

# EARLY CHILDHOOD CENTER

## DROP IN PROGRAMS

### NO REGISTRATION REQUIRED

#### MY TODDLER & ME | AGES: 2 - 4

Location: Northwest Park Early Childhood Center  
A free play time for toddlers and their caregivers. This is a drop-in playgroup; registration is not required.  
W, 1/7/26 - 4/29/26 | 9:30AM - 11:00AM

#### ROBIN'S MOTHERING GROUP | AGES: UNDER 1

Location: Northwest Park Early Childhood Center  
Supportive group for moms with babies under one year old run by Lactation Consultant, Robin DeGemmis, IBCLC.  
Th, 11:30AM - 1:30PM | 1/8/26 - 4/30/26  
Cancellations communicated by facilitator

#### MY BABY & ME | AGES: 0 - 2

Location: Northwest Park Early Childhood Center  
Drop-in playtime for parents and their babies to socialize.  
F, 1/9/26 - 4/24/26 | 9:00AM - 10:15AM

#### PRESCHOOL DROP-IN PLAY | AGES: 2 - 5

Location: Northwest Park Early Childhood Center  
Drop-In Playtime is a semi-structured playgroup for older toddlers and preschool children to engage in developmentally appropriate activities and socialize. Email Caitlin at CMcnamara@manchesterct.gov for the cancellation list.  
Tu, 1/13/26 - 4/21/26 | 3:00PM - 4:15PM

#### MANCHESTER'S EARLY CHILDHOOD FAIR

Location: Manchester High School, 134 Middle Turnpike East (Entry from Brookfield Street)  
Discover programs, services, and resources for young children and families in Manchester. Connect with local organizations offering support for ages 0 - 8 and prenatal parents – all in one free, fun community event!  
Sat, 2/21/26 | 9:00AM - 12:00PM (snow date 2/28/26)



## PLAY & LEARN SERIES

### AGES: 1.5 - 5

Location: Northwest Park Early Childhood Center  
We will pair our learning with rhymes, movement, stories, circle time, themed activities, crafts, vocabulary rich conversations and of course, play! Caregivers should be prepared to participate with their little learner! **Registration Required.**  
\$36/\$44(NR) per class

#### PLAY & LEARN ABOUT ARCTIC ANIMALS

Discover the wonders of Arctic wildlife through stories, crafts, and play as we explore animals that thrive in icy habitats.  
M, 9:30AM - 11:00AM | 1/12, 1/26, 2/2, 2/9, 2/23, 3/2  
(no program 1/19, 2/16)  
Fee: \$36/44 (NR)

#### PLAY & LEARN ABOUT FARM LIFE

Experience farm fun! Meet animals, explore plants and tools, and learn what makes life on the farm so special.  
M, 9:30AM - 11:00AM | 3/9, 3/23, 3/30, 4/6, 4/20, 4/27  
(no program 3/16, 4/13)  
Fee: \$36/44 (NR)

#### PLAY & LEARN ABOUT DINOSAURS

Travel back in time to explore fascinating dinosaurs through hands-on crafts, stories, and imaginative play.  
M, 12:30PM - 2:00PM | 1/12, 1/26, 2/2, 2/9, 2/23, 3/2  
(no program 1/19, 2/16)  
Fee: \$36/44 (NR)

#### PLAY & LEARN ABOUT MAKE BELIEVE

Spark imagination with stories and crafts featuring dragons, superheroes, robots, and more make-believe magic!  
M, 12:30PM - 2:00PM | 3/9, 3/23, 3/30, 4/6, 4/20, 4/27  
(no program 3/16, 4/13)  
Fee: \$36/44(NR)

#### PLAY & LEARN ABOUT COLORS

Experiment with color mixing, vibrant crafts, and creative play while discovering the colors all around us.  
T, 9:30AM - 11:00AM | 1/13, 1/20, 1/27, 2/3, 2/10, 2/24  
(no program 2/17)  
Fee: \$36/44 (NR)

#### PLAY & LEARN ABOUT SPRING

Celebrate springtime through crafts, games, and stories about flowers, weather, and the beauty of the new season.  
T, 9:30AM - 11:00AM | 3/10, 3/24, 3/31, 4/7, 4/21, 4/28  
(no program 3/17, 4/14)  
Fee: \$36/44 (NR)

#### PLAY & LEARN ABOUT ARTS & CRAFTS

Explore creativity through guided and open-ended art projects using colorful materials and fun techniques.  
Session 1 | Th, 10:00AM - 11:30AM  
1/15, 1/22, 1/29, 2/5, 2/12, 2/19  
Fee: \$36/44 (NR)  
Session 2 | Th, 10:00AM - 11:30AM  
3/12, 3/26, 4/2, 4/9, 4/23, 4/30  
(no program 3/19, 4/16)  
Fee: \$36/44 (NR)



#### CRADLE TO CRAYONS | AGES: 2 - under 5

Location: Northwest Park Early Childhood Center  
Cradle to Crayons is a preschool playgroup that supports the development of skills that will promote success in school and life. **Registration Required.**  
Th, 1/8/26 - 4/16/26 | 3:00PM - 4:15PM

# FAMILYPROGRAMS

**STRAWBERRY DIPPING PARTY**

Location: Youth Service Bureau  
Celebrate Valentine's Day with family! Dip and decorate your own chocolate-covered strawberries to take home and share.  
F, 2/13/26 | 5:00PM - 6:00PM

**LUNAR NEW YEAR CELEBRATION**

Location: Youth Service Bureau  
Learn about Lunar New Year traditions through stories, crafts, and hands-on activities. Each family takes home a book and lantern!  
Tu, 2/17/26 | 5:30PM - 7:00PM

**BUNNY ROCKS AND GARDEN WALKS**

Location: Youth Service Bureau  
Welcome spring by painting your own ceramic bunny garden stone! Brighten your outdoor space with this fun family art activity.  
Tu, 3/24/26 | 5:00PM - 6:30PM

**PLANTING FOR POLLINATORS**

Location: Youth Service Bureau  
Create a pollinator-friendly planter and learn why bees matter! Paint your pot, plant herbs and flowers, and sample local honey.  
Th, 4/23/26 | 5:00PM - 6:30PM

**OINK, MOO, AND DECORATE TOO!**

Location: Youth Service Bureau  
Decorate delicious farm-animal cookies with your family! Follow step-by-step guidance or let your creativity shine.  
T, 6/9/26 | 5:00PM - 6:30PM

**FAMILY NATURE WALK**

Location: Youth Service Bureau  
Enjoy a one-mile hike, scavenger hunt, and nature collecting adventure. Each family takes home a birdfeeder kit for backyard fun!  
T, 5/19/26 | 5:00PM - 6:30PM

## SMARTSTART

**START SMART BASKETBALL | AGE: 3 - 5**

Location: Community Y Recreation Center  
Parents will work together with their children in a supportive environment to learn the basics of sport. Teaches children (3-5) a variety of basketball skills including: dribbling, passing, shooting and agility skills.  
Sat, 2/7/26 - 3/7/26  
Session 1 | 9:00AM - 10:00AM  
Session 2 | 10:00AM - 11:00AM  
Session 3 | 11:00AM - 12:00PM  
Fee Per Session : \$65/\$81 (NR) Fee Includes Equipment

**START SMART BASEBALL | AGE: 3 - 5**

Location: Community Y Recreation Center  
Parents will work together with their children in a supportive environment to learn the basics of sport. Teaches children (3-5) a variety of baseball skills including: throwing, catching, hitting a baseball and agility skills.  
Sat, 4/11/26 - 5/9/26  
Session 1 | 9:00AM - 10:00AM  
Session 2 | 10:00AM - 11:00AM  
Session 3 | 11:00AM - 12:00PM  
Fee Per Session: \$65/\$81 (NR) Fee Includes Equipment



# YOUTHPROGRAMS

## DROP IN YOUTHBASKETBALL

**COMMUNITY "Y" | MON - FRI**  
6:00PM - 7:00PM | 13 and under  
7:00PM - 8:00PM | 14 - 15 year old  
8:00PM - 9:00PM | 16 - 17 year old

**Saturday**  
12:00PM - 1:45PM | 13 and under  
1:45PM - 3:00PM | 14 - 15 year old  
3:00PM - 4:45PM | 16 - 17 year old

**WADDELL ELEMENTARY SCHOOL | MON - FRI**  
6:00PM - 7:00PM | 13 and under  
7:00PM - 8:00PM | 14 - 15 year old  
8:00PM - 9:00PM | 16 - 17 year old

**LEISURE LABS AT MAHONEY CENTER | MON - FRI**  
5:00PM - 6:00PM | 12 and under  
6:00PM - 7:00PM | 13 - 15 year old  
7:00PM - 9:00PM | 16+  
Saturday | 10:00AM - 2:00PM

Hours subject to change once Adult and Youth Recreation Sports begin in November/December) No drop-in basketball, December 8 thru February 9. Registration card required.  
**THIS INFORMATION IS FOR LEISURE LABS ONLY**





# YOUTH PROGRAMS CONT.

**ALL ABOUT GIRLS | AGES: GRADES 4 - 7 with a parent or guardian**

Location: Youth Service Bureau

A supportive discussion on growing up for girls and their parents. Learn about physical and emotional changes—includes dinner and a take-home “period pack.

T, 5/5/26 | 5:30PM - 7:00PM

**BUDDY DAY | AGES: 6 - 13**

Location: Rose Community Room, Squire Village

High school mentors team up with kids ages 6–13 from Squire Village for fun activities, field trips, and meaningful connections that build lasting friendships and community.

W, 1/14/26 - 3/4/26 | 5:00PM - 7:00PM for 8 weeks

**OWLING FAMILY EVENT**

**Families with Youth in Grades 4+**

Location: Youth Service Bureau and offsite

Enjoy dinner, then head out after dark in search of owls! Learn about these mysterious birds and listen for their calls during this cozy evening family adventure. Registration required.

Sat, February 2026, Date TBA | 6:00PM - 8:00PM

**DUNGEONS & DRAGONS | AGES: 12-17**

Location: Youth Service Bureau

Unleash your imagination through storytelling, creativity, and teamwork in Dungeons & Dragons. Learn to play—or lead—as a game master!

T, 1/13/26 - 6/23/26 | 4:00PM - 6:00PM

**ULTIMATE ART EXPERIENCE | AGES: 11 - 15**

Location: Youth Service Bureau

Visit the New Britain Museum of American Art, then create your own masterpiece inspired by American artists—supplies included!

W, 4/15/26 | 9:00-3:00pm

(April Break for MPS Students)

**SPRING BREAK TRIP WITH POPPY TO HAMMONSASSET (JOURNEY FIELD TRIP)**

**AGES: Youth in Grades 4 - 8**

Location: Youth Service Bureau and offsite

Spend Spring Break exploring Hammonasset’s feathered friends! Learn to spot and identify birds, discover their habits, and enjoy a peaceful day outdoors with Poppy. Registration required.

T, 4/14/26 | 9:00AM - 3:00PM

**EAGLE SURVEY | AGES: Youth in Grades 4 - 8**

Location: Youth Service Bureau and offsite

Join Poppy for a day along the Connecticut River Valley searching for majestic bald eagles! Learn about local conservation efforts and help monitor these incredible birds. Registration required.

Sat, 1/24/26 | 9:00AM - 3:00PM

**GIRLS CIRCLE (BENNET ACADEMY)**

**AGES: 6TH GRADE**

Location: Bennet Academy

Afterschool program for 6th grade girls focused on friendship, confidence, and creative self-discovery. Contact Tasha Weston at (860) 647-5215 or tweston@manchesterct.gov to register.

M, 1/26/26 - 3/23/26 (no program 2/16/26)  
2:45PM - 4:30PM

**GIRLS CIRCLE (MANCHESTER MIDDLE ACADEMY)  
GRADES: 5 - 8**

Location: Manchester Middle Academy

School-based group for girls to build confidence, friendships, and healthy identity. Contact Tasha Weston at (860) 647-5215 or tweston@manchesterct.gov to register.

January 2026 - May 2026

**JOURNEY: PATHWAY TO LEADERSHIP**

**GRADES: 6-8**

Nature-based leadership and service experience with art, woodworking, and field trips.

T, 1/6/26 - 6/16/26 | 3:30PM - 5:00PM

**JOURNEY ART & NATURE / BUILD-A-BOOK  
Grades 4-5**

Create, write, and illustrate your own book inspired by nature and art!

W, 1/7/26 - 6/17/26 | 3:30PM - 5:00PM

**SPRING BIRDING | GRADES: 4-8**

Location: Youth Service Bureau and offsite

Take a springtime birdwatching trip with Poppy! Discover local birds, learn identification tips, and enjoy the beauty of nature coming to life.

Sat, March 2026, Date TBA | 9:00AM - 3:00PM

**HOMESCHOOL HAPPENINGS**

**AGES: Homeschool kids and their adult**

Location: Youth Service Bureau Teen Center

A fun, relaxed space for homeschool kids to make friends, play games, create art, and connect! Join this parent-run drop-in group for creativity, laughter, and community. Drop-in. Registration is not required.

M, 1/12/26 - 4/27/26 | 1:30PM - 3:00PM

Instructor: Parent Volunteers

**INTRO TO CROCHET | AGES: 8 -12**

Location: Leisure Labs at Mahoney Center

Crochet is a type of needlecraft in which you use a hook to create fabric from loops of yarn. Crochet can be used to make everything from blankets and scarves to hats and sweaters. If you’re looking for a fun, creative way to spend your free time, this introduction to crochet may be the perfect activity for you!

M, 1/12/26 - 3/2/26 | 6:00PM - 7:30PM

Fee: \$30/\$35 (NR)

# YOUTHSPORTS

**JUNIOR INDOOR TENNIS LESSONS | AGES: 4 - 7**

Location: Leisure Labs at Mahoney Center

Kids will learn the basic tennis lessons: groundstrokes, backhand, forehand, volleying, and serving. Please wear gym clothes and bring a racquet.

Session 1 | T, 3/31/26 - 4/21/26

5:30PM - 6:00PM

Session 2 | T, 4/28/26 - 5/19/26

5:30PM - 6:00PM

Fee per session: \$26/ \$33 (NR)

**YOUTH INDOOR TENNIS LESSONS | AGES: 8-12**

Location: Leisure Labs at Mahoney Center

Kids will learn the basic tennis lessons; groundstrokes, backhand, forehand, volleying, and serving. Please wear gym clothes and bring a racquet.

Session 1 | T, 3/31/26 - 4/21/26

6:00PM - 7:00PM

Session 2 | T, 4/28/26 - 5/19/26

6:00PM - 7:00PM

Fee per session: \$26/ \$33 (NR)

**CO-ED YOUTH INDOOR SOCCER**

Location: Leisure Labs at Mahoney Center

Gymnasium

This program focuses on teamwork, skills, and competitive play for boys and girls outdoors. Participants should bring sneakers, shorts, a shirt, and a water bottle.

**COED YOUTH | Ages: 5 - 6**

Games: Su, 1/11/26 - 3/8/26 | 1:15 PM - 2:30 PM

(no program 2/8/26)

Fee: \$35

**COED YOUTH | Ages: 7 - 8**

Games: Su, 1/11/26 - 3/8/26 | 2:45 PM - 4:15 PM

(No Program 2/8/26)

Fee: \$35



# TEENPROGRAMS

**SIBSHOP**

Location: Youth Service Bureau  
Supportive hangout space for youth with siblings with disabilities. Fun, community, and connection.  
Session 1 | Ages: 7 - 11  
2/10/26, 3/10/26, 4/14/26, 5/12/26  
3:30PM - 5:30PM  
Session 2 | Ages: 12 - 17  
2/24/26, 3/24/26, 4/21/26, 5/26  
3:30PM - 5:30PM

**SENSORY FRIENDLY FAMILY MOVIE NIGHT**

**AGES: Families with children 0 – 18**  
Location: Eastside Neighborhood Resource Center  
Sensory-friendly movie night featuring “IF” – low volume, lights on, all welcome! Space is limited. Registration is required to accommodate sensory requests best. Registration required  
F, 3/13/26 | 6:30PM

**ARCHEOLOGY DIG FOR FAMILIES AT PITKIN GLASSWORKS | AGES: 5+ (parent/guardian participation encouraged!)**

Location: 11 Parker Street, Manchester  
Family-friendly dig at historic Pitkin Glassworks– uncover artifacts and solve local mysteries! Email sbell@manchesterct.gov to register. Registration required.  
Sat, 5/30/26 (Rain Date: 6/6/26) | 10:00AM - 11:30AM

**MARTIN LUTHER KING JR. CELEBRATION**

**AGES: ALL AGES**  
Location: Manchester High School Baily Auditorium  
Honor Dr. King’s legacy at this inspiring community event featuring student awards, performances, and reflections on equality.  
T, 1/20/26 | 6:00PM - 8:00PM (snow date 1/26/26)

**FAMILY AUDUBON CHRISTMAS COUNT AGES: Families with children in grades 4-12**

Location: Youth Service Bureau and offsite  
Join the annual Audubon bird count and help track local bird populations! Families and youth will enjoy a day of birdwatching, data collection, and community service. Binoculars and lunch provided. Registration required.  
Sat, 1/10/26 | 9:00AM - 2:00PM

**TEEN CENTER | AGES: 12-17**

Location: Manchester Youth Service Bureau  
Drop-in teen space for youth with games, bike repair, snacks, and monthly pizza parties.  
T, W, Th, 1/13/26 - 6/24/26 | 1:00PM - 5:00PM

**YOUTH AND POLICE PROGRAM | AGES: 15 - 18**

Location: Manchester Youth Service Bureau  
Build positive connections between high school youth and local police through team-building and service.  
Bi-Monthly, January – June 2026 (Variable Schedule)

**RED CROSS BABYSITTING CERTIFICATION CLASS | AGES: 13 - 18**

Location: Manchester Youth Service Bureau  
Earn your Red Cross Babysitting Certification in this 2-day training for teens.  
Sat, 3/7/26 | Su, 3/8/26 | 8:30AM - 2:30PM

**UNLOCKING YOUR POTENTIAL “EMPOWERING YOUTH FOR CAREER SUCCESS” | AGES: 17 +**

Location: Youth Service Bureau  
A program for recent high school grads focused on building career and life skills. Gain certifications like CPR and OSHA, boost employability, and get empowered for career success! Registration required.  
T, February - May | 3:00PM - 5:30PM for 8 weeks

**CLASSY COOKING | AGES: 12-18**

Location: Youth Service Bureau  
Learn to cook simple, tasty recipes in this fun 10-week hands-on class! Explore kitchen skills, food safety, and confidence as you create full meals you can make on your own. Registration required.  
Tu, 3/3/26 - 4/28/26 | 3:30PM - 5:30PM

**TAKE A HIKE | AGES: 14 - 18**

Location: Manchester Youth Service Bureau/Off-site  
Kick off Spring Break with an adventurous hike at Giufridda Park in Meriden! Enjoy stunning views, fresh air, and fun with friends. Transportation provided from the Youth Service Bureau—bring water and good shoes! Registration required.  
M, 4/13/26 | 9:00AM - 3:00PM

**CCSU COLLEGE TOUR | AGES: 14 - 18**

Location: Manchester Youth Service Bureau/Off-site  
Explore college life with a guided tour of Central Connecticut State University! Learn about campus life, ask questions, and get inspired for your future. Registration required—join us for this fun, educational day trip!  
T, 4/26/26 | 10:00AM - 3:30PM

**FACTS | AGES: 14-18**

Location: Manchester High School  
FACTS is a youth prevention program that builds leadership, confidence, and resilience through sober living. Contact John Dalterio at (860) 647-5223 or jdalterio@manchesterct.gov to register.  
M, 1/12/26 – May 2026 | 2:10PM - 3:10PM

**VOICES (BENTLEY ACADEMY) | AGES: 14-18**

Location: Bentley Academy  
Empowering group for girls 14-18 to grow in self-awareness, identity, and strength. Contact Sheridan Douglass at (860) 647-5216 or sdouglass@manchesterct.gov to register.  
W, January – May | 10:30AM - 12:00PM

**MANCHESTER YOUTH COMMISSION GRADES: 9-12**

Location: Youth Service Bureau  
Manchester youth entering grades 9 – 12 can apply to serve on the Youth Commission, a leadership group that gives teens a voice in town government, community change, and youth-driven projects. Visit, ManchesterCT.gov/YSB to apply.  
Applications open: 2/17/26  
Applicatoins close: 4/10/26

**PACKED WITH PURPOSE | AGES: 14 - 18**

Location: Youth Service Bureau  
Empowering young men to explore identity, confidence, and purpose through dog training and acts of service.  
Th, 1/29/26 - 5/7/26 | 3:30PM - 5:30PM

## LEISURELABS

**PIZZA AND HOMEWORK | AGES: 12-17**

Location: Leisure Labs at Mahoney Center Art Lab  
Open creative space for teens.  
3rd W, 6:00PM - 7:30PM | 1/21, 2/18, 3/18, 4/15  
Registration Required

**DIY JOURNALS | AGES: 12-17**

Location: Leisure Labs at Mahoney Center Program Lab  
Are you interested in journaling? Come to Leisure Labs to design your very own journal with stickers, intentional quotes, and more  
Th, 3/19/26 | 6:00PM - 7:30PM  
Registration Required

**VISION BOARD NIGHT | AGES: 12-17**

Location: Leisure Labs at Mahoney Center  
Do you like to visualize your future/goals? This is your time! Come and make a vision board with words and pictures at the Center.  
F, 1/9/26 | 6:00PM - 7:30PM  
Registration Required

NEW

**YOUTH DROP-IN PICKLEBALL | AGES: 14 - 17**

Location: Illing Middle School  
Serve up some fun! Whether you’re picking up a paddle for the first time or sharpening your game, this casual program is the perfect place to play, learn, and connect with friends. Just show up and join the action—no registration needed, rec card required!  
Th, 1/8/26 - 5/14/26 | 6:00PM - 9:00PM



# ADULT PROGRAMS

## RECPICKLEBALL

### BEGINNER PICKLEBALL | AGE: 18+

Location: Illing Middle School

This is an open court pickleball session for those new to the game of pickleball. Pickleballs and paddles will be provided, but players are welcome to bring their own equipment.

6:00PM - 9:00PM

Session 1 | M, 1/5/26 - 1/26/26 (no program 1/19)

Session 2 | M, 2/2/26 - 2/23/26 (no program 2/16)

Session 3 | M, 3/2/26 - 3/23/26

Session 4 | M, 3/30/26 - 4/27/26 (no program 4/13)

Fee: \$30/\$35 (NR) per session

NEW

### 55+ PICKLEBALL PROGRAM

Location: Leisure Labs at Mahoney Center

Join us for fun, fitness, and friendly competition! This pickleball program combines skill-building, teamwork, and active games designed for all experience levels.

We'll wrap up each session with a friendly tournament and community potluck!

9:00AM - 11:00AM

Session 1 | T/Th, 1/6/26 - 1/29/26

Session 2 | T/Th, 2/3/26 - 2/26/26

Session 3 | T/Th, 3/3/26 - 3/26/26

Session 4 | T/Th, 4/7/26 - 4/30/26

Session 5 | T/Th, 5/5/26 - 5/28/26

Fee: \$30/\$40 (NR) per session

### INTERMEDIATE PICKLEBALL | AGE: 18+

Location: Illing Middle School

This is an open court pickleball session for those experienced with the game of pickleball. Pickleballs & paddles will be provided, but players are welcome to bring their own equipment.

6:00PM - 9:00PM

Session 1 | W, 1/7/26 - 1/28/26

Session 2 | W, 2/4/26 - 2/25/26

Session 3 | W, 3/4/26 - 3/25/26

Session 4 | W, 4/1/26 - 4/29/26 (no program 4/15)

Fee: \$30/\$35 (NR) per session

NEW

### CO-ED PICKLEBALL LEAGUES | AGE: 18+

Location: Illing Middle School

Designed for players of all skill levels seeking structured, competitive play in a supportive environment. Matches are scheduled weekly. This league offers a balanced mix of strategy, athleticism, and community.

Co-Ed League | Tu, 2/10/26 - 5/12/26

6:00PM - 9:00PM

Fee: \$175 per team

### YOGA 4 LIFE | AGES: 18+

Location: Community Y Recreation Center

A slower-paced yoga class structured around rejuvenating, empowering, and healing the body and mind.

6:30PM - 7:30PM

Session 1: M/W, 1/12/26 - 2/4/26 (no program 1/19)

Session 2: M/W, 2/23/26 - 3/25/26

Session 3: M/W, 4/6/26 - 5/6/26

Session 4: M/W, 5/18/26 - 6/10/26 (no program 5/25)

Session 1 Fee: \$42/\$52 (NR)

Session 2 Fee: \$60/\$75 (NR)

Session 3 Fee: \$60/\$75 (NR)

Session 4 Fee: \$42/\$52 (NR)

### CARDIO BURN | AGES: 18+

In this HIIT workout, increase your heart rate while improving your strength, boost your power and endurance, and work your entire body with challenging moves.

Location: Leisure Labs at Mahoney Center

6:45PM - 7:30PM

Session 1 | M, 1/12/26 - 4/6/26

(no program 1/19, 2/16, 2/23)

Session 2 | M, 4/20/26 - 5/11/26

Session 1 Fee: \$60/\$75 (nr)

Session 2 Fee: \$24/\$30 (nr)

Location: Community Y Recreation Center

10:00AM - 10:45AM

Session 3 | Sat, 1/17/26 - 4/25/26

(no program 2/14, 2/21, 2/28, 4/4)

Session 4 | Sat, 5/2/26 - 6/13/26

(no program 5/23)

Session 3 Fee: \$60/\$75 (nr)

Session 4 Fee: \$36/\$45 (nr)

### YOGA FOR ACTIVE LIFESTYLES | AGES: 18+

Location: Community Y Recreation Center

In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Please bring your own mat.

5:30PM - 6:30PM

Session 1 | T/Th, 1/13/26 - 2/12/26

Session 2 | T/Th, 3/3/26 - 4/2/26

Session 3 | T/Th, 4/14/26 - 5/14/26

Session 4 | T/Th, 5/19/26 - 6/11/26

Session 1 Fee: \$60/\$75 (NR)

Session 2 Fee: \$60/\$75 (NR)

Session 3 Fee: \$60/\$75 (NR)

Session 4 Fee: \$48/\$60 (NR)

### MAT PILATES | AGE: 18+

Location: Community Y Recreation Center

Strengthen your core & improve flexibility with a class accommodating all skill levels.

5:00PM - 6:00PM

Session 1 | T, 1/13/26 - 3/17/26

Session 2 | T, 4/7/26 - 6/9/26

Fee per session: \$60/\$75 (NR)

### STRENGTH 4 LIFE | AGES: 18+

Location: Community Y Recreation Center

This class will help you develop and maintain strength throughout the whole body. This is a non-aerobic, non-impact class with seated and standing exercises.

9:30AM - 10:30AM

Session 1 | T/Th, 1/13/26 - 2/12/26

Session 2 | T/Th, 3/3/26 - 4/2/26

Session 3 | T/Th, 4/14/26 - 5/14/26

Session 4 | T/Th, 5/19/26 - 6/11/26

Session 1 Fee: \$60/\$75 (NR)

Session 2 Fee: \$60/\$75 (NR)

Session 3 Fee: \$60/\$75 (NR)

Session 4 Fee: \$48/\$60 (NR)

### BARRE AND MORE | AGES: 18+

Location: Community Y Recreation Center

Combines elements of Pilates, yoga, dance, and functional training, allowing for a full body workout to tone, lift, and sculpt.

Session 1 | T/Th, 1/13/26 - 2/12/26 | 6:30PM - 7:30PM

Session 2 | T/Th 3/3/26 - 4/2/26 | 6:30PM - 7:30PM

Session 3 | T/Th 4/14/26 - 5/14/26 | 6:30PM - 7:30PM

Session 4 | T/Th 5/19/26 - 6/11/26 | 6:30PM - 7:30PM

Session 5 | Sat, 1/17/26 - 4/25/26 | 11:00AM - 12:00PM

(no program 2/14, 2/21, 2/28, 4/4)

Session 6 | Sat, 5/2/26 - 6/13/26 | 11:00AM - 12:00PM

(no program 5/23)

Session 1 Fee: \$60/\$75 (NR)

Session 2 Fee: \$60/\$75 (NR)

Session 3 Fee: \$60/\$75 (NR)

Session 4 Fee: \$48/\$60 (NR)

Session 5 Fee: \$60/\$75 (NR)

Session 6 Fee: \$36/\$45 (NR)

### TOTAL BODY PLUS | AGES: 18+

Location: Community Y Recreation Center

Train every major muscle group through strength resistance exercises using a variety of equipment.

6:00PM - 7:00PM

Session 1 | M/W, 1/21/26 - 2/25/26 (no program 2/16)

Session 2 | M/W, 3/4/26 - 4/6/26

Session 3 | M/W, 4/20/26 - 5/20/26

Fee per session: \$60/\$75 (NR)

### TEAM FIT AFTER WORK | AGES: 18+

Location: Community Y Recreation Center

This fitness class is a circuit with an interval training format. Participants do challenging yet motivating strength core and cardiovascular conditioning. You'll do a variety of exercises to improve your overall fitness using all the latest fitness equipment.

5:00PM - 5:45PM

Session 1 | M/W, 1/21/26 - 2/25/26 (no program 2/16)

Session 2 | M/W, 3/4/26 - 4/6/26

Session 3 | M/W, 4/20/26 - 5/20/26

Fee Per Session: \$60/\$75 (NR)

# ADULT PROGRAMS CONT.

**ARCHEOLOGY DIG | AGES: 18+**

Location: 11 Parker Street

Join local experts for a day of digging at the ruins of Pitkin Glassworks. You will work with Manchester historians to uncover artifacts to solve this centuries old mystery - what did Pitkin Glassworks actually look like? Space is limited; registration required. For more information contact, sbell@manchesterct.gov

Sat, 5/9/26 (rain date 5/16)

10:00AM - 11:30AM

Fee: Suggested \$10 donation



**ADULT DROP-IN BASKETBALL**

**AGES: M/TU 18+ | W 40+**

Location: Verplank Elementary School

10/6/25 - 4/8/26 | 6:00PM - 9:00PM

Fee: No Fee (Must Have Valid Rec Card)

**PERSONAL TRAINING ONE ON ONE**

Location: Community Y Recreation Center

Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs, such as introduction to cardio equipment and weights, will be addressed if needed.

Call (860) 647-3164 to book.

**Fee:**

(1) 1 Hour Session: \$60/\$75 (NR) per session

(5) 1 Hour Sessions: \$250/\$312 (NR) per session

(10) 1 Hour Sessions: \$400/\$500 (NR) per session

**Buddy Rate (two people)**

(1) 1 Hour Session: \$100/\$125 (NR) per session

(5) 1 Hour Session: \$400/\$500 (NR) per session

(10) 1 Hour Session: \$550/\$680 (NR) per session

# SENIOR CENTER

ManchesterCT.gov/Government/Departments/Senior-Center

Monday - Friday | 8:30AM - 4:30PM | (860) 647-3211

Holiday Closures: Senior Center programs will be closed on Town holidays

Manchester Senior Center | 549 East Middle Turnpike

The Senior Center is a Division of the Human Services Department. The Senior Center and the Recreation Division of the Department of Leisure, Family & Recreation collaborate to provide a full spectrum of recreational, social and health programs for Manchester seniors.

**PROGRAM REGISTRATION**

Registration for programs is on-going. Register at the Manchester Senior Center, the Community Y Recreation Center, or at the Center Springs Recreation Office.

**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 Hiking Club, Biking Club, Walking Group, and Group Travel. For more information, call the Senior Center at (860) 647-3211.

**HEALTH PROGRAMS**

The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Fall Risk Assessments, Health Consultations and Health Education programs. For more information, call (860) 647-3211.

**SOCIAL SERVICE PROGRAMS**

Questions regarding health insurance, home care, housing, the Medicare Savings Plan, energy assistance or anything of a personal nature can be directed to Kitty Dudley or Ed Paquette, the Senior Center Social Workers. Make an appointment by calling (860) 647-3211.

**FINANCIAL ASSISTANCE**

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

**CANCELLATION POLICY**

During inclement weather, if Manchester Public Schools are closed, all center programs, meals and transportation are canceled for that day. The Center staff is available in the office for regular scheduled office hours. When school is on a 2-hour delay all programs, meals and transportation will be delayed until 10:30AM. Any programs that start before 10:30 AM are canceled. Call the Senior Center to listen to the voice recording or check WFSB Channel 3 or WVIT Channel 30 for updates.

**SENIOR CENTER MEMBERSHIP**

Membership is required to participate in Senior Center activities. Membership is open to Manchester residents only, and you must be 60 years of age or older. Memberships cost \$10 and can be purchased at the Manchester Senior Center Monday - Friday, between 8:30AM - 4:30PM. Contact the Senior Center at (860) 647-3211.

**MEAL PROGRAM**

Lunch is served daily at 12:00PM for those 60 and over. Reservations are required in advance no later than 12:30PM the day before, reservations can be made up to a week in advance. Call (860) 647-3211 for reservations. Cost: suggested donation of \$2.50. If you find that you need to cancel your lunch, please call the office. We appreciate as much notice as possible.

**TRIPS**

Trips offered by the Senior Center are advertised in the newsletter, online and trip flyers are available in the Senior Center lobby. Call Missy Rankin at (860) 647-3210 for more information.

**TRANSPORTATION**

The Senior Center provides rides for Manchester residents to and from the center for classes, activities and lunch. Bus rides can be scheduled up to 3:00PM the day before your ride. Call the Senior Center office at (860) 647-3211 to schedule your ride. If you find that you need to cancel your ride please call the office. We appreciate as much advance notice as possible.

**TOWN OF MANCHESTER  
DIAL-A-RIDE SERVICES**

DIAL-A-RIDE is a separate service from the Manchester Senior Center Transportation. To register or to schedule a ride call (860) 870-7940. If you need more information, please direct your inquiries to Senior, Adult & Family Services at (860) 647-3096.

We're on FACEBOOK!

Make sure to Follow and Like the Manchester Senior Center Facebook Page to get the latest and greatest news! <https://www.facebook.com/ManchesterCTSeniorCenter>