Leisure, Family & RECREATION

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REGISTRATION

REGISTRATION DATES
Residents: December 11, 2019 (9 AM at all registration sites)
Non-residents: December 13, 2019

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.
*SPECIAL NOTE: Mail-in registration is no longer accepted.*

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% or at 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 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!

(See Page 29 for Senior Center registration details.)
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 - 9:00 PM, Sa., 10 AM- 5 PM
Open Gym Hours
M-F, 6-9:30 PM
Sa., 10 AM-5 PM

Mahoney Recreation Center
110 Cedar Street • 647-3166
Hours: M-F, 6-9:30 PM, Sa., 10 AM-5 PM

Bennet Cone Gym
Wells Street Entrance
Hours: M-F, 6-9 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

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

Outdoor Ice Skating
Lighted ice skating is offered at Union Pond Park & Charter Oak Park when ice conditions are suitable. Ice skating is drop-in and unsupervised. Weather and ice conditions permitting.

Northwest Park Pavilion Rental
Northwest Park’s grand pavilion is available for rental May 1st each season. For more and to book visit reconline.townofmanchester.org.

AQUATIC FACILITIES

MHS Main Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W/F, 7:30-8:30 PM; Sat. 12-1 PM (Last day 04/04/20)

MHS IOH Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W, 7:30-8:30 PM, F: 8:00-9:00 PM, Sat. 12-1 PM (Last day 04/04/20)

PARKS & TRAILS

OurParks and Trails
For more information about Manchester’s parks and trails, visit recreation.townofmanchester.org and click on OurParks and Trails.

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

Manchester Matters
Stay informed about events happening in Town, by receiving periodic emails with news about voting, taxes, leaf collection, meetings, construction, fire safety, programs offered and more. Residents and those who work in town are invited to sign up 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!

MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid through December 31, 2020

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2020 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 $5.00

Pass Changes as of December 1, 2019
Youth, Adult & Senior

Youth, Adult & Senior 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 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 $5.00.

All memberships need to be renewed January 2nd, 2020.

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.
WINTER EVENTS

December 1
WINTER PARKING BAN BEGINS
Parking Ban in effect until April 1st.

December 4
READ TO THE DOGS
A great opportunity for children to practice their reading skills. For children up to Grade 4. 586 Main Street, 3:30-5:00 PM library.townofmanchester.org

LOSING WEIGHT FOR THE HOLIDAYS
100 N. Main Street, 6:30 PM library.townofmanchester.org

December 5
SOOTHING SOUNDS FOR CHILDREN
Local harpist Debbie Vinick will perform favorite children’s songs in this gentle, sensory-sensitive program. Recommended for children up to age 6. 586 Main Street, 6:30 PM library.townofmanchester.org

DOWNTOWN TREE LIGHTING
896 Main Street, 6:30 PM downtownmanchester.org

December 6
USIC FIRST FRIDAY FILM SERIES
See full description on page 23. No cost to attend. 153 Spruce Street, 6:00 PM facebook.com/USICManchester

December 7
HISTORICAL SOCIETY HOLIDAY OPEN HOUSE
Cheney Homestead, 106 Hartford Road; Manchester History Center, 175 Pine Street; Old Manchester Museum, 126 Cedar Street; Locations vary, 11:00-3:00 PM manchesterhistory.org

December 11
READ TO THE DOGS
A great opportunity for children to practice their reading skills. For children up to Grade 4. 586 Main Street, 3:30-5:00 PM library.townofmanchester.org

December 11
HOLIDAY CRAFTS
Drop-in and have some great crafting fun. All Ages Welcome! 586 Main Street, 10:00-12:00 PM library.townofmanchester.org

December 13
JAMMIN’ IN JAMMIES PRESCHOOL DANCE PARTY
For children up to 6 years old and their caregivers, this is a time to dance and sing along to kids’ music, fun oldies and seasonal tunes. We’ll stay cozy this month by dancing in our favorite pajamas! 586 Main Street, 2:00-2:30 PM library.townofmanchester.org

December 14
SWIMMING WITH SANTA
See description on page 20. Manchester High School Main Pool, 12:00-1:00 PM recreation.townofmanchester.org

December 19
GINGERBREAD COOKIE PARTY
Decorate a delicious gingerbread cookie and make a craft at this tasty program for preschool age children. *While supplies last. 586 Main Street, 2:00-3:00 PM library.townofmanchester.org

GINGERBREAD HOUSE WORKSHOP
A HOLIDAY STEAM PROGRAM
Children in Kindergarten through Grade 5 will practice their STEAM skills by constructing gingerbread houses. *While supplies last. 586 Main Street, 3:30-4:45 PM library.townofmanchester.org

December 20
WINTER STEM PLAY
586 Main Street, 10:00 AM-12:00 PM ysb.townofmanchester.org

December 21
WINTER SOLSTICE CELEBRATION
See description on page 24. Center Springs Park Lodge, 2:00 PM recreation.townofmanchester.org

BLOCK PARTY CHILDREN’S PROGRAM
Visit the library to build and play with KEVA planks, foam blocks, LEGO bricks and more! 586 Main Street, 10:30-11:30 AM library.townofmanchester.org

December 26
ISLAND RHYTHM CHILDREN’S PROGRAM
Listen and dance along to the wonderful tropical sounds of band Island Rhythm! 100 N. Main Street, 3:30 PM 586 Main Street, 6:30 PM library.townofmanchester.org

December 27
WRITE OUT LOUD YOUTH OPEN MIC
153 Spruce Street, 5:00-8:00 PM naf.townofmanchester.org

December 28
EDWARD LEONARD’S SILLY SONG SING-A-LONG
Enjoy a mix of songs, musical games, dance, movement and rhythms. For preschool age children. 586 Main Street, 10:30 AM library.townofmanchester.org

January 1
FAMILY PROGRAM
Dinosaur Rock! 100 N. Main Street, 2:00 PM library.townofmanchester.org

January 4
FAMILY PROGRAM
586 Main Street, 6:30 PM library.townofmanchester.org

January 7
PAINT YOUR HARRY POTTER HOUSE SIGIL ON WOOD
Led by Walking Sun. Registration required. 586 Main Street, 6:00-8:00 PM library.townofmanchester.org

January 10
FAMILY FUN NIGHT: INTO THE GROOVE
No cost family line dancing party with DJ Dale. 153 Spruce Street, 6:30-8:00 PM naf.townofmanchester.org

January 11
FAMILY PROGRAM
100 N. Main Street, 2:00 PM library.townofmanchester.org

January 14
MARTIN LUTHER KING DAY CELEBRATION
35th Annual Martin Luther King Celebration recognizing students who are promoting positive change in their school & community. Free & open to the public. Manchester High School Auditorium, 6:00-7:30 PM ysb.townofmanchester.org

January 17
IMAGINATIVE PLAY
448 Tolland Turnpike, 5:00-7:00 PM ysb.townofmanchester.org

January 18
FAMILY PROGRAM
100 N. Main Street, 2:00 PM library.townofmanchester.org
**SPRING EVENTS**

**January 21**  
Author Zita Christian  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**January 25**  
CHINESE NEW YEAR BEINGS WITH LI LIU  
Watch incredible feats of strength when acrobat Li Liu performs! Li Liu began her acrobatic training at age six and has performed all over the world.  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**January 27**  
FAMILY GAME NIGHT  
586 Main Street, 6:00-8:00 PM  
library.townofmanchester.org

**January 28**  
AUTHOR RC GOODWIN  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**January 31**  
WRITE OUT LOUD YOUTH OPEN MIC  
153 Spruce Street, 5:00-8:00 PM  
naf.townofmanchester.org

**February 1**  
TAKE YOUR CHILD TO THE LIBRARY DAY  
Special family program.  
586 Main Street, 10:30 AM  
library.townofmanchester.org

**February 2**  
GROUNDHOG DAY AT THE LUTZ  
247 S Main Street, 6:00 AM  
lutzmuseum.org

**February 4**  
HORRORIFIC VALENTINES  
Readings by Dan Foley and Friends  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**February 5**  
A PERKY PAIRING: CHOCOLATE AND COFFEE  
Presented by Kim Larkin, Klassic Kreations Workshops. Registration Required.  
100 N. Main Street, 6:30 PM  
library.townofmanchester.org

**February 7**  
NATIONAL WEAR RED DAY  
Heart Disease Awareness Day  
USIC FIRST FRIDAY FILM SERIES  
No cost to attend.  
153 Spruce Street, 6:00 PM  
facebook.com/USICManchester

**February 10**  
PAINT ON A CANVAS CASE  
MOUNTAIN IN THE WINTER  
Led by Artist Rebecca Maloney  
586 Main Street, 6:00-8:00 PM  
library.townofmanchester.org

**February 18**  
MLK AND RFK AND THE CIVIL RIGHTS MOVEMENT  
Presented by Philip Goduti Jr.  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**February 22**  
MANCHESTER’S EARLY CHILDHOOD FAIR  
See description on page 20. (Snow date 03/14/20)  
134 Middle Turnpike East, 9:00 AM-12:00 PM  
ysb.townofmanchester.org

**February 25**  
STROKE AWARENESS  
Presented by Sandra Wood, RN  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**February 28**  
WRITE OUT LOUD YOUTH OPEN MIC  
153 Spruce Street, 5:00-8:00 PM  
naf.townofmanchester.org

**March 9**  
JORDAN FREEMAN AND THE REVOLUTIONARY WAR  
Reenactment Presented by Kevin Johnson  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**March 10**  
PAINT A PLANTER  
Led by The Firestone  
586 Main Street, 6:00-8:00 PM  
library.townofmanchester.org

**March 13**  
FAMILY FUN NIGHT: LAUGH COUNT  
No cost family event. See description on page 24.  
153 Spruce Street, 6:30-8:00 PM  
naf.townofmanchester.org

**March 20**  
THE BASICS OF HOMEBREWING  
Presented by Adam DeLaura of Labyrinth Brewing  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**March 27**  
WRITE OUT LOUD YOUTH OPEN MIC  
153 Spruce Street, 5:00-8:00 PM  
naf.townofmanchester.org

**March 31**  
RENEGADE WOMEN IN FILM AND TELEVISION  
Presented by Elizabeth Weitzman  
586 Main Street, 7:00 PM  
library.townofmanchester.org

**April 1**  
SUMMER CAMP REGISTRATION BEGINS  
See description on page 16.  
Online & Center Springs Park Lodge, 9:00 AM  
recreation.townofmanchester.org

**April 3**  
USIC FIRST FRIDAY FILM SERIES  
586 Main Street, 6:00 PM  
facebook.com/USICManchester

**April 21**  
HOLOCAUST REMEMBRANCE DAY PROGRAM  
Presented by Rabbi Randall Konigsburg, Temple Beth Sholom B’Nai Israel. TBD  
library.townofmanchester.org

**April 25**  
REBUILDING TOGETHER DAY  
rebuildingtogether1.townofmanchester.org
We have exciting news...

SUMMER CAMP REGISTRATION GOES ONLINE!

Online & In-Person Registration Begins Wednesday, April 1\textsuperscript{ST} 2020

We will no longer utilize a lottery based registration and instead process registrations on a FIRST COME FIRST SERVED basis. The online process will save you time, secure your spot(s) at your first choice site and eliminate trips to the mailbox.

Parents will also still have the option to register in-person only at 39 Lodge Drive Manchester, CT 06040 Monday through Friday 8:30 AM-4:30 PM beginning April 1\textsuperscript{st}.

Information will be available in the coming months regarding camp locations, fees, and dates/times.

1/3 of your total camp fee will be due upon registration with all outstanding balances due by June 1\textsuperscript{st}, 2020. Any unpaid balances not made by June 1\textsuperscript{st} will result in the removal of your child from the summer camp program.

In order to register online you must have an active account in our system. If you are unsure if you have an active account, please give us a call at (860) 647-3084 to find out! If financial assistance is required contact Katie Clark at Manchester Senior, Adult and Family Services at (860) 647-3065 for a consultation. Financial Assistance Approvals submitted prior to March 27th will be entered and allow you to register online April 1st.

Login & register at

reconline.townofmanchester.org

Not sure if you have an account? Give us a call at (860) 647-3084 to find out!
GENERAL INFORMATION
Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield Street. Locker rooms are available. Pool is closed when school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

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

Main Pool Closes: F, 06/12/20
IOH Pool Closes: F, 06/12/20
Weekend Swim Hours End: Sa, 04/04/20

OPEN SWIM MAIN POOL
M, W, F: 7:30 - 8:30 PM
Saturday: 12:00 - 1:00 PM

OPEN SWIM IOH POOL
M/W: 7:30-8:30 PM
F: 8:00-9:00 PM
Saturday: 12:00-1:00 PM

MONDAY & WEDNESDAY CLASSES
Session 1: 02/03/20-03/09/20
(No Class 02/17/20)
*Session 2: 03/16/20-04/22/20
(No Class 04/13/20, 04/15/20)
*IOH Pool classes only*

TUESDAY & THURSDAY CLASSES
Session 1: 02/04/20-03/10/20
(No Class 02/18/20)
*Session 2: 03/17/20 - 04/23/20
(No Class 04/14/20, 04/16/20)
*IOH Pool classes only*

FRIDAY CLASSES
Session 1: 01/31/20-04/03/20

SATURDAY CLASSES
Session 1: 02/01/20-04/04/20

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

December 11, 2019
Registration Information
Registration for all aquatic lessons will begin at 9 AM on Wednesday December 11, 2019. Registration will be taken in-person and online.

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

In-Person Registration: In-person registration will be held at the Community Y Recreation Center, 78 North Main Street; Recreation Division Main Offices, 39 Lodge Drive; and Customer Service Center at Town Hall, 41 Center Street.

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

Fee: The fee for swim lessons is $25. In-person forms of payment include: cash, credit card and check (made payable to the Town of Manchester). On-line payment is by credit card only.

Age Requirements: Please note the following age requirements for swimming levels:
Infant: 6 months through 18 months (adult must be in the water with child)
Toddler: 19 months through 3 years 5 months (adult must be in the water with child)
Preschool: 3 years 5 months through 5 years (adult must be in water with child)
Levels 1-6: Ages 5 and up

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

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

Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Learning Objectives: This course has 4 components all of which

Learn-to-Swim Level 6: Swimming & Skill Proficiency yards. Demonstrate survival swimming (2 minutes).
Stroke–25 yards, Elementary backstroke–25 yards, Sidestroke–25 yards. Demonstrate the following strokes: Front
Demonstrate a shallow dive from the side. Glide two body lengths and begin any front stroke. Swim underwater (15 yards). Demonstrate a tuck and pine surface dive, submerging completely. Demonstrate front/back flip turns. Demonstrate the following strokes: Front

Swim for Fitness,
Swim for Life
Swim 30 consecutive laps by the end of the class. Evaluation & individual swim fitness programs are used to help achieve swimming goals. Prerequisite: Must be able to swim a full length without stopping.
Instructor: Lori Dusza
Location: Manchester Main Pool
Ages: 18+

Female Lap Swim
Swimming is one of the best overall body workouts. Build cardio & tone at the same time. Dedicated lap swim time available early mornings and evenings.
Location: Manchester Main Pool
Age: 18+
Session 1: M-F, 01/07/20-03/27/20, 6:00-7:15 AM & 8:30-9:30 PM (No Class 01/20/20, 02/17/20, 02/18/20)
Session 2: M-F, 03/30/20-06/12/20, 6:00-7:15 AM & M/W/F, 8:30-9:30 PM (No Class 04/10/20, 04/13/20, 04/14/20, 04/15/20, 04/16/20, 04/17/20, 05/25/20)
Fee: $50 (resident only)

Swim for Fitness, Swim for Life
Swim 30 consecutive laps by the end of the class. Evaluation & individual swim fitness programs are used to help achieve swimming goals. Prerequisite: Must be able to swim a full length without stopping.
Instructor: Lori Dusza
Location: Manchester Main Pool
Ages: 18+

T/TH SESSIONS
Session 1: 01/07/20-02/06/20, 7:30-8:30 PM
Fee: $50/ $63 (nr)
Session 2: 02/11/20-03/12/20, 7:30-8:30 PM
Fee: $45/ $56 (nr) (No Class 02/18/20)
M/W SESSIONS
Session 1: 03/16/20-04/22/20, 6:30-7:30 PM
(No Class 04/13/20, 04/15/20)
Session 2: 05/04/20-05/31/20, 6:30-7:30 PM
(No class 05/25/20)
Fee: $50/ $63 (nr)

Adult Lap Swim
Swimming is one of the best overall body workouts. Build cardio & tone at the same time. Dedicated lap swim time available early mornings and evenings.
Location: Manchester Main Pool
Age: 18+
Session 1: M-F, 01/07/20-03/27/20, 6:00-7:15 AM & 8:30-9:30 PM (No Class 01/20/20, 02/17/20, 02/18/20)
Session 2: M-F, 03/30/20-06/12/20, 6:00-7:15 AM & M/W/F, 8:30-9:30 PM (No Class 04/10/20, 04/13/20, 04/14/20, 04/15/20, 04/16/20, 04/17/20, 05/25/20)
Fee: $50 (resident only)

Swim for Fitness, Swim for Life
Swim 30 consecutive laps by the end of the class. Evaluation & individual swim fitness programs are used to help achieve swimming goals. Prerequisite: Must be able to swim a full length without stopping.
Instructor: Lori Dusza
Location: Manchester Main Pool
Ages: 18+

T/TH SESSIONS
Session 1: 01/07/20-02/06/20, 7:30-8:30 PM
Fee: $50/ $63 (nr)
Session 2: 02/11/20-03/12/20, 7:30-8:30 PM
Fee: $45/ $56 (nr) (No Class 02/18/20)
M/W SESSIONS
Session 1: 03/16/20-04/22/20, 6:30-7:30 PM
(No Class 04/13/20, 04/15/20)
Session 2: 05/04/20-05/31/20, 6:30-7:30 PM
(No class 05/25/20)
Fee: $50/ $63 (nr)

Adult Swim Lessons
Designed for the first time swimmer or for those who have a fear of the water.
Instructor: Lori Dusza
Location: Manchester IOH Pool
Age: 18+
Session 1: Sa, 02/01/20-04/04/20, 8:30-9:30 AM
Session 2: Sa, 02/01/20-04/04/20, 9:30-10:30 AM
Fee: $50/ $65 (nr)

Aqua Circuit
This cardio & 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: Manchester IOH Pool
Age: 18+
Session 1: T/Th, 01/07/20-02/06/20, 5:00-5:45 PM
Session 2: T/Th, 02/25/20-03/26/20, 5:00-5:45 PM
Session 3: T/Th, 04/07/20-05/14/20, 5:00-5:45 PM (No Class 04/14/20, 04/16/20)
Session 4: T/Th, 05/19/20-06/11/20, 5:00-5:45 PM
Fee: $40/ $50 (nr)

Total Aqua
This class combines segments of cardio & strength training using training intervals and weight resis-
tance 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: Manchester IOH Pool
Age: 18+
Meets: T/Th, 4:00-4:45 PM
Session 1: 01/07/20-02/06/20
Session 2: 02/25/20-03/26/20
Session 3: 04/07/20-05/14/20
(No Class 04/14/20, 04/16/20)
Session 4: 05/19/20-06/11/20
Fee: $40/ $50 (nr)

CERTIFICATION COURSES
Life Guard Training (LGT)
Looking for a great summer job? Through video, group discussion and hands-on practice, learn
patron rescue and surveillance skills, first Aid and CPR/AED. Successful candidates will receive a 2/yr
CPR/AED certification and a 2/yr Lifeguard certification. Prerequisites: Must be at least 15 years of age and pass certain swimming requirements. Attendance at each class is mandatory.
Facilitator: Josh Charette
Location: Manchester High School Main Pool
Ages: 15+
Meets: Tu, 03/17/20-05/26/20 (No Class 04/14/20)
Fee: $170/ $210 (nr)

Water Safety Instructor Training (WSI)
Become American Red Cross Swim Lessons certified to teach swimming lessons.
Instructor: Joe Lodge
Location: Manchester High School Main Pool
Ages: 16+
Meets: Th, 03/19/20-05/28/20, 7:30-9:30 PM (No Class 04/16/20)
Fee: $250/ $350 (nr)
EARLY CHILDHOOD

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

Location: Northwest Park Early Childhood Center
Ages: 1-2 year olds

TUESDAY SESSIONS
Session 1: T, 01/07/20-02/18/20, 9:15-10:15 AM
Fee: $35/ $44 (nr)

THURSDAY SESSIONS
Session 1: Th, 01/09/20-02/20/20, 10:30-11:30 AM
Fee: $35/ $44 (nr)

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

Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds

TUESDAY SESSIONS
Session 1: T, 01/07/20-02/18/20, 10:30-11:30 AM
Session 2: T, 02/25/20-04/07/20, 9:15-10:15 AM
Session 3: T, 04/21/20-06/02/20, 9:15-10:15 AM
Fee: $35/ $44 (nr)

THURSDAY SESSIONS
Session 1: Th, 01/09/20-02/20/20, 9:15-10:15 AM
Session 2: Th, 02/27/20-04/09/20, 9:15-10:15 AM
Session 3: T, 04/23/20-06/04/20, 10:30-11:30 AM
Fee: $35/ $44 (nr)

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

Location: Northwest Park Early Childhood Center
Ages: 2.5-5 year olds

MONDAY SESSIONS
Session 1: M, 01/06/20-02/17/20, 9:30-11:00 AM
(No Class 01/20/20, 02/17/20)
Fee: $25/ $32 (nr)

Session 2: M, 02/24/20-04/06/20, 9:30-11:00 AM
Fee: $35/ $44 (nr)

WEDNESDAY SESSIONS
Session 1: W, 01/08/20-02/19/20, 9:30-11:00 AM
Session 2: W, 02/26/20-04/08/20, 9:30-11:00 AM
Session 3: W, 04/22/20-06/03/20, 9:30-11:00 AM
Fee: $35/ $44 (nr)

Open Play Days
Join Manchester Plays On for drop-in play time at Northwest Park Early Childhood Center. This free play time for children ages 2-5 to enjoy with their parents in a fun and safe environment. Parents are required to attend and interact with their child during this time. No registration is required, however you will be asked to fill out a permission form and sign-in sheet upon arrival.

Location: Northwest Park Early Childhood Center
Ages: 2-5 year olds
Meets: M, 12/16/19, 1/27/20, 2/24/20, 3/16/20, 4/20/20, 5/18/20, 4:00-5:30 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 for the entire session: CMcnamara@manchesterct.gov

Location: Northwest Park Early Childhood Center
Ages: 0-2 year olds
Meets: T, 01/07/20-05/26/20, 3:00 - 4:30 PM
Fee: No Cost

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.

Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds
Meets: W, 01/08/20-02/19/20, 9:30-11:00 AM
Fee: $30/ $38 (nr)

FRIDAY SESSIONS
Session 1: F, 01/10/20-02/21/20, 9:30-10:30 AM
Fee: $35/ $44 (nr)
Session 2: F, 02/28/20-04/10/20, 9:30-10:30 AM
(No Class 04/10/20)
Fee: $30/ $38 (nr)
Session 3: F, 04/24/20-06/05/20, 9:30-10:30 AM
Fee: $35/ $44 (nr)

Open Play Days
Join Manchester Plays On for drop-in play time at Northwest Park Early Childhood Center. This free play time for children ages 2-5 to enjoy with their parents in a fun and safe environment. Parents are required to attend and interact with their child during this time. No registration is required, however you will be asked to fill out a permission form and sign-in sheet upon arrival.

Location: Northwest Park Early Childhood Center
Ages: 2-5 year olds
Meets: M, 12/16/19, 1/27/20, 2/24/20, 3/16/20, 4/20/20, 5/18/20, 4:00-5:30 PM
Fee: No Cost
Start Smart Baseball
Parents work together with their children in a supportive environment to learn the basics of sports. Teaches children a variety of baseball skills including: throwing, batting, catching, and running/agility. Participants should wear sneakers and comfortable clothing to class. Parent involvement is required. 
**Location:** Community Y
**Age:** 3-5 years old
**Meets:** Sa, 04/04/20-05/09/20
**Session 1:** 9:00 - 9:45 AM
**Session 2:** 10:00 - 10:45 AM
**Fee:** $65/$82 (nr) [Fee Includes Equipment]

Start Smart Basketball
This program teaches children a variety of basketball skills including: dribbling/ball handling, shooting, passing, catching and running. An adult must participate with the child. 
**Location:** Community Y
**Age:** 3-5 years old
**Meets:** Sa, 02/08/20-03/14/20
**Session 1:** 9:00-9:45 AM
**Session 2:** 10:00-10:45 AM
**Fee:** $65/$82 (nr) [Fee Includes Equipment]

Baby Babble
This is a monthly drop-in playgroup for infants 1.5 years old and younger and their caretakers. Baby Babble Meets the 1st Thursday of every month. 
**Facilitator:** Caitlin McNamara
**Location:** Eastside Neighborhood Resource Center
**Ages:** 0-1.5 year olds
**Meets:** Th, 01/02/20, 02/06/20, 03/05/20, 04/02/20, 05/07/20, 9:30-11:00 AM
**Fee:** No Cost

Library Play Group
Manchester Plays On! has teamed up with Mary Cheney Library the 2nd Friday of each month to bring new activities to play group! In addition to your favorite toys our play ambassadors will be there with fun, hands on activities to engage your little ones. 
**Facilitator:** Caitlin McNamara
**Location:** Mary Cheney Library, 586 Main Street
**Ages:** 0-5 year olds
**Meets:** F, 12/13/19, 01/10/20, 02/14/20, 03/13/20, 05/08/20, 10:00-12:00 PM
**Fee:** No Cost

Learn & Play Workshop
This program is designed for 3-5 year olds, and is an 8-week workshop series for parents and caregivers of young children that teaches developmentally appropriate skills and promotes wellness and school readiness in a collaborative and supportive environment. Parents will have the opportunity to listen to presenters speak about various topics related to child-rearing such as positive parenting, nutrition, and literacy. 
**Facilitator:** Caitlin McNamara
**Location:** Eastside Neighborhood Resource Center
**Ages:** 3-5 year olds
**Meets:** Tu, 03/03/20-04/28/20, 10:00-12:00 AM (No Class 04/21/20)
**Fee:** No Cost

SPECIAL EVENTS

Swimming with Santa
Santa is stopping by the Manchester High School pool for a swim and this is your chance to join him. Bring your swim suit, camera and wish list to make the most of your visit. This event is free of charge, but we ask that you bring a non-perishable food item to be donated to the MACC Food Pantry. Children must have valid pool pass to enter the pool and an adult over 18 must accompany small children in the water. No need to pre-register. In the event of inclement weather, the event will be canceled. For cancellation information please call 860-647-3162.
**Location:** 134 East Middle Turnpike, MHS Main Pool
**Meets:** Sa, 12/14/19, 12:00-1:00 PM
**Fee:** Non-Perishable Food Item

Manchester’s Early Childhood Fair
Free, open to the public, and providing a wealth of information on programs, services, recreation, and local resources available for infants, toddlers, preschoolers and young children up to age 8. (Snow date 03/14/20)
**Location:** Manchester High School Cafeteria
**Meets:** Sa, 02/22/20, 9:00 AM-12:00 PM

Aqua Egg Hunt
Join us for our Aqua Egg Hunt where children will collect floating and sinking eggs. Bring a bucket to collect eggs and then turn them into the Bunny’s helper for a prize. Swim attire is required. Children 4 years & under must be accompanied by a parent in the water. Children not potty trained must wear a swim diaper in the water. Preregistration is required.
**Location:** IOH Pool
**Meets:** Sa, 04/04/20, 12:30-1:45 PM
**Fee:** $3

2-4 YEAR OLDS
**Session 1:** 12:30-1:00 PM

5-9 YEAR OLDS
**Session 1:** 1:15-1:45 PM
Fundamentals of Basketball
A fun exciting league where children can meet new friends, understand the concept of dribbling, passing, defense, offense, and shooting. Equipment provided!

**Instructor:** Volunteer Coaches & Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 6-7 years old  
**Meets:** F, 12/06/19-01/31/20  
**Session 1:** 6:00 - 7:00 PM  
**Session 2:** 7:00 - 8:00 PM  
**Fee:** $35

Girls Pee Wee Basketball
Learn the basic basketball skills - teamwork, shooting, passing, defense and dribbling. Mandatory evaluation clinic 12/18/19 at 6:15 PM for 8 yrs & 9 yrs.

**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 8-9 years old  
**Meets:** Sa, 01/11/20-02/29/20, 12:30-3:30 PM  
**Fee:** $35

Boys Pee Wee Basketball
Team play with emphasis on fundamental instruction and game time play. Mandatory evaluation clinic 11/20/19, 6:15 PM for 8 yrs and 7:15 PM for 9 yrs.

**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 8-9 years old  
**Meets:** Sa, 12/07/19-02/08/20, 8:30 AM-12:00 PM  
**Fee:** $35

Coed Midget Basketball
Team play with emphasis on fundamental instruction and game time play. Mandatory evaluation clinic on 11/19/19 at 6:15 PM for 10 yrs and 7:15 PM for 11 & 12 yrs.

**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 10-12 years old  
**Meets:** M-Th, 12/02/19-01/30/20, 6:15-8:15 PM  
**Fee:** $35

Coed Indoor Soccer
To learn the basic skills of soccer such as dribbling, trapping, defense shooting, and passing. Learn the concept of teamwork and hard work.

**Instructor:** Rec Staff  
**Location:** Mahoney Recreation Center  
**Meets:** Su, 01/19/20-03/22/20  
**Session 1:** 1:15-2:30 PM  
**Age:** 5-6 year olds  
**Fee:** $35  
**Session 2:** 2:45-4:15 PM  
**Age:** 7-8 year olds  
**Fee:** $35

Indoor Tennis
Kids will learn the basic tennis lessons - groundstroke, backhand, forehand, volleying and serving. Please wear gym clothes and bring a racquet.

**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  

4-7 YEAR OLDS
**Session 1:** T, 04/07/20-04/28/20, 5:30-6:00 PM  
**Session 2:** Th, 04/30/19-05/21/19, 5:30-6:00 PM  
**Fee:** $13/ $17 (nr)

8-12 YEAR OLDS
**Session 1:** T, 04/07/20-04/28/20, 6:00-7:00 PM  
**Session 2:** Th, 04/30/19-05/21/19, 6:00-7:00 PM  
**Fee:** $26/ $33 (nr)

Jukido
Jukido is a style of Japanese Jujitsu the techniques of which were founded centuries ago. The coed course emphasizes safety and doing one's best. The techniques are taught such that they do not conflict each other as the principles of Karate, Judo, and Aikido are introduced.

**Instructor:** Richard Webster  
**Location:** Community Y Recreation Center  
**Ages:** 6-14 years old  

BEGINNERS
**Session 1:** F, 01/03/20-03/20/20, 6:00-7:00 PM  
**Session 2:** F, 04/03/20-06/26/20, 6:00-7:00 PM  
**Fee:** $75/ $94 (nr)

RETURNING (PREREQUISITE: JUKIDO BEGINNERS)
**Session 1:** F, 01/03/20-03/20/20, 7:00-8:00 PM  
**Session 2:** F, 04/03/20-06/26/20, 7:00-8:00 PM  
**Fee:** $75/ $94 (nr)

Indoor Tennis
Kids will learn the basic tennis lessons - groundstroke, backhand, forehand, volleying and serving. Please wear gym clothes and bring a racquet.

**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  

4-7 YEAR OLDS
**Session 1:** T, 04/07/20-04/28/20, 5:30-6:00 PM  
**Session 2:** Th, 04/30/19-05/21/19, 5:30-6:00 PM  
**Fee:** $13/ $17 (nr)

8-12 YEAR OLDS
**Session 1:** T, 04/07/20-04/28/20, 6:00-7:00 PM  
**Session 2:** Th, 04/30/19-05/21/19, 6:00-7:00 PM  
**Fee:** $26/ $33 (nr)
**YOUTH PROGRAMS**

**PFLAG**
PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people through its threefold mission of support, education, and advocacy. By supporting this mission, PFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ people, their families, and their loved ones. Meetings will be structured to include an LGBTQ youth group and a parent/ally support group.

**Instructor:** Kellie Sheridan  
**Location:** Youth Service Bureau  
**Ages:** 13-18 year olds and their parent/guardians  
**Meets:** T, 12/03/19, 01/07/20, 02/04/20, 03/03/20, 04/07/20, 05/05/20, 6:30-8:00 PM  
**Fee:** No Cost

**Mother Daughter Circle**
This circle promotes a healthy and sustaining bond between mothers/guardians and their daughters during the transitional years from girlhood to young womanhood. This is an opportunity for ONE daughter and ONE mother/guardian or significant adult woman so they can have the essential one-on-one time to connect. The Mother/Daughter Circle provides a safe, consistent, and strengths based approach to supporting mothers and daughters on their relationship journey. Dinner provided.

**Instructor:** Heather Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 11-15 year olds  
**Session 1:** W, 01/08/20-02/26/20, 5:30-7:30 PM  
**Session 2:** W, 04/22/20-06/03/20, 5:30-7:30 PM  
**Fee:** No Cost

**Boys Council**
Boys Council offers pre-teen boys and adolescent young men a solid pathway toward a healthy development and helps them navigate growing up male in today’s society. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves.

**Instructor:** Pierre Brilliant  
**Location:** Youth Service Bureau  
**Ages:** 12-14 year olds  
**Session 1:** T, 01/14/20-02/18/20, 3:00-4:30 PM  
**Session 2:** T, 03/17/20-04/21/20, 3:00-4:30 PM  
**Session 3:** T, 05/05/20-06/02/20, 3:00-4:30 PM  
**Fee:** No Cost

**SibShop**
Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunity for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs. Sibshop meets at the Youth Service Bureau on the first Friday of the month.

**Instructor:** Beth Mix  
**Location:** Youth Service Bureau  
**Ages:** 7-15 year olds  
**Meets:** F, 12/13/19, 01/03/20, 02/07/20, 03/06/20, 04/03/20, 05/01/20, 5:30-7:30 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. Contact the Youth Service Bureau for more information at (860) 647-5213.

**Instructor:** Pete Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 9-14 year olds  
**Meets:** TBD  
**Fee:** No Cost

**Strengthening Families**
Strengthening Families an evidence-based curriculum designed to help parents/caregivers deal with the challenges of parenting pre-teens and young teens including discipline techniques, rewards and responsibilities, and healthy communication techniques. The youth will learn skills dealing with respect, healthy communication, dealing with peer pressure, etc. Open to families with youth ages 10-14. Dinner will be served. Please let us know if you will need free babysitting services for younger siblings when you register.

**Instructor:** Heather Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 10-14 year olds  
**Meets:** W, 03/04/20-04/08/20, 5:30-8:00 PM  
**Fee:** No Cost

**Family Paint Nights**
Join us for step-by-step instruction and create your own work of art while spending time with family and friends! This program is designed for families and is recommended for ages 8 and up.

**Instructor:** Kellie Sheridan  
**Location:** Youth Service Bureau  
**Ages:** 8+  
**Meets:** T, 12/10/19, 01/14/20, 02/11/20, 03/10/20, 04/14/20, 05/12/20, 5:00-7:00 PM  
**Fee:** No Cost
**YOUTH PROGRAMS**

**Finding Our Voices Through Imagination**
Each month we will explore together thoughts, feelings & imaginings through a creative process. Each gathering will include: A Healthy Snack, Mindfulness Practice, and a Creative Project. You don’t need to be an artist, just the willingness to participate! Come to one or come to all! High school volunteers are welcome. Please call Heather Wlochowski at (860) 647-5215 for more information about high school volunteer opportunities.

**Instructor:** Heather Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 11-14  
**Session 1:** T, 01/21/20, 3:30-5:30 PM  
**Session 2:** Th, 02/13/20, 3:30-5:30 PM  
**Session 3:** T, 03/24/20, 3:30-5:30 PM  
**Session 4:** Th, 05/14/20, 3:30-5:30 PM  
**Session 5:** Th, 06/25/20, 9:00 AM -3:00 PM  
**Fee:** No Cost

**Self-Care Day at YSB**
This special day is open to older elementary and middle school students; facilitated by high school students. The participants will have an opportunity engage in activities that encourage self-care. They will enjoy a healthy lunch & snack. Every year we are filled to the max with up to 30 participants! High school volunteers are welcome. Please call Heather Wlochowski at (860) 647-5215 for more information about high school volunteer opportunities.

**Instructor:** Heather Wlochowski  
**Location:** Youth Service Bureau Teen Center  
**Ages:** 10-14  
**Session 1:** T, 04/14/20, 9:00 AM-3:00 PM  
**Fee:** No Cost

**Hartford Scavenger Hunt**
Participants will leave from the Manchester Youth Service Bureau and take the city bus into Hartford. They will engage in an educational tour of downtown that will include learning about history, architecture, art, parks, and end with a local food truck lunch. This is open to older elementary and middle school youth and each team is led by high school youth. High school volunteers are welcome. Please call Heather Wlochowski at (860) 647-5215 for more information about high school volunteer opportunities.

**Instructor:** Heather Wlochowski  
**Location:** Youth Service Bureau  
**Ages:** 10-14  
**Session 1:** Th, 04/16/20, 9:00 AM-3:00 PM  
**Fee:** No Cost

**Manchester Art Association**
Come & create art projects based on weekly themes that you can choose from. We want you to celebrate the life of ART and create an environment where kids can explore in the world of ART.

**Location:** Mahoney Recreation Center  
**Ages:** 4-9  
**Session 1:** Sa, 12/07/19, 10:00 AM-12:00 PM  
**Fee:** No Costs / $20 (nr)

**ECHN Family Development Center’s Fathers Talk**
A round table event for fathers and other male role models. Men will use this platform to network, connect, learn, motivate and encourage each other. There will be a guest speaker at each event and light refreshments will be available.

**Facilitator:** Kwasi Ntem-Mensah  
**Location:** Eastside Neighborhood Resource Center  
**Ages:** All ages welcome to attend  
**Meets:** First Saturday of the month, 12/07/19-05/02/20, 11:00 AM -2:30 PM  
**Fee:** No cost

**Write Out Loud Youth Open Mic**
BE A SUPERSTAR in a safe space environment as you engage in an uplifting experience centered on youth voice through poetry, song, music, rap and dance. Come take part in youth-led poetry and hip-hop dance workshops and then close your night with performing and/or cheering on others who display their talent and creativity in front of a supportive audience.

**Location:** Eastside Neighborhood Resource Center  
**Ages:** Performers: 13-19  
Audience: All ages  
**Meets:** Last Friday of the month, 12/27/19-05/29/20  
**Fee:** No cost

**Manchester Youth Commission**
The Manchester Youth Commission is a group of high school students who work to ensure youth voice is represented in the decision making process of the Town of Manchester. They are considered direct advisor to the Board of Directors on youth issues or issues that will impact youth in some way. They meet 2 times per month with additional opportunities to participate in town events, field trips, and other venues. The commission is accepting applications for open seats for the 2020-2021 term. Applications are available 02/04/20-04/20/20. Applications due April 27, 2020. Interested? Contact Heather Wlochowski by phone at 860-647-5215 or by email at heatherw@manchesterct.gov.
FAMILY FUN NIGHTS
Let the Fun Begin!

Family Fun Nights are based on the idea that, when it comes to creating connections, “fun comes first.” These events provide families a positive, no cost opportunity for connection, recreation and fond memories to last a lifetime. Each Family Fun Night is aimed at providing families an opportunity to connect with their children and each other around creative, play-based and/or educational opportunities and activities. Most of the families in attendance have children in early childhood (under age 10); however, families with older children and older siblings also are invited to attend. All events are free and open to the public.

Location: Eastside Neighborhood Resource Center, 153 Spruce Street

Into the Groove - DJ Dale
LINE DANCE PARTY
Meets: 01/10/20, 6:30-8:00 PM

Marvelous Marven’s
LAUGH COUNT
This show blends magic, juggling, comedy and audience participation. Since 1995, Marvin has been performing all over New England, entertaining and surprising his audiences. Sit back and start the LAUGH COUNT.
Meets: 03/13/20, 6:30-8:30 PM
Ages: Family with children 10 and under

NEW

YOUTH PROGRAMS

Our Parks Nature Explorers
WINTER WARMERS HOLIDAY EVENT SERIES
Each evening includes a story, sensory exploration of the topic of the week, and making a gift (or 2) to bring home. Pre-registration required.
Facilitator: Beth MacDonald
Location: Center Springs Park Activity Center
Ages: 7+
Fee: $10 per session

Helpful Herbs
Come learn more about how plants and herbs can help nurture our bodies and minds as the days get chillier. After our story, participants will get to use their senses (smell, touch, taste) to explore the properties different herbs and then will help make two different types of tea bags and homemade scented bath bombs to bring home and gift to a loved one for the holiday season.
Meets: M, 12/02/19, 6:00-7:30 PM

The Wonder of Woolies
Don’t be sheepish! Come down and learn more about the wonders of wool and other natural fibers! After our story, we will explore the differences between natural fibers and explore how people use them to make products for our everyday lives. Finally, we will be capping off our evening by making wet felted flowers from wool that the explorers can take home and gift to a loved one.
Meets: M, 12/09/19, 6:00-7:30 PM

Bountiful Blooms
PAPER FLOWER CENTER PIECES
Just because the flowers have gone away for the season doesn’t mean that our lives need to be less colorful. Let’s make a few everlasting blooms to decorate our holiday tables. After our story, we will explore the different features of different flowers (color, size shape) and then we will make and take home small paper flower wreaths to enjoy seasons to come.
Meets: M, 12/16/19, 6:00-7:30 PM

Winter Solstice Celebration
Come join us for a day full of fun and festivities as we celebrate the Winter Solstice. This holiday was historically a day of great import because it celebrated the slow and incremental return of sunshine to our days. During this event we will discuss the importance of the holiday and enjoy some serious fun at Center Springs. We’ll be making paper lanterns, snowflakes, winter bird feeder, snow creatures (snow permitting) and hot cocoa!
Meets: Sat, 12/21/19, 2:00 PM

Let it Snow
This is the perfect event for bringing the winter wonderland indoors! After our story, we will be talking more about what animals do in winter in order to survive and why we only get snow during this time of year. Then we will be making recycled snow globes and decorating our own candle holders with natural products to make flameless candle holders that will warm your heart year-round.
Meets: M, 12/23/19, 6:00-7:30 PM
Manchester Public Libraries
The Manchester Public Library provides books and other materials and services desired by community members in order to meet their needs for information, creative use of leisure time, and life-long education. The library emphasizes individual service, especially to children, and serves as a focal point for interaction among the diverse residents of the community. library.townofmanchester.org

MARY CHENEY LIBRARY
586 Main Street | 860-643-2471
Open Monday-Thursday: 9 AM - 9 PM
Open Friday-Saturday: 9 AM - 5 PM

WHITON LIBRARY BRANCH
100 North Main Street | 860-643-6892
Open Monday-Thursday: 10 AM- 8:30 PM
Open Friday 9 AM - 5 PM
Closed Saturdays and Sundays

Mysteries on Main
Book Club
Location: Mary Cheney Library
THE WITCH ELM
by Tana French
Meets: 12/02/19, 7:00 PM
THE WOMAN IN THE WINDOW
by A. J. Finn
Meets: 01/06/20, 7:00 PM
JADE MOUNTAIN DRAGON
by Elsa Hart
Meets: 02/02/20, 7:00 PM
THE FOX
by Frederick Forsyth
Meets: 03/03/20, 7:00 PM
THE WIDOWS OF MALABAR HILL
by Sunjata Massey
Meets: 04/06/20, 7:00 PM

Subscription Box
Book Club
Location: TBD
Meets: 02/27/20, 03/18/20, 04/28/20, 7:00 PM

Recipe Readers Book Club
Location: Mary Cheney Library
Meets: 12/07/19, 01/04/20, 02/01/20, 12:30 PM

Not So YA Book Club
Location: Whiton Branch Library
Meets: 12/18/19, 01/29/20, 02/26/20, 03/25/20, 04/29/20, 7:00 PM

Adult Book Discussion
Location: Mary Cheney Library
MR. DICKENS AND HIS CAROL
by Samantha Silva
Meets: 12/16/19, 7:00 PM
THE WINTER SOLDIER
by Daniel Mason
Meets: 01/13/20, 7:00 PM
The Underground Railroad
by Colson Whitehead
Meets: 02/24/20, 7:00 PM
CIRCE
by Madeline Miller
Meets: 03/16/20, 7:00 PM
AMERICANAH
by Chimamanda Ngozi Adichie
Meets: 04/20/20, 7:00 PM

Diverse Voices Book Club
BIASED: UNCOVERING THE HIDDEN PREJUDICE THAT SHAPES WHAT WE SEE, THINK, AND DO
by Dr. Jennifer L. Eberhardt, PhD
Location: Mary Cheney Library
Meets: 12/17/20, 7:00 PM
THE HATE U GIVE
by Angie Thomas
Location: Whiton Branch Library
Meets: 02/19/20, 7:00 PM

Silk City Board Game Group
Location: Mary Cheney Library
Meets: 12/14/19, 01/11/20, 02/08/20, 03/21/20, 04/18/20, 12:43 PM

Pop-Up Craft
Location: Mary Cheney Library
MAKE A SNOWMAN OUT OF DISCARDED BOOKS
Meets: 01/14/20, 7:00 PM
MAKE LIBRARY-THEMED VALENTINES
Meets: 02/11/20, 7:00 PM

Cheney Cinema
Movies TBD
Location: Mary Cheney Library
Meets: 01/17/20, 02/14/20, 03/13/20, 04/24/20, 2:00 PM

DEEP Master Wildlife Series
COYOTES IN CONNECTICUT
Presented by DEEP Master Wildlife Conservationist Paul Colburn
Location: Mary Cheney Library
Meets: 12/03/19, 7:00 PM

Bald Eagles in Connecticut
Presented by Ginny Apple, DEEP Master Wildlife Conservationist
Location: TBD
Meets: 04/07/20, TBD

The Connecticut Landscape
Presented by DEEP Master Wildlife Conservationist
Location: TBD
Meets: 04/14/20, TBD
**Basic Organic Gardening**
By working with nature for the success of your yard and gardens, there are alternatives to dangerous chemicals that will provide a more healthy yard and garden. Learn how in this introductory seminar.

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 01/22/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Soils and Composting**
The best gardens start with the soil. Learn what kind of soil is best for what you want to grow! Composting helps to build your soil, so learn the basics with us!

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 01/29/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Vegetable Gardening**
**Overview**
There are many garden styles, soils and locations for your garden. Which one is best for you? Come and see the options, so you can choose wisely and enjoy your garden space and success!

**Instructor:** Bettylou Sandy  
**Date:** W, 02/05/20, 6:00-7:00 PM  
**Location:** Eastside Neighborhood Resource Center  
**Ages:** 16+  
**Fee:** No cost

**Planning Your Yard and Garden for Spring!**
Perennials, shrubs, lawns and more are waiting for your attention, but not all at once! Hear a relaxed approach to spring gardening and landscaping tasks and projects.

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 02/12/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Organic Lawn Care**
Now is the time to improve your spring lawn, before the mowing season! Low cost, easy maintenance awaits you!

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 02/19/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Planting Peas and Other Cold Weather Crops**
Many vegetable plants like the cold weather of early spring! Come learn about these hearty plants and try some for yourself!

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 03/04/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Rain Barrels and Other Water for the Garden**
Rain barrels, edging styles, drainage basins, berms and swales are some ways to harvest and direct water to where it is best used by your landscape. Learn how to save time and money.

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 04/01/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Making the Most of Small Space Gardens**
No matter how small your space, you can grow vegetables! Containers make it possible. For little or no cost, you can have fresh vegetables!

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 04/15/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Growing Tomatoes!**
May is for setting out tomatoes! Learn some tricks for planting, to have a healthy, productive crop of this favorite summer vegetable!

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 05/20/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost

**Gardening on the Rocks**
Flowers and vegetables even in rocky soil and ledge! No matter what your land is like, you can grow food and flowers, if you know which ones to choose. Learn how and have success!

**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Meets:** W, 05/06/20, 6:00-7:00 PM  
**Ages:** 16+  
**Fee:** No cost
ADULT FITNESS

Walk 15
An indoor aerobic walk class for those who enjoy walking for fitness. Classes are appropriate for all ages and fitness levels. It’s a fun and easy way to walk yourself into a strong and healthy you! 4 basic steps that anyone can follow. Low impact with strength training including light hand weights and firm bands. Come get healthy one STEP at a time.

Instructor: Robin Frost
Ages: 18+

WALK 15 AT THE COMMUNITY Y
Session 1: M, 01/06/20-03/23/20, 4:45-5:30 PM (No Class 01/20/20, 02/17/20)
Session 2: M, 04/06/20-06/22/20, 4:45-5:30 PM (No Class 04/13/20, 05/25/20)
Fee: $40/ $50 (nr)

WALK 15 AT CENTER SPRINGS
Session 1: M, 01/06/20-03/23/20, 6:30-7:15 PM (No Class 01/20/20, 02/17/20)
Session 2: M, 04/06/20-06/22/20, 6:30-7:15 PM (No Class 04/13/20, 05/25/20)
Fee: $40/ $50 (nr)

Session 1: W, 01/08/20-03/11/20, 6:30-7:15 PM
Fee: $40/ $50 (nr) (No Class 01/20/20, 02/17/20)
Session 2: W, 04/08/20-06/24/20, 6:30-7:15 PM
Fee: $40/ $50 (nr) (No Class 04/15/20, 06/10/20)

Team Fit After Work
Want to work out after work? Come join our Team! This fitness class is a circuit workout with an interval training format. Participants do challenging, yet motivating strength, core and cardiovascular conditioning. You’ll do a variety of exercises to improve your overall fitness using all the latest fitness equipment. All fitness levels welcome! Bring an open mind and positive attitude!

Instructor: Karen Cinimo
Ages: 18+

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

MONDAY SESSION
Location: Center Springs Activity Room
Session 1: 01/06/20-02/10/20 (No Class 01/20/20, 02/17/20)
Session 2: 02/24/20-04/06/20 (No Class 03/02/20)
Session 3: 04/13/20-05/20/20 (No Class 05/06/20)
Fee: $50/ $63 (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. Great for all fitness levels.

Instructor: Karen Cinimo
Location: Community Y Recreation Center
Ages: 18+
Meets: M/W, 5:45-6:45 PM

Session 1: 01/06/20-02/10/20 (No Class 01/20/20)
Session 2: 02/24/20-04/06/20 (No Class 03/02/20)
Session 3: 04/13/20-05/20/20 (No Class 05/06/20)
Fee: $50/ $63 (nr)

Pickleball
There’s less ground to cover than other racket sports, making it easier for players of all ages, especially boomers and seniors. Players say it’s easier on the body while still getting in a full workout. Equipment provided. Coach on site for the first two classes for Beginner session.

Location: Bennet Leisure Center
Ages: 30+
Meets: Th, 5:30-9:00 PM
Fee: $15/ $15 (nr)

BEGINNER SESSION
Session 1: 01/09/20-01/30/20, 5:30-7:00 PM
Session 2: 02/06/20-02/27/20, 7:00-9:00 PM
Session 3: 03/05/20-03/26/20, 5:30-7:00 PM
Session 4: 04/02/20-04/23/20, 7:00-9:00 PM

ADVANCED SESSION
Session 1: 01/09/20-01/30/20, 7:00-9:00 PM
Session 2: 02/06/20-02/27/20, 5:30-7:00 PM
Session 3: 03/05/20-03/26/20, 7:00-9:00 PM
Session 4: 04/02/20-04/23/20, 5:30-7:00 PM

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

Instructor: Richard Webster
Location: Community Y Recreation Center
Ages: 15+
Meets: F, 01/03/20-03/20/20, 8:00-9:15 PM
Session 1: 01/08/20-02/12/20
Session 2: 02/26/20-04/01/20
Session 3: 04/08/20-05/20/20 (No Class 05/06/20)
Fee: $81/ $101 (nr)

Adult Aquatic Swimming & Fitness Classes
For more information on adult aquatic courses see Aquatics Adult Course Information on page 18.
ADULT FITNESS

Strength 4 Life
This non impact class helps people improve their balance, muscular strength and muscular endurance. A strong focus on core conditioning, functional fitness and flexibility will be incorporated too!
Instructor: Miriam DeGrandi
Location: Community Y Rec Center
Ages: 18+
Fee: $50/ $63 (nr)

WEDNESDAY SESSION
Session 1: 01/08/20-03/11/20, 9:00-10:00 AM
Session 2: 03/25/20-05/27/20, 9:00-10:00 AM

FRIDAY SESSION
Session 1: 01/10/20-03/13/20, 9:00-10:00 AM
Session 2: 03/27/20-06/05/20, 9:00-10:00 AM (No Class 04/10/20)

Tapercize
Instructor: Carol Moriarty
Location: Community Y Recreation Center
Ages: 18+
Fee: $75/ $93 (nr)

LEVEL 1
This is the class for those with little or absolutely no tap dancing experience. Beginning with an introduction to the basic tap steps, this class gradually moves from short dance combinations to a routine. Tap shoes are a must!
Meets: T, 01/07/20-04/14/20, 5:30 - 6:30 PM

LEVEL 2
For those with some knowledge of the basic tap steps but still consider themselves “beginners”. Tap shoes a must!
Meets: T, 01/07/20-04/14/20, 6:30-7:30 PM

LEVEL 3
This class is for those who are able to execute the tap steps more quickly. It is faster-paced than levels 1 and 2. Some of the level 4 dance combinations are introduced. Tap shoes are a must!
Meets: Th, 01/09/20-04/16/20, 5:30-6:30 PM

LEVEL 4
Most fast-paced of all-therefore, the most aerobic of the tap classes. This class has an established repertoire of dance combinations to which we continually add. New members are welcome and will find it easier if they have had considerable tap experience and can catch on quickly. Extra “catch-up” help is available.
Meets: Th, 01/09/20-04/16/20, 6:30-7:30 PM

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. Spend time cultivating upper-body strength, core strength and balance. Bring a yoga mat to class.
Instructor: Barbara Titus
Location: Community Y Recreation Center
Ages: 18+
Meets: M/W, 6:30-7:30 PM
Session 1: 01/06/20-02/05/20 (No Class 01/20/20)
Session 2: 02/17/20-03/18/20
Session 3: 03/30/20-04/29/20
Session 4: 05/11/20-06/15/20 (No Class 02/25/20)
Fee: $50/$63 (nr)

Power Yoga
Power yoga is a vigorous, fitness-based approach to vinyasa-style yoga. This class is an opportunity to just flow through the practice and breathe. Yes, you may notice things move a little faster in this class sometimes. But that doesn’t mean YOU have to. This is an opportunity to focus on your breath. This class is advanced. Please bring yoga mat to class.
Instructor: Barbara Titus
Location: Community Y Recreation Center
Ages: 18+
Meets: F, 6:00-7:30 PM
Session 1: 01/10/20-03/13/20 (No Class 02/14/20)
Session 2: 03/27/20-06/05/20 (No Class 04/10/20)
Fee: $50/ $63 (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

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
Fees:
1/1 Hour Session: $35/$44 (nr) per session
5/1 Hour Sessions: $160/$200 (nr) per session
10/1 One Hour Sessions: $300/$375 (nr) per session
Fees for two persons (buddy rate): Best Deal
1/1 Hour Session: $50/$63 (nr) per session
5/1 Hour Sessions: $210/$250 (nr) per session
10/1 One Hour Sessions: $400/$475 (nr) per session
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.

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. For more information, call the Senior Center at 647-3211.

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

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

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, December, 11th, 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 December 11. 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 Card Room
Meets: M, 01/06/20-05/25/20, 11:15-11:45 AM

Setback
Location: Senior Center Card Room
Meets: F, 12/27/19-05/29/20, 12:30-2:00 PM

Mahjong
Location: Senior Center Card Room
Session 1: T, 12/31/19-05/26/20, 1:00-3:00 PM
Session 2: T, 01/07/20-05/27/20, 10:00-11:45 AM

Red Hat Society
We are the women in the red and pink hats.
Location: Senior Center Library
Meets: T, 01/07/20-05/26/20, 1:00-3:30 PM

Bingo
Location: Senior Center Bingo Room
Meets: F, 12/27/19-05/29/20, 12:30-3:00 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, 01/01/20-05/27/20, 12:30-4:00 PM

Ceramics
Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.
Location: Senior Center Ceramics Room
Meets: M/F, 12/23/19-05/29/20, 9:30-11:30 AM

Watercolor & Oil Painting Group
Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.
Location: Senior Center Craft Room
Meets: T, 12/31/19-05/26/20, 1:00-3:00 PM

Digital Photography Group
Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.
Location: Senior Center Library
Meets: M, 12/23/19-05/29/20, 9:30-11:30 AM

Memory to Memoir
Learn to start your memoir, organize material and keep going until you’re finished. Learn tips on which pictures to include and finish with a self-publishing document.
Location: Senior Center Card Room
Session 1: W, 01/08/20-05/26/20, 10:30 AM-12:00 PM
Session 2: W, 01/08/20-05/26/20, 12:30-2:00 PM
Fee: $5

Woodworking
Enjoy our hobby shop with all the equipment you need to create wood pieces. Fix old treasures or create something new. Supervised instruction available.
Location: Senior Center Woodshop
Meets: T/W, 01/07-05/27/20, 9:00 AM-12:00 PM
Fee: $5

Guided Meditation
Relax, breathe deep! This led session will help you to find inner peace and focus on positive outcomes.
Location: Senior Center Library
Meets: M, 01/06/20-05/25/20, 11:15-11:45 AM
Fee: $5

Wii Bowling League
Hit the virtual lanes with Nintendo Wii Bowling!
Location: Senior Center Card Room
Meets: M, 01/06/20-05/25/20, 11:15-11:45 AM
Fee: $5

Billiards
Drop in and play on one of three billiard tables.
Location: Senior Center Billiards Room
Session 1: M-F, 12/23/19-05/29/20, 8:30 AM-4:30 PM

Cornhole
Location: Senior Center Auditorium
Meets: Th, 12/29/19-05/28/20, 9:00-11:00 AM

Hand & Foot
Location: Senior Center Card Room
Meets: Th, 12/29/19-05/28/20, 1:30-3:30 PM

Senior Circle
This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is lead by a Therapeutic Recreation Specialist and requires pre-registration. This is not a drop-in program. Call the Senior Center for details.
Location: Senior Center Craft Room
Meets: T/Th, 01/07/20-05/28/20, 10:00-11:45 AM

Ping Pong
Location: Senior Center Ping Pong Area
Meets: M-F, 12/23/19-05/29/20, 8:30 AM-4:30 PM

Poker
Location: Senior Center Bingo Room
Meets: M, 12/23/19-05/25/20, 12:45-2:30 PM

Social Bridge
Location: Senior Center Bingo Room
Meets: W, 01/01/20-05/27/20, 12:30-4:00 PM

Scrabble
A board game played with 2-4 players with the players using their vocabulary to create words.
Location: Senior Center Card Room
Meets: W, 12/26/19-05/28/20, 9:30-11:30 AM

Cribbage
Combines both luck and skill. Social and fun game.
Location: Senior Center Bingo Room
Meets: F, 12/27/19-05/29/20, 12:30-3:00 PM

Book Group
Read and discuss different novels.
Location: Senior Center Library
Meets: 3rd T monthly, 01/07/20-05/19/20, 10:30-11:30 AM

Quilting Group
Meets: Th, 12/26/19-05/29/20, 1:00-4:00 PM

Men’s Group
Location: Senior Center Library
Meets: M, 01/06/20-05/25/20, 10:45-11:45 AM

Women’s Group
Location: Senior Center Library
Meets: M, 01/06/20-05/25/20, 9:30-10:30 AM

Book Group
Read and discuss different novels.
Location: Senior Center Library
Meets: M, 01/07/20-05/26/20, 10:30-11:30 AM
**Senior Center**

**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.

**Location:** Senior Center Auditorium

**Session 1:** M, 01/06/20-05/25/20, 10:00-11:00 AM
**Session 2:** W, 01/08/20-05/27/20, 10:00-11:00 AM
**Session 3:** W, 01/08/20-05/27/20, 11:00-11:45 AM
**Session 4:** F, 01/10/20-05/29/20, 10:00-11:00 AM

**Fee:** $5

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

**Location:** Senior Center Auditorium

**Session 1:** M/W, 01/06/20-05/27/20, 2:30 - 3:15 PM
**Session 2:** M/W, 01/06/20-05/27/20, 3:30 - 4:15 PM

**Fee:** $5

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

**Location:** Senior Center Auditorium

**Meets:** T/F, 01/07/20-05/29/20

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

**Fee:** $5

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

**Location:** Senior Center Auditorium

**Meets:** Th, 01/09/20-05/28/20, 2:00-3:00 PM

**Fee:** $5

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

**Location:** Senior Center Auditorium

**Beginner:** T, 01/07/20-05/26/20, 10:00-11:00 AM
**Advanced:** T, 01/07/20-05/26/20, 11:00-12:00 AM

**Fee:** $5

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

**Location:** Senior Center Auditorium

**Meets:** W, 01/08/20-05/27/20, 9:15-10:00 AM

**Fee:** $5

**Light-N-Lively**
Low impact cardio workout. Active and fast paced. Seniors may sign up for 2 out of 3 classes.

**Location:** Senior Center Auditorium

**Session 1:** M, 01/06/20-05/25/20, 1:30-2:30 PM
**Session 2:** W, 01/08/20-05/27/20, 1:30-2:30 PM
**Session 3:** F, 01/10/20-05/29/20, 11:00 AM-12:00 PM

**Fee:** $5

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

**Location:** Senior Center Auditorium

**Session 1:** M, 01/06/20-05/25/20, 12:30-1:15 PM
**Session 2:** W, 01/08/20-05/27/20, 12:30-1:15 PM

**Fee:** $5

**Biking/Hiking Club**
Bikers ride approximately 6-12 miles per ride OR hike 3-4 miles.

**Location:** Senior Center Parking Lot

**Meets:** Th, 01/09/20-06/11/20, 1:00-3:00 PM

**Walking Group**
This group meets for treks around town.

**Location:** Senior Center Parking Lot

**Meets:** W/F, 01/08/20-05/29/20, 8:45-11:00 AM

**Senior Basketball**

**Location:** Community Y Gym

**Meets:** M/W/F, 12/23-19/05-05/29/20, 9:00-11:00 AM

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

**Greenhouse**
Trained horticultural specialist takes the time to work with all participants in making their greenhouse experience a pleasurable one. Seniors assist in watering, pruning and daily tending of plants. Plant sale will be held on Saturday, May 10th 9 AM to 1 PM.

**Location:** Senior Center Greenhouse

**Meets:** M/W/F, 03/02/20-05/08/20, 9:00-11:00 AM

**Fee:** $5