



Summer 2021

GLASTONBURY Parks & Recreation and Senior Services!

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 & Day(s)	Activity Time	Fee	Office Use
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Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!

1	1st Choice				
	2nd Choice				
	3rd Choice				
2	1st Choice				
	2nd Choice				
	3rd Choice				
3	1st Choice				
	2nd Choice				
	3rd Choice				
	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.glastonburyct.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

Mail-In & Online Registration

Registrations will be accepted for programs (unless otherwise indicated) by postmarked MAIL AND ONLINE TUESDAY, MARCH 23 BEGINNING AT 8:00 A.M. **Registration for most programs in RED begins ONLINE TUESDAY, MAY 4th BEGINNING AT 8:00 A.M.**

Registration Payment

VISA, Mastercard or Discover payments are 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 a separate check for each program.

Refund Policy

Please review your registrations carefully.

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

Summer Camp Refund Policy

To allow for flexibility and provide ample time for camp panning, the following refund policy will be in effect for 2021 for all camps and clinics:

A full refund will be processed if the request is received **at least** two full weeks prior to the start of camp. Camps are non-refundable within 13 days of the program start.

Returned Checks

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

Phone, Fax & E-Mail Registration

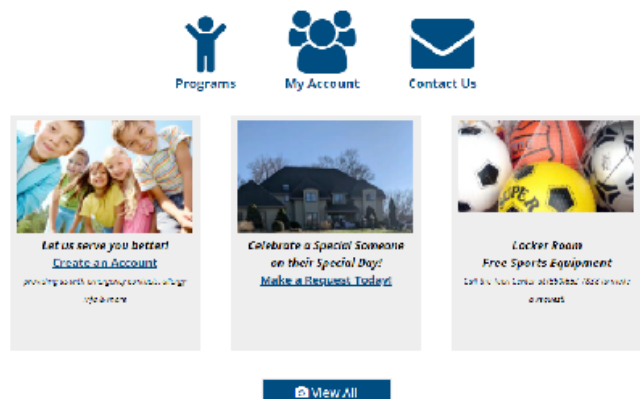
Due to limited phone lines and staff, we cannot accept registrations by phone, fax or e-mail.

Fees

Fees are subject to change July 1st.

How to Register Online

1. Visit <https://glastonburyct.myrec.com> and Log in to your account. If you do not have one Create a New Account.
2. Click on the Register icon at the top your account or click the Register from the navigation bar and select a program.
3. Click Add to Cart or Purchase Options next to the desired activity to add activities to the cart for that member of your household or click Change Member to add activities to the cart for another member in the household.
4. Click Check Out to review your shopping cart, then Continue to move forward with your order.
5. Choose Check Out Online and follow the steps to the payment screen.



Financial Assistance

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

- | | |
|-------------------------|------------------|
| Mini Camp | Kiddie Kamp |
| Playground Program | Camp Sunrise |
| Awesome Adventures | Teen Center Pass |
| Children's Swim Lessons | Pool Passes |
| Recreation Swim Team | Open Gym Passes |
| Camp Discovery | |

Residency Requirements

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

Cancellation Information

Retrieve cancelation information 24 hours a day by calling our cancelation line at (860)652-7689. Programs may be canceled due to insufficient registration. Programs are canceled on July 4 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.

E-Mail Updates

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

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.

Brochure Mailing Information

The 2021 Summer Brochure will be available ONLINE ONLY.

Weekly Activity Information

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

Additional Program Information

As we await State Guidelines, please be patient as we continue to update summer program offerings throughout the next few months. Check back often for additional program information!

Join us on Social Media!

Keep up with us through Facebook and Instagram to receive updates on program information, reminders about upcoming registration deadlines and all sorts of other great information!

Facebook: [glastonburyparkrec](https://www.facebook.com/glastonburyparkrec)

Instagram: [glastonbury_park_and_rec](https://www.instagram.com/glastonbury_park_and_rec)

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.

How to Reach Us

Phone: (860)652-7679
 Fax: (860)652-7691
 Program Information Line: (860)652-7689
 On the Web: www.glastonburyct.gov
 Click "Parks and Recreation"
 Mailing Address: Parks and Recreation
 P.O. Box 6523
 Glastonbury, CT 06033
 Mailing Registrations: Parks and Recreation
 Program Registration
 P.O. Box 6523
 Glastonbury, CT 06033
 Office Address: Parks and Recreation
 2143 Main Street
 Glastonbury, CT 06033

Our Staff

[Lisa Zerio](#), Director of Parks and Recreation
[Greg Foran](#), Park Superintendent & Tree Warden
[Jason Albert](#), Park Maintenance Supervisor
[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

Glastonbury Youth Organizations

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

Little League: www.glastonburylittleleague.org
 Hartwell Soccer: www.glastonburysoccer.org
 Midget Football: www.gyfa.com
 YMCA: (860)633-6548
 Lacrosse: www.glastonburylacrosse.org
 GBA: www.gbahoops.org
 Amateur Baseball: www.gburybaseball.com
 Gymnastics: www.glastonburygymnastics.com
 Swim Teams: www.glastonburyswimteam.org

Fishing in Glastonbury

Fishing is permitted at Eastbury Pond, JB Williams Pond, Salmon Brook and Roaring Brook at Cotton Hollow. Opening Day of the trout season this year is March 4, 2021 beginning at 6 a.m. Children under the age of 16 do not require a license. A statewide fishing license is required for ages 16 and up and can be obtained online at <https://ct.aspirafocus.com/internetsales/>. For more information on fishing in Connecticut visit <https://portal.ct.gov/DEEP/Fishing/CT-Fishing>

Dog Leash Law

Town ordinances require dogs be leashed or tethered on Town property. This ordinance does not apply to guide dogs accompanying a blind person. The Town also enacted an ordinance making it unlawful for any person owning, keeping, walking, or in control of a dog to permit the dog to defecate upon any private property owned by another person unless the person removes the feces before leaving the immediate premises. Violations and complaints can be directed to the Police Department (860)633-8301.

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. Some of the park amenities include benches, waste receptacles, dog litter bags, water stations and more! The park is located within the Riverfront Park, 200 Welles Street, Glastonbury. For more information, visit www.glastonburyct.gov/dogpark

FAMILY PROGRAMS

Family Gardening at the Community Gardens!

Join Glastonbury Partners in Planting, Inc. at the Community Gardens as we learn all about gardening from A-Z! Learn to test the soil, prepare the beds, planting zones, what to plant, all about fertilizer, compost and much more! This monthly series will feature different topics and opportunities for hands-on learning **in a very casual environment.**

Meets at the Community Garden (Garden Plot #68) May 5-September 24; Wednesdays 9:00-10:00 a.m. and Fridays 4:00-5:00 p.m. (Monday & Wednesday topics repeat). During these times come to the garden and bring your questions about anything related to gardening, invasive plants, topic listed or GPIP. This is a casual, family friendly learning environment that will touch on many topics. Learn general information to help you get started or improve your gardening skills. No "lecture" will be longer than 15 to 20 minutes. Pre-registration IS NOT required. Program is FREE. Tentative topics as follows (visit www.gpip.org for updates/details):

- Week 1: Testing the Soil
- Week 2: Cool Weather Plants
- Week 3: Container/Small Space Gardening
- Week 4: Composting
- Week 5: Flowers
- Week 6: Herbs
- Week 7: Weeds & Bugs
- Week 8: Harvesting Cool Weather Crops
- Week 9: Container/Small Space Gardening
- Week 10: Hands in the Dirt (Harvest, Weed & Water)
- Week 11: Tomatoes
- Week 12: Pollinators
- Week 13: Squash
- Week 14: Cool Weather Plants
- Week 15: What to do with your Harvest
- Week 16: TBD
- Week 17: TBD
- Week 18: TBD
- Week 19: Indoor Growing
- Week 20: What to do with your Harvest
- Week 21: Closing Down the Garden

GPIP is seeking new members & volunteers to assist with upcoming projects. We welcome both sponsors &/or partners for current and new project ideas. Join in when you can, no time commitment or experience required. Gardening knowledge is not necessary, people are needed to help with non-gardening tasks too. Together we make Glastonbury a more beautiful, greener place to live! Donations accepted via PayPal or checks to PO Box 378, So. Glastonbury, CT 06073.

Online: www.gpip.org | **E-Mail:** Information@gpip.org
Phone: Pam @ 860.659.3482

Riverfront Concert Series

The summer concerts will be dependent on the updated State COVID guidance and recommended best practice. A Fall concert is likely.

3rd Annual Doggy Paddle Tuesday 9/7/21

Bring your pup out to this fun dog swim! 2 swim waves will be held: 4:30-5:30 p.m. and 5:45-6:45 p.m. Cost is \$10/Dog (per Wave). Dogs must be licensed and up to date on all shots. No aggressive dogs, please. Dogs must remain off-leash in the swim area and humans are not allowed in the pool. Tennis balls will be provided. Please do not bring your own toys. In addition to the swim, take time to visit some vendors! Register online at <https://glastonburyct.myrec.com>

Town and Community Tag Sale

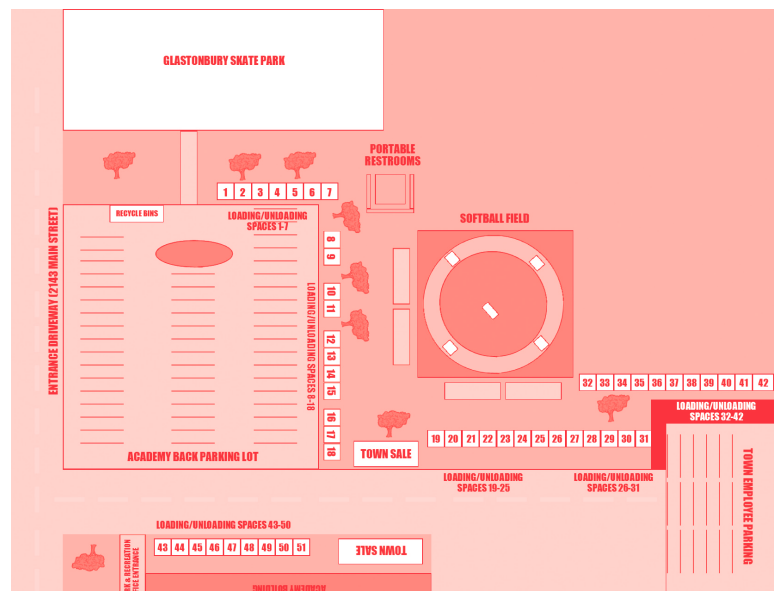
(All Ages)

Purchase a 10'x10' space and bring your wares to sell at our annual event! You must provide your own tables. The Town will also be selling bikes, tools, jewelry and other items. Based on order of registration, you will be asked to choose a space. We reserve the right to assign a space to you in the event you cannot be reached. Spaces fill quickly!

Tag Sale

10'x10' Space 210011-01

- FEE:** \$25/before May 1
 \$35/On and After May 1
- TIME:** Set-up of your area begins at 5:00 a.m. Tag Sale opens to the public at 8:00 a.m. and closes at 1:00 p.m.
- DATE:** Saturday, September 25 (Raindate, Sunday, September 26)
- LOCATION:** Behind Academy Building



Child/Adult Fun Runs

(All Ages)

Grab your sneaks and run some extra miles! Children jog for one mile around the Smith Middle School Soccer field. Adult courses are 2.4 and 3.5 miles. Register at the Smith Middle School Upper Soccer Field starting at 6:30 p.m. for a 6:50 p.m. start. Divisions include male and female 35 & up, 19 - 34, 15-18, 13-14, 10-12, 7-9, and 6 & under. Tuesdays, June 22, 28; July 6, 13, 20, 27 and August 3. No fee.

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.glastonburyct.gov/passport2parks 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 group 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 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 on Facebook and @glastonbury_park_and_rec on Instagram!

Skyhawks Tiny Hawks

(Ages 3-4)

Help children fine-tune their motor skills in soccer and baseball. Parents are encouraged to stay and participate and are required to stay if children are not ready to participate alone. Must be toilet trained. Program will be held outdoors only. If a day is rained out, a makeup will be held on Friday.

FEE: \$75/Session
 DATES: August 2-5
 LOCATION: Glastonbury High School Baseball Field

Kiddie Camp

(Child Must be 3 by 6/1/21 NO EXCEPTIONS)

An introductory camp experience for 3 or 4 year olds held at Kangaroo Kids Preschool! From animals to bugs to leaves on trees, we'll create and investigate nature and summer themed activities using books, crafts, songs and games. Meets rain or shine. Must be toilet trained. **Registration is limited to 2 sessions per child so that we may accommodate as many children as possible. You may sign up for additional sessions on a space available basis beginning Tuesday, April 6th.**

FEE: \$70/Child
 MEETS: Monday-Friday 9:30-11:30 a.m.
 LOCATION: Kangaroo Kids (35 Bell Street)
 SESSION 1: June 21-25
 SESSION 2: June 28-July 2
 SESSION 3: July 12-16
 SESSION 4: July 19-23

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

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

An Open House will be held on Monday, April 12th and Tuesday April 13th. Registration is required, please go to www.glastonburyct.gov/kangarookids to sign up for a timeslot.

FEE: \$1,800 yearly tuition
 Deposit of \$250 required at time of registration. Deposit is nonrefundable after June 1, 2021. Balance of Fee is due in two payments \$775 by September 17, 2021 and \$775 due by January 28, 2022.

Mad Science - Brixology with Lego

(Boys and Girls entering Grades 1-6)
 Brixology sets the foundation for our next generation of makers! Children learn about different types of engineering and then team up to construct a different engineering-themed project using LEGO® bricks. They will build a space station, vehicles, carnival rides, drawing machines, mechanical animals and more. Your future engineer will build upon their creativity to solve real-world design challenges, while developing their problem-solving and team-building skills. You may sign up for either AM or PM session, not both!

FEE: \$177/Person
 MEETS: Monday-Friday
 DATES: June 14-18
 AM SESSION: 9:00 a.m.-12:00 p.m.
 PM SESSION: 1:00 p.m. – 4:00 p.m.
 LOCATION: Smith Middle School Cafeteria
 INSTRUCTOR: Mad Science

Camp Sunrise

(Special Needs Children ages 3-21)
 A special needs camp that provides opportunities for achievement in a supportive environment. June 21-August 6 (Seven 1 week sessions), Monday-Friday, 9:00 a.m.-3:00 p.m. at Naubuc School. \$135/week (transportation may be provided at an additional cost). Special registration procedures are required - applications available at the Parks and Recreation office or online at www.glastonburyct.gov/campsunrise

Mad Science - Space & Beyond!

(Boys and Girls entering Grades 1-6)
 Experience our program co-designed by NASA & Mad Science! From Earth's atmosphere to the outer reaches of our solar system, this hands-on program sends children on a quest for exploration! Comets, planets, stars & more are all waiting to be discovered. Explore the solar system and create a lunar eclipse in this "mad" planetary tour! Learn about the four forces of flight and challenges of space travel, build your very own rocket to take home and participate in an awesome rocket launch! You may sign up for either AM or PM session, not both!

FEE: \$177/Person
 MEETS: Monday-Friday
 DATES: August 2-6
 AM SESSION: 9:00 a.m.-12:00 p.m.
 PM SESSION: 1:00 p.m.-4:00 p.m.
 LOCATION: Smith Middle School Art Room
 INSTRUCTOR: Mad Science

Farm Fresh Kids: Gardening, Harvesting & Preparing

(Grades 1-5)
 Help with planting, tending and harvesting the garden. Learn about plants, soil, and healthy foods. Each program ends with preparing and eating farm fresh food snacks. Supported by the Sestero Family Fund.

FEE: \$45/Person
 MEETS: Tuesday & Thursday; 9:30-11:30 a.m.
 DATES: July 13, 15, 20
 LOCATION: Wind Hill Community Farm; 3006 Hebron Avenue; Longo Open Space

Mini Camp

(Child must be age 5 by 1/1/22 NO EXCEPTIONS)
 Half day program specifically for children eligible to enter kindergarten in the Fall. Not a school readiness program. Activities focus around a weekly theme with crafts, games, stories and special events.

Registration is limited to 2 sessions per child so that we may accommodate as many children as possible. You may sign up for additional sessions on a space available basis beginning Tuesday, April 6th. Please note, some activities will repeat. Supervision is at an 6:1 child to staff ratio. Meets rain or shine.

- FEE: \$80/Child
- MEETS: Monday-Friday 9:30 a.m.-12:30 p.m.
- LOCATION: Buttonball Kindergarten Classroom
- SESSION 1: June 28-July 2
- SESSION 2: July 6-9
- SESSION 3: July 12-16
- SESSION 4: July 19-23

Summer Playground Program

(Children who have **completed** grades K-5)
 Child must have completed kindergarten! Includes sports, games, arts & crafts, special events, field trips and swimming! Meets rain or shine. Supervision is 9:1 child to staff ratio.

- FEE: \$290/Session
- MEETS: Monday-Friday 8:30 a.m.-3:00 p.m.
- LOCATION: Buttonball, Hopewell
- SESSION 1: June 21-July 2
- SESSION 2: July 6-16
- SESSION 3: July 19-30

Camp Discovery

A traditional day camp program designed to meet the needs of working parents while providing a fun filled day. Campers participate in program areas,, swimming, water play and special events. This is not a drop in program and campers should plan on being there for the entire day.

Visit www.glastonburyct.gov/campdiscovery for more information. Please read the parent handbook online before registering to fully understand program and refund policy.

- FEE: \$225/Session 4;
\$430/Session 1,2,3
- MEETS: Monday-Friday
7:30 a.m.-5:00 p.m.
- LOCATION: Hebron Avenue School
- SESSION-1: June 21-July 2
- SESSION-2: July 6-16
- SESSION-3: July 19-30
- SESSION-4: August 2-6

Music & Arts

(Children Entering Grades 3-9 in Fall)
 Top notch instruction is provided to campers in the arts, dance, drama, instrumental and vocal music by certified teachers from local school districts. Camp culminates with an evening performance/art show. Special registration procedures are required for this program-you may not register using this brochure. Program and registration information is online at <http://www.glastonburyct.gov/macamp>. Register online or print and mail the registration form.

- FEE: \$299/Child
- MEETS: Monday-Friday 8:30-11:55 a.m.
- LOCATION: Smith Middle School
- DATES: June 21-July15 (No Camp 7/5)

Camp After Camp M&A Extended Day

(Children Entering Grades 3-5)
 Immediately following Music & Arts Camp to create a full day program. Afternoons will be structured as a traditional camp with sports, games, arts & crafts, special events and swimming! Open to campers enrolled in Music & Arts Camp only.

- FEE: \$265/Child
- MEETS: Monday-Friday 12:00-4:00 p.m.
- LOCATION: Smith Middle School
- DATES: June 21-July15 (No Camp 7/5)

Teen Scene M&A Extended Day

(Entering Grades 6-9)
 Immediately following Music & Arts Camp to create a full day program. Afternoons are less structured with time to "hang out" with friends. Open to campers enrolled in Music & Arts Camp only.

- FEE: \$275/Child
- MEETS: Monday-Friday 12:00-4:00 p.m.
- LOCATION: Smith Middle School
- DATES: June 21-July15 (No Camp 7/5)

Summer Art-ventures for Kids

Splish Splash Art Blast

(Boys and Girls Ages 5-10)

This inspiring week of art-ventures sparks creativity, engagement, exploration and individual expression. Learn about the fascinating underwater world of seahorses, sea turtles and other wonderful creatures while exploring original art forms and techniques. Design beach hats, sunglasses, and T-shirts. Create ocean slime and discover the art of mosaics while creating sea shell boxes. Sculpt shimmering coral and goofy clay octopuses. Paint ceramic fish banks, and design ocean creature stuffed animals. Experience painting, printmaking, stained glass, ceramics, collage, mosaics, fabric art and working with clay. Lots of surprises round out these totally cool Splish Splash art-ventures.

FEE: \$149/Person
 MEETS: Monday-Friday
 Ages 8-10: 9:00 a.m.-12:00 p.m.
 Ages 5-7: 1:00-4:00 p.m.
 LOCATION: Academy Teen Center
 DATES: August 2-6

Incrediflix

Programs taught by Incrediflix Staff. All flixs downloadable a month after program ends. Children who sign up for morning and afternoon session may stay for supervised lunch at no additional charge.

Incrediflix Minecraft vs. Roblox Flix

(Boys and Girls ages 7-13)

Make a Minecraft movie, or make a Roblox movie, or make a mashup movie! Choose Minecraft or Roblox action figures to create a movie full of games or challenges for your character to overcome. In this stop motion movie making class, you'll work in small groups to create and voice-over your movies.

FEE: \$189
 MEETS: Monday-Friday 9:00 a.m.-12:00 p.m.
 DATES: August 2-6
 LOCATION: Smith Cafeteria

Incrediflix Action Stop Motion Flix

(Boys and Girls ages 7-13)

Use stop motion tricks to create fires, explosions and even floods, as your characters battle it out or work together to save the day. Work in small groups to storyboard, create the action, film, and voice-over these exciting movies.

FEE: \$189
 MEETS: Monday-Friday 1:00-4:00 p.m.
 DATES: August 2-6
 LOCATION: Smith Cafeteria

Incrediflix Action Movie Flix

(Boys and Girls ages 7-13)

Adventure awaits you in these high intensity movies, where you'll use a green screen, camera tricks, & special effects to create your own live-action action movie. You'll collaborate to write, act, & direct in this stunt packed movie where you'll be taught action choreography to thrill the audience.

FEE: \$209
 MEETS: Monday-Friday 9:00 a.m.-12:00 p.m.
 DATES: July 26-30
 LOCATION: Smith Cafeteria

Incrediflix Lego Flix

(Boys and Girls ages 7-13)

Bring Lego worlds to life! We provide the Legos, you provide your imagination. Work in groups to create a Lego set with Lego characters for a stop-motion movie you'll storyboard, shoot, and voice-over.

FEE: \$189
 MEETS: Monday-Friday 1:00-4:00 p.m.
 DATES: July 26-30
 LOCATION: Smith Cafeteria

Aspiring Young Engineers

(Boys and Girls ages 5-10)

Explore the fascinating world of "S.T.E.A.M." (Science, Technology, Engineering, Architecture, Mathematics) through the hands-on, minds-on, unique summer camps offered by Engineering Imagination! In these exciting and educational programs, participants will use a wide variety of mediums such as LEGO®, ESTES®, KEVA®, and recycled materials to learn about, plan, and build projects such as hydroelectric water-wheels, model rockets, bridges, and roller coasters! With activities and topics including mechanical engineering, chemical reactions, 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 such as model rockets, reverse-engineered devices, and 3-D architectural models!

FEE: \$299/Person
 MEETS: Monday-Friday
 TIME: 9:00 a.m.-3:00 p.m.
 LOCATION: Academy Multi-Purpose
 Ages 5-7: August 9-13
 Ages 8-10: August 16-20
 INSTRUCTOR: Engineering Imagination

Skyhawks Tiny Hawks

(Ages 3-4)

Help children fine-tune their motor skills in soccer and baseball. Parents are encouraged to stay and participate and are required to stay if children are not ready to participate alone. Must be toilet trained. Program will be held outdoors only. If a day is rained out, a makeup will be held on Friday.

FEE: \$75/Session
 MEETS: Monday-Thursday, 4:00-4:45 p.m.
 DATES: August 2-5
 LOCATION: Glastonbury High School Baseball Field

Skyhawks Mini Hawk Sports Program

(Boys & Girls ages 4-6 by the start of the session)

Promotes a philosophy of fun while teaching soccer, baseball and basketball. Non-competitive atmosphere provides individual attention while teaching basic skills and team strategies.

FEE: \$139/Session
 MEETS: Monday-Friday 9:00 a.m.-Noon
 SESSION 1: June 14-18 @ Hebron Avenue School
 SESSION 2: June 28-July 2 @ GHS
 SESSION 3: July 12-16 @ Gideon Welles School
 SESSION 4: August 2-6 @ GHS

Skyhawks Sports & Games

(Boys and Girls ages 7-12)

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 including capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. Kids will play 2-4 different games/sports each day.

FEE: \$155/Session 2; \$170/Session 1,3
 MEETS: Monday-Friday 9:00 a.m.-3:00 p.m.
 SESSION 1: June 14-18 @ Gideon Welles School
 SESSION 2: July 6-9 @GHS
 SESSION 3: August 2-6 @ GHS

Skyhawks Track & Field Program

(Youth ages 7-14)

Combines technical development, fundamental techniques, and fun to introduce athletes to Olympic style events. Exercises and drills are designed to prepare athletes for a future in cross country, track & field, distance running and being active. Teaches body positioning, stride, proper stretching and cool-down techniques. Features a track meet at the end!

FEE: \$139/Person
 MEETS: Monday-Friday
 9:30 a.m.-12:30 p.m.
 DATES: June 21-25
 LOCATION: Glastonbury High School

Skyhawks Multi Sport

(Youth Ages 11-14)

Designed to introduce young athletes to soccer, baseball, basketball and flag football in one fun-filled week. Athletes will learn rules and essentials of each sport through skill-based games and scrimmages with a focus on respect, teamwork, and self-discipline.

FEE: \$170/Person
 MEETS: Monday-Friday 9:00 a.m.-3:00 p.m.
 DATES: July 26-30 @GHS Baseball Field/Gym

Skyhawks Flag Football Camp Fueled by USA Football

(Youth ages 7-10 or 10-14)

This program is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body-USA Football-players will gain confidence and prepare for league play. Coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment. Athletes will learn developmentally appropriate fundamentals and critical life lessons leading to the Skyhawks Sports Bowl, where participants showcase their skills!

FEE: \$149/Person
 MEETS: Monday-Friday
 AGES 7-10: July 12-16
 9:30 a.m.-12:30 p.m. @ GHS
 AGES 10-14: July 19-23
 9:00 a.m.-12:00 p.m. @ Gideon Welles

Volleyball Clinic-Skyhawks

(Youth ages 10-16)

Learn all aspects of the game through drills that focus on passing, setting, hitting, defense, offense and serving. Game-speed drills and daily scrimmages are aimed at developing the whole player, teamwork and sportsmanship. Players grouped by age and ability.

FEE: \$149/AM Session; \$95/PM Session
 AM SESSION: July 19-23 (Ages 10-15)
 Monday-Friday 9:00 a.m.-1:00 p.m.
 PM SESSION: August 2-5 (Ages 11-16)
 Monday-Thursday 5:00-7:00 p.m.
 LOCATION: Glastonbury High School

Minnechaug Golf Summer

Camps/Clinics run by Kurt Wyberanac. Leagues run by Minnechaug Staff. Contact Minnechaug for registration information and details at (860)432-4334.

Tenth Hole Tavern Restaurant will be opening in the Spring! Stay tuned for details!

Junior Summer Pass

\$199/June 21-September 1 (Unlimited Golf)
(w/pass Junior is eligible to play in Summer League)

Junior Summer League (Ages 8-17)

\$150/Thursday Mornings (8:00 a.m.)
June 24-August 26
Ages 8-10: JR Tee's Par-32/844-yards
Ages 10-12: Gold/White Tees Par-35/1200/2521-Yards
Ages 13-17: White Tee's Par-35/2521-yards

Junior Boot Camp (Ages 13-17)

\$349/June 29, 30 & July 1 (8:00 a.m.-3:00 p.m.)
Designed for the Intermediate to Advanced Junior.
Class size limited to 4-8 Juniors. Instruction in the morning session; plays up to 18-Holes in the afternoon.
Lunch Provided.

Summer Camp (Ages 10-17)

\$425/July 12-July 16 (8:30 a.m.-4:00 p.m.)
3½ hours of instruction with Pro in morning session.
¾ person scrambles, up to 9-holes in the afternoon.
Lunch Provided.

Adult Clinic

\$125/*\$175 Weds July 6-27
5:00-6:00 p.m. Intermediate/Advanced
6:00-7:00 p.m. Beginners
*Play up to an additional 9-Holes of Golf

Beginners will get instruction on the grip, swing, putting & chipping & more. Intermediate/Advanced player will get more attention to their swing & will get instruction on a part of their game that needs work.

Glastonbury Skate Park-2143 Main St.

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 21, 2021. FREE Admission.

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

Skate Competition

(All Ages, Residents & Non-Residents)
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.

FEE: Competitors: \$5 registration fee
Spectators: Free

LOCATION: Glastonbury Skate Park

DATE: 6/5/21

COMPETITION: 11:00 a.m.-1:00 p.m.
Park Open Until 6:00 p.m.

Friday Night Club

Have fun and make new friends! Themed **THURSDAY** night activities are planned for special needs adults 16 and older from Glastonbury, Glastonbury Special Olympics participants and their guests during the month of July. 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 May. Call the Parks and Recreation office (860)652-7679 or Academy Teen Center (860)652-7838 with any questions.

Teen Center Community Garden

Teens will take part in planting, weeding, watering, and harvesting vegetables in their own community garden plot! Everyone who helps is welcome to take home produce. Extra produce will be donated to FOODSHARE to help those in need in the Hartford and Tolland counties.

Academy Teen Center-School Year

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 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, Wednesday, Thursday
3:00-6:00 p.m.

Academy Teen Center-Summer

(Teens that have completed grades 5-9)
Students that will be entering 6th grade in the fall can attend during summer hours. Come in, cool off, hang out! Enjoy pool, table tennis, air hockey and foosball or explore your creative side in our arts and crafts area. Challenge your friends in a variety of games on Wii and XBox or enjoy a movie in the Teen Center! Program participants MUST wear a face covering for the duration of the program.

FEE: \$39/Summer Pass; \$5/Daily
LOCATION: Academy Building
(2143 Main Street)
MEETS: June 22-July 29
Tuesday-Thursday 2:00-6:00 p.m.

Awesome Adventures Teen Camp

(Teens that have completed grades 5-8 and are entering grades 6-9)

Features off-site trips each day. This program is appropriate for teens that are comfortable with independence on field trips. For example, on trips like Lake Compounce and Six Flags, teens will have a buddy and will be required to adhere to several check-in's throughout the day. Staff will be at designated locations, but will not be in groups with campers. Other field trip locations include facilities such as Ocean Beach, Dave & Busters, Brownstone Park and Sonny's Place.

Each session will accommodate 60 kids (3 groups of 20; 20 is the max allowed/group per State Guidelines). There will be a separate bus for each group but all groups will go to the same location each day. Staff and campers will be required to wear masks on the bus and at any indoor locations. When outdoors and able to social distance, masks will only be required if the field trip location requires it.

Add a Teen Center Summer Pass for just \$39 and attend the Teen Center after camp until 6:00 p.m. Daily admission to the Teen Center is \$5/person.

FEE: \$139/Session
MEETS: Tuesday-Thursday 9:00 a.m.-3:00 p.m.*
*Theme Park Trip Days Have a Later Pick-Up Time
LOCATION: Riverfront Park Boathouse Pavilion
GROUPS: Choose Red, Blue or Green Group when Registering (There will be a separate bus for each group but all groups will go to the same location each day)
SESSION 1: June 22, 23, 24
SESSION 2: June 29, 30, July 1
SESSION 3: July 6, 7, 8
SESSION 4: July 13, 14, 15
SESSION 5: July 20, 21, 22
SESSION 6: July 27, 28, 29

Gymnastics Camp-Lessons

(Boys & Girls ages 5 & up)

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. **Beginner:** Everyone enters at the beginner level. The basics of gymnastics are taught at this stage. Gymnasts who are new to program but have gymnastics some experience may call to be tested. **Advanced Beginner (USAG Pre Level 1):** Gymnasts enter after they master a forward roll to stand, straight arm bridge, cartwheel, and $\frac{3}{4}$ 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.

FEE: \$119/Session
 DAYS: Monday-Friday
 TIME: 12:15-3:15 p.m.
 LOCATION: Academy Cafeteria
 SESSION 1: June 21-25
 SESSION 2: June 28-July 2
 SESSION 3: July 6-9 (No Program 7/5)
 SESSION 4: July 12-16
 SESSION 5: July 19-23
 SESSION 6: July 26-30
 SESSION 7: August 2-6
 SESSION 8: August 9-13

Gymnastics Camp-Team Level

You must have advanced out of Intermediate lesson level and be able to do a back-bend kick-over handstand forward roll, pullover mount on bars, 3 pull-ups with the chin passing over the bar and split. Gymnasts must be tested by the Director to be eligible for Team.

FEE: \$144/Session
 DAYS: Monday-Friday
 TIMES: Level 3-8; Xcel Silver, Gold & Platinum
 8:45-11:45 a.m.
 Level 2; Xcel Bronze
 12:15-3:15 p.m.
 LOCATION: Academy Gym
 SESSION 1: June 21-25
 SESSION 2: June 28-July 2
 SESSION 3: July 6-9 (No Program 7/5)
 SESSION 4: July 12-16
 SESSION 5: July 19-23
 SESSION 6: July 26-30
 SESSION 7: August 2-6
 SESSION 8: August 9-13

Summer Men's Basketball League

(Men Ages 18 & Up)

This summer we will have two leagues, one will play on Sundays and the other will play on Tuesdays at Glastonbury High School from June 20-August 8. Each league will have 4 or 6 teams. Registration is by individual players. Players will be assigned to a team and teams to a night by League Coordinator. Every effort is made to place friends on the same team, but not guaranteed.

COVID Protocols: Masks required while indoors including while playing. Games will be spaced out. No spectators and teams should leave the gym immediately after game.

Resident registration begins May 11. Non-Resident registration begins May 25. Register on-line. Registration deadline is June 8th (Player Limit is 100). Residents \$79; Non-Residents \$99

Tennis Court Reservations

8 courts are available at Glastonbury High School. Reservations are accepted by calling 652-7679 (Press 5) from May 15-October 30, 2020.

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

QuickStart Red Ball Tennis

(Ages 5-7)

This program is geared to help younger children learn the game of tennis. The court will be smaller, nets will be shorter and balls (RED) will be low compression making it easy for young children to learn to play. Bring a junior racquet, water bottle and sunscreen.

FEE: \$45/Session
 MEETS: Monday-Friday 8:50-9:35 a.m.
 LOCATION: GHS Tennis Courts
 SESSION 1: June 21-July 2
 SESSION 2: July 6-16 (No Class 7/5)
 SESSION 3: July 19-30
 SESSION 4: August 2-13

Tennis Lesson Registration

Lessons are broken into groups to allow for more emphasis on specific skills within those groups. Meets at the GHS Tennis Courts. Students must provide their own racquet. **Level 1:** Those with little or no tennis experience. **Level 2:** Those who can hold a racquet properly, understand the basics of forehand and backhand and can hit at least 3 times from the center service line. **Level 3:** Those who understand the basics of rallying, can hit forehand and backhand at least 3 times from the baseline with both, can perform the basics of a serve and know how to keep score. **Level 4:** 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.

Morning Children's Tennis Lessons

(Child: Ages 7-16)

Classes meet for 45 minutes daily.

FEE: \$45/Session
 LEVEL 1,2,3: Monday-Friday at 10:30 a.m.
 LEVEL 2,3,4: Monday-Friday at 9:40 a.m.
 SESSION 1: June 21-July 2
 SESSION 2: July 6-16 (No Class 7/5)
 SESSION 3: July 19-30
 SESSION 4: August 2-13

Evening Tennis Lessons

(Child: Ages 7-16; Adult: Ages 17 and up)

Classes meet 2 evenings a week for 4 weeks for 55 minutes. For adults, there is no babysitting available.

FEE: Child: \$49/Session; Adult: \$75/Session
 SESSION 1: June 21-July 15 (No Class 7/5)
 SESSION 2: July 19-August 12

CHILDREN'S LESSONS

LEVEL 1,2,3: Monday/Wednesday 5:00 p.m. OR
 Tuesday/Thursday 6:00 p.m.
 LEVEL 2,3,4: Monday/Wednesday 6:00 p.m. OR
 Tuesday/Thursday 5:00 p.m.

ADULT LESSONS

LEVEL 1,2,3,4: Monday/Wednesday at 7:00 p.m.

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 sessions will be shared following 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.

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

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.

Class	Instructor	Location	Meets	Dates	Fee
Senior Fitness (Select Physical Therapy)	TBD & Jordan	IN PERSON RCC	Monday 9:00-9:55 a.m.	July 12-Aug. 30	\$26
	TBD & Jordan	IN PERSON RCC	Monday 10:15-11:10 a.m.	July 12-Aug. 30	\$26
	Scott	IN PERSON RCC	Wednesday 9:00-9:55 a.m.	July 7-Aug. 25	\$26
	Scott	VIRTUAL - LIVE ZOOM	Wednesday 10:15-11:10 a.m.	July 7-Aug. 25	\$26
	TBD & Jordan	VIRTUAL - LIVE ZOOM	Friday 9:00-9:55 a.m.	July 9-Aug. 27	\$26
	TBD & Jordan	IN PERSON RCC	Friday 10:00-11:10 a.m.	July 9-Aug. 27	\$26
Low Impact Gentle Pilates (Personal Euphoria)	Rob	VIRTUAL- LIVE ZOOM	Monday 1:30-2:15 p.m.	July 5-Aug. 23	\$56
Tighten and Tone (Personal Euphoria)	Allison	VIRTUAL- LIVE ZOOM	Wednesday 5:45-6:30 p.m.	July 7-Aug. 23	\$56
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL- LIVE ZOOM	Tuesday 8:30-9:30 a.m.	July 6-Aug. 17	\$62
		VIRTUAL- LIVE ZOOM	Thursday 9:30-10:30 a.m.	July 8-Aug. 19	\$62
Pilates Plus Strength (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose	Tuesday 6:00-6:45 p.m.	July 6-Aug. 24	\$62
	Rob	VIRTUAL- LIVE ZOOM	Tuesday 6:00-6:45 p.m.	July 6-Aug. 24	\$56
High Interval Training (Personal Euphoria)	Maggie	VIRTUAL- LIVE ZOOM	Wednesday 7:45-8:30 a.m.	July 7-Aug. 18	\$49
Strength Training (Personal Euphoria)	Ashley	VIRTUAL- LIVE ZOOM	Monday 8:55-9:40 a.m.	July 5-Aug. 23	\$56
Core Strength (Personal Euphoria)	Rob	VIRTUAL- LIVE ZOOM	Thursday 6:00-6:45 p.m.	July 8-Aug. 26	\$56
Total Barre (Personal Euphoria)	Allison	VIRTUAL- LIVE ZOOM	Monday 5:45-6:30 p.m.	July 5-Aug. 23	\$56
Core Balance (Personal Euphoria)	Ashley	VIRTUAL- LIVE ZOOM	Friday 9:45-10:30 a.m.	July 9-Aug. 27	\$56
Gentle Yoga (Personal Euphoria)	Sonia	IN PERSON RCC	Thursday 5:30-6:30 p.m.	July 8-Aug. 26	\$56

Classes Open to Residents & Non-Residents

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.

Riverfront Park Boat Launch

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

Glastonbury Boathouse at the Riverfront Park

Planning special event this summer? The Glastonbury Boathouse is the perfect venue for parties of 75 – 150 people. Your guests are sure to be impressed with our bright and modern Banquet Hall, breathtaking river views, and exceptional cuisine from our Preferred Caterers. Ask about our discounted rates for events booked within 60 days or less! For more information, visit www.glastonburyboathouse.com or contact Kristen Michaels, Event and Banquet Facility Manager, at kristen.michaels@glastonbury-ct.gov or (860)652-4640. And follow us on Facebook and Instagram!

Party Rentals

Reservations are based on availability. Paperwork must be completed and full payment made within 5 business days of making the reservation. Event dates/times are confirmed only after payment is made. No refunds will be issued for facility rentals. If a cancellation is made with at least 2 weeks notice, there may be an opportunity to reschedule.

J.B. Williams Pavillion Rental

In-person and phone reservations for use of the J.B. Williams Park "covered" pavilion have been taking place since early January.

AVAILABILITY:	Limited Dates Available from May 1 to September 30
CAPACITY:	Up to 150 people
AMENITIES:	Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking.
FEE:	\$175/rental

Academy Teen Center Rental

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

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

Camp Sunrise Volunteer Program

Camp Sunrise is a special needs camp for children ages 3-21 years old. The camp runs from June 21-August 6; Monday-Friday from 9:00 a.m.-3:00 p.m.

The Camp Sunrise Volunteer program is designed to give participants who have completed at least one year of high school (or are 14 years old) experience working with children with disabilities. Volunteers will be assigned to a Group Leader and will work directly with 1 or 2 children in the group. Groups will change weekly. Responsibilities include supervision during field trips, swimming with campers, assisting with arts & crafts and sports activities and participating in all camp activities. The time commitment is a 2 week consecutive time-frame during the weeks Camp Sunrise meets. Volunteers will be required to log hours and will be evaluated upon completion of their volunteer time.

For additional information on the Camp Sunrise Volunteer program and how to apply please visit www.glastonburyct.gov/campsunrise

The Best Summer Job You'll Ever Have! glastonbury-ct.gov/prjobs

The Parks & Recreation Department may have 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.glastonburyct.gov/prjobs. Pre-season training and preparation required for all positions. **YOU MUST BE AVAILABLE TO WORK THE DURATION OF THE SUMMER!**

Volunteer with us!

Do you belong to an organization, sports team, youth group or club that is looking for volunteer opportunities? The Parks and Recreation Department could use your assistance with projects such as yard work for seniors, beautifying our parks, basic landscaping and other miscellaneous tasks. Please contact lisa.zerio@glastonbury-ct.gov

Glastonbury Partners in Planting, Inc.

Glastonbury Partners in Planting, Inc. is a non-profit organization that works in conjunction with the Town and others and is dedicated to beautification and education through volunteer projects. Recent projects you've seen around Town include:

- Planters at the Town Center, South Glastonbury & Village Green
- Gardens at Buckingham Park, Salmon Brook Bridge, Welles Turner Memorial Library, Welles Shipman Ward House Colonial Kitchen Garden and Rte. 17 & Main St Median.

GPIP is looking for new members, volunteers to assist with upcoming projects, sponsors, partners for projects, donations and even new project ideas. Join when you can, no time commitment or experience required. Gardening knowledge is not necessary, people are needed to help with non-gardening tasks too. Together we can help make Glastonbury a more beautiful, greener place to live!

Online: www.gpip.org | **E-Mail:** Information@gpip.org
Phone: Pam @ 860.659.3482

Ozzie Says “Let’s Swim by Eight”

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

American Red Cross Learn to Swim

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

Infant/Toddler

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

Tots

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

Level 0-Independent Pre-School

Age 4 ONLY

This class is appropriate for the 4 year old who has prior experience in the water. Must be comfortable submerging and is ready to follow instructions in a small group setting. Your child will learn to blow bubbles, float, kick, and use arm strokes on both front and back. Class only offered at Addison.

Level 1-Introduction to Water Skills

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

Level 2-Fundamentals of Aquatic Skills

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

Level 3-Stroke Development

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

Level 4-Stroke Improvement

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

Level 5-Stroke Refinement

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

Level 6-Diving or Fitness Swimmer

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

Slipaway Riverboat Tours

A great opportunity to enjoy the scenic Connecticut River! Custom excursions, tours and private charters all depart from the Riverfront Park. Features a 30' Pontoon Boat that can accommodate up to 20 passengers. For more information, visit www.slipawayrivertours.com or call (860)643-2400.

L.L. Bean Outdoor Discovery School

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 on the "Events Calendar." To register for a program, three easy options are available:

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

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.

Adult Swim Lessons

(Adults ages 18 and over of all abilities)

It's never too late to learn to swim or fine tune strokes.

FEE: \$61/person
 MEETS: Mondays 7:30-8:30 p.m.
 LOCATION: GHS Pool
 DATES: June 21-July 26

Summer Child Swim Lessons

Swim lessons will be offered in accordance to State of CT recommended guidelines. Masks will be required unless in the water. All children and parent/guardian must arrive with a with a face mask on. Due to the smaller classes, there is limited space, please limit registration to one session/child at a time. If your child is enrolled in the wrong level, every effort will be made to transfer your child on a space available basis.

FEE: \$56/Session
 MEETS: Monday-Friday* (25 Minutes/Class)
 *2nd week of each session ends Thursday
 SESSION 1: June 21-July 1
 SESSION 2: July 6-15 (No Class 7/5)
 SESSION 3: July 19-29

Addison Morning Lessons		
LEVEL	START TIME	START TIME
Infant/Toddler	11:00 a.m.	
Tots	10:15 a.m.	
Level 0	10:15 a.m.	
Level 1	10:15 a.m.	11:00 a.m.
Level 2	9:30 a.m.	11:00 a.m.
Level 3	9:30 a.m.	11:00 a.m.
Level 4	9:30 a.m.	10:15 a.m.
Level 5	9:30 a.m.	

Grange Morning Lessons		
LEVEL	START TIME	START TIME
Infant/Toddler	10:15 a.m.	
Tots	11:00 a.m.	
Level 1	10:15 a.m.	
Level 2	9:30 a.m.	11:00 a.m.
Level 3	10:15 a.m.	
Level 4	11:00 a.m.	
Level 5	9:30 a.m.	
Level 6	9:30 a.m.	

GHS Evening Lessons			
LEVEL	START TIME	START TIME	START TIME
Infant/Toddler	6:45 p.m.		
Tots	5:15 p.m.		
Level 1	5:15 p.m.	6:45 p.m.	
Level 2	5:15 p.m.	6:00 p.m.	6:45 p.m.
Level 3	5:15 p.m.	6:45 p.m.	
Level 4	6:00 p.m.		
Level 5	6:00 p.m.		
Level 6	6:00 p.m.		

Summer Swim Team Practice

The Parks and Recreation Swim Team coaches are excited to welcome new and returning members of the Glastonbury Swim Family back to the pool! This 7-week program is structured as an opportunity to get competitive swimmers back in the water to start their conditioning and also an opportunity for those who have already been practicing to hone their skills and develop new strategies to take their swimming to the next level. Regardless of the practice group you choose, your swimmer will come away from this program with the confidence, skill, and passion necessary for a successful swimming career!

Programs run June 21-August 6 (No practice July 5)

Coaches will conduct practices in accordance with the DECD, DPH, and USA Swimming guidelines. All social distancing and face mask protocols will be followed. Space is limited. Swimmers may only sign up for one of the options.

USRPT (Ultra-Short-Race-Pace Training) Practice Group

Program is open to ages 12 and up with a mandatory 2-3 years of competitive swimming experience (who are currently practicing on a regular basis with an established team). Swimmers are expected to be able to complete 1.25 hours of continuous, HIGH-INTENSITY practice with minimal breaks and be able to tread water 60 seconds. Practices will be speed-driven and are not intended to build endurance; this should already be established. No meets - practice only. For more information on USRPT and to help determine if this is the correct program for you, check out: <https://www.youtube.com/watch?v=Qyh4A7BUibA>

FEE: \$189/person
 MEETS: Monday-Friday 7:00-8:00 a.m.
 LOCATION: Addison Pool ONLY

Race Strategy Practice Group

Program is open to individuals ages 12 and up with a mandatory 2-3 years of competitive swimming experience. Swimmers are expected to be able to complete 1.25 hours of continuous practice with minimal breaks and be able to tread water 60 seconds. Practices will be geared towards developing a game plan for specific events focusing on race strategy such as: pacing, using underwaters to your advantage, "second half" swimming, etc. No meets - practice only.

FEE: \$189/person
 MEETS: Monday-Friday 8:15-9:15 a.m.
 LOCATION: Addison Pool ONLY

Summer Practice Group

Program is open to individuals ages 10 and up with a recommended 2-3 years of competitive swimming experience. Swimmers are expected to be able to complete 1.25 hours of continuous practice with minimal breaks and be able to tread water 60 seconds. Focus will be primarily on establishing and maintaining a steady endurance level throughout the 7-week season. Those who have been conditioning and exercising regularly are strongly urged to register for this group. No meets - practice only.

FEE: \$189/person
 MEETS: Monday-Friday 8:00-9:00 a.m.
 LOCATION: GHS Pool ONLY

(RE)Introduction to Competitive Swimming

Program is open to individuals ages 7-12 (age range flexible on a case-by-case basis) with little-to-no competitive swimming experience. A technique-based program for those who are looking for an introduction to competitive swimming (or re-introduction if 2019/2020 was the first experience with swim team). Emphasis will be placed on proper stroke technique and turn execution with ample time spent out of the water for instruction. Some endurance-based aspects will be included later on in the season. Practices will begin or end with 15 minutes of dryland training to emphasize the importance of stretching and help encourage muscle development. It is recommended that participants have completed up to level 4 of the American Red Cross Learn-to-Swim program or equivalent. Swimmers should be able to maintain a 1-hour, moderate-level workout in a 25-yard pool and tread water for 30 seconds. No meets - practice only. Provided participants attend a majority of the practices, completion of this program will excuse participants from the required pre-season screening for the fall program.

FEE: \$189/person
 MEETS: Monday-Friday 4:00-5:00 p.m.
 LOCATION: GHS Pool ONLY

Enjoy Glastonbury's Beautiful Facilities this Summer!

Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cross Country Ski	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis
Academy Field	2143 Main St.	4.0	X										X								
Addison Park	415 Addison Rd.	32.9	X	X								X	X	X			X		X	X	
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X			X							X	
Blackledge Falls	Hebron Ave.	80.0								X			X							X	
Buckingham Park	1285 Manchester Rd.	35.3	X							X			X	X			X				
Butler Field	225 Forest Lane	11.6	X							X			X								
Center Green	2340 Main St.	.9											X	X							
Cider Mill Open Space	1287 Main St.	21.8											X								
Cotton Hollow Preserve	Hopewell Rd.	83.2				X				X										X	
Earle Park	1375 Main St.	39.1								X			X								
Eastbury Pond	39 Fisher Hill Rd.	9.4				X					X										X
Ferry Landing	Ferry Lane	3.8				X				X			X	X							
Glastonbury High School	330 Hubbard St.	72.7	X	X			X					X						X		X	X
Grange Pool	500 Hopewell Rd.	8.9											X								X
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X			X							X	
Great Pond Preserve	Great Pond Rd.	42.9								X			X								
High Street Park	30 High St.	3.4	X													X	X	X			
Hubbard Green	1946 Main St.	5.7											X	X							
Longo Farm Open Space	3006 Hebron Ave.	156.99								X			X								
Matson Hill Open Space	68 Matson Hill Rd.	22.22								X			X								X
Minnechaug Golf Course	16 Fairway Cr.	58.5							X												
Riverfront Park	200 & 252 Welles St.	44.1	X	X		X				X	X	X	X	X	X	X		X	X		
Ross Field	45 Canione Rd.	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.glastonburyct.gov or scan the image to the left with your smart phone! for additional facility information, directions and photos

GLASTONBURY

Senior Services

The Glastonbury Senior Center located at the Riverfront Community Center is a wonderful opportunity awaiting you or a loved one. We invite you to look over the next few pages to see what possibilities exist. Please also view our newsletter, the Sharing Tree, which can be found on the town website at www.glastonburyct.gov and become familiar with the multitude of programs, trips and class offerings. There is really something for everyone! At the Glastonbury Senior Center we are committed to providing you with outstanding programs and customer service in an Age-Friendly environment. Thank you for your continued support.

Stop by or Touch Base!

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

General Program Information:
(860)652-7638; (860)652-7642

Administrative Fax:
(860)652-7649

Dial-a-Ride Transportation:
(860)652-7643

Lifelong Learning: The Great Courses: National Geographic Polar Explorations

**June 8-August 17, 2021
Tuesdays 6:00 p.m.**

Presented by Explorer-in-Residence, National Geographic Sylvia A. Earle, Ph. D. National Geographic Contributing Writer Fen Montaigne, Journalist National Geographic Photographer Ralph Lee Hopkins, Professional Photographer, Professor Edward M. Murphy, Ph.D., and Professor Michael E. Wysession, Ph.D. This comprehensive tour of the Arctic and Antarctic regions will not only demonstrate the beauty and history of these exceptional places, but it will also make you understand their irreplaceable value - not only for those who live and work there, but for all of us.

**Lifelong Learning: The Great Tours: Ireland & Northern Ireland
July 9-September 24, 2021
Fridays 12:00 p.m.**

Presented by Professor Marc C. Conner, Ph.D. Ireland is one of the most enchanting places in the world to visit. Split between the independent Republic of Ireland and the British Northern Ireland, the Emerald Isle is home to breathtaking natural scenery; world-renowned artistic and cultural achievements; and a mysterious, passionate - and sometimes turbulent - history. From the spectacular vistas of the Cliffs of Moher to the hallowed stage of the Abbey Theatre, a tour of this magical island rewards even armchair travelers with a unique array of historical, cultural, and scenic delights.

**All About Advanced Directives: What They are and Why you Need Them
Wednesday, July 14, 2021
11:00 a.m.-12:30 p.m.**

Presented by Greater Hartford Legal Aid via Zoom Did you ever wonder what a living or a power of attorney entails? Whether you should have one? Join an attorney from Greater Hartford Legal Aid who will present regarding Advance Directives and explain living wills and the various other advance directive that are available to ensure that our wishes are followed upon illness, incapacity or death. After the program, Legal Aid will prepare the documents for any senior who submits an application. There is no cost for this service. Pre-registration is required by calling 860-652-7638

Watercolor Series with Let's Make Art - Watercolor Classes Virtually with Norma

The hardest part of learning something new is knowing where to start, but they make it simple. They have created some amazing products and tutorials just for you, so you can focus on the good part: learning and making art! Kit includes everything needed to complete painting. Registration Required one week prior to classes.

COST: \$10.00 each Kit (Participants will be emailed when kit is available for pick-up)
Minimum 6 participants required/class
MEETS: Tuesdays 9:30-11:30 a.m.
DATES: June 1; June 15; July 13; August 10; September 14

Senior Summer Golf League

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

COST: \$175 w/cart (includes pizza party and prizes at end of summer league)
LOCATION: Minnechaug 9 Hole Golf Course
DATES: 10 week Summer League
June 14-August 23, 2021

**Join the Fun Spring/Summer Pickleball at Addison Park
Tuesdays/Thursdays 4:00-8:00 p.m.
Saturdays 9:00 a.m.-Noon**

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a whiffle ball, with 26-40 round holes, over a net. So bring your racket & Pickleball to play this fun game! Practicing CDC guidelines.

**Billiards - By Appointment Only!
Mondays, Wednesdays & Fridays
9:00 a.m.-3:00 p.m.**

You must call the Senior Center to reserve a play time at (860)652-7638. Two players maximum. No spectators. Bring your own cue stick (if possible). Play time maybe limited based on demand.

New to Virtual Programming: Broadway Shows!

Kinky Boots (2 Hours)

Tuesday July 6 @ 1:00 p.m.

Charlie is a factory owner struggling to save his family business. Lola is a fabulous entertainer with a wildly exciting idea. With a little compassion and a lot of understanding, this unexpected pair learns to embrace their differences and create a line of sturdy stilettos unlike any the world has ever seen.

Irving Berlin's Holiday Inn (2 Hours)

Tuesday, August 17 @ 1:00 p.m.

Jim leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut...but life just isn't the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited schoolteacher with talent to spare.

Cats (2 Hours)

Tuesday September 21 @ 1:00 p.m.

One of the longest-running hits in the history of Broadway and the West End, Andrew Lloyd Webber's Cats has been specially restaged for this video presentation, which captures all the music and movement of the original stage production with an uncommon intimacy and depth.

Pizza on the Patio

Who doesn't love pizza!!! Served with beverage and chips. Limited seating capacity. Register and pay online at MYREC or call (860)652-7638 and pay the day of with the exact amount.

COST: \$5
LOCATION: Patio Behind the Community Center (Weather Permitting)
DATES: Thursdays July 15 & 29; August 12 & 26; Sept. 9 & 23, 2021
TIMES: Two Seatings (12:00 p.m.; 1:00 p.m.)

Monday Morning Indoor Walking

10:00 a.m.-1:00 p.m.

Call the Senior Center or register online to reserve your walking time. Limited to 30 minutes and 5 walkers per appointment time. Masks must always be worn, and walkers must adhere to 12-foot social distancing.

BINGO

Fridays, July 16 & 30; August 13 & 27; September 10 & 24 @ 1:00 p.m.

Limited capacity at the center. Paper Bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1) or you can bring your own. You are not allowed to borrow other people's dabbers. If you forget your dabber, you can purchase another one (\$1). PRE-REGISTRATION IS REQUIRED) Register on MYREC or by CALLING (860)652-7638 (NO WALK-INS ALLOWED). Registration will begin on the first Friday of each month, starting at noon.

The Beat Goes on with T-Bone

Tuesday, July 20 1:00-2:00 p.m.

Cost: \$3/Person

Enjoy the outdoors with music by Tom Stankus. Where your sunscreen and hat and get ready for some of Tom's stories, jokes and of course singing! Hope you can join us. Limited Capacity. Register in MYREC or by calling 860-652-7638.

Ice Cream Drive Thru Soiree w/Blue Chip Creamery

Friday, August 20 1:00-2:00 p.m .

Cost: \$3/Person

Join us for a fun ice cream drive-thru social. What is better than a sunny day? Ice cream is...! 8 To register call (860)652-7638 by August 13, 2021. 8 oz cups, choose from the following flavors:

- A) Strawberry Lemonade Sorbet (Dairy free)
- B) Vanilla Bean
- C) Black Raspberry
- D) CT River Fudge

Senior Center Outdoor Olympic Games (Weather Permitting)

Mondays 2:00-3:00 p.m. @ RCC Patio

July 12, 19, 26; August 9

Let the games begin: Pitch and Stick Target; Ladder Toss, & Putt Golf closet to the cup. Then on August 9 the medal ceremony to those who placed first, second and third for each game. Registration required (Indicate which game(s) by calling (860)652-7638) Players will be scheduled and given a time / date that they will be competing. Mask and Social Distancing still apply, but being outdoors with your friends; what could be better?

<p style="text-align: center;">Senior Fitness Programs - In Person at the Riverfront Community Center Registration Begins on June 1, 2021 Online at MYREC or Call (860)652-7638</p>					
Class	Description	Meets	Dates	Classes	Fee
Stretcherize 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.	July 7- Aug. 25	8	\$40
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays 11:00 a.m.-Noon	July 14- Sept. 1	8	\$40
Intro to Tai Chi	Learn about the advantages of Tai Chi including improving physical well being and flexibility/balance	Mondays 3:30-4:15 p.m.	July 19- Sept. 13	8	\$40
Qigong Meditation	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises	Tuesdays 2:30-3:30 p.m.	July 20- Sept. 7	8	\$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.	July 15- Sept. 7	8	\$40
Lifelong Learning Programming - Virtual on Zoom					
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
Let's Make Art Watercolor Class	Online learning with Norma following along online tutorials.	Tuesdays 9:30-11:30 a.m.	July 13 Aug. 10 Sept. 14		\$10/Kit
The Great Course "National Geographic Polar Explorations"	What is it about the Arctic & Anarctic regions - two wild icescapes at the ends of the earth - that is so irresistible?	Tuesdays 6:00-7:30 p.m.	June 8- Aug. 17	11	No Fee
The Great Tours: "Ireland & Northern Ireland"	Ireland is one of the most enchanting places in the world to visit.	Fridays Noon-1:30 p.m.	July 9- Sept. 24	12	No Fee

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

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