

*Glastonbury*

WINTER 2021 | SPRING 2022

# PARKS & RECREATION



*Family Programs*

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*Adults & Fitness*

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## SENIOR & SOCIAL SERVICES

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[WWW.GLASTONBURY-CT.GOV](http://WWW.GLASTONBURY-CT.GOV)

# - 1 - PROGRAM REGISTRATION FORM

Household Information						
Primary Guardian First Name			Primary Guardian Last Name			
Address			Please E-Mail Receipt to the E-Mail Below			
City, State, Zip			Sex	E-Mail		
Home Phone ( )			Work Phone ( )			
Emergency Contact			Relationship			
Participant Information						
Participant First Name			Participant Last Name			
Date of Birth			Grade Completing	Sex		
Allergies			Medication/Other			
Registration Information						
Program Choices		Activity Day/Time	Activity Description	Amount Paid	Office Use	
Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!						
1	1st Choice					
	2nd Choice					
	3rd Choice					
2	1st Choice					
	2nd Choice					
	3rd Choice					
3	1st Choice					
	2nd Choice					
	3rd Choice					
Pool Passes <input type="checkbox"/> Indoor Pool	Pass Type <input type="checkbox"/> Individual <input type="checkbox"/> Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:			TOTAL	
Waiver						
Being of full age and in consideration of my (my child's) participation in this class, I do hereby release and forever discharge the Town of Glastonbury, and their agents and employees, their representatives, successors, and assignees, from all claims arising out of any and all personal injuries, damages, expenses, and any loss or damage whatsoever resulting or which may result from participation in this program.						
Signature:			Date:			
Complete a <b>SEPARATE</b> form for each person and sign the waiver. Please PRINT. You may copy this form or print a copy from our website at <a href="http://www.glastonbury-ct.gov">www.glastonbury-ct.gov</a>						
Mail your Form, Payment, Business Size Self Addressed <b>STAMPED</b> envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033						
Check Write a <b>SEPARATE CHECK</b> for each program. Make checks payable to " <b>Town of Glastonbury</b> "						
<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover	Name on Card					
	Credit Card Number			Expiration	Code	

# REGISTRATION INFORMATION - 2 -

## Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING TUESDAY, DECEMBER 7** at 8:00 a.m. with the following exceptions:

Open Gym Passes      Indoor Pool Passes  
Party Rentals          Teen Center Passes

Mail-in registrations will be processed daily, at random.  
**REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 7.**

## In-Person Registration Dates

In-person registrations will be accepted beginning Monday, January 3 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!

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

## Returned Checks

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

## Registration Payment

VISA, Mastercard, American Express 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.

## Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

## Cancellation Information

Retrieve cancelation information 24 hours a day by calling our cancelation line at (860)652-7689. Programs may be cancelled due to insufficient registration. Programs are canceled on January 1, January 20; February 17; April 10; May 25 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 Social Services. Fee waivers apply to registration fees only. To qualify, submit an Eligibility Application to the Social Services Department. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

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

# - 3 - GENERAL INFORMATION

## How to Reach Us

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

## Our Staff

Lisa Zerio, Director of Parks & Recreation  
Greg Foran, Park Superintendent & Tree Warden  
Bill Engle, Recreation Supervisor  
Anna Park, Recreation Supervisor  
Liz Gambacorta, Recreation Supervisor  
Geordie Emmanuel, Recreation Program Coordinator  
Kristen Michaels, Event & Banquet Facility Manager  
Cynthia Lea, Administrative Secretary  
Katrnya Albert, Administrative Secretary

## 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 "noreply@receipts.myrecdepartment.com" 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).

## Facebook & Instagram

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

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

**Instagram:** [glastonbury\\_park\\_and\\_rec](https://www.instagram.com/glastonbury_park_and_rec)

## 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.

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

## Glastonbury Youth Organizations

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

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

# RENTALS & RESERVATIONS - 4 -

## 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 Monday, January 3.

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

## Glastonbury Boathouse

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://facebook.com/glastonburyboathouse).

## Riverfront Community Center

The Riverfront Community Center is your affordable solution to elegant affairs! Our many room configurations can accommodate meetings & events of all sizes. Guests enjoy our beautiful space, complimentary parking, and manicured grounds offering views of Riverfront Park and the tree-lined CT River. Room reservations are available on Monday, Wednesday, and Friday evenings, and all day on weekends. Now accepting credit card payments! For more information, visit [www.glastonbury-ct.gov/rccrentals](http://www.glastonbury-ct.gov/rccrentals) or contact [kristen.michaels@glastonbury-ct.gov](mailto:kristen.michaels@glastonbury-ct.gov).

## Celebrate the Day!

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

## Riverfront Park Boat Launch & Storage

Beginning Monday, March 7th, 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 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

## Field Rentals

The Town of Glastonbury owns and manages a number of facilities and public parks/open spaces, which are available for use and enjoyment by all – both town residents and non-residents. Organized athletics activities on Town and school property are permitted on a reservation basis. Persons not having a permit for the use of the parks, facilities or fields must give way to permit users at all times. Per section 14-45 of the Town Ordinances, permits are required for reservation of any area or place in a park or preserve for special or private use; uses of a park or preserve by groups in excess of twenty-five (25) persons.

## The Locker Room

Don't let the added cost of equipment stop you from playing! Gently used equipment is available **FREE OF CHARGE** to players who need assistance with getting equipment to play sports. Please call the Teen Center at (860)652-7838 to make requests. Donations are also currently being accepted for all sports. A donation bin is available in the Academy building for your convenience during off hours. **See page 15 for Locker Room Open House information!**

# - 5 - PRESCHOOL PROGRAMS

## Parent Child Play Group

(Ages 1-4)

Designed to provide children with unstructured group play and allow parents an opportunity to meet, relax and enjoy their children. Utilizes the carpeted spring floor with equipment for kids to climb, explore & enjoy!

Fee: \$42/Winter Monday Session  
\$48/Winter Friday Session  
\$32/Spring Session  
Meets: Monday: 10:00-10:50 OR 11:00-11:50  
Friday: 10:00-10:50 OR 11:00-11:50  
Location: Academy Gym  
Winter: Monday: Jan. 10-March 14  
Friday: Jan. 14-March 11  
Spring: Monday: April 18-May 23  
Friday: April 22-May 2

## Book, Craft, Play

(Ages 2-4 years)

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

Fee: \$45  
Meets: Wednesdays  
9:00-9:45 a.m. or 10:00-10:45 a.m.  
Location: Kangaroo Kids Preschool, 35 Bell Street  
Dates: January 12-February 16

## Imagination Station **NEW**

(Ages 2-4)

A parent-child class where we use art, music, and stories to get our imaginations working. Children will also participate in gross and fine motor activities, sensory activities, and free play.

Fee: \$45  
Meets: Wednesdays  
9:00-9:45 a.m. or 10:00-10:45 a.m.  
Location: Kangaroo Kids Preschool, 35 Bell Street  
Dates: March 2-April 6

## Animal Explorers **NEW**

(Ages 2-4)

Learn about animals and their habitat, the food they eat, the way they move and more. In this parent child class we will EXPLORE a different animal each week, from the farm to the jungle to the prehistoric. We will encourage your child to use their imagination as they discover new and interesting things. It's going to be a ROARING good time!

Fee: \$45  
Meets: Wednesdays  
9:00-9:45 a.m. or 10:00-10:45 a.m.  
Location: Kangaroo Kids Preschool, 35 Bell Street  
Dates: April 27-June 1

## Fairytale Art

**NEW**

(Twoosy Doodler: Ages 20 months-3 years old)  
(Mini Doodler: Ages 3-5 years old)

Take a creative journey deep into the world of fairy tales! These are the familiar, beloved stories of fantastic worlds, royal lives, and dramatic transformations that we know and love. Along the way, students learn about disguises, color mixing, patterns, composition, and more. Favorite stories are connected to works of renowned artists and artworks such as British designer William Morris.

Fee: \$69/Person (5 Week Session)  
Twoosy Doodler: Thursdays, 9:00-10:00 a.m.  
Mini Doodler: Thursdays, 10:00-11:00 a.m.  
Dates: January 13-February 10  
Location: Academy Building Cafeteria  
Instructor: Abrakadoodle

## Plug Into Your Imagination **NEW**

(Twoosy Doodler: Ages 20 months-3 years old)  
(Mini Doodler: Ages 3-5 years old)

Your child will explore new media such as video game art, rice painting, newspaper watercolor and a sculpture made with straws! Without leaving the country, our imagination will plug us into Austria, Germany, Switzerland, France and India while interfacing with famous artists such as Fernand Léger, Alberto Giacometti, and others!

Fees: \$69/Person (5 Week Session)  
Twoosy Doodler: Thursdays, 9:00-10:00 a.m.  
Mini Doodler: Thursdays, 10:00-11:00 a.m.  
Dates: March 3-March 31  
Location: Academy Building Cafeteria  
Instructor: Abrakadoodle

## Doodle Art Studio

**NEW**

(Twoosy Doodler: Ages 20 months-3 years old)  
(Mini Doodler: Ages 3-5 years old)

Experience art from the top of the head to the tips of the toes. Learn about Israeli artist Gil Sadeh who creates lip, eye and nose sculptures. Use Model Magic to create a mouth with expression! The work of fingerprint artist Chuck Close will be explored while we create interesting landscapes using our hands and fingertips. Hands, feet, forearms, lips and even bones help us learn about a variety of artistic styles and create an interesting body of art!

Fees: \$105/Person (8 Week Session)  
Twoosy Doodler: Thursdays, 9:00-10:00 a.m.  
Mini Doodler: Thursdays, 10:00-11:00 a.m.  
Dates: April 21-June 9  
Location: J.B. Williams Park Pavilion  
Instructor: Abrakadoodle

# PRESCHOOL PROGRAMS - 6 -

## Kangaroo Kids (2022-23) 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 4 days per week.

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

Deposits for the 2022-23 program will be accepted beginning on March 8, 2022. **Please note the deposit is non-refundable after June 1, 2022.** Child must be age 3 or 4 by January 1, 2023 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 2022 Summer Brochure available in early March or online at [www.glastonbury-ct.gov/kangarrokids](http://www.glastonbury-ct.gov/kangarrokids)

An Open House will be held in March at our facility at 35 Bell Street.

Fee: \$250 Deposit  
Location: Kangaroo Kids 35 Bell Street

## Music Together®

(Newborns-Age 5)

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

Fee: \$225/child; \$130/sibling  
(Newborns under 8 months attend FREE when a sibling is registered; \$225 registered alone.)  
Meets: Tuesday  
9:15-10:00 a.m. OR 10:15-11:00 a.m.  
Location: RCC Activity Room  
Winter: 10 weeks January 11-March 15  
Spring: 10 weeks April 5-June 14  
(No Class April 12)

## Skyhawks Multi-Sport Tots

(Ages 2 - 4)

Introduce your little superstar to sports in our most popular program! This multi-sport (t-ball and soccer) class uses age appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required for ages 2-4 years.

Fee: \$98/person (Tuesdays)  
\$79/person (Thursdays)  
2 Year Old: Tuesdays, 9:00-9:45 a.m.  
3 Year Old: Tuesdays, 10:00-10:45 a.m.  
3 & 4 Year Old: Tuesdays, 11:00-11:45 a.m.  
Thursdays, 5:00-5:50 p.m.  
Tuesdays: April 19-May 24  
Thursdays: May 12-June 9  
Location: Academy Softball Field (Tuesdays)  
Eastbury Soccer Field (Thursdays)  
Rain Location: Academy Cafeteria

## Skyhawks Hoopster Tots

**NEW**

(Ages 2-4)

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-4 years.

Fee: \$98/person  
2 Year Old's: Tuesdays, 9:00-9:45 a.m.  
3 Year Old's: Tuesdays, 10:00-10:45 a.m.  
3 & 4 Year Old's: Tuesdays, 11:00 -11:45 a.m.  
Session 1: January 11-February 15  
Session 2: March 1-April 5  
Location: Academy Cafeteria

## Skyhawks Mini Hawk Sports

(Ages 4-6)

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!

Fee: \$85/person  
Meets: Thursdays, 6:00-7:00 p.m.  
Dates: May 12-June 9  
Location: Eastbury School Soccer Field

## - 7 - YOUTH SPORTS PROGRAMS

### Youth Open Gym

(Youth 18 and under)

For the latest information regarding Open Gym, schedule information and when it is anticipated to begin/end, visit [www.glastonburyct.gov/recreation](http://www.glastonburyct.gov/recreation) then click on "League and Open Gym Information".

### Skyhawks Sports and Games

(Boys & Girls Ages 5-10)

Program is designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and more. Kids will play 2-4 different games/sports each day.

Fee: \$75/person  
5 & 6 Yr Olds: Tuesdays, 5:00-6:00 p.m.  
7-10 Yr Olds: Tuesdays, 6:15-7:15 p.m.  
Session 1: April 5-May 3 (No Class on April 12)  
Session 2: May 17-June 7  
Location: Academy Softball Field (Session 1)  
Eastbury School Soccer Field (Session 2)

### 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.

Fee: \$50/participant  
Meets: Tuesdays or Thursdays, 6:30-7:45 p.m.  
Location: Academy Cafeteria  
Session 1: January 25-February 15 (Tuesdays)  
January 27-February 17 (Thursdays)  
Session 2: April 19-May 10 (Tuesdays)  
April 21-May 12 (Thursdays)  
Instructor: Kavin Banks Jr.

### Backyard Games

(Grades K-3)

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

Fee: \$55/participant  
Meets: Wednesdays, 4:30-5:30 p.m.  
Location: Eastbury School Soccer Field  
Dates: May 4-May 25  
Instructor: Kavin Banks Jr.

### Bicycle Safety & Skills Clinic **NEW**

(Ages 4-10)

A graduated, hands-on approach for children ages 4-10 years to learn and practice bicycle safety and bicycle handling skills. This clinic teaches basic safety and skills, designed to build confidence and enhance the joy of riding a bike. Following a review of helmet and bicycle fit, plus a basic review of safe bicycle readiness, children practice skills at a series of learning stations, each station building on the previously learned skill. Instruction is provided by League Cycling Instructors (LCIs), certified by the League of American Cyclists (LAB).

This fun and educational clinic includes:

- Proper helmet fit, bicycle fit, and bicycle readiness
- Safe starting and stopping
- Weaving and avoiding hazards
- Scanning and signaling
- Yielding

All children must bring their bicycle and helmet to participate. Parents are encouraged to accompany their children throughout the course so that they can reinforce the lessons after the clinic is over. Typically the clinic takes approximately an hour to complete, however all students are welcomed to participate for a longer duration.

Fee: \$54/person  
Meets: Saturday, April 2, 2021  
Rain Date: 4/3/21  
11:00 a.m.-2:00 p.m.  
Location: Academy Back Parking Lot  
(2143 Main Street)



# YOUTH SPORTS & ENRICHMENT PROGRAMS - 8 -

## Skyhawks Volleyball Clinic

(Boys & Girls Grades 6-9)

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

Fee: \$125/person  
Meets: Wednesdays, 5:30-7:30 p.m.  
Dates: May 4 -June 1  
Location: High Street Park

## QuickStart Red Ball Tennis

(Ages 5-7)

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

Fee: \$29/Session  
Meets: Saturday 8:00-8:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 23-May 21

## Spring Children's Tennis

(Ages 7-17)

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

Fee: \$29/Session  
Level 1, 2, 3: Saturday 9:00-9:55 a.m.  
Level 2, 3, 4: Saturday 10:00-10:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 23-May 21

## South Indian Music **NEW**

(Grades 1-4)

Experience a new culture through music! Class introduces the origins and History of south Indian musical notes. In single session children will participate in fun vocal exercises and learn to sing an Indo-colonial melody. In the four week session children will participate in fun vocal exercises, create pictures, color images of Indian festival celebrations and learn to sing songs. Parents are invited to a small presentation at the end of the final session!

Single Session: Wednesday, January 26  
Mini Session: Wednesdays, March 2-23  
Time: 5:30-6:30 p.m.  
Location: RCC Exercise Room  
Cost: \$13/Single Session; \$46/Mini Session

## Dance with Puppets - An **NEW** Introduction to South Indian Dance

(Grades 1-4)

Learn to express using Indian dance gestures with puppets. Children will participate in this introductory south Indian dance session and learn about symbolic hand gestures to embody nature. Explore storytelling with fun exercises using puppets combined with gestures. Parents are invited to a small presentation at the end of the session!

Date: Wednesday, February 9  
Time: 5:30-6:30 p.m.  
Location: RCC Exercise Room  
Cost: \$15/Child

## Healthy Harvest Kids Cooking

(Grades 3-5)

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

Fee: \$55/Person  
Meets: Tuesdays 3:45-5:45 p.m.  
Location: Academy Teen Center  
Dates: March 1, 8, 15, 22

## Kids Night Out **NEW**

Kids ages 5-11 get a special night out while parents get a night off! No need to find a babysitter to do your holiday shopping, enjoy a dinner out or a quiet night at home. Kids get to hang out with their friends and favorite summer camp staff at a kids party complete with a pizza dinner, crafts, games and a movie. To register, visit [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

# - 9 - YOUTH ENRICHMENT PROGRAMS

## Future Engineers **NEW**

(Ages 8-12)

Build up to 8 working models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! With the aid of your instructor and the easy-to-follow manual, you will learn different scientific principles involving pulleys and mechanics. You will also learn about basic circuits as you construct a Maze Challenge, Flying Disc, Turbo Air, and Alarm System with our STEM Lab kit! As future engineers, the STEM lab will teach you how to comprehend a schematic diagram and interpret the flow of electricity. Design your own diagrams and watch your confidence soar as you transform wires, springs, and plastic parts into fully functioning circuits.

Fee: \$120/participant  
Meets: Thursdays, 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room #1  
Dates: January 20-February 10  
Instructor: Minds in Motion

## Energy, Forces, Flight & Robots **NEW**

(Grades K-5)

Explore inertia, gravity and centripetal force! Learn about tension and compression as we experiment to see what the strongest shapes are. Children will learn humans aren't the only ones who build things - robots can too...once we build them! We will also learn through play about potential and kinetic energy.

Fee: \$115/participant  
Meets: Tuesdays, 4:00-5:00 p.m.  
Location: Academy Cafeteria  
Dates: February 1-March 15 (No Class 2/22)  
Instructor: Mad Science

## Aspiring Young Engineers

(Boys and Girls Grades 2-4)

This program is a wide-ranging exploration of our unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) curriculum! Using a variety of teaching mediums, students will explore the real-world application of S.T.E.A.M. concepts and terminology through hands-on, minds-on activities. With activities ranging from model roller coasters, to LEGO® engineering challenges, to bridge building, participants are sure to have a blast while learning along the way!

Fee: \$105/participant  
Meets: Tuesdays, 4:00-6:00 p.m.  
Location: Academy Cafeteria  
Session 1: March 8-April 5  
Session 2: April 26-May 24  
Instructor: Engineering Imagination

## Engineering FUNdamentals with Lego®

(Boys and Girls Grades K-2)

In this engineering fundamentals program, students will learn from a customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) 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®, students always enjoy themselves while learning essential engineering terms and concepts along the way!

Fee: \$105/participant  
Meets: Fridays, 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room  
Session 1: March 11-April 8  
Session 2: April 29-May 27  
Instructor: Engineering Imagination

## Outer Space and Physics Fun **NEW**

(Ages 6-11)

Join an exciting world of space exploration as you build and take home your very own Solar System Kit! Put your mind in motion as you paint and create your own planets and learn all about our planetary neighborhood with your solar system model. Check out our real meteorite fragment samples! Take part in other exciting activities involving physics, air pressure, and density. Take home your own reaction rocket and watch it shoot up into the air! Be mesmerized as you assemble and take home your own stunt plane and learn about the four major forces of flight. You will also witness some really neat demonstrations from your instructor. Watch as an egg is magically sucked into a bottle, behold a tornado being created, and much much more in this fun and exciting program!

Fee: \$120/participant  
Meets: Thursdays, 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room #1  
Dates: April 21-May 12  
Instructor: Minds in Motion

## Wacky Wednesday After School Program **NEW**

Introducing the Wacky Wednesday After School Program! This program is for students looking for fun, after school programs after the half days on Wednesdays at Glastonbury Elementary Schools. For a list of programs, descriptions and to register, visit [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

# YOUTH ENRICHMENT PROGRAMS - 10 -

## Egg-Gineering

(Boys and Girls Grades 2-4)

Students learn about and apply real-world engineering concepts in hopes of avoiding an egg-plosion! Given a variety of supplies, students will design and build contraptions capable of protecting a raw egg during a collision. Students have so much fun with this timeless engineering challenge, investigating and applying their unique ideas!

Fee: \$20/One Day Workshop  
Meets: Thursday, May 26 4:00-6:00 p.m.  
Location: Academy Cafeteria  
Instructor: Engineering Imagination

## Amusement Park Engineering **NEW**

(Boys and Girls Grades K-2)

Exhilarating rides, excitement and fun are all things we think about at amusement parks – but what about the Engineering?! Many people don't give it a second thought, but in this exciting class, students will learn about, design and build a LEGO® theme park, complete with motorized rides!

Fee: \$20/Person  
Meets: Tuesday, May 31 4:00-6:00 p.m.  
Location: Academy Cafeteria  
Instructor: Engineering Imagination

## Rocket Science

(Boys and Girls Grades 2-4)

Blast off in this thrilling class full of young "aerospace engineers." Use a wide variety of mediums including, but not limited to, recycled plastic bottles, cardboard, newspaper, string, glue, tape, and Estes® model rocket components. Using the different materials, young engineers will design and build rockets while exploring different methods of propulsion and thrust!

Fee: \$45/Person  
Meets: Thursday, June 2 4:00-6:00 p.m. and  
Friday, June 3 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room  
Instructor: Engineering Imagination

## Art-Ventures Penguins and Polar Bears

(Grades K-4)

Embark upon a journey through the Arctic and Antarctic regions to learn about the captivating lives of penguins, polar bears, and other cold-weather creatures. Sculpt clay polar bears and penguin reliefs, build sand castle lighthouses and create beautiful decoupage sea horses. Explore the art of collage, fabric art, sculpting, and so much more while learning fun facts about endangered creatures and the importance of being kind to our Earth and oceans!

Fee: \$136/Person  
Meets: Mondays, 3:45-4:45 p.m.  
Dates: January 10 -March 14  
No Class 1/17 2/21  
Instructor: Art-Ventures  
Location: Academy Teen Center

## Art-Ventures Spread Your Wings & Roar

(Grades K-4)

Design stuffed teddy bears, create cool owl paintings on canvas, and sculpt clay peacocks with zany feathers. 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!

Fee: \$136/Person  
Meets: Mondays, 3:45-4:45 p.m.  
Dates: March 28-May 23 (No Class 4/11)  
Instructor: Art-Ventures  
Location: Academy Teen Center

## World Art **NEW**

(Grades K-5)

This series focuses upon art from six Abakadoodle locations: the United States, Panama, Indonesia, Singapore, China, and Japan. In each class, Abakadoodle artists are learning more about world artists, culture, and traditions as they explore unique sculptures, create vibrant paintings, learn about ancient ink techniques, and discover rich cultural traditions. This series even includes quirky robots and sleepy dogs!

Fee: \$83/Person  
Meets: Tuesdays, 4:15-5:15 p.m.  
Location: RCC Arts & Crafts Room  
Dates: January 18-February 15  
Instructor: Abakadoodle

# - 11 - WINTER VACATION & HOLIDAY PROGRAMS

## Engineering Imagination: Aspiring Young Engineers

(Ages 5-10)

Explore the fascinating world of "S.T.E.A.M." (Science, Technology, Engineering, Architecture, and Mathematics) through the hands-on, minds-on, unique enrichment camps! Use a variety of mediums to learn about, design and build projects such as bridges and roller coasters! Activities and topics include mechanical engineering, architecture, reverse engineering, and environmental science. In addition, participants will take home some of the projects they complete!

Fee: \$125/person  
Meets: 9:00 a.m.-3:00 p.m.  
Ages 5-7: December 27 & December 28  
Ages 8-10: December 29 & December 30  
Location: Academy Multi-Purpose Room

## Cyber Crawler Robot **NEW**

(Ages 7-11)

Build and take home your very own CyberCrawler Robot! This smart coding robotics kit entertains and teaches programming skills to inquisitive young future robotic engineers! With the aid of your instructor, you will each assemble your own robot that consists of 76 pieces. Once completed, a simple press-button programming keypad embedded on its cranium will send your CyberCrawler on its way! You can design obstacles and maze courses with your classmates and see how far you can go. With a maximum storage capacity of 64 tasks, your CyberCrawler Robot will be a terrific starter tool to learn the joy of coding! This very cool robot's LEDs illuminate as it executes whatever you command. Come and join this fascinating and educational robotic experience!

Fee: \$115/participant  
Meets: 9:00 a.m.-3:00 p.m.  
Date: Tuesday, February 22  
Location: Academy Cafeteria  
Instructor: Minds in Motion

## Family Holiday Jukebox Bingo **NEW**

Get your groove on while playing Bingo from the comfort of your own home! Play a few rounds of Bingo AND listen to some of the greatest hits, including holiday music! Zoom link and Bingo cards will be sent prior to event. Please register one person for the entire family. A Sign-Up Genius link will be sent to confirm how many participants will participate in your family. Prizes will be awarded to winners of Bingo!

Date: Saturday, December 18  
Time: 5:30-6:30 p.m.  
Cost: FREE!

## Holiday Letters Program

Glastonbury children are invited to write a letter with their holiday wishes to Santa, the Reindeer, the Mensch on the Bench, Frosty the Snowman, or any holiday figure they choose! Beginning on November 25th letters can be dropped off in the holiday box at the Parks & Recreation entrance of Academy, the main entrance of the Riverfront Community Center or mailed to the Parks & Recreation department. Be sure to include a return address so all children receive a letter back via US Postal Service!

## Holiday House Decorating Contest

The Glastonbury community is encouraged to decorate the outside of their homes and sign up for this friendly competition. A map will be made of all participating locations so residents can do their own festive driving tours and participate in a scavenger hunt. More information is available online at [www.glastonburyct.gov/holidays](http://www.glastonburyct.gov/holidays). Registration can be completed online on the Parks and Recreation portal.

Registration: November 9-December 3  
Judging: December 6-December 15  
Fan Favorite Voting: December 16-December 23  
Winners Announced: December 27

## Festive Driving Tour & Scavenger Hunt

Enjoy a night out with friends and family to see the beauty of Glastonbury during the holidays. Driving tour maps will be available on December 6. While out driving, complete the scavenger hunt for a chance to win a \$30 credit off a Parks and Recreation program! Submissions for completed scavenger hunts will be accepted December 6-December 23. The raffle prize winner will be contacted on December 27.

## Holiday Pet Photo Contest **NEW**

Send us a photo of your pet in the holiday spirit for a chance to win some cool prizes!

**TO ENTER:** E-mail your photo entry to [george.emmanuel@glastonbury-ct.gov](mailto:george.emmanuel@glastonbury-ct.gov) between November 30-December 13. Include your name, pet name, email address and phone number. Photos will be posted to the Glastonbury Parks and Recreation Pet Contest Photo Album on Facebook on December 14.

**TO VOTE:** Visit the Glastonbury Parks and Recreation Facebook page between December 14-December 22 and click "Like" or "React" to your favorite photo(s).

**TO WIN:** First, second and third place prizes will be awarded to the pet photos with the most "Likes" or "Reactions". Winners will be contacted via phone or email on December 23.

# APRIL VACATION PROGRAMS - 12 -

## Backyard Games During Vacation Week

(Grades K-3)

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

Fee: \$195/Person  
Meets: Monday-Thursday  
Dates: April 11-April 14  
Times: 9:00 a.m.-3:00 p.m.  
Instructor: Kavin Banks, Jr.  
Location: Academy Cafeteria

## Engineering Imagination Vacation Camp

(Grades 2-5)

Explore the fascinating world of "S.T.E.A.M." (Science, Technology, Engineering, Architecture, Mathematics) through the hands-on, minds-on, unique camps offered by Engineering Imagination! In this exciting and educational program, participants will use a wide variety of mediums such as LEGO®, KEVA®, R/C vehicles, as well as recycled materials to learn about, plan and build projects such as model bridges, factories and roller coasters. With activities and topics including mechanical engineering, architecture, reverse engineering, and environmental science, participants are sure to have a blast while learning along the way! Maximum number of participants is 12 per session.

Fee: \$250/Person  
Meets: Monday-Thursday  
Dates: April 11-April 14  
Times: 9:00 a.m.-3:00 p.m.  
Instructor: Engineering Imagination  
Location: Academy Multi-Purpose Room

## Skateboarding Vacation Camp **NEW**

(Ages 8-13)

Join us for a week of skating and excitement! We will go over all the basics of skateboarding including learning the parts of the board and all the ramps in a skatepark, with fun games and activities included! Great for all ages and anyone interested in riding a skateboard. This camp will include instruction for beginners such as riding the board, board control, and balance. As participants advance, instructors will teach flat ground tricks and hitting the ramps. Based on skill level, they will work up to ollies and other fun tricks!

Fee: \$95/person  
Meets: Monday-Thursday  
Dates: April 11-April 14  
Times: 9:00 a.m.-12:00 p.m.  
Location: Skate Park (2143 Main Street)

## Oopsy Goopsy Messy Art Fun

(Grades K-4)

The works of art that come from making a mess are quite amazing! Think splatter and blow painting. Make slime and silly putty. Create with shaving cream and glue. Design ceramic doggy banks. Learn how to make your own clay, and then sculpt super cool masks. Decorate wacky, wild cars for an art car parade. Discover marbleizing and glitter painting, design batik t-shirts, and experience collage and fabric arts. Creative spirits are set free! Artists must dress for a mess!

Fee: \$150/Person  
Meets: Monday-Thursday  
Dates: April 11-April 14  
Times: 9:00 a.m.-12:00 p.m.  
Instructor: Art-Ventures  
Location: Academy Teen Center

## Secret Agent Lab **NEW**

(Grades K-5)

Children will develop secret agent and detective skills in this super hands on week of fun! Uncover the science involved in evidence gathering and analysis from fingerprints to tracks to trash! Discover how chemistry and the science of forensics can come to the aid of a secret agent or detective. Secret agents in training will use science and awesome technological tools to connect the dots and help sniff out the suspects. Children should be reading at a 1st grade level to participate in this program.

Fee: \$150/participant  
Meets: Monday-Thursday  
Dates: April 11-April 14  
Times: 1:00-4:00 p.m.  
Instructor: Mad Science  
Location: Academy Teen Center

# - 13 - FAMILY PROGRAMS & SPECIAL EVENTS

## 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.

## Glastonbury Snowsports Club **NEW**

(Grades K-Adult)

The GSSC is a Glastonbury based club dedicated to the promotion of outdoor family winter activities such as snowboarding, skiing, snowshoeing and tubing. Have fun, meet other snow loving residents and introduce your kids to a lifelong love of winter sports! Lessons are 60 minutes for grades K-2; 75 minutes for grades 3& up. Glastonbury families of all ages can sign up to ski and snowboard together at a discounted rate with the following options:

4 Hour Lift: Lesson (Season Pass Holders Only):	\$165/Person \$177/Grades K-2; \$183 Grades 3 & Up
4 Hour Lift & Lesson:	\$292/Person
4 Hour Lift & Rental:	\$291/Person
4 Hour Lift, Lesson & Rental:	\$357/Person
Meets:	Wednesdays 3:30-8:00 p.m.
Dates:	January 5-February 9
Location:	Powder Ridge

## Family Yoga

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

Fee:	\$42/Person
Meets:	Mondays, 5:30-6:15 p.m.
Winter:	January 24-March 21
Spring:	April 18-June 13
Location:	RCC Exercise Room
Instructor:	Personal Euphoria

## 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 23, 8:00 a.m. – 10:00 a.m. at Eastbury Pond. Prizes raffled every 15 minutes. Four age categories: 4-6, 7-9, 10-12 and 13-15. No bait restrictions. No physical parental assistance is allowed except baiting and cashing. This event is free!

## EGG-cellent Story Stroll

(Appropriate for Preschool-Elementary Age Children)  
Follow us on a spring themed stroll from the Riverfront Community Center on an outdoor route. Along the way, enjoy stops for a story and of course some candy filled eggs! Come in costume and really get in the spirit of the season! Groups will leave from the Community Center Patio (in the back of the building) at an assigned time every 10 minutes beginning at 4:00 p.m. Last group will leave at 6:00 p.m. Please sign up for a specific time! Parents must accompany children for this event.

Fee:	Free!
Date:	Wednesday, April 6 Groups Depart every 10 Minutes Beginning at 4:00 p.m. <b>PRE-REGISTRATION IS REQUIRED. PLEASE ONLY PRE-REGISTER CHILDREN THAT ARE ATTENDING.</b>
Location:	Riverfront Community Center Patio

## Locker Room Shopping Extravaganza

Don't let the added cost of equipment stop you from playing the game! Hartwell Soccer in conjunction with Parks and Recreation and Social Services has put together a sports equipment recycling program. Gently used equipment is being made available FREE OF CHARGE to players who need assistance with getting the right equipment to play sports. Shop till you drop on Thursday, February 17 from 10:00 a.m.-6:00 p.m. The Locker Room currently has soccer, baseball and basketball items available as well as some miscellaneous sports equipment. Please contact the Academy Teen Center at (860)652-7838 or e-mail at [teen.center@glastonbury-ct.gov](mailto:teen.center@glastonbury-ct.gov) for more information.

Donations are also currently being accepted for all sports. Equipment can be brought to the Academy Teen Center on Wednesdays, Thursdays or Fridays between 3:00-6:30 p.m. Donation bins are also available for your convenience during off hours.

## 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 9th. 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 including gift certificates and other surprises (**Sponsored by Melzen's**). Cost is \$10/dog. Dogs must be on leash with up to date rabies tag or certification. No aggressive dogs please.

## Passport to Parks

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

Visit [www.glastonburyct.gov/passport2parks](http://www.glastonburyct.gov/passport2parks) and download a Passport Booklet. Use it as your guide as you begin to venture out to the 28 different places listed. Parks have been group into 5 "regional" maps so it's easier for you to plan your trip(s).

Once at each location, look for punch you will need to punch your passport. Clues to find them are located in the Passport Booklet. Make sure to complete the checklist, challenge activities and sticker pages in each region. After you have visited each park, see if you can correctly identify the parks from their photos.

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

## Pitch In and Volunteer with Us!

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

## Glastonbury Partners in Planting

Glastonbury Partners in Planting, Inc. is a non-profit organization that works in conjunction with the Town and others and is dedicated to beautification and education through volunteer projects. GPIP is looking for new members, volunteers to assist with upcoming projects, sponsors, partners for projects, donations and even new project ideas. Join when you can, no time commitment or experience required. Gardening knowledge is not necessary, people are needed to help with non-gardening tasks too. Together we can help make Glastonbury a more beautiful, greener place to live!

**Online:** [www.gpip.org](http://www.gpip.org) | **E-Mail:** [Information@gpip.org](mailto:Information@gpip.org)  
**Phone:** Pam @ 860.659.3482

## Glastonbury Community Action Partnership

(GCAP) is a community prevention coalition. The coalition works to engage our youth in fun, drug and alcohol free activities while also fostering positive relationships with caring adults. Glastonbury High School Student Surveys have shown that parents are the most influential people in their children's lives; and if you talk, they'll listen. TOGETHER WE CAN provide the best COMMUNITY we can for our children. PLEASE consider donating some of your time and talent for the sake of all of our kids and our community. We need parents help more than ever.

The coalition is looking for new volunteers to continue the prevention efforts in our community and also bring new ideas and strategies to the table. If we can succeed in engaging our kids in fun, challenging and structured activities, while fostering positive relationships with knowledgeable and caring adults, perhaps we will at the same time discourage them from engaging in unhealthy and dangerous, high risk behaviors that at times include the use of alcohol, tobacco and or other drugs.

For more information about the Glastonbury Community Action Partnership, or to get involved, please contact Anna Park at [anna.park@glastonbury-ct.gov](mailto:anna.park@glastonbury-ct.gov) or Mirela Mujcinovic at [mirela.mujcinovic@glastonbury-ct.gov](mailto:mirela.mujcinovic@glastonbury-ct.gov)

# - 15 - LOCKER ROOM & SKATE PARK

## Locker Room Shopping Extravaganza

Don't let the added cost of equipment stop you from playing the game! Hartwell Soccer in conjunction with Parks and Recreation and Social Services has put together a sports equipment recycling program. Gently used equipment is being made available FREE OF CHARGE to players who need assistance with getting the right equipment to play sports. Shop till you drop on Thursday, February 17 from 10:00 a.m.-6:00 p.m. The Locker Room currently has soccer, baseball and basketball items available as well as some miscellaneous sports equipment. Please contact the Academy Teen Center at (860)652-7838 or e-mail at [teen.center@glastonbury-ct.gov](mailto:teen.center@glastonbury-ct.gov) for more information.

Donations are also currently being accepted for all sports. Equipment can be brought to the Academy Teen Center on Wednesdays, Thursdays or Fridays between 3:00-6:30 p.m. Donation bins are also available for your convenience during off hours.

## Skate Park (2143 Main Street)

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3', and 4' quarter pipes, ramps, rails and wedges! All skaters visiting the park for the first time must sign and complete a waiver. Only skateboards and in-line skates permitted. All skaters MUST wear helmets. Other equipment is recommended, but optional. Park opens for the season on Wednesday, April 20th. FREE Admission! Park and Lessons are open to both Residents, and Non-Residents.

Spring: Wednesday-Friday  
3:00-6:00 p.m.  
Saturday and Sunday  
2:00-6:00 p.m.  
\*CLOSED Monday & Tuesday

## Beginner Skate Lessons

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

Fee: \$54/child  
Meets: Saturdays, 9:00-9:45 a.m.  
Dates: April 23-May 28  
Location: Skate Park (2143 Main Street)

## Advanced Beginner Skate

(Skateboarders ONLY ages 7 years old and up)  
Learn fundamentals and beginner maneuvers. Participants are taught how to properly ride each piece of equipment, proper falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. All skaters MUST wear helmets. Other equipment is recommended, but optional.

Fee: \$74/child  
Meets: Saturdays, 9:45-10:45 a.m.  
Dates: April 23-May 28  
Location: Skate Park (2143 Main Street)

## Intermediate Skate

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

Fee: \$74/child  
Meets: Saturdays, 10:45-11:45 a.m.  
Dates: April 23-May 28  
Location: Skate Park (2143 Main Street)

## Skateboarding Vacation Camp **NEW**

(Ages 8-13)  
Join us for a week of skating and excitement! We will go over all the basics of skateboarding including learning the parts of the board and all the ramps in a skatepark, with fun games and activities included! Great for all ages and anyone interested in riding a skateboard. This camp will include instruction for beginners such as riding the board, board control, and balance. As participants advance, instructors will teach flat ground tricks and hitting the ramps. Based on skill level, they will work up to ollies and other fun tricks!

Fee: \$95/person  
Meets: Monday-Thursday  
Dates: April 11-April 14  
Times: 9:00 a.m.-12:00 p.m.  
Location: Skate Park (2143 Main Street)



# GYMNASTICS PROGRAMS - 16 -

## 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 preschool gymnasts should be able to participate independently of their parents. Parents will be allowed to watch the class from the hallway.

Fee:	\$154/Winter; \$144/Spring
Meets:	Fridays 3:05-4:05 p.m.
Winter:	10 Weeks January 14-March 18 No Class 1/7
Spring:	8 Weeks April 8-June 3 No Class 4/15

## Recreation Classes

Children must be 5 years old by the start of the session (exception of two class times which will allow independent 4-year-old children). Classes follow progression guidelines developed by USA Gymnastics. Emphasis is on individual skill development in tumbling, floor, balance beam, vault, and bars. Class stations are designed to allow for a successful progression of skills regardless of ability level. Due to the ongoing COVID-19 pandemic, parents will be allowed to watch the second and final class via ZOOM.

## Beginner:

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

## Advanced Beginner:

Gymnasts enter after they master a forward roll to sit, backward roll down incline, cartwheel over a block, donkey kick, and round-a-bout cartwheel.

## Intermediate:

Gymnasts enter after they have mastered a forward roll to stand, backward roll to feet, straight arm bridge, cartwheel, and  $\frac{3}{4}$  handstand.

## Pre-Team (USAG Level I):

Gymnasts enter after they have mastered a vertical handstand, round-off, standing backbend, arch-up kickover down incline, walk-up pullover mount on bars, and one pull-up with their chin passing above the bar.

## Xcel Bronze Team:

Gymnasts must be able to do a cartwheel, round-off, vertical handstand, backward roll to push-up, and walk-up pull-over mount on bars.

## Level 2 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 both the Xcel Bronze and Level 2 Team. Recreation Classes are offered as follows:**

Fee:	\$154/Winter; \$144/Spring
All Levels Age 4+:	Tuesday 3:45-4:45 p.m.
All Levels Age 4+:	Wednesday 3:05-4:05 p.m.
All Levels Age 5+:	Wednesday 4:10-5:10 p.m.
All Levels Age 5+:	Wednesday 5:15-6:15 p.m.
All Levels Age 5+:	Friday 4:10-5:10 p.m.
<b>Winter:</b>	10 Weeks
Tuesday Class:	January 4-March 15 No Class 2/22
Wednesday Class:	January 5-March 9
Friday Class:	January 14-March 18 No Class 1/7
<b>Spring:</b>	8 Weeks
Tuesday Class:	April 5-May 31 No Class 4/12
Wednesday Class:	April 6-June 1 No Class 4/13
Friday Class:	April 8-June 3 No Class 4/15

# - 17 - GYMNASTICS PROGRAMS

## Developmental Program Competitive Team

**Gymnasts must be tested by the Director and have prior competitive experience in order to be placed on Developmental Program (D.P.)** Competitive Team. D.P. 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 D.P. team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$63 annual fee) and be Gymnastics Team members of the Glastonbury Family YMCA (approximately \$155 annual fee). Fees will be collected by the Gymnastics Director.

Level 2 (2/Week)  
Mon. 4:00-6:10  
Thurs. 4:00-6:10

Level 3 (3/Week)  
Mon. 6:15-8:30  
Wed. 6:15-8:30  
Thurs. 6:15-8:30

Level 4-9 (4/Week)  
Mon. 6:15-8:30  
Tues. 6:15-8:30  
Wed. 6:15-8:30  
Thurs. 6:15-8:30

Winter Fee: \$304/Level 2  
\$324/Level 3,4,5-9  
Spring Fee: \$221/Level 2  
\$241/Level 3,4,5-9  
**Winter:** 11 Weeks  
Monday: January 3-March 28  
No Practice 1/17; 2/21  
Tuesday: January 4-March 22  
No Practice 2/22  
Wednesday: January 5-March 16  
Thursday: January 6-March 17  
Friday: January 14-March 25  
No Practice 1/7  
**Spring:** 8 Weeks  
Monday: April 4-June 6  
Tuesday: April 5-May 31  
No Practice 4/12  
Wednesday: April 6-June 1  
No Practice 4/13  
Thursday: April 7-June 2  
No Practice 4/14  
Friday: April 8-June 3  
No Practice 4/15

## Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. Xcel Bronze is the introductory level of competition. Open to female gymnasts ages 6 and older, who are able to do a cartwheel, round-off, handstand, and backward roll to push up. Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess an Athlete Membership to USA Gymnastics (\$63 annual fee) and be members of the Gymnastics Team Members of the Glastonbury Family YMCA (approximately \$155 annual fee). Fees collected by Gymnastics Director.

Bronze (2/Week)  
Tues. 4:45-6:15  
Fri. 5:10-6:40

Silver (3/Week)  
Mon. 4:00-6:10  
Tues. 6:15-8:30  
Thurs. 4:00-6:10

Gold/Platinum/Diamond (3/Week)  
Mon. 6:15-8:30  
Wed. 6:15-8:30  
Thurs. 6:15-8:30

Winter Fee: \$304/Bronze  
\$324/Silver/Gold/Platinum/  
Diamond  
Spring Fee: \$221/Bronze  
\$241/Silver/Gold/Platinum/  
Diamond

**Winter:** 11 Weeks  
Monday: January 3-March 28  
No Practice 1/17; 2/21  
Tuesday: January 4-March 22  
No Practice 2/22  
Wednesday: January 5-March 16  
Thursday: January 6-March 17  
Friday: January 14-March 25  
No Practice 1/7  
**Spring:** 8 Weeks  
Monday: April 4-June 6  
Tuesday: April 5-May 31  
No Practice 4/12  
Wednesday: April 6-June 1  
No Practice 4/13  
Thursday: April 7-June 2  
No Practice 4/14  
Friday: April 8-June 3  
No Practice 4/15



# PARKS & FACILITIES - 18 -

Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cycling	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground/Fit Trail	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis
Academy Field*	2143 Main St.	4.0	X										X								
Addison Park*	415 Addison Rd.	32.9	X	X							X		X		X		X		X	X	X
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X		X							X		
Blackledge Falls	Hebron Ave.	80.0								X		X							X		
Buckingham Park*	1285 Manchester Rd.	35.3	X							X			X		X		X				
Butler Field*	225 Forest Lane	11.6	X							X			X								
Buttonball School																					
Center Green	2340 Main St.	.9											X	X							
Cider Mill Open Space	1287 Main St.	21.8								X		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									X	
Eastbury School																					
Ferry Landing*	Ferry Lane	3.8					X			X		X	X								
Gideon Welles School																					
Glastonbury High School*	330 Hubbard St.	72.7	X	X				X			X							X		X	X
Glastonbury/EH Magnet																					
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									
Hebron Ave. School																					
High Street Park*	30 High St.	3.4	X													X	X	X			
Hopewell School																					
House Street Trail																					
Hubbard Green+	1946 Main St.	5.7								X		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												
Naubuc School																					
Nayaug School																					
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						X	
Smith Middle School*	216 Addison Rd.	149.7	X				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					

\* Seasonal Portable and/or Flush Toilets Available; + Year Round Portable and/or Flush Toilets Available

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

# - 19 - TEEN PROGRAMS

## Academy Teen Center

(Grades 5-8)

The Academy Teen Center (ATC) is located in the Academy Building, 2143 Main Street. The staff at the ATC inspires youth to be kind and take time to unwind after a long day of learning. A variety of supervised, unstructured adventures await them. The Teen Center is furnished with a game lounge and arts and crafts center. Kids also have opportunities to help with gardening and participate in walking trips downtown. Come be part of the GOOD VIBES TRIBE! Transportation is provided from Smith & Gideon. Sign up at the main office at Gideon or Smith. Daily admission fees will be collected at the Teen Center for those who do not have passes.

FEE:	School Year Pass: \$69 Daily Admission: \$5/person
LOCATION:	Academy Building (2143 Main St.)
HOURS:	Wednesday, Thursday, Friday 3:00-6:00 p.m.
APRIL VACATION:	CLOSED

## Esports

(Teens in Grades 5-8)

Learn all aspects of Esports and what it's about from the President of the GHS Esports team. Esports stands for electronic sports, which consists of competitive gaming among plenty of Esports titles. Learn what makes players big, playing for professional Esports teams, and how to play some popular Esports titles to kick-off your gaming career. Smith and Gideon students can take the Teen Center bus afterschool. A Teen Center pass or payment of the Teen Center daily fee is required to participate.

FEE:	School Year Pass (Grades 5-8): \$69 Daily Admission: \$5/person
LOCATION:	Academy Building (2143 Main St.)
MEETS:	Wednesdays 3:30-5:30 p.m.
SESSION 1:	January 5, 12, 19, 26
SESSION 2:	March 9, 16, 23, 30

## GCAP Coffeehouse Program

A fun activity for high school age students featuring live music, food and games in the Teen Center. Events are planned by Coffeehouse Teens! Interested in getting involved in Coffeehouse? We are always looking for performers and new members to our planning committee. Please contact Anna Park at [anna.park@glastonbury-ct.gov](mailto:anna.park@glastonbury-ct.gov)

Fee:	\$5 Entry Fee
Location:	J. B. Williams Pavilion
Dates:	January (TBD); April 22; June 10 6:00-8:00 p.m.

## Home Alone Safety Course

(Boys and Girls Ages 8-13)

This interactive 90 minute course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers they could face when they are alone. Each student will receive a workbook that covers house key safety, indoor and outdoor (including kitchen) safety, gun safety, fires and gas leaks. We will also review first aid kit essentials and phone, door, and internet safety.

Fee:	\$30/Person
Meets:	Monday 6:00-7:30 p.m.
Location:	Academy Teen Center
Date:	February 7 OR March 28

## Safe Sitter Babysitting Course **NEW**

(Ages 11-15)

Learn the necessary skills to care for children of all ages. A certified instructor will teach you how to handle the messy situations of feeding and diapering, managing scrapes and minor bruises to life threatening situations. This is a fun, hands on course! Complete the course and become a trained Safe Sitter. Handbook and certificate of completion is included. Please bring a snack.

Fee:	\$74/Person (Includes Handbook)
Meets:	9:00 a.m.-1:30 p.m.
Location:	Academy Teen Center
Date:	Saturday, March 5 Saturday, April 30
Instructor:	Cassidy Fusco

## 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.

# ADULT PROGRAMS -20-

## Family One Polite Dog Manners

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

Fee: \$120/Session  
Meets: Mondays 6:00-7:00 p.m.  
Location: Academy Cafeteria  
Winter: February 28-April 4  
Spring: April 18-May 23  
Instructor: Beth Vincent, CPDT-KA

## Focus on Focus with your Best Friend

For dogs over a year old that have had basic training. Does your dog get Distracted, Excited and uncontrollable? Class teaches self-control techniques to help calm your dog around distractions. Learn better communication methods and skills to help your dog succeed. Learn focus exercises and management tools that will help your dog with loose leash walking, settling in different environments, greeting people, excessive barking and fearful behaviors. Teach your dog that the job it gets paid for is to pay attention.

Fee: \$120/Session  
Meets: Fridays 5:30-6:30 p.m.  
Location: Academy Cafeteria (Weather Permitting, Class will be Outside)  
Dates: April 1-April 29 (No Class 4/15)  
Instructor: Beth Vincent, CPDT-KA

## Out and About with your Best Friend

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

Fee: \$120/Session  
Meets: Fridays 5:30-6:30 p.m.  
Location: Academy Cafeteria (Weather Permitting, Class will be Outside)  
Dates: May 6-June 10  
Instructor: Beth Vincent, CPDT-KA

## Open Gym

For the latest information regarding Open Gym, schedule information and when it is anticipated to begin/end, visit [www.glastonburyct.gov/recreation](http://www.glastonburyct.gov/recreation) then click on "League and Open Gym Information".

## Adult Softball Leagues

Men's, Women's and Coed Adult Leagues. Season runs April-August. For information on league format, scheduling, fees and eligibility requirements, go to [www.teamsidelines.com/glastonbury](http://www.teamsidelines.com/glastonbury). New teams taken on a first-come, first-serve basis. Interested in putting a team in the league? Contact Geordie Emmanuel, at [george.emmanuel@glastonbury-ct.gov](mailto:george.emmanuel@glastonbury-ct.gov) by January 31st.

## Men's Basketball League

For the latest information regarding Men's Basketball, schedule information and when it is anticipated to begin/end, visit [www.glastonburyct.gov/recreation](http://www.glastonburyct.gov/recreation) then click on "League and Open Gym Information".

## 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** for those with little or no tennis experience. **Level 2** for those who can hold a racquet properly, understand basics of forehand and backhand and hit at least 3 times from the center service line. **Level 3** for those who understand basics of rallying, hit both forehand and backhand at least 3 times from the baseline, perform basics of a serve and know how to score. **Level 4** for those who consistently rally forehand and backhand 4-6 times from the baseline, serve, hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette.

Fee: \$45/Session  
Meets: Saturday 11:00 a.m.-11:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 23-May 21

## Minnechaug Golf Course

A Town owned, 9 hole family friendly golf course managed by Guilmette Golf, LLC located at 16 Fairway Crossing. Course offers a challenge for the experienced golfer and a great learning environment for new golfers. The island green featured on the par 3, 126 yard 8th hole is one of the most exciting golf holes in the area. Course offer spring clinics and leagues for Juniors and Adults, individual lessons and a men's club that plays tournaments every Saturday and Holidays. The course also offers individual season passes. For more information, call (860)432-3334 or e-mail: [golfminnechaug@gmail.com](mailto:golfminnechaug@gmail.com)

# - 21 - FITNESS PROGRAMS

## “Low-Impact” Fitness Classes

(Ages 55+)

Classes on this page are designed for people looking to stay active and improve balance, strength and vitality. In low-impact classes you’ll do all types of exercises but at a slower pace and in a way that is gentler on the joints. Modifications of exercises will be given to meet the needs of nearly everybody. **See page 28 for other Low Impact Fitness Classes!**

## Senior Fitness

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

## Low Impact Gentle Pilates

Exercises focus on the core muscles including abs, back, glutes and shoulders. Work to create balance and strength in your trunk and loose, limber limbs. Makes you strong and long while improving balance, coordination and posture. Must be able to get up and down off the floor. Bring mat and water to class.

## Discover Dance

Experience the world of dance through music and movement spanning time and cultures. Exercises are gentle adaptations of dance forms that will boost overall fitness, improve balance and flexibility.

## Active Strength for Seniors **NEW**

Upbeat Moves & Grooves Strength for Seniors. With a combination of strength and aerobics, we will work balance and flexibility while having fun moving. This class will have simple aerobic moves to target all the major muscles groups. Come join us with some fun music to move your feet and celebrate moving!

Class	Instructor	Location	Meets	Dates	Fee
Senior Fitness (Select Physical Therapy)	Kelly	IN PERSON Riverfront Community Center	Monday 9:00-10:00 a.m. 10:15-11:15 a.m.	Jan. 10-March 28	\$38
				April 18-June 13	\$30
Senior Fitness (Select Physical Therapy)	Ashley	IN PERSON Riverfront Community Center	Wednesday 9:00-10:00 a.m.	Jan. 12-March 30	\$45
				April 20-June 8	\$30
Senior Fitness (Select Physical Therapy)	Kelly	IN PERSON Riverfront Community Center	Friday 9:00-10:00 a.m.	Jan. 14-April 1	\$45
				April 22-June 10	\$30
Low Impact Gentle Pilates (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Monday 1:30-2:15 p.m.	Jan. 10-April 4	\$72
				April 18-June 20	\$60
	Jeannine	IN PERSON Academy Multi Purpose Room	Wednesday 1:30-2:15 p.m.	Jan. 12-March 30	\$80
				April 20-June 22	\$66
Discover Dance (Personal Euphoria)	Jeannine	IN PERSON Riverfront Community Center	Thursday 9:00-9:45 a.m.	Jan. 13-March 31	\$80
				April 21-June 23	\$66
Active Strength (Personal Euphoria)	Rachel	IN PERSON Academy Multi Purpose Room	Monday 9:00-9:45 a.m.	Jan. 10-March 28	\$66
				April 18-June 20	\$60
No Classes 1/17; 2/21 and 5/30 Class Open to Residents & Non-Residents <b>(Non-Resident Registration Begins 12/21/21)</b>					

## Lunch and Learn Workshop Series **NEW**

Join Maggie from Personal Euphoria on your lunch break to warm the winter months with a short workshop series that provides tools to help you relax, rejuvenate, enjoy moving, and motivate yourself. These 30-minute sessions provide useful information without being overwhelming. If you can't make the live workshop you will be provided access to the

recordings to watch through the end of February. Sessions will include: Breathing for Relaxation & Invigoration; Finding Your Motivation; Simple Stress Relief Tips & Tools; Mindful Movement; Meditations for People Who Can't Meditate

Fee: \$18/Person  
Meets: Wednesdays 12:00-12:30 p.m.  
Dates: January 19-February 16  
Instructor: Maggie Downie

# FITNESS PROGRAMS - 22 -

## Tighten & Tone

Get the endorphins flowing in Tighten and Tone. A Pilates based class designed to strengthen your arms and back using 2 lb. weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please bring a mat, a blanket, 2-3 lb. weights, and 9 inch ball and resistance loop resistance bands are recommended as well.

## Morning Mat Pilates

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

## Pilates

Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We 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. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball.

## High Interval Training

A great way to increase your endurance and aerobic capacity in just two days of training. This is a high intensity class. We'll focus on endurance training, strength training and all-over body toning. You'll be sprinting, jump roping, resistance training, and doing plyometrics (which involves jumping). While modifications will be given, this may not be a suitable class for individuals with certain knee or ankle injuries. Please bring water, a mat, towel, 5-8 lb. hand weights, and a jump rope.

## Strength Training

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

## Core Strength

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

Class	Instructor	Location	Meets	Dates	Fee
Tighten and Tone (Personal Euphoria)	Allison	VIRTUAL Live via ZOOM	Wednesdays 5:45-6:30 p.m.	Jan. 12-April 6	\$89
				April 20-June 22	\$69
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Tuesday 8:30-9:30 a.m.	Jan. 4-April 5	\$98
				April 19-June 21	\$69
		IN PERSON Academy Multi Purpose Room	Tuesday 9:30-10:30 a.m.	Jan. 11-March 29	\$84
				April 19-June 21	\$69
		VIRTUAL Live via ZOOM	Thursday 8:30-9:30 a.m.	Jan. 6-April 7	\$98
				April 21-June 23	\$69
Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose Room	Tuesday 6:00-6:45 p.m.	Jan. 11-March 29	\$80
				April 19-June 21	\$66
			Thursday 6:00-6:45 p.m.	Jan. 13-March 31	\$80
				April 21-June 23	\$66
High Interval Training (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Wednesday 7:45-8:30 a.m.	Jan. 12-April 6	\$89
				April 20-June 22	\$69
Strength Training (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Monday 9:00-9:45 a.m.	Jan. 10-April 4	\$72
				April 18-June 20	\$60
	Rachel	IN PERSON Academy Multi Purpose Room	Friday 9:00-9:45 a.m.	Jan. 14-April 1	\$80
				April 22-June 24	\$66
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Thursday 6:00-6:45 p.m.	Jan. 13-April 7	\$89
				April 21-June 23	\$69
	Allison	VIRTUAL Live via ZOOM	Wednesday 9:00-9:45 a.m.	Jan. 12-April 6	\$89
				April 20-June 22	\$69

No Classes 1/17; 2/21 and 5/30

Class Open to Residents & Non-Residents (**Non-Resident Registration Begins 12/21/21**)

## - 23 - 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.

### Core Balance

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

### Yoga

Surrender into yoga poses designed to strengthen 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. Bring mat, water bottle, yoga block and any additional props that will add to your comfort. Mixed Level Class.

### Family Yoga

Create awareness of the body and breath, combining functional movement with mindfulness. Class includes

warm up and centering, physical movement and yoga flow, followed by cool down and relaxation. Fun for adults and children alike! Parents will help guide children under 8. Bring mat, water and any props that help you in yoga. Each participant must register. Children under 12 must be accompanied by an adult.

### Barre

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

### Meditation NEW

End your day with a quiet sense of calm. During this class, you will explore a variety of breathing practices combined with meditation to settle and focus the mind. We will use positive affirmations, mantra and the chakra system to tune in and work towards aligning with peace and balance.

Class	Instructor	Location	Meets	Dates	Fee
ZUMBA (Personal Euphoria)	Neka	IN PERSON Academy Multi Purpose Room	Monday 6:00-7:00 p.m.	Jan. 10-March 28	\$66
				April 18-June 20	\$60
			Wednesday 6:00-7:00 p.m.	Jan. 12-March 30	\$80
				April 20-June 22	\$66
Core Balance (Personal Euphoria)	Rachel	VIRTUAL Live via ZOOM	Friday 9:45-10:30 a.m.	Jan. 14-April 1	\$80
				April 22-June 24	\$66
Yoga (Personal Euphoria)	Sonia	IN PERSON Riverfront Community Center	Thursday 5:30-6:30 p.m.	Jan. 13-March 31	\$86
				April 21-June 23	\$69
	Rachel	IN PERSON Academy Multi Purpose Room	Monday 10:00-10:45 a.m.	Jan. 10-March 28	\$66
				April 18-June 20	\$60
	Rachel	IN PERSON Academy Multi Purpose Room	Friday 10:45-11:30 a.m.	Jan. 14-April 1	\$80
				April 22-June 24	\$66
Family Yoga (Personal Euphoria)	Sonia	IN PERSON Riverfront Community Center	Monday 5:30-6:15 p.m.	Jan. 28-March 21	\$42
				April 18-June 13	\$42
Barre (Personal Euphoria)	Allison	VIRTUAL Live via ZOOM	Monday 5:45-6:30 p.m.	Jan. 10-April 4	\$76
				April 18-June 20	\$62
Meditation (Personal Euphoria)	Rachel	VIRTUAL Live via ZOOM	Thursday 7:00-7:30 p.m.	Jan. 13-April 7	\$75
				April 21-June 23	\$58
No Classes 1/17; 2/21 and 5/30 Class Open to Residents & Non-Residents ( <b>Non-Resident Registration Begins 12/21/21</b> )					



# SWIM LESSON DESCRIPTIONS -24-

## 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 3 Pool Schedule Subject to Change

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 5:30-8:30P	Swim Team 5:30-6:30P	Swim Team 5:30-8:30P	Swim Team 5:30-7:30P	Adult Swim 1:30-3:00P	Adult Swim 12:00-1:30P
Lessons 6:30-7:30P		Lessons 6:30-7:30P				Rec. Swim 1:30-3:00P
Adult Lessons 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-9:30P	Rec. Swim 7:30-8:30P		Swim Team 3:00-7:00P	Swim Team 3:00-7:00P
Adult Swim 8:30-9:30P			Adult Swim 8:30-9:30P			
<b>Household Poolpass Indoor</b> HOUSEHOLD POOL PASS FEE: DAILY ADMISSION FEE:			<b>Individual Poolpass Indoor</b> INDIVIDUAL PASS FEE: \$100/Person			
			\$114/Family Child \$5; Adult \$8			

# - 25 - CHILDREN'S 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: \$51/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.

Fee: \$54/person  
Meets: Mondays 7:30-8:30 p.m.  
Location: GHS Pool  
Date: January 24-March 21  
(No Class 2/21)

### Children's Winter Lessons (Monday) Swim Lessons Winter January 24-March 21 (No Class 2/21)

6:30 p.m.	7:00 p.m.
Level 1	Level 3
Level 2	Level 5
Level 4	Level 6

### Children's Winter Lessons (Wednesday) Swim Lessons Winter January 26-March 23 (No Class 3/2)

6:30 p.m.	7:00 p.m.
Tots	Level 1
Level 3	Level 2
Level 4	Level 5

### Children's Winter Lessons (Saturday) Swim Lessons Winter January 22-March 12

10:30 a.m.	11:05 a.m.	11:40 a.m.	12:15 p.m.	12:50 p.m.
Tots	Infant	Tots	Level 1	Level 1
Level 2	Level 4	Level 2	Level 3	Level 2
Level 3	Level 6 (Fitness)	Level 5	Level 4	Level 5

### Children's Spring Lessons (Saturdays) Swim Lessons Spring March 26-May 21 (No Class 4/16, Easter Weekend, Spring Break)

10:30 a.m.	11:05 a.m.	11:40 a.m.	12:15 p.m.	12:50 p.m.
Tots	Infant	Tots	Level 1	Level 1
Level 2	Level 4	Level 2	Level 3	Level 2
Level 3	Level 6 (Fitness)	Level 5	Level 4	Level 5

# AQUATICS PROGRAMS -26-

## Diving Lessons

(Boys and Girls ages 7-17)

Great for beginner & experienced divers. **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

Fee: \$50/child  
Meets: Sundays (1 hour times above)  
Location: Glastonbury High School Pool  
Dates: March 6-April 24 (No Class 4/17)

## Spring Competitive Swim Clinic

(Competitive Swimmers Ages 7-14)

Each week focuses on a specific stroke/skill. Choose which week(s) to attend to focus on the strokes/skills you most want to work on.

Week 1: Butterfly  
Tuesday, Wednesday, Friday  
April 19, 20, 22

Week 2: Backstroke  
Tuesday, Wednesday, Friday  
April 26, 27, 29

Week 3: Breaststroke  
Tuesday, Wednesday, Friday  
May 3, 4, 6

Week 4: Starts  
Tuesday, Wednesday, Friday  
May 10, 11, 13

Week 5: Turns  
Tuesday, Wednesday, Friday  
May 17, 18, 20

Week 6: Freestyle  
Tuesday, Wednesday  
May 24, 25

Fee: Week 1,2,3,4,5: \$48/Week  
Week 6: \$32/Week  
Location: GHS Pool  
Meets: 4:45-5:45 p.m.

## 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 4-Mid June; Monday-Saturday 5:30-7:30 p.m.\*  
\*H.S. age swimmers practice Tuesday, Wednesday & Friday from 2:45-5:15 p.m.

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

Fee: \$675.00

## Lifeguard Training

(Ages 15 & up – Must 15 by the last day of class)  
Get the training you need to apply for a summer job! An American Red Cross program to certify individuals in the principals of lifeguarding. Includes First Aid, CPR and AED training. MUST attend every class. Cannot swap days with Winter/Spring classes.

Fee: \$315/person  
Location: GHS pool and designated class rooms  
Winter Class: Saturday, 1/2 (5:00-8:00 p.m.);  
Saturday, 1/8 (10:30 a.m.-3:00 p.m.);  
Sunday, 1/9 (7:30 a.m.-3:00 p.m.);  
Saturday, 1/15 (10:30 a.m.-3:00 p.m.)  
Sunday, 1/16 (7:30 a.m.-12:00 p.m.)  
Spring Class: Monday-Thursday April 11-14  
9:00 a.m.-3:00 p.m.

# Glastonbury

## WINTER 2021 | SPRING 2022

# SENIOR CENTER



As we approach the colder, shorter days of winter we hope you will join us at the center to enjoy the camaraderie of your peers and the opportunities to exercise, dance and have fun. Whether its learning a new skill, sharing a meal, taking a day trip, or challenging your mind and body, we have something for everyone. Stay safe and see you soon!



*Bus Trips,  
Movies &  
Workshops*

pg.30



*Glastonbury  
Gives & Cares  
Chores Program*

pg.28



*Education,  
Classes &  
Lunches*

pg.29

### 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:

Lisa Zerio, Director of Parks & Recreation  
(860)652-7687  
Patti White, Supervisor of Senior Services  
(860)652-7646  
Norma Carey, Program Coordinator  
(860)652-7655  
Nicole Mercer, Administrative Secretary  
(860)652-7641  
Diana Patterson, Customer Service Representative  
(860)652-7638  
Amber O'Farrell, Customer Service Representative  
(Evenings & Weekends)  
(860)652-7638  
Lisa McKeon, Volunteer Coordinator  
(860)652-7605

# GLASTONBURY SENIOR SERVICES -28-

## Winter 2021/22 Class Schedule

Resident Registration Begins: 12/7/21

Non-Resident Registration Begins: 12/14/21

Individuals may try any exercise/dance class (at no cost) prior to registering for the class. Refunds to participants will be made for medical reasons only. Documentation from a medical professional is required for all refunds.

Class	Description	Meets	Dates	# of Classes	Fee	
					R	NR
Intermediate Line Dancing	Prior dancing experience required. Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 a.m.-12:00 p.m.	1/6-4/14	15	\$90	\$100
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays 10:00-11:00 a.m.	1/5-4/13	15	\$75	\$85
		Fridays 10:00-11:00 a.m.	1/7-4/15	15	\$75	\$85
Strechercize with Chair Yoga	An easy way to get the health benefits of yoga. Learn how to stretch muscles, reduce anxiety and build strength and balance.	Tuesdays 11:30 a.m.-12:15 p.m.	1/4-4/12	15	\$75	\$85
Intro to Tai Chi	Learn the basics of this life altering discipline.	Mondays 3:30-4:15 p.m.	1/3-4/11	13	\$55	\$65
Tai Chi	Prior dancing experience required. Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 6:00-7:00 p.m.	1/6-4/14	15	\$75	\$85
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesdays & Fridays 10:15-11:00 a.m.	1/5-4/8	28	\$115	\$125
		Wednesdays & Fridays 11:15 a.m.-12:00 p.m.	1/5-4/8	28	\$115	\$125
Italian I	Expand your knowledge of this beloved Romance language and share the joy! Textbooks required. Call for info (860)652-7638.	Thursdays 9:00 a.m.	VIRTUAL 1/6-4/14	15	\$5	\$7
Italian II	Prior knowledge of the language is required.	Thursdays 10:00 a.m.	VIRTUAL 1/6-4/14	15	\$5	\$7
The Great Courses: "How Winston Churchill Changed the World"	This course follows Winston Churchill's career from its beginnings in the early 1900s to its peak in the 1940s and to his last time as prime minister in the 1950s. Facilitated group discussion afterwards with Professor Michael Sheldon, PhD. Registration Required by January 12, 2022.	Fridays 12:00-1:30 p.m.	VIRTUAL 1/14-4/1	12	No Fee	

## Glastonbury Gives & Cares Chores Program

This program is designed to help residents age in place in their own homes by matching screened community volunteers with seniors and disabled individuals in need of additional assistance in their homes and yards. Assistance can include: light housekeeping, yard work, technology assistance and

other miscellaneous chores and general errands. A beneficiary must be 60 years of age or living with a permanent disability and a resident of Glastonbury. Residents in need should contact the Chores line at (860)652-7645. General inquiries can be made by calling (860)652-7638. The Program is funded in part by the Older Americans Act through the North Central Area Agency on Aging and with donations from community members.

# - 29 - GLASTONBURY SENIOR SERVICES

## Dementia Education Series

Have you or someone you care for been recently diagnosed with dementia? This in-person 6 week series provides a foundational understanding of dementia and practical ways to adapt to become more resilient. Guidance and resources on key topics including emotional support, health and wellness, social and meaningful engagement, and planning will be explored. Sessions build upon one another but registration is available at any point during the series. Please contact Patty Richard at prichard@livewell.org or 860.628.3070 to register before January 17th.

Date: Wednesdays 1/19/22-2/23/22  
Time: 10:00-11:15 a.m.  
Location: Riverfront Community Center  
Facilitator: Erica DeFrancesco, MS, OTR/L  
Director of Community Education  
www.livewell.org

## AARP Tax Aide Program

AARP Tax-Aide is the nation's largest free tax prep and assistance for individuals. Due to the ongoing concerns about the Coronavirus there will either be a drop off or modified in-person process. Please call (860)652-7638 to schedule your required appointment. No walk-ins accepted. Offered Monday, Wednesday and Thursday beginning February 7, 2022.

## Calling all Senior Musicians

Love to play the flute, guitar, harp, saxophone, drums or other instrument? Join your fellow senior musicians once a month for a jam session. Listeners welcome! Indicate what instrument you play when you register.

Meets: Tuesdays at 1:00 p.m.  
December 7, 2021; January 4, 2022

## The Power of Drums - The Oldest Musical Instrument

Join us and experience the universal appeal/unifying power of the drum. Register by December 3, 2021.

Date: Tuesday, December 7, 2021  
Time: 12:30-1:00 p.m.  
Instructor: Jason Stankowski, Youth & Family

## No-Sew Scandinavian Star Ornament

Learn how to make an adorable Scandinavian Star Ornament that works well for Christmas, as a snowflake decoration all winter long or tree topper for a small Christmas tree.

Date: Wednesday, December 8, 2021  
Time: 9:30-10:30 a.m.  
Fee: \$5/Person

## Norma's Virtual Watercolor Classes

The hardest part of learning something new is knowing where to start. These products and tutorials make it simple so you can focus on the good part: learning and making art! Kit includes everything needed to complete painting. Registration required one week prior to classes.

Date: Tuesdays 9:30-11:30 a.m.  
1/11; 2/8; 3/8; 4/12  
Fee: \$10.00/Kit (Each Date is a Different Kit)

## Jingle Bell Rock Holiday Luncheon

Tis' the season for holiday magic! Special Ticket Required by Monday 12/13/21.

12:00 p.m. Lunch; 12:30 p.m. Entertainment by Jeff Wieselberg

Date: Thursday, December 16, 2021  
Fee: \$5/Resident; \$6/Non-Resident

## New Year Luncheon

Let's celebrate "Life" this New Year! Relax and enjoy songs from the 60's - 80's era by Frank Sinatra, Glen Miller, Nat Cole and Elvis Presley. Special Ticket Required by Monday, January 10, 2022.

12:00 p.m. Lunch; 12:30 p.m. Songs of the 60's - 80's

Date: Thursday, January 13, 2022  
Fee: \$5/Resident; \$6/Non-Resident

## Valentine Luncheon

Share the love 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. Musical Moments Video Concert is a group of youth interested in providing people with musical acts to help everyone's well-being. Special Ticket required by Friday, February 11, 2022.

12:00 p.m. Lunch; 12:30 p.m. Musical Moments Video

Date: Tuesday, February 15, 2022  
Fee: \$5/Resident; \$6/Non-Resident

## Saint Patrick's Day Lunch Celebration

Traditional Corn Beef and Cabbage Dinner. Special Ticket required by Monday, March 14, 2022.

12:00 p.m. Lunch; 12:30 p.m. Musical Moments Video

Date: Thursday, March 17, 2022  
Fee: \$5/Resident; \$6/Non-Resident

# GLASTONBURY SENIOR SERVICES -30-

## Technology 1:1 Assistance

The Senior Center offers individual instruction to help meet all your technology needs! Help with iPads, iPhones, Android phones and tablets, applications, Microsoft Office and more! Beginning in January 2022, make an appointment by calling (860)652-7638 and indicate the assistance and time you are requesting.

### Mac, iPad, or Smart Phone Assistance

Times Available: Thursdays 1:30-3:00 p.m.  
Facilitator: Ann Hayman

### 1:1 Computer Assistance

Times Available: Tuesdays 10:00 a.m.-Noon  
Facilitator: Kirsten Smith

## USSR Russia: Myths, Mysteries & Spying

A one-hour presentation based on Mr. Quinlan's 30 year involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. Presented by Henry Quinlan. Register by January 5, 2022.

Date/Time: Tuesday, January 11, 2022; 10:00 a.m.  
Location: RCC Community Room B  
Fee: \$5/Person

## Therapy Gardens Workshops

Gardening, cooking and other activities reduce stress, increase happiness, and are great ways to stay mentally and physically active. Join us for two special workshops held in Community Room A:

## Experience China

Learn about contemporary life in China. Pictures from both the rural countryside and cities featuring cuisine and daily life. Sample some authentic Chinese food and learn how to use chopsticks! Registration Required by January 18, 2022.

Date/Time: Monday, January 24, 2022; 1:00 p.m.  
Cost: \$10/Workshop

## Greek Cooking

You've heard of the health benefits of the Mediterranean diet. Come learn how to put it into practice. We will prepare and sample several Greek-inspired dishes, such as Tzatziki, tomato fritters, hummus, and more! Everyone gets a packet of our original Mediterranean Spice Mix. Registration Required by March 7, 2022.

Date/Time: Monday, March 21, 2022; 1:00 p.m.  
Cost: \$10/Workshop

## "Connecticut Flower & Garden Show"

A sweet shot of spring when we need it most! Come enjoy beautiful landscaped gardens and visit the garden design, horticulture and photography competitions. Theme is "Connecticut Springs into Earth Day". Must Register by February 1, 2022.

Date: Thursday, February 24, 2022  
Time: Leave RCC at 10:00 a.m. for the Hartford Convention Center;  
Approximate Return to RCC: 3:30 p.m.  
Fee: \$17/Resident; \$19/Non-Resident  
Includes admission and transportation

## Senior Center Movies

Mondays at 1:00 p.m. Call (860)652-7638 to register.

### December 6 "Singing in the Rain" (1952)

Starring Gene Kelly, Donald O'Connor and Debbie Reynolds.

### December 13 "One Special Night" (1999)

Starring James Garner and Julie Andrews.

### December 20 "It Happened on 5th Avenue" (1947)

Starring Don DeFore and Ann Harding.

### December 27 "I'll See You In My Dreams" (2015)

Starring Blythe Danner, Martin Starr and Sam Elliot.

## Senior Center Streaming Movies

Thursdays at 1:00 p.m.

### December 9 "A Christmas Carol Goes Wrong" (2017)

Blacklisted by the BBC, the Cornley Polytechnic Drama Society do not take their ban lying down and force themselves back on the BBC by hijacking a production of A Christmas Carol. NR/Comedy/49 minutes.

### January 13 "Nunsense" (1995)

Nunsense begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. Featuring star turns, tap and ballet dancing, an audience quiz, and comic surprises, this show has become an international phenomenon. NR/2 hours

### February 17 "NOAH" (2019)

Travel with Noah as he fulfills God's command, even amidst seemingly impossible odds and the scrutiny of onlookers. Experience this extraordinary Bible story. NR/1 hour 48 minutes.

### January 20-February 10, 2022 The Queens Gambit

(Winner of 2 Golden Globe Awards and 11 Emmys) Limited Series Starring Anya Taylor-Joy, Thomas Brodie and Marcin Dorocinski - In a 1950's orphanage, a young girl reveals an astonishing talent for chess and begins an unlikely journey to stardom while grappling with addiction.

Glastonbury  
PARKS & RECREATION  
PO Box 6523  
2155 Main Street  
Glastonbury, CT 06033

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Hartford, CT  
Permit #5161

A photograph of four young women in bright green t-shirts with the 'CAMP Discovery' logo. They are captured in a joyful moment, jumping over a brown metal park bench. The woman on the far right is laughing with her arms raised. The background shows a grassy area with trees and a blue sky.

RESIDENTIAL CUSTOMER

*Be Part of our Crew!*

In January, the Glastonbury Parks & Recreation Department will be posting openings for a number of summer jobs! Keep an eye out on social media and the Parks and Recreation website. Applications will only be accepted online at:

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