

# Registration Form

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	Complete a <b>SEPARATE</b> 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 <b>STAMPED</b> envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033																
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# Registration Information

# Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING TUESDAY**, **DECEMBER 15** at 8:00 a.m. with the following exceptions:

Open Gym Passes Party Rentals Indoor Pool Passes Ski Trips

Teen Center Passes Over 30 Basketball

**December Vacation Sports Clinics** 

Mail-in registrations will be processed daily, at random. REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 15.

# In-Person Registration Dates

In-person registrations will be accepted beginning Monday, January 4 including J.B. Williams reservations.

# Why Can't I Register by Phone or Fax?

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.

# Registration Payment

VISA, Mastercard or Discover payments are accepted on-line, by mail and in-person. On-Line customers have the option to pay for services by electronic checking. Make your on-line payment directly from your checking account.

- Transactions are processed faster
- No credit card interest charges
- It's convenient and safe
- 100% NACHA compliant
- Select "e-check" as the payment option

If paying by check, make check or money order payable to "TOWN OF GLASTONBURY". Do not send cash. Write a separate check for each program.

# Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

# Cancellation Information

Programs may be canceled due to insufficient registration. Programs are canceled on January 1, January 18; February 15; March 27; May 30 unless otherwise stated.

# 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 also be e-mailed if an e-mail is included on the registration form. We **DO NOT** mail receipts for registrations processed online. You may reprint a receipt from the on-line system by clicking "My Account", "Reprint a Receipt".

# Refund Policy

Please review your registrations carefully.

- Refund 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 begin. 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.

# ...What's Inside...

Pool Sch
Pre-Scho
Registrati
Rentals 8
Senior Se
Skate Pa
Swim De
Swim Les
Teen Pro
Vacation
Youth Pr

Pool Schedule	24
Pre-School Programs	5-6
Registration Information	tion 2
Rentals & Reservatio	ns 4
Senior Services	28-31
Skate Park	12
Swim Descriptions	24
Swim Lessons	25
Teen Programs	16-17
Vacation Programs	8-9
Youth Programs	9-12



# 3

# General Information

## How to Reach Us

Administrative Phone: (860)652-7679
Administrative Fax: (860)652-7691
Program Information Line: (860)652-7689
On the Web: www.glastonbury-ct.gov

Click "Parks and Recreation";

"Registration"

Mail: Parks and Recreation

Program Registration

P.O. Box 6523

Glastonbury, CT 06033

Office Address: Parks and Recreation

2143 Main Street

Glastonbury, CT 06033

## Our Staff

Raymond E. Purtell, Director of Parks & Recreation Greg Foran, Park Superintendent & Tree Warden Chris Shanahan, 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 Suzanne Veilleux, Clerical Assistant

# Weekly Activity Information

Schedules, times, locations, and cancellations appear weekly in The Glastonbury Citizen.

# Program Information Line

Retrieve program information 24 hours a day by calling our program information line at (860)652-7689. Evening activities and cancellations announced after 3:30 p.m.

# E-mail Updates

Occasionally, we send updates, cancellation information and other pertinent program information to you 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

Glastonbury Parks and Recreation is part of the Facebook family! "Like" us and receive updates on program information, reminders about upcoming registration deadlines and all sorts of other great information! Log into your Facebook account and look for us at facebook.com/glastonburyparkrec

# Brochure Mailing Information

Brochures are mailed directly to ALL Glastonbury 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.

## 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 the Social Services Department. 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 GBA Basketball Teen Center Pass Children's Swim Lessons Kangaroo Kids Glastonbury Lacrosse Open Gym Pass

# Glastonbury Youth Organizations

The following organizations are run independent of the Parks and Recreation Department. Please contact them regarding program and 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 Swim Team
www.glastonburyswimteam.org

# Rental & Reservation Information

Public Ice Skating

Ice must be at least 6" thick for ice skating. Call (860)652-7689 for conditions. J.B. Williams and Eastbury Pond are open until dusk, conditions permitting, for unsupervised skating. An area will be set aside for drop in unsupervised ice hockey play at Eastbury Pond. Skating at the Riverfront Park is available until 9:00 p.m. There is no supervised skating.

The Locker Room!

Don't let the added cost of equipment stop you from playing the game! Gently used equipment is available **FREE OF CHARGE** to players who need assistance with

getting the right equipment to play sports. The Locker Room currently has soccer, baseball and basketball items available. Donations are also currently being accepted for all sports. A donation bin is also available at the Teen Center in the Academy building for your convenience during off hours.

## Firewood

Sold to Glastonbury residents in 1/8 cord amounts measuring 16" X 3' X 4'. Register at the Parks and Recreation Department office or call the office at (860)652-7679 (press 5). Limit of one application per residence. Proof of residency required when registering. Fee is \$25.

# Glastonbury Boathouse The Glastonbury Boathouse is accepting bookings for

2016! Host your next event at Connecticut's newest and most unique venue. With picturesque grounds, breathtaking views from the Observation Deck, and a versatile Banquet Hall, The Glastonbury Boathouse blends the ambience of a riverfront destination with the convenience of a local venue. Whether you are planning a wedding, corporate meeting or private party, the Glastonbury Boathouse is the perfect setting for festive celebrations and phenomenal photos. For more information visit glastonbury-ct. gov/boathouse or contact Kristen Michaels, Event and Banquet Facility Manager, at kristen.michaels@ glastonbury-ct.gov or (860)652-4640.

# Party Rentals

Reservations are based on availability. Paperwork must be completed and full payment 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. If a cancellation is made with at least 2 weeks notice, there may be an opportunity to reschedule for a different date.

# Glastonbury Skate Park Rental

A great option for birthday parties, school graduations or special celebrations! Waivers and helmets required.

Availability: May to November

> Saturdays and Sundays **Excluding Lesson Dates** 10:00 a.m.-12:00 p.m.

Maximum Capacity: 30 people

Amenities:

Times:

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

Fees: \$85/rental

# J.B. Williams Park Pavilion Rental

In-person and phone reservations for use of the J.B. Williams Park "covered" pavilion will be taken beginning on Monday, January 4.

Availability: Maximum Capacity: Up to 150 people

Amenities:

May 1 to October 31

Kitchen, restroom, barbecue,

softball, volleyball, horse shoes and hiking facilities

Fees: \$130/rental

# Academy Teen Center Rental

An easy alternative for small parties, or events you just don't want to host at home! Bring in your own cake and goodies, we'll provide the rest! Reservations are required with at least 2 weeks advanced notice.

Availability: Year Round (Saturdays and

Sundays)

2 hour time blocks Times:

Maximum Capacity: 15 people

Amenities:

Staff Supervisor to monitor activity space, use of Teen Center room including ping pong, air hockey, foosball, pool tables, board games, couch areas and craft space,

access to rest-rooms, refrigerator and freezer

Fee: \$100/Rental

\$150/Rental with Wii or Craft

Community Center Rental Information on Page 28!



# Preschool Programs

Skyhawks Mini Hawk Sports Program

(Ages 4-6

This multi-sport program allows young children to explore more than 1 sport without any pressure. Participate in Soccer and T-ball through unique Skyhawks games. Mini-Hawk coaching staff is trained to meet the specific needs of young children and is committed to helping them start off on the right foot!

### Music Together-Winter

Music Together 9:15	303101-01
Music Sibling 9:15	303101-02
Music Together 10:15	303101-03
Music Sibling 10:15	303101-04
Music Together 11:15	303101-05
Music Sibling 11:15	303101-06
Music Together-Spring	
Music Together 9:15	403101-01
Music Sibling 9:15	403101-02
Music Together 10:15	403101-03
Music Sibling 10:15	403101-04
Music Together 11:15	403101-05
Music Sibling 11:15	403101-06

Fee: \$185/child; \$100/sibling (Newborns

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.

under 8 months attend FREE when a sibling is registered; \$185 registered

alone.

Meets: Tuesday 9:15-10:00; 10:15-11:00 or

11:15-12:00

Location: RCC Activity Room

Winter: 10 weeks January 5-March 15

Spring: 10 weeks April 5-June 14

# Skyhawks Tiny Hawks

(Ages 3.5-5)

Help children fine-tune their motor skills in soccer and basketball. Parents are encouraged to stay and are required to stay if children are not quite ready to participate alone. Children must be toilet trained.

### **Tiny Hawk**

Tiny Hawk 304109-TH

Fee: \$65

Meets: Thursdays 5:00-5:50 p.m.

Dates: April 7-May 12 (No Program 4/21)

Location: Smith School Gym

### Camps

Mini-Hawk 304109-AA

Fee: \$65

Meets: Thursdays, 6:00-7:00 p.m.

Dates: April 7-May 12 (No Program 4/21)

Location: Smith School Gym

# Kangaroo Kids (2016-17) Deposit

Kangaroo Kids is a developmentally appropriate experience for 3&4 year olds. Theme days, arts & crafts, music, social interaction and creative play allow opportunities for your child to explore, imagine and learn under the watchful supervision of our experienced and nurturing staff. Program is offered in either a 2 day or 4 day per week option as follows:

 3&4:
 Mon. & Thurs.
 9:00-11:30

 3&4:
 Tues. & Fri.
 9:00-11:30

 3&4:
 Mon., Tues., Thurs., Fri.
 9:00-11:30

 4:
 Mon., Tues., Thurs., Fri.
 12:30-3:00

Deposits for the 2016-17 program will be accepted beginning on March 15, 2016. Please note the deposit is non-refundable after June 1, 2016.

Child must be age 3 or 4 by December 31, 2016 to be eligible (No Exceptions). 3 year olds must be toilet trained. Kangaroo Kids meets September-early June. Complete information (dates, fees etc.) will be included in our 2016 Summer Brochure available in early March.

An Open House will be held on Tuesday, March 8, 2016 from 3:30-4:30 p.m. at our facility at 35 Bell Street. If you would like to visit the program currently in session, contact Kangaroo Kids at (860) 657-8616 to make an appointment.

### Kangaroo Kids Deposit

AM 3&4	Mon & Thurs.	403128-01
AM 3&4	Tues & Fri.	403128-02
AM 3&4	Mon, Tues, Thurs, & Fri	403128-03
PM 4	Mon. Tues. Thurs. & Fri	403128-04

Fee: \$200 Deposit

Location: Kangaroo Kids 35 Bell Street
Meets: September 6, 2016 - June 9, 2017

# Preschool & Family Programs

# Tiny Tumblers

(Ages 1-4 by 1/1/16)

Movement education using basic gymnastics skills and positions help teach balance, coordination, confidence and motor skill development in a progressive format. Obstacle courses, balls, games, hoops and parachutes are just some of the fun activities incorporated into the classes. Active participation by a parent or caregiver is required.

# Fun for Ones

(12-23 months)

A stimulating, safe and fun environment is created using age appropriate gymnastics equipment

# Tiny Tots

(Ages 2-3)

Toddlers learn and refine locomotor skills. Includes introduction to specialized equipment, circle time and explorations!

# Tumbling Tykes

(Ages 3-4)

Designed to encourage group activity as well as individual participation. A structured environment and consistent class routine help children accomplish goals and begin to builds a strong foundation to basic gymnastic skills.

### **Tiny Tumblers - Winter**

Tues. Ones 8:45-9:30	306408-01
Tues. Tots 9:45-10:30	306408-02
Tues. Tykes 10:45-11:30	306408-03
Wed. Ones 8:45-9:30	306408-04
Wed. Tots 9:45-10:30	306408-05
Wed. Tykes 10:45-11:30	306408-06

### **Tiny Tumblers - Spring**

Tues. Ones 8:45-9:30	406408-01
Tues. Tots 9:45-10:30	406408-02
Tues. Tykes 10:45-11:30	406408-03
Wed. Ones 8:45-9:30	406408-04
Wed. Tots 9:45-10:30	406408-05
Wed. Tykes 10:45-11:30	406408-06

Fee: \$35/child Location: Academy Gym

Meets: Tuesday or Wednesday

Winter: Tues. Jan. 5-March 1 (8 Weeks)

Wed. Jan. 6-March 2 (8 Weeks)

Spring: Tues. March 22-May 17 (8 Weeks) Wed. March 23-May 18 (8 Weeks)

# Free Children's Performances

Appropriate for Preschool-Elementary Age Children Smith Middle School Auditorium at 11:00 a.m.

The Amazing Andy

Monday, December 28, 2015

"The Amazing Andy" is the name of Andy Charney's

"The Amazing Andy" is the name of Andy Charney's one-man show of comedy, magic, juggling/balancing, balloon sculpting and the production of a live rabbit. Andy started doing magic professionally in 1972, at the age of 11, and is well known to audiences in the tri-state area for his many appearances at festivals, parades, schools, libraries, summer camps, day-care centers, and private parties. He was voted "Best Party Entertainer of the Year" by the readers of Connecticut's County Kid's Magazine.

Wild & Crazy Game Show Tuesday, February 16, 2016

This exciting game show combines trivia questions with "Wild & Crazy" challenges that offer learning, fun and full audience participation. Children are called up by age/grade level to answer questions followed by a challenge round which include individual or team challenges such as stacking cups, popping balloons or taking all the toilet paper off the roll. The energy will be electric as children participate and cheer on their teams and enjoy the dance party at the end.

Monkey Monkey Music Monday, April 18, 2016

Monkey Monkey Music is a one of a kind, upbeat, interactive and educational performance which gets kids moving! Get ready to play "Air Guitar", "Jump High" and really "Shake it Loud". Monkey Monkey Music is seen on nationwide public television on over 100 PBS stations. Both kids and adults have a blast.



# Family Programs & Bus Trips

# Miladelphia Phillies vs. New York Mets

Celebrate the amazing 2015 season of the Mets and look forward to another great season in 2016. The young and talented pitching staff will once again be led by Connecticut native Matt Harvey. If you've never been to an Opening Day game, you've got to come to feel the buzz that only this type of game can bring! Enjoy a cook-out before the game and games with prizes on the bus! Deluxe Motorcoach will pick up passengers at the Glastonbury/East Hartford Commuter Parking Lot across from Burger King and a couple of other stops. Space is limited. Open to all ages, residents and non-residents.

### **Bus Trips**

Phillies vs. Mets 109004-MT

Fee: \$145/Person

Meets: Departs at 8:15 a.m.;

Returns at 7:15 p.m.

Location: Glastonbury/East Hartford Commuter

Parking Lot

Dates: Friday, April 8, 2016

# Boston Red Sox vs. New York Yankees

Join us at Yankee Stadium as the next generation of Red Sox and Yankees look to make their mark on this incredible sports rivalry. Sure to be a fun day for both fan bases! Trip includes charter bus, food before the game, games and prizes on the bus and ticket to the game. Departs East Hartford/Glastonbury Commuter Lot across from Burger King at 2:00 p.m. Open to all ages, residents and non-residents.

### **Bus Trips**

Baseball (Grandstand) 109004-RY Baseball (Section 234) 109004-R2

Fee: \$109/Grandstand Seats

\$150/Section 234

Meets: TBD

Location: Glastonbury/East Hartford Commuter

Parking Lot

Dates: Saturday, May 7, 2016

# "After" Easter Egg Hunt for Dogs

We've decided to wait until the weather warms up to host this year's egg hunt! Same great fun, just "after" Easter! Egg Hunt begins promptly at 10:00 a.m. at the Riverfront Park (200 Welles Street, Glastonbury) on Saturday, April 2. Event will be held snow or shine. Over 6,000 eggs will be hidden. Every egg contains a treat or prize for you and your dog including gift certificates and other surprises. Cost is \$10/dog. Dogs must be on leash with up to date rabies tag or certification. No aggressive dogs please.

# Family Ice Fishing Clinic

(All Ages-Under 10 Must be Accompanied by Adult) This DEEP sponsored clinic is taught by state certified volunteer instructors through the Connecticut Aquatic Resources Education (CARE) Program. It is designed to introduce you to the wintertime sport of ice fishing. All those who attend are invited to join the DEEP at their Annual Family Ice Fishing Derby on Coventry Lake, January 30th. The Derby is only open to those who attend an Ice Fishing class and is free.

### Fishing Clinic

Ice Fishing Clinic 410009-BB

Fee: FREE

Meets: Thursday 6:30-8:30 p.m.
Location: Gideon Welles Cafeteria
Thursday, January 14
(Snow Date: January 21)

## Beginning Fisherman Clinic

All Ages-Under 10 Must be Accompanied by an Adult. The DEEP's Bureau of Fisheries will instruct about identifying fish, techniques and safety. Materials and equipment will be provided. FREE!

### **Fishing Clinic**

Beginning Fisherman's Clinic 410009-AA

Fee: FREE

Meets: 6:30-8:30 p.m.

Location: Gideon Welles Cafeteria
Dates: Tuesday & Thursday, April 5 8

# Youth Fishing Derby

(Youth ages 4 through 15) Compete for the biggest, smallest, first and most trout caught, or just enjoy a morning of fishing with your child on Saturday, April 16, 8:00-10:00 a.m. at J.B. Williams Pond. Prizes raffled every 15 minutes. Four age categories: 4-6, 7-9, 10-12, 13-15. No bait restrictions. No physical parental assistance allowed except baiting & casting. Pre-registration not required. FREE.



# Vacation Programs

# All Pro Sports December Clinics

(Grades K-5)

Play dodge ball, tag, basketball, kick ball, soccer, floor hockey and more! Learn skills in a cooperative environment that stresses FUN over competition.

### **Holiday Vacation Sports Camp**

Clinic 12/28 Full	404109-28	Half	404129-8H
Clinic 12/29 Full	404109-29	Half	404129-9H
Clinic 12/30 Full	404109-30	Half	404129-3H
Clinic 2/16 Full	404109-16	Half	404129-CH

Fee: \$50/Full Day; \$35/Half Day Dates: Monday, 12/28: Tuesday, 1

Dates: Monday, 12/28; Tuesday, 12/29, Wednesday, 12/30; Tuesday 2/16

Time: 9:00 a.m.-3:00 p.m. (Full Day)

9:00 a.m.-1:00 p.m. (Half Day)

Location: 12/28, 12/29, 12/30 @ Gideon Gym

2/16 @ Smith Gym

# \*NEW\* Taliek Brown Skills Academy

(Grades 5-12)

Join former UConn starting point guard, Taliek Brown, a 4 year starter who led UConn to 4 Big East Titles, in this basketball fundamental skill training. Work on shooting, ball handling, passing, defense and footwork. Players will be grouped by age/ability.

### **Holiday Vacation Sports Camp**

Taliek Skills 12/29 404109-T9 Taliek Skills 12/30 404109-T3

Fee: \$35/Day

Dates: Tuesday, 12/29; Wednesday, 12/30

Time: 9:00 a.m.-12:00 p.m.

Location: Smith Gym

# All Pro Sports Basketball Shooting Academy

(Grades 5-12)

Join us for this 2 hour shooting clinic run by Tiny Cains. Coach Cains has over 37 years coaching experience, including 22 at the high school and AAU level and 12 in the Puerto Rican Professional Leagues. Tiny was the head coach for the Puerto Rican National team and one time scout for the NBA LA Clippers. Clinic covers all aspects of shooting for players of all abilities. Players will be grouped by age/ability.

### **Holiday Vacation Sports Camp**

SA 12/29 AM 404109-AM SA 12/29 PM 404109-PM SA 2/16 AM 404109-2A SA 2/16 PM 404109-2P

Fee: \$30/2 Hour Clinic

Date: Tuesday 12/29; Tuesday 2/16 Time: 9:00-11:00 a.m. OR 1:00-3:00 p.m.

Location: Smith Gym

# All Pro Sports April Vacation Camp

(Grades K-5)

Play dodge ball, tag, basketball, kick ball, soccer, floor hockey and more! Learn skills in a cooperative environment that stresses FUN over competition.

### **Holiday Vacation Sports Camp**

April Full 404109-AE April Half 404109-AC

Fee: \$185/Full Day; \$130/Half Day Meets: Monday-Thursday April 18-21 Times: 9:00 a.m.-3:00 p.m. (Full Day) 9:00 a.m.-1:00 p.m. (Half Day)

Location: Smith Gym

# CSI-Crime Scene Investigation

(Boys and Girls ages 7-12)

Have fun learning about forensics, crime lab chemistry and crime scene investigations as you perform up to 15 different experiments designed to show you just how those cases are solved. Search for evidence, gather clues and discover how science can help solve a mystery. Dust for fingerprints, analyze handwriting, test for blood type using simulated blood, examine hair and clothing fibers, practice chemistry to identify mystery substances and more! Then use your skills to solve crimes of the century. Bring a lunch.

### **Youth Programs**

CSI Workshop 412501-CS

Fee: \$149

Meets: Monday & Tuesday 8:30 a.m.-4:00 p.m.

Location: GHS Cafeteria
Dates: April 18 & 19

Instructor: Sciensational Workshops

# Model Airplanes-Bridge Building-Electronic Gadget

(Boys and Girls ages 7-12)

Build your own rubber-powered model airplane and use it as a learning tool in aerospace education or just have fun building a sound airplane that flies. Have fun designing and building model bridges. Join us in our bridge building contest to see which one can hold the most weight. Learn simple engineering skills. Build 6 electronic projects including a patrol car siren, burglar alarm and Morse code transmitter. Learn how the different electronic components work. Bring a lunch.

### **Youth Programs**

Model Airplanes 412501-MA

Fee: \$149

Meets: Wednesday & Thursday 8:30 a.m.-4:00 p.m.

Location: GHS Cafeteria Dates: April 20 & 21

Instructor: Sciensational Workshops

# Vacation & Youth Programs

# April Vacation Let's Gogh Art-Ooopsy Goopsy Art Fun

(Boys & Girls Grade K-4)

Messy art is so much fun with Let's Gogh Art! Think splatter and blow painting. Make slime, flubber and silly putty. Create with shaving cream and glue. Design ceramic doggy banks and create shrinky dink sculptures. Learn how to make your own clay, and then sculpt super cool masks. Decorate wacky, wild cars for an art car parade. Discover marbleizing and glitter painting, design batik T-shirts, and experience collage and fabric arts. GLITTER TATTOOS and humor included! (Artists must dress for a mess!)

### **Kids Crafts**

April Vacation Art 312003-AV

Fee: \$140/Session

Meets: Monday-Thursday 9:00 a.m.-12:00 p.m.

Location: Academy Multi-Purpose Room 1

Dates: April 18-21

# Acting Classes

(Kindergarten - 8th Grade)

A progressive program designed for participants of all skill levels dedicated to creating a comfortable, fun, safe environment to cultivate and affirm each person's own unique creativity. Theater skills and games, basic mime work, stage confidence, basic voice and speech, improvisational exercise, script work, acting terminology and more will be covered! New topics will be covered for past participants! Classes taught by Performing Arts Programs staff.

### **Performing Arts**

Acting Grades K-2 404233-01 Acting Grades 3-6 404233-02

Fee: Grades K-2: \$105/Person

Grades 3-6: \$115/Person

Meets: Mondays

Grades K-2: 4:00-4:45 p.m. Grades 3-6: 5:00-6:00 p.m.

Location: Academy Cafeteria
Dates: February 22-April 4

# Tom O'Brien Magic Show & Workshop

(Ages 5-10)

This is a fun and memorable 45 minute show for children where they will experience a very funny and visible presentation of Magic & Comedy. The grand finale of the show is the surprise production of "Charlie the Bunny"! Immediately following the show children will have an hour long magic workshop where they will receive a magic kit and learn to perform 5 magic tricks. They also receive a magic wand and written instruction of all the tricks that they have learned!

### **Youth Programs**

Magic Show & Wkshp

312233-A

Fee: \$35/participant
Meets: Monday 10:00-11:50 a.m

Dates: January 18

Location: Academy School Cafeteria

Instructor: Tom O'Brien

# Magical Art Mystery Tour

(Boys & Girls Grade K-4)

Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity. Experiment with new and mysterious mediums, and discover surprising techniques to transform familiar materials into magical masterpieces. Sculpt clay lizards, build lizard playgrounds out of special sticky magic "nuudles," and make something glow in the dark. Create colorful ceramic piggy banks and whimsical clay owls. Wave wands over t-shirts to form magical designs and stir a few unexpected items into a "fluffy goop" potion. Discover the secret ingredient that turns pencils into paints, black lines into circus elephants, and torn paper into painted landscapes. And so much more! The results are totally "WOW." And...voila... young art magicians bring home masterpieces each week.

### **Kids Crafts**

Magical Art 312003-MA

Fee: \$114/Person

(All Materials Included in the Fee)

Meets: Mondays 3:45-5:00 p.m. Location: Naubuc School Art Room

Dates: January 25-March 21 (No Class 2/15)

# Indoor Playground

(Ages 5-15)

Are you seeking an active and fun way for your child with special needs to spend Saturday afternoons this winter? Whether your child enjoys active movement and music activities or quieter crafts and board games, there will be something for everyone! Join the fun with other families and program staff as we include children of all abilities and their siblings. Parent or caregiver must attend with child (this is not a drop off). Typical siblings can sign up for a reduced price.

### **Indoor Playground**

Indoor Playground 312102-IP Siblings 312102-SB

Fee: \$30/Person; \$10/Typical Sibling

Meets: Saturdays 1:30-3:00 p.m.

January 16-March 12 (No Class 2/13)

Location: Academy Cafeteria



# Youth Programs

# Aspiring Young Engineers

(Boys and Girls ages 8-14)

Discover the spectacular world of engineering through hands-on, minds-on activities! Students will need to use and apply problem solving and critical thinking skills to explore our S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) based curriculum. Participants will use a variety of mediums such as recycled materials, salvaged motors and gears, balsa wood, LEGO®, and more. With activities ranging from bridges, to rockets, to green engineering, participants are sure to have a blast while learning along the way!

### **Youth Programs**

Young Engineers 312204-AY

Fee: \$160

Meets: Wednesday 4:00-6:00 p.m.

Location: Academy Multi-Purpose Room #1
Dates: January 20-March 16 (No Class 2/24)
Instructor: Andrew Escalera, Engineering

Imagination

# Engineering Essentials

(Boys and Girls ages 5-8)

In this fundamental engineering class, students will learn essential engineering terms and concepts while having FUN! The primary medium used for these classes is LEGO® TECHNIC. LEGO® is an attractive, efficient teaching medium. From the creativity and enjoyment encouraged by LEGO®, kids always enjoy themselves while learning fundamental engineering terms and concepts.

### **Youth Programs**

Engineer Essentials 312204-EE

Fee: \$160

Meets: Monday 4:00-6:00 p.m.

Location: Academy Multi-Purpose Room #1
Dates: January 25-March 21 (No Class 2/15)
Instructor: Andrew Escalera, Engineering

Imagination

# Applied Engineering

(Boys and Girls ages 5-8)

Take a step up from the engineering essentials with this S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) based program!

Continuing to use the versatility and ingenuity LEGO® brings, young engineers will use LEGO® as well as other teaching mediums to further expand their understanding and application of engineering concepts and terminology.

## Youth Programs

Applied Engineer

Fee: \$125

Meets: Wednesday 4:00-6:00 p.m.
Location: Academy Multi-Purpose Room #1
Dates: April 6-May 18 (No class 4/20)

412204-AE

Instructor: Andrew Escalera, Engineering

Imagination

# Backyard Games

(Grades K-3)

Play all your favorite backyard games like capture the flag, sharks & minnows, freeze tag, basketball, soccer, flag football and others. A wonderful way to have fun and stay active during the winter months.

### **Fitness for Kids**

Backyard Games-1 412202-BG Backyard Games-2 412202-B2

Fee: \$49

Meets: Winter: Thursdays, 4:00-5:00 p.m.

Spring: Tuesdays, 4:00-5:00 p.m.

Winter Dates: January 14-February 18 Spring Dates: April 5-May 10 (No Class 4/19)

Location: Eastbury School Gym Instructor: Kavin Banks, Jr.

# Junior Golf Basics

(Ages 8 & Up by start of session)

Rules, sportsmanship and golf fundamentals will be covered. Equipment is provided for those who need it.

### **Golf Lessons**

Junior Basics 401005-01

Fee: \$50/child

Meets: Thursday 5:30-6:30 p.m. Location: Gideon Welles (Outdoors)

Dates: 4 Weeks April 7-May 5 (No Class 4/21)

Instructor: Tom Keslow, CT School of Golf

# Youth Open Gym

(Youth 18 and under)

Activities include pick up basketball. Children under grade 6 must be accompanied by an adult. Students must bring their school ID.

Fee: FREE

Meets: Wednesday 7:30-9:30 p.m.; Saturday

2:00-6:00 p.m.; Sunday 1:00-5:00 p.m.

Location: Wednesday at Smith Middle School

Gym; Saturday and Sunday at Glastonbury High School Gym

Dates: Wednesday ends June 8

Weekends end April 24

# Youth Programs

# Skyhawks Volleyball Clinic

(Boys & Girls Grades 6-8)

All aspects of the game will be taught through drills and exercises that focus on passing, setting, hitting, defense, offense and serving. Learn not only the core volleyball skills but also teamwork and sportsmanship. Skyhawks' staff will assist each athlete in developing fundamental skills of the game through game-speed drills and scrimmages aimed at developing the whole player. Players will be grouped by age and ability.

**Skyhawks** 

Spring Volleyball 304109-VB

Fee: \$85

Meets: Tuesdays 5:15-7:15PM

Dates: March 29-May 10 (No Class 4/19) Location: Smith Middle School Auxiliary Gym

# X-Factor Training Camp for Children

(Ages 7-14)

Whether your child is an athlete getting ready for their next season or they just want to get active and have fun, X-Factor Training Camp is for them! Improve physical health and well being in an all inclusive, non-competitive camp. Utilize speed, quickness and agility drills to get active and improve performance. Non-competitive games and training exercises create a dynamic workout. Instructed by personal trainers with experience working with youth. Children will be grouped by age.

### **Fitness for Kids**

X-Factor Jan 412202-JA X-Factor March 412202-MA

Fee: \$75/person

Meets: Tuesday and Thursday

6:30-7:45 p.m.

Winter-1 Dates: January 19-February 11

Winter-2 Dates: March 8-31 Location: Buttonball Gym

Instructor: Coach Kavin Banks, Jr.

## Girls in Stride Running

(Girls Grades K-8)

Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This dynamite training program will prepare your daughter for the Celebrate West Hartford 5K on June 5th. Focus will be on using 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. As part of the program,

the girls will be exposed to goal setting, journaling of training, nutrition, and mental preparation. Fee includes a t-shirt and training journal. In case of inclement weather, the program will be held in the Academy Building. Race registration is not included in the program fee. Elementary and Middle school ages will be divided into groups with separate coaches.

### **Running Programs**

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

Fee: \$79/Person (Does not Include \$15 Race

Registration Fee)

Meets: Wednesdays 3:30-4:30 p.m.
Location: Riverfront Park Gazebo
Dates: April 13-June 1 (4/20 Optional)

# Spring Children's Tennis

(Ages 7-17)

Lessons are broken into groups. This allows instructors to provide emphasis on specific skills within those groups. All lessons are taught at the high

school tennis courts. You must provide your 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 tennis etiquette.

### **Spring Child Tennis Lessons**

Level	9:00 a.m.	10:00 a.m.		
Level 1, 2, 3	423281-AA			
Level 2, 3, 4		423281-BB		
Students will be divided according to skill.				

FEE: \$25/Session

MEETS: Saturday 9:00-9:55 a.m. or

10:00-10:55 a.m.

LOCATION: GHS Tennis Courts

DATES: April 16-May 21 (No Class 4/23)

# Youth Programs & Skate Park

## Youth Jukido

(Ages 6 & up by start of session)

Discover authentic martial arts. Jukido is based on centuries old Japanese Jujitsu and is a fun and safe way to learn to defend yourself. Parents who wish to participate with their child may also register.

**Jukido Winter** 

Jukido Winter 6:15 312105-01

**Jukido Spring** 

Jukido Spring 6:15 412105-01

Fee: \$46/Person

Meets: Monday 6:15-7:15

Gideon Welles Aux. Gym Location:

8 Weeks December 14-February 22 Winter:

8 Weeks March 14-May 23 Spring:

Instructor: Rich Webster

# 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! All skaters visiting the park for the first time must sign and complete a waiver. Only skateboards and in-line skates permitted. All skaters MUST wear helmets. Other equipment is recommended, but optional. Skate Park opens Saturday, April 9, 2016. FREE Admission.

Spring: Wednesday-Friday 3:00-7:00 p.m.

> \*CLOSED Monday & Tuesday Saturday-Sunday Noon-6:00 p.m.

Wednesday-Friday 3:00-7:00 p.m. Summer:

\*CLOSED Monday & Tuesday Saturday-Sunday Noon-6:00 p.m.

# Beginner Skate Lessons

(Skateboarders ONLY ages 5-7 years old) New skaters or those with limited ability are taught basic skills including balance, position, stopping, turning, falling techniques and safety. All skaters MUST wear helmets. Other equipment is recommended, but optional.

### **Skate Park**

513001-BS Beginner Skate

\$49/child Fee:

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

April 9-May 14 Dates:

Location: Skate Park (2143 Main Street)

# Advanced Beginner Skate

(Skateboarders ONLY ages 7 and up) Learn fundamentals and beginner maneuvers. Participants are taught how to properly ride each piece of equipment, proper falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. All skaters MUST wear helmets. Other equipment is recommended, but optional.

### **Skate Park**

AdvancedB Skate 513001-AS

\$69/child Fee:

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

Dates: April 9-May 14

Skate Park (2143 Main Street) Location:

## Intermediate Skate

(Skateboarders ONLY ages 7 and up) Learn advanced tricks and maneuvers. 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, Shuvits, Grabbed Airs, Topsides, Negatives, Torques, Technical Grinds and tricks will be taught and practiced. All skaters MUST wear helmets. Other equipment is recommended, but optional.

### **Skate Park**

Intermediate Skate 513001-IS

Fee: \$69/child

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

Dates: April 9-May 14

Location: Skate Park (2143 Main Street)

# Skate Competition

Skaters from all towns can enter in either beginner, advanced beginner or intermediate categories. Beginners have limited experience, know basic skills and can ride the ramps without too much difficulty. Advanced Beginners can ride the ramps with ease, perform some airs, grinds and tricks and are beginning to work on aggressive moves. Intermediates can perform aggressive tricks, ollies, kickflips, grabbed airs, and technical grinds. The format of the event will be a JAM session. Skaters will be judged on technicality of tricks, fluidity, speed and style. Helmets are required.

### Skate Park

Beginner Comp Skate 513001-DD AdvancedB Comp Skate 513001-DE 513001-DF Interm Comp Skate

Fees: Competitors: \$5 registration fee

Spectators: Free

Glastonbury Skate Park Location: Saturday, June 4 Date: Competition: 11:00 a.m.-1:00 p.m.

Park will be open until 6:00 p.m.

13

# Gymnastics Lessons

## 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.

Fantastic 4's (Age 4 by Start of Session) Drop off class for four year olds who are gaining independence from their parents. Children travel to a variety of stations to learn the basics of how to tumble, swing on bars, balance on beams, and jump on trampolines. A great activity to build coordination and confidence! Parents will be allowed to watch the first and final class only.

### **Gymnastics Lessons – Winter**

Ages 3&4 – Wed.	3:05-4:05	306108-09
Ages 3&4 – Fri.	3:05-4:05	306108-10
Fantastic 4's-Tues.	3:30-4:30	306108-11
Fantastic 4's-Thurs.	3:30-4:30	306108-12

Fee: \$125/child

Dates: 10 Weeks beginning January 5

### **Gymnastics Lessons – Spring**

Ages 3&4 - Wed.	3:05-4:05	406108-09
Ages 3&4 – Fri.	3:05-4:05	406108-10
Fantastic 4's-Tues.	3:30-4:30	406108-11
Fantastic 4's-Thurs.	3:30-4:30	406108-12

Fee: \$115/child

Dates: 8 Weeks beginning April 5

## 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, backward straight arm bridge roll to stand, cartwheel, and 3/4 handstand. Intermediate (USAG Level 1): Gymnasts enter after they have mastered a handstand, round-off, backward roll to push-up position, standing backbend, and one pullup with their chin passing above the bar. To eligible for the Xcel 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 – Winter**

~ / · · · · · · · · · · · · · · · · · ·		
Beg & Adv – Tues.	3:30-4:30	306108-01
Beg & Adv – Thurs.	3:30-4:30	306108-02
*All Levels – Tues.	4:35-5:35	306108-03
*All Levels – Thurs.	4:35-5:35	306108-04
*All Levels - Wed.	4:10-5:10	306108-05
*All Levels - Wed.	5:15-6:15	306108-06
*All Levels – Fri.	4:10-5:10	306108-07
*All Levels – Fri.	5:15-6:15	306108-08

\*Combinations class where kids are grouped by level

Fee: \$125/child

Dates: 10 Weeks beginning January 5

### **Gymnastics Lessons – Spring**

Beg & Adv – Tues.	3:30-4:30	406108-01
Beg & Adv – Thurs.	3:30-4:30	406108-02
*All Levels – Tues.	4:35-5:35	406108-03
*All Levels – Thurs.	4:35-5:35	406108-04
*All Levels - Wed.	4:10-5:10	406108-05
*All Levels - Wed.	5:15-6:15	406108-06
*All Levels – Fri.	4:10-5:10	406108-07
*All Levels – Fri.	5:15-6:15	406108-08

<sup>\*</sup>Combinations class where kids are grouped by level

Fee: \$115/child

Dates: 8 Weeks beginning April 5



# Gymnastics Lessons & Team

# Tumbling Classes

Great for cheerleaders and those who want to learn the basics up through advanced tumbling skills.

### Beginner (ages 10 & up by Start of Session)

Must be able to do a vertical handstand, cartwheel, and round-off. Back handsprings will not be taught until a gymnast is able to do a backbend, kick-over and one pull up with chin passing over the bar.

### Advanced (Ages 10 & up by Start of Session)

Must be able to do a pull up with chin passing above the bar and a back handspring. For the safety of the gymnasts, no exceptions will be made to these requirements.

### **Tumbling-Winter**

Beginner-Mon. 4:00-5:00 306508-01 Beg/Adv-Fri. 6:15-7:15 306508-02

Fee: \$125/child

Dates: 10 Weeks beginning January 4

### **Tumbling-Spring**

Beginner-Mon. 4:00-5:00 406508-01 Beg/Adv-Fri. 6:15-7:15 406508-02

Fee: \$115/child

Dates: 8 Weeks beginning April 4

## Junior Olympic Competitive Team

Gymnasts must be tested by the Director 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 3-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All J.O. team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$54 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by the Gymnastics Director.

### **Gymnastics Team**

Level 3 (Choose 3 nights) Winter: 306308-01 Mon. 4:00-6:10 Spring: 406208-01 Tues. 5:45-8:30 Thurs. 5:45-8:30

Fri. 6:15-8:30

Level 4 (Choose 3 nights) Winter: 306308-02 Mon. 6:00-8:30 Spring: 406208-02

Tues. 5:45-8:30

Wed. 6:15-8:30 Thurs. 5:45-8:30

Level 5-9 Winter: 306208-03 Mon. 6:00-8:30 Spring: 406208-03

Tues. 5:45-8:30 Wed. 6:15-8:30 Thurs. 5:45-8:30 Fee (Winter): \$299/child

Dates (Winter): 12 Weeks beginning January 4

Fee (Spring): \$259.00

Dates (Spring): 10 Weeks beginning April 4

# Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. Bronze Novice 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. 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 (\$20 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by Gymnastics Director.

### **Gymnastics Team**

Xcel Bronze-Novice Winter: 306208-04 Tues. 4:15-5:45 Spring: 406208-04 Thurs. 4:15-5:45

Xcel Bronze-Intermediate Winter: 306208-05 Mon. 4:00-6:10 Spring: 406208-05

Fri. 6:15-8:30

Silver (Choose 3 nights) Winter: 306208-06 Mon. 4:00-6:10 Spring: 406208-06

Tues. 5:45-8:30 Thurs. 5:45-8:30 Fri. 6:15-8:30

Gold (Choose 3 nights) Winter: 306208-7 Mon. 6:00-8:30 Spring: 406208-07

Tues. 5:45-8:30 Wed. 6:15-8:30 Thurs. 5:45-8:30

Platinum/Diamond (Choose 3 nights)

Mon. 6:00-8:30 Winter: 306208-08 Tues. 5:45-8:30 Spring: 406208-08

Wed. 6:15-8:30 Thurs. 5:45-8:30

Fee (Winter): \$279/Bronze (Novice/Interm.)

\$299/Silver, Gold, Platinum

Dates (Winter): 12 Weeks beginning January 4

Fee (Spring): \$239/Bronze (Novice/Interm.) \$259/Silver, Gold, Platinum

Dates (Spring): 10 Weeks beginning April 4

# Parks & Facilities

4		1										_									_	_
	Parks & Recreation Facilities	Address	Acres	Baseball/softball	Basketball	community garden	.Vna	Fishing	Football	Hap	Hiking/Walking	ice skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playaround	sand volleyball	Soccer	streambelt	Swimming	Tennis J
	Academy Field	2143 Main St.	4.0	X											X							
	Addison Park	415 Addison Rd.	32.9	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			
	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		
	Earle 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		
	Ross Field	45 Canione Rd.	<b>5</b> .0	X		X									X		X					
	Rotary Field	358 Old Stage Rd.	1.1	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			
	Williams Park	789 Neipsic Rd.	141.9	X			X	X			X	X			X	X	X	X				
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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!

# Teen Programs

## Academy Teen Center

A drop in center featuring pool, table tennis, air hockey, foosball, arts & crafts, homework room with computers that have monitored internet access, and special activities. Transportation is provided for afterschool hours from Smith Middle and Gideon. At Smith, you must sign up at the main office before 7th period and at Gideon you must bring a note and sign up in the main office. Daily admission fees will be collected at the Teen Center for those who do not have passes. The Teen Center has many benefits including:

- Transportation during after-school hours
- Wii and PS2 Wednesdays
- Friday Movies (Free popcorn)
- Staff Supervision (CPR and First Aid Certified)
- Special Events (Community Service Opportunities, Theme Days, Holiday Celebrations, and Field Trips)

### **Teen Center**

School Year Pass 6-8 208005-03

Fee: School Year Pass (Grades 6-8): \$59

Daily Admission: \$4/person

Location: Academy Building (2143 Main St.)
Grades 6-8: Wednesday, Thursday, Friday

3:00-6:30 p.m.

April Vacation: April 19-21 (Tuesday-Thursday)

2:00-6:00 p.m. (Open to Grades 6-9)

# Friday Night Club

Have some fun and make some new friends! Fun Friday night activities are planned for individuals with special needs who are 16 and older from Glastonbury and Glastonbury Special Olympics participants and their guests. Program staff provides general supervision and participants requiring more assistance to participate are welcome to bring a family member, friend, or personal assistant. Activities include several off-sites (bowling, movies, theater performances, etc...) as well as on-site time for themed activities (dance party, karaoke, bingo night). Participants will also utilize the Teen Center for pool, air hockey, foosball and games. A schedule of activities is sent via e-mail in January. Please call the Parks and Recreation office (860)652-7679 or Academy Teen Center (860) 652-7838 with any questions.



# Teen Trip Series

(Teens in grades 6-9)

Enjoy a Friday night out with your friends! Plus, have dinner and beverages at the Teen Center before you depart. All trips include a 6" Subway meal at the Teen Center before departing. Dave & Busters on 3/4 will include food at the restaurant. Supervision by Teen Center staff. 6-8 graders can take the bus to the Teen Center and stay until it's time to go. Limited to the first 15 people.

### **Teen Activities**

Laser Quest	208004-08
Flight	208004-10
Dave & Busters	208004-15
Mall & Movie	208004-04
Sonny's Mini Golf	208004-11

Fee: \$30/Trip Meets: Fridays

Laser Quest: January 15, 2016

Flight: February 5, 2016

Dave & Busters: March 4, 2016 Mall & Movie: April 15, 2016 Sonny's Mini Golf: May 13, 2016 Depart Academy Building 5:30 p.m.;

Return at approximately 9:30 p.m.

# High School Open Gym

(Grades 9-12)

Location:

Activities include pick up basketball. Students must bring their school ID.

Fee: FREE

Meets: Monday 7:30-9:30 p.m.
Location: Glastonbury/East Hartford

Magnet School

Dates: Ends April 25

# Locker Room Open House

# Thursday, March 31 from 4:00-6:30 p.m. Academy Teen Center (2143 Main St.)

Come shop for FREE! The Locker Room currently has soccer cleats, shin guards, soccer balls, baseball cleats, basketball shoes and, basketballs. If we don't have what you need, we'll take your information and get in touch as soon as equipment becomes available. If you're unable to attend the open house and are in need of equipment please contact Katryna Albert at (860)652-7838 (or e-mail teen. center@glastonbury-ct.gov).

## **Donations and Trade-Ins Appreciated!**

Have a pair of basketball shoes, cleats or shin guards that are just too small? Trade them in for a bigger size!

# Teen & Adult Programs

# Ski & Snowboard Vacation Trips

(Teens in Grades 6-12)

Visit Mohawk Mountain in December and Ski Sundown in February. Mohawk Mountain features 107 skiable acres and is Connecticut's largest and oldest ski area! Powder Ridge Mountain Park & Resort features adventure activities and 5 lifts.

Location: Depart Academy Building 8:00 a.m.

Return at approximately 6:15 p.m.

Dates: Mohawk

Tuesday, December 29

Powder Ridge

Tuesday, February 16

### Option 1: Lift Only

Lift ticket ONLY. No rentals or lessons.

### **Ski Trip December**

Dec. Lift (Mohawk) 208104-02

Ski Trip February

Feb. Lift (PR) 408104-14

Fees: Lift \$49

### Option 2: Lift & Rental

Lift ticket and rentals. No lessons. Choose from Ski or Snowboard.

### **Ski Trip December**

 Dec. Ski (Mohawk)
 208104-04

 Dec. Snow (Mohawk)
 208104-06

 Helmet Rental (Mohawk)
 208104-11

Ski Trip February

Feb. Ski (PR) 408104-15 Feb. Snow (PR) 408104-16

Fees: Ski Lift & Rental \$79

Snowboard Lift & Rental \$79

Helmet Rental \$10

### Option 3: Beginner Lift, Lesson, Rental

Beginner Lesson, Beginner lift ticket, and rental. Choose from Ski or Snowboard. BEST BUY!!

### **Ski Trip December**

Dec. Learn Ski (Mohawk) 208104-08 Dec. Learn Sno (Mohawk) 208104-10 **Ski Trip February** 

Feb. Learn Ski (PR) 408104-17 Feb. Learn Sno (PR) 408104-18

Fees: Learn Ski \$99; Learn Sno \$99

# Spring Teen Vacation Camp

(Teens in Grades 6-10)

A shorter version of our popular summer program! All trips will be included in the fee. Tentatively scheduled trips are as follows:

Day 1: Dave & Busters

Day 2: Storrs Adventure Park

Day 3: Sonny's Place

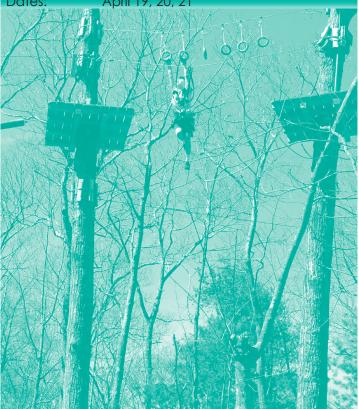
### **Vacation Activities-Spring**

Vacation Camp 412104-02

Fee: \$139/person

Meets: Tuesday-Thursday 9:00 a.m.-3:00 p.m.

Location: Academy Building
Dates: April 19, 20, 21



# Minnechaug Golf Course

Minnechaug Golf Course is the 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 weekday and weekend leagues for both men and women. The course also offers a variety of clinics, camps and lessons for youth and adults. Forming a league is easy as it only requires 8 players to get one started. For more information, contact Minnechaug Golf Course at (860)643-9914.

# Adult Programs

# Adult Golf Lessons

(Ages 18 & Up)

Let the Connecticut School of Golf get you ready to hit the links! Great for beginners and those with some experience who are looking to improve their game. Basic fundamentals including grip, stance, posture, swing and drills will be covered. Equipment provided for those who need it.

### **Golf Lessons**

Adult 4010005-02

Fee: \$60/person

Thursday 6:30-7:30 p.m. Meets: Location: Gideon Welles (Outdoors)

4 Weeks April 7-May 5 (No Class 4/21) Dates:

Instructor: Tom Keslow, CT School of Golf

## Over 30 Basketball

(Glastonbury residents ages 30 and up) A great opportunity to compete with other individuals in your age group. Season passes may be purchased at the Parks and Recreation office or at the gym.

Fee: Season Pass: \$35/pass

Daily Admission: \$3/person

Meets: Tuesday 7:30-9:30 p.m. Smith Middle Main Gym Location: Dates: Program ends April 26

# Open Gym

(18 & up-out of high school)

Get out of the work week rut with invigorating exercise. Activities include pick-up basketball and volleyball. Season passes may be purchased at the Parks and Recreation office or at the gym.

Fee: Season Pass: \$35/pass

Daily Admission: \$3/person

Monday 7:30-9:30 p.m. Meets:

> Saturday 2:00-6:00 p.m. Sunday 1:00-5:00 p.m.

Location: Monday @ Smith School Gym

Saturday & Sunday @ GHS Gym

Dates: Monday Program ends June 6

Weekend Program ends April 24

## 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.

\$35/Yearly Pass (Resident)

\$70/Yearly Pass (Non-Resident)

\$3/Daily Admission (Resident) \$6/Daily Admission (Non-Resident)

Meets: Monday & Tuesday 7:30-9:30 p.m. Location: Smith Middle School Auxiliary Gym

Dates: Monday ends June 6

Tuesday ends April 26

# Spring Adult Lennis

(Ages 17 and Up)

Tennis lessons are broken down into four 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. 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.

### **Spring Adult Tennis Lessons**

Level	11:00 a.m.						
Levels 1-4	422281-AA						
Students will be divided according to skill.							

Fee: \$37/Session

Saturday 11:00 a.m.-11:55 a.m. Meets:

**GHS Tennis Courts** Location:

Dates: April 16-May 21 (No Class 4/23)

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://www.glastonbury-ct.gov/ dogpark

# Family Dog Manners

# Dog Obedience Classes

Beginning level class for dogs 5 months and older and owners who want to teach their dog manners and learn about canine behavior. Class provides training & management tools to teach your dog their job within your family and enrich your relationship. Paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking are some of the behaviors taught. Weekly training topic provided.

### **Dog Obedience Classes**

Dog Manners 410101-DM

Fee: \$100/Session

Mondays 6:30-7:30 p.m. Meets: Academy Cafeteria Location: Dates: February 22-April 4 Deanna Nickels, ABCDT Instructor:

Focus on Focus with your Dog

Teaches self-control techniques to calm your dog around distractions. Owners will benefit by learning better communication methods and skills. Learn over twenty focus exercises & 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. For dogs over 6 months old that have had basic training.

### **Dog Obedience Classes**

Dog Focus 410101-DF

Fee: \$100/Session

Mondays 7:45-8:45 p.m. Meets: Academy Cafeteria Location: February 22-April 4 Dates: Instructor: Deanna Nickels, ABCDT

Trick Training & Games with your Dog

Is your dog using its brains to get in trouble around the house? Teaching tricks is a fun, great mental exercise and a great way to use that extra energy. Class is devoted to learning new tricks and teaching games to your dog to improve their behavior and strengthen your relationship. In this class use trick training methods and your imagination to teach your dog things you never thought possible. Also included is agility for fun. For dogs over 6 months old with basic training skills.

### **Dog Obedience Classes**

410101-TT Trick Training

\$100/Session Fee:

Wednesdays 10:00-11:00 a.m. Meets:

Location: Academy Cafeteria Dates: February 24-April 6 Instructor: Deanna Nickels, ABCDT

# Introduction to Dog Sports

This is a class to discover if you and your dog have a passion for a particular dog sport. It's a great way to find a new activity for you to enjoy with your dog. Participating in dog sports builds teamwork, focus and is FUN! Try agility, nose work, rally and learn some dance moves. For dogs over 6 months old which have basic training skills.

### **Dog Obedience Classes**

410101-DS Dog Sports

Fee: \$100/Session

Meets: Wednesdays 11:30 a.m.-12:30 p.m.

Academy Cafeteria Location: February 24-April 6 Dates: Instructor: Deanna Nickels, ABCDT

## Out and About

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 around town to teach your dog that they can do their sits, downs and walk politely anywhere.

### **Dog Obedience Classes**

Out and About 410101-OA

Fee: \$100/Session

Meets: Wednesdays 12:30 a.m.-1:30 p.m.

Location: Academy Cafeteria

April 13-June 1 (No Class 4/20) Dates: Instructor: Deanna Nickels, ABCDT

# Loose Leash Walking-Stop your Dog from Pulling on your Leash!

Would you like to go on a walk with your dog without being pulled? This dog training class will teach you how to teach your dog polite leash manners. The class will include teaching your dog to pay attention to you during walks, not to pull while on the leash, to leave undesirable items and calm human greeting skills. This class is for dogs over 6 months of age.

### **Dog Obedience Classes**

410101-LL Loose Leash Walking

Fee: \$100/Session

Meets: Wednesdays 11:00 a.m.-12:00 p.m.

Location: Academy Cafeteria

April 13-June 1 (No Class 4/20) Dates:

Deanna Nickels, ABCDT Instructor:

## Senior Fitness

(Adults 55 and up)

Designed for the active older adult that includes a warm-up, low impact aerobics, muscular conditioning, core strengthening and focuses on increasing flexibility, joint mobility, balance and coordination.

Bring sneakers and water bottle. Weights, exertubes, dynabands, 10" play balls and mats optional.

# Cardio, Core and More

(Ages 18 and Up)

Burn calories, strengthen and tone your muscles, and challenge your core all this and more when you try Cardio, Core, and More class! This heart pumping full body strength training class will firm your muscles while strengthening your core. Activities include interval training, floor/core exercises, Hi-Lo aerobics, while using hand weights, resistance tubes and bands, and stability balls. Modifications are provided as needed for this energizing work-out! Bring a mat, water, hand weights, and appropriate footwear (stability ball optional).

# Zumba

(Adults 18 & up)

A fusion of Latin and International music-dance that creates a dynamic, exciting, effective fi tness system! Routines feature aerobic and fi tness 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	Meets	Session	Dates	Fee	Activity Code
Senior Fitness	Riverfront	Mon, Wed, Fri	Winter	Jan. 4-April 1	\$62	307027-DA
(Eliza's Energy Source)	Community Center	Mon, Wed, Fri	Spring	April 18-June 29	\$54	407027-AA
	Cernei		Winter	Jan. 4-April 1	\$62	307027-DD
	9:55-10:55 a.m. Mon, Wed, Fri		Spring	April 18-June 29	\$54	407027-AB
			Winter	Jan. 4-April 1	\$62	307027-DE
		11:05-12:05 p.m.	Spring	April 18-June 29	\$54	407027-AC
*Cardio, Core and More	Eastbury School	Mon, Wed	Winter	Jan. 11-March 30	\$112	307104-W1
(Eliza's Energy Source)	Gym	6:00-7:00 p.m.	Spring	April 25-June 20	\$82	407104-S1
Zumba	Riverfront	Mon & Wed	Winter-1	Jan. 11-Feb.24	\$72	307209-CC
(Eliza's Energy Source)	Contor	5:30-6:30 p.m.	Winter-2	March 7-April 13		307209-DD
	Center		Spring	April 25-June 20	\$96	407209-SM
	Tues & Thurs		Winter-1	Jan. 12-Feb.18	\$72	307209-CD
		6:00-7:00 p.m.	Winter-2	March 8-April 14		307209-DE
			Spring	April 26-June 16	\$96	407209-ST

No Classes on Town Holidays 1/18, 2/15, 3/25 and 5/30

\* Class Open to Residents and Non-Residents (Non-Resident Registration Begins 12/28/15)

Barre

(Ages 18 and up)

Barre is a fusion of Pilates, dance and functional training that will lift, tone and sculpt as well as define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (if not available, we'll use chairs) and small, isometric, concentrated movements to create lean muscles. Each class incorporates an upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises. Movement is executed at a vigorous pace with music to get your heart pumping! Please bring water, a mat, and 1-2 pound hand weights.

# Pilates Plus Strength

(Ages 18 and Up)

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. Bring a mat, water, and comfortable clothes.

# Strength Training

Total body strength training will give you a complete workout that will help sculpt, strengthen and reshape your body. We won't skip the core--you'll work the core and more. The class will include standing and floor work so you must be able to get up and down off the floor easily. Bring a yoga mat and free weights.

# Check out our Lunchtime Total Barre & Strength Training Classes!

Class	Location	Meets	Session	Dates	Fee	Activity Code	
*Lunchtime	Academy Multi	Monday	Winter	Jan. 11-April 4	\$61	307203-ML	
Total Barre (Personal Euphoria)	Purpose Room	12:00-12:45 p.m.	Spring	April 25-June 13	\$39	407203-ML	
Total Barre	Academy Multi	Monday	Winter	Jan. 11-April 4	\$61	307203-WM	
(Personal Euphoria)	Purpose Room	9:45-10:30 a.m.	Spring-1	April 25-June 13	\$39	407203-S1	
		Wednesday	Winter-1	Jan. 13-April 6	\$72	307203-WW	
		8:15-9:00 a.m.	Spring-1	April 27-June 15	\$44	407203-S3	
		Tuesday	Winter-1	Jan. 5-Feb. 9	\$33	307203-C1	
		6:00-6:45 p.m.	Winter-2	March 1-April 5		307203-C2	
			Spring-1	April 26-June 14	\$44	407203-CT	
		Thursday	Winter-1	Jan. 7-Feb. 11	\$33	307203-T1	
		6:00-6:45 p.m.	Winter-2	March 3-April 7		307203-T2	
			Spring-1	April 28-June 16	\$44	407203-TS	
Pilates Plus Strength	Academy Multi	Tuesday	Winter-1	Jan. 5-Feb. 9	\$33	307202-W1	
(Personal Euphoria)	Purpose Room	6:45-7:30 p.m.	Winter-2	March 1-April 5		307202-W3	
			Spring-1	April 26-June 14	\$44	407202-S1	
		Thursday	Winter-1	Jan. 7-Feb. 11	\$33	307202-W2	
		6:45-7:30 p.m.	Winter-2	March 3-April 7		307202-W4	
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Monday 8:00-8:45 a.m.	Winter	Jan. 11-April 4	\$61	307206-MA	
	Academy	Wednesday	Winter	Jan. 13-April 6	\$72	307206-WE	
	Cafeteria	6:45-7:30 p.m.	Spring	April 27-June 15	\$44	407206-WE	
	Academy Multi	Friday	Winter-1	Jan. 8-Feb. 12	\$33	307206-W1	
	Purpose Room	9:00-9:45 a.m.	Winter-2	March 4-April 15		307206-W2	
			Spring	April 29-June 17	\$44	407206-S1	
*Lunchtime	Academy Multi	Wednesday	Winter	Jan. 13-April 6	\$72	307206-L1	
Strength Training (Personal Euphoria)	Purpose Room	12:00-12:45 p.m.	Spring	April 27-June 15	\$44	407206-WL	
No Classes on Town Holidays 1/18, 2/15, 3/25 and 5/30							

No Classes on Town Holidays 1/18, 2/15, 3/25 and 5/30

<sup>\*</sup> Class Open to Residents and Non-Residents (Non-Resident Registration Begins 12/28/15)

# Morning Mat Pilates

(Ages 18 and Up)

Designed to develop a strong core while maintaining loose, limber limbs, exercises provide variations to meet the needs of different body types. Strengthen the body while keeping joints mobile and flexible. Bring a mat. Mixed-level class.

## 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.

# Core Balance

(Ages 18 and Up)

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. Bring yoga mat and water to class.

# Interval Training

(Ages 18 and Up)

Increase your endurance and aerobic capacity in just two days of training in this high intensity class. We'll focus on endurance and strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, class may not be suitable for those with certain knee or ankle injuries. Bring a mat, towel, free weights and jump rope.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Morning Mat Pilates	Academy Multi	Tuesday	Winter-1	Jan. 5-Feb. 9	\$36	307201-AA
(Personal Euphoria)	Purpose Room	8:30-9:30 a.m.	Winter-2	March 1-April 5		307201-CC
		Tuesday	Winter-1	Jan. 5-Feb. 9	\$36	307201-AB
		9:30-10:30 a.m.	Winter-2	March 1-April 5		307201-CD
		Thursday	Winter-1	Jan. 7-Feb. 11	\$36	307201-BB
		8:30-9:30 a.m.	Winter-2	March 3-April 7		307201-DD
		Thursday	Winter-1	Jan. 7-Feb. 11	\$36	307201-BC
		9:30-10:30 a.m.	Winter-2	March 3-April 7		307201-DE
		Tuesday 8:30-9:30 a.m.	Spring	April 26-June 14	\$48	407201-AA
	Tuesday 9:30-10:30 a.m.	Spring	April 26-June 14	\$48	407201-AB	
	Thursday 8:30-9:30 a.m.	Spring	April 28-June 16	\$48	407201-BB	
		Thursday 9:30-10:30 a.m.	Spring	April 28-June 16	\$48	407201-BC
Advanced Pilates	Academy Multi	Tuesday	Winter-1	Jan. 5-Feb. 9	\$36	307201-A1
(Personal Euphoria)	Purpose Room	10:45-11:30 a.m.	Winter-2	March 1-April 5		307201-A2
			Spring	April 26-June 14	\$48	407201-A1
Core Balance	Academy Multi	Friday	Winter-1	Jan. 8-Feb. 12	\$33	307207-W1
(Personal Euphoria)	Purpose Room	9:45-10:30 a.m.	Winter-2	March 4-April 15		307207-W2
			Spring	April 29-June 17	\$44	407207-S1
Interval Training	Academy Multi	Monday	Winter	Jan. 11-April 4	\$61	307204-WM
(Personal Euphoria)	Purpose Room	9:00-9:45 a.m.	Spring	April 25-June 13	\$39	407204-SM
		Wednesday	Winter	Jan. 13-April 6	\$72	307204-W1
		9:05-9:50 a.m.	Spring	April 27-June 15	\$44	407204-S1
	Academy	Wednesday	Winter	Jan. 13-April 6	\$72	307204-WE
	Cafeteria	6:00-6:45 p.m.	Spring	April 27-June 15	\$44	407204-WE

# \*NEW\* Low Impact Fitness Classes

Glastonbury Parks & Recreation is introducing "new" low impact fitness classes. These classes are designed for people looking to stay active and improve balance, strength and vitality. In low-impact classes you'll do all types of exercises but at a slower pace and in a way that is gentler on the joints. Modifications of exercises will be given to meet the needs of nearly everybody.

## Gentle Pilates

Like our mixed-level Pilates classes, exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination and posture. A great option for newcomers to Pilates or anyone who wants to move, but needs to tone it down a bit. Need to be able to get up and down off the floor. Bring a mat and water

# Hatha Yoga Evening

(Adults 18 and up)

For both the beginner and more advanced students. Regardless of your physical condition, experience your body like never before. Please bring a rug or mat to class. New 8 week Spring session.

# Cardio, Strength, Balance

This class has all the benefits of our regular strength class (increased muscle tone, feel stronger and longer, increased balance and maintain joint mobility and range of motion), but it's a little gentler on the body and joints. Plus, we add a cardio component. Good option for anyone active and aging, postsurgery (and cleared for movement), trying to maintain mobility with arthritis and working to maintain bone density. We want to keep you moving long term. Bring mat, water and 2-5 lbs. hand weights to class.

# Morning Yoga/Stretching

(Adults 18 and up)

Regardless of your physical condition, experience your body like never before with this stretching & breathing routine. Bring a rug or mat. All levels welcome.

Class	Location	Meets	Session	Dates	Fee	Activity Code
*Low Impact Cardio Strength	Academy Multi Purpose Room	Wednesday 10:00-10:45 a.m.	Winter	Jan. 13-April 6	\$72	307030-CS
(Personal Euphoria)	T dipose Room	10.00-10.43 d.III.	Spring	April 27-June 15	\$44	407030-CS
*Low Impact	Academy Multi	Monday	Winter	Jan. 11-April 4	\$61	307030-GP
Gentle Pilates (Personal Euphoria)	Purpose Room	1:30-2:15 p.m.	Spring	April 25-June 13	\$39	407030-GP
Hatha Yoga Evening	Academy	Mon & Wed	Winter-1	Jan. 4-Feb. 17	\$66	307001-A
(Kalpana Patel)  Multi-Purpos (Mon & Wed  Academy Cafeteria	Multi-Purpose	6:00-7:20 p.m.	Winter-2	March 7-April 13		307001-BB
		Tuesday 6:00-7:20 p.m.	Winter-1	Jan. 5-Feb. 9	\$36	307001-AA
	/		Winter-2	March 8-April 12		307001-CC
	(Tues)	Mon & Wed 6:00-7:20 p.m.	Spring	May 2-June 13	\$66	407001-MW
		Tuesday 6:00-7:20 p.m.	Spring	May 3-June 7	\$36	407001-TU
Morning Yoga/ Stretching	Riverfront Community	Wednesday 9:30-10:30 a.m.	Winter	Jan. 13-March 16	\$40	307026-AA
(Sheila Frankel)	Center	7.00 TO.00 G.III.	Spring	April 6-May 25	\$32	407026-AA
	Academy Multi Purpose Room	Thursday 10:45-11:45 a.m.	Winter	Jan. 14-March 17	\$40	307026-BB
	T OIPOSO ROOM	10.40 11.40 0.111.	Spring	April 7-May 26	\$32	407026-BB

No Classes on Town Holidays 1/18, 2/15, 3/25 and 5/30



# Swim Descriptions & Pool Schedules

# Infants and Toddlers

Age 6 months to 3 years; parents work with their children to become familiar with and safe when in the water/pool environment.

## Tots

Ages 3 and 4 years with parents; parents work with their children to learn breath control, submerging in the water, buoyancy /floating on the water; and moving through the water on front and back.

Learn to Swim Program for Level 1 through Level

The American Red Cross has revised the Learn-to-Swim program. Please review the information to decide where best to place your child. The new program features an inclusive approach to teaching swimming and water safety together. Level 1 children must be at least 5 years old. To move to the next level students must successfully complete the exit skills for each level before progressing to the next level. All levels include water safety discussions and skills. Those who have taken tots, may go to Level 2 when age 5. To enroll for a level, your child must meet the following criteria:

# Level 1: Introduction to Water Skills

At least 5 years old with little or no prior water experience.

# Level 2: Fundamental Aquatic Skills

Students should be comfortable in and under the water: to be able to float on front and back; and to perform elementary front and back strokes for at least 2 body lengths with or without support.

## Level 3: Stroke Development

Students should be able to independently enter; to submerge and blow bubbles; to tread water 15 seconds and to move through the water using simultaneous and alternating leg and arm actions for at least 5 body lengths.

## Level 4: Stroke Improvement

Students should be able to survival float; to tread water 30 seconds; to swim front crawl and elementary backstrokes for 15 yards; to perform the dolphin kick for 5 body lengths; to scissors kick for 10 yards; and to do a head first entry into the water.

## Level 5: Stroke Refinement

Students should be able to swim front crawl and elementary backstroke for 25 yards each; to swim the side stroke, the breast stroke and the butterfly stroke each for 15 yards; to tread water 2 minutes; to change direction doing an open turn at the wall; to do a foot first surface dive; and do a headfirst entry

# Level 6: Fitness Swimmer

Students should be able to swim both front crawl and elementary backstroke for 50 yards; to swim the back crawl, breaststroke, side stroke and butterfly each for 25 yards; to tread water 5 minutes; to flip turn using both front and back strokes; to dive from pool side and to do tuck and pike surface dives and to scull on the back.

	ttigh School Pool Indoor Season (For Residents Only)							
Beginning January 2								
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	Lessons 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		Swim Team 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		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	SCUBA 8:30-9:30P	Adult Swim 7:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P				

**Household Poolpass Indoor** 

HOUSEHOLD POOL PASS FEE:

DAILY ADMISSION FEE:

\$79/Family

Child \$3; Adult \$5

**Individual Poolpass Indoor** 

INDIVIDUAL PASS FEE:

\$65/Person

NOTE: The GHS Pool will be CLOSED for 6-8 weeks beginning on/around March 23 for pool gutter renovation.

# Swim Lessons

# Children's Swim Lessons

Please be advised that if your child is enrolled in the incorrect class, it may not be possible to transfer to the correct class due to enrollment. Include day, level, time and second and third choices on the registration form in case the first choice is full. Otherwise, the first choice will be put on the waiting list. Classes will be held at the GHS Pool. Due to high demand, participants may sign up for 1 class per session. All classes run for 8 weeks.

Fee: \$32/child

Winter Monday: Begins January 11
Winter Wednesday: Begins January 13
Winter Saturday: Begins January 16

## Adult Swim Lessons

(Ages 18 and up)

Get the individual attention and personalized instruction that you need to learn to swim or improve your swimming ability.

### **Swim Lessons Winter**

Adult Swim Lessons 301129-AA

Fee: \$33/person

Meets: Mondays 7:30-8:30 p.m.

Location: GHS Pool

Date: January 11-March 14

## 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.

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

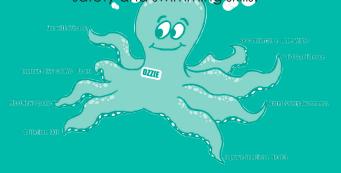
Children's Winter Lessons (Saturday) Swim Lessons Winter January 16-March 2 (No Class 2/13)								
Level	10:30A	11:00A	11:30A	12:15P	12:45P			
Infant/ Toddler		302228-IA						
Tots	302228-KA		302228-KB					
Level 1				302228-AA	302228-AB			
Level 2	302228-BA		302228-BB	302228-BC	302228-BD			
Level 3	302228-CA			302228-CB	302228-CC			
Level 4		302228-DA	302228-DB					
Level 5		302228-EA			302228-EB			
Level 6		302228-FA						

Children's Winter Lessons (Monday) Swim Lessons Winter January 11-March 14 (No Class 1/18; 2/16)							
Level	6:30P	7:00P					
Level 1	302129-AA						
Level 2	302129-BA	302129-BB					
Level 3	302129-CA						
Level 4		302129-DA					
Level 5		302129-EA					
Level 6		302129-FA					

Children's Winter Lessons (Wednesday) Swim Lessons Winter January 13-March 12						
Level	5:30P	6:00P				
Tots	302229-KA					
Level 1		302229-AA				
Level 2	302229-BA					
Level 3	302229-CA	302229-CB				
Level 4		302229-DA				
Level 5		302229-EA				

# 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.



# Aquatics Programs & Boat Launch/Storage

Long Course USA Swimming

This program is part of the National USA Swimming program. CT USA Swimming membership required. Meets held on weekends at various locations throughout the state. Enrollment in this program automatically enrolls your child in the Summer Recreation Swim Team. The Glastonbury Swim Parents Organization will coordinate membership dues and meet fees. The Glastonbury high School pool will be closed for approximately 6 weeks beginning late March for gutter system repair. Alternate location is being finalized for the time the pool will be closed. Once finalized the spring practice schedule and program fee will be released. Information will be emailed to past participants and listed on both the Glastonbury Swim Team website.

Spring Practice: (April 4 - June TBD)

Anticipated Summer Practice: (Mid June-Late July)

Addison Pool: Monday-Friday 7:15-9:15 a.m.

Terry Pool (E. Hartford): Monday, Wednesday, Friday

6:30-8:30 p.m.

### **Swim Team**

**USA Long Course** 324030-BB

Fee:

Dates: April 4-Mid July

## Lifequard Training

(Ages 15 years old and up)

Now's your chance to get the training you need to apply for a summer job with the Parks and Recreation Department. This is an American Red Cross program to certify individuals in the principles of Lifeguard Training. Class includes Standard First Aid, CPR and AED. There are two winter programs offered. Students are required to attend every class in their respective option.

### Winter 1 (Intensive, but short duration option):

Sun. Jan. 3	5:30-8:30 p.m.
Sat. Jan 9	10:30 a.m8:00 p.m.
Sun. Jan 10	7:00 a.m4:00 p.m.
Sat. Jan 16	10:00 a.m7:00 p.m.
Sun. Jan. 17	8:00-11:30 a.m.

Winter 2:	
Wed., Jan. 6:	4:00-7:00 p.m.
Thurs, Jan. 7:	2:45-5:30 p.m.
Tues., Jan. 12:	2:45-5:30 p.m.
Wed., Jan. 13:	4:00-7:00 p.m.
Fri., Jan. 15:	2:45-5:30 p.m.
Wed., Jan. 20:	4:00-7:00 p.m.
Tues., Jan. 26:	2:45-5:30 p.m.
Wed., Jan. 27:	4:00-7:00 p.m.
Tues., Feb. 2:	2:45-5:30 p.m.
Wed., Feb. 3:	4:00-7:00 p.m.
Tues., Feb. 9:	2:45-5:30 p.m.

**Lifeguard Training** 

Lifeguard Training Winter 1 225029-AA Lifeguard Training Winter 2 225029-BB

\$210/person

Glastonbury High School Poo Location:

## **Boat Launch**

Beginning Wednesday, March 2nd, boat launch permits are available at the Parks and Recreation office (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 from mid April-November. The launch is located at Riverfront Park, 252 Welles Street. The park offers 24 boat trailer parking spaces, a covered picnic pavilion, children's playground and walking trails. 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

# Boat Storage at the Boathouse

The days of carting your boats back and forth are over! The Glastonbury Boathouse at Riverfront Park offers convenient and affordable indoor and outdoor storage from January 1-December 31. Storage is available at one boat per rack and racks are assigned for customer convenience. Customers can also change rack assignments upon annual renewal or with approval from Parks and Recreation.

### Indoor Storage:

- 1-2 person crew shells and rigging
- Canoes
- Kavaks
- Separate oar rack available

### Outdoor Storage:

- 1-2 person crew shells
- Canoes
- Kavaks
- Boat owners are responsible for securing their own boat(s)

Fees: Indoor Outdoor \$550/year \$100/year Resident Non-Resident \$600/year \$120/year

Interested renters must complete a Boat Storage Application at the Parks and Recreation office. Forms can also be downloaded from the website. Interested renters are encouraged to visit Parks and Recreation to see what spots are available. All racks are firstcome-first-serve. Register early and move right in, before January 1st, at no additional cost.

# Active & Healthy Living at the Glastonbury Senior Center Come and Join us...



# How to Reach Us:

General Program Information: (860) 652-7638

(860) 652-7642

Administrative Fax:

(860) 652-7649

Dial-a-Ride Transportation:

(860) 652-7643

RCC Event Rentals:

(860) 652-7641

# Where to find us:

Riverfront Community Center (RCC) 300 Welles Street Glastonbury, CT 06033

# Program Information:

To inquire about any of the programs listed on the next few pages, 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 Riverfront Community Center.

# Our Program Staff:

Patti White, Supervisor of Senior Services

(860) 652-7646

Norma Carey, Program Coordinator

(860) 652-7655

Jane Peters, Building & Rental Manager

(860) 652-7641

Judy Banes, Building Supervisor (860)652-7638

Nicole Mercer, Customer Service

Representative

(860) 652-7638

Barb Evans, Program Assistant

(860) 652-7638

Debra Morgan, Volunteer Coordinator

(860) 652-7605

Brittany Sanderson, Assistant Program Coordinator

(Evenings & Weekends)

(860) 652-7645

Lisa Kociubinski, Friendship Circle Coordinator

(860) 652-7650

# Health, Wellness, Art, Crafts & Hobbies

# Yoga-Hatha

Enhances your lifestyle no matter what age; develops self-discipline; can enhance physical and mental health; improves coordination, concentration.

Fee: \$90 (18 Classes)

Meets: Monday & Friday 10:00-11:00 a.m.

Dates: 1/4-3/11

# Tai Chi

Excellent form of mind & body fitness for all ages and fitness levels and promotes good health.

Fee: \$55 (11 Classes)

Meets: Thursday 6:00-7:00 p.m.

Dates: 1/7-3/17

# Powerful Aging

Increase your strength, endurance, flexibility and balance in this low impact total body workout.

Fee: \$60 (16 Classes)

Meets: Wednesday & Friday 11:00-12:00 p.m.

Dates: 1/6-3/11

## Stretchercize

Low impact exercise using stretch bands & weights (provided) to increase your range of motion.

Fee: \$35 (15 Classes)

Meets: Tuesday & Friday 1:30-2:30 p.m.

Dates: Ongoing

# Blood Pressure & Wellness Clinics

Blood pressure, medication, symptom management diet and other health concerns can be addressed by a Registered Nurse. Walk-ins encouraged. FREE.

Meets: Wednesday 10:15 a.m.-Noon

Dates: Check Sharing Tree for Monthly Dates

# Healthy Foot Clinic

A Registered Nurse will trim & file toenails, smooth calluses and corns, massage with lotion and powder. Payments must be made at the time of your visit.

Fee: \$29.00

Dates: Appointment Required (860)652-7638

# Hearing Screenings

Exams conducted by a licensed hearing specialist. Hearing aids cleaned, checked & minor adjustments made. Appointment Required (860)652-7638. FREE.

Dates: Check Sharing Tree for Monthly Dates

## Watercolor Class

Have a great time with fellow students experimenting with styles, and techniques.

Fee: \$10/Class Plus \$10/Supplies per Project

Meets: Saturday 9:30-11:30 a.m. Dates: 1/9, 1/23, 2/6, 2/20, 3/5, 3/19

# Mixed Media Art & Acrylic Painting

Design your unique art piece from an array of recycled materials. Most supplies provided.

Fee: \$75 (8 Classes)

Meets: Wednesdays 10:00 a.m.-12:30 p.m.

Dates: 1/13-3/2

## Ceramics (No Fee)

Students select their own projects using Greenware or clay; kiln & assistance available. FREE.

Meets: Wednesday 1:30-4:00 p.m.

Dates: Ongoing

## Creative Crafters (No Fee)

Join other crafters making beautiful arrangements for our troops and local nursing homes. FREE.

Meets: Monday & Thursday 1:00-4:00 p.m.

Dates: Ongoing

## Personal Enrichment Activities

Italian Classes (\$5.00) Level I Thursdays 9:00 a.m.

Level 2 Thursdays 10:00 a.m.

Book/Author Discussion 3rd Thursday of Month

at 10:30 a.m.

Current Events 1st and 3rd Friday of Month

February)

at 10:00 a.m.

Knit & Crochet Group Mondays at 9:30 a.m.

# Computer & Social Media (No Fee)

IPad Workshops Computer/Kindle Mondays - Check Sharing Tree Tuesdays 9:00 a.m.-12:00 p.m. By Appointment (Beginning in

# 28

# Dance, Fitness & Recreation

## Billiards

Fee: None

Meets: Monday, Wednesday, Friday

9:00 a.m.-12:00 p.m.

Check Sharing Tree for Other Times

Dates: Ongoing

## **Pickleball**

Join the fun, exercise and socialization. The sport is played on a court with the same dimensions as a doubles badminton court and played with a hard paddle. Originally invented as a backyard pastime, Pickleball is now an organized sport represented by national and international governing bodies.

Fee: None

Meets: Tuesdays 5:30 p.m. at RCC

Dates: Ongoing

# Walking Group

Fee: None

Meets: Thursday 8:30 a.m. in RCC Lobby

Dates: Ongoing

# Movies at the RCC

Fee: None

Meets: Mondays 1:00 p.m.

Saturdays 12:00 p.m.

Dates: Ongoing (Check Sharing Tree

for Movie Selections)



# Bridge/Setback/Bingo/Mahjongg/Pinochle/Wii Bowling

Fee: None

Meets: Check Sharing Tree for Dates/Times

Dates: Ongoing

## Movin to the Music

Dance to Broadway tunes while increasing your strength, coordination, balance & flexibility

Fee: \$28 (7 Classes)

Meets: Wednesday 1:00-1:45 p.m.

Dates: 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/30

# Tap Dance

Learn a dance form that marks out precise rhythmic patterns on the floor.

Fee: \$28 (7 Classes)

Meets: Wednesday 2:00-2:45 p.m.

Dates: 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/30

# Line Dancing

Whether to pop or country music or anything in between, it is a great way to have fun and stay in shape.

Fee: \$50 (10 Classes)

Meets: Thursdays 10:30 a.m.-12:00 p.m.

Dates: 1/7-3/10

# Friendship Gircle Memory Program DO YOU HAVE A LOVED ONE FACING MEMORY LOSS CHALLENGES?

The Friendship Circle is a social engagement program designed for Glastonbury Seniors with early stage dementia. The program provides the opportunity to gain the many benefits derived by being active and socially engaged.

Activities are coordinated by trained staff and volunteers. The program offers a variety of engaging mental and physical activities including music, arts and crafts, exercise, puzzles and plenty of opportunities to enjoy the company of others.

Friendship Circle meets 3 days a week-Tuesday, Wednesday and Thursday usually from 9:45 a.m.-12:45 p.m. A monthly fee of \$100 is charged. Lunch and transportation are included. For more information, contact Lisa Kociubinski at (860)652-7650.

# Trips & Events

# Ukulele Big Sing

Free and open to the public. Sing-a -long to the music of this locally acclaimed Ukulele Band, led by Dr. James Rosokoff.

Dates: Saturdays

1/30, 2/27, 3/26

Dinner & Holiday Lights Tour (Hubbard Park-Meriden)

Enjoy dinner at the Town Line Diner in Rocky Hill, followed by a trip to Meriden's Hubbard Park for their spectacular display with 200,000 white lights and more than 300 lighted characters throught the park. Marvel at the displays in trees, on the ponds and nesteled in the natural habitat. Hot chocolate and holiday cookies upon return.

Fee: \$7.00

Meets: 4:30 p.m. Departure from RCC Date: Thursday, December 17, 2015

(weather permitting)

# Holiday Brunch

Enjoy a delicious brunch and holiday sing-a-long. Quiche, Sausage, Assorted Danish, Fresh Fruits, Juices, Coffee & Tea will be available.

Fee: \$4.00

Meets: 10:30 a.m.-12:00 p.m.

Date: Wednesday, December 23, 2015

## New Year Celebration Luncheon

Entertainment by legendary country and rock musician Bob Giannotti. Start the New Year off with a head start!

Fee: \$4.00

Meets: 11:30-1:30 p.m.

Date: Tuesday, December 29, 2015

Valentine's Day Luncheon (Back by Popular Demand)

Entertainment: Heart to Heart with Ashly Cruz
Ashly has appeared on Regis and Kelly with her
"Cardio Tango" and has headlined at BB King's
Dance Club at Foxwoods Casino on their Thursday
"Caribbean Night" and the "Taste of Hartford" event.

Fee: \$4.00 Special Ticket Required

Meets: 12:00-1:30 p.m.

Date: Tuesday, February 9, 2016

Whether you are planning an event for 25 or 250, and are thinking of having a Holiday Party, Sweet 16, Winter Wedding, or Corporate Event, think of the Town's own...

# **Riverfront Community Center**



Call Jane Peters today for more information at (860)652-7641 or email jane.peters@glastonbury-ct.gov Visit the Town website at www.glastonbury-ct.gov



The Parks & Recreation Department has openings for a number of summer jobs. Interested persons may obtain position descriptions including minimum qualifications and applications at 2143 Main Street or at www.glastonbury-ct.gov (Go to Parks and Recreation and select "Employment").

**CLOSING DATE FOR APPLICATIONS IS MARCH 4, 2016.** Pre-season training and preparation required for all positions. **YOU MUST BE AVAILABLE TO WORK THE DURATION OF THE SUMMER!** 

PLAYGROUND HEAD LEADER \$13.00/Hour (Works with children who have completed Grades K-5). Program runs six weeks June-July Mon.-Fri. 9:00-3:00.

PLAYGROUND LEADER \$11.00/Hour (Works with children who have completed Grades K-5). Program runs six weeks June-July Mon.-Fri. 9:00-3:00.

CAMP DISCOVERY LEADER \$11.00/hour (Works with children who have completed Grades K-6). Program runs eight weeks June-August Mon-Fri. 7:30-5:00.

**TENNIS INSTRUCTOR** \$15.00-\$22.00/Hour (Works with children and adults)
Program runs for eight weeks June-August.

**TEEN CAMP COORDINATOR** \$13.00/Hour (Works with children who have completed Grades 6-9). Camp runs for six weeks June-July T, W, TH 9:00 a.m. -3:00 p.m.

TEEN CAMP LEADER \$11.00/Hour (Works with children who have completed Grades 6-9). Camp runs for six weeks June-July T, W, TH 9:00 a.m. - 3:00 p.m.

**GROUP LEADER - CAMP SUNRISE** \$12.00/Hour (Works with children with disabilities ages 3-21). Program meets for seven weeks, June-August M-F, 9-3:00 p.m.

EIFEGUARD I \$11.00/Hour Flexible schedule, full-time and part-time positions available, days, nights, weekend hours available.

SWIM INSTRUCTOR/LIFEGUARD II \$12.00/Hour Hours depend on lesson schedules. May also have hours as a lifeguard. Program runs mid-June through Labor Day.