Waddell Pool, 6:00-7:30 PM
recreation.townofmanchester.org

July 12
SLIME NIGHT
Full description on page 26.
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

July 13
DECK ART DAYS
Full description on page 22.
Waddell Pool, 1-5 PM.
recreation.townofmanchester.org

WATER PLAY IN THE PARK
Manchester Plays On! Event
Northwest Park, 448 Tolland Turnpike, 10:30 AM-12 PM

July 15
RESIDENT FREE GOLF DAY AT MCC
Free clinic days and greens fees.
305 South Main Street,
www.mancc.com

July 17
MARKET NIGHT
Music with Sarah Rose Jazz. Free Garden Learnshop, 6-7 PM.
153 & 160 Spruce Street, 4:30-7:30 PM
naf.townofmanchester.org

July 18
LITTLE FREE LIBRARY RIBBON CUTTING
Special reading and ribbon cutting for Little Free Library.
Center Memorial Park, 586 Main Street, 6:00-8:00 PM
recreation.townofmanchester.org

BELLER’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6:00-8:00 PM
bellersmusic.com

July 19
MOON-LIT YOGA
Outdoor Yoga under the summer moonlight!
Charter Oak Park, 55 Charter Oak Street, 8-9 PM
recreation.townofmanchester.org

July 20
DECK ART DAYS
Full description on page 22.
Swanson Pool, 2:00-6:00 PM.
recreation.townofmanchester.org

GET DIRTY DAY
Manchester Plays On! Play Event
Northwest Park, 448 Tolland Turnpike, 3:00-5:00 PM
ysb.townofmanchester.org

JULY 24
NOODLE NIGHTS
Full description on page 22.
Globe Hollow Swimming Area, 6:00-7:30 PM
recreation.townofmanchester.org

MARKET NIGHT
153 & 160 Spruce Street, 4:30-7:30 PM
naf.townofmanchester.org

July 25
ROCK YOUR WORLD
See full description on page 26.
Charter Oak Park, 55 Charter Oak Street, 6:00-7:30 PM
recreation.townofmanchester.org

BELLER’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6:00-8:00 PM
bellersmusic.com

July 26
FAMILY MOVIE NIGHT - WALL-E
Bring the family & enjoy the great outdoors and a movie!
Charter Oak Park, 55 Charter Oak Street, 8-9:30 PM
recreation.townofmanchester.org

July 27
LITTLE FREE LIBRARY RIBBON CUTTING
Special reading and ribbon cutting for Little Free Library.
Westside Oval, 110 Cedar Street, 6:00-7:30 PM
recreation.townofmanchester.org

DECK ART DAYS
Full description on page 22.
Marcy MacDonald Pool, 1-5 PM.
recreation.townofmanchester.org

July 31
MARKET NIGHT
Free Garden Learnshop, 6:00-7:00 PM
153 & 160 Spruce Street, 4:30-7:30 PM
naf.townofmanchester.org
SUMMER EVENTS

August 1
THE DEPTHS OF WATER
See full description on page 26.
Charter Oak Park, 55 Charter Oak Street, 6:00-7:30 PM
recreation.townofmanchester.org

IMAGINE MAIN STREET
Arts activities and workshops to teach you how to create!
WORK_SPACE, 6:00-8:30 PM.
imaginemainstreet.com

BELLER’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6:00-8:00 PM
bellersmusic.com

August 2
CRUISIN’ THEMED PAINT THE PARK
A Cruisin' themed paint night for the entire family!
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

August 4
19TH ANNUAL CRUISIN’ ON MAIN STREET
Free car show with close to 800 vintage vehicles, vendors and more! (Rain Dates: 08/17/19, 08/18/19).
Downtown Manchester, 10:00 AM-3:00 PM
cruisinonmainstreet.org

August 6
NATIONAL NIGHT OUT EVENTS
For full listing of town sponsored events visit page 12.
Various Manchester locations, Times Vary
townofmanchester.org

August 7
MARKET NIGHT
153 & 160 Spruce Street, 4:30-7:30 PM
naf.townofmanchester.org

August 8
NATURE PLEDGE NIGHT
See full description on page 26.
Charter Oak Park, 55 Charter Oak Street, 6:00-7:30 PM
recreation.townofmanchester.org

BELLER’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6:00-8:00 PM
bellersmusic.com

August 9
FLOWER POWER
Join us to plant the seeds to a healthy lifestyle.
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

August 10
LITTLE FREE LIBRARY RIBBON CUTTING
Special reading and ribbon cutting for Little Free Library.
Northwest Park, 448 Tolland Turnpike, 6:00-7:30 PM
recreation.townofmanchester.org

August 11
GET DIRTY DAY
Manchester Plays On! Play Event
Northwest Park, 448 Tolland Turnpike, 3:00-5:00 PM
ysb.townofmanchester.org

August 14
MARKET NIGHT
Free Garden Learnshop 6:00-7:00 PM
153 & 160 Spruce Street, 4:30-7:30 PM
naf.townofmanchester.org

August 15
NATURE EXPLORERS NIGHT
See full description on page 26.
Charter Oak Park, 55 Charter Oak Street, 6:00-7:30 PM
recreation.townofmanchester.org

BELLER’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6:00-8:00 PM
bellersmusic.com

August 16
MOON-LIT YOGA
Outdoor Yoga under the summer moonlight!
Charter Oak Park, 55 Charter Oak Street, 8-9 PM
recreation.townofmanchester.org

August 20
SUMMER READING FINALE
Summer reading program finale.
Mary Cheney Library, 586 Main Street, 10:00-4:00 PM.
library.townofmanchester.org

August 21
MARKET NIGHT
Close out the season with us! Music by Bill Ludwig & Quoron Walker.
153 & 160 Spruce Street, 4:30-7:30 PM
naf.townofmanchester.org

August 22
FAMILY NATURE PLEDGE
See full description on page 26.
Charter Oak Park, 55 Charter Oak Street, 6:00-7:30 PM
recreation.townofmanchester.org

August 23
SUMMER SEND OFF
Bring the family and enjoy our summer send off featuring
inflatables & recreational games and activities!
Charter Oak Park, 55 Charter Oak Street, 6:00-8:30 PM
recreation.townofmanchester.org

September 6
FAMILY PAINT NIGHT
Join us for a paint night for the whole family! All welcome!
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

September 13
FAMILY MOVIE NIGHT - COCO!
Bring the family & enjoy the great outdoors and a movie!
Charter Oak Park, 55 Charter Oak Street, 8:00-9:30 PM
recreation.townofmanchester.org

September 20
FRISCIINI AT CHARTER OAK
Join us for an expanded Friday Science Night at the park
with fun, creative and wacky experiments.
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

September 27
MOON-LIT YOGA
Outdoor Yoga under the summer moonlight!
Charter Oak Park, 55 Charter Oak Street, 7:00-9:00 PM
recreation.townofmanchester.org

October 4
TIE-DYE NIGHT
Join the OurParks Ambassadors & create your own tie-dye!
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

October 7
RESIDENT FREE GOLF DAY AT MCC
Free clinic days and greens fees.
305 South Main Street,
www.mancc.com

October 11
PUMPKINFEST
This Halloween themed family friendly event features
costume contests, pumpkin painting & a festive film.
Charter Oak Park, 55 Charter Oak Street, 6:00-8:00 PM
recreation.townofmanchester.org

September 21
PLANT THE PARK
Volunteer event to plant flowers throughout the park.
Center Springs Park, 39 Lodge Drive, 8:00 AM-3:00 PM
recreation.townofmanchester.org
# Aquatic Facilities & Schedules

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

<table>
<thead>
<tr>
<th>Pool</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Globe Hollow</td>
<td>100 Spring St.</td>
<td>(860) 647-3235</td>
</tr>
<tr>
<td>Salters Pool</td>
<td>103 Lydall St.</td>
<td>(860) 647-3296</td>
</tr>
<tr>
<td>Swanson Pool</td>
<td>48 North Main St.</td>
<td>(860) 647-3297</td>
</tr>
<tr>
<td>Marcy MacDonald Pool</td>
<td>110 Cedar St.</td>
<td>(860) 647-3293</td>
</tr>
<tr>
<td>Waddell Pool</td>
<td>163 Broad St.</td>
<td>(860) 647-3299</td>
</tr>
</tbody>
</table>

## 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 10 and under 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
June 17 - June 23
Globe Hollow Swimming Area
1:00 - 6:00 PM

### Regular Season
June 24 - June 28
Adjusted summer schedule and hours. Please contact pool.

June 29 - August 12
Regular summer schedule and hours.

*July 4 Holiday*

### Post Season
August 12 - August 25
Swanson Pool
Open Swim Hours: 1:00-5:00 PM
Adult Lap Swim: 5:00-6:00 PM

West Side Pool
Adult Lap Swim: 12:00-1:00 PM
Open Swim: 1:00-5:00 PM

## Swim Lesson Session Dates

**MONDAY - FRIDAY CLASSES**

**Session 1:** 07/01-07/12 (No class July 4)
**Session 2:** 07/15-07/26
**Session 3:** 07/29-08/09

**MONDAY & WEDNESDAY CLASSES**

**Session 1:** 07/08-08/07

**TUESDAY & THURSDAY CLASSES**

**Session 1:** 07/09 - 08/08 (No class July 4)
# Aquatic Lesson Schedules

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

## SALTERS POOL

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Day</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6:10-6:40</td>
<td>M-F</td>
<td>1, 2, 3</td>
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<tr>
<td>1</td>
<td>6:45-7:15</td>
<td>M-F</td>
<td>1, 2, 3</td>
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<td>6:10-6:40</td>
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<tr>
<td>2</td>
<td>6:45-7:15</td>
<td>M-F</td>
<td>1, 2, 3</td>
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<tr>
<td>3</td>
<td>7:20-7:50</td>
<td>M-F</td>
<td>1, 2, 3</td>
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## MARCY MACDONALD POOL

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<th>Level</th>
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## GLOBE HOLLOW SWIMMING AREA

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## SWANSON POOL

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## Registration Information

- Registration will be in-person and online.
- **Online registration**: Log onto reconline.townofmanchester.org
- Registration for all pools will begin at 9:00 AM
- Swim lessons open to Manchester residents only.

Please note the following age requirements for swimming levels:

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

The fee for swim lessons is $25.00 per child.

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 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 in available.

**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. Waiting lists are not maintained for swim lessons.

To better understand what level to register your child visit [http://recreation1.townofmanchester.org/index.cfm/aquatic-facilities/](http://recreation1.townofmanchester.org/index.cfm/aquatic-facilities/)

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**GLOBE HOLLOW SWIMMING AREA**

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**READY TO SIGN-UP**

**MAY 15, 2019**

**AQUATICS**
**AQUATICS**

**AQUATIC EVENTS**

### 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 on these designated nights and times). Pool pass required to participate.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marcy MacDonald Pool</td>
<td>06/26/19</td>
<td>6:00-7:30 PM</td>
<td>All Ages</td>
</tr>
<tr>
<td>Waddell Pool</td>
<td>07/01/19</td>
<td>6:00-7:30 PM</td>
<td>All Ages</td>
</tr>
<tr>
<td>Globe Hollow Swimming Area</td>
<td>07/14/19</td>
<td>6:00-7:30 PM</td>
<td>All Ages</td>
</tr>
<tr>
<td>Waddell Pool</td>
<td>08/06/19</td>
<td>6:00-7:30 PM</td>
<td>All Ages</td>
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### Deck Art Days
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. Pool pass required to participate.

### Slide Into Summer
Children of all ages are welcome to try out the NEW water slide, play water games, enjoy popsicles on the grass and dance the night away to some summer beach jams.

**Location:** Waddell Pool  
**Meets:** F, 06/28/19, 6:00-7:30 PM  
**Ages:** All Ages  
**Fee:** No Cost (Pool Pass Required to Enter Facility)

### Grandparent & Child Open Swim
Grandparents, bring a child with you to a fun, relaxed open swim time. Noodles and pools toys will be provided for an enjoyable time with your special little one.

**Location:** Marcy MacDonald Pool  
**Meets:** Tu/Th, 07/02/19-08/08/19, 10:30-11:30 AM  
**Ages:** All Ages  
**Fee:** No Cost (Pool Pass Required to Enter Facility)

### Aqua Circuit
This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Progress through a series of stations for a total-body workout.

**Location:** Swansons Pool  
**Meets:** Tu/Th, 06/25/19-08/06/19, 5:00-6:00 PM  
**Ages:** 18+  
**Fee:** $70 / $84 (nr)

### Total Aqua
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. This class covers strength, cardio, and mobility, well enough to wear you out!

**Instructor:** Lori Dusza  
**Location:** Swansons Pool  
**Age:** 13-18  
**Meets:** Su, 06/30/19-08/04/19, 6:00-7:00 PM  
**Fee:** $30/ $38 (nr)

### Swim for Fitness
Swim 30 consecutive laps by the end of the class. Evaluation and individual swim fitness programs are used to help achieve swimming goals. Prerequisite: Must be able to swim a full length without stopping.

**Instructor:** Lori Dusza  
**Location:** Swansons Pool  
**Ages:** 18+  
**Meets:** M/W, 7:00-8:00 PM  
**Session 1:** 06/24/19-08/07/19 (No Class 07/04/18)  
**Fee:** $70 / $84 (nr)

### Teen Swim Lessons
Designed for the teenager interested in learning to swim or who may have a fear of the water. Class is taught with peers in the same age group and no previous swim experience is required. The class is 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.

**Location:** Waddell Pool  
**Ages:** 13-18  
**Meets:** Su, 06/30/19-08/04/19, 6:00-7:00 PM  
**Fee:** $30/ $38 (nr)

### 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 4 thirty 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.

**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
Contact the Recreation Division at 860-647-3087 and be prepared with dates, times & pool locations. Payment required prior to the start of the first lesson.
**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:** Northwest Park Early Childhood Center

**Toddler Time**
**Meets:** T/Th/F, 9:30-11:00 AM  
**Age:** 1.5-2.5 years old  
**Week 1:** Red, White & Blue Week, 07/02/19-07/05/19  
**Week 2:** Safety Week, 07/09/19-07/12/19  
**Week 3:** Animal Week, 07/16/19-07/19/19  
**Week 4:** Halloween in July, 07/23/19-07/26/19  
**Week 5:** Water Week, 07/30/19-08/02/19 (Bring Suit & Towel)  
**Week 6:** Nature Week, 08/06/19-08/09/19  
**Fee:** $25/ $31 (nr)

**Creative Kids**  
**Meets:** M/W/F, 9:30-11:30 AM  
**Age:** 2.5-5 years old  
**Week 1:** Red, White & Blue Week, 07/01-07/05/19  
**Week 2:** Safety Week, 07/08/19-07/12/19  
**Week 3:** Animal Week, 07/15/19-07/19/19  
**Week 4:** Halloween in July, 07/22/19-07/26/19  
**Week 5:** Water Week, 07/29/19-08/02/19 (Bring Suit & Towel)  
**Week 6:** Nature Week, 08/05/19-08/09/19  
**Fee:** $30/ $38 (nr)

**Open Play Day**
Join Manchester Plays On for drop-in play time at Northwest Park Early Childhood Center. This is free play time for children ages 0-5 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 your arrival.

**Instructor:** Caitlin McNamara  
**Location:** Northwest Park Early Childhood Center  
**Age:** 0-5 years old  
**Meets:** M, 05/20/19, 06/17/19, 08/19/19, 4:00-5:30 PM  
**Fee:** No Cost

**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!

**Instructor:** Caitlin McNamara  
**Location:** Northwest Park Early Childhood Center  
**Age:** 2-4 years old  
**Meets:** Th, 07/11/19-08/29/19, 3:00-4:15 PM  
**Fee:** No Cost

**Mommy & Me Playgroup**
This program is for caretakers and their infants to early walking age (approximately newborn to age 2). The group is for parents of young babies to socialize themselves as well as their babies in an unstructured playgroup atmosphere. This is a laid back group with no judgment, come when you can! A private changing and feeding room is available. Registration is not required to attend. Email Caitlin if you would like to join us: CMcnamara@manchesterct.gov

**Instructor:** Caitlin McNamara  
**Location:** Northwest Park Early Childhood Center  
**Age:** 0-2 years old  
**Meets:** Tu, 07/02/19-08/27/19, 3:00-4:30 PM  
**Fee:** No Cost

**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.

**Instructor:** Caitlin McNamara  
**Location:** Northwest Park Early Childhood Center  
**Age:** 2-5 years old  
**Meets:** W, 07/10/19-08/28/19, 3:00-4:15 PM  
**Fee:** No Cost

**Summer 2019**
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.
Instructor: Corey Schmidek
Location: Eastside Neighborhood Resource Center
Ages: 7-12 years old
Meets: M-F, 07/08/19-07/19, 1:00 - 4:00 PM
Fee: $120 / $135 (nr)

Full STEAM Ahead Lego
Children are learning and strengthening building technique and problem-solving skills while working with more complex LEGO® mechanisms that reinforce 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.
Instructor: Corey Schmidek
Location: Eastside Neighborhood Resource Center
Ages: 10-12 years old
Meets: M-F, 07/08/19-07/12/19, 1:00 - 4:00 PM
Fee: $120 / $135 (nr)

Building Up Steam
Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Education early childhood materials. 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.
Instructor: Corey Schmidek
Location: Eastside Neighborhood Resource Center
Ages: 5-6 years old
Meets: M-F, 08/05/19-08/09/19, 9 AM-12 PM OR 1-4 PM
Fee: $120 / $135 (nr)

Family Paint Night
Join us for step-by-step instruction and create your own work of art while spending time with family and friends! This program is designed for families and is recommended for ages 8 and up.
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: 8+
Meets: Tu, 05/14/19, 06/11/19, 5:00 - 7:00 PM
Fee: No Cost

Boys Week
A week long enrichment program that addresses issues young men face through fun & challenging activities, discussion, and guest speakers.
Instructor: Pierre Brillant
Location: Youth Service Bureau
Ages: 13-16 year olds
Meets: M-F, 07/19/19-08/02/19, 9:00 AM-3:00 PM
Fee: No Cost

Girls Circle
A program where girls are invited to make friends, talk about important issues, and gain confidence through creative activities and inspiring trips.
Instructor: Heather Wlochowski
Location: Youth Service Bureau
Ages: 13-16 year olds
Meets: M-F, 07/19/19-08/02/19, 10-12 year olds
Fee: No Cost

Urban Expedition
Enjoy a week of exploring Manchester and seeing local sights you may never have seen before. Join us on exploring all that Manchester has to offer while making great connections with other youth.
Instructor: Heather Wlochowski
Location: Youth Service Bureau
Ages: 10-16 year olds
Meets: M-F, 08/12/19-08/16/19, 9:00 AM-3:00 PM
Fee: No Cost

Write Out Loud Youth Open Mic
BE A SUPERSTAR in a safe space environment as you engage in an uplifting experience centered on youth voice through poetry, song, music, rap and dance. Perform and/or cheer on others who display their talent and creativity in front of a supportive audience. Youth performers only. No registration is required.
Location: Eastside Neighborhood Resource Center
Meets: F, 05/17/19, 5:00-8:00 PM
Ages: All Ages
Fee: No Cost

Art Lab After School
This program is designed for youth ages 11+, and is designed to deliver exposure to various forms of fine art through fun, engaging projects. Students will learn basic skills in painting, drawing and 2-D design.
Location: Manchester Youth Service Bureau
Meets: M, 6/3/19, 3:00-5:30pm
Ages: 11+
Fee: No Cost

Reaching for the Stars
A wellness program 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.
Instructor: Pierre Brillant
Location: Youth Service Bureau
Ages: 14-18 year olds
Meets: M/W/F, 06/24/19-08/23/19, 10:00 AM-2:00 PM
Fee: No Cost

Family Fun Night

Things in a Park
Come enjoy the Manchester Community Youth Art Initiative’s 8th Annual K – 8 Art Show and Annual Young Writers and Illustrators Book Release. Pick up your free copy of Things in a Park, a dual language children’s picture book written, photographed and translated by Manchester High School students. All are welcome to participate. Children’s games, crafts, and DJ Dale Dance Party! Dinner and dessert will be provided. No registration is required.
Location: EastSide Neighborhood Resource Center
Meets: F, 05/17/19, 5:00-8:00 PM
Ages: All Ages
Fee: No Cost

PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people through its threefold mission of support, education, and advocacy. By supporting this mission, PFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ people, their families, and their loved ones. Meetings include an LGBTQ youth group (ages 12-18) and a parent/ally support group. For info, please contact Kellie Sheridan (860) 647-5262.
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: 12-18 year olds
Meets: Tu, 05/07/19, 06/04/19, 6:30 - 8:00 PM
Fee: No Cost
Youth Basketball Leagues
Team play with emphasis on fundamental instruction & competitive play. For boys & girls, played outdoors. Participants should bring sneakers, shorts, shirt and a water bottle. If leagues do not have enough enrollment, we will combine the leagues and adjust the night schedules.

CO-ED YOUTH (8-9)
Instructor: Volunteer Coaches
Location: Charter Oak Park Outdoor Courts
Ages: 8-9 years old
Meets: M/Tu, 06/24/19-08/13/19, 6:00-8:00 PM
Fee: $35
*Mandatory Evaluation Clinic 06/05/19 @ Mahoney Rec Center at 6:00 PM.

CO-ED YOUTH (10-12)
Instructor: Volunteer Coaches
Location: Charter Oak Park Outdoor Courts
Ages: 10-12 years old
Meets: W/Th, 06/26/19-08/15/19, 6:00-8:00 PM
Fee: $35
*Mandatory Evaluation Clinic 06/05/19 @ Mahoney Rec Center at 7:00 PM.

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

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. Bring your own racquet.
Instructor: Volunteer Instructors
Location: Robertson Tennis Courts

Ropes Challenge Course
Summer Camp
Students entering grades 5-9 for the 2019-20 school year are invited to sign up for this week long fun filled experience. Each day of camp consists of fun games, team building activities, low element challenges (2-3 feet off the ground) and high element challenges (25-40 feet off the ground)! The camp's philosophy is “challenge by choice” so participants can choose the level of challenge for each activity. Participants leave camp everyday amazed at what they accomplished and are excited to share their experiences with others. For registration information contact ManchesterRopes@gmail.com.
Location: Manchester Ropes Course
Meets: M-F, 9:00-3:00 PM
Session 1: 07/01/19-07/05/19 (No Class 07/04/19)
Fee: $160
Session 2: 08/12/19-08/16/19
Fee: $200

Noodle Nights
For more information about Noodle Nights and to see a full description visit page 22.

Deck Art Days
For more information about Deck Art Days and to see a full description visit page 22.

Slide into Summer
For more information about the Slide into Summer Event and to see a full description visit page 22.

Grandparent & Child Open Swim
For more information about Grandparents & Child Open Swim and to see a full description visit page 22.
Today, many children are disconnected from nature. Playing outdoors and learning how to respect animals & 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 | July 11, 6:00-7:30 PM
The Lutz Museum will be coming to Charter Oak park this evening! Kids can interact with different furs, feathers, live animals, and much more!! Kids will also grow their own crystal trees!

Bumble Bee Night | July 18, 6:00-7:30 PM
Join us at Charter Oak to meet a beekeeper who will bring a live bee colony! There will be honey tasting and kids will learn and plant flowers that friendly to bumble bees.

Rock Your World | July 25, 6:00-7:30 PM
Join us at Charter Oak to make your own volcano and watch a huge one erupt!

The Depths of Water | Aug 1, 6:00-7:30 PM
This night at Charter Oak Park join us on cloud 9 as we paint with colorful cloud paint and see how clouds make rain with a fun experiment!

Nature Pledge | Aug 8, 6:00-7:30 PM
Join us as we play with baby goats and plant a tree at the park. Kids will also write their own nature pledges on a certificate. Special thanks to Aussakita Acres Farm.

Nature Explorers Night | Aug 15, 6:00-7:30 PM
Use the skills you’ve learned throughout this program to explore and choose nature activities you want to do!

Family Nature Pledge | Aug 22, 6:00-7:30 PM
Write your own nature pledge to make the world a better place together with your family. Pledges will be written and displayed on a large board for the entire community to see!
NEW

TOWN OF MANCHESTER

REC ON THE RUN

POOP-UP CREATIVE ARTS, SPORTS & GAMES

WHAT IS REC ON THE RUN?
Rec on the Run is our mobile pop-up creative arts, sports and games vehicle which offers recreation programs and activities across Manchester.

WHAT DOES REC ON THE RUN OFFER?
The Rec on the Run vehicle and its engaging staff bring recreation and much more to neighborhoods and parks around our community:
- Sports and group games;
- Read-aloud program & free book giveaways;
- Health and wellness;
- Arts, music, and creative fun and activities;
- Environmental projects and games;

WHERE CAN I FIND REC ON THE RUN?
The Rec on the Run vehicle can be found across our community during the week and at various special community events. During the evenings the program will operate on-site from 6:00-8:00 PM at; Northwest Park, Marcy MacDonald Pool, Spruce Street Market Nights & Waddell Pool.

COLOR ME WEEK
Bring the whole family outside for “COLOR ME” activity week! Color Me week has been designed to include all levels of artistic ability, from the young abstract scribbler-to the detail-oriented designer-and everyone in between! Bring Mom, Dad, Grandma and Grandpa out to express themselves during Color Me Week!

| Bracelets and Frisbees | Monday, July 1st  
|------------------------|------------------
| + Northwest Park, 448 Tolland Turnpike - 6:00-8:00 PM
| Umbrellas | Tuesday, July 2nd  
| + Marcy MacDonald Pool, 110 Cedar Street - 6:00-8:00 PM
| Super Hero Capes | Wednesday, July 3rd  
| + Spruce Street Market, 153 Spruce Street - 6:00-8:00 PM

PAINT WEEK 1
Offering painting activities for the whole family. Families of ALL AGES are welcome to join us at any site location!

| Finger Paint Fun | Monday, July 15th  
| + Northwest Park, 448 Tolland Turnpike - 6:00-8:00 PM
| Intermediate Level Paint Day | Tuesday, July 16th  
| + Marcy MacDonald Pool, 110 Cedar Street - 6:00-8:00 PM
| Step by Step Painting | Wednesday, July 17th  
| + Spruce Street Market, 153 Spruce Street - 6:00-8:00 PM
| Free Paint | Thursday, July 18th  
| + Waddell, 163 Broad Street - 6:00-8:00 PM

REC ROCKS WEEK
Participants will paint positive messages or picture on small rocks. You will find visible but semi hidden locations in and around the park to leave your rocks for the next person to find! Take a picture of your rock, and a picture of where it was placed! See if it is there next time you visit, or did some lucky person find it and get inspired by your message! All rocks have the hash-tagged #RecRocks!

| Thumb Print Characters | Monday July 22nd  
| + Northwest Park, 448 Tolland Turnpike - 6:00-8:00 PM
| Funky Design | Tuesday, July 23rd  
| + Marcy MacDonald Pool, 110 Cedar Street - 6:00-8:00 PM
| Positive Words | Wednesday July 24th  
| + Spruce Street Market, 153 Spruce Street - 6:00-8:00 PM
| Free Paint | Thursday, July 25th  
| + Waddell, 163 Broad Street - 6:00-8:00 PM

PAINT WEEK 2
Bring a smock, wear your old play clothes- and be prepared for paint stains, drips, and drops - ITS HERE- PAINT WEEK 2!!

| Finger Paint Fun | Monday, July 29th  
| + Northwest Park, 448 Tolland Turnpike - 6:00-8:00 PM
| Intermediate Level Paint Day | Tuesday, July 30th  
| + Marcy MacDonald Pool, 110 Cedar Street - 6:00-8:00 PM
| Step by Step Painting | Wednesday, July 31st  
| + Spruce Street Market, 153 Spruce Street - 6:00-8:00 PM
| Free Form Paint | Thursday, August 1st  
| + Waddell, 163 Broad Street - 6:00-8:00 PM

CLOUD PAINTING WEEK
Join us this week on cloud 9 as we paint with colorful cloud paint!

| Simple Clouds | Monday, August 5th  
| + Northwest Park, 448 Tolland Turnpike - 6:00-8:00 PM
| Clouds and Rainbows | Tuesday, August 6th  
| + Marcy MacDonald Pool, 110 Cedar Street - 6:00-8:00 PM
| Rain Clouds and Lightening | Wednesday, August 7th  
| + Spruce Street Market, 153 Spruce Street - 6:00-8:00 PM
| Clouds in the Air | Thursday, August 8th  
| + Waddell, 163 Broad Street - 6:00-8:00 PM

POETRY WEEK
Each day we will have 1 or 2 new short stories to read out-loud to the group, followed by an activity related to the stories! Let the pictures and stories open your mind up- maybe you will sit and write your own story!

| Sick | Monday, August 12th  
| + Northwest Park, 448 Tolland Turnpike - 6:00-8:00 PM
| Needles & Pins | Tuesday, August 13th  
| + Marcy MacDonald Pool, 110 Cedar Street - 6:00-8:00 PM
| The Giving Tree | Wednesday, August 14th  
| + Spruce Street Market, 153 Spruce Street - 6:00-8:00 PM
| Otto The Owl Loves Poetry | Thursday, August 15th  
| + Waddell, 163 Broad Street - 6:00-8:00 PM

IT’S ALL FUN & GAMES WEEK
It’s Fun and Games week! Each location will feature a daily game for all participants to join in on, as well as smaller activities from table top gaming to running around playing tag! Something for everyone can be found during our It’s All Fun and Games week!

| Soccer and Yard Games | Monday, August 19th  
| + Northwest Park, 448 Tolland Turnpike - 6:00-8:00 PM
| Kids Dunk Contest | Tuesday, August 20th  
| + Marcy MacDonald Pool, 110 Cedar Street - 6:00-8:00 PM
| Capture the Flag | Wednesday, August 21st  
| + Spruce Street Market, 153 Spruce Street - 6:00-8:00 PM
| Kickball | Thursday, August 22nd  
| + Waddell, 163 Broad Street - 6:00-8:00 PM

Summer 2019
ADULT WELLNESS

Adult Tennis Lessons
To Learn the proper footwork, ground strokes, volleying and service game. Bring your own racquet, sneakers and water bottle. Bring your own racquet.

Instructor: Volunteer Instructors
Location: Manchester High School Tennis Courts
Age: 17+
Meets: M/W, 6:30-7:30 PM
Fee: $55/$45 (nr) per week
Session 1: 06/03/19-06/19/19 (No Class 07/04/19)
Session 2: 06/24/19-07/10/19
Session 3: 07/15/19-07/31/19
Session 4: 08/05/19-08/21/19

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. You’ll also spend time cultivating upper-body strength, core strength and balance.

Instructor: Barbara Titus
Location: Community Y Recreation Center
Ages: 18+
Meets: M/W, 6:30-7:30 PM
Session 1: 06/24/19-07/24/19
Fee: $50 / $63 (nr)
Session 2: 08/05/19-08/28/19
Fee: $40 / $48 (nr)
Session 3: 09/09/19-09/25/19
Fee: $40 / $48 (nr)

Total Body Plus
Need a total body make over? This is the class for you. Train every major muscle group through strength/resistance exercises using a variety of equipment. Never a dull moment in this hour aimed at increasing strength, endurance and core conditioning. The plus....cardio “bursts” to increase your heart rate and maximize fat burning. Modify for all fitness levels.

Instructor: Brenda Bourne
Location: Community Y Recreation Center
Ages: 18+
Meets: M/W, 5:45-6:45 PM
Session 1: 06/24/19-07/24/19
Session 2: 07/29/19-08/28/19
Session 3: 09/09/19-09/25/19
Fee: $50/ $65 (nr)

Fit For Delivery
This prenatal exercise class is taught by a certified perinatal fitness specialists and is designed especially for expectant moms. Classes include cardio, strength exercises, 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 online: ECHN.org/calendar or call Betsy Crayton, ECHN Perinatal Education 860-647-4790

Team Fit After Work
Join our fitness playground in this group circuit training program. Interval style workouts provide participants with challenging, yet motivating strength and cardio conditioning sessions. You’ll do a variety of innovative exercises to improve your overall fitness using all the latest fitness equipment. This program is designed for all fitness levels, customized to each individual. Open mind & positive attitude are required!

Instructor: Karen Cimino
Location: Center Springs Activity Room
Ages: 18+
Meets: M/W, 5:00-5:45 PM
Fee: $16 / $20 (nr) per session

MONDAY SESSION
Session 1: 06/10/19-07/07/19
Session 2: 07/08/19-07/29/19
Session 3: 08/05/19-08/26/19

WEDNESDAY SESSION
Session 1: 06/05/19-07/07/19
Session 2: 07/08/19-07/31/19
Session 3: 08/07/19-08/28/19

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+
Session 1: F, 07/12/19-09/27/19, 8:00-9:15 PM
Fee: $81 / $101 (nr) (No Class 07/20/19)

Walk15
Walk15 takes group fitness to a new level. It is a low impact, multi-muscle, calorie torching, walking based workout with very effective results. Anyone and all fitness levels can do it!

Instructor: Robin Frost
Ages: 18+
Session 1: M, 07/01/19-07/29/19, 4:45-5:30 PM
Location: Community Y Recreation Center
Session 1: M, 07/01/19-07/29/19, 6:30-7:15 PM
Session 2: W, 07/03/19-07/31/19, 6:30-7:15 PM
Location: Center Springs Club House
Fee: $16 / $20 (nr) (No Class 07/15/19, 07/17/19)

Strength for Life
This non impact class helps people improve their balance, muscular strength and muscular endurance. A strong focus on core conditioning, functional fitness and flexibility will be incorporated too!

Instructor: Miriam Jones
Location: Community Y Recreation Center
Ages: 18+
Meets: W, 9:00-10:00 AM
Session 1: 06/19/19-07/31/19
Fee: $30 / $38 (nr)
Session 2: F, 06/21/19-08/02/19 (No Class 07/05/19)
Fee: $35 / $42 (nr)

NEW Hiking Case Mountain
Be ready to hike approximately 3-3.5 miles up and around beautiful Case Mountain. Great cardio, leg & upper body workout. This is an intermediate hike with uneven terrain and at times strenuous exertion. Trail shoes recommended. Don’t forget a small pack with H2O & Snack if needed.

Instructor: Miriam Jones
Location: Birch Mt. Road Parking Lot
Ages: 18+
Meets: Sa, 06/08/19-06/29/19, 8:30-9:00 AM
Fee: $20 / $24 (nr)

Personal Training One on One
A personal trainer will design an exercise program specifically for you. Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs such as introduction to cardio equipment and weights will be addressed if needed.

Instructor: Brenda Bourne
Location: Community Y Rec Center Fitness Room
Ages: 18+
Meets: By appointment only call (860) 647-3164
Fees:
1/1 Hour Session: $35/$44 (nr) per session
5/1 Hour Sessions: $160/$200 (nr) per session
10/1 One Hour Sessions: $300/$375 (nr) per session
Fees for two persons (buddy rate): Best Deal
1/1 Hour Session: $50/$63 (nr) per session
5/1 Hour Sessions: $210/$250 (nr) per session
10/1 One Hour Sessions: $400/$475 (nr) per session

REGIONAL PICKLEBALL
OUTDOOR OPEN PLAY
Four outdoor courts are available at Nike Site, 255 Garden Grove Road, Manchester. 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 Aquatic Swimming & Fitness Classes
For more information on adult aquatic courses see Aquatics Adult Course Information on page 22.
**NEW 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 bring water and bug spray.

**Instructor:** Wakime Hauser  
**Location:** Jay Howryod Fitness Trail, Union Pond Park  
**Ages:** 18+  
**Meets:** T/Th, 07/25/19-07/30/19, 7:30-8:30 PM  
**Fee:** $50 / $65 (nr)

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**Vision Board Workshop**

In this fun & interactive workshop, you will create your own vision board using inspiring images and quotes, and learn how to use it to achieve your dream life. The basics of the Law of Attraction and other tips for manifestation and leading your happiest life will be discussed. Cost includes all materials, snacks and light refreshments. Bring any personal photos or extra items you would like to include on your board.

**Instructor:** Karolina Kopek  
**Location:** Community Y Recreation Center  
**Ages:** 15+  
**Meets:** Th, 06/06/19, 5:30 – 8:00 PM  
**Fee:** $15 / $18 (nr)

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**Mass Training CPR**

The Manchester Health Department, Fire-Rescue-EMS, Manchester CPR Program, Ambulance Services of Manchester and HeartSafe/AED committee are committed to raising awareness of the value of CPR & AED use in Manchester. This reduced cost training includes American Heart Association Heartsaver CPR for adult & child and proper use of AED. Included is a free “Stop the Bleed” training, which teaches skills used to stop uncontrolled bleeding in an emergency. Registration is recommended.

**Location:** Community Y Recreation Center  
**Meets:** W, 06/12/19, 6:00-9:30 PM  
**Ages:** 15+  
**Fee:** $15 / $25 (nr)

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**Harvesting Water with Gutters and Rain Barrels**

Save water and have a healthier garden! See the various processes in action at the Spruce Street Community Garden and learn to do it yourself.

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 06/19/19, 6:00-7:00 PM  
**Ages:** All Ages  
**Fee:** No Cost

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**Deadheading Herbs & 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.

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 07/17/19, 6:00-7:00 PM  
**Ages:** All Ages  
**Fee:** No Cost

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**Drying Herbs & 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.

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 07/31/19, 6:00-7:00 PM  
**Ages:** All Ages  
**Fee:** No Cost

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**Planting Peas & Fall Crops**

Peas and other cold weather crops are planted now to provide abundant fall and winter harvest. Live demo and free seeds!

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 08/14/19, 6:00-7:00 PM  
**Ages:** All Ages  
**Fee:** No Cost
Tuesday June 4, 2019
CT BLACK BEARS WITH PAUL COLBURN, CT DEEP MASTER WILDLIFE CONSERVATIONIST
Whiton Branch Auditorium, 6:30 PM

Wednesday June 5, 2019
WALKING BOOK CLUB
Life Changing Magic of Tidying Up by Marie Kondo
Meet in the Mary Cheney lobby, 1:00-2:00 PM

Wednesday June 5, 2019
WRITER’S GROUP
Whiton Branch Library, 6:00-8:00 PM

Thursday June 6, 2019
TWO RIGHT FEET
A great interactive learning program for children to explore reading, literacy, and language through music, motion, and books.
Mary Cheney Library, 6:30 PM

June 7, 2019
PRESCCHOOL DANCE PARTY
Dance and have fun at the library.
Mary Cheney Library, 2:00 PM

Saturday June 8, 2019
SILK CITY BOARD GAME GROUP
Special Guest: Dr. Finn’s Games
Mary Cheney Library, 12:00-4:30 PM

Monday June 10, 2019
STRANGER THINGS PARTY
Mary Cheney Library, 6:00-8:00 PM

Tuesday June 11, 2019
CT BALD EAGLES WITH GINNY APPLE, CT DEEP MASTER WILDLIFE CONSERVATIONIST
Mary Cheney Library, 6:30 PM

Wednesday June 12, 2019
DROP-IN TECH HELP
Whiton Branch Library, 6:00-8:00 PM

June 14, 2019
DROP-IN PLAYGROUP WITH A VISIT FROM THE PLAY AMBASSADORS. TOYS PROVIDED.
Mary Cheney Library, 10:00 AM – 12:00 PM

Monday June 17, 2019
ADULT BOOK DISCUSSION
Artemis by Andy Weir
Mary Cheney Library, 7:00 PM

Tuesday June 18, 2019
STARLAB Explore the stars in this unique dome.
Shows throughout the afternoon.
Whiton Branch Library, 1:00 PM

ADULT SUMMER READING PROGRAM KICK-OFF
Mary Cheney Library, 6:00-8:00 PM

Saturday June 22, 2019
CHILDREN’S SUMMER READING PROGRAM KICK-OFF
A fun event for children of all ages to celebrate the start of the summer reading program
Mary Cheney Library, 10:30 AM

Monday June 24, 2019
First day for children to collect summer reading prizes!
Mary Cheney Library & Whiton Branch Library

Mondays: June 24, July 1, July 8, July 15, July 22, July 29, Aug 5, Aug 12
PICNIC STORYTIME
Bring a blanket, lunch, and enjoy stories in the park.
Mary Cheney Library, 11:30 AM

Mondays: June 24, July 1, July 8, July 15, July 22, July 29, Aug 5, Aug 12
CURIOUS KIDS - STORYTIME
Storytime with related activities and crafts.
Whiton Branch Library, 2:30 PM

Tuesdays: June 25, June 30, July 2, July 9, July 16, July 23, July 30, Aug 6, Aug 13
MOTHER GOOSE - STORYTIME
Storytime with related activities and crafts.
Mary Cheney Library, 9:30 AM

Tuesday June 25, 2019
FAMILY PROGRAM: BUBBLEOLOGY
Whiton Branch Library, 3:30 PM
Mary Cheney Library, 6:30 PM

ASTRONAUT FINALIST: MY EXPERIENCES AT JOHNSON SPACE CENTER
Presented by MCC Professor Paul Edelen
Whiton Branch Auditorium, 6:30 PM

Tuesday July 2, 2019
FAMILY PROGRAM: SCINETELLERS
Whiton Branch Library, 3:30 PM
Mary Cheney Library, 6:30 PM

DEEP SPACE ENVIRONMENTAL LIFE SUPPORT
By retired Collins Aerospace employee Tom Moe
Whiton Branch Auditorium, 6:30 PM

Wednesday July 3, 2019
WALKING BOOK CLUB
Heat by Bill Buford
Meet in Mary Cheney lobby, 1:00-2:00 PM

Saturday July 6, 2019
SILK CITY BOARD GAME GROUP
Mary Cheney Library, 1:00-2:00 PM

Monday July 8, 2019
THE ORION
By retired Collins Aerospace employee Donna Grossman
Mary Cheney Library, 7:00 PM

Tuesday July 9, 2019
FAMILY PROGRAM: STEVE CORNING VARIETY SHOW
Whiton Branch Library, 3:30 PM
Mary Cheney Library, 6:30 PM

STARRY, STARRY DATE NIGHT
With artist Ellen Dougan
Mary Cheney Library, 6:00-8:00 PM

Saturday July 13, 2019
RECIPES READERS BOOK CLUB
Mary Cheney Library, 12:30-2:30 PM

Wednesday July 17, 2019
CONNECTICUT MUTUAL UFO NETWORK (MUTON)
For grades 6-12; “Muton” will share with teens info on recent UFO sightings in CT
Mary Cheney Library, 6:00-7:30 PM

Saturday July 20, 2019
DOCTOR WHO TIMEY-WIMEY PARTY
Mary Cheney Library, 2:00-4:00 PM

Monday July 22, 2019
JOURNEY INTO SPACE: SCIENCE FICTION
With MCC Professor Lisa Sandoval
Mary Cheney Library, 7:00 PM

Tuesday July 23, 2019
THE SUN, THE MOON, AND THE PLANETS: MUSIC INSPIRED BY OUTER SPACE WITH JEFFREY ENGEL
Whiton Branch Auditorium, 6:30 PM

Tuesday July 30, 2019
FAMILY PROGRAM: MAGICIAN SCOTT JAMEISON
Whiton Branch Library, 3:30 PM
Mary Cheney Library, 6:30 PM

Wednesday August 7, 2019
WALKING BOOK CLUB
Red Rising by Pierce Brown
Mary Cheney Library Lobby, 1:00-2:00 PM

Tuesday August 13, 2019
FAMILY PROGRAM: DIDGERIDOO DOWN UNDER
Whiton Branch Library, 3:30 PM
Mary Cheney Library 6:30 PM

WHAT IS DARK MATTER?
Presented by MCC Professor David Cox
Whiton Branch Auditorium, 6:30 PM

Saturday August 17, 2019
SUMMER READING FINALE
Star Wars Convention: Featuring the 501st Legion, Jedi Training Academy with The Academy of Martial Arts, food trucks, vendors, crafts, storytime, and a costume parade. All ages.
Mary Cheney & Center Park, 10:00 AM-4:00 PM

Tuesday August 20, 2019
FAMILY PROGRAM: COMEDY AND JUGGLING WITH BRYSON LANG
Whiton Branch Library, 3:30 PM
Mary Cheney Library, 6:30 PM

Monday August 26, 2019
FAMILY GAME NIGHT
Mary Cheney Library, 6:00-8:00 PM

Tuesday August 27, 2019
THE SCIENCE OF LITERATURE
By MCC Professor David Cox
Whiton Branch Library Auditorium, 6:30 PM

NEW
Manchester Senior Center
549 East Middle Turnpike • 647-3211
The Senior Center is a Division of the Human Services Department. The Senior Center along with the Recreation Division of the Department of Leisure, Family & Recreation, collaborate to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.

Dates of Operation: Year Round
Office Hours: Monday-Friday, 8:30-4:30 PM
Holiday Closures: Senior Center Programs will be closed on Town Holidays. (05/28, 07/04, 09/03) CLOSED: 08/13/19-08/23/19

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

Support Group Programs
The Senior Center offers the following support group programs: Caregivers, Low Vision, Diabetes. For more information about these groups, contact 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 call (860) 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, the Senior Center Social Worker by making an appointment by calling (860) 647-3211.

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

Meal Program
Lunch is served daily at noon. Reservations are required 24 hours in advance and no later than 12:15 PM the day before. Call (860) 647-3211 for reservations. Suggested lunch donation of $2.50 for 60 and over. Under 60 must pay $5.00.

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

Transportation
The Senior Center provides transportation for Manchester senior residents who wish to come to the center for classes, activities and lunch. Transportation is also provided for those who wish to grocery shop on Tuesdays. Our bus goes to a different department store each Wednesday for general shopping.

Grocery Shopping
1st Tuesday: Shop-Rite
2nd Tuesday: Stop & Shop
3rd Tuesday: Shop-Rite
4th Tuesday: Stop & Shop
5th Tuesday: Shop-Rite (subject to change)

Department Store Shopping
1st Wednesday: Walmart
2nd Wednesday: Walmart/Mall
3rd Wednesday: Kohl’s/ Vernon Circle
4th Wednesday: Walmart/Christmas Tree Shop
5th Wednesday: Walmart (subject to change)

RIDES TO AND FROM THE SENIOR CENTER
Bus rides can be scheduled up to 3 PM on the day before your ride. Please call the Senior Center office at (860) 647-3211 and speak with staff to schedule bus rides.

CANCELLATION OF RIDE
If you find that you need to cancel your ride with us, please call the office. We appreciate as much advance notice as possible.

Program Registration
Registration for all programs, except those listed below will begin on Wednesday, May 15th, 9 AM. Registration will be on-going. Register at the Manchester Senior Center, the Community Y Recreation Center, Center Springs Recreation Office or at the Customer Service Center.

To avoid LONG lines and LONG waiting periods, PLEASE do not rush to register on May 15. If your class does not fill up or is a drop-in program, feel free to register anytime before the class begins.
Social Leisure

Dominoes
Stay sharp! Use your mind and learn this fun game. First few classes will be devoted to instruction. Beginners and experienced players welcome.

Location: Senior Center Craft Room
Age: 60+ (Senior Center Facility Card Required)
Meets: W, 06/05/19-08/07/19, 12:45-3:00 PM

Setback

Location: Senior Center Bingo Room
Age: 60+ (Senior Center Facility Card Required)
Meets: T, 06/04/19-08/06/19, 1:00-3:00 PM

Watercolor & Oil Painting
Group of artists meets to draw, create, share and inspire each other. Participants provide own supplies.

Instructor: Self Guided
Location: Senior Center Craft Room
Meets: T, 06/04/19-08/06/19, 1:00-3:00 PM

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

Instructor: Norman McKee
Location: Senior Center Craft Room
Meets: M, 06/03/19-08/05/19, 9:30-11:30 AM

Book Group
Read and discuss different novels.

Instructor: Joan Troy
Location: Senior Center Library
Meets: 3rd T’s, 06/18/19-08/06/19, 10:30 - 11:30 AM

Wii Games
Come to play bowling, golf, tennis. No prior experience necessary.

Location: Senior Center Library
Meets: Th, 06/06/19-08/08/19, 10:00-11:30 AM

Billiards
Drop in and play on one of three billiard tables.

Location: Senior Center Billiards Room
Meets: M-F, 06/03/19-08/09/19, 8:30 AM-4:15 PM

Cribbage
Combines both luck and skill.

Location: Senior Center Card Room
Meets: F, 06/07/19-08/09/19, 12:45-3:00 PM

Scrabble
A board game played with 2-4 players with the players using their vocabulary to create words.

Location: Senior Center Bingo Room
Meets: Th, 06/06/19-08/08/19, 9:30-11:30 AM

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

Location: Senior Center Library
Meets: W, 06/12/19-08/07/19, 11:15-11:45 AM

Fee: $5 per session

Men’s Group
This group meets for social time enjoying a variety of activities including current events, health topics, trivia and of course having good conversation while meeting new people. This program is facilitated by our Therapeutic Recreation Specialist.

Instructor: Elizabeth Smith
Location: Senior Center Library
Meets: M, 06/10/19-08/05/19, 10:45-11:45 AM

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: Elizabeth Smith
Location: Senior Center Craft Room
Meets: T/Th, 06/04/19-08/08/19, 10:00-11:45 AM

Red Hat Society
We are the women in the red and pink hats.

Location: Senior Center Library
Meets: 1st T of the month, 1:00-3:30 PM

Grocery Community Gardens
Have a green thumb? Manchester Senior Center Gardens offers a 10’x23’ plot for growing your favorite plants and vegetables. Call 860.647.3210 if you are interested in a garden for the 2019 growing season.

Location: Senior Center Community Gardens

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Location: Senior Center Billiards Room
Meets: M-F, 06/03/19-08/09/19, 8:30 AM-4:15 PM

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Meets: Th, 06/06/19-08/08/19, 9:30-11:30 AM
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Fitness & Movement

Strength & Flex
Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exer-tubes to improve balance, muscle tone and overall cardio health.
Location: Senior Center Auditorium
Session 1: M, 06/10/19-08/05/19, 10:00 - 11:00 AM
Session 2: W, 06/12/19-08/07/19, 10:00 - 11:00 AM
Session 3: W, 06/12/19-08/07/19, 11:00 - 11:45 AM
Session 4: F, 06/14/19-08/09/19, 10:00 - 11:00 AM
Fee: $5 per session

Yoga Plus
A class designed for the active senior with few limitations.
Location: Senior Center Auditorium
Session 1: M/W, 06/10/19-07/24/19, 2:30 - 3:15 PM
Session 2: M/W, 06/10/19-07/24/19, 3:30 - 4:15 PM
Fee: $5 per session

Tai Chi Beginner & Advanced Classes
Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.
Location: Senior Center Auditorium
Age: 60+
Meets: T/F, 06/11/19-08/09/19
Beginner Class: Tu, 2:30 - 3:30 PM; F, 1:00 - 2:00 PM
Advanced Class: Tu, 1:30 - 2:30 PM; F, 12:00 - 1:00 PM
Fee: $5 per session

Zumba Gold
Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system.
Location: Senior Center Auditorium
Age: 60+
Meets: Th, 05/13/19-08/08/19, 2:00 - 3:00 PM
Fee: $5 per session

Light-N-Lively
Low impact cardio workout. Active and fast paced. Seniors may sign up for 2 out of 3 classes.
Location: Senior Center Auditorium
Age: 60+
Meets: M/W/F
Session 1: M, 06/10/19-08/05/19, 1:20-2:15 PM
Session 2: W, 06/12/19-08/07/19, 1:20-2:15 PM
Session 3: F, 06/14/19-08/09/19, 11:00-11:55 AM
Fee: $5 per session

Walking Group
This group meets for treks around town.
Location: Senior Center Parking Lot
Meets: W/F, 06/05/19-08/30/19, 8:45-11:00 AM
Fee: $5 per session

Body Sculpt
Weight Bearing exercise program for active older adult that includes warm-up, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.
Location: Senior Center Auditorium
Age: 60+
Meets: M/W/F
Session 1: M, 06/10/19-08/05/19, 12:30 - 1:15 PM
Session 2: W, 06/12/19-08/07/19, 12:30 - 1:15 PM
Fee: $5 per session

Senior Aqua Exercise
Aqua exercise workout incorporating basic stretching and water resistance. This class is weather dependent.
Location: Marcy MacDonald Pool
Age: 60+
Session 1: F, 06/28/19-08/09/19, 10:30 - 11:30 AM
Fee: $5 per session

Senior Basketball Drop-In
Meets: M/W/F, 9:00-11:00 AM
Location: Community “Y” Recreation Center