

SUMMER 2023 GLASTONBURY

PARKS & RECREATION

Senior & Social Services



glastonburyparkrec
glastonburyseniorcenter



glastonbury_park_and_rec



- ✓ Adult Fitness Programs
- ✓ Adult Programs
- ✓ Aquatics Programs
- ✓ Childrens Swim Lessons
- ✓ Employment Opportunities
- ✓ Facility Rentals
- ✓ Family Programs & Events

- ✓ Gymnastics Camps
- ✓ Minnechaug Golf
- ✓ Parks & Facilities
- ✓ Pool & Pond Schedules
- ✓ Preschool Programs
- ✓ Senior Center Programs
- ✓ Skate Park.

- ✓ Sports Programs
- ✓ Swim Lessons
- ✓ Swim Team
- ✓ Teen Programs
- ✓ Tennis Programs
- ✓ Volunteer Opportunities
- ✓ Youth Camps & Programs
- ✓ Youth Enrichment Programs

www.glastonbury-ct.gov

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					
Eastbury Stickers	License Plate #1: License Plate #2:					TOTAL:

Waiver

Being of full age and in consideration of my (my child's) participation in this class, I do hereby release and forever discharge the Town of Glastonbury, and their agents and employees, their representatives, successors, and assignees, from all claims arising out of any and all personal injuries, damages, expenses, and any loss or damage whatsoever resulting or which may result from participation in this program.

Signature: _____

Date: _____

Payment

Complete a **SEPARATE** form for each person and sign the waiver. Please PRINT. You may copy this form or print a copy from our website at www.glastonbury-ct.gov

Mail your Form, Payment, Business Size Self Addressed **STAMPED** envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033

Check	Write a SEPARATE CHECK for each program. Make checks payable to "Town of Glastonbury"					
<input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> Disc	Name on Card					
	Credit Card Number				Expiration	Code

REGISTRATION FORM

Mail-In & On-Line Registration

Registrations will be accepted by postmarked MAIL AND ON-LINE TUESDAY, MARCH 14 BEGINNING AT 8:00 A.M.

Mail-in registrations will be processed daily, at random. NO REGISTRATIONS WILL BE PROCESSED BEFORE MARCH 14.

In-Person Registration

In-person registrations will be accepted beginning Tuesday, April 4.

Registration Payment

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

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

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.

Fees

Fees are subject to change July 1st.

Residency Requirements

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

Cancellation Information

Retrieve cancellation information 24 hours a day by calling our cancellation line at (860)652-7689. Programs may be cancelled due to insufficient registration. Programs are canceled on July 4, 2023 unless otherwise stated.

Refund Policy

Please review your registrations carefully.

- Refunds will be automatic if a program is canceled.
- To avoid classes being canceled at the last minute due to insufficient enrollment and in order to accommodate waiting lists in a timely fashion, refund requests must be made no later than five (5) business days before the program begins. Refund requests will not be considered after this time unless accompanied by a doctor's note.
- Refunds cannot be given on trips, special events, facility reservations and passes.
- For Glastonbury Boathouse and Riverfront Community Center facility rentals, please refer to your contract for cancellation policies.
- 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 by Federal Poverty Guidelines. Eligibility and assistance determinations are made by Social Services. Fee waivers apply to registration fees only. To qualify, an Eligibility Application Form must be submitted to the Social Services Department. A copy of the approved application must accompany registration. Eligibility for financial assistance does not guarantee a space in the program. Eligible programs include:

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

Join us on Social Media!

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

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

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



How to Reach Us

Phone: (860)652-7679
Fax: (860)652-7691
Program Information Line: (860)652-7689
On the Web: www.glastonbury-ct.gov

Click "Parks and Recreation"
Mailing Address: Parks and Recreation
P.O. Box 6523
Glastonbury, CT 06033

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

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

Our Staff

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

Glastonbury Youth Organizations

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

Little League: glastonburylittleleague.org
Hartwell Soccer: glastonburysoccer.org
Midget Football: gyfa.com
YMCA: (860)633-6548
Lacrosse: glastonburylacrosse.org
GBA: gbahoops.org
Amateur Baseball: gburybaseball.com
Gymnastics: glastonburygymnastics.com
Swim Teams: [www.teamunify.com/
teamctgst/page/home](http://www.teamunify.com/teamctgst/page/home)

Notification of Enrollment

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

Stay in Touch!

Introducing the newly updated Parks and Recreation e-mail service! Stay in the know better than ever and subscribe to the newest e-blast service. Pick and choose what content you would like to see! Options for emails include newsletters, job opportunities, registration and brochure information, special event information, and so much more! To sign up, visit glastonburyct.myrec.com

Fishing in Glastonbury

Fishing is permitted at Eastbury Pond, JB Williams Pond, Salmon Brook and Roaring Brook at Cotton Hollow. Children under the age of 16 do not require a license. A statewide fishing license is required for ages 16 and up and can be obtained from the Town Clerk at the Town Hall by calling (860)652-7620. For more information on fishing in Connecticut visit www.ct.gov/deep

Dog Leash Law

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

Glastonbury Dog Park

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

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. Featuring:

- Raffles
- Hidden in Plain Sight
- Glastonbury Fire Smokehouse
- Kids Activities
- Face Painting
- Vendors & Crafters
- Carseat Safety Checks
- COVID Vaccination Clinic
- QPR & Narcan Training

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

Pooch Prom

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.

2nd Annual Birdies, Bees & Bogeys Golf Tournament

Glastonbury Pollinator Pathway/TALK is holding its 2nd Annual Birdies, Bees and Bogeys Golf Tournament on Friday June 9th at Minnechaug Golf Course. Sign in begins at 3:00 p.m. with a shotgun start at 4:00 p.m. This golf tournament helps raise money for the various projects the Pollinator Pathway is working on including planting native gardens and offering free workshops for area residents. For more information or to register, please email glastonburypollinatorpathway@gmail.com

Doggy Paddle: Tuesday, August 29

Bring your dog and join us for the annual "Doggy Paddle" on Tuesday, August 29th at Addison Pool. 2 swim waves will be held, 4:30-5:30 p.m. and 5:45-6:45 p.m. Cost is \$10/dog (per wave). Dogs must be licensed and up to date on all shots. No aggressive dogs please. Dogs must remain off-leash in the swim area and humans are not allowed in the pool. Please bring your own tennis balls. Register online: <https://glastonburyct.myrec.com>

Parks Passport

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

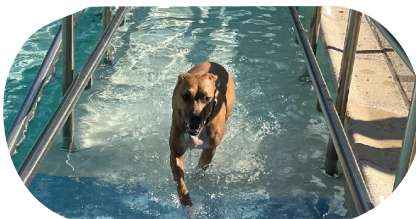
Visit www.glastonburyct.gov/passport2parks and download a Passport Booklet. Use it as your guide as you begin to venture out to the 28 different places listed. Parks have been group into 5 "regional" maps so it's easier for you to plan your trip(s).

Once at each location, look for 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 with the subject line "Completed Parks Passport". Be sure to include your name, address and t-shirt size!

Locker Room

Don't let the added cost of equipment stop you from playing! Gently used equipment is available **FREE OF CHARGE** to players who need assistance with getting equipment to play sports. Please call the Teen Center at (860)652-7838 to make requests or visit us at our **Open House @ Academy on 3/23 & 3/24**. Donations are also currently being accepted for all sports. A donation bin is available in the Academy building for your convenience during off hours.



Puzzle Palooza

(Ages 12+)

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.

W	4/26	6:00-8:00 p.m.	Academy Multi-Purpose	\$10
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Kids Night Out

Kids ages 5-11 get a special night out while parents get a night off! No need to find a baby sitter 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.

F	4/28/23	6:00-9:00 p.m.	Academy	\$20
F	5/19/23	6:00-9:00 p.m.	Multi-Purpose	\$20

Child/Adult Fun Runs

(All Ages)

Grab your sneaks and run some extra miles! Children jog for one mile around the Smith Middle School Soccer field. Adult courses are 2.4 and 3.5 miles. Register at the Smith Middle School Upper Soccer Field starting at 6:30 p.m. for a 6:50 p.m. start. Divisions include male and female 35 & up, 19 - 34, 15-18, 13-14, 10-12, 7-9, and 6 & under. Tuesdays, June 20, 27; July 11, 18, 25 and August 1. No fee.

2023 Summer Concert Series

Head down to Riverfront Park on Wednesday nights all summer long to enjoy some great music with the family! Bring a picnic, or purchase dinner on-site as you relax with family and friends on warm summer nights with entertaining music. Concerts are free, and begin at 6:30 p.m. on the field behind the Riverfront Community Center on Welles Street!

June 14:	Camp Kickoff
June 21:	Glastonbury Town Band - Jazz
June 28:	Glastonbury Town Band - Music of America
July 12:	Featured Concert: TBD *
July 19:	Featured Concert: TBD *
July 26:	Featured Concert: TBD *
August 2:	Glastonbury Town Band 50th Anniversary Celebration - Broadway!
August 9:	Glastonbury Town Band - Song & Dance
September 6:	Featured Concert: TBD *

*Chamber Concerts

Concerts marked with a * above are co-sponsored by the Connecticut River Valley Chamber of Commerce. Free parking and shuttle service available at 180 & 200 Glastonbury Boulevard, adjacent to Somerset Square. Food trucks will be on site to accommodate larger crowds.

*Chamber Concert Sponsorship

Businesses who want to support the four chamber concerts at the Riverfront Music Series should contact the CT River Valley Chamber of Commerce at (860)659-3587. Sponsorship includes business listing on a variety of promotional materials.

The Glastonbury Town Band

The Glastonbury Town Band consists of professional and amateur musicians who play together for 4 concerts per year. **New band members are welcome!** Attend rehearsal ready to play on Sundays from 7:00-9:00 p.m. on June 4, June 11, June 17 (Saturday), June 25, July 16, July 23, July 30 and August 6. We are looking for Town Band members who played in the first Town Band concert to attend or play in the 50th Anniversary Celebration! Please reach out to george.emmanuel@glastonbury-ct.gov if you are interested.

The Town Band's 50th Anniversary!

Join the Town Band as they celebrate 50 YEARS! A celebration is planned for Wednesday, August 2 beginning at 6:30 p.m. More information on the celebration will be released at www.glastonburyct.myrec.com



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

\$250 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 including the school calendar is available online at: www.glastonbury-ct.gov/kangarookids

Yearly Tuition: \$2,250/Year (Includes \$250 Deposit; Payment Plans Available)

Location: Kangaroo Kids 35 Bell Street

My First Art

(Ages 20 months-3 years old)

This "My First" series introduces new art experiences to our Twoosy Doodlers. The focus is on exploration! This special series of "My Firsts" includes collage, 3D art, hand-printing, acrylic painting, beginner paper cutting and musical art. The activities are designed to provide opportunities for the Twoosys to touch, feel, hear, see and explore while building fine motor skills, language, creativity and cognitive skills.

M	6/26-8/7 No 7/3	9:00-10:00 a.m.	Academy Cafeteria	\$105
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Masters and Me

(3-5 Year Olds)

Have you heard of Vincent van Gogh, Frida Kahlo, Jackson Pollock and other famous artists? Learn how these well-known artists became masters! Explore master paintings and drawings to understand techniques. Create fun artwork by mimicking master artists styles, including Van Gogh, Hopper, Dali, and more!

M	6/26-8/7 No 7/3	10:00-11:00 a.m.	Academy Cafeteria	\$105
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Kiddie Camp

(Child Must be 3 by 6/1/23)

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

T-F	6/19-6/23	9:00-11:30 a.m.	Kangaroo Kids 35 Bell Street	\$70
M-F	6/26-6/30	9:00-11:30 a.m.		\$70
M-F	7/10-7/14	9:00-11:30 a.m.		\$70
M-F	7/17-7/21	9:00-11:30 a.m.		\$70
M-F	7/24-7/28	9:00-11:30 a.m.		\$70
M-F	7/31-8/4	9:00-11:30 a.m.		\$70

Music Together®

(Newborns-age 5)

Children will 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 rapid growth. Instructor is Little Hands in Harmony.

T	7/11-8/15	9:15-10:00 a.m.	RCC Activity Room	*\$162
T	7/11-8/15	10:15-11:00 a.m.	RCC Activity Room	*\$162

*Siblings received 50% discount. Newborns under 8 months attend FREE when a sibling is registered.

Skyhawks Multi Sports Tots

(Ages 3-4)

Introduce your little superstar to sports in our most popular program! This multi-sport (t-ball and soccer) class uses age appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required for ages 3-4 years. Program will be held outdoors.

M-Th	7/31-8/4	4:00-4:45 p.m.	Smith MS	\$85
M-Th	7/31-8/4	5:00-5:45 p.m.	Main Gym	\$85

Playground Junior

Ages (4-6)

An introduction to our Playgrounds Program. This half day program will include arts & crafts, games, special activities and weekly trips to the Pond and Splashpad. Campers should pack a lunch and will eat together before going home.

M-F	6/26-7/7 (No 7/3;7/4)	8:30 a.m.- 1:00 p.m.	 Buttonball School Classroom	\$160
M-F	7/10-7/21	8:30 a.m.- 1:00 p.m.		\$199
M-F	7/24-8/4	8:30 a.m.- 1:00 p.m.		\$199

Summer Playground Program

(Children who have **completed** grades K-5)

Child must have completed kindergarten! Includes sports, games, arts & crafts, special events, field trips and swimming! Meets rain or shine. Looking for child care on 7/3?! See Day Tripping with Parks & Rec!

M-F	6/26-7/7 (No 7/3;7/4)	8:30 a.m.- 3:00 p.m.	Buttonball	\$250
M-F	6/26-7/7 (No 7/3;7/4)	8:30 a.m.- 3:00 p.m.	Hebron	\$250
M-F	7/10-7/21	8:30 a.m.- 3:00 p.m.	Buttonball	\$305
M-F	7/10-7/21	8:30 a.m.- 3:00 p.m.	Hebron	\$305
M-F	7/24-8/4	8:30 a.m.- 3:00 p.m.	Buttonball	\$305
M-F	7/24-8/4	8:30 a.m.-3:00 p.m.	Hebron	\$305

Camp Discovery Junior

(Ages 4-6)

An introduction to our traditional Camp Discovery program. This half day program will include arts & crafts, games, special activities and weekly trips to the pond and splashpad. Campers should pack a lunch and will eat together before going home.

M-F	6/20-6/23	8:30 a.m.- 1:00 p.m.	Glastonbury High School	\$80
M-F	6/26-7/7 (No 7/3;7/4)	8:30 a.m.- 1:00 p.m.		\$160
M-F	7/10-7/21	8:30 a.m.- 1:00 p.m.		\$199
M-F	7/24-8/4	8:30 a.m.- 1:00 p.m.		\$199

Camp Discovery

(Completed Grades K-6)

A traditional day camp program designed to meet the needs of working parents while providing a fun filled day. Campers participate in program areas, swim lessons, free swim, special events and field trips. Campers will be split into three age groups: Explorers, Pathfinders and Trailblazers. All meet at the same location and campers see each other during the day but field trips and activities differ. This is not a drop in program and campers should plan on being there for the entire day. Looking for child care on 7/3?! See Day Tripping with Parks & Rec! **Preview Week (6/20-6/23) no swim lessons.**

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

T-F	6/20-6/23	7:30 a.m.- 5:00 p.m.	Glastonbury High School	\$196
M-F	6/26-7/7 (No 7/3;7/4)	7:30 a.m.- 5:00 p.m.		\$375
M-F	7/10-7/21	7:30 a.m.- 5:00 p.m.		\$460
M-F	7/24-8/4	7:30 a.m.- 5:00 p.m.		\$460

Day Tripping with Parks & Rec

(Completed Grades K-6)

Need child care on July 3rd or just looking for the kids to have a fun day out? Join our camp staff on a day trip to Roger Williams Zoo. Transportation will be on a coach bus and includes supervision and admission.

M	7/3	8:00 a.m.-4:30 p.m.	Glastonbury High School	\$75
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Farm Fresh Kids: Gardening, Harvesting & Preparing

(Grades 1-5)

Help with planting, tending and harvesting the garden. Learn about plants, soil and healthy foods. Explore the Wind Hill Community Farm fields and Longo Open Space trails. Each program ends with preparing and eating farm fresh food snacks.

M,W,F	6/19; 6/21; 6/23	9:30- 11:30 a.m.	Wind Hill Farm	\$70
M,W,F	7/10; 7/12; 7/14	9:30- 11:30 a.m.	3006 Hebron Ave.	\$70
M,W,F	7/31; 8/2; 8/4	9:30- 11:30 a.m.	Longo Open Space	\$70

Music & Arts Camp

(Children Entering Grades 3-9 in Fall)

Top notch instruction is provided to campers in the arts, dance, drama, instrumental and vocal music by certified teachers from local school districts. Camp culminates with an evening performance and art show. Special registration procedures are required for this program. Program and registration information can be found online at <http://www.glastonburyct.gov/macamp>. Registration for residents begins on March 14 at 8:00 a.m., with non-resident registration beginning April 4 at 8:00 a.m. Camp concludes on July 20th with an evening performance and art show. The start of camp may be pushed back if snow days impact the Glastonbury or Manchester school calendars.

M-F	6/26-7/20 (No 7/4)	8:30-11:55 a.m.	Smith MS	\$315
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Camp After Camp-M&A Extended Day

(Children Entering Grades 3-5)

Immediately following Music & Arts Camp to create a full day program. Afternoons will be structured as a traditional playground camp with sports, games, arts, crafts, special events, field trips and swimming! Open to campers enrolled in Music and Arts camp only. The start of camp may be pushed back if snow days impact the Glastonbury or Manchester school calendars.

M-F	6/26-7/20 (No 7/4)	12:00-4:00 p.m.	Smith MS	\$280
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PREVIEW OF TRIPS: Swimming at Grange; Chuck-E-Cheese; J.B. Williams; Teen Center; Lessard Lanes; CT Science Center; Campardy; Urban Air; Grit Ninja; Magic Show; Movies; Slipaway Tour
*Detailed trip calendars will be released closer to the start of camp.

Teen Scene-M&A Extended Day

(Children Entering Grades 6-9)

Immediately following Music & Arts Camp to create a full day program. Afternoons are less structured with more field trips and time to "hang out" with friends. Open to campers enrolled in Music and Arts Camp only. The start of camp may be pushed back if snow days impact the Glastonbury or Manchester school calendars.

M-F	6/26-7/20 (No 7/4)	12:00-4:00 p.m.	Smith MS	\$290
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PREVIEW OF TRIPS: Swimming at Grange; Dave & Busters; Movies; J.B. Williams; Teen Center; Lessard Lanes; CT Science Center; Campardy; Urban Air; Grit Ninja; Magic Show; Sonny's Place
*Detailed trip calendars will be released closer to the start of camp.

Music & Arts Camp Extended Day Bash!

(Children Entering Grades 3-9)

End Music and Arts Camp with a bang!

This one-day program will be offered on Friday, July 21 at the conclusion of Music and Arts Camp. Campers enrolled in the Camp After Camp or Teen Scene programs are eligible to sign up! Day will include a trip to Mystic Aquarium. Lunch is included!

F	7/21	8:30 a.m.-4:00 p.m.	Smith MS	\$60
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Camp Sunrise

(Special Needs Children ages 3-21)

A special needs camp that provides opportunities for achievement in a supportive environment.

More details online at www.glastonbury-ct.gov/campsunrise

T-F	6/20-6/23	9:00 a.m.-3:00 p.m.	Smith Middle School	\$149
M-F	6/26-6/30	9:00 a.m.-3:00 p.m.		\$149
M-F	7/3-7/7 (No 7/4)	9:00 a.m.-3:00 p.m.		\$149
M-F	7/10-7/14	9:00 a.m.-3:00 p.m.		\$149
M-F	7/17-7/21	9:00 a.m.-3:00 p.m.		\$149
M-F	7/24-7/28	9:00 a.m.-3:00 p.m.		\$149
M-F	7/31-8/4	9:00 a.m.-3:00 p.m.		\$149

Transportation provided at an additional cost of \$30/week.



Awesome Adventures Camp Open to Incoming 6th Graders!

(Youth & Teens that have completed grades 5-8)
Features off-site trips each day. This program is appropriate for campers that are comfortable with independence on field trips. For example, on trips like Lake Compounce and Six Flags, campers will have a buddy and will be required to adhere to several check-in's throughout the day. Staff will be at designated locations, but will not be in groups with campers. Choose Red or Blue Group when registering. There will be a separate bus for each group but both groups will go to the same location each day.

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

T-Th	6/27-6/29	9:00 a.m.- 3:00 p.m.	Riverfront Park Boathouse Pavilion	\$139
W-F	7/5-7/7	9:00 a.m.- 3:00 p.m.		\$139
T-Th	7/11-7/13	9:00 a.m.- 3:00 p.m.		\$139
T-Th	7/18-7/20	9:00 a.m.- 3:00 p.m.		\$139
T-Th	7/25-7/27	9:00 a.m.- 3:00 p.m.		\$139
T-Th	8/1-8/3	9:00 a.m.- 3:00 p.m.		\$139

PREVIEW OF TRIPS: Lake Compounce, Six Flags, Brownstone, Urban Air, Dave & Busters, Sonny's, Ocean Beach, Trampoline Park, Ropes Course, Bowling, Water Activities. Trips subject to change.
*Detailed trip calendars will be released in mid-April.
Theme park trip days will have a later pick-up time.

Academy Youth & Teen Center: Summer

(Youth & Teens that have completed grades 5-8)
Students that will be entering 6th grade in the fall can attend during summer hours. Come in, cool off, hang out! After Awesome Adventures camp spend more time with your friends! Enjoy pool, table tennis, air hockey and foosball or explore your creative side in our arts and crafts area. Challenge your friends in a variety of games on Wii and Xbox or enjoy a movie in our lounge area!

T-Th	6/27-8/3	2:00- 6:00 p.m.	Academy Building	\$39/Summer \$5/Daily
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Academy Youth & Teen Center: School Year

(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 facility 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.

W-F	School Year	3:00- 6:00 p.m.	Academy Building	\$69/School Year \$5/Daily
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Closed During April Vacation Week

Youth & Teen Center Garden

(Youth in Grades 5-8 and their Family)
Grab your family and help plant the Youth and Teen Center Garden!

Friday Night Club

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

Home Alone Safety Class

(Boys and Girls Ages 8-13)
This interactive 90 minute course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers they could face when they are alone. Each student will receive a workbook that covers house key safety, indoor and outdoor (including kitchen) safety, gun safety, fires and gas leaks. We will also review first aid kit essentials and phone, door, and internet safety.

M	5/8	6:00-7:30 p.m.	Academy Youth & Teen Center	\$30
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Mad Science: Eureka!

Overcome a series of challenges using basic materials, simple machines, tips from inventors, and most importantly, your mind. With a bit of ingenuity, create catapults and forts, construct working light sticks and assemble circuits with batteries and bulbs.

Mad Science: Rockin' Rockets

Step into the shoes of a rocket scientist and learn the fundamentals of flight, propulsion and rocket design. Explore astronomy and various flight designs from hot air balloons to hovercrafts and more! Launch a real model rocket every day and build and take home your own Mad Science model rocket.

Engineering Imagination: Aspiring Young Engineers

Explore the engaging world of Science, Technology, Engineering, Architecture and Math! Participants will use a variety of mediums to learn about, plan, and build S.T.E.A.M.-related projects! LEGO® challenges, model rockets, scale bridges, model roller coasters and 3-D architectural models will ensure your child is having a blast while learning along the way!

Minds in Motion: Space Fleet

Build and take home your very own Solar Space Fleet Robot, an innovative solar powered science kit that can transform into six different lunar modules. Using your own mini solar panel, watch as direct sunlight brings the kits to life! Create six different models including a Space Station, Space Rover, Space Explorer, Astronaut, Space Shuttle and Space Dog. Each complete model can also be powered by your very own mini rechargeable battery.

Minds in Motion: Outer Space & Physics Fun

Join an exciting world of space exploration as you build and take home your own Solar System Kit! Assemble your own model, learn about our planets and watch them move around the sun. Take home your own cosmic rocket and watch it shoot up fifty feet in the air! Be mesmerized as you assemble and take home your own stunt plane and learn about the four major forces of flight. Watch as an egg is magically sucked into a bottle, behold a tornado being created, and much more!

Incrediflix: Lego Flix

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

Incrediflix: Animation Flix

Create up to five new stop motion movies! Animate cars, use pixelation, and more as you get to learn a new style each day in this fast-paced class with all new stop motions for 2023.

Incrediflix: Live Action Flix

Discover your filmmaking talents! We'll guide you through the Hollywood process to create, direct, film, act, and more. You won't just make an incredible movie, you'll have the skills to make your own movies with friends.

Incrediflix: Claymation Flix

Love The Nightmare Before Christmas, Wallace and Gromit, or Boxtrolls? Then join us to create your own claymation movie! You'll even get to create your own clay character to star in a movie you'll film, direct, and voice-over in small groups.

Mad Science: Brixology Using Lego®

Using LEGO® bricks, build a different engineering-themed project in each class. Explore different engineering fields, including mechanical, structural, aerospace, nautical, and bioengineering. Use critical thinking, and creative problem-solving to test and improve your creations.

Mad Science: Underground Explorers

Learn about archaeology and techniques scientists use to excavate long lost cities! Discover ancient civilizations and the tools and artifacts they used in everyday life! JR Archeologists will also study bone fragments, pottery shards, amber deposits and fossils to understand what they can tell us about history! Each class includes a make and take-home project.

Abrakadoodle: Beach Party Art Camp

Get Ready for some wet and sandy fun! Design your own sun visor, move to the party music, and create some incredible underwater art! There will be spray bottle painting, sand art and shell designs, beach party day, and more fun on the run!

Engineering Imagination: Engineering FUNDamentals Camp

Explore the engaging world of Science, Technology, Engineering, Architecture and Mathematics through this unique camp! Participants will use LEGO® TECHNIC components, KEVA® building blocks, straws, popsicle sticks, and recycled materials to learn about, build and explore projects such as a 6 ft. model skyscraper, bridges, motorized vehicles and more!

Minds in Motion: Code and Control Robo Dozer

Build and take home a robotic bulldozer & wireless controller! Assemble your Robo Dozer that consists of over 40 different robotic parts including a speaker, circuit board, motors, LED lights and more. Use the controller to command your robot to move around in all directions, play sounds and light up its cab roof.

Minds in Motion: Future Engineers

Take home your very own engineering kit! Build up to 8 working models including a material lift, stationary bike, crane bridge, construction crane, and a windmill! Learn about basic circuits as you construct a Maze Challenge, Flying Disc, Turbo Air, and Alarm System with our STEM Lab kit! As future engineers, the STEM lab will teach you how to comprehend a schematic diagram and interpret the flow of electricity. Design your own diagrams and watch your confidence soar as you transform wires, springs, and plastic parts into fully functioning circuits.

Art-Ventures: Bouncy, Bendy Art in Motion

Combine metal, wood, and paper to build Spinning Sculptures inspired by Calder. Design Stretchy Stained Glass art you can re-shape. Sculpt 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.

Art-Ventures: Grr..Buzz...Hiss...Roar!

Visit the jungle, go on safari and even travel back in time to the Dinosaurs. Create 2 and 3-dimensional butterflies, birds, snakes, frogs and lizards, lions and kooky creatures! Paint 3-D wooden dinosaur puzzles, build giraffe pencil holders, and create super cool boxes disguised as elephants. Design your very own animal t-shirt using a totally unique technique!

Program	Age	Meets	Time	Date	Location	Fee
Eureka!	Entering Grade 1-6	M-F	9:00 a.m.-12:00 p.m.	June 12-16	SMS Classroom	\$195
Rockin' Rockets	Entering Grade 1-6	M-F	1:00-4:00 p.m.	June 12-16	SMS Classroom	\$195
Aspiring Young Engineers	8-11	T-F	9:00 a.m.-3:00 p.m.	June 20-23	Hebron Cafe	\$262
Space Fleet	7-11	T-F	9:00 a.m.-12:00 p.m.	June 20-23	Buttonball Art	\$150
Outer Space & Physics Fun	6-11	T-F	12:30-3:30 p.m.	June 20-23	Buttonball Art	\$150
Lego Flix	7-13	M-F	9:00 a.m.-12:00 p.m.	July 24-28	SMS Classroom	\$240
Animation Flix	7-13	M-F	1:00-4:00 p.m.	July 24-28		\$240
Live Action Flix	7-13	M-F	9:00 a.m.-12:00 p.m.	July 31-Aug. 4		\$240
Claymation Flix	7-13	M-F	1:00-4:00 p.m.	July 31-Aug. 4		\$240
Brixology Using LEGO	Entering Grade 1-6	M-F	9:00 a.m.-12:00 p.m.	August 7-11	Academy Multi 1	\$195
Underground Explorers	Entering Grade 1-6	M-F	1:00-4:00 p.m.	August 7-11	Academy Multi 1	\$195
Beach Party Art Camp	6-12	M-F	9:00 a.m.-3:00 p.m.	August 7-11	Academy Teen Center	\$362
Engineering FUNdamentals	5-7	M-F	9:00 a.m.-3:00 p.m.	August 14-18	Academy Multi 1	\$327
Code and Control Robo Dozer	8-12	M-F	9:00 a.m.-12:00 p.m.	August 14-18	Academy Cafe	\$160
Future Engineers	8-12	M-F	12:30-3:30 p.m.	August 14-18	Academy Cafe	\$160
Bouncy, Bendy, Art in Motion	Entering Grade 1-6	M-F	9:00 a.m.-12:00 p.m.	August 14-18	Academy Teen Center	\$195
Grr..Buzz...Hiss..Roar!	Entering Grade 1-6	M-F	1:00-4:00 p.m.	August 14-18	Academy Teen Center	\$195

Gymnastics Camp-Lesson

(Boys & Girls ages 5 & up)

Skill development in tumbling, floor, vault, balance beam and bars in accordance with USA Gymnastics. Groups divided by ability to ensure all gymnasts progress in a safe and appropriate manner. **Beginner:** everyone enters at this level where basics are taught. **Advanced Beginner (USAG Pre Level 1):** gymnasts enter after they master a forward roll to stand, backward roll to stand, cartwheel and $\frac{3}{4}$ handstand. **Intermediate (USAG Level 1):** gymnasts enter after they master a handstand, to round-off, backward roll to push-up position, standing back bend and one pull-up with their chin passing above the bar.

M-F	6/19-6/23	12:15-3:15 p.m.	Academy Gym	\$124
M-F	6/26-6/30	12:15-3:15 p.m.		\$124
M-F	7/3-7/7 (No 7/4)	12:15-3:15 p.m.		\$124
M-F	7/10-7/14	12:15-3:15 p.m.		\$124
M-F	7/17-7/21	12:15-3:15 p.m.		\$124
M-F	7/24-7/28	12:15-3:15 p.m.		\$124
M-F	7/31-8/4	12:15-3:15 p.m.		\$124
M-F	8/7-8/11	12:15-3:15 p.m.		\$124

Gymnastics Camp-Team Level

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

Levels 3, 4, 5-9; Xcel Silver, Gold & Platinum

M-F	6/19-6/23	8:45-11:45 a.m.	Academy Gym	\$149
M-F	6/26-6/30	8:45-11:45 a.m.		\$149
M-F	7/3-7/7 (No 7/4)	8:45-11:45 a.m.		\$149
M-F	7/10-7/14	8:45-11:45 a.m.		\$149
M-F	7/17-7/21	8:45-11:45 a.m.		\$149
M-F	7/24-7/28	8:45-11:45 a.m.		\$149
M-F	7/31-8/4	8:45-11:45 a.m.		\$149
M-F	8/7-8/11	8:45-11:45 a.m.		\$149

Xcel Bronze and Level 2 meet 12:15-3:15 p.m.

M-F	6/19-6/23	12:15-3:15 p.m.	Academy Gym	\$149
M-F	6/26-6/30	12:15-3:15 p.m.		\$149
M-F	7/3-7/7 (No 7/4)	12:15-3:15 p.m.		\$149
M-F	7/10-7/14	12:15-3:15 p.m.		\$149
M-F	7/17-7/21	12:15-3:15 p.m.		\$149
M-F	7/24-7/28	12:15-3:15 p.m.		\$149
M-F	7/31-8/4	12:15-3:15 p.m.		\$149
M-F	8/7-8/11	12:15-3:15 p.m.		\$149



Skyhawks Sports and Games

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

Skyhawks Mini Hawk Sports Program

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

Skyhawks Track and Field Program

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

Skyhawks Multi-Sport Camps

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

Skyhawks Flag Football Camp

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

Skyhawks Volleyball Clinics

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

Program	Age	Meets	Time	Date	Location	Fee
Sports & Games Session 1	7-12	M-F	9:00 a.m.-3:00 p.m.	June 12-16	SMS Main Gym	\$205
Sports & Games Session 2		W-F		July 5-7	Magnet Fields	\$169
Sports & Games Session 3		M-F		July 31-August 4	Magnet Fields	\$205
Mini Hawk Session 1	4-6	M-F	9:00 a.m.-12:00 p.m.	June 12-16	SMS Aux. Gym	\$155
Mini Hawk Session 2		M-F		June 26-30	Magnet Fields	\$155
Mini Hawk Session 3		M-F		July 24-28	SMS Main Gym	\$155
Mini Hawk Session 4		M-F		July 31-August 4	Magnet Fields	\$155
Track and Field Camp	7-14	T-F	9:00 a.m.-12:45 p.m.	June 20-23	SMS Track	\$155
Multi-Sport Session 1 (Full)	7-10	M-F	9:00 a.m.-3:00 p.m.	June 26-30	Magnet Fields	\$205
Multi-Sport Session 2 (Half)	7-12	M-F	12:30-3:30 p.m.	July 10-14	Nayaug Fields	\$155
Multi-Sport Session 3 (Half)	8-12	M-F	12:30-3:30 p.m.	July 17-21	Magnet Fields	\$155
Multi-Sport Session 4 (Full)	10-13	M-F	9:00 a.m.-3:00 p.m.	July 24-28	Magnet Fields	\$205
Flag Football Session 1	7-10	M-F	9:00 a.m.-12:00 p.m.	July 10-14	Nayaug Fields	\$165
Flag Football Session 2	10-14	M-F		July 17-21	Magnet Fields	\$165
Volleyball Camp	10-15	M-F	9:00 a.m.-1:00 p.m.	July 31-Aug. 4	SMS Aux. Gym	\$175

Glastonbury Skate Park-2143 Main St.

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

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

Beginner Skate Lessons

(Skateboarders ONLY ages 5-7 years old)
New skaters are taught basic skills such as balance, position, stopping, turning, falling techniques and safety. Skaters MUST wear helmets. Other equipment is recommended, but optional.

Sa	6/17-7/22	9:00-9:45 a.m.	Skate Park	\$59
Sa	6/17-7/22	9:45-10:30 a.m.		\$59

Advanced Beginner Skate Lessons

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

Sa	6/17-7/22	10:30-11:30 a.m.	Skate Park	\$79
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Intermediate Skate Lessons

(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 practiced. Skaters MUST wear helmets. Other equipment is recommended, but optional.

Sa	6/17-7/22	11:30 a.m.- 12:30 p.m.	Skate Park	\$79
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Skateboarding Camp

(Ages 8-13)
Learn the basics including parts of the board, ramps, and fun games and activities! Includes instruction for beginners (riding the board, board control, balance) and advanced skaters (flat ground tricks, hitting the ramps, ollies and other fun tricks)!

Tu-F	6/20-6/23	9:00 a.m.- 12:00 p.m.	Skate Park	\$95
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Minnechaug Golf Course

Minnechaug is a 9-Hole, Par 35 course. This gem can be found at the base of Minnechaug mountain in east Glastonbury. It features one of the most exciting attractions in golf, an island green. Hole #8, a 126-yard, par 3, considered to be the first island green in New England and one of the first in the nation, is a must for all golfers to play! Book your tee time and register for programs online at www.minnechauggolf.com/tee-times or call 860.432.3334. **The Tenth Hole Tavern is open! Visit them online at www.tenthholetavern.com or call 860.730.4545.**

Junior Spring Clinic

(Ages 6-17)
Covers understanding the swing/full swing; chip and putt management & strategy and putting it all together. Limit: 12/Clinic.

Tu	4/18-5/9	4:30-5:15 p.m. (Ages 6-10)	\$140
W	4/19-5/10	4:45-5:30 p.m. (Ages 6-10)	\$140
Tu	4/18-5/9	5:30-6:15 p.m. (Ages 6-10)	\$140
Tu	4/18-5/16	6:30-7:30 p.m. (Ages 11-17)	\$160

Beginner Adult Spring Clinic

Covers understanding the swing/full swing; chip and putt management & strategy and putting it all together. Limit: 15/Clinic.

W	4/19-5/17	5:45-6:45 p.m.	\$150
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Minnechaug Junior Golf Camp

(Ages 10 - 17)
Includes Golf Clinic with Kurt Wyberanec, practice skills and skills competitions. Students will to play on the course every day after lunch.

M-F	7/10-7/14	9:00 a.m.-4:00 p.m.	\$495
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Beginner Junior Boot Camp

Beginner Junior Boot Camp
(Ages 6-10)
A perfect way to get your Junior introduced to the game of golf. Three days of instruction including the grip, swing, Driving, putting and chipping.

M, Tu, W	7/17-7/19	9:00-10:30 a.m.	\$169
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Camp Chaug'

(Ages 10 - 17)
A perfect way to get your Junior introduced to the game of golf. Five days of instruction including the grip, swing, Driving, putting and chipping. This is a half day camp.

M-F	8/7-8/11	8:30 a.m.-12:30 p.m.	\$269
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Tennis Courts

8 courts are available at Glastonbury High School. Lighted courts (1-4) can be turned on by players at the court (activated until 10:00 p.m.). Both lighted and unlighted courts available first come first serve unless scheduled for lesson programming.

QuickStart Red Ball Tennis

(Ages 5-7)

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

M-F	6/26-7/7 No 7/4	8:50-9:35 a.m.	GHS Courts	\$50
M-F	7/10-7/21	8:50-9:35 a.m.	GHS Courts	\$50
M-F	7/24-8/4	8:50-9:35 a.m.	GHS Courts	\$50

Tennis Lesson Registration

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

Children's Morning Tennis Lessons

(Child: Ages 7-16)

M-F	6/26-7/7 No 7/4	Level 2,3,4 9:40-10:25 a.m.	GHS Courts	\$50
M-F	6/26-7/7 No 7/4	Level 1,2,3 10:30-11:15 a.m.	GHS Courts	\$50
M-F	7/10-7/21	Level 2,3,4 9:40-10:25 a.m.	GHS Courts	\$50
M-F	7/10-7/21	Level 1,2,3 10:30-11:15 a.m.	GHS Courts	\$50
M-F	7/24-8/4	Level 2,3,4 9:40-10:25 a.m.	GHS Courts	\$50
M-F	7/24-8/4	Level 1,2,3 10:30-11:15 a.m.	GHS Courts	\$50

Children's Evening Tennis Lessons

(Child: Ages 7-16)

M/W	6/26-7/19	Level 1,2,3 5:00-5:55 p.m.	GHS Courts	\$53
T/Th	6/27-7/20	Level 1,2,3 6:00-6:55 p.m.	GHS Courts	\$53
M/W	6/26-7/19	Level 2,3,4 6:00-6:55 p.m.	GHS Courts	\$53
T/Th	6/27-7/19	Level 2,3,4 5:00-5:55 p.m.	GHS Courts	\$53
M/W	7/24-8/9	Level 1,2,3 5:00-5:55 p.m.	GHS Courts	\$40
T/Th	7/25-8/10	Level 1,2,3 6:00-6:55 p.m.	GHS Courts	\$40
M/W	7/24-8/9	Level 2,3,4 6:00-6:55 p.m.	GHS Courts	\$40
T/Th	7/25-8/10	Level 2,3,4 5:00-5:55 p.m.	GHS Courts	\$40

Adult Evening Tennis Lessons

(Adult: Ages 17 and up)

M/W	6/26-7/19	Level 1,2,3,4 7:00-7:55 p.m.	GHS Courts	\$80
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We're Hiring!

PRIORITY APPLICATION DEADLINE IS FRIDAY, MARCH 11, 2022. Nature of work, minimum requirements, length of employment, hours and application can be found **ONLINE AT [GLASTONBURY-CT.GOV/PRJOBS](https://www.glastonbury-ct.gov/prjobs)**

Camp Asst. Director/Head Counselor \$18.00/hr

Responsible for planning and implementing activities in a summer recreation program and supervision of camp staff.

Camp Group Leader for Camp Sunrise \$16.50/hr

Responsible for planning and implementing recreational activities for special needs children in a day camp setting and providing direction to volunteers.

Camp Group Leader \$16.50/hr

Responsible for planning and implementing activities for children in a day camp setting.

Assistant Group Leader \$16.00/hr

Responsible for assisting in the planning and implementation of therapeutic recreational activities for special needs children in a day camp setting.

Camp Program Instructor \$16.50/hr

Responsible for planning and implementing activities in specific program area in a summer recreation program.

Camp Counselor \$16.00/hr

Responsible for the supervision and safety of program participants. Assists in planning and implementing activities in a summer recreation program.

Program Aide \$15.00/hr

Responsible for assisting in the planning and implementation of activities in a camp setting.

Tennis Instructor \$19.00/hr

Gives instruction in tennis; supervises children in lessons; maintains necessary records. Program meets for 6-7 weeks on weekday mornings and evenings beginning late June.

Lifeguard I \$17.00/hr

Responsible for supervising public in and around swimming facility, keeping accurate records and performing routine maintenance. Flexible schedule, full-time and part-time positions available, days, nights, weekend hours available. Program runs mid-June through Labor Day.

Lifeguard II/Swim Instructor \$17.50/hr

Gives instruction in swimming; supervises children in lessons; maintains necessary records. May also have hours as a lifeguard. Hours depend on lesson schedules. Lessons are estimate to run from June 27-August 4. Lifeguard positions run mid-June through Labor Day.

Assistant Swim Coach \$20.00/hr

Provides Instruction/coaching to children participating in the Town's swim team programs. Help coordinates practices and assist at swim meets. Summer practices are early morning and mid-afternoons. Possible weekend meets.

Swim Team Coaching Intern \$17.00/hr

Provides Instruction/coaching to children participating in the Town's swim team programs. Assist coaches with practices. Summer practices are early morning and mid-afternoons. Possible weekend meets.

Seasonal Groundskeeper \$20.00/hr

Performs a variety of ground and equipment maintenance tasks including the use of hand tools, power equipment and tractor mowers. Seasonal: April-October, 40 hours per week with occasional weekend and evening hours as needed.

Park Caretaker \$20.00/hr

Locks and unlocks otherwise secure park facility and greets/answers questions for facility renters. Mid-April-November, varies by location and specific assignment; part-time, both weekday and weekend hours available.

Seasonal Park Maintainer \$18.00/hr

Performs a variety of semi-skilled tasks in connection with the maintenance of public grounds, athletic fields, swimming facilities, cemeteries, and landscaped areas. May-August, 40 hours per week with occasional weekend and evening hours.

Custodian (Seasonal) \$16.87/hr

Semi-skilled labor involving the custodial care of public buildings and routine maintenance tasks. Mid-April-November, varies by location and specific assignment; part-time, both weekday and weekend hours available.

Camp Sunrise Volunteer Opportunities

Camp Sunrise is a special needs camp for children ages 3-21 years old. The camp is anticipated to run from the June 20-August 4; Monday-Friday from 9:00 a.m.-3:00 p.m. at Smith Middle School. Camp does not meet on Monday, June 19th or Tuesday, July 4th. Volunteers are needed for 2 week consecutive time-frames (60 hours) in the summer to assist with daily activities, swimming, field trips and general supervision of campers. Complete an application online at www.glastonbury-ct.gov/campsunrise and click on Camp Sunrise Volunteer.

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

Young adults of all abilities, would you enjoy the opportunity to give back and beautify the community with "Pitch In" and other Glastonbury volunteer partner organizations? Please contact Glastonbury Inclusive Volunteering (GIV) at GlastonburyInclusiveVolunteers@gmail.com to learn about past projects and upcoming events or if you have a community project/event in need of amazing volunteers of all abilities!

Glastonbury Community Action Partnership (GCAP)

(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.

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

Glastonbury Partners in Planting, Inc.

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

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

GPIP is seeking new members & volunteers of all ages to assist with ongoing & new projects, 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! Our door is always open to you.

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

GPIP Educational Garden

Glastonbury Partners in Planting, Inc. is a non-profit organization that partners with the Town and other organizations and is dedicated to beautification and education through volunteer projects. GPIP is creating an Educational Garden at the Community Gardens on the East side of the Herbert T. Clark residences. Produce, herbs and beneficial flowers will be grown to be distributed to those in need. Some plants will be grown in planters to show the ease of growing some produce just about anywhere. Some of the plants may be unfamiliar to most of us, but are common in other countries or parts of the USA. Educational "Chats" will be offered throughout the summer. Members/Volunteers will be present at times to answer your questions on any topic, not just vegetables. Please check for times/dates at www.gpip.org or Facebook or in The Citizen. A schedule will be posted at the garden - Plot #68.

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 9:00 a.m. and will be removed before 9:00 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>

Field Rentals

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

J.B. Williams Pavilion Rental

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

AVAILABILITY: Limited Dates Available from May 1 to October 31
CAPACITY: Up to 150 people
AMENITIES: Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking.
FEE: \$175/rental

Glastonbury Skate Park Rental

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

AVAILABILITY: May to November, Saturdays and Sundays, excluding Lesson Dates, 10:00 a.m.-12:00 p.m.
CAPACITY: 30 people
AMENITIES: Staff Supervisor, exclusive use of skate park, softball field, picnic tables, picnic bag including frisbees, bases, kickballs, bat and balls
FEE: \$85/rental

Academy Teen Center Rental

An easy alternative for small birthday parties, or events you just don't want to host at home! Bring your own cake and goodies, we'll provide the rest!

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

Birthday Parties @ Addison & Grange

Host your party at Addison or Grange after June 12th! Choose from Saturday or Sunday ONLY:

Addison Pool	Grange Pool	Fee (Up to 15 People)	Fee (Up to 30 People)
11:00 a.m.-2:00 p.m.		\$100/R \$150/NR	\$200/R \$300/NR
2:30-5:30 p.m.	2:30-5:30 p.m.		

1 Adult Required for Every 4 Children. 

Request online at <https://glastonburyct.myrec.com> beginning April 17, 2023.

Glastonbury Boathouse at the Riverfront Park

Host your next event at the Glastonbury Boathouse! Whether you're 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 or contact kristen.michaels@glastonbury-ct.gov

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 or contact [Kristen.michaels@glastonburyct.gov](mailto:kristen.michaels@glastonburyct.gov)

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

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

Visit online at www.glastonbury-ct.gov for facility information, directions & photos!



Men's Summer Basketball League

Sunday and Tuesday nights at Smith Middle School Main Gym from June 4-August 6. Players are assigned to a team by the League Director. Every effort is made to place friends on the same team, but not guaranteed. Resident registration begins March 14, and non-resident registration begins April 4. **Registration deadline is May 24, and maxed at 115 players.** Residents are \$85/person, and non-residents are \$105/person.

Bella Italia Night - Dinner & Dancing

(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.

Th	4/20	6:00-8:00 p.m.	Riverfront Community Center	\$15
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Summer Adult & Senior Picnic

(Ages 55 and Over)

Start the day with setback followed by terrific music and a great meal! The best part, air conditioning! End the day with Bingo featuring some great prizes. Tickets sold beginning Tuesday, March 14 through Tuesday, August 8. Tickets will also be sold the day of the picnic! Tickets can be purchased online, at the Community Center, Parks & Recreation Office and the Town Hall Customer Service Center. Beginning for 2023, non-residents are also welcome! Registration for non-resident tickets will begin on Tuesday, April 4, 2023.

W	8/9	9:30 a.m.-2:00 p.m.	Riverfront Community Center	\$6/R \$8/NR
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Square Dances

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

Square Dance Lessons

Sponsored by the Glastonbury Square Dance Club, lessons are held at Buttonball School, Wednesdays from 7:00-9:00 p.m. For more information, please call (860)742-2898.

Indoor Pickleball Program

Program will run in a 6-week session from June through August. **You must sign up for the entire 6 weeks if signing up for a session.** Earlier time block of 5:00-7:00 p.m. is open for beginner/intermediate; 7:00-9:00 p.m. is open for Intermediate/Advanced players. Description of levels can be found on the Parks and Recreation website. Courts will be present with rotations dependent on the number of people attending. Program is designed for a more social opportunity and to meet other pickleball players!

Th	6/22-7/27	5:00-7:00 p.m.	Location TBD	\$60
Th	6/22-7/27	7:00-9:00 p.m.	Location TBD	\$60

Outdoor Pickleball Courts

4 pickleball courts will be under construction this spring, with an anticipated completion in the summer, behind the Riverfront Community Center. Stay tuned for more details!



Adult Beginner Outdoor Pickleball

Learn how to effectively hit the ball, maintain a rally, keep score, the rules and basic game play. Summer program will be held at Addison if new courts are not complete.

Sa	4/15-5/6	9:00-9:55 a.m.	Addison Tennis Courts	Ages 60+	\$30
Sa	4/15-5/6	10:00-10:55 a.m.	Addison Tennis Courts	Ages 18+	\$40
Sa	4/15-5/6	11:00-11:55 a.m.	Addison Tennis Courts	Ages 18+	\$40
Sa	6/3-6/24	9:00-9:55 a.m.	Addison Tennis Courts	Ages 60+	\$30
Sa	6/3-6/24	10:00-10:55 a.m.	Addison Tennis Courts	Ages 18+	\$40
Sa	6/3-6/24	11:00-11:55 a.m.	Addison Tennis Courts	Ages 18+	\$40
Sa	7/8-7/29	9:00-9:55 a.m.	Riverfront Courts	Ages 60+	\$30
Sa	7/8-7/29	10:00-10:55 a.m.	Riverfront Courts	Ages 18+	\$40
Sa	7/8-7/29	11:00-11:55 a.m.	Riverfront Courts	Ages 18+	\$40
Sa	8/5-8/26	9:00-9:55 a.m.	Riverfront Courts	Ages 60+	\$30
Sa	8/5-8/26	10:00-10:55 a.m.	Riverfront Courts	Ages 18+	\$40
Sa	8/5-8/26	11:00-11:55 a.m.	Riverfront Courts	Ages 18+	\$40

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 and 10" play balls optional.

Low Impact Gentle Pilates

Part of our Low impact series designed for people looking to stay active as they age. Exercises focus on the core muscles. Work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination and posture. Need to be able to get up and down off the floor. Bring a mat and water to class.

Low Impact Standing Strength

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

Morning Mat Pilates

An exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. Exercises provide variations to meet the needs of different body types and strengthens the body while keeping joints mobile and flexible. Feel your muscles working and probably break a sweat. Bring a mat and water bottle to class. Mixed-level class.

Pilates

Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball.

HIIT

You're in your out. Short on time? This is the workout for you. 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. This class will have a short warm up and cool down, and in-between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized.

Strength Training

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

Core Strength

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

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.

Zumba

A fusion of Pilates, dance, yoga & functional training that will lift, tone, sculpt, define and strengthen core muscles. Uses the ballet barre and small, isometric, concentrated movements to create lean muscles. Incorporates an upper body workout with weights and a combination of high-intensity sequences of thigh, glute and core exercises at the barre. Set to upbeat music at a vigorous pace to get your heart pumping! Bring a mat and 1-2 pound hand weights.

Class	Inst	Location	Meets	Dates	Fee
Senior Fitness (Select Physical Therapy)	Sara	IN PERSON Riverfront Community Center	Monday 9:00-10:00 a.m. 10:15-11:15 a.m.	July 10-August 21	\$26
			Wednesday 9:00-10:00 a.m.	July 12-August 23 (No 8/9)	\$23
			Friday 9:00-10:00 a.m.	July 14-August 18	\$23
Low Impact Gentle Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose	Monday 1:30-2:15 p.m.	July 10-August 21	\$46
Low Impact Standing Strength (Personal Euphoria)	Rachel	IN PERSON Academy Multi Purpose	Monday 9:00-9:45 a.m.	July 10-August 21	\$46
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Tuesday 8:30-9:30 a.m.	July 11-August 22	\$52
		IN PERSON Academy Multi Purpose	Tuesday 9:30-10:30 a.m.	July 11-August 22	\$52
		VIRTUAL Live via ZOOM	Thursday 8:30-9:30 a.m.	July 13-August 24	\$52
Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose	Tuesday 6:00-6:45 p.m.	July 11-August 22	\$46
			Thursday 6:00-6:45 p.m.	July 13-August 24	\$46
HIIT (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Wednesday 8:00-8:15 a.m.	July 12-August 16	\$21
Strength Training (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Monday 9:00-9:45 a.m.	July 10-August 21	\$56
	Rachel	IN PERSON Academy Multi Purpose	Friday 9:00-9:45 a.m.	July 14-August 25	\$46
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Thursday 6:00-6:45 p.m.	July 13-August 17	\$45
Yoga (Personal Euphoria)	Sonia	IN PERSON Riverfront Community Center	Thursday 5:30-6:30 p.m.	July 13-August 24	\$46
	Rachel	IN PERSON Academy Multi Purpose	Monday 10:00-10:45 a.m.	July 10-August 21	\$46
	Rachel	IN PERSON Academy Multi Purpose	Friday 9:50-10:35 a.m.	July 14-August 25	\$46
	Stacey	IN PERSON Academy Multi Purpose	Wednesday 10:00-10:45 a.m.	July 12-August 23	\$46
ZUMBA (Personal Euphoria)	Max	IN PERSON Academy Multi Purpose	Monday 6:15-7:15 p.m.	July 10-August 21 (No 8/7)	\$40
			Wednesday 6:15-7:15 p.m.	July 12-August 23 (No 8/9)	\$40

Non-Resident Registration Begins 4/4/2023

Ozzie Says "Let's Swim by Eight"

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

American Red Cross Learn to Swim

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

Infant/Toddler

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

Tots

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

Level 0-Independent Pre-School

Age 4 ONLY

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

Level 1-Introduction to Water Skills

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

Level 2-Fundamentals of Aquatic Skills

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

Level 3-Stroke Development

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

Level 4-Stroke Improvement

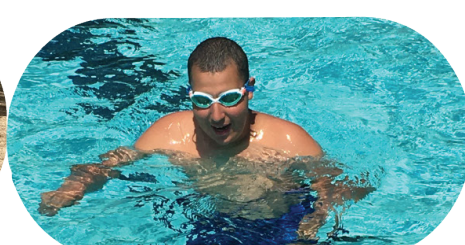
This class is appropriate if your child can perform front crawlstroke, back crawlstroke, do rotary breathing while horizontal, dive headfirst from kneeling or standing, do butterfly kick with butterfly body motion.

Level 5-Stroke Refinement

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

Level 6-Diving or Fitness Swimmer

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



Swim Lesson Registration

Swim lessons will be offered in accordance to State of CT recommended guidelines. Due to popular demand, we are limiting registration and waitlists to one class per child per session. If your child is enrolled in the wrong level, every effort will be made to transfer your child on a space available basis. Masks required at the GHS pool except when in the water.

*If your child has taken lessons with us previously, please reference their most recent Achievement Card for the appropriate level. If not, please reference the American Red Cross Swim & Water Safety Level Requirements to choose the appropriate level based on their skills.

M-F*	6/26-7/6 No 7/4	See Chart for Levels/Times	Addison, Grange, GHS	\$54
M-F*	7/10-7/20	See Chart for Levels/Times	Addison, Grange, GHS	\$54
M-F*	7/24-8/3	See Chart for Levels/Times	Addison, Grange, GHS	\$54
*2nd week of each session ends Thursday				

High School Evening Swim Lessons

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

Grange Swim Lessons

10:45 a.m.	11:15 a.m.	11:45 a.m.
Level 2	Tots	Level 1
Level 4	Level 1	Level 2
Level 5	Level 3	Level 3

Addison Swim Lessons

9:30 a.m.	10:00 a.m.	10:30 a.m.	11:00 a.m.	11:30 a.m.
Tots	Level 0	Tots	Infant	Level 0
Level 2	Level 1	Level 2 (2)	Level 1	Level 2
Level 4	Level 3	Level 5	Level 3	Level 3
Level 5	Level 4		Level 4	

Adult Swim Lessons

(Adults ages 18 and over of all abilities)
It's never too late to learn to swim or fine tune strokes.

M	6/26-8/7	7:30-8:30 p.m.	GHS Pool	\$52
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Recreation Swim Team

(Youth ages 7-19)

The Parks and Recreation Department has joined the Central CT Swim League which includes teams from surrounding towns. Meets are held in the evenings, generally on Monday and/or Wednesday evenings. Specific information about meet dates and times of meets will be sent out at a later date. Those on the USA Long Course Team are already enrolled on the Summer Recreation Team.

M-F	6/26-Late August	7:45-8:45 a.m.	GHS Pool	\$250
M-F	6/26-Late August	4:00-5:00 p.m.	GHS Pool	\$250

Please choose either morning OR afternoon

College USA Long Course - NEW!!

College students ages 18-21 may participate in the long course program starting in May after the completion of spring semester. Swimmers will be required to obtain a USA membership.

M-F	Dates	7:00-9:15 a.m.	Addison Pool & Terry Pool	\$550
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Riverfront Park Boat Launch

Boat Launch will be staffed beginning May 21, 2022. Seasonal Boat Launch permits will be available for purchase at the Parks and Recreation office beginning May 1, 2022 and on site. Boaters must show proof of residency and a valid boat registration.

The single boat launch will be open mid-April-early November. Riverfront Park offers many amenities such as a playground, covered picnic pavilions and walking trails. Restrooms also available on site.

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

The Glastonbury Boathouse offers convenient 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

L.L. Bean Outdoor Discovery School

Quality outdoor programs at the Riverfront Park provided by L.L. Bean, Inc. staff and volunteers! All equipment provided. Programs held mostly on weekends from April-October:

- Discovery Kayaking
- Introduction to Recreational Kayaking
- Intermediate Recreational Kayaking
- Sunset & Full Moon Kayaking
- Discovery Stand-Up Paddle Boarding
- Introduction to Stand-Up Paddle Boarding
- Stand up Paddle Boarding Yoga
- Fly Fishing (Starts in April)
- Archery (New this Year!)

To register for a program:

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

Slipaway Riverboat Tours

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

Birthday Parties @ Addison & Grange

Host your party at Addison or Grange pool! Choose from Saturday or Sunday ONLY as follows:

Addison Pool	Grange Pool	Fee (Up to 15 People)	Fee (Up to 30 People)
11:00 a.m.-2:00 p.m.		\$100/R \$150/NR	\$200/R \$250/NR
2:30-5:30 p.m.	2:30-5:30 p.m.		

1 Adult Required for Every 4 Children.

Request online at <https://glastonburyct.myrec.com> beginning April 17, 2023.

Splash Pad Update

Stay tuned for pre and post season splash pad only hours at Addison pool. Specific hours will be available while the main pool is closed.

High School, Grange, Addison Pools

Summer Pass is valid June 1-Close of Pools. Yearly Pass is valid June 1, 2023-May 31, 2024 and allows use of all pools in summer and GHS pool in winter. Pool passes will go on sale in April with an entirely new format. Registration for passes will be done online with digital passes downloaded to your MyRec account. At the pool, scan the pass from your cell phone! Stay tuned for more information.

RESIDENT FEES:

DAILY ADMISSION: \$7/child(under 2 free); \$10/adult
SUMMER PASS: \$109/household; \$89/Individual
YEARLY PASS: \$159/household; \$129/Individual
SENIOR PASS (60+): FREE (Must Show Proof of Age)
REPLACEMENT PASS: \$25/Lost Pass

Eastbury Pond

Eastbury Pond passes will be available for sale beginning in May. Registrations will be accepted by mail and in-person at that time.

RESIDENT FEES:


DAILY ADMISSION: \$5/Car (Weekdays);
\$10/Car (Weekends)
SEASON PASS: \$35/2 Car Stickers


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Addison Pool	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A		
	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P		
	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Adult Swim/ Splash Pad 10:00-11:00A	Adult Swim/ Splash Pad 10:00-11:00A
	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 11:00A-7:30P	Rec. Swim 11:00A-7:30P
	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P		Adult Swim 11:00A-12:00P
Expected Opening Date Monday, June 12. Effective July 31, Pool will Close at 7:00 p.m. 15 Minute Adult Swim Every Hour.							
Grange Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P		
	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P
	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P
Expected Opening Date Tuesday, June 13. Effective July 31, Pool will Close at 7:00 p.m. 15 Minute Adult Swim Every Hour.							
Eastbury	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P		
	Rec. Swim 10:30A-4:30P	Rec. Swim 10:30A-4:30P	Rec. Swim 10:30A-4:30P	Rec. Swim 11:00A-4:30P	Rec. Swim 10:30A-4:30P	Rec. Swim 10:30A-6:30P	Rec. Swim 10:30A-6:30P
Expected Opening Date Wednesday, June 14.							
High School Pool (Residents Only)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Swim 6:00-7:30A	Adult Swim 6:00-7:30A	Adult Swim 6:00-7:30A	Adult Swim 6:00-7:30A	Adult Swim 6:00-7:30A		
	Swim Team 7:45-8:45A	Swim Team 7:45-8:45A	Swim Team 7:45-8:45A	Swim Team 7:45-8:45A	Swim Team 7:45-8:45A		
	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P		
	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:00-3:00P	Adult Swim 12:00-3:00P
	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P		
	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P		
	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P		
	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P		
	Adult Lessons 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-8:30P		
	Schedule Begins When School Lets Out. The GHS Pool will be Closed August 14-29 for Start of School Preparation.						

SUMMER 2023 GLASTONBURY

SENIOR & SOCIAL SERVICES



 glastonburyparkrec
glastonburyseniorcenter

 glastonbury_park_and_rec



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

Our Program & Office Staff:

Lisa Zerio	Director of Parks & Recreation
Christine Avery	Program Coordinator
Austyn Dolce	Program Coordinator
Nicole Mercer	Administrative Secretary
Diana Patterson	Customer Service Representative
Amber O' Farrell	Customer Service Representative
Lisa McKeon	Volunteer Coordinator

www.glastonbury-ct.gov

Riverfront Community Center

The Riverfront Community Center serves as an age-friendly, multipurpose facility, offering high-quality, fun & enriching programs to promote a social and active lifestyle. We also provide social services to meet the diverse needs of the community. In addition to our delicious lunches served up by our wonderful kitchen staff, Melanie & June, we also have our Riverfront Café, a casual place to stop in and grab a sandwich, soup, snack or beverage. The café is open **TO THE PUBLIC** Monday-Friday, 9:30 a.m.-2:30 p.m. Stop in, say hello and enjoy! The Riverfront Community Center is open Monday-Friday, 8:00 a.m.-4:30 p.m., as well as additional evening hours on Tuesday & Thursday. We are also open Saturdays from 9:00 a.m.-3:00 p.m. If you have any questions or need assistance, feel free to call us (860) 652-7638.

Lunch at the RCC

Join us for lunch Monday-Friday (except for holidays or closings) from 11:45 a.m.-12:30 p.m. The cost is \$3/Residents; \$5/Non-Resident. Reservations are not required. Menus are available in the office at RCC or online at www.glastonbury-ct.gov (Senior Services Department) or on the Glastonbury Senior Center Facebook page or feel free to call (860) 652-7638 and ask us the meal of the day.

Program Registration

To register for a program, we encourage you to register online at glastonburyct.myrec.com. You can also register in-person Monday-Friday, 8:00 a.m.-4:30 p.m. or by calling us at (860) 652-7638

Happy St. Patrick's Day Luncheon!

Join us for a delicious lunch and entertainment by the Mulcahy Academy of Irish Dance! The dancers will show you the beautiful art of Irish Dance and will promote Irish culture through tradition and modern Irish dancing techniques & movements!

Th	3/16	11:45 a.m.	RCC Community Room	\$6/R \$8/NR
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Passport Luncheon

Join us for a special luncheon held prior to the exciting events at the Passport to Health & Wellness Fair! Enjoy a delicious meal and great music performed by Mike Armentano! A luncheon and fair you won't want to miss!

F	3/24	11:45 a.m.- 1:45 p.m.	RCC Community Room	\$6/R \$8/NR
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Swing into Spring Luncheon

It's officially Spring and we're ready to celebrate! Join us for great food and great music by Jukebox 45, a Premier 50's & 60's Show Band! The band was formed by Jerry Fanfarelli, a well-known CT musician who has played professionally for over 50 years and has assembled a group of talented musicians that re-create the memorable songs of the 50's & 60's!

Th	4/13	11:45 a.m.- 1:30 p.m.	RCC Community Room	\$6/R \$8/NR
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Bella Italia Night - Dinner & Dancing

(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.

Th	4/20	6:00- 8:00 p.m.	Riverfront Community Center	\$15
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Safe Driving Tips from an Expert - Live Speaker!

As we age, we experience changes in our vision as well as with our overall cognitive & visual processing speed. These changes can affect our reaction time as well as decision-making behind the wheel. Join us for a discussion that includes what a clinical driver assessment is, how & why to get one, and possible outcomes of a driver assessment. Presented By: Raechaell Corbett, MS OTR/L, CDRS, CDI; Supervisor of the Easter Seals Driver Assessment Program & Low Vision Specialist. Register By: April 21st.

Date: Tuesday, April 25th
Time: 1:00 p.m.

Summer Adult & Senior Picnic

(Ages 55 and Over)

Start the day with setback followed by terrific music and a great meal! The best part, air conditioning! End the day with Bingo featuring some great prizes. Tickets sold beginning Tuesday, March 14 through Tuesday, August 8. Tickets will also be sold the day of the picnic! Tickets can be purchased online, at the Community Center, Parks & Recreation Office and the Town Hall Customer Service Center. Beginning for 2023, non-residents are also welcome! Registration for non-resident tickets will begin on Tuesday, April 4, 2023.

W	8/9	9:30 a.m.- 2:00 p.m.	Riverfront Community Center	\$6/R \$8/NR
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AARP Smart Driver™ Course

The AARP Smart Driver™ course will help you refresh your driving skills, and will help you save a minimum of 5% for a period of two years on your insurance for people aged 60 or older!

2023 Class Dates:

- March 16: 9:00 a.m.-1:00 p.m.
- April 13th: 12:30-4:30 p.m.
- May 18: 12:30-4:30 p.m.
- September 21: 12:30-4:30 p.m.
- October 19: 12:30-4:30 p.m.
- November 9: 12:30-4:30 p.m.

To register, call (860 652-7638 or go to the Riverfront Community Center Office. Payment is due at time of registration by check payable to AARP only.

Cost: \$20/AARP Members \$25/Non-AARP Members

Tai Ji Quan: Moving for Better Balance

Join us to improve your strength, mobility, balance and daily function to help prevent falls! This 24-week program begins on February 14th and ends on July 27th. Tuesdays from 4 p.m.-5 p.m. and Thursdays from 5 p.m.-6 p.m. No class on July 4th! NO FEE!

Watercolor Classes

Explore different techniques of using watercolors in a relaxed environment! Drawing is not a prerequisite. Register for as many classes as you'd like!

Sa	4/8; 4/15; 4/22; 4/29; 5/6; 5/13	9:30- 11:30 a.m.	RCC Arts & Crafts Room	\$10/R \$15/NR
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Cost is per class. 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 brain as we "move & groove" to music from a wide variety of genres.

Th	4/6-4/8	1:15-2:30 p.m.	Riverfront Community Center	\$50/R \$60/NR
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Zen Mandala Coloring

Self-guided Zen coloring and chat. Zen coloring is a great way to practice mindfulness & to de-stress. Supplies are provided. Meets Thursdays from 6 p.m.-8 p.m.

Age-Friendly Social Tabletop Games

Youth & Seniors are welcome to bring a game to share and there will also be games provided! Youth must be accompanied by an adult. Registration is encouraged. Program is FREE and meets Saturdays 10 a.m.-1 p.m. in the Café.

Lifelong Learning: Curiosity Stream Presents "Rescued Chimpanzees of the Congo with Jane Goodall"

Jane Goodall braved a realm of unknowns to give the world a remarkable window into humankind's closest living relatives. Showing one episode per night followed by a discussion. Tuesdays from 6 p.m.-7 p.m. from March 28th- April 25th

The Big Sing with Dr. Uke!

Join Dr. Uke and the band! Sing along as words are projected on the large screen. Dial-A-Ride is available. Program meets March 25th & April 29th from 12 p.m.-1 p.m.

Technology 1:1 Assistance

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

Mac, iPad or SmartPhone Assistance

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

1:1 Computer Assistance

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



Memory Screenings

Schedule an appointment for a free, confidential memory screening! These 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 conducted on the first Wednesday of each month from 10:30 a.m.- 11:30 a.m. Please contact Social Worker, Susan Parotta, LCSW to register at (860) 652-7636 or susan.parotta@glastonbury-ct.gov. Pre-registration is required.

FREE Hearing Tests!

Tests will be 15 minutes and occur between 10 a.m.-11:30 a.m. Please call (860) 652-7638 to schedule an appointment! Next scheduled date is April 7th.

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 dates for appointments and to schedule yours! No walk-ins are accepted.

Eye Openers Support Group

An open group where educational speakers are provided at most groups as well as an opportunity for members to share concerns, questions, solutions, resources, challenges and celebrations for those who are dealing with low vision or loss of sight. The group meets on the last Friday of every month from 10 a.m.-11:30 a.m. Refreshments are served! For more information, please call Susan Parotta, LCSW at (860) 652-7636.

Bereavement Support Group

Have you experienced the loss of a loved one recently or having a hard time with loss? Are you experiencing any "symptoms" of grief such as loss of sleep, the need for too much sleep, lack of concentration, feeling hopeless or depressed? You are not alone! This wonderful provides support and strategies to help you cope with this! Co-sponsored by Hartford Healthcare at Home and led by Bill Pilkington, Bereavement Support Counselor. The group meets on the 2nd & 4th Wednesday of each month from 1 p.m.-3:30 p.m. For more information, contact Bill Pilkington at (860) 209-3147 or bill.pilkington@hhchealth.org.

Class	Description	Meets	Dates	# of Classes	Fee	
					R	NR
Powerful Aging & Fitness	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesday & Friday 10:00-11:00 a.m.	4/5-6/14	20	\$100	\$110
Stretchercise	Low impact exercise using stretch bands and weights that are provided.	Tuesday & Thursday 11:30 a.m.-12:15 p.m.	4/4-6/8	20	\$100	\$110
Intro to Tai Chi	Learn the basics of this life altering discipline.	Monday 3:30-4:15 p.m.	4/3-5/22	8	\$40	\$50
Tai Chi	Excellent form of mind and body fitness for all ages and fitness levels.	Thursday 6:00-7:00 p.m.	4/6-6/8	10	\$50	\$60
Fitness is Fun	Get your cardio workout and improve your strength and balance with music.	Wednesday & Friday 10:15-11:00 a.m.	4/5-6/14	20	\$100	\$110
		Wednesday & Friday 11:15 a.m.-12:00 p.m.	4/5-6/14	20	\$100	\$110
Line Dancing	Move your body & engage your brain as we "move & groove" to music! No experience required.	Thursday 1:15-2:30 p.m.	4/6-6/8	10	\$50	\$60
Watercolor	Explore different techniques using watercolors in a relaxed environment. Additional supply fee per project.	Saturday 9:30-11:30 a.m.	4/8; 4/15; 4/22; 4/29; 5/6; 5/13	6	\$10/ Class	\$15/ Class

A vibrant photograph of children playing in a foam pit. The scene is filled with thick, white foam that covers the ground and reaches up to the sky. In the foreground, a young boy with dark hair and a bright smile is looking towards the camera, his face and chest partially covered in foam. Behind him, another boy is also smiling. To the left, a girl with braided hair is seen from the side, also enjoying the foam. The background shows a clear blue sky and some green trees, suggesting an outdoor park setting.

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

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