Better manchester

Renovate. Repurpose. Reinvest.

Ambitious Campaign Is Under Way To Upgrade Schools, Parks and Trails

INSIDE PAGE 13

Better manchester

Volume 6 Edition 1 Summer 2016

Better Manchester Magazine is an official publication of the Town of Manchester Office of Family and Community Partnership & the Office of Neighborhoods and Families dedicated to bridging communication among Manchester policy makers, service providers, and the public.

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MESSAGE FROM THE EDITOR

OUR SCHOOLS OUR PARKS

There are 27.7 square miles of Manchester. It's been this size for generations and will be for generations more. We are blessed with beautiful parks, historic buildings, cherished recreational facilities, verdant fields and woods. However, like any properties or possessions, these need to be maintained, taken care of, occasionally refurbished and renovated. That's what this issue is about.

This summer issue of "Better Manchester Magazine" is another collaborative effort, produced in partnership by the town's Department of Leisure, Family and Recreation, and the Manchester Public School's Office of Family and Community Partnership.

It's especially appropriate that we team up on this issue because the content itself represents the spaces and places we share. The opposite page includes icons depicting many of the areas of action as our town begins an ambitious campaign to renovate, repurpose and reinvest in our parks, trails, schools and other facilities that are crucial parts of our infrastructure.

These shared assets and the work that will be going on this summer and beyond are an investment, designed to meet our community's needs for now and for many years into the future.

Here's an overview of what's inside this issue:

OUR SCHOOLS

A decade ago the Cheney Building on School Street was shuttered and slated for demolition. This summer, though, the building will again be busy, filled with workers giving it a facelift in preparation for it coming back online in 2017—the eventual home of all of the town's fifth-graders.

Renovation of the Cheney Building is a first and critical step in a 10-year plan that will affect all of our elementary schools.

The Cheney project is meaningful for other reasons, too, as it represents another phase in preserving the legacy of Education Square. For more than a century, tens of thousands of Manchester students have been educated in buildings at the base of Main Street—and with the Cheney Building soon to be part of the Bennet campus, those numbers will further multiply.

The story of our school renovation process is, in many ways, a history lesson—and it begins on Page 4.

OUR PARKS

A block south of Education Square is Charter Oak Park, which itself has a fascinating history. The park was threatened 60 years ago when Route 384 was built, and with it an interchange at Exit 3 that threatened to destroy recreational facilities serving our community.

The story of how our town responded is in this issue, and goes on to detail renovations taking place at Charter Oak Park and elsewhere in town this summer.

The facelift at Charter Oak includes a more attractive entrance, better parking, and more.

Meanwhile, work is continuing at Center Springs Park, an under-appreciated jewel in the center of town. Improvements in the works there include creation of a pedestrian entrance from Broad Street and dredging the pond to increase water quality.

Residents throughout town also will benefit from improvements and extensions to the trail system in town, which bicyclists and others are using with increasing frequency. The story of our parks renaissance begins on Page 7.

Christopher J. Silver
Editor-In-Chief, Better Manchester Magazine
Director, Department of Leisure, Family & Recreation
Town of Manchester

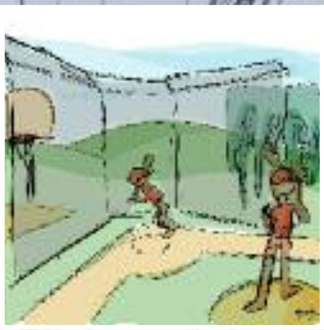
OUR COMMUNITY

RENOVATE AND EDUCATE

SCHOOLS

PAGE 4

A covered walkway over School Street soon will connect the Cheney Building to Bennet Academy. Waddell (center) is the next elementary school in line for renovations while MHS (right) is getting an artificial turf field this summer.

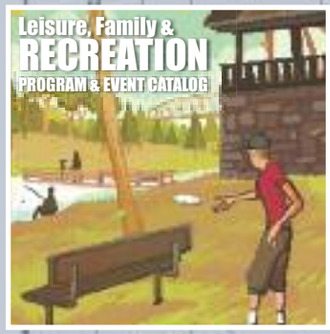


REDISCOVER AND CONNECT

PARKS

PAGE 7

Outdoor facilities are getting a lot of attention this summer: Charter Oak Park (left) will have new basketball courts, the revitalization of Center Springs Park (center) will continue and bike trails will be lengthened, reaching Bolton Notch.



LEISURE, FAMILY AND RECREATION PROGRAM AND EVENT CATALOG

SUMMER CATALOG

PAGE 13

A listing of programs and events for all ages including programs from the Youth Services Division, Recreation Division, Neighborhoods and Families Division and the Senior Center.

OUR COMMUNITY
OUR SCHOOLS

Renovate & Educate

10 Years After Being Slated For Demolition, Cheney Building Is At Center of Ambitious Infrastructure Plan

When the Cheney Building—that blocky brick behemoth that has been shuttered for the past 10 years—is renovated and back on line, it will be natural to look excitedly to the future.

After all, the building will have 23 state-of-the-art classrooms equipped to meet the needs of 21st Century fifth-grade learners. It will retain its historic facade, part of a design plan courtesy of Tai Soo Kim Partners, the award-winning firm that has an impressive portfolio spanning three continents. And a stylish covered walkway over School Street will connect the Cheney Building with Bennet Academy.

"The Cheney Building is a critical piece of our long-overdue, comprehensive plan to ensure that all of the students in our town have access to top-flight education facilities," said Superintendent Matt Geary. "This is about buildings, yes, but it's really about students and learning—and as we look forward it's exciting to know that we are going to have high-quality, equitable facilities for all students for the next generation and beyond."

Work on the Cheney Building has just begun and is scheduled to be complete when school opens in fall 2017, triggering a series of moves. Waddell Elementary will be renovated next as a K-4 school, followed by Verplanck, Bowers, Keeney, Buckley and Martin. Residents have not yet approved funding for all of the elementary work, but if voters give their consent and all goes as planned, by the year 2025 there will be closure to challenges that have troubled the town since, oh, the mid- 1990s.

"We've made great progress, and we have a long way to go," Christopher Pattacini, chairman of the school board said. "Our students deserve the best facilities we can afford. The groundbreaking on the Cheney Building project ensures that we are well on our way to providing modern school facilities for all our elementary students."

So, yes, the Cheney project has people excited about what's ahead. But others are equally excited as they look back.

Ten years ago—in January 2006—the board of directors agreed to tear down the Cheney building as well as the adjacent School Street firehouse, and a town boiler plant to make way for 1.3 acres of green space, half a soccer field, and parking on the cramped Bennet complex, which by then was slated to undergo a $37.1 million renovation project to create a sixth-grade academy.

Members of the Cheney Brothers National Historic District Commission objected and, ultimately, plans changed and the town purchased and razed properties to the east of Bennet for parking and field space.

Dave Smith, curator of the Manchester Historical Society, is among those pleased that the Cheney Building was saved and will have a new life while retaining its original purpose.

"Education Square," said Smith, "is back to being Education Square again—a point of pride in this town."

Education Square

For more than 100 years, the block bounded by Main, School, Wells and Vine has been an educational epicenter of Manchester.

Volumes have been written about "Education Square," as it is known, but here's a short version:

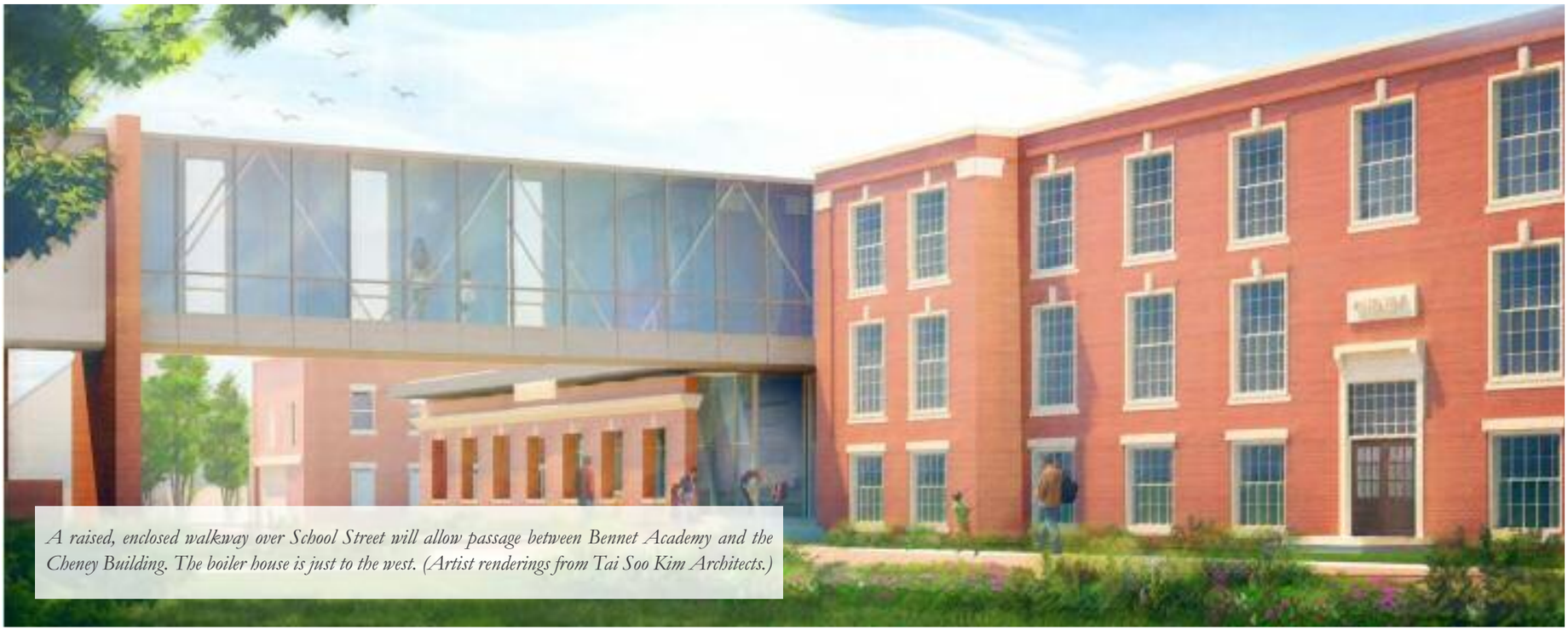
The 'original' Manchester High (now the site of senior apartments) opened in 1904. Across the street—right on School Street, naturally, where Bennet is now -- stood the Ninth District School, which for years had served the growing town.

But in 1913 the Ninth District School burned down. (Thankfully none of the 1100 students in attendance that day died, in part because of heroes including then-teacher Elisabeth Bennet.)

Within a year, and on that same block, the Cheney family was building the Barnard, Franklin and Recreation buildings, which (along with the Cone building, built in 1975) now form Bennet Academy.

The Cheney Trade School building opened on the north side of School Street in 1926—then serving as a state trade school. When Howell Cheney Technical High School—the one on West Middle Turnpike—opened in 1962, the Cheney Trade School building became part of the Bennet Junior High (later Middle School) campus.

"Thousands of students have been educated in Education Square," Smith said. "But it almost came to an end."



A raised, enclosed walkway over School Street will allow passage between Bennet Academy and the Cheney Building. The boiler house is just to the west. (Artist renderings from Tai Soo Kim Architects.)

He's referring to the discussions that gained traction in the mid-1990s, when attention turned to the aging school infrastructure. Manchester's population had grown rapidly through the century and while schools were regularly being built they were not well-maintained, which created a crisis of sorts that came to a head in the mid-1990s.

Committees were formed to assess aging school infrastructure and develop plans to fix things -- and Bennet by then was arguably the most obvious albatross.

The first of the truly big-tickets modernization plans went before voters in 1999, calling for an overhaul of the then 10 elementary schools for $110 million. It was rejected with many residents concerned because the plan didn't address significant problems at the grade 6-12 schools (including Bennet, which by then literally had tiles falling from some ceilings).

In 2002 came a new plan seeking $140 million to build a new high school on Wetherell Street, which would then have allowed the middle-schoolers to move to the current high school site, taking Bennet offline. That plan, too, was defeated.

More debate ensued for the next few years, with the Bennet campus presenting a quandary. Tear some or all of it all down? Turn it into a library? Or a regional bus depot? Opinions were varied. Eventually, though, Bennet was shut down and refurbished, reopening in 2007 as a sixth-grade academy.

Finally, in 2014, voters approved spending another $84.2 million as part of next phase that includes restoring the Cheney Building into a grade 5 school.

Diane Sheehan-Burns, who oversees humanities instruction in the district, said she is thrilled that recent Bennet students have had the special opportunity to go to school in thoroughly modernized buildings that are themselves part of Manchester's rich history.

"The Cheney family built these," said Sheehan-Burns, herself a Manchester resident. "There's an aura about these facilities—but they are, and in the case of the Cheney Building will be—state-of-the-art. That's an amazing combination."

Education Today

Education Square hasn't moved, but education itself has come a long way in the past century, and especially the past decade or so.

"Learning today has to be personalized and student-centered," said Amy Radikas, Assistant Superintendent for Curriculum & Instruction. "We want our facilities to reflect that so that all of our students will have every opportunity for success."

Technology is an integral part of a 21st century education, especially when it is designed to foster collaborative learning and allow for students to experience the world beyond their neighborhood. As such, technology for the Cheney Building will allow for flexible classroom arrangements while ensuring that all students have access to the technology they need to succeed in the future.

As with any such project, decisions about "FF&E" (furniture, fixtures and equipment) are still unfolding. The district has identified creativity, collaboration, courage and excellence for all as key tenets, and Geary said decisions about everything, even furniture, are made with those factors in mind.

For example, schools throughout town already have been replacing worn desks (which are almost always rectangular) with "collaborative learning furniture" -- notably desks with a trapezoidal shape. The reason is rectangular desktops can't create closed or tight groups for students to face one another while engaged in collaborative learning.

And are desks even necessary? In one classroom at Robertson Elementary, most students are content with "lap desks"—essentially trays on which they can move around and do work, sometimes sitting on "exercise-ball-chairs," which are also becoming quite popular.

Manchester is somewhat limited as it modernizes its schools because its buildings are being renovated, not designed from scratch, meaning each building's footprint will remain essentially the same.

Still, there are lots of creative possibilities that are being considered—some more seriously than others.

In February, a group that included teachers, administrators, parents and others met with architects from Tai Soo Kim Partners to begin brainstorming changes that will be made when Waddell Elementary is renovated.

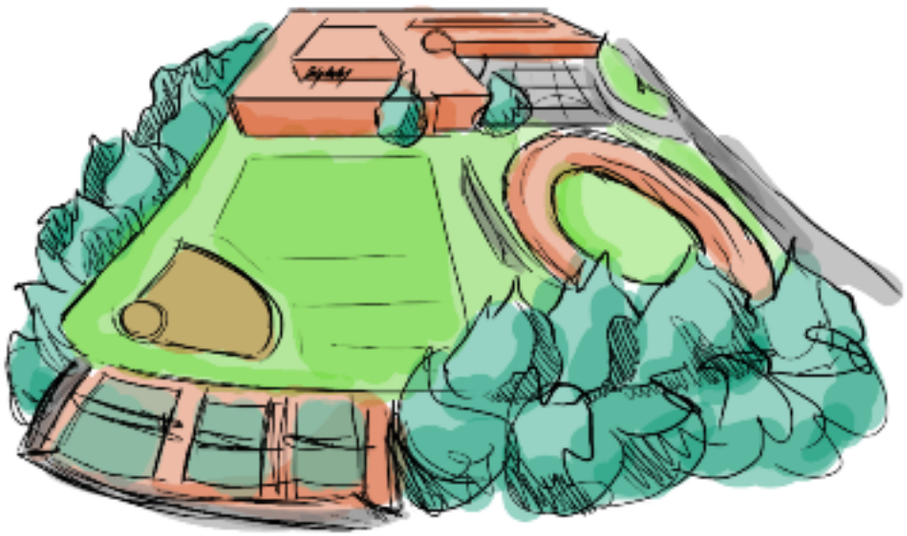
(Waddell is scheduled to move all of its students into the Cheney Building starting in fall 2017, while its building is being renovated. Only after Waddell is finished—likely early in 2019—will fifth-graders from throughout town inhabit the Cheney Building.)

As Waddell's planning began, Geary said he wanted any and all good ideas to be considered, no matter how radical they may seem.

And certainly there are examples from throughout the country that are redefining what schools look like.

For instance, a K-8 school in Royal Palm Beach, Florida has an indoor slide that students can use to get from the second floor to the first. Officials there say kids love it and use it appropriately—and that the slide serves as a powerful and inspiring example for students who are being encouraged to be creative and take intellectual risks.

Waddell Elementary is next in line—after the Cheney Building—for renovations as part of a 10-year plan that will affect elementary students throughout town. The entire Waddell community (K to 5) will actually be the first to move into the Cheney Building when it opens in fall 2017; Waddell will stay for a year and a half as its building is renovated.



Manchester High School is getting a new artificial turf football/soccer field as part of $3 million of work that includes a new track as well as renovations to the boys' and girls' locker rooms. The synthetic turf is projected to have a life expectancy of 12 to 15 years, while the track should last about 20 years.

Another example: Some schools are designing their library using a treehouse motif, to create a cozy ambience more conducive to reading.

Geary said he knows that discussions of slides and treehouses may sound frivolous, but he notes that kids need to like coming to school, that they need to be comfortable and safe and motivated.

"All of this is connected," he said. "Our buildings, our instruction, the relationships that our staff members have with students and families. There are a lot of pieces and our goal is that every decision we make is based on what's best for kids, so that all of our students will graduate prepared for college or the military or the workforce as lifelong learners and responsible members of society."

He added that while the building modernization project that will unfold over the next decade is fundamentally about what's best for students—it was designed with a range of other critical factors in mind.

Specifically, when all of the buildings are finished, the plan will have:

- Ensured equity, as all students will have comparable and appropriate facilities and resources.
- Maintained class sizes within the range of 17-22 students.
- Complied with state laws on racial balance.
- Maximized the use of state school construction grants.
- Met all state standards for lighting, acoustics, air quality and security.
- Created flexibility to adjust to district-wide enrollment changes.

"This 10-year plan that starts with the work at the Cheney Building is a good one," Geary said. "And it's nice to know that we have a solid, comprehensive plan for our buildings because we can now give more attention to what is most important—our students."

OUR COMMUNITY
OUR PARKS

In the sixties, Manchester earned a mention of Time Magazine for Charter Oak Park's innovative approach to green space preservation. This summer's renovation will update the park for a new generation of Manchester families.

Rediscover & Connect

Investment in Center Springs, Charter Oak Parks and Trail System Spurs Recreational Renaissance

In 1967, Manchester residents learned that a proposed highway interchange would consume 50 acres of recreational green space at the center of town, including three baseball fields, a playground, and a football field.

Cause for concern? Definitely. But local officials came up with a creative, constructive plan preserving so much recreational space that four years later the town was featured in *Time Magazine* for its innovative compromise with the highway developers.

In "The Overlooked Cloverleaf," the magazine touted Manchester's plan to preserve recreational space within the network of highway ramps in what is now Charter Oak Park. The $263,275 the Town received in payment for the interchange was used to create what Time called an "interchange city" with a recreation center, ice skating rink, basketball courts, a playground, all connected to fields through a pedestrian underpass.

A half century later, Manchester is still investing in its parks and open space—and still seeking smart strategies to improve its parks and trails in a town that's now fully developed, with precious little unclaimed space.

This summer, the town has three especially ambitious projects—(the continued revitalization of Center Springs Park, an extension of Manchester's multi-use trail system), and an overhaul of the overhaul of the park at the "overlook cloverleaf"—Charter Oak.

Charter Oak

According to Mark Carlino, who recently left his position as Director of Public Works after 20 years of service to the town of Manchester for a position at Connecticut Department of Transportation, the Park is getting a facelift this summer. Improvements include a more welcoming entryway to the park at the south end of Spruce Street and a restructured parking lot with easier access to sidewalks and to the pedestrian underpass.

Also in the plans: an updated recreation facility with revamped restrooms, including a family restroom with changing station; reconstructed basketball and tennis courts; an updated playscape; and the addition of a second musical playscape, outfitted with nine full-size playable instruments.

Manchester Parks and Recreation Facilities Manager Rob Topliff notes that the pedestrian walkway is now part of the East Coast Greenway Trail, a 2500 multi-use trail running all the way from Maine to Florida. The park portion of the trail runs alongside Hop Brook. Recent improvements including updated fencing and strategic brush clearing have turned the underpass portion from a "dark tunnel" to an "urban nature walk."

According Director of Leisure, Family and Recreation Chris Silver, the work in Charter Oak represents just a portion of what he calls "a Park Renaissance" throughout Manchester: "Our goal is really to prepare our parks and recreational facilities for the next generation of Manchester families."

OUR COMMUNITY OUR PARKS

Center Springs

"Right now, we have two huge generations—the Baby Boomers and the Millennials--and they have one thing in common: They are relocating to walkable communities with recreational spaces—including parks and trails—and amenities," says Mark Pellegrini, the Town of Manchester's Director of Planning and Economic Development.

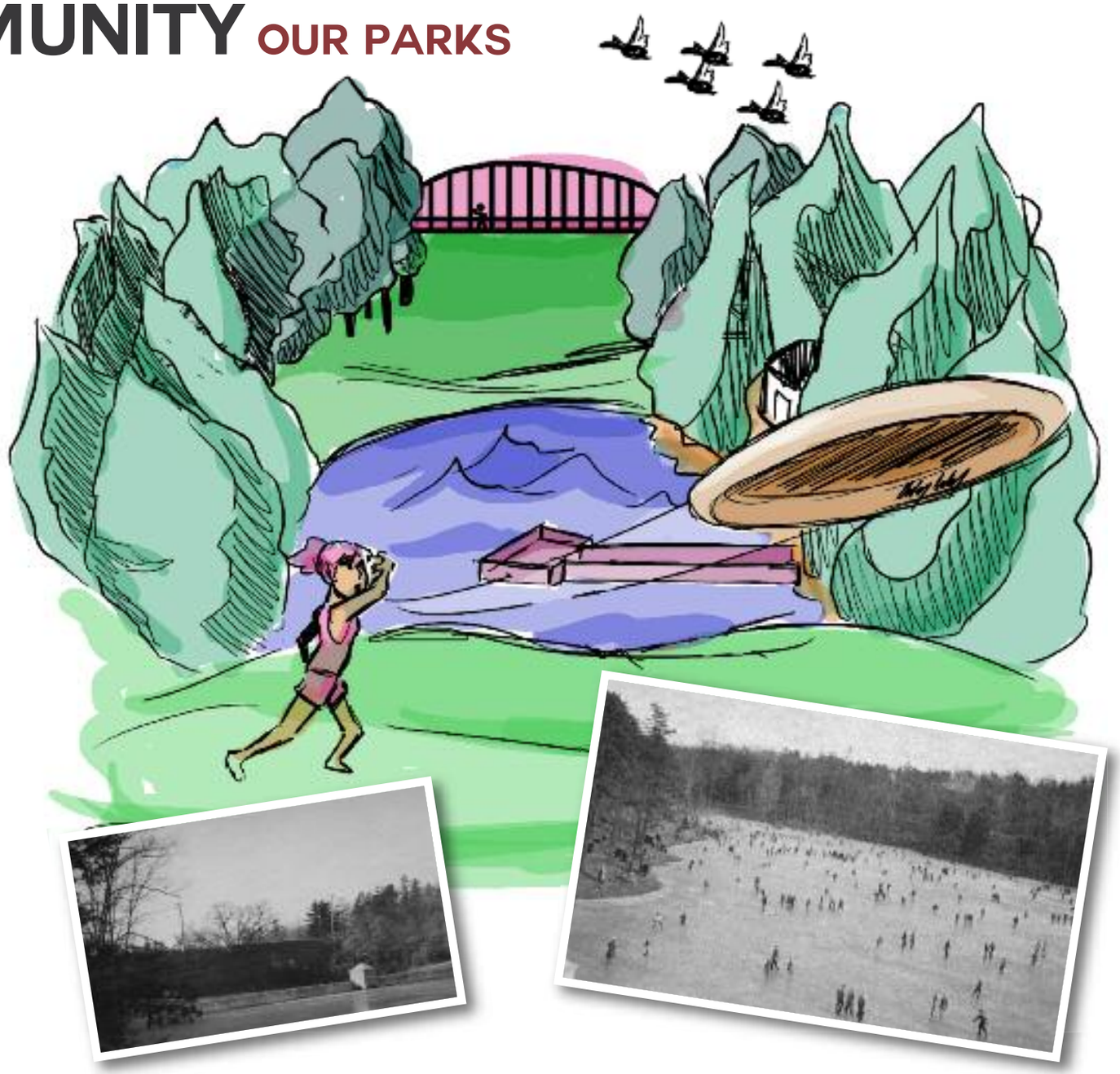
Particularly attractive are recreational spaces within walking distance to centrally located core neighborhoods. In Manchester, three parks fit this description: Charter Oak on the East Side; Center Park next to the library; and, just a little off Main Street, Center Springs Park.

Called an "undiscovered gem" by the Manchester Land Trust and "world-class" by real estate advisory firm LiveWorkLearnPlay, Center Springs is accessible to both Broad Street and Main Street by foot. The centrally-located park is home to Center Springs Pond, a multi-use loop trail, and—a new addition as of last fall—a nine-hole frisbee golf course.

In the 1920's Bigelow Brook was dammed up to create a six acre pond. By the 1930's, ice skaters and fishermen were flocking to Center Springs Pond and the 55 acre park surrounding it. Through the forties, fifties, and sixties, Center Springs continued to attract families and residents looking for a little bit of nature in the heart of the city.

However, throughout the seventies and eighties upstream road-sanding and construction began to affect the water quality of the pond. Although the park continued to attract sledders and ice skaters, it's thick tree growth and growing presence on the police report earned it an increasingly negative reputation.

According to Rob Topliff, that's a reputation that's beginning to change.



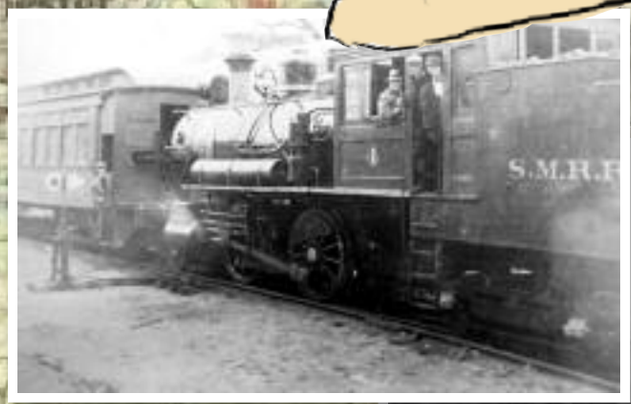
A mecca for winter sports in the 1920s, Center Springs Park's new disc golf course is drawing a new generation of park-goers to this downtown destination. (Photographs from Manchester Historical Society).

"It really all starts with perception," explains Topliff, who has been working in the Recreation field for eighteen years. Over the past fall and winter, the town thinned trees throughout the park and cleared acres of underbrush in efforts to create clear lines of sight and improve the park's safety. According to Topliff, "When people come out to the park now for events or to play frisbee golf, they say this isn't the park they remember from ten years ago. It has a trail for pushing strollers and riding bikes, a pier for fishing, fields and courts for programmed recreation, and a playground just up the hill from the main lodge. Now it's just a matter of getting people to come check it out."

About a year ago, Tom Deffenbaugh of Summit Studios, founded the grassroots Friends of Center Springs Park with the goal of drawing more visitors to experience the park through events such as the Rock in the Park summer concert series. He was quoted in the last issue of Better Manchester Magazine as saying: "This is a park we can all share and enjoy as a place of exploration...a place where we can run, ride our bikes, or gather together. My vision is for Center Springs Park to be everybody's backyard, and for everybody to be able to enjoy it."

Over the past two years, the town has rebuilt the culvert system under Edgerton Street that feeds Bigelow Brook into Center Springs Pond. The street itself, which had been closed in this area since 2009 due to safety concerns, was rebuilt and re-opened in May 2015. The town continues to make improvements to the park. Plans for the future include the creation of a pedestrian entrance from Broad Street; the completion of a longer, foot-only loop trail; the dredging of the pond to increase water quality; increased visibility of features such as the playground just up the hill from the lodge; and the improvement of a scenic overlook.

And, then of course, there's the other scenic overlook from the new bike-ped footbridge that completes the Cheney Rail Trail and provides a vantage to take in all 55 acres of recreational space at a single glance.



The Cheney Brothers built the South Manchester Railroad (pictured top and right) for transporting textiles back when Manchester was known as "Silk City." A portion of the railway bed, the historic Cheney Rail Trail, has been converted to a multi-use trail for bike and pedestrian transportation. The architectural rendering (below) illustrates the pedestrian bridge which will comprise a portion of the Charter Oak Greenway extension.

Manchester Trails

"If you imagine our trail system as the spokes of the wheel, Center Springs Park is the hub." Mark Carlino is explaining the Cheney Rail Trails role in connecting to additional recreational opportunities to the north and south of the park. The north end of the trail ends in the Farr's parking lot, just a few blocks from the Union Pond Park and a mile from the Manchester terminus of the Hop River Trail. The south end of the trail ends at Hartford Road, just to the northeast of the Prospect Street entrance to the Charter Oak Greenway and to the northwest of Charter Oak Park's connection to the greenway.

The Charter Oak Greenway is a 9.8 mile multi-use trail that connects Forbes Street in East Hartford to Porter Street in Bolton by way of Charter Oak Park (and the pedestrian underpass mentioned above). This spring, the Connecticut Department of Transportation broke ground on a $6.8 million dollar expansion project which will continue the trail 2.75 miles past Case Mountain and through Manchester's water department land, ending at Bolton Notch State Park.

This expansion, funded by a combination of state and federal funds, will create a crucial connection between two portions of the East Coast Greenway Trail, a 200-mile non-motorized interstate connecting Maine to Florida. It will also allow hikers and cyclists to connect to the Hop River Trail though Bolton Notch, closing the 18-mile circuit which, for Topliff, begins and ends at Center Springs Park.

"You can start out in Manchester and take an 18-mile loop through Charter Oak Park, past Case Mountain, through Bolton Notch to Valley Falls Park, across Vernon, then back to the North End of Manchester and the Cheney Rail Trail, and end up back at the bridge overlooking Charter Oak Park." The creation of and improvements to the Cheney Rail Trail and the East Coast Greenway, as well as plans for sprucing up the Colonial Drive entrance to the Hop River Trail, from Topliff's perspective, all serve a broader goal: positioning Manchester as a hub for wellness-related recreational activities.

Counting the Cost

The investments Manchester has been making in its recreational spaces is not insignificant:

- Charter Oak Park's summer improvements will cost $1,250,000.
- Center Springs improvements (including the repair of Edgerton Street, the replacement of the culvert system, and the new pedestrian bridge) totalled $1,697,893.
- The Manchester-Bolton East Coast Greenway expansion project will total $6.8 million in state and federal funds.

It's an investment in what Mark Pellegrini calls "anchors for placemaking"—that is, those shared spaces that provide a sense of community. The dividends reaped are not just social and environmental but also economic. According to the Urban Land Institute, outdoor recreational infrastructure and "trail-oriented development" can attract new development and increase property values.

Silver speaks of the more tangible benefits. Parks and trails are places to exercise, to gather, to play, to connect with nature. "Manchester is full of beautiful spaces just waiting for Manchester families to rediscover. We're renewing our parks and trails so that they can be enjoyed for generations to come."

NEIGHBORHOODWORKS!

COMMUNITY BUILDING

Conference

Building Neighborhoods That Work for Everyone

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Friday, May 27, 8 AM-4 PM

PILOT "POP UP" CONFERENCE FOCUSES ON CREATING INCLUSIVE, EQUITABLE NEIGHBORHOODS

Join us for an exploration of key topics in community building and neighborhood revitalization: technology as a tool for school and community engagement; community organizing and coalition building; youth as resources; urban gardening and urban greenspaces; time banking and coworking; repurposing public buildings for the public good; and beautification without gentrification.

Register by midnight on May 11 for special early bird rate of $25.

KEYNOTE ADDRESS

Creating Thriving Neighborhoods One Relationship at a Time

Strong communities begin with strong relationships. Drawing on his 15-year tenure as a municipal-level Americans with Disabilities Coordinator, and over 30 years as Director of Parks and Recreation, Bill DeMaio encourages local businesses, schools, and civic groups to break down barriers and make their city a better place to work, live and play...for everyone.

Keynote Speaker: Bill DeMaio, Superintendent, Newington Parks and Recreation

To register, call (860) 647-3084 or go online to naf.townofmanchester.org.
Early Bird Registration $25 ($50 after May 11)

Sunday, August 7, 2016 • 11am-3pm

Rain Dates: August 14 • August 21

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SPONSORED BY THE DEPARTMENT OF LEISURE, FAMILY AND RECREATION, NEIGHBORHOODS AND FAMILIES DIVISION

MANCHESTER REVALUATION

In accordance with Connecticut General Statutes, the Town of Manchester is conducting a real property revaluation as required for the Grand List of October 1, 2016. This revaluation will correspond to the tax bills that will be due beginning in July 2017.

Vision Government Solutions Inc. ("Vision") is assisting the Town in this revaluation. Vision also performed Manchester's revaluations in 2000, 2006 and 2011. Vision is an industry leader, having been in business for over 30 years and performed hundreds of revaluations in Connecticut.

The 2016 revaluation does not require that every property be physically visited as was done in 2011. However, revaluation staff will be visiting Manchester properties that sell to a new owner between April 1, 2015 and October 1, 2016 as well as other properties where information needs to be updated. All Vision representatives' vehicles will be registered with the police department and be clearly marked. Each data collector will have written documentation from the town and they will be wearing an identification badge. Data collectors generally work between the hours of 8 a.m. and 7 p.m. Monday through Saturday.

The market analysis and valuation phases of this project will occur in October. Once the market analysis and valuation phases of this revaluation are completed, in November 2016, property owners will receive a notice of their new assessment. At that time, taxpayers will be invited to participate in an informal hearing if they wish to review their new assessment. The informal hearing, conducted by Vision representatives, is the first step in the process if the property owner feels their assessment is inaccurate. The informal hearings will take place in November and December 2016. All property owners will receive then another assessment notice in early 2017 before the Board of Assessment Appeals process begins. This process allows owners to formally appeal their assessment if they feel it is incorrect.

Most revaluations typically result in a shift in the tax burden between commercial and residential real estate, and some shift within those categories as well. The main purpose of a revaluation is to correct inequalities in the tax burden that have developed due to the real estate market since the last revaluation. The total amount of taxes the Town needs to collect will be the same regardless of whether or not a revaluation takes place. What changes after a revaluation is the amount of taxes individual taxpayers pay towards the total, not the total amount of taxes paid by everyone.

The next-scheduled revaluation after the 2016 revaluation will be in 2021 pursuant to current statutes.

Leisure, Family & RECREATION

PROGRAM & EVENT CATALOG

PROGRAM REGISTRATION BEGINS MAY 16

recreation.townofmanchester.org

CONTENTS

GENERAL INFORMATION 15
Center Springs Main Office
Mahoney Recreation Center
Community Y Recreation & Fitness Center
Youth Service Bureau
Office of Neighborhoods and Families
Nathan Hale Center
Northwest Park Early Childhood Center
Northwest Park Pavillion & Rental Information
Globe Hollow Swimming Area
Salters Pool
Swanson Pool
Waddell Pool
Westside Pool
MyTown Trails
Parks
Program Information Line
E-Rec Email Service
Facility Pass
Access Manchester Pass

SUMMER EVENTS 16-18

AQUATICS 19-21
General Information
Facilities & Schedules
Season Schedule
Lessons & Programs
Parent/Child Lessons
Learn to Swim Preschool Lessons
Level 1: Intro to Water Skills
Level 2: Fundamental Aquatic Skills
Level 3: Stroke Development
Level 4: Stroke Improvement
Level 5: Stroke Refinement
Level 6: Swimming & Skill Proficiency
Aquatic Programs
Aqua Cardio Fit
Teen Beginner Lessons
Deep Water
Swim for Fitness
Hydro Fit
Grandparents & Child Open Swim
Noodle Nights
Deck Art Days
Beginner Adult Lessons
Private Swim Lessons
Swim Lesson Schedule
Learn to Swim Information
Registration Information

EARLY CHILDHOOD PROGRAMS 22
Partners in Play
- Toddler Time
- Creative Kids

Cradle to Crayons
Create with Me
- Colors of Vincent Van Gogh
- Story Telling & Puppet Making

EARLY CHILDHOOD PROGRAMS 22
PeeWee Tennis Lessons
SkyHawks
Lego Camp

YOUTH PROGRAMS 23
Youth Tennis Lessons
Youth Basketball Leagues
- CO-ED Youth
- CO-ED Teen

Teen Swim Lessons
Noodle Nights
Deck Art Days
Jukido
- Beginners
- Returning

Journey
Girls Circle
Boys Week
Urban Expedition
Grandparent & Child Open Swim

SPECIALITY SUMMER CAMPS 24
SkyHawks Youth Sports
- Flag Football Camp
- Mini-Hawks
- Multi-Sport
- Tiny-Hawks

Camp Kennedy
Ropes Course
Lego Camps
- Mine, Craft, Build Adventure
- Mine, Craft, Build Survival
- Pre-Engineering
- Engineering

ADULT FITNESS 25
Adult Tennis Lessons
Total Body Plus
Jukido
Pilates
Deep Water
Hydro Fit
Aqua Cardio Fit
Swim for Fitness
Strength for Life
Yoga for Active Lifestyles
Personal Training 1 on 1
Walk Live Power Class
Fit for Delivery
Team Active
Team Fit

REGISTRATION INFORMATION 26
Registration Form

SENIOR CENTER PROGRAMS 27-29
General Information
Social Leisure Programs
Fitness & Movement Programs

19TH ANNUAL

EARL YOST Tennis Classic

open tennis tournament

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

REGISTRATION DEADLINE

Monday July 11th, 2016

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

Singles Play: $20
Doubles Play: $36 (per team)
*Registration includes a t-shirt & tennis balls for each match

FOR MORE INFORMATION:
Call Cherie Baker, Director at 860-655-9514
or
Contact the Recreation Division, 860-647-3084
www.earlyosttennis.com

GENERAL INFO

FACILITIES

Center Springs Main Office

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

Community Y Recreation & Fitness Center

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

Mahoney Recreation Center

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

Youth Service Bureau

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

Office of Neighborhoods & Families

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

Nathan Hale Center

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

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

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

Northwest Park Pavilion & Rental Info

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

AQUATIC FACILITIES

Globe Hollow Swimming Area

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

Salters Pool

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

Swanson Pool

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

Waddell Pool

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

West Side Pool

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

PARKS & TRAILS

Trails

MyTown Trails

For more information about Manchester's trails and parkways visit *MyTownTrails.com*

Trail Mix

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

Parks

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

CONTACT US

Program Information Line

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

Cancellation Information *Press 1*

E-Recreation E-Mail Service

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

FACILITY MEMBERSHIP

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

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

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

Facility Pass Fees

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

Access Manchester Pass

Facility Pass for Youth under 21

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

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

SUMMER EVENTS

MAY EVENTS

MAY 1

Kidney Walk
Walk to raise awareness and funds for lifesaving programs that educate and support patients, their families and those at risk. 9 AM. Wickham Park.
Kidneywalk.org

MAY 5

National Day of Prayer
Center Memorial Park, 6:30 PM

Imagine Main Street, "Art Stroll"
Come down to Main Street for arts, entertainment all happening in historic downtown Manchester. 5:30-8:30 PM
imaginemainstreet.com

MAY 7

Fishing Derby
Salters Pond, 103 Lydall Street.
7-10 AM
recreation.townofmanchester.org

Senior Center Plant Sale
Senior Center, 549 East Middle Turnpike.
9 AM-1 PM
seniorcenter.townofmanchester.org

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

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

MAY 10

7th Annual Taste of Manchester
Explore the local flavors of Manchester. Proceeds benefit MDOG. 5:30-9 PM
tasteofmanchesterct.com

MAY 15

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

MAY 20

Things in the Ocean Art Event & Book Release
East Side Neighborhood Resource Center, 153 Spruce Street. 5:30-8 PM
naf.townofmanchester.org

MAY 21

6th Annual Walk a Mile, Feed the World
Register to walk, sponsor or donate to this 3-mile walk through Charter Oak Park and surrounding bike paths.
9:30 AM-12 PM
www.walk4wwlm.com

MAY 27

Neighborhood Works! Conference
Nathan Hale Building
160 Spruce Street, 8 AM-4 PM
townofmanchester.org

MAY 30

Memorial Day Parade
Downtown, Main Street, 9:30 AM
townofmanchester.org

JUNE EVENTS

JUNE 2

Imagine Main Street, "Rock & Stroll"
Come down to Main Street for arts, entertainment all happening in historic downtown Manchester. 5:30-8:30 PM
imaginemainstreet.com

JUNE 3

Pride in Manchester, Dance
Live music, ballroom dancing, line dancing, a dance contest, refreshments, and door prizes at the Senior Center, 549 E Middle Tpke. Free admission. Tickets required for door prizes and available at the Senior Center or Town Hall Customer Service. 6–9 PM
prideinmanchester.townofmanchester.org

JUNE 4 & 5

Connecticut Trails Day
Guided hikes in Manchester and around the state. For more information visit ctwoodlands.org.

JUNE 4

Joseph Negri Concert/Heritage Day Ceremony
Pride in Manchester at Center Memorial Park. 6-10 PM
prideinmanchester.townofmanchester.org

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

Historic Center Spring Park Walking Tour
One-mile walk with some hills and wet areas sponsored by the Manchester Land Trust.
39 Lodge Drive. 1 PM
www.manchesterhistory.org

JUNE 5

Art in the Park
Art in Center Memorial Park. 11 AM
youngatartct.org

Bike Rodeo
Free registration begins at 9 AM at Manchester Elks Lodge, 30 Bissell St. with rodeo starting at 10 AM. Children must be accompanied by an adult and have a bicycle.
prideinmanchester.townofmanchester.org

JUNE 8

History Walk at the East Cemetery
Free 1-hour walk begins on E. Center St. at 5:30 PM
prideinmanchester.townofmanchester.org

JUNE 9

East Side Block Party
Free, family-friendly EastSide Block Party. 153 Spruce Street. 4:30-7:30 PM
mpspride.org

SUMMER EVENTS

JUNE 10

On Your Mark, Get Set, READ!

Summer Reading Program Preschool Kick-Off Event. Children up to 5 years old. Mary Cheney Library. 10 AM
library.townofmanchester.org

JUNE 11

Charity Road Race

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

On Your Mark, Get Set, READ!

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

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

Free activities sponsored by the South Manchester History, Arts, Recreation and Education Group.
prideinmanchester.townofmanchester.org

Veterans Lunch

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

Dog Day: Rabies Clinic & Licensing

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

JUNE 12

Flag Day Ceremony

Flag Day Ceremony at Manchester Elks Lodge, 30 Bissell Street Free refreshments.
prideinmanchester.townofmanchester.org

JUNE 14-17

19th Annual Earl Yost Tennis Classic

Annual Tennis Classic held at MHS, 134 E. Middle Turnpike. Registration ends 7/11.
www.earlyosttennis.com

JULY EVENTS

JULY 2

Dutch Fogarty Independence Day Celebration

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

JULY 6

Noodle Nights

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

Bicentennial Band Shell Concert Series

Free outdoor concerts starting at 7 PM throughout the summer months at MCC.
manchesterbandshell.com

JULY 7

Imagine Main Street

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

JULY 9

East Side Neighborhood Flea Market

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

Deck Art Days

Salters Pool, 1-5 PM
recreation.townofmanchester.org

Farmers Market

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

JULY 10

Sunday Fun Day

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

Sundays at 4

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

JULY 11

Free Golf Day at MCC

Play a free round of golf at Manchester Country Club.
305 South Main Street
www.mancc.com

JULY 14, 21, & 28

Beller's Music Summer Concert Series

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

JULY 15

Movie in the Park - *Minions!*

Free outdoor movie at WestSide Oval. 94 Cedar Street.
7-10 PM
www.lifesongmanchester.com

JULY 16

Deck Art Days

Waddell Pool, 1-5 PM
recreation.townofmanchester.org

JULY 20

Noodle Nights

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

SUMMER EVENTS

JULY 23

Deck Art Days

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

JULY 27

Noodle Nights

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

JULY 29

Movie in the Park - *Minions!*

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

JULY 30

Deck Art Days

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

Motorcycle Jamboree

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

AUGUST EVENTS

AUGUST 6

East Side Neighborhood Flea Market

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

AUGUST 7

16th Annual Cruisin' on Main Street

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

Sundays at 4

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

AUGUST 7, 14, & 21

Beller's Music Summer Concert Series

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

AUGUST 9

Noodle Nights

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

AUGUST 11

Imagine Main Street "Silk City Fest"

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

Noodle Nights

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

AUGUST 23

On Your Mark, Get Set, READ!

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

AUGUST 26

Movie in the Park - *Dinosaur*

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

SEPTEMBER EVENTS

SEPTEMBER 1

Imagine Main Street "Stroll Back to School"

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

SEPTEMBER 10

East Side Neighborhood Flea Market

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

40th Annual Walking Tour of the Cheney Historic District

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

SEPTEMBER 3

Labor Day Weekend- Farm Day

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

SEPTEMBER 11

Sundays at 4

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

AQUATIC
SCHEDULE & INFORMATION

GENERAL INFO

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

SEASON SCHEDULE

Pre-Season (6/13-6/26)
Location: West Side Pool
Meets: 1-6 PM

Regular Season (6/27-8/12)
See aquatics facility schedule on this page. Globe Hollow is the only facility open on 7/4, from 1-6 PM

Post Season (8/13-8/28)
Location: West Side Pool
Meets: 1-6 PM

AQUATIC FACILITIES & SCHEDULES

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

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

AQUATICS
LESSONS & PROGRAMS

Aquatics Programs

AQUA CARDIO FIT
Cardio aerobic class that's safe, heart healthy and gentle on the joints. The workout includes low impact movements, upper-body and abdominal conditioning, stretching and relaxation exercises. Aquatic equipment is used.
Instructor: Chlake Raineau
Location: Waddell Pool
Ages: 18+
Meets: M/W, 6/27-8/10, 5-6 PM (No class 7/7)
Fee: $65/$82 (nr)

TEEN BEGINNER LESSONS
Swim class is designed specifically for the teenager who is interested in learning to swim or who may have a fear of water. No previous swim experience is required and class is taught with peers in the same age group. Taught by an American Red Cross certified instructor and will orient students to an aquatic environment and create a sound foundation for swimming and safety skills.
Instructor: Josh Charette
Location: Waddell Pool
Ages: 13-18 years old
Meets: Sun, 7/10-8/7, 6-7 PM
Fee: $25/$32 (nr)

DEEP WATER
See full description on page 25.

SWIM FOR FITNESS
See full description on page 25.

HYDRO FIT
See full description on page 25.

GRANDPARENT & CHILD OPEN SWIM
See full description on page 23.

NOODLE NIGHTS
See full description on page 23.

DECK ART DAYS
See full description on page 23.

Beginner Adult Lessons
Designed for the first time swimmer of for those how have a fear of the water.
Instructor: Lori Dusza
Ages: 18+
Fee: $35/$44 (nr)

Waddell Pool
Session 1: Su, 7/10-8/7, 4-5 PM
Session 2: Su, 7/10-8/7, 5-6 PM

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

NEW Private Swim Lessons
(Manchester Residents ONLY-Ages 5 and up)
Private swim lessons (1:1) and semi-private swim lessons (1:2), structured to cater to meet you or your child's specific instructional needs, are now available. The aquatics staff will work with you to customize a personal swim lesson schedule with an experienced instructor. Lessons will be available in the mornings and evenings. Lessons are offered as four 30-minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level of each other. To register for the program, please contact the Recreation Division at 860-647-3087. Please be prepared with dates, times and pool locations that are preferable. Payment is required prior to the start of the first lesson.

PRIVATE SESSION
4 x 30 Minute Private (1:1) Lessons
Fee: $100/Person

SEMI-PRIVATE SESSION
4 x 30 Minute Semi-Private (1:2) Lessons
Fee: $160/ for 2 people

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

SWIM LESSON DESCRIPTIONS

Parent/Child Lessons
Adults must accompany child in water. Builds basic water safety skills for both adults and children, helping infants and young children become comfortable in the water so they are wiling and ready to learn how to swim. Water diapers and proper swim attire required.
Infant: Ages 6 months- 18 months
Toddler: Ages 19 months- 3 years 5 months

Learn to Swim Preschool Lessons
Gives young children ages 3.5 – 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. This class is independent swimming. Parents are NOT required to be in the water with their children.
Ages: 3 1/2-5 years old.

Level 1: Introduction to Water Skills
Enter/exit the water safely, submerge mouth, nose and eyes, exhale underwater (blow bubbles) through mouth and nose, open eyes underwater, show comfort maintaining a front float/back position, while supported, recover to a standing position while supported.
Ages: Must be age 5 at the start of class to enroll.

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

Level 3: Stroke Development
Independently jump into deep water from the side, demonstrate a head-first entry from the side in a sitting or kneeling position, submerge and retrieve an object (independently) from chest-deep water, demonstrate rotary breathing with body in a horizontal position, and demonstrate a survival float in deep water.

Level 4: Stroke Improvement
Demonstrate a dive from the side of the pool, swim underwater, and demonstrate each stroke for the following distances: Front crawl–25 yards, Back crawl–25 yards, Butterfly– 15 yards, Breaststroke–15 yards, Elementary backstroke–15 yards, Swim on side using scissor-like kick–15 yards.

Level 5: Stroke Refinement
Demonstrate front/back flip turns demonstrate the following strokes: Front crawl–50 yards Back Crawl–50 yards, Butterfly–25 yards Breaststroke–25 yards Elementary backstroke –25 yards Sidestroke–25 yards, Demonstrate survival swimming (2 minutes).

Level 6: Swimming & Skill Proficiency
Learning Objectives: Four components all of which stress endurance swimming & stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.

AQUATICS
SCHEDULE & INFORMATION

Registration Begins:
June 4, 2016
9-11 AM

at Community Y Recreation Center

Learn to Swim Information

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

Registration Information

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

Swim lessons are open to Manchester residents only. Children may not be enrolled in more than one class per session. Please note that parents who register their child for more than one swimming session at registration, take the chance of not placing their child in the correct level because that child may or may not pass the initial level they are enrolled in. If incorrect placement occurs, parents may call the Recreation Department and transfer their child into the correct level assuming space is available.

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

On-line Registration: Log onto reconline.townofmanchester.org to register for swim lessons beginning at 9 AM.

Fee: The fee for swim lessons is $25 for the first child, $15 for each additional sibling per session. Discount is provided for siblings only.

Age Requirements: Please note the following age requirements for swimming levels.

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

Class ratio:

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

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

SWIM LESSON SCHEDULE

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

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

TU/TH SESSION
Session 1: 6/28- 7/28

Globe Hollow Swimming Area, 100 Spring Street

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

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

Salters Pool, 103 Lydall Street

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

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

Swanson Pool, 48 North Main Street

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

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

West Side Pool, 110 Cedar Street

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

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

EARLY CHILDHOOD

Partners in Play

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

TODDLER TIME

Meets: T/Th/F, 9:30-11 AM
Age: 1-2 years old
Fee: $22/$25(nr) per week
Week 1: Red, White & Blue Week, 7/5-7/7
Week 2: Animal Week, 7/12-7/15
Week 3: Water Week, 7/19-7/22 (suit, towel & water shoes)
Week 4: Safety Week, 7/26-7/29
Week 5: Nature Week, 8/2-8/05

CREATIVE KIDS

Meets: M/W/F, 9:30-11:30 AM
Age: 2.5 - 5 years old
Fee: $26/$29(nr) per week
Week 1: Red, White, & Blue Week, 7/6-7/8
Week 2: Animal Week, 7/11-7/15
Week 3: Water Week, 7/18-7/22 (suit, towel & water shoes)
Week 4: Safety Week, 7/25-7/29
Week 5: Nature Week, 8/1-8/05

NEW Cradle to Crayons

Children will have opportunities for free play and to socialize with others as well as engage in activities such as art projects, story time, and other activities to prepare them for a classroom environment. All children are encouraged to enage in activities at their own pace and ability. Join us each week for a new theme and activities! Parents are required to attend. Families are encouraged to come early or stay late to enjoy use of the playground facilities. This program is designed for 2-4 year olds, however caregivers with younger children are encouraged to attend and offer their children more guidance in the classroom.
Facilitator: Caitlin McNamara
Location: North West Park Early Childhood Center
Age: 2-4 years old
Meets: F, 3-4:15 PM
Session 1: 7/8-7/29
Session 2: 8/12-8/26
Fee: $0

NEW Create with Me

THE COLORS OF VINCENT VAN GOGH

Join us and explore the colors of the rainbow through the eyes of Post-Impressionist painter Vincent Van Gogh, a Dutch painter who made over 900 paintings in his short life (1853-1890). This week of creative investigation will include paint, paper, glue, sculpture, experiments, and play! We learn about color mixing, the rainbow, the light spectrum and the many paintings of Van Gogh. Dress for a mess!
Facilitator: Reagen O'Reigaekn-Holt
Location: Nathan Hale Center
Age: 3-8 years old, with a caregiver
Meets: M-F, 9:30-11:30 AM
Session 1: 7/11-7/15
Fee: $0

STORY TELLING AND PUPPET MAKING

Join us to hear stories, and make finger puppets, felt puppets, shadow puppets, story aprons, a puppet theater and more. Puppets offer a link between learning and the dramatic play that is believed to be fundamental to a child's social, cognitive, and emotional growth. Puppets encourage creative discovery, help children express feelings through role-playing, and encourage even the most reluctant reader!
Facilitator: Reagen O'Reigaekn-Holt
Location: Nathan Hale Center
Age: 3-8 years old, with a caregiver
Meets: M-F, 9:30-11:30 AM
Session 1: 7/25-7/29
Fee: $0

Parent/Child Swim Lessons

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

PeeWee Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts. Bring your own racquet.
Instructor: Volunteer Instructors
Location: Robertson Tennis Courts
Age: 4-7 years old

MORNING SESSIONS

Meets: M-Th, 6/27-8/18, 9:30-10 AM
Fee: $14/$18(nr) per week
Session 1: 6/27-6/30 (Meets M-Th)
Session 2: 7/05-7/08
Session 3: 7/11-7/14
Session 4: 7/18-7/21
Session 5: 7/25-7/28
Session 6: 8/1-8/4
Session 7: 8/8-8/11
Session 8: 8/15-8/18

EVENING SESSIONS

Meets: M/W, 6/27-8/24, 5-5:30 PM
Fee: $20/$25(nr) per week
Session 1: 6/27-7/13 (Meets M/W)
Session 2: 7/18-8/3
Session 3: 8/8-8/24

NEW Skyhawks® Sports Academy

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

NEW Lego® Camps

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

YOUTH PROGRAMS

Youth Tennis Lessons

Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts located on North Main Street. Bring your own racquet.
Instructor: Volunteer Instructors
Location: Robertson Tennis Courts
Ages: 8-12 years old

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

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

Youth Basketball Leagues

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

CO-ED YOUTH
Instructor: Volunteer Coaches
Location: Mahoney Recreation Center Outdoor Courts
Ages: 8-9 years old
Meets: M/Tu, 6/27-8/16, 6-8 PM
Fee: $30/$20 second sibling/$10 third sibling
*Mandatory Evaluation Clinic 6/13 @ Mahoney Rec Center at 6 PM. Participants should bring sneakers, shorts, shirt and a water bottle.

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

Teen Swim Lessons

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

Noodle Nights

Join us at the pool for noodle and float night. Bring a float or grab a noodle and relax at the pool. Pools will have limited noodles available for use. (Noodles and floats are only allowed at designated events and times). For dates and locations see Community Events on pages 16-18.
Location: Varies
Ages: All Ages
Fee: $0 (Facility Pass Required)

Deck Art Days

On select Saturdays throughout the summer, bring your sidewalk chalk to the pool and showcase your artistic abilities! Children can decorate the pool deck and prizes will be given for the most creative chalk drawings. For dates and locations see Community Events on pages 16-18.
Location: Varies
Ages: All Ages
Fee: $0 (Facility Pass Required)

Jukido

A co-ed self defense course incorporating Judo, Aikido and Karate. The main emphasis is on students doing their best.
Instructor: Richard Webster
Location: Community Y Recreation Center

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

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

Journey

In this program you'll explore nature, learn about plants and animals, and try your hand at woodworking.
Facilitator: Pete Wlochowski
Location: Youth Service Bureau
Ages: 9-14 years old
Meets: M-F, 9AM-3PM
Fee: $0
Session 1: 7/11-7/15 (9-10 years old)
Session 2: 7/25-8/5 (11-14 years old)

Girls Circle

A program where girls are invited to make friends, talk about important issues, and gain confidence through creative activities and inspiring trips.
Facilitator: Beth Mix & Heather Wlochowski
Location: Youth Service Bureau
Ages: 10-16 years old
Meets: M-F, 9AM-3PM
Fee: $0
Session 1: 6/27-7/1 (10-12 years old)
Session 2: 7/11-7/15 (13-16 years old)

Boys Week

A week long enrichment program that deals with issues young men face through fun and challenging activities, discussion, and guest speakers.
Facilitator: Pierre Brillant
Location: Youth Service Bureau
Ages: 13-16 years old
Meets: M-F, 7/25-7/29, 9AM-3PM
Fee: $0

Urban Expedition

Enjoy a week of exploring Manchester and seeing local sights you may never have seen before. Join us to discover some of the great things Manchester has to offer.
Facilitator: Heather Wlochowski & Beth Mix
Location: Youth Service Bureau
Ages: 11-14 years old
Meets: M-F, 7/18-7/22, 9AM-3PM
Fee: $0

Grandparent & Child Open Swim

Grandparents, bring a child with you to a fun, relaxed open swim time. Noodles and pools toys will be provided for an enjoyable time with your special little one.
Location: West Side Pool
Meets: T/Th, 6/28-7/28, 10:30-11:30 AM
Who: Grandparents and their young guests.
*Grandparents must possess a valid Senior Center or Recreation card.

SPECIALITY SUMMER CAMPS

NEW Skyhawks® Sports Academy

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

FLAG FOOTBALL CAMP
Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.
Location: WestSide Oval
Meets: M/T/W/Th, 6/20-6/23, 6-7:30 PM
Ages: 6-10 years old
Fee: $70

MINI-HAWKS® (SOCCER, BASEBALL & BASKETBALL)
This multi-sport program was developed to give children a positive first step into athletics. Mini-Hawk® games and activities are designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.
Meets: M-F, 9 AM- 12 PM
Ages: 4-7 years old
Fee: $109
Session 1: M-F, 6/20-6/24
Location: Robertson Park
Session 1: M-F, 8/8-8/12
Location: Nathan Hale Center

MULTI-SPORT
(SOCCER, BASEBALL, BASKETBALL & FLAG FOOTBALL)
This multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.
Meets: M-F, 8/8-8/12, 9 AM- 3 PM
Ages: 7-12 years old
Fee: $139
Location: WestSide Oval

TINY-HAWK® (SOCCER & BASKETBALL)
The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sports-specific games tailored to their attention spans.
Meets: M-F, 12:15-1 PM
Ages: 3-4 years old
Fee: $59
Session 1: M-F, 6/20-6/24
Location: Community Y Recreation Center
Session 1: M-F, 8/8-8/12
Location: Nathan Hale Center

Camp Kennedy

Camp Kennedy Adult Week 2015. 51 years of summer fun! For adults with developmental challenges. Must be out of High School and or 21+ years of age. Residents and non-residents are invited to attend for a fun-filled week. All paperwork and doctors form must be completed before starting camp.
Location: Camp Kennedy Site adjacent to Martin School
Meets: M-F, 8/8-8/12, 9 AM - 3 PM
Ages: 21+
Fee: $30

NEW Ropes Course

This program includeds fun active games, low elements which present challenges 2-3 feet off the ground , and high elements where participants will climb 25-40 feet in the air! The philosophy of this program is "Challenge by Choice." Participants can choose their level of challenge. All instructors are certified Ropes Course Facilitators. For registration information please call (860) 647-5213
Location: Manchester Ropes Course, 180 Hillstown Road.
Ages: 10-12 years old
Meets: M-F, 9AM-3PM
Fee: $155/175(nr) per week
Session 1: 6/20-6/24
Session 2: 8/8-8/12

NEW Lego® Camps

MINE, CRAFT, BUILD: ADVENTURE GAME USING LEGO®
Bring Minecraft to life using LEGO®! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This LEGO® experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO®.
Location: EastSide Neighborhood Resource Center
Meets: M-F, 6/20-6/24, 9 AM-12 PM
Ages: 5-6 years old
Fee: $145/ $155 (nr)

MINE, CRAFT, BUILD: SURVIVAL GAME USING LEGO®
Bring Minecraft to life using LEGO®! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO® Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO®.
Location: EastSide Neighborhood Resource Center
Meets: M-F, 6/20-6/24, 1-4 PM
Ages: 7-10 years old
Fee: $145/ $155 (nr)

PRE-ENGINEERING FUNDAMENTALS USING LEGO®
Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor, who will challenge new and returning students to engineer at the next level with all new projects!
Location: EastSide Neighborhood Resource Center
Meets: M-F, 8/8-8/12, 9 AM-12 PM
Ages: 5-6 years old
Fee: $145/ $155 (nr)

ENGINEERING FUNDAMENTALS USING LEGO®
Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level with all new projects!
Location: EastSide Neighborhood Resource Center
Meets: M-F, 8/8-8/12, 1-4 PM
Ages: 7-10 years old
Fee: $145/ $155 (nr)

ADULT FITNESS

Adult Tennis Lessons
Learn to play tennis stressing footwork, ground strokes, service and volleying. Bring your own racquet.
Instructor: Volunteer Instructors
Location: Robertson Tennis Courts
Ages: 17+
Meets: M/T/W, 6/27-8/24, 6:30-7:30 PM
Fee: $40/$50(nr) per session
Session 1: M/W, 6/27-7/13
Session 2: M/W, 7/18-8/3
Session 3: M/W, 8/8-8/24

Total Body Plus
Train every major muscle group through strength/resistance exercises using a variety of equipment. Increase strength, endurance and core conditioning with cardio "bursts" to increase your heart rate & burn fat.
Instructor: Brenda Bourne
Location: Community Y Recreation Center
Ages: 18+
Session 1: M/W, 6/27-7/27, 5:45-6:45 PM (No class 7/4)
Fee: $45/$56 (nr)
Session 2: M/W, 8/1-8/31, 5:45-6:45 PM
Fee: $50/$63 (nr)
Session 2: M/W, 9/12-9/28, 5:45-6:45 PM
Fee: $30/$38 (nr)

Jukido
A co-ed self defense course incorporating Judo, Aikido & Karate. Main emphasis is on students doing their best.
Instructor: Richard Webster
Location: Community Y Recreation Center
Ages: 15+
Meets: F, 7/8-9/23, 8-9:15 PM
Fee: $81/$101 (nr)

Pilates
Focusing on developing core strength, reducing neck, hip, and back pain, working on posture and developing total body strength. Thick Pilates mat is recommended.
Instructor: Miriam DeGrandi
Location: Community Y Recreation Center
Ages: All Ages
Meets: Th, 9-10 AM
Session 1: 6/16-8/4
Fee: $40/$50 (nr)
Session 2: 9/8-9/29
Fee: $20/$25 (nr)

Deep Water
Ideal class for anyone seeking a totally non-impact cardio exercise program. Open to men and women of all ages & fitness levels. Just bring a towel, some bottled water & be prepared to smile.
Instructor: Leslie Frey
Location: Swanson Pool
Ages: 18+
Meets: T/Th, 6/28-8/11, 5:15-6 PM (No class 7/7)
Fee: $52/$65 (nr)

Hydro Fit
Get a great FULL HOUR workout to music while benefiting from the water's resistance. Build muscle strength, muscle tone and endurance without the impact of land exercise.
Instructor: Leslie Frey
Location: Swanson Pool
Ages: 18+
Meets: M/W, 6/27-8/10, 7-8 PM
Fee: $65/$82 (nr)

Aqua Cardio Fit
See Aquatics page 20.

Swim for Fitness
Swim 30 consecutive laps by the end of the class. This course is designed for swimmers who can demonstrate the basic skills required to swim the crawl stroke.
Instructor: Lori Dusza
Location: Swanson Pool
Ages: 18+
Meets: M/W, 6/27-8/10, 7-8 PM
Fee: $65/$82 (nr)

Strength for Life
This non impact class helps people improve their balance, muscular strength and muscular endurance. A focus on core conditioning, functional fitness and flexibility too!
Instructor: Miriam DeGrandi
Location: Community Y Rec Center
Ages: 18+

WEDNESDAYS
Session 1: W, 6/15-8/3
Fee: $40/$50 (nr)
Session 2: W, 9/7-9/28
Fee: $20/25 (nr)

FRIDAY
Session 1: F, 6/17-8/5
Fee: $40/$50 (nr)
Session 2: F, 9/9-9/30
Fee: $20/$25 (nr)

Yoga for Active Lifestyles
In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings by cultivating upper-body strength, core strength and balance.
Instructor: Barbara Titus
Location: Community Y Recreation Center
Ages: 18+
Session 1: M/W, 6/27-7/27, 6:30-7:30 PM (No class 7/4)
Fee: $45/$56 (nr)
Session 2: M/W, 8/1-8/31, 6:30-7:30 PM
Fee: $50/$63 (nr)
Session 3: M/W, 9/12-9/28, 6:30-7:30 PM
Fee: $30/$38 (nr)

Personal Training 1-on-1
Contact Community Y Recreation Center for information.

Walk Live Power Class
Exciting, motivating music along with four basic steps make this Walk fun and suitable for all fitness levels!
Instructor: Robin Frost
Ages: 18+
Session 1: M, 7/11-9/26, 4:45-5:30 PM
Location: Community Y Recreation Center
Fee: $48/$60 (nr)
Session 2: M, 7/11-9/26, 6:30-7:15 PM
Location: Nathan Hale Center
Fee: $48/$60 (nr)
Session 3: W, 7/6-9/21, 6:30-7:15 PM
Location: Nathan Hale Center
Fee: $48/$60 (nr)

Fit For Delivery
This prenatal exercise is taught by a certified perinatal fitness specialists designed especially for expectant moms. Classes include cardio, strength exercises, and stretching and relaxation techniques. Join between weeks 12 and 28 of your pregnancy for maximum program benefit. Continue for as long as you wish until the birth of your baby.
Location: Community Y Recreation Center
Meets: Ongoing T/Th, 6:45-7:45 PM
Fee: $40 per month
Register: Call Betsy Crayton, 860-647-4790

Team Active
This course will provide participants with challenging, yet motivating strength and cardiovascular conditioning.
Location: Nathan Hale Center
Instructor: Cindy Guimond
Meets: T/Th, 9:30-10:15 AM
Fee: $16/$20 (nr)
Session 1: T, 7/5-7/26
Session 2: T, 8/2-8/23
Session 3: T, 8/30-9/20
Session 1: Th, 7/7-7/28
Session 2: Th, 8/4-8/25
Session 3: Th, 9/1-9/22

Team Fit
Team Fit provides participants with challenging, yet motivating strength and cardiovascular conditioning sessions that include a variety of innovative exercises to improve your overall fitness. This program is designed for all fitness levels, customized to each individual.
Location: Nathan Hale Center
Instructor: Karen Cinimo
Meets: M/W, 5-5:45 PM
Fee: $16/$20 (nr)
Session 1: M, 7/11-8/1
Session 2: M, 8/8-8/29
Session 3: M, 9/12-9/26
Session 1: W, 7/6-7/27
Session 2: W, 8/3-8/24
Session 3: W, 8/31-9/28 (No Class 9/7)

RECREATION PROGRAMS - EASY REGISTRATION

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

REGISTRATION DATES

Residents: Monday, May 16, 2016 (9 AM at all registration sites)
Non-residents: Wednesday, May 18, 2016

REGISTRATION OPTIONS

1. Internet Registration 24/7

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

2. Mail-in Registration

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

3. Walk-In Registration

Walk into any of the following registration sites M-F, during listed business hours. Payment can be made with cash, check, money order and credit/debit card (Master Card and Visa only).

- **Center Springs Main Office**, 39 Lodge Drive
- **Community Y Rec Center**, 78 North Main Street
- **Customer Service Center**, **Town Hall**, 41 Center Street

RESIDENCY POLICY AND NON-RESIDENT REGISTRATION

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

PROGRAM ENROLLMENT POLICY

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

REFUND POLICY

Full refunds will be made if a request is made at least one week prior to the start of the program or if the Recreation Division cancels the class. Partial refunds will be made on a pro-rated basis, based on the date of notification, only in the first half of the programs duration. Refunds will not be considered once classes are half over or after the program ends.

PRO-RATING FEES FOR LATE REGISTRATION

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

CONFIRMATION RECEIPT

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

WAITING LIST

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

DON'T BE DISAPPOINTED! REGISTER EARLY!

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

Manchester Leisure, Families & Recreation Department Registration Form

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

PRIMARY HOUSEHOLD CONTACT/PARENT/GUARDIAN

First/Last Name: **Home Phone: ( )** **Work Phone: ( )**
Address: **Town:** **Zip:**
Date of Birth: **Gender:** **Email:**

ACTIVITY REGISTRATION INFORMATION

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

PAYMENT METHOD (Circle Method of Payment)
MONEY ORDER/CHECK CREDIT CARD [Credit Card Type: MC VISA] Card Number_____ Exp. Date ___/___ Total: _____

SENIOR CENTER
GENERAL INFORMATION

Manchester Senior Center

549 East Middle Turnpike • 647-3211
The Senior Center is a of Division of the Human Services Department. The Senior Center provides a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.
Dates of Operation: Year round (Closed – 8/15-8/26)
Office Hours: Monday-Friday, 8:30-4:30 PM

Holiday Closures
Senior Center Programs will be held on Town Holidays:
Memorial Day: Monday, May 30th
Independence Day: Monday, July 4th
Labor Day: Monday, September 5th

Off Site Programs

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

Health Programs

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

Social Service Programs

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

Meal Program

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

Trips

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

Transportation

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

Grocery Shopping
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: Target
3rd Wednesday: Kmart/Kohl's
4th Wednesday: Buckland Mall & 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 647-3211 and speak with staff to schedule bus rides.

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

Program Registration

Registration for all programs, except those listed below will begin on **Monday, May, 16th, 9 AM**. Registration will be ongoing. Register at the Manchester Senior Center, the Community Y Recreation Center, Center Springs Recreation Office or at the Customer Service Center.

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

Financial Assistance

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

Cancellation Policy

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

Refund Policy for Self-Sustaining Classes

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

Membership Renewal Week

Membership to the Senior Center must be renewed every year. Take the opportunity to have your membership card renewed M-F, between the hours of 9 AM and 4 PM during Renewal Week. Memberships renewed during this time period will be valid from September 1, 2016 – August 25, 2017. Senior Center membership is open to Manchester residents only. For full membership requirements, contact the Senior Center at (860) 647-3211 or visit our website: seniorcenter.townofmanchester.org
Location: Manchester Senior Center
Renewal Week: 8/29-9/2, 9-AM-4PM

SENIOR PROGRAMS

Social Leisure Programs

Karaoke Sing-A-Long Hour

Singing with a pre-existing song, where you replace the lead singer. Lyrics are presented to singer during song.
Instructor: Self Guided
Location: Senior Center Library
Meets: F, 6/3-9/9, 11 AM-12 PM

Senior Circle

This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is lead by a Therapeutic Recreation Specialist and requires pre-registration. This is not a drop-in program. Call the Senior Center for details.
Instructor: TBD
Location: Senior Center Craft Room
Meets: T/Th, 6/7-9/8, 10 AM-1 PM

Men's Group

Be social, meet new friends and let's "shoot the breeze!" We have a great group of our Senior Center Men dropping in for an hour of conversation, current events, health topics and more!
Instructor: TBD
Location: Senior Center Library
Meets: M, 6/6-8/8, 10:45-11:45 AM

Red Hat Society

We are the women in the red and pink hats and meet the first Tuesday of the month.
Location: Senior Center Library
Meets: Tu, 6/7-9/6, 1-3:30 PM

Friendship Circle

Coffee, crafts and fun. All are welcome to spend the morning with this friendly group working on knitting, crocheting and other craft projects.
Location: Senior Center Craft Room
Meets: W, 6/1-9/7, 8:30-11:30 AM

Creative Leisure Programs

Watercolor & Oil Painting Group

Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.
Instructor: Self Guided
Location: Senior Center Craft Room
Meets: T, 6/7-9/6, 1-3 PM

Digital Photography Group

Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.
Instructor: Senior Center Volunteer
Location: Senior Center Craft Room
Meets: M, 6/6– 9/12, 9:30-11:30 AM

Ceramics

Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.
Instructor: Michele D'Esopo
Location: Senior Center Craft Room
Meets: M/F, 9:30-11:30 AM
Session 1: 6/3-7/1
Session 2: 7/8-8/5
Fee: $24

Community Gardens

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

Educational Leisure Programs

Book Group

Join this group to read and discuss different novels.
Location: Senior Center Library
Meets: 3rd T of the month, 6/21 – 9/20, 10:30-11:30 AM

Quilting Group

This friendly group will assist with layout, color, selection, pattern and more. Six sewing machines are available.
Location: Senior Center Craft Room
Meets: Th, 6/2-9/8, 1-4 PM

Walking Group

This group meets for treks around town and beyond.
Instructor: Self Guided
Location: Senior Center Parking Lot
Meets: W/F , 6/1-9/7, 8:45-11 AM

Wii at the Senior Center

Come to play bowling, golf, tennis. No prior experience necessary. Drop in is Mondays 9-10 AM in the library Bowling league is Thursdays 10-11:30 AM in the Library
Meets: M/Th, 6/6-9/8

Senior Drop-In Basketball

Location: Community Y Recreation Center
Meets: M/W/F, 9-11 AM

At-Home Therapeutic Recreation

Low impact exercise, crafts, reminiscing, music, current events, 1 hour visits on a bi-weekly basis to the homes of the individuals that cannot attend the Senior Center. Participants must be Manchester residents and proof of residency is required upon registration.
Instructor: TBD
Meets: T-F, 6/7-9/9

Fitness & Movement

Strength and Flexibility

Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exertubes to improve balance, muscle tone and overall cardio health.
Instructor: Colleen Zimmer
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: M/W/F
Session 1: M, 6/6-8/1, 10-11 AM (No class 7/4)
Session 2: W, 6/1-8/3, 10-11 AM
Session 4: W, 6/1-8/3, 11-11:45 AM
Session 3: F, 6/3-8/5, 10-11 AM
Fee: $5 per session

RetroFit

This is an aerobic dance class utilizing classic big band music, rock and roll and show attendance from the thirties through the seventies. Some contemporary classics will be used as well.
Instructor: Rima Riedel
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: T, 5/31-8/9, 11 AM-12 PM
Fee: $33

Yoga Plus

A class designed for the active senior with few limitations. Please bring a mat and towel to class.
Instructor: Melissa Little
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: M/W
Session 1: M/W, 6/1-7/27, 2:25-3:15 PM
Session 2: M/W, 6/1-7/27, 3:25-4:15 PM
Fee: $5 per session

Guided Meditation

Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.
Instructor: Laura Dunfield
Location: Senior Center Library
Age: 60+ (Senior Center Facility Card Required)
Meets: W, 6/1-7/27, 11:15-11:45 AM
Fee: $5 per session

Zumba Gold

Zumba fuses hypnotic Latin rhythms and dance moves to create a dynamic workout system. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.
Instructor: Carole Buffington
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: Th, 6/2-8/11, 2-3 PM
Fee: $5 per session

Line Dancing

Line dancing is a choreographed dance with a repeated sequence of steps with people in lines or rows.
Instructor: Laura Dunfield
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: W/Th, 6/2-7/27, 10-11 AM
Fee: $5 per session

Stronger Seniors

Will include chair aerobics, chair Zumba and will incorporate weights, tubes and stretching.
Instructor: Laura Dunfield
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: W, 6/1-8/10, 9:15-10 AM (No class 7/4)
Fee: $5 per session

Light-N-Lively

Low impact cardio workout. Active and fast paced. Seniors may sign up for 2 out of 3 classes.
Instructor: Chlake Raineau
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: M/W/F
Fee: $5 per session
Session 1: M, 6/6-8/8, 1:20-2:15 PM (No class 7/4)
Session 2: W, 6/1-8/10, 1:20-2:15 PM
Session 3: F, 6/1-8/12, 11-11:55 AM

Body Sculpt

Weight bearing exercise program for active older adult that includes warmup, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.
Instructor: Chlake Raineau
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: M/W
Session 1: M, 6/6-8/8, 12:30-1:15 PM (No class 7/4)
Session 2: W, 6/1-8/10, 12:30-1:15 PM
Fee: $5 per session

BellyRobics

Develop and improve strength and flexibility, while getting a low impact, high energy, cardio-vascular workout.
Instructor: Rima Riedel
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: T, 5/31-8/9, 10-11 AM
Fee: $5 per session

Tai Chi I

Develop and improve strength and flexibility, while getting a low impact, high energy, cardio-vascular workout. Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.
Instructor: Malee Khow
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: T/F, 5/31-8/12
Tuesday Session: 2:30-3:30 PM
Friday Session: 1-2 PM
Fee: $5 per session

Tai Chi II

Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.
Instructor: Malee Khow
Location: Senior Center Auditorium
Age: 60+ (Senior Center Facility Card Required)
Meets: T/F, 5/31-8/12
Tuesday Session: 1:30-2:30 PM
Friday Session: 12-1 PM
Fee: $5 per session

Senior Aqua Exercise

Aqua exercise workout incorporating basic stretching and water resistance. This class is weather dependent. Call the Recreation Division cancellation line at 860-647-3162 for class status.
Instructor: Lori Dusza
Location: WestSide Pool
Age: 60+ (Senior Center Facility Card Required)
Meets: F, 7/1-8/12, 10:30-11:30 AM
Fee: $5 per session

Other Programs

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

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

Canasta
Meets: W, 2-4 PM

Computer Lab
Meets: M-F, 8:30 AM-4:30 PM

Dominoes
Meets: W, 12:30-3 PM

Hand & Foot
Meets: Th, 1:30-3:30 PM

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

Open Computer
Coaches available.
Meets: M/Th, 9-11 AM

Ping Pong
Meets: M-F, 8:30 AM-4:30 PM

Pinochle
Meets: M, 912:30-2 PM

Poker
Meets: M, 12:15-2 PM

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

Social Bridge
Meets: W, 12:30-4 PM

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

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

Duplicate Bridge
Meets: Th, 12:30-4 PM
Fee: $15/$25 (nr)