

Glastonbury Parks & Recreation *Fall 2016*

3 Departments
1 Brochure

Parks & Recreation
Pages 1-27

Youth & Family
Pages 28-31

Senior Center
Pages 32-36



Find us all online! www.glastonbury-ct.gov

1

Registration

Household Information

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

Participant Information

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

Registration Information

| Program Choices | Activity Type | Activity Description | Activity Number | Amount Paid | Office Use |
|-----------------|---------------|----------------------|-----------------|-------------|------------|
|-----------------|---------------|----------------------|-----------------|-------------|------------|

Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!

| | | | | | |
|---|------------|--|--|--|--|
| 1 | 1st Choice | | | | |
| | 2nd Choice | | | | |
| | 3rd Choice | | | | |
| 2 | 1st Choice | | | | |
| | 2nd Choice | | | | |
| | 3rd Choice | | | | |
| 3 | 1st Choice | | | | |
| | 2nd Choice | | | | |
| | 3rd Choice | | | | |

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

Waiver

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

Signature: _____ Date: _____

Complete a **SEPARATE** form for each person and sign the waiver. Please **PRINT**. You may copy this form or print a copy from our website at www.glastonbury-ct.gov

Mail your Form, Payment, Business Size Self Addressed **STAMPED** envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033

Payment Information

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

Mail-In & On-Line Registration Dates

Registrations will be accepted by **MAIL AND ON-LINE TUESDAY, AUGUST 16th BEGINNING AT 8:00 A.M.** with the following exceptions:

- Pool Passes
 - Open Gym Passes
 - Santa's Run
 - USA Swim Team*
 - Recreation Swim Team*
- *Registration Begins 9/14

Mail-in registrations will be processed daily, at random.
NO REGISTRATIONS WILL BE PROCESSED BEFORE 8/16.

In-Person Registration Dates

In-person registrations will be accepted beginning Thursday, August 25 (except USA & Recreation Swim Team & Santa's Run).

Why Can't I Register by Phone?

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

Returned Checks

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

Cancellation Information

Programs may be cancelled due to insufficient registration. Programs are canceled on October 10, November 24, November 25, December 24, and December 25, 26 unless otherwise stated.

Online Registration is Fast & Easy

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

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

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

Notification of Enrollment

Include a STAMPED, self addressed, business size envelope with your mail-in registration if you would like your receipt mailed. Receipts can be e-mailed if an e-mail is included on the registration form. We



DO NOT mail receipts for registrations processed on-line. You may reprint a receipt from the on-line system by clicking "My Account", "Reprint a Receipt".

Registration Payment

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

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

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

Refund Policy

Please review your registrations carefully.

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

Financial Assistance

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

Pool Passes
Teen Center Pass
GBA Basketball

Kangaroo Kids
Children's Swim Lessons
Winter Swim Team

How to Reach Us

Give us a Call:

(860)652-7679

Send us a Fax:

(860)652-7691

Call the Program Information Line:

(860)652-7689

Check us out on the Web:

www.glastonbury-ct.gov

Click "Parks and Recreation"

Send us Mail:

Parks and Recreation

Program Registration

P.O. Box 6523

Glastonbury, CT 06033

Visit us in the Office:

Parks and Recreation

2143 Main Street

Glastonbury, CT 06033

Our Staff

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

Program Information Line

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

Residency Requirements

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

E-mail updates

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

"Like" us on Facebook

"Like" us to 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](https://www.facebook.com/glastonburyparkrec)

3

General Info

Brochure Mailing Information

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

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

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

beginning the Tuesday prior to each registration at www.glastonbury-ct.gov.

Inclement Weather Policy

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

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

Glastonbury Youth Organizations

The following organizations are run independent of the Parks and Recreation Department. Please contact them regarding specific 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 SwimTeam | www.glastonburyswimteam.org |

4

Rentals

Glastonbury Boathouse

With picturesque grounds, breath-taking views from the observation deck and a versatile banquet hall, The Glastonbury Boathouse offers the atmosphere of a getaway destination with the convenience of a local venue. Designed to accommodate a variety of functions, the unparalleled banquet hall and surrounding grounds offer stunning scenery and a versatile event space where guests can create memorable experiences year-round. Located in the picturesque Riverfront Park, the Glastonbury Boathouse is among gorgeous fields, a public boat launch, playing fields and a scenic fountain. Whether you are planning a corporate meeting or private party, the property is the perfect backdrop for phenomenal photos and festive celebrations. For more information or to book your event, contact Kristen Michaels, Event & Banquet Facility Manager at (860)652-4640 or kristen.michaels@glastonbury-ct.gov. Visit online at www.glastonbury-ct.gov/boathouse for pricing information and photos!

Party/Facility Rentals

Please note the following information:

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

Academy Teen Center

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

AVAILABILITY: Year round Saturdays and Sundays in 2 hour blocks
CAPACITY: 15 people (excluding adults)
AMENITIES: Staff Supervisor to monitor activity space, exclusive use of Teen Center room (ping pong, air hockey, foosball, pool tables, board games and craft space), access to restrooms, refrigerator and freezer
FEE: \$100/rental
 \$150/rental with craft or Wii or PS2

Glastonbury Skate Park

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

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

Tennis Court Reservations

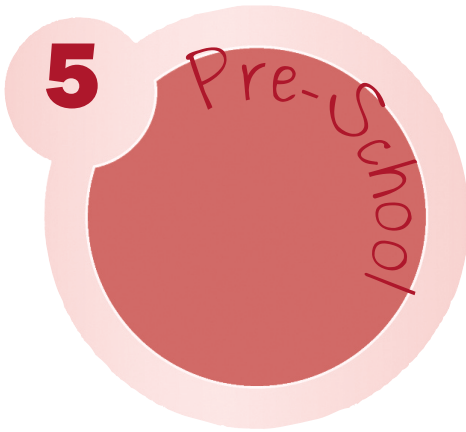
8 courts are available at Glastonbury High School. Reservations are accepted by calling (860)652-7679 through October 30th.

- Reservations can't be made more than one day in advance (singles limited to 1 hour; doubles limited to 2 hours).
- Evening reservations (after 5:00 p.m.) for the same day accepted until noon.
- Lighted courts (1-4) can be turned on by players at the court (activated until 10:00 p.m.)
- Both lighted and unlighted courts available first come first serve unless reserved or scheduled
- Availability may be limited due to programs.

Check out the Glastonbury Dog Park!

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





Tiny Tumblers

(Ages 1-4 by 9/1/16)
 Parent Child experience using basic gymnastics equipment, skills, and positions to help teach balance, coordination, confidence and motor skill development. Obstacle courses, balls, games, hoops, and parachute are incorporated into the classes. Active participation by a parent/ caregiver required.

Fun for Ones

(12-23 months)
 A stimulating, safe and fun environment created using age appropriate gymnastics equipment.

Tiny Tots

(Ages 2-3)
 Introduction to more specialized equipment circle time and explorations.

Tumbling Tykes

(Ages 3&4)
 A more structured environment and class routine help children build a stronger foundation of basic gymnastics skills.

Tiny Tumblers-Fall

| | | |
|---------------------|-------------|-----------|
| Fun Ones (Tues) | 8:45-9:30 | 206408-01 |
| Tiny Tots (Tues) | 9:45-10:30 | 206408-02 |
| Tumble Tykes (Tues) | 10:45-11:30 | 206408-03 |
| Fun Ones (Wed) | 8:45-9:30 | 206408-04 |
| Tiny Tots (Wed) | 9:45-10:30 | 206408-05 |
| Tumble Tykes (Wed) | 10:45-11:30 | 206408-06 |

FEE: \$35/child
 LOCATION: Academy Gym
 MEETS: Tuesday or Wednesday
 DATES: Tues. Sept. 20-Nov. 15 (8 weeks)
 Wed. Sept. 21- Nov. 16 (8 Weeks)



Kangaroo Kids 2016-2017 Limited Openings Remain!

(Age 3 or 4 by December 31, 2016)
 Kangaroo Kids is a developmentally appropriate program for 3&4 year olds that provides preschoolers with a variety of opportunities for learning, social development, and fun! Theme days, arts & Crafts, music, social interaction and creative play makes for a busy day of activities. Our "home" at 35 Bell Street is a made for preschool setting that includes a

spacious fully equipped playroom, a room for working on quiet activities, a kitchen for baking and a beautiful yard perfect for playing and exploring nature. It all adds up to an ideal learning environment with the staff members and a maximum class size of 18. Classes are offered in either a 2 day or 4 day per week session as follows:

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

Program begins September 8 and runs through June 2. Total Fee for the 2 day morning session is \$829. Fee for the 4 day morning or afternoon session is \$1,489. An Open House will be held on Wednesday, August 31 from 4:00-6:00 p.m. Come meet our staff!

Kangaroo Kids Deposit

| | | | |
|---------|---------------|-----------|-------------------|
| AM3&4: | Mon. & Thurs. | 403128-01 | (Waitlist Only) |
| AM 3&4: | Tues. & Fri | 403128-02 | (Waitlist Only) |
| AM 3&4: | M,T, TH. F | 403128-03 | (Waitlist Only) |
| PM 4: | M, T, TH. F | 403128-04 | (Openings Remain) |

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

| | | |
|----------------|--------------------------------|-------|
| Sept. 9, 2016: | AM3&4: Mon & Thurs. | \$290 |
| | AM 3&4: Tues. & Fri. | \$290 |
| | AM 3&4: Mon, Tues, Thurs, Fri. | \$620 |
| | PM 4: Mon, Tues, Thurs, Fri. | \$620 |
| Jan. 12, 2017: | AM3&4: Mon & Thurs. | \$289 |
| | AM 3&4: Tues. & Fri. | \$289 |
| | AM 3&4: Mon, Tues, Thurs, Fri. | \$619 |
| | PM 4: Mon, Tues, Thurs, Fri. | \$619 |

LOCATION: Kangaroo Kids 35 Bell Street
 DATES: 32 Weeks beginning Sept. 8

Music Together

(Newborns – age 5)

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

Music Together-Fall

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

| | |
|-----------|--|
| FEE: | \$185/child; \$100/sibling (Newborns under 8 months attend FREE when a sibling is registered; \$185 when registered alone) |
| MEETS: | Tuesday 9:15-10:00; 10:15-11:00; 11:15-12:00 |
| LOCATION: | RCC Activity Room |
| DATES: | 10 Weeks September 6-November 15 (No class November 8) |

Engineering Essentials with LEGO®

(Boys and Girls grades K-2)

In this engineering fundamentals class, students will learn essential engineering terms and concepts while having FUN! The primary medium used for these classes is LEGO® TECHNIC. We find that with kids of all ages, especially younger ones, LEGO® is an attractive, efficient and effective learning medium. From the creativity and enjoyment naturally encouraged by LEGO®, to our engaging curriculum, kids always enjoy themselves while learning fundamental engineering terms and concepts!

Youth Programs

| | |
|---------------|-----------|
| Engineering-1 | 212204-E1 |
| Engineering-2 | 212204-E2 |

| | |
|-------------|--|
| FEE: | \$125 |
| MEETS: | Mondays 4:00-6:00 p.m. |
| LOCATION: | Academy Multi-Purpose Room #1 |
| SESSION 1: | September 12-October 24 (No Class 10/10) |
| SESSION 2: | November 7-December 12 |
| INSTRUCTOR: | Andrew Escalera, Engineering Imagination |

6

Pre-School & Youth

Aspiring Young Engineers

(Boys and Girls Grades 3-5)

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. We find that with kids of all ages, especially the younger ones, LEGO® is an attractive, efficient teaching medium. From the creativity and enjoyment encouraged by LEGO®, kids always enjoy themselves while learning

fundamental engineering terms and concepts.

Youth Programs

| | |
|-------------------|-----------|
| Young Engineers-1 | 212204-Y1 |
| Young Engineers-2 | 212204-Y2 |

| | |
|-------------|---|
| FEE: | \$125 |
| MEETS: | Wednesdays 4:00-6:00 p.m. |
| LOCATION: | Academy Multi-Purpose Room #1 |
| SESSION 1: | September 21-October 26 |
| SESSION 2: | November 2-December 14 (No class November 23) |
| INSTRUCTOR: | Andrew Escalera, Engineering Imagination |



7

Youth Programs

Art-Ventures in the Rainforest with Let's Gogh Art

(Grades K-4)

Head off on a jungle art safari! Art explorers trek through the rainforest, discovering the wondrous and rare creatures that call it home. Journey into the world of parrots, jungle cats, snakes, red-eyed tree frogs, butterflies and more. Experiment with whimsical and original art forms and techniques. Build rockin' rain sticks, design metal art reptiles, and create colorful backpacks. Throughout the voyage art adventurers learn about the importance of saving the rainforest, and pick up super artist survival skills like sculpting with clay, printmaking, painting, collage, and journaling. They even make their own t-shirts using a unique and unusual heat-sealed fabric pastel technique. Surprises and laughter round out this fun-filled art safari.

Fall Kids Crafts

After School Art-ventures 212003-14

FEE: \$114/person (all materials included)
MEETS: Mondays 3:30-4:45 p.m.
LOCATION: Hebron Avenue School Art Room
DATE: October 17-December 5
INSTRUCTOR: Let's Gogh Art

Acting Classes

(Kindergarten - 6th 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, voice and speech, improvisational exercise, script work, acting terminology and more will be covered! Past/Returning participants will be working on

and learning new things! Taught by Performing Arts Programs staff www.performingartsprograms.biz

Performing Arts

Acting Grades K-2 204233-01
Acting Grades 3-6 204233-02

FEE: Grades K-2: \$109/Person
Grades 3-6: \$119/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: October 17-December 5
(No Class 10/31)

Decorated Halloween Pumpkin Contest

(Youth ages 4-14)

Design or carve a unique pumpkin at home and bring it to our contest ready for judging. Choose from funniest, scariest, and most original categories. Enjoy Halloween games and snacks!

Special Events

Decorated Pumpkin Contest 210009-01

FEE: No Charge
DATE: Wednesday, October 19 at 6:30 p.m.
PRE-REGISTRATION IS REQUIRED!
LOCATION: RCC Community Room



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. 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. In case of inclement weather, the program will be held in the Academy Building. Elementary and Middle school ages will be divided into groups with separate coaches. The program will culminate with Santa's Run (3.5 mile race) on December 4. Registration fee includes a t-shirt, training journal and registration for the Santa's Run. For more information, please visit www.girlsinstride.com.

Running Programs

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

FEE: \$89/Person (Includes Registration in the Santa's 3.5 Mile Run - a \$10 Value!)
MEETS: Wednesdays 3:30-4:30 p.m.
LOCATION: Riverfront Park Gazebo
DATES: October 5-November 30
No Program 10/12; 11/23

Youth Jukido

(Age 6 & up by the start of the session)

Discover authentic martial arts based on centuries old Japanese Jujitsu. A fun and safe way to learn to defend yourself. Instill a true feeling of self confidence! Parents who wish to participate with their child may also register.

Jukido-Fall

Jukido 1 6:15 212105-01

FEE: \$46/child; \$46/parent
MEETS: Mondays 6:15-7:15
LOCATION: Gideon Welles Auxiliary Gym
DATES: 8 Weeks September 19-November 21
No Program 10/3; 10/10
INSTRUCTOR: Rich Webster

8

Youth Programs

Fall Children's Tennis

(Ages 7-17)

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

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

Fall Child Tennis Lessons

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

FEE: \$27/Session
MEETS: Saturday 9:00-9:55 a.m. or 10:00-10:55 a.m.
LOCATION: GHS Tennis Courts
DATES: September 17-October 22
No Class 10/8



Glastonbury Basketball Association (GBA)

(Boys & Girls ages 8-18 as of Dec. 31, 2016)

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

Glastonbury Basketball Association (GBA) Travel Division

(Boys & Girls grades 5-8)

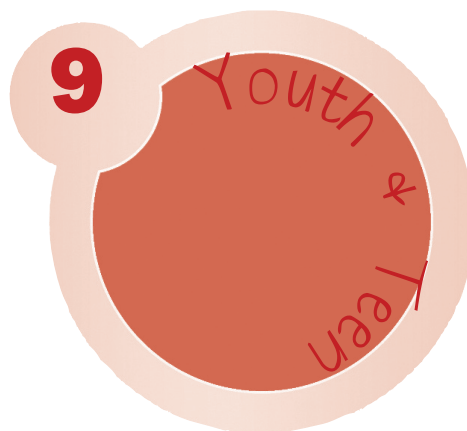
Online registrations for the Travel program are now being accepted at www.gbahoops.org. Players will be notified of the tryout dates to be held in September/October. For information, contact GBATravelHoops@aol.com or visit their website.

Youth Open Gym

(Ages 18 and under and in High School)

Activities include basketball. Children under grade 7 must be accompanied by an adult/guardian.

FEE: Free for Kids
 MEETS: Wednesday 7:30-9:30 p.m.; Saturday 2:00-6:00 p.m.; Sunday 1:00-5:00 p.m.
 LOCATION: Saturday & Sunday @ GHS
 Wednesday @ Smith Middle School
 DATES: Wednesdays
 October 12-June 7
 Saturdays & Sundays
 November 5-April 30



High School Open Gym

(Grades 9-12)

Activities include pickup basketball. Students must bring their school ID to check in.

FEE: FREE
 MEETS: Monday 7:30-9:30 p.m.
 LOCATION: Glastonbury/East Hartford Elementary Magnet School
 DATES: November 7-March 27

Field Hockey Clinic

(Girls grades 5-8)

New players will learn the basics of field hockey and begin working on developing dribbling, passing, shooting and game strategy skills. Experienced players will continue to develop their skills with an emphasis on execution and game situations. Each session will consist of 45 minutes of skill development and 45 minutes of small games and scrimmages. Players must provide their own field hockey stick, protective eye wear, shin guards, mouth guard, water, and cleats.

Field Hockey Clinic

Field Hockey 219127-AA

FEE: \$49
 MEETS: Wednesdays 6:15-7:30 p.m.
 LOCATION: GHS Turf Field
 DATES: September 7-October 26

American Red Cross Babysitting Course

(Ages 11-15)

Gain the confidence to handle most babysitting situations, like what to do in an emergency and how to keep yourself and the kids safe. You'll also learn the basics of child care, feeding and changing diapers. Class **DOES NOT** include CPR and First Aid certification, but does include exposure to the basic methods. Plus, you'll get tips on talking with parents and how to get your business started. An American Red Cross certificate will be e-mailed upon completion of the course. Be sure to provide a valid e-mail address during registration. **Open to both residents and non-residents.** Please bring a lunch, snack and water bottle to class. **Choose between 2 Saturday options.**

Teen Activities

Babysitter (1) 208004-AB
 Babysitter (2) 208004-A2

FEE: \$65/Person (Includes Course Book)
 MEETS: 9:00 a.m.-4:00 p.m.
 LOCATION: Academy Cafeteria
 DATE: Saturday, September 10, 2016
 Saturday, October 22, 2016



10

Teen Activities

Academy Teen Center

A drop in center featuring pool, table tennis, air hockey, foosball, arts & crafts, homework room with computers with monitored internet access, and special activities. Transportation is provided for after-school hours from Smith 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. Daily Admission and/or School Year Passes have many benefits including:

- Transportation during after-school hours
- Wii and PS2 Wednesdays (Get active with your favorite games)
- Friday Movies
- Staff Supervision (CPR and First Aid Certified)
- Special Events like Pool Tournaments, Field Trips, and Holiday Celebrations
- Concessions available for a small fee

Teen Center

School Year Pass 6-8 208005-03

FEE: School Year Pass (Grades 6-8): \$59
Daily Admission: \$5/person

LOCATION: Academy Building (2143 Main St.)

GRADES 6-8: Beginning Thursday, September 1
Wednesday, Thursday, Friday
3:00-6:00 p.m.

Teen Center will be closed October 12; November 23,24,25; December 28, 29, 30.

Teen Center Open House

The Academy Teen Center will be hosting an open house on Thursday, September 1, during Teen Center hours, from 3:00-6:00 p.m. for all interested Teen Center participants in grades 6-8 and their families. Admission to the Teen Center will be FREE on this day! This is a great opportunity to learn more about the Teen Center as well as meet the staff. Join us for a friendly game of pool, or dabble in the arts and crafts area. Refreshments will be served!

Lights on After School

Thursday, October 20, the Academy Teen Center will be one of many organizations celebrating the 17th annual "Lights on After School", a day to recognize the importance of after-school programming for our youth. In honor of this celebration all teen participants will be given an official Teen Center t-shirt and the opportunity to tie dye it!

Red Ribbon Week

Join the Teen Center as we unite and take a visible stand against drugs. Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 26-28. Special "Red" activities will be planned these days at the Teen Center!

Teen Trip Series

(Youth in grades 6-9)

Enjoy a night out one Friday night per month to hang out with your friends! 6-8 graders can take the bus to the Teen Center and stay until the trip departs. Supervision by Teen Center staff. All trips include pizza and drinks, admissions, and transportation.

Teen Activities

| | |
|--------------------------|-----------|
| Haunted Graveyard 10/21 | 208004-02 |
| IT Adventure Ropes 11/11 | 208004-12 |
| Mall & Movie 12/9 | 208004-04 |

FEE: Haunted Graveyard: \$35/Person
IT Adventures Ropes: \$35/Person
Mall & Movie: \$25/Person

LOCATION: Depart Academy at 5:00 p.m. Please arrive for dinner/check in at 4:30 p.m.

MEETS: Friday Nights specified above



11

Family Programs

Pooch Pageant

(All Ages)

Calling all kids and their canines. Can your dog balance a biscuit on his nose? Is she the smallest dog in town? Show off your pooch in a spirited show at the Hubbard Green on Wednesday, September 7th at 6:00 p.m. (Rain date: Thursday, September 8). Choose two out of the six categories: best behaved, best trick, smallest, largest, best looking, and best costume. Registration required by calling (860)652-7679 by Tuesday, September 6. Free.

The Locker Room Open House

Don't let the added cost of equipment stop you from playing the game! Hartwell Soccer in conjunction with Parks and Recreation and Social Services has put together a sports equipment recycling program. Gently used equipment is being made available FREE OF CHARGE to players who need assistance with getting the right equipment to play sports. Please join us on Tuesday, August 30 from 3:00-6:00 p.m. for an open house event! The Locker Room currently has soccer, baseball and basketball items available as well as some miscellaneous sports equipment. If you cannot make this event or for more information please contact Katryna Albert at the Academy Teen Center at (860)652- 7838 or email at teen.center@glastonbury-ct.gov.

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



Bike Boulevard Scavenger Hunt

On Sunday, October 16th between 8:00-11:00 a.m., come and explore some of Glastonbury's bicycle friendly roads and take part in the Bike Boulevard Scavenger Hunt. You'll be on the look-out for "secret" pit-stops throughout the local streets to collect tickets to enter into prize drawings. The more "secret" pit-stops you locate, the greater your chances of winning a prize - including a brand new bike from Bicycles East! There will be additional

prize drawings for the younger riders, so make sure to bring the kids too.

Roaming bike mechanics will be out and about to lend a hand, but this is not a group ride. Riders must abide by all traffic rules and will be expected to share the roads. This is a free event and no pre-registration is required.

However, prizes will be announced at the Apple Festival,



so in order to claim a prize participants will need to purchase a ticket to the festival. Additional details and routes will be available on the Town website, www.glastonbury-ct.gov, beginning in September.



Santa's 3.5 Mile Run

A fun, family oriented race, sponsored by Quality Name Plate, Inc., Nutmeg State Federal Credit Union and the Parks and Recreation Department. Costume division featured. Come dressed in your wildest Christmas costume and enjoy the holiday spirit. Race begins at noon. Disposable chip timing by The Last Mile Race Services! First 150 to register on-line or by mail will receive a FREE Santa's Run long sleeve shirt. You cannot register using this brochure. A portion of race proceeds will be donated to Glastonbury Fuel Bank.

Special Events

Santas Run 210028-AA

FEE: \$10.00 pre-registration (October 12-November 1); \$15.00 (November 4-December 2); \$20.00 (Day-of-Race)

DATE: Sunday, December 4 (Snowdate, December 11)

REGISTRATION: Pre-registration begins Wednesday, October 12th on-line at www.glastonbury-ct.gov and by mail **ONLY**. Walk-in registration will begin on Tuesday, November 1.

LOCATION: Glastonbury High School

Newport & Providence WaterFire

Spend the day shopping, sightseeing and dining in Newport Rhode Island followed by an amazing night of WaterFire in Providence. "This award-winning sculpture by Barnaby Evans installed on the three rivers of downtown Providence, has been praised by Rhode Island residents and international visitors alike as a powerful work of art and a moving symbol of Providence's renaissance. WaterFire's over eighty sparkling bonfires, the fragrant scent of aromatic wood smoke, the flickering firelight on the arched bridges, the silhouettes of the firetenders passing by the flames, the torch-lit vessels traveling down the river, and the enchanting music from around the world engage all the senses and emotions of those who stroll the paths of Waterplace Park."

Bus Trips

Waterfire 109004-WF

FEE: \$95/Person
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 10:00 a.m.
RETURNS: Approximately 9:30 p.m.
DATE: Saturday, September 24

Haunted Salem

Join us for a visit to Salem, MA, an amazing town at this time of year. Trip includes admission to the Pirate Museum where you'll relive the adventures of Captains Kidd and Blackbeard, who roamed freely offshore plundering merchant ships. At the Witch Dungeon Museum take part in an award winning reenactment of the trial of beggar-woman Sarah Good. Visit the Witch History Museum to learn all about Salem's greatest 300 year old mysteries! Also included is a tour of the House of Seven Gables. Trip includes all admissions.

Bus Trips

Salem 109004-10

FEE: \$105/Person
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 7:30 a.m.
RETURNS: Approximately 8:00 p.m.
DATE: Saturday, October 29

12

BUS TRIPS

Radio City Christmas Spectacular

This holiday season, make Christmas memories with your family at the Radio City Christmas Spectacular starring the Rockettes at Radio City Music Hall in New York City! Marvel at the Radio City Rockettes and their legendary eye-high kicks. Delight in the dynamic precision of the world-famous "Parade of the Wooden Soldiers." Revel in the magic of the season as Santa takes flight before your eyes, and the

Rockettes tour New York City in their life-size double-decker bus. And be inspired by a stirring Living Nativity. This legendary Spectacular has dazzled and inspired over 65 million people for more than 75 years and continues to create memories that will last a lifetime. Both dazzling grand and genuinely moving, the Radio City Christmas Spectacular is the perfect holiday gift for the whole family! Tickets are for the 2:00 p.m. show.

Bus Trips

Radio City 109004-8A

FEE: \$145/Person
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 8:00 a.m.
RETURNS: Approximately 8:30 p.m.
DATE: Friday, December 16



Glastonbury Skate Park - 2143 Main Street

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3' and 4' quarter pipes, ramps, rails and wedges! Park closes for the season on Sunday, November 1st. All skaters visiting the park for the first time must have completed a waiver form. Only skateboards and in-line skates permitted. Skateboarders must wear helmet. Knee pads, elbow pads, and wrist guards are recommended.

FALL: Wednesday-Friday 3:00 p.m.-7:00 p.m.
CLOSED MONDAYS AND TUESDAYS
Saturdays & Sundays 1:00-6:00 p.m.
FEES: FREE

Skate Park Rentals

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

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

13

Skate Park

Beginner Skate

(Boys and Girls age 5-7 years old)
For new skateboarders and those with limited experience. Skaters are taught the basic skills of skateboarding including balance, position, stopping, turning, falling techniques and safety. Staff will evaluate each skater and work with them on an individual basis as much as possible. Waivers required. **This program is for skateboarders only.**

Skate Park

Beginner Skate 513001-BS

FEE: \$49/child
MEETS: Saturdays 9:00-9:45 a.m.
DATES: September 3-October 8
INSTRUCTOR: Hoodlum Skateboard Company

Advanced Beginner Skate

(Boys and Girls age 7 and up)
Skaters will learn the fundamentals and beginner maneuvers of skateboarding. Participants are taught how to properly ride each piece of equipment in the park, falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. Waivers required. **This program is for skateboarders only.**

Skate Park

AdvancedB Skate 513001-AS

FEE: \$69/child
MEETS: Saturdays 9:45-10:45 a.m.
DATES: September 3-October 8
INSTRUCTOR: Hoodlum Skateboard Company

Intermediate Skate

(Boys and Girls age 7 and up)
Skaters learn advanced tricks and maneuvers of skateboarding. Skaters taking this level must have several years of skating experience. Proper technique will be stressed. 360's, 180's, Ollies, 50-50's, Kickflips, Shuvits, Grabbed Ais, Topsides, Negatives, Torques, Technical Grinds and special tricks will be practiced and critiqued. Waivers required. **This program is for skateboarders only.**

Skate Park

Intermediate Skate 513001-IS

FEE: \$69/child
MEETS: Saturdays 10:45-11:45 a.m.
DATES: September 3-October 8
INSTRUCTOR: Hoodlum Skateboard Company



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 – Fall

| | | |
|----------------------|-----------|-----------|
| Ages 3&4 – Wed. | 3:05-4:05 | 206108-09 |
| Ages 3&4 – Fri. | 3:05-4:05 | 206108-10 |
| Fantastic 4's-Tues. | 3:30-4:30 | 206108-11 |
| Fantastic 4's-Thurs. | 3:30-4:30 | 206108-12 |

FEE: \$135/child
 DATES: 10 Weeks beginning September 6

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

14

Gymnastics

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

Advanced Beginner (USAG Pre Level 1): Gymnasts enter after they master a forward roll to stand, straight arm bridge, cartwheel, and ¾ hand stand. **Intermediate (USAG Level 1):** Gymnasts enter after they have mastered a handstand, round-off, backward roll to push-up position,

standing backbend, and one pull-up with their chin passing above the bar. To eligible for the Xcel Bronze Team, gymnasts must be able to do a backbend kick-over, handstand forward roll, pull-over mount on bars, back hip circle on bars, three pull ups with chin passing above the bar, and one split. Gymnasts must be tested by the Director to move to Xcel Bronze Intermediate Team. Recreation Classes are offered as follows:

Gymnastics Lessons–Fall

| | | |
|----------------------|-----------|-----------|
| Beg & Adv – Tues. | 3:30-4:30 | 206108-01 |
| Beg & Adv – Thurs. | 3:30-4:30 | 206108-02 |
| *All Levels – Tues. | 4:35-5:35 | 206108-03 |
| *All Levels – Thurs. | 4:35-5:35 | 206108-04 |
| *All Levels – Wed. | 4:10-5:10 | 206108-05 |
| *All Levels – Wed. | 5:15-6:15 | 206108-06 |
| *All Levels – Fri. | 4:10-5:10 | 206108-07 |
| *All Levels – Fri. | 5:15-6:15 | 206108-08 |

*Combinations class where kids are grouped by level

FEE: \$135/child
 DATES: 10 Weeks beginning September 6

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 | 206508-01 |
| Beg & Adv. -Fri. | 6:15-7:15 | 206508-02 |

FEE: \$135/child
 DATES: 10 Weeks beginning September 9

Junior Olympic Competitive Team

Gymnasts must be tested by the Director **and have prior competitive experience** in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 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 (\$57 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Gymnastics Team

| | |
|---------------------------|-----------|
| Level 3 (Choose 3 nights) | 206308-01 |
| Mon. 4:00-6:10 | |
| Tues. 5:45-8:30 | |
| Thurs. 5:45-8:30 | |
| Fri. 6:15-8:30 | |
| Level 4 (Choose 3 nights) | 206308-02 |
| Mon. 6:00-8:30 | |
| Tues. 5:45-8:30 | |
| Wed. 6:15-8:30 | |
| Thurs. 5:45-8:30 | |
| Level 5-9 | 206208-03 |
| Mon. 6:00-8:30 | |
| Tues. 5:45-8:30 | |
| Wed. 6:15-8:30 | |
| Thurs. 5:45-8:30 | |

FEE: \$319/child
 DATES: 12 Weeks beginning Sept. 1

15

Gymnastics

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 to push up. Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess an Introductory Athlete Membership to USA Gymnastics (\$25 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by Gymnastics Director.

| | |
|------------------------------------|-----------|
| Xcel Bronze – Novice | 206208-04 |
| Tues. 4:15-5:45 | |
| Thurs. 4:15-5:45 | |
| Xcel Bronze –Intermediate | 206208-05 |
| Mon. 4:00-6:10 | |
| Fri. 6:15-8:30 | |
| Silver (Choose 3 nights) | 206208-06 |
| Mon. 4:00-6:10 | |
| Tues. 5:45-8:30 | |
| Thurs. 5:45-8:30 | |
| Fri. 6:15-8:30 | |
| Gold (Choose 3 nights) | 206208-07 |
| Mon. 6:00-8:30 | |
| Tues. 5:45-8:30 | |
| Wed. 6:15-8:30 | |
| Thurs. 5:45-8:30 | |
| Platinum/Diamond (Choose 3 nights) | 206208-08 |
| Mon. 6:00-8:30 | |
| Tues. 5:45-8:30 | |
| Wed. 6:15-8:30 | |
| Thurs. 5:45-8:30 | |

FEE: \$299/Bronze (Novice/Interm.)
 \$319/Silver, Gold, Platinum
 DATES: 12 Weeks beginning Sept. 1





16 Parks & Facilities

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

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

17

Adult Programs

Square Dances

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

Square Dance Lessons

Sponsored by the Glastonbury Square Dance Club, lessons are held at Buttonball School, Wednesdays, 7:00-9:00 p.m. beginning October 5. For information, call (860)742-2898.

Glastonbury Chorus

Looking for new members in all voice parts-soprano, alto, tenor, and bass. No auditions required. Our dynamic director is Greg Colossale owner and founder of BackBeat City in Glastonbury. The Chorus performs a wide variety of audience-pleasing music, from pop songs and show tunes to folk songs and spirituals to selections from the classical choral repertoire. Singers 18 and older are welcome. Rehearsals are 7:00-9:00 p.m. on Wednesdays beginning in early September in the Smith Middle School choral room. For more information, call Ross at (860)633-5973 or Sue at (860)633-1506 or visit www.GlastonburyChorus.org.

Family Dog Manners

Does your dog have good manners? This is a beginning level class for dogs 5 months and older for owners who want to teach their dog manners and learn more about canine behavior. This class will provide you the training and 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. A weekly training topic will provide you with information to help you get to know your dog.

Dog Obedience Classes

Dog Manners 410101-DM

FEE: \$100/Session
MEETS: Mondays 6:30-7:30 p.m.
LOCATION: Academy Cafeteria
DATES: September 12-October 24
No Class 10/10/16
INSTRUCTOR: Deanna Nickels, ABCDT

Focus on Focus with your Dog

Does your dog get rambunctious, excited and uncontrollable? This class teaches self-control techniques to calm your dog around distractions. Owners will benefit by learning better communication methods and skills to help your dog succeed in everyday life. Learn twenty plus focus exercises and management tools that will help your dog with loose leash walking, settling in different environments,

greeting people, excessive barking and fearful behaviors. Teach your dog that the job it gets paid for is to pay attention. For dogs over a year old that have had basic training.

Dog Obedience Classes

Dog Focus 410101-DF

FEE: \$100/Session
MEETS: Mondays
7:45-8:45 p.m.
LOCATION: Academy Cafeteria

DATES: September 12-October 24
No Class 10/10/16
INSTRUCTOR: Deanna Nickels, ABCDT

Trick Training & Games with your Dog

Have a super-talented pooch that yearns to learn? Is your dog using its brains to get in trouble? Teaching tricks is 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. Use trick training methods and your imagination to teach your dog things you never thought possible. Also included is agility for fun and some great games. For dogs over one year that have basic training skills.

Dog Obedience Classes

Trick Training 410101-TT

FEE: \$100/Session
MEETS: Wednesdays 10:00 a.m.-11:00 a.m.
LOCATION: Academy Cafeteria
DATES: September 14-October 26
No Class 10/12/16
INSTRUCTOR: Deanna Nickels, ABCDT

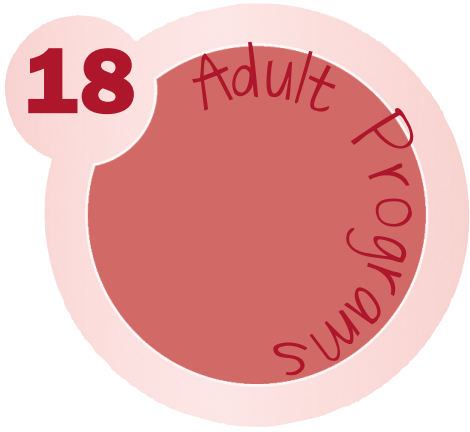
Out and About with your Dog

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 11:30 a.m.-12:30 p.m.
LOCATION: Academy Cafeteria
DATES: September 14-October 26
No Class 10/12/16
INSTRUCTOR: Deanna Nickels, ABCDT



Open Volleyball

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

FEE: \$40/Yearly Pass (Resident)
\$80/Yearly Pass (Non-Resident)
\$4/Daily Admission (Residents)
\$8/Daily Admission (Non-Residents)

MEETS: Monday: 7:30-9:30 p.m.
Tuesday: 7:30-9:30 p.m.

LOCATION: Smith Middle School Auxiliary Gym

DATES: Monday: October 17-June 5
Tuesday: October 11-April 25

Open Gym

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

FEE: \$40/Yearly Pass
\$4/Daily Admission

MEETS: Monday 7:30-9:30 p.m.
Saturday 2:00-6:00 p.m.
Sunday 1:00-5:00 p.m.

LOCATION: Saturday & Sunday @ GHS
Monday @ Smith Middle School

DATES: Monday October 17-June 6
Saturday & Sunday November 5-April 30

Over 30 Free Play Basketball

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

FEE: \$40/Yearly Pass
\$4/Daily Admission

MEETS: Tuesday: 7:30-9:30 p.m.

LOCATION: Smith Middle School Gym

DATES: October 11-April 25

Men's Basketball League

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

Fall Adult Tennis

(Ages 17 and Up)

Lessons are broken into four groups allowing instructors to place more emphasis on specific skills within groups. Students must provide their own racquet. Level 1 is for those with little or no tennis experience. Level 2 is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and 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.

Fall Adult Tennis Lessons

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

FEE: \$39/Session

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

LOCATION: GHS Tennis Courts

DATES: September 17-October 22
No Class 10/8

Ladies *New* "Fit" Night!

Ditch the heels for sneakers and join us on your next ladies night out. The ultimate evening of fitness, friendship and FUN, designed especially for women. Sample a variety of fitness classes that will be offered this fall and enjoy some healthy snacks and drinks for a fun night out!

Fitness Programs Fall

Ladies Fit 207000-FN

FEE: \$25/person

MEETS: 7:00-10:00 p.m.

LOCATION: Riverfront Community Center

DATE: Friday, September 9



Seniors Staying Fit

(Adults 55 and up)

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

Low Impact Gentle Pilates

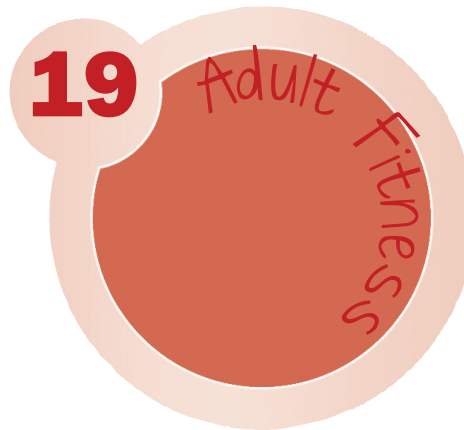
Exercises focus on the core muscles and creating balance and strength in the trunk and loose, limber limbs. Become strong and long while improving balance, coordination and posture. Great for anyone new to Pilates or those who need to tone it down. Must be able to get up and down off the floor.

Low Impact Cardio-Strength

The benefits of our regular strength class, but gentler on the body and joints. Plus, we add a cardio component. Great for anyone active and aging, post-surgery (and cleared for movement), trying to maintain mobility with arthritis and working to maintain bone density.

Low Impact Strength Training

A low impact version of our regular Strength Training class. See description on page 21.



Cardio, Core & More

Burn calories, strengthen and tone your muscles, and challenge your core! Activities include interval training, floor/ core exercises, Hi-Lo aerobics, while using hand weights, resistance tubes and bands, and stability balls. Modifications provided as needed!

Morning Yoga/Stretching

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

Hatha Yoga Evening

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

Zumba

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

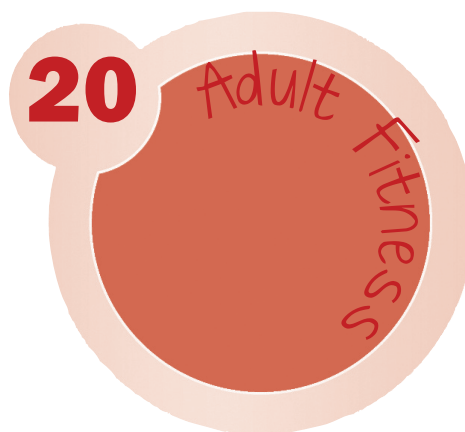
| Class | Location | Days | Time | Dates | Fee | Activity Code |
|---|---------------------------------|---------------|---|---|------|---------------|
| Senior Fitness (Eliza's Energy Source) | RCC Community Room B | Mon, Wed, Fri | 8:45-9:45 a.m. | Sept. 7-Dec. 7 (No Class 10/10, 11/11, 11/23, 11/25) | \$65 | 207027-CA |
| | | Mon, Wed, Fri | 9:55-10:55 a.m. | | | 207027-CC |
| | | Mon, Wed, Fri | 11:05-12:05 p.m. | | | 207027-DD |
| Low Impact Gentle Pilates (Personal Euphoria) | Academy Multi Purpose Room 2 | Monday | 1:30-2:15 p.m. | Sept. 12-Dec. 12 | \$74 | 207030-GP |
| | | Wednesday | 1:30-2:15 p.m. | Sept. 14-Dec. 14 | \$79 | 207030-GW |
| Low Impact Strength Training (Personal Euphoria) | Academy Multi Purpose Room 2 | Thursday | 1:30-2:15 p.m. | Sept. 15-Dec. 15 | \$74 | 207030-ST |
| Low Impact Cardio Strength (Personal Euphoria) | Academy Multi Purpose Room 2 | Wednesday | 10:15-11:00 a.m. | Sept. 14-Dec. 14 | \$79 | 207030-CS |
| Cardio, Core & More (Eliza's Energy Source) | Eastbury School Gym | Mon, Wed | 6:00-7:00 p.m. | Sept. 12-Oct. 24 | \$60 | 207104-F1 |
| | | | | Nov. 2-Dec. 14 (No Class 11/23) | \$60 | 207104-F2 |
| Morning Yoga/Stretching (Sheila Frankel) | RCC Activity Room | Wednesday | 9:30-10:30 a.m. | Sept. 14-Dec. 7 (No Class 11/23) | \$54 | 207026-AA |
| | Academy Multi Purpose Room | Thursday | 10:45-11:45 a.m. | Sept. 15-Dec. 8 | \$54 | 207026-BB |
| Hatha Yoga Evening (Kalpana Patel) | RCC Exercise Room | Mon & Wed | 6:00-7:30 p.m. | Sept. 12-Nov. 2 (No Class 10/31) | \$81 | 207001-AA |
| | | | | Nov. 14-Dec. 19 | \$58 | 207001-AC |
| Zumba (Eliza's Energy Source) | Academy Multi Purpose Room 1 | Mon & Wed | 6:00-7:00 p.m. | Sept. 12-Oct. 24 | \$72 | 207209-AA |
| | | | | Nov. 2-Dec. 14 (No Class 11/23) | \$72 | 207209-CC |
| *No Classes 10/10, 11/11, 11/24 & 11/25 | | | Non-residents may register for fitness classes beginning on September 1st | | | |

Pilates Clinics

Interested in honing your Pilates skills? Some of you love Pilates and have been taking classes for years! Now, get even more out of class and learn better form. Sign up for a 25-minute, small group, hands-on workshop with Maggie to go over specific exercises and some of the more challenging Pilates principles to get even more out of your regular class. Note: you must be currently enrolled a Pilates classes.

Morning Mat Pilates

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



Barre

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

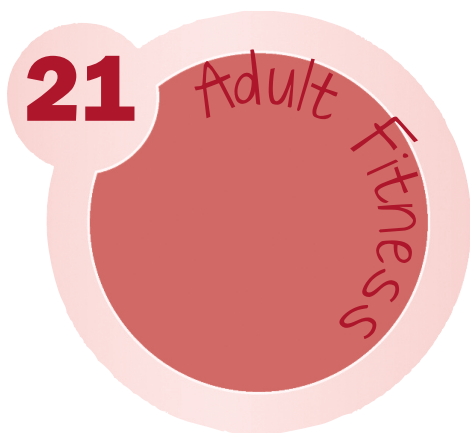
Advanced Pilates

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

Pilates Plus Strength

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

| Class | Location | Days | Time | Dates | Fee | Activity Code |
|--|------------------------------|-----------|---|------------------|------|---------------|
| Pilates Clinics (Personal Euphoria) | Academy Multi Purpose Room 1 | Monday | 3:00-5:00 p.m. (25 Minute Block) | Sept. 19 | \$15 | 207200-FM |
| | | Friday | 9:00-11:00 a.m. (25 Minute Block) | Sept. 23 | \$15 | 207200-FF |
| Morning Mat Pilates (Personal Euphoria) | Academy Multi Purpose Room 2 | Tuesday | 9:30-10:30 a.m. | Sept. 13-Dec. 13 | \$88 | 207201-AA |
| | | Tuesday | 8:30-9:30 a.m. | Sept. 13-Dec. 13 | \$88 | 207201-AB |
| | | Thursday | 8:30-9:30 a.m. | Sept. 15-Dec. 15 | \$82 | 207201-BC |
| | | Thursday | 9:30-10:30 a.m. | Sept. 15-Dec. 15 | \$82 | 207201-BB |
| Total Barre (Personal Euphoria) | Academy Multi Purpose Room 2 | Wednesday | 8:30-9:15 a.m. | Sept. 14-Dec. 14 | \$79 | 207203-F1 |
| | | Monday | 9:45-10:30 a.m. | Sept. 12-Dec. 12 | \$74 | 207203-M1 |
| Total Barre (Personal Euphoria) | Academy Multi Purpose Room 2 | Thursday | 6:00-6:40 p.m. | Sept. 15-Dec. 15 | \$74 | 207203-T1 |
| Total Barre Lunchtime (Personal Euphoria) | Academy Multi Purpose Room 2 | Monday | 12:00-12:45 p.m. | Sept. 12-Dec. 12 | \$74 | 207203-ML |
| Advanced Pilates (Personal Euphoria) | Academy Multi Purpose Room | Tuesday | 10:45-11:30 a.m. | Sept. 13-Dec. 13 | \$88 | 207201-A1 |
| Pilates Plus Strength (Personal Euphoria) | RCC Exercise Room | Tuesday | 6:00-6:45 p.m. | Sept. 13-Dec. 13 | \$79 | 207202-F1 |
| | | Thursday | 6:45-7:30 p.m. | Sept. 15-Dec. 15 | \$74 | 207202-F3 |
| *No Classes 10/10, 11/11, 11/24 & 11/25 | | | Non-residents may register for fitness classes beginning on September 1st | | | |



Interval Training

Increase your endurance and aerobic capacity in this high intensity class. Focus on endurance, strength training and all-over body toning. Class may include sprinting, jump roping, resistance training, and plyometrics (which involves jumping). While modifications will be given, class may not be suitable for those with certain knee or ankle injuries.

Strength Training

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

Core Balance

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

Yoga

Unwind and recharge your batteries as you surrender into yoga poses that will stretch your hips, hamstrings and more. Strengthen your core, improve your balance and enjoy quite time on your mat. Breathing and meditation exercises will be a focus during the class.

Break Into Exercise *New*

Do you believe you don't have time to exercise? Do you cringe at the word exercise? Learn how change your beliefs about yourself and your relationship to exercise. Alter patterns (and habits) using simple but effective techniques to help with motivation. This course will teach you the basics of an exercise program (i.e., cardio, strength, flexibility) it will provide easy to use "workouts" in this small group class that you can do anywhere! Improve your self-confidence, self-esteem, build muscle, and start improving your health!

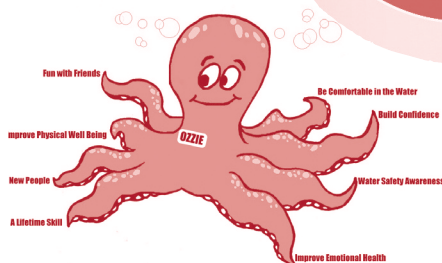
Cardio Kickboxing *New*

A total body workout that utilizes martial arts techniques such as kicks and punches at an upbeat pace to get your heart pumping. Have fun while toning muscles and increasing balance and coordination. Leave feeling empowered.

| Class | Location | Days | Time | Dates | Fee | Activity Code |
|---|------------------------------|-----------|---|--------------------------------------|------|---------------|
| Interval Training (Personal Euphoria) | Academy Multi Purpose Room | Monday | 9:00-9:45 a.m. | Sept. 12-Dec. 12 | \$74 | 207204-F1 |
| | | Wednesday | 9:30-10:15 a.m. | Sept. 14-Dec. 14 | \$79 | 207204-F2 |
| Lunchtime Workout Strength Training (Personal Euphoria) | Academy Multi Purpose Room | Wednesday | 12:00-12:45 p.m. | Sept. 21-Nov. 30 (No Class 11/23) | \$57 | 207206-WL |
| Strength Training (Personal Euphoria) | Academy Multi Purpose Room | Friday | 9:00-9:45 a.m. | Sept. 16-Dec. 16 | \$68 | 207206-F1 |
| Strength Training (Personal Euphoria) | Academy Multi Purpose Room | Tuesday | 5:15-6:00 p.m. | Sept. 13-Dec. 13 | \$79 | 207206-T1 |
| Core Balance (Personal Euphoria) | Academy Multi Purpose Room | Friday | 9:45-10:30 a.m. | Sept. 16-Dec. 16 | \$68 | 207206-F1 |
| Yoga (Personal Euphoria) | Riverfront Community Center | Tuesday | 6:00-7:15 p.m. | Sept. 13-Dec. 13 | \$96 | 207211-TP |
| | | Thursday | 6:00-7:15 p.m. | Sept. 15-Dec. 15 | \$89 | 207211-TH |
| Yoga (Personal Euphoria) | Academy Cafeteria | Tuesday | 9:30-10:15 a.m. | Sept. 13-Dec. 13 | \$79 | 207211-TA |
| Break into Exercise (Personal Euphoria) | Academy Multi Purpose Room 2 | Wednesday | 5:00-5:45 p.m. | Sept. 14-Oct. 19 | \$34 | 207210-F1 |
| | | | | Nov. 2-Dec. 14 (No Class 11/23) | \$34 | 207210-F2 |
| Cardio Kickboxing (Personal Euphoria) | Academy Multi Purpose Room 2 | Thursday | 5:15-6:00 p.m. | Sept. 15-Dec. 15 | \$74 | 207213-TP |
| *No Classes 10/10, 11/11, 11/24 & 11/25 | | | Non-residents may register for fitness classes beginning on September 1st | | | |

Ozzie Says "Let's Swim by Eight"

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



American Red Cross Learn to Swim

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

Infant/Toddler

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

Tots

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

Level 1-Introduction to Water Skills

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

Level 2-Fundamentals of Aquatic Skills

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

Level 3-Stroke Development

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

22

Aquatics

Level 4-Stroke Improvement

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

Level 5-Stroke Refinement

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

Level 6-Swimming Skill Proficiency

This class is appropriate if your child can tread water using different leg kicks, perform front and back crawlstrokes, elementary backstroke, butterfly, breaststroke, sidestroke, perform standing dive, surface dive, and perform open turns and flip turns to change direction at the side of the pool. There are 2 types of Level 6 that are taught; Diving Fundamentals and Fitness Swimmer. This will be mixed up at various locations and sessions throughout the summer.

Pool Rules

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

23

Aquatics

Private Swim Lessons

(Glastonbury Residents - Ages 5 and up)

Private swim lessons (1:1) and semi-private swim lessons (1:2), catered to meet you or your child's specific instructional needs are now available. The aquatics leadership staff will work with you to customize a personal swim lesson schedule, with an experienced instructor. Lessons will be available on evenings and weekends at the Glastonbury High School Pool, offered as 4 thirty minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level apart. To register for the program, complete the "Private Swim Lesson Registration Form" available at the Parks and Recreation Department, at www.glastonbury-ct.gov (click "Parks and Recreation"; "Forms") or at the pool. Please list the dates and times available, and the Town will match an instructor once the form is received.

FEE:

4 x 30 Minute Private (1:1) Lessons: \$100/Person

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

Adult Swim Lessons

(Ages 18 years old and up)

It's never too late to learn to swim or fine tune your strokes. This program is for adults of all abilities.

Swim Lessons-Fall

Adult Swim Lessons 201129-AA

FEE: \$40/person

MEETS: Monday 7:30-8:30 p.m.

LOCATION: GHS Pool

DATES: 8 weeks beginning September 19

No Class October 10,24,31

Children's Swim Lesson Program

(Ages 6 months & up)

(Level 1-6 Ages 5 & up)

The Parks and Recreation Department follows the nationally recognized American Red Cross Learn-to-Swim program. The program is designed to introduce young children to the aquatic environment and guide children through a series of 6 levels. The goal of the program is to ultimately develop maximum efficiency in strokes and encourage swimming as a life skill.

Note: Please be sure to include the Activity Type, Activity Description, and Activity Number.

Please include a second and third choice on the registration form in case the first choice is full. Otherwise, the first choice will be put on the waiting list.

Classes meet once per week for eight weeks beginning September 19. Each participant can sign up for a Monday, Wednesday, or Saturday class.

Swim Lessons-Fall

FEE: \$39/child

| Monday Swim Lessons September 26-November 28 (No Class October 10, 24 & 31) | | |
|---|-----------|---------------------|
| Level | 6:30P | 7:00P |
| Level 1 | 202129-AA | |
| Level 2 | 202129-BA | 202129-BB |
| Level 3 | 202129-CA | |
| Level 4 | | 202129-DA |
| Level 5 | | 202129-EA |
| Level 6 | | 202129-FA (Fitness) |

| Wednesday Swim Lessons September 28-November 30 (No Class October 5) | | |
|--|-----------|-----------|
| Level | 6:30P | 7:00P |
| Tots | 202229-KA | |
| Level 1 | | 202229-AA |
| Level 2 | 202229-BA | |
| Level 3 | 202229-CA | 202229-CB |
| Level 4 | | 202229-DA |
| Level 5 | | 202229-EA |

| Saturday Swim Lessons September 24-November 19 (No Class October 15) | | | | | |
|---|-----------|---------------------|-----------|-----------|-----------|
| Level | 10:30A | 11:00A | 11:30A | 12:15P | 12:45P |
| Infant/Toddler | | 202128-IA | | | |
| Tots | 202128-KA | | 202128-KB | | |
| Level 1 | | | | 202128-AC | 202128-AD |
| Level 2 | 202128-BA | | 202128-BB | 202128-BC | 202128-BD |
| Level 3 | 202128-CA | | | 202128-CB | 202128-CC |
| Level 4 | | 202128-DA | | | |
| Level 5 | | 202128-EA | 202128-DB | | 202128-EB |
| Level 6 | | 202128-FA (Fitness) | | | |

24

Aquatics

Fall Competitive Stroke Clinics

(Age 8-18. Must be 8 by 12/31/16)
Clinics will focus on stroke technique and some endurance training. Clinics will begin Thursday, September 8 and end on Saturday, September 24. Practices held at the GHS Pool.

FEE: \$67/child

Developmental Clinic

Swimmers ages 7 to 9 year olds. Group meets Monday, Wednesday, Friday 5:30-6:15 p.m.

Swim Team

Swim Clinic Developmental 224030-HH

Intermediate One

Returning 7 to 9 year olds and new 10 to 12 year olds. Group meets Tuesday and Thursday 5:30-6:30 p.m. and Saturday 4:00-5:00 p.m.

Swim Team

Swim Clinic Intermediate 1 224030-II

Intermediate Two

Returning 10 to 12 year olds and new 13 to 15 year olds. Group meets Tuesday and Thursday 6:30-7:30 p.m. and Saturday 5:00-6:00 p.m.

Swim Team

Swim Clinic Intermediate 2 224030-JJ

Advanced Clinic

Returning 13 to 15 year olds and High School swimmers. Group meets Monday, Wednesday, Friday 6:00-7:30 p.m. and Saturday 6:00-7:30 p.m.

Swim Team

Swim Clinic Advanced 224030-KK

Recreation Swim Team

For those interested in a comprehensive competitive swimming program. Practices held evenings/weekends at the GHS pool and Trinity College Monday-Thursday. Runs Monday, September 26 through mid February. The coaching staff is excited for the swimming season. Visit us online at www.glastonburyswimteam.org

Pre-Season Recreation Swim Team Screening

The coaches will hold skills screenings on September 6 & 7 from 5:30-7:30 p.m. (all swimmers should arrive by 5:30 p.m.) at the high school pool. The screening does not ensure placement on the team or enrollment. It is a pre-enrollment screening process only. Swimmers need to attend 1 day only. The following persons will be required to attend:

- New Swimmers (swimmers who haven't participated on the Town's Fall/Winter recreation team)
- 7-9 year olds interested in the pre-team
- 8-12 year olds interested in Recreation Swim Team - See Below!
- NOTE: Swimmers 8-12 who have been on the team can check www.glastonburyswimteam.org after August 30 to see the coach's recommended practice group. If a group is not recommended, you must attend the screening.

Once assigned, coaches reserve the right to move swimmers to different practice groups at their discretion. If a child is moved up to a different practice group before 11/15, you will be required to pay the difference or a partial refund will be issued.

Registration

Registration for the Recreation Swim Team & USA Short Course program will begin online and by mail on **Wednesday, September 14 at 8:00 a.m.** No registration will be accepted prior to September 14. Walk-in registration for the swim team will begin Friday, September 16. Early registration is advised as space is limited by pool capacity. No practice October 10 & 19 at GHS due to school events. Must be age 8 by 12/31/16. Swimmers are required to compete in meets. A minimum of 3 meets are required to attend championships.

GSPO (Glastonbury Swim Parents Organization)

Each family will be required to pay a separate fee of approximately \$40-\$50 to the GSPO, a parent's organization which supports the swim team programs. Parents will be required to work at swim meets and other functions. Uniforms are coordinated by GSPO.

Practice Groups

Finalized practice & meet schedules will be e-mailed at a later date. **Please note that the anticipated practice dates may change.**

Pre-Team

(Ages 7-9. Must be 7 by 12/31/16)
Must proficiently swim 1 length of the pool freestyle (correct breathing, face in the water, no stopping) and 1 length of the pool back-stroke. Practice is 1x/week. No meets. Group will have the OPTION of competing in a JV swim meet after the beginning of January. Participants are not part of the Recreation Swim Team, but rather in a preparatory program. If space is available and skills are warranted, coach may recommend the Recreation Swim Team. Anticipated practice day is Sunday at GHS from 3:00-4:00 p.m. Fee is \$109/person. GSPO fees not required.

Swim Team

Pre-Team 224030-A1

Developmental

(Ages 8-10: Must be age 8 by 12/31/2016)
Must proficiently swim 2 lengths of the pool freestyle (correct breathing, face in the water, no stopping) and 1 length of the pool back stroke, plus demonstrate fundamental breaststroke or butterfly for 1 length of the pool. Recommended practice 2-3x/week. Anticipated practice days are Monday, Wednesday, and Saturday at GHS. Coaches will determine appropriate frequency of practices. Fee is \$259/person.

Swim Team

Developmental 224030-AA

Junior 1

(Ages 9-12)
Must perform all 4 strokes, swim continuously for 300 yards (12 lengths) and practice at a high level for 1.75 hrs. Recommended practice 3-4x/week. Anticipated practice days are Wednesday, Saturday, Sunday at GHS and Tuesday, Thursday at Trinity. Coaches will determine appropriate frequency of practices. Fee is \$329/person.

Swim Team

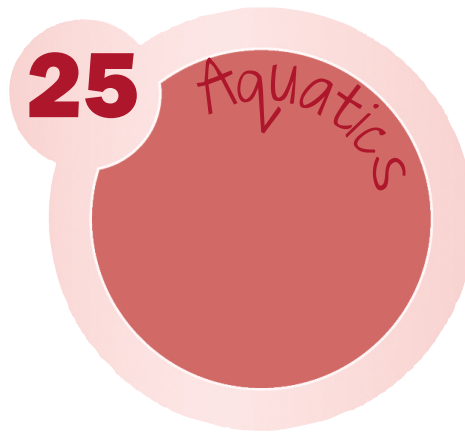
Junior 1 224030-BB

Junior 2

(Ages 9-12)
Must perform all 4 strokes for at least 2 lengths (50 yds) and swim continuously for 300 yards (12 lengths) and practice at a high level for 1.75 hrs. Recommended practice 3-4x/week. Anticipated practice days are Wednesday, Saturday, Sunday at GHS and Tuesday, Thursday at Trinity. Coaches will determine appropriate frequency of practices. Fee is \$329/person.

Swim Team

Junior 2 224030-BC



Seniors

(Ages 13 and up)
Must perform all 4 strokes for at least 4 lengths (100 yds), swim continuously for 600 yds (24 lengths) and practice at a high level for 2 hrs. Recommended practice 4-6x/week. Anticipated practice days are Sunday, Tuesday, Thursday, and Friday at GHS and Monday, Wednesday at Trinity. Coaches will determine appropriate frequency of practices. Fee is \$379/person.

Swim Team

Senior 1 224030-CC

High School Girls

Girls who are competing on their fall high school team and will compete on the recreation team at the completion of their season. Will swim in Senior practice group. Fee is \$289 per person.

Swim Team

H.S. Girls 224030-EE

High School Boys 1

Boys competing on winter high school team and who will compete on the recreation team until the start of the season or who wish to compete and practice with senior practice group. Fee is \$219/person.

Swim Team

H.S. Boys 1 224030-FF

High School Boys 3

Boys who are competing on their winter high school team and will compete on the recreation and USA short course teams until the start of their season. Additional USA meets (after the high school season starts) will depend on the high school schedule and high school restrictions. Fee is \$388 per person. (includes Pro-Rated Recreation and USA swim team).

Swim Team

H.S. Boys 3 224030-FH

USA Swimming Program (Short Course)

An opportunity to compete in more meets. All swimmers, regardless of age, are eligible and must also enroll on the Recreation Swim Team (in the appropriate Junior or Senior Practice group). Fee covers the cost for coaches to attend meets. Additional fees (USA membership fee and meet fees approximately \$300 and are subject to change) will be assessed to each participant by the GSPO. Season runs through mid-March. Fee is \$354/person.

Swim Team

USA Swimming Program(Short Course) 224030-GG

Boat Launch

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

26

Aquatics

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

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

High School Pool Indoor Season (For Residents Only) Beginning September 1

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

Household Poolpass Indoor

HOUSEHOLD POOL PASS FEE: \$99/Family
 DAILY ADMISSION FEE: Child \$3; Adult \$5
 LOST PASS REPLACEMENT FEE: \$25/Household

Individual Poolpass Indoor

INDIVIDUAL PASS FEE: \$85/Person
 LOST PASS REPLACEMENT FEE: \$25/Individual
 SENIOR PASS (60 and Older): FREE*

* Must be purchased at Parks & Recreation Office

Note: The GHS Pool will Re-Open September 1

Glastonbury

Fall 2016

Youth & Family Services



Glastonbury Youth and Family Services is a town agency devoted to programs and services that respond to the needs of Glastonbury Youth and their families. **Clinical Services, Creative Experiences, Outreach Services and Substance Abuse Prevention** are four components of this program.

How to Reach Us

Director of Human Services
Clinical Services
Creative Services
General Program Information

Durlene Mikkelson, LCSW (860)652-7671
Ginny Burgess, LCSW (860)652-7666
Jason Stankowski (860)652-7675
Jen Partee (860)652-7660

Where to Find Us

Youth and Family Services
321 Hubbard St.
Glastonbury, CT 06033

To Inquire About any of the Programs Listed

Please call 860-652-7660 or visit the Town website at www.glastonbury-ct.gov

Clinical Services

28

Clinical Services

As a component of the Town of Glastonbury, Clinical Services is committed to supporting and advocating for the social and emotional development of Glastonbury's youth, young adults and their families. Our goal for youth and families is to promote their unique competencies so that they may live more satisfying, productive and independent lives.

Circle of Security Parenting Program©

(Parents of Children Pre-K to 5th Grade)

As parents we want to know that we are meeting our children's needs, helping them grow, and giving them tools to succeed. You don't have to be the perfect parent – just a “good enough” parent. The Circle of Security Parenting Program© provides a roadmap that helps caregivers recognize and respond to the needs of their children. Children that form healthy attachments to their caregivers are more likely to have higher self-esteem, positive relationships and perform better in school.

- Learn to better manage tantrums and emotional meltdowns
- Better understand your child's emotions
- Help your child manage their feelings
- Experience more cooperation and joy with your child

LOCATION: Glastonbury Youth & Family Services
321 Hubbard Street
DATES: Wednesdays
October 26-December 14, 2016
No Program 11/23/16
TIME: 6:30-7:45 p.m.
REGISTRATION: RSVP to Bela dos Santos, Psy. D. or David F. Smith, L.C.S.W. at Youth and Family Services by October 12, 2016
(860)652-7669 (Bela); (860) 652-7663 (David) or
bela.dossantos@glastonbury-ct.gov;
david.smith@glastonbury-ct.gov
Space is limited to 12 participants

Grief Group

(Children Ages 5-12)

Please join us for a 6 week support group for children who have lost a loved one.

- Make connections with other kids who have experienced loss
- Process the stages of grief in a comfortable environment
- Learn ways to express grief through new activities

LOCATION: Glastonbury Youth and Family Services
321 Hubbard Street
DATES: Tuesdays
October 11-November 15
TIME: 4:30-5:30 p.m.
REGISTRATION: RSVP to Kristen Charpentier at Youth and Family Services by October 3, 2016
(860)652-7672 or
Kristen.charpentier@glastonbury-ct.gov
Space is limited

Yoga and Mindfulness Drop-In

(Children Ages 5-12)

Come join us for monthly Monday night Yoga and Mindfulness drop in sessions.

- Explore mindfulness and create a peaceful place within
- Learn to feel more balanced
- Use breathing, coloring, and other strategies to help feel more centered

LOCATION: Glastonbury Youth and Family Services
321 Hubbard Street
DATES: Mondays
October 24, November 28, December 19
TIME: 6:45-7:45 p.m.
REGISTRATION: RSVP to Karen Bogdan, LCSW or Kristen Charpentier, LMSW at Youth and Family Services by October 17, 2016
(860)652-7667 (Karen); (860)652-7672 (Kristen) or
karen.bogdan@glastonbury-ct.gov;
kristen.charpentier@glastonbury-ct.gov
Space is limited

Parents of Adolescents Education & Support Group

Glastonbury Youth and Family Services, in collaboration with Glastonbury High School, is sponsoring the fall session of Parents of Adolescents Education and Support Group for parents of Glastonbury teenagers. The group will focus on the complexity, stress and joy of raising teenagers today. Topics will include:

- The Adolescent Journey: The basics of adolescent changes and development
- Relating to Your Teens: The role of communicating with empathy and understanding
- Supervising Your Teens: Rules and consequences; the inevitable challenging of the rules and consequences; dealing with these challenges
- The Daily Dilemmas: curfews/going out, friends, clothes, money, transportation, chores, homework, cell phones and social media
- The Big Worries (part 1) for Parents: Alcohol/Drugs/ Sexual Behavior
- The Big Worries (part 2) for Parents: High Risk Behavior and Mental Health Issues

LOCATION: Riverfront Community Center

DATES: Mondays
September 19-November 7

TIME: 7:00-8:15 p.m.

REGISTRATION: RSVP to Phil Muisener at Youth and Family Services by September 16, 2016
(860)652-7668 or
phil.muisener@glastonbury-ct.gov

29

Clinical
Services

"Don't Divorce the Children"

Please join us for a free parenting workshop. We will explore how to navigate the following challenges after divorce:

- Learning healthy ways to co-parent
- Ease transitions
- Improve parent communication
- Preventing children from feeling "stuck" in the middle

LOCATION: Glastonbury Youth and Family Services
321 Hubbard Street

DATE: Wednesday October 19, 2016

TIME: 6:30-8:00 p.m.

INSTRUCTOR: Co-facilitated by Bela dos Santos, Psy.D, & Kristen Charpentier, LMSW

REGISTRATION: RSVP to Bela dosSantos at Youth and Family Services by October 5, 2016
(860)652-7669 or
bela.dossantos@glastonbury-ct.gov
Registration is limited, call ASAP



Creative Experiences

Creative Experiences' programs are a testament to the Town of Glastonbury's commitment to promote the positive development of children and youth. For more information about Creative Experiences, please visit us on the Town website, e-mail Jason Stankowski at jason.stankowski@glastonbury-ct.gov or call (860)652-7664. Some of our afterschool weekly programs include:

Double Take

Double-Take is an improvisational workshop for students in grades 7-12. The group meets once a week to practice improvisational performance techniques and play theater games.

Pass it On

Pass It On offers students an opportunity to produce their own television programs, which often include interviews and mini documentaries that explore entertaining, informative, and educational topics.

YSAG (Youth Services Action Group)

YSAG is a service-learning organization involving students in grades 7-12. The group meets weekly to plan and execute community service projects such as The Haunting, as well as offer support to other civic minded groups in town including the Glastonbury Town Center Initiative, Friends of The Library, the Glastonbury Garden Club, The Glastonbury River Runners, and more.

Auditions for our Fall Musical "You're a Good Man, Charlie Brown"

(Open to Youth in Grades 7-12)

"You're a Good Man, Charlie Brown" is about the average day in the life of Charlie Brown...Every day has its ups and downs and you get to experience them with Charlie and the Gang. Auditions will be held September 6 & 7 from 6:30-9:30 p.m.

at Youth & Family Services Building.

Performances are on November 3, 4 & 5 at Smith Middle School. Tickets will be \$10.50 and made available October 1st at www.showtix4u as well as at the Y&FS building and at the door the evening of performances.

30

Creative Experiences

Coming Soon... Other Theatrical Performances

"The Peter Pan Players"

This Traveling Musical Troupe is middle and high school students (grades 7-12) who perform fairy tales for the elementary schools in the spring; to invite younger children to

summer show auditions and to inform young people of the value of Glastonbury Youth and Family Services programs. Please stay tuned for more information on our TBA 2017 production, for which we will be holding auditions at the beginning of January. Please check back at the Creative Experiences page on <http://www.glasct.org> in November for more information.

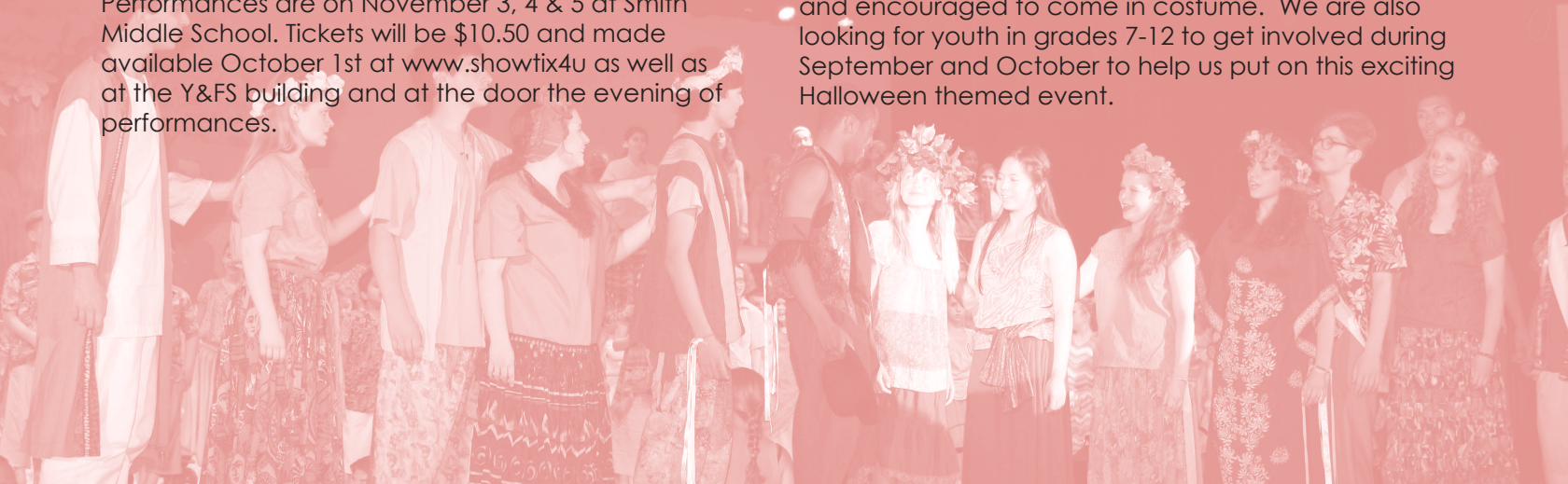
2017 Summer Musical

Our summer musical is our largest production! Join us and over 200 families as we spend mid-June through early August putting on a spectacular show. Any Glastonbury resident ages 7 through adult may audition. Not a fan of being on stage? We're always looking for volunteers to assist us with the backstage technical aspects of the production, set painting, props and more. Information on our 2017 musical will be available in 2017.

"The Haunting"

Friday, October 21, 2016

On Friday October 21st at Smith Middle School, Glastonbury Youth and Family Services' Youth Service Action Group (YSAG) consisting of 7-12 graders, will put on a family friendly haunted house at Smith Middle School. Admission is \$2.00 per person and includes a guided tour through the haunted house. Additionally, there will be Halloween themed crafts for children to make and games to play for only .25 cents each. Stay for freshly baked sweet treats and the spooktaclar sounds of the GHS string orchestra, which will be playing Halloween themed music live, all evening. "THE HAUNTING" runs from 6-8:30pm and the public is invited and encouraged to come in costume. We are also looking for youth in grades 7-12 to get involved during September and October to help us put on this exciting Halloween themed event.



September is National Senior Center Month

GLASTONBURY SENIOR CENTER

This year's theme is "Find Balance at your Center"!

Every day, older adults seek and find balance at senior centers throughout the country.

Our dedicated staff at the Glastonbury Senior Center are committed to providing excellence in customer service, and offering you an array of activities & programs that will enrich your life, and help you find balance in a way that best fits your needs.

If you are looking to improve your computer skills, learn a new language or develop your creative side, need to brush up on your driving skills or want to get more physically fit, we can help you! We offer classes at low or no cost to you. The Glastonbury Senior Center has something for everyone.

To satisfy your lifelong learning goals, check out our series on the National Gallery in London. If you are looking to travel, we hope you will join us for the numerous and convenient day trips that we will be offering in the coming months. Thank-you for your continued involvement and support!

Patti White, Supervisor Glastonbury Senior Services

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 RCC during the first week of the month prior to the month that a trip is offered, or an activity or series of classes are held.



Greenwood Glass Blowing Studio - Riverton, CT

Individuals will have the opportunity to view up close and around the bench the fascinating process of blowing a large free form crackle glass bowl. For those who would like the opportunity to create their own paperweight there is a separate fee of \$48.00 payable by check or cash (No credit cards). Items will be available on Friday, September 2.

DATE: Thursday, September 1, 2016
DEPARTURE: 9:15 a.m. Leave RCC
SCHEDULE: 10:30 am Tour/Demo
1:30 pm Lunch on your own at Log House Restaurant
RETURN TO RCC: 3:30 p.m. (approximate)
COST: Resident: \$34.00
Non-Resident: \$38.00
*Lunch on your own not included

CT Science Center presents "Adult Coffee Club"

The Adult Coffee Club offers different lectures/presentations of exhibitions held at the CT Science Center. Join Dorothy Keller, a fine arts professor and historian, as we learn about Leonardo da Vinci's life through a slide/lecture presentation. In addition to da Vinci's well-known paintings and sculptures, he also produced voluminous sketchbooks filled with imaginative investigations into the natural world. The CT Science Center is excited to host more than 40 renditions of these designs in the Traveling Exhibit Leonardo da Vinci: Machines in Motion. Following the lecture you will tour the exhibition and have the opportunity to produce a few sketches of your own.

DATE: Tuesday, September 6, 2016
DEPARTURE: 11:30 a.m. Leave RCC
SCHEDULE: 11:45 p.m. Box Lunch
12:45-2:00 p.m. Program
RETURN TO RCC: 3:30 p.m. (approximate)
COST: Residents \$23.00
Non-Resident: \$27.00
*Includes Transportation, Lunch and Admission

Classic Lighthouse Cruise Tour & Lunch - New London

Get a new perspective on the history of Southern New England and Long Island when you do your sightseeing from the water - aboard the comfortable high-speed SEA JET. Enjoy views of nine lighthouses from New London to Long Island, plus two Revolutionary-era forts and more! Following the tour enjoy a late lunch/

32

Day TRIPS

early dinner at the Seehund German Pub in New London. The Seehund is a relaxing, eclectic neighborhood gathering spot.

DATE: Tuesday, September 13, 2016
DEPARTURE: 10:45 a.m. Leave RCC
SCHEDULE: 12:30 p.m. Cruise
3:00 p.m. Lunch on your own at the Seehund German Pub
COST: Resident: \$28.00
Non-Resident: \$31.00
*Lunch on your own not included

Denim & Diamonds at Port 'n Starboard Restaurant at Ocean Beach

Join the fun at the annual Southeastern Connecticut Senior Centers' Event. Enjoy a buffet lunch of Prime Rib, Rosemary Chicken, Vegetables, Red Roasted Potatoes, Rolls, Coffee, Dessert & Cash-Bar. Following lunch, enjoy entertainment with Memories of the Patsy Cline Tribute Show. Wear your best glitter and your comfortable denim!

DATE: Friday, September 30, 2016
DEPARTURE: 10:30 a.m. Leave RCC
RETURN TO RCC: 4:00 p.m. (approximate)
TRANSPORTATION FEE: \$7.00 Payable to Town of Glastonbury
LUNCH/ ENTERTAINMENT FEE: \$25.00 Payable to Senior Resources

Yale Center for British Art - New Haven with lunch at Atticus Bookstore Cafe

The Yale Center for British Art houses the largest collection of British art outside the United Kingdom. Presented to the university by Paul Mellon (Yale College, Class of 1929), the collection reflects the development of British art and culture from the Elizabethan period onward. After our museum visit we will enjoy lunch at Atticus Bookstore Café, the perfect dining destination for bookworms, where diners can sit down in its charming café area just steps from book shelves. Atticus offers diners a range of soups, salads and hearty sandwiches.

DATE: October 12, 2016
DEPARTURE: Leave RCC 10:00 a.m.
SCHEDULE: 11:00 a.m. Museum Visit
1:00 p.m. Lunch on your own at Atticus Bookstore Café
RETURN TO RCC: 3:00 p.m. (approximate)
COST: Resident: \$10.00
Non-Resident: \$12.00
*Lunch on your own not included

Live Theatre Performance at the Riverfront Community Center

October 8, 2016 at 1:00 p.m.
Cost: \$8.00 (\$10.00 at the door)
Back by Popular Demand, for
a Third Straight Year: New York
Actress Libby Skala this year
starring in "Felicitas"
A one-woman show written
& performed by Libby Skala
Mandolin music by Steven May,
Directed by Janice L. Goldberg
The real-life story of a gifted, educated, spunky
Austrian-emigree baby nurse who sacrifices her
own family relationships to nurture newborns and
mothers with firmness and compassion - all set against
the backdrop of WWII. Sponsored by Glastonbury
Senior Services and Rockhaven Inc. Tickets may
be purchased at the Riverfront Community Center
located at 300 Welles Street.

Annual Halloween Party & Country Music Hoedown

October 25, 2016 at 12:00 p.m.
Cost: \$4.00 (Special Ticket required - Must be
purchased by Friday, October 21)
Don't miss this fun filled annual tradition. The kitchen
wizards are stirring up Ghoulish Chicken, Monster Mash
Potatoes, Cobweb Salad and Devil's Delight Dessert.
Prizes for best costumes, door prizes and party favors!!

33

Events

Special Veteran's Day Luncheon

November 10, 2016 at 11:30 a.m.
Cost: \$4.00 (Special Ticket Required-
Must be purchased by Tuesday,
November 8)
We set this day aside to remember the
achievements and sacrifices that men
and women, at home and abroad,
during war and in peace, have made
so that we can live free. This program
has been designed to help us remember
our heroes in style. Veterans are
encouraged to wear their uniforms and
medals for this occasion.

A Meal of Thanksgiving

November 17, 2016 at 12:00 p.m.
Cost: \$4.00 (Special Ticket Required - Must be
purchased by Monday November 14)
Enjoy a delicious traditional Turkey Dinner with Pumpkin
Pie!

Are you planning an event for 25 or 250? Whether you are having a Corporate Harvest Party, A Fall Class Reunion, Fundraiser, Trunk Show, 40th Birthday Party or A Wedding?

The Town of Glastonbury's own **Riverfront Community Center** is the perfect spot to accommodate your upcoming affair.



The RCC grounds are gorgeous and boast views of the Riverfront Park and the tree lined Connecticut River. Our rooms are spacious, clean and offer neutral decor with abundant natural light. Our location is central, easily accessible, and close to hotels, restaurants and activities.

Call today for more information at 860-652-7641 or visit the Town website at

www.glastonbury-ct.gov/rccrentals

We look forward to working with you to ensure that your next corporate or social event is exceptional!

AARP Smart Driver

Thursday, August 18
8:30 a.m.-12:30 p.m.
Thursday, September 15
12:30-4:30 p.m.
Thursday, October 20
8:30 a.m.-12:30 p.m.

COST: \$15.00 for AARP Members
\$20.00 for Non-Members
Check payable to AARP
due upon advance
registration. The insurance
discount afforded to seniors
taking the course is a minimum of 5% for a
period of 2 years.

Blood Pressure & Wellness Clinics

Wednesdays 9:00 a.m.-noon
Blood pressure, medication, diet questions, symptom
management and other health related concerns can
be addressed by a Registered Nurse. Walk-ins are
encouraged. (No charge)

Healthy Foot Clinic

Appointment Required: Call (860)652-7638
Cost: \$29.00
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.

Hearing Screenings

(Check Sharing Tree for future dates)
Call (860)652-7638 to schedule your appointment.
Exams will be conducted by a licensed hearing
specialist. Hearing aids will be cleaned, checked and
minor adjustments made. (No charge)

Ceramics

Wednesdays 1:30-4:00 p.m.
(No Fee)
Students select their own projects using Greenware or
clay; kiln & assistance available.

Creative Crafters

Mondays & Thursdays 1:00 p.m.
(No Fee)
Join other crafters making beautiful arrangements for
our troops and local nursing homes.

Knitting & Crocheting

Mondays 10:00-11:30 a.m.
(No Fee)

Matter of Balance Workshops

Check future newsletters for dates

**Chronic Disease Self-
Management Workshops**

Check future newsletters for dates

**Support Groups (Alzheimer's,
Bereavement, Care Givers)**

Ongoing

Pickleball

Tuesdays 5:30 p.m. at the Riverfront Community Center
Saturdays 9:00 a.m. at Addison Park

Outdoor Walking Group

Thursdays 8:30 a.m. (No charge)

Indoor Walking

Wednesdays 12:15 p.m. (No charge)

Bridge/Setback/Bingo/Mahjongg/Pinochle

Check Sharing Tree for dates/times (No charge)

Italian Classes

Level 1 Thursdays 9:00 a.m.
Level 2 10:00 a.m.
Beginning in October
Cost: \$5.00

Book & Author Discussion

Third Thursday of Month 10:30 a.m. (No charge)

Current Events

First and Third Friday of the Month 10:00 a.m. (No
charge)

Computer & Social Media

Check Sharing Tree for dates/times (No charge)

**Glastonbury Senior Fall Golf League at
Minnechaug Golf Course**

This league will run for 8 weeks (September 6-October
25) on Tuesday mornings. Start times: 9:00 a.m. in
September and 10:00 a.m. in October. Cost: \$100.00
with cart.

Glastonbury Parks and Recreation
PO Box 6523
2155 Main Street
Glastonbury, CT 06033

Presorted Standard
US Postage Paid
Hartford, CT
Permit #5161

RESIDENTIAL CUSTOMER

