

# Parks & Recreation

WINTER & SPRING 2016

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**Program Registration  
Begins December 14th**  
[recreation.townofmanchester.org](http://recreation.townofmanchester.org)



Free Multi-Site Winter Vacation Activities for School-Age Children, Youth and Families  
CALL (860) 647-3164 TO REGISTER (Pre-registration is encouraged for all stations but not required. Supplies, materials and space may be limited.)

## 1 \* Mahoney Station

**Sports and Games 3v3 Tournament Style**  
Location: 110 Cedar Street

Mahoney Station will offer tournament style activities. Teams of 3 participants will rotate through a variety of score-based activities. Earn more points by rotating through all activities. Prizes awarded to top teams.

**Grade Range:** Grades 1-8 (supervision under 10 years)

**Dates and Time:** December 28-30, 12:30-3:30 p.m.

**Monday:** Knockout, Dodgeball, Connect 4, Team Building

**Tuesday:** Hotspots, MatBall, Uno, War, Bingo

**Wednesday:** 3v3 Soccer, Capture the Flag, Charades, Spoons, Arts and Crafts

## 2 \* Nathan Hale Station

**Family Fun: Space, Time Travel and Dinosaurs**  
Location: 160 Spruce Street

Nathan Hale Station will host three science-themed Family Fun Days, each featuring Lego building, painting, origami, and a movie. The station will also feature Building Healthy Families' Imagination Playground. Drop-in creative activities from 9 a.m. to 10:30 a.m.

and Movie from 10:30 to noon.

**Grade Range:** Families (supervision under 10 years)

**Dates and Time:** December 28-30, 9 a.m. to 12 p.m.

**Monday Theme:** Space, Movie: *Buzz Light Year of Star Command*

**Tuesday Theme:** Time Travel, Movie: *Peabody and Sherman*

**Wednesday Theme:** Dinosaurs, Movie: *The Land Before Time*

## 3 \* Community Y Station

**B'Wana Iguana Reptile Adventure**  
Location: 78 North Main Street

Community Y Station will offer B'Wana Iguana Reptile Adventure, an exciting program that entertains and educates children of all ages about the mysterious world of reptiles and amphibians. Join Ray as he introduces you to an assortment of snakes, Shelly the Flapping Turtle, Mrs. T the Tortoise, Chunky the Dancing Lizard and Squiggly the Wonder Boa and more. The program is interactive with lots of participation.

**Grade Range:** Family (supervision under 10 years)

**Dates and Time:** One day only, December 30, 1-2 p.m.

## 4 \* MHS Pool Station

**Family Open Swim**  
Location: 134 East Middle Tpke.

It may be cold outside, but that doesn't mean you can't enjoy some warm water and a fun afternoon of swimming at the MHS Pool. Grab a friend or bring your family and enjoy some time splashing, jumping and diving during open swim time. No pool pass or Rec pass required.

**Grade Range:** Family (supervision under 10)

**Dates and Time:** December 28-30, 1-3 p.m.

**Monday:** Open Family Swim

**Tuesday:** Open Family Swim

**Wednesday:** Open Family Swim

## 5 \* Teen Center Station

**Tournament Style Games for Teens**  
Location: 63 Linden Street

Teen Center Station at the Manchester Youth Service Bureau will offer in-house tournaments. Gift certificates will be awarded to the winner of each tournament. Tournaments are for all Manchester students in grades 9 through 12.

**Grade Range:** Grades 9 through 12

**Dates and Time:** December 28-30, 3-6 p.m.

**Monday Tournament:** Ping Pong Tournament

**Tuesday Tournament:** Pool/Billiards Tournament

**Wednesday Tournament:** 2K Tournament

## 6 \* Youth Service Station

**Create, Paint and Build**  
Location: 63 Linden Street

The Youth Service Station will offer creative opportunities for middle school students to paint and create. Art Lab will conduct a painting party and teach you how to paint a Snow Tiger and Pete from the Journeys program will teach participants how to build a bird feeder.

**Note:** Spaces limited for this station. Pre-registration is required.

**Grade Range:** Grades 7 through 8

**Dates and Time:** December 28-30, 9 a.m. to 12 p.m.

**Monday:** Art Lab Paint Party, *Paint a Snow Tiger*

**Tuesdays Activities:** Journey Build, *Build a Bird Feeder*

## RESERVE YOUR TICKET TODAY

GET YOUR TICKET STAMPED AT ANY THREE OF THE SIX VACATION STATIONS AND REDEEM IT FOR A FREE GIFT.

CALL (860) 647-3164 TODAY TO REGISTER FOR ANY OR ALL OF THE VACATION STATIONS

# RECREATION FACILITIES

## CENTER SPRINGS MAIN OFFICE

Center Springs Main Office is located at Center Springs Park. This building houses recreation personnel and serves as the department's main focal point for daily administration. In addition, the building is a registration site for programs and membership.

39 Lodge Drive • Center Springs Park • 647-3084

**Office Hours:** Monday-Friday, 8:30 a.m.-4:30 p.m.

Closed Legal Holidays

## MANCHESTER SENIOR CENTER

The Senior Center is division of the Human Services Department. The Senior Center along with the Recreation Department collaborate to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.

549 East Middle Turnpike • 647-3211

Dates of Operation: Year round

Office Hours: M-F, 8:30-4:30 p.m., T/Th, 5:30-8 p.m.

## MAHONEY RECREATION CENTER

Located at the west side of Manchester, adjacent to Washington School. The center is a registration site for recreational programs and membership.

110 Cedar Street • 647-3166

**Dates of Operation:** October to May

**Office Hours:** Monday-Friday, 6pm-9pm, Sat, 10am-5pm

## COMMUNITY Y RECREATION CENTER

The Community Y Recreation Center is located at the north end of Manchester. The center is a registration site for recreational programs and membership.

78 North Main Street • 647-3164

**Dates of Operation:** September through June 2016

**Office Hours:** Mon-Fri, 8:30am - 8:00pm, Sat, 10am-5pm

**Drop-In Rec Hours:** M-F, 6pm - 9:30pm, Sat, 10am - 5pm

## COMMUNITY Y FITNESS CENTER

The Community Y Fitness Center is located at the north end of Manchester. The fitness center offers free weights, multi-station gym and cardio equipment.

78 North Main Street • 647-3164

**Dates of Operation:** October - May

**Hours:** M-F, 8:30 a.m. - 9:00 p.m., Sa., 10 a.m.- 5 p.m.

## BENNET LEISURE CENTER

22 School Street • 647-3571 (ext. 5)

**Dates of Operation:** October to May

Monday through Friday: 6-9 p.m.

Saturday: 10-5 p.m.

## MANCHESTER SKATE PARK

Located at Robertson Park, adjacent to the tennis courts, the park is 14,400 square feet and consists of precast concrete structures. The skate park is unsupervised and skating is at your own risk. Skate park users must adhere to all posted rules and regulations.

**Skate Park Hours of Operation**

**Daily, Park closes at dark**

**Park is closed during inclement weather.**

## USE OF SAFETY EQUIPMENT REQUIRED

All skaters are required to wear protective equipment.

Helmets, knee pads and elbow pads are mandatory. Wrist guards are an added requirement for in-line skater.

## NORTHWEST PARK AND ACTIVITY CENTER

Manchester's premier park, located at the north end of Manchester (448 Tolland Turnpike), has a pavilion, observation deck, boundless playground, sand volleyball courts, walking trails, little league field and baseball field. This park shares the waterfront of Union Pond and boasts a picturesque water view along with breathtaking flower gardens, an award winning butterfly garden and wooded walking trails. In addition, the park is a location for one of the Recreation Department's activity/fitness class rooms.

## NORTHWEST PARK PAVILION AND 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. Contact the Recreation Dept. at 860-647-3075 for rental information.

## PARKS DIVISION OFFICE

The Parks Division Office houses park staff and serves as the department's main focal point for daily parks maintenance and administration.

321 Olcott St. • 647-3222

**Office Hours:** Monday-Friday, 7 a.m.-3:30 p.m.

## FIELD CLOSINGS

A list of the fields designated as closed for drop-in use for the winter (November 15 to March 15):

MHS Memorial Field (main field)

Leber Little League Field

Verplanck Little League Field

Bagshaw Little League Field

Dettore Little League Field

Nike Site Softball Field

New State Road Softball Field

Fitzgerald Softball Field @ Charter Oak Park

Northwest Park Baseball Field

Moriarty Baseball Field @ Mt. Nebo

Carlin Football Field @ Mt. Nebo

Veterans Memorial Park Soccer Fields (all 4)

Kennedy Road Soccer Fields (all 3)



For a list and map of fields open for winter use, please visit our website at:

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

or scan this QR Code with your smart phone

## COMMUNICATIONS

### PROGRAM INFORMATION LINE ● 647-3162

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

Cancellation Information Press 1

Pool Schedules Press 2

Recreation Centers Press 3

Registration Information Press 4

Special Events Press 5

Further Assistance Press 0

## MANCHESTER YOUTH SPORTS ALLIANCE

Visit: [mysa.townofmanchester.org](http://mysa.townofmanchester.org)

## FREQUENTLY REQUESTED PHONE NUMBERS

Youth Service Bureau	647-5213
MHS Student Activities	647-3350
Bicentennial Band Shell	649-9213
Bicycle Paths Info/Maps	594-2145
Chamber of Commerce	646-2223
Downtown Special Services	645-2101
Hockanum River Linear Park	402-9908
MARC	646-5718
Manchester Soccer Club	<a href="mailto:mscopy14@gmail.com">mscopy14@gmail.com</a>
Arts Council	647-3167
Wickham Park	528-0856
Manchester PAL	645-5525
MBA Basketball	645-1097
Little League and T-Ball, Manchester	<a href="mailto:LittleLg@gmail.com">LittleLg@gmail.com</a>
Manchester Country Club	646-0103
Manchester Road Race Hotline	649-6456
Manchester Swim Club	635-7205
Cheney Hall	647-9824
Manchester Ropes Course	690-2459
Baseball (12-15 years)	649-9144
Midget Knights Football	432-0803
Pop Warner Sentinals Football	335-1675

## E-RECREATION E-MAIL SUBSCRIPTION

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**

An Indoor/Outdoor Photo ID Facility Pass is required and allows use of the recreation centers, outdoor pools, skate park and the Community Y fitness center during the 15/16 recreation season. Senior Citizen passes are also good 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

Adults (21-59 years)	\$50 (\$25 after 4/1/16)
Senior Citizen (60 and older)	\$10
Lost Card Replacement Fee	\$2

### FACILITY PASS FOR YOUTH UNDER 21

#### ACCESS MANCHESTER PASS

**VALID THROUGH AUGUST 31, 2017**

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.



## BENNET LEISURE CENTER

AT THE ELISABETH M. BENNET ACADEMY

**22 School St.** (Main entrance, School St. under skywalk) Membership is required for all drop-in weekday evening and weekend use.

**Phone:** 860-647-3571 (ext. 5)  
**Dates of Operation:** October to May  
Monday through Friday: 6-9 p.m.  
Saturday: 10-5 p.m.

### RECREATION ACTIVITIES IN THE EAST SIDE GYM:

Monday	6:00 - 8:00 Dodgeball
Tuesdays	6:00 - 8:00 Floor Hockey
Wednesdays	6:00 - 8:00 Indoor Soccer
Thursdays	6:00 - 9:00 Dodgeball Tournament
Fridays	6:00 - 8:00 Basketball Night, Knockout, 3 on 3 Tournaments!
Saturday	Participant's Choice Activities

### NINTENDO Wii

Monday - Thursday Drop In Wii 6:00 - 8:00  
Wednesday Night is Mario Kart Night!  
Tuesday and Thursday Guitar Hero Tournaments!

### ARTS & CRAFTS

Drop In Monday-Saturday  
Projects every Monday and Tuesday Nights

### BENNET BIG SCREEN MOVIE NIGHTS - Every Friday

New releases every Friday Night at 6:15  
Saturday Matinees at 1:00 every 1st and 3rd Saturday of the Month

**BOARD GAMES, CARDS, MUSIC & MORE - Every night!**

### DROP-IN YOUTH BASKETBALL

EAST SIDE GYMNASIUM (AGES 7-14)

### DROP-IN ADULT BASKETBALL

CONE GYMNASIUM (15 & OLDER)



## MAHONEY RECREATION CENTER

**110 Cedar St.** (Main entrance on Cedar Street). Membership is required for all drop-in weekday evening and weekend use.

**Phone:** 860-647-3166  
**Dates of Operation:** October to May  
Monday through Friday: 6-9 p.m.  
Saturday: 10-5 p.m.

## OTHER FACILITIES

### MANCHESTER COUNTRY CLUB [www.mancc.com](http://www.mancc.com)

Call the golf shop staff for schedules & details, 860.646.0226 x1.  
[www.mancc.com](http://www.mancc.com).

### MANCHESTER BARKS AND REC DOG PARK

@ Mt. Nebo Park. Spring Street  
[www.mdogct.com](http://www.mdogct.com)

## MANCHESTER

## RECREATION

## DEPARTMENT

## QR CODE

## TO OUR WEBSITE

[RECREATION.TOWNOFMANCHESTER.ORG](http://RECREATION.TOWNOFMANCHESTER.ORG)



## NORTHWEST PARK

### NORTHWEST PARK AND ACTIVITY CENTER

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### NORTHWEST PARK PAVILION AND RENTAL INFO

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Contact the Recreation Dept. at 860-647-3075 for rental information.

## COMMUNITY "Y" RECREATION CENTER

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**78 North Main Street.** The Community Y Recreation Center is located at the north end of Manchester. The center is a registration site for recreational programs and membership.  
860-647-3164

**Dates of Operation:** October through May 2016, 8:30 am - 9:30 pm

**Office Hours:** Mon-Fri, 8:30am - 8:00pm, Sat, 10am-5pm

**Drop-In Rec Hours:** M-F, 6pm - 9:30pm, Sat, 10am - 5pm

### COMMUNITY Y FITNESS CENTER

The Community Y Fitness Center is located at the north end of Manchester. The fitness center offers free weights, multi-station gym and cardio equipment. Personal Trainer available. 860-647-3164

**Dates of Operation:** October through May 2016

**Hours:** M-F, 8:30 a.m. - 9:00 p.m., Sat., 10:00 a.m. - 5:00 p.m.



## SENIOR CENTER

SEE PAGE 20

# SPECIAL EVENTS

## REBUILDING TOGETHER

Rebuilding Together is a volunteer organization dedicated to rehabilitating the homes of low-income homeowners, particularly the elderly, disabled and veterans. There is no cost to the homeowner. Homeowner applications, sponsorship requests, and volunteer registration forms are currently available. **"MANCHESTER'S REBUILDING DAY" is Saturday April 30, 2016.** For more information please contact Scott Garman 860-647-3139 or Liz Tracy 860-647-3167 or visit the website at [www.townofmanchester.org/rebuildingtogether](http://www.townofmanchester.org/rebuildingtogether).

## SANTA CALLS

The Recreation Department is assisting Santa in contacting all of his little friends ages 8 and under. Santa will be contacting participants on **Friday, December 4, between 4:30-7:00 p.m.** Parents may pick up a participation form at the Center Springs Recreation Office, located at 39 Lodge Drive. All forms must be returned by Friday, December 4 at 3:00 p.m.

## ELKS HOOP SHOOT

A free one day event for boys and girls ages 8-13.  
**Date:** Saturday, January 9, 2016  
**Time:** 11:00 a.m. to 4:00 p.m.  
**Location:** Bennet Leisure Center  
**Ages:** 8 to 13

## LOOKING FOR

### INSTRUCTORS & PROGRAM IDEAS

The Recreation Department is always looking for new and exciting programs as well as instructors to teach. Have a class or program you would like to take or teach? Contact us at 647-3084 to share your ideas.

Check us out on Facebook and Twitter!

Like us on Facebook or follow us on Twitter (@recmanchester) to get all the updates with news and events.



# AQUATIC SPECIAL EVENTS



## SWIMMING WITH SANTA

Saturday, December 12, 2015  
 12:00-1:00 p.m.  
 Fee: A can or non-perishable food donation to support MACC food pantry.  
 Manchester High School Main Pool  
 All ages welcome  
 Children must have a valid pool pass to be presented when entering to swim.

Come and enjoy free swim time with Santa! Santa will visit the main pool for a fun morning of splashing and swimming with your children. Parents must accompany young children or non-swimmers in the water. Bring your cameras!

## AQUA EGG HUNT

Saturday, March 19, 2016  
 Manchester High School Pools  
 Fee: \$3.00 per child

Join us for our Aqua Egg Hunt where children will collect floating and sinking eggs and enjoy a visit from the Bunny. Bring a bucket to collect eggs and then turn them into the Bunny's helper for a prize. Swim attire is required.

Children 4 years & under must be accompanied by a parent in the water. Children who are not potty trained must wear a swim diaper in the water. This event is popular, so register early- pre-registration is required. Each group is limited to 20 children. Bring your camera!!

Ages 1-2	12:30-1:00 p.m.	IOH Pool
Ages 3-4	1:15-1:45 p.m.	IOH Pool
Ages 5-6	1:45-2:15 p.m.	IOH Pool
Ages 7-8	12:30-1:00 p.m.	Main Pool
Ages 9-12	1:15-1:45 p.m.	Main Pool

## SENIOR CENTER

### PLANT SALE

**Date:** Saturday, May 7, 2016  
**Time:** 9:00 a.m. to 1:00 p.m.  
**Location:** Senior Center

The Community Y Recreation Center boasts a user-friendly, clean, supervised and updated fitness center in the lower level of the building. A Recreation Department facility pass is all that is needed to begin your fitness routine. The Fitness Center is open to Manchester residents 16 years of age and older.

**Start on your New Year's Resolution today!**

The Community Y Recreation Center is located at 78 North Main Street. Stop in for a free tour of the facility and to purchase your facility pass.

**Facility Pass Pricing:**  
 Adults (21-59) \$50.00  
 Senior Citizens (60 and up) \$30.00  
 Youth 16-20 Free

Personal trainers are available for a fee. Call 860-647-3164 or stop by the facility directly in order to make an appointment.  
 Community Y Hours: 11A-3:30 a.m.-8:00 p.m., Sat-10:00 a.m.-6:00 p.m.

## SWIM LESSON DESCRIPTIONS

**Parent/Child Aquatics** 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

Preschool: Ages: 3 1/2- 5 years

### 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, 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, demonstrate a survival float in deep water.

### Level 4—Stroke Improvement

Demonstrate a dive from the side of the pool, Swim underwater, 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 and Skill Proficiency

Learning Objectives: 4 components all of which stress endurance swimming & stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.

## SWIM LESSON FEES

Class fees for swim lessons are \$25 for the first child, and \$15 for each additional sibling per class. Lessons for Manchester residents only. Children may not be enrolled in more than one class per session.

## CLASS DAYS & DATES

### MONDAY AND WEDNESDAY CLASSES

Session 1: February 1- March 7 (no class 2/15)

Session 2: March 21- April 27 (no class 4/11,4/13)\*  
\*IOH Pool classes only\*

### TUESDAY AND THURSDAY CLASSES

Session 1: February 2 - March 8 (no class 2/16)

Session 2: March 22 - April 28 (no class 4/12, 4/14)\*  
\*IOH Pool classes only\*

### FRIDAY CLASSES

Session 1: January 29 - April 8 (no class 3/25)

### SATURDAY CLASSES

Session 1: January 30 - April 9 (no class 3/26)

**19** Better Manchester/Recreation - Swim Lessons

## SWIM CLASS OFFERINGS

Level	Day	Time	Pool
Infant	M/W	6-6:30 pm	IOH
Infant	F	6-6:30 pm	IOH
Toddler	T/Th	5-5:30 pm	IOH
Toddler	M/W	6:30-7 pm	IOH
Toddler	F	6:30-7 pm	IOH
Toddler	Sa	11-11:30 am	IOH
Preschool	M/W	7-7:30 pm	IOH
Preschool	T/Th	5:30-6 pm	IOH
Preschool	F	7-7:30 pm	IOH
Preschool	Sa	10:30-11 am	IOH
Level 1	T/Th	6-6:30 pm	IOH
Level 1	F	7:30-8 pm	IOH
Level 1	Sa	9-9:30 am	IOH
Level 1	Sa	10-10:30 am	IOH
Level 2	T/Th	6:30-7 pm	IOH
Level 2	T/Th	7-7:30 pm	IOH
Level 2	M/W	7:30-8 pm	IOH
Level 2	Sa	9:30-10 am	IOH
Level 2	Sa	11:30-12 pm	IOH
Level 3	Sa	10:30-11 am	Main
Level 3	Sa	11:30-12 pm	Main
Level 3	M/W	6:30-7 pm	Main
Level 3	M/W	7-7:30 pm	Main
Level 4	Sa	9:30-10:00 am	Main
Level 4	Sa	10-10:30 am	Main
Level 4	Sa	11:30-12 pm	Main
Level 4	M/W	6:30-7 pm	Main
Level 5	Sa	10-10:30 am	Main
Level 5	Sa	11-11:30 am	Main
Level 6	Sa	10:30-11	Main
Level 6	Sa	9:30-10 am	Main
Level 6	M/W	7-7:30 pm	Main



## SWIM LESSON REGISTRATION

**CREATE YOUR FAMILY**

**ACCOUNT ONLINE!**

Families should **ENTER** each member of their household prior to registering in person or online

For On-line registration visit:  
[RecOnline.townofmanchester.org](http://RecOnline.townofmanchester.org)

Swim lesson registration for youth swim lessons will begin **MONDAY, DEC. 14.**

Registration will be available **ON-LINE and IN PERSON** beginning at 9:00 a.m.



### LIFEGUARD TRAINING (LGT)

Looking for a great summer job? Through videos, group discussion and hands-on practice, learn patron rescue and surveillance skills, first aid and CPR/AED.

Successful candidates will receive a 2 year CPR/AED certification and 3 year Lifeguarding certification. ..

Prerequisites: Must be at least 15 years old and pass certain swimming requirements. Attendance at each class is mandatory.

**Instructor:** Mike Silver

**Date:** Tuesday, 3/15 to 5/31 (no class 4/12)

**Time:** 7:30 p.m. to 9:30 p.m.

**Location:** MHS Main Pool

**Ages:** 15 and older

**Fee:** \$170/\$210 (nr)

### WATER SAFETY INSTRUCTOR TRAINING (WSI)

Get certified to teach swim lessons. The American Red Cross certification program to teach swimming lessons.

**Instructor:** Joe Lodge

**Date:** Thursday, 3/17 to 6/2 (no class 4/14)

**Time:** 7:30 p.m. to 9:30 p.m.

**Location:** MHS Main Pool

**Ages:** 16 and older

**Fee:** \$290/\$350 (nr)

*Attendance at each class is mandatory.*

# INDOOR POOLS

## MANCHESTER HIGH MAIN POOL

Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield Street. Locker rooms are available.

## OPEN SWIM MAIN POOL

Open swim ends Friday, June 3, 2016 (dates subject to change). Note: Weekend Public Swim ends Saturday, April 9, 2016. Pool is closed when school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

M, W, F: 7:30 -8:30 p.m.  
Saturday: 12:00-1:00 p.m.

## MANCHESTER HIGH IOH POOL

The Instructors of the Handicapped Pool is adjacent to the MHS Main Pool. The entrance, pool and locker room is fully accessible. The pool is heated, has steps and a ramp for pool entry.

## OPEN SWIM IOH POOL

Open Swim ends Friday, April 29, 2016 (dates subject to change). Note: Weekend General Swim ends Saturday, April 9, 2016. Pool is closed when school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

M, W, F: 8:00-9:00 p.m.  
Saturday: 12:00- 1:00 p.m.

## SPECIAL OPEN SWIM HOURS - IOH Pool Only

January 4 - January 28  
6:00-7:30 p.m.

# SWIM PROGRAMS

## ADULT SWIMMING LESSONS BEGINNERS

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

**Instructor:** Lori Dusza

**Location:** Manchester High School Main Pool

**Meets:** Sa, 1/30-4/9, 8:30-9:30 a.m. (no class 3/26)

**Meets:** Sat, 1/30-4/9, 9:30-10:30 a.m. (no class 3/26)

**Fee Sat session:** \$50/\$65 (nr)

**Fee Tu/Th session:** \$50/\$63 (nr)

## TEEN BEGINNER SWIM LESSONS

Designed specifically for the teenager looking to be more comfortable in the water. No prior swimming skills required. Perfect for first-time swimmer or someone looking to gain more confidence in the water.

**Instructor:** Josh Charette

**Location:** Manchester High School Main Pool

**Meets:** M/W, 1/4 - 1/25, 6:30-7:30 p.m.

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

## ADULT LAP SWIM

Swimming is one of the best overall body workouts, build cardio and tone at the same time. Dedicated lap swim time available early mornings and evenings.

**Instructor:** Rec Staff

**Location:** Manchester High School Main Pool

**AM Swim Schedule:** M-F, 6-7:15 a.m.

**PM Swim Schedule:** M, W, F, 8:30-9:30 p.m.

**Session 1:** 1/4-3/18/16

**Pool Closed:** 1/18, 2/15, 2/16

**Session 2:** 3/21-6/9/16

**Fee per session:** \$50 residents only, fee for both AM/PM

## SWIM FOR FITNESS, SWIM FOR LIFE

Swim 30 consecutive laps by the end of this class. This swim fitness class is designed for swimmers who can demonstrate the basic skills required to swim the crawl stroke. Participants will be evaluated and individual swim fitness programs designed to help achieve swimming goals. Make swimming part of your fitness, swim for life!

**Instructor:** Lori Dusza

**Location:** Manchester High School Main Pool

**T/Th Session 1:** 1/5-2/4, 7:30-8:30 p.m.

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

**T/Th Session 2:** 2/9-3/10, 7:30-8:30 p.m. (no class 2/16)

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

**M/W Sess 1:** 3/14-4/20, 6:30-7:30 pm(no class 4/11, 4/13)

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

**M/W Session 2:** 4/25-5/25, 6:30-7:30 p.m.

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

# WATER EXERCISE

## NEW AQUA ARTHRITIS

A unique recreational program for participants with arthritis or related diseases. This water class focuses on specific joint and muscle exercises that improve range of motion, strength and flexibility. This class aims to help people manage symptoms, maintain independence and enjoy life! The Aqua Program is designed to safely keep your joints moving and improve your sense of well-being. Class is slower paced for those with arthritis, back issues or injuries.

**Instructor:**

**Location:** Manchester High IOH Pool

**Session 1:** M/W, 1/4-2/10, 3:45-4:30 pm (no class 1/18)

**Session 2:** M/W, 2/22-3/23, 3:45-4:30 p.m.

**Session 3:** M/W, 4/4-5/11, 3:45-4:30 p.m. (no class 4/11, 4/13)

**Fee Per Session 1:** \$44/\$55 (nr) per session

**Fee Per Session 2 & 3:** \$40/\$50 (nr) per session

## NEW H2O TO GO

This functional fitness class challenges you to the "core". It incorporates all major muscle groups. You will get a lively workout consisting of efficient, quality, functional movements that will strengthen the spine, revitalize postural muscles and build your core with every movement. You will leave class feeling refreshed, re-energized and renewed.

**Instructor:**

**Location:** Manchester High IOH Pool

**Sess 1:** M/W, 1/4-2/10, 4:30-5:15 pm (no class 1/18)

**Sess 2:** M/W, 2/22-3/23, 4:30-5:15 pm

**Sess 3:** M/W, 4/4-5/11, 4:30-5:15 pm (no class 4/11, 4/13)

**Fee Per Session 1-3:** \$60/\$75 (nr) per session

## NEW AQUA CARDIO FIT

Get up and go with a cardio aerobics class that's safe, heart healthy and gentle on the joints. The workout includes easy to follow low impact movement, upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Aquatic equipment is used to improve strength, balance and coordination.

**Instructor:**

**Location:** Manchester High IOH Pool

**Session 1:** M/W, 1/4-2/10, 5:15-6:00 pm (no class 1/18)

**Session 2:** M/W, 2/22-3/23, 5:15-6:00 p.m.

**Session 3:** M/W, 4/4-5/11, 5:15-6:00 p.m. (no class 4/11, 4/13)

**Fee Per Session 1:** \$44/\$55 (nr) per session

**Fee Per Session 2 & 3:** \$40/\$50 (nr) per session

## HYDRO FITNESS

Have some fun and exercise all at the same time! Get a great FULL HOUR workout to music while benefiting from the water's resistance. Great for all fitness levels and ages. Build muscle strength, tone and endurance without the impact of land exercise. Class is open to men and women and to youth 12 and older with parent participation.

**Instructor:** Leslie Frey, NETA, AEA

**Location:** Manchester High IOH Pool

**Session 1:** T/Th, 1/5-2/4, 7:30-8:30 p.m.

**Session 2:** T/Th, 2/18-3/22, 7:30-8:30 p.m.

**Session 3:** T/Th, 3/29-5/5, 7:30-8:30 p.m.(no class 4/12, 4/14)

**Fee per Session 1-3:** \$50/\$63 (nr) per session

# AQUATIC SPECIAL EVENTS

SEE SPECIAL EVENT PAGE - PAGE 13





**TRAIL GUIDE  
AND WEB APP**



View our trails online at home or from your smartphone on the trail with interactive maps with GPS capabilities to track your progress. visit us at:  
[mytowntrails.com/manchesterct](http://mytowntrails.com/manchesterct)



USE THIS QR CODE WITH YOUR SMARTPHONE TO GO DIRECTLY TO THE SITE/MOBILE APP.

**PRINTED MAPS**

Pick up a printed trail guide at any of our registration locations.

## SUMMER CAMPS

### **SUMMER CAMPS**

The Summer Day Camp program includes structured activities such as sports and games, arts and crafts, swimming, field trips and special events. For more information please contact Calvin Harris at 860-647-3088 or Scott Garman at 860-647-3139.

### **RECREATION LEADER IN TRAINING (RLT)**

Program (for ages 14 & 15) The Recreation Leader in Training program is a six week leadership training program for youth ages 14 to 15. The RLT program is designed for training youth to be future leaders and to provide them the opportunity for possible future employment with the Manchester Recreation Dept. in our Summer Aquatics or Summer Camp program. For more information please contact Calvin Harris at 860-647-3088.



**LOOK FOR ALL THE CAMP PACKETS MARCH 1.**

**ALL SUMMER & RLT CAMP  
REGISTRATION PACKETS  
WILL BE AVAILABLE MARCH 1, 2016**

Registration is mail in only.  
***Applications must be postmarked by  
March 31, 2016.***

Packet will be available at :  
**Center Springs Main Office, 39 Lodge Drive,  
Mahoney Rec Center, 110 Cedar Street,  
Community "Y" Rec Center, 78 North Main St.,  
Customer Service Center, 41 Center Street,  
Bennet Leisure Center, 22 School Street**

*Any questions regarding the S.A.A.M program,  
please contact Amy Radikas at 860-647-3446.*



# PRESCHOOL

## PARTNERS IN PLAY

Program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend. Older siblings are not allowed.

**Instructor:** Karen Rowell

**Location:** Center Springs Park

### Class: Wonder Years

**Ages:** 1-2 years

**Meets:** T, 1/5-2/23, 9:15-10:15 a.m. (no class 2/16)

**Fee:** \$37/\$44 (nr)

**Meets:** T, 3/1-4/5, 9:15-10:15 a.m.

**Fee:** \$32/\$38 (nr)

**Meets:** T, 4/19-5/24, 9:15-10:15 a.m.

**Fee:** \$32/\$38 (nr)

**Meets:** Th, 1/7-2/25, 10:30-11:30 a.m.

**Fee:** \$42/\$50 (nr)

**Meets:** Th, 3/3-4/7, 10:30-11:30 a.m.

**Fee:** \$37/\$44 (nr)

**Meets:** Th, 4/21-5/26, 10:30-11:30 a.m.

**Fee:** \$32/\$38 (nr)

### Class: Wee Two

**Ages:** 2-3 years

**Meets:** T, 1/5-2/23, 10:30-11:30 a.m. (no class 2/16)

**Fee:** \$37/\$44 (nr)

**Meets:** T, 3/1-4/5, 10:30-11:30 a.m.

**Fee:** \$32/\$38 (nr)

**Meets:** T, 4/19-5/24, 10:30-11:30 a.m.

**Fee:** \$37/\$44 (nr)

**Meets:** Th, 1/7-2/25, 9:15-10:15 a.m.

**Fee:** \$42/\$50 (nr)

**Meets:** Th, 3/3-4/7, 9:15-10:15 a.m.

**Fee:** \$37/\$44 (nr)

**Meets:** Th, 4/21-5/26, 9:15-10:15 a.m.

**Fee:** \$32/\$38 (nr)

**Meets:** F, 1/8-2/26, 9:30-10:30 a.m.

**Fee:** \$42/\$50 (nr)

**Meets:** F, 3/4-4/8, 9:30-10:30 a.m. (no class 3/25)

**Fee:** \$26/\$31 (nr)

**Meets:** F, 4/29-6/3, 9:30-10:30 a.m.

**Fee:** \$32/\$38 (nr)

### Class: Happy Together

**Ages:** 2.5 years and up

**Monday Sess 1:** M, 1/4-2/22, 9:30-11 a.m. (no class 1/18, 2/15)

**Fee:** \$45/\$53 (nr)

**Monday Sess 2:** M, 2/29-4/4, 9:30-11 a.m.

**Fee:** \$45/\$53 (nr)

**Monday Sess 3:** M, 4/18-5/23, 9:30-11 a.m. (no class 5/25)

**Fee:** \$45/\$53 (nr)

**Wednesday Sess 1:** W, 1/6-2/24, 9:30-11 a.m.

**Fee:** \$60/\$70 (nr)

**Wednesday Sess 2:** W, 3/2-4/6, 9:30-11 a.m.

**Fee:** \$45/\$53 (nr)

**Wednesday Sess 3:** W, 4/20-5/25, 9:30-11 a.m.

**Fee:** \$45/\$53 (nr)

## PRESCHOOL SPORT DEVELOPMENT

Parents work together with their children in a supportive environment to learn all the sport basics.

**Instructor:** TBD

**Location:** Community Y Rec Center Gym

### Start Smart Basketball

Teaches children (3-5) a variety of basketball skills including: dribbling/ball handling, shooting, passing, catching. An adult must participate with the child.

**Session:** Sa, 2/6-3/12, 9-10 a.m. or 10-11 a.m.

**Fee:** \$65/\$82(nr) per session includes equipment

### Start Smart Baseball

Teaches children (3-5) a variety of baseball skills, including: throwing, catching, batting and running/agility.

**Session:** Sa, 4/9-5/14, 9-10 a.m. or 10-11 a.m.

**Fee:** \$65/\$82(nr) per session **includes equipment**

# SCHOOL-AGE YOUTH

## R.O.C.K RECREATION ON CAMPUS FOR KIDS

### Indoor Basketball and Indoor/Outdoor Soccer

Recreation instructional program brought to your child's elementary school immediately after school one day per week. This program is offered at select schools, but is open to all elementary school students grades 2-5 regardless if they attend that school or not. Transportation is not provided from other schools. Children attending the school where the program is held will be dismissed to the gymnasium immediately following the dismissal bell.

**Instructors:** Calvin Meggett

**Fee:** \$30, \$15 (MELC afterschool participant)

**Buckley:** Mondays, 3:20-4:20 p.m.

Basketball: 1/25-3/7 (no class 2/15)

Soccer: M, 4/4-5/16 (no class 4/11)

**Bowers:** Tuesdays, 3:20-4:20pm

Basketball: 1/26-3/22 (no class 2/16, 3/8, 3/15)

Soccer: T, 4/5-5/17 (no class 4/12)

**Keeney:** Wednesdays, 3:20-4:20pm

Basketball: 1/27-3/30 (no class 2/3, 3/9, 3/16, 3/23)

Soccer: W, 4/20-6/1 (no class 5/18)

**Martin:** Thursdays, 3:20-4:20pm

Basketball: 1/28-3/3

Soccer: 4/7-5/19 (no class 4/14)

**Highland Park:** Fridays, 3:20-4:20pm

Basketball: 1/29-3/4

Soccer: 4/8-5/20 (no class 4/15)

## JUKIDO BEGINNERS

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

**Instructor:** Richard Webster, IKA

**Location:** Community "Y" Recreation Center

**Ages:** 6-14

**Session 1 Meets:** F, 1/8-3/18, 6-7 p.m.

**Fee:** \$69/\$87 (nr) per session

**Session 2 Meets:** F, 4/8-6/24, 6-7 p.m.

**Fee:** \$75/\$94 (nr) per session

## JUKIDO RETURNING

**Instructor:** Richard Webster, IKA

**Location:** Community "Y" Recreation Center

**Ages:** 6-14

**Session 1 Meets:** F, 1/8-3/18, 7-8 p.m.

**Fee:** \$69/\$87 (nr) per session

**Session 2 Meets:** F, 4/8-6/24, 7-8 p.m.

**Fee:** \$75/\$94 (nr) per session

## INDOOR SOCCER

Learning the basic skills of soccer.

**Date:** Sundays, January 24 to March 27

**Time:** 1:15 p.m. to 4:30 p.m.

**Location:** Mahoney Recreation Center

**Ages:** 5 to 6 and 7 to 8

**Fee:** \$30, \$20 second sibling, \$10 additional sibling

## INDOOR TENNIS

Learning the basic skills of tennis.

**Instructor:** Rec Staff

**Session 1:** Tuesday, 4/5 to 4/26

**Session 2:** Tuesday, 5/3 to 5/24

**Time:** 5:30 p.m. to 6:00 p.m.

**Location:** Mahoney Recreation Center

**Ages:** 4 to 7 years

**Fee:** \$13/\$17 (nr)

## INDOOR TENNIS

Learning the basic skills of tennis.

**Instructor:** Rec Staff

**Session 1:** Tuesday, 4/5 to 4/26

**Session 2:** Tuesday, 5/3 to 5/24

**Time:** 6:00 p.m. to 7:00 p.m.

**Location:** Mahoney Recreation Center

**Ages:** 8 to 12 years

**Fee:** \$26/\$33 (nr)

## MISS KAREN'S KIDS' BIRTHDAY BONANZA

Give your 1 - 5 year child a fun, creative birthday party that is age appropriate, and easy for you. 2 hours of structured games, songs and activities. Held at Center Springs Park Office, 39 Lodge Drive. Parties available for weekend hours or weekdays beginning at 4:00 p.m. Parties starting at \$160 (includes facility rental). Let Miss Karen help create a party specific to your child! Call 860-647-3084.

## HIP HOP DANCE FOR KIDS - NEW

Dance that evolved outside of dance studios in any available open space such as streets, dance parties, block parties, parks and school yards. Provide history, technique and choreography to (what is considered the original "duet" of Street dance) Locking and Popping.

**Instructor:** Maurice Clark

**Session 1:** Friday, 2/5 to 2/26

**Session 2:** Friday, 3/11 to 4/8 (no class 3/25)

**Session 3:** Friday, 4/22 to 5/13

**Time:** 11:00 a.m. to 12:00 p.m.

**Location:** Community "Y" Recreation Center

**Ages:** Grades 2 - 5

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

**TEEN BEGINNER SWIM LESSONS -** See Page 15

**LIFEGUARD TRAINING (LGT) -** See Page 14

**WATER SAFETY INSTRUCTOR TRAINING (WSI)**

See Page 14

# ADULT LAND EXERCISE COMMUNITY Y

## ZUMBA

Zumba is a fusion of latin and international music that creates a dynamic, exciting and effective fitness system. It incorporates cardio kick boxing, belly dancing with merengue and salsa moves.

**Instructor:** Kori Burz

**Location:** Community Y Dance Room

**Ages:** 18 and older

**Wed. Session 1:** 7:00-8:00 pm, 1/6-3/9

**Wed. Session 2:** 7:00-8:00 pm, 3/30-6/1

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

## PILATES

**Instructor:** Miriam DeGrandi

**Location:** Community Y Dance Room

**Ages:** 18 and older

**Thur Session 1:** 9:00-10:00 am, 1/7-3/10

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

**Thur Session 2:** 9:00-10:00 am, 3/24-5/26

**Fee per session:** \$50

## NEW PILOXING

A NON-STOP, CARDIO FUSION OF STANDING PILATES, BOXING, AND DANCE!

PILOXING® is a high-energy interval workout that uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of pilates. These techniques are also supplemented by the use of weighted gloves (not provided), further toning the arms and maximizing cardiovascular health. Using the most current science, PILOXING® incorporates formats such as interval and barefoot training to burn maximum calories and increase stamina. Add to that fun dance moves and you have a workout that will tone muscle, burn fat and empower you both physically and mentally. Workout shoes may be worn and are recommended for diabetics or anyone who has concerns with their feet or exercising barefoot.

**Instructor:** Marie Urbanetti

**Location:** Community Y Dance Room

**Ages:** 18 and older

**Mon Session 1:** 7:00-8:00 pm, 1/4-2/15 (no class 1/18)

**Mon Session 2:** 7:00-8:00 pm, 2/29-4/4

**Mon Session 3:** 7:00-8:00 pm, 4/18-5/23

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

## TOTAL BODY PLUS

Need a total body makeover? 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 & maximize fat burning. Easy to modify and great for all fitness levels.

**Instructor:** Brenda Bourne

**Location:** Community Y Recreation Center Dance Room

**Session 1:** M/W, 1/4-2/8, 5:45-6:45pm (no class 1/18)

**Session 2:** M/W, 2/22-3/23, 5:45-6:45 pm

**Session 3:** M/W, 4/4-5/4, 5:45-6:45 pm

**Session 4:** M/W, 5/9-6/13, 5:45-6:45 pm (no class 5/30)

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

## 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 DeGrandi

**Location:** Community "Y" Dance Room

**Ages:** 18 and older

**Wed Session 1:** 1/6-3/9, 9-10 am

**Wed Session 2:** 3/30-6/1, 9-10 am

**Fri Session 1:** 1/8-3/11, 9-10 am

**Fri Session 2:** 4/1-6/3, 9-10 am

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

## YOGA FOR ACTIVE LIFESTYLES: FLEXIBILITY, STRENGTH AND JOY ALL LEVELS

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 Ball Room

**Session 1:** M/W, 1/4-2/8, 6:30-7:30pm (no class 1/18)

**Session 2:** M/W, 2/22-3/23, 6:30-7:30pm

**Session 3:** M/W, 4/4-5/4, 6:30-7:30pm

**Session 4:** M/W, 5/9-6/13, 6:30-7:30pm (no class 5/30)

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

## TAPERCIZE LEVEL 1

This is the class for those with little or absolutely no tap dancing experience. Beginning with an introduction to the basic tap steps, this class gradually moves from short dance combinations to a routine. Tap shoes are a must!

**Instructor:** Carol Moriarty

**Location:** Community Y Rec Center Dance Room

**Ages:** 18 and older

**Meets:** Tu, 1/5-4/12, 5:30-6:30 p.m.

**Fee:** \$75/\$94 (nr)

## TAPERCIZE LEVEL 2

For those with some knowledge of the basic tap steps but still consider themselves "beginners". Tap shoes a must!

**Meets:** Tu, 1/5-4/12, 6:30-7:30 p.m.

**Fee:** \$75/\$94 (nr)

## TAPERCIZE LEVEL 3

This class is for those who are able to execute the tap steps more quickly. It is faster-paced than levels 1 and 2. Some of the level 4 dance combinations are introduced. Tap shoes are a must!

**Meets:** Th, 1/7-4/14, 5:30-6:30 p.m.

**Fee:** \$75/\$94 (nr)

## TAPERCIZE LEVEL 4

Most fast-paced of all--therefore, the most aerobic of the tap classes. This class has an established repertoire of dance combinations to which we continually add. New members are welcome and will find it easier if they have had considerable tap experience and can catch on quickly. Extra "catch-up" help is available.

**Meets:** Th, 1/7-4/14, 6:30-7:30 p.m.

**Fee:** \$75/\$94 (nr)

## WALK LIVE POWER CLASSES

Exciting, Motivating Music along with our four basic steps make this class suitable for all FITNESS LEVELS! Lose Weight! Feel Great! WALKING and Strength Training! INDOOR total body walking system...it's not a stroll around the block!

**Mon Sess 1:** 1/4-3/21; 4:45-5:30pm (no class 1/18, 2/15)

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

**Mon Sess 2:** 4/4-6/27; 4:45-5:30pm (no class 5/30)

**Fee:** \$48/\$60 (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 and older

**Meets:** Call 647-3164 to set up an appointment

**Fees for one person:**

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

## BEGINNER PHOTOGRAPHY - NEW

Maybe you own a digital camera, but are not getting the quality images you want. Or maybe you are getting some great pictures, but don't know why. All the basics will be covered, including setting the aperture, shutter speed, and ISO; working with depth-of-field; selecting lenses; backing-up; simple editing and cataloging. Learn handholding techniques and advantages of using a tripod or monopod. Discussions of what makes a good image, be it portrait, nature, landscape, travel, still object, documentary, or abstract. Basic color theory and practical lighting applications will be introduced. Discuss and critique each other's pictures, both as a way to understand photographic composition and to explore problems students may be having shooting specific types of images. Everyone should bring his or her digital camera (with instruction booklet) to class, along with photos they have taken, saved as JPGs, on a flash drive. Prerequisite: Absolutely none!!

**Instructor:** Peter Glass

**Location:** Community Y Rec Center

**Ages:** 18 and older

**Tu Session 1:** 3/1-3/22, 10:00-1:00pm

**Fri Session 2:** 4/1-4/22, 6:00-9:00pm

**Fee per session:** \$60/\$75 (nr)

## GOLF LEAGUES

### MIXED DOUBLES GOLF LEAGUE

Openings are available for Monday night league. Season runs mid-April to end of August. Interested Manchester residents should call Liz Tracy at 860-647-3167.

### MENS GOLF LEAGUE

Openings are available for Monday night league. Season runs mid-April to end of August. Interested Manchester residents should call Liz Tracy at 860-647-3167.

# ADULTS

## LAND EXERCISE COMMUNITY “Y”

### FIT FOR DELIVERY

This prenatal exercise is class taught by certified perinatal fitness specialists designed especially for expectant moms. Classes include cardio and strength exercises plus stretching and relaxation techniques. You will receive individual attention to help modify your workouts according to your fitness level and trimester of pregnancy. Join between weeks 12 and 28 of your pregnancy for maximum program benefit. Continue for as long as you wish up until the birth of your baby.

**Tues & Thurs:** 6:45-7:45 pm

**Fee:** \$40 per month

**Location:** Community “Y”

**Register online:** ECHN.org/calendar or call Betsy Crayton, ECHN Perinatal Education, 860-647-4790

### JUKIDO ADULTS

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

**Instructor:** Richard Webster, IKA

**Location:** Community “Y” Recreation Center

**Ages:** 15 and older

**Session 1 Meets:** F, 1/8-3/18, 8-9:15 p.m.

**Fee:** \$75/\$93 (nr)

**Session 2 Meets:** F, 4/8-6/24, 8-9:15 p.m.

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

# ADULTS

## LAND EXERCISE NORTHWEST PARK

### FITNESS YOGA - TUESDAYS OR THURSDAYS

Develop your strength, balance, stamina and overall sense of well-being using breathing, flow yoga (Vinyasa) and core strengthening exercises. A basic knowledge of possess required.

**Instructor:** Colleen Zimmer

**Location:** Northwest Park Activity Room Bldg. #1

#### TUESDAYS

**Session 1:** T, 1/5-1/26, 6:00-7:00 p.m.

**Session 2:** T, 2/9-3/1, 6:00-7:00 pm

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

#### THURSDAYS

**Session 1:** Th, 1/7-1/28, 6:00-7:00 p.m.

**Session 2:** Th, 2/11-3/3, 6:00-7:00 pm

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

### WALK LIVE POWER CLASSES

Exciting, Motivating Music along with our four basic steps make this class suitable for all FITNESS LEVELS! Lose Weight! Feel Great! WALKING and Strength Training! INDOOR total body walking system...it's not a stroll around the block!

**Mon Sess 1:** 1/4-3/21, 6:30-7:15pm (no class 1/18, 2/15)

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

**Mon Sess 2:** 4/4-6/27, 6:30-7:15pm (no class 5/30)

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

**Wednesday Sess 1:** 1/6-3/23; 6:30-7:15pm

**Wednesday Sess 2:** 4/6-6/22; 6:30-7:15pm

**Fee per Wed session:** \$48/\$60 (nr)

### TEAM ACTIVE

While this individualized group training program is designed for baby boomers age 50 and over, anyone who is new to exercise, or just getting back into the swing of things, is welcome to join. Each session will provide participants with a well rounded and accommodating workout that will incorporate muscular fitness, aerobic endurance and flexibility training using a variety of modalities and types of equipment.

**Instructor:** Cindy Guimond

**Location:** Northwest Park Activity Room, Bldg. #1

#### TUESDAYS

**Session 1:** Tu, 1/5-1/26, 9:30-10:15am

**Session 2:** Tu, 2/9-3/1, 9:30-10:15am

**Session 3:** Tu, 3/15-4/5, 9:30-10:15am

**Session 4:** Tu, 4/19-5/10, 9:30-10:15am

**Session 5:** Tu, 5/24-6/14, 9:30-10:15am

#### THURSDAYS

**Session 1:** Th, 1/7-1/28, 9:30-10:15am

**Session 2:** Th, 2/11-3/3, 9:30-10:15am

**Session 3:** Th, 3/17-4/7, 9:30-10:15am

**Session 4:** Th, 4/21-5/12, 9:30-10:15am

**Session 5:** Th, 5/26-6/16, 9:30-10:15am

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

### TEAM FIT AFTER WORK

Leave boredom and frustration behind! Join our fitness playground in this group circuit training program. Interval style workouts will provide Team Fit participants with challenging, yet motivating strength and cardiovascular 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. An open mind and positive attitude are required.

**Instructor:** Karen Cimino

**Location:** Northwest Park Activity Room, Bldg. #1

#### MONDAYS

**Session 1:** M, 1/4-2/1, 5:15-6:00 pm (no class 1/18)

**Session 2:** M, 2/22-3/14, 5:15-6:00 pm

**Session 3:** M, 3/28-4/18, 5:15-6:00 pm

**Session 4:** M, 5/2-5/23, 5:15-6:00 pm

**Session 5:** M, 6/6-6/27, 5:15-6:00 pm

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

#### WEDNESDAYS

**Session 1:** W, 1/6-1/27, 5:15-6:00 pm

**Session 2:** W, 2/10-3/2, 5:15-6:00 pm

**Session 3:** W, 3/16-4/6, 5:15-6:00 pm

**Session 4:** W, 4/20-5/11, 5:15-6:00 pm

**Session 5:** W, 5/25-6/15, 5:15-6:00 pm

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

# ADULTS PICKLEBALL @ NATHAN HALE

### PICKLE BALL

Month of December - individuals must register for winter sessions at various registration sites! We need 16 players registered "per session" to offer the program. Residents and non-residents are welcome to play for the same price since this is a regional program. Equipment provided.

**Meets:** Monday evenings

S I: Jan 4 - 25, 6-8pm \$10.00

S II: Feb 8 - 29, 6-8pm \$10.00

S III: Mar 7 - 28 6-8pm \$10.00

S IV: Apr 4 - 25, 6-8pm \$10.00

S V: May 2 - 23, 6-8pm \$10.00

**Meets:** Thursday evenings

S I: Jan 7 - 28, 6-8pm \$10.00

S II: Feb 4 - 25, 6-8pm \$10.00

S III: Mar 3 - 24 6-8pm \$10.00

S IV: Apr 7 - 28, 6-8pm \$10.00

S V: May 5 - 26, 6-8pm \$10.00

### What is Pickleball?

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

#### The Basics

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball.

#### A Game for Everyone

- Many kids and teenagers play it in physical education classes in middle and high schools.
- Seniors enjoy the social aspects and the ability to stay active in towns and retirement communities.
- Tennis, racquetball and ping pong players love the competitive nature of the sport and regularly participate in competitive tournaments.

#### Brief History

Pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, WA. Three dads – Joel Pritchard, Bill Bell, and Barney McCallum -whose kids were bored with their usual summertime activities are credited for creating game. Pickleball has evolved from original hand made equipment and simple rules into a popular sport throughout the US and Canada. The game is growing internationally as well with many European and Asian countries adding courts.

#### The Court

A pickleball court is the same size as a doubles badminton court and measures 20x44 feet. In pickleball, the same court is used for both singles and doubles play. The net height is 36 inches at the sidelines and 34 inches in the middle. The court is striped similar to a tennis court with right and left service courts and a 7-foot non-volley zone in front of the net (referred to as the “kitchen”). Courts can be constructed specifically for pickleball or they can be converted using existing tennis or badminton courts.

#### Equipment

When playing pickleball, each player will need a pickleball paddle, which is smaller than a tennis racquet but larger than a ping-pong paddle. Originally, paddles were made only from wood, however today's paddles have evolved dramatically and are primarily made of lightweight composite materials, including aluminum and graphite. Players will also need a net and a pickleball. The ball itself is unique, with holes through it like a wiffleball and there are different ball models intended for indoor and outdoor play. The ball travels at 1/3 the speed of a tennis ball and is usually white or yellow in color.

#### Apparel

Players wear just about anything comfortable... athletic shorts, sweatpants, polo shirts, t-shirts, etc. Tennis-style dresses and skirts for females are also common. Comfortable tennis shoes are also important. As for accessories, players may wear hats, visors, safety glasses, sweatbands and light jackets or sweatshirts for cold, outdoor play. Official USAPA logo apparel items are now available.

# Manchester Senior Center

## PROGRAM REGISTRATION AND MEMBERSHIP



### WINTER/SPRING 2016 PROGRAM REGISTRATION PROCESS

The starting dates for WINTER programs vary depending on instructor availability. Most instructor based programs will begin the week of January 5th. Must have a valid membership card to register for all programs

**PROGRAM REGISTRATION** - Registration for all programs, except those listed below will begin on Monday, December 14th at 9:00 am. 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 Dec 14th. If your class does not fill up or is a drop-in program, feel free to register anytime before the class begins. If seniors register at their convenience (instead of registering on the first day) it will avoid long waiting lines and result in happy members!

### LOTTERY REGISTRATION:

- Must have a valid membership card to register for lottery programs
- Submit a registration form to the front desk beginning Nov 2 and no later than Nov 13 for these classes:
  - Ceramics (begins Jan 4)
  - Line Dancing (begins Jan 14)
  - Light-N-Lively (begins Jan 4)
  - Strength and Flex (begins Jan 4)
  - Yoga Plus ((begins Jan 6)
  - Zumba Gold (begins Jan 7)
- Registration forms may be picked up at the front desk
- Register for lottery classes on one registration form
- A \$5.00 commitment fee required for each class. Please make check payable to "The Town of Manchester"

- Please place your registration form and check into a non-sealed envelope (envelopes available at front desk)
- Registration forms received without proper fee will not be processed
- No advantage for registrations received on the first day
- No phone registrations will be accepted
- Checks only – no cash
- NO lottery registration forms will be accepted after Nov 14
- Registrants will not be present for the drawing
- Class postings of acceptance into the lottery classes will be posted in the CARD ROOM on Friday, December 4 at 10:00 am

If you registered for a class (listed above) and did not get into the class you wanted:

- Your name will automatically be placed on the class waiting list OR you may register for another class on December 8th and your \$5.00 fee will be transferred to that class Or you will receive your check back in the mail OR a credit to your account.

### 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, our Senior Center Social Worker, at 860-647-3211 for details.

## GOLF PROGRAMS

### SENIOR MENS GOLF PROGRAM

**Meets:** Mondays, 7:30-11:00 a.m. (late April to mid September)

**Location:** Manchester Country Club

**Ages:** 55 and older

All fees are due upon registration. Fee will be determined at a later date. Registration packets will be mailed to all prior members in March. New players should contact Liz Tracy at 860-647-3167 for more information.

### SENIOR LADIES GOLF LEAGUE

**Meets:** Mondays, 8:30-11:00 a.m. (late April to mid September)

**Location:** Manchester Country Club

**Ages:** 55 and older

All fees are due upon registration. Fee will be determined at a later date. Informational meeting will be held in March at the Senior Center to review rules and accept registration for new players. Contact Liz Tracy at 860-647-3167 for more information.

# SENIOR CENTER

## GENERAL INFORMATION

### MANCHESTER SENIOR CENTER

The Senior Center is a Division of The Human Services Department. The Senior Center along with the Department of Leisure, Families & Recreation collaborate to provide a full spectrum of quality programs including recreational, social and health programs for older adults in Manchester.

549 East Middle Turnpike • 647-3211

Dates of Operation: Year round

Office Hours: Monday-Friday, 8:30-4:30 p.m.

### 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 860-647-3211.

### 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 860-647-3211.

### HEALTH PROGRAMS

The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Diabetes Support Group, 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, the Senior Center Social Workers by making an appointment by calling 860-647-3211.

### MEAL PROGRAM

Lunch is served daily at noon. Reservations are required 24 hours in advance and no later than 11:45 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 J.I. paper on Saturdays, in the newsletter and online. Day trips, overnights, cruises and trips abroad are available, brochures are at the Senior Center.

### CANCELLATION POLICY

During inclement weather, if Manchester schools are closed, all center programs, meals and transportation are cancelled 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 10:00 a.m. All classes that begin prior to 10 a.m. are canceled for the day.

Call the Center or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

### 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 Wed - Walmart  
2nd Wed - Target  
3rd Wed - Kmart/Kohl's  
4th Wed - Buckland Mall & Christmas Tree Shop  
5th Wed - Walmart (subject to change)

### RIDES TO AND FROM THE SENIOR CENTER

Bus rides can be scheduled up to 3:00 p.m. 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.

## SOCIAL LEISURE

**FEES\*** = DENOTES \$5 COMMITMENT FEE FOR PROGRAM

### BREAKFAST CLUB

This friendly group meets on Fridays for a good meal and great conversation. All are welcome.  
**Meets:** Fridays, 9-10 a.m.  
**Dates:** 1/8-5/27 (no class 3/25)  
**Location:** Guido's Restaurant, 242 Broad Street

### 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.  
**Meets:** Tues/Thurs, 1/5-5/26  
**Dates:** 10-1 p.m.  
**Instructor:** TBD  
**Location:** Senior Center Craft Room

### RED HAT SOCIETY - MEETS 1ST TUESDAY

We are the women in the red and pink hats.  
**Meets:** Tu, 1/5-5/24, 1:00-3:30 p.m.  
**Location:** Senior Center Library

### MEN'S GROUP

This social group meets twice a month for conversation and to play bingo. Visit us to find out more.  
**Meets:** Mondays, 10:45-11:45 a.m.  
**Dates:** 1/4-5/23  
**Location:** Senior Center Bingo Room

### FRIENDSHIP CIRCLE

Coffee, crafts and fun. Friendly group working on knitting, crocheting and other craft projects.

**Meets:** Wed., 1/6-5/25, 8:30-11:30 a.m.

**Location:** Senior Center Craft Room

### COFFEE KLATCH

Discuss current events, meet friends, swap coupons, laugh, share stories while enjoying a cup of tea or coffee.

**Meets:** M, 1/4-5/23, 1-4:00 p.m. (no class 1/20, 2/15)

**Location:** Senior Center Craft Room

### \*GREENHOUSE

Trained horticultural specialist takes the time to work with all participants in making their greenhouse experience a pleasurable one. Seniors assist in watering, pruning and daily tending of plants. Plant sale will be held on Saturday, May 7, 9am to 1pm.

**Instructor:** Karen Bafumo

**Meets:** M,W,F, 2/29-5/13 (no class 3/25), 9-11am

## OTHER PROGRAMS

PROGRAM	DAY OF THE WEEK	TIME
Billiards	M-F	8:30-4:30 pm
Bingo	M & F	10-12 pm
Dominoes	Wednesdays	12:30-3:00 pm
Mahjongg	Tuesdays	12:30-2:30 pm
Open Computer	M - F	8:30-4:30pm
Ping Pong	M - F	8:30-4:30pm
Pinochle	Mondays	12:30-2:00 pm
Poker	Mondays	12:15-2:00 pm
Setback	Fridays	12:45-3:30 pm
Social Bridge	Wednesdays	12:30-4 pm

### SCRABBLE

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

**Meets:** Th, 1/7-5/26, 9:30-11:30 a.m.

**Location:** Senior Center Bingo Room

### CRIBBAGE

Combines both luck and skill. Social and fun game.

**Meets:** F, 1/8-5/27, 12:30-3:00 pm (no class 3/25)

**Location:** Senior Center Card Room

### DUPLICATE BRIDGE

**Session Meets:** Thursdays, 1/7-5/26, 12:30-4:00 p.m.

**Fee:** \$15, \$25 (non-resident)

### HAND AND FOOT

**Session Meets:** Thursdays, 1/7-5/26, 1:30 - 3:30 p.m.

# CREATIVE LEISURE

## **WATERCOLOR AND OIL PAINTING GROUP**

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

**Meets:** Tuesday, 1/5-5/30, 1-3 p.m.

**Instructor:** Self Guided

**Location:** Senior Center Craft Room

## **DIGITAL PHOTOGRAPHY GROUP**

Shooting to printing. Learn photography techniques.

Students will take field trips for shooting subjects.

**Meets:** M,1/4-5/23, 9:30-11:30 am (no class 1/20, 2/15)

**Instructor:** Norm McKee

**Location:** Senior Center Craft Room

## **\*WOODWORKING**

Enjoy our wonderful hobby shop with all the equipment you need to create wood pieces. Fix old treasures or create something new. Supervised instruction available.

**Meets:** T/W, 9 a.m. to 12 p.m., 1/5-5/25

**Instructor:** David Malinoski

**Location:** Senior Center Hobby Shop

## **\*CERAMICS**

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

**Meets:** M/F, 1/4-5/27, 9:30-11:30 am (no class 1/18, 2/15, 3/25)

**Instructor:** Michele D'Esopo

**Location:** Senior Center Ceramics Room

## **\*FROM MEMORY TO MEMOIR: WRITING AND PRESERVING YOUR LIFE STORY**

Learn to start your memoir, organize material and keep going until you're finished. Learn tips on which pictures to include and finish with a self-publishing document.

**Session 1:** W, 1/6-2/24, 10:30-12 p.m.

**Session 1:** W, 1/6-2/24, 12:30-2 p.m.

**Session 2:** W, 3/2-4/20, 10:30-12 p.m.

**Session 2:** W, 3/2-4/20, 12:30-2 p.m.

**Instructor:** Susan Omilian

**Location:** Senior Center Card Room

# EDUCATIONAL LEISURE

## **AARP SMART DRIVER COURSE**

Save at least 5% of your Auto Insurance. The class is limited to 25 participants. You must pre-register up to one day before the scheduled class. AARP does not accept walk-ins the day of the class. Payments are made by check only.

**Meets:** Thursdays, 8:30 a.m. to 12:30 p.m.

**Day Course Dates:** 1/28, 2/25, 3/24, 4/28, 5/26, 6/23

**Location:** Senior Center Card Room

**Ages:** 55 and up

**Fee:** \$15/\$20 (for non-AARP members)

## **QUILTING GROUP**

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

**Meets:** Thursday, 1/6-5/26, 1-4 pm

**Location:** Senior Center Craft Room

**BOOK GROUP** - Read and discuss different novels.

**Meets:** 3rd Tuesday of the month, 1/19-5/16

**Time:** 10:30 -11:30 a.m.

**Location:** Senior Center Library

# FITNESS AND 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.

Seniors may sign up for 2 out of 3 classes.

**Mondays Meet:** 1/4-5/23, 10-11 a.m. (no class 1/18, 2/15)

**Wed Meet:** 1/6-5/25, 10-11a.m. OR 11-11:45 a.m.

**Fridays Meet:** 1/8-5/27, 10-11:00 a.m. (no class 3/25)

**Instructor:** Colleen Zimmer

**Location:** Senior Center Auditorium

## **\*YOGA PLUS (BRING MAT AND TOWEL TO CLASS)**

A class designed for the active senior with few limitations.

**Meets:** M/W, 1/6-5/25, 2:30-3:15 pm (no class 1/18, 2/15)

**Meets:** M/W, 1/6-5/25, 3:30-4:15 pm (no class 1/18, 2/15)

**Instructor:** Melissa Little

**Location:** Senior Center Auditorium

## **WALKING GROUP** - Meets for treks around town.

**Meets:** W & F, 1/7-5/25, 8:45-11 a.m. (no class 3/25)

**Instructor:** Helen Partridge

**Location:** Senior Center Parking Lot

## **\*TAI CHI 1 & 2**

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

**Tai Chi Session 1:** T, 2:30-3:30pm, F, 1-2pm, 1/5-5/27 (no class 3/25)

**Tai Chi Session 2:**T, 1:30-2:30pm, F, 12-1pm, 1/5-5/27(no class 3/25)

**Instructor:** Malee Khaw

**Location:** Senior Center Auditorium

## **\*BODY SCULPTING (BRING A MAT)**

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

**Instructor:** Chlake Raineau

**Meets:** M, 1/4 - 5/23, 12:30-1:15 p.m. (no class 1/18, 2/15)

**Meets:** W, 1/6 - 5/25, 12:30 - 1:15 p.m.

**Location:** Senior Center Auditorium

## **\*GUIDED MEDITATION**

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

**Instructor:** Laura Dunfield

**Meets:** W, 1/13-5/25, 11:15-11:45 am

**Location:** Senior Center Library

## **BIKING/HIKING CLUB**

Bikers ride approx. 6-12 miles per ride or hike 3-4 miles.

**Meets:** Th., 1/7-5/28, 1:00-3:00 pm

**Location:** Outdoor Trails

Join hiking/biking email group. Schedule is in Senior newsletters.

## **WII AT THE SENIOR CENTER AUDITORIUM**

Come to play bowling, golf, tennis. No prior experience necessary. Bowling league is Thursdays 10-11:30am.

**Meets:** M/Th, 1/7-5/26

## **\*ZUMBA GOLD**

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system.

**Instructor:** Kori Burz

**Meets:** Th, 1/7-5/26, 2:00-3:00 p.m.

**Location:** Senior Center Auditorium

## **\*BELLYROBICS**

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

**Session 1 Meets:** Tues, 1/19-5/24, 10-11 am

**Instructor:** Rima Riedel

**Location:** Senior Center Auditorium

## **\*LINE DANCING**

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

**Instructor:** Laura Dunfield

**Session 1 Meets:** Th, 1/14-5/26, 10:00-11:00 a.m.

**Location:** Senior Center Auditorium

## **\*EVENING BODY SCULPTING (BRING A MAT)**

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

**Meets:** Tu/Th, 3/24-5/26, 6:00-7:00 p.m.

**Instructor:** Tu. - Colleen Zimmer. Th. - Chlake Raineau

**Location:** Senior Center Auditorium

**Fee for Ages 55+:** \$5

**Fee for under 55 years of age:** \$50/\$62 (nr)

## **\*EVENING YOGALATES**

Using traditional exercises and poses from both Pilates and Yoga, this class will include strength, flexibility and balance of yoga with a focus on building strength in the body's core. The result will be a full body workout.

**Meets:** Tues/Th., 3/22 - 5/24, 7:00 - 8:00pm

**Instructor:** Tu. - Colleen Zimmer. Th. - Chlake Raineau

**Location:** Senior Center Auditorium

**Fee for Ages 55+:** \$5

**Fee for under 55 years of age:** \$50/\$62 (nr)

## **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.

**Instructor:** TBD

## **\*LIGHT-N-LIVELY**

Low impact cardio workout. Active and fast paced.

*Seniors may sign up for 2 out of 3 classes.*

**Meets:** M, 1/4-5/23, 1:30-2:30 pm (no class 1/18, 2/15)

**Meets:** W, 1/6-5/25, 1:30-2:30 pm

**Meets:** F, 1/8-5/27, 11:00-12:00 pm (no class 3/25)

**Location:** Senior Center Auditorium

**Instructor:** Chlake Raineau

## **\*STONGER SENIORS - CHAIR EXERCISE PROGRAM**

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

**Meets:** W, 1/13-5/25, 9:15-10:00 am

**Location:** Senior Center Auditorium

**Instructor:** Laura Dunfield

## **SENIOR BASKETBALL DROP-IN PROGRAM**

**Meets:** M, W, F, 9:00-11:00 am

**Location:** Community "Y" Recreation Center

**Fee:** \$10, \$20 (non-resident)

