

WINTER | SPRING 2023

WWW.GLASTONBURY-CT.GOV

# GLASTONBURY PARKS & RECREATION SENIOR & SOCIAL SERVICES

*Participate in the Glastonbury  
Senior Center community survey.  
Scan the QR code for details!*



# - 1 - PROGRAM REGISTRATION FORM

Household Information								
Primary Guardian First Name				Primary Guardian Last Name				
Address				Please E-Mail Receipt to the E-Mail Below				
City, State, Zip				Sex		E-Mail		
Home Phone ( )				Work Phone ( )				
Emergency Contact				Relationship				
Participant Information								
Participant First Name			Participant Last Name					
Date of Birth			Grade Completing		Sex			
Allergies			Medication/Other					
Registration Information								
Program Choices	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 Pass <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:				
Complete a <b>SEPARATE</b> form for each person and sign the waiver. Please PRINT. You may copy this form or print a copy from our website at <a href="http://www.glastonbury-ct.gov">www.glastonbury-ct.gov</a>								
Mail your Form, Payment, Business Size Self Addressed <b>STAMPED</b> envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033								
Check Write a <b>SEPARATE CHECK</b> for each program. Make checks payable to " <b>Town of Glastonbury</b> "								
<input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> DISC	Name on Card							
	Credit Card Number				Expiration		Code	



# REGISTRATION INFORMATION - 2 -

## Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING TUESDAY, DECEMBER 6** at 8:00 a.m. with the following exceptions:

Indoor Pool Passes      Party Rentals  
Teen Center Passes

**Spring Swim Lesson Registration begins on 3/14/23**

Mail-in registrations will be processed daily, at random. **REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 6.**

## In-Person Registration Dates

In-person registrations will be accepted beginning Tuesday, January 3 including J.B. Williams reservations.

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

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

## Online Registration is Fast & Easy!

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

## Returned Checks

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

## Registration Payment

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

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

## Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

## Cancellation Information

Retrieve cancelation information 24 hours a day at (860)652-7689. Programs may be cancelled due to insufficient registration. Programs are canceled on January 2, January 16; February 17; April 7; May 29, June 19 unless otherwise stated.

## Notification of Enrollment

Include a **STAMPED**, self addressed, business size envelope with your mail-in registration if you would like your receipt mailed. Receipts can also be e-mailed if an e-mail is included on the registration form.

## Refund Policy

Please review your registrations carefully.

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

## Financial Assistance

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

Children's Swim Lessons  
Glastonbury Lacrosse  
Open Gym Pass  
Teen Center Pass

GBA Basketball  
Kangaroo Kids  
Pool Passes

# - 3 - GENERAL INFORMATION

## How to Reach Us

Administrative Phone: (860)652-7679

Administrative Fax: (860)652-7691

Cancellation Line: (860)652-7689

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

Mail: Parks and Recreation  
Program Registration  
P.O. Box 6523  
Glastonbury, CT 06033

Office: Parks and Recreation  
2143 Main Street  
Glastonbury, CT 06033

## Our Staff

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

## E-mail Updates

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

## Brochure Mailing Information

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

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

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

## Facebook & Instagram

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

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

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

## Inclement Weather Policy

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

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

## Glastonbury Youth Organizations

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

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

# RENTALS & RESERVATIONS - 4 -

## J.B. Williams Park Pavilion Rental

In-person and phone reservations for use of the J.B. Williams Park "covered" pavilion will be taken beginning on Tuesday, January 3.

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

## Glastonbury Boathouse

Host your next special event at the Glastonbury Boathouse! Whether you are planning a wedding, corporate or social event, your guests are sure to be impressed with our bright and modern Banquet Hall, breathtaking river views, and exceptional cuisine from our Preferred Caterers. Accommodates seated events of 50-150 people, or standing receptions up to 250 people. For more information, visit [glastonburyboathouse.com](http://glastonburyboathouse.com) or contact Kristen Michaels, Event and Banquet Facility Manager, at [kristen.michaels@glastonburyct.gov](mailto:kristen.michaels@glastonburyct.gov) or (860)652-4640. Follow us on Facebook to get updates on rentals and special events: [facebook.com/glastonburyboathouse](https://facebook.com/glastonburyboathouse).

## Riverfront Community Center

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. Room reservations are available on Monday, Wednesday, and Friday evenings, and all day on weekends. For more information, visit [www.glastonburyct.gov/rccrentals](http://www.glastonburyct.gov/rccrentals) or contact [kristen.michaels@glastonburyct.gov](mailto:kristen.michaels@glastonburyct.gov).

## Celebrate the Day!

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

## Riverfront Park Boat Launch & Storage

Beginning Monday, March 6th, boat launch permits are available at the Parks and Recreation office Monday-Friday 8:00 a.m.-4:30 p.m. Boaters must bring proof of residency and valid boat registration. Single boat launch will be open from mid April-November. Park offers a covered picnic pavilion, children's playground and walking trails. Attendant on duty during the boating season. Restrooms available on site.

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

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

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

## Field Rentals

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.

## Public Ice Skating

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

# - 5 - PRESCHOOL PROGRAMS

## Parent Child Play Group

(Ages 1-4)

Designed to provide children with unstructured group play and allow parents an opportunity to meet and enjoy their children. Carpeted spring floor with equipment for kids to climb and explore!

Fee: \$32/Winter Monday Session  
\$24/Winter & Spring Friday Session  
Meets: Monday: 9:00-9:50 OR 10:00-10:50  
Friday: 9:00-9:50 OR 10:00-10:50  
Location: Academy Gym  
Winter: Monday: January 23-March 20  
No Class 2/20  
Friday: January 27-March 10  
No Class 2/17  
Spring: Monday: April 17-May 22  
Friday: April 28-June 2

## Parent Child Play Group Parties

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: 8:30-10:00 a.m. OR 10:15-11:45 a.m.  
Location: Academy Cafeteria/Gym  
Dates: Let it Snow: 1/13  
Valentine's Party: 2/17  
St. Patrick's Day: 3/17  
Bunny Hop: 4/3  
Celebrate Summer: 6/7

## Book, Craft, Play

(Ages 2-4 years)

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

Fee: \$54  
AM Meets: Wednesdays 9:00-10:00 a.m. or  
10:15-11:15 a.m.  
PM Meets: Tuesdays 4:30-5:30 p.m.  
Location: Kangaroo Kids, 35 Bell Street  
AM Dates: January 11-February 15  
PM Dates: January 10-February 14

## Creative Movement

(Ages 18 months-4 years)

Kids learn musicality, movement, rhythm, coordination, following instructions and team work, all through fun dance exercises and combinations.

Fee: \$45  
Meets: Wednesdays 9:00-9:45 a.m. or  
10:00-10:45 a.m. or 4:30-5:30 p.m.  
Location: Academy Building  
Dates: March 1-April 5

## Messy Art

(Ages 18 months-3 years) An introduction to art for parent and child. It's not about the end result, but about children getting to color, smear, squish, paint, glue, cut and get creative!

Fee: \$45  
AM Meets: Wednesdays 9:00-9:45 a.m.  
or 10:00-10:45 a.m.  
PM Meets: Wednesdays 4:30-5:30 p.m.  
Location: Kangaroo Kids, 35 Bell Street  
AM Dates: April 26-May 31  
PM Dates: April 25-May 30

## Ready, Set, Create!

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

(Mini Doodler: Ages 3 years old-5 years old)

Create beautiful, imaginative painting techniques in the styles of John Barber and Natasha Wescoat. We'll create self-portraits in the style of Paul Klee, explore Wolf Kahn's luminous landscapes, and much more!

Fees: \$110/participant  
Twoosy Doodler: Thursdays, 9:30-10:30 a.m.  
Mini Doodler: Thursdays, 10:30-11:30 a.m.  
Dates: January 19-March 9  
Location: Academy Cafeteria

## Artists you Know and Love

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

(Mini Doodler: Ages 3 years old-5 years old)

The world has many great artists and wonderful art including the drawings of da Vinci, the collages of Matisse, the light drenched paintings of Monet and the well-loved portrait of Whistler's Mother! Your favorite little artist gets a chance to drip, print, cut, arrange, dab, mold and paint while exploring these artists and others. Your little artist will create their own masterpieces that are as unique as they are!

Fees: \$110/participant  
Twoosy Doodler: Thursdays, 9:30-10:30 a.m.  
Mini Doodler: Thursdays, 10:30-11:30 a.m.  
Dates: March 30-May 25  
(No Class 4/13)  
Location: Academy Cafeteria



# PRESCHOOL PROGRAMS - 6 -

## Kangaroo Kids (2023-24) Deposit

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

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

Deposits for the 2023-24 program will be accepted beginning on March 7, 2023. **Please note the deposit is non-refundable after June 1, 2023.**

Child must be age 3 or 4 by January 1, 2024 to be eligible (No Exceptions). Children must be toilet trained. Kangaroo Kids meets September-early June. Complete information (dates, fees etc.) will be in the 2023 Summer Brochure available in early March or online at [www.glastonbury-ct.gov/kangarookids](http://www.glastonbury-ct.gov/kangarookids)

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

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

## Music Together®

(Newborns-Age 5)

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

Fee: \$225/child; \$130/sibling  
(Newborns under 8 months attend FREE when a sibling is registered; \$225 registered alone.)  
Meets: Tuesday  
9:15-10:00 a.m. OR 10:15-11:00 a.m.  
Location: RCC Activity Room  
Winter: 10 weeks January 17-March 21  
Spring: 10 weeks April 18-June 20

## Skyhawks Multi-Sport Tots

(Ages 2-4)

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

Fee: \$86/person (Tuesdays)  
\$102/person (Thursdays)  
2 Year Old's: Thursdays, 9:00-9:45 a.m.  
3 Year Old's: Thursdays, 10:00-10:45 a.m.  
3 & 4 Year Old's: Thursdays, 11:00-11:45 a.m.  
Tuesdays, 5:00-5:45 p.m.  
Thursday Sessions: March 9-April 13  
April 20-May 25  
Tuesday Session: May 9-May 30  
Thursday Location: Academy Softball Field  
Rain Location: Academy Cafeteria  
Tuesday Location: Hopewell School Gym

## Skyhawks Hoopster Tots

(Ages 2-4)

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

Fee: \$102/person  
2 Year Old's: Thursdays, 9:00-9:45 a.m.  
3 Year Old's: Thursdays, 10:00-10:45 a.m.  
Dates: January 19-February 23  
Location: Academy Cafeteria

## Skyhawks Mini Hawk Sports

(Ages 4-6)

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

Fee: \$90/person  
Meets: Tuesdays, 6:00-7:00 p.m.  
Dates: May 9-May 30  
Location: Hopewell School Gymnasium

# - 7 - YOUTH SPORTS PROGRAMS

## 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 through 6/7  
Saturdays & Sundays through 4/30

## Skyhawks Sports and Games

(Ages 5-10)

Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. Kids will play 2-4 different games/sports each day.

Fee: \$90/person  
5 & 6 Yr Olds: Mondays, 5:00-6:00 p.m.  
7-10 Yr Olds: Mondays, 6:15-7:15 p.m.  
Dates: April 17-May 22  
Location: Hebron Avenue School Gymnasium

## 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. For registration and more information, please check [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

## Backyard Games

Grades K-3)

Play all your favorite backyard games like capture the flag, sharks and minnows, freeze tag, basketball, soccer, flag football and others. A wonderful way to have fun and stay active during the winter months. For registration and more information, please check [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

## QuickStart Red Ball Tennis

(Ages 5-7)

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

Fee: \$29/Session  
Meets: Saturday 8:00-8:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 22-May 20

## Spring Children's Tennis

(Ages 7-17)

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

Fee: \$29/Session  
Level 1, 2, 3: Saturday 9:00-9:55 a.m.  
Level 2, 3, 4: Saturday 10:00-10:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 22-May 20

## Glastonbury Snowsports Club

(Grades K-Adult)

Have fun, meet other snow loving residents and introduce your kids to a lifelong love of winter sports! Lessons are 60 minutes for grades K-2; 75 minutes for grades 3& up. Glastonbury families of all ages can sign up to ski and snowboard together at a discounted rate. Program is held at Powder Ridge in January & February. For registration and more information, please check [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

## Youth Pickleball

The Parks and Recreation Department is currently looking to expand pickleball opportunities including lessons and more. Please be on the lookout on the Parks and Recreation website for more! For Adult Pickleball, check out page 21!



# YOUTH SPORTS PROGRAMS & SKATE PARK - 8 -

## 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 complete a waiver. Only skateboards and in-line skates permitted. All skaters MUST wear helmets. Other equipment is recommended, but optional. Park opens on Wednesday, April 19th. **FREE Admission! Park, Lessons and Camps are open to both Residents, and Non-Residents.**

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

## Skateboarding Vacation Camp

(Ages 8-13)

Go over all the basics of skateboarding including learning the parts of the board and all the ramps in a skatepark, with fun games and activities included! Great for all ages and anyone interested in riding a skateboard. This camp will include instruction for beginners such as riding the board, board control, and balance. As participants advance, instructors will teach flat ground tricks and hitting the ramps. Based on skill level, they will work up to ollies and other fun tricks! If there is expected rain the program will be cancelled and made up on Friday, April 14.

Fee: \$95.00/person  
Meets: Monday-Thursday  
Dates: April 10-April 13  
Times: 9:00 a.m.-12:00 p.m.  
Location: Skate Park (2143 Main Street)

## Beginner Skate Lessons

(Skateboarders ONLY ages 5-7 years old)

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

Fee: \$54/child  
Meets: Saturdays, 9:00-9:45 a.m. OR  
Saturdays, 9:45-10:30 a.m.  
Dates: April 22-May 27  
Location: Skate Park (2143 Main Street)

## Advanced Beginner Skate

(Skateboarders ONLY ages 7 years old and up)  
Learn fundamentals and beginner maneuvers.

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

Fee: \$74/child  
Meets: Saturdays, 10:30-11:30 a.m.  
Dates: April 22-May 27  
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, Shuivits, Grabbed Airs, Topsides, Negatives, Torques, Technical Grinds and tricks will be taught and practiced. All skaters MUST wear helmets. Other equipment is recommended, but optional.

Fee: \$74/child  
Meets: Saturdays, 11:30-12:30 p.m.  
Dates: April 22-May 27  
Location: Skate Park (2143 Main Street)

## Skyhawks Volleyball Clinic

(Boys & Girls Grades 6-9)

All aspects of the game will be taught through drills and exercises that focus on passing, setting, hitting, defense, offense and serving. Learn not only the core volleyball skills but also teamwork and sportsmanship. Players grouped by age and ability. Program held outdoors on sand and grass courts and will be cancelled for inclement weather. Makeups scheduled at the end of the session.

Fee: \$129/person  
Meets: Wednesdays, 5:30-7:30 p.m.  
Dates: May 3-May 31  
Location: High Street Park

## Locker Room Sports Program

Hartwell Soccer in conjunction with Parks and Recreation and Social Services has put together a sports equipment recycling program. Gently used equipment is being made available **FREE OF CHARGE** to players who need assistance with getting the right equipment to play sports. Please contact the Academy Teen Center at (860)652-7838 or e-mail at [teen.center@glastonbury-ct.gov](mailto:teen.center@glastonbury-ct.gov) for more information.

# - 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

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 preschool equipment.

### Preschool Classes

(Ages 3&4 by Start of Session)

Children learn basics of how to tumble, balance on a beam and swing on the low bar. Parent participation not required and preschool gymnasts should be independent of their parents. Parents allowed to watch class from the hallway.

Fee: \$159/Winter; \$149/Spring  
Winter: Wednesdays 3:00-4:00 p.m.  
January 4-March 8  
Spring: Fridays 3:00-4:00 p.m.  
April 28-June 16

### Recreation Classes

Children must be 5 years old by the start of the session (exception of two class times which will allow independent 4-year-old children). Classes follow progression guidelines of USA Gymnastics. Emphasis is on individual skill development in tumbling, floor, balance beam, vault, and bars. Class stations allow for a successful progression of skills regardless of ability level. Parents will be allowed to watch the first and last class only.

#### Beginner

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

#### Advanced Beginner

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

#### Intermediate

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

#### Pre-Team (USAG Level I)

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

#### Introductory Competitive Team

To be eligible for Xcel Bronze Team, gymnasts must be able to do a cartwheel, round-off, vertical handstand, backward roll to push-up, walk-up pull-over mount on bars, and one pull-up. 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:

##### Winter Schedule (10 Weeks)

All Levels Age 4+: Tuesday 3:45-4:45 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 4-6: Friday 3:05-4:05 p.m.  
All Levels Age 5+: Friday 4:10-5:10 p.m.

##### Spring Schedule (8 Weeks)

All Levels Age 4+: Tuesday 3:45-4:45 p.m.  
All Levels Age 4+: Wednesday 3:05-4:05 p.m.  
All Levels Age 5+: Wednesday 4:10-5:10 p.m.  
All Levels Age 5+: Wednesday 5:15-6:15 p.m.  
All Levels Age 5+: Friday 4:10-5:10 p.m.

Fee: \$159/Winter; \$149/Spring  
Winter Tuesday: January 3-March 14  
No Class 2/21  
Winter Wednesday: January 4-March 8  
Winter Friday: January 6-March 17  
No Class 1/20  
Spring Tuesday: April 4-May 30  
No Class 4/11  
Spring Wednesday: April 5-May 31  
No Class 4/12  
Spring Friday: April 28-June 16  
No Class 4/7, 4/14, 4/21

# 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. D.P. team gymnasts work out between 4.5-7.5 hours/week, allowing them the flexibility to participate in other sports and/or activities. Level 2-9 gymnasts compete at sanctioned USA Gymnastics and YMCA events. All D.P. team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$65 annual fee) and be Gymnastics Team members of the Glastonbury Family YMCA (approximately \$185 annual fee). Fees will be collected by the Gymnastics Director.

### Developmental Team Schedule (Winter 11 Weeks; Spring 9 Weeks)

Level 2 (2/Week)		
Mon. 4:00-6:15	Thurs. 4:00-6:15	
Level 3 (3/Week)		
Mon. 6:15-8:30	Tues. 6:15-8:30	
Wed. 6:15-8:30		
Level 4-9 (4/Week)		
Mon. 6:15-8:30	Tues. 6:15-8:30	
Wed. 6:15-8:30	Thurs. 6:15-8:30	
Winter Fee:	\$333/Level 2	
	\$353/Level 3,4,5-9	
Spring Fee:	\$293/Level 2	
	\$313/Level 3,4,5-9	
Winter Monday:	January 9-March 27	
	No Practice 1/16; 2/20	
Winter Tuesday:	January 3-March 21	
	No Practice 2/21	
Winter Wednesday:	January 4-March 15	
Winter Thursday:	January 5-March 16	
Winter Friday:	January 6-March 24	
	No Practice 1/20	
Spring Monday:	April 3-June 12	
	No Practice 4/10; 5/29	
Spring Tuesday:	April 4-June 6	
	No Practice 4/11	
Spring Wednesday:	April 5-June 7	
	No Practice 4/12	
Spring Thursday:	April 6-June 8	
	No Practice 4/13	
Spring Friday:	April 28-June 16	
	No Practice 4/7; 4/14; 4/21	

## Xcel Competitive Team

Xcel is an opportunity for recreational level athletes to experience the thrill of gymnastics competition. Xcel Bronze is the introductory level of competition. Open to female gymnasts ages 6 and older, who are able to do a cartwheel, round-off, handstand, backward roll to push up, and one pull-up. Being a member of our Xcel Team is considered a year-long commitment. All Xcel gymnasts must possess an Athlete Membership to USA Gymnastics (\$65 annual fee) and be members of the Gymnastics Team Members of the Glastonbury Family YMCA (approximately \$185 annual fee). Fees collected by Gymnastics Director.

### Xcel Team Schedule (Winter 11 Weeks; Spring 9 Weeks)

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. 6:15-8:30		
Gold/Platinum/Diamond (3/Week)		
Mon. 6:15-8:30	Wed. 6:15-8:30	
Thurs. 6:15-8:30		
Winter Fee:	\$333/Bronze	
	\$353/Silver/Gold/Platinum/Diamond	
Spring Fee:	\$293/Bronze	
	\$313/Silver/Gold/Platinum/Diamond	
Winter Monday:	January 9-March 27	
	No Practice 1/16; 2/20	
Winter Tuesday:	January 3-March 21	
	No Practice 2/21	
Winter Wednesday:	January 4-March 15	
Winter Thursday:	January 5-March 16	
Winter Friday:	January 6-March 24	
	No Practice 1/20	
Spring Monday:	April 3-June 12	
	No Practice 4/10; 5/29	
Spring Tuesday:	April 4-June 6	
	No Practice 4/11	
Spring Wednesday:	April 5-June 7	
	No Practice 4/12	
Spring Thursday:	April 6-June 8	
	No Practice 4/13	
Spring Friday:	April 28-June 16	
	No Practice 4/7; 4/14; 4/21	



# - 11 - YOUTH & ENRICHMENT PROGRAMS

## Indoor Playground

(Ages 5-15)

Are you seeking an active and fun way for your child with special needs to spend Saturday afternoons this winter? Whether your child enjoys active movement and music activities or quieter crafts and board games, there will be something for everyone! Parent or caregiver must attend with child (this is not a drop off). Typical siblings can sign up for a reduced price.

Fee: \$35/Person; \$15/Typical

Sibling

Meets: Saturdays 1:30-3:00 p.m.

January 28-March 18

Location: Academy Cafeteria

## Painting Step by Step

(Grades K-5)

Step into painting and learn to create amazing artwork! Step by step projects will build confidence and offer the opportunity to create beautiful art beginning to end to take home. Create colorful landscapes, delicate floral compositions, acrylic and watercolor paintings to hang on your walls, and home décor to brighten any room!

Fee: \$135/participant

Meets: Thursdays, 4:15-5:15 p.m.

Location: RCC Arts & Crafts Room

Dates: March 23-May 17 (No Class 4/13)

Instructor: Abrakadoodle

## Magical Art Mystery Tour

(Grades K-5)

Draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity. Sculpt clay lizards and build lizard playgrounds out of sticky magic "nuudles". Create colorful ceramic piggy banks, whimsical Model Magic owls and scratch a work of art inspired by the artist, Miro. Wave wands over T-shirts to form magical designs using fabric printing inks and stir a few unexpected items into a "fluffy goop" potion. Discover the secret ingredient that turns pencils into paints, black lines into circus elephants, and torn paper into painted landscapes. And so much more!

Fee: \$155/participant

Meets: Mondays, 4:15-5:15 p.m.

Dates: January 23-March 20 (No Class 2/20)

Instructor: Art-Ventures

Location: Academy Teen Center

## Sticky, Shrinky, Shiny Art-Ventures!

(Grades K-5)

Create Sequined Mexican Mirrors, Macaroni Mandalas, and Shrinky Dink Animal Pendants. Make Funny Felt Monsters, paint Ceramic Snail Banks, and create Mini Canvas Paintings with Easels. Design personalized Pencil Cases, sculpt Sweet Treat Clay Desserts, and learn how to draw Perspective Landscapes. Paint Goofy Animals on canvases, create Colorful Pillowcases, and sculpt Clay Flying Pigs.

Fee: \$155/participant

Meets: Mondays, 4:15-5:15 p.m.

Dates: April 3-June 5 (No Class 4/10 or 5/29)

Instructor: Art-Ventures

Location: Academy Teen Center

## Kids on Canvas

(Grades K-5)

Get ready for a Kids on Canvas painting adventure that features fabulous artists, acrylic painting techniques, and most importantly, buckets of fun. Create paintings that explore patterns, include texture, and incorporate design while learning about the great Dutch master Vincent van Gogh, renowned Japanese artist Katsuhiko Hibino, and celebrated Cuban painter Amelia Pelaez. Also have some super, Picasso-style fun.

Fee: \$105/participant

Meets: Wednesdays, 4:15-5:15 p.m.

Location: Academy Cafeteria

Dates: January 18-February 22

Instructor: Abrakadoodle

## Cool Cucumber Kids Cooking

(Grade 3-5)

In this 4 week session kids will create fun recipes, plant seeds for spring gardening, and play games learning nutrition and mindfulness in preparing food.

Fee: \$84/Person

Meets: Tuesdays 4:00-5:45 p.m.

Location: Academy Youth & Teen Center

Dates: February 28-April 4

# YOUTH & ENRICHMENT PROGRAMS - 12 -

## Chemical Creations

(Ages 6-11)

Experience a hands-on world of scientific experiments! Work on and take home a Chemistry Lab Kit complete with test tubes, safety goggles, and more! Learn about energy and molecules, create a bouncy glob from glue and some green slime! Make your very own UV bracelet and watch it react to the sun. Watch snow being created and feel how cold it is! Experience a really powerful magnet, magic sand, and many other exciting experiments!

Fee: \$150/participant  
Meets: Thursdays, 4:00-6:00 p.m.  
Location: Academy Cafeteria  
Dates: January 26-February 16  
Instructor: Minds in Motion

## Secret Agent Lab

(Grades K-5)

Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence – from fingerprints to tracks to trash! Use science and technology for investigation & sleuthing.

Fee: \$166/participant  
Meets: Tuesdays, 4:15-5:15 p.m.  
Location: Academy Multi-Purpose Room #1  
Dates: January 17-March 14  
(No Class February 21)  
Instructor: Mad Science

## Aspiring Young Engineers

(Boys and Girls Grades 2-5)

A wide-ranging exploration of our unique, customized S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) curriculum! Using a variety of teaching mediums, students will explore the real-world application of S.T.E.A.M. concepts and terminology through hands-on, minds-on activities.

Fee: \$105/participant  
Meets: Tuesdays, 4:00-6:00 p.m.  
Location: Academy Multi-Purpose Room #1  
Dates: March 28-May 2  
(No Class on 4/11)  
Instructor: Andrew Escalera  
Engineering Imagination

## Engineering FUNdamentals with Lego®

(Boys and Girls Grades K-2)

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

Fee: \$105/participant  
Meets: Fridays, 4:00-6:00 p.m.  
Location: RCC Arts & Crafts Room  
Dates: March 31-May 5  
(No Class 4/14)  
Instructor: Andrew Escalera  
Engineering Imagination

## Solar Bot 14

(Ages 8-12)

Come and 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. This 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! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs!

Fee: \$150/participant  
Meets: Thursdays, 4:00-6:00 p.m.  
Location: Academy Cafeteria  
Dates: March 2-March 23  
Instructor: Minds in Motion

# - 13 - YOUTH & ENRICHMENT PROGRAMS

## Mondays in May STEAM Workshop Series

Get a little taste of STEAM with 3 consecutive weeks of fun and excitement with enrichment-based activities.

## Roller Coaster Engineering

(Boys and Girls Grades 2-5)

Design, build, and test model roller coasters! Participants will use a variety of materials to fabricate customized, functioning model roller coasters. Students will learn about the pertinent engineering, planning, and mechanics involved with roller coasters while having a blast constructing their unique track layouts!

## Egg-gineering

(Boys and Girls Grades 2-5)

Students will learn about and apply real-world engineering concepts in hopes of avoiding an egg-spllosion! Using a variety of different materials, students will attempt to design and build contraptions capable of protecting a raw egg during a collision. While investigating and applying their unique ideas with eagerness and curiosity, students are always enthusiastic to participate in this engineering challenge!

## S.T.E.A.M Trains

(Boys and Girls Grades K-2)

All-Aboard the S.T.E.A.M. Train! In this exciting and engaging workshop, participants will construct a customized LEGO® S.T.E.A.M. train (Science. Technology. Engineering. Architecture. Math.)! Expanding on the creativity and excitement encouraged through LEGO®, students will have fun while learning about railway engineering, building their own train car, as well as designing and building a unique track layout!

Fee: \$20/participant per date  
Meets: Mondays, 4:00-6:00 p.m.  
Location: Academy Cafeteria  
Dates: May 8: Roller Coaster Engineering  
May 15: Egg-gineering  
May 22: S.T.E.A.M. Trains  
Instructor: Andrew Escalera  
Engineering Imagination

## Space and Beyond

(Grades K-5)

Program includes a NASA and Mad Science collab to educate the next generation! Go on a voyage of discovery with unique hands-on activities and

amazing demonstrations that explore the sun, stars, space technology, rocket science, atmosphere, planets, moons, exoplanets, exobiology, and more!

Fee: \$166/participant  
Meets: Tuesdays, 4:15-5:15 p.m.  
Location: RCC Arts & Crafts Room  
Dates: April 4-May 30 (No Class 4/11)  
Instructor: Mad Science

## Crime Scene Investigation (CSI)

(Ages 7-11)

Learn all about forensics and bring home your very own detective kit! Working in groups, conduct science experiments in our crime lab to solve mysteries. Learn about fingerprinting and how to classify them and bring home your very own fingerprint classification sheet! Perform chemical analyses and observations working with powders, liquids and more! Be amazed at how much science plays a part in solving a crime.

Fee: \$150/participant  
Meets: Thursdays, 4:00-6:00 p.m.  
Location: Academy Cafeteria  
Dates: April 27-May 18  
Instructor: Minds in Motion

## Wacky Wednesday After School Program

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

## 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, 6:00-9:00 p.m.  
Dates: January 13, 2023  
February 10, 2023  
March 10, 2023  
April 28, 2023  
May 19, 2023  
Location: Academy Multipurpose Room



# WINTER VACATION & HOLIDAY -14-

## Bridges and Buildings

(Ages 7-11)

Do you ever wonder how bridges span huge distances and how skyscrapers stay standing? Get ready to get your mind in motion as you work with and take home your very own Bridges and Skyscrapers Set! Learn all about basic structural elements and witness firsthand the forces acting on structural components! With your kit, you can build up to 20 model building experiments that each demonstrate a basic principle of mechanical physics or structural engineering in a hands-on way. Learn about the strength of materials as you compete with your classmate to see who can build the tallest tower using the pieces in this kit! Challenge yourself building different types of bridges such as a suspension bridge or cable stayed bridge. Come bring out the architect side of you as you enter the fascinating world of structural engineering and explore the magic of STEM!

Fee: \$125/participant  
Meets: 9:00 a.m.-3:00 p.m.  
Date: Tuesday, February 21  
Location: Buttonball Elementary School

## Family Holiday Jukebox Bingo

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! Holiday music is incorporated into this event, to make it even more festive! Zoom link and Bingo cards will be sent prior to event. Please register one person for the entire family. A Sign-Up Genius link will be sent to confirm how many participants will participate in your family. Prizes will be awarded to winners of Bingo!

Date: Friday, December 17  
Time: 5:30-6:30 p.m.  
Cost: FREE!

## Holiday Letters Program

Glastonbury children are invited to write a letter with their holiday wishes to Santa, the Reindeer, the Mensch on the Bench, Frosty the Snowman, or any holiday figure they choose! Beginning on November 24th letters can be dropped off in the holiday box at the Parks & Recreation entrance of Academy, the main entrance of the Riverfront Community Center or mailed to the Parks & Recreation department. Be sure to include a return address so all children receive a letter back via US Postal Service!

## Holiday House Decorating Contest

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

Registration Period: Open Through 11/27  
Judging Period: December 1-15  
Fan Favorite Voting Period: December 12-19  
Winners Announced: December 23

## Festive Driving Tour & Scavenger Hunt

Enjoy a night out with friends and family to see the beauty of Glastonbury during the holidays. Driving tour maps will be available on December 7. While out driving, complete the scavenger hunt for a chance to win a \$30.00 credit off a Parks and Recreation program! Submissions for completed scavenger hunts will be accepted starting December 7-22. The 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:** Send your photo entry to [george.emmanuel@glastonbury-ct.gov](mailto:george.emmanuel@glastonbury-ct.gov). Include your names (both yours and your pets), email and phone. 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.

Submission Period: November 21- December 8  
Voting Period: December 9-22  
Winner Announced: December 23

# - 15 - APRIL VACATION PROGRAMS

## 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 the winter months. For registration and more information, please check [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

## Engineering Imagination Vacation Camp

(Grades K-2)

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

Fee: \$310.00/person

Meets: Monday-Friday

Dates: April 10-April 14

Times: 9:00 a.m.-3:00 p.m.

Instructor: Engineering Imagination

Location: Academy Cafeteria

## Skateboarding Vacation Camp

(Ages 8-13)

Join us for a week of skating and excitement! We will go over all the basics of skateboarding including learning the parts of the board and all the ramps in a skatepark, with fun games and activities included! Great for all ages and anyone interested in riding a skateboard. This camp will include instruction for beginners such as riding the board, board control, and balance. As participants advance, instructors will teach flat ground tricks and hitting the ramps. Based on skill level, they will work up to ollies and other fun tricks! If there is expected rain the program will be cancelled and made up on Friday, April 14.

Fee: \$95.00/person

Meets: Monday-Thursday

Dates: April 10-April 13

Times: 9:00 a.m.-12:00 p.m.

Location: Skate Park (2143 Main Street)

## Bouncy Bendy Art in Motion

(Grades K-4)

Art-ventures with a totally unique twist! Make masterpieces with real moving parts, create the illusion of movement, and discover art processes that use motion to get amazing results. Combine metal, wood, and paper to build Spinning Sculptures inspired by Calder, and design Stretchy Stained Glass art you can re-shape again and again. Sculpt goofy Clay Monsters, craft Bendy Paper Lizards, and paint Seascapes like Monet. Create Matisse Watercolor Banners, Fireworks Flower Pots, and Textured Tissue Paper art. Design Kaleidoscopes, Dancing Pasta Sculptures, and Scribble T-shirts. Draw zany self-portraits inspired by Silberzweig, and decorate Cupcake Boxes with fluffy frosting and sprinkles. With a focus on color, shape, and MOTION, this program will have you jumping for joy!

Fee: \$182/participant

Meets: Monday-Friday

Dates: April 10-April 14

Times: 9:00 a.m.-12:00 p.m.

Instructor: Art-Ventures

Location: Academy Teen Center

## Eureka Invention!

(Grades K-5)

An exciting program where children explore famous inventors such as Leonardo da Vinci, Thomas Edison, Archimedes, Ben Franklin and even Rube Goldberg, along with the contributions each made to science, engineering and society. Guided by our Mad Scientist, children use their knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – their minds! While Thomas Edison said "invention is 10% inspiration and 90% perspiration," this program is 100% FUN!

Fee: \$182/participant

Meets: Monday-Friday

Dates: April 10-April 14

Times: 1:00- 4:00 p.m.

Instructor: Mad Science

Location: Academy Teen Center

# PARKS & FACILITIES - 16 -



Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cycling	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground/Fit Trail	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis	
Academy Field*	2143 Main St.	4.0	X											X								
Addison Park*	415 Addison Rd.	32.9	X	X								X		X		X		X		X		X
Arbor Acres	429 Marlborough Rd.	75.48								X			X						X			
Blackledge Falls	Hebron Ave.	80.0								X			X						X			
Buckingham Park*	1285 Manchester Rd.	35.3	X							X				X		X		X				
Butler Field*	225 Forest Lane	11.6	X							X				X								
Buttonball School																						
Center Green	2340 Main St.	.9											X	X								
Cider Mill	1287 Main St.	21.8								X			X									
Cotton Hollow	Hopewell Rd.	83.2					X			X									X			
Earle Park	1375 Main St.	39.1								X			X									
Eastbury Pond*	39 Fisher Hill Rd.	9.4					X			X	X									X		
Eastbury School																						
Ferry Landing*	Ferry Lane	3.8					X			X			X	X								
Gideon Welles School																						
Glastonbury High School*	330 Hubbard St.	72.7	X	X				X				X						X		X		X
Glastonbury/EH Magnet																						
Grange Pool*	500 Hopewell Rd.	8.9												X						X		
Grayledge Farm	175 Marlborough Rd.	96.84								X			X					X				
Great Pond Preserve	Great Pond Rd.	42.9								X			X									
Hebron Ave. School																						
High Street Park*	30 High St.	3.4	X													X	X	X				
Hopewell School																						
House Street Trail																						
Hubbard Green+	1946 Main St.	5.7								X			X	X								
Longo Farm	3006 Hebron Ave.	156.99								X			X									
Matson Hill	68 Matson Hill Rd.	22.22					X			X			X						X			
Minnechaug Golf*	16 Fairway Cr.	58.5						X														
Naubuc School																						
Nayaug School																						
Riverfront Park+	200 & 252 Welles St.	44.1	X	X			X			X	X	X	X	X	X	X		X	X			
Ross Field*	45 Canione Rd.	5.0	X		X									X		X						
Rotary Field*	358 Old Stage Rd.	7.7	X												X	X						
Salmon Brook Park	New London Tpk.	10.9					X			X	X		X	X					X			
Smith Middle School*	216 Addison Rd.	149.7	X				X			X		X	X					X	X			
Welles Park*	185 Griswold St.	11.6	X	X												X		X				
Williams Park*	789 Neipsic Rd.	161.9	X				X			X	X			X	X	X	X					

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



# - 17 - TEEN & FAMILY PROGRAMS

## Academy Teen Center

(Grades 5-8)

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

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

## Youth & Teen Center Garden Days

(Youth in Grades 5-8 and their Family)

Grab your family and help plant the Youth and Teen Center Garden!

## GCAP Coffeehouse Program

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

## Friday Night Club

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

## Youth Fishing Derby

(Youth ages 4 through 15)

Compete for the biggest, smallest, first and most trout caught, or just enjoy a morning of fishing with your child on Saturday, April 22, 8:00 a.m. – 10:00 a.m. at Eastbury Pond. Prizes raffled every 15 minutes. Four age categories: 4-6, 7-9, 10-12 and 13-15. No bait restrictions. No physical parental assistance is allowed except baiting and cashing. This event is free!

## Babysitting Class

(Ages 11-15)

Be prepared to become one of the most capable, trusted and in-demand sitters in your neighborhood! Learn how to be a safe, professional and reliable sitter. Class will include topics such as choosing age-appropriate activities, basic child care, like bottle feeding, child behavior, leadership, professionalism, safety, starting a babysitting business and much more. Get tips on talking with parents and how to get your business started. Class **DOES NOT** include CPR. Babysitters will receive a Babysitting certificate that includes Standard First Aid. An American Red Cross certificate will be e-mailed upon completion. Be sure to provide a valid e-mail address during registration (not a parent e-mail). Open to both residents and non-residents. Bring a lunch, snack and water bottle. **Choose between 2 Saturday options.**

Fee:	\$90/Person (Includes Course Materials)
Meets:	8:00 a.m.-3:00 p.m.
Location:	Academy Multi-Purpose Room
Date:	Saturday, January 14 Saturday, March 18

## Glastonbury Snowsports Club

(Grades K-Adult)

The GSSC is a Glastonbury based club dedicated to the promotion of outdoor family winter activities such as snowboarding, skiing, snowshoeing and tubing. Have fun, meet other snow loving residents and introduce your kids to a lifelong love of winter sports! Lessons are 60 minutes for grades K-2; 75 minutes for grades 3& up. Glastonbury families of all ages can sign up to ski and snowboard together at a discounted rate. Program is held at Powder Ridge in January & February. For registration and more information, please check [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

# FAMILY PROGRAMS - 18 -

## 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](http://glastonburyct.myrec.com).

### 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: December 9: RCC  
March 17: Academy Cafeteria

## Passport to Health Fair

Mark your calendars for this terrific event on Friday, March 24th at the Riverfront Community Center. Drop in any time between 2:00-7:00 p.m. and visit various health-related vendors, check out the new fitness center and take a chance at winning some great raffle prizes! Visit [www.glastonbury-ct.gov/passport2health](http://www.glastonbury-ct.gov/passport2health) for additional details!

Vendors and sponsors that would like to participate in the event can download a vendor/sponsor packet at [www.glastonbury-ct.gov/passport2health](http://www.glastonbury-ct.gov/passport2health).

## EGG-cellent Story Stroll

(Appropriate for Preschool-Elementary Age)  
Follow us on a spring themed stroll from the Riverfront Community Center, presented by Welles-Turner Memorial Library and Parks and Recreation. Along the way, enjoy stops for a story and of course some candy! Groups will leave from the Community Center Patio (in the back of the building) at an assigned time every 10 minutes beginning at 4:00 p.m. Last group will leave at 6:00 p.m. Parents must accompany children for this event. Registration can be completed through the Welles-Turner Memorial Library beginning March 1.

Fee: Free!  
Date: Wednesday, March 29, 2023  
Groups Depart every 10 Minutes  
Beginning at 4:00 p.m.  
**PRE-REGISTRATION IS REQUIRED.  
PLEASE ONLY PRE-REGISTER  
CHILDREN THAT ARE ATTENDING.**  
Location: Riverfront Community Center Patio

## Easter Egg Hunt for Dogs

Egg Hunt begins promptly at 10:00 a.m. at the Riverfront Park (200 Welles Street, Glastonbury) on Saturday, April 1st. Event will be held rain or shine. Over 6,000 eggs will be hidden. Every egg contains a treat or prize for you and your dog including gift certificates and other surprises. Cost is \$10/dog. Dogs must be on leash with up to date rabies tag or certification. No aggressive dogs please.

## Egg-a-Pool-Looza! \*NEW\*

(Ages 3-13 years old)  
Activities include the aquatic egg hunt, face painting, prizes, pictures with the bunny, and more. Pre-registration is required. Parents do not need to register! U.S. Coast Guard approved life jackets must be worn by those who unable to swim, and parents must be in the water with their children if they are unable to swim. Children aged 3-8 will be restricted to the shallow end of the pool; 9-13 year old's able to swim between deep/shallow end.

Date: Sunday, April 2, 2023  
3-5 yr olds: 1:00-1:30 p.m. (30 participants max)  
6-8 yr olds: 1:30-2:00 p.m. (30 participants max)  
9-13 yr olds: 2:00-2:30 p.m. (50 participants max)  
Cost: \$3/child  
Location: Glastonbury High School Pool

## Pooch Prom \*NEW\*

You and your pup are invited to our first ever Pooch Prom at the Dog Park on Saturday 4/22/23 from 4:00-8:00 p.m. Visit dog related vendors, partake in the raffle, enjoy the Dog Park and participate in some fantastic contests including musical sit, best kisser, best waggle, best dressed and of course, Prom King & Queen! Event is free and open to all ages. Dogs must be on leash outside the Dog Park (off-leash inside the Dog Park) with up to date rabies tag or certification.

Vendors and sponsors that would like to participate in the event can download a vendor/sponsor packet at [www.glastonbury-ct.gov/dogpark](http://www.glastonbury-ct.gov/dogpark).

# - 19 - EVENTS & BUS TRIPS

## Glastonbury Boathouse Holiday Fair

The Glastonbury Boathouse will host a holiday fair on Dec 10, 10:00 a.m. – 2:00 p.m. featuring local vendors and photos with Santa. For more information, please contact Kristen Michaels at 860-652-4640 or [kristen.michaels@glastonburyct.gov](mailto:kristen.michaels@glastonburyct.gov).

## Passport to Parks

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

Visit [www.glastonburyct.gov/passport2parks](http://www.glastonburyct.gov/passport2parks)

and download a Passport Booklet. Use it as your guide as you begin to venture out to the 28 different places listed. Parks have been grouped into 5 "regional" maps so it's easier for you to plan your trip(s).

Once at each location, look for a label on one of the signs in the park. When you find it, scan the QR code to reveal the word clue for that park and write it in the appropriate spot on your passport.

Once you have all your word clues, take a photo of your completed pages and e-mail to [anna.park@glastonbury-ct.gov](mailto:anna.park@glastonbury-ct.gov) with the subject line "Completed Parks Passport". Be sure to include your name, address and t-shirt size!

## Glastonbury Partners in Planting

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

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

## Pitch In and Volunteer with Us!

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

## Glastonbury Community Action Partnership

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

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

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

## Bus Trips

For registration and more information, please check [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).



# ADULT PROGRAMS -20-

## Family One Polite Dog Manners

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

Fee: \$120/Session  
Meets: Mondays 6:00-7:00 p.m.  
Location: Academy Cafeteria  
Winter: February 27-April 3  
Spring: April 17-May 22  
Instructor: Beth Vincent, CPDT-KA

## Out and About with your Best Friend

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

Fee: \$120/Session  
Meets: Fridays 6:00-7:00 p.m.  
Location: Academy Cafeteria (Weather Permitting, Class will be

Outside)  
Dates: May 5-May 26  
Instructor: Beth Vincent, CPDT-KA

## Square Dances & Lessons

All square dancers welcome! Dance level is MS+. Dances held October -June one Saturday of each month. Lessons are held at Buttonball School, Wednesdays from 7:00-9:00 p.m. For information, please call 860-742-2898.

## Bella Italia Night - Dinner & Dancing \*NEW\*

(Ages 55+)  
Join us for a fun night out as we journey back in time to the days of swanky Hollywood parties, and great music by Frank Sinatra, Dean Martin and

more legends! This evening will include a 3 course Italian dinner, music and dancing. Purchase tickets at the Riverfront Community Center, Parks & Recreation Office or online.

Date: Thursday, April 20  
Time: 6:00-8:00 p.m.  
Fee: \$15/person

## Puzzle Palooza \*NEW\*

(Ages 18+)  
Join us for a fun puzzle making contest! Come with a team of up to 4 people to finish a 500 piece puzzle. Snacks and prize for winning team will be provided.

Fee: \$5/team  
Meets: Wednesday, 6:00-8:00 p.m.  
Dates: January 25th  
(Snowdate February 1st)  
Location: Academy Multipurpose Room

## Glastonbury Chorus

Calling all singers! The Glastonbury Chorus is a non-profit community 4-part adult choir with members from across the Greater Hartford area. No auditions required! Rehearsals are held Wednesday evenings from 7:00-9:00 p.m. at the Gideon Welles school, room 132. The concert this year includes a collection of show tunes and will be held Sunday, March 19, 2023 at 4:00 p.m. Donations for the Food bank will be collected at the concert. Membership dues are \$65, and music is provided on loan. New members may join in the fall through early November. Information about the group can be found at [www.facebook.com/GlastonburyChorus](http://www.facebook.com/GlastonburyChorus). Contact Noreen Todd at [netagain@gmail.com](mailto:netagain@gmail.com) for more information.

## Minnechaug Golf Course

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

# - 21 - ADULT PROGRAMS

## Spring Adult Tennis

(Ages 17 and Up)

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

Fee: \$54/Session  
Meets: Saturday 11:00 a.m.-11:55 a.m.  
Location: GHS Tennis Courts  
Dates: April 22-May 20

## Indoor Pickleball \*NEW\*

The Glastonbury Parks and Recreation Department is excited to be hosting indoor pickleball this spring! Program will run in 5-week sessions from January through May. You must sign up for the entire 5 weeks if signing up for a session. Earlier time block of 5:30-7:30 p.m. is open for those who are more beginners/intermediates, and the 7:30-9:30 p.m. time block for those who are Intermediate/Advanced players. Description of levels can be found on the Parks and Recreation website. Two courts will be present with rotations dependent on the number of people attending. This program is designed for a more of a social opportunity and to meet other pickleball players!

**The Parks and Recreation Department is currently looking to expand pickleball opportunities including lessons and more. Please be on the lookout on the Parks and Recreation website for more!**

Fee: \$35/Session  
Meets: Thursdays  
Beg./Intermediate: 5:30-7:30 p.m.  
Intermediate/Adv.: 7:30-9:30 p.m.  
Location: Buttonball Gym  
Session 1: January 5-February 2  
Session 2: February 16-March 30  
Session 3: April 13-May 18  
(No Program April 27)

## Adult Softball Leagues

Season runs May-August for Men's and Coed Adult Leagues. For information visit [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com). A team deposit of \$100 is required upon registration of your team, with total costs totaling \$1,000/team. Registration begins Tuesday, December 6 at 8:00 a.m. and will run until Friday, April 14. No late teams accepted.

## 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. Program for Glastonbury residents only.

Fee: \$40/Yearly Pass  
\$4/Daily Admission  
Meets: Monday: 7:30-9:30 p.m.  
Saturday: 2:00-6:00 p.m.  
Sunday: 1:00-5:00 p.m.  
Location: Monday: Smith Middle School  
Saturday & Sunday: GHS  
Dates: Monday through June 5  
Saturday & Sunday through April 30

## Over 30 Pick Up Basketball

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

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 through April 25

## Open Volleyball

An adult program for ages 18 and over, must be out of high school. Recreational style play for all levels! Passes can be purchased online, at the Parks and Recreation office or on site.

Fee: \$40/Yearly Pass (Resident)  
\$80/Yearly Pass (Non-Resident)  
\$4/Daily Admission (Resident)  
\$8/Daily Admission (Non-Resident)  
Meets: Monday & Tuesday: 7:30-9:30 p.m.  
Location: Smith Middle School Auxiliary Gym  
Dates: Mondays through June 5  
Tuesdays through June 16

# FITNESS PROGRAMS - 22 -

## Senior Fitness

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

## Low Impact Gentle Pilates

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

## Standing Strength for Seniors

Upbeat Moves & Grooves Strength for Seniors. With a combination of strength and aerobics, we will work balance and flexibility while having fun

moving. Class has simple aerobic moves to target all the major muscles groups.

## Cardio Strength

Provides a complete workout that will help tone and reshape your body. Target 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. This combo is a great way to improve overall fitness and build bone density. Bring a yoga mat, weights (1-3 lbs and 5-8 lbs or larger if desired) .

## Yoga

Surrender into yoga poses designed to strengthen core, build stamina and increase flexibility. Focus on connecting breath with movement and simple mindfulness practices. Multiple variations of poses will be offered so you can intensify as needed. Bring mat, water bottle, yoga block and any additional props that will add to your comfort. Mixed Level Class.

Class	Instructor	Location	Meets	Dates	Fee
Senior Fitness (Select Physical Therapy)	Sara	IN PERSON Riverfront Community Center	Monday 9:00-9:55 a.m.	Jan. 9-March 27	\$38
				April 17-June 26	\$38
			Monday 10:00-10:55 a.m.	Jan. 9-March 27	\$38
				April 17-June 26	\$38
			Wednesday 9:00-9:55 a.m.	Jan. 11-March 29	\$45
				April 19-June 21	\$38
Friday 9:00-9:55 a.m.	Jan. 13-March 31	\$45			
	April 21-June 23	\$38			
Low Impact Gentle Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose Room	Monday 1:30-2:15 p.m.	Jan. 9-March 27	\$65
				April 17-June 12	\$52
Standing Strength (Personal Euphoria)	Rachel	IN PERSON Academy Multi Purpose Room	Monday 9:00-9:45 a.m.	Jan. 9-March 27	\$65
				April 17-June 12	\$52
Cardio Strength (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Wednesday 8:30-9:15 a.m.	Jan. 11-March 29	\$82
				April 19-June 21	\$75
Yoga (Personal Euphoria)	Sonia	IN PERSON Riverfront Community Center	Thursday 5:30-6:30 p.m.	Jan. 12-March 30	\$79
				April 20-June 22	\$65
	Rachel	IN PERSON Academy Multi Purpose Room	Monday 10:00-10:45 a.m.	Jan. 9-March 27	\$65
				April 17-June 12	\$52
	Wednesday 10:00-10:45 a.m.	Jan. 11-March 29	\$79		
		April 19-June 21	\$65		
Friday 9:50-10:35 a.m.	Jan. 13-March 31	\$79			
	April 21-June 23	\$65			
No Classes 1/16; 2/20 and 5/29					
Class Open to Residents & Non-Residents ( <b>Non-Resident Registration Begins 12/20/22</b> )					



# - 23 - FITNESS PROGRAMS

## Tighten & Tone

A Pilates based class designed to strengthen arms and back using 2 lb. weights. Trim 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. Bring a mat, blanket, 2-3 lb. weights, and 9 inch ball and resistance loop. Resistance bands are recommended as well.

## Morning Mat Pilates

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

## Pilates

Exercises focus on core muscles (abs, back, glutes and shoulders). Work to create balance and strength in your trunk and limbs. Get strong and long while improving balance, coordination and posture. Bring a mat, water, green (or medium weight) flex band, and 7.5-9 inch stability ball.

## HIIT

Backed by research that shows short bouts of intense exercise can be as effective as longer more moderate workouts, this class makes it easy to fit exercise in your schedule. Class includes a short warm up and cool down followed by intense, full body moves. Modifications given so that you can work at the right pace for you. Plan to leave feeling energized.

## Strength Training

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

## Core Strength

Provides a complete workout that will help tone and reshape your body. Use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Bring a yoga mat, water, and light weights.

Class	Instructor	Location	Meets	Dates	Fee
Tighten and Tone (Personal Euphoria)	Allison	VIRTUAL Live via ZOOM	Wednesdays 6:00-6:45 p.m.	Jan. 11-March 29 No Class 2/22	\$75
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Tuesday 8:30-9:30 a.m.	Jan. 10-March 28	\$86
		IN PERSON Academy Multi Purpose Room	Tuesday 9:30-10:30 a.m.	April 18-June 20	\$75
		VIRTUAL Live via ZOOM	Thursday 8:30-9:30 a.m.	Jan. 10-March 28	\$86
Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose Room	Thursday 9:30-10:30 a.m.	Jan. 10-March 28	\$86
			Thursday 9:30-10:30 a.m.	April 18-June 20	\$75
	Rob	VIRTUAL Live via ZOOM	Tuesday 6:00-6:45 p.m.	Jan. 12-March 30	\$86
			Thursday 6:00-6:45 p.m.	April 20-June 22	\$75
HIIT (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Tuesday 6:00-6:45 p.m.	Jan. 10-March 28	\$79
Strength Training (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Wednesday 8:10-8:25 a.m.	Jan. 10-March 28	\$79
	Rachel	IN PERSON Academy Multi Purpose Room	Thursday 6:00-6:45 p.m.	April 18-June 20	\$65
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Monday 9:00-9:45 a.m.	Jan. 11-Feb. 15	\$82
			Friday 9:00-9:45 a.m.	Jan. 11-Feb. 15	\$22
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Monday 9:00-9:45 a.m.	Jan. 9-March 27	\$75
			Friday 9:00-9:45 a.m.	April 17-June 12	\$60
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Thursday 6:00-6:45 p.m.	Jan. 13-March 31	\$79
			Thursday 6:00-6:45 p.m.	April 21-June 23	\$65
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Thursday 6:00-6:45 p.m.	Jan. 12-March 30	\$82
			Thursday 6:00-6:45 p.m.	April 20-June 22	\$75

No Classes 1/16; 2/20 and 5/29

Class Open to Residents & Non-Residents (**Non-Resident Registration Begins 12/20/22**)

# SWIM LESSON DESCRIPTIONS -24-

## Infants and Toddlers

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

## Tots

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

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

Level 1 children must be at least 5 years old. To move to the next level students must successfully complete the exit skills for each level before progressing to the next level. All levels include water safety discussions and skills. Those who have taken tots, may go to Level 2 when age 5. To enroll for a level, your child must meet the following criteria:

### Level 1: Introduction to Water Skills

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

### Level 2: Fundamental Aquatic Skills

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

### Level 3: Stroke Development

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

### Level 4: Stroke Improvement

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

### Level 5: Stroke Refinement

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

### Level 6: Fitness Swimmer

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

High School Pool Indoor Season (For Residents Only) Beginning January 3						
Pool Schedule Subject to Change						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Lessons 10:30A-1:15P	
Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-7:30P	Rec. Swim 1:30-2:30P	Adult Swim 12:00-1:30P
Lessons 6:30-7:30P		Lessons 6:30-7:30P			Adult Swim 2:30-3:30P	Rec. Swim 1:30-3:00P
Adult Lessons 7:30-8:30P	Adult Swim 7:30-9:00P	Adult Swim 7:30-9:00P	Adult Swim 7:30-9:00P	Adult Swim 7:30-9:00P	Swim Team 3:30-7:00P	Swim Team 3:00-7:00P
Adult Swim 8:30-9:30P						
<b>Household Poolpass Indoor</b>			<b>Individual Poolpass Indoor</b>			
HOUSEHOLD POOL PASS FEE:		\$119/Family		INDIVIDUAL PASS FEE:		\$100/Person
DAILY ADMISSION FEE:		Child \$7; Adult \$10				

# -25- CHILDREN'S SWIM LESSONS & EVENTS

## Children's Swim Lessons

Please be advised that if your child is enrolled in the incorrect class, it may not be possible to transfer to the correct class due to enrollment. Include day, level, time and second and third choices on the registration form in case the first choice is full. Otherwise, the first choice will be put on the waiting list. Classes will be held at the GHS Pool. Due to high demand, participants may sign up for 1 class per session. All classes run for 8 weeks. **Registration for Spring Lessons begins on 3/14/23**

Fee: \$54/child

### Children's Winter Lessons (Monday) Swim Lessons Winter January 23-March 20 (No Class 2/20)

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

### Children's Winter Lessons (Wednesday) Swim Lessons Winter January 25-March 22 (No Class 2/22)

5:45 p.m.	6:15 p.m.
Tots	Level 1
Level 3	Level 2
Level 4	Level 5

### Children's Winter Lessons (Saturday) Swim Lessons Winter January 21-March 11

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

### Children's Spring Lessons (Saturdays) Swim Lessons Spring March 25-May 20 (No Class 4/18, Easter Weekend, Spring Break)

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

## Adult Swim Lessons

(Ages 18 and up)

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

Fee: \$59/person  
Meets: Mondays 7:30-8:30 p.m.  
Location: GHS Pool  
Date: January 23-March 20  
No Class 2/20

## Camp Sunrise Arctic Adventure \*NEW\*

This is your chance to take a dip in the chilly winter waters of Eastbury Pond in support of Camp Sunrise. Event will be held on Sunday, March 12, 2023 from 9:00 a.m.-12:00 p.m. Save the date on your calendar and stay tuned for more details! For registration and more information, please check [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

## Egg-a-Pool-Looza! \*NEW\*

Jump on in the High School Pool for an egg-citing time at the first annual Egg-a-Pool-Looza event for ages 3-13 years old. Activities include the aquatic egg hunt, face painting, prizes, pictures with the bunny, and more. Pre-registration is required for all participants. Parents do not need to register! U.S. Coast Guard approved life jackets must be worn in the water for those who do not know how to swim, and parents must be in the water with their children if they are unable to swim. Children aged 3-8 will be restricted to the shallow end of the pool, and 9-13 year old's able to swim between the deep and shallow end.

Date: Sunday, April 2, 2023  
3-5 yr olds: 1:00-1:30 p.m.  
(30 participants max)  
6-8 yr olds: 1:30-2:00 p.m.  
(30 participants max)  
9-13 yr olds: 2:00-2:30 p.m.  
(50 participants max)  
Cost: \$3/child  
Location: GHS Pool



# AQUATICS PROGRAMS -26-

## Diving Lessons

(Boys and Girls ages 7-17)

Great for beginner & experienced divers. **Beginner 1:** Must have passed Level 4 lessons; able to perform a standing dive from the diving board.

**Beginner 2:** Must have completed Beginner 1 diving; able to perform a forward and backward dive. **Intermediate:** Must be able to perform a forward dive, back dive, inward dive and somersault in any direction. **Advanced:** Must be able to perform inward and reverse dives, forward and backward somersaults, and forward ½ twist

Fee: \$60/child  
Meets: Sundays (1 hour times above)  
Location: Glastonbury High School Pool  
Dates: March 5-April 30 (No Class 4/9)

## Spring Competitive Swim Clinic

(Competitive Swimmers Ages 7-14)

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

Week 1: Butterfly  
Tuesday, Wednesday, Friday  
April 18, 19, 21

Week 2: Backstroke  
Tuesday, Wednesday, Friday  
April 25, 26, 28

Week 3: Breaststroke  
Tuesday, Wednesday, Friday  
May 2, 3, 5

Week 4: Starts  
Tuesday, Wednesday, Friday  
May 9, 10, 12

Week 5: Turns  
Tuesday, Wednesday, Friday  
May 16, 17, 19

Week 6: Freestyle  
Tuesday, Wednesday  
May 23, 24

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

## Long Course USA Swimming

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

Spring Practice:

April 3-Mid June; Monday-Friday 5:00-7:30 p.m.;  
Saturdays 3:30-5:30 p.m.\*

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

Anticipated Summer Practice:

Mid June-late July

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

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

Fee: \$715/Person

## Lifeguard Training

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

Get the training you need to apply for a summer job! An American Red Cross program to certify individuals in the principals of lifeguarding. Includes First Aid, CPR and AED training. MUST attend every class. Cannot swap days with Winter/Spring classes.

Fee: \$315/person  
Location: GHS Pool and Classrooms  
Winter Class: Saturday, 1/7 (10:30 a.m.-5:30 p.m.);  
Sunday, 1/8 (7:30 a.m.-3:00 p.m.);  
Saturday, 1/14 (10:30 a.m.-3:00 p.m.)  
Sunday, 1/15 (7:30 a.m.-12:00 p.m.)

Spring Class: Monday-Friday April 10-14  
9:00 a.m.-2:00 p.m.

# Glastonbury SENIOR CENTER

WINTER 2022 | SPRING 2023



## How to Reach Us:

General Program Information: (860)652-7638  
(860)652-7642  
Administrative Fax: (860)652-7649  
Dial-a-Ride Transportation: (860)652-7643

## Where to Find us:

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

## Program Information:

To inquire about any of the programs listed on the next few pages, please call (860)652-7638 or visit the town website for a copy of our monthly newsletter, the Sharing Tree @ [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov)

## Our Program & Office Staff:

Lisa Zerio, Director of Parks & Recreation  
(860)652-7687  
Patti White, Supervisor of Senior Services  
(860)652-7646  
Austyn Dolce, Program Coordinator  
(860)652-7653  
Matt Snyder, Evening and Weekend Program Coordinator  
(860)652-7645  
Nicole Mercer, Administrative Secretary  
(860)652-7641  
Diana Patterson, Customer Service Representative  
(860)652-7638  
Amber O'Farrell, Customer Service Representative (Evenings & Weekends)  
(860)652-7638



# GLASTONBURY SENIOR SERVICES -28-

## Dear Friends,

The Glastonbury Senior Center serves as an Age-Friendly multipurpose facility offering fun and enriching high quality programs and social services in response to the diverse needs of the community.

In addition to the many wonderful activities, a hot lunch is served daily at a price of \$3 for residents. Our Riverfront Café recently opened, serving freshly made sandwiches, soups, hot and cold beverages and other treats.

Please stop in any time between 8:00 a.m.-4:30 p.m. Monday-Friday, or call us at (860)652-7638. We are also open on Tuesday and Thursday evenings and on Saturdays from 9:00 a.m.-3:00 p.m. We would love to meet you!!

Sincerely,

*The staff at the Glastonbury Senior and Social Services Department*

## Program Registration

Registration begins on December 6 (Residents); December 13 (Non-Residents). Register online at [glastonburycr.myrec.com](http://glastonburycr.myrec.com) or call (860)652-7638.

## Lunch at the Center

Join us for lunch from 11:45 a.m.-12:30 p.m. daily. Cost is \$3 Resident; \$5/Non-Resident. No reservations required. Menus available at the RCC or online at [www.glastonburycr.gov](http://www.glastonburycr.gov) (Senior Services Department) on the Glastonbury Senior Center FaceBook page or call (860)652-7638 for the meal of the day.

## Naughty or Nice Holiday Luncheon

Enjoy the holiday spirit with entertainer Brian Gillie.

Date: Tuesday, December 13, 2022  
Time: 12:00-1:30 p.m.  
Location: Community Room  
Fee: \$6/Resident; \$8/Non-Resident  
Tickets must be Purchased by Friday, December 9

## Holiday Brunch

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).

Date: Tuesday, December 20, 2022  
Time: 10:00 a.m.-12:00 p.m.  
Fee: \$6/Resident; \$8/Non-Resident  
Tickets must be Purchased by 12/16/22

## New Year Luncheon

Join us to celebrate the new year with great food and entertainment by Tom Stankus (aka T-Bone)! Known as "America's musical Pied Piper;" he has entertained thousands of people since 1978 and will have you clapping, dancing and singing along with the music.

Date: Thursday, January 5, 2023  
Time: 12:00-1:30 p.m.  
Location: Community Room  
Tickets: \$6/Resident; \$8/Non-Resident  
Tickets must be Purchased by 1/2/23

## Valentine's Day Luncheon

Enjoy a delicious meal and exciting entertainment/comedy by Gene's Magic! A member of the International Brotherhood of Magicians, Gene has received many accolades.

Date: Tuesday, February 14, 2023  
Time: 12:00-1:30 p.m.  
Location: Community Room  
Tickets: \$6/Resident; \$8/Non-Resident  
Tickets must be purchased by 2/10/23

## Bella Italia Night - Dinner & Dancing

Journey back in time to the days of swanky Hollywood parties, and great music by Frank Sinatra, Dean Martin and more legends! Includes a 3 course Italian dinner, music and dancing. Purchase tickets at the Riverfront Community Center, Parks & Recreation Office or online.

Date: Thursday, April 20, 2023  
Time: 6:00-8:00 p.m.  
Fee: \$15/person

## Stay Tuned for these Upcoming Events!

March, 2023: St. Patrick's Day Luncheon  
May, 2023: Memorial Day Remembrance Luncheon



# - 29 - GLASTONBURY SENIOR SERVICES

## No-Sew Fleece Blankets

Create your own blanket in just a few simple steps! Gift it to someone, give to a pet, keep it for yourself, or have us donate it to a local animal shelter! Register for as many classes as you like.

Dates: Fridays 1/20, 1/27, 2/17 & 2/24  
 Time: 9:30-11:30 a.m.  
 Location: Arts & Crafts Room  
 Fee: \$10/Resident; \$15/Non-Resident

## Watercolor Classes

Using watercolors, explore different techniques in a relaxed environment. Drawing is not a prerequisite. Register for as many classes as you like.

Dates: Saturdays  
 Time: 9:30-11:30 a.m.  
 Location: Arts & Crafts Room  
 Fee: \$10/Resident; \$15/Non-Resident  
 Additional \$10/Project Supply Fee  
 Payable to the Instructor.

## Line Dancing with Sarah

Join Sarah Preston Britto for some line dance fun! Move your bodies and engage your brains as we "move and groove" to music from a wide variety of genres.

Dates: Thursdays (8 Classes)  
 Time: 1:00-2:15 p.m.  
 Fee: \$55/Resident; \$65/Non-Resident

## "Comedy Legends" Season 1-4

Featuring profiles on some of the world's favorite comedy stars. Barry Cryer, recalls some of his funniest moments working with each of them. Each episode is 40 minutes, showing two each night.

Dates: Tuesdays: December 13-March 21  
 Time: 6:00-7:30 p.m.

## Zen Mandala Coloring

Self-guided Zen coloring and chat. Zen coloring is a way to practice mindfulness and destress. Supplies provided. Meets Thursdays from 6:00-8:00 p.m.

## Age Friendly Social Tabletop Games

Youth and Seniors can bring games to share but games will also be available! Youth must be accompanied by an adult. Registration is encouraged. Program is FREE and meets Saturdays 10:30 a.m.-1:00 p.m. in the cafe.

## Age Friendly Open Studios

Bring your own supplies and art projects. Open to all ages. Youth must be accompanied by an adult. Program is dedicated to the memory of Richard Swanson. Meets on Tuesdays from 5:30-8:00 p.m. AND Saturdays from 10:00 a.m.-1:00 p.m.

## BIG SING!

Join Dr. Uke and the band! Sing along as words are projected on the large screen. Dial a ride is available. Program meets December 17 from 12:00-1:00 p.m. (**\*time changed\***)

Class	Description	Meets	Dates	# of Classes	Fee	
					R	NR
Powerful Aging & Fitness	Low impact. Increase your strength, endurance, flexibility and balance.	Wednesday & Friday 10:00-11:00 a.m.	1/4-3/10	20	\$100	\$110
Stretchercise	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesday & Thursday 11:30 a.m.-12:15 p.m.	1/10-3/16	20	\$100	\$110
Tai Chi Intro	Learn the basics of this life altering discipline.	Monday 3:30-4:15 p.m.	1/23-3/20	8	\$40	\$50
Tai Chi	Excellent form of mind and body fitness for all ages and fitness levels; promotes good health.	Thursday 6:00-7:00 p.m.	1/19-3/23	10	\$50	\$60
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize and get fit.	Wednesday & Friday 10:15-11:00 a.m.	1/11-3/17	20	\$100	\$110
		Wednesday & Friday 11:15 a.m.-12:00 p.m.	1/11-3/17	20	\$100	\$110

# GLASTONBURY SENIOR SERVICES -30-

## Senior Center Movies Mondays @ 1:00 p.m.

Mondays at 1:00 p.m.

**November 28 "Dog" (2022)** Starring Channing Tatum and Jane Adams; Rated PG/Comedy/1 hour 41 min

**December 5 "White Christmas" (1955)** Starring Bing Crosby, Danny Kaye, Rosemary Clooney and Vera-Ellen; Not Rated/Comedy, Musical, Romance/2 hours

**December 12 "The Christmas Chronicles" (2018)** Starring Kurt Russell, Judah Lewis, Darby Camp, Lamorne Morris, Kimberly Williams-Paisley and Oliver Hudson; Rated PG/Adventure, Comedy/1 hour, 44 min

**December 19 "The Christmas Chronicles 2" (2020)** Starring Kurt Russell, Goldie Hawn and Darby Camp; Rated PG/Adventure, Comedy/1 hour, 52 min

## Senior Center Movies Saturdays @ 11:00 a.m.

**November 26 "Captain Fantastic" (2016)** Starring Viggo Mortensen; Rated R/Drama, Comedy/1 hour 59 min

**December 3 "Lucy and Desi" (2022)** Director Amy Poehler; Rated PG/Documentary/1 hour 42 min

**December 10 "The Electrical Life of Louis Wain" (2021)** Starring Benedict Cumberbatch; Rated PG-13/Biography, Drama/1 hour 51 min

**December 17 "Elvis" (2022)** Starring Austin Butler and Tom Hanks; Rated PG-13/Drama/2 hours 29 min

**December 31 "Christmas in Connecticut" (1945)** Starring Barbara Stanwyck and Dennis Morgan; Rated PG/Comedy, Romance/1 hour 41 min

## Memory Screenings

Schedule an appointment for a free, confidential memory screening! These confidential memory screenings average 15 minutes and consist of questions and tasks to assess memory. They do not diagnose any illness, but can indicate whether someone should follow up with a full medical exam. Sponsored by Hartford HealthCare Center for Healthy Aging. Screenings are done on the first Wednesday of each month from 10:30 to 11:30 a.m. Next screening scheduled for January 4. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860)652-7636 or [susan.parrotta@glastonbury-ct.gov](mailto:susan.parrotta@glastonbury-ct.gov). Pre-registration required.

## Upcoming Program: Caregiver Support Series

A 5 week program starting in February. During the program there will be a driving assessment for those with dementia. Please contact Outreach Social Worker, Susan Parrotta, at (860)652-7636 or [susan.parrotta@glastonbury-ct.gov](mailto:susan.parrotta@glastonbury-ct.gov) to find out more information.

## AARP Tax Aide Program

AARP Tax-Aide is the nation's largest free tax prep and assistance for individuals. Please call (860) 652-7638 to find out the dates for appointments and to schedule your appointment. No walk-ins accepted.

## Technology 1:1 Assistance

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

## Mac, iPad, or Smart Phone Assistance

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

## 1:1 Computer Assistance

Times Available: Tuesdays 10:30 a.m.-12:30 p.m.  
Facilitator: Kirsten Smith

## Eye Openers Support Group

Group meets from 10:00-11:30 a.m. on the last Friday of every month in the Special Activities Room. Open to anyone living with low vision. Refreshments served. More information, call Susan Parrotta (860)652-7636.

## Bereavement Support Group

Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Group provides support and strategies to cope. Co-sponsored by Hartford Healthcare at Home. Call Bill Pilkington, Bereavement Support Counselor at (860)209-3147 or [bill.pilkington@hhchealth.org](mailto:bill.pilkington@hhchealth.org). Group meets the 2nd & 4th Wednesday of the month from 2:00-3:30 p.m.

**Glastonbury**  
**PARKS & RECREATION**  
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2155 Main Street  
Glastonbury, CT 06033

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**RESIDENTIAL CUSTOMER**

*Join our Staff!*

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

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