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# Parks & Recreation

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

*Glastonbury*

## Senior Services

[facebook.com/glastonburyseniorcenter](https://facebook.com/glastonburyseniorcenter)

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# Winter/Spring 2017-2018

[www.glastonbury-ct.gov](http://www.glastonbury-ct.gov)





# I. Registration Information

## Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING TUESDAY, DECEMBER 12** at 8:00 a.m. with the following exceptions:

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

Mail-in registrations will be processed daily, at random. **REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 12.**

## In-Person Registration Dates

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

## Why Can't I Register by Phone or Fax?

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

## Online Registration is Fast & Easy!

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

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

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

## Returned Checks

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

## Registration Payment

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

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

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## Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

## Cancellation Information

Programs may be canceled due to insufficient registration. Programs are canceled on January 1, January 15; February 19; March 30; May 28 unless otherwise stated.

## Notification of Enrollment

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

## Refund Policy

Please review your registrations carefully.

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

## Financial Assistance

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

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

## 2. General Information

### How to Reach Us

Administrative Phone: (860)652-7679  
Administrative Fax: (860)652-7691  
Program Info Line: (860)652-7689  
Online: [www.glastonbury-ct.gov](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

Raymond E. Purtell, Director of Parks & Recreation  
Greg Foran, Park Superintendent & Tree Warden  
Kelly Devanny, Recreation Supervisor  
Bill Engle, Recreation Supervisor  
Anna Park, Recreation Supervisor  
Liz Gambacorta, Recreation Program Coordinator  
Kristen Michaels, Event & Banquet Facility Manager  
Angela 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.

### Program Information Line

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

### E-mail Updates

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

### Brochure Mailing Information

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

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

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

### Inclement Weather Policy

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

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

### Glastonbury Youth Organizations

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

Organization	Contact Information
Little League	<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.**



# 3. Rentals & Reservations

## Party Rentals

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

## J.B. Williams Park Pavilion Rental

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

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

## Academy Teen Center Rental

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

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

## Glastonbury Boathouse

Host your next special event at the Glastonbury Boathouse! Whether you are planning a wedding, corporate or social event, your guests are sure to be impressed with our bright and modern Banquet Hall, breathtaking river views, and exceptional cuisine from our Preferred Caterers. Accommodates seated events of 50 – 150 people, or standing receptions up to 250 people. For more information, visit [glastonburyboathouse.com](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://www.facebook.com/glastonburyboathouse).

## Riverfront Park Boat Launch & Boat Storage

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

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

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

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

## Public Ice Skating

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

## The Locker Room

Don't let the added cost of equipment stop you from playing! Gently used equipment is available **FREE OF CHARGE** to players who need assistance with getting the right equipment to play sports. The Locker Room currently has soccer, baseball and basketball items available. 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 also available at the Teen Center in the Academy building for your convenience during off hours.

## Check out the Glastonbury Dog Park!

The dog park is a fenced-in area where dogs can run and socialize off-leash legally and safely. A separate area for small dogs is also included. Park amenities include benches, waste receptacles, dog litter bags, water stations and more! The park is located in the Riverfront Park, 200 Welles Street, Glastonbury. Visit <http://www.glastonbury-ct.gov/dogpark>

## 4. PreSchool Programs

### Kangaroo Kids (2018-19) Deposit

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

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

Deposits for the 2018-19 program will be accepted beginning on March 13, 2018. Please note the deposit is non-refundable after June 1, 2018. Child must be age 3 or 4 by December 31, 2018 to be eligible (No Exceptions). 3 year olds must be toilet trained. Kangaroo Kids meets September-early June. Complete information (dates, fees etc.) will be in the 2018 Summer Brochure available in early March.

An Open House will be held on Tuesday, March 6, 2018 from 3:30-4:30 p.m. at our facility at 35 Bell Street. If you would like to visit the program currently in session, contact Kangaroo Kids at (860) 657-8616 to make an appointment.

### Kangaroo Kids Deposit

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

Fee:	\$250 Deposit
Location:	Kangaroo Kids 35 Bell Street
Meets:	September 10, 2018-May 31, 2019

### Skyhawks Tiny Hawks

(Ages 3-4)

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

### Skyhawks Sports Programs

Tiny Hawk 304109-TH

Fee:	\$70
Meets:	Thursdays 5:00-5:50 p.m.
Dates:	April 19-May 17
Location:	Smith School Gym

### Skyhawks Mini Hawk Sports Program

(Ages 4-6)

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

### Skyhawks Sports Programs

Mini-Hawk 304109-AA

Fee:	\$70
Meets:	Thursdays, 6:00-7:00 p.m.
Dates:	April 19-May 17
Location:	Smith School Gym

### Music Together®

(Newbrons-Age 5)

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

### Music Together-Winter

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

### Music Together-Spring

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

Fee:	\$185/child; \$100/sibling (Newborns under 8 months attend FREE when a sibling is registered; \$185 registered alone.)
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Meets:	Tuesday 9:15-10:00 a.m.; 10:15-11:00 a.m. or 11:15 a.m.-12:00 p.m.
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Location:	RCC Activity Room
Winter:	10 weeks January 2-March 13
Spring:	10 weeks April 3-June 12



# 5. PreSchool & Family Programs

## Parent Child Play Group

(Ages 1-4)

Designed to provide children ages 1-4 with an unstructured group play situation and allow parents an opportunity to meet, relax and enjoy their children. Held at the Academy Gym on the carpeted spring floor with various equipment for kids to climb, explore and enjoy! Each session is 6 weeks.

### Parent Child Playgroup (Winter)

Playgroup - Tues. 9:30 303125-01

Playgroup - Tues. 10:30 303125-02

Playgroup - Wed. 10:45 303125-03

### Parent Child Playgroup (Spring)

Playgroup - Tues. 9:30 403125-01

Playgroup - Tues. 10:30 403125-02

Playgroup - Wed. 10:45 403125-03

Fee: \$30/child

Meets: Tuesday: 9:30-10:15 a.m.

Tuesday: 10:30-11:15 a.m.

Wednesday: 10:45-11:30 a.m.

Location: Academy Gym

Winter: Tuesday: January 9-February 13

Wednesday January 10-February 14

Spring: Tuesday: March 13-April 24

Wednesday: March 14-April 25

## Book, Craft, Play

(Ages 2-4 years)

A parent-child experience where kids enjoy books and stories, create a small craft and participate in games, songs and activities that focus on a different theme each week. Each session is 6 weeks.

### Book, Craft, Play (Winter)

Book Craft - Wed. 9:30 303234-01

Book Craft - Thurs. 9:30 303234-02

Book Craft - Thurs. 10:30 303234-03

### Book, Craft, Play (Spring)

Book Craft - Wed. 9:30 403234-01

Book Craft - Thurs. 9:30 403234-02

Book Craft - Thurs. 10:30 403234-03

Fee: \$60/child

Meets: Wednesday: 9:30-10:15 a.m.

Thursday: 9:30-10:15 a.m.

Thursday: 10:30-11:15 a.m.

Location: Academy Teen Center

Winter: Wednesday: January 10-February 14

Thursday: January 11-February 15

Spring: Wednesday: March 14-April 25

Thursday: March 15-April 26

## Hip Pickles Drum Band

Wednesday, December 27, 2017

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

Come experience the most fun that you can squeeze into 45 minutes. Interactive fun for Kids - Pickle-Mania Dance Contest, Vocal Idol, the Big Ha Ha laughing Contest, Audience drum jam on stage and MORE! Be awed by the amazing high energy drumming by the 6-time World Champion Hip Pickles.

## Songs & Silly Stuff

Tuesday, February 20, 2018

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

Songs and Silly Stuff with Professor Paddy-Whack is an exciting, one-man carnival of fun. Featuring Rick Adam and his One Man Junk Band, the program includes: sing-a-longs, musical saw, amazing juggling, baffling rope tricks and hand shadows sure to inspire flash light fun! Perfect family entertainment!

## Locker Room Open House

Thursday, March 22 from 4:00-6:30 p.m.

**Academy Teen Center (2143 Main St.)**

Come shop for FREE! The Locker Room currently has soccer cleats, shin guards, soccer balls, baseball cleats, basketball shoes and, basketballs. If you're unable to attend the open house and are in need of equipment please contact Mandee Morris at (860)652-7838 (or e-mail [teen.center@glastonbury-ct.gov](mailto:teen.center@glastonbury-ct.gov)). Have equipment that's too small? Donations and Trade-Ins appreciated!

## "After" Easter Egg Hunt for Dogs

Egg Hunt begins promptly at 10:00 a.m. at the Riverfront Park (200 Welles Street, Glastonbury) on Saturday, April 7th. Event will be held rain or shine. Over 6,000 eggs will be hidden. Every egg contains a treat or prize for you and your dog (**Donated by Melzen Pet Supply**) including gift certificates and other surprises. Cost is \$10/dog. Dogs must be on leash with up to date rabies tag or certification. No aggressive dogs please.



## 6. Family Programs & Bus Trips

### Family Ice Fishing Clinic

(All Ages-Under 10 Must be Accompanied by Adult)  
This DEEP sponsored clinic is taught by state certified volunteer instructors through the Connecticut Aquatic Resources Education (CARE) Program. It is designed to introduce you to the wintertime sport of ice fishing. All those who attend are invited to join the DEEP at their Annual Family Ice Fishing Derby on Coventry Lake, January 28th. The Derby is only open to those who attend an Ice Fishing class and is free.

#### Fishing Clinic

Ice Fishing Clinic 410009-BB

Fee: FREE  
Meets: Thursday 6:30-8:30 p.m.  
Location: Gideon Welles Cafeteria  
Dates: Thursday, January 11  
(Snow Date: January 18)

### Beginning Fisherman Clinic

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

#### Fishing Clinic

Beginning Fisherman's Clinic 410009-AA

Fee: FREE  
Meets: 6:30-8:30 p.m.  
Location: Naubuc Elementary School Cafeteria  
Dates: Tuesday & Thursday, April 3 & 5

### 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 21, 8:00-10:00 a.m. at J.B. Williams Pond. Prizes raffled every 15 minutes. Four age categories: 4-6, 7-9, 10-12, 13-15. No bait restrictions. No physical parental assistance allowed except baiting & casting. Pre-registration not required. FREE.



### St. Patrick's Day Parade

(Open to all Ages; Residents and Non-Residents)  
Enjoy the spectacle that only the Boston St. Patrick's Day can provide! Everyone wears a shamrock at the parade, making this both the best place to be and the largest St. Patrick's Day event in New England. Trip includes parade from start to finish, charter bus, box lunch and games/prizes on the bus.

#### Bus Trips

Parade 109004-SP

Fee: \$75/Person  
Meets: Departs Glastonbury/East Hartford Commuter Parking Lot at 7:30 p.m.  
Returns at Approximately 6:30 p.m.  
Date: Sunday, March 18, 2018

### New York Yankees Opening Day

(Open to all Ages; Residents and Non-Residents)  
Come with us as we welcome the Baby Bombers (Judge, Sanchez, Bird) back for the 2018 season! Game time is 1:05 p.m. Trip includes grandstand tickets to the game, charter bus, a cookout before the game (hamburgers, hot dogs, macaroni & cheese, meatballs, chili, salad, baked beans and beverages) and games/prizes on the bus.

#### Bus Trips

Yankees 109004-16

Fee: \$109/Person  
Meets: Departs Glastonbury/East Hartford Commuter Parking Lot at 8:30 a.m.  
Date: Monday, April 2, 2018

### Rhode Island Air Show

(Open to all Ages; Residents and Non-Residents)  
Come see the great pilots in the world apply their craft. Features an amazing live show and an opportunity to tour some of the larger crafts. According to the schedule released online, the United States Navy Flight Demonstration Squadron, the Blue Angels will be making an appearance!

#### Bus Trips

Air Show Adult 109004-RA  
Air Show Child 109004-RC  
Air Show Senior 109004-RS

Fee: \$75/Adult; \$65/Child (12 & Under); \$70/Senior (62 and Older)  
Meets: Departs Glastonbury/East Hartford Commuter Parking Lot at 7:15 a.m.  
Date: Saturday, June 9, 2018



# 7. Vacation & Youth Programs

## All Pro Sports Multi-Sport Vacation Programs

(Grades K-5)

Play dodge ball, tag, basketball, kick ball, soccer, floor hockey and more! Learn skills in a cooperative environment that stresses FUN over competition. Please bring a lunch/snack and water bottle.

### Holiday Vacation Sports Camp

December 12/26	404109-26
December 12/27	404109-27
December 12/28	404109-28
December 3 Days	404109-DF
February Full	404109-FF
February Half	404109-FH
April Full	404109-AE
April Half	404109-AC

December:	\$50/Day; \$139/3 Days
February:	\$50 Full Day; \$35/Half Day
April:	\$185/Full Day; \$130/Half Day
December:	Choose 12/26; 12/27; 12/28 or all 3 Days
February:	Tuesday February 20
April:	Monday-Thursday April 9-12
Times:	9:00 a.m.-3:00 p.m. (Full Day) 9:00 a.m.-1:00 p.m. (Half Day)
Location:	December: Gideon Welles Gym February: Gideon Welles Gym April: Smith Gym

## Just for Fun Art-Ventures

(Grades K-4)

Just for Fun Art-ventures lead children on an imaginary tour through the world's greatest art museums, inspiring creativity through exposure to the FUNdamentals of artist's tools, techniques and art forms, many inspired by the masters. Think O'Keefe, Kandinsky, Matisse, Chagall, Picasso and more. But don't just admire these great works - decorate your home with masterpieces of your own! Experience painting on stretched canvas, playing with clay, and coloring with oil pastels. Create self portraits, paint your dreams and make Cubist costumes. Explore the art of mosaics, decoupage, and fiber collage. Creatively educational, whimsical and unconventional, these art-ventures welcome children into a world of artistic wonder. Children bring home beautiful masterpieces each week, sure to transform any home into a gallery!

### Kids Crafts

Museum Art 312003-MA

Fee:	\$114/Person (All Materials Included in the Fee)
Meets:	Mondays 3:45-4:45 p.m.
Location:	Buttonball School Art Room
Dates:	January 22-March 19 (No Class 2/19)
Instructor:	Art-Ventures for Kids

## April Vacation Art-Ventures for Kids ART-

### Rageous Animals Fun Week

(Boys & Girls Grade K-4)

**Monday:** According to pre-Columbian legend, each person shares a common destiny with an animal, called a "Tona", that matches his or her personality. Sculpt awesome "Tona" masks out of clay, then bring them to life with paint, feathers, and more!, Design and decorate ceramic dinosaur banks, and create detailed drawings of brightly colored owls. **Tuesday:** Explore pattern and color while painting bright, exciting zebras on canvases! Create totally wild neon geometric designs on tote bags using a special resist technique. Then make a rainbow mandala with a variety of vibrant embellishments! **Wednesday:** Paint and decorate shimmering carousel horses; design goofy clown or acrobat toys with long, bendy legs; and draw colorful balancing acts complete with jugglers and elephants, tightropes and unicycles! **Thursday:** Color ceramic bunny banks with special paint markers and design wacky stained glass animals with wiggly eyes! Plus create animal clip bookmarks using watercolor paints and draw some surprisingly ferocious fish!

### Kids Crafts

April Vacation Art 312003-AV

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

## Spread your Wings and ROAR! Art-Ventures

(Boys & Girls Grade K-4)

Design stuffed teddy bears, create cool owl paintings on canvas, and sculpt clay peacocks with zany feathers. Color real rubber duckies, make wooden animal puzzles in the style of oaxacan alebrijes, and even travel back in time to paint dancing dinosaurs with watercolors. We'll also stop at the zoo food court to create mixed media sandwich collages, and visit the gift shop to design sticker resist t-shirts, make cardboard mustache masks, and build wacky mix-and-match character blocks. Art-explorers experience painting, drawing, sculpting, fabric design, collage, and more. A trip to the zoo that you'll never forget!

### Kids Crafts

Roar Art-Ventures 312003-RA

Fee:	\$114/Person (All Materials Included in the Fee)
Meets:	Mondays 3:45-4:45 p.m.
Location:	Buttonball School Art Room
Dates:	April 2-June 4 (No Class 4/9; 5/28)
Instructor:	Art-Ventures for Kids

# 8. Youth Programs

## Engineering FUNdamentals with Lego®

(Boys and Girls grades K-2)

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

### Youth Programs

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

Fee: \$105  
Meets: Wednesdays 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room #1  
Winter: January 10-February 7  
Spring: April 18-May 16  
Instructor: Andrew Escalera, Engineering Imagination

## Aspiring Young Engineers

(Boys and Girls Grades 2-4)

Young engineers will use a variety of mediums such as LEGO®, model rockets, building blocks, recycled material, motors, gears and more to explore a unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) curriculum. Using the different mediums, participants will learn about and build projects such as hydroelectric waterwheels, model rockets and roller coasters and scale bridges. Your child is sure to have a blast while learning through hands-on, minds-on activities!

### Youth Programs

Young Engineers-1 312204-AY

Fee: \$105  
Meets: Wednesdays 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room #1  
Dates: February 28-March 28  
Instructor: Andrew Escalera, Engineering Imagination

## Roller Coaster Engineering

(Boys and Girls Grades 2-4)

Design, Build, and Test Customized Model Roller Coasters! Participants will use a variety of materials to fabricate customized, functioning model roller coasters. Students will not only enjoy building model roller coasters, but they will also learn about the pertinent engineering, planning, and mechanics!

### Youth Programs

Roller Coaster 412204-RC

Fee: \$22  
Meets: Monday 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room #1  
Dates: May 14  
Instructor: Andrew Escalera, Engineering Imagination

## Egg-gineering

(Boys and Girls Grades 2-4)

Students will learn about and apply real-world engineering concepts in hopes of avoiding an egg-spllosion! Using specific supplies, students will design and build contraptions capable of protecting raw eggs during various collisions. Students have so much fun with this timeless engineering challenge that they arrive to class eager and excited to explore their unique solutions!

### Youth Programs

Egg-gineering 412204-EG

Fee: \$22  
Meets: Monday 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room #1  
Dates: May 21  
Instructor: Andrew Escalera, Engineering Imagination

## Acting Classes

(Kindergarten - 8th Grade)

A progressive program designed for participants of all skill levels dedicated to creating a comfortable, fun, safe environment to cultivate and affirm each person's own unique creativity. Theater skills and games, basic mime work, stage confidence, basic voice and speech, improvisational exercise, script work, acting terminology and more will be covered! New topics will be covered for past participants! Classes taught by Performing Arts Programs staff.

### Performing Arts

Acting Grades K-2 404233-01  
Acting Grades 3-6 404233-02

Fee: Grades K-2: \$109/Person  
Grades 3-6: \$119/Person  
Meets: Mondays  
Grades K-2: 4:00-4:45 p.m.  
Grades 3-6: 5:00-6:00 p.m.  
Location: Academy Cafeteria  
Dates: February 26-April 16  
No Program 4/9/18



# 9. Youth & Sports Programs

## X-Factor Training Camp for Children

(Ages 7-14)

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

### Fitness for Kids

X-Factor Winter 412202-MA

X-Factor Spring 412202-SX

Fee: \$79/person

Meets: Tuesday & Thursday  
6:30-7:45 p.m.

Winter: March 6-March 29

Spring: April 17-May 10

Location: Buttonball Gym

Instructor: Coach Kavin Banks, Jr.

## Backyard Games

(Grades K-3)

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

### Fitness for Kids

Backyard Games 412202-BG

Fee: \$50

Meets: Thursdays, 4:45-5:45 p.m.

Date: January 18-February 15

Location: Buttonball School Gym

Instructor: Kavin Banks, Jr.

## Zumba® Kids

(Ages 7-12 years old)

Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps and add games to help develop a healthy lifestyle and incorporate fitness by making fitness fun. Classes feature elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

### Fitness for Kids

Zumba Kids 412202-ZK

Fee: \$49

Meets: Wednesdays, 4:45-5:45 p.m.

Dates: January 17-February 21

Location: Academy Multi-Purpose Room

Instructor: Eliza's Energy Source

## Family Zumba®

(Parents and their Children Ages 8-18)

A fusion of Latin and International music with dance movements that creates a dynamic, exciting, effective fitness workout! Routines feature a total workout, combining all elements of fitness with easy to follow dance moves the whole family can enjoy.

### Fitness for Kids

Zumba Family 312201-ZF

Fee: \$80/family (max. 3 participants)

Meets: Mondays 5:00 p.m. – 6:00 p.m.

Location: Academy Multipurpose Room

Dates: February 26-April 2

Instructor: Eliza's Energy Source

## Skyhawks Volleyball Clinic

(Boys & Girls Grades 6-8)

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

### Skyhawks Sports Programs

Spring Volleyball 304109-VB

Fee: \$99

Meets: Tuesdays 5:15-7:15PM

Dates: April 17-May 15

Location: Smith Middle School Auxiliary Gym

## Youth Open Gym

(Youth 18 and under)

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

Fee: FREE

Meets: Wednesday 7:30-9:30 p.m.; Saturday  
2:00-6:00 p.m.; Sunday 1:00-5:00 p.m.

Location: Wednesday at Smith Middle School  
Gym; Saturday and Sunday at  
Glastonbury High School Gym

Dates: Wednesday ends June 6  
Weekends end April 29

# 10. Youth & Sports Programs

## Girls in Stride Running

(Girls Grades K-8)

Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This dynamite training program will prepare your daughter for the Celebrate West Hartford 5K on June 10th. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. This non-competitive training program is offered for all levels of runners. As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition, and mental preparation. Fee includes a t-shirt and training journal. In case of inclement weather, the program will be held in the Academy Building. Race registration is not included in the program fee. Elementary and Middle school ages will be divided into groups with separate coaches.

### Running Programs

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

Fee: \$79/Person (Does not Include \$15 Race Registration Fee)  
 Meets: Wednesdays 3:30-4:30 p.m.  
 Location: Riverfront Park Gazebo  
 Dates: April 18-June 6

## Mpower Boys Running

(Boys Ages 6-14)

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of the Celebrate West Hartford 5K on June 10th! Mpower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, Mpower's training program is designed for all levels of runners: from very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games and core strength exercises. For more information, please visit: [www.MpowerYouthSports.com](http://www.MpowerYouthSports.com). Program fee includes a t-shirt (please indicate your son's t-shirt size when registering). Race registration is not included in the program fee. In the case of rain, the program will take place at the Academy Cafeteria.

### Running Programs

Spring Mpower 203105-PS

Fee: \$79/Person (Does not Include \$15 Race Registration Fee)  
 Meets: Tuesdays 3:45-5:00 p.m.  
 Location: Riverfront Park Gazebo  
 Dates: April 17-June 5



## Spring Children's Tennis

(Ages 7-17)

Lessons are broken into groups allowing instructors to provide emphasis on specific skills within the groups. You must provide your own racquet. **Level 1** is for those with little or no tennis experience. **Level 2** is 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** is 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** is for those who consistently rally forehand and backhand 4-6 times from the baseline, serve, hit overhead and approach shots, and understand rules and tennis etiquette.

### Spring Child Tennis Lessons

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

Fee: \$27/Session  
 Meets: Saturday 9:00-9:55 a.m. or 10:00-10:55 a.m.  
 Location: GHS Tennis Courts  
 Dates: April 21-May 19

## QuickStart Red Ball Tennis

(Ages 5-7)

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

### Spring Child Tennis Lessons

Quick Start 423281-QS

Fee: \$27/Session  
 Meets: Saturday 8:00-8:55 a.m.  
 Location: GHS Tennis Courts  
 Dates: April 21-May 19

# II. Youth Sports Programs & Skate Park

## Youth Jukido

(Ages 6 & up by start of session)

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

### Jukido Winter

Jukido Winter 6:15 312105-01

### Jukido Spring

Jukido Spring 6:15 412105-01

Fee: Winter: \$46/Person; Spring: \$44/Person  
Meets: Monday 6:15-7:15  
Location: Gideon Welles Aux. Gym  
Winter: 8 Weeks February 5-April 2  
Spring: 6 Weeks April 23-June 18  
Instructor: Rich Webster

## Skate Park (2143 Main Street)

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3' and 4' quarter pipes, ramps, rails and wedges! All skaters visiting the park for the first time must sign and complete a waiver. Only skateboards and in-line skates permitted. All skaters MUST wear helmets. Other equipment is recommended, but optional. Skate Park opens Saturday, April 21, 2018. FREE Admission.

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

## Beginner Skate Lessons

(Skateboarders ONLY ages 5-7 years old)

New skaters or those with limited ability are taught basic skills including balance, position, stopping, turning, falling techniques and safety. All skaters MUST wear helmets. Other equipment is recommended, but optional.

### Skate Park

Beginner Skate 513001-BS

Fee: \$49/child  
Meets: Saturdays 9:00-9:45 a.m.  
Dates: April 21-May 26  
Location: Skate Park (2143 Main Street)

## Advanced Beginner Skate

(Skateboarders ONLY ages 7 and up)

Learn fundamentals and beginner maneuvers. Participants are taught how to properly ride each piece of equipment, proper falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. All skaters MUST wear helmets. Other equipment is recommended, but optional.

### Skate Park

AdvancedB Skate 513001-AS

Fee: \$69/child  
Meets: Saturdays  
9:45-10:45 a.m.  
Dates: April 21-May 26  
Location: Skate Park (2143 Main Street)

## Intermediate Skate

(Skateboarders ONLY ages 7 and up)

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

### Skate Park

Intermediate Skate 513001-IS

Fee: \$69/child  
Meets: Saturdays 10:45-11:45 a.m.  
Dates: April 21-May 26  
Location: Skate Park (2143 Main Street)

## Skate Competition

(All Ages)

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

### Skate Park

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

Fees: Competitors: \$5 registration fee  
Spectators: Free  
Location: Glastonbury Skate Park  
Date: Saturday, June 9  
Competition: 11:00 a.m.-1:00 p.m.  
Park Open Until 6:00 p.m.



## 12. Gymnastics Programs

### Glastonbury Gymnastics Club

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

### About our Staff

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

### About our Facility

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

### PreSchool Classes

**Ages 3&4 (Ages 3&4 by Start of Session)**  
Children learn the basics of how to tumble, balance on a beam and swing on the low bar. Parent participation is not required and you will be allowed to watch the class.

**Fantastic 4's (Age 4 by Start of Session)**  
Drop off class for four year olds who are gaining independence from their parents. Children travel to a variety of stations to learn the basics of how to tumble, swing on bars, balance on beams, and jump on trampolines. A great activity to build coordination and confidence! Parents will be allowed to watch the first and final class only.

#### Gymnastics Lessons-Winter

Ages 3&4 – Wed.	3:05-4:05	306108-07
Ages 3&4 – Fri.	3:05-4:05	306108-08
Fantastic 4's-Tues.	3:30-4:30	306108-09
Fantastic 4's-Thurs.	3:30-4:30	306108-10

Fee: \$140/child  
Dates: 10 Weeks beginning January 2

#### Gymnastics Lessons-Spring

Ages 3&4 – Wed.	3:05-4:05	406108-07
Ages 3&4 – Fri.	3:05-4:05	406108-08
Fantastic 4's-Tues.	3:30-4:30	406108-09
Fantastic 4's-Thurs.	3:30-4:30	406108-10

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

### Recreation Classes

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

### Beginner

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

### Advanced Beginner (USAG Pre Level I)

Gymnasts enter after they master a forward roll to stand, straight arm bridge, cartwheel, and  $\frac{3}{4}$  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:

#### Gymnastics Lessons-Winter

Beg & Adv – Tues. 3:30-4:30	306108-01
Beg & Adv – Thurs. 3:30-4:30	306108-02
*All Levels – Wed. 4:10-5:10	306108-03
*All Levels – Wed. 5:15-6:15	306108-04
*All Levels – Fri. 4:10-5:10	306108-05
*All Levels – Fri. 5:15-6:15	306108-06
*Combinations class where kids are grouped by level	

Fee: \$140/child  
Dates: 10 Weeks beginning January 2

#### Gymnastics Lessons-Spring

Beg & Adv – Tues. 3:30-4:30	406108-01
Beg & Adv – Thurs. 3:30-4:30	406108-02
*All Levels – Wed. 4:10-5:10	406108-03
*All Levels – Wed. 5:15-6:15	406108-04
*All Levels – Fri. 4:10-5:10	406108-05
*All Levels – Fri. 5:15-6:15	406108-06
*Combinations class where kids are grouped by level	

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

# 13. Gymnastics Programs

## Junior Olympic Competitive Team

Gymnasts must be tested by the Director in order to be placed on Junior Olympic (J.O.) Competitive Team. J.O. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 2-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All J.O. team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$57 annual fee) and be members of the Glastonbury Family YMCA (\$130). Fees will be collected by the Gymnastics Director.

### Gymnastics Team

Level 2 (2 per week)	Winter: 306208-01
Mon. 4:00-6:10	Spring: 306208-01
Fri. 6:15-8:30	
Level 3 (3 per week)	Winter: 306308-02
Mon. 4:00-6:10	Spring: 406208-02
Fri. 6:15-8:30	
Plus Choose One	
Tuesday or Thursday 5:45-8:30	
Level 4 (3 per week)	Winter: 306308-03
Mon. 6:00-8:30	Spring: 406208-03
Wed. 6:15-8:30	
Plus Choose One	
Tuesday or Thursday 5:45-8:30	
Level 5-9 (4 per week)	Winter: 306208-04
Mon. 6:00-8:30	Spring: 406208-04
Tues. 5:45-8:30	
Wed. 6:15-8:30	
Thurs. 5:45-8:30	

Fee (Winter):	\$314/Level 2 \$334/Level 3, 4, 5-9
Fee (Spring):	\$274/Level 2 \$294/Level 3, 4, 5-9
Dates (Winter):	12 Weeks beginning January 2
Dates (Spring):	10 Weeks beginning April 2

## 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 (\$25 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by Gymnastics Director.

### Gymnastics Team

Bronze (2 per week)	Winter: 306208-05
Tues. 4:15-5:45	Spring: 406208-05
Thurs. 4:15-5:45	
Silver (3 per week)	Winter: 306208-06
Mon. 6:00-8:30	Spring: 406208-06
Wed. 6:15-8:30	
Plus Choose One	
Tuesday or Thursday 5:45-8:30	
Gold (3 per week)	Winter: 306208-07
Mon. 6:00-8:30	Spring: 406208-07
Wed. 6:15-8:30	
Plus Choose One	
Tuesday or Thursday 5:45-8:30	
Platinum/Diamond (4 per week)	
Mon. 6:00-8:30	Winter: 306208-08
Tues. 5:45-8:30	Spring: 406208-08
Wed. 6:15-8:30	
Thurs. 5:45-8:30	

Fee (Winter):	\$314/Bronze \$334/Silver, Gold, Platinum
Fee (Spring):	\$274/Bronze \$294/Silver, Gold, Platinum

Dates (Winter): 12 Weeks beginning January 2  
Dates (Spring): 10 Weeks beginning April 2

## Tumbling Classes

Great for cheerleaders and those who want to learn the basics up through advanced tumbling skills. Beginner (ages 10 & up by Start of Session) Must be able to do a vertical handstand, cartwheel, and round-off. Back handsprings will not be taught until a gymnast is able to do a backbend, kick-over and one pull up with chin passing over the bar. Advanced (Ages 10 & up by Start of Session) Must be able to do a pull up with chin passing above the bar and a back handspring. For the safety of the gymnasts, no exceptions will be made to these requirements.

### Tumbling-Winter

Beg & Adv. 4:00-5:00 306508-01

Fee:	\$140 child
Meets:	Monday 4:00-5:00 p.m.
Dates:	10 Weeks beginning January 8

### Tumbling-Spring

Beg & Adv. 4:00-5:00 406508-01

Fee:	\$130 child
Meets:	Monday 4:00-5:00 p.m.
Dates:	8 Weeks beginning April 2

# 14. 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		
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						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.glastonbury-ct.gov](http://www.glastonbury-ct.gov)

for additional facility information, directions and photos

or scan the image to the left with your smart phone!



# 15. Teen Programs

## Academy Teen Center

(Teens in Grades 6-8)

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

- Transportation during after-school hours
- Wii and PS2 Wednesdays
- Friday Movies (Free popcorn)
- Staff Supervision (CPR and First Aid Certified)
- Special Events (Community Service Opportunities, Theme Days, Holiday Celebrations, and Field Trips)

## Teen Center

School Year Pass 6-8 208005-03

School Year Pass: \$59/Person  
Daily Admission: \$5/person  
Location: Academy (2143 Main St.)  
Hours: Wednesday, Thursday, Friday  
3:00-6:00 p.m.  
April Vacation: April 10-12 (Tuesday-Thursday)  
(Open to Grades 6-9) 2:00-6:00 p.m.

## Friday Night Club

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

## Teen Trip Series

(Teens in Grades 6-9)

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

## Teen Activities

Laser Quest	208004-08
Bowling	208004-07
Puzzle Room	208004-17
USA Ninja Challenge	208004-16

Fee: \$35/Trip  
Meets: Fridays  
Laser Quest: January 12, 2018  
Revolutions Bowling: February 9, 2018  
Puzzle Room: March 2, 2018  
USA Ninja Challenge: May 4, 2018  
Location: Depart Academy Building 5:00 p.m.;  
Return at approximately 9:30 p.m.

## High School Open Gym

(Grades 9-12)

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

Fee: FREE  
Meets: Monday 7:30-9:30 p.m.  
Location: Glastonbury/East Hartford  
Magnet School  
Dates: January 29-March 26



# 16. Teen Programs

## Ski & Snowboard Vacation Trips

(Teens in Grades 6-12)

Visit Mohawk Mountain in December and Powder Ridge in February. Mohawk Mountain features 107 skiable acres and is Connecticut's largest and oldest ski area! Powder Ridge Mountain Park & Resort features adventure activities and 5 lifts.

Location: Depart Academy Building 8:00 a.m.  
Return at approximately 6:15 p.m.

Dates: Mohawk  
Thursday, December 28  
Powder Ridge  
Tuesday, February 20

### Option 1: Lift Only

Lift ticket ONLY. No rentals or lessons.

#### Ski Trip December

Dec. Lift (Mohawk) 208104-02

#### Ski Trip February

Feb. Lift (PR) 408104-14

Fee: Lift \$55

### Option 2: Lift & Rental

Lift ticket and rentals. No lessons. Choose from Ski or Snowboard.

#### Ski Trip December

Dec. Ski (Mohawk) 208104-04

Dec. Snow (Mohawk) 208104-06

Helmet Rental (Mohawk) 208104-11

#### Ski Trip February

Feb. Ski (PR) 408104-15

Feb. Snow (PR) 408104-16

Fee: Ski Lift & Rental \$88  
Snowboard Lift & Rental \$88  
Helmet Rental \$15

### Option 3: Beginner Lift, Lesson, Rental

Beginner Lesson, Beginner lift ticket, and rental. Choose from Ski or Snowboard. BEST BUY!!

#### Ski Trip December

Dec. Learn Ski (Mohawk) 208104-08

Dec. Learn Sno (Mohawk) 208104-10

#### Ski Trip February

Feb. Learn Ski (PR) 408104-17

Feb. Learn Sno (PR) 408104-18

Fee: Learn Ski \$115; Learn Sno \$115

## American Red Cross Babysitting

(Ages 11-15)

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

### Teen Activities

Babysitter (2/3) 208004-AB

Babysitter (3/3) 208004-A2

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

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

Location: Academy Teen Center

Date: Saturday 2/3/18

Saturday 3/3/18

## Spring Teen Vacation Camp

(Teens in Grades 6-10)

A shorter version of our popular summer program! All trips will be included in the fee. Tentatively scheduled trips are as follows:

Day 1: Dave & Busters

Day 2: Storrs Adventure Park

Day 3: Sonny's Place

### Vacation Activities-Spring

Vacation Camp 412104 -02

Fee: \$149/person

Meets: Tuesday-Thursday 9:00 a.m.-3:00 p.m.

Location: Academy Building

Dates: April 10, 11, 12



# 17. Dog Obedience Classes

## Canine Games

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

### Dog Obedience Classes

Canine Games 410101-CG

Fee: \$100/Session  
Meets: Wednesdays 10:00-11:00 a.m.  
Location: Academy Cafeteria  
Dates: February 21-March 28  
Instructor: Deanna Nickels, ABCDT

## Focus on Focus with your Dog

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

### Dog Obedience Classes

Dog Focus 410101-DF

Fee: \$100/Session  
Meets: Wednesdays 11:30 a.m.-12:30 p.m.  
Location: Academy Cafeteria  
Dates: February 21-March 28  
Instructor: Deanna Nickels, ABCDT

## Family Dog Manners

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

### Dog Obedience Classes

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

Fee: \$100/Session  
Meets: Mondays 6:30-7:30 p.m.  
Location: Academy Cafeteria  
Session 1: February 26-April 2  
Session 2: April 23-June 4 (No Class 5/28)  
Instructor: Deanna Nickels, ABCDT

## Trick Training & Games

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

### Dog Obedience Classes

Trick Training 410101-TT

Fee: \$100/Session  
Meets: Mondays 7:45-8:45 p.m.  
Location: Academy Cafeteria  
Dates: February 26-April 2  
Instructor: Deanna Nickels, ABCDT

## Out and About

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

### Dog Obedience Classes

Out and About 410101-OA

Fee: \$100/Session  
Meets: Wednesdays 11:45 a.m.-12:45 p.m.  
Location: Academy Cafeteria  
Dates: April 25-May 30  
Instructor: Deanna Nickels, ABCDT





# 18. Adult Programs

## Spring Adult Tennis

(Ages 17 and Up)

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

### Spring Adult Tennis Lessons

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

Fee: \$39/Session  
 Meets: Saturday 11:00 a.m.-11:55 a.m.  
 Location: GHS Tennis Courts  
 Dates: April 21-May 19

## Open Gym

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

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

Fee: \$40/Yearly Pass  
 \$80/Nonresident Yearly Pass (Volleyball Only)  
 \$60/Nonresident Yearly Pass (Over 30 Basketball Only)  
 \$4/Daily Admission  
 \$8/Nonresident Daily Admission (Volleyball & Over 30 Basketball Only)  
 Dates: Monday Program ends June 4  
 Weekend & Tuesday Program ends April 29

## Adult Ballet Class - NEW

(Ages 18 and up)

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

### Adult Dance Classes

Adult Ballet 307401-AB  
 Adult Ballet 407401-AB

Fee: \$70 (Winter); \$53 (Spring)  
 Meets: Tuesdays 6:45 p.m. – 7:30 p.m.  
 Location: Academy Multipurpose Room  
 Winter: January 9-March 27  
 Spring: April 17-June 12  
 Instructor: Personal Euphoria

## Minnechaug Golf Course

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



# 19. Adult & Low Impact Fitness Programs

## Senior Fitness

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

## Low Impact Gentle Pilates

Like our mixed-level Pilates classes, 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. Pilates strives to 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 it down a bit. Must be able to get up and down off the floor. Bring mat and water to class.

## Low Impact Cardio-Strength

This class has all the benefits of our regular strength class (increased muscle tone, feel stronger and longer, increased balance and maintain joint mobility and range of motion), but it's a little gentler on the body and joints. Plus, we add a cardio component. Good option for anyone active and aging, post-surgery (and cleared for movement), trying to maintain mobility with arthritis and working to maintain bone density. We want to keep you moving long term. Bring a mat, water and 2-5 lbs. hand weights to class.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Senior Fitness (Eliza's Energy Source)	Riverfront Community Center	Mon, Wed, Fri 8:45-9:45 a.m.	Winter	Jan. 5-April 4	\$69	307027-DA
			Spring	April 16-June 27	\$59	407027-AA
		Mon, Wed, Fri 9:55-10:55 a.m.	Winter	Jan. 5-April 4	\$69	307027-DD
			Spring	April 16-June 27	\$59	407027-AB
		Mon, Wed, Fri 11:05-12:05 p.m.	Winter	Jan. 5-April 4	\$69	307027-DE
			Spring	April 16-June 27	\$59	407027-AC
Low Impact Gentle Pilates (Personal Euphoria)	Academy Multi Purpose Room	Monday 1:30-2:15 p.m.	Winter	Jan. 8-March 26	\$59	307030-GP
			Spring	April 16-June 11	\$47	407030-GP
		Wednesday 1:30-2:15 p.m.	Winter	Jan. 10-March 28	\$70	307030-GW
			Spring	April 18-June 13	\$53	407030-GW
Low Impact Cardio-Strength (Personal Euphoria)	Academy Multi Purpose Room #2	Wednesday 10:15-11:00 a.m.	Winter	Jan. 10-March 28	\$70	307030-CS
			Spring	April 18-June 13	\$53	407030-CS

No Classes on Town Holidays 1/15, 2/19, 3/30 and 5/28; Senior Fitness no Class on 6/1

Class Open to Residents & Non-Residents with the Exception of Senior Fitness **(Non-Resident Registration Begins 12/29/17)**

## Power Smoothies Made with Super Foods - NEW

Learn what the top healthiest Super Foods are and use them to create Power Smoothies. Learn the healing properties of each ingredient and the nutritional properties and healthy benefits of these Super Foods. Most of these ingredients are staples in many of our kitchens and gardens.

### Wellness Workshops

Power Smoothies 307801-PS

Fee: \$15/person  
 Meets: Saturday, 11:00 a.m.-12:00 p.m.  
 Location: RCC Arts & Crafts Room  
 Date: February 10  
 Instructor: Eliza's Energy Source

## Improve your Health by Fermenting - NEW

Learn how and why fermented foods provide an abundance of good bacteria, probiotics, for your intestines. Understand why a balance of good and bad bacteria in your gut provides fundamental nutrients to improve your physical, mental, and overall well-being. Explore the history of fermented foods and how they have offered radical positive improvements, as support for intestinal and overall health. Join us and learn how to use ingredients from your garden to make your own fermented foods!

### Wellness Workshops

Fermenting 307801-FM

Fee: \$15/person  
 Meets: Tuesday 6:00-7:00 p.m.  
 Location: Academy Multipurpose Room #1  
 Date: March 27  
 Instructor: Eliza's Energy Source

# 20. Fitness Programs

## Morning Mat Pilates

Designed to develop a strong core while maintaining loose, limber limbs, exercises provide variations to meet the needs of different body types. Strengthen the body while keeping joints mobile and flexible. Bring a mat. Mixed-level class.

## Advanced Pilates

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

## Pilates Plus Strength

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

## Core Balance

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

## Boot Camp - NEW

This class is designed to build strength, increase endurance, and challenge the core. With a series of strength training and cardio intervals, you'll move through stations working the upper body, lower body, abs, and glutes. Using functional movement, this class is a great form of cross-training for runners, athletes and anyone who loves to sweat. Not a good choice for knee issues. Bring a mat, water, and sneakers. Hand weights between 3-8 lbs are optional.

## Strength Training

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

Class	Location	Meets	Session	Dates	Fee	Activity Code
Morning Mat Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 8:30-9:30 a.m.	Winter	Jan. 9-March 27	\$76	307201-AA
			Spring	April 17-June 12	\$58	407201-AA
		Tuesday 9:30-10:30 a.m.	Winter	Jan. 9-March 27	\$76	307201-AB
			Spring	April 17-June 12	\$58	407201-AB
		Thursday 8:30-9:30 a.m.	Winter	Jan. 11-March 29	\$76	307201-BB
			Spring	April 19-June 14	\$58	407201-BB
		Thursday 9:30-10:30 a.m.	Winter	Jan. 11-March 29	\$76	307201-BC
			Spring	April 19-June 14	\$58	407201-BC
Advanced Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 10:45-11:30 a.m.	Winter	Jan. 9-March 27	\$76	307201-A1
			Spring	April 17-June 12	\$58	407201-A1
Pilates Plus Strength (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 6:00-6:45 p.m.	Winter	Jan. 9-March 27	\$70	307202-W1
			Spring	April 17-June 12	\$53	407202-S1
		Thursday 6:45-7:30 p.m.	Winter	Jan. 11-March 29	\$70	307202-W2
			Spring	April 19-June 14	\$53	407202-S2
Core Balance (Personal Euphoria)	Academy Multi Purpose Room	Friday 9:45-10:30 a.m.	Winter	Jan. 12-March 23	\$65	307207-W1
			Spring	April 20-June 15	\$53	407207-S1
Boot Camp (Personal Euphoria)	Academy Multi Purpose Room	Mondays 9:45-10:30 a.m.	Winter	Jan. 8-March 26	\$59	307210-MA
			Spring	April 16-June 11	\$47	407210-MA
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:00-9:45 a.m.	Winter	Jan. 8-March 26	\$59	307206-MA
			Spring	April 16-June 11	\$47	407206-MA
		Friday 9:00-9:45 a.m.	Winter	Jan. 12-March 23	\$65	307206-W1
			Spring	April 20-June 15	\$53	407206-S1
Lunchtime Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Wednesday 12:00-12:45 p.m.	Winter	Jan. 10-March 28	\$70	307206-L1
			Spring	April 18-June 13	\$53	407206-WL

No Classes on Town Holidays 1/15, 2/19, 3/30 and 5/28

Class Open to Residents & Non-Residents with the Exception of Senior Fitness **(Non-Resident Registration Begins 12/29/17)**



## 21. Fitness Programs

### Hatha Yoga Evening

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

### Morning Yoga/Stretching

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

### Yoga

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

### Grounded Yoga - NEW

In this gentle yoga class we will focus on grounding the body. We will move slowly through sequences that will help relax and restore our mind and bodies. The practice will conclude with a short guided meditation. This class will be a great calming way to end your day. Please bring a yoga mat. A blanket and any additional props that will make you more comfortable are recommended.

### Total Barre

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

Class	Location	Meets	Session	Dates	Fee	Activity Code
Hatha Yoga Evening (Kalpana Patel)	RCC Exercise Room (Mon & Wed)	Mon & Wed 6:00-7:20 p.m.	Winter-1	Jan. 8-Feb. 21	\$69	307001-A
			Winter-2	March 5-April 4	\$58	307001-BB
		Single Night (Mon or Wed)	Winter-1	Jan. 8-Feb. 21	\$39	307001-S1
			Winter-2	March 5-April 4	\$33	307001-S2
		Mon & Wed 6:00-7:20 p.m.	Spring	April 16-June 11	\$92	407001-MW
Single Night (Mon or Wed)	Spring	April 16-June 11	\$52	407001-TU		
Morning Yoga/ Stretching (Sheila Frankel)	Riverfront Community Center	Wednesday 9:30-10:30 a.m.	Winter	Jan. 17-March 21	\$49	307026-AA
			Spring	April 18-June 6	\$40	407026-AA
Lunchtime Yoga (Personal Euphoria)	Academy Multi Purpose Room	Monday 12:15-1:00 p.m.	Winter	Jan. 8-March 26	\$59	307211-LM
			Spring	April 16-June 11	\$47	407211-LM
Yoga (Personal Euphoria)	Academy Cafeteria	Tuesday 9:00-10:00 a.m.	Winter	Jan. 9-March 27	\$75	307211-TA
			Spring	April 17-June 12	\$56	407211-TA
	Academy Cafeteria	Tuesday 6:00-7:15 p.m.	Winter	Jan. 9-March 27	\$84	307211-TB
			Spring	April 17-June 12	\$63	407211-TB
	RCC Exercise Room	Thursday 6:00-7:15 p.m.	Winter	Jan. 11-March 29	\$84	307211-TP
			Spring	April 19-June 14	\$63	407211-TP
Grounded Yoga (Personal Euphoria)	Academy Cafeteria	Tuesday 7:30-8:15 p.m.	Winter	Jan 9.-March 27	\$70	307211-GT
			Spring	April 17-June 12	\$53	407211-GT
Total Barre (Personal Euphoria)	Academy Multi Purpose Room	Wednesday 9:30-10:15 a.m.	Winter	Jan. 10-March 28	\$70	307203-WW
			Spring	April 18-June 13	\$53	407203-S3
		Thursday 5:15-6:00 p.m.	Winter	Jan. 11-March 29	\$70	307203-TT
			Spring	April 19-June 14	\$53	407203-TT
		Thursday 6:00-6:45 p.m.	Winter	Jan. 11-March 29	\$70	307203-T1
			Spring	April 19-June 14	\$53	407203-TS

No Classes on Town Holidays 1/15, 2/19, 3/30 and 5/28

Class Open to Residents & Non-Residents with the Exception of Senior Fitness **(Non-Resident Registration Begins 12/29/17)**

## 22. Fitness Programs

### Zumba®

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

### Cardio, Core and More

Burn calories, strengthen and tone your muscles, and challenge your core all this and more when you try Cardio, Core, and More class! This heart pumping full body strength training class will firm your muscles while strengthening your core. Activities include interval training, floor/core exercises, Hi-Lo aerobics, while using hand weights, resistance tubes and bands, and

stability balls. Modifications are provided as needed for this energizing work-out! Bring a mat, water, hand weights, and appropriate footwear (stability ball optional).

### Cross HIIT - NEW

CrossHIIT combines functional movements partnered with cardio, interval, and strength training. This fun-filled high intensity workout will challenge every muscle in your body through quick, intense bursts of exercises, followed by short, active recovery periods. By moving from exercise to exercise with little rest in between, you will tone and firm your muscles achieving a great cardiovascular and strength workout. Optional Equipment: Weights, Kettle Bell, ExerTubes and a Mat.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Zumba (Eliza's Energy Source)	Academy Multi Purpose Room #2	Mon & Wed 6:00-7:00 p.m.	Winter-1	Jan. 17-Feb.21	\$63	307209-CC
			Winter-2	March 5-April 4	\$63	307209-DD
			Spring	April 16-June 11	\$100	407209-SM
Cardio, Core and More (Eliza's Energy Source)	Eastbury School Gym	Mon, Wed 6:00-7:00 p.m.	Winter	Jan. 17-March 28	\$110	307104-W1
			Spring	April 16-June 11	\$88	407104-S1
Cross HIIT (Eliza's Energy Source)	RCC Exercise Room	Tuesday 6:00-7:00 p.m.	Winter	Jan. 16-March 20	\$69	307105-TP
			Spring	April 17-June 5	\$55	407105-TP
No Classes on Town Holidays 1/15, 2/19, 3/30 and 5/28 Class Open to Residents & Non-Residents with the Exception of Senior Fitness <b>(Non-Resident Registration Begins 12/29/17)</b>						

### Online Programs - NEW

Glastonbury and Personal Euphoria are now offering online programs to help make health and wellness easier than ever. You can select when and where you do the following programs. Once you purchase them, the information is yours to keep.

### 30-Day Movement Makeover - NEW

Feel busy? Feel like you've lost your way and don't know where or how to start an exercise routine? This program offers 30 suggestions delivered over 30 days that are quick, achievable, two-minute commitments. By the end of the month you'll have a whole new program with room to grow. All from the privacy of your own home. When you feel ready, this program also comes with eight 20-minute workouts to help you improve strength, flexibility and use functional movement.

#### Movement Makeover 507001-MM

Fee: \$35  
Dates: Program Begins February 1, 2018

### Runners - NEW

Runners often want to run more than anything. They will skip out on warm-ups and stretching, but both can help reduce injuries, increase endurance, and make running more fun. This program offers key stretches for runners and ideas for a dynamic warm-up. We also have workouts geared toward increasing core and leg strength to help runners build durability and stability where they need it most. A little cross training is key when you want to reduce injuries and increase power. The workouts are 20-minutes, which makes them easy to fit into your schedule.

#### Runners 507001-RU

Fee: \$35  
Dates: Registration is Ongoing

## 23. Swim Lesson Descriptions & Pool Schedule

### Infants and Toddlers

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

### Tots

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

### Learn to Swim Program for Level 1 through Level 6

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

#### Level 1: Introduction to Water Skills

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

#### Level 2: Fundamental Aquatic Skills

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

#### Level 3: Stroke Development

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

#### Level 4: Stroke Improvement

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

#### Level 5: Stroke Refinement

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

#### Level 6: Fitness Swimmer

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

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

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

#### Household Poolpass Indoor

HOUSEHOLD POOL PASS FEE:  
DAILY ADMISSION FEE:

\$99/Family  
Child \$3; Adult \$5

#### Individual Poolpass Indoor

INDIVIDUAL PASS FEE: \$85/Person



# 24. Children's & Adult Swim Lessons

## Children's Swim Lessons

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

Fee: \$39/child

## Adult Swim Lessons

(Ages 18 and up)

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

### Swim Lessons Winter

Adult Swim Lessons 301129-AA

Fee: \$40/person

Meets: Mondays 7:30-8:30 p.m.

Location: GHS Pool

Date: January 22-March 26  
(No Class 1/29 & 2/19)

## Private Swim Lessons

(Glastonbury Residents-Ages 5 and up)

Private swim lessons (1:1) and semi-private swim lessons (1:2), catered to meet you or your child's specific instructional needs are now available.

The aquatics leadership staff will work with you to customize a personal swim lesson schedule, with an experienced instructor. Lessons will be available on evenings and weekends at the Glastonbury High School Pool, offered as 4 thirty minute sessions at mutually agreed upon times. Lessons will not be available during the peak times of the day when the pools are most crowded. Semi-private lesson participants must be within a skill level apart.

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

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

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

People

Children's Winter Lessons (Monday) Swim Lessons Winter January 22-March 26 (No Class 1/29 & 2/19)		
Level	6:30P	7:00P
Level 1	302129-AA	
Level 2	302129-BA	302129-BB
Level 3	302129-CA	
Level 4		302129-DA
Level 5		302129-EA
Level 6		302129-FA

Children's Winter Lessons (Wednesday) Swim Lessons Winter January 24-March 14		
Level	6:30P	7:00P
Tots	302229-KA	
Level 1		302229-AA
Level 2	302229-BA	
Level 3	302229-CA	302229-CB
Level 4		302229-DA
Level 5		302229-EA

Children's Winter Lessons (Saturday) Swim Lessons Winter January 20-March 10					
Level	10:30A	11:00A	11:30A	12:15P	12:45P
Infant/ Toddler		302228-IA			
Tots	302228-KA		302228-KB		
Level 1				302228-AA	302228-AB
Level 2	302228-BA		302228-BB	302228-BC	302228-BD
Level 3	302228-CA			302228-CB	302228-CC
Level 4		302228-DA	302228-DB		
Level 5		302228-EA			302228-EB
Level 6		302228-FA			

Children's Spring Lessons (Saturdays) Swim Lessons Spring March 24-June 2 (No Class 4/14 & 5/26)					
Level	10:30A	11:00A	11:30A	12:15A	12:45A
Infant/ Toddler		402128-IA			
Tots	402128-KA		402128-KB		
Level 1	402128-AA			402128-AB	
Level 2			402128-BA	402128-BB	402128-BC
Level 3	402128-CA				402128-CB
Level 4		402128-DA		402128-DB	
Level 5		402128-EA	402128-EB		
Level 6					402128-FA

# 25. Aquatics Programs

## Diving Lessons

(Boys and Girls ages 7-17)

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

### Diving Lessons-Spring

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

Fee: \$40/child  
Meets: Sundays (1 hour times above)  
Location: Glastonbury High School Pool  
Dates: March 4-May 6 (No class April 1 & 8)

## Long Course USA Swimming

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

Spring Practice:

April 2-mid-June (Monday-Saturday 5:30-7:30 p.m.)\*

\*H.S. age swimmers practice Tuesday, Wednesday & Friday from 2:45-5:15 p.m.

**No practice on Tuesday & Thursday April 3 & 5**

Anticipated Summer Practice:

Mid June-late July

Addison Pool: Monday-Friday 7:15-9:15 a.m.

Terry Pool: Monday, Wednesday, Friday  
(E. Hartford) 6:30-8:30 p.m.

### Swim Team

USA Long Course 324030-BB

Fee: \$669.00

## Spring Competitive Swim Clinic

(competitive swimmers ages 7-18)

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

### Swim Clinic 1 (Ages 7-11)

Monday 5:00-5:45 p.m.,

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

### Swim Clinic 2 (ages 11-18)

Tuesday, 4:45-5:45 p.m.; Thursday 5:00-5:45 p.m. &

Saturday 4:15-5:15 p.m.

### Swim Team

Spring Swim Clinic 1 324030-AA

Spring swim Clinic 2 324030-CC

Fee: \$92/Swimmer

Location: GHS Pool

Dates: April 23-May 26 (No Clinic on 5/11)

## Lifeguard Training

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

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

### Aquatic Programs:

Lifeguard Training Winter: 225029-AA

Lifeguard Training Spring: 325029-AA

Fee: \$229/person

Location: GHS pool and designated class rooms

Winter Class: Saturday, 1/6 (10:30 a.m.-3:00 p.m.);

Sunday, 1/7 (7:30 a.m.-5:00 p.m.);

Saturday, 1/13 (10:30 a.m.-5:00 p.m.)

Sunday, 1/14 (7:30 a.m.-5:00 p.m.)

Saturday 1/20 (7:30-10:00 a.m.)

Sunday 1/21 (7:30 a.m.-12:00 p.m.)

Spring Class: Tuesday, Wednesday & Thursday

March 13-April 5 (4:30-7:30 p.m.)

**NOTE: 3/13 & 3/15 from 5:30-8:30 p.m.**

## Water Safety Instructor Course (WSI)

(ages 16 and up)

An American Red Cross program to certify individuals in the techniques of teaching swim lessons.

Fundamentals of Instructor Training is required and

part of this course. Students must successfully pass

the skills test which includes but not limited to 25

yards each of front crawl, back crawl, elementary

backstroke, sidestroke, breaststoke and butterfly. Must

perform a back float and tread water for one minute.

### Aquatic Programs

WSI Class 325029-BB

Fee: \$290/person

Location: Glastonbury High School

Dates/Times: Sundays, Feb 4, 11, 18, 25

9:00 a.m.-5:00 p.m.



# Glastonbury Senior Center

Your Pathway to Active & Healthy Aging



**Judy Banes & Brittany Sanderson**



**Diana Aziz, Nicole Mercer, Barb Evans**  
**We're Here to Welcome & Assist you!**

## 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  
Judy Banes, Building Supervisor  
(860)652-7638  
Nicole Mercer, Administrative Secretary  
(860)652-7641  
Barb Evans, Program Assistant  
(860)652-7642  
Diana Aziz, Customer Service Representative  
(860)652-7638  
Brittany Sanderson, Assistant Program Coordinator  
(Evenings & Weekends)  
(860)652-7645



# 26. Glastonbury Senior Services

## Winter 2017/18 Class Schedule

**Registration for all classes must take place prior to participation in the first class.** You can register at the Riverfront Community Center any day, Monday-

Saturday prior to the start of the class. All classes will be located at the Riverfront Community Center and are subject to cancellation if there are not enough students enrolled at the time of the first class.

Class	Description	Meets	Dates	# of Classes	Fee	
					Resident	Non-Resident
Beginners Line Dancing	Learn the basic steps of this fun and challenging dance with others who are just beginning as well.	Thursdays 12:00-12:45 p.m.	1/11-3/15	10	\$50	\$55
Intermediate Line Dancing	Explore the many facets and experience the impact of this form of choreographed dance. Prior dancing experience required.	Thursdays 10:30 a.m.-Noon	1/11-3/15	10	\$50	\$55
Powerful Aging & Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 11:00 a.m.-Noon	1/10-3/16	19	\$75	\$80
Strechercize Exercise	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 1:00-2:00 p.m.	Ongoing	15	\$35	\$40
Tai Chi Intro	Learn the basics of this life altering discipline.	Mondays 1:30-2:15 p.m.	1/22-3/19	8	\$40	\$45
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 p.m.	1/11-3/15	10	\$50	\$55
Yoga-Hatha	Yoga can enhance your lifestyle no matter what age; develops self-discipline; can enhance physical and mental health.	Mondays & Fridays 10:00-11:00 a.m.	1/8-3/23	20	\$100	\$110
Zumba Gold	Perfect for active seniors who are looking for a modified Zumba class at a lower intensity with easy to follow choreography focusing on balance, range of motion and coordination.	Mondays 12:30-1:15 p.m.	1/8-3/12	8	\$35	\$40
Italian	Expand your knowledge of this beloved Romance language and share the joy! (Prior knowledge of the language is required).	Thursdays Intermediate 9:00 a.m. Advanced 10:00 a.m.	1/4-3/15	11	\$5	\$6
Watercolor	Drawing is not a prerequisite. Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30-11:30 a.m.	1/6, 1/20, 2/3, 2/17, 3/3, 3/17	6	\$10/Each Plus Supply Fee	\$15/Each Plus Supply Fee

# 27. Glastonbury Senior Services

## Winter 2017/18 Weekly Activities

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

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

## Lifelong Learning Series (on DVD)

### Great Tours: Greece and Turkey, from Athens to Istanbul

24 Lectures/12 Weeks

Tuesdays 5:30-7:30 p.m.

January 16-April 4, 2018

The shimmering turquoise waters and lost worlds of the Aegean await you. Grab your travel hat and join your fellow explorers for a unique cultural journey to the dramatic landscapes of Greece and Turkey- to dazzling ancient cities, majestic empires, and magical treasures of history. Registration is required.

## Ukulele Big Sing

Saturdays, December 16, January 27, February

24 & March 31, 2018

Noon-1:00 p.m.

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



## 28. Glastonbury Senior Services

### Annual Holiday Brunch

Thursday, December 21, 2017

**\$4/Person (Special Ticket Required - Purchase Ticket by Tuesday 12/19/17)**

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

10:30 a.m. Holiday Bingo

11:00 a.m. Brunch

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

### New Year Countdown Celebration

Thursday, December 28, 2017

**Snow Date: Tuesday, January 9, 2018**

**\$4/Person (Special Ticket Required - Purchase Ticket by Tuesday 12/26/17)**

Let's celebrate as 2017 winds down and we welcome in 2018. Dress in your favorite party clothes and be prepared to countdown to "twelve o'clock high noon" with horns, hats and a special toast. Following dinner, we will usher in the New Year with the always dynamic Bob Giannotti, as he engages us with songs that will have us laughing, dancing, and singing.

11:30 a.m. Countdown to Noon

12:00 p.m. Pork Roast Dinner

12:30 p.m. Musical Entertainment by Bob Giannotti

### Heart to Heart Valentine Luncheon

Tuesday, February 13, 2018

**\$4/Resident; \$5/Non-Resident (Special Ticket Required - Purchase Ticket by Friday 2/9/18)**

Join the fun at our Valentine celebration! Menu includes Cherry Pineapple Glazed Ham, Sweet Potatoes, Mixed Vegetables, Roll /Butter, Red Velvet Cake topped with a dab of Whipped Cream and a Valentine Heart. Back by popular demand, effervescent entertainer Ashly Cruz, will delight in Cabaret style with her blend of Broadway, Jazz and popular songs of the 30's 40's and 50's.

12:00 p.m. Lunch

12:30 p.m. Entertainment

### Saint Patrick's Day Lunch Celebration

Tuesday, March 13, 2018

**\$4/Resident; \$5/Non-Resident (Special Ticket Required - Purchase Ticket by Friday 3/9/18)**

Join us for a traditional Corn Beef & Cabbage meal with boiled potatoes and Irish Soda Bread. Afterwards enjoy the amazing talents of T-Bone. Whether it's Tom's energetic personality or his contagious smile... his audiences find themselves clapping, dancing and singing along with the music! Don't miss your chance to don your most dapper green attire and once again, be Irish for a day!

12:00 p.m. Lunch

12:30 p.m. Entertainment





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

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# RESIDENTIAL CUSTOMER

The Parks & Recreation Department has openings for a number of summer jobs. Interested persons may obtain position descriptions including minimum qualifications and applications at 2143 Main Street or at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov) (Go to Parks and Recreation and select "Employment"). **CLOSING DATE FOR APPLICATIONS IS MARCH 2, 2018.** Pre-season training and preparation required for all positions. **YOU MUST BE AVAILABLE TO WORK THE DURATION OF THE SUMMER!**

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

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

**CAMP DISCOVERY COUNSELOR** **\$11.00/Hour**

**CAMP DISCOVERY JR. COUNSELOR** **\$10.10/Hour**

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

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

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

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

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

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

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