

Department of Leisure, Family and Recreation

2022 WINTER/SPRING PROGRAM & EVENT GUIDE



REGISTRATION BEGINS DECEMBER 7



GENERAL INFORMATION

FACILITY & PROGRAM

COVID-19 Notice

The Department follows all CDC and State guidance regarding social distancing and preventative measures to ensure your safety and the safety of our community. Please follow these guidelines to keep our community safe. If you feel ill please stay home.

FACILITIES

[Call for hours of operation]

Center Springs Main Office

39 Lodge Drive • Center Springs Park • 647-3084

Community Y Recreation

78 North Main Street • 647-3164

Fitness Center Hours

M- F, 8:30 AM-9:00 PM

Sa, 10:00 AM -5:00 PM

Eastside Neighborhood

Resource Center

153 Spruce Street • 647-3089

Leisure Labs at Mahoney

Center

110 Cedar Street • 647-3166

Northwest Park Early Childhood

Center (Activity Center Bld. 1)

448 Tolland Turnpike, Bld. #1 • 647-5212

Youth Service Bureau (YSB)

63 Linden Street • 647-5213

YSB Teen Center

63 Linden Street • 647-5213

Outdoor Ice Skating

Lighted ice skating is offered at Union Pond Park & Charter Oak Park when ice conditions

are suitable. Ice skating is drop-in and unsupervised. Weather and ice conditions permitting.

Northwest Park Pavilion

Rental

Northwest Park's grand pavilion is available for rental beginning May 1ST each year. For more information and inquiries regarding reservations please visit contact the pavilion coordinator at (860) 647-3075.

AQUATIC FACILITIES

MHS Main Swimming Pool

134 E. Middle Turnpike

Open Swim Hours: M/W, 7:30-8:30 PM; Sa, 12:00-1:00 PM

MHS IOH Swimming Pool

134 E. Middle Turnpike

Open Swim Hours: M/W, 7:30-8:30 PM, Sa, 12:00-1:00 PM



PARKS & TRAILS

OurParks and Trails

For more information about Manchester's parks and trails, visit manchesterct.gov/facilities and search for a park near you.

CONNECT WITH US

Program Cancellation Line

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

Better Manchester E-Mail Service

Sign up to receive the Department's free bi-monthly e-mail service to provide you with timely information about new programs, facilities and featured stories. **Subscribe On-line:** bettermanchester.com/subscribe

Manchester Matters

Stay informed about events happening in Town, by receiving periodic emails with news about voting, taxes, leaf collection, meetings, construction, fire safety, programs offered and more. Residents and those who work in town are invited to sign up on-line at manchesterct.gov or by calling 647-5235.

Follow Us on Social Media

Like us on Facebook and follow us on Instagram & Twitter to learn more about programs, upcoming events and more!



Find. Like. Share.

@ManchesterRecreation @YouthSvc
@NeighborhoodsandFamilies

MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid until December 31, 2023

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2022/2023 recreation season. Senior citizen passes are also valid for 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 and renewal. You must be present when purchasing a membership as photos will be taken at the time of purchase. Adult, Youth and Senior facility passes can be purchased at Center Springs, Community Y Rec Center and Customer Service at Town Hall. Senior passes can also be purchased at the Senior Center.

2023-2023 Memberships

Membership passes that are renewed and the cost associated, as well as the renewal cycle are back on track! January 1, 2023 – December 31, 2023. Please refer to the Fee Schedule below.

Facility Pass Fees

| | |
|--|----------|
| Youth (0-20 years old) | No Cost |
| Adults (21-59 years old) | \$50.00* |
| *Adult pass fees are reduced to \$25.00 after June 1st | |
| Senior Citizen (60 and older) | \$10.00 |
| Lost Card Replacement Fee | \$5.00 |

Senior

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

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



we're hiring!

Learn about seasonal job opportunities available in Manchester!

Did you know that the Department of Leisure, Family, and Recreation hires more than 300 part-time employees each year? Be a part of our team and complete an on-line application by scanning the QR Code!



Do you have questions?

Contact the Recreation Division main office by calling (860) 647-3084.



Holiday in the Park

December 17, 2022 | 9:00 - 11:00 AM
Northwest Park, 448 Tolland Turnpike, Manchester, CT

The Department of Leisure, Family, and Recreation would like to invite you and your family to Holiday in the Park. Come take a drive through the park where you'll find characters, treats and a surprise gift. Gifts are limited and will be first come first serve. We kindly ask that all children wanting gifts be present in the car while you drive.

For more information call (860) 647-3164



REGISTRATION INFORMATION



Register

Registration Dates

Residents: December 7, 2022

Non-residents: December 9, 2022

REGISTRATION OPTIONS

1. Online Registration 24/7

Enjoy the convenience of registering from your home computer 24 hours a day/seven days a week. Don't remember your username or password? Give us a call and we can assist you!

Log on to: RecOnline.townofmanchester.org

2. Over the Phone

Having trouble registering on-line. Give us a call and we'll be glad to register you over the phone. Have your payment information ready. Contact us at 860-647-3084. (If paying over the phone a Visa or MasterCard must be used.)

3. In-Person

Visit the Manchester Community Y Recreation Center, the Lodge Main Office, or the Customer Service Center to register in person.

RESIDENCY AND NON-RESIDENT POLICY

Registration

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

Program Enrollment Policy

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

Refund Policy

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

Pro-rating Fees for Late Registration

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

Confirmation Receipt

On-line registrants should print out their receipt upon registration.

Program information will also be included on this form.

Waiting List

If your desired class is filled, you may be placed on a waitlist, if a waitlist is available. If a waitlist is permitted, you will be contacted by our department if an opening becomes available. This does not include the Infant, Toddler, Preschool and Levels 1-6 swim lessons.

Don't Be Disappointed! Register Early!

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

AQUATICS

GENERAL INFORMATION

Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield St. Locker Rooms available. Pool is closed while school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

The IOH Pool is adjacent to the MHS Main Pool. The entrance, pool and locker room is fully accessible. The pool is heated, with steps and a ramp for pool entry.

Please Note: Children 10 and under must be accompanied by an adult 18+

Pool Reopens: Tuesday, January 3, 2023

Pool will be closed on the following dates:
01/16, 02/20, 02/21, 04/17 – 04/21, 05/29

POOL SCHEDULE

OPEN SWIM MAIN POOL

M/W: 7:30-8:30 PM | **Saturday:** 12:00-1:00 PM

OPEN SWIM IOH POOL

M/W: 7:30-8:30 PM | **Saturday:** 12:00-1:00 PM

Main Pool Close: Th, 06/01/23

IOH Pool Close: W, 05/31/23

Weekend Swim Hours End: Sa, 03/25/23

| Level | Time | Session | Day | Pool |
|-----------|------------------|---------|------|------|
| Infant | 6:00-6:30 PM | 1,2 | M | IOH |
| Infant | 6:00-6:30 PM | 1,2 | W | IOH |
| Toddler | 6:30-7:00 PM | 1,2 | M | IOH |
| Toddler | 6:30-7:00 PM | 1,2 | W | IOH |
| Toddler | 11:00-11:30 AM | 1 | SA | IOH |
| Toddler | 6:00-6:30 PM | 1 | T | MAIN |
| Toddler | 6:00-6:30 PM | 1 | TH | MAIN |
| Preschool | 7:00-7:30 PM | 1,2 | M | IOH |
| Preschool | 7:00-7:30 PM | 1,2 | W | IOH |
| Preschool | 10:30-11:00 AM | 1 | SA | IOH |
| Preschool | 6:00-6:30 PM | 1 | M | MAIN |
| Preschool | 5:30-6:00 PM | 1 | T | MAIN |
| Preschool | 6:00-6:30 PM | 1 | W | MAIN |
| Preschool | 5:30-6:00 PM | 1 | TH | MAIN |
| Level 1 | 6:00-6:30 PM | 1,2 | T/TH | IOH |
| Level 1 | 9:00-9:30 AM | 1 | SA | IOH |
| Level 1 | 10:00-10:30 AM | 1 | SA | IOH |
| Level 2 | 6:30-7:00 PM | 1,2 | T/TH | IOH |
| Level 2 | 7:00-7:30 PM | 1,2 | T/TH | IOH |
| Level 2 | 9:30-10:00 AM | 1 | SA | IOH |
| Level 2 | 11:30-12:00 PM | 1 | SA | IOH |
| Level 3 | 7:00-7:30 PM | 1,2 | T/TH | Main |
| Level 3 | 11:00-11:30 AM | 1 | SA | Main |
| Level 3 | 11:30-12:00 PM | 1 | SA | Main |
| Level 3 | 6:30-7:00 PM | 1,2 | M/W | Main |
| Level 3 | 7:00-7:30 PM | 1,2 | M/W | Main |
| Level 4 | 6:30-7:00 PM | 1,2 | T/TH | Main |
| Level 4 | 10:30 – 11:00 AM | 1 | SA | Main |
| Level 4 | 11:30-12:00 PM | 1 | SA | Main |
| Level 4 | 6:30-7:00 PM | 1,2 | M/W | Main |
| Level 5 | 7:00-7:30 PM | 1,2 | T/TH | Main |
| Level 5 | 11:00-11:30 AM | 1 | SA | Main |
| Level 5 | 5:30-6:00 PM | 1,2 | M/W | Main |
| Level 6 | 6:30-7:00 PM | 1,2 | T/Th | Main |
| Level 6 | 10:30-11:00 AM | 1 | SA | Main |
| Level 6 | 7:00-7:30 PM | 1,2 | M/W | Main |



SESSION SCHEDULE

MONDAY & WEDNESDAY CLASSES

Session 1: 01/23/23-02/15/23

Session 2: 03/06/23-03/29/23

TUESDAY & THURSDAY CLASSES

Session 1: 01/24/23-02/16/23

Session 2: 03/07/23-03/30/23

SATURDAY CLASSES

Session 1: 01/28/23-03/25/23

(No Class 02/18/23)

MONDAY ONLY CLASSES

Session 1: 01/23/23-03/20/23

(No Class 02/20/23)

Session 2: 04/03/23-06/05/23

(No Class 04/17/23, 05/29/23)

TUESDAY ONLY CLASSES

Session 1: 01/24/23-03/21/23

(No Class 02/21/23)

WEDNESDAY ONLY CLASSES

Session 1: 01/25/23-03/15/23

Session 2: 04/05/23-05/31/23

(No Class 04/19/23)

THURSDAY ONLY CLASSES

Session 1: 01/26/23-03/16/23



AQUATIC CLASSES



SWIM LESSON

REGISTRATION

December 7, 2022

Registration Information

Registration for all aquatic lessons will begin at 9 AM on Wednesday December 7, 2022. Registration will be taken in-person and on-line.

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 Division 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; Recreation Division Main Offices, 39 Lodge Drive; and Customer Service Center at Town Hall, 41 Center Street.

On-line Registration: Log onto reconline.townofmanchester.org to register for swim lessons beginning at 9 AM. (Please note that on-line registration requires users to set up an account which may take time the day of registration.)

Fee: The fee for swim lessons is \$25. In-person forms of payment include: cash, credit card and check (made payable to the Town of Manchester). On-line payment is by credit card 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 (**adult must be in water with child**)

Levels 1-6: Ages 5 to 12

Class ratio:

Infant: 1:12

Toddler: 1:12

Preschool: 1:12

Levels 1-6: 1:8

Once class levels reach maximum enrollment, registration for that class will close. Waiting lists are not maintained for swim lessons.

Swim Lesson Evaluation Night

Do you want to know what level swimming ability your child is? Ensure you enroll your child in the correct swimming lesson for our 2023 Summer sessions. Don't miss out on an opportunity to have a 15 minute 1-on-1 instruction with a certified WSI Instructor. Registration for the evaluations will close the week prior to the proposed dates. Contact 860-647-3164 to schedule.

Location: Manchester High School Main/IOH Pool

Meets: 04/10/23, 04/12/23, 04/24/23, 04/26/23, 05/01/23, 5:30-7:30 PM

Total Aqua

Combine segments of cardio and strength training using training intervals and weight resistance tools. Designed for all fitness levels using equipment that helps result in a toned & functional body. Covers strength, cardio, and mobility, well enough to wear you out!

Instructor: Tanya Camerota

Location: Manchester High School IOH Pool

Age: 18+

Meets: M/W, 5:00-5:45 PM

Session 1: 01/04/23-02/01/23 (No Class 01/16/23)

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

Session 2: 02/13/23-03/20/23 (No Class 02/20/23)

Session 3: 04/03/23-05/10/23 (No Class 04/17/23, 04/19/23)

Fee: \$60 / \$72 (nr)

Session 4: 05/15/23-05/31/23 (No Class 05/29/23)

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

Aqua Circuit

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

Instructor: Tanya Camerota

Location: Manchester High School IOH Pool

Age: 18+

Meets: Tue/Thur, 4:00 – 4:45 PM

Session 1: 01/03/23-02/02/23

Session 2: 02/14/23-03/21/23 (No Class 02/21/23)

Session 3: 04/04/23-05/11/23

(No Class 04/18/23, 04/20/23)

Fee: \$60 / \$72 (nr)

Session 4: 05/16/23-06/01/23

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

Swim for Fitness

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

Instructor: Carin Hoffman

Location: Manchester High School Main Pool

Ages: 18+

Meets: T/Th, 7:30-8:30 PM

Session 1: 01/10/23-02/09/23

Session 2: 02/14/23-03/21/23 (No Class 02/21/23)

Session 3: 04/04/23-05/11/23

(No Class 04/18/23, 04/20/23)

Fee: \$60/ \$72 (nr)

AQUATIC CLASSES



Adult Swim Lessons

Designed for the first time swimmer or for those who have fear of the water. Participants will learn introductory water safety skills which include entry/exit skills, experiencing buoyance on your front and back and basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

Instructor: TBD

Location: Manchester High School Main Pool

Age: 18+

Session 1: Sa, 01/28/23-04/01/23, 8:30-9:30 AM
(No Class 02/18/23)

Fee: \$54/ \$68 (nr)

Intermediate Adult Lessons

This class is designed for swimmers who feel comfortable in the water. Participants will build upon their knowledge of the basic swimming strokes that was taught in the beginner class. Participants should feel comfortable entering any depth of water and would be able to identify exit points for safety purposes.

Instructor: TBD

Location: Manchester High School Pool

Age: 18+

Meets: Sa, 01/28/22-04/01/23, 9:30-10:30 AM
(No Class 02/18/23)

Fee: \$54/\$68 (nr)

Teen Swim Lessons

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

Location: Manchester IOH Pool

Ages: 13-18

Meets: T/Th, 5:00-5:45 PM

Session 1: 01/24/23-02/28/23 (No Class 02/21/23)

Session 2: 03/14/23-04/13/23

Session 3: 05/02/23-06/01/23

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

Adult Lap Swim

Swimming is one of the best overall body workouts. Build cardio and tone at the same time.

Dedicated lap swim time available evenings.

Location: Manchester High School Pool

Age: 18+

Session 1: M-Th, 01/03/23-03/18/23, 8:30-9:30 PM

(No Class 01/16/23, 02/20/23, 02/21/23)

Session 2: M-Th, 03/16/23-06/01/23, 8:30-9:30 PM

(No Class 04/17/23, 04/18/23, 04/19/23, 04/20/23, 05/29/23)

Fee: \$50 (residents only)

Private Swim Lessons

Private swim lessons are structured to cater to meet you or your child's specific instructional needs. The staff will work to customize a personal swim lesson schedule with an instructor. Lessons are offered as 4 thirty-minute sessions at a mutually agreed upon times. Semi-private lesson participants must be within a skill level of each other.

PRIVATE SESSION

4 X 30 Minute Private (1:1) Lessons

Fee: \$100

SEMI-PRIVATE SESSION

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

Fee: \$160/ for 2 participants

REGISTRATION INFORMATION

Contact 860-647-3139 or visit the Community Y and be prepared with dates and times. Lessons will only be offered at the MHS Main Pool M-Th, 5:30-6:30 PM. Priority will be a first come first serve basis.

Life Guard Training (LGT)

Through video, group discussion and hands – on practice, learn patron rescue and surveillance skills, first aid and CPR/AED. Successful candidates will receive a 2/yr CPR/AED for the Professional Rescuers and a 2/yr Lifeguard certification. Due to this being a blended learning course, online and in person registration will close on 01/06/23 for the January Session and on 04/10/23 for the April Vacation session. **Pre-requisites:** Must be at least 15 years of age and pass certain swimming requirements. Attendance at each class is mandatory.

Facilitator: Josh Charette

Location: Manchester High School Main Pool

Ages: 15+

JANUARY SESSIONS

Meets: F/Sa, 01/13/23, 01/14/23, 01/20/23, 01/21/23 & 01/27/23, 5:30-9:30 PM

Fee: \$50/ \$250 (nr)

APRIL VACATION SESSIONS

Meets: M-F, 04/17/23-04/21/23, 8:30 AM-12:30 PM

Fee: \$50/ \$250 (nr)

Water Safety Instructor (WSI)

This American Red Cross course trains instructor candidates to teach all of the courses presented in the Swimming & Water Safety program to all age groups including Learn-to-Swim Levels 1-6, Adult Swim and Infant, Toddler, Preschool classes. This certification is the gold standard and provides the most comprehensive training for swim instructors. Due to this being a Blended Learning course, online and in person registration will close on 4/10/23. **Prerequisites:** Must be at least 16 years of age and be able to swim at a Learn to Swim level 4 ability.

Location: Manchester High School Main Pool

Ages: 16+

APRIL VACATION SESSIONS

Meets: M-F, 04/17/23-04/21/23, 1:00-6:00 PM

Fee: \$50/ \$350 (nr)

EARLY CHILDHOOD



For questions regarding any Early Childhood program please contact Caitlin McNamara by email at CMcnamara@manchesterct.gov

Cradle to Crayons

Cradle to Crayons is a preschool playgroup that supports the development of skills that will promote success in and out of preschool and kindergarten. Activities include circle time, art, fine motor, gross motor, pre-math and pre-writing skill building. Children will have the opportunity to both engage in socialization and free play with other children as well as structured activities. Masks required for children and adults.

Instructor: Caitlin McNamara

Location: NWP Early Childhood Center

Age: 2-5 years old

Meets: Th, 01/12/23-04/20/23, 3:00-4:15 PM

Fee: No Cost

Mommy & Me Playgroup

This program is for moms and their infants to early walking age (approximately newborn to age 2). The group is for parents of young babies and toddlers to socialize in an unstructured playgroup atmosphere. This is a laid back social group with no judgment, come when you can! A private changing and feeding room is available. Registration is not required to attend, please just show up.

Instructor: Caitlin McNamara

Location: NWP Early Childhood Center

Age: 0-1 years old

Meets: T, 01/03/23-04/25/23, 3:00-4:30 PM

Fee: No Cost



Winter Wednesdays

Winter Wednesdays is a playgroup for toddlers who are ready for a little more structure than just free play time. There will be stories and songs, a simple craft or art offering, and other activities that support reaching developmental milestones of this age group.

Instructor: Caitlin McNamara

Location: NWP Early Childhood Center

Age: 1.5-2.5 years

Meets: W, 01/11/23-03/29/23, 3:00-4:15 PM

Fee: No Cost

Robin's New Mom's Group LED BY BOARD CERTIFIED LACTATION CONSULTANT ROBIN DEGEMMIS

Each week will include a topic for discussion as well as time for socializing and having your questions answered. Babies from birth to 12 months are included. An opportunity to meet other new moms and get support in a warm and welcoming environment. Check Robin's Facebook page "Robin's Lactation Services" for any cancellations before attending. This program is for new caretakers to receive lactation and parenting support. Contact Robin to register (860)742-6231 or RobinDeGemmis@gmail.com.

Instructor: Robin DeGemmis

Location: Northwest Park Early Childhood Center

Age: 0- 6 months

Meets: Th, 01/05/23-04/27/23, 11:30 AM-1:30 PM,

Fee: No Cost

Play & Learn Playgroups

PLAY & LEARN NURSERY RHYMES

A parent-child class where we learn common nursery rhymes with songs, pretend play, sensory play and crafts! Includes free play, circle time, crafts and vocabulary rich conversations. We will be learning through simple and engaging activities that are interactive and developmentally appropriate. Caregivers should be prepared to participate with their little learner!

Instructor: Caitlin Barclay

Location: NWP Early Childhood Center

Age: 12 months-23 months

Meets: M, 01/09/23-03/13/23, 9:30-11:00 AM
(No Class 01/16/23 and 02/20/23)

Fee: \$48/ \$56 (nr)

PLAY & LEARN TO COUNT & CRAFT WITH ARCTIC ANIMALS

A parent-child class where we practice counting while learning about arctic animals through read alouds and crafts! This class will also include circle time, songs, some free play and vocabulary rich conversations. We will be learning through simple and engaging activities that are interactive and developmentally appropriate. Caregivers should be prepared to participate with their little learner!

Instructor: Caitlin Barclay

Location: NWP Early Childhood Center

Age: 24 months-35 months

Session 1: T, 01/10/23-02/14/23, 9:30-11:00 AM

Session 2: T, 02/28/23-04/04/23, 9:30-11:00 AM

Fee: \$36/ \$44 (nr)

PLAY & LEARN ABOUT THE FIVE SENSES

A parent-child class where we explore our five senses together with free play, read alouds, circle time, themed activities, some crafts and vocabulary rich conversations. We will be learning through simple and engaging activities that are interactive and developmentally appropriate. Caregivers should be prepared to participate with their little learners!

Instructor: Caitlin Barclay

Location: NWP Early Childhood Center

Age: 3 & 4 year olds

Session 1: Th, 01/12/23-02/16/23, 9:30-11:00 AM

Session 2: Th, 03/02/23-04/06/23, 9:30-11:00 AM

Fee: \$36/ \$44 (nr)

MY BABY & ME

This program is for new caretakers and their children. Our goal is to establish a community of new parents of young children and provide early socialization opportunities for their infants. This program is geared towards non-walkers.

Instructor: Dee Dee Huang and Alison Luong

Location: NWP Early Childhood Center

Age: 0- 12 months

Meets: W & F, 01/04/23-04/28/23, 9:15-10:45 AM
(No Class 04/07/23)

Fee: No Cost

EARLY CHILDHOOD



Manchester's EARLY CHILDHOOD FAIR

Start Smart Basketball

Parents will work together with their children in a supportive environment to learn the basics of basketball. Teaches children a variety of basketball skills including: dribbling, passing, shooting and agility skills.

Location: Community Y Recreation Center Gym

Age: 3-5 years old

Meets: Sa, 02/11/23-03/18/23 (No Class 02/18/23)

Session 1: 9:00-10:00 AM

Session 2: 10:00-11:00 AM

Fee: \$65/\$81 (nr) [Fee Includes Equipment]

Start Smart Baseball

Parents will work together with their children in a supportive environment to learn the basics of Baseball. Teaches children a variety of baseball skills including: throwing, catching, hitting a baseball and agility skills.

Location: Community Y Recreation Center

Age: 3-5 years old

Meets: Sa, 04/15/23-05/13/23

Session 1: 09:00-10:00 AM

Session 2: 10:00-11:00 AM

Fee: \$65/\$81 (nr) [Fee Includes Equipment]

SPECIAL EVENTS

Mindfulness Play Day

Join the Manchester Early Childhood Collaborative as they present a play day that focuses on mindfulness for young children and their family. There will be fun activities, resources, and hand-outs all about mindfulness in the early childhood years and how it can benefit young children and families.

Instructor: Caitlin McNamara

Location: NWP Early Childhood Center

Age: 2-6 years old

Meets: Sa, 03/18/23, 10:30 AM-12:00 PM

Fee: No Cost

Early Childhood Fair

Manchester's Early Childhood Fair is free, open to the public, and provides a wealth of information on programs, services, recreation, and local resources available for infants, toddlers, preschoolers, and young children up to age 8 as well as prenatal mothers. This event will be held outdoors. (RAIN DATE: 05/06/23)

Location: Northwest Park, 448 Tolland Turnpike

Meets: Sa, 04/22/23, 9:00 AM-12:00 PM

Fee: No Cost



Shop the Bicentennial Store!

Visit shopthestore.manchesterct.gov to find Bicentennial apparel, gear and more!

Use code 'BlackFriday15' at check out for 15% discount.

Scan the QR Code to find your own "I'm A Bicentennial Baby" Bodysuit for baby!



YOUTH PROGRAMS

For questions regarding any Youth Service Bureau program please call Catrina Belton at (860) 647-5213, or email cbelton@manchesterct.gov.

Teen Center

The Teen Center offers a place for youth to come together and socialize with their peers in a structured, supervised environment. Students can play videogames, pool, foos ball, board games, surf the internet, or participate in a variety of other creative, fun, and interactive activities.

Facilitator: Shakir Leacock

Location: Manchester Youth Service Bureau

Grades: 7-12

Meets: W/Th, 02/08/23-06/01/23 (W, 12:30-6:00 PM; Th, 2:30-6:00 PM)

Passport to Family Fun!

You don't need to travel far to have fun! Join us for monthly family activities, including pottery painting, family trivia, gingerbread house competition, family bingo, cupcake decorating, drum circle, paint party, and more! All families will receive a "Passport," which will be stamped at each event. Families who attend 5 or more events throughout the year will be entered into a drawing for a Grand Prize!

Facilitator: Kellie Gauvin

Location: Manchester Youth Service Bureau

Ages: 8+ and parent(s)/guardian(s)

Meets: Th, 01/12/23, 02/09/23, 03/09/23,

04/06/23, 05/11/23, 06/08/23, 5:30-7:30 PM

PFLAG

PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQIA+) people through its threefold mission of support, education, and advocacy. By supporting this mission, PFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQIA+ people, their families, and their loved ones. Meetings are open* and designed to support families with LGBTQIA+ youth. Meetings will be structured to include an LGBTQIA+ youth group (ages 12-18) and a parent/ally support group. *No Registration required.

Facilitator: Kellie Gauvin

Location: Manchester Youth Service Bureau

Meets: Monthly, 1st T, 6:30-8:00 PM

Youth and Police

Manchester Police and high school youth will meet monthly to build relationships with officers by participating in a variety of team building and leadership opportunities. This program is a great way to make positive connections and become active in the community!

Facilitator: Kellie Gauvin

Location: Manchester Youth Service Bureau

Ages: 15-18

Meets: Th, 01/19/23, 02/16/23, 03/16/23,

04/13/23, 05/18/23, 3:30-6:30 PM



Red Cross Babysitting Certification Class

In this class, participants will learn the skills necessary to safely and responsibly care for children and infants. Participants will develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe; and learn basic First Aid & CPR. Please register for only 1 session; all classes in that session must be attended to receive certification.

Facilitator: Kellie Gauvin

Location: Manchester Youth Service Bureau

Ages: 12-18

Session 1: Sat/Su, 01/28/23 & 01/29/23, 8:30 AM-2:30 PM

Session 2: M/T, 04/17/23 & 04/18/23, 8:30 AM-2:30 PM

Sibshop

Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunities for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs. Sibshop meets monthly at the Youth Service Bureau on the first Friday of the month. Please call Tasha Weston (860) 647-5215 for more information or to register.

Location: Youth Service Bureau

Age: 7+

Meets: 3rd F, 01/20/23-06/16/23, 5:30-8:00 PM

Fee: No Cost

Boys II Men

Boys II Men is designed for young men who can benefit from the guidance, friendship, and life experiences of adult male Role models in a group setting. This enrichment program will expose the youth to a variety of positive activities such as college tours, community events, and other cultural and recreational happenings in addition to providing support to the youth.

Location: Youth Service Bureau

Age: 14-18

Meets: Every 2nd M, 02/13/23-05/08/23, 5:30-7:30 PM

Fee: No Cost

Creative Families

An opportunity to connect through art to release stress and take a break from demanding routines. These workshops will fill your cup and leave you feeling inspired! Participants will leave each session with their own piece of art and a meaningful experience attached. Registration is required and space is limited; register for one or both classes!

Facilitator: Kellie Gauvin

Location: Manchester Youth Service Bureau

Age: 8+ and parent(s)/guardian(s)

Meets: T, 03/21/23 & 05/30/23, 5:30-7:30 PM

Creative Writing Group

Encourages and challenges the unique expressive writing ability that many of our Manchester youth exhibit. It will focus on storytelling, poetry, song lyrics, script writing, and public speaking. Participants write and critique each other's work in order to emphasize teamwork, cooperation and communication skills.

Location: Youth Service Bureau

Grades: 7-8

Meets: Bi-weekly, 02/08/23-06/01/23, 3:30-5:30 PM

Fee: No Cost



YOUTH PROGRAMS



Employment Program

Designed to engage and help youth in Manchester with career exploration and job readiness skills. After successfully completing the session, youth will have a completed a cover letter and resume which will allow them to properly apply for future jobs and have a better understanding of employment competency skills. If youth successfully complete the program, a stipend will be awarded. A permission slip is required. Visit manchesterct.gov/ysb for a permission slip.

Location: Youth Service Bureau

Age: 16-21

Meets: T, 01/17/23-03/21/23, 2:30-4:30PM

Family Circle

Promoting a healthy and sustaining bond between parents/ guardians and daughters during the transitional years from girlhood to young womanhood. This is an opportunity for ONE daughter & ONE parent /guardian so they can have the essential one-on-one time to connect. Formerly called Mother-Daughter Circle, Family circle provides a safe, consistent, and strengths-based approach to supporting parents and or caretakers and their daughters on their relationship journey. All are welcome including dads, grandfathers, mothers, grandmothers, foster parents etc. There will be alternating weeks of talk sessions & creative sessions. Dinner will be provided.

Location: Youth Service Bureau

Age: 11-14

Session 1: W, 01/11/23-03/01/23, 5:30-7:30 PM

Session 2: W, 04/26/23-06/14/23, 5:30-7:30 PM

Fee: No Cost

Journey-Build a Book

Increase nature awareness and knowledge and provide community service, social interaction, and skill development in art, wood working and research. Participants will write & illustrate story elements created during the group.

Location: Youth Service Bureau & Off-Site

Grades: 6-8

Meets: T, 02/07/23-06/13/23, 3:00-5:00 PM

Journey-Art & Nature

Journey is a service-learning program with an emphasis on environmental education, leadership, and woodworking training. Projects focus on giving back to the community, while building relationships and learning important life skills.

Location: Youth Service Bureau & Off-Site

Grades: 4-5

Meets: W, 02/08/23-06/14/23, 3:00-5:00 PM

Family Birdwatching Trip with Poppy (JOURNEY FIELD TRIP)

Spend the day discovering all the amazing, feathered friends we co-exist with as they emerge from the cold winter months. Learn how to identify birds, migration and nesting habits, food sources, and how peaceful it is to explore rural and urban landscapes. We will provide binoculars and lunch. Parents, guardians, and youth in grades 4-12 are welcome! Registration is required.

Location: Youth Service Bureau & Off-Site

Meets: Sat, 03/25/23, 9:00 AM-3:00 PM

A Day in Nature at Hammonasset State Park

Take a spring break field trip to the beach to explore marshes and ocean landscapes. Discover the beauty and wildlife these ecosystems have to offer. There will be stops to visit the Nature Center, lunch, and other cool spots along the way. Transportation & lunch is provided. Open to youth grades 4-12; parents & guardians welcome. Registration is required

Location: Youth Service Bureau & Off-Site

Meets: W, 04/19/23, 9:00 AM-3:00 PM

Family Audubon Spring Census

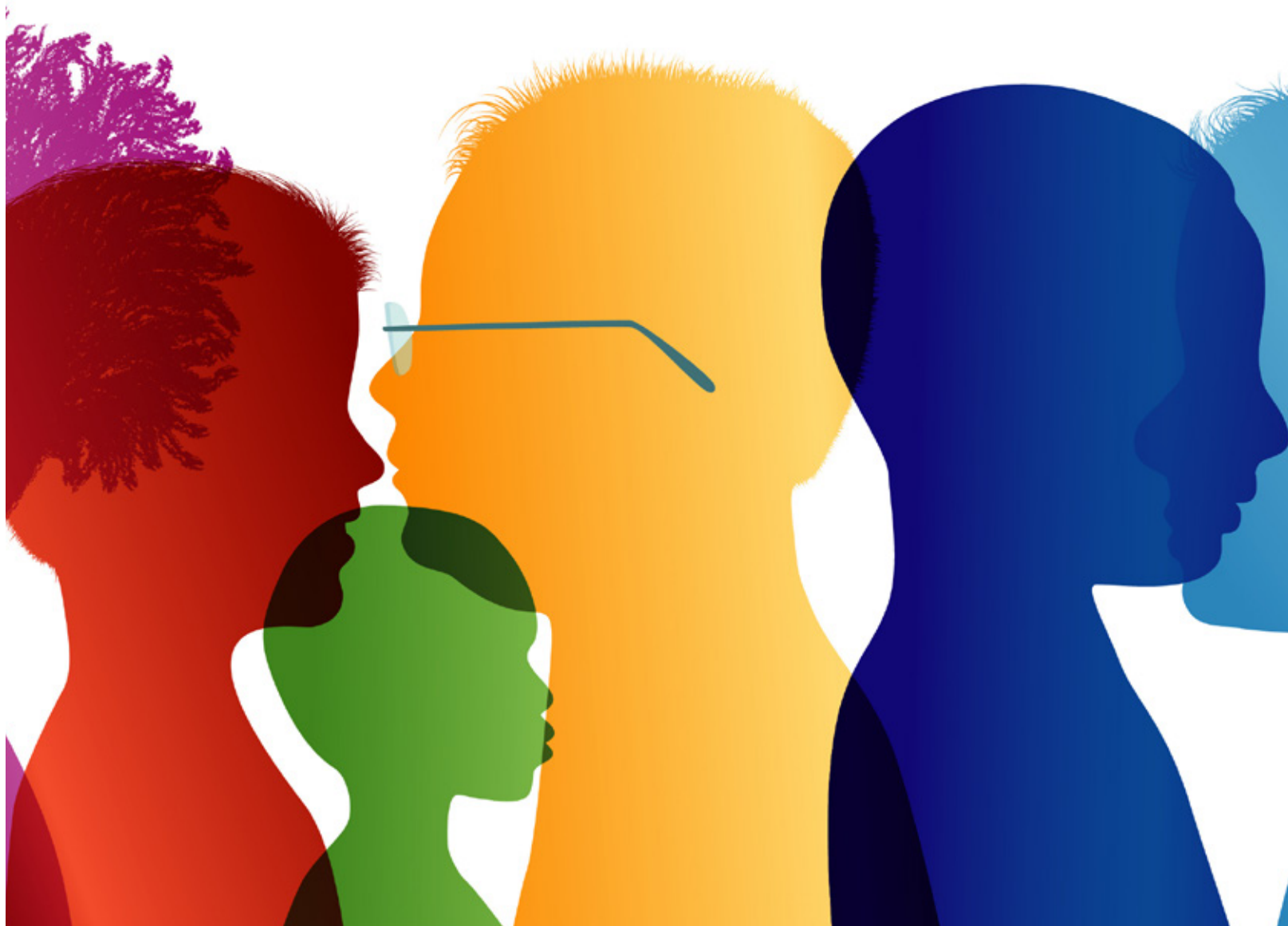
Each spring tens of thousands of volunteers throughout the Americas take part in the Annual Audubon Spring Census. Audubon and other organizations use data collected in this long-running wildlife census to assess the health of bird populations, and to help guide conservation action. Take part in this effort and join Poppy. This is a terrific community service opportunity! We will provide binoculars & lunch. Parents, guardians, and youth in grades 4-12 are welcome! Registration is required.

Location: Youth Service Bureau & Off-site

Meets: Sat, 05/13/23, 9:00 AM-3:00 PM



IN SCHOOL PROGRAMS



Boys Council (BENNET ACADEMY)

Boys Council offers elementary school boys (5-6 grade) a solid pathway towards healthy development and helps them navigate the unique challenges of adolescence. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

Boys Council (ILLING MIDDLE SCHOOL)

Boys Council offers middle school boys (7-8 grade) a solid pathway towards building healthy connections, helps them to further develop their self-image and improve effective communication. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

Boys Council (MANCHESTER HIGH SCHOOL)

Boys Council offers High school boys (9-12 grade) a solid pathway towards building healthy coping mechanisms and helps them to further develop their critical thinking. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

FACTS (MANCHESTER HIGH SCHOOL)

Sometimes we forget that most youth DON'T drink alcohol or use other drugs. FACTS is a substance use prevention program for young people that gives you the tools to stay sober, helps you learn healthy stress-management strategies, allows you to grow as a leader, all while exploring your community, traveling to conferences, and hanging out with friends. Please call Samantha Bell at (860) 647-5260, or email sbell@manchesterct.gov for more information or to register. **Ages:** 14-18

Girls Circle (BENNET ACADEMY)

Girls Circle is an evidence-based support program for 6th grade girls to assist during their transitional years. The primary focus is to build confidence, provide support, help build relationships and provide positive youth development to girls. The facilitator will provide assistance to girls in learning how to grow up as a young woman in today's society in a fun and caring environment. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information or to register.

Girls Circle (ILLING MIDDLE SCHOOL)

Girls Circle is an evidence-based support program for 7th and 8th grade girls to assist during their transitional years. The primary focus is to build confidence, provide support, help build relationships and provide positive youth development to girls. The facilitator will provide assistance to girls in learning how to grow up as a young woman in today's society in a fun and caring environment. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information, or to register.

Voices (BENTLEY ACADEMY)

Voices is an evidence-based program that was created to address the unique needs of adolescent girls and young women ages 14-18. Please call Sheridan Douglass at (860) 647-5216, or email sdouglass@manchesterct.gov for more information, or to register.

Young Men's Group (BENTLEY ACADEMY) – 2/02/23 – 05/25/23

Young Men's Group offers High school boys (9-12 grade) a solid pathway towards building healthy coping mechanisms and helps them to further develop their critical thinking. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

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YOUTH PROGRAMS



Indoor Tennis

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

Instructor: Mahoney Rec Staff
Location: Leisure Labs Gymnasium

4-7 YEAR OLDS

Session 1: T, 04/04/23-04/25/23, 5:30-6:00 PM
Session 2: T, 05/02/23-05/23/23, 5:30-6:00 PM
Fee: \$13/ \$17 (nr)

8-12 YEAR OLDS

Session 1: T, 04/04/23-04/25/23, 6:00-7:00 PM
Session 2: T, 05/02/23-05/23/23, 6:00-7:00 PM
Fee: \$26/ \$33 (nr)

Jazz for Kids

Jazz for kids dancing offers an improvised and energetic style of exercise that allows participants to physically express themselves through a range of routines. With flowing movements similar to ballet, jazz dancers combine sharp turns, large leaps and quick footwork in a show of flexibility and grace.

Instructor: Mikayla Quey
Location: Movement Lab, B 21
Ages: 5-9 year olds
Meets: M, 6:00-7:00 PM
Session 1: 01/10/23 – 03/07/23
Ages: 5-9 years old
Fee: \$60/\$75 (nr)
Session 2: 03/14/23-05/02/23
Fee: \$48/\$60 (nr)

Jazz for Teens

Jazz for Teens dancing offers an improvised and energetic style of exercise that allows participants to physically express themselves through a range of routines. With flowing movements like ballet, jazz dancers combine sharp turns, large leaps and quick footwork in a show of flexibility and grace.

Instructor: Mikayla Quey
Location: Movement Lab, B 21
Meets: T, 6:30-7:30 PM
Session 1: 01/10/23-03/07/23
Ages: 12+
Fee: \$60/\$75 (nr)

Hip-Hop Fusion

All of the basic dance skills like keeping rhythm, following choreography and developing body control, as well as performance skills such as stage presence, acting, and improvisation are taught through kid-friendly Hip Hop style music and movement.

Instructor: Asia Belton
Location: Movement Lab, B 21
Meets: W, 6:00-7:00 PM
Session 1: 01/11/23-03/08/23
Session 2: 03/15/23-05/03/23
Ages: 6-12 years old
Fee: \$60/\$75 (nr)

Introduction to Jukido

Jukido is an art that fuses many principles, techniques, and training methods found in Judo, Karate, combative, and authentic forms of traditional & modern jujitsu into a dynamic & powerful system of practical self-defense.

Instructor: Ryan Werner
Location: Movement Lab, B 21
Meets: Th, 5:30-6:30 PM
Session 1: 01/12/23-03/09/23
Session 2: 03/16/23-05/04/23
Ages: 12+
Fee: \$24/\$30 (nr)

Anime Club

Anime Club is a place where enthusiasts may comfortably share their love and knowledge about Japanese animation (known as anime). Members will participate in live or asynchronous viewing of anime series and engage in active discussions regarding the artistic, educational, and academic value of the genre.

Instructor: Jose Morales
Location: Tech Lab, C 24
Meets: Every 1st & 3rd W; 01/04/23, 01/18/23, 02/01/23, 02/15/23, 03/01/23, 03/15/23, 04/05/23, 04/19/23, 05/03/23, 6:00-7:00 PM
Ages: 13+
Fee: No Fee (Youth Recreation Card Required)

Yo-Yo Workshop

This workshop is all about becoming one with the Yo-Yo lifestyle. Learn the basics of how to Yo-Yo and learn different tricks and tips to Yo-Yo with the best! This workshop will cover responsive and non-responsive yo-yo's. *Only one beginner tier and one advanced tier Yo-Yo is offered for free to each student.

Instructor: Ethan Taylor
Location: Tech Lab, C 24
Meets: Th, 01/19/23, 02/16/23, 03/23/23, 04/20/23, 6:30-7:30 PM
Ages: 12+
Fee: No Fee (Youth Recreation Card Required)



Book Club

Monthly discussion on one of these three novels; Holes by Louis Sachar, Nowhere Boy by Katherine Marsh, or The House with Chicken Legs by Sophie Anderson. *One copy of the chosen novel is offered for free to each member of the club.*

Instructor: Ethan Taylor
Location: Tech Lab, C 24
Meets: M, 01/23/23, 02/27/23, 03/27/23, 04/24/23, 6:30-7:30 PM
Ages: 12+
Fee: No Fee (Youth Recreation Card Required)

YOUTH PROGRAMS



Competition at the Labs

CHAMPION OF THE COURT

1v1 Basketball Tournament

The battle for the title of CHAMPION of the Court will be the ultimate 1-on-1 basketball tournament. We invite everyone out to witness this spectacular event!

Location: Leisure Labs Gymnasium

Meets: Sa, 03/12/23, 1:00-3:00 PM

Age: 13-17

Fee: No Fee (Youth Recreation Card Required)

DODGEBALL TOURNAMENT

Two teams will battle it out in a game of dodgeball in which both teams throw balls targeted at opponents on the other team in order to eliminate them.

Location: Leisure Labs Gymnasium

Fee: No Fee (Youth Recreation Card Required)

10-13 YEAR OLDS

Session 1: W, 5:30-6:30 PM, 03/22/23

14-17 YEAR OLDS

Session 1: Th, 5:30-6:30 PM, 03/23/23

KICKBALL TOURNAMENT

Kickball as many know resembles the game of baseball, this tournament will offer an indoor opportunity to compete. Two teams will face off with the upmost respect towards their fellow opponents.

Location: Leisure Labs Gymnasium

Meets: Sa, 04/15/23

Ages: 10-16

Fee: No Fee (Youth Recreation Card Required)

Friday Night Specials

Come join us for engaging and fun, family friendly activities! These are all no cost programs; all you need to join in the fun is your Manchester Rec Card! Friday Nights Specials will be run by The Leisure Labs Staff.

Location: Leisure Labs

HOT CHOCOLATE SOCIAL

Join us Friday night for a cup of delicious hot chocolate with customizable toppings. We will be streaming the movie Frozen and providing cookies.

Meets: 01/20/23



VALENTINES THEMED CUPCAKES

Come down to Leisure Labs to decorate two Valentine's Day themed cupcakes for you and your valentine.

Meets: 02/10/23

LOVE SONG KARAOKE

Come on out and sing a love themed song for a special someone or just come have fun with our staff at the lovely leisure labs.

Meets: 02/24/23

PI(E) DAY

Come to this Friday Night Special to enjoy a fresh slice scrumptious seasonal pie.

Meets: 03/10/23

BUMBLE BEE BINGO

What's the buzz? Join us for spring themed bingo.

Meets: 03/24/23

FLOWER ARRANGEMENTS

Cute Pots. Pretty Flowers. Good Vibes. Join us in learning the basics of flower arrangements.

Meets: 04/14/23

TV TRIVIA

Don't change that channel. Join us at Leisure Labs @ Mahoney. To put your knowledge to the test on TV Trivia night. Ranging from The Simpsons, Friends, and more!

Meets: 04/28/23



Mad Science

SONIC SOUNDS

Music and all sorts of merry sounds engage children in sound experiments and live demonstrations showing the properties and transmission of sound waves. Children listen to sounds made with solid materials— from plastic, to metal, to string. Ordinary objects like handheld horns, metal screws, wooden ratchets and beads transform into a story sound-effect symphony. Electronic devices reveal frequency when a pitch-changing machine alters the children's voices to gruff monsters or happy chipmunks.

Location: Tech Lab, C 24

Meets: Sa, 01/21/23

Ages: 8-12

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

Drop-In Youth Basketball

Location: Leisure Labs at Mahoney Center

Meets: M-W, 5:00-6:30 PM; Th, 5:00-6:00 PM; F, 5:00-9:00 PM; Sa, 10:00 AM-2:00 PM

Ages: 16 and under

Fee: No Fee (Youth Recreation Card Required)

Location: Community Y

Meets: M-F, 6:00-7:30 PM; Sa, 11:00 AM-5:00 PM

Ages: 17 and under

Fee: No Fee (Recreation Membership Required)

LEISURE PROGRAMS



Exercise. Create. Organize.

ART FOR ALL



Drop-In Art

Drop-in-Art sessions are for anyone interested in creating an art project on a weekly basis. It is a chance to meet other people interested in doing art, experiment with ideas and different media and have fun. All Materials will be provided!

Location: Art Lab, F 28

Meets: M/W, 5:30-8:00 PM

Ages: All Ages Welcome

Fee: No Fee (Youth Recreation Card Required)

WINTER WONDERLAND | 01/09/23, 01/11/23

Join us in printing a winter wonderland scene on canvas with acrylic paint.

GLITTER MITTENS | 01/18/23

Come this week to make sparkly, 3-D paper mittens.

WINTER CRITTER SOCKS | 01/23/23, 01/25/23

Join us in creating a fun and unique pair of winter animal themed socks.

SNOWMAN DOOR SIGN | 01/30/23

Come create a snowman name sign to hang from your door at home!

FUN FOXES | 02/01/23

Come make heart shaped foxes with us and decorate them however you want!

HANDPRINT CARDINALS | 02/06/23, 02/08/23

Join us by making a cardinal unique to you made with your OWN handprint on canvas.

FINGERPAINTED HEART BOUQUET | 02/13/23, 02/15/23

Make a plant that will last forever! Use your own thumbprint to make flowers and give it to a loved one this Valentine's season.

LOVE BUGS | 02/20/23, 02/22/23

Create a 3-D "love-bug" using pipe cleaners and recycled bottles.

BLACK HISTORY MONTH | 02/27/23

Join us to color famous Black individual figures in history and make paper hands to put all together to change the world.

WOMEN'S HISTORY MONTH | 03/01/23

Come color famous females in history coloring pages with us to celebrate Women's History month.

CREATIVE CRITTERS | 03/06/23, 03/08/23

Join us for a buggy craft activity where you can make your own ladybug or bumblebee.

LUCKY CLOVERS | 03/13/23, 03/15/23

Are you feeling lucky? Come make your own four leaf clover with us and make your own keepsake clover that will stay green FOREVER!

JUMP INTO SPRING | 03/20/23, 03/22/23

Grow with kindness this spring season with us and come make your own flower craft kit about goals you want to set for yourself.

PAPER BUTTERFLIES | 03/27/23, 03/29/23

Join us to make a fluttery pal to take with you into spring.

GOOFY ROCKS | 04/03/23, 04/05/23

Feeling funny? Put that expression on a rock of your own. Paint and design your rock to your liking

SPRING SCRAPES | 04/12/23

Paint your favorite spring landscapes on a canvas. Blooming Gardens, Setting Suns, and Sunflower Fields to match the color of the season.

UNDER MY UMBRELLA | 04/17/23, 04/19/23

Raining out? No worries come to Leisure Labs @ Mahoney. To design your very own umbrella for the rainy spring days.

RADICAL FLYING KITES | 04/24/23, 04/26/23

Create your own kite and add gnarly designs to make it unique.



LEARNSHOPS & EVENTS

Spruce Street FARMERS MARKET

Good Food. Good People. Grown Here.



Spruce St. Farmers Market INDOOR HOLIDAY MARKET

Show your support for your local Connecticut businesses & wrap up your holiday shopping. Shop with your favorite market vendors, and meet some new ones too.

Location: Nathan Hale Activity Center

Meets: Sa, 12/17/22, 9:00 AM-1:00 PM

Ages: All ages

Fee: Free parking & Admission

LOVE YOUR LOCAL MARKET

Our Love Your Local Indoor Market is the perfect place to pick up gifts & treats for a loved one (or to treat yourself)! Support small Connecticut businesses as you shop with your favorite market vendors & meet some new ones too.

Location: Nathan Hale Activity Center

Meets: Sa, 02/11/23, 9:00 AM-1:00 PM

Ages: All ages

Fee: Free parking & Admission

Spruce St. Community Garden

WAIT-LIST REGISTRATION

Join the waitlist for the 2023 Spruce Street Community Garden growing season! Placement on the waiting list is first come, first served.

Registration for the growing season opens at the Registration Day event on March 23, 2023. Garden plots are available for Manchester residents only.

Location: Wait-list opens virtually

Meets: W, 12/07/22 (Wait-list)

Ages: 18+

Fee: No Cost

REGISTRATION DAY

Get your green thumbs ready for the start of the 2023 growing season! Come join us for a tour of the Spruce Street Community Garden, sign up to secure a bed of your own & meet your fellow community gardeners! Garden plots are available for Manchester residents only.

Location: Eastside Neighborhood Resource Center

Meets: Th, 03/23/23, 6:00-7:30 PM

Ages: 18+

Fee: \$35/plot

Friends & Family CPR® AMERICAN HEART ASSOCIATION

Community rescuers are a key part of the chain of survival for cardiac arrest victims. You CAN learn the skills needed to assist a friend, neighbor or family member. This course covers child and adult CPR, as well as choking rescue. Optional "Stop The Bleed"® training will be available after the CPR session is complete. Please note, this is a non-certification course. This course will not meet typical employer requirements.

Location: Community Y

Meets: T, 02/07/23, 6:00-8:00 PM

Ages: Must be 13 years or older to register. Ages 13 - 17 need to be accompanied by parent or guardian.

Fee: \$10

Volunteer Income Tax Assistance (VITA)

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. VITA sessions will be held from February to April at the Community Y for individuals over the age of 18.

Please make sure to come prepared with the following materials:

- All tax information forms (W-2, 1099, 1098)
- Social Security Card or ITIN letters for you and all persons you are claiming on your return
- Proof of Identity (government issued ID required)
- Child care provider information
- Bank routing number and account number for direct deposit returns
- If filing jointly, both spouses must be present

Pre-registration is required. To make an appointment or for additional details, visit thevillage.org or call (860) 236-4511.

Martin Luther King Celebration

The Town of Manchester's 38th Annual Martin Luther King Celebration will honor students who embody the principals of Dr. King by promoting positive change in their school and community. For questions, please contact the Manchester Youth Service Bureau at (860) 647-5262. Please join us for this special evening to celebrate the life of Dr. King and recognize the amazing contributions of youth in our community!

Location: MHS, Bailey Auditorium

Meets: T, 01/04/23, 6:00-7:30 PM

Ages: All ages welcome

Fee: No Cost



Family Fun Nights DJ DANCE PARTY

DJ Dale of Into the Groove will put the FUN in Family Fun Night! Experience a great mix of family-friendly music, juggling and interactive dancing!

Location: Nathan Hale Activity Center

Meets: F, 01/13/23, 6:00 PM – 7:30 PM

Ages: All ages welcome

Fee: No Cost

FAMILY GAME SHOW

Join Carlos of CBT Entertainment for a free family gameshow! Come test your trivia knowledge at this educational and friendly competition.

Location: Nathan Hale Activity Center

Meets: F, 03/10/23, 6:00-8:00 PM

Ages: All ages welcome

Fee: No Cost

Winter, Fire & Ice

A FREE Fun community event intended to provide a safe and fun space for people to take a break from the winter blues and take a breath of fresh air, smile and be able to enjoy this time of year despite all the obstacles that have been placed before us. What better way to stay safe, stay happy and stay connected than a walk in the park and discover something unexpected.

Location: Northwest Park, 448 Tolland Turnpike,

Meets: Sa, 01/21/23, 11:30AM-1:00PM

Ages: All ages

Fee: No Cost

National Poetry Month Celebration

Celebrate National Poetry Month with local poet Stephen Straight! Straight's poems are accessible & easy to discuss, and his goal is to take the fear out of reading poetry. During this free event, Straight will read a few of his poems, lead a discussion and hold a Q&A. Straight's latest poetry book, Affirmation (\$15.95, Grayson Books) will be available for purchase.

Location: Mary Cheney Library

Meets: M, 04/03/23, 6:30-7:30 PM

Ages: All ages welcome

Fee: No Cost

ADULT FITNESS

Barre and More

Elements of Pilates, yoga, dance, and functional training, allowing for a full body work out to tone lift and sculpt. Please bring your own mat.

Instructor: Tanya Camerota

Location: Community Y Recreation Center

Ages: 18+

Meets: T/Th, 6:30-7:30 PM

Session 1: 01/03/23-02/02/23

Session 2: 02/14/23-03/16/23

Session 3: 03/28/23-04/27/23

Session 4: 05/09/23-06/08/23

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

Total Body Plus

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

Instructor: Karen Cimino

Location: Community Y Ballroom

Ages: 18+

Meets: M/W, 6:00-7:00 PM

Session 1: 01/09/23-02/13/23 (No Class 01/16/23)

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

Session 2: 02/22/23-03/22/23

Fee: \$54/\$67 (nr)

Session 3: 04/05/23-05/08/23

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

Session 4: 05/10/23-06/07/23

(No Class 05/29/23, 05/31/23)

Fee: \$42/\$52 (nr)

Team Fit After Work

Want to work out after work? Come join our team! 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. All fitness levels welcome! Bring an open mind and attitude!

Instructor: Karen Cimino

Location: Community Y Ballroom

Ages: 18+

Meets: M/W, 5:00-5:45 PM

Session 1: 01/09/23-02/13/23 (No Class 01/16/23)

Fee: \$50/\$62 (nr)

Session 2: 02/22/23-03/22/23

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

Session 3: 04/05/23-05/08/23

Fee: \$50/\$62 (nr)

Session 4: 05/10/23-06/07/23

(No Class 05/29/23, 05/31/23)

Fee: \$35/\$40 (nr)

Pickleball Open Court

There is less ground to cover than other racquet sports, making it easier for players of all ages. Players say it's easier on the body while still providing an excellent workout. Enjoy recreational open court pickle ball on three regulation sized courts. No instructor on-site, but players of all abilities are welcomed to join. Paddles and balls are provided on site.

Location: Nathan Hale Activity Center

Meets: M/W, 5:30-7:00 PM

Session 1: 01/16/23-03/08/23

Fee: \$20 (Residents Only)

Session 2: 03/20/23-05/10/23

Fee: \$20 (Residents Only)



Personal Training One on One

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

Instructors: Carin Hoffman & Tanya Camerota

Location: Community Y Fitness Center

Ages: Varies

Meets: Call (860) 647-3164 to book

Fees:

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

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

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

Fees for two persons (buddy rate): Best Deal

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

5/1 Hour Sessions: \$400/\$500 (nr) per session

10/1 One Hour Sessions: \$550/\$680 (nr) per session



Drop-In Adult Basketball

Join us for drop – in adult and youth basketball.

Location: Community Y

Meets: M-F, 7:30-9:00 PM; Sa; 11:00 AM-5:00 PM

Ages: 18+

Fee: No Fee (Recreation Membership Required)

Yoga 4 Life

Is structured around rejuvenating, empowering, and healing the body and the mind. This class is slower pace class with a lot of fun moves that focus on stretching all areas of the body, while releasing stress and tensions physically, mentally, and emotionally. The main focus is to move with breath. Teacher might make manual adjustments. Please bring your own mat.

Instructor: Barbara Titus

Location: Community Y Recreation Center

Ages: 18+

Meets: M/W, 6:30-7:30 PM

Session 1: 01/09/23-02/13/23 (No Class 01/16/23)

Session 2: 02/22/23-03/27/23

Session 3: 04/03/23-05/03/23

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

Session 4: 05/10/23-06/07/23 (No Class 05/29/23)

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

Yoga for Active Lifestyles

Enjoy your activities this season through the practice of yoga. In this class you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Spend time cultivating upper-body strength, core strength and balance. Please bring your own mat.

Instructor: Tanya Camerota

Location: Community Y Ballroom

Ages: 18+

Meets: T/Th, 5:30-6:30 PM

Session 1: 01/03/23-02/02/23

Session 2: 02/14/23-03/16/23

Session 3: 03/28/23-04/27/23

Session 4: 05/09/23-06/08/23

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

SENIOR CENTER



Manchester Senior Center

549 East Middle Turnpike • 647-3211

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

Dates of Operation: Year Round

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

Holiday Closures: Senior Center Programs will be closed on Town Holidays.

Phone: 860-647-3211

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, Group Travel, and Senior Basketball. For more information, call the Senior Center at 647-3211.

Support Group Programs

The Senior Center offers the following support group programs: Caregivers and Low Vision. For more information about these groups, contact the Senior Center at 647-3211.

Health Programs

The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Fall Risk Assessments, 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 or anything of a personal nature can be directed to Kitty Dudley, the Senior Center Social Worker. 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 recreational activities due to financial hardship or other extenuating circumstances. Please contact Kitty Dudley 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 available in the office for regular scheduled office hours. When school is on a 90 minute delay all programs, meals and transportation will be delayed until 10 AM. This means that all classes that start before 10 AM are canceled. Call the Center to listen to the voice recording or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

Senior Memberships

Membership to the Senior Center is required to participate in Senior Center activities and is open to Manchester residents only. Membership Cards cost \$10 and can be acquired at the Manchester Senior Center M-F between the hours of 8:30 AM- 4:30 PM. Contact the Senior Center at (860) 647-3211 or visit: manchesterct.gov/seniorcenter for more information.

Meal Program

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

Trips

Trips offered by the Senior Center are advertised in the Journal Inquirer on Saturdays, in the newsletter and online. Day trips, overnights, cruises and trips abroad are available. Trip flyers are available in the Senior Center lobby. Call Missy Rankin at 860-647-3210 for more information.

Transportation

The Senior Center provides transportation for Manchester senior residents who wish to come to the center for classes, activities and lunch. Transportation to the grocery store and retail shopping is suspended at this time; please call the Senior Center for updates.

RIDES TO AND FROM THE SENIOR CENTER

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

CANCELLATION OF RIDE

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

TOWN OF MANCHESTER

Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester Senior Center Transportation (see above) **DIAL-A-RIDE changes in following the advice of the Governor and current guidelines that protect people from the virus and help halt its spread it is in the best interest of everyone so that we may all come together again soon! ** Currently there will be DAR transportation for Medical appointments only, grocery shopping and early morning senior grocery shopping at Big Y at 7am and at Stop & Shop at 6:30 am. To Register for Dial-A-Ride for the first time, call 860-870-7940 between 2:30-4:00 pm. To Reserve a ride thereafter with DIAL-A-RIDE, call 860-870-7940 between 8:30 am.-2:00 pm. Please direct questions or comments to Senior, Adult & Family Services at 860-647-3096, if you need more information.

We're on FACEBOOK!

Follow and Like the Manchester Senior Center Facebook Page to get the latest and greatest news as quick as possible. We will be featuring our own programs and other Senior Center virtual programming. Go to <https://www.facebook.com/ManchesterCTSeniorCenter>

Program Registration

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



Fitness & Movement

Strength & Flex

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

Location: Senior Center Auditorium

Session 1: M, 01/09/23-05/22/23, 10:00-11:00 AM

Session 2: W, 01/11/23-05/24/23, 10:00-11:00 AM

Session 3: W, 01/11/23-05/24/23, 11:00-12:00 PM

Session 4: F, 01/13/23-05/26/23, 10:00-11:00 AM

Fee: \$5

Yoga +

Designed for the active senior with few limitations.

Location: Senior Center Auditorium

Session 1: M/W, 01/09/23-05/24/23, 2:20-3:20 PM

Session 2: M/W, 01/09/23-05/24/23, 3:20-4:20 PM

Fee: \$5 per session

Tai Chi Beginner & Advanced Classes

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

Location: Senior Center Auditorium

Meets: T/F, 01/10/23-05/26/23

Beginner Class: Tu, 2:30-3:30 PM; F, 1:30-2:30 PM

Advanced Class: Tu, 1:30-2:30 PM; F, 12:30-1:30 PM

Fee: \$5 per session

Zumba Gold

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

Location: Senior Center Auditorium

Meets: Th, 01/12/23-05/25/23, 3:00-4:00 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.

Location: Senior Center Auditorium

Meets: T, 01/10/23-05/23/23

Beginner: 10:00-11:00 AM

Advanced: 11:00-12:00 PM

Fee: \$5 per session

Stronger Seniors

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

Location: Senior Center Auditorium

Session 1: W, 01/11/23-05/24/23, 9:15-10:00 AM

Fee: \$5 per session

Light-N-Lively

Low impact cardio workout. Active and fast paced.

Seniors may sign up for 2 out of 3 classes.

Location: Senior Center Auditorium

Meets: M/W/F

Session 1: M, 01/09/23-05/22/23, 11:00-12:00 PM

Session 2: M, 01/09/23-05/22/23, 1:20-2:15 PM

Session 2: W, 01/11/23-05/24/23, 1:20-2:15 PM

Session 3: F, 01/13/23-05/26/23, 11:00-12:00 PM

Fee: \$5 per session

Walking Group

This group meets for walks on local trails in Manchester and Vernon. Please call Missy Rankin for more details and to register, 860-647-3210.

Location: Local Trails

Meets: M/W/F, 01/04/23-06/02/23, 8:45-11:00 AM

Biking Club

Bikers ride approximately 6-12 miles per ride. Contact the senior center for the full schedule.

Location: Off-site

Meets: W, 01/09/23-05/22/23, 1:00-3:30 PM

Hiking Club

Enjoy hikes on local trails with friends. Contact the senior center for the full schedule.

Location: Off-site

Meets: Th, 01/05/23-05/25/23, 1:00-3:00 PM

Body Sculpt

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

Location: Senior Center Auditorium

Session 1: M, 01/09/23-05/22/23, 12:30-1:15 PM

Session 2: W, 01/11/23-05/24/23, 12:30-1:15 PM

Fee: \$5 per session

Steady as We Go

Chair-based class that uses light weights, exercise bands, or no weights at all, and is great for improving posture and balance.

Location: Community Y Recreation Center

Meets: T/Th, 01/10/23-06/08/23, 11:00-12:00 PM

Fee: \$5 per session

Senior Basketball

Location: Community Y Recreation Center

Session 1: M/W/F, 01/09/23-05/31/23, 9:00-11:00 AM

Fee: \$10 / \$20 (nr)





Social Leisure

Dominoes

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

Location: Senior Center Craft Room

Meets: W, 01/04/23-05/31/23, 12:45-3:00 PM

Setback

Location: Senior Center Bingo Room

Meets: F, 01/06/23-06/02/23, 12:45-3:30 PM

Senior Circle

This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is led by a Therapeutic Recreation Specialist and requires pre-registration. This is not a drop-in program. Call the Senior Center for details.

Location: Senior Center Craft Room

Meets: T/Th, 01/10/23-05/25/23, 10:00-11:45 AM

Traditional Mahjongg

Location: Senior Center Card Room

Meets: T, 01/03/23-05/30/23, 12:30-2:30 PM

Pinochle

Location: Senior Center Card Room

Meets: M, 01/09/23-05/22/23, 12:30-2:00 PM

Red Hat Society

We are the women in the red and pink hats. Bring a friend! We meet the 1st Tuesday of every month. All are welcome!

Location: Senior Center Library

Meets: 1st T, 01/03/23-05/02/23, 1:00-3:30 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, 01/04/23-05/31/23, 8:30-11:30 AM

Quilting Group

Non-Instructional group. Members help each other with all phases. A couple sewing machines are available.

Location: Senior Center Craft Room

Meets: Th, 01/05/23-06/01/23, 12:30-4:00 PM

Ceramics

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

Location: Senior Center Ceramics Room

Meets: M/F, 01/09/23-05/26/23, 9:30-11:30 AM

Fee: \$5

Woodworking

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

Location: Senior Center Wood Shop

Session 1: T/W, 01/10/23-05/24/23, 9:00 AM-12:00 PM

Fee: \$5

Watercolor & Oil Painting Group

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

Location: Senior Center Craft Room

Meets: T, 01/03/23-05/30/23, 1:00-3:00 PM

Billiards

Drop in and play on one of three billiard tables.

Location: Senior Center Billiards Room

Session 1: M-F, 01/03/23-06/02/23, 8:30 AM-4:30 PM

Cribbage

Combines both luck and skill. Social and fun game.

Location: Senior Center Card Room

Meets: F, 01/06/23-06/02/23, 1:00-2:00 PM

Ping Pong

Location: Senior Center Ping Pong Area

Meets: M-F, 01/03/23-06/02/23, 8:30 AM-4:30 PM

Scrabble

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

Location: Senior Center Bingo Room

Meets: Th, 01/05/23-06/01/23, 9:30-11:30 AM

Women's & Men's Group

Meets for social time enjoying a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Therapeutic Rec Specialist.

Location: Senior Center Library

WOMEN'S GROUP

Meets: M, 01/09/23-05/22/23, 9:30-10:30 AM

MEN'S GROUP

Meets: M, 01/09/23-05/22/23, 10:45-11:45 AM

Book Group

Read and discuss different novels the 3rd Tuesday of every month!

Location: Senior Center Library

Meets: 3rd T, 01/17/23-05/16/23, 10:30-11:30 AM

Social Bridge

Location: Senior Center Bingo Room

Meets: W, 01/04/23-05/31/23, 12:30-4:00 PM

Hand & Foot

Location: Senior Center Card Room

Meets: Th, 01/05/23-06/01/23, 1:30-3:30 PM

Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!

Location: Senior Center Library

Meets: Th 01/05/23-06/01/23, 10:00-11:30 AM

Bingo

Location: Senior Center Bingo Room

Meets: F, 01/06/23-06/02/23, 10:00 AM-11:30 AM

Cornhole

Location: Senior Center Auditorium

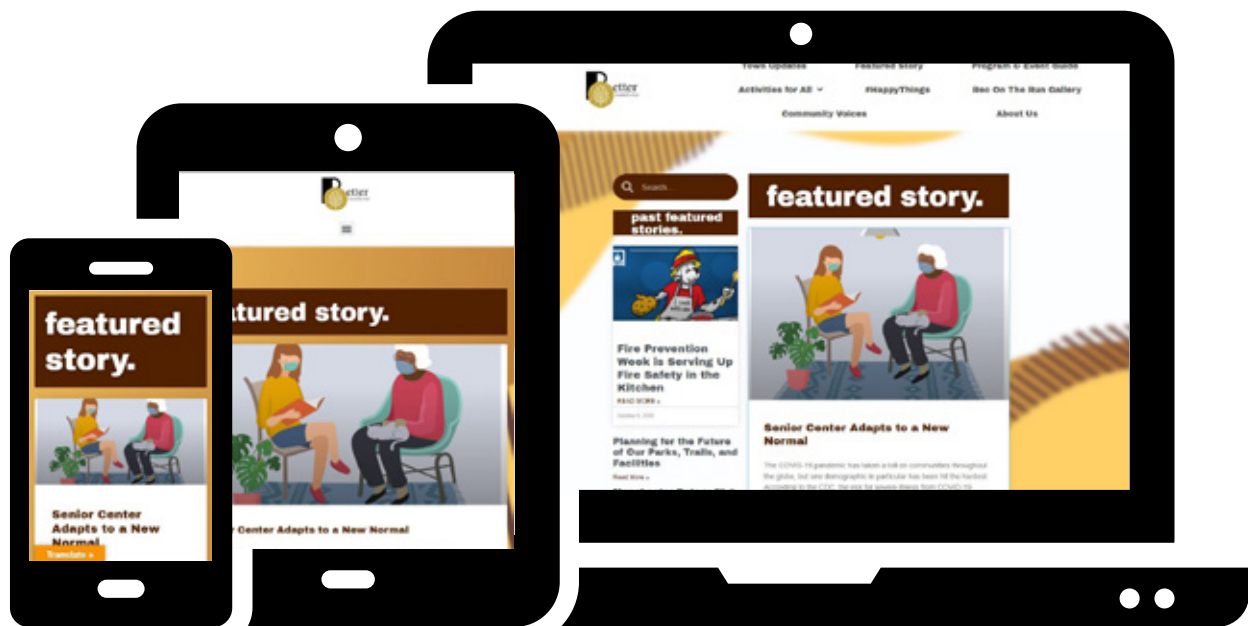
Meets: Th 01/05/23-06/01/23, 9:00-11:00 AM



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