

# GLASTONBURY Parks & Recreation Senior Services



New Online Program Registration Software - Create your Account Today!

<https://glastonburyct.myrec.com>

# Parks & Recreation Program Registration Form

## Household Information

Primary Guardian First Name		Primary Guardian Last Name	
Address		Receive E-Mail Notifications <input type="checkbox"/> YES <input type="checkbox"/> NO	
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 Name (Be Specific)	Activity Time	Fee	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			
				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 <b>SEPARATE</b> form for each person and sign the waiver. Please PRINT. You may copy this form or print a copy from our website at <a href="http://www.glastonbury-ct.gov">www.glastonbury-ct.gov</a>													
	Mail your Form, Payment, Business Size Self Addressed <b>STAMPED</b> envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033													
Check	Write a <b>SEPARATE CHECK</b> for each program. Make checks payable to " <b>Town of Glastonbury</b> "													
<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover	Name on Card													
	Credit Card Number		Expiration	Code										
	<table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> </tr> </table>					<table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> </tr> </table>					<table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> <td style="width: 25%;"> </td> </tr> </table>			



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## Creating your Account & Adding Family Members

Creating an account is a one-time event that allows you to utilize this system. It is not a registration by itself.

Website: <https://glastonburyct.myrec.com/>

- ❖ Click 
- ❖ Choose an “Account Type (Household or Organization)”
- ❖ Enter the Primary Account Member
- ❖ Enter the Primary Account Member Contact Information
- ❖ Choose if you want to Receive Emails for:
  - General Notices (program promotion, special event information)
  - Cancellations
- ❖ Create a User Name and Password (Password must have 8+ characters, an uppercase & lowercase letter, a number, & a symbol; Accepted symbols: ~!@#\\$%^&\\*(<>?)
- ❖ Answer the challenge question
- ❖ If you need to add additional members to your household (children, spouse, additional guardians), click
- ❖ If you do not need to add additional members, click
- ❖ ***You may be asked to confirm your address upon submission.***
- ❖ Continue to add members to your household (if applicable).

You can now make registrations and other purchases using the site navigation.



Overview



Calendar



Register



Reserve



Notifications



Log Out

[Account](#) [Finance](#) [Members](#) [Balances](#) [Registrations](#) [Memberships](#) [Reservations](#) [Products](#) [Cart](#)

**You will receive an e-mail verification of the account you have set up. Please record your User Name and Password. You will need them each time you visit <https://glastonburyct.myrec.com/> and want to log into your account.**



## Registering for Programs



[Account](#) [Finance](#) [Members](#) [Balances](#) [Registrations](#) [Memberships](#) [Reservations](#) [Products](#) [Cart](#)

- ❖ Once you are logged in, navigate to the “Register” icon as pictured above
- ❖ Select the Program Category from either the drop down menu or the buttons
- ❖ Add an Activity to your cart by clicking on the shopping cart icon to the left of the Activity. The person you are registering is named in the cart. In order to register someone else, select [Change Member](#) under the cart
- ❖ You will see the following message:

Item successfully added to cart. ×

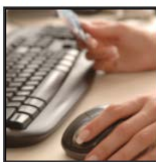
Check out from your cart  
(in the top navigation).

[Return to Program](#) | [Continue Shopping](#) | [Check Out](#)

[Close](#)

- ❖ Once you have added all your programs and are ready to check out, check the box to acknowledge the disclaimer statement.
- ❖ Click the [Check Out](#) button
- ❖ Select your Payment Method:

[Check Out Online](#)  
(includes no fee items)



[Check Out Online](#)

Check out Online: Prompts you for your credit card information and directs you to a credit card form where payment is submitted online.

*When available, choose Pay Online to be placed in an activity or on a wait list immediately. Choosing Print Registration Form will not place you into an activity or on a wait list until the form is processed by the office.*

# Parks & Recreation Registration Information

## Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING WEDNESDAY, FEBRUARY 17** at 8:00 a.m. Mail-in registrations will be processed daily, at random. **REGISTRATIONS WILL NOT BE PROCESSED BEFORE WEDNESDAY, FEBRUARY 17.**

## Returned Checks

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

## Registration Payment

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

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

## Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

## Cancellation Information

Programs may be canceled due to insufficient registration. No programs are held on April 2; May 31 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".

## 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 Social Services. 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:

- Glastonbury Lacrosse
- Kangaroo Kids
- Teen Center Pass

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Glastonbury Parks, Recreation & Senior Services



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# Parks & Recreation 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](http://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  
Bill Engle, Recreation Supervisor  
Anna Park, Recreation Supervisor  
Liz Gambacorta, Recreation Supervisor  
Kristen Michaels, Event & Banquet Facility Manager  
Angela Paiker, Executive Secretary  
Cynthia Lea, Administrative Secretary  
Katryna Albert, Clerical Assistant

## Weekly Activity Information

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

## Cancellation Line

Retrieve cancellation information 24 hours a day by calling our cancellation 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!

## Health & Safety

Our first priority is the health and safety of our community. All programs and events are subject to change and/or cancellation based on COVID-19 conditions and federal, state and local mandates, regulations and guidelines.

## Follow us on Facebook & Instagram!

Keep up to date with programs, photos and cancellations by following us on Facebook & Instagram. Always feel free to tag us too!  
@glastonburyparkrec on Facebook and @glastonbury\_park\_and\_rec on Instagram!

## 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 cancellation line at (860)652-7689.
- 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 cancellation line at (860)652-7689.

For other evening and weekend cancellations, call (860)652-7689.

## 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	<a href="http://www.glastonburylittleleague.org">www.glastonburylittleleague.org</a>
Hartwell Soccer	<a href="http://www.glastonburysoccer.org">www.glastonburysoccer.org</a>
Midget Football	<a href="http://www.gyfa.com">www.gyfa.com</a>
YMCA	(860)633-6548
Lacrosse	<a href="http://www.glastonburylacrosse.org">www.glastonburylacrosse.org</a>
GBA Basketball	GBAHoops@aol.com <a href="http://www.gbahoops.org">www.gbahoops.org</a>
GBA Travel Basketball	GBATravelHoops@aol.com <a href="http://www.gbahoops.org">www.gbahoops.org</a>
Glastonbury Gymnastics	<a href="http://www.glastonburygymnastics.com">www.glastonburygymnastics.com</a> <a href="mailto:gburygymclub@gmail.com">gburygymclub@gmail.com</a>
Glastonbury Swim Team	<a href="http://www.glastonburyswimteam.org">www.glastonburyswimteam.org</a>

## 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.

# Parks & Recreation Rentals & Reservations

## Celebrate the Day!

Let us do the outdoor decorating! We deliver "Happy Birthday" or "Congratulations" letter lawn signs to celebrate that special someone on their special day. Letters are set up in the front yard before 8:00 a.m. and will be removed before 8:00 a.m. the following day. Cost is \$25. All proceeds benefit the Glastonbury Parks and Recreation Camp Fund. A fun and unique way to celebrate any special occasion and support a great cause at the same time! Request online at <https://glastonburyct.myrec.com> (Select "Facilities"; "Facility List" then scroll down to "Celebrate the Day" and click "Request").

## 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.

## Party Rentals

Reservations are based on availability. 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.

## 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

## J.B. Williams Park Pavilion Rental

Phone reservations for use of the J.B. Williams Park "covered" pavilion are currently being accepted.

Availability:	May 1-October 31 (tentative)
Maximum Capacity:	Up to 150 people
Amenities:	Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking facilities
Fees:	\$175/rental

## Glastonbury Boathouse

The Glastonbury Boathouse has discounted fees for winter events! 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](http://glastonburyboathouse.com) or contact Kristen Michaels, Event and Banquet Facility Manager, at [kristen.michaels@glastonbury-ct.gov](mailto:kristen.michaels@glastonbury-ct.gov) or (860)652-4640. Follow us on Facebook to get updates on rentals and special events: [facebook.com/glastonburyboathouse](https://facebook.com/glastonburyboathouse).

## Riverfront Park Boat Launch & Boat Storage

Boat Launch staff will be available on site beginning May 22, 2021. Seasonal Boat Launch permits will be available for purchase on site. Additionally, when Town office building's reopen permits may be purchased at the Parks and Recreation office Monday-Friday 8:00 a.m.-4:30 p.m. Boaters must show proof of residency and a valid boat registration.

The single boat launch will be open mid-April-early November. Riverfront Park offers many amenities such as a playground, covered picnic pavilions and walking trails. Restrooms also 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

# Parks & Recreation Pre-School Programs

## Kangaroo Kids (2021-22) 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. Currently program is offered 4 day per week, 2 Days per week (Mon & Thurs or Tue & Fri) options maybe opened up in June if space allows. Current options as follows:

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

Deposits for the 2021-22 program will be accepted beginning on March 9, 2021. **Please note the deposit is non-refundable after June 1, 2021.**

Child must be age 3 or 4 by January 1, 2022 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 available online at [www.glastonburyct.gov/kangarookids](http://www.glastonburyct.gov/kangarookids) in early March.

Fee: \$250 Deposit  
Location: Kangaroo Kids 35 Bell Street  
Meets: September 9, 2021-June 3, 2022

## 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. Program will be held outdoors and be cancelled for inclement weather. Makeups will be scheduled at the end of the session for any classes that have to be cancelled.

Fee: \$75  
Meets: Wednesdays 4:30-5:15 p.m.  
Dates: April 21-May 19  
Location: Naubuc School Athletic Fields

## 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! Program will be held outdoors and be cancelled for inclement weather. Makeups will be scheduled at the end of the session for any classes that have to be cancelled.

Fee: \$79  
Meets: Wednesdays 5:30-6:30 p.m.  
Dates: April 21-May 19  
Location: Naubuc School Athletic Fields

## Skyhawks Multi Sport Tots

(Ages 2-4)

Introduce your little superstar to sports in our most popular program! This multi-sport class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years. Program will be held outdoors and be cancelled for inclement weather. Makeups will be scheduled at the end of the session for any classes that have to be cancelled.

Fee: \$75  
2 & 3 Years Old: Mondays, 9:00-9:45 a.m.  
3 & 4 Years Old: Mondays, 10:00-10:45 a.m.  
Dates: April 19-May 17  
Location: Riverfront Park  
(Meet at Baseball Pavilion)

## Abrakadoodle's Pets & Puppies

(Ages 20 Months to 5 years)

Little ones love their soft, furry, feathery, purr-fect pets! It's always a good time to learn more about pets through art! Get your pouncing paws ready to explore painting, collage, stamping, 3D art and more. Have a bow-wow of a time learning about pets that range from large barnyard and pasture animals to purring and barking friends to little critters kept in the home! Program will be held outdoors under a covered pavilion. Severe weather will cause the program to be cancelled, makeups will be held at the end of the session.

Fee: \$69  
20 months-3 years: Tuesdays, 9:30-10:15 a.m.  
3-5 year olds: Tuesdays, 10:30-11:15 a.m.  
Dates: April 20-May 25  
Location: JB Williams Park



Skyhawks



# Parks & Recreation Family Programs

## Celebrate the Day!

Let us do the outdoor decorating! We deliver "Happy Birthday" or "Congratulations" letter lawn signs to celebrate that special someone on their special day. Letters are set up in the front yard before 8:00 a.m. and will be removed before 8:00 a.m. the following day. Cost is \$25. All proceeds benefit the Glastonbury Parks and Recreation Camp Fund. A fun and unique way to celebrate any special occasion and support a great cause at the same time! Request online at <https://glastonburyct.myrec.com> (Select "Facilities"; "Facility List" then scroll down to "Celebrate the Day" and click "Request").

## 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.

## EGG-cellent Story Stroll

(Appropriate for Preschool-Elementary Age Children) Follow us on a spring themed stroll from the Riverfront Community Center on an outdoor route. Along the way, enjoy stops for a story and of course some candy filled eggs! Come in costume and really get in the spirit of the season! Groups will leave from the Community Center Patio (in the back of the building) at an assigned time every 15 minutes beginning at 3:30 p.m. Last group will leave at 5:45 p.m. Please sign up for a specific time! **Parents must accompany children for this event.**

Fee: No Charge  
Date: Wednesday, March 24  
Groups Depart every 15 Minutes  
Beginning at 3:30 p.m.  
**PRE-REGISTRATION IS REQUIRED**  
Location: Riverfront Community Center

## Learn to Fish ZOOM Classes

Fish with CARE - Connecticut Aquatic Resources Education will continue to offer their popular weekly Learn to Fish ZOOM classes throughout the spring and summer. Different topics from Introduction to Fishing classes to trout fishing, bass fishing, saltwater fishing, cooking your catch, and more will be covered. Additionally, starting in late April they will be traveling to two different water bodies each week around the state where ZOOM participants can show up and fish with us. The CARE program will provide bait and tackle at fishing events, participants must pre-register and have a valid fishing license if age 16 and up. More information and a schedule of ZOOM classes and fishing events will be posted at <https://portal.ct.gov/DEEPCARE>

## 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 17, at Eastbury Pond (new location). 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 required, timeslots 7:00-8:30 AM or 9:00-10:30 AM. FREE.

## Santa's 3.5 Mile Run

Santa's Run is currently scheduled for Sunday, May 23, 2021! While we are still awaiting updated State guidelines, it is likely that the maximum number of runners allowed will be limited and waves/masks will be required. The current plan is to have waves begin every 5 minutes starting at 11:00 a.m. You must select your start time/wave at the time of registration. You will not be permitted to change your start time/wave nor may you come on the day of the race and enter another start time/wave. Within your start time/wave - there will be a rolling start. The cost of the race is \$20. All runners will receive an ornament and rally towel!

Registrations will only be accepted on-line only beginning March 1, 2021 at 8:00 a.m. through Friday, May 21, 2021 at Noon. There will be NO Day of Race registration. In the event we are unable to hold the race, full refunds will be issued. Register using the link below:

<https://runsignup.com/Race/CT/Glastonbury/SantasRun>

**THANK YOU TO OUR PLATINUM SPONSOR:  
Quality Name Plate, Inc. & OUR GOLD SPONSOR:  
soundRUNNER**



Fishing Derby

# Parks & Recreation Family Programs

## We're Poppin' up Everywhere!

Every Saturday in May, enjoy a different Pop Up theme at one of your local parks! Join us anytime between 11:00 a.m.-2:00 p.m.! Activities are FREE and will be socially distanced. Pre-registration is not required.

## Pop up Library (Riverfront Park Fairgrounds)

### Saturday, May 1st

This outdoor library is for readers from toddlers to older teens. Browse through the books and enjoy the outdoors while you lounge around and read. Bring a blanket or chair! Additional activities include making bookmarks and interactive storytelling.

## Pop up Sports (Academy Field)

### Saturday, May 8th

Music, sports and excitement fill the tent! Borrow a frisbee, kickball, football, soccer ball, or whiffle ball and bat and spend some time with the family. The Skate Park will also be open for your enjoyment!

## Pop up Games (Addison Park Playground Area)

### Saturday, May 15th

Nostalgic for all that was easy and fun?! Featuring sidewalk chalk, hula hoops, beads, string, jump ropes, coloring pages, crayons, board games, bubbles and good old-fashioned fun!

## Pop up Cycling (Smith Trail)

### Saturday, May 22nd

Grab your bikes and bring the family for a fabulous 1 mile out and 1 mile back ride along the Smith trail. Learn basic bicycle repair maintenance and even decorate your bike before or after the ride!

## Pop up Crafts & Gardening (Hubbard Green)

### Saturday, May 29th

Get ready for spring and make beautiful wind chimes, seed bombs and other spring crafts. All supplies included!

## Passport to Parks

Become a Park Explorer and visit all of Glastonbury's beautiful parks and facilities! With over 1,250 acres, there's something for everyone. Enjoy hiking trails, waterfalls, wildlife, playgrounds, fields and much more. Spend an hour or spend a day exploring!

Visit [www.glastonbury-ct.gov/passport2parks](http://www.glastonbury-ct.gov/passport2parks) beginning Monday, March 1st and download a Passport Booklet. Use it as your guide as you begin to venture out to the 28 different places listed. Parks have been grouped into 5 "regional" maps so it's easier for you to plan your trip(s).

Once at each location, look for punch you will need to punch your passport. Clues to find them are located in the Passport Booklet.

Make sure to complete the checklist, challenge activities and sticker pages in each region. After you have visited each park, see if you can correctly identify the parks from their photos.

Get all your punches and earn yourself a fabulous t-shirt! Just take a photo of your completed punch pages from each region and e-mail it to [anna.park@glastonbury-ct.gov](mailto:anna.park@glastonbury-ct.gov) with the subject line "Completed Parks Passport". Be sure to include your name, address and t-shirt size! Have fun on your adventures and don't forget to tag [@glastonburyparkrec](https://www.facebook.com/glastonburyparkrec) on Facebook and [@glastonbury\\_park\\_and\\_rec](https://www.instagram.com/glastonbury_park_and_rec) on Instagram!



## Walk this May - 31 Miles in 31 Days Challenge

Run, Walk, Roll or Bike 31 Miles in 31 Days this May. Explore Glastonbury Parks and step into a healthier lifestyle this May! The challenge begins May 1st to complete 31 miles of exercise, try new healthy tips and step outside your comfort zone and explore a new park. Registration is \$5 to receive your tracking sheet. Complete the challenge to win a cool prize!

# Parks & Recreation Youth Programs

## Art-Ventures for Kids:

### Superhero Art Explorers - Saving Planet Earth

(Boys & Girls Grade K-4)

Superhero girls and boys soar off on a top-secret mission to save planet Earth using the most important superpower of all: imagination! Like Powerpuffs and Spider Boys, we'll design our own superhero masks, shields, and capes to protect our secret identities, and even build superhero sidekicks to accompany us as we save the world. Create wrist cuffs, build secret comic book boxes, and design colorful onomatopoeia drawings. During these fun and resourceful art experiences, Super Art Heroes create a variety of AMAZING and original works of art using natural, recycled and unconventional art forms and techniques. Color ceramic superhero banks and explore the art of printmaking while designing bubble wrap t-shirts. Both girls and boys will have a blast as members of the League of Super Art Heroes, saving the Earth with exciting and environmentally-conscious masterpieces.

Fee: \$116/Person  
(All Materials Included in the Fee)  
Meets: Mondays 4:00-5:00 p.m.  
Location: Teen Center  
Dates: April 5-June 7  
(No Class 4/12; 5/31)  
Instructor: Art-Ventures for Kids

## Home Alone Safety Course

(Boys and Girls Ages 8-13 **Residents & Non-Residents**)

This interactive 90 minute course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers they could face when they are alone. Each student will receive a workbook that covers house key safety, indoor and outdoor (including kitchen) safety, gun safety, fires and gas leaks. We will also review first aid kit essentials and phone, door, and internet safety. Parents/guardians are asked to attend the last 5 minutes of the course. They will receive a workbook with conversations starters such as creating a family fire escape plan and the importance of an emergency contact list.

**Program participants MUST wear a face covering for the duration of the program.**

Fee: \$30/Person  
Meets: 6:00-7:30 p.m.  
Location: Academy Multi-Purpose Room  
Date: Wednesday, May 5, 2021

## Cool Cucumbers Cooking

(Grades 3-5)

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

Fee: \$45/Person  
Meets: Fridays 4:00-5:30 p.m.  
Location: Academy Teen Center  
Dates: April 23, April 30, May 7, May 21

## Art-Ventures for Kids:

### April Vacation Fairies & Dragons

(Boys & Girls Grade K-4)

Enter the fantasy world of imagination, where art-venturers unleash their inner elves as they conjure up fire-breathing dragons, transform colorful clay into silly goblin masks, and create winged fairy or armored knight dolls. Sculpt bedazzling unicorns with rainbow manes, design witch or wizard figurines, and build wooden fairy houses with real shells, stones, moss and more. Paint ceramic unicorn banks and create your own dragon or mermaid t-shirts! With the aid of some very magical potions and spells (i.e. materials and techniques), campers experience painting, drawing, stained glass, ceramic, fabric, and clay art. Enjoy an enchanted week of two and three dimensional works of art! Storytelling is included in these fun, fantasy-filled art-ventures!

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

## 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! Program will be held outdoors and be cancelled for inclement weather. Makeups will be scheduled at the end of the session for any classes that have to be cancelled.

Fee: \$79  
Meets: Wednesdays 5:30-6:30 p.m.  
Dates: April 21-May 19  
Location: Naubuc School Athletic Fields

# Parks & Recreation Youth & Sports Programs

## Skyhawks Volleyball Clinic

(Boys & Girls Grades 6-9)

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. Program will be held outdoors on sand and grass courts. Program will be cancelled for inclement weather and makeups will be scheduled at the end of the session for any cancelled dates.

Fee: \$110  
Meets: Thursdays 5:00-7:00 p.m.  
Dates: May 6-June 3  
Location: High Street Park

## Minnechaug Golf Course

A Town owned, 9 hole golf course managed by Guilmette Golf, LLC located at 16 Fairway Crossing. Minnechaug is a family friendly course that offers a challenge for the experienced golfer, but also provides a great learning environment for those new to the game of golf. The course offers spring clinics for Juniors and Adults, individual lessons, leagues for juniors and adults and a men's club. The course also offers individual season passes for adults, seniors, juniors and families. For more information, contact Minnechaug at (860)432-3334 or by e-mail: [golfminnechaug@gmail.com](mailto:golfminnechaug@gmail.com)

## 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.

## 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.

Fee: \$29/Session  
Meets: Saturday  
9:00-9:55 a.m.; 10:00-10:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 24-May 22

## 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.

Fee: \$29/Session  
Meets: Saturday 8:00-8:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 24-May 22

## The Locker Room: Gently Used Equipment for Free!



# Parks & Recreation Skate Park & Gymnastics Lessons

## 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. Park opens for the season on Wednesday, April 21st. **FREE Admission. Park & Lessons are open to both Residents & Non-Residents.**

Spring: 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.

Fee: \$49/child  
Meets: Saturdays 9:00-9:45 a.m.  
Dates: April 24-May 29

## 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.

Fee: \$69/child  
Meets: Saturdays 9:45-10:45 a.m.  
Dates: April 24-May 29

## 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 Ais, Topsides, Negatives, Torques, Technical Grinds and tricks will be taught and practiced. All skaters MUST wear helmets. Other equipment is recommended, but optional.

Fee: \$69/child  
Meets: Saturdays 10:45-11:45 a.m.  
Dates: April 24-May 29

## Glastonbury Gymnastics

### Recreation Lessons

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 I)

Gymnasts enter after they master a forward roll to stand, straight arm bridge, cartwheel, and 3/4 handstand.

### Intermediate (USAG Level I)

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:

\*All Levels Wed. 2:40-3:40

\*All Levels Wed. 3:50-4:50

\*All Levels Wed. 5:00-6:00

\*All Levels Fri. 4:00-5:00

\*All Levels Fri. 5:10-6:10

\*Combinations class where kids are grouped by level

Fee: \$135/child  
Dates: 8 Weeks beginning April 19  
Location: Academy Cafeteria

# Parks & Recreation Gymnastics Team

## Glastonbury Gymnastics

### 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. Team Level Days/Times as follows:

#### Level 2 (2/Week)

Mon. 4:00-6:00  
Thurs. 4:00-6:00

#### Level 3 (3/Week)

Tues. 4:00-6:00  
Thurs. 6:10-8:30  
Fri. 6:10-8:30

#### Level 4 (3/Week)

Mon. 6:10-8:30  
Tues. 6:10-8:30  
Wed. 6:10-8:30

#### Level 5-9 (3/Week)

Mon. 6:10-8:30  
Tues. 6:10-8:30  
Wed. 6:10-8:30

Fee: \$252/Level 2  
\$270/Level 3, 4, 5-9  
Dates: 9 Weeks beginning April 19  
Location: Academy Gym

## Glastonbury Gymnastics

### 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. Team Level Days/Times as follows:

#### Bronze (2/Week)

Wed. 4:30-6:00  
Fri. 4:30-6:00

#### Silver (3/Week)

Tues. 4:00-6:00  
Thurs. 6:10-8:30  
Fri. 6:10-8:30

#### Gold (3/Week)

Mon. 6:10-8:30  
Tues. 6:10-8:30  
Wed. 6:10-8:30

#### Platinum/Diamond (3/Week)

Mon. 6:10-8:30  
Tues. 6:10-8:30  
Wed. 6:10-8:30

Fee: \$252/Bronze  
\$270/Silver, Gold, Platinum  
Dates: 9 Weeks beginning April 19  
Location: Academy Gym

## Glastonbury Gymnastics Team



# 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				
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	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	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				



Visit online at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov) for facility information, directions and photos!  
 #scanthebarcode #glastonburyhasitall

# Parks & Recreation Teen Programs

## Academy Teen Center

The Academy Teen Center (ATC) is excited to begin its 19th year! We are located in the Academy Building, 2143 Main Street. The staff at the ATC inspires youth to be kind and take time to unwind after a long day of learning and e-learning. A variety of supervised, unstructured adventures await them. The Teen Center is furnished with a game lounge and arts and crafts center. Kids also have opportunities to help with gardening and participate in walking trips downtown. Come be part of the GOOD VIBES TRIBE!

Transportation is provided. Sign up at the main office at Gideon or Smith. Daily admission fees will be collected at the Teen Center for those who do not have passes. **Program participants MUST wear a face covering for the duration of the program.**

Fee: School Year Pass (Grades 6-8): \$59  
Daily Admission: \$5/person  
Location: Academy Building (2143 Main St.)  
Grades 6-8: Tuesday, 3:00-6:00 p.m.  
Wednesday, 2:00-6:00 p.m.  
**(No Transportation)**  
Thursday, 3:00-6:00 p.m.

## Friday Night Club

Have fun and make new friends! Themed Friday night activities (both virtual and in-person) are being 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. A schedule of activities is sent via e-mail. Call the Parks and Recreation office (860)652-7679 or Academy Teen Center (860)652-7838 with any questions or to join our e-mail list.

## Home Alone Safety Course

(Boys and Girls Ages 8-13)

This interactive 90 minute course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers they could face when they are alone. Each student will receive a workbook that covers house key safety, indoor and outdoor (including kitchen) safety, gun safety, fires and gas leaks. We will also review first aid kit essentials and phone, door, and internet safety. Parents/guardians are asked to attend the last 5 minutes of the course. They will receive a workbook with conversations starters such as creating a family fire escape plan and the importance of an emergency contact list. **Program participants MUST wear a face covering for the duration of the program.**

Fee: \$30/Person  
Meets: 6:00-7:30 p.m.  
Location: Academy Multi-Purpose Room  
Date: Wednesday, May 5, 2021

## GCAP Coffeehouse Program

A fun activity for high school age students featuring live music and games. Events are planned by Coffeehouse Teens! Maximum attendance at each event limited to 50. Advanced ticket purchase required at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov)

Interested in getting involved in Coffeehouse? We are always looking for performers and new members to our planning committee. Please contact Anna Park at [anna.park@glastonbury-ct.gov](mailto:anna.park@glastonbury-ct.gov)

Fee: \$5 Advanced Ticket Purchase  
Dates: Friday, 3/19/21 6:00-7:30 p.m.  
Open Mic Night @ J.B. Williams Pavilion  
Saturday, 3/20/21 6:00-7:30 p.m.  
Headline Band @ J.B. Williams Pavilion  
Saturday, 5/15/21 5:00-8:00 p.m.  
@Academy Softball Field

Drop In and visit the Teen Center!





# Parks & Recreation Adult Programs

## Minnechaug Golf Course

A Town owned, 9 hole golf course managed by Guilmette Golf, LLC located at 16 Fairway Crossing. Minnechaug is a family friendly course that offers a challenge for the experienced golfer, but also provides a great learning environment for those new to the game of golf. The course offers spring clinics for Juniors and Adults, individual lessons, leagues for juniors and adults and a men's club. The course also offers individual season passes for adults, seniors, juniors and families. For more information, contact Minnechaug at (860)432-3334 or by e-mail: golfminnechaug@gmail.com

## 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.

Fee: \$45/Session  
Meets: Saturday 11:00 a.m.-11:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 22-May 22

## Adult Softball Leagues

Men's, Women's and Coed Adult Softball Leagues available. Season runs April-August. For information on league format, scheduling, fees and specific eligibility requirements go to [www.teamsidelines.com/glastonbury](http://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](mailto:liz.gambacorta@glastonbury-ct.gov) by March 1st.

## Men's Outdoor Basketball League

For information on specific eligibility requirements, contact Parks and Recreation. New teams are taken on a first-come, first-serve basis. Games played at the Riverfront basketball court Sunday evenings, April-June. If you are interested in putting a team in the league, please e-mail Liz Gambacorta at [liz.gambacorta@glastonbury-ct.gov](mailto:liz.gambacorta@glastonbury-ct.gov) by March 1st. Team registration fees and Non-Resident fees are based on the number of teams in the league.

## Outdoor Volleyball - Drop in Program

Our popular drop in volleyball program is back in an outdoor setting. Join us at JB Williams Park and play on a lite compact sand court for games up to 6 v 6 or High Street Park which has a sand court and the potential of adding a portable net for an additional grass court. Preregistration required to secure your spot for each night you plan to play. Masks required.

### JB Williams

Daily Fee: \$4/resident; \$8/non-resident  
Meets: Tuesdays; 6:30-8:30 p.m.  
Dates: April 20-June 22

### High Street

Daily Fee: FREE  
Meets: Mondays; 5:30-7:30 p.m.  
Dates: April 19-June 21

## Dog Obedience: Family One Polite Dog Manners

A beginner level class for dogs 5 months and older and their guardians who want to coach their dog manners and learn about canine behavior. "One Dog at a Time" offers positive training for the family dog including all the tools and management skills to provide enrichment for your best friend. Skills include paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking. Weekly training topic will provide information to better understand your dog and keep them happy and safe. Choose from Monday, Friday or Saturday classes.

Fee: \$120/Session  
Location: Academy Multi-Purpose Rooms  
Monday Class: 6:30-7:30 p.m. April 19-May 24  
Friday Class: 10:30-11:30 a.m. April 23-May 28  
Saturday Class: 9:00-10:00 a.m. April 24-May 29  
Instructor: Beth Vincent, ABCDT

## Dog Obedience: 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 seems to have forgotten everything. Dogs need to repeat the basics in many different situations before they can generalize behaviors they have learned. We will meet in a variety of dog friendly environments to teach your dog that they can do sits, downs and walk politely anywhere. Build your confidence and your dogs confidence in you. Choose from Friday or Saturday classes.

Fee: \$120/Session  
Location: Academy Multi-Purpose Rooms  
Friday Class: 9:00-10:00 a.m. April 23-May 28  
Saturday Class: 10:30-11:30 a.m. April 24-May 29  
Instructor: Beth Vincent, ABCDT

# Parks & Recreation Senior 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. Wear sneakers and bring a water bottle. Weights, exercubes, dynabands, 10" play balls and mats optional.

**Virtual Classes:** Held Live on ZOOM at the time listed. Recordings of the virtual sessions will be shared following each class.

**Indoor Classes:** Held in the RCC Community Room. Follows all current State Guidelines including a lower maximum number of participants, designated areas for each person with a minimum of 6 feet between participants, masks required at all times in the building including during class.

**Outdoor Classes:** Held in grass field and moved indoors in the event of inclement weather. Follows all current State Guidelines including maximum group sizes, spacing and masks required at all times.

Class	Instructor	Location	Meets	Dates	Fee
Senior Fitness (Select Physical Therapy)	Jordan	IN PERSON Riverfront Community Center	Monday 9:00-10:00 a.m.	March 22-June 14 (No Class 5/31)	\$32
	Scott	VIRTUAL- LIVE ZOOM w/Recording Sent	Wednesday 9:30-10:30 a.m.	March 17-June 16	\$38
	Katie	VIRTUAL- LIVE ZOOM w/Recording Sent	Friday 9:00-10:00 a.m.	March 19-June 18 (No Class 4/2)	\$36
	Katie	OUTDOORS Riverfront Park	Friday 10:00-11:00 a.m.	April 23-June 18 (No Class 4/2)	\$24

## Senior Walking Challenge

Walking is a great form of exercise that has many important health benefits. Looking for some extra motivation to get out and walk? Join our Walking to walk across America from California to Washington DC. Through e-mail, track your progress to help reach the group goal and receive weekly emails about where we are in our challenge, who is leading the way and great places to walk in Town.

Fee: \$5/person (FREE if you are registered for a Senior Fitness Class)  
Dates: March 15-April 23  
April 26-June 4

# Parks & Recreation Fitness Programs

Class Dates, Times, Fees & Additional Details on Next Page!

## 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.

## Tighten & Tone

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please bring a mat, a blanket, and 2-3 lb. weights.

## 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.

## 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.

## High Interval Training

(AKA Interval Strength) Interval training is a great way to increase your endurance and can increase aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometric (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. The class flies by and no muscle goes untouched. Please have water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

## 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 mat and free weights.

## Core Strength

This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Bring a yoga mat, water, and light weights.

## 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. Includes 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! Bring water, mat and 1-2 pound hand weights.

## 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 a mat and water.

## Gentle Yoga

Focus on moving slowly through sequences that will help ground, relax and restore our mind and bodies. The practice will conclude with a short guided meditation. Please bring a yoga mat, a blanket, and any props that will make you more comfortable.

## All Levels Yoga

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

# Parks & Recreation Fitness Programs

Class	Instructor	Location	Meets	Dates	Fee
Low Impact Gentle Pilates (Personal Euphoria)	Rob	VIRTUAL- LIVE ZOOM	Monday 1:30-2:15 p.m.	April 5-June 21	\$74
	Jeannine	IN PERSON Academy Multi Purpose	Wednesday 9:00-9:45 a.m.	April 7-June 23	\$80
Tighten and Tone (Personal Euphoria)	Allison	VIRTUAL- LIVE ZOOM	Wednesday 5:45-6:30 p.m.	April 7-June 23	\$84
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL- LIVE ZOOM	Tuesday 8:30-9:30 a.m.	April 6-June 22	\$84
		VIRTUAL- LIVE ZOOM	Thursday 9:30-10:30 a.m.	April 8-June 24	\$84
Pilates Plus Strength (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose	Tuesday 6:00-6:45 p.m.	April 6-June 22	\$80
	Rob	VIRTUAL- LIVE ZOOM	Tuesday 6:00-6:45 p.m.	April 6-June 22	\$84
High Interval Training (Personal Euphoria)	Maggie	VIRTUAL- LIVE ZOOM	Wednesday 7:45-8:30 a.m.	April 7-June 23	\$84
Strength Training (Personal Euphoria)	Ashley	VIRTUAL- LIVE ZOOM	Monday 8:55-9:40 a.m.	April 5-June 21	\$74
		VIRTUAL- LIVE ZOOM	Friday 8:55-9:40 a.m.	April 9-June 25	\$80
Core Strength (Personal Euphoria)	Rob	VIRTUAL- LIVE ZOOM	Thursday 6:00-6:45 p.m.	April 8-June 24	\$84
Total Barre (Personal Euphoria)	Ashley	VIRTUAL- LIVE ZOOM	Monday 9:50-10:35 a.m.	April 5-June 21	\$74
	Allison	VIRTUAL- LIVE ZOOM	Monday 5:45-6:30 p.m.	April 5-June 21	\$78
Core Balance (Personal Euphoria)	Ashley	VIRTUAL- LIVE ZOOM	Friday 9:50-10:35 a.m.	April 9-June 25	\$80
Gentle Yoga (Personal Euphoria)	Sonia	IN PERSON Riverfront Fairgrounds	Thursday 5:30-6:30 p.m.	April 22-June 24	\$72
Yoga (Personal Euphoria)	Rachel	IN PERSON Riverfront Fairgrounds	Tuesday 9:00-10:00 a.m.	April 20-June 22	\$72

**No Classes on 4/2 and 5/3; Classes Open to Residents & Non-Residents**

## Walk this May - 31 Miles in 31 Days Challenge

Run, Walk, Roll or Bike 31 Miles in 31 Days this May. Explore Glastonbury Parks and step into a healthier lifestyle this May! The challenge begins May 1st to complete 31 miles of exercise, try new healthy tips and step outside your comfort zone and explore a new park. Registration is \$5 to receive your tracking sheet. Complete the challenge to win a cool prize!

# Parks & Recreation Aquatics Programs

## Lifeguard Training

Get the training you need to apply for a summer job! An American Red Cross program to certify individuals in the principals of Lifeguarding. Includes First Aid, CPR and AED training. Must attend every class. Class will be offered during the April school vacation week. The class will be separated in two cohorts throughout the week, splitting time between the pool and classroom. Prior to the start of the class, student will be required to view about 7 hours of video classwork at home prior to the first day of class. More information will be given to students about a week before the class.

Fee: \$280  
Meets: Monday-Friday 9:00 a.m.-3:00 p.m.  
Location: Glastonbury High School  
(Meet at the Gymnasium Lobby)  
Dates: April 12-16, 2021

## L.L. Bean, Inc. Outdoor Discovery School at Riverfront Park

Try something new! Recapture your adventurous spirit!. The L.L. Bean South Windsor store has been offering quality outdoor programs Riverfront Park the last few years. Quality instruction is provided by L.L. Bean, Inc. staff and volunteers and all equipment will be provided. Programs will be held mostly on weekends from April-October:

- Discovery Kayaking
- Introduction to Recreational Kayaking
- Intermediate Recreational Kayaking
- Sunset & Full Moon Kayaking
- Discovery Stand-Up Paddle Boarding
- Introduction to Stand-Up Paddle Boarding
- Stand up Paddle Boarding Yoga
- Fly Fishing (Starts in April)
- Archery (New this Year!)

Specific information on these programs can be found on the L.L. Bean website at [www.llbean.com/southwindsor](http://www.llbean.com/southwindsor) on the "Events Calendar." To register for a program, three easy options are available:

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

L.L. Bean will also offer "Custom Programming" opportunities for groups. Birthday parties, events for organizations and team building may be available upon request. Contact the store in South Windsor store for more details.

For any questions, please contact LL Bean at 1-888-552-3261 or the Parks and Recreation Department (860)652-7679.

## Slipaway River Tours - Coming Late Spring!

A great way to get out and explore the beautiful Connecticut River. Scheduled and private charters are available from the Riverfront Park docks. For more information, check out [www.slipawaytours.com](http://www.slipawaytours.com) or call (860)643-2400.

## Riverfront Park Boat Launch & Boat Storage

Boat Launch staff will be available on site beginning May 22, 2021. Seasonal Boat Launch permits will be available for purchase on site. Additionally, when Town office building's reopen permits may be purchased at the Parks and Recreation office Monday-Friday 8:00 a.m.-4:30 p.m. Boaters must show proof of residency and a valid boat registration.

The single boat launch will be open mid-April-early November. Riverfront Park offers many amenities such as a playground, covered picnic pavilions and walking trails. Restrooms also 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

# Parks & Recreation Employment Opportunities

The Glastonbury Parks & Recreation Department has openings for a number of summer jobs. PROGRAM DATES SUBJECT TO CHANGE. Pre-season training and preparation required. You must be available for the duration of the program. Applications will only be accepted online at [www.glastonbury-ct.gov/prjobs](http://www.glastonbury-ct.gov/prjobs) CLOSING DATE FOR APPLICATIONS IS MARCH 5th.

**PLAYGROUND HEAD LEADER** \$15.25/Hour

**PLAYGROUND LEADER** \$13.00/Hour

(Works with children who have completed Kindergarten-Grade 5). Program runs six weeks June 21-July 30. Hours are Mon.-Fri. 8:30-3:00. Approximately 35-38 hours per week.

**CAMP DISCOVERY PROGRAM INST.** \$13.75/Hour

**CAMP DISCOVERY COUNSELOR** \$13.00/Hour

**CAMP DISCOVERY JR COUNSELOR** \$12.00/Hour

(Works with children who have completed Grades K-6). Program runs seven weeks June 21-August 6. Hours are Mon.-Fri. with varying shift between 7:15-5:15. Multiple positions available with approximately 25-38 hours/week.

**MUSIC & ARTS EXT. HEAD LEADER** \$15.25/Hour

**MUSIC & ARTS EXT. LEADER** \$13.00/Hour

(Working with children Entering Grades 3-9). Program runs four weeks June 21-July 16. Hours are Mon.-Fri. 11:45-4:15. Approximately 22.5 hours per week.

**TEEN CAMP COORDINATOR** \$15.25/Hour

**TEEN CAMP LEADER** \$13.00/Hour

(Works with children who have completed Grades 5-8). Camp runs for 6 weeks June 22-July 29 on T, W, TH from 9:00 a.m. - 3:00 p.m.

**GROUP LEADER - CAMP SUNRISE** \$12.75/Hour

**ASST. GROUP LEADER CAMP SUNRISE** \$13.00/Hour

(Works with children with disabilities ages 3-21). Program meets for seven weeks, June 21-August 6 M-F, 9-3:00 p.m.

**LIFEGUARD I** \$13.00/Hour

Flexible schedule, full-time and part-time positions available, days, nights, weekend hours available.

**SWIM INSTRUCTOR/LIFEGUARD II** \$13.75/Hour

Hours depend on lesson schedules. May also have hours as a lifeguard. Program runs mid-June through Labor Day.

**TENNIS INSTRUCTOR** \$18.00-\$24.00/Hour

(Works with children and adults) Program runs for eight weeks June-August.

**ALL PAY RATES ARE PENDING BUDGET APPROVAL**

*Come Join our Team!*



# *Great Times at the* **Glastonbury Senior Center**

## *New Online Program Registration Software - Create your Account Today!*

Along with the Parks and Recreation Department, the Glastonbury Senior Services Division will be transitioning to a new program registration software called MyRec.com.

This is a very exciting change for our department which we anticipate will be a very user-friendly system for many of you to register for our programs in.

We are planning to begin registering in the new system on April 1 2021. Before that can happen, you will need to take some time to create an account in the system. The instruction sheet on the next page shows how to create an account and set up the members of your household. To go directly to create a new account, visit online at:

**<https://glastonburyct.myrec.com>**

If you have any questions or need assistance please call us at 860-652-7638.

### *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](http://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  
Diana Aziz, Customer Service Representative  
(860)652-7638  
Lisa McKeon, Volunteer Coordinator  
(860)652-7605



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## Creating your Account & Adding Family Members

Creating an account is a one-time event that allows you to utilize this system. It is not a registration by itself.

Website: <https://glastonburyct.myrec.com/>

- ❖ Click 
- ❖ Choose an “Account Type (Household or Organization)”
- ❖ Enter the Primary Account Member
- ❖ Enter the Primary Account Member Contact Information
- ❖ Choose if you want to Receive Emails for:
  - General Notices (program promotion, special event information)
  - Cancellations
- ❖ Create a User Name and Password (Password must have 8+ characters, an uppercase & lowercase letter, a number, & a symbol; Accepted symbols: ~!@#\\$%^& \\* < > ?)
- ❖ Answer the challenge question
- ❖ If you need to add additional members to your household (children, spouse, additional guardians), click
- ❖ If you do not need to add additional members, click
- ❖ ***You may be asked to confirm your address upon submission.***
- ❖ Continue to add members to your household (if applicable).

You can now make registrations and other purchases using the site navigation.



Overview



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Reserve



Notifications



Log Out

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**You will receive an e-mail verification of the account you have set up. Please record your User Name and Password. You will need them each time you visit <https://glastonburyct.myrec.com/> and want to log into your account.**



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## Registering for Programs

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[Account](#) [Finance](#) [Members](#) [Balances](#) [Registrations](#) [Memberships](#) [Reservations](#) [Products](#) [Cart](#)

- ❖ Once you are logged in, navigate to the “Register” icon as pictured above
- ❖ Select the Program Category from either the drop down menu or the buttons
- ❖ Add an Activity to your cart by clicking on the shopping cart icon to the left of the Activity. The person you are registering is named in the cart. In order to register someone else, select [Change Member](#) under the cart
- ❖ You will see the following message:

Item successfully added to cart. ×

Check out from your cart  
(in the top navigation).

[Return to Program](#) | [Continue Shopping](#) | [Check Out](#)

[Close](#)

- ❖ Once you have added all your programs and are ready to check out, check the box to acknowledge the disclaimer statement.
- ❖ Click the [Check Out](#) button
- ❖ Select your Payment Method:

[Check Out Online](#)  
(includes no fee items)



[Check Out Online](#)

Check out Online: Prompts you for your credit card information and directs you to a credit card form where payment is submitted online.

*When available, choose Pay Online to be placed in an activity or on a wait list immediately. Choosing Print Registration Form will not place you into an activity or on a wait list until the form is processed by the office.*

# Glastonbury Senior Services Programs

## COVID Vaccines - What you Need to Know

Updated COVID Vaccine information. 2/16/21  
In addition to healthcare workers, residents 65 and older can register for COVID-19 vaccination. In the meantime, please continue to be vigilant. According to experts the new strain of the virus is highly contagious. Wear your mask(s), keep washing your hands and practice social distancing.

If you are 65 or older and have NOT already made an appointment, you can register through the Vaccine Administration Management System (VAMS). This system requires an email account. VAMS website: <https://vams.cdc.gov/vaccineportal/>

Use this link to watch a short tutorial video on how to use VAMS (thanks to our friends at Wilton Social Services for creating this video). Ask a family member for help.  
<https://m.youtube.com/watch?v=AJy6mA6Nmm0&feature=youtu.be>

If you're 65 years of age or older and unable to use the VAMS system, please call the community center at 860-652-7638 for assistance with scheduling a vaccination appointment at the community center. (At this time priority will be given to those 75 and older and based on availability)

Other options for scheduling appointments at other sites include:  
COVID Vaccine Appointment Assistance line at 877-918-2224.  
Hartford Healthcare Vaccine Hotline - 860-972-4993 – NEW  
For updates on next phases of vaccinations, go to the state of Connecticut's website:  
<https://portal.ct.gov/Coronavirus/covid-19%20vaccinations>

## AARP Tax-Aide Program

Mondays, Wednesdays and Thursdays (Mornings Only)  
Begins February 17, 2021

Due to the COVID 19 Pandemic the AARP Tax-Aide Program will not be able to serve as many people as in prior years. To obtain this service you must meet the following criteria:

1. Be 60 years of age or older or permanently disabled
2. Have a Gross Adjusted Household Income of under \$75,000
3. Have had your taxes done by AARP in either of the last two years
4. Be a resident of the Town of Glastonbury

Please call (860)652-7638 to schedule your required appointment. No walk-ins will be accepted.  
AARP Tax-Aide is the nation's largest free tax preparation and assistance for individuals.

This year you will drop off your documents at the Riverfront Community Center. Your return will be prepared off-site, and you will pick up the completed return at the Community Center. Any consultation needed to prepare your return will be handled by phone. Upon your approval, the completed return will be e-filed with the IRS and CTS.

Registrants will receive an 8-page intake/interview & Quality Review Sheet which must be completed in advance of their appointment. You will receive a detailed listing of what documents to bring to the Riverfront Community Center.

To keep everyone as safe as possible during COVID, having a cell phone with you when you drop off your paperwork is strongly recommended. This will enable you to communicate with the AARP tax preparer assistants on site while you wait in your car. In some instances, tax preparers may call you at home to discuss your return.

### What To Bring to Your First Appointment

1. Social Security Card or comparable documentation for all being listed on return
2. Photo identification (both for joint returns)
3. Signed Form 14446 (signed by both taxpayers if a joint return)
4. Copy of last year's tax return.
5. All income related documents; Forms W2, Unemployment compensation statements, SSA 1099, 1099R and other 1099 forms showing mortgage interest or other income
6. Forms showing federal & state taxes paid, documentation of medical, dental, charity or business expenses
7. Brokerage statements or other documentation showing the cost and date purchases for all securities or property sold or transferred during the tax year
8. Check with your name printed on it for direct deposit of any refund
9. 1099Rs from pensions, IRAs, 401(k)s, etc.
10. SSA-1099Rs from Social Security
11. 1099-Gs for unemployment compensation
12. 1099-DIV/1099-INT for dividends and interest

PLEASE NOTE: AARP cannot prepare Puerto Rico Resident Income taxes.

# Glastonbury Senior Services Programs



## VIRTUAL Aging Mastery Program®

The Glastonbury Senior Center and the CT Healthy Living Collective will be running a VIRTUAL Aging Mastery Program® starting March 10th. (You do not have to be a Glastonbury resident to participate in this class!)

The Aging Mastery Program® (AMP) encourages mastery – developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. By participating in the VIRTUAL AMP, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Feel less isolated, more connected and meet new friends!

The goal of the class, created by the National Council on Aging (NCOA) is to empower older adults with the knowledge to make important decisions that will allow them to age well. Topics of the sessions include Navigating Longer Lives, Physical Activity, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advanced Planning, Healthy Relationships, Falls Prevention and Community Engagement.

This Virtual AMP will run for 10 weeks from March 10, 2021-May 19, 2021. Limited spots are available so sign up now! This is a virtual class to be held on-line through Zoom. You will need a computer or smartphone with a camera and a microphone. If you need help with Zoom, we will work with you!

## The Wonderful Sounds of Music – Virtual Concert Series

Enjoy virtual concerts through ZOOM with a few of our favorite entertainers - all from the comforts of home!

### St. Patrick's Day Celebration with Mulcahy Irish Dance Students via Zoom

**Wednesday, March 17, 2021 from 11:30 a.m.-12:15 p.m.**

Join us for this amazing program with The Mulcahy Irish Dancers! These dancers range in all ages and are sure to be a delight. Don't forget to wear your brightest emerald green attire.

### Name That Tune & Sing-along with Emily Hope

**Wednesdays, March 31; April 21; May 19 at 2:30 p.m.**

Join us for this uplifting fun afternoon with Emily, a student at Glastonbury High School and an accomplished musician. Once the song is guessed everyone can sing-along.

### Sing-A-Long with Dr. Uke

**Fridays, March 26; April 30; May 28 at 2:00 p.m.**

Follow along as we sing some of our favorite songs with Dr. Uke.

### One Man Band – John Paolillo Performing Virtually

**Thursday, April 15, 2021 from 12:30-1:15 p.m.**

Springtime brings John Paolillo to sing his way into your hearts. This one man performer is from Westbrook, CT and will be sharing his love of music live on Zoom and Facebook.

### Improve with Matt Snyder & Friend(s)

**Friday, March 12, 2021 from 3:00-4:00 p.m.**

Have you ever watched the show "Whose Line is it Anyway?" starring Drew Carey and Wayne Brady? This show takes the phrase 'audience participation' literally. Members of the studio audience suggest ideas for the games and skits for the actors to perform. Well, this time with some guidance we (zoom audience) will suggest what we would like Matt and his fellow actors to perform. Many of you know Matt, as our evening & weekend Program Coordinator. What you may also not know is that he performs Improv at the Sea Tea Comedy Theater in Hartford. Matt utilizes his wit, humor and ukulele to make people laugh, so what better way to enjoy a Friday afternoon than to join the fun!

# Glastonbury Senior Services Programs

## Spring Class Schedule 2021

Registration for all classes will begin on March 1, 2021. To register and find out about payment options please e-mail [diana.patterson@glastonbury-ct.gov](mailto:diana.patterson@glastonbury-ct.gov) or [nicole.mercer@glastonbury-ct.gov](mailto:nicole.mercer@glastonbury-ct.gov) or call (860)652-7638. Due to the uncertainty of the COVID pandemic we may need to continue in the coming months to hold some or many of our programs virtually through zoom. If it is determined to be safe by our health authorities we will make every effort to hold them either outside or in an indoor space that is determined to be of adequate size to safely social distance. For more information please call (860)652-7638 to find out the up to date information on program locations.

Class	Description	Meets	Dates	Classes	Fee
Intermediate Line Dancing	Prior dancing experience required. Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 a.m.-Noon	May 6 - June 24	8	\$40
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays 11:00 a.m.-Noon	May 5 - June 23	8	\$40
Strecherize with Chair Yoga	An easy way to get the health benefits of yoga. Learn how to stretch muscles, reduce anxiety, build strength and balance.	Mondays 1:00-1:45 p.m.	April 5 - June 28	12	\$60
Qigong Meditation	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises	Tuesdays 2:30-3:30 p.m.	April 6 - June 29	13	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 p.m.	April 22 - June 24	10	\$50
Lifelong Learning Evening	In "The Celtic World," discover the incredible story of the Celtic-speaking peoples, whose art, language, and culture once spread from Ireland to Austria.	Tuesdays 6:00-7:30 p.m.	March 9 - May 25	12	No Fee
Lifelong Learning Afternoon	"Customs of the World" Using cultural Intelligence to adapt, wherever you are.	Fridays Noon-1:30 p.m.	April 9 - June 25	12	No Fee
Italian I & II Textbooks Required Call for Info (860)652-7638	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.	April 1 - June 30	13	No Fee
Current Issues	Discussions range from world-wide to national to local issues. Topic chosen at prior meeting	1st & 3rd Fridays 10:00-11:30 a.m.	Ongoing		No Fee

## Senior Golf League

Put your best club forward and enjoy the game and sunshine with fellow golf enthusiasts. To register please call (860)652-7638.

Fee: Spring: \$100 (w/cart)  
Summer: \$175 (w/cart - Includes pizza party and prizes)

Meets: Mondays 9:00 a.m.

Location: Minnechaug 9 Hole Golf Course

Spring: 6 Weeks April 19-May 24, 2021

Summer: 10 weeks June 14-August 23, 2021

## Spring Bonnet Parade Drive-Thru

Tuesday, April 6, 2021 (Rain Date: Thursday, April 8, 2021) 1:00-2:00 p.m.

Come dressed in your favorite Easter/Spring bonnet or decorate your car with spring bows or flowers. Seasonal themed gifts will be distributed. Please enter the parking lot at the north driveway closest to Naubuc Ave. To Register: RSVP to (860)652-7638 by noon on Friday, March 26, 2021.