



Winter/Spring
2018-2019
www.glastonbury-ct.gov



Glastonbury
Parks & Recreation
Senior Services
facebook.com/glastonburyparkrec
facebook.com/glastonburyseniorcenter



Parks & Recreation Program 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
Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!					
1	1st Choice				
	2nd Choice				
	3rd Choice				
2	1st Choice				
	2nd Choice				
	3rd Choice				
3	1st Choice				
	2nd Choice				
	3rd Choice				
Pool Passes <input type="checkbox"/> Indoor Pool	Pass Type <input type="checkbox"/> Individual <input type="checkbox"/> Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:			TOTAL

Waiver

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

Signature: _____ Date: _____

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

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

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

I. Registration Information

Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING TUESDAY, DECEMBER 11** at 8:00 a.m. with the following exceptions:

Open Gym Passes	Ski Trips
Indoor Pool Passes	Party Rentals
Teen Center Passes	December Vacation Camp

Mail-in registrations will be processed daily, at random.
REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 11.

In-Person Registration Dates

In-person registrations will be accepted beginning Wednesday, January 2 including J.B. Williams reservations.

Why Can't I Register by Phone or Fax?

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

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.

Returned Checks

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

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.

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

Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

Cancellation Information

Programs may be canceled due to insufficient registration. Programs are canceled on January 1, January 21; February 18; April 19; May 27 unless otherwise stated.

Notification of Enrollment

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

Refund Policy

Please review your registrations carefully.

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

Financial Assistance

Discounted registration fees for basic programs are available to those who qualify under the Federal Poverty Guidelines. Eligibility and assistance determinations are made by the Social Services Department. Fee waivers apply to registration fees only. To qualify, submit an Eligibility Application to the Social Services Department. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

- Children's Swim Lessons
- GBA Basketball
- Glastonbury Lacrosse
- Kangaroo Kids
- Open Gym Pass
- Pool Passes
- Teen Center Pass

2. General Information

How to Reach Us

Administrative Phone: (860)652-7679
Administrative Fax: (860)652-7691
Program Info Line: (860)652-7689
Online: www.glastonbury-ct.gov
Mail: Parks and Recreation
Program Registration
P.O. Box 6523
Glastonbury, CT 06033
Office: Parks and Recreation
2143 Main Street
Glastonbury, CT 06033

Our Staff

Lisa Zerio, Director of Parks & Recreation
Greg Foran, Park Superintendent & Tree Warden
Kelly Devanny, Recreation Supervisor
Bill Engle, Recreation Supervisor
Anna Park, Recreation Supervisor
Liz Gambacorta, Recreation Program Coordinator
Kristen Michaels, Event & Banquet Facility Manager
Angela Paisker, Executive Secretary
Cynthia Lea, Administrative Secretary
Katryna Albert, Clerical Assistant

Weekly Activity Information

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

Program Information Line

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

E-mail Updates

Occasionally, we send updates, cancellation information and other pertinent program information to you via e-mail. Please be sure to include this information on your registration form and to add "recreation@glastonbury-ct.gov" to your address book or trusted e-mail list!

Brochure Mailing Information

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

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

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

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 and registration information.

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

Tobacco Use Prohibited in Town Recreation Areas

Per Town Ordinance, no person shall engage in the act of smoking or use any tobacco products in any Town owned or operated Recreation Area (including, but not limited to, cigarettes, cigars, piped tobacco, chewing tobacco, and snuff). "Tobacco products" also includes any electronic device that delivers nicotine or other substances to the person inhaling from the device including, but not limited to, an electronic cigarette, cigar or pipe.

3. Rentals & Reservations

Party Rentals

Reservations are based on availability. Please call the office to determine available dates. Paperwork must be completed and full payment made within 5 business days of making the reservation. Event dates and times are confirmed only after payment is received. **NO REFUNDS** will be issued. If a cancellation is made with at least 2 weeks notice, there may be an opportunity to reschedule for a different date.

J.B. Williams Park Pavilion Rental

In-person and phone reservations for use of the J.B. Williams Park "covered" pavilion will be taken beginning on Wednesday, January 2.

Availability:	May 1 to October 31
Maximum Capacity:	Up to 150 people
Amenities:	Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking facilities
Fees:	\$150/rental

Academy Teen Center Rental

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

Availability:	Year Round (Saturdays and Sundays)
Times:	2 hour time blocks
Maximum Capacity:	15 people
Amenities:	Staff Supervisor to monitor activity space, use of Teen Center room including ping pong, air hockey, foosball, pool tables, board games, couch areas and craft space, access to rest-rooms, refrigerator and freezer
Fee:	\$100/Rental \$150/Rental with Wii or Craft

Glastonbury Boathouse

Host your next special event at the Glastonbury Boathouse! Whether you are planning a wedding, corporate or social event, your guests are sure to be impressed with our bright and modern Banquet Hall, breathtaking river views, and exceptional cuisine from our Preferred Caterers. Accommodates seated events of 50-150 people, or standing receptions up to 250 people. For more information, visit glastonburyboathouse.com or contact Kristen Michaels, Event and Banquet Facility Manager, at kristen.michaels@glastonbury-ct.gov or (860)652-4640. Follow us on Facebook to get updates on rentals and special events: facebook.com/glastonburyboathouse.

Riverfront Park Boat Launch & Boat Storage

Beginning Friday, March 1st, boat launch permits are available at the Parks and Recreation office Monday-Friday 8:00 a.m.-4:30 p.m. Boaters must bring proof of residency and valid boat registration. Single boat launch will be open from mid April-November. Park offers 24 boat trailer parking spaces, a covered picnic pavilion, children's playground and walking trails. Attendant on duty during the boating season. Restrooms available on site.

Seasonal Permits:	Residents: \$60/year
Daily Launch:	Residents: \$20/day Non-Residents: \$120/year Non-Residents: \$40/day

The Glastonbury Boathouse offers convenient and affordable indoor and outdoor storage from January 1-December 31. Storage is available with 1 boat/rack and racks are assigned. Customers can change rack assignments upon annual renewal or with approval. Renters must complete a Boat Storage Application. Racks are first-come-first-serve. Register early and move in before January 1st, at no additional cost.

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

Public Ice Skating

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

The Locker Room

Don't let the added cost of equipment stop you from playing! Gently used equipment is available **FREE OF CHARGE** to players who need assistance with getting equipment to play sports. Please call the Teen Center at (860)652-7838 to make requests. Donations are also currently being accepted for all sports. A donation bin is available in the Academy building for your convenience during off hours. See page 12 for Locker Room Open House information!

Check out the Glastonbury Dog Park!

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. Park amenities include benches, waste receptacles, dog litter bags, water stations and more! The park is located in the Riverfront Park, 200 Welles Street, Glastonbury. Visit <http://www.glastonbury-ct.gov/dogpark>

4. PreSchool Programs

Kangaroo Kids (2019-20) Deposit

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

3&4:	Mon. & Thurs.	9:00-11:30
3&4:	Tues. & Fri.	9:00-11:30
3&4:	Mon., Tues., Thurs., Fri.	9:00-11:30
4:	Mon., Tues., Thurs., Fri.	12:30-3:00

Deposits for the 2019-20 program will be accepted beginning on March 12, 2019. **Please note the deposit is non-refundable after June 3, 2019.** Child must be age 3 or 4 by December 31, 2019 to be eligible (No Exceptions). 3 year olds must be toilet trained. Kangaroo Kids meets September-early June. Complete information (dates, fees etc.) will be in the 2019 Summer Brochure available in early March.

An Open House will be held in March at our facility at 35 Bell Street. If you would like to visit the program currently in session, contact Kangaroo Kids at (860) 657-8616 to make an appointment.

Kangaroo Kids Deposit

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

Fee:	\$250 Deposit
Location:	Kangaroo Kids 35 Bell Street
Meets:	September 9, 2019-June 5, 2020

Skyhawks Tiny Hawks

(Ages 3-4)

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

Skyhawks Sports Programs

Tiny Hawk 304109-TH

Fee:	\$70
Meets:	Thursdays 5:00-5:50 p.m.
Dates:	May 9-June 6
Location:	Naubuc School Gym

Skyhawks Mini Hawk Sports Program

(Ages 4-6)

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

Skyhawks Sports Programs

Mini-Hawk 304109-AA

Fee:	\$70
Meets:	Thursdays, 6:00-7:00 p.m.
Dates:	May 9-June 6
Location:	Naubuc School Gym

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-Winter

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

Music Together-Spring

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

Fee:	\$185/child; \$100/sibling (Newborns under 8 months attend FREE when a sibling is registered; \$185 registered alone.)
------	---

Meets:	Tuesday 9:15-10:00 a.m.; 10:15-11:00 a.m. or 11:15 a.m.-12:00 p.m.
--------	---

Location:	RCC Activity Room
Winter:	10 weeks January 8-March 19
Spring:	10 weeks April 9-June 18

5. PreSchool & Family Programs

Parent Child Play Group

(Ages 1-4)

Designed to provide children 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 equipment for kids to climb, explore and enjoy!

Preschool

Winter Play-Mon 9:25	303125-01
Winter Play-Mon 10:15	303125-02
Winter Play-Tues. 9:25	303125-03
Winter-Play-Tues 10:15	303125-04

Preschool

Spring Play-Mon 9:25	403125-01
Spring Play-Mon 10:15	403125-02
Spring Play-Tues. 9:25	403125-03
Spring Play-Tues 10:15	403125-04

Fee:	\$35/child
Meets:	Monday: 9:25-10:10; 10:15-11:00 Tuesday: 9:25-10:10; 10:15-11:00
Location:	Academy Gym
Winter:	Monday: Jan. 14-March 4 (6 Weeks) Tuesday: Jan. 15-Feb. 26 (6 Weeks)
Spring:	Monday: April 1-May 13 (6 Weeks) Tuesday: April 2-May 14 (6 weeks)

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

Winter Art 9:25	303235-01
Winter Art 10:20	303235-02

Preschool

Spring Art 9:25	403235-01
Spring Art 10:20	403235-02

Fee:	\$65/child
Meets:	Thursday 9:25-10:10; 10:20-11:05
Location:	Academy Teen Center
Winter:	January 17-Feb. 28 (6 weeks)
Spring:	April 4-May 16 (6 Weeks)

Book, Craft, Play

(Ages 2-5 years)

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

Preschool

Winter Book 9:25	303234-01
Winter Book 10:20	303234-02

Preschool

Spring Book 9:25	403234-01
Spring Book 10:20	403234-02

Fee:	\$65/child
Meets:	Friday 9:25-10:10; 10:20-11:05
Location:	Academy Teen Center
Winter:	January 18-March 1 (6 weeks)
Spring:	April 5-May 17 (6 Weeks)

Science Behind Superheroes Performance

Thursday, December 27, 2018

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

In this Mad Science show, discover the real science behind some of the most popular superhero powers! Children will explore the science of flight, how science can make things invisible, and how Spiderman might walk up walls using fun, high-energy experiments!

T-Bone's Camp Muckalucka Performance

Tuesday, February 19, 2019

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

Escape the winter temperatures with a trip to "Camp Muckalucka", a wonderful musical program where children and their families participate together in a fun-filled imaginary day at summer camp with T-BONE, their camp counselor. From the first blast of the wake-up bugle through activities such as swimming, storytime, name that tune, the beach ball game the campfire sing-a-long to lights out, the students will learn valuable listening, safety concepts while having a ball through hands-on participation.

Family Yoga

Create awareness of the body and breath, combining functional movement with mindfulness. Class includes warm up and centering, physical movement and yoga flow, followed by cool down and relaxation. 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

Winter-1:	307211-W1
Winter-2:	307211-W2
Spring:	407211-ST

Fee:	\$30
Meets:	Thursdays, 5:15-6:00 PM
Winter-1:	January 10-February 14
Winter-2:	February 28-April 4
Spring:	April 25-May 30
Location:	RCC Exercise Room
Instructor:	Personal Euphoria

6. Family Programs & Bus Trips

Easter Egg Hunt for Dogs

Egg Hunt begins promptly at 10:00 a.m. at the Riverfront Park (200 Welles Street, Glastonbury) on Saturday, April 13th. Event will be held rain or shine. Over 6,000 eggs will be hidden. Every egg contains a treat or prize for you and your dog (**Donated by Melzen Pet Supply**) including gift certificates and other surprises. Cost is \$10/dog. Dogs must be on leash with up to date rabies tag or certification. No aggressive dogs please.

Family Ice Fishing Clinic

(All Ages-Under 10 Must be Accompanied by Adult)
This DEEP sponsored clinic is taught by state certified volunteer instructors through the Connecticut Aquatic Resources Education (CARE) Program. It is designed to introduce you to the wintertime sport of ice fishing. All those who attend are invited to join the DEEP at their Annual Family Ice Fishing Derby on Coventry Lake, January 26th. The Derby is only open to those who attend an Ice Fishing class and is free.

Fishing Clinic

Ice Fishing Clinic 410009-BB

Fee: FREE
Meets: Thursday 6:30-8:30 p.m.
Location: Gideon Welles Cafeteria
Dates: Thursday, January 10
(Snow Date: January 17)

Beginning Fisherman Clinic

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

Fishing Clinic

Beginning Fisherman's Clinic 410009-AA

Fee: FREE
Meets: 6:30-8:30 p.m.
Location: Hebron Avenue Cafeteria
Dates: Tuesday & Thursday, April 2 & 4

Youth Fishing Derby

(Youth ages 4 through 15)
Compete for the biggest, smallest, first and most trout caught, or just enjoy a morning of fishing with your child on Saturday, April 27, 8:00-10:00 a.m. at J.B. Williams Pond. Prizes raffled every 15 minutes. Four age categories: 4-6, 7-9, 10-12, 13-15. No bait restrictions. No physical parental assistance allowed except baiting & casting. Pre-registration not required. FREE.

Atlanta Hawks vs. Boston Celtics

(Open to all Ages; Residents and Non-Residents)
The Celtics and the Hawks are two of the most exciting teams in the NBA, and it's always fun when the two match up. Exciting action on the court, some of the best basketball players in the league, and an energetic fanbase are what you can count on when the two face off at 12:30 p.m. Trip includes charter bus, upper level ticket to the game, free time in Boston before and after and games/prizes on the bus.

Bus Trips

Hawks v. Celtics 109004-HC

Fee: \$160/Person
Meets: Departs Glastonbury/East Hartford Commuter Parking Lot at 8:00 a.m. Returns at Approximately 7:00 p.m.
Date: Saturday, March 16, 2019

Houston Astros vs. Boston Red Sox

(Open to all Ages; Residents and Non-Residents)
The National League Astros don't often get to play the American League (and World Series Champ) Red Sox so gather up a group of your family or friends to see this series live! Trip includes outfield grandstand tickets to the game, charter bus, a cookout before the game and games/prizes on the bus.

Bus Trips

Red Sox 109004-17

Fee: \$135/Person
Meets: Departs Glastonbury/East Hartford Commuter Parking Lot at 9:30 a.m. Returns at Approximately 7:00 p.m.
Date: Saturday, May 18, 2019

Massachusetts Wine Tour

(Open to all Ages; Residents and Non-Residents)
Visit Queen Bee Winery in Munson, MA; Echo Hill Winery in Munson, MA and Hardwick Winery in Hardwick, MA. Trip includes charter bus, stops at the 3 wineries, 2 tastings, 1 pouring, a cookout and games/prizes on the bus.

Bus Trips

Mass Wine Tour 109004-MW

Fee: \$100/Person
Meets: Departs Glastonbury/East Hartford Commuter Parking Lot at 9:45 a.m. Returns at Approximately 6:30 p.m.
Date: Saturday, June 8, 2019

7. Vacation Programs

Skyhawks Multi-Sport Vacation Camps - NEW

(Grades K-5)

Skyhawks provides a variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and more. Kids will play 3-4 different games/sports each day.

Holiday Vacation Sports Camp

12/26 Full	404109-D1
12/26 Half	404109-D2
12/27 Full	404109-D3
12/27 Half	404109-D4
12/28 Full	404109-D5
12/28 Half	404109-D6
3 Days Full	404109-DF
3 Days Half	404109-DH

Fee:	\$50/1 Full Day; \$35/1 Half Day \$120/3 Full Days; \$95/3 Half Days
Meets:	Wednesday, Thursday, Friday 9:00 a.m.-3:00 p.m. (Full Day) 9:00 a.m.-12:00 p.m. (Half Day)
Dates:	12/26; 12/27; 12/28 or all 3 Days
Location:	Gideon Welles Gym

S.T.E.A.M Train Workshop - NEW

(Boys and Girls Grades K-2)

All-Aboard the S.T.E.A.M. (Science. Technology. Engineering. Architecture. Math.) Train! Construct a customized LEGO® train & track system using the creativity and excitement LEGO encourages. Have fun while learning about train technology, build your own freight car and drive the main-engine car, comparing infrared and bluetooth controls!

Youth Programs

Steam Train 312204-ST

Fee:	\$29
Meets:	Friday 9:00 a.m.-12:00 p.m.
Location:	Academy Multi-Purpose Room #2
Dates:	December 28
Instructor:	Engineering Imagination

Rocket Cars Workshop - NEW

(Boys and Girls Grades 1-4)

Students will design, build, and race model "Rocket Cars!" This workshop will explore the unique history of using jet engines to engineer extremely fast land-based cars. Students are sure to have fun while challenging themselves to make their vehicles aerodynamic, efficient, and faster! Students will also take home the "Rocket Cars" that they engineered in class!

Youth Programs

Rocket Cars 312204-RC

Fee:	\$29
Meets:	Tuesday 9:00 a.m.-12:00 p.m.
Location:	Academy Cafeteria
Dates:	February 19
Instructor:	Engineering Imagination

April Vacation Jungle Journey Art-Ventures

(Boys & Girls Grade K-4)

Take your inner artist for a walk in the rainforest and discover endangered creatures who live there. Bugs, lizards, poison dart frogs, butterflies, tigers, monkeys and more. Experience fabric design while tie-dyeing bandannas, making rainbow T-shirts and designing stuffed monkey toys. Sculpt animals out of clay, make bug boxes, create rainforest flowers, draw tigers and paint ceramic flower pots shaped like sneakers. Discover stained glass and scratch art too. Learn facts about endangered animals and saving the rainforest.

Kids Crafts

April Vacation Art 312003-AV

Fee:	\$140/Session
Meets:	Monday-Thursday 9:00 a.m.-12:00 p.m.
Location:	Academy Multi-Purpose Room 1
Dates:	April 15-18
Instructor:	Art-Ventures for Kids

Backyard Games During Vacation Week - NEW

(Grades K-3)

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

Vacation Activities - Spring

Vacation Games 412104-BG

Fee:	\$120/Person
Meets:	Monday, Tuesday, Wednesday
Date:	April 15, 16, 17
Time:	9:00 a.m.-3:00 p.m.
Location:	Smith Middle School Gym
Instructor:	Kavin Banks, Jr.

8. Vacation & Youth Programs

Engineering Imagination Vacation Camp - NEW

(Boys and Girls Grades 1-3)

Explore the fascinating world of "S.T.E.A.M." (Science, Technology, Engineering, Architecture, Mathematics) through these hands-on, minds-on, unique enrichment camps! Participants will use a wide variety of mediums to learn about, design, and build projects such as bridges and roller coasters! With activities and topics including mechanical engineering, architecture, reverse engineering, and environmental science, participants are sure to have a blast while learning along the way. In addition, participants will take home some of the projects they complete!

Youth Programs

Engineering Camp 412204-EC

Fee: \$199
Meets: Monday-Thursday, 9:00-4:00
Location: Academy Cafeteria
Dates: April 15-April 18
Instructor: Engineering Imagination

Engineering FUNdamentals with Lego®

(Boys and Girls grades K-2)

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. From the creativity and enjoyment encouraged by LEGO®, kids always enjoy themselves while learning engineering terms and concepts along the way!

Youth Programs

Engineering-Winter 312204-E1
Engineering-Spring 412204-E1

Fee: \$105/Spring; \$85/Winter
Winter: Mondays 4:00-6:00 p.m.
Spring: Tuesdays 4:00-6:00 p.m.
Location: Academy Multi-Purpose Room #1
Winter: January 14-February 11 (No Class 1/21)
Spring: April 23-May 28 (No Class 5/7)
Instructor: Engineering Imagination

Aspiring Young Engineers

(Boys and Girls Grades 2-4)

Use a variety of mediums to explore a unique, S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) curriculum. Learn about and build projects like hydroelectric waterwheels, model rockets and scale bridges. From model roller coasters to LEGO® challenges, have a blast while learning through hands-on, minds-on activities!

Youth Programs

Young Engineers 312204-AY

Fee: \$85
Meets: Monday, 4:00-6:00 p.m.
Location: Academy Multi-Purpose Room #1
Dates: March 4-March 25
Instructor: Engineering Imagination

Motorized Bridges - NEW

(Boys and Girls Grades K-2)

Moving bridges are fascinating to observe! Young engineers will build functioning models and learn about and build model swing bridges and drawbridges.

Youth Programs

Motorized Bridges 312204-MB

Fee: \$22
Meets: Wednesday, 4:00-6:00
Location: Academy Multipurpose Room #1
Dates: March 20
Instructor: Engineering Imagination

Hydroelectric Waterwheels Workshop - NEW

(Boys and Girls Grades 2-4)

"Go Green" in this inspirational class and focus on a specific source of renewable energy-hydroelectricity! Learn about, plan, design and build fully functioning hydroelectric waterwheels! Using recycled and salvaged materials, work individually and in a group in an effort to generate as much electricity as possible!

Youth Programs

Waterwheels 412204-HW

Fee: \$22
Meets: Wednesday, 4:00-6:00 p.m.
Location: Academy Multipurpose Room
Dates: May 15
Instructor: Engineering Imagination



9. Youth Programs

Art-Ventures with Penguins and Polar Bears

(Boys & Girls Grade K-4)

Embark on a journey through the Arctic and Antarctic to learn about the captivating lives of penguins, polar bears, and other cold-weather creatures. In this fun, art-packed series, art explorers set out on an adventure across frozen tundra to discover life in and around the icy waters of the earth's Poles. Sculpt clay polar bears and penguin reliefs. Build sand castle lighthouses and create shimmery sea jellies out of recycled materials. Paint sharks or fish on stretched canvases. Design hats as colorful as the Northern Lights, make gyotaku fish print aprons, and transform plain t-shirts into oceans teeming with creatures. Explore the art of decoupage, collage, stained glass and so much more while learning fun facts about endangered creatures and the importance of being kind to our earth and oceans!

Kids Crafts

Penguins 312003-PP

Fee: \$114/Person
(All Materials Included in the Fee)
Meets: Mondays 3:45-4:45 p.m.
Location: Buttonball School Art Room
Dates: January 14-March 18
(No Class 1/21, 2/18)
Instructor: Art-Ventures for Kids

Sticky, Shrinky, Shiny Art-Ventures

(Boys & Girls Grade K-4)

The amazingly imaginative 2 and 3 dimensional projects in this program will inspire children's creativity as they experiment with a variety of unique art forms, tools, and techniques. Art explorers create Shrinky Dink Animal Pendants and Sequined Mexican Mirrors. Make Funny Felt Monsters, paint Ceramic Butterfly Pots, and sculpt Sweet Treat Clay Desserts. Paint Goofy Animals on Canvases and sculpt Flying Pigs. These projects and more introduce children to a world of artistic wonder while we encourage their own original ideas and unique perception and interpretation of art.

Kids Crafts

S,S,S Art-Ventures 312003-SS

Fee: \$114/Person
(All Materials Included in the Fee)
Meets: Mondays 3:45-4:45 p.m.
Location: Buttonball School Art Room
Dates: April 1-June 3 (No Class 4/15; 5/27)
Class on 5/6 will be held in the
Academy Teen Center
Instructor: Art-Ventures for Kids

Jewelry Design - NEW

(Boys & Girls Grade K-5)

Learn how to make amazing jewelry that dazzles! Work on earrings, bracelets and rings and take projects home each day.

Kids Crafts

Jewelry Design 312003-JD

Fee: \$139/Person (Plus \$20 Supply Fee
Payable to the Instructor)
Meets: Tuesdays 4:00-5:00 p.m.
Location: Academy Teen Center
Dates: February 26-April 2
Instructor: Arts in CT

General Acting - NEW

(Boys & Girls Grade K-5)

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

Performing Arts

Acting Grades K-2 204233-K2
Acting Grades 3-5 204233-35

Fee: \$139/Person
Meets: Thursdays
4:00-5:00 p.m. (Grades K-2)
5:00-6:00 p.m. (Grades 3-5)
Location: Academy Cafeteria
Dates: February 7-April 4
(No Class 2/21)
Instructor: Arts in CT

Voice Classes - NEW

(Boys & Girls Grade K-5)

Learn how to sing alone and in groups and experience performing in front of your peers! Practice stage presence and use your vibrant imagination to create your own songs. Engage in partner songs and receive instruction on identifying parts.

Performing Arts

Voice Classes 204233-VC

Fee: \$130/Person
Meets: Mondays, 4:00-5:00 p.m.
Location: Academy Cafeteria
Dates: March 25-May 20
(No Class 4/15)
Instructor: Arts in CT

10. Youth & Sports Programs

Indoor Playground

(Ages 5-15)

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

Indoor Playground

Indoor Playground 312102-IP
Siblings 312102-SB

Fee: \$35/Person; \$15/Typical Sibling
Meets: Saturdays 1:30-3:00 p.m.
January 19-March 9
Location: Academy Cafeteria

X-Factor Training Camp for Children

(Ages 7-14)

Improve physical health and well being in an all inclusive, non-competitive camp. Utilize speed, quickness and agility drills to get active and improve performance. Non-competitive games and training exercises create a dynamic workout. Instructed by personal trainers with experience working with youth.

Fitness for Kids

X-Factor Winter 412202-MA
X-Factor Spring 412202-SX

Fee: \$79/person
Meets: Tuesday & Thursday 6:30-7:45 p.m.
Winter: February 26-March 28
(No Class 3/14, 3/21)
Spring: April 23-May 21
(No Class 4/25)
Location: Buttonball Gym
Instructor: Coach Kavin Banks, Jr.

Backyard Games

(Grades K-3)

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

Fitness for Kids

Backyard Games 412202-BG

Fee: \$50
Meets: Thursdays, 4:45-5:45 p.m.
Date: January 17-February 14
Location: Buttonball School Gym
Instructor: Kavin Banks, Jr.

ZUMBATOMIC®

(Boys and Girls 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 6-12 that's safe and effective. Zumbatomic is a great way to get kids active and improve their health.

Fitness for Kids

Zumba Kids-Winter 412202-ZK
Zumba Kids-Spring 412202-ZS

Fee: \$50
Meets: Mondays, 4:45-5:45 p.m.
Winter: January 28-March 11 (No Class 2/18)
Spring: April 1-May 13 (No Class 4/15)
Location: Academy Multi-Purpose Room
Instructor: Eliza's Energy Source

Skyhawks Volleyball Clinic

(Boys & Girls Grades 6-8)

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

Skyhawks Sports Programs

Spring Volleyball 304109-VB

Fee: \$99
Meets: Tuesdays 5:15-7:15 p.m.
Dates: April 2-May 14 (No Class 4/16)
Location: Smith Middle School Auxiliary Gym

Youth Jukido

(Ages 6 & up by start of session)

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

Jukido Winter

Jukido Winter 6:15 312105-01

Jukido Spring

Jukido Spring 6:15 412105-01

Fee: \$46/Person
Meets: Monday 6:15-7:15
Location: Gideon Welles Aux. Gym
Winter: 8 Weeks December 3-February 25
Spring: 8 Weeks April 1-June 3
Instructor: Rich Webster

II. Youth & Sports Programs

Girls in Stride Running

(Girls Grades K-8)

Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This dynamite training program will prepare your daughter for the Celebrate West Hartford 5K on June 2nd. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. This non-competitive training program is offered for all levels of runners. As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition, and mental preparation. Fee includes a t-shirt and training journal. In case of inclement weather, the program will be held in the Academy Building. Race registration is not included in the program fee. Elementary and Middle school ages will be divided into groups with separate coaches.

Running Programs

Spring GIS (K-5) 203105-GS
Spring GIS (6-8) 203105-MS

Fee: \$79/Person (Does not Include Race Registration Fee)
Meets: Wednesdays 3:30-4:30 p.m.
Location: Riverfront Park Gazebo
Dates: April 10-May 29 (No Program 4/17)

Mpower Boys Running

(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 Celebrate West Hartford 5K on June 2nd! 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). Race registration is not included in the program fee. In the case of rain, the program will take place at the Academy Cafeteria.

Running Programs

Spring Mpower 203105-PS

Fee: \$79/Person (Does not Include Race Registration Fee)
Meets: Tuesdays 4:00-5:00 p.m.
Location: Riverfront Park Gazebo
Dates: April 9-May 28 (No Program 4/16)

Spring Children's Tennis

(Ages 7-17)

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

Spring Child Tennis Lessons

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

Fee: \$27/Session
Meets: Saturday 9:00-9:55 a.m.; 10:00-10:55 a.m.
Location: GHS Tennis Courts
Dates: April 27-June 1 (No Class 5/25)

QuickStart 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.

Spring Child Tennis Lessons

Quick Start 423281-QS

Fee: \$27/Session
Meets: Saturday 8:00-8:55 a.m.
Location: GHS Tennis Courts
Dates: April 27-June 1 (No Class 5/25)

Youth Open Gym

(Youth 18 and under)

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

Fee: FREE
Meets: Wednesday 7:30-9:30 p.m.; Saturday 2:00-6:00 p.m.; Sunday 1:00-5:00 p.m.
Location: Wednesday at Smith Middle School Gym; Saturday and Sunday at Glastonbury High School Gym
Dates: Wednesday ends June 5
Weekends end April 28

12. Locker Room & Skate Park

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 Friday, March 15th from 3:00-6:00 p.m. or Saturday, March 16th from 9:00 a.m.-12:00 p.m. for an open house event! The Locker Room currently has soccer, baseball and basketball items available as well as some miscellaneous sports equipment. If you cannot make this event or for more information please contact 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.

Skate Park (2143 Main Street)

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3' and 4' quarter pipes, ramps, rails and wedges! All skaters visiting the park for the first time must sign and complete a waiver. Only skateboards and in-line skates permitted. All skaters MUST wear helmets. Other equipment is recommended, but optional. Skate Park opens for the season on Wednesday, April 24, 2019. FREE Admission.

Spring, Summer: Wednesday-Sunday 3:00-6:00 p.m.
*CLOSED Monday & Tuesday

Beginner Skate Lessons

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

Skate Park

Beginner Skate 513001-BS

Fee: \$49/child
Meets: Saturdays 9:00-9:45 a.m.
Dates: April 27-June 1
Location: Skate Park (2143 Main Street)

Advanced Beginner Skate

(Skateboarders ONLY ages 7 and up)
Learn fundamentals and beginner maneuvers. Participants are taught how to properly ride each piece of equipment, proper falling techniques,

balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. All skaters MUST wear helmets. Other equipment is recommended, but optional.

Skate Park

AdvancedB Skate 513001-AS

Fee: \$69/child
Meets: Saturdays 9:45-10:45 a.m.
Dates: April 27-June 1
Location: Skate Park (2143 Main Street)

Intermediate Skate

(Skateboarders ONLY ages 7 and up)
Learn advanced tricks and maneuvers. Skaters taking this level must have several years of skating experience. Proper technique will be stressed. 360's, 180's, Ollies, 50-50's, Kickflips, Shuvits, Grabbed Airs, Topsides, Negatives, Torques, Technical Grinds and tricks will be taught and practiced. All skaters MUST wear helmets. Other equipment is recommended, but optional.

Skate Park

Intermediate Skate 513001-IS

Fee: \$69/child
Meets: Saturdays 10:45-11:45 a.m.
Dates: April 27-June 1
Location: Skate Park (2143 Main Street)

Skate Competition

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

Skate Park

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

Fees: Competitors: \$5 registration fee
Spectators: Free
Location: Glastonbury Skate Park
Date: Saturday, June 8
Competition: 11:00 a.m.-1:00 p.m.
Park Open Until 6:00 p.m.

13. 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 - Winter

Ages 3&4 - Wed.	3:05-4:05	306108-05
Ages 3&4 - Fri.	3:05-4:05	306108-06

Fee: \$140/child
Dates: 10 Weeks beginning January 3

Gymnastics Lessons - Spring

Ages 3&4 - Wed.	3:05-4:05	406108-05
Ages 3&4 - Fri.	3:05-4:05	406108-06

Fee: \$130/child
Dates: 8 Weeks beginning April 3

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 – Spring

Beg/Adv-Mon 4:00-5:00 406508-01

Fee: \$130 child
Dates: 8 Weeks beginning April 1

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 ¼ handstand. Intermediate (USAG Level 1) Gymnasts enter after they have mastered a handstand, round-off, backward roll to push-up position, standing backbend, and one 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 Team. Recreation Classes are offered as follows:

Gymnastics Lessons - Winter

*All Levels – Wed. 4:10-5:10	306108-01
*All Levels – Wed. 5:15-6:15	306108-02
*All Levels – Fri. 4:10-5:10	306108-03
*All Levels – Fri. 5:15-6:15	306108-04

*Combinations class where kids are grouped by level

Fee: \$140/child
Dates: 10 Weeks beginning January 3

Gymnastics Lessons - Spring

*All Levels – Wed. 4:10-5:10	406108-01
*All Levels – Wed. 5:15-6:15	406108-02
*All Levels – Fri. 4:10-5:10	406108-03
*All Levels – Fri. 5:15-6:15	406108-04

*Combinations class where kids are grouped by level

Fee: \$130/child
Dates: 8 Weeks beginning April 3

14. Gymnastics Programs

Junior Olympic Competitive Team

Gymnasts must be tested by the Director in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 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) Winter: 306208-01
 Mon. 4:00-6:10 Spring: 406208-01
 Fri. 6:15-8:30

Level 3 (3/week) Winter: 306308-02
 Mon. 4:00-6:10 Spring: 406208-02
 Fri. 6:15-8:30
 Plus Choose One
 Tuesday or Thursday 5:45-8:30

Level 4 (3/week) Winter: 306308-03
 Mon. 6:00-8:30 Spring: 406208-03
 Wed. 6:15-8:30
 Plus Choose One
 Tuesday or Thursday 5:45-8:30

Level 5-9 Winter: 306208-04
 Mon. 6:00-8:30 Spring: 406208-04
 Tues. 5:45-8:30
 Wed. 6:15-8:30
 Thurs. 5:45-8:30

Fee (Winter): \$314/Level 2
 \$334/Level 3, 4, 5-9
 Dates (Winter): 12 Weeks beginning January 2

Fee (Spring): \$274/Level 2
 \$294/Level 3, 4, 5-9
 Dates (Spring): 10 Weeks beginning April 1

Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. 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 Bronze 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.

Gymnastics Team

Bronze (2/week) Winter: 306208-05
 Tues. 4:15-5:45 Spring: 406208-05
 Thurs. 4:15-5:45

Silver (3/week) Winter: 306208-06
 Mon. 6:00-8:30 Spring: 406208-06
 Wed. 6:15-8:30
 Plus Choose One
 Tuesday or Thursday 5:45-8:30

Gold (3/week) Winter: 306208-07
 Mon. 6:00-8:30 Spring: 406208-07
 Wed. 6:15-8:30
 Plus Choose One
 Tuesday or Thursday 5:45-8:30

Platinum/Diamond Winter: 306208-08
 Mon. 6:00-8:30 Spring: 406208-08
 Tues. 5:45-8:30
 Wed. 6:15-8:30
 Thurs. 5:45-8:30

Fee (Winter): \$314/Bronze
 \$334/Silver, Gold, Platinum
 Dates (Winter): 12 Weeks beginning January 1

Fee (Spring): \$274/Bronze
 \$294/Silver, Gold, Platinum
 Dates (Spring): 10 Weeks beginning April 1



15. Parks & Facilities

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	X	
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X		X							X		
Blackledge Falls	Hebron Ave.	80.0								X		X							X		
Buckingham Park	1285 Manchester Rd.	35.3	X							X			X	X	X		X				
Butler Field	225 Forest Lane	11.6	X							X			X								
Center Green	2340 Main St.	.9											X	X							
Cider Mill Open Space	1287 Main St.	21.8											X								
Cotton Hollow Preserve	Hopewell Rd.	83.2					X			X									X		
Earle Park	1375 Main St.	39.1								X		X									
Eastbury Pond	39 Fisher Hill Rd.	9.4					X				X									X	
Ferry Landing	Ferry Lane	3.8					X			X		X	X								
Glastonbury High School	330 Hubbard St.	72.7	X	X				X				X						X	X	X	
Grange Pool	500 Hopewell Rd.	8.9												X						X	
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X		X						X			
Great Pond Preserve	Great Pond Rd.	42.9								X		X									
High Street Park	30 High St.	3.4	X													X	X	X			
Hubbard Green	1946 Main St.	5.7											X	X							
Longo Farm Open Space	3006 Hebron Ave.	156.99								X		X									
Matson Hill Open Space	68 Matson Hill Rd.	22.22					X			X		X							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		
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					



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!

16. Teen Programs

Academy Teen Center

(Teens in Grades 6-8)

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

- Transportation during after-school hours
- Interactive Game Lounge
- Innovative Arts and Crafts Center
- HDTV Movies (Free popcorn)
- Staff Supervision (CPR and First Aid Certified)
- Special Events (Community Service Opportunities, Theme Days, Holiday Celebrations, and Field Trips)

Teen Center

School Year Pass 6-8 208005-03

School Year Pass: \$59/Person
 Daily Admission: \$5/person
 Location: Academy (2143 Main St.)
 Hours: Wednesday, Thursday, Friday
 3:00-6:00 p.m.
 April Vacation: CLOSED
 See Spring Teen Vacation Trips!

Friday Night Club

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

Teen Trip Series

(Teens in Grades 6-9)

Enjoy a Friday night out with your friends! Plus, have dinner and beverages at the Teen Center before you depart. All trips include pizza and beverages before departing. Revolutions Bowling on 2/9 will include food at the facility. Supervision by Teen Center staff. 6-8 graders can take the bus to the Teen Center and stay until it's time to go. Limited to the first 15 people. Please arrive to the Teen Center by 4:30 p.m. for each trip.

Teen Activities

Adaptive Parkour	208004-18
Tubing	208004-19
Puzzle Room	208004-17
Nomads	208004-20

Fee: \$35/Trip
 Meets: Fridays
 Adaptive Parkour: 1/18/19
 Tubing at Powder Ridge: 2/1/19
 Puzzle Room: 3/15/19
 Nomads: 4/5/19
 Location: Depart Academy Building 5:00 p.m.;
 Return at approximately 9:30 p.m.

Spring Teen Vacation Trips

(Teens in Grades 6-10)

Join us for these 1 day trips during school vacation week with the Teen Center staff. Choose any/all days! Includes transportation, supervision and admission. Dave & Busters trip also includes lunch.

Vacation Activities-Spring

Dave & Busters	412104 -04
Storrs Adventure	412104 -05
Sonny's	412104 -06

Fee: \$60/Day
 Meets: 9:00 a.m.-3:00 p.m.
 Location: Academy Building
 4/16/19: Dave & Busters and Buckland Mall
 4/17/19: Storrs Adventure Park
 4/18/19: Sonny's Place



17. Teen Programs

Ski & Snowboard Series - NEW

(Teens in Grades 6-9)

Visit Mount Southington on Wednesdays in February & March! Take the bus from Smith or Gideon to the Teen Center and depart from there or get dropped off at the Teen Center in time for departure. All participants are required to bring and wear their own helmets. All packages include transportation to and from Mt. Southington, transportation and supervision. Participants can purchase food at the facility or bring a bag dinner.

Location: Depart Academy Building 4:15 p.m.
Return at approximately 9:00 p.m.

Dates: Wednesdays
February 20, 27; March 6, 13, 20

Choose from the following Options:

Option 1: Lift Only

Lift ticket ONLY. No rentals or lessons. Intended for the more experienced snowboarder/skier that has their own equipment.

Ski Trip Series

Series Lift Only 408104-19

Fee: \$270 (Includes all 5 Dates)

Option 2: Lift & Rental

Lift ticket and rentals. No lessons. Choose from Ski or Snowboard. Intended for any snowboarder/skier that needs equipment.

Ski Trip Series

Snowboard Lift & Rental 408104-20

Ski Lift & Rental 408104-21

Fee: \$350 (Includes all 5 Dates)

Option 3: Lift, Lesson, Rental

Group lesson, lift ticket, and rental. Choose from Ski or Snowboard. Intended for any snowboarder/skier that needs equipment and a lesson.

Ski Trip Series

Combo Snowboard 408104-22

Combo Ski 408104-23

Fee: \$405 (Includes all 5 Dates)

American Red Cross Babysitting

(Ages 11-15)

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

Teen Activities

Babysitter (1/26) 208004-A1

Babysitter (2/9) 208004-AB

Fee: \$65/Person (Includes Course Book)

Meets: 9:00 a.m.-4:00 p.m.

Location: Academy Teen Center

Date: Saturday, January 26

Saturday, February 9

High School Open Gym

(Grades 9-12)

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

Fee: FREE

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

Location: Glastonbury/East Hartford

Magnet School

Dates: October 15-March 25

GCAP Coffeehouse Program

A fun activity for high school age students featuring live music, food and games in the Teen Center. Events are planned by Coffeehouse Teens!

Fee: \$5 Entry Fee

Location: Academy Building

Dates: Saturday, 12/15/18 7:00-10:00 p.m.

Saturday, 3/30/19 7:00-10:00 p.m.

Saturday, 5/18/19 6:00-10:00 p.m.



18. Adult Programs

Canine Games

A fun way to build the human/canine relationship and to find a new activity for you to enjoy with your dog. You and your dog will be able to try trick training, nose work, rally, obstacle work and learn some dance moves. For dogs over six months old which have basic training skills.

Dog Obedience Classes

Canine Games 410101-CG

Fee: \$100/Session
Meets: Wednesdays 10:00-11:00 a.m.
Location: Academy Cafeteria
Dates: March 13-April 24 (No Class 4/17)
Instructor: Deanna Nickels, ABCDT

Focus on Focus with your Dog

Teaches self-control techniques to calm your dog around distractions. Owners will benefit by learning better communication methods and skills. Learn over twenty focus exercises & management tools that will help your dog with loose leash walking, settling in different environments, greeting people, excessive barking and fearful behaviors. Teach your dog that the job it gets paid for is to pay attention. For dogs over 6 months old that have had basic training.

Dog Obedience Classes

Dog Focus 410101-DF

Fee: \$100/Session
Meets: Wednesdays 11:30 a.m.-12:30 p.m.
Location: Academy Cafeteria
Dates: March 13-April 24 (No Class 4/17)
Instructor: Deanna Nickels, ABCDT

Family Dog Manners

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

Dog Obedience Classes

Dog Manners 1 410101-DM
Dog Manners 2 410101-D2

Fee: \$100/Session
Meets: Mondays 6:30-7:30 p.m.
Location: Academy Cafeteria
Session 1: March 11-April 22 (No Class 4/15)
Session 2: April 29-June 10 (No Class 5/27)
Instructor: Deanna Nickels, ABCDT

Trick Training & Games

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

Dog Obedience Classes

Trick Training 410101-TT

Fee: \$100/Session
Meets: Mondays 7:45-8:45 p.m.
Location: Academy Cafeteria
Dates: March 11-April 22 (No Class 4/15)
Instructor: Deanna Nickels, ABCDT

Out and About

For dogs that can do sits, downs, stays and walk politely at home and in the training room, but when you go somewhere new your dog seems to have forgotten everything. Dogs need to repeat the basics in many different situations before they can generalize behaviors they have learned. We'll meet in a variety of dog friendly environments to teach your dog they can do their sits, downs and walk politely anywhere.

Dog Obedience Classes

Out and About 410101-OA

Fee: \$100/Session
Meets: Wednesdays 11:45 a.m.-12:45 p.m.
Location: Academy Cafeteria
Dates: May 1-June 5
Instructor: Deanna Nickels, ABCDT

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 weekday and weekend leagues for both men and women. The course also offers a variety of clinics, camps and lessons for youth and adults. For more information, contact Minnechaug Golf Course at (860) 643-9914.

19. Adult Programs

Spring Adult Tennis

(Ages 17 and Up)

Lessons are broken into 4 levels allowing instructors to give more emphasis on specific skills. 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 basics of forehand and backhand and can hit at least 3 times from the center service line. **Level 3** is for those who understand basics of rallying, can hit both forehand and backhand at least 3 times from the baseline, can perform basics of a serve and know how to score. **Level 4** is for those who consistently rally forehand and backhand 4-6 times from the baseline, can serve, can hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette.

Spring Adult Tennis Lessons

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

Fee: \$39/Session
 Meets: Saturday 11:00 a.m.-11:55 a.m.
 Location: GHS Tennis Courts
 Dates: April 27-June 1
 (No Class 5/25)

Open Gym

Get out of the work week rut with invigorating exercise. Pickup Basketball Games are played on Mondays, Tuesdays (Over 30 Only) and on the weekends, hoops for shooting around are also available on the weekends. Volleyball games are played Monday & Tuesday evenings with 2 nets are set up for recreational style play that is enjoyable for everyone. Season passes may be purchased at the Parks and Recreation office or at the gym.

Mondays: 7:30-9:30 @ SMS
 Tuesdays: 7:30-9:30 @ SMS
 Saturdays: 2:00-6:00 @ GHS
 Sundays: 1:00-5:00 @ GHS

Fee: \$40/Yearly Pass
 \$80/Nonresident Yearly Pass (Volleyball Only)
 \$60/Nonresident Yearly Pass (Over 30 Basketball Only)
 \$4/Daily Admission
 \$8/Nonresident Daily Admission (Volleyball & Over 30 Basketball Only)
 Dates: Monday Program ends June 3
 Weekend & Tuesday Program ends April 30

Adult Ballet Class - NEW

(Ages 18 and up)

A combination of classical barre, center work and dance combinations across the floor to strengthen and elongate muscles, improve posture, balance and discover movement. Lift, tone, sculpt and strengthen core muscles. Exercises may be done standing at a barre (based on location we may 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. This is a dance class.

Adult Dance Classes

Winter: Adult Ballet 307401-AB
 Spring: Adult Ballet 407401-AB

Fee: \$69/Winter; \$55/Spring
 Meets: Tuesdays 6:45-7:30 p.m.
 Location: Academy Multipurpose Room
 Winter: January 22-March 26
 Spring: April 23-June 11
 Instructor: Personal Euphoria

Adult Softball Leagues

The Glastonbury Parks & Recreation Department runs Men's, Women's and Coed Adult Softball Leagues. Season runs April-August. For information on league format, scheduling, fees and specific eligibility requirements go to www.teamsidelines.com/glastonbury. New teams are taken on a first-come, first-serve basis. If you are interested in putting a team in the league, please e-mail Liz Gambacorta at liz.gambacorta@glastonbury-ct.gov by January 31st.

Glastonbury Chorus

If you like to sing, join the Glastonbury chorus. No auditions required. The chorus is a non-profit organization for men and woman 18 and over that have a love for choral music. Director is Abigail Winkler. Chorus performs a wide variety of audience pleasing music including pop songs, show tunes, folk music and various selections from the classical choral repertoire. Rehearsals are Wednesdays from 7:00-9:00 p.m. at the Smith Middle School band room starting January 9th. Visit the website at www.glastonburychorus.org for more information or contact Judy Stearns at (860)633-0406 or judyastearns@att.net.

Come see the Annual Holiday Concert on Sunday, December 15th from 4:00-5:00 p.m. at the Glastonbury High School Auditorium. \$8 admission (children under age 7 free). Donation for the Glastonbury Food Bank welcome (no glass containers.) A light reception follows immediately after the concert.

20. Fitness Programs

Senior Fitness

Designed for the active older adult; includes a warm-up, low impact aerobics, muscular conditioning, core strengthening and focuses on increasing flexibility, joint mobility, balance and coordination. Bring sneakers and water bottle. Weights, exercubes, dynabands, 10" play balls and mats optional. **Residents Only.**

Low Impact Gentle Pilates

Exercises focus on the core muscles including abs, back, glutes and shoulders. Work to create balance and strength in your trunk and loose, limber limbs. Makes you strong and long while improving balance, coordination and posture. A great option for newcomers to Pilates or anyone who wants to move, but needs to tone down a bit. Must be able to get up and down off the floor. Bring mat and water to class.

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.

Zumba® Toning

When it comes to body sculpting this Zumba® Toning raises the bar or the toning stick. This 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. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, (arms, abs and thighs). Zumba Toning is the perfect way to sculpt your body naturally while having lots of fun.

Rugged Fitness

This class is designed to help you train for an obstacle course race, so set your sights on the Terrier Tough Race in Rocky Hill (3/30) or a Tough Mudder/Rugged Maniac/Spartan Race and train with us! High intensity interval workouts include cardio timed activities and functional strength training. This class will include cardio drills, farmer carriers, burpees, pushups, kettlebell swings, jump squats and more. The following equipment is optional, a pair of weights, a kettle bell, a 10" play ball, a mat and plenty of water. Sign up for one or two days a week.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Senior Fitness (Eliza's Energy Source)	Riverfront Community Center	Mon, Wed, Fri 8:30-9:20 a.m.	Winter	Jan. 7-April 3	\$69	307027-08
			Spring	April 22-June 19	\$49	407027-08
		Mon, Wed, Fri 9:25-10:15 a.m.	Winter	Jan. 7-April 3	\$69	307027-09
			Spring	April 22-June 19	\$49	407027-09
		Mon, Wed, Fri 10:20-11:10 a.m.	Winter	Jan. 7-April 3	\$69	307027-10
			Spring	April 22-June 19	\$49	407027-10
		Mon, Wed, Fri 11:15-12:05 p.m.	Winter	Jan. 7-April 3	\$69	307027-11
			Spring	April 22-June 19	\$49	407027-11
Low Impact Gentle Pilates (Personal Euphoria)	Academy Multi Purpose Room	Monday 1:30-2:15 p.m.	Winter	Jan. 7-April 1	\$68	307030-GP
			Spring	April 22-June 10	\$43	407030-GP
		Wednesday 1:30-2:15 p.m.	Winter	Jan. 9-April 3	\$80	307030-GW
			Spring	April 24-June 12	\$49	407030-GW
Zumba® (Eliza's Energy Source)	Academy Multi Purpose Room #2	Monday 6:00-7:00 p.m.	Winter	Jan. 7-March 25	\$63	307209-MD
			Spring	April 22-June 10	\$44	407209-MP
		Wednesday 6:00-7:00 p.m.	Winter	Jan. 9-March 27	\$75	307209-WP
			Spring	April 24-June 12	\$50	407209-WP
Zumba® Toning (Eliza's Energy Source)	RCC Exercise Room	Tuesday 6:00-7:00 p.m.	Winter-1	Jan. 15-Feb. 12	\$32	307209-T1
			Winter-2	March 5-April 2	\$32	307209-T2
			Spring	April 23-June 11	\$50	407209-TT
Rugged Fitness (Eliza's Energy Source)	Buttonball School Gym	Wednesday 6:00-7:00 p.m.	Winter	Feb. 6-March 27	\$60	307217-WP
			Spring	April 24-June 12	\$60	407217-WP

No Classes on Town Holidays 1/21, 2/18, 4/19 and 5/27; Senior Fitness no Class on 5/31

Class Open to Residents & Non-Residents with the Exception of Senior Fitness (**Non-Resident Registration Begins 12/28/18**)

21. Fitness Programs

Morning Mat Pilates

Develop a strong core while maintaining loose, limber limbs. Exercises provide variations for different body types. Strengthen the body while keeping joints mobile and flexible. Bring a mat. Mixed-level class.

Advanced Pilates

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

Pilates Plus Strength

Work arms, legs, abs, back, and butt, with props that strengthen, tighten and tone the body. Integrates lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises may feel more intense, each can be modified for beginner and intermediate. Bring a mat and water.

Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. Work on balancing while using a flexband and your own body weight. Improve your range of motion, posture and balance, while increasing flexibility. Bring yoga mat and water.

Strength Training

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

Calorie Cardio Burn

Raise your heart rate, burn calories, and increase metabolism. Includes faster paced exercises, functional movements, core work and a total body workout. Bring a mat, light weights and water.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Morning Mat Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 8:30-9:30 a.m.	Winter	Jan. 8-April 2	\$84	307201-AA
			Spring	April 23-June 11	\$52	407201-AA
		Tuesday 9:30-10:30 a.m.	Winter	Jan. 8-April 2	\$84	307201-AB
			Spring	April 23-June 11	\$52	407201-AB
		Thursday 8:30-9:30 a.m.	Winter	Jan. 10-April 4	\$84	307201-BB
			Spring	April 25-June 13	\$52	407201-BB
		Thursday 9:30-10:30 a.m.	Winter	Jan. 10-April 4	\$84	307201-BC
			Spring	April 25-June 13	\$52	407201-BC
Advanced Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 10:45-11:30 a.m.	Winter	Jan. 8-April 2	\$99	307201-A1
			Spring	April 23-June 11	\$64	407201-A1
Pilates Plus Strength (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 6:00-6:45 p.m.	Winter	Jan. 8-April 2	\$80	307202-W1
			Spring	April 23-June 11	\$49	407202-S1
		Thursday 6:45-7:30 p.m.	Winter	Jan. 10-April 4	\$80	307202-W2
			Spring	April 25-June 13	\$49	407202-S2
Core Balance (Personal Euphoria)	Academy Multi Purpose Room	Friday 9:45-10:30 a.m.	Winter	Jan. 11-March 29	\$74	307207-W1
			Spring	April 26-June 14	\$49	407207-S1
		Wednesday 9:45-10:30 a.m.	Winter	Jan. 9-April 3	\$80	307207-WA
			Spring	April 24-June 12	\$49	407207-WA
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:00-9:45 a.m.	Winter	Jan. 7-April 1	\$68	307206-MA
			Spring	April 22-June 10	\$43	407206-MA
		Thursday 6:00-6:45 p.m.	Winter	Jan. 10-April 4	\$80	307206-TP
			Spring	April 25-June 13	\$49	407206-TP
		Friday 9:00-9:45 a.m.	Winter	Jan. 11-March 29	\$74	307206-W1
			Spring	April 26-June 14	\$49	407206-S1
Lunchtime Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Wednesday 12:00-12:45 p.m.	Winter	Jan. 9-April 3	\$80	307206-L1
			Spring	April 24-June 12	\$49	407206-WL
Calorie Cardio Burn (Personal Euphoria)	Academy Multi Purpose Room #2	Wednesday 9:00-9:45 a.m.	Winter	Jan. 9-April 3	\$80	307216-WA
			Spring	April 24-June 12	\$49	407216-WA

No Classes on Town Holidays 1/21, 2/18, 4/19 and 5/27; Senior Fitness no Class on 5/31

Class Open to Residents & Non-Residents with the Exception of Senior Fitness **(Non-Resident Registration Begins 12/29/18)**

22. Fitness Programs

Hatha Yoga Evening

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

Morning Yoga/Stretching

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

Yoga

Unwind and recharge your batteries as you surrender into yoga poses designed to strengthen your core, build stamina and increase flexibility. Focus on connecting breath with movement and simple mindfulness practices. Multiple variations of poses will be offered so you can intensify as needed and get exactly what you crave from each class. Please bring a mat, a water bottle, a yoga block, and any additional props (pillow, strap, blanket, etc.) that will add to your comfort. Mixed Level Class.

Family Yoga

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

Total Barre

A fusion of Pilates, dance and functional training that will lift, tone, sculpt, define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (or chairs) and small isometric, concentrated movements to create lean muscles. Each class includes an upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises. Movement is executed at a vigorous pace with music to get your heart pumping! Please bring water, a mat, and 1-2 pound hand weights.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Hatha Yoga Evening (Kalpana Patel)	RCC Exercise Room	Monday 6:00-7:20 p.m.	Winter	Jan. 7-April 1	\$64	307001-MD
			Spring	May 6-June 17	\$35	407001-MD
		Wednesday 6:00-7:20 p.m.	Winter	Jan. 9-April 3	\$75	307001-WP
			Spring	May 8-June 19	\$40	407001-WP
Morning Yoga/ Stretching (Sheila Frankel)	Riverfront Community Center	Wednesday 9:30-10:30 a.m.	Winter	Jan. 9-March 27	\$59	307026-AA
			Spring	April 24-June 12	\$40	407026-AA
Yoga (Personal Euphoria)	Academy Cafeteria	Tuesday 6:00-7:15 p.m.	Winter	Jan. 8-April 2	\$93	307211-TB
			Spring	April 23-June 11	\$58	407211-TB
	RCC Exercise Room	Thursday 6:00-7:15 p.m.	Winter	Jan. 10-April 4	\$93	307211-TP
			Spring	April 25-June 13	\$58	407211-TP
Family Yoga (Personal Euphoria)	RCC Exercise Room	Thursday 5:15-6:00 p.m.	Winter-1	Jan. 10-Feb. 14	\$30	307211-F1
			Winter-2	Feb. 28-April 4	\$30	307211-F2
			Spring	April 25-May 30	\$30	407211-FT
Total Barre (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:45-10:30 a.m.	Winter	Jan. 7-April 1	\$68	307203-WM
			Spring	April 22-June 10	\$43	407203-S1

No Classes on Town Holidays 1/21, 2/18, 4/19 and 5/27; Senior Fitness no Class on 5/31

Class Open to Residents & Non-Residents with the Exception of Senior Fitness **(Non-Resident Registration Begins 12/29/18)**



23. Swim Lesson Descriptions & Pool Schedule

Infants and Toddlers

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

Tots

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

Learn to Swim Program for Level 1 through Level 6

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

Level 1: Introduction to Water Skills

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

Level 2: Fundamental Aquatic Skills

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

Level 3: Stroke Development

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

Level 4: Stroke Improvement

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

Level 5: Stroke Refinement

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

Level 6: Fitness Swimmer

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

High School Pool Indoor Season (For Residents Only) Beginning January 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Lessons 10:30A-1:15P	
Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	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		Rec. Swim 7:30-8:30P	Rec. Swim 7:30-8:30P	Swim Team 4:00-8:00P	Swim Team 3:00-7:00P
Adult Swim 8:30-9:30P	SCUBA 8:30-9:30P	Adult Swim 7:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P		
Household Poolpass Indoor HOUSEHOLD POOL PASS FEE: DAILY ADMISSION FEE:			Individual Poolpass Indoor INDIVIDUAL PASS FEE: \$95/Person			
			\$109/Family Child \$3; Adult \$5			

24. Children's & Adult Swim Lessons

Children's Swim Lessons

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

Fee: \$39/child

Adult Swim Lessons

(Ages 18 and up)

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

Swim Lessons Winter

Adult Swim Lessons 301129-AA

Fee: \$40/person
 Meets: Mondays 7:30-8:30 p.m.
 Location: GHS Pool
 Date: January 28-March 25
 (No Class 2/18)

Private Swim Lessons

(Glastonbury Residents-Ages 5 and up)

Private swim lessons (1:1) and semi-private swim lessons (1:2), catered to meet you or your child's specific instructional needs are now available. The aquatics leadership staff will work with you to customize a personal swim lesson schedule, with an experienced instructor. Lessons will be available on evenings and weekends at the Glastonbury High School Pool, offered as 4 thirty minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level apart.

To register for the program, complete the "Private Swim Lesson Registration Form" available at the Parks and Recreation Department, at www.glastonbury-ct.gov (click "Parks and Recreation"; "Forms") or at the pool. Please list the dates and times available, and the Town will match an instructor once the form is received.

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

Children's Winter Lessons (Monday) Swim Lessons Winter January 28-March 25 (No Class 2/18)		
Level	6:30P	7:00P
Level 1	302129-AA	
Level 2	302129-BA	302129-BB
Level 3	302129-CA	
Level 4		302129-DA
Level 5		302129-EA
Level 6		302129-FA

Children's Winter Lessons (Wednesday) Swim Lessons Winter January 23-March 13		
Level	6:30P	7:00P
Tots	302229-KA	
Level 1		302229-AA
Level 2	302229-BA	
Level 3	302229-CA	302229-CB
Level 4		302229-DA
Level 5		302229-EA

Children's Winter Lessons (Saturday) Swim Lessons Winter January 19-March 9					
Level	10:30A	11:00A	11:30A	12:15P	12:45P
Infant/ Toddler		302228-IA			
Tots	302228-KA		302228-KB		
Level 1				302228-AA	302228-AB
Level 2	302228-BA		302228-BB	302228-BC	302228-BD
Level 3	302228-CA			302228-CB	302228-CC
Level 4		302228-DA	302228-DB		
Level 5		302228-EA			302228-EB
Level 6		302228-FA			

Children's Spring Lessons (Saturdays) Swim Lessons Spring March 23-May 18 (No Class 4/20)					
Level	10:30A	11:00A	11:30A	12:15A	12:45A
Infant/ Toddler		402128-IA			
Tots	402128-KA		402128-KB		
Level 1	402128-AA			402128-AB	
Level 2			402128-BA	402128-BB	402128-BC
Level 3	402128-CA				402128-CB
Level 4		402128-DA		402128-DB	
Level 5		402128-EA	402128-EB		
Level 6					402128-FA

25. Aquatics Programs

Diving Lessons

(Boys and Girls ages 7-17)

Great for beginner & experienced divers. Experienced diving coaches on staff. **Beginner 1:** Must have passed Level 4 lessons; able to perform a standing dive from the diving board. **Beginner 2:** Must have completed Beginner 1 diving; able to perform a forward and backward dive. **Intermediate:** Must be able to perform a forward dive, back dive, inward dive and somersault in any direction. **Advanced:** Must be able to perform inward and reverse dives, forward and backward somersaults, and forward ½ twist

Diving Lessons-Spring

Beginner 1	3:00 p.m.	426129-AA
Beginner 2	4:00 p.m.	426129-BB
Intermediate	5:00 p.m.	426129-CC
Advance	5:00 p.m.	426129-DD

Fee: \$50/child
Meets: Sundays (1 hour times above)
Location: Glastonbury High School Pool
Dates: March 3-April 28 (No Class 4/28)

Long Course USA Swimming

Part of the National USA Swimming program. CT USA Swimming membership required. Meets held on weekends at various locations throughout the state. Enrollment in this program automatically enrolls your child on the Summer Recreation Swim Team. GSPO will coordinate membership and meet fees.

Spring Practice:
April 1-mid-June (Monday-Saturday 5:30-7:30 p.m.)*
*H.S. age swimmers practice Tuesday, Wednesday & Friday from 2:45-5:15 p.m.

Anticipated Summer Practice:
Mid June-late July
Addison Pool: Monday-Friday 7:15-9:15 a.m.
Terry Pool: Monday, Wednesday, Friday (E. Hartford) 6:30-8:30 p.m.

Swim Team

USA Long Course 324030-BB

Fee: \$669.00

Spring Competitive Swim Clinic

(Competitive swimmers ages 7-18)

Fine tune your competitive swimming skills with Team Coaches. Geared to improve stroke technique with some endurance development. Meets not included.

Swim Clinic 1 (Ages 7-11)

Monday, Wednesday & Friday 4:45-5:45 p.m.

Swim Clinic 2 (ages 11-18)

Tuesday, Thursday 4:45-5:45 p.m.;
Saturday 4:15-5:15 p.m.

Swim Team

Spring Swim Clinic 1 324030-AA
Spring swim Clinic 2 324030-CC

Fee: \$92/Swimmer
Location: GHS Pool
Dates: May 6-June 8 (No Clinic on 5/27)

Lifeguard Training

(Ages 15 & up – Must 15 by the last day of class)

Get the training you need to apply for a summer job as a lifeguard. This is an American red Cross program to certify individuals in the principals of lifeguarding. Includes First Aid, CPR and AED training. Two separate classes offered. Students MUST attend every class. Cannot swap days with Winter and Spring classes.

Aquatic Programs:

Lifeguard Training Winter: 225029-AA
Lifeguard Training Spring: 325029-AA

Fee: \$255/person
Location: GHS pool and designated class rooms
Winter Class: Saturday, 1/5 (10:30 a.m.-5:00 p.m.);
Sunday, 1/6 (7:30 a.m.-5:00 p.m.);
Saturday, 1/12 (10:30 a.m.-5:00 p.m.)
Sunday, 1/13 (7:30 a.m.-5:00 p.m.)
Saturday 1/19 (7:30-10:00 a.m.)
Sunday 1/20 (7:30 a.m.-12:00 p.m.)
Spring Class: Monday-Thursday April 15-18
9:00 a.m.-5:00 p.m.

Water Safety Instructor Course (WSI)

(Ages 16 and up)

An American Red Cross program to certify individuals in the techniques of teaching swim lessons. Fundamentals of Instructor Training is required and part of this course. Students must successfully pass the skills test which includes but not limited to 25 yards each of front crawl, back crawl, elementary backstroke, sidestroke, breaststroke and butterfly. Must perform a back float and tread water for one minute.

Aquatic Programs

WSI Class 325029-BB

Fee: \$280/person
(Plus \$36 to Red Cross)
Location: Glastonbury High School
Dates/Times: Sundays
February 10, 17, 24; March 3
9:00 a.m.-4:00 p.m.
Snow Make-up March 10

Discover the Glastonbury Senior Center Today!

The Glastonbury Senior Center is the premier location for nutrition, health, and recreational classes, special events, trips, transportation, information and referral services for Glastonbury seniors 50 and older. Programs in health, culture, fitness, art and more are offered year-round and there are special events throughout the year, many open to residents and non-residents.

Visit the Senior Center located at the Riverfront Community Center for a delicious lunch prepared daily by our chef or visit the Cozy Corner Cafe for a quick bite. It's a great way to meet new friends and appreciate the gift of longevity!



How to Reach Us:

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

Where to Find us:

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

Program Information:

To inquire about any of the programs listed on the next few pages, please call (860) 652-7638 or visit the town website for a copy of our monthly newsletter, the Sharing Tree @ www.glastonbury-ct.gov

Our Program & Office Staff:

Patti White, Supervisor of Senior Services
(860) 652-7646
Norma Carey, Program Coordinator
(860) 652-7655
Nicole Mercer, Administrative Secretary
(860) 652-7641
Barb Evans, Program Assistant
(860) 652-7642
Diana Aziz, Customer Service Representative
(860) 652-7638
Matthew Snyder, Assistant Program Coordinator
(Evenings & Weekends)
(860) 652-7645
Lisa McKeon, Volunteer Coordinator
(860) 652-7605

26. Glastonbury Senior Services

Winter 2018/19 Class Schedule

Registration for all classes begins on December 1, 2018. A \$5 administrative fee will be assessed on registrations after January 2, 2019. Registrations on the first day of class will be assessed a higher fee of \$10. Individuals may try any exercise/dance class (at no cost) prior to registering for the class. Refunds to participants will be made for medical reasons only. Documentation from a medical professional is required for all refunds.

You can register at the Riverfront Community Center any day, Monday-Saturday prior to the start of the class. All classes will be located at the Riverfront Community Center and are subject to cancellation if there are not enough students enrolled at the time of the first class.

Class	Description	Meets	Dates	# of Classes	Fee	
					Resident	Non-Resident
Beginners Line Dancing	Learn the basic steps of this fun and challenging dance with others who are just beginning as well.	Thursdays 11:45 a.m.- 12:45 p.m.	1/3-3/21	12	\$50	\$60
Intermediate Line Dancing	Explore the many facets and experience the impact of this form of choreographed dance. Prior dancing experience required.	Thursdays 10:15-11:45 a.m.	1/3-3/21	12	\$60	\$70
Powerful Aging & Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 11:00 a.m.-Noon	1/4-3/22	19	\$70	\$80
Strechercize Exercise	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 1:00-1:45 p.m.	Ongoing	15	\$35	\$40
Tai Chi Intro	Learn the basics of this life altering discipline.	Mondays 1:30-2:15 p.m.	1/7-3/18	9	\$35	\$40
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 p.m.	1/3-3/21	12	\$60	\$70
Yoga-Hatha	Yoga can enhance your lifestyle no matter what age; develops self-discipline; can enhance physical and mental health.	Mondays & Fridays 10:00-11:00 a.m.	1/7-3/22	20	\$100	\$110
Low Impact Cardio Dance Fitness	Perfect for active seniors who are looking for a class at a lower intensity with easy to follow choreography focusing on balance, range of motion and coordination.	Mondays 10:30-11:15 a.m.	1/7-3/18	9	\$40	\$50
Italian	Expand your knowledge of this beloved Romance language and share the joy! (Prior knowledge of the language is required).	Thursdays Intermediate 9:00 a.m. Advanced 10:00 a.m.	1/3-3/7	10	\$5	\$6

27. Glastonbury Senior Services

Aging Mastery Program®

The Aging Mastery Program® (AMP) is a 10-week series of incentive-based health and wellness classes for people age 55 and over. AMP can help you build your own playbook for aging well. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. LIMITED SPOTS AVAILABLE - SIGN UP NOW!!

Fee: FREE
 Meets: Wednesdays 10:00-11:30 a.m.
 Dates: January 16-March 20,
 2019

Winter 2018/19 Weekly Activities

All classes listed below are free but may require pre-registration. Please call for additional information.

Billiards - Coed	Saturdays 9:00 a.m.-Noon Mondays 1:00-3:00 p.m. Tuesdays 9:00 a.m.-8:00 p.m. Thursdays 9:00 a.m.-8:00 p.m.
Bingo	Fridays 12:45-3:00 p.m.
Book & Author Discussion Group	Third Thursday Each Month 10:30 a.m.
Bridge	Wednesdays 1:00-3:30 p.m.
Canasta	Tuesdays 12:30-2:30 p.m.
Ceramics	Wednesdays 1:30-3:30 p.m.
Chess	Second and Fourth Tuesdays 1:00-3:00 p.m.
Creative Crafters	Mondays & Thursdays 1:00-3:30 p.m.
Cribbage	Mondays 12:45-3:00 p.m.
Current Issues	First and Third Fridays Each Month 10:00 a.m.
Duplicate Bridge	Mondays 1:00-4:00 p.m.
Indoor Walking	Monday-Thursday 12:15-12:45 p.m. Unless indicated on large calendar
Knit/Crochet Group	Mondays 9:30-11:30 a.m.
Mahjongg Afternoon	Wednesdays 1:00-3:00 p.m.
Men's Pool	Mondays, Wednesdays and Fridays 9:00 a.m.-Noon
Pinochle	Tuesdays 1:00-3:00 p.m.
Rummikub	Tuesdays 10:00 a.m.-Noon
Setback	Thursdays 10:00 a.m.-Noon
Wii Bowling	Thursdays 2:00-4:00 p.m.



28. Glastonbury Senior Services

Annual Holiday Brunch

Thursday, December 20, 2018

\$4/Person (Special Ticket Required - Purchase Ticket by Tuesday 12/18/18)

Join your friends for some seasonal cheer and enjoy a delicious brunch and holiday sing-a-long. (Quiche, Sausage, Assorted Danish, Fresh Fruits, Juices, Coffee & Tea). Join in the "Ugly" Sweater parade, showing off your "Ugliest" Sweater. Prizes awarded!!

10:30 a.m. Holiday Bingo

11:00 a.m. Brunch

11:30 a.m. Sing-A-Long

New Year Celebration

Tuesday, January 15, 2019

Snow Date: Thursday, January 17, 2019

\$4/Person (Special Ticket Required - Purchase Ticket by Friday 1/11/19)

Let's welcome and celebrate the new year. Dress in your favorite party clothes!

11:30 a.m. Countdown to Noon

12:00 p.m. Pork Roast Dinner

12:30 p.m. Musical Entertainment by Michael Ciulla

Heart to Heart Valentine Luncheon

Thursday, February 7, 2019

\$4/Resident; \$5/Non-Resident (Special Ticket Required - Purchase Ticket by Tuesday 2/5/19)

Join the fun at our Valentine celebration! Menu includes Cherry Pineapple Glazed Ham, Sweet Potatoes, Mixed Vegetables, Roll /Butter, Red Velvet Cake topped with a dab of Whipped Cream and a Valentine Heart.

12:00 p.m. Lunch

12:30 p.m. Entertainment (Cabaret Songs)

Saint Patrick's Day Lunch Celebration

Thursday, March 14, 2019

\$4/Resident; \$5/Non-Resident (Special Ticket Required - Purchase Ticket by Tuesday 3/12/19)

Join us for a traditional Corn Beef & Cabbage meal with boiled potatoes and Irish Soda Bread. Afterwards enjoy the amazing talents of T-Bone.

12:00 p.m. Lunch

12:30 p.m. Entertainment (Irish Dancers)


Ukulele Big Sing

Saturdays, December 15, 2018; January 26, February 23 & March 30, 2019

Noon-1:00 p.m.

No Fee, just beautiful music - Open to the Public Sit back and sing along with Dr. Jim Rosokoff and his fellow Ukulele players, as they play hit songs from across the decades. This popular event draws people of all ages! Lyrics for the songs are projected on a large screen for easy reading. Stop by for a fun afternoon activity!





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




Presorted Standard
US Postage Paid
Hartford, CT
Permit #5161



RESIDENTIAL CUSTOMER



The Parks & Recreation Department has openings for a number of summer jobs. Interested persons may obtain position descriptions including minimum qualifications and applications at 2143 Main Street or at www.glastonbury-ct.gov (Go to Parks and Recreation and select "Employment"). **CLOSING DATE FOR APPLICATIONS IS MID-MARCH.** Pre-season training and preparation required for all positions. **YOU MUST BE AVAILABLE TO WORK THE DURATION OF THE SUMMER!**



PLAYGROUND HEAD LEADER \$14.00/Hour
(Works with children who have completed Grades K-5). Program runs six weeks June-July Mon.-Fri. 9:00-3:00.

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

CAMP DISCOVERY COUNSELOR \$11.00/Hour

CAMP DISCOVERY JR. COUNSELOR \$10.10/Hour

CAMP DISCOVERY PROGRAM INST. \$12.00/Hour
(Works with children who have completed Grades K-6). Program runs eight weeks June-August Mon-Fri. 7:30-5:00.



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

TEEN CAMP COORDINATOR \$14.00/Hour
(Works with children who have completed Grades 6-9). Camp runs for six weeks June-July T, W, TH 9:00 a.m. -3:00 p.m.

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



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

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

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