

...experience
Glastonbury

Registration Begins August 13th!

Fall 2019
**Parks, Recreation &
Senior Center**

**STEVE
SMITH**
PHOTOGRAPHY

I. Registration Form

Household Information

Primary Guardian First Name		Primary Guardian Last Name	
Address		Please E-Mail Receipt to the E-Mail Below	
City, State, Zip		Sex	E-Mail
Home Phone ()		Work Phone ()	Cell Phone ()
Emergency Contact		Relationship	Cell Phone ()

Participant Information

Participant First Name		Participant Last Name	
Date of Birth		Grade Completing	Sex
Allergies		Medication/Other	

Registration Information

Program Choices	Activity Type	Activity Description	Activity Number	Amount Paid	Office Use
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Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!

1	1st Choice				
	2nd Choice				
	3rd Choice				
2	1st Choice				
	2nd Choice				
	3rd Choice				
3	1st Choice				
	2nd Choice				
	3rd Choice				

Pool Passes <input type="checkbox"/> Indoor Pool	Pass Type <input type="checkbox"/> Individual <input type="checkbox"/> Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:	TOTAL
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Waiver

Being of full age and in consideration of my (my child's) participation in this class, I do hereby release and forever discharge the Town of Glastonbury, and their agents and employees, their representatives, successors, and assignees, from all claims arising out of any and all personal injuries, damages, expenses, and any loss or damage whatsoever resulting or which may result from participation in this program.

Signature: _____ Date: _____

	Complete a SEPARATE form for each person and sign the waiver. Please PRINT . You may copy this form or print a copy from our website at www.glastonbury-ct.gov
	Mail your Form, Payment, Business Size Self Addressed STAMPED envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033

Payment Information

Check	Write a SEPARATE CHECK for each program. Make checks payable to "Town of Glastonbury"				
<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover	Name on Card				
	Credit Card Number			Expiration	Code

Registration Information .2.

Mail-In & On-Line Registration Dates

Registrations will be accepted by **MAIL AND ON-LINE TUESDAY, AUGUST 13th BEGINNING AT 8:00 A.M.** with the following exceptions:

- Pool Passes
 - Open Gym Passes
 - Santa's Run
 - USA Swim Team*
 - Recreation Swim Team*
- *Registration Begins 9/12

Mail-in registrations will be processed daily, at random.
NO REGISTRATIONS WILL BE PROCESSED BEFORE 8/13.

In-Person Registration Dates

In-person registrations will be accepted beginning Thursday, August 22 (except USA & Recreation Swim Team & Santa's Run).

Why Can't I Register by Phone?

Due to limited phone lines and staff, we cannot accept registrations by phone or fax.

Returned Checks

A \$15.00 fee will be assessed for returned checks.

Cancellation Information

Programs may be cancelled due to insufficient registration. Programs are canceled on October 14, November 28, November 29, December 24, and December 25 unless otherwise stated.

Online Registration is Fast & Easy

If you already have a User Name and Password, just follow steps 1 & 2 below and then log into the system. If not, follow these 5 easy steps:

- Step 1: Go to www.glastonbury-ct.gov
- Step 2: Click "I Want to"/"Register"/"For a Recreation Program"
- Step 3: Select "On-Line Registration-New User"
- Step 4: Complete the household information. (We encourage you to customize your User Name and Password to something familiar to you)
- Step 5: Click "Submit"

You will receive a confirmation via e-mail and may begin on-line registration.

Notification of Enrollment

Include a STAMPED, self addressed, business size envelope with your mail-in registration if you would like your receipt mailed. Receipts can be e-mailed if an e-mail is included on the registration form. We DO NOT mail receipts for registrations processed on-line. You may reprint a receipt from the on-line system by clicking "My Account", "Reprint a Receipt".

Registration Payment

VISA, Mastercard or Discover is accepted on-line, by mail and in-person.

If paying by check, make checks or money orders payable to **"TOWN OF GLASTONBURY"**. Do not send cash. Write **SEPARATE CHECKS** for each program.

Refund Policy

Please review your registrations carefully.

- Refunds will be automatic if a program is canceled.
- To avoid classes being canceled at the last minute due to insufficient enrollment and in order to accommodate waiting lists in a timely fashion, refund requests must be made no later than five (5) business days before the program begins. Refund requests received after this point will be subject to a \$10 processing fee.
- Refunds cannot be given on trips, special events, facility reservations and passes.
- Refunds are generally not given once a program has begun, however, in the event of injury or illness, a refund request will be considered if accompanied by a doctor's note.
- Registrations processed by credit card will be credited to the card used. All other refunds generally take 2-4 weeks to process.

Financial Assistance

Discounted registration fees for basic programs are available to those who qualify under the Federal Poverty Guidelines. Eligibility and assistance determinations are made by Social Services. Fee waivers apply to registration fees only. To qualify, an Eligibility Application Form must be submitted to the Social Services Department. A copy of the approved application must accompany your registration. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

- | | |
|--------------------|---------------------------|
| • Pool Passes | • Kangaroo Kids |
| • Teen Center Pass | • Children's Swim Lessons |
| • GBA Basketball | • Winter Swim Team |

3. General Information

How to Reach Us

Give us a Call:

(860)652-7679

Send us a Fax:

(860)652-7691

Call the Program Information Line:

(860)652-7689

Check us out on the Web:

www.glastonbury-ct.gov

Click "Parks and Recreation"

Send us Mail:

Parks and Recreation

Program Registration

P.O. Box 6523

Glastonbury, CT 06033

Visit us in the Office:

Parks and Recreation

2143 Main Street

Glastonbury, CT 06033

Our Staff

Lisa Zerio, Director of Parks & Recreation

Greg Foran, Park Superintendent & Tree Warden

Jason Albert, Park Maintenance Supervisor

Kelly Devanny, Recreation Supervisor

Bill Engle, Recreation Supervisor

Anna Park, Recreation Supervisor

Liz Gambacorta, Recreation Program Coordinator

Kristen Michaels, Event & Banquet Facility Manager

Angela Paisker, Executive Secretary

Cynthia Lea, Administrative Secretary

Katryna Albert, Clerical Assistant

Program Information Line

Retrieve program information 24 hours a day by calling our program information line at (860)652-7689.

Residency Requirements

Programs are for Glastonbury residents only **unless otherwise noted.**

E-mail updates

Occasionally, we send updates, cancellation information and other pertinent program information via e-mail. Please be sure to include this information on your registration form and to add "recreation@glastonbury-ct.gov" to your address book or trusted e-mail list so we don't get caught in your spam filter!

"Like" us on Facebook; Follow us on Instagram!

"Like" and follow us to receive updates on program information, reminders about upcoming registration deadlines and all sorts of other great information! [facebook.com/glastonburyparkrec](https://www.facebook.com/glastonburyparkrec) or [@glastonbury_park_and_rec](https://www.instagram.com/glastonbury_park_and_rec) on Instagram

Brochure Mailing Information

Brochures are mailed to ALL residents via bulk mail 3 times per year:

Fall:	Mid-August
Winter/Spring:	Early December
Summer:	Early March

Brochures will be available for pick up beginning the Friday prior to each registration at the Riverfront Community Center, Town Hall, Welles Turner Library and our office. Program information is available online beginning the Tuesday prior to each registration at www.glastonbury-ct.gov.

Inclement Weather Policy

- If Glastonbury Public Schools are cancelled, all programs are cancelled.
- If Glastonbury Public Schools are delayed, all programs scheduled to start before noon are cancelled except Kangaroo Kids. For all programs beginning after noon, please call the information line at (860)652-7689 for cancellation information. Select option #2.
- If Glastonbury Public Schools close for a weather related early dismissal, all afternoon and evening activities are cancelled.
- Athletic field cancellation decisions due to inclement weather or poor field conditions will generally be made no later than 3:30 p.m. The Department reserves the right to make field cancellations up to 4:30 p.m. in response to late changing weather conditions. Please call the information line at (860)652-7689 for cancellation information. Select option #2.

For other evening and weekend cancellations, call (860)652-7689, select option #2.

Glastonbury Youth Organizations

The following organizations are run independent of the Parks and Recreation Department. Please contact them regarding program/registration information.

Little League	www.glastonburylittleleague.org
Hartwell Soccer	www.glastonburysoccer.org
Midget Football	www.gyfa.com
YMCA	(860)633-6548
Lacrosse	www.glastonburylacrosse.org
GBA Basketball	GBAHoops@aol.com www.gbahoops.org
GBA Travel Basketball	GBATravelHoops@aol.com www.gbahoops.org
Glastonbury Gymnastics	www.glastonburygymnastics.com gburygymclub@gmail.com
Glastonbury SwimTeam	www.glastonburyswimteam.org

Facility Rentals .4.

Glastonbury Boathouse

With picturesque grounds, breath-taking views from the observation deck and a versatile banquet hall, The Glastonbury Boathouse offers the atmosphere of a getaway destination with the convenience of a local venue. Whether you are planning a corporate meeting or private party, the property is the perfect backdrop for phenomenal photos and festive celebrations. For more information or to book your event, contact Kristen Michaels, Event & Banquet Facility Manager at (860)652-4640 or kristen.michaels@glastonbury-ct.gov. Visit online at www.glastonbury-ct.gov/boathouse for pricing information and photos!

Riverfront Community Center

The Riverfront Community Center is your affordable solution to elegant affairs! Our many room configurations can accommodate meetings & events of all sizes. Guests enjoy our beautiful space, complimentary parking, and manicured grounds offering views of Riverfront Park and the tree-lined CT River. Room reservations are available on Monday, Wednesday, and Friday evenings, and all day on weekends. Now accepting credit card payments! For more information, visit www.glastonbury-ct.gov/rccrentals or contact Kristen.michaels@glastonbur-ct.gov.

Party/Facility Rentals

Please note the following information:

- All reservations should be made as soon as possible and are based on availability.
- All required paperwork must be completed and full payment must be made within 5 business days of making the reservation.
- Event dates and times are confirmed only after payment is received.
- No refunds will be issued for facility rentals. If a cancellation is made with at least 2 weeks notice, there may be an opportunity to reschedule for a different date.

Academy Teen Center

An easy alternative for small birthday parties, or events you just don't want to host at home! Bring your own cake and goodies, we'll provide the rest! Add an arts and crafts activity (craft chosen by staff based on age of birthday boy or girl) or Wii and/or PS2 to your party (games provided) for an additional cost!

AVAILABILITY: Year round Saturdays and Sundays in 2 hour blocks
CAPACITY: 15 people (excluding adults)
AMENITIES: Staff Supervisor to monitor activity space, exclusive use of Teen Center room (ping pong, air hockey, foosball, pool tables, board games

and craft space), access to restrooms, refrigerator and freezer
FEE: \$100/rental
\$150/rental with craft or Wii or PS2

Glastonbury Skate Park

A great option for birthday parties, school graduations or unique special celebrations! Must have waivers.

AVAILABILITY: Saturdays and Sundays (Except Lesson Dates)
TIMES: 10:00 a.m.-12:00 p.m.
CAPACITY: 30 People
AMENITIES: Staff Supervisor, exclusive use of skate park, softball field, picnic tables, picnic bag including frisbees, bases, kickballs, and a bat and balls
FEES: \$85

Tennis Court Reservations

8 courts are available at Glastonbury High School. Reservations are accepted by calling (860)652-7679 through October 30th.

- Reservations can't be made more than one day in advance (singles limited to 1 hour; doubles limited to 2 hours).
- Evening reservations (after 5:00 p.m.) for the same day accepted until noon.
- Lighted courts (1-4) can be turned on by players at the court (activated until 10:00 p.m.)
- Both lighted and unlighted courts available first come first serve unless reserved or scheduled
- Availability may be limited due to programs.
- Light will be available after October 30 through December without reservations

Minnechaug Golf Course

A Town owned, 9 hole golf course located at 16 Fairway Crossing. It's a family friendly course that offers a challenge for the experienced golfer but, with three par 3 holes, is a great learning environment for those new to the game of golf. The island green featured on the par 3, 126 yard 8th hole is one of the most exciting golf holes in the area. The course offers a variety of leagues, clinics, camps and lessons for youth and adults. For more information, contact Minnechaug Golf Course at (860)432-3334.

Giovanni's Brick Oven Pizza at Minnechaug is now open for both dine in and take out. You don't need to be a golfer to enjoy the restaurant! Mouth-watering specialty pizzas, wings, burgers, sandwiches, salads and more are sure to please! Large group reservations can be accommodated. For more information or to order, call (860)791-2132.

5. Pre-School Programs

Kangaroo Kids 2019-2020 Limited Openings Remain!

(Age 3 or 4 by January 1, 2020)

Kangaroo Kids is a developmentally appropriate program for 3&4 year olds that provides preschoolers with a variety of opportunities for learning, social development, and fun! Theme days, arts & Crafts, music, social interaction and creative play makes for a busy day of activities. Our "home" at 35 Bell Street is a made for preschool setting that includes a spacious fully equipped playroom, a room for working on quiet activities, a kitchen for baking and a beautiful yard perfect for paying and exploring nature. It all adds up to an ideal learning environment with the staff members and a maximum class size of 18. Classes are offered in either a 2 day or 4 day per week session as follows:

Ages 3&4:	Mon. & Thurs.	9:00-11:30 a.m.
Ages 3&4:	Tues. & Fri.	9:00-11:30 .am.
Ages 3&4:	Mon, Tues., Thurs. & Fri.	9:00-11:30 a.m.
Ages 4:	Mon, Tues., Thurs. & Fri.	12:30-3:00 p.m.

Program begins September 9 and runs through June 5. Total Fee for the 2 day morning session is \$959. Fee for the 4 day morning or afternoon session is \$1,675. An **Open House will be held on Wednesday, September 4 from 4:00-6:00 p.m.** Come meet our staff!

Kangaroo Kids Deposit

AM 3&4:	Mon. & Thurs.	403128-01
AM 3&4:	Tues. & Fri	403128-02 (Waitlist Only)
AM 3&4:	M,T, TH, F	403128-03
PM 4:	M, T, TH, F	403128-04

A \$250 deposit is required at the time of registration; the balance of the fee is paid in two (2) installments as follows:

Sept. 13, 2019:	AM 3&4: Mon & Thurs.	\$355
	AM 3&4: Tues. & Fri.	\$355
Jan. 10, 2020:	AM 3&4: Mon, Tues, Thurs, Fri.	\$713
	PM 4: Mon, Tues, Thurs, Fri.	\$713
	AM 3&4: Mon & Thurs.	\$354
	AM 3&4: Tues. & Fri.	\$354
	AM 3&4: Mon, Tues, Thurs, Fri.	\$712
	PM 4: Mon, Tues, Thurs, Fri.	\$712

LOCATION: Kangaroo Kids 35 Bell Street
DATES: September 9, 2019-June 5, 2020

Music Together

(Newborns – age 5)

An innovative approach to early childhood music learning based on the premise that all children are inherently musical. Children explore and express music alongside their most important role models; parents, caregivers and teachers. Nurture your child's natural enthusiasm for music & movement during this early childhood stage of most rapid growth. Instructor is Jessica Nevins of Music Together of the River Valley.

Music Together-Fall

Music Together 9:15	203101-01
Music Sibling 9:15	203101-02
Music Together 10:15	203101-03
Music Sibling 10:15	203101-04
Music Together 11:15	203101-05
Music Sibling 11:15	203101-06

FEE: \$185/child; \$100/sibling (Newborns under 8 months attend FREE when a sibling is registered; \$185 when registered alone)
MEETS: Tuesday 9:15-10:00; 10:15-11:00; 11:15-12:00
LOCATION: RCC Activity Room
DATES: 10 Weeks September 17-November 26 (No Class November 5)

Parent Child Playgroup

(Ages 1-4)

Designed to provide children ages 1-4 with an unstructured group play situation and allow parents an opportunity to meet, relax and enjoy their children. Held at the Academy Gym on the carpeted spring floor with various equipment for kids to climb, explore and enjoy!

Preschool

Playgroup-Mon. 9:10	203125-01
Playgroup-Mon. 10:10	203125-02
Playgroup-Thurs. 9:10	203125-03
Playgroup-Thurs. 10:10	203125-04

FEE: \$30/child
MEETS: Monday 9:10-10:00; 10:10-11:00
Thursday 9:10-10:00; 10:10-11:00
LOCATION: Academy Gym
DATES: 6 Weeks
Monday: September 16-November 4
Thursday: September 19-October 24



Flip to Page II for Some Great Family Events!

Pre-School & Youth Programs .6.



Engineering FUNdamentals with LEGO®

(Boys and Girls grades K-2)

In this engineering "fundamentals" program, students will learn from a customized, unique, S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) based curriculum while having FUN! The primary medium used for these classes is LEGO® TECHNIC. We find that with kids of all ages, especially the younger ones, LEGO® is an attractive, efficient teaching medium. From the creativity and enjoyment encouraged by LEGO®, kids always enjoy themselves while learning essential engineering terms and concepts along the way!

Youth Programs

Engineering 212204-E1

FEE: \$105
MEETS: Mondays 4:00-6:00 p.m.
LOCATION: Academy Multi-Purpose Room #1
DATES: September 23-October 28
(No Class 10/14)
INSTRUCTOR: Andrew Escalera
Engineering Imagination

Aspiring Young Engineers

(Boys and Girls Grades 2-4)

In this program, young engineers will use a variety of mediums such as LEGO®, recycled materials, salvaged motors and gears, balsa wood and more to explore a unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) curriculum. Using the different mediums, participants will learn about and build projects such as hydroelectric waterwheels, model roller coasters and scale bridges! With activities focused on green engineering, mechanical engineering, chemical engineering, and architecture, your child is sure to have a blast while learning along the way!

Youth Programs

Young Engineers 212204-Y1

FEE: \$105
MEETS: Mondays 4:00-6:00 p.m.
LOCATION: Academy Multi-Purpose Room #1
DATES: November 18-December 16
INSTRUCTOR: Andrew Escalera
Engineering Imagination

Book, Craft, Play

(Ages 2-5 years)

This is a parent-child class where favorite childhood books and stories are brought to life through arts, crafts and interactive play and songs.

Preschool

Book, Craft, Play 9:15 203234-01
Book, Craft, Play 10:15 203234-02

FEE: \$60/child
MEETS: Friday 9:15-10:00 a.m.; 10:15-11:00 a.m.
LOCATION: Academy Teen Center
DATES: 6 Weeks September 20-October 25

Messy Art

(Ages 18 months-4 years)

An introduction to art for parent and child. It's not about the end result, but about children getting to color, smear, squish, paint, glue, cut and get creative!

Preschool

Messy Art 203235-03

FEE: \$60/child
MEETS: Tuesday 9:15-10:00 a.m.
LOCATION: Academy Teen Center
DATES: 6 Weeks September 17-October 22

Science & Nature - NEW!!

(Ages 18 months-4 years)

Come explore the world around you through books, songs, crafts and kid safe age appropriate science experiments.

Preschool

Science & Nature 203233-01

FEE: \$60/child
MEETS: Tuesday 10:30-11:15 a.m.
LOCATION: Academy Teen Center
DATES: 6 Weeks September 17-October 22



7. Youth & Sports Programs

General Acting

(Boys & Girls Grade K-5)

Learn a variety of theater techniques and experience performing in front of your peers! Practice stage presence for both stage plays and musical theater. Classes include a general introduction to theater, theater games and class acting exercises.

Performing Arts

Acting Grades K-2 204233-K2

Acting Grades 3-5 204233-35

FEE: \$106/Person

MEETS: Mondays
 4:00-5:00 p.m. (Grades K-2)
 5:00-6:00 p.m. (Grades 3-5)

LOCATION: Academy Cafeteria

DATES: September 9-October 21
 (No program 10/14)

INSTRUCTOR: Arts in CT

Art-ventures Around the World!

(Grades K-5)

Art travelers go on a spectacular journey around the globe, touring various countries and cultures. Create hot air balloon lanterns to take you up and away! Each week we land somewhere in the world and create wicked cool cultural art using unique materials and artisan's techniques. Design Mosaic Picture Frames in Greece, and sculpt miniature clay Vejigante Masks in Puerto Rico. Build Tribal Rain Sticks in Australia, and paint Maracas in Brazil. Plus, design Japanese Windsocks, Mexican Yarn Paintings, Spanish Paper Fans, Native American Story Necklaces, and more! Fun facts about each country and culture, geography and art history are included.

Fall Kids Crafts

After School Art-ventures 212003-14

FEE: \$116/person (all materials included)

MEETS: Mondays 3:45-4:45 p.m.

LOCATION: Buttonball School Art Room

DATE: October 21-December 9

INSTRUCTOR: ART-ventures for Kids Instructor

Healthy Harvest Kids Cooking - NEW!!

(Grades 3-5)

Learn beginning hospitality and culinary skills using fresh ingredients from local farms. Practice and discuss the importance of following recipes, food safety, mixing, measuring, cooking and food presentation.

Gardening

Healthy Harvest 207234-HH

FEE: \$45/Person

MEETS: Wednesdays 2:00-4:00 p.m.

LOCATION: Riverfront Community Center

DATES: October 16, 23, 30

Discover Magic

(Ages 7-12)

A one-of-a-kind internationally recognized program created by some of the top magicians of our time. Kids are given secret file folders, custom tricks you won't find anywhere else, and unique opportunities to boost self confidence, build communication skills and make new friends. We leverage the power and excitement of learning magic secrets to get kids to put down their electronic devices and learn important social skills that will last a lifetime. Includes 8 custom magic tricks, wand, file folders and more to take home.

Youth Programs

Discover Magic 212206-DM

FEE: \$229/Person

MEETS: Wednesdays 4:30-6:00 p.m.

DATES: September 18-November 20
 (No class 10/9, 11/13)

LOCATION: Academy Multi Purpose Room #1

INSTRUCTOR: Discover Magic

X-Factor Training Camp for Children

(Ages 7-14)

Improve children's physical health and well being in an all inclusive, non-competitive fitness camp. Campers will utilize speed, quickness and agility drills to get active and improve performance. Class is instructed by personal trainers with experience working with youth.

Fitness for Kids

X-Factor Fall 212201-XF

FEE: \$79

MEETS: Tuesday and Thursday 6:30-7:45 p.m.

DATES: October 1-October 24

LOCATION: Buttonball Gym

INSTRUCTOR: Kavin Banks



Youth Sports Programs .8.

ZUMBATOMIC®

(Ages 6-12)

Hey Kids! Don't hang around the house, come have a blast at Zumbatomic® fitness program. This class is a fusion of Zumba moves such as the salsa, merengue, cumbia, cha-cha and more. This is a high octane workout designed for kids ages 8-12 that's safe and effective. Zumbatomic is a great way to get kids active and improve their health.

Fitness for Kids

Zumba Kids 212201-ZK

FEE: \$52
 MEETS: Monday 4:30-5:30 p.m.
 DATES: September 16-October 28
 No Class 10/14
 LOCATION: Academy Multi-Purpose Room
 INSTRUCTOR: Eliza's Energy Source

Girls in Stride Running

(Girls Grades 1-8)

Imagine the thrill your daughter will feel as she crosses the finish line! Focus is on games and drills that make running fun, while also improving athletic performance for those who play other sports. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. This non-competitive training program is offered for all levels of runners. Girls will be exposed to goal setting, journaling, nutrition, and mental preparation. In case of inclement weather, program will be held in the Academy Cafeteria. Elementary and Middle school ages will have separate coaches. The program will culminate with Santa's Run 3.5 mile race on December 2. Registration fee includes a t-shirt, training journal Santa's Run registration. For more information, visit www.girlsinstride.com.

Running Programs

Spring Girls in Stride (1-5) 203105-SP
 Spring Girls in Stride (6-8) 203105-68

FEE: \$89/Person (Includes Registration in the Santa's 3.5 Mile Run)
 MEETS: Wednesdays 3:30-4:30 p.m.
 LOCATION: Riverfront Park Gazebo
 DATES: October 16-December 4
 No Program 11/27

Fall Children's Tennis

(Ages 7-17)

Tennis Lessons are broken into lesson groups. This allows instructors to give more emphasis on specific skills within those groups. All lessons are taught at the Glastonbury High School Tennis Courts. All students must provide their own racquet.

Level 1 is for those with little or no tennis experience. **Level 2** is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and can hit at least 3 times from the center service line. **Level 3** is for those who understand the basics of rallying, can hit forehand and backhand groundstrokes at least 3 times from the baseline with both, can perform the basics of a serve and know how to keep score. **Level 4** is for those who consistently rally forehand and backhand 4-6 times from the baseline, can serve, can hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette. Instructors will place participants in appropriate level.

Fall Child Tennis Lessons

Level	9:00 a.m.	10:00 a.m.
Level 1, 2, 3	223281-AA	
Level 2, 3, 4		223281-BB

FEE: \$29/Session
 MEETS: Saturday 9:00-9:55 a.m. or
 10:00-10:55 a.m.
 LOCATION: GHS Tennis Courts
 DATES: September 14-October 19
 No Class 10/12

Quick Start Red Ball Tennis

(Ages 5-7)

This program is geared to help younger children learn the game of tennis. Low compression balls are used to help the younger children learn to play. Bring a junior racquet and water bottle.

Fall Child Tennis Lessons

Quick Start 223281-QS

FEE: \$29/Session
 MEETS: Saturday 8:00-8:55 a.m.
 LOCATION: GHS Tennis Courts
 DATES: September 14-October 19
 No Class 10/12



Flip to Page 12 for Santa's Run Information!

9. Youth & Family Sports Programs

Youth Open Gym

(Ages 18 and under and in High School)
Activities include basketball. Children under grade 7 must be accompanied by an adult/guardian.

FEE: Free for Kids
MEETS: Wednesday 7:30-9:30 p.m.; Saturday 2:00-6:00 p.m.; Sunday 1:00-5:00 p.m.
LOCATION: Saturday & Sunday @ GHS
Wednesday @ Smith Middle School
DATES: Wednesdays
October 16-June 3
Saturdays & Sundays
November 2-April 26

Youth Jukido

(Age 6 & up by the start of the session)
Discover authentic martial arts based on centuries old Japanese Jujitsu. A fun and safe way to learn to defend yourself. Instill a true feeling of self confidence! Parents who wish to participate with their child may also register.

Jukido

Jukido Fall 212105-01
Jukido Winter 312105-02

FEE: \$52/child; \$52/parent
MEETS: Mondays 6:15-7:15
LOCATION: Gideon Welles Auxiliary Gym
SESSION 1: 8 Weeks September 9-November 11
SESSION 2: 8 Weeks December 2-February 24
INSTRUCTOR: Rich Webster

Glastonbury Basketball Association (GBA)

(Boys & Girls ages 8-18 as of Dec. 31, 2019)
Separate leagues for boys & girls, with special training leagues for 8&9 year olds. No previous experience is necessary. Season runs November- March. Day, time and playing locations vary for each league. Players may opt to play with peers according to age or school grade. Registration will take place online at the GBA website www.gbahoops.org. Check the website or contact GBAHoops@aol.com.

Glastonbury Basketball Association (GBA) Travel Division

(Boys & Girls grades 5-8)
Online registrations for the Travel program are now being accepted at www.gbahoops.org. Players will be notified of the tryout dates to be held in September/October. For information, contact GBATravelHoops@aol.com or visit their website.

Family Strength - New!

(All Ages)
Provides a complete workout that will help tone your whole body using light weights, bands, bars, your own body weight, standing and floor work, balance, and core exercises to activate all your muscles! Bring mat, water, 5-8 lb. hand weights, and sneakers. This class will be fun for adults and children alike. Individuals or families of all ages are welcome. Must be able to get up and down off the floor. Parents will help guide children under 8. Children under 12 must have an adult registered with them to participate.

Fitness Fall

Family Strength 207206-FT

FEE: \$35/Person
MEETS: Thursdays, 5:10-5:55
Dates: September 26-November 14
(No Class 10/31)
LOCATION: Academy Multi Purpose Room #2
INSTRUCTOR: Personal Euphoria

Family Yoga

Create awareness of the body and breath, combining functional movement with mindfulness. Class includes warm up and centering, physical movement and yoga flow, followed by cool down and relaxation. Fun for adults and children alike! Parents will help guide children under 8. Bring a yoga mat, water and any props that help you in yoga. Children under 12 must have an adult registered with them to participate.

Fitness Fall

Family Yoga-1 207211-FT
Family Yoga-2 2017211-F2

FAMILY MEMBER FEE: \$35/Session 1; \$27/Session 2
MEETS: Thursdays, 5:15-6:00 p.m.
SESSION 1: September 12-October 24
SESSION 2: November 7-December 12
LOCATION: RCC Exercise Room
INSTRUCTOR: Personal Euphoria



Flip to Page 19
for Adult Fitness
Programs!

Teen Programs .10.

Academy Teen Center

The Academy Teen Center (ATC) is excited to begin its 18th year! We are located in the Academy Building, 2143 Main Street. The staff at the ATC inspires youth to be kind and take time to unwind after a long day of learning. A variety of supervised, unstructured adventures await them. The Teen Center is furnished with a game lounge and arts and crafts center. Kids also have opportunities to help with gardening and participate in walking trips downtown. Come be part of the GOOD VIBES TRIBE!

Transportation is provided. Sign up at the main office at Gideon or Smith. Daily admission fees will be collected at the Teen Center for those who do not have passes.

Teen Center

School Year Pass 6-8 208005-03

FEE: School Year Pass (Grades 6-8): \$59
Daily Admission: \$5/person
LOCATION: Academy Building (2143 Main St.)
GRADES 6-8: Beginning Thursday, August 29
Wednesday, Thursday, Friday
3:00-6:00 p.m.

Teen Center will be closed October 9; November 28,29; December 25, 26, 27.

Teen Center Welcome Back Bash

Join us on Friday, September 27th from 6:30-9:30 p.m. to celebrate the start of the new school year - ATC Style! The Teen Center game lounge will be open along with karaoke and other fun activities. Entrance is included with your school year Teen Center pass or is \$10 for those that do not have a pass. Pizza and lemonade will be served and additional concessions will be available for sale.

Pennies for Puppies

The ATC is collecting pennies for the North Star Foundation during the 2019-2020 school year. Pennies for Puppies/Change for Children helps provide assistance to children whose challenges range from autism to serious medical conditions as well as grief and trauma. Having the children gather up loose change for this cause creates a valuable learning opportunity for them and also allows us to help more children who face challenges. Ask a staff member for more information.

Friday Night Club

Have fun and make new friends! Themed Friday night activities are planned for special needs adults 16 and older from Glastonbury, Glastonbury Special

Olympics participants and their guests. Program staff provides general supervision. Participants requiring more assistance to participate are welcome to bring a family member, friend, or personal assistant. Activities include off-site and on-site time for themed activities. Participants will also utilize the Teen Center for pool, air hockey, foosball and games. A schedule of activities is sent via e-mail. Call the Parks and Recreation office (860)652-7679 or Academy Teen Center (860)652-7838 with any questions.

Teen Trip Series

(Youth in grades 6-9)

Enjoy a night out one Friday night per month to hang out with your friends! 6-8 graders can take the bus to the Teen Center (sign up in the main office at school) and stay until the trip departs. Supervision by Teen Center staff. All trips include dinner, drinks, admissions, and transportation.

Teen Activities

Lake Compounce & Haunted Graveyard 10/25 208004-02
AM Parkour 11/22 208004-17
Mall & Movie 12/13 208004-04

FEE: \$35/Person
LOCATION: Depart Academy at 5:00 p.m. Please arrive for check in at 4:30 p.m.
MEETS: Friday Nights specified above

American Red Cross Babysitting Course

(Ages 11-15)

Gain the confidence to handle most babysitting situations, like what to do in an emergency and how to keep yourself and the kids safe. You'll also learn the basics of child care, feeding and changing diapers. Class **DOES NOT** include CPR and First Aid certification, but does include exposure to the basic methods. Plus, you'll get tips on talking with parents and how to get your business started. An American Red Cross certificate will be e-mailed upon completion of the course. Be sure to provide a valid e-mail address during registration. **Open to both residents and non-residents.** Please bring a lunch, snack and water bottle to class.

Teen Activities

Babysitter 9/28 208004-A2

FEE: \$65/Person (Includes Course Book)
MEETS: 9:00 a.m.-4:00 p.m.
LOCATION: Academy Cafeteria
DATE: Saturday, September 28

II. Special Events

Doggy Paddle

Bring your dog and join us for the first annual "Doggy Paddle" on Tuesday, September 3rd at Addison Pool (rain date Wednesday, September 4th). 2 swim waves will be held, 4:30-5:30 p.m. and 5:45-6:45 p.m. Cost is \$10/dog (per wave). Dogs must be licensed and up to date on all shots. No aggressive dogs please. Dogs must remain off-leash in the swim area and humans are not allowed in the pool. Tennis balls will be provided. Please do not bring your own dogs toys. In addition to the swim, take time to visit some vendors for both dogs and humans! To inquire about becoming a vendor or for more information about the event, visit www.glastonbury-ct.gov/dogpark

The Locker Room Open House

Come check out the Locker Room Open House! Give your kids old sports equipment a second chance by making a donation or grab the gear you need for the season. The event is free and open to the public and will be held on Thursday, September 26 from 4:00-6:30 p.m. in the Academy Building Cafeteria.

Donations are also currently being accepted for all sports. Equipment can be brought to the Academy Teen Center on Wednesdays, Thursdays or Fridays between 3:00-6:30 p.m. Donation bins are also available for your convenience during off hours.

Elementary Bike Day

(Grades 3-5)

On October 23rd kids can take part in Elementary Bike Day featuring bike safety inspections, rules of the road, a mini cycling course, helmet fitting, prizes and other bike related activities! Look for more details from your child's Health & PE teacher in school and on the Town website, www.glastonbury-ct.gov, beginning in September.

Kayak, Paddle Board, Fly Fish...Oh My!

The Parks and Recreation Department has partnered with the L.L. Bean Outdoor Discovery Schools to conduct various programs at the Riverfront Park through October, 2019. More details on page 26!

The following programs will be held on weekends:

- Discovery Kayaking
- Introduction to Recreational Kayaking
- Intermediate Recreational Kayaking
- Sunset & Full Moon Kayaking
- Discovery Stand-Up Paddle Boarding
- Introduction to Stand-Up Paddle Boarding
- Stand up Paddle Boarding Yoga
- Fly Fishing

Spooky Story Stroll - NEW

(Appropriate for Preschool-Elementary Age Children)
Follow us on a "Spooky Story Stroll" from Welles Turner Library to the Riverfront Park Pavilion and back. Along the way, enjoy stops for a Halloween story, treats and maybe even a few tricks! Come in costume for your chance to win some special prizes. Don't forget to bring a bag to collect all your goodies. Groups will leave from the library every 15 minutes. **Parents must accompany children for this event.**

Special Events

Spooky Stroll 210014-01

FEE: No Charge
DATE: Tuesday, October 22
4:30-6:30 p.m.

PRE-REGISTRATION IS REQUIRED!

LOCATION: Welles Turner Children's Library



Special Events & Bus Trips .12.

Santa's 3.5 Mile Run

A fun, family oriented race, sponsored by **Quality Name Plate, Inc.** and the Parks and Recreation Department. Race begins at noon. Race features disposable chip timing by The Last Mile Race Services. The first 150 to register on-line or by mail will receive a FREE Santa's Run long sleeve cotton shirt. Registration begins on Wednesday, October 9th - you cannot register using this brochure. **We will be using a NEW online registration process this year - stay tuned for details on the website www.glastonbury-ct.gov/santasrun**

Come dressed in your wildest Christmas costume, enjoy the holiday spirit and have a chance at some amazing prizes! Costume judging begins at 11:00 a.m.

While at the race, take part in the Santa's Run raffle by dropping the raffle ticket attached to your running bib in the raffle boxes located throughout the gym. **You must be present to win.** A portion of race proceeds will be donated to Glastonbury Fuel Bank.

Interested in becoming a volunteer at Santa's Run?! Hundreds of volunteers are needed to make this a successful event. Visit the Santa's Run website to find out more information about the race and to sign up as a volunteer. www.glastonbury-ct.gov/santasrun

FEE: \$13.00 Pre-Registration
October 9-December 6 at NOON
\$20.00 (Day-of-Race)
DATE: Sunday, December 8
(Snowdate, December 15)
REGISTRATION: Pre-registration begins Wednesday,
October 9th on-line at
www.glastonbury-ct.gov and by
mail **ONLY**. Walk-in registration will
begin on Monday, November 4.
LOCATION: Glastonbury High School

Massachusetts Wine Tour

(Open to Residents and Non-Residents)
Trip includes tasting and cookout at Black Birch Vineyard in North Hatfield, Ma and tasting and food at Amherst Farm Winery (hot dogs, hamburgers and salads. Keep the glass at both stops! This is a lively bus ride (charter bus) with games and prizes on the bus.

Bus Trips

Mass Wine Tour 109004-MW

FEE: \$95/Person
DEPARTS: East Hartford/Glastonbury Commuter
Parking Lot at 9:30 a.m.
RETURNS: Approximately 7:00 p.m.
DATE: Saturday, September 21

Radio City Christmas Spectacular

(Open to Residents and Non-Residents)
This holiday season, make Christmas memories with your family at the Radio City Christmas Spectacular starring the Rockettes at Radio City Music Hall in New York City! Marvel at the Radio City Rockettes and their legendary eye-high kicks. Delight in the dynamic precision of the world-famous "Parade of the Wooden Soldiers." Revel in the magic of the season as Santa takes flight before your eyes, and the Rockettes tour New York City in their life-size double-decker bus. And be inspired by a stirring Living Nativity. This legendary Spectacular has dazzled and inspired over 65 million people for more than 75 years and continues to create memories that will last a lifetime. Both dazzling grand and genuinely moving, the Radio City Christmas Spectacular is the perfect holiday gift for the whole family! Trip includes charter bus, free time in New York, and ticket to the 2:00 p.m. show (lower orchestra side). This is a lively bus ride (charter bus) with games and prizes on the bus.

Bus Trips

Radio City 109004-8A

FEE: \$150/Person
DEPARTS: East Hartford/Glastonbury Commuter
Parking Lot at 8:30 a.m.
RETURNS: Approximately 8:30 p.m.
DATE: Friday, December 6

Help out at Santa's 3.5 Mile Run!

Interested in becoming a volunteer at Santa's Run?! Hundreds of volunteers are needed to make this a successful event. Visit the Santa's Run website to find out more information about the race and to sign up as a volunteer. www.glastonbury-ct.gov/santasrun

.13. Skate Park

Glastonbury Skate Park - 2143 Main Street

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3' and 4' quarter pipes, ramps, rails and wedges! Park closes for the season on Sunday, November 3rd. All skaters visiting the park for the first time must have completed a waiver form. Only skateboards and in-line skates permitted. Skateboarders must wear helmet. Knee pads, elbow pads, and wrist guards are recommended.

FALL: Wednesday-Sunday 3:00 p.m.-6:00 p.m.

CLOSED MONDAYS AND TUESDAYS

FEES: FREE

Skate Park Rentals

A great option for birthday parties, school graduations or unique special celebrations! Must have waivers.

AVAILABILITY: Saturdays and Sundays
Excluding Lesson Dates

TIMES: 10:00 a.m.-12:00 p.m.

MAXIMUM CAPACITY: 30 people

AMENITIES: Staff Supervisor, exclusive use of skate park, softball field, picnic tables, picnic bag including frisbees, bases, kickballs, and a bat and balls

FEES: \$85

Beginner Skate

(Boys and Girls age 5-7 years old)

For new skateboarders and those with limited experience. Skaters are taught the basic skills of skateboarding including balance, position, stopping, turning, falling techniques and safety. Staff will evaluate each skater and work with them on an individual basis as much as possible. Waivers required.

This program is for skateboarders only.

Skate Park

Beginner Skate 513001-BS

FEE: \$54/child

MEETS: Saturdays 9:00-9:45 a.m.

DATES: September 7-October 12

INSTRUCTOR: Hoodlum Skateboard Company

Advanced Beginner Skate

(Boys and Girls age 7 and up)

Skaters will learn the fundamentals and beginner maneuvers of skateboarding. Participants are taught how to properly ride each piece of equipment in the park, falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. Waivers required. **This program is for skateboarders only.**

Skate Park

AdvancedB Skate 513001-AS

FEE: \$74/child

MEETS: Saturdays 9:45-10:45 a.m.

DATES: September 7-October 12

INSTRUCTOR: Hoodlum Skateboard Company

Intermediate Skate

(Boys and Girls age 7 and up)

Skaters learn advanced tricks and maneuvers of skateboarding. Skaters taking this level must have several years of skating experience. Proper technique will be stressed. 360's, 180's, Ollies, 50-50's, Kickflips, Shuivits, Grabbed Ais, Topsides, Negatives, Torques, Technical Grinds and special tricks will be practiced and critiqued. Waivers required. **This program is for skateboarders only.**

Skate Park

Intermediate Skate 513001-IS

FEE: \$74/child

MEETS: Saturdays 10:45-11:45 a.m.

DATES: September 7-October 12

INSTRUCTOR: Hoodlum Skateboard Company



Gymnastics Programs .14.

Glastonbury Gymnastics Club

Committed to providing a fun and safe learning experience, we offer individual instruction, recreational and competitive programs and structured classes for ages 3 through high school.

About our Staff

Staff consists of caring, dedicated and well trained class instructors. Director Kathy Johnson is a USAG Professional Member, with Safety and Meet Director certifications. Team Coaches are USAG members and safety certified. All are First Aid/CPR certified.

About our Facility

Located in the Academy Building, 2143 Main Street, our facility meets all the standards of USA Gymnastics and is outfitted with multiple balance beams, uneven bars, tumble trak trampoline, full spring floor and a large array of creative preschool equipment.

Preschool Classes

Ages 3&4 (Ages 3&4 by Start of Session)

Children learn the basics of how to tumble, balance on a beam and swing on the low bar. Parent participation is not required and you will be allowed to watch the class.

Gymnastics Lessons – Fall

Ages 3&4 – Wed.	3:05-4:05	206108-05
Ages 3&4 – Fri.	3:05-4:05	206108-06

FEE: \$140/child
 DATES: 10 Weeks beginning September 4

Recreation Classes

Children must be 5 years old by the start of the session. Classes follow progression guidelines developed by USA Gymnastics. Emphasis is on individual skill development in tumbling, floor, balance beam, vault and bars. Classes are divided by ability levels to ensure that all gymnasts progress in a safe and appropriate manner. Parents will be allowed to watch the first and final class only.

Beginner: Everyone enters at the beginner level. The basics of gymnastics are taught at this stage. Gymnasts who are new to program but have gymnastics some experience may call to be tested.

Advanced Beginner (USAG Pre Level 1): Gymnasts enter after they master a forward roll to stand, straight arm bridge, cartwheel, and 3/4 hand stand.

Intermediate (USAG Level 1): Gymnasts enter after they have mastered a handstand, round-off, backward roll to push-up position, standing backbend, and one pull-up with their chin passing above the bar. To eligible for the Xcel Bronze Team, gymnasts must be able to do a backbend kick-over, handstand forward roll, pull-over mount on bars, back hip circle on bars, three pull ups with chin passing above the bar, and one split. Gymnasts must be tested by the Director to move to Xcel Bronze Intermediate Team. Recreation Classes are offered as follows:

Gymnastics Lessons–Fall

*All Levels – Wed.	4:10-5:10	206108-01
*All Levels – Wed.	5:15-6:15	206108-02
*All Levels – Fri.	4:10-5:10	206108-03
*All Levels – Fri.	5:15-6:15	206108-04

*Combinations class where kids are grouped by level

FEE: \$140/child
 DATES: 10 Weeks beginning September 4



.15. Gymnastics Programs

Junior Olympic Competitive Team

Gymnasts must be tested by the Director **and have prior competitive experience** in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 2-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All J.O. team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$61 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Gymnastics Team

Level 2 (2/Week) 206308-01
 Mon. 4:00-6:10
 Fri. 6:15-8:30

Level 3 (3/Week) 206308-02
 Mon. 4:00-6:10
 Fri. 6:15-8:30
 Plus Choose One
 Tues. or Thurs. 5:45-8:30

Level 4 (3/Week) 206308-03
 Mon. 6:00-8:30
 Wed. 6:15-8:30
 Plus Choose One
 Tues. or Thurs. 5:45-8:30

Level 5-9 206208-04
 Mon. 6:00-8:30
 Tues. 5:45-8:30
 Wed. 6:15-8:30
 Thurs. 5:45-8:30

FEE: \$314/Level 2
 \$334/Level 3,4,5-9
 DATES: 12 Weeks beginning
 September 3

Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. Xcel Bronze is the introductory level of competition. Open to female gymnasts ages 6 and older, who are able to do a cartwheel, round-off, handstand, and backward roll to push up. Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess an Introductory Athlete Membership to USA Gymnastics (\$29 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by Gymnastics Director.

Bronze (2/Week) 206208-05
 Tues. 4:15-5:45
 Thurs. 4:15-5:45

Silver (3/Week) 206208-06
 Mon. 6:00-8:30
 Wed. 6:15-8:30
 Plus Choose One
 Tues. or Thurs. 5:45-8:30

Gold (3/Week) 206208-07
 Mon. 6:00-8:30
 Wed. 6:15-8:30
 Plus Choose One
 Tues. or Thurs. 5:45-8:30

Platinum/Diamond 206208-08
 Mon. 6:00-8:30
 Tues. 5:45-8:30
 Wed. 6:15-8:30
 Thurs. 5:45-8:30

FEE: \$314/Bronze
 \$334/Silver, Gold,
 Platinum/Diamond
 DATES: 12 Weeks beginning
 September 3



Parks & Facilities .16.



Please visit us online at www.glastonbury-ct.gov for additional facility information, directions and photos or scan the image to the left with your smart phone!

Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cross Country Ski	Fishing	Football	Golf	Hiking/walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic pavillion	Playground	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis	
Academy Field	2143 Main St.	4.0	X											X								
Addison Park	415 Addison Rd.	32.9	X	X								X	X	X	X	X	X		X	X	X	X
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X			X						X			
Blackledge Falls	Hebron Ave.	80.0								X			X						X			
Buckingham Park	1285 Manchester Rd.	35.3	X							X				X	X	X	X					
Butler Field	225 Forest Lane	11.6	X							X				X								
Center Green	2340 Main St.	.9											X	X								
Cider Mill Open Space	1287 Main St.	21.8											X									
Cotton Hollow Preserve	Hopewell Rd.	83.2					X			X									X			
Earl Park	1375 Main St.	39.1								X			X									
Eastbury Pond	39 Fisher Hill Rd.	9.4					X				X									X		
Ferry Landing	Ferry Lane	3.8					X			X			X	X								
Glastonbury High School	330 Hubbard St.	72.7	X	X				X				X						X		X	X	
Grange Pool	500 Hopewell Rd.	8.9												X						X		
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X			X					X				
Great Pond Preserve	Great Pond Rd.	42.9								X			X									
High Street Park	30 High St.	3.4	X												X	X	X					
Hubbard Green	1946 Main St.	5.7											X	X								
Longo Farm Open Space	3006 Hebron Ave.	156.99								X			X									
Matson Hill Open Space	68 Matson Hill Rd.	22.22								X			X						X			
Minnechaug Golf Course	16 Fairway Cr.	58.5						X														
Riverfront Park	200 & 252 Welles St.	44.1	X	X			X			X	X	X	X	X	X	X	X	X	X	X		
Ross Field	45 Canione Rd.	5.0	X		X									X	X							
Rotary Field	358 Old Stage Rd.	7.7	X												X	X						
Salmon Brook Park	New London Tpk.	10.9					X				X		X	X					X			
Smith Middle School	216 Addison Rd.	149.7	X				X					X	X					X	X			
Welles Park	185 Griswold St.	11.6	X	X											X	X	X	X				
Williams Park	789 Neipsic Rd.	161.9	X			X	X			X	X			X	X	X	X					

.17. Dog Park, Classes & Events

Family One Polite Dog Manners

This will be a beginners level class for dogs 5 months and older and for their guardians who want to coach their dog manners and learn more about canine behavior. "One Dog at a Time" offers positive training for the family dog. We will provide your dogs with guidance and understanding all while teaching the ropes to polite behavior. One Dog at a Time will provide you and your family the tools and management skills all while providing enrichment for your best friend. Skills: Paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking are some of the behaviors taught. A weekly training topic will provide you with information to better understand and keep your dog happy and safe.

Dog Obedience Classes

Dog Manners 410101-DM

FEE: \$100/Session
MEETS: Tuesdays 7:45-8:45 p.m.
LOCATION: Academy Cafeteria
DATES: September 10-October 15
INSTRUCTOR: Beth Vincent, ABCDT

Focus on Focus with your Best Friend

For dogs over a year old that have had basic training. Does your dog get Distracted, Excited and uncontrollable? This class teaches self-control techniques to help calm your dog around distractions. Guardians will benefit by learning better communication methods and skills to help your dog succeed in everyday life. Learn focus exercises and management tools that will help your dog with loose leash walking, settling in different environments, greeting people, excessive barking and fearful behaviors. Teach your dog that the job it gets paid for is to pay attention.

Dog Obedience Classes

Dog Focus 410101-DF

FEE: \$100/Session
MEETS: Fridays 1:00-2:00 p.m.
LOCATION: Academy Cafeteria
DATES: September 13-October 18
INSTRUCTOR: Beth Vincent, ABCDT

Out and About with your Best Friend

For dogs that can do sits, downs, stays and walk politely at home and in the training room, but when you go somewhere new your dog seems to have forgotten everything. Dogs need to repeat the basics in many different situations before they can generalize behaviors they have learned. In this class we will meet in a variety of dog friendly environments. Meeting in different settings will teach your dog that they can do their sits, downs and walk politely anywhere. My hope is to build your confidence and your dogs confidence in you.

Dog Obedience Classes

Out and About 410101-OA

FEE: \$100/Session
MEETS: Saturdays 9:00-10:00 a.m.
LOCATION: Academy Cafeteria
DATES: September 14-October 26
No Class 9/21/19
INSTRUCTOR: Beth Vincent, ABCDT

Doggy Paddle

Bring your dog and join us for the first annual "Doggy Paddle" on Tuesday, September 3rd at Addison Pool (rain date Wednesday, September 4th). 2 swim waves will be held, 4:30-5:30 p.m. and 5:45-6:45 p.m. Cost is \$10/dog (per wave). Dogs must be licensed and up to date on all shots. No aggressive dogs please. Dogs must remain off-leash in the swim area and humans are not allowed in the pool. Tennis balls will be provided. Please do not bring your own dogs toys. In addition to the swim, take time to visit some vendors for both dogs and humans! To inquire about becoming a vendor or for more information about the event, visit www.glastonbury-ct.gov/dogpark

Check out the Glastonbury Dog Park!

With over 2,000 licensed dogs in town, local dog lovers raised the funds needed to build the town's first dog park which opened in May, 2011. The dog park is a fenced-in area where dogs can run and socialize off-leash legally and safely. A separate area for small dogs is also included. Some of the park amenities include benches, waste receptacles, dog litter bags, water stations and more! The park is located within the Riverfront Park, 200 Welles Street, Glastonbury. For more information, visit <http://dogpark.glastonbury-ct.gov>

Like us on Facebook...Follow us on Instagram



[facebook.com/glastonburyparkrec](https://www.facebook.com/glastonburyparkrec)



[@glastonbury_park_and_rec](https://www.instagram.com/glastonbury_park_and_rec)

Adult Programs .18.

Square Dances

All square dancers welcome! Dance level is MS+. Held October-June one Saturday of each month. For information, call (860)742-2898.

Square Dance Lessons

Sponsored by the Glastonbury Square Dance Club, lessons are held at Buttonball School, Wednesdays, 7:00-9:00 p.m. beginning October 9. For information, call (860)742-2898.

Glastonbury Chorus

The Glastonbury Chorus is a 4-part, adult vocal ensemble that serves the greater Glastonbury community with song. Our mission is to bring people together who love to sing all types of music for the purpose of providing concerts in town. The chorus performs a Winter and Spring concert annually, and at various community venues and events throughout the year. Rehearsals are every Wednesday 7-9pm in the Smith Middle School chorus room beginning September 18, 2019 in preparation for the holiday concert in early December. No auditions, no experience required. Contact our new members chair Judy Stearns at (860)633-0406 or by email at judyastearns@att.net or visit glastonburychorus.com for more information.

Open Volleyball

Enjoy a friendly pick up volleyball game with men and women of various skills. An adult program for ages 18 and over, must be out of high school. Recreational style play that is enjoyable for everyone.

FEE: \$40/Yearly Pass (Resident)
\$80/Yearly Pass (Non-Resident)
\$4/Daily Admission (Residents)
\$8/Daily Admission (Non-Residents)
MEETS: Monday: 7:30-9:30 p.m.
Tuesday: 7:30-9:30 p.m.
LOCATION: Smith Middle School Auxiliary Gym
DATES: Monday: October 21-June 1
Tuesday: October 15-April 28

Over 30 Free Play Basketball

Glastonbury residents and non-residents ages 30 and up. Compete with others in your age group. Passes can be purchased at Parks and Recreation and at Open Gym.

FEE: \$40/Yearly Pass (Resident)
\$60/Yearly Pass (Non-Resident)
\$4/Daily Admission (Residents)
\$8/Daily Admission (Non-Residents)
MEETS: Tuesday: 7:30-9:30 p.m.
LOCATION: Smith Middle School Gym
DATES: October 15-April 28

Open Gym

Get out of the work week rut with some exercise! Activities include basketball and volleyball. Adult program for ages 18 and over and out of high school.

FEE: \$40/Yearly Pass
\$4/Daily Admission
MEETS: Monday 7:30-9:30 p.m.
Saturday 2:00-6:00 p.m.
Sunday 1:00-5:00 p.m.
LOCATION: Saturday & Sunday @ GHS
Monday @ Smith Middle School
DATES: Monday October 21-June 1
Saturday & Sunday
November 2-April 26

Men's Basketball League

For information on specific eligibility requirements, contact Parks and Recreation. New teams are taken on a first-come, first-serve basis. Games played at the Glastonbury High School gym Sunday evenings, November-March. If you are interested in putting a team in the league, please e-mail Liz Gambacorta at liz.gambacorta@glastonbury-ct.gov by October 1st. Team registration fees and Non-Resident fees are based on the number of teams in the league.

Fall Adult Tennis

(Ages 17 and Up)

Lessons are broken into four groups allowing instructors to place more emphasis on specific skills within groups. Students must provide their own racquet. **Level 1** is for those with little or no tennis experience. **Level 2** is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and hit at least 3 times from the center service line. **Level 3** is for those who understand the basics of rallying, hit forehand and backhand groundstrokes at least 3 times from the baseline with both, perform the basics of a serve and know how to keep score. **Level 4** is for those who consistently rally forehand and backhand 4-6 times from the baseline, serve, hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette.

Fall Adult Tennis Lessons

Level	11:00 a.m.
Levels 1-4	222281-AA
Students will be divided according to skill.	

FEE: \$42/Session
MEETS: Saturday 11:00 a.m.-11:55 a.m.
LOCATION: GHS Tennis Courts
DATES: September 14-October 19
No Class 10/12

.19. Fitness Classes

Seniors Staying Fit

(Adults 55 and up)

A weight bearing exercise program designed for the active older adult. Includes warm-up, low impact aerobics, muscular conditioning for the upper/lower body, core strengthening for the abdominal muscle and back, and increasing flexibility, joint mobility, balance and coordination.

Low Impact Gentle Pilates

Exercises focus on the core muscles and creating balance and strength in the trunk and loose, limber limbs. Become strong and long while improving balance, coordination and posture. Great for anyone new to Pilates or those who need to tone it down. Must be able to get up and down off the floor.

Morning Yoga/Stretching

Regardless of your physical condition, experience your body like never before with this stretching and breathing routine. All levels welcome.

Hatha Yoga Evening

For both the beginner and more advanced students. Regardless of your physical condition, experience your body like never before with an effective yoga routine.

Zumba®

A fusion of Latin and International music- dance that creates a dynamic, exciting, effective fitness system! Routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and maximize caloric output and fat burning. Dance steps are fun and easy to follow!

Class	Location	Days	Time	Dates	Fee	Code
Senior Fitness (Eliza's Energy Source)	RCC Community Room B	Mon, Wed, Fri	8:30-9:20 a.m.	Sept. 9-Dec. 6	\$69	207027-C1
		Mon, Wed, Fri	9:25-10:15 a.m.	Sept. 9-Dec. 6	\$69	207027-C2
		Mon, Wed, Fri	10:20-11:10 a.m.	Sept. 9-Dec. 6	\$69	207027-C3
		Mon, Wed, Fri	11:15-12:05 p.m.	Sept. 9-Dec. 6	\$69	207027-C4
Low Impact Gentle Pilates (Personal Euphoria)	Academy Multi Purpose Room 2	Monday	1:30-2:15 p.m.	Sept. 9-Dec. 9	\$75	207030-GP
		Wednesday	1:30-2:15 p.m.	Sept. 11-Dec. 11	\$87	207030-GW
Morning Yoga/Stretching (Sheila Frankel)	RCC Activity Room	Wednesday	9:30-10:30 a.m.	Sept. 11-Dec. 4 (No Class 11/27)	\$64	207026-AA
Hatha Yoga Evening (Kalpana Patel)	RCC Exercise Room	Monday	6:00-7:30 p.m.	Sept. 9-Dec. 9 (No Class 9/23, 9/30, 10/14, 11/11)	\$60	207001-MP
		Wednesday	6:00-7:30 p.m.	Sept. 11-Dec. 11 (No Class 9/25, 11/28)	\$72	207001-WP
Zumba (Eliza's Energy Source)	Academy Multi Purpose Room 1	Monday	6:00-7:00 p.m.	Sept. 9-Dec. 9	\$75	207209-MP
		Wednesday	6:00-7:00 p.m.	Sept. 11-Dec. 11 (No Class 11/27)	\$82	207209-WP
*No Classes 10/14, 11/11, 11/28 & 11/29				Non-residents may register for fitness classes beginning on August 27th		



Morning Mat Pilates

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all the joints mobile and flexible. Mixed-level class.

Barre

A fusion of Pilates, dance & functional training that lifts, tones, sculpts, defines and strengthens core muscles. Uses the ballet barre or chairs and small, isometric, concentrated movements to create lean muscles. Incorporates an upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises executed at a vigorous pace with music!

Advanced Pilates

Perfect for those who have taken Pilates and know basic exercises. Minimal explanation will be given. Class will move at a faster pace while adding more challenging exercises. Few modifications will be given.

Pilates Plus Strength

Work your arms, legs, abs, back, and butt, with props that strengthen, tighten and tone the entire body. Integrates lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises might feel more intense, every exercise can be modified for beginner and intermediate levels.

Class	Location	Days	Time	Dates	Fee	Code
Morning Mat Pilates (Personal Euphoria)	Academy Multi Purpose Room 2	Tuesday	9:30-10:30 a.m.	Sept. 10-Dec. 10 (No Class 11/5)	\$85	207201-AA
		Tuesday	8:30-9:30 a.m.	Sept. 10-Dec. 10 (No Class 11/5)	\$85	207201-AB
		Thursday	8:30-9:30 a.m.	Sept. 12-Dec. 12	\$85	207201-BC
		Thursday	9:30-10:30 a.m.	Sept. 12-Dec. 12	\$85	207201-BB
Barre (Personal Euphoria)	Academy Multi Purpose Room 2	Monday	9:45-10:30 a.m.	Sept. 9-Dec. 9	\$75	207203-M1
	Academy Cafe	Wednesday	6:45-7:30 p.m.	Sept. 11-Dec. 11 (No Class 11/27)	\$82	207203-WP
Pilates Plus Strength (Personal Euphoria)	Academy Multi Purpose Room	Tuesday	6:00-6:45 p.m.	Sept. 10-Dec. 10 (No Class 11/5)	\$82	207202-F1
		Thursday	6:50-7:35 p.m.	Sept. 12-Dec. 12	\$82	207202-F3
*No Classes 10/14, 11/11, 11/28 & 11/29				Non-residents may register for fitness classes beginning on August 27th		

Family Strength - New!

(All Ages)

Provides a complete workout that will help tone your whole body using light weights, bands, bars, your own body weight, standing and floor work, balance, and core exercises to activate all your muscles! Bring mat, water, 5-8 lb. hand weights, and sneakers. This class will be fun for adults and children alike. Individuals or families of all ages are welcome. Must be able to get up and down off the floor. Parents will help guide children under 8. Children under 12 must have an adult registered with them to participate.

Fitness Fall

Family Strength 207206-FT

FEE: \$35/Person
 MEETS: Thursdays, 5:10-5:55
 Dates: September 26-November 14
 (No Class 10/31)
 LOCATION: Academy Multi Purpose Room #2
 INSTRUCTOR: Personal Euphoria

Family Yoga

Create awareness of the body and breath, combining functional movement with mindfulness. Class includes warm up and centering, physical movement and yoga flow, followed by cool down and relaxation. Fun for adults and children alike! Parents will help guide children under 8. Bring a yoga mat, water and any props that help you in yoga. Children under 12 must have an adult registered with them to participate.

Fitness Fall

Family Yoga-1 207211-FT
 Family Yoga-2 2017211-F2

FAMILY MEMBER FEE: \$35/Session 1; \$27/Session 2
 MEETS: Thursdays, 5:15-6:00 p.m.
 SESSION 1: September 12-October 24
 SESSION 2: November 7-December 12
 LOCATION: RCC Exercise Room
 INSTRUCTOR: Personal Euphoria

2. Fitness Classes

Strength Training

Class will give you a complete total body workout that will help sculpt, strengthen and reshape your body. Class includes standing and floor work so you must be able to get up and down off the floor easily.

Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. You will work on balancing while using a flexband and your own body weight. This class will help improve your range of motion, posture and balance, while increasing flexibility.

Yoga

Unwind and recharge your batteries as you surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Please bring a mat, a water bottle and any props (pillow, yoga block, blanket, etc.) that will add to your comfort. Mixed Level Class.

Calorie Burn Cardio

A class designed to raise your heart rate, burn calories, and increase metabolism. The class will include faster paced exercises including functional movements, core work and a total body workout. Bring a mat, sneakers, light weights and water.

Adult Ballet Class

A combination of classical barre, center work and dance combinations across the floor to strengthen and elongate muscles, improve posture, balance and discover the joy of movement. It will lift, tone and sculpt as well as strengthen core muscles. Exercises may be done standing at a barre (if needed based on location we use a chair instead of a barre) or standing free on the floor to enhance balance. Some exercises may be done lying on the floor. You'll see graceful moves across the floor, small range and large range movements, ab-work, arm work and leg work - no part of the body goes untouched. This is a dance class.

Class	Location	Days	Time	Dates	Fee	Code
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Monday	9:00-9:45 a.m.	Sept. 9-Dec. 9	\$75	207206-M1
	Academy Cafe	Wednesday	6:00-6:45 p.m.	Sept. 11-Dec. 11 (No Class 11/27)	\$82	207206-WP
	Academy Multi Purpose Room	Thursday	6:00-6:45 p.m.	Sept. 12-Dec. 12	\$82	207206-TP
		Friday	9:00-9:45 a.m.	Sept. 13-Dec. 13	\$82	207206-F1
Core Balance (Personal Euphoria)	Academy Multi Purpose Room	Wednesday	9:45-10:30 a.m.	Sept. 11-Dec. 11	\$87	207207-FW
		Friday	9:45-10:30 a.m.	Sept. 13-Dec. 13	\$82	207207-F1
Yoga (Personal Euphoria)	Academy Cafeteria	Tuesday	6:30-7:45 p.m.	Sept. 10-Dec. 10 (No Class 11/6)	\$95	207211-TP
	RCC Exercise Room	Thursday	6:00-7:15 p.m.	Sept. 12-Dec. 12	\$95	207211-TH
Calorie Burn Cardio (Personal Euphoria)	Academy Multi Purpose Room 2	Wednesday	9:00-9:45 a.m.	Sept. 11-Dec. 11	\$87	207216-WA
Adult Ballet (Personal Euphoria)	Academy Multi Purpose Room 2	Tuesday	6:45-7:30 p.m.	Sept. 10-Oct. 29	\$76	207401-TP
				Nov. 12-Dec. 10	\$48	207401-F2
*No Classes 10/14, 11/11, 11/28 & 11/29			Non-residents may register for fitness classes beginning on August 27th			

Even More Fitness with Hiking & Walking Trails!

Glastonbury has a large number of great places to hike and walk and an active community that uses these facilities. In addition to Town parks and open spaces, Gay City State Park and the Shenipsit Trail pass through portions of Glastonbury. For more information about these trails, visit us online at:

<https://www.glastonbury-ct.gov/about-us/local-attractions/activities-programs/outdoor-activities/hiking-walking>

Swim Lesson Descriptions .22.

Ozzie Says "Let's Swim by Eight"

Every child in Glastonbury should learn to swim by 8 years old. Kids are surrounded by swimming pools, lakes, rivers and other bodies of water that are used for recreation. Every child needs basic aquatic safety and swimming skills. Glastonbury Parks and Recreation's newest swim lesson ambassador, Ozzie the Octopus, has eight great reasons to learn to swim!

American Red Cross Learn to Swim

Glastonbury Parks & Recreation follows the American Red Cross Learn-to-Swim program for ages 5 and up which offers 6 comprehensive course levels that will teach your child how to swim skillfully and safely. Additionally, the program includes pre-school age swimming for Infant/Toddler and Tots. Levels include basic water skills and stroke technique as well as introducing a wide range of personal safety skills. The prerequisite for each level is successful demonstration of the skills from the preceding level. Wading pools at both Grange and Addison are closed during lessons.

Infant/Toddler

Age 6 months to 3 year olds. Parent must participate with child.

Tots

Age 3 & 4 year olds. Parent must participate with child.

Level 1-Introduction to Water Skills

This class is appropriate if your child has little or no experience in the water. The purpose of this class is to help students feel comfortable in the water.

Level 2-Fundamentals of Aquatic Skills

This class is appropriate if your child can submerge underwater while blowing bubbles with mouth and nose, float on front and back and swim using arms pulling and legs kicking at the same time.

Level 3-Stroke Development

This class is appropriate if your child can submerge completely underwater, jump from poolside into deep water, glide using front and back floats, tread water, swim combined front and back stroke and swim on side.

Level 4-Stroke Improvement

This class is appropriate if your child can perform front crawlstroke, back crawlstroke, do rotary breathing while horizontal, dive headfirst from kneeling or standing, do butterfly kick with butterfly body motion.

Level 5-Stroke Refinement

This class is appropriate if your child can perform elementary backstroke, breaststroke, butterfly, front and back crawlstrokes, perform both deep and shallow dives, surface dive foot-first, perform scissors kick on the side and open turns on front and back.

Level 6-Swimming Skill Proficiency

This class is appropriate if your child can tread water using different leg kicks, perform front and back crawlstrokes, elementary backstroke, butterfly, breaststroke, sidestroke, perform standing dive, surface dive, and perform open turns and flip turns to change direction at the side of the pool. There is 1 type of Level 6 that is taught; Fitness Swimmer.

Pool Rules

- Children under age 8 and/or those less than 45" must be accompanied with someone 16 or older.
- Personal flotation devices must be Coast Guard approved and used with an adult swimmer within arms length of the swimmer.
- Children not yet toilet trained must wear a swim diaper or cover a regular diaper with tight fitted rubber pants.
- All persons shall bathe with warm water and soap before entering the water.
- Non-swimmers are not permitted in the water alone unless they can stand with their head fully above water.
- No running, boisterous, or rough play or profanity.
- Spitting or blowing nose in pool is prohibited.
- No food on the pool deck.
- No balls allowed.
- No diving off deck into shallow areas of the pool.
- Any persons known or suspected of having a communicable or infectious disease shall not use the pool.
- Mask, fins, snorkels used at discretion of the guards.
- No glass containers, food, beverages or gum allowed inside the pool area.
- Swimmers may be asked to perform a swim test prior to entering the deep end.
- Diving Board Use: one person on the board at a time. Be sure area in front of the board is clear.
- No double bouncing, only dive straight off the board.
- No jumping/diving off the deep side of the pool while diving board is in use.

.23. Swim Lessons

Private Swim Lessons

(Glastonbury Residents - Ages 5 and up)
 Private swim lessons (1:1) and semi-private swim lessons (1:2), catered to meet you or your child's specific instructional needs are now available. The aquatics leadership staff will work with you to customize a personal swim lesson schedule, with an experienced instructor. Lessons will be available on evenings and weekends at the Glastonbury High School Pool, 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 apart. To register for the program, complete the "Private Swim Lesson Registration Form" available at the Parks and Recreation Department, at www.glastonbury-ct.gov (click "Parks and Recreation"; "Forms") or at the pool. Please list the dates and times available, and the Town will match an instructor once the form is received.

FEE:
 4 x 30 Minute Private (1:1) Lessons: \$100/Person
 4 x 30 Minute Semi-Private (1:2) Lessons: \$160/2 People

Children's Swim Lesson Program

(Ages 6 months & up; Level 1-6 Ages 5 & up)
 The Parks and Recreation Department follows the nationally recognized American Red Cross Learn-to-Swim program. The program is designed to introduce young children to the aquatic environment and guide children through a series of 6 levels. The goal of the program is to ultimately develop maximum efficiency in strokes and encourage swimming as a life skill. Note: Please be sure to include the Activity Type, Activity Description, and Activity Number. Please include a second and third choice on the registration form in case the first choice is full. Otherwise, the first choice will be put on the waiting list. Classes meet once per week for eight weeks beginning September 23. Each participant can sign up for a Monday, Wednesday, or Saturday class.

Swim Lessons-Fall

FEE: \$44/child

Monday Swim Lessons September 23-December 2 (No Class 10/14, 10/21, 11/11)

Level	6:30P	7:00P
Level 1	202129-AA	
Level 2	202129-BA	202129-BB
Level 3	202129-CA	
Level 4		202129-DA
Level 5		202129-EA
Level 6		202129-FA (Fitness)

Wednesday Swim Lessons September 25-November 20 (No Class 10/16)

Level	6:30P	7:00P
Tots	202229-KA	
Level 1		202229-AA
Level 2	202229-BA	
Level 3	202229-CA	202229-CB
Level 4		202229-DA
Level 5		202229-EA

Saturday Swim Lessons September 21-November 16 (No Class 10/12)

Level	10:30A	11:00A	11:30A	12:15P	12:45P
Infant/Toddler		202128-IA			
Tots	202128-KA		202128-KB		
Level 1				202128-AC	202128-AD
Level 2	202128-BA		202128-BB	202128-BC	202128-BD
Level 3	202128-CA			202128-CB	202128-CC
Level 4		202128-DA			
Level 5		202128-EA	202128-DB		202128-EB
Level 6		202128-FA (Fitness)			

Adult Swim Lessons

(Ages 18 years old and up)
 It's never too late to learn to swim or fine tune your strokes. This program is for adults of all abilities.

Swim Lessons-Fall

Adult Swim Lessons 201129-AA

FEE: \$54/person
 MEETS: Monday 7:30-8:30 p.m.
 LOCATION: GHS Pool
 DATES: 8 weeks beginning September 23
 No Class October 14, 21; November 11

Swim Clinics & Team 24.

Fall Competitive Stroke Clinics

(Age 7-18. Must be 7 by 12/31/19)

Clinics will focus on stroke technique and some endurance training. Must be able to swim front crawl a full length of the pool without stopping. Clinics will begin Thursday, September 5 and end on Saturday, September 21. Practices held at the GHS Pool.

FEE: \$75/child

Novice Clinic

Swimmers ages 7 to 12 year olds. Group meets Monday, Wednesday, Friday 5:30-6:15 p.m. Must have passed Level 4 in swim lessons and do one lap of freestyle and backstroke without stopping.

Swim Team

Swim Clinic Developmental 224030-HH

Intermediate One

Returning 7 to 12 year olds. Group meets Tuesday and Thursday 5:30-6:30 p.m. and Saturday 4:00-5:00 p.m. Must have passed Level 6 in swim lessons and do all 4 competitive strokes for 1 lap continuously.

Swim Team

Swim Clinic Intermediate 1 224030-II

Intermediate Two

Returning 10+ year olds and new 13 to 15 year olds. Group meets Tuesday and Thursday 6:30-7:30 p.m. and Saturday 5:00-6:00 p.m. Must have passed Level 6 in swim lessons and do all 4 competitive strokes for 1 lap continuously. Must have at least 1 year of competitive swimming experience.

Swim Team

Swim Clinic Intermediate 2 224030-JJ

Advanced Clinic

Returning 13+ year olds and High School swimmers. Group meets Monday, Wednesday, Friday 6:00-7:30 p.m. and Saturday 6:00-7:30 p.m. Must have passed Level 6 in swim lessons and do all 4 competitive strokes for 1 lap continuously. Must have at least 2 years of competitive swimming experience.

Swim Team

Swim Clinic Advanced 224030-KK

Glastonbury Recreation Swim Team

(Kids Ages 7-18; Must be 7 by 12/31/18)

Children/Parents must be residents of Glastonbury to participate on the Glastonbury Team.

Optional Informational Session

Are you thinking about swim team but want to know more about it? Come to a parent informational session on Monday, August 26th at 7:00 p.m. at the Welles Turner Library Friends Room. Please e-mail dsmcfall@gmail.com to register for the informational session.

Swim Team Registration Process

Step 1: Attend Pre-Season Screening at Glastonbury High School. No Registration Required. Only one session required. Choose from Tuesday, 9/3 at 5:30 p.m. OR Wednesday, 9/4 at 5:30 p.m. Screening is approximately 2 hours. Please arrive promptly at 5:30 p.m. At the screening, the coaches will assess swim skills. This is a team pre-enrollment process only and does not ensure placement on the team or enrollment. Kids ages 7-12 and all kids ages 12 and up that have never participated on the Swim Team MUST attend the screening and receive their practice group assignment before registering for swim team. Practice group assignments will be provided at the conclusion of screening.

Step 2: Registration begins online or by mail on Wednesday, September 11 at 8:00 a.m. Registrations will not be accepted prior to September 11. Walk-in registration will begin Friday, September 13. Early registration is advised as space is limited by pool capacity. Swimmers are required to compete in meets. Register for the practice group assignment provided by coaches. If there is a wait-list, please register anyhow as there is a good chance your swimmer will be placed. Please see guidelines on the next page.

Step 3: Attend the parent kickoff meeting in late September. This meeting provides further detail of what to expect including meet schedule, practice & meet logistics, team website overview and more. Swim team uniforms and equipment are also available for purchase.

Optional USA Short Course

Register for the USA Short Course if your swimmer wants additional meets and/or a more competitive program. Participation is optional, but swimmers **must be registered in a Glastonbury Swim Team practice group.** Registration opens with the Recreation Swim Team. There is a separate additional fee (approximately \$350 subject to change) collected by the Glastonbury Swim Parents Organization to cover the cost of USA Meet Entry Fees. Season runs through mid-March.

Swim Team

USA Short Course 224030-GG

FEE: \$354/Person

25. Swim Team

Swim Team Important Notes

- Once assigned, coaches reserve the right to move swimmers to different practice groups at their discretion. If a child is moved to a different practice group before 11/15, you will be required to pay the difference or a partial refund will be issued.
- Practices begin September 23 and conclude in February (USA extends through Mid- March).
- Practices are held at Glastonbury High School. For Junior 1, 2 and Senior practices, there are also practices held at Trinity College in Hartford.
- Recreation swim meets (approximately 4/season) are held in the Hartford Vicinity and take place on a Saturday or Sunday November-January. Championship meets take place in Mid-February.
- Swim meets are run with the help of parents and parents will be asked to assist at swim meets in the form of timing as an example.
- The Glastonbury Swim Parents Organization (GSPO) dues are included in the fee. Dues are used towards meets and team events.

Practice Group, Activity Code & Price	Typical Age Range	Projected Practices (Oct-Feb)	# of Meets	Swim Proficiency (1 length of pool = 25 Yards)
Developmental 224030-AA \$302	7-10	GHS Mon, Wed, Sat	4 Meets Must swim 3 to participate in Championships	Swim 1 length Freestyle with head down and rotating breathing without stopping and 1 length Backstroke; demonstrate fundamental breaststroke or butterfly for 1 length.
Junior 1 224030-BB \$387	9-12	GHS Wed, Sat, Sun Trinity Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes, swim continuously for 300 yards (12 lengths) and practice continuously for up to 1.75 hours.
Junior 2 224030-BC \$387	9-12	GHS Wed, Sat, Sun Trinity Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 2 lengths, Swim continuously for 300 yards (12 lengths) and practice continuously for up to 1.75 hours
Seniors 224030-CC \$455	13/Up	GHS Sun, Tues, Thurs, Fri Trinity Mon, Wed	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 4 lengths (100 yds), swim continuously for 600 yds (24 lengths) and practice at a high level for up to 2 hours.
HS Girls 224030-EE \$344	High School Girls	Senior 1 Schedule	4 Meets Must swim 3 to participate in Championships	Girls competing on fall high school team and will compete on the recreation team at the completion of their high school season.
HS Boys 1 224030-FF \$232	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation team until the start of the high school season	
HS Boys 3 224030-FH \$387	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation and USA short course teams until the start of their high school season. Additional USA meets (after the high school season starts) will depend on the high school schedule and high school restrictions. (Includes Pro-Rated Recreation and USA swim team).	
Short Course USA \$354	7/Up	Rec Team Practice	Note: optional to any swimmer on the Recreation Swim Team. Interested swimmers must be signed up for one of the practice groups. Fees are separate from Recreation Swim Team fees.	

- Proficiency in freestyle means a swimmer can swim with head down and rotating breathing without stopping.
- Proficiency is determined by coaches.
- Fundamentals of Fly and Breast Stroke are determined by coaches.

Boating & Pool Schedule .26.

Boat Launch

It's still boating season! Boat launch permits are available at the Parks and Recreation office located on 2143 Main Street. Boaters must bring proof of residency and a valid boat registration. Office hours are Monday-Friday 8:00 a.m.-4:30 p.m.

The single boat launch will be open until November. The launch is located at Riverfront Park, 252 Welles Street, a short walk from Glastonbury center. The park offers 24 boat trailer parking spaces. A covered picnic pavilion, children's playground and walking trails are also available at the park. An attendant will be on duty during the boating season. Restrooms available on site.

SEASONAL PERMITS: Residents: \$60/year
Non-Residents: \$120/year
DAILY LAUNCH: Residents: \$20/day
Non-Residents: \$40/day

Kayak, Paddle Board, Fly Fish...Oh My!

The Parks and Recreation Department has partnered with the L.L. Bean Outdoor Discovery Schools to conduct various kayak, paddleboard and fly-fishing programs at the Riverfront Park through October, 2019

The following programs will be held on weekends:

- Discovery Kayaking
- Introduction to Recreational Kayaking
- Intermediate Recreational Kayaking
- Sunset & Full Moon Kayaking
- Discovery Stand-Up Paddle Boarding
- Introduction to Stand-Up Paddle Boarding
- Stand up Paddle Boarding Yoga
- Fly Fishing

Custom programming opportunities for groups, parties, organizations and team building events may be available upon request. Specific information on these programs can be found online at www.llbean.com/southwindsor on the "Events Calendar". To register for a program, three easy options are available.

- Online: www.llbean.com/southwindsor
- Phone: 1-888-LLBEAN1 (1-888-552-3261)
- At the South Windsor Store (75 Evergreen Walk, South Windsor, CT 06074)

Please contact L.L. Bean at 1-888-552-3261 or the Parks and Recreation Department (860)652-7679 with any questions.

High School Pool Indoor Season (For Residents Only) Beginning August 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Lessons 10:30A-1:15P	
Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-7:30P	Rec. Swim 1:30-3:00P	Adult Swim 12:00-1:30P
Lessons 6:30-7:30P		Lessons 6:30-7:30P			Adult Swim 3:00-4:00P	Rec. Swim 1:30-3:00P
Adult Lessons 7:30-8:30P	Rec. Swim 7:30-8:30P	Swim Team 7:30-8:30P	Rec. Swim 7:30-8:30P	Rec. Swim 7:30-8:30P	Swim Team 4:00-8:00P	Swim Team 3:00-8:00P
Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P		

Household Poolpass Indoor

HOUSEHOLD POOL PASS FEE: \$109/Family
DAILY ADMISSION FEE: Child \$5; Adult \$8
LOST PASS REPLACEMENT FEE: \$25/Household

Individual Poolpass Indoor

INDIVIDUAL PASS FEE: \$95/Person
LOST PASS REPLACEMENT FEE: \$25/Individual
SENIOR PASS (60 and Older): FREE*

* Must be obtained at Parks & Recreation Office

Note: The GHS Pool will be closed August 19-August 27

Find Weekly Pool Schedules Online:

<https://www.glastonbury-ct.gov/departments/departments-directory-l-z/parks-and-recreation/pool-schedule>

September is National Senior Center Month

GLASTONBURY SENIOR CENTER

The 2019 Theme is "Senior Centers: The Key to Aging Well"

According to the National Institute of Senior Centers (NISC), senior centers are the key for individuals to age healthily, and also for communities to properly support older adults. They are the future of what aging can be.

Innovative programs and activities provided at the Glastonbury Senior Center are changing the perception of aging, and creating important community resources for aging expertise. We invite you to celebrate with us on September 19th at our Special Luncheon, and check out all the awesome opportunities offered at the center, located at the Riverfront Community Center.



How to Reach us

General Information: (860) 652-7638
(860) 652-7642
Administrative Fax: (860) 652-7649
Dial-a-Ride: (860) 652-7643

Where to Find us

Riverfront Community Center
300 Welles Street
Glastonbury, CT 06033
[facebook.com/glastonburyseniorcenter](https://www.facebook.com/glastonburyseniorcenter)

Upcoming Entertainment .28.

Program Information

To inquire about any of the programs listed, please call (860)652-7638 or visit the town website for a copy of our monthly newsletter, the Sharing Tree @ www.glastonbury-ct.gov for a complete catalog of courses, events and trips, as well as information on costs and how to register. Registrations may be made in person at the RCC during the first week of the month prior to the month that a trip is offered, or an activity or series of classes are held. All activities listed take place at the Riverfront Community Center unless otherwise noted.

An Evening of Country Music Thursday, August 29

6:30-8:30 p.m.

Get your boots on and come dance and mingle with friends to traditional country music by Jim Blanch & the Boot Hill Band! Dial A Ride available. Pizza, salad, beverage and ice cream 6:00-6:45 p.m.

COST: Special Ticket Required - Register in July!
\$10/Resident; \$12/Non-Resident
Cost at the Door is \$15/Person

National Senior Center Month Luncheon Thursday, September 19 at 12:00 p.m.

Enjoy a delicious BBQ chicken lunch with rice, carrots, salad, roll and cheesecake. Walter Martin will delight you with his vocals, charm, and wit. Singing Rock n' Roll, Frank Sinatra, Motown and more. He will win you over with the first note he sings!

COST: Special Ticket Required \$5/Person

Halloween Party

Thursday, October 31 at 12:00 p.m.

Don't miss this fun filled annual tradition with a frighteningly yummy Chicken with Cranberry Glaze lunch. Prizes for best costumes, door prizes and party favors!! Entertainment: Brian Gillie

COST: Special Ticket Required \$5/Person
Must be purchased by Monday, October 28

Veteran's Day Luncheon

Thursday, November 7 at 11:30 a.m.

We set this day aside to remember the achievements and sacrifices that men and women, at home and abroad, during war and in peace, have made so that we can live free. This program has been designed to help us remember our heroes in style. Veterans are encouraged to wear their uniforms and medals for this occasion.

COST: Special Ticket Required \$5/Person
Must be purchased by Tuesday, November 5

Thanksgiving Luncheon

Thursday, November 21 at 12:00 p.m.

Give thanks with your friends and enjoy a delicious traditional Turkey Dinner with Pumpkin Pie & Whipped Cream.

COST: Special Ticket Required \$5/Person
Must be purchased by Friday November 15



29. Featured Classes & Trips

The Well-Heeled and the Wannabees Summering on the Thames in the Gilded Age

Tuesday, August 27, 2019

Start with a guided tour of the Lyman Allyn Art Museum including stained glass pieces by Tiffany. Visit St. James Church with its beautiful Tiffany windows in their original settings. Dine at the Thames Club, the oldest social club in CT. Choice of chicken salad sandwich, grain bowl (veggie dish) or chopped salad with a choice of oatmeal raisin cookie w/maple cream cheese frosting or citrus olive oil cake w/vanilla ice cream & berry compote. Board a historic navy utility boat w/guide to see the Eastern Point summer cottages in Groton, elegant homes of financier Morton Plant & publisher Theodore Bodenwein & hear stories of the vacationers from around the world who enjoyed the area in the late 1800s. (Let us know entrée & dessert choices) Please note: Boat is not fully accessible.

TIME: Leave RCC at 9:00 a.m.;
Approximate Return Time 5:30 p.m.
COST: \$82/Resident; \$90/Non-Resident (All-Inclusive)

A Day of Remembrance - One World: September 11 Memorial Museum, Carmine's and One World Observatory Thursday, September 12, 2019

The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring 9/11's continuing significance. Following the Memorial Museum, lunch will be served family style at Carmine's. In the afternoon, start by ascending to the top of the World Trade Center to the One World Observatory, with a 360 panoramic view, where you can feel the city's invincible spirit!

TIME: Leave RCC at 7:00 a.m.;
Approximate Return Time 8:45 p.m.
COST: \$183/Person (All-Inclusive)

Salem Witch Museum - Salem, MA. Thursday, October 17, 2019

Our day will begin with a self-guided tour of the Salem Witch Museum where you can experience first-hand, the reign of terror and hysteria that was rampant in Salem in the 1690's through the powerful multi-sensory presentation. The afternoon is yours to explore around town. Enjoy lunch on your own at one of the many restaurants or food trucks. The possibilities are endless!

TIME: Leave RCC at 7:15 a.m.;
Approximate Return Time 8:00 p.m.
COST: \$83/Person (Includes Charter Bus & Admission to Salem Witch Museum)

AARP Smart Driver Classes

The insurance discount afforded to seniors taking the course is a minimum of 5% for a period of 2 years if you are 60 years of age or older.

SEPTEMBER 19:	12:30-4:30 p.m.
OCTOBER 17:	8:30 a.m.- 12:30 p.m.
NOVEMBER 21:	12:30 p.m.- 4:30 p.m.
COST:	\$15/AARP Members; \$20/Non-Members
	Check Payable to AARP Due Upon Advance Registration.

General Computer Help Evenings

Do you have basic computer questions on tablets, computers, and gadgets? We now have computer help offered in the evening. Meet with our tech volunteer Lynne. 30 minute appointments. You may bring your computer with you, or you may receive a lesson on our computer lab computers which use Windows 10. Sign up in the RCC office.

MEETS: 3rd Tuesday of the Month
TIMES: 6:00-7:00 p.m.

Mac, iPad or Smartphone Assistance - Returns in September

Individuals can set up 30 minute appointment blocks for assistance with their Apple product or Smart phones. Available Thursdays 1:30-3:00 p.m. To make an appointment please call (860) 652-7638.

Open Computer

Available on the following days/times:
Tuesdays 9:00 a.m.-8:00 p.m.
Thursdays 6:00 p.m.-8:00 p.m.
Fridays 9:00 a.m.-4:00 p.m.
Saturdays 9:00 a.m.- 3:00 p.m.
(Times and Room Availability are Subject to Change)



Health, Wellness & Support .30.

Indoor Walking Group

12:15-1:00 p.m.

Monday-Thursday

There are many great reasons to walk. Your heart will get stronger, you'll lower your blood pressure, and your bones will get stronger. Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walking may be the simplest way to work out and it's a snap to get started: Just put one foot in front of the other and join the fun! (Prizes awarded at annual walking group luncheon)

Free Blood Pressure & Wellness Clinic

Blood pressure, medication, diet questions, symptom management and other health related concerns can be addressed with the Glastonbury Health Department Community Health Nurse. Available Wednesdays 9:00 a.m.-12:00 p.m. Walk-ins are encouraged.

Healthy Foot Clinic

A Registered Nurse will trim & file toenails, smooth calluses and corns, massage with lotion and powder. Due to the high volume of requests for this service walk-ins are not accepted. Payments must be made at the time of your visit. Appointment required - call (860)652-7638 to schedule an appointment.

DATES: August 26, 28; September 19, 24, 30;
October 17, 29, 31; November 14, 19
TIMES: 8:40 a.m.-3:30 p.m.
COST: \$29/Person
Check Made Payable to "Pedi-Care"

Hearing Screening & Aid Serviced

A free hearing exam will be conducted by a licensed hearing specialist. Hearing aids will be cleaned, checked and minor adjustments made. Available Tuesdays 9/10 and 11/12 from 10:00 a.m.-12:00 noon. Call (860)652-7638 to schedule your appointment.

Bereavement Support Group

Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. This group is cosponsored by Hartford Healthcare at Home and Glastonbury Senior Center. Call Bill Pilkington, Bereavement Support Counselor at (860)969-5442 for additional information.

DATES: Meets First & Third Wednesdays
TIMES: 2:00-3:30 p.m.

Focused Awareness Meditation

Tuesday, August 27, 2019

1:30-2:30 p.m.

Focused Awareness Meditation is a simple, five-step technique. Learn how this scientifically based practice can help you feel more relaxed, focused and calm. Participants are asked to bring a large towel or small blanket with them for proper positioning in their chair. Presented by Emil Johnson, Program Director of GoodLife Fitness. Program held in Community Room B. Registration required by calling (860)652-7638.



Glastonbury Parks and Recreation
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2155 Main Street
Glastonbury, CT 06033

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