

2022
Fall
Edition

Glastonbury

Parks & Recreation

Senior & Social Services



Featuring **incredible** Programs & Events this Fall!

1. 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	Program Name	Day(s)	Date	Time	Location	Cost
Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!						
1	1st Choice					
	2nd Choice					
2	1st Choice					
	2nd Choice					
3	1st Choice					
	2nd Choice					
Pool Passes <input type="checkbox"/> Yearly	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:			
Payment						
Complete a SEPARATE form for each person and sign the waiver. Please PRINT. You may copy this form or print a copy from our website at www.glastonbury-ct.gov						
Mail your Form, Payment, Business Size Self Addressed STAMPED envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033						
Check	Write a SEPARATE CHECK for each program. Make checks payable to "Town of Glastonbury"					
<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover	Name on Card					
	Credit Card Number				Expiration	Code

Registration Information .2.

Mail-In & On-Line Registration Dates

Registrations will be accepted by **MAIL AND ON-LINE TUESDAY, AUGUST 16th BEGINNING AT 8:00 A.M.** with the following exceptions:

- Pool Passes
- Open Gym Passes
- Santa's Run
- Recreation & USA Swim Team (Begins on 9/7)

Mail-in registrations will be processed daily, at random.
NO REGISTRATIONS WILL BE PROCESSED BEFORE 8/16.

In-Person Registration Dates

In-person registrations will be accepted beginning Tuesday, August 30 (except USA & Recreation Swim Team & Santa's Run).

Why Can't I Register by Phone?

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

Returned Checks

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

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.

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 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 also reprint a receipt from the on-line system.

Registration Payment

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

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

Cancellation Information

Retrieve cancellation information 24 hours a day by calling our cancellation line at (860)652-7689. Programs may be cancelled due to insufficient registration.

Programs are canceled on October 10, November 24, November 25, December 24, and December 25 unless otherwise stated.

Refund Policy

Please review your registrations carefully.

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

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, an Eligibility Application Form must be submitted to the Social Services Department. A copy of the approved application must accompany your registration. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

Pool Passes
Teen Center Pass
GBA Basketball

Kangaroo Kids
Children's Swim Lessons
Winter Recreation Swim Team

3. General Information

How to Reach Us

Give us a Call:

(860)652-7679

Send us a Fax:

(860)652-7691

Call the Program Information Line:

(860)652-7689

Check us out on the Web:

www.glastonbury-ct.gov

Click "Parks and Recreation"

Send us Mail:

Parks and Recreation

Program Registration

P.O. Box 6523

Glastonbury, CT 06033

Visit us in the Office:

Parks and Recreation

2143 Main Street

Glastonbury, CT 06033

Our Staff

Lisa Zerio, Director of Parks and Recreation

Greg Foran, Park Superintendent & Tree Warden

Jason Albert, Park Maintenance Supervisor

Liz Gambacorta, Recreation Supervisor

Bill Engle, Recreation Supervisor

Anna Park, Recreation Supervisor

Geordie Emmanuel, Recreation Program Coordinator

Kristen Michaels, Event & Banquet Facility Manager

Katryna Albert, Administrative Secretary

Cynthia Lea, Administrative Secretary

Christine Lane, Clerical Assistant

Residency Requirements

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

E-mail Updates

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

"Like" us on Facebook; Follow us on 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)

Brochure Mailing Information

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

Fall:

Mid-August

Winter/Spring:

Early December

Summer:

Early March

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

Inclement Weather Policy

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

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

Glastonbury Youth Organizations

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

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

Pre-School Programs .4.

Kangaroo Kids 2022-2023 - Limited Openings!

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.

Child must be age 3 or 4 by January 1, 2022 to be eligible (No Exceptions). All children must be toilet trained. Kangaroo Kids meets 4 days a week at the Kangaroo Kids facility, 35 Bell Street, September-early June. Additional information available online at www.glastonburyct.gov/kangarookids

Classes are as follows:

3's & 4's: Mon, Tue, Thurs, Fri 9:00-11:30

4's: Mon., Tues., Thurs., Fri. 12:30-3:00

Yearly tuition is \$2,000. A nonrefundable deposit of \$250 is required at the time of registration; the balance of the fee is paid in two installments made in September and January (\$875 each).

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)

MEETS: Tuesday, 9:15-10:00 a.m. or 10:15-11:00 a.m.

LOCATION: RCC Activity Room (Weather permitting class will be held outdoors)

DATES: September 20-November 22 (10 weeks)

Parent Child Playgroup

(Ages 1-4)

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

FEE: \$24/child

MEETS: Monday or Friday
9:00-9:50 or 10:00-10:50 a.m.

LOCATION: Academy Gym

SESSION 1: September 12-October 24 (6 Weeks)

SESSION 2: October 28-December 9 (6 Weeks)

Parent Child Playgroup Parties

Come celebrate the holidays in themed parties designed for children ages 1-4. Each party will consist of a story, craft, games and a snack. Children must be accompanied by a caregiver for the party.

FEE: \$10/child

MEETS: Wednesdays
8:30-10:00 a.m. or 10:15-11:45 a.m.

LOCATION: Academy Gym/Cafeteria

DATES: Halloween Party: 10/26
Thanksgiving Party: 11/16 (1:00-2:30 p.m.)
Gingerbread Party: 12/14
Polar Express Party: 12/21

Imagination Station

(Ages 2-4)

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

FEE: \$45/child

MEETS: Wednesdays
9:30-10:30 a.m. or 10:45-11:45 a.m.

LOCATION: Kangaroo Kids Preschool; 35 Bell Street

DATES: September 7-October 12

Animal Explorers

(Ages 2-4)

Learn about animals and their habitat, food they eat, way they move and more. In this parent child class EXPLORE a different animal each week, from the farm to the jungle to the prehistoric. Encourage your child to use their imagination as they discover!

FEE: \$45/child

MEETS: Wednesdays
9:30-10:30 a.m. or 10:45-11:45 a.m.

LOCATION: Kangaroo Kids Preschool; 35 Bell Street

DATES: November 2-December 7

Skyhawks Multi Sport Tots

(Ages 2 -4)

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. Program held outdoors (indoors during inclement weather). Maximum number of 8 per age group.

FEE: \$97/Person

2 YEAR OLDS: Thursdays, 9:00-9:45 a.m.

3 YEAR OLDS: Thursdays, 10:00-10:45 a.m.

3 & 4 YEAR OLDS: Thursdays, 11:00-11:45 a.m.

MEETS: September 8-October 13

LOCATION: Academy Softball Field

RAIN LOCATION: Academy Multi-Purpose Room

5. Pre-School & Youth Programs

WOW Effects!

(Twoosy Doodler: Ages 20 months-3 years old)
(Mini Doodler: Ages 3 years old-5 years old)
Just like onomatopoeia these lessons have WOW effects!
From jumping lines to colorful geometrics to roads sending us off into the horizon, we'll learn about Roy Lichtenstein, Diego Rivera, Carlo Marini, Heinz Kirchner and more!

FEE: \$82/Participant
TWOOSY DOODLER: Thursdays, 9:30-10:30 a.m.
MINI DOODLER: Thursdays, 10:30-11:30 a.m.
DATES: September 15-October 20
LOCATION: Academy Building Cafeteria

Color Color Everywhere!

(Twoosy Doodler: Ages 20 months-3 years old)
(Mini Doodler: Ages 3 years old-5 years old)
Color, color, everywhere! Have fun with color mixing, marbleizing, and multi-colored polka-dotted installations in the style of Yayoi Kusama. We'll dance through time with Degas' dancers and let our imaginations fly with Malaysian moon kites! And more!!

FEE: \$82/Participant
TWOOSY DOODLER: Thursdays, 9:30-10:30 a.m.
MINI DOODLER: Thursdays, 10:30-11:30 a.m.
DATES: November 3-December 15
(No Class 11/24)
LOCATION: Academy Building Cafeteria

Solar Bot. 14

(Ages 8-12)
Take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. Kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot!

FEE: \$125/Participant
DATES: October 5
MEETS: 9:00 a.m.-3:00 p.m.
LOCATION: Nayaug Cafeteria
INSTRUCTOR: Minds in Motion

STEAM Dreams

(Ages 6-12)
Discover the earth and space through an art STEAM adventure that reuses materials and explores everything from planets to pollinators, trees to technology, and oceans to outer space! Great Original Program that would feature Science, Technology, Engineering, Art & Math (STEAM).

FEE: \$105/Participant
MEETS: Thursdays, 4:30-5:30 p.m.
LOCATION: RCC Arts and Crafts Room
DATES: October 20-December 1
No Class 11/24
INSTRUCTOR: Abrakadoodle

Agent992 Robot

(Ages 7-11)
Build and take home your very own Agent992 Robot! This smart undercover robotics kit will entertain and teach infra-red capabilities to inquisitive minds. It consists of 140 assembly pieces and is equipped with an infrared radar! A classified press-button switch instructs your Agent992 Robot to transform into 3 investigative modes: Forward mode, Gesture Control mode and Auto Navigation mode. Compete with your classmates by designing obstacles or maze courses!

FEE: \$150/Participant
DATES: October 6-October 27
MEETS: Thursdays, 4:00-6:00 p.m.
LOCATION: Academy Cafeteria
INSTRUCTOR: Minds in Motion

Mad Labs

(Grades 1-5)
A hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret components of white light and hidden rainbows and movies explore our sense of sight. Other senses, such as taste and hearing are investigated too. Explore cells with a microscope, investigate bugs, why nutrition is so important and how ecosystems work. Explore heat, volcanoes, earthquakes and even weather!

FEE: \$165/Participant
MEETS: Tuesdays, 4:15-5:15 p.m.
LOCATION: Multi-Purpose Room #1
DATES: October 18 -December 13 (No Class 11/8)
INSTRUCTOR: Mad Science

Lions, Tigers & Pigs, Oh My!

(Grades K-5)
On a wild journey through the animal kingdom, art adventurers discover a multitude of kooky critters, as well as their own creativity, while exploring various techniques, tools, textures and materials. Stained glass giraffes, fabric dogs, ceramic elephants, wooden snakes, colorful dinosaurs, and clay lions with fluffy fiber manes. Fun facts about each creature are included and masterpieces go home each week.

FEE: \$155/Participant
MEETS: Mondays, 4:15-5:15 p.m.
LOCATION: Academy Teen Center
DATES: October 17-December 12
No Class 10/31
INSTRUCTOR: Art-Ventures

Youth Programs .6.

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. 12 maximum/session.

FEE: \$80/Session
MEETS: Tuesdays 3:30-5:30 p.m.
LOCATION: Academy Teen Center
SESSION 1: October 11, 18, 25, November 1
SESSION 2: November 8, 15, 22, 29

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: \$62/Participant
MEETS: Tuesdays or Thursdays, 6:30-7:45 p.m.
LOCATION: Buttonball Gymnasium
DATES: September 13-October 4 (Tuesdays)
September 22-October 13 (Thursdays)
INSTRUCTOR: Kavin Banks Jr.

Youth Open Gym

(Youth 18 and under)

Activities include pick up basketball. Children under grade 7 must be accompanied by an adult. Students must bring their student ID. This program is FREE!

MEETS: Wednesday 7:30-9:30 p.m.; Saturday 2:00-6:00 p.m., Sunday 1:00-5:00 p.m.
LOCATION: Saturday & Sunday @ GHS; Wednesdays @ Smith Middle School
DATES: Wednesdays October 12-June 7
Saturdays & Sundays November 5-April 30

Glastonbury Basketball Association (GBA) Recreation & Travel Divisions

(Boys & Girls ages 8-18 as of December 31, 2022)

Separate leagues for boys & girls, with special training leagues for 8 and 9-year olds. No previous experience necessary! Season runs November-March. Day, time and playing locations vary for each league. Players may opt to play with peers according to age or school grade. Registration will take place online at the GBA website at www.gbahoops.org. Check the website or contact GBAHoops@aol.com. For those players in a travel division, tryout dates will be held in September/October. For information, contact GBATravelHoops@aol.com or visit their website.

Quick Start 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: September 17-October 22 (No Class 10/8)

Fall Children's Tennis

(Ages 7-17)

Tennis Lessons are broken into lesson groups. This allows instructors to give more emphasis on specific skills within those groups. All lessons are taught at the Glastonbury High School Tennis Courts. All students must provide their own racquet.

Level 1 is for those with little or no tennis experience.

Level 2 is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and can hit at least 3 times from the center service line. **Level 3** is for those who understand the basics of rallying, can hit forehand and backhand groundstrokes at least 3 times from the baseline with both, can perform the basics of a serve and know how to keep score. **Level 4** is for those who consistently rally forehand and backhand 4-6 times from the baseline, can serve, can hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette. Instructors will place participants in appropriate level.

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: September 17-October 22
No Class 10/8

Junior Fall Golf Clinic

(Ages 6-13)

Clinics will cover the fundamentals of the golf swing including the grip, swing, putting, chipping & the pitch shot. Register directly through Minnechaug at www.minnechaugolf.com or call 860.432.3334.

FEE: Ages 6-9: \$140/Person
Ages 10-12: \$160/Person
Ages 13-17: \$160/Person
MEETS: Sundays
Ages 6-9 3:15-4:00 p.m. Ends 10/2)
Ages 10-12: 12:45-1:45 p.m.
Ages 13-17: 2:00-3:00 p.m.
LOCATION: Minnechaug Golf Course
DATES: September 11-October 9

.7. Youth, December Break & Teen Programs

Kids Night Out

Kids ages 5-11 get a special night out while parents get a night off! No need to find a babysitter to do your 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 party complete with a pizza dinner, crafts, games and a movie.

FEE: \$20/child
MEETS: Fridays 5:30-8:30 p.m.
DATES: 9/16; 10/28; 12/2
LOCATION: Academy Multipurpose Room

Winter Wishes & Artsy Kisses

(Grades K-4)

Design vibrant painted pencil cases, paint family snowman portraits on a stretched canvas, sculpt clay snowmen, design scratch art mittens, and even explore outer space. These are some of the many projects that you will be exploring in this four-day series.

FEE: \$160/Person
MEETS: 9:00 a.m.-12:00 p.m.
DATES: December 27-December 30
LOCATION: Academy Teen Center
INSTRUCTOR: Art-Ventures

Brixology with Legos

(Grades K-5)

Learn about different types of engineering, then team up to construct a different engineering-themed project using LEGO® bricks. Build a space station, vehicles, carnival rides, drawing machines, mechanical animals and more. Your future engineer will build upon their creativity to solve real-world design challenges, while developing problem-solving and team-building skills.

FEE: \$160/Person
MEETS: 1:00-4:00 p.m.
DATES: December 27-December 30
LOCATION: Academy Teen Center
INSTRUCTOR: Mad Science

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: \$230/Participant
MEETS: Tuesday-Friday
DATES: December 27-December 30
TIMES: 9:00 a.m.-3:00 p.m.
INSTRUCTOR: Kavin Banks, Jr.
LOCATION: Buttonball Gymnasium

Friday Night Club

Themed Friday night activities are planned for special needs adults 16+ from Glastonbury, Glastonbury Special Olympics participants and their guests. Staff provides general supervision. Participants requiring more assistance are welcome to bring a family member, friend, or personal assistant. Participants will utilize the Youth & Teen Center for pool, air hockey, foosball and games as well as on and off site activities. A schedule of activities is sent via e-mail. Call the Parks and Recreation office (860)652-7679 or Academy Youth & Teen Center (860)652-7838 with any questions.

Academy Youth & Teen Center

The Academy Youth & Teen Center (AYTC) is located in the Academy Building, 2143 Main Street. The staff at the AYTC 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 Center is furnished with a game lounge and arts and crafts center featuring a new keyboard, sewing machine, guitar, cricut machine and portable basketball hoop. 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 (Grades 6-8): \$69
Daily Admission: \$5/person
LOCATION: Academy Building (2143 Main St.)
GRADES 5-8: Beginning Wednesday, August 24
Closed on school and Town holidays
Wednesday, Thursday, Friday
3:00-6:00 p.m.

Archery with LLBean

Join us for archery with L.L. Bean on Thursday half days! Drop off at the Teen Center and we will walk over to the Riverfront Park for our scheduled time. Keep an eye out for dates, time and costs posted at the Teen Center!

GCAP Coffeehouse Program

A fun activity for high school age students featuring live music, food and games. Events are planned by Coffeehouse Teens! Interested in getting involved? We are always looking for performers and new members to our planning committee. First committee meeting will be in September. Group meets once/month. Please contact Anna Park at anna.park@glastonbury-ct.gov

We are looking to start a middle school Coffeehouse program! Please contact mandee.morris@glastonbury-ct.gov for additional information on how you can get involved!

Skate Park .8.

Glastonbury 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. Park closes for the season on Sunday, November 6. Other equipment is recommended, but optional. FREE Admission! Park and Lessons are open to both Residents, and Non-Residents.

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

The Glastonbury Skate Jam!

(Ages 5+)

Join us for a fun morning of skateboarding! Come play some games, win some prizes, and more! There will be an opportunity to purchase snacks and pizza. Want an extra challenge? Join the skate competition! Competition registration can be completed online or day of the event.

FEE: FREE!
TIME: 11:00 a.m.-1:00 p.m.
DATE: Saturday, September 17
LOCATION: Skate Park (2143 Main Street)

Beginner Skate

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

FEE: \$59/child
MEETS: Saturdays 9:00-9:45 a.m.
Saturdays 9:45-10:30 a.m.
DATES: September 24-October 29
LOCATION: Skate Park (2143 Main Street)

Advanced Beginner Skate

(Skateboarders ONLY ages 7 years old and up)
Learn fundamentals and beginner maneuvers. Skaters 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. Skaters MUST wear helmets. Other equipment is recommended, but optional.

FEE: \$79/child
MEETS: Saturdays 10:30-11:30 a.m.
DATES: September 24-October 29
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 & tricks will be taught and practiced. Skaters MUST wear helmets. Other equipment is recommended, but optional.

FEE: \$79/child
MEETS: Saturdays 11:30 a.m.-12:30 p.m.
DATES: September 24-October 29
LOCATION: Skate Park (2143 Main Street)

Festive Family Bike & Skate with Santa!

(Ages 5+)

Did you know Santa can Bike AND Skateboard?! The Jolly Man is coming to town to show off his moves, and give kids the opportunity to ride in style alongside him. Practice safe cycling in the Parking Lot of the Academy Building, or shred the pipes on your skateboard in the Skate Park! Come join us for a night full of tricks, fun, food, music, visits from local skate/bike shops, and raffle prizes! This program is presented by Parks and Recreation and the Glastonbury Police Department!

FEE: FREE!
TIME: 5:00-7:00 p.m.
DATE: Friday, December 16
Location: Academy Skate Park & Parking Lot



.9. Gymnastics Programs

Glastonbury Gymnastics Club

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

About our Staff

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

About our Facility

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

Preschool Classes

(Ages 3&4 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: \$159/child (10 Week Session)
MEETS: Fridays 3:00-4:00 p.m.
DATES: September 9-November 18
No Class 11/11

Recreation Lessons

Children must be 5 years old by the start of the session (exception of two class times which 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. Parents will be allowed to watch the second and final class (in person or via zoom TBD).

Beginner

Everyone enters at the beginner level. The basics of gymnastics are taught at this stage. Gymnasts who are new to the 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 an incline, cartwheel over a block, donkey kick, and round-a-bout cartwheel.

Intermediate (USAG Pre-Level 1)

Gymnasts enter after they have mastered a forward roll to stand, backward roll to their feet, straight arm bridge, cartwheel, and 3/4 handstand.

Pre-Team (USAG Level 1)

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

Introductory Competitive Teams (See Next Page)

To be eligible for the Xcel Bronze Team, gymnasts must be able to do a cartwheel, round-off, vertical handstand, backward-roll to push-up, and walk-up pullover mount on bars. To be eligible for the Level 2 Team, gymnasts must be able to do a backward roll to push-up, backbend kickover, pullover mount on bars, back hip circle on bars, three pull-ups with their 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:

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 4:05-5:05 p.m.

FEE: \$159/Child (10 Week Session)
TUESDAY: September 6-November 15
No Class 11/8
WEDNESDAY: September 7-November 16
No Class 10/5
FRIDAY: September 9-November 18
No Class 11/11



Gymnastics Programs .10.

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. To be eligible for the Level 2 team, gymnasts must be able to do a backward roll to push-up position, backbend kick-over, pull-over mount on bars, back hip circle on bars, three pull-ups with chin passing above the bar, and one split. Developmental program 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 team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$65 annual fee) and be members of the Glastonbury Family YMCA (approximately \$160 annual fee). Fees will be collected by the Gymnastics Director.

Team Level Days/Times as follows:

Level 2 (2/Week)

Mon. 4:00-6:15

Thurs. 4:00-6:15

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

FEE: \$333/Level 2 (12 Week Session)
\$353/Level 3-9 (12 Week Session)

MONDAY: September 12-December 19
No Practice 9/26; 10/10; 10/31

TUESDAY: September 6-November 29
No Practice 11/8

WEDNESDAY: September 7-December 7
No Practice 10/5; 11/23

THURSDAY: September 8-December 1
No Practice 11/24

FRIDAY: September 9-December 16
No Practice 11/11; 11/25; 12/9

Xcel Competitive Team

Xcel Competitive Teams provide an opportunity for gymnasts to compete with a less stringent schedule than the Developmental program. Xcel Bronze is the introductory level of competition, and provides an opportunity for recreational level athletes to experience the thrill of gymnastics competition. To be eligible for the 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 bar mount. Gymnasts must be tested by the Director to move to Xcel Bronze Team.

Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess an Athlete Membership to USA Gymnastics (\$65 annual fee) and be members of the Glastonbury Family YMCA. Fees collected by the Gymnastics Director. Team Level Days/Times as follows:

Bronze (2/Week)

Tues. 4:45-6:15

Fri. 5:10-6:40

Silver (3/Week)

Mon. 4:00-6:15

Tues. 6:15-8:30

Thurs. 4:00-6:15

Gold/Platinum/Diamond (3/Week)

Mon. 6:15-8:30

Wed. 6:15-8:30

Thurs. 6:15-8:30

FEE: \$333/Bronze (12 Week Session)
\$353/Silver, Gold, Platinum, Diamond (12 Week Session)

MONDAY: September 12-December 19
No Practice 9/26; 10/10; 10/31

TUESDAY: September 6-November 29
No Practice 11/8

WEDNESDAY: September 7-December 7
No Practice 10/5; 11/23

THURSDAY: September 8-December 1
No Practice 11/24

FRIDAY: September 9-December 16
No Practice 11/11; 11/25; 12/9



.11. Bus Trips & Special Events

Boston Red Sox vs. New York Yankees @ Yankee Stadium

Trip Includes charter bus, ticket to the game, games and prizes on the bus, breakfast served on the way to the game. Game time is 1:35 p.m.

FEE: \$155/Person (Upper Level Seating)
\$195/Person (200 Level Seating)
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 9:00 a.m.; Return to Glastonbury at Approximately 8:30 p.m.
DATE: Saturday, September 24

Salem Massachusetts on your Own

Trip Includes charter bus, free time in Salem and snacks on the bus.

FEE: \$85/Person (Bus Only)
\$120/Person (Includes Guided Tour of House of Seven Gables)
\$125/Person (Includes Admission to the Pirate Museum, Witch History Museum & Witch Dungeon Museum)
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 6:30 a.m.; Return to Glastonbury at Approximately 8:00 p.m.
DATE: Saturday, October 22

New England Patriots vs. New York Jets

Trip Includes charter bus, ticket to the game, cookout before the game, games and prizes on the bus, food after the game. Kick off is at 1:00 p.m.

FEE: \$185/Person (Upper Level Seating)
\$235/Person (Mezzanine Level Seating)
\$260/Person (Lower Level Seating)
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 7:15 a.m.; Return to Glastonbury at Approximately 8:30 p.m.
DATE: Sunday, October 30

New York on your Own

Trip Includes charter bus, free time in New York City.

FEE: \$75/Person
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot at 7:30 a.m.; Return to Glastonbury at Approximately 8:00 p.m.
DATE: Saturday, December 10

Doggy Paddle

Bring your dog and join us for the annual "Doggy Paddle" on Tuesday, August 30th at Addison Pool. 2 swim waves will be held, 4:30-5:30 p.m. and 5:45-6:45 p.m. Cost is \$10/dog (per wave). Dogs must be licensed and up to date on all shots. No aggressive dogs please. Dogs must remain off-leash in the swim area and humans are not allowed in the pool. Please bring your own tennis balls. Register online: <https://glastonburyct.myrec.com>

Family Paint Night Series

Enjoy a night out with the family for a fun and creative paint night! This series is hosted by artists from Abrakadoodle and is for ALL AGES! Each paint night hosts a different theme. Samples of artwork can be seen on glastonburyct.myrec.com.

October 21- Edvard Munch/The Scream:

This one is fun for Halloween themed! It's all about doing your own interpretation of one of the most famous pieces ever! What makes you scream? Spiders? Ice Cream? Your Best Friend? Or something spookier? Learn about Munch and create your own.

December 9- Pop Art Norman Rockwell Snowmen:

Norman Rockwell's famous snowman painting done in the style of Andy Warhol. With everyone making a pop art snowman, we can bring these two artists' styles together for one great community piece of art for everyone to enjoy! Because of the nature of this program, it is best if multiple family members each make a snowman!

March 17- Romero Britto:

This artist is famous for his bright colors and sharp lines. Participants can pick a word or image and paint it in the Britto style using extremely bright & fun colors and block letters.

FEE: \$30/Person
TIME: 6:30-8:30 p.m.
LOCATION: Academy Cafeteria



Family & Special Events .12.

2022 Riverfront Music Series Wednesday, September 7; Shaded Soul

Head down to Riverfront Park on Wednesday night to enjoy one last concert! Bring a picnic or purchase dinner on-site as you relax with family and friends. Concert beginning at 6:00 p.m. on the field behind the Riverfront Community Center on Welles Street.

Spooky Story Stroll

(Appropriate for Preschool-Elementary Age Children)
Follow us on a "Spooky Story Stroll" in the back of Riverfront Community Center, presented by Welles-Turner Memorial Library and Parks & Recreation. Along the way, enjoy stops for a Halloween story, treats and maybe even a few tricks! Groups will depart for the Story Stroll every 10 minutes. Join us before or after your time block to enjoy cider, donuts, music, dancing and crafts! Parents must accompany children for this event. Registration can be completed through the Welles-Turner Memorial Library beginning September 21. PRE-REGISTRATION IS REQUIRED. PLEASE ONLY PRE-REGISTER CHILDREN THAT ARE ATTENDING.

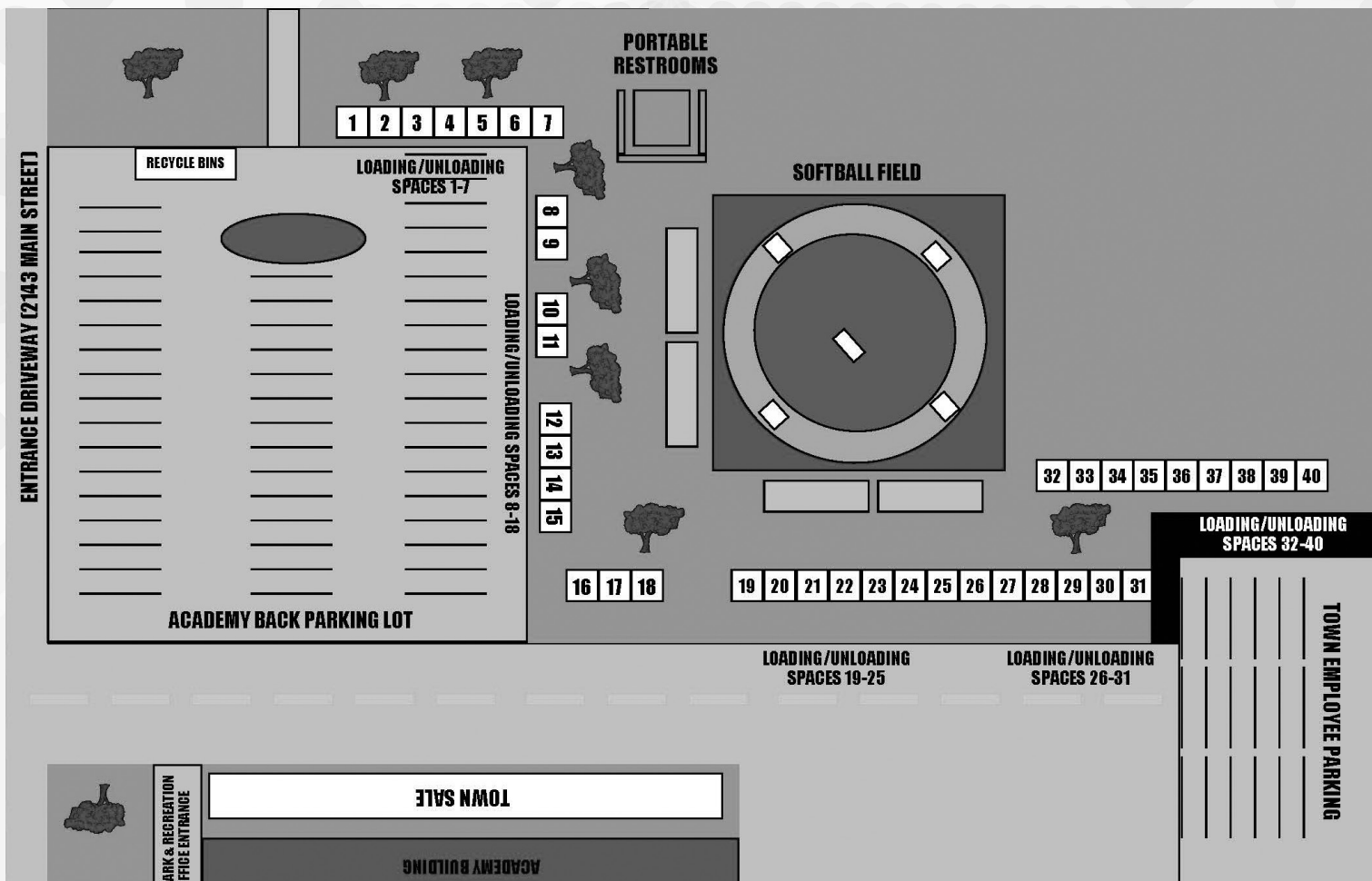
FEE: Free!
DATE: Wednesday, October 19
Groups Depart every 10 Minutes
4:00-6:00 p.m.
LOCATION: Riverfront Community Center

Town and Community Tag Sale

(All Ages)

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

FEE: \$35
TIME: Set-up of your area begins at 5:00 a.m. Tag Sale opens to the public at 8:00 a.m. and closes at 1:00 p.m.
DATE: Saturday, September 24 (Raindate, Sunday, September 25)
LOCATION: Behind Academy Building



.13. Field Rentals & Donation Programs

Celebrate the Day!

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

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. View our fields and facilities on a numbered map here: <https://gisarc2022.glastonbury-ct.gov/FieldMapsNumbered/>

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.

Passport to Parks

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

Visit www.glastonburyct.gov/passport2parks and download a Passport Booklet. Use it as your guide as you begin to venture out to the 28 different places listed. Parks have been grouped into 5 "regional" maps so it's easier for you to plan your trip(s). Once at each location, look for punch you will need to punch your passport. Clues to find them are located in the Passport Booklet.

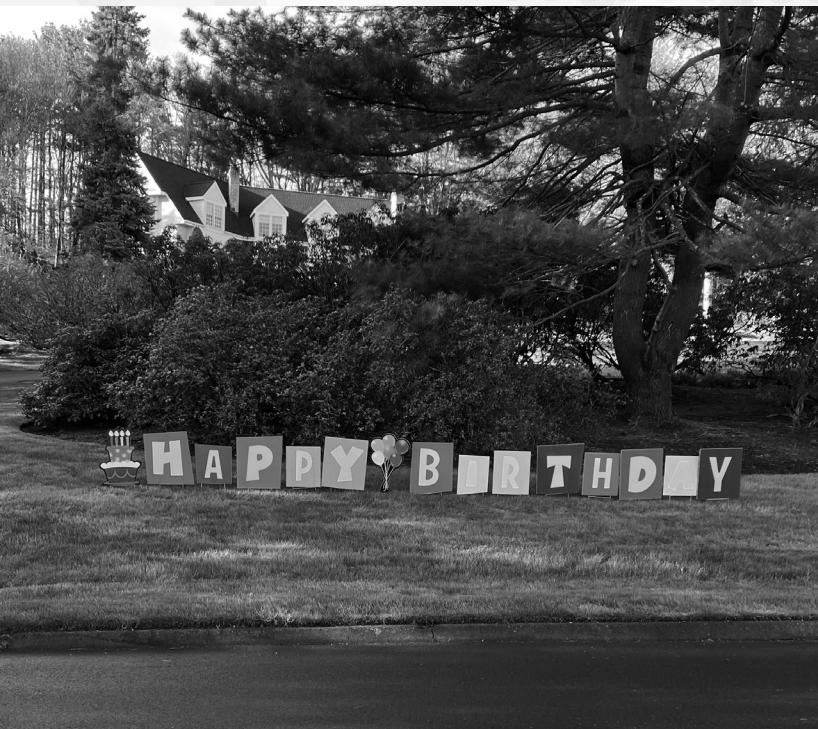
Visit all the parks, collect all the clues and earn yourself a fabulous t-shirt! Just take a photo of your completed park pages from each region and e-mail it to anna.park@glastonbury-ct.gov with the subject line "Completed Parks Passport". Be sure to include your name, address and t-shirt size!

Town of Glastonbury Hiking & Walking Trails

Our NEW Town of Glastonbury Hiking and Walking Trails web application allows users to view hiking and walking trails on their PC, tablets or smartphone. It includes trail facts, downloadable maps, the ability to create your own trail map, create an elevation profile and a "find my location" tool to use when you're out on a trail. Use the link to learn more on how to use the tools inside the web application! <https://gisarc2022.glastonbury-ct.gov/HikingandWalkingTrails/>

Parks, Fields & Facilities Viewer

This NEW application helps citizens locate a park, field or facility and obtain information about recreation activities in their community. To locate a park, field or facility simply enter an address, or click on the map to select your location. You can search by park, field or facility name in the search box or select activities. The area(s) will then be highlighted on the map and relevant information about available recreation activities presented to you. For more information click on the help button in the application! <https://gisarc2022.glastonbury-ct.gov/ParkViewer/>



Facility Rentals .14.

Glastonbury Boathouse

With picturesque grounds, breath-taking views from the observation deck and a versatile banquet hall, The Glastonbury Boathouse offers the atmosphere of a getaway destination with the convenience of a local venue. Whether you are planning a corporate meeting or private party, the property is the perfect backdrop for phenomenal photos and festive celebrations. For more information or to book your event, contact Kristen Michaels, Event & Banquet Facility Manager at (860)652-4640 or kristen.michaels@glastonbury-ct.gov. Visit online at www.glastonbury-ct.gov/boathouse for pricing information and photos!

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 or contact Kristen.michaels@glastonbury-ct.gov.

Minnechaug Golf Course

Minnechaug is a 9-Hole, Par 35 course. This gem can be found at the base of Minnechaug mountain in east Glastonbury. It features one of the most exciting attractions in golf, an island green. Hole #8, a 126-yard, par 3, considered to be the first island green in New England and one of the first in the nation, is a must for all golfers to play! Book your tee time online at www.minnechauggolf.com/tee-times or call 860.432.3334.

The Tenth Hole Tavern is open! Visit them online at www.tenthholetavern.com or call 860.730.4545.

Party/Facility Rentals

Please note the following information:

- All reservations should be made as soon as possible and are based on availability.
- All required paperwork must be completed and full payment must be made within 5 business days of making the reservation.
- Event dates and times are confirmed only after payment is received.
- No refunds will be issued for facility rentals. If a cancellation is made with at least 2 weeks notice, there may be an opportunity to reschedule for a different date.

Academy Teen Center

An easy alternative for small birthday parties, or events you just don't want to host at home! Bring your own cake and goodies, we'll provide the rest! Add an arts and crafts activity (craft chosen by staff based on age of birthday boy or girl) or Wii and/or PS2 to your party (games provided) for an additional cost!

AVAILABILITY: Year round Saturdays and Sundays in 2 hour blocks

CAPACITY: 15 people (excluding adults)

AMENITIES: Staff Supervisor to monitor activity space, exclusive use of Teen Center room (ping pong, air hockey, foosball, pool tables, board games and craft space), access to restrooms, refrigerator and freezer

FEE: \$100/rental

\$150/rental with craft or Wii or PS2

Glastonbury Skate Park

A great option for birthday parties, school graduations or unique special celebrations! Must have waivers.

AVAILABILITY: Saturdays and Sundays (Except Lesson Dates)

TIMES: 10:00 a.m.-12:00 p.m.

CAPACITY: 30 People

AMENITIES: Staff Supervisor, exclusive use of skate park, softball field, picnic tables, picnic bag including frisbees, bases, kickballs, and a bat and balls

FEES: \$85

.15. Parks & Facilities

Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cross Country Ski	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis	
Academy Field*	2143 Main St.	4.0	X											X								
Addison Park*	415 Addison Rd.	32.9	X	X								X		X	X		X		X	X	X	X
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X			X						X			
Blackledge Falls	Hebron Ave.	80.0								X			X						X			
Buckingham Park*	1285 Manchester Rd.	35.3	X							X				X	X		X					
Butler Field*	225 Forest Lane	11.6	X							X				X								
Center Green	2340 Main St.	.9											X	X								
Cider Mill Open Space	1287 Main St.	21.8								X			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		
Ferry Landing*	Ferry Lane	3.8					X			X			X	X								
Glastonbury High School*	330 Hubbard St.	72.7	X	X				X				X						X		X	X	X
Grange Pool*	500 Hopewell Rd.	8.9												X							X	
Grayledge Farm Open Space	175 Marlborough Rd.	96.84								X			X					X				
Great Pond Preserve	Great Pond Rd.	42.9								X			X									
High Street Park*	30 High St.	3.4	X													X	X	X				
Hubbard Green+	1946 Main St.	5.7								X			X	X								
Longo Farm Open Space	3006 Hebron Ave.	156.99								X			X									
Matson Hill Open Space	68 Matson Hill Rd.	22.22					X			X			X						X			
Minnechaug Golf Course*	16 Fairway Cr.	58.5						X														
Riverfront Park+	200 & 252 Welles St.	44.1	X	X			X			X	X	X	X	X	X	X	X	X	X	X		
Ross Field*	45 Canione Rd.	5.0	X		X									X		X						
Rotary Field*	358 Old Stage Rd.	7.7	X											X	X							
Salmon Brook Park	New London Tpk.	10.9					X			X	X		X	X					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



View our Parks & Facilities

To view all of our Parks, Fields & Facilities, click the QR Code or Online:
<https://gisarc2022.glastonbury-ct.gov/ParkViewer/>



For Hiking and Walking Trails, click the QR Code or Online:
<https://gisarc2022.glastonbury-ct.gov/HikingandWalkingTrails/>



Hiking & Walking Trails

Special & Holiday Events .16.

Santa's 3.5 Mile Run

A fun, family oriented race, sponsored by **Quality Name Plate, Inc.** and the Parks and Recreation Department. Race begins at noon. The first 150 to register on-line or by mail will receive a FREE Santa's Run long sleeve cotton shirt. Registration begins on Wednesday, October 12th at www.glastonbury-ct.gov/santasrun

Come dressed in your wildest Christmas costume, enjoy the holiday spirit and have a chance at some amazing prizes! Costume judging begins at 11:00 a.m. Race also features a great raffle! **You must be present to win.** A portion of race proceeds will be donated to Glastonbury Fuel Bank.

Interested in becoming a volunteer at Santa's Run?! Hundreds of volunteers are needed to make this a successful event. Visit the Santa's Run website to find out more information about the race and to sign up as a volunteer at www.glastonbury-ct.gov/santasrun

FEE: \$15/Pre-Registration
October 12-December 2 at NOON
\$25/Day-of-Race

DATE: Sunday, December 4
(Snowdate, December 11)

REGISTRATION: Pre-registration begins Wednesday, October 12th on-line at www.glastonbury-ct.gov and by mail **ONLY**. Walk-in registration will begin on Monday, November 7th.

LOCATION: Glastonbury High School

Holiday Letter 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! Between November 25th-December 20th 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 Parks & Recreation. Children will receive a letter back via USPS!

Family Holiday Juke Box Bingo Night

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 in your family will participate. Prizes will be awarded to winners of Bingo!

DATE: Saturday, December 17
TIME: 5:30-6:30 p.m.
COST: FREE!

Holiday Decorating Contest

The Glastonbury Parks and Recreation Department will be hosting a Holiday House Contest this December. 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. Registration can be completed online on the Parks and Recreation portal.

Registration: August 17-November 27
Judging: December 1-December 15
Fan Favorite Voting: December 12-December 19
Winners Announced: December 23

Festive Driving Tour and 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 7. While out driving, complete the scavenger hunt for a chance to win a \$30 credit towards a Parks & Recreation program! Submissions for completed scavenger hunts will be accepted starting December 7 through December 22. Raffle prize winner will be contacted on December 23.

Holiday Pet Photo Contest

Send us a photo of your pet in the holiday spirit for a chance to win some cool prizes! We would like to thank RehabK9 for their support in the 2021 contest, and their upcoming support of First, Second and Third place prizes for the 2022 contest.

TO ENTER: Simply send your photo entry to george.emmanuel@glastonbury-ct.gov. Be sure to include your names (both yours and your pets), your email address, and your phone number. Once your photo is received we will post it to the Glastonbury Parks and Recreation Pet Contest Photo Album on Facebook and email you confirmation. Photos will be posted on the Facebook album on the morning of December 9.

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

TO WIN: First, second and third place prizes will be awarded to the pets with the most "Likes" or "Reactions" on their photos. Winners will be contacted via phone or email. Prizes for first, second and third place will be published on the Town's website at www.glastonburyct.gov/holidays.

Submission: November 2-December 8
Voting: December 9-December 22
Winner Announced: December 23

.17. Adult & Volunteer Programs

Family One Polite Dog Manners

This will be a beginners level class for dogs 5 months and older and for their guardians who want to coach their dog manners and learn more about canine behavior. "One Dog at a Time" offers positive training for the family dog. We will provide your dogs with guidance and understanding all while teaching the ropes to polite behavior. One Dog at a Time will provide you and your family the tools and management skills all while providing enrichment for your best friend. Skills: Paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking are some of the behaviors taught. A weekly training topic will provide you with information to better understand and keep your dog happy and safe.

FEE: \$120/Session
LOCATION: Academy Cafeteria
MEETS: Tuesdays 6:00-7:00 p.m.
Dates: September 13-October 25
No Class 10/11
INSTRUCTOR: Beth Vincent, CPDT-KA

Check out the Glastonbury Dog Park!

With over 2,000 licensed dogs in town, local dog lovers raised the funds needed to build the town's first dog park which opened in May, 2011. The dog park is a fenced-in area where dogs can run and socialize off-leash legally and safely. A separate area for small dogs is also included. Some of the park amenities include benches, waste receptacles, dog litter bags, water stations and more! The park is located within the Riverfront Park, 200 Welles Street, Glastonbury. For more information, visit <http://dogpark.glastonbury-ct.gov>

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

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

Square Dances

All square dancers welcome! Dance level is MS+. Held October-June one Saturday of each month. For information, please call (860)742-2898.

Square Dance Lessons

Sponsored by the Glastonbury Square Dance Club, lessons are held at Buttonball School, Wednesdays from 7:00-9:00 p.m. beginning October 5. Note: October 5 and October 12 lessons will be held at the Academy Building Cafeteria. For information, please call (860)742-2898.

Glastonbury Partners in Planting

Glastonbury Partners in Planting, Inc. (GPIP) is a non-profit organization that partners with the Town and other non-profits, and is dedicated to beautification and education through volunteer projects. Recent & ongoing projects you've seen around Town include

- Planters at Town Center, South Glastonbury and Village Green
- Gardens at Buckingham Park, Salmon Brook (Main St.), Welles Turner Memorial Library, and the Medians (Rt. 17 & Main)

Seasonal Educational Gardens are located at Welles Shipman Ward House, the Kitchen Garden and at the Town Community Gardens plot 68. Educational events include various topics given through Adult Education (examples are Invasive Plants & Winter Sowing), free lectures at the Riverfront Community Center on the first Mondays of April and October, and a bulletin board located at Parks & Rec building. We join in on many community outreach projects, especially those involving our town youth. A seasonal and fun event is decorating many planters in Town Center and South Glastonbury center with winter greens.

GPIP always welcomes new members or volunteers. You do not have to be a member to participate. Everyone is welcome at any project/event. We are always seeking sponsors, partners for projects, new project ideas and donations. Join in whenever you can, no time commitment or experience required. Gardening knowledge is not necessary. People are needed to help with non-gardening tasks too. Don't want to join but want to support us, your donations help with so many projects. Together we can help make Glastonbury a more beautiful, greener place to live! Please check for event/times/dates at GPIP.org, Facebook or The Citizen.

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

Adult Sports Programs .18.

Men's Basketball League

For information on specific eligibility requirements, contact Parks and Recreation. New teams are taken on a first-come, first-serve basis. Games played at the Glastonbury High School gym Sunday evenings October through April. If you are interested in putting a team in the league, please register at www.glastonburyct.myrec.com. Team registration fees and non-resident fees are based on the number of teams in the league. Registration for teams begins on August 16 at 8:00 a.m. and will run through October 6 at 4:30 p.m. No teams will be accepted after this deadline.

Open Volleyball

Enjoy a friendly pick-up volleyball game with men and women of various skills. An adult program for ages 18 and over, must be out of high school. Recreational style play that is enjoyable for everyone! Passes can be purchased online, at the Parks and Recreation office or at Open Gym.

FEE: \$40/Yearly Pass (Resident)
\$80/Yearly Pass (Non-Resident)
\$4/Daily Admission (Resident)
\$8/Daily Admission (Non-Resident)

MEETS: Mondays and Tuesdays: 7:30-9:30 p.m.

LOCATION: Smith Middle School Auxiliary Gym

DATES: Mondays: October 17-June 5
Tuesdays: October 11-April 25

Over 30 Pick-Up Basketball

Glastonbury residents and non-residents ages 30 and up are welcome! Compete with others in your age group. Passes can be purchased online, at the Parks and Recreation office and at Open Gym.

FEE: \$40/Yearly Pass (Resident)
\$60/Yearly Pass (Non-Resident)
\$4/Daily Admission (Resident)
\$8/Daily Admission (Non-Resident)

MEETS: Tuesdays: 7:30-9:30 p.m.

LOCATION: Smith Middle School Main Gym

DATES: Tuesdays: October 11-April 25

Open Gym

Get out of the work week rut with some exercise! Activities include basketball and volleyball. Adult program for ages 18 and over and out of high school. This program is for Glastonbury residents only.

FEE: \$40/Yearly Pass
\$4/Daily Admission

MEETS: Mondays: 7:30-9:30 p.m.
Saturdays: 2:00-6:00 p.m.
Sundays: 1:00-5:00 p.m.

LOCATION: Mondays: Smith Middle School
Saturdays & Sundays: GHS

DATES: Mondays: October 17-June 5
Saturdays & Sundays: November 5-April 30

Fall Adult Tennis

(Ages 17 and Up)

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

FEE: \$54/Session

ALL LEVELS: Saturday 11:00 a.m.-11:55 a.m.

LOCATION: GHS Tennis Courts

DATES: September 17-October 22
No Class 10/8

Adult Fall Golf Clinic

Whether you're a beginner, intermediate or an advanced player. We have two sessions to choose from based on your level. Kurt Wyberanec will conduct these clinics. Register for this program directly through Minnechaug at www.minnechauggolf.com or call 860.432.3334.

FEE: \$150/Person

MEETS: Sundays
10:15-11:15 a.m. Beginner (100+ Scoring)
11:30 a.m.-12:30 p.m. Intermediate/
Advanced (99 & under)

LOCATION: Minnechaug Golf Course

DATES: September 11-October 9

.19. Low Impact Fitness Classes

Senior Fitness

A weight bearing exercise program designed for the active older adult. Includes warm-up, low impact aerobics, muscular conditioning for the upper/lower body, core strengthening for the abdominal muscles and back, and creating flexibility, joint mobility, balance and coordination.

Gentle Pilates

Like our mixed-level Pilates classes, 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. A great option for newcomers to Pilates or anyone who wants to move, but needs to tone it down a bit. Need to be able to get up and down off the floor. Bring a mat and water to class.

Low Impact Standing Strength

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!

Morning Wellness & Stretch

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

Yoga

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

Class	Instructor	Location	Meets	Dates	Fee
Senior Fitness (Select Physical Therapy)	Sara	Riverfront Community Center	Mondays 9:00-10:00 a.m.	Sept. 12-Dec. 5	\$45
	Sara		Mondays 10:15-11:15 a.m.	Sept. 12-Dec. 5	\$45
	Sara		Wednesdays 9:00-10:00 a.m.	Sept. 14-Dec. 7 (No Class 11/23)	\$45
	Sara		Fridays 9:00-10:00 a.m.	Sept. 9-Dec. 9	\$45
Gentle Pilates (Personal Euphoria)	Jeannine	Academy Multi-Purpose Room	Mondays 1:30-2:15 p.m.	Sept. 12-Dec. 5	\$79
Low Impact Standing Strength (Personal Euphoria)	Rachel	Academy Multi-Purpose Room	Mondays 9:00-9:45 a.m.	Sept. 12-Dec. 5	\$79
Morning Wellness & Stretch (Sheila Frankel)	Sheila	OUTDOORS Academy Softball Field	Wednesdays 9:30-10:30 a.m.	Sept. 7-28	\$30
Yoga (Personal Euphoria)	Rachel	Academy Multi-Purpose Room	Mondays 10:00-10:45 a.m.	Sept. 12-Dec. 5	\$74
	Sonia	Riverfront Community Center Exercise Room	Thursdays 5:30-6:30 p.m.	Sept. 15-Dec. 8	\$82
	Rachel	Academy Multi-Purpose Room	Fridays 9:50-10:35 a.m.	Sept. 16-Dec. 9	\$74
*No Classes 10/10, 11/11, 11/24, 11/25		Non-Resident Registration Begins on August 30			

Fitness Classes .20.

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

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all the joints mobile and flexible. 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. Every part of the body gets worked and you'll discover muscles you never knew you had. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball.

Strength Training

Class will give you a complete total body workout that will help sculpt, strengthen and reshape your body. Class includes standing and floor work so you must be able to get up and down off the floor easily. Bring a yoga mat and free weight set.

Class	Instructor	Location	Meets	Dates	Fee
Tighten and Tone (Personal Euphoria)	Rob	VIRTUAL - LIVE ZOOM	Wednesdays 6:00-6:45 p.m.	Sept. 14-Dec. 14	\$96
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL - LIVE ZOOM	Tuesdays 8:30-9:30 a.m.	Sept. 6-Dec. 13	\$125
		Academy Multi-Purpose Room	Tuesdays 9:30-10:30 a.m.	Sept. 13-Dec. 6	\$108
		VIRTUAL - LIVE ZOOM	Thursdays 8:30-9:30 a.m.	Sept. 8-Dec. 15	\$115
Pilates (Personal Euphoria)	Rob	VIRTUAL - LIVE ZOOM	Tuesdays 6:00-6:45 p.m.	Sept. 13-Dec. 13	\$96
	Jeannine	Academy Multi-Purpose Room	Tuesdays 6:00-6:45 p.m.	Sept. 13-Dec. 6	\$84
	Jeannine	Academy Multi-Purpose Room	Thursdays 6:00-6:45 p.m.	Sept. 15-Dec. 8	\$79
Strength Training (Personal Euphoria)	Maggie	VIRTUAL - LIVE ZOOM	Mondays 9:00-9:45 a.m.	Sept. 12-Dec. 12	\$106
	Rachel	Academy Multi-Purpose Room	Fridays 9:00-9:45 a.m.	Sept. 16-Dec. 9	\$74
*No Classes 10/10, 11/11, 11/24, 11/25		Non-Resident Registration Begins on August 30			

.21. Fitness Classes

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.

Cardio Strength

This functionally, fun class provides a complete workout that will help tone and reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, this class incorporates some light cardio to help improve cardiovascular health. The strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: yoga mat, weights (1-3lb and 5-8lb, or larger if desired).

Meditation

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.

Rise & Shine Yoga

Start your day with deep breathwork and stretching to help you handle all the stressors of the day. You'll see gentle moves that revitalize you and help wake up the whole body.

Class	Instructor	Location	Meets	Dates	Fee
Core Strength (Personal Euphoria)	Rob	VIRTUAL - LIVE ZOOM	Thursdays 6:00-6:45 p.m.	Sept. 15-Dec. 15	\$89
Cardio Strength (Personal Euphoria)	Maggie	VIRTUAL - LIVE ZOOM	Wednesdays 8:30-9:15 a.m.	Sept. 14-Dec. 14	\$96
Meditation (Personal Euphoria)	Rachel	VIRTUAL - LIVE ZOOM	Thursdays 7:00-7:30 p.m.	Sept. 15-Dec. 15	\$75
Rise & Shine Yoga (Personal Euphoria)	Rachel	VIRTUAL - LIVE ZOOM	Mondays 7:15-8:00 a.m.	Sept. 12-Dec. 12	\$89
*No Classes 10/10, 11/11, 11/24, 11/25		Non-Resident Registration Begins on August 30			

Swim Lesson Descriptions .22.

Ozzie Says "Let's Swim by Eight"

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

American Red Cross Learn to Swim

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

Parent/Child Swim Class: Infant/Toddler

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

Parent/Child Swim Class: Tots

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

Level 1-Introduction to Water Skills

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

Level 2-Fundamentals of Aquatic Skills

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

Level 3-Stroke Development

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

Level 4-Stroke Improvement

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

Level 5-Stroke Refinement

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

Level 6-Swimming Skill Proficiency

This class is appropriate if your child can tread water using different leg kicks, perform front and back crawlstrokes, elementary backstroke, butterfly, breaststroke, sidestroke, perform standing dive, surface dive, and perform open turns and flip turns to change direction at the side of the pool. There is 1 type of Level 6 that is taught; Fitness Swimmer.

Pool Rules

- Children under age 12 and/or those less than 45" must be accompanied with someone 16 or older.
- Personal flotation devices must be Coast Guard approved and used with an adult swimmer within arms length of the swimmer.
- Children not yet toilet trained must wear a swim diaper or cover a regular diaper with tight fitted rubber pants.
- All persons shall bathe with warm water and soap before entering the water.
- Non-swimmers are not permitted in the water alone unless they can stand with their head fully above water.
- No running, boisterous, or rough play or profanity.
- Spitting or blowing nose in pool is prohibited.
- No food on the pool deck.
- No balls allowed.
- No diving off deck into shallow areas of the pool.
- Any persons known or suspected of having a communicable or infectious disease shall not use the pool.
- Mask, fins, snorkels used at discretion of the guards.
- No glass containers, food, beverages or gum allowed inside the pool area.
- Swimmers may be asked to perform a swim test prior to entering the deep end.
- Diving Board Use: one person on the board at a time. Be sure area in front of the board is clear.
- No double bouncing, only dive straight off the board.
- No jumping/diving off the deep side of the pool while diving board is in use.

.23. Swim Lessons

Children's Swim Lesson Program

(Ages 6 months & up; Level 1-6 Ages 5 & up)

The Parks and Recreation Department follows the nationally recognized American Red Cross Learn-to-Swim program. The program is designed to introduce young children to the aquatic environment and guide children through a series of 6 levels. The goal of the program is to ultimately develop maximum efficiency in strokes and encourage swimming as a life skill. PLEASE NOTE THE FOLLOWING CHANGES: Due to the popular demand for this program, we are limiting registration/waitlist spots to 1 class per session per child. If your child is waitlisted for a level, and a spot becomes available, an E-Mail notification from Glastonbury Parks & Recreation will be sent and payment must be received within 2 business days. Please be sure to check your emails or continuously log in to your MyRec Account for these notifications. If payment is not received within the 2 business days, the spot will be released.

If your child has taken lessons with us previously, please reference their most recent Achievement Card for the appropriate level. If not, please reference the Swimming and Water Safety Skills Chart on the registration website to determine the appropriate class.

FEE: \$54/child

Adult Swim Lessons

(Ages 18 years old and up)

It's never too late to learn to swim or fine tune your strokes. This program is for adults of all abilities.

FEE: \$59/person

MEETS: Monday 7:30-8:30 p.m.

LOCATION: GHS Pool

DATES: 8 weeks beginning September 26
No Class October 10, 17, 31

Monday Children's Swim Lessons September 26-December 5 No Class on October 10; 17; 31

6:30P	7:00P
Level 1	Level 3
Level 2	Level 5
Level 4	Level 6

Wednesday Children's Swim Lessons September 28-November 23 No Class on October 19

6:30P	7:00P
Tots	Level 1
Level 3	Level 2
Level 4	Level 5

Saturday Children's Swim Lessons September 24-November 19 No Class October 8

10:30A	11:05A	11:40A	12:15P	12:50P
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



Swim Clinics & Team .24.

Preseason Competitive Swimming Program

(Ages 7-18. Must be age 7 by 12/31/22)
Program gives swimmers the opportunity to focus on conditioning, race strategizing, technique/fundamentals and how to operate as a team. This program is not a swim lesson program, swimmers must be able to swim the 4 strokes with some proficiency. Programs start the week of September 12.

Introduction to Swim Team

(Novice Swimmers; Ages 12/under Recommended)
Experience required to participate. Must have passed Level 4 lessons. Swimmers will learn to swim all four competitive strokes; freestyle, backstroke, breaststroke, and butterfly, as well as technical fundamentals that go along with each. Must be comfortable with swimming in water 12' deep and, at maximum, 800 yards per practice. Learn fundamentals of being part of a swim team, such as working with teammates and how an actual swim meet runs.

FEE: \$55/Person
MEETS: Monday, Wednesday & Friday
5:30-6:30 p.m.

Junior Pre-Season

(Swim Team Experience Required; Ages 11/Under)
Open to swimmers who have been members of the Glastonbury Swim Team, or another swim team, in the past. Those returning who are previous Junior 1 or Junior 2 swimmers are recommended to sign up for this group. Swimmers new to the Glastonbury Swim Team should contact the coaching staff for proper group placement. Swimmers are expected to be able to complete 200 yards without stopping. Learn skills that will be seen throughout the competitive season, and progressively build endurance each week.

FEE: \$65/Person
MEETS: Monday, Wednesday & Friday
6:30-7:30 p.m. & Saturday 3:30-4:30 p.m.

Senior Pre-Season

(Swim Team Experience Required; Ages 11-18)
Open to swimmers who have been members of Glastonbury Swim Team, or another swim team, in the past. Those returning who are previous Junior 2 or Senior swimmers are recommended to sign up for this group. Swimmers new to the Glastonbury Swim Team should contact the coaching staff for proper group placement. Swimmers are expected to be able to complete 400 yards without stopping. Learn skills that will be seen throughout the competitive season, and progressively build endurance each week.

FEE: \$75/Person
MEETS: Tuesday, Thursday 5:30-7:30 p.m. &
Saturday 4:30-6:30 p.m.

Glastonbury Recreation Swim Team

(Kids Ages 7-18; Must be 7 by 12/31/22)
Children/Parents must be residents of Glastonbury to participate on the Glastonbury Team.

Swim Team Registration Process

Step 1: Attend Pre-Season Screening at Glastonbury High School. No Registration Required. Only one session required. Choose from Thursday, 9/1 at 5:30 p.m. OR Friday, 9/2 at 5:30 p.m. Screening is approximately 2 hours. Please arrive promptly at 5:30 p.m. At the screening, the coaches will assess swim skills. This is a team pre-enrollment process only and does not ensure placement on the team or enrollment. Kids ages 7-12 and all kids ages 12 and up that have never participated on the Swim Team MUST attend the screening and receive their practice group assignment before registering for swim team. Practice group assignments will be provided at the conclusion of screening.

Step 2: Registration begins online or by mail on Wednesday, September 7 at 8:00 a.m. Registrations will not be accepted prior to September 7. Walk-in registration will begin Friday, September 9. Early registration is advised as space is limited by pool capacity. Swimmers are required to compete in meets. Register for the practice group assignment provided by coaches. If there is a wait-list, please register anyhow as there is a good chance your swimmer will be placed. Please see guidelines on the next page.

Step 3: Attend the new member parent meeting on Sunday, September 18 from 3:00-5:00 p.m. in the Academy Multi-Purpose Room (2143 Main St.) This meeting is for parents that have not been part of the Winter Swim Team in the past. Hear from the Head Coach, Learn about the Glastonbury Swim Parents Organization (GSPO) and review what is expected of swimmers and parents.

Optional USA Short Course

Register for the USA Short Course if your swimmer wants additional meets and/or a more competitive program. Participation is optional, but swimmers **must be registered in a Glastonbury Swim Team practice group.** Registration opens with the Recreation Swim Team. There is a separate additional fee (approximately \$250-\$350 subject to change) collected by the Glastonbury Swim Parents Organization to cover the cost of USA Meet Entry Fees. Season runs through mid-March.

FEE: \$415/Person

.25. Swim Team

Swim Team Important Notes

- Once assigned, coaches reserve the right to move swimmers to different practice groups at their discretion. If a child is moved to a different practice group before 11/15, you will be required to pay the difference or a partial refund will be issued. Any child that lacks skills appropriate for competitive swimming will be informed.
- Practices begin September 26 and conclude in February (USA extends through Mid- March).
- Practices are held at Glastonbury High School. For Junior 1, 2 and Senior practices, there are also practices held at Trinity College in Hartford.
- Recreation swim meets (approximately 4/season) are held in the Hartford Vicinity and take place on a Saturday or Sunday November-January. Championship meets take place in Mid-February.
- Swim meets are run with the help of parents and parents will be asked to assist at swim meets in the form of timing as an example.
- The Glastonbury Swim Parents Organization (GSPO) dues are included in the fee. Dues are used towards meets and team events.

Practice Group, Activity Code & Price	Typical Age Range	Projected Practices (Oct-Feb)	# of Meets	Swim Proficiency (1 length of pool = 25 Yards)
Developmental \$346	7-10	GHS Mon, Wed, Sat	4 Meets Must swim 3 to participate in Championships	Swim 1 length Freestyle with head down and rotating breathing without stopping and 1 length Backstroke; demonstrate fundamental breaststroke or butterfly for 1 length.
Junior 1 \$431	9-12	GHS Wed, Sat, Sun Trinity Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes, swim continuously for 300 yards (12 lengths) and practice continuously for up to 1.75 hours.
Junior 2 \$431	9-12	GHS Wed, Sat, Sun Trinity Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 2 lengths, Swim continuously for 300 yards (12 lengths) and practice continuously for up to 1.75 hours
Seniors \$499	13/Up	GHS Sun, Tues, Thurs, Fri Trinity Mon, Wed	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 4 lengths (100 yds), swim continuously for 600 yds (24 lengths) and practice at a high level for up to 2 hours.
HS Girls \$388	High School Girls	Senior 1 Schedule	4 Meets Must swim 3 to participate in Championships	Girls competing on fall high school team and will compete on the recreation team at the completion of their high school season.
HS Boys 1 \$288	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation team until the start of the high school season	
HS Boys 3 \$460	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation and USA short course teams until the start of their high school season. Additional USA meets (after the high school season starts) will depend on the high school schedule and high school restrictions. (Includes Pro-Rated Recreation and USA swim team).	
Short Course USA \$415	7/Up	Rec Team Practice	Note: optional to any swimmer on the Recreation Swim Team. Interested swimmers must be signed up for one of the practice groups. Fees are separate from Recreation Swim Team fees.	

- Proficiency in freestyle means a swimmer can swim with head down and rotating breathing without stopping.
- Proficiency is determined by coaches.
- Fundamentals of Fly and Breast Stroke are determined by coaches.

Boating & Pool Schedule .26.

Boat Launch

It's still boating season! Boat launch permits are available at the Parks and Recreation office located on 2143 Main Street. Boaters must bring proof of residency and a valid boat registration. Office hours are Monday-Friday 8:00 a.m.-4:30 p.m.

The single boat launch will be open until November. The launch is located at Riverfront Park, 252 Welles Street, a short walk from Glastonbury center. The park offers 24 boat trailer parking spaces. A covered picnic pavilion, children's playground and walking trails are also available at the park. An attendant will be on duty during the boating season. Restrooms available on site.

SEASONAL PERMITS: Residents: \$60/year
Non-Residents: \$120/year
DAILY LAUNCH: Residents: \$20/day
Non-Residents: \$40/day

Slipaway River Tours

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

Kayak, Paddle Board, Fly Fish...Oh My!

The Parks and Recreation Department has partnered with the L.L. Bean Outdoor Discovery Schools to conduct various kayak, paddleboard and fly-fishing programs at the Riverfront Park through October, 2021

The following programs will be held on weekends:

- Discovery Kayaking
- Introduction to Recreational Kayaking
- Intermediate Recreational Kayaking
- Sunset & Full Moon Kayaking
- Discovery Stand-Up Paddle Boarding
- Introduction to Stand-Up Paddle Boarding
- Stand up Paddle Boarding Yoga
- Fly Fishing
- Archery

Custom programming opportunities for groups, parties, organizations and team building events may be available upon request. Specific information on these programs can be found online at www.llbean.com/southwindsor on the "Events Calendar". To register for a program, three easy options are available.

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

Please contact L.L. Bean at 1-888-552-3261 or the Parks and Recreation Department (860)652-7679 with any questions.

High School Pool Indoor Season (For Residents Only) Beginning August 29

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

Household Poolpass Indoor

HOUSEHOLD POOL PASS FEE: \$119/Family
DAILY ADMISSION FEE: Child \$7; Adult \$10
LOST PASS REPLACEMENT FEE: \$25/Household

Individual Poolpass Indoor

INDIVIDUAL PASS FEE: \$105/Person
LOST PASS REPLACEMENT FEE: \$25/Individual
SENIOR PASS (60 and Older): FREE*
* Must be obtained at Parks & Recreation Office

Note: The GHS Pool will be closed August 15-August 28; Schedule Subject to Change

★ GLASTONBURY ★ SENIOR & SOCIAL SERVICES

**September is National Senior Center Month!
Please Join Us!**

The National Council on Aging (NCOA) and our National Institute of Senior Centers (NISC) celebrate National Senior Center Month every September. Over the past two years, senior centers have grown a great deal - probably more than ever imagined. Transforming our centers to virtual classrooms overnight and, in so doing, we provided continued means of social engagement and activity during bleak times, turning the table on ageist stereotypes about older adults and technology use.

We provided countless hours of support and encouragement and became even more integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, scheduling and access through transportation. And we played a critical role in addressing an issue that we all knew was important even before the pandemic: social isolation.

To observe National Senior Center month in Glastonbury we have numerous special programs and events scheduled. Some of those events are detailed here. To find out more, please view the Fall edition of the Sharing Tree Newsletter online.

Join us September 18-24, 2022 for Falls Prevention Awareness Week, a nationwide effort to raise awareness on preventing falls and reducing falls risk. The week will include presentations by health care and exercise experts with tips on how to improve your balance and prevent falls (see page 30).



Glastonbury Senior & Social Services Staff
Monday-Friday, 8:00 a.m.-4:30 p.m.
(860)652-7638

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(860)-652-7636 susan.parrotta@glastonbury-ct.gov

Senior Center Programs .28.

Indian Classical Dance Performance Thursday, August 18; 2:00-3:15 p.m.

This program is a compilation of Kuchipudi dances and will include a brief history of Indian dances, visuals, narratives and demonstrative gestures. "Layavinyasa's presentation is brought to you with support from Hartford Foundation for Public Giving and the Department of Economic and Community Development, Office of the Arts, which also receives support from the National Endowment for the Arts."

Slip-a-Way Tours & Lunch @ Ferry Park Grill Friday, August 26

Start the day with lunch on your own at the Ferry Grill & Chill by the river! Burgers, seafood, sandwiches, all meals cooked to order. Following lunch (12:00-2:00 p.m.) we'll slip away to the river and enjoy the ride with a highlight of sights along the way. Wheelchair friendly with a short, stable ramp to the boarding dock!

TIME: Depart RCC at 10:30 a.m.; Return at approximately 2:30 p.m.
FEE: \$27/Person

The Big Sing is Back Saturday, September 17

Sing along with Dr. Uke and the Ukulele band from 12:00-1:00 p.m. Words projected on the large screen.

RiverQuest Tree Swallow Sunset Cruise Thursday, September 8

Join us as we cruise a special spot on the Connecticut River in Haddam where thousands of Tree Swallows gather. After spending the day miles away, the swallows return each night to sleep in the reeds gathering at sunset to perform aerial ballets! Spend 2+ hours on the water (6:00-8:00 p.m.) with flexible seating to ensure everyone gets optimal viewing.

TIME: Depart RCC at 5:00 p.m.; Return at approximately 9:00 p.m.
FEE: \$70/Person

Pizza, Pizza-who has the Best Pizza?

As the weather gets cooler there is nothing like Pizza! Cost for each trip is \$7/Resident; \$10/Non-Resident. Lunch is on your own.

Bobby's Apizza - North Branford

Tuesday, September 6
Depart RCC at 10:30 a.m.; Return at 2:00 p.m.

Camille's Wood-Fired Pizza - Tolland

Tuesday, September 27
Depart RCC at 11:00 a.m.; Return at 2:00 p.m.

Frank Pepe Pizzeria Napoletana - Manchester

Tuesday, October 4
Depart RCC at 11:00 a.m.; Return at 2:00 p.m.

Autumn Railway Tuesday, October 11

Enjoy a 10 mile scenic narrated train ride through the Berkshires, exploring the rich railroad history of the region and lunch at Michael's Restaurant. Following lunch we'll head over to Balderdash Cellars for a tour and tasting at this boutique winery. Includes Motor Coach, Tour Director, Train Ride, Lunch, Tour and Tasting and all Gratuities. Indicate meal choice at registration (Turkey & Cheese Wrap; Tuna & Tomato Wrap; Ham & Cheese Wrap; Grilled Chicken Wrap; Veggie Wrap). Meals include chips, pickle, soda or iced tea. Register in-person only at the RCC.

TIME: Depart RCC at 6:45 a.m.; Return at approximately 7:15 p.m.
FEE: \$125/Person (Checks ONLY payable to "Tours of Distinction")

Enjoy a Beautiful Day in Chester, CT Tuesday, October 18

Enjoy lunch at Marker 37 located at the Chester Point Marina showcasing delicious food and expansive gorgeous views of the Connecticut River (Indoor and outdoor seating). Following lunch take a short ride over to the Chester town center where quaint shops and quintessential New England scenery abound. Start your Christmas shopping early!!

TIME: Depart RCC at 11:00 a.m.; Return at approximately 3:00 p.m.
FEE: \$7/Resident; \$9/Non-Resident

New England Falconry Wednesday, October 19

Experience the ancient art of falconry in beautiful Hadley, MA while learning about the life history of raptors, their role in the environment and the efforts underway to ensure their survival. Lunch on own at 12:00 p.m. at Cracker Barrel in East Windsor.

TIME: Depart RCC at 9:15 a.m.; Return at approximately 3:00 p.m.
FEE: \$37/Resident; \$42/Non-Resident

Create "Fall Wreaths" at Red Barn Farm Wednesday, October 26

Enjoy a beautiful fall day in the Connecticut shoreline area. First stop, lunch on your own at 11:30 a.m. at the Monkey Farm Café in Old Saybrook, serving up some of your favorites, seafood, burgers and soups. Following lunch, at 1:30 p.m., create a dried fall flower wreath with Joanie at the Red Barn Yoga farm in Old Lyme.

TIME: Depart RCC at 10:30 a.m.; Return at approximately 4:00 p.m.
FEE: \$67/Person

.29. Senior Center Programs

Special Luncheons at the RCC

Special Tickets Required! \$6/Resident; \$8/Non-Resident (except where noted).

Tuesday September 20 @ 12:00 p.m.

Our National Senior Center Month Luncheon features entertainment by Connecticut's own "rock star" Bob Giannotti. Lunch includes bbq baked chicken; potato salad; vegetable; cheesecake with whipped cream and fruit topping. Register by Thursday, September 15.

Tuesday, October 25 @ 4:30-6:30 p.m.

It's our Halloween Costume Party! Wear your scariest costume and enjoy Pizza, Pasta, Salad and Punch. Country Duo will entertain. Prizes for costumes and best Monster Mash Dancer! Register by Thursday, October 20.

Thursday, November 10 @11:30 a.m.-1:00 p.m.

A Time to Remember Our Veterans. We set this day aside to remember the achievements and sacrifices that men and women, at home and abroad, during war and in peace, have made so that we can live free. Veterans are encouraged to wear their uniforms and medals for this occasion. Register by Tuesday, November 8. *Cost for this luncheon is \$3/Person.*

Tuesday, November 22 @ 11:45 a.m.-12:45 p.m.

Enjoy a tasty Thanksgiving Dinner with Roasted Turkey, Mashed Potatoes with Gravy, and all the traditional trimmings, including Pumpkin Pie with Whipped Cream. Register by Friday, November 18.

Tuesday, December 13

Naughty or Nice Holiday Luncheon with entertainment by Brian Gillie. Lunch is served at 12:00 p.m. with entertainment from 12:30-1:30 p.m.

Tuesday, December 20

Happy Holidays! Happy Chanukah! Felices Fiestas! Join your friends for some seasonal cheer and enjoy a delicious brunch and holiday sing-a-long. Quiche, Sausage, Assorted Danish, Fresh Fruits, Juices, Coffee & Tea. Join in on the Parade showing off your "Ugly" Sweater (Prizes awarded). Sure to bring joy and laughter to all this holiday season!

10:00 a.m. Holiday Bingo

11:00 a.m. Brunch

11:30 a.m. Sing-a-long with Jeff Wieselberg

Class	Description	Meets	Dates	Classes	Fee (R)	Fee (NR)
Powerful Aging & Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00-11:00 a.m.	Oct. 5- Dec. 16	20	\$100	\$110
Stretchercise Exercise	Low impact exercise using stretch bands and weights (provided) to increase your range of motion.	Tuesdays & Thursdays 11:30 a.m.-12:15 p.m.	Oct. 4- Dec. 13	20	\$100	\$110
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. OR 11:15 a.m.-12:00 p.m.	Oct. 5- Dec. 16	20	\$100	\$110
Intro To Tai Chi	Learn the basics of this life altering discipline.	Mondays 3:30-4:15 p.m.	Oct. 3- Dec. 19	11	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00-7:00 p.m.	Oct. 6- Dec. 15	10	\$50	\$60
Italian	Expand your knowledge of this beloved Romance language and share the joy! (Prior knowledge of the language is required). Virtual Class.	Thursdays Intermediate 9:00 a.m. Advanced 10:00 a.m.	Virtual Oct. 6- Dec. 15	10	\$5	\$6
Watercolor	Drawing is not a prerequisite. Using watercolors, students will explore different techniques in a relaxed environment.	Saturdays 9:30-11:30 a.m.	10/8; 10/22; 11/5; 11/19; 12/3; 12/17	6	\$10+ Supply Fee	\$15+ Supply Fee

Senior Center & Social Services Corner .30.

Tai Chi Demo

Wednesday, September 21, 10:30 a.m.

Help improve your balance and reduce your risk of falling. When learned correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. The benefits of tai chi may include:

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition

How to Improve Balance & Prevent Falling Workshop

Monday, September 19, 10:30 a.m.

Learn from medical experts about tips on home modifications to reduce falls, medications and fall risks, how to safely get up from a fall and much more.

AED & NARCAN Presentation

Wednesday, August 31, 1:00-2:30 p.m.

AEDs are important because they strengthen the Chain of Survival. They can restore a normal heart rhythm in victims of sudden cardiac arrest. Portable AEDs enable more people to respond to a medical emergency that requires defibrillation. When a person suffers a sudden cardiac arrest, their chance of survival decreases by 7% to 10% for each minute that passes without defibrillation. AEDs save lives. NARCAN® Nasal Spray is a prescription medicine used for the treatment of a known or suspected opioid overdose emergency with signs of breathing problems and severe sleepiness or not being able to respond. NARCAN saves lives. Presented by Jason Race, Proactive Safety, and John Pelow, Glastonbury EMS.

Smart Driver

Thursday, September 15

The insurance discount afforded to seniors taking the course is a minimum of 5% for a period of 2 years if you are 60 years of age or older.

TIME: 8:30 a.m.-12:30 p.m.

FEE: \$20/AARP Member; \$25/Non-Member
Checks ONLY payable to AARP

Eye Openers Support Group

The Low Vision Support Group will meet the 4th Friday of the month from 10:00-11:30 a.m. in the Special Activities Room at the Riverfront Community Center. This group is open to any person living with low vision. Members learn from one another and guest speakers. Refreshments are served. For more information or to receive meeting announcements, call Susan Parrotta, (860)652-7636.

Bereavement Support Group

2nd & 4th Wednesdays, 2:00-3:30 p.m.

Did a family member or friend die recently? Are you experiencing "symptoms" of grief like the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. Co-sponsored by Hartford Healthcare at Home & Glastonbury Senior Center. Call Bill Pilkington, Bereavement Support Counselor at (860)209-3147 or bill.pilkington@hhchealth.org.

The Friendship Circle Memory Program

Tuesdays & Wednesdays 9:30 a.m.-12:30 p.m.

A social engagement program designed for Glastonbury Seniors with early stage dementia. Gain the many benefits derived by being active and socially engaged in a supportive group environment. Activities are coordinated by a trained Coordinator and volunteers and include a variety of mental and physical activities including music, arts & crafts, exercise, puzzles, and opportunities to enjoy the company of others. A monthly fee is charged. Lunch and transportation are included. For more information contact (860)652-7646.

Energy Assistance

Help with heating costs is available for qualified individuals through the CT Energy Assistance Program. Customers who heat with deliverable fuel, such as oil, wood or propane, or utility customers may be eligible. Household income limits are based on 60% of State Median Income. Homeowners have a liquid asset limit of \$15,000 and renters, \$12,000, but any assets over those amounts may be added to your income to see if you still qualify. Guidelines for 2022-2023 are being updated. More information and appointments are available by calling Social Services at (860)652-7638.

Glastonbury Gives

Glastonbury Gives assists residents experiencing a financial crisis, with help through the Food Bank, Fuel Bank and Special Programs, including the Thanksgiving Program and Holiday Gift Program. It is funded entirely by contributions from generous individuals, businesses, and community groups; with 100% of donations going directly to residents in need. Monetary donations may be made through Pay Pal or check (dropped in the Town Hall/RCC Drop Boxes, or mailed to PO Box 6523, ATTN: Glastonbury Gives, Glastonbury, CT 06033).

Glastonbury Gives & Cares Chores Program

This program is designed to help residents age in place in their own homes by providing assistance with home/yard work. The program matches screened community volunteers with seniors and disabled individuals in need of additional assistance in their homes and properties (e.g. yard work). This program is funded in part by the North Central Area Agency of Aging.

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

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★ **BE A SUPERHERO!** ★

Pitch In *to help with a park clean up (Page 17)!*

Donate *to any of our great causes (Pages 13, 30)!*

Volunteer *your time with a community group (Page 17)!*