



Glastonbury Parks and Recreation

plus Senior Center

Fall 2018

www.glastonbury-ct.gov

I. Registration Form

Household Information

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

Participant Information

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

Registration Information

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

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

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

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

Signature:

Date:

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

2. Registration Information

Mail-In & On-Line Registration Dates

Registrations will be accepted by **MAIL AND ON-LINE TUESDAY, AUGUST 14th BEGINNING AT 8:00 A.M.** with the following exceptions:

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

Mail-in registrations will be processed daily, at random.
NO REGISTRATIONS WILL BE PROCESSED BEFORE 8/14.

In-Person Registration Dates

In-person registrations will be accepted beginning Thursday, August 23 (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 8, November 22, November 23, December 24, and December 25 unless otherwise stated.

Online Registration is Fast & Easy

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

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

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

Notification of Enrollment

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

Registration Payment

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

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

Refund Policy

Please review your registrations carefully.

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

Financial Assistance

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

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

3. General Information

How to Reach Us

Give us a Call:

(860)652-7679

Send us a Fax:

(860)652-7691

Call the Program Information Line:

(860)652-7689

Check us out on the Web:

www.glastonbury-ct.gov

Click "Parks and Recreation"

Send us Mail:

Parks and Recreation

Program Registration

P.O. Box 6523

Glastonbury, CT 06033

Visit us in the Office:

Parks and Recreation

2143 Main Street

Glastonbury, CT 06033

Our Staff

Lisa Zerio, Director of Parks & Recreation

Greg Foran, Park Superintendent & Tree Warden

Jason Albert, Park Maintenance Supervisor

Kelly Devanny, Recreation Supervisor

Bill Engle, Recreation Supervisor

Anna Park, Recreation Supervisor

Liz Gambacorta, Recreation Program Coordinator

Kristen Michaels, Event & Banquet Facility Manager

Angela Paiker, Executive Secretary

Cynthia Lea, Administrative Secretary

Katryna Albert, Clerical Assistant

Program Information Line

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

Residency Requirements

Programs are for Glastonbury residents only unless otherwise noted.

E-mail updates

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

"Like" us on Facebook

"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

Brochure Mailing Information

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

Fall:

Winter/Spring:

Summer:

Mid-August

Early December

Early March

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

Inclement Weather Policy

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

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

Glastonbury Youth Organizations

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

Little League www.glastonburylittleleague.org

Hartwell Soccer www.glastonburysoccer.org

Midget Football www.gyfa.com

YMCA (860)633-6548

Lacrosse www.glastonburylacrosse.org

GBA Basketball GBAHoops@aol.com

www.gbahoops.org

GBA Travel GBATravelHoops@aol.com

Basketball www.gbahoops.org

Glastonbury www.glastonburygymnastics.com

Gymnastics gburygymclub@gmail.com

Glastonbury www.glastonburyswimteam.org

SwimTeam

4. Facility 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!

Tennis Court Reservations

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

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

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

Minnechaug Golf Course

A Town owned, 9 hole golf course located at 16 Fairway Crossing. It's a family friendly course that offers a challenge for the experienced golfer but, with three par 3 holes, is a great learning environment for those new to the game of golf. The island green featured on the par 3, 126 yard 8th hole is one of the most exciting golf holes in the area. The course offers a variety of leagues, clinics, camps and lessons for youth and adults. For more information, contact Minnechaug Golf Course at (860)643-9914.

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

5. Preschool Programs

Kangaroo Kids 2018-2019

Limited Openings Remain!

(Age 3 or 4 by December 31, 2018)

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

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

Program begins September 11 and runs through June 3. Total Fee for the 2 day morning session is \$909. Fee for the 4 day morning or afternoon session is \$1,600. An Open House will be held on Wednesday, September 5 from 4:00-6:00 p.m. Come meet our staff!

Kangaroo Kids Deposit

AM 3&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. 14, 2018:	AM 3&4: Mon & Thurs.	\$330
	AM 3&4: Tues. & Fri.	\$330
	AM 3&4: Mon, Tues, Thurs, Fri.	\$675
	PM 4: Mon, Tues, Thurs, Fri.	\$675
Jan. 11, 2019:	AM 3&4: Mon & Thurs.	\$329
	AM 3&4: Tues. & Fri.	\$329
	AM 3&4: Mon, Tues, Thurs, Fri.	\$675
	PM 4: Mon, Tues, Thurs, Fri.	\$675

LOCATION: Kangaroo Kids 35 Bell Street
DATES: September 11, 2018-June 3, 2019

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 4-November 13 (No class November 6)

Parent Child Playgroup

(Ages 1-4)

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

Preschool

Playgroup-Mon. 9:15	203125-01
Playgroup-Mon. 10:10	203125-02
Playgroup-Tues. 9:15	203125-03
Playgroup-Tues. 10:10	203125-04

FEE: \$35/child

MEETS: Monday 9:15-10:00; 10:10-10:55
Tuesday 9:15-10:00; 10:10-10:55
Friday 9:15-10:00

LOCATION: Academy Gym

DATES: 8 Weeks
Monday: September 17-November 19
Tuesday: September 18-November 13

6. Preschool & Youth Programs

Book, Craft, Play

(Ages 2-5 years)

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

Preschool

Book, Craft, Play 203234-01

FEE: \$65/child
MEETS: Friday 9:15-10:00 a.m.
LOCATION: Academy Teen Center
DATES: 8 Weeks September 21-November 9

Messy Art

(Ages 18 months-4 years)

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

Preschool

Messy Art 203235-03

FEE: \$65/child
MEETS: Friday 10:15-11:00 a.m.
LOCATION: Academy Teen Center
DATES: 8 Weeks September 21-November 9

Engineering FUNDamentals with LEGO®

(Boys and Girls grades K-2)

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

Youth Programs

Engineering 212204-E1

FEE: \$105
MEETS: Wednesday 4:00-6:00 p.m.
LOCATION: Academy Multi-Purpose Room #1
DATES: October 17-November 21
(No Class 10/31)
INSTRUCTOR: Andrew Escalera
Engineering Imagination

Aspiring Young Engineers

(Boys and Girls Grades 3-5)

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

Youth Programs

Young Engineers 212204-Y1

FEE: \$105
MEETS: Tuesday 4:00-6:00 p.m.
LOCATION: Academy Multi-Purpose Room #1
DATES: November 13-December 11
INSTRUCTOR: Andrew Escalera
Engineering Imagination

Lions and Tigers and Pigs, Oh My!

(Grades K-4)

Animals have been an important subject for artists all over the world since the beginning of time. From ancient caves to the present day magnificent creatures can be seen in paintings, sculptures, ceramics, mosaic art, fabric design, masks and stained glass. On a wild journey through the animal kingdom, art adventurers discover a multitude of kooky critters, as well as their own creativity, while exploring various techniques, tools, textures and materials. Stained glass giraffes, fabric dogs, ceramic elephants, wooden snakes, colorful dinosaurs, and clay lions with fluffy fiber manes. These are just a few of the animals created during our cool and playful art excursions. Fun facts about each creature are included and masterpieces go home each week. A ROARING good time!

Fall Kids Crafts

After School Art-ventures 212003-14

FEE: \$114/person (all materials included)
MEETS: Mondays 3:45-4:45 p.m.
LOCATION: Buttonball School Art Room
DATE: October 22-December 10
INSTRUCTOR: ART-ventures for Kids Instructor

7. Youth & Sports Programs

Spooky Story Stroll - NEW

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

Special Events

Spooky Stroll 210014-01

FEE: No Charge
DATE: Wednesday, October 17
4:30-6:30 p.m.
PRE-REGISTRATION IS REQUIRED!
LOCATION: Welles Turner Children's Library

ZUMBATOMIC® - New!

(Ages 6-12)
Hey Kids! Don't hang around the house, come have a blast at Zumbatomic® fitness program. This class is a fusion of Zumba moves such as the salsa, merengue, cumbia, cha-cha and more. This is a high octane workout designed for kids ages 8-12 that's safe and effective. Zumbatomic is a great way to get kids active and improve their health.

Fitness for Kids

Zumba Kids 212201-ZK

FEE: \$45
MEETS: Monday 4:30-5:30 p.m.
DATES: October 15-November 26
No Class 11/12
LOCATION: Academy Multi-Purpose Room
INSTRUCTOR: Eliza's Energy Source

Family Yoga - New!

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

Fitness Fall

Family Yoga 207211-FT

FEE: \$35/Family Member
MEETS: Thursdays, 5:15-6:00 PM
DATES: September 27-November 8
LOCATION: RCC Exercise Room
INSTRUCTOR: Personal Euphoria

X-Factor Training Camp for Children

(Ages 7-14)
Whether your child is an athlete getting ready for their next season or they just want to get active and have fun this is for them! Improve children's physical health and well being in an all inclusive, non-competitive fitness camp. Campers will utilize speed, quickness and agility drills to get active and improve performance. The class is instructed by personal trainers with experience working with youth.

X-Factor Training Camp

X-Factor Fall 212201-XF

FEE: \$79
MEETS: Tuesday and Thursday 6:30-7:45 p.m.
DATES: October 2-October 25
LOCATION: Buttonball Gym
INSTRUCTOR: Kavin Banks

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: \$59
MEETS: Wednesdays 6:15-7:30 p.m.
LOCATION: GHS Turf Field
DATES: September 5-October 24

8. Youth Sports Programs

Girls in Stride Running

(Girls Grades K-8)

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

Running Programs

Spring Girls in Stride (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 3-November 28
No Program 11/21

Mpower Boys Running - NEW!

(Boys Ages 6-14)

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of the Santa's Run 5K on December 3rd! Mpower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, Mpower's training program is designed for all levels of runners: from very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games and core strength exercises. For more information, please visit: www.MpowerYouthSports.com. Program fee includes a t-shirt (please indicate your son's t-shirt size when registering). In the case of rain, the program will take place at the Academy Cafeteria.

Running Programs

Mpower Boys Running 203105-MP

FEE: \$89/Person (Includes Registration in the Santa's 3.5 Mile Run - a \$10 Value!)
MEETS: Thursdays 4:00-5:00 p.m.
LOCATION: Riverfront Park Gazebo
DATES: October 4-November 29
No Program 11/22

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 15-October 20
No Class 10/6

Quick Start Red Ball Tennis

(Ages 5-7)

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

Fall Child Tennis Lessons

Quick Start 223281-QS

FEE: \$27/Session
MEETS: Saturday 8:00-8:55 a.m.
LOCATION: GHS Tennis Courts
DATES: September 15-October 20
No Class 10/6

q. Youth Sports Programs

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
Jukido 2 6:15 212105-02

FEE: \$46/child; \$46/parent
MEETS: Mondays 6:15-7:15
LOCATION: Gideon Welles Auxiliary Gym
SESSION 1: 8 Weeks September 17-November 12
SESSION 2: 8 Weeks December 3-February 25
INSTRUCTOR: Rich Webster

Glastonbury Basketball Association (GBA)

(Boys & Girls ages 8-18 as of Dec. 31, 2018)

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 10-June 5
 Saturdays & Sundays
 November 3-April 28

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: October 15-March 25



10. Teen Programs

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, August 30
Wednesday, Thursday, Friday
3:00-6:00 p.m.

Teen Center will be closed September 19; November 22,23; December 26, 27, 28.

Teen Center Open House

Kick off Applefest weekend at the Academy Teen Center for our Open House on Friday, October 12th from 3:00-6:00 p.m. Admission to the Teen Center is FREE on this day and is open to participants in grades 6-8 and their families. This is a great opportunity to meet the staff and your the facility. Join us for a friendly game of pool or spend some time in the game lounge. Popcorn, snow cones and refreshments will be served!

Middle School CoffeeHouse

On Friday, November 30th from 7:00-9:30 p.m. the Academy Teen Center will be hosting a middle school Coffeehouse event. Come listen to some great music, enjoy food with friends and hang out in the Teen Center game lounge. Calling all middle school musicians - we are looking for your talents to play at this new event! Please contact Mandee at teen.center@glastonbury-ct.gov or by phone at (860)652-7838.

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 dinner, admissions, and transportation.

Teen Activities

Fields of Fire Adventure Park 9/21	208004-14
Haunted Graveyard 10/26	208004-02
Revolutions Bowling 11/9	208004-07
Mall & Movie 12/14	208004-04

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

American Red Cross Babysitting Course

(Ages 11-15)

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

Teen Activities

Babysitter 10/13	208004-A2
Babysitter 11/3	208004-A3

FEE: \$65/Person (Includes Course Book)
MEETS: 9:00 a.m.-4:00 p.m.
LOCATION: Academy Cafeteria
DATE: Saturday, October 13
Saturday, November 3

II. Special Events

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 Wednesday, September 26 from 4:00-6:30 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 the Academy Teen Center at (860)652- 7838 or e-mail 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. Donation bins are also available for your convenience during off hours.

Family Yoga - New!

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

Fitness Fall

Family Yoga 207211-FT

FEE: \$35/Family Member
MEETS: Thursdays, 5:15-6:00 PM
DATES: September 27-November 8
LOCATION: RCC Exercise Room
INSTRUCTOR: Personal Euphoria

Spooky Story Stroll - NEW

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

Special Events

Spooky Stroll 210014-01

FEE: No Charge
DATE: Wednesday, October 17
4:30-6:30 p.m.

PRE-REGISTRATION IS REQUIRED!

LOCATION: Welles Turner Children's Library



Bike Boulevard Scavenger Hunt/Bike Rodeo

On Sunday, October 14th 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 and Bike Rodeo. 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! The roads are nearly pancake flat, so riders of all ages are encouraged to participate. Additionally, kids can take part in a Bike Rodeo to practice safe riding!

A roaming bike mechanic 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.



12. Special Events & Bus Trips

Santa's 3.5 Mile Run

A fun, family oriented race, sponsored by **Quality Name Plate, Inc., Farmington Bank** and the Parks and Recreation Department. Race begins at noon. Race features disposable chip timing by The Last Mile Race Services. The first 150 to register on-line or by mail will receive a FREE Santa's Run long sleeve cotton shirt. Registration begins on Wednesday, October 10th - you cannot register using this brochure.

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

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

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

Special Events

Santas Run 210028-AA

FEE: \$10.00 pre-registration (October 10-November 4); \$15.00 (November 5-November 30); \$20.00 (Day-of-Race)

DATE: Sunday, December 2 (Snowdate, December 9)

REGISTRATION: Pre-registration begins Wednesday, October 10th on-line at www.glastonbury-ct.gov and by mail **ONLY**. Walk-in registration will begin on Monday, November 5.

LOCATION: Glastonbury High School

Woodbury Commons and Angry Orchard

(Open to Residents and Non-Residents)

Upon arrival, enjoy a stop at the Angry Orchard in Walden, NY for a tasting of Hard Apple Cider in a picturesque setting. At approximately 12:30 p.m. depart for shopping at Woodbury Common. Woodbury Common Premium Outlets feature 250 of the most sought after, high end fashion and designer retail brands in the world. The newly renovated Market Hall offers a variety of grab and go food options. Trip includes salads and deli platter prior to shopping.

Bus Trips

Woodbury Commons 109004-WC

FEE: \$75/Person

DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 8:30 a.m.

RETURNS: Approximately 9:00 p.m.

DATE: Saturday, October 6

Radio City Christmas Spectacular

(Open to Residents and Non-Residents)

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

Bus Trips

Radio City 109004-8A

FEE: \$145/Person

DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 8:30 a.m.

RETURNS: Approximately 9:00 p.m.

DATE: Friday, December 7



13. Skate Park

Glastonbury Skate Park - 2143 Main Street

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

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

CLOSED MONDAYS AND TUESDAYS

FEES: FREE

Skate Park Rentals

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

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

Beginner Skate

(Boys and Girls age 5-7 years old)

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

This program is for skateboarders only.

Skate Park

Beginner Skate 513001-BS

FEE: \$49/child
MEETS: Saturdays 9:00-9:45 a.m.
DATES: September 8-October 13
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 8-October 13
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 8-October 13
INSTRUCTOR: Hoodlum Skateboard Company



H. Gymnastics Programs

Glastonbury Gymnastics Club

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

About our Staff

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

About our Facility

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

Preschool Classes

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

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

Gymnastics Lessons – Fall

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

FEE: \$140/child
DATES: 10 Weeks beginning September 5

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-Fall

Beg/Adv-Mon.	4:00-5:00	206508-01
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FEE: \$140/child
DATES: 10 Weeks beginning September 17

Recreation Classes

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

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

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

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

Gymnastics Lessons-Fall

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

*Combinations class where kids are grouped by level

FEE: \$140/child
DATES: 10 Weeks beginning September 5



15. Gymnastics Programs

Junior Olympic Competitive Team

Gymnasts must be tested by the Director and have prior competitive experience in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 2-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All J.O. team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$59 annual fee) and be members of the Glastonbury Family YMCA. Fees will be collected by the Gymnastics Director.

Gymnastics Team

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

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

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

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

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

Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. Xcel Bronze is the introductory level of competition. Open to female gymnasts ages 6 and older, who are able to do a cartwheel, round-off, handstand, and backward roll to push up. Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess an Introductory Athlete Membership to USA Gymnastics (\$27 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by Gymnastics Director.

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

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

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

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

FEE: \$314/Bronze
 \$334/Silver, Gold,
 Platinum/Diamond
 DATES: 12 Weeks beginning
 September 4



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		
Eastbury Pond	39 Fisher Hill Rd.	9.4					X				X											X
Ferry Landing	Ferry Lane	3.8					X			X			X	X								
Glastonbury High School	330 Hubbard St.	72.7	X	X				X			X								X	X	X	
Grange Pool	500 Hopewell Rd.	8.9												X							X	
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X			X						X			
Great Pond Preserve	Great Pond Rd.	42.9								X			X									
High Street Park	30 High St.	3.4	X													X	X	X				
Hubbard Green	1946 Main St.	5.7											X	X								
Longo Farm Open Space	3006 Hebron Ave.	156.99								X			X									
Matson Hill Open Space	68 Matson Hill Rd.	22.22								X			X							X		
Minnechaug Golf Course	16 Fairway Cr.	58.5							X													
Riverfront Park	200 & 252 Welles St.	44.1	X	X			X			X	X	X	X	X	X	X	X	X	X	X		
Ross Field	45 Canione Rd.	5.0	X		X									X	X							
Rotary Field	358 Old Stage Rd.	7.7	X											X	X							
Salmon Brook Park	New London Tpk.	10.9					X				X		X	X						X		
Smith Middle School	216 Addison Rd.	149.7	X				X				X	X							X	X		
Welles Park	185 Griswold St.	11.6	X	X												X		X				
Williams Park	789 Neipsic Rd.	161.9	X			X	X			X	X			X	X	X	X					

17. Dog Obedience Classes

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 10-October 22
No Class 10/8/18
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 10-October 22
No Class 10/8/18
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 12-October 24
No Class 9/19/18
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 12-October 24
No Class 9/19/18
INSTRUCTOR: Deanna Nickels, ABCDT

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>

18. 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 September 26. For information, call (860)742-2898.

Glastonbury Chorus

Looking for new members in all voice parts-soprano, alto, tenor, and bass. No auditions required. Director is Greg Colossale owner and founder of BackBeat City in Glastonbury. Chorus performs a wide variety of audience-pleasing music including pop songs, show tunes, folk songs, spirituals and 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.

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 15-June 3
Tuesday: October 9-April 30

Over 30 Free Play Basketball

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

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

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 15-June 3
Saturday & Sunday
November 3-April 28

Men's Basketball League

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

Fall Adult Tennis

(Ages 17 and Up)

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

Fall Adult Tennis Lessons

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

FEE: \$39/Session
MEETS: Saturday 11:00 a.m.-11:55 a.m.
LOCATION: GHS Tennis Courts
DATES: September 15-October 20
No Class 10/6

19. Fitness Classes

Seniors Staying Fit

(Adults 55 and up)

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

Low Impact Gentle Pilates

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

ZUMBA® Toning

Class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Learn to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone target zones (arms, abs and thighs).

Rugged Fitness

Designed to help you train for an obstacle course race, so set your sights on CT Run the Gauntlet (10/21) or a Rugged Maniac and train with us! High intensity interval workouts include cardio timed activities and functional strength training. Class includes cardio drills, farmer carriers, burpees, pushups, kettlebell swings, jump squats and more. Optional equipment includes: pair of weights, kettle bell, 10" play ball, mat & water.

Morning Yoga/Stretching

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

Hatha Yoga Evening

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

Zumba®

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

Class	Location	Days	Time	Dates	Fee	Code
Senior Fitness (Eliza's Energy Source)	RCC Community Room B	Mon, Wed, Fri	8:45-9:45 a.m.	Sept. 10-Dec. 7	\$69	207027-CA
		Mon, Wed, Fri	9:55-10:55 a.m.	Sept. 10-Dec. 7	\$69	207027-CC
		Mon, Wed, Fri	11:05-12:05 p.m.	Sept. 10-Dec. 7	\$69	207027-DD
Low Impact Gentle Pilates (Personal Euphoria)	Academy Multi Purpose Room 2	Monday	1:30-2:15 p.m.	Sept. 10-Dec. 10	\$74	207030-GP
		Wednesday	1:30-2:15 p.m.	Sept. 12-Dec. 12	\$86	207030-GW
Zumba Toning (Eliza's Energy Source)	RCC Exercise Room	Tuesday	6:00-7:00 p.m.	Sept. 11-Nov. 27	\$75	207209-TT
	Academy Multi Purpose Room	Wednesday	5:00-6:00 p.m.	Sept. 12-Dec. 12 (No Class 10/31,11/21)	\$75	207209-TW
Rugged Fitness (Eliza's Energy Source)	Buttonball School Gym	Wednesday	6:00-7:00 p.m.	Sept. 12-Oct. 17	\$45	207217-WP
Morning Yoga/Stretching (Sheila Frankel)	RCC Activity Room	Wednesday	9:30-10:30 a.m.	Sept. 12-Dec. 5 (No Class 11/21)	\$59	207026-AA
Hatha Yoga Evening (Kalpana Patel)	RCC Exercise Room	Monday	6:00-7:30 p.m.	Sept. 10-Dec. 10 (No Class 10/15)	\$64	207001-MP
		Wednesday	6:00-7:30 p.m.	Sept. 12-Dec. 12 (No Class 10/10, 10/17,11/21)	\$64	207001-WP
Zumba (Eliza's Energy Source)	Academy Multi Purpose Room 1	Monday	6:00-7:00 p.m.	Sept. 10-Dec. 10	\$75	207209-MP
		Wednesday	6:00-7:00 p.m.	Sept. 12-Dec. 12 (No Class 10/3,11/21)	\$75	207209-WP

*No Classes 10/8, 11/12, 11/22 & 11/23

Non-residents may register for fitness classes beginning on August 28th

20. Fitness 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	Code
Morning Mat Pilates (Personal Euphoria)	Academy Multi Purpose Room 2	Tuesday	9:30-10:30 a.m.	Sept. 11-Dec. 11 (No Class 11/6)	\$84	207201-AA
		Tuesday	8:30-9:30 a.m.	Sept. 11-Dec. 11 (No Class 11/6)	\$84	207201-AB
		Thursday	8:30-9:30 a.m.	Sept. 13-Dec. 13	\$84	207201-BC
		Thursday	9:30-10:30 a.m.	Sept. 13-Dec. 13	\$84	207201-BB
Total Barre (Personal Euphoria)	Academy Multi Purpose Room 2	Monday	9:45-10:30 a.m.	Sept. 10-Dec. 10	\$74	207203-M1
		Friday	8:10-8:55 a.m.	Sept. 14-Dec. 14	\$80	207203-FA
Advanced Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday	10:45-11:30 a.m.	Sept. 11-Dec. 11 (No Class 11/6)	\$84	207201-A1
Pilates Plus Strength (Personal Euphoria)	Academy Multi Purpose Room	Tuesday	6:00-6:45 p.m.	Sept. 11-Dec. 11 (No Class 11/6)	\$80	207202-F1
		Thursday	6:50-7:35 p.m.	Sept. 13-Dec. 13	\$80	207202-F3
*No Classes 10/8, 11/12, 11/22 & 11/23			Non-residents may register for fitness classes beginning on August 28th			

ZUMBATOMIC® - New!

(Ages 6-12)

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

Fitness for Kids

Zumba Kids

212201-ZK

FEE: \$45

MEETS: Monday 4:30-5:30 p.m.

DATES: October 15-November 26
No Class 11/12

LOCATION: Academy Multi-Purpose Room

INSTRUCTOR: Eliza's Energy Source

Family Yoga - New!

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

Fitness Fall

Family Yoga

207211-FT

FEE: \$35/Family Member

MEETS: Thursdays, 5:15-6:00 PM

DATES: September 27-November 8

LOCATION: RCC Exercise Room

INSTRUCTOR: Personal Euphoria

2. Fitness Classes

Strength Training

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

Core Balance

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

Yoga

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

Calorie Burn Cardio

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

Stretch & Tone

Using light weights and bands, you will gain flexibility as you strengthen muscles in their lengthened state while working through full ranges of motion. The goal is to make you long and strong. Bring a mat, water, and light weights.

Adult Ballet Class

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

Class	Location	Days	Time	Dates	Fee	Code
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Monday	9:00-9:45 a.m.	Sept. 10-Dec. 10	\$74	207206-M1
		Wednesday	12:00-12:45 p.m.	Sept. 12-Dec. 12	\$86	207206-WL
		Thursday	6:00-6:45 p.m.	Sept. 13-Dec. 13	\$80	207206-TP
		Friday	9:00-9:45 a.m.	Sept. 14-Dec. 14	\$80	207206-F1
Core Balance (Personal Euphoria)	Academy Multi Purpose Room	Wednesday	9:45-10:30 a.m.	Sept. 12-Dec. 12	\$86	207207-FW
		Friday	9:45-10:30 a.m.	Sept. 14-Dec. 14	\$80	207207-F1
Yoga (Personal Euphoria)	Academy Cafeteria	Tuesday	6:00-7:15 p.m.	Sept. 11-Dec. 11 (No Class 11/6)	\$93	207211-TP
	RCC Exercise Room	Thursday	6:00-7:15 p.m.	Sept. 13-Dec. 13	\$93	207211-TH
Calorie Burn Cardio (Personal Euphoria)	Academy Multi Purpose Room 2	Wednesday	9:00-9:45 a.m.	Sept. 12-Dec. 12	\$86	207216-WA
Stretch & Tone (Personal Euphoria)	Academy Multi Purpose Room 2	Tuesday	5:15-6:00 p.m.	Sept. 11-Dec. 11 (No Class 11/6)	\$80	207215-TP
Adult Ballet (Personal Euphoria)	Academy Multi Purpose Room 2	Tuesday	6:45-7:30 p.m.	Sept. 25-Oct. 30	\$54	207401-TP

***No Classes 10/8, 11/12, 11/22 & 11/23**

Non-residents may register for fitness classes beginning on August 28th

22. Swim Lesson Descriptions

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 Introduction to Water Skills

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

Level 2-Fundamentals of Aquatic Skills

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

Level 3-Stroke Development

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

Level 4-Stroke Improvement

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

Level 5-Stroke Refinement

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

Level 6-Swimming Skill Proficiency

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

Pool Rules

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

23. Swim Lessons

Private Swim Lessons

(Glastonbury Residents - Ages 5 and up)
 Private swim lessons (1:1) and semi-private swim lessons (1:2), catered to meet you or your child's specific instructional needs are now available. The aquatics leadership staff will work with you to customize a personal swim lesson schedule, with an experienced instructor. Lessons will be available on evenings and weekends at the Glastonbury High School Pool, offered as 4 thirty minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level apart. To register for the program, complete the "Private Swim Lesson Registration Form" available at the Parks and Recreation Department, at www.glastonbury-ct.gov (click "Parks and Recreation"; "Forms") or at the pool. Please list the dates and times available, and the Town will match an instructor once the form is received.

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

Children's Swim Lesson Program

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

Swim Lessons-Fall

FEE: \$39/child

Monday Swim Lessons September 24-November 19 (No Class 10/8, 10/15)

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 26-November 28 (No Class 10/3, 10/31)

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 22-December 1 (No Class 10/6, 10/27, 11/24)

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

Adult Swim Lessons

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

Swim Lessons-Fall

Adult Swim Lessons 201129-AA

FEE: \$49/person
 MEETS: Monday 7:30-8:30 p.m.
 LOCATION: GHS Pool
 DATES: 8 weeks beginning September 24
 No Class October 8, 15

24. Swim Clinics & Team

Fall Competitive Stroke Clinics

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

Clinics will focus on stroke technique and some endurance training. Must be able to swim front crawl a full length of the pool without stopping. Clinics will begin Thursday, September 6 and end on Saturday, September 22. Practices held at the GHS Pool.

FEE: \$75/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

Glastonbury Recreation Swim Team

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

Children/Parents must be residents of Glastonbury to participate on the Glastonbury Team. Please see registration details below:

Optional Informational Session

Are you thinking about swim team but want to know more about it? Come to a parent informational session on Monday, August 27th at 7:00 p.m. at the Welles Turner Library Friends Room. Please e-mail dlsmcfall@gmail.com to register for the informational session.

Swim Team Registration Process

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

Step 2: Registration begins online or by mail on Wednesday, September 12 at 8:00 a.m. Registrations will not be accepted prior to September 12. Walk-in registration will begin Friday, September 14. Early registration is advised as space is limited by pool capacity. Swimmers are required to compete in meets. Register for the practice group assignment provided by coaches. If there is a wait-list, please register anyhow as there is a good chance your swimmer will be placed. Please see guidelines on the next page.

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

Optional USA Short Course

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

25. Swim Team

Swim Team Important Notes

- Once assigned, coaches reserve the right to move swimmers to different practice groups at their discretion. If a child is moved to a different practice group before 11/15, you will be required to pay the difference or a partial refund will be issued.
- Practices begin September 24 and conclude in February (USA extends through Mid- March).
- Practices are held at Glastonbury High School. For Junior 1, 2 and Senior practices, there are also practices held at Trinity College in Hartford.
- Recreation swim meets (approximately 4/season) are held in the Hartford Vicinity and take place on a Saturday or Sunday November-January. Championship meets take place in Mid-February.
- Swim meets are run with the help of parents and parents will be asked to assist at swim meets in the form of timing as an example.
- The Glastonbury Swim Parents Organization (GSPO) dues are included in the fee. Dues are used towards meets and team events.

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

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

26. Boat Launch & Classes

Boat Launch

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

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

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

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

The Parks and Recreation Department has partnered with the L.L. Bean Outdoor Discovery Schools to conduct various kayak, paddleboard and fly-fishing programs at the Riverfront Park through October, 2018

The following programs will be held on weekends:

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

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

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

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

High School Pool Indoor Season (For Residents Only) Beginning August 29

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

Household Poolpass Indoor

HOUSEHOLD POOL PASS FEE: \$109/Family
DAILY ADMISSION FEE: Child \$3; Adult \$5
LOST PASS REPLACEMENT FEE: \$25/Household

Individual Poolpass Indoor

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

* Must be obtained at Parks & Recreation Office

Note: The GHS Pool will be closed August 13-August 21

September is National Senior Center Month

GLASTONBURY SENIOR CENTER

The 2018 theme is "Building Momentum"
(Connecting, Learning, Giving, and Growing)



"This year's theme was chosen to highlight how senior centers build momentum for aging well in their communities. This year, senior centers celebrate their 75th anniversary. Just as older adults build on their past experiences and lessons learned to create rich life, senior center professionals are building on lessons learned from 75 years of experiences and wisdom."

According to the National Institute of Senior Centers (NISC); "We now know the research and importance behind **Connecting** older adults with others, that making friends matters and that **Learning** new languages and skills and exercising helps care for your body, and that **Giving** back at the senior center and within the community fosters purpose and a more meaningful life. As long as each of us lives, we want to continue **Growing** to be the most we can be. Senior centers have built a holistic experience where all of that is possible."

Please join us at the Center where you will be welcomed each day by our friendly and helpful team of ambassadors!

How to Reach us

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

Where to Find us

Riverfront Community Center
300 Welles Street
Glastonbury, CT 06033
facebook.com/glastonburyseniorcenter

28. Upcoming Entertainment

Program Information

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

Evening Pizza Party & Concert

Airborne Jazz

Thursday, August 16

Enjoy an evening of high energy contemporary jazz. Extremely original, intensely creative and great compositions embraced with wonderful arrangements. Caribbean take us away...

TIME: 5:30 p.m. Pizza, Salad, Beverage & Dessert
6:00-8:00 p.m. Entertainment

COST: \$10 in Advance; \$15 at the Door
(Special Ticket Required)

Senior Prom - Under the Sea

Friday, October 5

Don't miss your chance to join hundreds of seniors throughout Eastern CT at this annual fun-filled event. Enjoy the gorgeous panoramic views from the Port n Starboard banquet hall located at Ocean Beach in New London. Call (860)652-7338 for cost and menu options.

National Senior Center Month Luncheon

Thursday, September 20 at 12:00 p.m.

Enjoy a delicious BBQ chicken lunch with rice, carrots, salad, roll and cheesecake. Entertainment provided by Jeff Wieselberg, renowned local singer and keyboard player who will entertain us with a fabulous array of familiar tunes for a good old fashioned sing along.

COST: Special Ticket Required \$4/Person

Halloween Party

Tuesday, October 23 at 12:00 p.m.

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

COST: Special Ticket Required \$4/Person
Must be purchased by Friday, October 19

Veteran's Day Luncheon

Thursday, November 8 at 11:30 a.m.

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

COST: Special Ticket Required \$3/Person
Must be purchased by Tuesday, November 7

Thanksgiving Luncheon

Tuesday, November 20 at 12:00 p.m.

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

COST: Special Ticket Required \$4/Person
Must be purchased by Friday November 16



29. Featured Classes, Trips & Activities

Quilts of Valor

2nd & 4th Tuesdays 4:30-6:30 p.m.

Join others to make memorable quilts for veterans. Knowing how to sew is not a prerequisite and you can assist from home if you choose. Individuals can help by cutting, ironing, and more. Call Norma Carey at (860)652-7655 or inquire in the front office.

Evening Theatre Trip

"The Guys" by Anne Nelson

Saturday, September 8

TIME: Leave RCC at 5:00 p.m.;
Approximate Return Time 10:30 p.m.
COST: \$40/Resident; \$46/Non-Resident

Tree Swallow Cruise Aboard

RiverQuest-Haddam

Wednesday, September 19

Captain Mark and Mindy are the pioneers of Tree Swallow watching, with 14 years of experience. After spending the day miles away, the swallows return each night to sleep in the reeds. They gather at sunset and perform aerial ballets forming an amazing display of art, coordination and cooperation! With the flexible seating, everyone gets optimal "up close and personal" viewing. This is a small group experience that is unique each sailing. Mark, Mindy and crew promise a great evening for all to enjoy the Tree Swallow show and this special time on the pristine Connecticut River!

TIME: Leave RCC at 4:00 p.m. (Board the Cruise at 5:00 p.m.); Approximate Return Time 9:30 p.m.
COST: \$60/Resident; \$70/Non-Resident
Includes transportation, cruise and box dinner

AARP Smart Driver Classes

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

SEPTEMBER 20: 12:30-4:30 p.m.
OCTOBER 18: 8:30 a.m.- 12:30 p.m.
NOVEMBER 15: 12:30 p.m.- 4:30 p.m.
COST: \$15/AARP Members;
\$20/Non-Members
Check Payable to AARP Due Upon Advance Registration.

Computer Assistance

Individuals can set up 30 minute appointment blocks for assistance with computer help. Available Tuesdays 9:00 a.m.-Noon. To make an appointment please call (860)652-7638.

Mac, iPad or Smartphone Assistance - Returns in September

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

Open Computer

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



30. Health/Wellness & Support Groups

Indoor Walking Group

12:15-1:00 p.m.

Monday-Thursday

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

Free Blood Pressure & Wellness Clinic

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

Healthy Foot Clinic

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

DATES: September 20, 24, 25; October 18, 29, 30; November 15, 26, 27
TIMES: 8:40 a.m.-3:30 p.m.
COST: \$29/Person
Check Made Payable to "Pedi-Care"

Hearing Screening & Aid Serviced

A free hearing exam will be conducted by a licensed hearing specialist. Hearing aids will be cleaned, checked and minor adjustments made. Available Tuesdays 9/11 and 11/13 from 10:00 a.m.-12:00 noon. Call (860)652-7638 to schedule your appointment.

Live Well with Chronic Pain Workshop!

Do you live with chronic pain brought on by arthritis, stroke, neuropathy, or any other condition? This workshop will give you practical tools to better manage your pain. For more information, visit cthealthyliving.org

DATES: Wednesdays
September 19-October 24
TIMES: 9:30 a.m.-12:00 p.m.
COST: FREE!

"Eye Openers" Low Vision Support Group

This group is open to any person living with low vision. Members learn from one another and guest speakers. Refreshments are served. For more information or to receive meeting announcements, call Susan Parrotta, (860)652-7636.

DATES: Meets Last Friday of the Month (2018)
TIMES: 10:00-11:30 a.m.
LOCATION: Special Activities Room at the RCC

Bereavement Support Group

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

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

Caregivers 5 Part Series

Join us at the Riverfront Community Center for this five part series for caregivers. Topics include; an overview of dementia, communication and behavior challenges, safety and the importance of activities, caregiving and care options and legal and financial issues (presented by an elder law attorney). There is no cost for this program but pre-registration is required by October 17 due to limited space. Hartford Health Care Center for Healthy Aging is sponsoring the program. Contact Outreach Social Worker Susan Parrotta, LCSW to register at (860)652-7636 or susan.parrotta@glastonbury-ct.gov

DATES: Wednesdays
October 24-November 21
TIMES: 5:30-7:00 p.m.

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

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