EDITOR’S MESSAGE: You've Got to Learn to Share

Growing up on a planet with a finite amount of resources is a lot like growing up in a big family. Sure, we can make it a competition: always try to be first, to grab the best for ourselves, and to use things up before anyone else gets a chance. But if we think about our long-term needs—for a stable community and for a brighter future—there is only one solution: You’ve got to learn to share.

This past year, Manchester received its second Municipal Excellence Award, this time for its “Our Parks” campaign which encourages us to cherish our parks and greenspaces as both a shared asset and a shared responsibility. I hope you’ll join us in celebrating "Our Parks", as well as the kickoff of Trails Day weekend [see page 18], with an outdoor viewing of Episode Six of Kens Burns’ *The National Parks: The Morning of Creation* and the release of Manchester’s Our Parks video.

And, in the meantime, I hope you’ll engage with this issue of Better Manchester Magazine and all the ways: In our parks [see “Howroyd Legacy Blazes New Fit Trail,” page 4], in our schools [see “Book It,” page 9], and in our town [see “Green Initiatives and Yellow Bikes,” page 5] is investing in our present to prepare for a brighter, richer, and more sustainable future.

Happy trails,
Chris

Christopher J. Silver
Editor-In-Chief, Better Manchester Magazine
Director, Department of Leisure, Family & Recreation
Town of Manchester
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It all started with a van. A blue VW bus to be precise.

That was the vehicle the Howroyd family loaded into each summer as part of their yearly vacation on Cape Cod. And it was that trip and the small fitness trail they walked together as an annual tradition that inspired the Jay Howroyd legacy project.

“That memory is part of the reason that this just felt right,” says Howroyd’s daughter, Sarah, who was born and raised in Manchester and co-founded the Manchester HOPE (Heroin/Opioid Prevention and Education) Initiative in her hometown. “My dad loved nature and he was always in favor of free activities that kids and families can do together.”

Lauren, Howroyd’s wife of 29 years, echoes the sentiment. “Free is very important. The fact that all people deserve the opportunity to be healthy—to have access to recreational spaces and activities—that was something Jay believed in.”

Before his passing at the age of 60 in 2010, Jay Howroyd’s life was marked by community service. The brother of former Manchester mayor Josh Howroyd, Jay served on the Board of Directors for the Mayor’s Program for Manchester’s Children and the Manchester Democratic Town Committee. Also an avid gardener and a lover of the natural world, he served for many years on the Manchester Parks and Rec Commission. Fittingly, his memorial project The Jay Howroyd Fit Trail will serve as a catalyst for the revitalization of one of Manchester’s overlooked recreational gems, the North End’s Union Pond Park.

“It’s a beautiful site,” says parks and facilities manager Robert Topliff, “unfortunately one that’s been underappreciated and underutilized.”

Nestled in the north end of Manchester, Union Pond Park consists of 1.5 waterfront acres on North School Street, just across from Robertson Park. On the northern most tip of the park, a fishing pier extends into Union Pond with views across the water to Northwest Park. On the eastern side, a boat launch provides water access to the reservoir, which is open to non-motorized watercraft. In the center of the park, a one-half mile loop trail circles a recessed area which the parks department often floods during the winter to provide a spot for winter skating. The park serves as one of three entrypoints for the Hockanum River Linear Park’s Union Pond Hiking Trail, a 2.4 mile loop which circles the reservoir.

“The improvements we’re making are an opportunity to highlight the park’s best features and draw more people to the park,” says Topliff. As of this writing, landscaping had already been undertaken to remove 15 black locust trees from the property with the goal of creating a clearer line of sight to the footbridge that traverses an inlet. By the time of the park dedication (tentatively planned for September 2018), the grounds will be transformed with new plantings including flowerbeds and waterside willow trees, a widened pedestrian entryway, and new roadside signage.

But the really transformative element is the fitness trail itself.

The Jay Howroyd Fit Trail will serve as the centerpiece of the revitalized park. Consisting of eight fitness stations, artfully arranged around the 0.5 mile loop, the fit trail will provide park-goers with the opportunity to get a full body workout while overlooking the 60 acre reservoir. The equipment ranges from simple—steps at varying heights, parallel bars, an overhead ladder—to intricate—such as the Combi 2, a graduated workout space featuring an incline bench, push up bar, decline bench, horizontal ladder, and pull up station.

Continued on page 7.
Sustainability is like truth or justice. It’s an aspirational goal—something to strive for rather than something you attain. You measure your progress in small increments, as you step forward slowly toward the ideal.

Sustainable CT, a voluntary certification program born out of a five-month statewide working group organized by the Connecticut Conference of Municipalities, has the right idea: acknowledging towns for sustainable action steps across a broad span of disciplines, from workforce development to water conservation. Municipalities participating in the program earn “points” for each action item and will be afforded access to peer learning opportunities, data-collection tools, and funding opportunities from the independently funded grassroots organization.

Although Manchester hasn’t committed formally to the program, sustainability is a key value in Manchester 2020, the Town’s plan for conservation and development. Since the adoption of the plan in 2012, the Town has been making steady strides toward sustainability.

Here are just a few of the ways how:

**IN THE GARDEN**

Sustainability in its simplest definition is simply the relationship between inputs and outputs. A system that isn’t sustainable is one where the sum of the inputs (resources and energy expended) is less than the sum of its outputs: You put in a lot and get back a little. A sustainable system, on the other hand, is one in which outputs outweigh, or are at least equivalent to, the inputs: Or, you put in a little and get back a lot.

And when it comes to sustainable food production, no one in Manchester is more aware of this calculus than Spruce Street Community Garden Coordinator Bettylou Sandy.

*Continued on page 6.*
Continued from page 5.

A huge advocate for locally grown produce, the fresher the better (and preferably organic), Sandy has spent most of her career studying the distance between farm and table and trying to shorten it.

“What people don’t realize is that when we make choices about food we are participating in a system,” says Sandy. “A healthy food system is one with very little waste. And, unfortunately, in most of America, that’s not what we have.”

In workshops like “Where Does Your Food Come From?” Sandy introduces participants to the concept of food miles (the distance from the grower’s farm to your table), the changes the food system has undergone in the past 60 years, and ways to reduce your food footprint while providing both healthier and more cost-effective meals.

“When we grow our own food, we see that every fruit we pick already has within the seeds of the next generation. We can harvest the crop, and fill our bellies while still saving seeds for the next season. And what we don’t eat can be broken down into compost and enrich our soil. Nothing is wasted.”

She forms each hand into a “C” and then presses her hands together forming an “O.” “See? It’s a closed loop.”

At the Spruce Street Community Garden, Sandy teaches workshops on organic gardening, composting, rainwater catchment, and composting, always with an eye to working in harmony with nature rather than against it.

“Gardening provides stress relief, exercise, and a more engaged and connected community,” says Sandy. “The food is fresher; it’s more nutrient dense; and it’s more affordable. It’s a win-win-win-win.”

Currently, all 26 beds at the Spruce Street Community Garden are full. For more information, to be added to the waitlist, or to sign up for a workshop, contact BettypLou Sandy at bsandy@manchesterct.gov or (860) 647-3089.

Ed Neumann, of Fox Meadow Farm, sells CT Grown produce, meat, and eggs at the Spruce Street Market.

AT THE MARKET
Of course, not everyone has the time (or inclination!) to grow their own food, but that doesn’t need to keep you from supporting a sustainable food system. Right now Manchester is undergoing a bit of an agricultural renaissance and this summer will be providing Manchester residents with the opportunity to purchase fresh, Connecticut grown and raised food directly from local farmers.

The Spruce Street Market (now in its second year) will take place Wednesday evenings, 4-7 pm, from June 13 - October 17 at 153 & 160 Spruce Street. Produce at this CT Grown market is eligible for purchase through SNAP/EBT and the Farmers Market Nutrition Program (FMNP).

According to Manchester 2020 “a supply of fresh local food” is a key aspect of sustainability. It reduces inputs (in terms of energy needed to ship, cool, and store food from afar) and increasing outputs (by restoring economically productive agricultural lands).

According to Sandy, although the cornfield will yield some crops its first year, the primary goal behind the project is educational. “This is an opportunity for the whole community to experience urban agriculture and, for those who really want to get their hands dirty, an opportunity to participate in the process of restoring the soil.”

For more information about Market Field, including volunteer opportunities, contact Bettylou Sandy at bsandy@manchesterct.gov or (860) 647-3089.

ON THE TRAIL
In October of last year, the Manchester Board of Directors made a huge leap toward sustainability when they unanimously approved a “complete streets” policy requiring new street improvements and developments to include non-motorized transportation in their development goals.

For more information on the Spruce Street Market or to apply to be a vendor, contact the Neighborhhoods and Families Division of the Department of Leisure Family and Recreation at onf@manchesterct.gov or (860) 647-3089.
In the same vein, this July the Town will launch a pilot bike sharing program at Charter Oak Park. Loosely modeled after the original program in Portland, Oregon, Manchester’s Yellow Bike Program will allow Manchester recreation card holders the opportunity to borrow one of ten bikes for summer evening rides along the adjacent Charter Oak Greenway Trail.

According to Charter Oak Park Ambassador Ben Carlson, the new program is a way to promote access to bikes, draw visibility to the greenway trail, and to provide job training opportunities to the young people who will operate the bike shop during the summer.

“This is a great project with a lot of community support—especially among the youth,” says the 23-year old Manchester native who presented on the project to the Manchester Youth Commission last November.

By promoting non-motorized transportation the Town is solidifying its commitment to a greener and healthier Manchester. According to the advocacy organization Bike-Walk CT, cycle- and pedestrian-friendly infrastructure creates healthier and cleaner communities. In Manchester 2020, it (along with recreational and agricultural resource development) is part of the “green infrastructure” that is all about maximizing the use of each resource to provide the highest value to each particular user.

Inquiries about the Yellow Bike Program can be directed to Ben Carlson at bcalrson@manchesterct.gov.

FOR THE FUTURE
Sustainability is about strategic investment and maximizing system outputs, yes.

It’s also about looking ahead.

Manchester 2020 draws its definition of sustainability from the Brundtland Report, the culmination of the 1987 United Nations World Commission on Environment and Development:

“Meeting the needs of the present generation without compromising the ability of future generations to meet their needs.”

In Better Manchester Magazine, we’re always talking about the way the Town is renewing itself to serve the next generation of Manchester families. In a world with finite resources, every action we take needs to take the long view.

A sustainable Manchester is a wise Manchester, one that weighs each decision against our ultimate goal: a healthier, happier, and thriving community.

Let’s keep moving forward.

Volunteers, Mike, William “Scooter” and Michael Reilly assemble bikes for Charter Oak Park’s Yellow Bike Program.

Throughout a manufacturer provided mobile application, trail users will be able to view animated workout demos, activate challenges & rewards, track their progress, and connect with local trainers. In addition to the fitness-themed features, five trailside benches and stone dust paths will make the trail more inviting and accessible to all.

“This addition will transform the park,” says Chris Silver, the director of the Department of Leisure, Family and Recreation. “Imagine a space in Manchester to do your workout in the open air and sunshine, overlooking the water. This is one of the most scenic areas in town and, with these improvements, it will become one of the most utilized. Union Pond Park was just the perfect fit for this trail.”

Lauren Canning-Howroyd agrees noting that this section of town played a special role in Jay’s life, Robertson Park’s ball field hosting countless ballgames for Jay and his siblings, and the skate park hours of enjoyment for his children.

“My dad was a Manchester native and my siblings and I grew up here. All three of us got our first jobs at Recreation,” says Sarah. “My dad was Yankees and UConn all the way through.”

“He was just so proud of where he came from.”
On Friday June 1 at 10:45 AM, at the entrance to the Oakland Trail near Kohl’s in Manchester, a small island in the Hockanum River will be dedicated in memoriam of conservationist Dr. Douglas H. Smith.

The anesthesiologist came to Manchester in 1959 after serving at Fort Belvoir in the Army Medical Corps as Chief of Anesthesia. For the next thirty years, he practiced at Manchester Memorial Hospital becoming chief of anesthesia in 1983 and president of the medical staff in 1985.

Throughout his tenure, he played an active role in the Manchester community with a special focus on the environment. As chairman of the Chamber of Commerce’s City Beautification Committee, he planted memorial trees, bestowed beautification awards, and worked on town-wide clean-up programs. In 1970, he helped organize the Hockanum River Linear Park Committee. Over the course of his tenure as chair, he and the volunteers he recruited created 16 miles of trails, placed 66 benches, and planted 10,000 trees. In 1972, he co-founded the Manchester Land Conservation Trust, Inc. where he served as president for a number of years and, most recently, director emeritus.

According to Jon Mercier, who serves on the Manchester Conservation Committee and the Hockanum River Linear Park Committee, Dr. Smith had a particular affection for the tiny island that will be named in his honor. “From its mouth in East Hartford all the way up to Ellington, the Hockanum River held a special place to Doug but he had a particular attachment to this little island and it’s fitting that it be named in his honor.”

For more information on the dedication (and the other 11 events taking place in Manchester in conjunction with Connecticut Trails Day), view the Trails Day 2018 program calendar on page 18 of the Leisure, Family & Recreation Program and Event Guide.

This March, the Manchester Board of Directors voted to rename the West Side Pool in honor of Manchester native Marcella “Marcy” A. MacDonald.

The Manchester Podiatrist, now an Andover resident, made history in 2001 as the first American woman to swim across the English Channel. Since then, she has gone on to make the 21-mile trek fourteen additional times; tackle the 26-mile channel between the Hawaiian Islands of Oahu and Molokai; become the fifth person to make the 11-12 hour swim across Loch Ness; and crossed Tampa Bay this New Year’s Eve.

Her accomplishments have netted her a spot in the Manchester Sports Hall of Fame, the International Swimming Marathon Hall of Fame, and, now, a commemorative swimming facility in her own hometown.

MacDonald, who grew up on Manchester’s west side, attended Verplanck School and Bennet Junior High, and graduated from Manchester High School in 1981, credits her hometown with giving her the tools to succeed. “Manchester is one of the best places to grow up as a swimmer,” she says. “The town offers so many places for a child to learn the basics.”

She credits her high school coach, Mel Siebold, who co-founded the Manchester Swim Club, with introducing her to open water swimming. He remembers young Marcy as a fun loving swimmer who didn’t talk about her goals much: “She just went ahead and did it.”

He explains her attraction to open water swimming like this: “With swimming pool swimming the most you can do is 1500 meters, or about 50 yards. For Marcy, that’s when she’s just warming up.”

For Marcy, open water swimming has been an exercise in perseverance. “With swim team, it’s all about speed. In the open water, you have to think of it one step at a time. I don’t look at the 52 miles. I look at 45 minutes at a time. Your life will change if you do things like this. Whether it’s struggling through 2 hours of yard work, difficulties in business or school, or paying off a 30 years of a mortgage, or all the other stuff we have to go through. You can get through if you do it just a bit at a time.”

“Just don’t give up,” she adds.

Marcy’s next planned swim is planned for August of this year. If she completes it, she will be the first person in history to complete the 52 mile swim from Dover, England through portions of the Arctic Sea and into Belgium. You can follow her progress at cuttingwater.blogspot.com where she shares her open water adventures with her online community.

The Marcella A. MacDonald pool dedication ceremony will take place at the West Side Pool on June 27 at 5:30 pm. The ceremony is sponsored by the Department of Leisure, Family and Recreation. Light refreshments will be provided.
The atmosphere is tense in the media center at Illing Middle School, where on this February day a dozen students sit at adjoining tables competing in ‘Battle of the Books.’

Acting as emcee, library media specialist Paul Rippington reads questions from pre-assigned young adult novels that students read during the past six weeks as they ‘buzz in’ with answers.

“In ‘Trash’, what does Father Juilliard have to change once a month?” Rippington asks.

A buzzer buzzes. A student responds: “The combination to the safe.” The Princeton team celebrates—another point in their narrow victory over a strong Cornell team.

Battle of the Books might seem anachronistic in this age of social media, YouTube and limited attention spans, but Rippington insists that the printed word is still quite popular.

“Despite all the distractions of today and alternatives to reading,” he said, “there are plenty of students who need that break from their media overload and just want to escape into a good book.”

Alas, there are also students who don’t love books. And the rest are somewhere on the love-hate continuum. But no matter how much students like, or don’t like, reading, no matter how much they might struggle or excel, Manchester educators say that reading is a district priority.

“Our goal is to prepare all students to be lifelong learners and contributing members of society,” said Superintendent Matt Geary. “And for those reasons—and many others—reading is crucial.”

Underscoring that, in February the Board of Education voted to increase Geary’s proposed 2018-19 school budget by $411,000 to pay for a “supercharged reading support” program that would put additional reading specialists into elementary schools next year. (The school budget was later cut but Geary said he hopes to pursue grants that might fund some of the program.)

Why is reading so important? Ask around and you’ll get a variety of answers, from the pragmatic “so you can understand instructions on a bottle of medicine” to the romantic “because you will develop your mind and imagination.”

And then there’s this:

“There is a direct correlation between reading ability and academic achievement,” said Michael Pearce, a district literacy specialist serving Highland Park, Robertson and Waddell Elementary schools. “Students who read well get higher grades, enjoy more opportunities, and make more money than those who don’t.”

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Christopher Pattacini, chairman of the school board, concurred, citing statistics that focus on the need for developing early reading skills.

“We strive to meet the needs of all students at all times,” he said, “but we pay special attention to the reading development of students in kindergarten through grade 2—because the quality of that foundation has huge implications on how students do throughout the rest of their years in school, and beyond.”

Pattacini noted that the percentage of Manchester students reading at grade level when entering grade 3 is about 70 percent; the board’s goal is to utilize the proposed additional reading specialists to increase the percentage of grade 3 students reading at grade level to 85 percent in two years.

While programs like the Battle of the Books appeal to motivated readers, Manchester has a slew of initiatives designed to support developing and struggling readers. Among these are programs, assessment tools and supports with mysterious and cryptic names like LitLife, SEMr, Read-180 and i-Ready.

“Teaching reading is complicated and nuanced,” Geary said. “Students from a very early age are at different levels, and each has different strengths, weaknesses and interests. But there are instructional strategies that we know will work. We just have to be flexible and persistent as educators, committed to ensuring that all students get what they need—because reading is that important.”

THE WORKSHOP MODEL

Pearce, who spent almost 20 years working with elementary students—either as a teacher or an ‘interventionist’ supporting struggling readers—five years ago transitioned to his district literacy role.

He now works mostly with the teachers themselves, coaching them in an effort to expand their skills and increase their effectiveness.

In Manchester, elementary schools use what’s known as the ‘workshop model’ to teach reading. Rather than 45 minutes of whole group instruction familiar from years past, teachers provide guided practice, small group instruction and allow students independent practice of skills and strategies taught during ‘mini-lessons.’

As often as possible, students choose books they want to read, provided the book is appropriately challenging. Finding this “just right book” occurs by having a student open a book to a random page; if the student knows every word on the page, it’s likely too easy; if they don’t know five or more words, it’s probably too difficult.

“Students thrive through personalized learning opportunities when given ample time to read high interest books of their choosing—and then time to think and respond,” said Pearce.

Contemporary education is all about data, and such is the case with reading. Assessments include the Fountas & Pinnell (F&P) Benchmark Assessment System, which is used to determine a student’s reading level on a scale from A to Z. Typically a student reads a few pages aloud as the teacher listens to gauge accuracy, fluency and comprehension.

Another scale, known as Lexile, analyzes individual words and sentence lengths to help match readers with appropriately challenging books, articles and other leveled reading resources.

Pearce works to help teachers analyze data and then modify their instruction to best support their students.

“While my time is largely spent with teachers, our work together helps them to become better educators and, in turn, that does impact every student,” he said, adding: “This is crucial, as much research shows that the single most important factor in a child’s education and student achievement is the teacher.”

Nancy Chenette, a kindergarten teacher at Highland, says Pearce’s help is invaluable.

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Michael Pearce, a district literacy specialist, says students thrive when given “ample time to read high interest books of their choosing—and then time to think and respond.”
“As teachers, we need to always be learning, too,” said Chenette, who is in her 27th year. She says Pearce’s support is especially welcome because his job isn’t to judge or evaluate her, just to help. She notes that his expertise in literacy goes beyond that of teachers who deliver multiple subjects and have a host of other demands.

So what does reading instruction look like in her classroom?

Well, you might see students sitting back-to-back, reading almost silently for 10 minutes (up from 5 minutes at the beginning of the year). The ‘almost silently’ means they use what Chenette calls their “one-inch voice,” pronouncing each word in a near whisper. On her cue, students then pivot so they are side to side and take turns reading to one another from a single book. Chenette will sometimes interrupt, and ask them to discuss, with their partner, what might happen next in their book. Then students will “share out” with the entire class, explaining, for example, whether their predictions were the same, or different.

“They get so excited,” she said, “which is wonderful to see.”

Making predictions is one of various “active reading strategies” students are taught. Students are also encouraged to periodically summarize what they’ve read and to explain the main idea of a passage in their own words.

“It takes practice,” said Pearce. “But becoming a strong reader pays big dividends.”

Back at Illing, as some of the most avid readers are competing in the Battle of the Books, other students are in classrooms elsewhere in the building in ‘reading acceleration’ classes. These classes are generally small, each with just a dozen or so students, and use a variety of strategies to help students improve their skills—from the fundamentals (phonemic awareness, letter knowledge, and so forth) to fluency, comprehension and reading stamina.

Ironically, but understandably, online and cloud-based interventions are also used to support accelerated reading achievement. One example: a program called ‘Read Naturally’ features visual and auditory prompts, guiding students through steps to develop fluency and phonics skills, support comprehension, and improve vocabulary.

READ 180 is another multimedia program designed to meet specific needs of students whose reading achievement is below grade level. READ 180 blends instruction from the teacher with software that tracks a student’s progress and customizes instruction to meet their needs.

Illing also offers a SEMr program, short for the School Wide Enrichment Model for Reading. SEMr is used to support reading stamina and volume through student choice.

Illing teacher Ryan Parker, who teaches three SEMr classes, says motivation and stamina are huge factors affecting middle school-age readers.

He stresses to his students that they are not reading for their teacher or for a grade but to empower themselves. He asks the questions: “What power do we have access to by becoming effective readers and how can we use the power we gain from reading to contribute to our personal families and our immediate and global communities?”

Geary, who as superintendent made access to technology a district priority, is currently serving as the interim principal at Illing and in March he stepped up the school’s commitment to reading, instituting a 20-minute silent reading block in the middle of the day for all students. (The time had previously been used in more of a ‘study hall’ fashion, with students given the option of doing makeup work, etc.).

Geary noted that the district has spent a lot of time in the past few years stressing ‘Habits of Mind’—which are problem solving, life-related skills needed to effectively operate in society. Many of these habits—being persistent, communicating with clarity and precision, applying past knowledge to new situations—are reinforced through reading, he said.

“Reading has always been important but I think it’s especially important these days, when information is everywhere but often is of very little substance. Reading sort of slows you down, in a good way, and students today need to be able to develop patience and learn some things with depth.”

Continued on page 13.
The accompanying story about the role of reading in Manchester Public Schools is missing an important element—student voices.

Oh, students have plenty to say. About how they learned to read, say, on a parent’s lap. About their favorite books, and authors, and genres. About whether they prefer the written word on printed paper or videos and other digital imagery on screens small and big.

But rather than quote students, we decided to show them.

The accompanying photos were shot by Paul Ofria (perhaps best known for his work on the ‘Humans of Manchester Public Schools’ gallery that can be found on Facebook and Instagram). Paul visited Robertson Elementary School to photograph the K-5 students, then Bennet Academy, Illing Middle School and Manchester High for the older grades.

Students were chosen pretty much at random and asked to pose with either a favorite book or perhaps something popular at their grade level.

As student get older and bigger, you’ll notice that their book titles suggest stories and topics that are more sophisticated and challenging.

But no matter the age of the reader, some things are the same—and leave it to some notable writers to explain:

“Once you learn to read, you will be forever free,” said Frederick Douglass.

Said Mortimer Adler: “Reading is a basic tool in the living of a good life.”

And for the last word, who better than Dr. Seuss?

In his book “I Can Read With My Eyes Shut!” Theodor Geisel included these often-cited words: “The more you read, the more things you will know. The more that you learn, the more places you’ll go.”
Continued from page 11

Geary also noted that reading is taught not just in English class, but in all instructional areas. Even physical education teachers have units that require students to read articles on health and fitness.

As students progress through each grade, instructional challenges increase.

Manchester High, for example, has programs similar to those offered in the earlier grades to support students in need of help decoding words, building vocabulary, increasing stamina and comprehension.

To increase stamina, independent reading time is built into the day, especially in ninth- and 10th-grade English classes.

Teacher Leah Lourie is the school’s reading guru. She oversees a raffle (one lucky winner each week wins a free book), schedules book fairs at Barnes and Noble, brings in authors to meet with students and recently launched a club (“the Page Turners”) for students who love reading.

Lourie said she enjoys the challenges and opportunities her job presents. She said high school students who don’t read well are often extremely frustrated because they might be smart and worldly but are flummoxed by even moderately complex texts (and, frankly, by unfamiliar words, like ‘flummoxed’). She also works with students who can devour long, substantive, sophisticated novels.

Experts say the huge differences in reading ability among high school seniors is directly tied to habits that begin in kindergarten and even earlier.

Consider: A fifth-grader who reads for 20 minutes every school day is exposed to an estimated 1.8 million words in that year. A classmate who reads five minutes a day sees about 300,000 words.

As the years pass, enthusiastic readers become stronger and develop a robust vocabulary while struggling readers tune out—and the gap widens.

Pattacini again: “When we discuss priorities for investing in education, it always comes back to early literacy.”

Of course teaching and supporting reading does not happen solely in school buildings. The district and town both offer resources and programs designed to support parents and guardians help their children learn to read.

For example, some of Manchester’s elementary schools are doing ‘parent-teacher conferences’ in a whole new way. Instead of one-on-one meetings, parents and guardians are invited as a group to their child’s classroom for three separate evening sessions during the school year, each roughly two months apart. Parents and guardians are each given a confidential folder with information about their child’s progress in reading (math, too), and then resources such as “just right books” and educational games are provided so they can help their children at home.

“We want to strengthen the partnership that we have always had with the parents and guardians of our students,” said Latasha Eastering-Turnquest, director of the district’s Family Partnership office, who works in the Manchester Public School Welcome Center on Main Street. The office has shelves full of books for visitors to peruse—and take home to keep if they want.

Across the street is Mary Cheney Library, which has a children’s department and a function room in the basement where children’s literacy programs take place. There’s another library across town—the Whiton Branch—and even a few ‘Little Free Libraries’ outside various buildings including the Eastside Neighborhood Resource Center on Spruce Street.

Kelly Melesko, who grew up in Manchester and now lives in town with husband David and their two school-age children, said she appreciates the town resources and programs that support literacy.

A language arts teacher at Bennet Academy, Melesko has a response to students who say they “don’t like reading.” Her retort: “I say, ‘You don’t like reading, yet.’”

Melesko suggests that parents read a book together with their child and then watch the movie version. She recalled a student and mom who did so with “Wonder” by R.J. Palacio, and said that mom was thrilled, saying she and her son laughed together, cried together and had deep conversations about life and people. As for the boy? When Melesko asked which he enjoyed more, the book or the movie, she was pleased but not surprised by his response:

“The book,” the boy said. “It lets your imagination take over.”

Highland Park teacher Nancy Chenette encourages her kindergartners to make predictions and connections as they read. “They get so excited,” she said, “which is wonderful to see.”
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Steam Works
Amusement Park!
Moving Mechanisms!
Transportation!
Animals!
Structures!
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SENIOR CENTER
General Information
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(See Page 29 for Senior Center registration details.)

REGISTRATION

REGISTRATION DATES
Residents: May 16, 2018 (9 AM at all registration sites)
Non-residents: May 18, 2018

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

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

3. Over the Phone
Having trouble registering online or can’t make it to a center. Give us a call and we’ll be glad to register you over the phone. Have your payment information ready.

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

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

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

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

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

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

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

FACILITIES

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

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

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

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

YSB Teen Center
63 Linden Street • 647-5213
Center Hours: M-F, 2:30-5:30 PM
Closed Legal Holidays

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

Nathan Hale Activity Center
160 Spruce Street • 647-3089
Dates of Operation: Oct - May
Rec Drop-In: Sa, 12-5 PM

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

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

AQUATIC FACILITIES

Globe Hollow Swimming Area
100 Spring Street • 647-3295
Open Swim Hours: M-F, 1-7:30 PM; S/Su, 1-6 PM
Adult Lap Swim Hours: M-F, 5-7:30 PM; S/Su, 1-6 PM
Salters Pool
103 Lydall Street • 647-3296
Open Swim Hours: M-S, 1-5 PM; Su, 1-4 PM
Lap Swim Hours: M-F, 12-1 PM; S, 5-6 PM
Swanson Pool
48 North Main Street • 647-3297
Open Swim Hours: M-F, 1-5 PM; S/Su, 2-6 PM
Lap Swim Hours: M-F, 11:30 AM-12:30 PM; S/Su, 5-6:30 PM
Waddell Pool
163 Broad Street • 647-3299
Open Swim Hours: M-F, 1-7:30 PM; S/Su, 1-5 PM
Lap Swim Hours: M-F, 7:30-8:00 PM; S/Su, 5-6:30 PM
Marcy MacDonald Pool
110 Cedar Street • 647-3293
Open Swim Hours: Everyday, 1-5 PM
Lap Swim Hours: M-F, 11:35-12:30 PM; S, 11:30-12:30 PM; S/Su, 1-6:30 PM

PARKS & TRAILS

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

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

MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid through August 31, 2018

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2017/2018 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. 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.

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

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

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

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

CONTACT US

Program Cancellation Line
Access program cancellations 24/7 at our program cancellation line at 647-3162, press 1.

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

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 online at townofmanchester.org or by calling 860-647-5235.

Follow Us on Social Media
Like us on Facebook and follow us on Instagram & Twitter to learn more about programs, upcoming events and more!
Manchester Trails Day 2018

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

June 1
Doug Smith Island Dedication | 10:45 AM
Hockanum River Linear Park Committee
Ceremony. Hike on your own.
Distance: 0.4 miles Rating: Easy
155 Tolland Turnpike, Kohl’s Parking Lot (NE Corner)

June 2
Early Childhood Hike | 10 - 11:30 AM
Manchester Plays On!
Nature walk & trail mix at Northwest Park.
Distance: 0.25 miles Rating: Easy
448 Tolland Turnpike, Early Childhood Center

Oakland Trail Hike | 10:00 AM
Hockanum River Linear Park Committee
A riverside loop hike along the Hockanum River.
Distance: 2 miles Rating: Easy
155 Tolland Turnpike, Kohl’s Parking Lot (NE Corner)

Charter Oak Greenway | 1:00 PM
Manchester Cycle Shop & Manchester Rec Division
Electric pedal assist demo & Yellow Bike Program information.
Distance: Varies Rating: Varies
55 Charter Oak Street, East Coast Greenway Trail (Charter Oak Park)

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

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

June 3
Hop River Linear Trail | 9:00 AM
Manchester Recreation Division
Out and back along the Hop River Trail.
Distance: 1-2 miles Rating: Easy
178 Colonial Road, Manchester, CT 06042

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

New State Road Trail | 10:00 AM
Hockanum River Linear Park Committee
Riverside hike. Must be able to negotiate a ladder.
Distance: 2.8 miles Rating: Easy
791 Middle Turnpike West, Cheney Tech Lot (West)

Risley Park Hike | 1:00 PM
Manchester Land Trust
Explore MLT’s largest parcel with links to the CFPA’s Blue Trail system.
Distance: 3.3 miles Rating: Strenuous
366 Lake Street, Vernon CT 06066

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

FRIDAY, JUNE 1
Movie in the Park | 8-10 PM
Premier of the award winning “OurParks” Video followed by our feature presentation
Charter Oak Park, 55 Charter Oak Street recreation.townofmanchester.org
SUMMER EVENTS

May 3
IMAGINE MAIN STREET
Celebrating Youth Artists.
Musicians, artists, crafters, singers, puppets and more.
Downtown Manchester, 5:30-8 PM.
imaginemainstreet.com

May 5
MANCHESTER FISHING DERBY
Salters Pond, 7-10 AM.
recreation.townofmanchester.org

May 12
FAMILY HISTORY DAY
Free event to learn your family genealogy.
41 Center Street, 9 AM-1 PM.
townofmanchester.org

ANNUAL SENIOR CENTER PLANT SALE
Just in time for mothers day.
Senior Center, 549 E Middle Tpke. 9 AM-1 PM.
...

May 15
DISTRACTED DRIVING
Free event, suggested for youth drivers and their parents or guardians. Live demo & simulations. (Rain Date: 05/18/18)
Center Memorial Park, 4:30-7:30 PM.
ysb.townofmanchester.org

May 19
6K WALK/RUN
Center Springs Park, 8-11 AM.
worldwidelighthouse.org

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

May 21
SENSORY EXPLORATION WITH FOOD
Free program for children & families. Registration Required.
Mary Cheney Library, 586 Main Street, 10:30 AM.
library.townofmanchester.org

May 22
START CLIMBING YOUR FAMILY TREE
Genealogical research for beginners.
Whiton Library Auditorium, 100 N. Main Street, 6:30 PM.
library.townofmanchester.org

May 23
SILLY SING-A-LONG WITH ED LEONARD
Free, family program. Registration not required.
Whiton Library, 100 N. Main Street, 6:30 PM.
library.townofmanchester.org

May 24
SILLY SING-A-LONG WITH ED LEONARD
Free, family program. Registration not required.
Mary Cheney Library, 586 Main Street, 6:30 PM.
library.townofmanchester.org

May 28
MEMORIAL DAY PARADE
Downtown, Main Street, 9:30 AM.
townofmanchester.org

May 30
MUSIC FUN
Free, family program. Registration not required.
Mary Cheney Library, 586 Main Street, 6:30 PM.
library.townofmanchester.org

NOT SO "YA" BOOKCLUB
This group is aimed at (but not limited to) adults who are between the ages of 18-35 who love young adult literature. The Hate U Give by Angie Thomas.
Whiton Library, 100 N. Main Street, 7:00 PM.
library.townofmanchester.org

May 31
MUSIC FUN
Free, family program. Registration required.
Whiton Library, 100 N. Main Street, 6:30 PM.
library.townofmanchester.org

June 1-3
TRAILS DAY WEEKEND EVENTS
See page 18 for full listing of trails day events.
Manchester, Varies.
recreation.townofmanchester.org

MOVIE IN THE PARK
Charter Oak Park, 55 Charter Oak Street, 8-10 PM.
recreation.townofmanchester.org

June 2
PRIDE IN MANCHESTER WEEK
Concert in the Park
Center Memorial Park, 6-9 PM.
prideinmanchester.townofmanchester.org

June 3
PRIDE IN MANCHESTER WEEK
Art in the Park
Center Memorial Park, 10-4 PM.
prideinmanchester.townofmanchester.org

June 6
SINGING STORIES WITH TWO LEFT FEET
Free family program.
Whiton Library, 100 N. Main Street, 6:30 PM.
library.townofmanchester.org

June 7
SINGING STORIES WITH TWO LEFT FEET
Free family program.
Mary Cheney Library, 586 Main Street, 6:30 PM.
library.townofmanchester.org

IMAGINE MAIN STREET
Strollin’
Vendors, musicians, horse-drawn wagonette rides.
Downtown Manchester, 5:30-8 PM.
imaginemainstreet.com

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

June 9
DOG DAY: RABIES CLINIC & LICENSING
License and vaccinate your dog.
75 Center Street. 12-2 PM.

FLAG DAY CEREMONY
Center Memorial Park, 12-3 PM.
elks.org

RECIPE READERS
A Bookclub for those interested in cooking.
Mary Cheney Library, 586 Main Street, 1-3 PM.
library.townofmanchester.org

June 13
MARKET NIGHT
Music by Bill Ludwig & Quoron Walker and artist meet-and-greet with Marnise Nicole.
153 & 160 Spruce Street, 4- 7 PM.
naf.townofmanchester.org

June 14
BLOCK PARTY & CULTURAL FESTIVAL
Free family event with food tastings, entertainment, info tables, games, prizes and so much more! (Rain Date: 06/20)
Bennet Academy, 1151 Main Street, 4:30 PM - 6:30 PM.

ANIMAL SHOW ON THE GO
Free family program.
Mary Cheney Library, 586 Main Street, 6:30 PM.
library.townofmanchester.org

June 15
PAINT NIGHT
Painting for the whole family. All ages welcome.
Charter Oak Park, 55 Charter Oak Street, 6-7:30 PM.
recreation.townofmanchester.org

June 20
MARKET NIGHT
Free Workshop: Planting Summer Flowers
153 & 160 Spruce Street, 4-7 PM.
naf.townofmanchester.org

June 22
FAMILY ZUMBA NIGHT
Families, youth, fitness enthusiasts all encouraged!
Charter Oak Park, 55 Charter Oak Street, 6-7 PM.
recreation.townofmanchester.org

SUMMER READING PRESCHOOL KICK-OFF
Free family program. Turn it up Music.
Mary Cheney Library, 586 Main Street, 10:30 AM.
library.townofmanchester.org
SUMMER EVENTS

June 23
SUMMER READING KICK-OFF
Free family program. Magic Show with Ed Pop.
Mary Cheney Library, 586 Main Street, 10:30 AM.
library.townofmanchester.org

ROTARY MUSIC GARDEN PARTY
Garden Party in the park. (Rain date 06/24/18)
Charter Oak Park, 55 Charter Oak Street, 9 AM-12 PM.

SILK CITY BOARD GAME GROUP
Libraries Rock! Free music focused event.
Mary Cheney Library, 586 Main Street, 12-4:30 PM.
library.townofmanchester.org

June 26
COME FLY WITH US
Manchester Plays On! Play Event at the Grove Pavilion.
Wickham Park, 1329 Middle Turnpike West, 10 AM-12 PM.
ysb.townofmanchester.org

SPOONS, BONES, BODHRAN, & PENNYWHISTLES
Adult music program with Tom Callinian
Whiton Library, 100 N. Main Street, 6:30 PM.
library.townofmanchester.org

June 27
MARKET NIGHT
Music by Marmo & Guinea Pigs. Wooden, Worn, & Weathered Art Opening.
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

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

NOT SO "YA" BOOKCLUB
This group is aimed at (but not limited to) adults who are between the ages of 18-35 who love young adult literature.
Beauty Queens by Libba Bray.
Whiton Library, 100 N. Main Street, 7:00 PM.
library.townofmanchester.org

June 29
SLIDE INTO SUMMER
Full description on page 22.
Waddell Pool, 6-7:30 PM
recreation.townofmanchester.org

MUSICAL MATINEES
The Music Man, 2 hours, 35 minutes. Rated G
Mary Cheney Library, 586 Main Street, 2 PM.
library.townofmanchester.org

June 29
MOON-LIT YOGA
Outdoor Yoga under the summer moonlight!
Charter Oak Park, 55 Charter Oak Street, 8-9 PM
recreation.townofmanchester.org

July 5
IMAGINE MAIN STREET
Party in the Park
Visit our vendors & artists, with music by of Cover2Cover.
Center Memorial Park, 5:30-8 PM.
imagineinmainstreet.com

July 6
FAMILY MOVIE NIGHT - SANDLOT
Bring the family & enjoy the great outdoors and movie!
Charter Oak Park, 55 Charter Oak Street, 8-10 PM
recreation.townofmanchester.org

July 7
DUTCH FOGARTY INDEPENDENCE DAY CELEBRATION
Festivities with children’s activities, plenty of fun, music, food and fireworks for all. (Rain Date: 07/08/18)
Manchester Community College, 60 Bidwell Street, 4 PM.
recreation.townofmanchester.org

RECIPE READERS
A Bookclub for those interested in cooking.
Mary Cheney Library, 586 Main Street, 1-3 PM.
library.townofmanchester.org

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

FARMERS MARKET
Saturdays through 10/27/18.
Forest Street Parking Lot, 8 AM-12:30 PM

July 9
BICENTENNIAL BAND SHELL CONCERT SERIES
Concert Series begins. Ends 08/22/18.
60 Bidwell Street
manchesterbandshe shell.com

July 10
MUSIC TRIVIA
Test your music knowledge!
Whiton Library, 100 N. Main Street, 6:30-8 PM.
library.townofmanchester.org

July 11
MARKET NIGHT
Music by Bill Ludwig. Free Workshop: Dead Heading
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

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

CONNECTICUT ROCK ‘N’ ROLL: A HISTORY
Featuring Author Tony Renzoni.
Whiton Library, 100 N. Main Street, 6:30 PM.
library.townofmanchester.org

July 12
BELLE’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6-8 PM
bellersmusic.com

July 13
WATER PLAY IN THE PARK
Manchester Plays On! Event.
Northwest Park, 448 Tolland Turnpike, 10:30 AM-12 PM

July 13
PAINT NIGHT
Painting for the whole family. All ages welcome.
Charter Oak Park, 55 Charter Oak Street, 6-7:30 PM
recreation.townofmanchester.org

July 14
NEW ENGLAND HANDBALLERS 3 WALL TOURNAMENT
Charter Oak Park, 55 Charter Oak Street, 8-AM-6 PM.
facebook.com/NEHandballersInc

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

July 16
FREE GOLF DAY AT MCC
Play a free round of golf at Manchester Country Club.
305 South Main Street
www.manco.com

July 18
THE ELDERLY BROTHERS
Adult music program – ’50s & ’60s rock ‘n’ roll
Whiton Library, 100 N. Main Street, 6:30 PM.
library.townofmanchester.org

MARKET NIGHT
Music by Andrew Biagiarelli
Free Pottery Demo. Free Workshop: Creepy Crawlies
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

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

July 19
BELLE’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6-8 PM
bellersmusic.com

July 20
FAMILY ZUMBA NIGHT
Families, youth, fitness enthusiasts all encouraged!
Charter Oak Park, 55 Charter Oak Street, 6-7 PM
recreation.townofmanchester.org

July 21
SILK CITY BOARD GAME GROUP
Artana Games, a publisher from Massachusetts, will bring their line of games.
Mary Cheney Library, 586 Main Street, 12-4:30 PM.
library.townofmanchester.org

DECK ART DAYS
Full description on page 22.
Swanson Pool, 2-6 PM.
recreation.townofmanchester.org
SUMMER EVENTS

July 22
SUNDAY FUN DAY
Full description on page 22.
Globe Hollow Swimming Area, 2-4 PM.
recreation.townofmanchester.org

July 25
MARKET NIGHT
Music by Jennifer Hill. Gears & Grease Art Opening.
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

July 26
BELLER’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6-8 PM
bellersmusic.com

July 27
MUSICAL MATINEES
An American in Paris, 1 hour 53 minutes long. Rated G
Mary Cheney Library, 586 Main Street, 2 PM.
library.townofmanchester.org
MOON-LIT YOGA
Outdoor Yoga under the summer moonlight!
Charter Oak Park, 55 Charter Oak Street, 8-9 PM
recreation.townofmanchester.org

July 28
DECK ART DAYS
Full description on page 22.
Marcy MacDonald Pool, 1-5 PM.
recreation.townofmanchester.org

July 29
GLASTONBURY UKULELE BAND
Presenting a variety of music for all music lovers!
Whiton Library, 100 N. Main Street, 7:00 PM.
library.townofmanchester.org

August 1
MARKET NIGHT
Free Workshop: Drying Herbs
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

August 2
IMAGINE MAIN STREET
Celebrating Volunteerism
Meet local volunteer driven organizations & enjoy a wide variety of vendors, musicians and activities!
Downtown Manchester, 5:30-8 PM.
imagineamainstreet.com

August 4
RECIPE READERS
A Bookclub for those interested in cooking.
Mary Cheney Library, 586 Main Street, 1-3 PM.
library.townofmanchester.org

August 5
18TH ANNUAL CRUISIN’ ON MAIN STREET
Free car show with close to 800 vintage vehicles
(Rain Dates: 08/12, 08/19).
Downtown Manchester, 10 AM-3 PM
cruisinonmainstreet.org

August 8
MARKET NIGHT
Music by Bill Ludwig & Dan Petrozza
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

August 9
BELLER’S MUSIC SUMMER CONCERT SERIES
Free concert in the park.
Center Memorial Park, 6-8 PM
bellersmusic.com

August 10
PAINT THE PARK
Join us in admiring & painting beautiful scenes of the park!
Charter Oak Park, 55 Charter Oak Street, 6-7:30 PM
recreation.townofmanchester.org

August 11
GET DIRTY DAY
Manchester Plays On! Event.
Northwest Park, 448 Tolland Turnpike, 3-5 PM

August 15
SUMMER SEND OFF
Bring the family and enjoy our summer send off featuring inflatables & recreational games and activities!
Charter Oak Park, 55 Charter Oak Street, 5:30-8:30 PM
recreation.townofmanchester.org
MARKET NIGHT
Music by 41 Prospect. Free Workshop: Saving Seeds
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

August 19
SHREDFEST
9 AM-1 PM
8th District, 18 Main Street

August 22
MARKET NIGHT
Free Workshop: Planting Peas
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

August 24
PEACH FESTIVAL
Tickets are $5, can be purchased at 138 Main Street in dispatch or at the door the day of the peach fest.
138 Main Street, 6-9 PM
townofmanchester.org

September 5
MARKET NIGHT
Music by Just Experience
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

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

September 19
MARKET NIGHT
Music by Sarah Rose Jazz
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

September 22
PLANT THE PARK
Volunteer event to plant flowers throughout the park.
Center Springs Park, 39 Lodge Drive, 4-7 PM
recreation.townofmanchester.org

September 26
MARKET NIGHT
“Inked” Art Gallery Opening. Free Henna Demo.
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

October 3
MARKET NIGHT
Free Workshop: Preparing Garden for Spring.
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

October 10
MARKET NIGHT
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org

October 17
MARKET NIGHT
153 & 160 Spruce Street, 4-7 PM
naf.townofmanchester.org
Manchester’s municipal swimming pools are staffed with American Red Cross certified life guards. All pools have bathroom and changing facilities with showers. All children under the age of 10 must be accompanied by an adult 18 years and older. Most pools offer American Red Cross swim lessons, water exercise classes, as well as open & adult swim times. Pools, with the exception of Globe Hollow Swimming Area, offer wading pool areas for children under 52”.

### SEASON SCHEDULE

**PRE-SEASON (06/18-06/24)**
Globe Hollow Swimming Area
M-F: 3:00 - 6:00 PM
Sa/Su: 1:00 - 6:00 PM

**REGULAR SEASON (06/25-08/12)**
June 25-June 29
All pools open 3:00-8:00 PM
June 30- July 1
All pools open 1:00-6:00 PM
*No Swim lessons this week.*

**July 2- August 12**
Regular summer schedule and hours

**July 4**
*Globe Hollow Open, 1-6 PM*

**POST SEASON (08/13-08/26)**
Globe Hollow Swimming Area
1:00 - 6:00 PM

### SWIM LESSON SESSION DATES

**MONDAY - FRIDAY CLASSES**
Session 1: 07/02 - 07/13 (No class July 4)
Session 2: 07/16-07/27
Session 3: 07/30-08/10

**MONDAY & WEDNESDAY CLASSES**
Session 1: 07/02 - 08/06 (No class 7/4)

**TUESDAY & THURSDAY CLASSES**
Session 1: 07/03 - 08/02

### Aquatic Facilities & Schedules

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

#### Globel Hollow Swimming Area
100 Spring St. (860) 647-3235

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td></td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim</td>
<td>1:00-7:30 Open Swim/ Adult Lap</td>
<td>1:00-6.00 Open Swim/ Adult Lap</td>
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<td></td>
<td>5:00-7:30 Swimming Lesson</td>
<td>5:00-7:30 Swimming Lesson</td>
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#### Swarthmore Pool
103 Lydall St. (860) 647-3296

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<tr>
<td>12:00-1:00</td>
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<tr>
<td>1:00-5:00</td>
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<td>1:00-5:00</td>
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<td>1:00-5:00</td>
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<tr>
<td>5:00-6:00</td>
<td>Aqua Exercise</td>
<td>5:00-6:00</td>
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<td>5:00-6:00</td>
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<td>5:00-6:00</td>
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<tr>
<td>6:00-8:00</td>
<td>Swimming Lessons</td>
<td>6:00-8:00</td>
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<td>Swimming Lessons</td>
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#### Swansons Pool
48 North Main St. (860) 647-3297

<table>
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<th>MON.</th>
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<tr>
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<td>9:00-11:20</td>
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<td>9:00-11:20</td>
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<td>11:30-12:30</td>
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<td>Adult Lap Swim</td>
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<td>1:00-5:00</td>
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<td>5:00-5:30</td>
<td>Adult Lap Swim</td>
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<td>5:30-7:00</td>
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<td>7:00-8:00</td>
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<td>Water Exercise Class</td>
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#### Marcy MacDonald Pool
110 Cedar St. (860) 647-3293

<table>
<thead>
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<td>9:30-10:30</td>
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<td>9:30-10:30</td>
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<td>11:35-12:30</td>
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<td>1:00-5:00</td>
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<td>1:00-5:00</td>
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<td>1:00-5:00</td>
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<td>1:00-5:00</td>
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<td>5:00-8:00</td>
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<td>5:00-8:00</td>
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<td>7:30-8:00</td>
<td>Adult Lap Swim</td>
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<td>Adult Lap Swim</td>
<td>7:30-8:00</td>
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#### Waddell Pool
163 Broad St. (860) 647-3299

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<th>WED.</th>
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<td>1:00-7:30</td>
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<td>1:00-7:30</td>
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<td>7:30-8:00</td>
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Globe Hollow Open, 1-6 PM
Aquatic Lesson Schedules

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

Salters Pool

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
<th>Day</th>
<th>Sessions</th>
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<td>6:10-6:40</td>
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<td>1, 2, 3</td>
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<tr>
<td>1</td>
<td>6:45-7:15</td>
<td>M-F</td>
<td>1, 2, 3</td>
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<tr>
<td>2</td>
<td>6:10-6:40</td>
<td>M-F</td>
<td>1, 2, 3</td>
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<td>6:45-7:15</td>
<td>M-F</td>
<td>1, 2, 3</td>
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<tr>
<td>3</td>
<td>7:20-7:50</td>
<td>M-F</td>
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<td>4</td>
<td>6:45-7:15</td>
<td>M-F</td>
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<td>6</td>
<td>6:10-6:40</td>
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Swanson Pool

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<tr>
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<tbody>
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<td>10:10-10:40</td>
<td>M-F</td>
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<td>1</td>
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<td>1, 2, 3</td>
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<td>3</td>
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<td>6:10-6:40</td>
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<td>5</td>
<td>6:10-6:40</td>
<td>M-F</td>
<td>1, 2, 3</td>
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READY TO SIGN UP

JUNE 9, 2018

Registration Information

READY TO SIGN UP? HERE ARE THE DETAILS:

Registration will be in-person and on-line.

Registration for all pools will begin at 9:00 a.m.

In-person registration will be held at the Community Y Recreation Center, 78 North Main Street from 9:00 a.m.- 11:00 noon.

On-line registration: Log onto reconline.town-ofmanchester.org

Please note that on-line registration requires users to set up an account which may take time the day of registration. The Recreation Department suggests accessing the on-line registration site prior to the day of registration to complete this set up. This will allow you for quicker registration on June 4.

Swim lessons open to Manchester residents only.

Please note the following age requirements for swimming levels:

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

The fee for swim lessons is $25.00 per child.

Children may not be enrolled in more than one class per session.

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

Class ratio:
- Infant: 1:12
- Toddler: 1:12
- Preschool: 1:6
- Levels 1-6: 1:8

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

**AQUATIC EVENTS**

**Noodle Nights**
Join us at the pool for noodle and float night. Bring a float or grab a noodle and relax at the pool. Pools will have limited noodles available for use. (Noodles and floats are only allowed on these designated nights and times). Pool pass required to participate.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marcy MacDonald Pool</td>
<td>06/27/18</td>
<td>6:00-7:30 PM</td>
<td>All Ages</td>
</tr>
<tr>
<td>Waddell Pool</td>
<td>07/11/18</td>
<td>6:00-7:30 PM</td>
<td>All Ages</td>
</tr>
<tr>
<td>Globe Hollow Swimming Area</td>
<td>07/18/18</td>
<td>6:00-7:30 PM</td>
<td>All Ages</td>
</tr>
</tbody>
</table>

**Deck Art Days**
On select Saturdays throughout the summer, bring your sidewalk chalk to the pool and showcase your artistic abilities! Children can decorate the pool deck and prizes will be given for the most creative chalk drawings. Pool pass required to participate.

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<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salters Pool</td>
<td>07/07/18</td>
<td>1:00-5:00 PM</td>
<td>1-21</td>
</tr>
<tr>
<td>Waddell Pool</td>
<td>07/14/18</td>
<td>1:00-5:00 PM</td>
<td>1-21</td>
</tr>
<tr>
<td>Swanson Pool</td>
<td>07/21/18</td>
<td>2:00-6:00 PM</td>
<td>1-21</td>
</tr>
<tr>
<td>Marcy MacDonald Pool</td>
<td>07/28/18</td>
<td>1:00-5:00 PM</td>
<td>1-21</td>
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**Sunday Fun Day**
Visit Globe Hollow on Sunday, July 22 for a fun filled afternoon of activities. First 50 guests will receive a free ice cream. Water activities including, the BIGGEST SPLASH, cannonball contest, will be held throughout the day. Prizes will be awarded to participants.

**Location:** Globe Hollow Swimming Area  
**Meets:** Su, 07/22/18, 2:00-4:00 PM  
**Ages:** All Ages  
**Fee:** No Cost (Pool Pass Required to Enter Facility)

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

**Location:** Waddell Pool  
**Meets:** F, 06/29/18, 6:00-7:30 PM  
**Ages:** All Ages  
**Fee:** No Cost (Pool Pass Required to Enter Facility)

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

**Location:** Marcy MacDonald Pool  
**Meets:** 07/03/18-08/09/18, 10:30-11:30 AM  
**Ages:** All Ages  
**Fee:** No Cost (Pool Pass Required to Enter Facility)

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

**Instructor:** Lori Dusza  
**Location:** Salters Pool  
**Age:** 18+  
**Meets:** M/W, 5:00 - 6:00 PM  
**Session 1:** 06/25/18 - 08/06/18 (No Class 07/04/18)  
**Fee:** $60/ $75 (nr)

**Total Aqua**
This class combines segments of cardio and strength training using training intervals and weight resistance tools. Total Aqua is designed for all fitness levels using equipment that helps result in a toned and functional body. This class covers strength, cardio, and mobility, well enough to wear you out!

**Instructor:** Lori Dusza  
**Location:** Swanson Pool  
**Age:** 18+  
**Meets:** T/Th, 7:00 - 8:00 PM  
**Session 1:** 06/26/18-08/02/18 (No Class 07/04/08)  
**Fee:** $60/ $75 (nr)

**Adult Swim Lessons**
Designed for the first time swimmer or for those who have fear of the water.

**Instructor:** Lori Dusza  
**Location:** Salters Pool  
**Age:** 18+  
**Meets:** T/Th, 5:00-6:00 PM  
**Session 1:** 06/26/18-08/02/18 (No Class 07/03/18)  
**Fee:** $60/ $75 (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.

**Instructor:** Josh Charette  
**Location:** Swanson Pool  
**Ages:** 13-18  
**Meets:** Su, 6:00-7:00 PM  
**Session 1:** Su, 07/01/18-08/05/18  
**Fee:** $30/ $38 (nr)

**Private Swim Lessons**
(Manchester Residents ONLY-Ages 5 and up)  
Private swim lessons (1:1) and semi-private swim lessons (1:2), structured to cater to meet you or your child’s specific instructional needs, are now available. The aquatics staff will work with you to customize a personal swim lesson schedule with an experienced instructor. Lessons will be available in the mornings and evenings. Lessons are offered as 4 thirty minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level of each other.

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

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

**REGISTRATION INFORMATION**
Contact the Recreation Division at 860-647-3087 and be prepared with dates, times & pool locations. Payment required prior to the start of the first lesson.
Partners in Play
This summer program is designed to provide young children with the opportunity to discover learning through music, movement, and arts & crafts. Children will experience socialization while parents or caregivers are present. The class includes Free Play Fridays from 9:30 - 11:30 AM where participants from all classes are welcome to drop in with their parents or caregivers to enjoy a less structured class. Siblings under one year and not mobile are welcome to attend. Older siblings are not allowed.

Instructor: Karen Rowell
Location: Northwest Park Early Childhood Center

Toddler Time
Meets: T/Th/F, 9:30-11:00 AM
Age: 1-2.5 years old
Week 1: Red, White & Blue Week, 07/03-07/06/18
Week 2: Animal Week, 07/10-07/13/18
Week 3: Safety Week, 07/17-07/20/18
Week 4: Christmas in July, 07/24-07/27/18
Week 5: Nature Week, 07/31-08/03/18
Week 6: Water Week, 08/07-08/10/18 (Bring Suit & Towel)
Fee: $25/ $31 (nr)

Creative Kids
Meets: M/W/F, 9:30-11:30 AM
Age: 2.5-5 years old
Week 1: Red, White & Blue Week, 07/02-07/06/18
Fee: $20/ $28 (nr)
Week 2: Animal Week, 07/09-07/13/18
Fee: $30/ $38 (nr)
Week 3: Safety Week, 07/16-07/20/18
Fee: $30/ $38 (nr)
Week 4: Christmas in July, 07/23-07/27/18
Fee: $30/ $38 (nr)
Week 5: Nature Week, 07/30-08/03/18
Fee: $30/ $38 (nr)
Week 6: Water Week, 08/03-08/10/18
Fee: $30/ $38 (nr) [Bring Suit & Towel]

Cradle to Crayons
Children will have opportunities for free play and to socialize with others as well as engage in activities such as art projects, story time, and other activities to prepare them for a classroom environment. All children are encouraged to engage in activities at their own pace and ability. Join us each week for a new theme and activities! This program is designed for children ages 2-4 years old.

Instructor: Caitlin McNamara
Location: Northwest Park Early Childhood Center
Age: 2-5 years old
Meets: Th, 07/12-08/23/18, 3:00-4:15 PM (No Class 08/02/18)
Fee: No Cost

Nature Play
Join us for a nature inspired playgroup! Children will have the opportunity to experience circle time, art, and fine and gross motor activities while enjoying elements of the natural world. Please come with clothing and shoes that can get dirty!

Instructor: Maria Carl
Location: Northwest Park Early Childhood Center
Age: 3-6 years old
Meets: M/W/F, 08/13-08/17/18, 3:00-4:15 PM
Fee: No Cost

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

Instructor: Caitlin McNamara
Location: Northwest Park Early Childhood Center
Age: 0-2 years old
Meets: Tu, 05/22-08/28/18, 3:00-4:30 PM (No Class 06/26/18, 07/31/18)
Fee: No Cost

PEACELOVE Expressive Arts
This workshop for young children will include three sessions of expressive art through various modalities including art, music, and movement. Children will have the opportunity to be creative while they express who they are and how they see the world. Please plan to get messy!

Instructor: Caitlin McNamara
Location: Northwest Park Early Childhood Center
Age: 2.5-6 years old
Meets: M/W/F, 08/13-08/17/18, 9:30-11:00 AM
Fee: No Cost

Crafternoon
Each session children will engage in many types of projects including painting and cutting so dress for a mess! Children will have the opportunity to begin the group with 15 minutes of free play to get their wiggles out. Parents are required to attend and help younger children engage in the activities.

Instructor: Caitlin McNamara
Location: Northwest Park Early Childhood Center
Age: 2-5 years old
Meets: M/W/F, 08/20-08/24/18, 3:00-4:15 PM
Fee: No Cost
LEGO CAMPS

Each week is a different themed class with unique projects.

BUILD WITH ME
Instructor: E.Y.E.S. Staff
Location: Eastside Neighborhood Resource Center
Fee: $105/ $130 (nr)

Structures!
Children are accompanied by an adult family member. This program encourages communication and collaboration between children and family/community with an introduction to using LEGO® Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 4-5
Meets: M-F, 07/09/18-07/13/18, 10:00 AM-12:00 PM

Animals!
Children are accompanied by an adult family member. This program encourages communication and collaboration between children and family/community with an introduction to using LEGO® Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 4-5
Meets: M-F, 07/23/18-07/27/18, 10:00 AM-12:00 PM

Transportation!
Children are accompanied by an adult family member. This program encourages communication and collaboration between children and family/community with an introduction to using LEGO® Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 4-5
Meets: M-F, 08/06/18-08/10/18, 10:00 AM-12:00 PM

Moving Mechanisms!
Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 5-6
Meets: M-F, 07/23/18-07/27/18, 1:00-3:00 PM

Amusement Park!
Children are working independently and cooperatively as they begin to explore simple machines using LEGO® Education early childhood materials. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 5-6
Meets: M-F, 08/06/18-08/10/18, 1:00-3:00 PM

STEAM WORKS
Instructor: E.Y.E.S. Staff
Location: Eastside Neighborhood Resource Center
Fee: $105/ $130 (nr)

Look at Levers!
Children are working with standard LEGO® materials to problem solve pre-engineering challenges involving many elements of simple machines and motorized creations. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 7-9
Meets: M-F, 07/16/18-07/20/18, 10:00 AM-12:00 PM

Pulleys-N-Wheels!
Children are working with standard LEGO® materials to problem solve pre-engineering challenges involving many elements of simple machines and motorized creations. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 7-9
Meets: M-F, 07/30/18-08/03/18, 10:00 AM-12:00 PM

Get in Gear!
Children are working with standard LEGO® materials to problem solve pre-engineering challenges involving many elements of simple machines and motorized creations. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 7-9
Meets: M-F, 08/13/18-08/17/18, 10:00 AM-12:00 PM

FULL STEAM AHEAD
Instructor: E.Y.E.S. Staff
Location: Eastside Neighborhood Resource Center
Fee: $105/ $130 (nr)

Elastic Power!
Children are learning and strengthening building technique and problem-solving skills while working with more complex LEGO® mechanisms that reinforce skills learned in the younger age programs. Many challenges are open ended and individualized for your child’s ability and interest. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 10-12
Meets: M-F, 07/16/18-07/20/18, 1:00-3:00 PM

Motor Mayhem!
Children are learning and strengthening building technique and problem-solving skills while working with more complex LEGO® mechanisms that reinforce skills learned in the younger age programs. Many challenges are open ended and individualized for your child’s ability and interest. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 10-12
Meets: M-F, 07/30/18-08/03/18, 1:00-3:00 PM

Mechanism Makers!
Children are learning and strengthening building technique and problem-solving skills while working with more complex LEGO® mechanisms that reinforce skills learned in the younger age programs. Many challenges are open ended and individualized for your child’s ability and interest. Your child will have the opportunity to work with and bring home evidence-based lab sheets to share with family to continue the learning process outside of camp.
Ages: 10-12
Meets: M-F, 08/13/18-08/17/18, 1:00-3:00 PM
**YOUTH PROGRAMS**

**Youth Basketball Leagues**
Team play with emphasis on fundamental instruction & competitive play. For boys & girls, played outdoors. Participants should bring sneakers, shorts, shirt and a water bottle. If leagues do not have enough enrollment, we will combine the leagues and adjust the night schedules.

**CO-ED YOUTH (8-9)**
**Instructor:** Volunteer Coaches  
**Location:** Charter Oak Park Outdoor Courts  
**Ages:** 8-9 years old  
**Meets:** M/Tu, 06/26/18-08/13/18, 6:00-8:00 PM  
**Fee:** No Cost

**CO-ED YOUTH (10-12)**
**Instructor:** Volunteer Coaches  
**Location:** Charter Oak Park Outdoor Courts  
**Ages:** 10-12 years old  
**Meets:** W/Th, 06/27/18-08/16/18, 6:00-8:00 PM  
**Fee:** $35

*mandatory Evaluation Clinic 6/11 @ Mahoney Rec Center at 7:00 PM.

**PeeWee Tennis Lessons**
Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts. Bring your own racquet.

**Instructor:** Volunteer Instructors  
**Location:** Robertson Tennis Courts  
**MORNING SESSIONS**  
**Age:** 4-7 year olds  
**Meets:** M-F, 07/02/18-07/19/18  
**Session 1:** 07/02/18-07/06/18  
**Session 2:** 07/09/18-07/12/18  
**Session 3:** 07/16/18-07/19/18  
**Session 4:** 07/23/18-07/26/18  
**Session 5:** 07/30/18-08/02/18  
**Session 6:** 08/06/18-08/09/18  
**Session 7:** 08/13/18-08/16/18  
**Fee:** $55 / $45 (nr) per week

**EVENING SESSIONS**  
**Age:** 4-7 year olds  
**Meets:** M/W/F, 06/25/18-08/14/18, 6:00-7:30 PM  
**Session 1:** 06/26/18-07/09/18  
**Session 2:** 07/09/18-07/16/18  
**Session 3:** 07/16/18-07/23/18  
**Session 4:** 07/23/18-07/30/18  
**Session 5:** 08/06/18-08/13/18  
**Session 6:** 08/13/18-08/20/18  
**Session 7:** 08/20/18-08/27/18  
**Fee:** $25 / $30 (nr) per week

**Boys Week**
A week long enrichment program that addresses issues young men face through fun & challenging activities, discussion, and guest speakers.

**Instructor:** Pierre Brillant  
**Location:** Youth Service Bureau  
**Ages:** 13-16 year olds  
**Meets:** M-F, 07/30/18-08/03/18, 9:00 AM-3:00 PM

**Youth Tennis Lessons**
Learn to play the game of tennis stressing footwork, ground strokes, service and volleying. All lessons are played at the Robertson Park tennis courts. Bring your own racquet.

**Instructor:** Volunteer Instructors  
**Location:** Robertson Tennis Courts  
**Ages:** 8-12 years old  
**MORNING SESSIONS**  
**Meets:** M-F, 10:00-11:00 AM  
**Session 1:** 07/02/18-07/06/18  
**Session 2:** 07/09/18-07/12/18  
**Session 3:** 07/16/18-07/19/18  
**Session 4:** 07/23/18-07/26/18  
**Session 5:** 07/30/18-08/02/18  
**Session 6:** 08/06/18-08/09/18  
**Session 7:** 08/13/18-08/16/18  
**Fee:** $32 / $39 (nr) per week

**EVENING SESSIONS**  
**Meets:** M/W, 5:30-6:30 PM  
**Session 1:** 06/04/18-06/20/18  
**Session 2:** 06/25/18-07/11/18  
**Session 3:** 07/16/18-08/01/18  
**Session 4:** 08/06/18-08/22/18  
**Fee:** $55 / $45 (nr) per week

**Jukido**
Jukido is a self-defense system first and foremost. Jukido turns the attacker’s own strength and energy against them. Jukido Jujitsu applies traditional techniques to modern circumstances. Classes are taught in a safe and enjoyable environment.

**Instructor:** Richard Webster  
**Location:** Community Y Recreation Center

**BEGINNERS**  
**Ages:** 6-14  
**Meets:** F, 07/06/18-08/29/18, 6:00-7:00 PM  
**Fee:** $75 / $94 (nr)

**RETURNING (PREREQUISITE: JUKIDO BEGINNERS)**  
**Ages:** 6-14  
**Meets:** F, 07/06/18-08/29/18, 7:00-8:00 PM  
**Fee:** $75 / $94 (nr)

**Girls Circle**
A program where girls are invited to make friends, talk about important issues, and gain confidence through creative activities and inspiring trips.

**Instructor:** Beth Mix & Heather Wlochowski  
**Location:** Youth Service Bureau  
**Meets:** M-F, 9:00 AM-3:00 PM  
**Session 1:** 07/09/18-07/13/18 (9-11 year olds)  
**Session 2:** 07/09/18-07/13/18 (13-16 year olds)  
**Session 3:** 07/23/18-07/27/18 (10-13 year olds)  
**Fee:** No Cost

**Urban Expedition**
Enjoy a week of exploring Manchester and seeing local sights you may never have seen before. Join us on exploring all that Manchester has to offer while making great connections with other youth.

**Instructor:** Beth Mix & Heather Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 10-14 year olds  
**Meets:** M-F, 08/13/18-08/17/18, 9:00 AM-3:00 PM  
**Fee:** No Cost

**Journey**
In this program you'll discover nature, learn about plants and animals, and try your hand at woodworking while working independently and as a group. *9-11 year olds please choose only one session.*

**Instructor:** Pete Wlochowski  
**Location:** Youth Service Bureau  
**Meets:** M-F, 9:00 AM-3:00 PM  
**Session 1:** 07/09/18-07/13/18 (9-11 year olds)  
**Session 2:** 07/16/18-07/20/18 (9-11 year olds)  
**Session 3:** 07/23/18-07/27/18 (10-13 year olds)  
**Fee:** No Cost

**Reaching for the Stars**
A wellness program for student athletes and youth who desire to become more athletic. Participants will create fitness routines designed to reach their desired goals, learn to properly use gym equipment, and focus on developing healthy habits. Youth will engage in weight training and aerobic exercise.

**Instructor:** Pierre Brilliant  
**Location:** Youth Service Bureau  
**Ages:** 14-18 year olds  
**Meets:** M-W-F, 06/25/18-08/24/18, 10:00 AM-2:00 PM  
**Fee:** No Cost

**Noodle Nights**
For more information about Noodle Nights and to see a full description visit page 24.

**Deck Art Days**
For more information about Deck Art Days and to see a full description visit page 24.

**Grandparent & Child Open Swim**
For more information about Grandparents & Child Open Swim and to see a full description visit page 24.

**Slide into Summer**
For more information about the Slide into Summer Event and to see a full description visit page 24.

**Sunday Fun Day**
For more information about Sunday Fun Day and to see a full description visit page 24.
Teen Center Excursions
This summer program will engage teens in and out of their environments through supervised, fun and interacting activities. All sessions are 10:00 AM-1:00 PM unless there is a field trip.

Location: Youth Service Bureau
Ages: 12-18 year olds

INTRODUCTION
Session 1: 07/02/18-07/06/18 (No Class 07/04/18)
MANCHESTER HISTORY
Visit downtown Manchester & explore it’s history on Main Street and Union and Charter Oak Parks. Bus trip to Gillette Castle one day!
Session 2: 07/09/18-07/13/18
CRAFTS
So Crafty...Enjoy time showing off your expressive side with creative arts!
Session 3: 07/16/18-07/20/18
PICNIC IN THE PARK
Picnic in the Park! Visit and enjoy Manchester Parks and a field trip out to Gillette Castle!
Session 4: 07/23/18-07/27/18
COMMUNITY SERVICE
Time will be spent on a community service initiative and activities at the YSB and around Town!
Session 5: 07/30/18-08/03/18
FUN WITH NATURE
Session 6: 08/06/18-08/10/18
FITNESS
Take a hike at Case Mountain, visit Globe Hollow for a swim, head to the parks for basketball and sports!
Session 7: 08/13/18-08/17/18
COMMUNITY SERVICE
Time will be spent on a community service initiative and activities at the YSB and around Town!
Session 8: 08/20/18-08/24/18
FINAL DAYS
Fun times and games in and out of the Teen Center. Surprise trip to...Laser tag? Bowling? Jump Off? You have to be there to find out!
Session 9: 08/27/18-08/31/18

Manchester Public Library Programs
For more information regarding these programs contact Manchester Public Libraries at 860-643-2471.

Curious Kids
Program for families and children.
Location: Whiton Library, 100 N. Main Street
Age: 3-5 year olds
Meets: M, 06/25/18-08/20/18, 10:30 AM
Fee: No Cost

Picnic Storytime
Program for families and children.
Location: Mary Cheney Library, 586 Main Street
Age: All Ages
Meets: M, 06/25/18-08/20/18, 11:30 AM
Fee: No Cost

Mother Goose Storytime
Program geared towards infants and toddlers.
Location: Mary Cheney Library, 586 Main Street
Age: All Ages
Meets: T, 06/26/18-08/21/18, 9:30 AM
Fee: No Cost

Family Performances
Program geared towards all families.
Location: Whiton Library, 100 N. Main Street
Age: All Ages
Meets: T, 06/26/18-08/21/18, 3:30 PM
Fee: No Cost

Family Performances
Program geared towards all families.
Location: Mary Cheney Library, 586 Main Street
Age: All Ages
Meets: T, 06/26/18-08/21/18, 6:30 PM
Fee: No Cost

Drop-in Crafts
Program geared towards all families.
Location: Mary Cheney Library, 586 Main Street
Age: All Ages
Meets: W, 06/27/18-08/22/18, 2:00-4:00 PM
Fee: No Cost

Family Storytime
Program geared towards all families.
Location: Whiton Library, 100 N. Main Street
Age: All Ages
Meets: W, 06/27/18-08/22/18, 6:30 PM
Fee: No Cost

Drop-In Crafts
Program geared towards all families.
Location: Whiton Library, 100 N. Main Street
Age: All Ages
Meets: Th, 06/28/18-08/23/18, 2:00-4:00 PM
Fee: No Cost

Curious Kids
Program for families and children.
Location: Whiton Library, 100 N. Main Street
Age: 3-5 year olds
Meets: Th, 06/28/18-08/23/18, 6:30 PM
Fee: No Cost

Drop-In PlayGroup
Program for families and children.
Location: Mary Cheney Library, 586 Main Street
Age: Preschool Age Children
Meets: F, 06/29/18-08/24/18, 10:30 AM
Fee: No Cost
NEW Let’s Get Growing
PLANTING SUMMER FLOWERS
Add a little color to your world by learning when, where, and how to plant flowers this summer season.
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 06/20/18, 6:00–7:00 PM
Fee: No Cost

NEW Creepy Crawlies
BUGS THAT HELP & BUGS THAT HARM
Most bugs are good, others not; learn how to deal with both!
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 07/18/18, 6:00–7:00 PM
Fee: No Cost

NEW Let’s Get Blooming
THE FRUITFUL ART OF DEAD HEADING
Pruning spent blossoms and excess vegetation is important for good production in flower and vegetable gardens; learn how to get more for less!
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 07/11/18, 6:00–7:00 PM
Fee: No Cost

NEW Drying Herbs
Learn how to dry your summer herbs to enjoy!
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 08/01/18, 6:00–7:00 PM
Fee: No Cost

NEW Saving Seeds
Learn how to save and preserve your seeds to plant for next year’s harvest.
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 08/15/18, 6:00–7:00 PM
Fee: No Cost

NEW Planting Peas
Late summer is the perfect time to plant sugar snap peas; learn how, when, and where to plant this delicious snack!
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 08/22/18, 6:00–7:00 PM
Fee: No Cost

NEW Ready for Harvest
Harvest time is here! Learn how to cook and preserve the fruits and veggies you grew this season.
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 09/12/18, 6:00–7:00 PM
Fee: No fee

NEW Preparing Your Garden for Spring
The growing season may be coming to an end but your garden still needs you! Get a jump-start on preparing your garden for next year’s spring plantings.
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 10/03/18, 6:00–7:00 PM
Fee: No Cost

NEW Harvest Arrangements
What is available? How can we make displays with them? Let’s try it!
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 10/17/18, 6:00–7:00 PM
Fee: No fee

NEW Saving Seeds
Learn how to save and preserve your seeds to plant for next year’s harvest.
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 08/15/18, 6:00–7:00 PM
Fee: No Cost

NEW Harvest Arrangements
What is available? How can we make displays with them? Let’s try it!
Instructor: Bettylou Sandy
Location: Spruce Street Community Garden
Ages: All Ages
Meets: W, 10/17/18, 6:00–7:00 PM
Fee: No fee
ADULT FITNESS

Adult Tennis Lessons
To Learn the proper footwork, ground strokes, volleying and service game. Bring your own racquet, sneakers and water bottle. Bring your own racquet.
Instructor: Volunteer Instructors
Location: Robertson Tennis Courts
Age: 17+
Meets: M/W, 6:30-7:30 PM
Fee: $55/ $45 (nr) per week
Session 1: 06/04/18-06/06/18
Session 2: 06/25/18-06/27/18
Session 3: 07/16/18-08/01/18
Session 4: 08/06/18-08/22/18

Yoga for Active Lifestyles
Enjoy your activities more this season through the practice of yoga. In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. You’ll also spend time cultivating upper-body strength, core strength and balance.
Instructor: Barbara Titus
Location: Community Y Recreation Center
Ages: 18+
Meets: M/W, 6:30-7:30 PM
Session 1: 06/25/18-07/30/18 (No Class 07/04/18)
Fee: $50/ $63 (nr)
Session 2: 08/06/18-09/12/18 (No Class 09/03/18)
Fee: $55/ $69 (nr)

Total Body Plus
Need a total body make over? This is the class for you. Train every major muscle group through strength/resistance exercises using a variety of equipment. Never a dull moment in this hour aimed at increasing strength, endurance and core conditioning. The plus…cardio “bursts” to increase your heart rate and maximize fat burning. Modify for all fitness levels.
Instructor: Brenda Bourne
Location: Community Y Recreation Center
Ages: 18+
Meets: M/W, 5:45-6:45 PM
Session 1: 06/25/18-07/30/18 (No Class 07/04/18)
Fee: $50/ $65 (nr)
Session 2: 08/06/18-09/12/18 (No Class 09/03/18)
Fee: $55/ $69 (nr)

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

Team Fit After Work
Join our fitness playground in this group circuit training program. Interval style workouts provide participants with challenging, yet motivating strength and cardio conditioning sessions. You’ll do a variety of innovative exercises to improve your overall fitness using all the latest fitness equipment. This program is designed for all fitness levels, customized to each individual. Open mind & positive attitude are required!
Instructor: Karen Cinimo
Location: Center Springs Activity Room
Ages: 18+
Meets: M/W, 5:00-5:45 PM
Fee: $16/ $20 (nr) per session
MONDAY SESSION
Session 1: 06/04/18-07/02/18 (No class 06/11/18)
Session 2: 07/09/18-07/30/18
Session 3: 08/06/18-08/27/18
WEDNESDAY SESSION
Session 1: 06/06/18-06/27/18
Session 2: 07/11/18-08/01/18
Session 3: 08/08/18-08/29/18

Jukido
A co-ed self-defense course incorporating Judo, Aikido & Karate. Main emphasis is on students doing their best.
Instructor: Richard Webster
Location: Community Y Recreation Center
Ages: 15+
Session 1: F, 07/06/18-09/28/18, 8:00-9:15 PM
Fee: $81/ $101 (nr)

Walk Live Power Class
Exciting, motivating music along with four basic steps make this Walk fun and suitable for all fitness levels!
Instructor: Robin Frost
Ages: 18+
Session 1: M, 07/02/18-07/30/18, 4:45-5:30 PM
Location: Community Y Recreation Center
Session 2: M, 07/02/18-07/30/18, 6:30-7:15 PM
Location: Center Springs Club House
Fee: $20/ $25 (nr)

Personal Training One on One
A personal trainer will design an exercise program specifically for you. Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs such as introduction to cardio equipment and weights will be addressed if needed.
Instructor: Brenda Bourne
Location: Community Y Rec Center Fitness Room
Ages: 18+
Meets: By appointment only call (860) 647-3164

Regional Pickleball
Outdoor Open Play
Four outdoor courts are available at Nike Site, 255 Garden Grove Road, Manchester. Courts are located towards the back of the parking area; look for the sign and access road on the left. Courts are open daily sunrise to sunset. Bring your own equipment and water. Open play on Monday, Tuesday, and Thursday at 5:30 PM

Mid-Week Sweat
A Wednesday program that will impact all parts of the body. Learning and understanding the importance of exercising. Enjoying the outdoors while pushing the body through medium to high exercise stations.
Instructor: Ashley Bell
Location: Center Springs Activity Center
Ages: 18+
Meets: Sa, 04/18/18-06/20/18, 3:45-4:45 PM
Fee: $50/ $63 (nr)

Adult Aquatic Swimming
& Fitness Classes
For more information on adult aquatic courses see Aquatics Adult Course Information on page 24.
Manchester Senior Center  
549 East Middle Turnpike • 647-3211  
The Senior Center is a Division of the Human Services Department. The Senior Center along with the Recreation Division of the Department of Leisure, Family & Recreation; collaborate to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.  
**Dates of Operation:** Year Round  
**Office Hours:** Monday-Friday, 8:30-4:30 PM  
**Holiday Closures:** Senior Center Programs will be closed on Town Holidays. (05/28, 07/04, 09/3)  
**CLOSED:** 08/13/18-08/24/18  

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

Social Service Programs  
Questions regarding health insurance, home care, housing, Medicare Savings Plan or anything of a personal nature can be directed to Kitty Dudley, the Senior Center Social Worker by making an appointment by calling (860) 647-3211.

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

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: seniorcenter.townofmanchester.org

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

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

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

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

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

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

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

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

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

Dominoes
Stay sharp! Use your mind and learn this fun game. First few classes will be devoted to instruction. Beginners and experienced players welcome.
Location: Senior Center Craft Room
Age: 60+
Meets: W, 05/30/18-08/08/18, 12:45-3:00 PM

Quilting Group
Instructor will assist with layout, color selection, pattern and more. Six sewing machines are available.
Location: Senior Center Craft Room
Meets: Th, 05/31/18-08/09/18, 1:00-4:00 PM

Watercolor & Oil Painting
Group of artists meets to draw, create, share and inspire each other. Participants provide own supplies.
Instructor: Self Guided
Location: Senior Center Craft Room
Meets: T, 05/29/18-08/07/18, 1:00-3:00 PM

Digital Photography Group
Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.
Instructor: Norman McKee
Location: Senior Center Craft Room
Meets: M, 05/28/18-08/06/18, 9:30-11:45 AM

Book Group
Read and discuss different novels.
Instructor: Joan Troy
Location: Senior Center Library
Meets: 3rd T’s, 05/28/18-08/07/18, 10:30 - 11:30 AM

Guided Meditation
Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.
Instructor: Laura Dunfield
Location: Senior Center Library
Meets: W, 05/30/18-08/08/18, 11:15-11:45 AM
Fee: $5 per session

Wii Games
Come to play bowling, golf, tennis. No prior experience necessary.
Location: Senior Center Library
Age: 60+
Meets: Th, 05/31/18-08/09/18, 10-11:30 AM

Setback
Location: Senior Center Bingo Room
Age: 60+
Meets: F, 06/01/18-08/10/18, 12:45-3:30 PM

Mahjongg
Location: Senior Center Bingo Room
Age: 60+
Meets: T, 05/29/18-08/07/18, 12:30-2:00 PM

Pinochle
Location: Senior Center Card Room
Age: 60+
Meets: M, 05/28/18-08/06/18, 12:30-2:00 PM

Bingo
Location: Senior Center Bingo Room
Age: 60+ (Senior Center Facility Card Required)
Session 1: M/F, 05/28/18-08/10/18, 10:00 AM-12:00 PM

Duplicate Bridge
Location: Senior Center Bingo Room
Age: 60+ (Senior Center Facility Card Required)
Meets: Th, 12:30-4:00 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, 06/06/18-08/06/18, 8:30-11:30 AM

Scrabble
A board game played with 2-4 players with the players using their vocabulary to create words.
Location: Senior Center Bingo Room
Age: 60+
Meets: Th, 05/31/18-08/09/18, 9:30-11:30 AM

Men’s Group
This group meets for social time enjoying a variety of activities including current events, health topics, trivia and of course having good conversation while meeting new people. This program is facilitated by our Therapeutic Recreation Specialist.
Instructor: Elizabeth Smith
Location: Senior Center Library
Meets: M, 06/04/18-08/06/18, 10:45-11:45 AM

Senior Circle
This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is lead by a Therapeutic Recreation Specialist and requires pre-registration. This is not a drop-in program. Call the Senior Center for details.
Instructor: Elizabeth Smith
Location: Senior Center Craft Room
Meets: T/Th, 05/29/18-08/09/18, 10:00-11:45 AM

Red Hat Society
We are the women in the red and pink hats.
Location: Senior Center Library
Meets: 1st T of the month, 1:00-3:30 PM

Community Gardens
Have a green thumb? Manchester Senior Center Gardens offers a 10’x23’ plot for growing your favorite plants and vegetables. Call 860.647.3210 if you are interested in a garden for the 2017 growing season.
Instructor: Don Kurapkot
Location: Senior Center Community Gardens
Fitness & Movement

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

**Instructor:** Colleen Zimmer
**Location:** Senior Center Auditorium
**Session 1:** M, 06/04/18-08/06/18, 10:00 - 11:00 AM
**Session 2:** W, 05/30/18-08/08/18, 10:00 - 11:00 AM
**Session 3:** W, 05/30/18-08/08/18, 11:00 - 11:45 AM
**Session 4:** F, 06/01/18-08/10/18, 10:00 - 11:00 AM
**Fee:** $5 per session

Yoga Plus
A class designed for the active senior with few limitations.

**Instructor:** Melissa Little
**Location:** Senior Center Auditorium
**Session 1:** M/W, 05/30/18-08/08/18, 2:30 - 3:15 PM
**Session 2:** M/W, 05/30/18-08/08/18, 3:30 - 4:15 PM
**Fee:** $5 per session

Tai Chi Beginner & Advanced Classes
Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.

**Instructor:** Malee Khow
**Location:** Senior Center Auditorium
**Age:** 60+
**Meets:** T/F, 05/29/18-08/18
**Beginner Class:** Tu, 2:30 - 3:30 PM; F, 1:00 - 2:00 PM
**Advanced Class:** Tu, 1:30 - 2:30 PM; F, 12:00 - 1:00 PM
**Fee:** $5 per session

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

**Instructor:** Kori Burz
**Location:** Senior Center Auditorium
**Age:** 60+
**Meets:** Th, 05/31/18-08/09/18, 2:00 - 3:00 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.

**Instructor:** Laura Dunfield
**Location:** Senior Center Auditorium
**Age:** 60+
**Meets:** Th, 05/31/18-08/09/18, 10:00 - 11:00 AM
**Fee:** $5 per session

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

**Instructor:** Laura Dunfield
**Location:** Senior Center Auditorium
**Age:** 60+
**Meets:** W, 05/30/18-08/08/18, 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.

**Instructor:** Chlake Raineau
**Location:** Senior Center Auditorium
**Age:** 60+
**Meets:** M/W/F
**Session 1:** M, 06/04/18-08/06/18, 1:20-2:15 PM
**Session 2:** W, 05/30/18-08/08/18, 1:20-2:15 PM
**Session 3:** F, 06/01/18-08/10/18, 11:00-11:55 AM
**Fee:** $5 per session

Walking Group
This group meets for treks around town.

**Instructor:** Helen Partridge
**Location:** Senior Center Parking Lot
**Meets:** W/F, 06/01/18-08/31/18, 8:45-11:00 AM

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

**Instructor:** Chlake Raineau
**Location:** Senior Center Auditorium
**Age:** 60+
**Session 1:** M, 06/04/18-08/06/18, 12:30 - 1:15 PM
**Session 2:** W, 05/30/18-08/08/18, 12:30 - 1:15 PM
**Session 3:** F, 06/01/18-08/10/18, 11:00-11:55 AM
**Fee:** $5 per session

Senior Aqua Exercise
Aqua exercise workout incorporating basic stretching and water resistance. This class is weather dependent.

**Instructor:** Lori Dusza
**Location:** West Side Pool
**Age:** 60+
**Session 1:** F, 06/29/18-08/10/18, 10:30 - 11:30 AM
**Fee:** $5 per session

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