

# Fall 2023 GLASTONBURY



## PARKS & RECREATION SENIOR & SOCIAL SERVICES





# 1. Registration Form

Household Information										
Primary Guardian First Name					Primary Guardian Last Name					
Address					Please E-Mail Receipt to the E-Mail Below					
City, State, Zip					Sex		E-Mail			
Home Phone ( )					Work Phone ( )					
Emergency Contact					Relationship					
Participant Information										
Participant First Name					Participant Last Name					
Date of Birth					Grade Completing			Sex		
Allergies					Medication/Other					
Registration Information										
Program Choices	Program Name	Day(s)	Date	Time	Location	Cost				
Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!										
1	1st Choice									
	2nd Choice									
2	1st Choice									
	2nd Choice									
3	1st Choice									
	2nd Choice									
Pool Passes <input type="checkbox"/> Yearly	Pass Type <input type="checkbox"/> Individual <input type="checkbox"/> Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:					TOTAL:			
Waiver										
<p>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.</p> <p>Signature: _____ Date: _____</p>										
Payment										
<p>Complete a <b>SEPARATE</b> form for each person and sign the waiver. Please PRINT. You may copy this form or print a copy from our website at <a href="http://www.glastonbury-ct.gov">www.glastonbury-ct.gov</a></p> <p>Mail your Form, Payment, Business Size Self Addressed <b>STAMPED</b> envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033</p>										
Check	Write a <b>SEPARATE CHECK</b> 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 Information .2.

## Mail-In & On-Line Registration Dates

Registrations will be accepted by **MAIL AND ON-LINE TUESDAY, AUGUST 15th BEGINNING AT 8:00 A.M.** with the following exceptions:

- Pool Passes
- Open Gym Passes
- Santa's Run
- Recreation & USA Swim Team (Begins on 9/6)

Mail-in registrations will be processed daily, at random. **NO REGISTRATIONS WILL BE PROCESSED BEFORE 8/15.**

## In-Person Registration Dates

In-person registrations will be accepted beginning Tuesday, August 29 (except USA & Recreation Swim Team & Santa's Run).

## Why Can't I Register by Phone?

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

## Returned Checks

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

## Online Registration is Fast & Easy

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

## Notification of Enrollment

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

## Registration Payment

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

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

## Cancellation Information

Retrieve cancellation information 24 hours a day by calling our cancellation line at (860)652-7689. Programs may be cancelled due to insufficient registration. Programs are canceled on September 4, October 9, November 23, November 24 and December 25 unless otherwise stated.

## Refund Policy

Please review your registrations carefully.

- Refunds will be automatic if a program is canceled.
- To avoid classes being canceled at the last minute due to insufficient enrollment and in order to accommodate waiting lists in a timely fashion, refund requests must be made no later than five (5) business days before the program begins. Refund requests 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 under the Federal Poverty Guidelines. Eligibility and assistance determinations are made by Social Services. Fee waivers apply to registration fees only. To qualify, an Eligibility Application Form must be submitted to the Social Services Department. A copy of the approved application must accompany your registration. Eligibility for financial assistance does not guarantee a space in the program. Programs include:

Pool Passes  
Teen Center Pass  
GBA Basketball

Kangaroo Kids  
Children's Swim Lessons  
Winter Recreation Swim Team

# 3. General Information

## How to Reach Us

### Give us a Call:

(860) 652-7679

### Send us a Fax:

(860) 652-7691

### Call the Program Information Line:

(860) 652-7689

### Check us out on the Web:

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

Click "Parks and Recreation"

### Send us Mail:

Parks and Recreation

Program Registration

P.O. Box 6523

Glastonbury, CT 06033

### Visit us in the Office:

Parks and Recreation

2143 Main Street

Glastonbury, CT 06033

## Our Staff

Lisa Zerio, Director of Parks and Recreation

Greg Foran, Park Superintendent & Tree Warden

Jason Albert, Park Maintenance Supervisor

Liz Gambacorta, Recreation Supervisor

Bill Engle, Recreation Supervisor

Anna Park, Recreation Supervisor

Geordie Emmanuel, Program Coordinator

Kristen Michaels, Event & Banquet Facility Manager

Katryna Albert, Administrative Secretary

Cynthia Lea, Administrative Secretary

Christine Lane, Clerical Assistant

## Residency Requirements

Programs are for Glastonbury residents only unless otherwise noted.

## E-mail Updates

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

## "Like" us on Facebook; Follow us on Instagram!

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

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

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

## Brochure Mailing Information

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

Fall:

Mid-August

Winter/Spring:

Early December

Summer:

Early March

Brochures will be available for pick up Friday prior to each registration at the Riverfront Community Center, Town Hall, Welles Turner Library and our office. Information is available online beginning the Tuesday prior to each registration.

## Inclement Weather Policy

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

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

## Glastonbury Youth Organizations

The following organizations are run independent of the Parks and Recreation Department.

Little League [www.glastonburylittleleague.org](http://www.glastonburylittleleague.org)

Hartwell Soccer [www.glastonburysoccer.org](http://www.glastonburysoccer.org)

Midget Football [www.gyfa.com](http://www.gyfa.com)

YMCA (860) 633-6548

Lacrosse [www.glastonburylacrosse.org](http://www.glastonburylacrosse.org)

GBA Basketball [GBAHoops@aol.com](mailto:GBAHoops@aol.com)

[www.gbahoops.org](http://www.gbahoops.org)

GBA Travel [GBATravelHoops@aol.com](mailto:GBATravelHoops@aol.com)

Basketball [www.gbahoops.org](http://www.gbahoops.org)

Glastonbury [www.glastonburygymnastics.com](http://www.glastonburygymnastics.com)

Gymnastics [gburygymclub@gmail.com](mailto:gburygymclub@gmail.com)

Glastonbury [www.glastonburyswimteam.org](http://www.glastonburyswimteam.org)

SwimTeam



# Pre-School Programs .4.

## Kangaroo Kids 2023-2024 - Limited Openings!

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

Child must be age 3 or 4 by January 1, 2024 to be eligible (No Exceptions). All children must be toilet trained. Kangaroo Kids meets 4 days a week at the Kangaroo Kids facility, 35 Bell Street, September-early June. Additional information available online at [www.glastonburyct.gov/kangarookids](http://www.glastonburyct.gov/kangarookids)

Classes are as follows:

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

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

Yearly tuition is \$2,250. A nonrefundable deposit of \$250 is required at the time of registration.

## Music Together®

(Newborns-Age 5)

An innovative approach to early childhood music learning based on the premise that all children are inherently musical. Children explore and express music alongside their most important role models; parents, caregivers and teachers. Nurture your child's natural enthusiasm for music & movement during this early childhood stage of most rapid growth. Instructor is Little Hands in Harmony. Weather permitting class will be held outdoors. Newborns under 8 months attend FREE when a sibling is registered

T	9/19-11/21	9:15-10:15 a.m.	RCC Activity Room	\$225/Child; \$130/Sibling
T	9/19-11/21	10:15-11:00 a.m.		

## Parent Child Playgroup

(Ages 1-4)

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

T	9/12-10/17	9:00-9:50 a.m.	Academy Gym	\$24/Child
Th	9/14-10/19	10:00-10:50 a.m.		
T	11/14-12/19	9:00-9:50 a.m.		
Th	11/2-12/14	10:00-10:50 a.m.		

## Parent Child Playgroup Parties

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

W	10/31 Halloween Party	8:30-10:00 a.m.	Academy Gym/ Cafeteria	\$10/Child
		10:15-11:45 a.m.		
TU	12/13 Gingerbread Party	8:30-10:00 a.m.		
		10:15-11:45 a.m.		
TH	12/21 Polar Express Party	8:30-10:00 a.m.		
		10:15-11:45 a.m.		

## Imagination Station

(Ages 2-4)

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

W	11/8-12/20	9:00-9:45 a.m.	Kangaroo Kids Preschool	\$45/Child
		10:00-10:45 a.m.		
		4:30-5:15 p.m.		

## Creative Movement

(Ages 18 months-4 years)

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

W	9/20-10/25	9:00-9:45 a.m.	Academy Cafeteria	\$45/Child
		10:00-10:45 a.m.		
		4:30-5:15 p.m.		

# .5. Pre-School & Youth Programs

## Skyhawks Multi Sport Tots

(Ages 2 - 4)

Introduce your little superstar to sports in our most popular program! This multi-sport (t-ball and soccer) class uses age appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required. Program will be held outdoors. If there is inclement weather, the program will be held indoors in the Academy Multi-Purpose Room. Maximum number of 10 per age group.

FEE:	\$102/Person
2 Year Old's:	Thursdays, 9:00-9:45 a.m. OR 5:00-5:45 p.m.
3 Year Old's:	Thursdays, 10:00-10:45 a.m. OR 6:00-6:45 p.m.
3 & 4 Year Old's:	Thursdays, 11:00-11:45 a.m.
SESSION 1:	September 7-October 12
SESSION 2:	October 26-December 7 No Class 11/23
AM CLASS:	Academy Softball Field Rain Location: Academy Cafeteria
PM CLASS:	Academy Cafeteria

## Healthy Harvest Kids Cooking

(Grades 3-5)

Learn beginning hospitality and culinary skills using fresh ingredients from local farms. Practice and discuss the importance of following recipes, food safety, mixing, measuring, cooking and food presentation. 12 maximum/session.

T	9/12; 9/19; 9/26; 10/3; 10/10	4:00-5:45 p.m.	Academy Teen Center	\$84/ Person
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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 babysitter to do your shopping, enjoy a dinner out or a quiet night at home. Kids get to hang out with their friends and favorite summer camp staff at a party complete with a pizza dinner, crafts, games and a movie.

F	9/15	6:00-9:00 p.m.	Academy Multi- Purpose	\$20/ Child
F	10/20	6:00-9:00 p.m.		
F	11/17	6:00-9:00 p.m.		
F	12/15	6:00-9:00 p.m.		

## Creative Inspiration

(Twoosy Doodler: Ages 20 months-3)

(Mini Doodler: Ages 3-5)

Art comes from all types of inspiration. Look up at grand trees reaching for the sky! Look down at tiny crawling bugs! Look all around at flowing water, bright colors, mouth-watering fruit, and more! These things inspire us to construct miniature trees of life and draw Mondrian-style trees-with a twist! We examine ladybugs and other bugs in their leafy habitats; and create fruity, patterned, mixed media masterpieces inspired by masters like Paul Gauguin. We learn about Outsider Art-creative works by people who have had little or no formal training in art but inspire us nonetheless.

TH	9/14- 10/19	Twoosy Doodler 9:30-10:30 a.m.	Academy Teen Center	\$103/ Person
TH		Mini Doodler 10:30-11:30 a.m.	Academy Teen Center	\$103/ Person

## "If you Give a Kid a Paintbrush"

(Twoosy Doodler: Ages 20 months-3)

(Mini Doodler: Ages 3-5)

If you give a child a paintbrush, they'll probably want some paint. Preschoolers will join Abrakadoodle Art Education for fun with paintbrushes and more. Laura Numeroff's "If You Give" series of books provides a lighthearted backdrop for making cookies, moose tracks, bubble baths, and more. We'll keep a chilly moose warm, make a party for a pig, and have a grand time with balloons. All the while we'll learn about texture, printmaking, collage, found objects and recycled materials.

TH	11/2- 12/14 No Class 11/23	Twoosy Doodler 9:30-10:30 a.m.	Academy Teen Center	\$103/ Person
TH		Mini Doodler 10:30-11:30 a.m.	Academy Teen Center	\$103/ Person

# Youth Programs .6.

## Multimedia Autumn Art

(Grades 3-6)

Join us for an autumnal art journey! Participants will create drawings, paintings, sculptures, and other projects of fall landscapes and woodland creatures. This class is instructed by Ms. Jacki Sweeney from Music and Arts Camp!



## Pirates and Fairies

(Grades K-2)

Sail the high seas on an art adventure through a world of pirates and fairies, princesses, sea monsters and talking parrots! Get into character, donning handcrafted pirate hats and swords or fairy tiaras and wings. Create wooden rowboats and set out on a search for buried treasure, then create gem-studded treasure chests to hide the riches! Paint ceramic castle banks and sculpt clay dragons to guard them. Pirates and Fairies explore painting, beading, fabric, clay art and more.

## Cozy Cool Creativity

(Grades 3-6)

Keep your imagination warm with some cool-weather art projects. Artwork of animals in sweaters and other fun stuff will be made in printmaking, cartooning and fiber arts! This class is instructed by Ms. Jacki Sweeney from Music and Arts Camp!



## Painting Through the Ages

(Ages 7-12)

Shine some light on exploring the ancient cave paintings of Spain as you use your hands to paint with a messy mixture. Learn about embellished Indian elephants, paint patterned African-inspired art, and study Dutch artist Johannes Vermeer's

famous portrait. Be an Expressionist to create a scream-worthy painting with Edvard Munch's directional lines and colors.

## SolarBot. 14

(Ages 8-12)

Come and take home your very own 14 in 1 educational solar robot kit! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. Kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun.

## Cybercrawler Robot

(Ages 7-11)

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

Program	Age	Day	Time	Dates	Location	Fee
Multimedia Autumn Art	Grade 3-6	M	4:00-5:00 p.m.	September 11-October 23 (No Class 10/9)	RCC Arts and Crafts Room	\$100
Pirates and Fairies (Art-Ventures)	Grade K-2	M	4:15-5:15 p.m.	October 23-December 11	Academy Teen Center	\$170
Cozy Cool Creativity	Grade 3-6	M	4:00-5:00 p.m.	November 6-December 11	RCC Arts and Crafts Room	\$100
Painting Through the Ages (Abrakadoodle)	Ages 7-12	TU	4:15-5:15 p.m.	November 7-December 19	RCC Arts and Crafts Room	\$105
Crazy Chemworks (Mad Science)	Grade 1-5	TU	4:15-5:15 p.m.	October 17-December 19 (No Class 10/31; 11/7)	Academy Cafeteria	\$170
SolarBot.14 (Minds in Motion)	Age 8-12	TH	4:15-6:15 p.m.	October 5-October 26	RCC Arts and Crafts Room	\$160
Cybercrawler Robot (Minds in Motion)	Age 7-11	TH	4:15-6:15 p.m.	November 9-December 7 (No Class 11/23)	RCC Arts and Crafts Room	\$160



# 7. Youth Programs

## Youth Open Gym

(Youth 18 and under)

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

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

LOCATION: Saturday & Sunday @ GHS  
Wednesdays @ Smith Middle School

DATES: Wednesdays: October 11-June 5  
Saturdays & Sundays:  
November 4-April 28

## Glastonbury Basketball Association (GBA) Recreation & Travel Divisions

(Boys & Girls ages 8-18 as of December 31, 2023)  
Separate leagues for boys & girls, with special training leagues for 8 and 9-year olds. No previous experience is necessary! Season runs November through March. Day, time and playing locations vary for each league. Players may opt to play with peers according to age or school grade. Registration will take place online at the GBA website at [www.gbahoops.org](http://www.gbahoops.org). Check the website or contact GBAHoops@aol.com. For those players in a travel division, tryout dates will be held in September/October. For information, contact GBATravelHoops@aol.com or visit their website.

## Junior Fall Golf Clinic

(Ages 6-17)

Clinics will cover the fundamentals of the golf swing including the grip, swing, putting, chipping & the pitch shot. Register directly through Minnechaug at [www.minnechauggolf.com](http://www.minnechauggolf.com) or call 860.432.3334.

T	9/12-10/3	Ages 6-10 4:30-5:15 p.m.	Minnechaug Golf Course	\$140/ Person
W	9/13-10/4	Ages 6-10 4:15-5:00 p.m.		\$140/ Person
T	9/12-10/10	Ages 11-17 5:30-6:30 p.m.		\$160/ Person

## Quick Start Red Ball Tennis

(Ages 5-7)

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

Sa	9/16-10/21 No Class 10/7	8:00-8:55 a.m.	GHS Tennis Courts	\$31/ Person
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## Fall Children's Tennis

(Ages 7-17)

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

**Level 1** is for those with little or no tennis experience. **Level 2** is for those who can hold a racquet properly, understand the basics of forehand and backhand groundstrokes and can hit at least 3 times from the center service line. **Level 3** is for those who understand the basics of rallying, can hit forehand and backhand groundstrokes at least 3 times from the baseline with both, can perform the basics of a serve and know how to keep score. **Level 4** is for those who consistently rally forehand and backhand 4-6 times from the baseline, can serve, can hit overhead and approach shots, and understand the rules of the game and proper tennis etiquette. Instructors will place participants in levels.

Sa	9/16-10/21 No Class 10/7	Level 1,2,3 9:00-9:55 a.m.	GHS Tennis Courts	\$31/ Person
Sa	9/16-10/21 No Class 10/7	Level 2,3,4 10:00-10:55 a.m.		\$31/ Person



# Youth & Teen Programs .8.

## Friday Night Club

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

## Academy Youth & Teen Center (AYTC)

(Grades 5-8)

The staff at the AYTC inspires youth to be kind and take time to unwind after a long day of learning. A variety of supervised, unstructured adventures await them. The Center is furnished with a game lounge and arts and crafts center and portable basketball hoop. Kids also have opportunities to help with gardening and participate in walking trips downtown. Come be part of the GOOD VIBES TRIBE! Transportation is provided from Smith & Gideon. Sign up at the main office at Gideon or Smith. Daily admission fees will be collected at the Teen Center for those who do not have passes. Closed on school and Town holidays. **New this year, digital passes can be purchased online and scanned for entry!**

W, Th, F	Beginning 8/23	3:00-6:00 p.m.	Academy Building 2143 Main	\$5/Daily Admission; \$69/School Year Pass
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## AYTC & RCC Afternoon of Billiards!

(Grades 5-8)

Youth will enjoy learning the lifelong skill of recreational billiards from community members! Transportation provided from Smith & Gideon for those that are pre-registered. Pick up until 5:00 p.m. at the Riverfront Community Center OR pick up at 6:00 p.m. at the Youth and Teen Center (the group will depart the RCC at 5:45 p.m. to walk back to the Youth & Teen Center).

F	9/15; 9/29	3:30-6:00 p.m.	RCC	\$5/Person (Free w/Pass)
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## Movie Night at the AYTC!

(Grades 5-8)

Enjoy time with friends, pizza and watch The School of Rock!

F	10/20	6:00 -8:30 p.m.	AYTC	\$15/Person
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## Middle School Coffeehouse

(Grades 5-8)

Enjoy the sounds of the talented School of Rock Youth Rock Band! will be sharing their talented youth rock band. Pizza, music and time to play in the game lounge! Co-sponsored by GCAP.

F	11/3	6:00 -8:30 p.m.	AYTC	FREE
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## Paint Night at the AYTC

(Grades 5-8)

Paint a winter scene to enjoy for years to come! Dinner from Jersey Mikes will be provided.

F	12/1	6:00 -8:30 p.m.	AYTC	\$15
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## Babysitting Class

(Ages 11-15)

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

**Choose between 2 Saturday options.**

Sa	9/30	8:00 a.m.-3:00 p.m.	Academy Multi-Purpose Room	\$90/Person
Sa	11/18	8:00 a.m.-3:00 p.m.		\$90/Person

## 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. **Choose between 2 options.**

M	10/2	6:00-7:30 p.m.	Academy Youth & Teen Center	\$30/Person
M	12/4	6:00-7:30 p.m.		\$30/Person

# .9. December Break & Skate Park

## Treasure Island and the Magical Kingdom

(Grades K-2)

Pirate and Princess art-venturers sail the high seas and discover enchanted kingdoms while creating fantastical masterpieces. Get into character, donning handcrafted pirate hooks and sparkling princess hats. Make your own fireworks t-shirts and pirate flags. Draw magical kingdoms, paint watercolor pirate ships, and build super cool castles. Sculpt clay cupcakes that look yummy enough to eat and clay frog pots! Draw treasure maps, design ceramic dragons, and create mosaic star boxes to hide your pirate treasure! Pirates and Princesses explore clay art, painting, beading, stained glass, fabric art, and more. Instructor: Art-Ventures

TU-F	12/26-12/29	9:00 a.m.-12:00 p.m.	Academy Teen Center	\$155/Person
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## Mad Medley

(Grades K-5)

During this course, students will be able to explore many forms of sciences. We could be chemists one class and space explorers the next. Did someone say energy, slime, flight, toys and physics? All this and more in MAD MEDLEY! Instructor: Mad Science

TU-F	12/26-12/29	1:00-4:00 p.m.	Academy Teen Center	\$155/Person
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## Winter Wonderland Week

(Grades 3-9)

Explore the frozen tundra using a wide variety of 2-D AND 3-D media! Have an icy blast painting, drawing, sculpting and crafting. Class is instructed by Ms. Jacki Sweeney from Music and Arts Camp!

TU-F	12/26-12/29	Grades 3-6 9:00 a.m.-12:00 p.m.	SMS Art Room	\$135/Person
TU-F	12/26-12/29	Grades 7-9 1:00-3:00 p.m.		\$135/Person

## Dashing Through December Break

(Grades K-5)

Play all your favorite games, and create some wonderful memories with our Dashing Through December Break program! Activities include games, arts and crafts and much more!

TU-F	12/26-12/29	9:00 a.m.-3:00 p.m.	Location TBD	\$155/Person
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## Glastonbury Skate Park - 2143 Main Street

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3', and 4' quarter pipes, ramps, rails and wedges! Only skateboards and in-line skates permitted. Park and Lessons are open to both Residents, and Non-Residents. The Glastonbury Skate Park is now open from DAWN to DUSK, 7 days a week, weather permitting.

## Beginner Skate Lessons

(Skateboarders ONLY ages 5-7 years old)

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

SA	9/23-10/28	9:00-9:45 a.m.	Skate Park	\$60/Person
SA	9/23-10/28	9:45-10:30 a.m.	Skate Park	\$60/Person

## Advanced Beginner Skate Lessons

(Skateboarders ONLY ages 7 years old and up)

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

SA	9/23-10/28	10:30-11:30 a.m.	Skate Park	\$80/Person
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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, Shuvits, Grabbed Ais, Topsides, Negatives, Torques, Technical Grinds and tricks will be taught and practiced. All skaters MUST wear helmets. Other equipment is recommended, but optional.

SA	9/23-10/28	11:30 a.m.-12:30 p.m.	Skate Park	\$80/Person
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## The Glastonbury Skate Jam!

(Ages 5+)

Join us for a fun morning of skateboarding! Come play some games, win some prizes, and more! There will be an opportunity to purchase snacks and pizza.

SA	9/16	11:00 a.m.-1:00 p.m.	Skate Park	FREE
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# Gymnastics Programs .10.

## Glastonbury Gymnastics Club

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

### About our Staff

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

### About our Facility

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

### Preschool Classes

(Ages 3&4 by Start of Session)

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

FEE:	\$129/Child
MEETS:	Tuesday 2:55-3:40 p.m.
FALL 1:	August 29-October 10
FALL 2:	October 17-December 12
	No Class 10/31; 11/7

### Recreation Lessons

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

### Beginner

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

### Advanced Beginner

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

### Intermediate (USAG Pre-Level 1)

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

### Pre-Team (USAG Level 1)

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

### Introductory Competitive Teams (See Next Page)

To be eligible for the Xcel Bronze Team, gymnasts must be able to do a cartwheel, round-off, vertical handstand, backward roll to push-up, one pull-up, and walk-up pullover mount on bars. To be eligible for the Level 2 Team, gymnasts must be able to do a backward roll to push-up, backbend kickover, pullover mount on bars, back hip circle on bars, three pull-ups with their chin passing above the bar, and one split. In addition to physical skills, gymnasts must demonstrate a positive, hardworking, and respectful attitude to be considered for competitive team. Gymnasts must be tested by the Director to move to both the Xcel Bronze and Level 2 Team. Recreation Classes are offered as follows:

ALL LEVELS AGE 4+:	Tuesday 3:45-4:45 p.m.
ALL LEVELS AGE 4+:	Wednesday 3:05-4:05 p.m.
ALL LEVELS AGE 5+:	Wednesday 4:10-5:10 p.m.
ALL LEVELS AGE 5+:	Wednesday 5:15-6:15 p.m.
ALL LEVELS AGE 5+:	Friday 4:10-5:10 p.m.

FEE:	\$129/Child
TUESDAY FALL 1:	August 29-October 10
TUESDAY FALL 2:	October 17-December 12
	No Class 10/31; 11/7
WEDNESDAY FALL 1:	August 30-October 11
WEDNESDAY FALL 2:	October 18-November 29
FRIDAY FALL 1:	September 1-October 13
FRIDAY FALL 2:	October 20-December 22
	No Class 11/10; 11/24; 12/8

# .11. Gymnastics Programs

## Developmental Program Competitive Team

**Gymnasts must be tested by the Director and have prior competitive experience in order to be placed on Developmental Program (D.P.) Competitive Team.**

To be eligible for the Level 2 team, gymnasts must be able to do a backward roll to push-up position, backbend kick-over, pull-over mount on bars, back hip circle on bars, three pull-ups with chin passing above the bar, and one split. In addition to physical skills, gymnasts must demonstrate a positive, hardworking, and respectful attitude to be considered for competitive team. Developmental program gymnasts work out between 4.5-9 hours/week, allowing them the flexibility to participate in other sports and/or activities.

Being a member of our competitive team is considered a year-long commitment. Team gymnasts compete at sanctioned USA Gymnastics and YMCA events. All team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$69 annual fee) and be members of the Glastonbury Family YMCA (approximately \$190 annual fee). Fees will be collected by the Gymnastics Director.

Team Level Days/Times as follows (14 Week Session):

### Level 2 (2/Week)

Mon 4:15-6:15 p.m.

Thurs. 4:00-6:15 p.m.

### Level 3 (3/Week)

Mon. 4:15-6:15 p.m.

Tues. 6:15-8:30 p.m.

Wed. 6:15-8:30 p.m.

### Level 4-9 (4/Week)

Mon. 6:15-8:30 p.m.

Tues. 6:15-8:30 p.m.

Wed. 6:15-8:30 p.m.

Thurs. 6:15-8:30 p.m.

FEE: \$437/Level 2

\$462/Level 3

\$487/Level 4-9

MONDAY: August 28-December 18

No Practice 9/4; 9/25; 10/9

TUESDAY: August 29-December 12

No practice 10/31; 11/7

WEDNESDAY: August 30-December 6

No practice 11/22

THURSDAY: August 31-December 7

No Practice 11/23

FRIDAY: September 1-December 22

No Practice 11/10; 11/24; 12/8

## Xcel Competitive Team

Xcel Competitive Teams provide an opportunity for gymnasts to compete with a less stringent schedule than the Developmental program. Xcel Bronze is the introductory level of competition and provides an opportunity for recreational level athletes to experience the thrill of gymnastics competition.

To be eligible for the Xcel Bronze Team, gymnasts must be able to do a cartwheel, round-off, vertical handstand, backward-roll to push-up, one pull-up, and walk-up pull-over bar mount. In addition to physical skills, gymnasts must demonstrate a positive, hardworking, and respectful attitude to be considered for our competitive team. Gymnasts must be tested by the Director to move to Xcel Bronze Team.

Being a member of our competitive team is considered a year-long commitment. Team gymnasts compete at sanctioned USA Gymnastics and YMCA events. All team gymnasts must possess a current Athlete Membership to USA Gymnastics (\$69 annual fee) and be members of the Glastonbury Family YMCA (approximately \$190 annual fee). Fees will be collected by the Gymnastics Director.

Team Level Days/Times as follows (14 Week Session):

### Bronze (2/Week)

Tues. 4:45-6:15 p.m.

Fri. 5:10-6:40 p.m.

### Silver (3/Week)

Mon. 6:15-8:30 p.m.

Tues. 6:15-8:30 p.m.

Thurs. 6:15-8:30 p.m.

### Gold/Platinum/Diamond (3/Week)

Mon. 6:15-8:30 p.m.

Wed. 6:15-8:30 p.m.

Thurs. 6:15-8:30 p.m.

FEE: \$437/Bronze

\$462/Silver, Gold, Platinum, Diamond

MONDAY: August 28-December 18

No Practice 9/4; 9/25; 10/9

TUESDAY: August 29-December 12

No Practice 10/31; 11/7

WEDNESDAY: August 30-December 6

No Practice 11/22

THURSDAY: August 31-December 7

No Practice 11/23

FRIDAY: September 1-December 22

No Practice 11/10; 11/24; 12/8



# Bus Trips & Special Events .12.

## Statue of Liberty and Ellis Island

Trip includes charter bus, food before we leave for home and tickets to the boats that take you to Statue of Liberty and Ellis Island.

FEE: \$120/Adult; \$105/Child (5-12)  
\$105/Senior (62+)  
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot (3000 Main Street) at 7:00 a.m.; Depart for Glastonbury at Approximately 5:45 p.m.  
DATE: Saturday, September 23

## Salem Massachusetts on your Own

Trip Includes charter bus, free time in Salem and snacks/games with prizes on the bus.

FEE: \$80/Person  
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot (3000 Main Street) at 7:15 a.m.; Depart for Glastonbury at Approximately 6:00 p.m.  
DATE: Saturday, October 14

## Battle of New York! Jets vs. Giants

Trip includes charter bus, upper level endzone ticket to the game, cookout before the game, food after the game, cornhole tournament, pick'em pool, music, games and prizes on the bus.

FEE: \$335/Person  
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot (3000 Main Street) at 6:30 a.m.; Depart for Glastonbury at Approximately 5:30 p.m.  
DATE: Sunday, October 29

## Radio City Christmas Spectacular

Trip includes charter bus, lower orchestra ticket to the show (1:00 p.m. showtime) snacks, games and prizes on the bus.

FEE: \$165/Person  
DEPARTS: East Hartford/Glastonbury Commuter Parking Lot (3000 Main Street) at 8:00 a.m.; Depart for Glastonbury at Approximately 6:00 p.m.  
DATE: Friday, December 15

## Doggy Paddle

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>

## Family Paint Night Series

Enjoy a night out with the family for a fun and creative paint night! This fun filled paint night series is hosted by Music and Arts Instructor Ms. Jacki Sweeney! Paint nights are geared towards elementary school kids Grades 2 and older. Each paint night hosts a different theme. Samples of artwork can be seen on [glastonburyct.myrec.com](https://glastonburyct.myrec.com). Parents will be required to stay for this series.

- October 13: Monster Mash Paint Bash
- November 10: Fall Fancy Fox
- December 15: Design a Dazzling Nutcracker
- February 9: Sweetheart Cupcake Art
- March 15: Rockin' Pop Art Shamrocks
- April 5: Pysanky Decorated Egg
- May 17: Iridescent Insects

FEE: \$10/Person  
TIME: 5:30-7:30 p.m.  
LOCATION: Academy Cafeteria

# .13. Special Events

## 2023 Riverfront Music Series

### Wednesday, September 6; Shaded Soul

Head down to Riverfront Park on Wednesday night to enjoy one last concert! Bring a picnic or purchase dinner on-site as you relax with family and friends. Concert beginning at 6:30 p.m. on the field behind the Riverfront Community Center on Welles Street.

## Puzzle Palooza

(Ages 18+)

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

FEE: \$20/Team  
MEETS: Wednesday 6:00-8:00 p.m.  
DATES: September 6; October 4; November 1  
December 6  
LOCATION: Academy Cafeteria

## Town and Community Tag Sale

(All Ages)

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

**Tag Sale Map available at [https://glastonburyct.myrec.com/documents/2023\\_layout.pdf](https://glastonburyct.myrec.com/documents/2023_layout.pdf)**

FEE: \$45  
TIME: Set-up of your area begins at 5:00 a.m. Tag Sale opens to the public at 8:00 a.m. and closes at 1:00 p.m.  
DATE: Saturday, September 23 (Raindate, Sunday, September 24)  
LOCATION: Behind Academy Building

## Halloween with Hometown Heroes

Spend the Friday before Halloween with your family, friends, and some Hometown Heroes with the Ambulance, Police and Fire Departments! In addition, the Welles-Turner Memorial Library and Youth and Family Services Department will be joining the fun! Activities include raffles, crafts, entertainment and dancing, and more! Save the date for an evening that will be sure to bring excitement. Event will take place from 5:30-7:30 p.m. at the Riverfront Community Center on Friday, October 27, 2023.



## Spooky Story Stroll

(Appropriate for Preschool-Elementary Age)

Follow us on a "Spooky Story Stroll" in the back of Riverfront Community Center, presented by Welles-Turner Memorial Library and Parks and Recreation. Along the way, enjoy stops for a Halloween story, treats and maybe even a few tricks! Groups will depart for the Story Stroll every 10 minutes. Join us before or after your time block to enjoy cider, donuts, music, dancing and crafts! Parents must accompany children for this event. Registration can be completed through the Parks and Recreation portal beginning September 20 at 8:00 a.m.

FEE: Free!  
DATE: Wednesday, October 18  
Groups Depart every 10 Minutes  
4:00-6:00 p.m.  
PRE-REGISTRATION IS REQUIRED.  
PLEASE ONLY PRE-REGISTER CHILDREN THAT ARE ATTENDING.

## Santa's 3.5 Mile Run

A fun, family oriented race, sponsored by **Quality Name Plate, Inc.** and the Parks and Recreation Department. Race begins at noon. The first 150 to register on-line or by mail will receive a FREE Santa's Run long sleeve cotton shirt. Registration begins on Wednesday, October 11th at [www.glastonbury-ct.gov/santasrun](http://www.glastonbury-ct.gov/santasrun)

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

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

FEE: \$15/Pre-Registration  
October 11-December 1 at NOON  
\$25/Day-of-Race  
DATE: Sunday, December 3  
(Snowdate, December 11)  
REGISTRATION: Pre-registration begins Wednesday, October 11th on-line at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov) and by mail **ONLY**. Walk-in registration will begin on Monday, November 13.  
LOCATION: Glastonbury High School



# Holiday Events .14.

## Holiday Letter Program

Glastonbury children are invited to write a letter with their holiday wishes to Santa, the Reindeer, the Mensch on the Bench, Frosty the Snowman, or any holiday figure they choose! Between November 13th-December 20th letters can be dropped off in the holiday box at the Parks & Recreation entrance of Academy, the main entrance of the Riverfront Community Center or mailed to Parks & Recreation. Children will receive a letter back via USPS!

## Holiday Decorating Contest

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

Registration:	August 14-December 4
Judging:	December 5-December 20
Fan Favorite Voting:	December 12-December 21
Winners Announced:	December 22

## Festive Driving Tour and Scavenger Hunt

Enjoy a night out with friends and family to see the beauty of Glastonbury during the holidays. Driving tour maps will be available on December 5. While out driving, complete the scavenger hunt for a chance to win a \$30.00 credit off a Parks and Recreation program! Submissions for completed scavenger hunts will be accepted starting December 12 through December 21. The raffle prize winner will be contacted on December 22.

## Holiday Pet Photo Contest

Send us a photo of your pet in the holiday spirit for a chance to win some cool prizes! We would like to thank RehabK9 for their support in the 2022 contest donating first, second and third place prizes.

**TO ENTER:** Simply send your photo entry to [george.emmanuel@glastonbury-ct.gov](mailto:george.emmanuel@glastonbury-ct.gov). Be sure to include your names (both yours and your pets), your email address, and your phone number. Once your photo is received we will post it to the Glastonbury Parks and Recreation Pet Contest Photo Album on Facebook and email you confirmation. Photos will be posted on the Facebook album on the morning of December 8.

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

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

Submission:	November 20-December 7
Voting:	December 8-December 21
Winner Announced:	December 22

# .15. Facilities & Rentals

## Celebrate the Day!

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

## Field Rentals

The Town of Glastonbury owns and manages a number of facilities and public parks/open spaces, which are available for use and enjoyment by all – both town residents and non-residents. Organized athletics activities on Town and school property are permitted on a reservation basis. Persons not having a permit for the use of the parks, facilities or fields must give way to permit users at all times. Per section 14-45 of the Town Ordinances, permits are required for reservation of any area or place in a park or preserve for special or private use; uses of a park or preserve by groups in excess of twenty-five (25) persons. View our fields and facilities on a numbered map here: <https://gisarc2022.glastonbury-ct.gov/FieldMapsNumbered/>

## Locker Room

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

## Passport to Parks

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

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

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

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

## Town of Glastonbury Hiking & Walking Trails

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

## Parks, Fields & Facilities Viewer

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



# Facilities & Rentals .16.

## Glastonbury Boathouse

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

## Riverfront Community Center

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

## Minnechaug Golf Course

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

The Tenth Hole Tavern is open! Visit them online at [www.tenthholetavern.com](http://www.tenthholetavern.com) or call 860.730.4545.

## Adult Fall Golf Clinic

Whether you're a beginner, intermediate player. This is a perfect clinic for you to learn the fundamentals of the golf swing. It will start with the grip, swing, putting & Chipping and the pitch shot. Kurt Wyberanec will conduct these clinics. Register for this program directly through Minnechaug at [www.minnechauggolf.com](http://www.minnechauggolf.com) or call 860.432.3334.

## Party/Facility Rentals

Please note the following information:

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

## Academy Teen Center

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

AVAILABILITY: Year round Saturdays and Sundays in 2 hour blocks

CAPACITY: 15 people (excluding adults)

AMENITIES: Staff Supervisor to monitor activity space, exclusive use of Teen Center room (ping pong, air hockey, foosball, pool tables, board games and craft space), access to restrooms, refrigerator and freezer  
FEE: \$100/rental  
\$150/rental with craft or Wii or PS2

## Glastonbury Skate Park

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

AVAILABILITY: Saturdays and Sundays (Except Lesson Dates)

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

CAPACITY: 30 People

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

FEES: \$85

W	9/13-10/11	5:15-6:30 p.m.	Minnechaug Golf Course	\$150/Person
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# .17. Parks & Facilities

Parks & Recreation Facilities	Address	Acres	Baseball/Softball	Basketball	Community Garden	Cross Country Ski	Fishing	Football	Golf	Hiking/Walking	Ice Skating	Lacrosse	Open Space	Picnic Areas	Picnic Pavilion	Playground	Sand Volleyball	Soccer	Streambelt	Swimming	Tennis/Pickleball
Academy Field*	2143 Main St.	4.0	X											X							
Addison Park*	415 Addison Rd.	32.9	X	X								X		X		X		X		X	X
Arbor Acres Open Space	429 Marlborough Rd.	75.48								X			X						X		
Blackledge Falls	Hebron Ave.	80.0								X			X						X		
Buckingham Park*	1285 Manchester Rd.	35.3	X							X				X		X		X			
Butler Field*	225 Forest Lane	11.6	X							X				X							
Center Green	2340 Main St.	.9											X	X							
Cider Mill Open Space	1287 Main St.	21.8								X			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		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



# Adult & Volunteer Programs .18.

## Family One Polite Dog Manners

Beginner level class for dogs 5 months and older and for their guardians. One Dog at a Time will provide you and your family the tools and management skills all while providing enrichment for your best friend. Skills: Paying attention, sit, down, stay, polite greetings, coming when called and loose leash walking are some of the behaviors taught. A weekly training topic will provide you with information to better understand and keep your dog happy and safe. Instructed by Beth Vincent, CPDT-KA.

W	9/13-10/18	5:00-6:00 p.m.	Academy Cafeteria	\$120/Session
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## Check out the Glastonbury Dog Park!

The dog park is a fenced-in area where dogs can run and socialize off-leash legally and safely. A separate area for small dogs is also included. 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 [glastonbury-ct.gov/dogpark](http://glastonbury-ct.gov/dogpark).

## Pitch In and Volunteer with Us!

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

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](mailto: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 Chorus

The Glastonbury Chorus is a nonprofit community 4-part adult choir with members from across the Greater Hartford area. No auditions required! Rehearsals are held Wednesday evenings from 7-9 p.m. at the Smith Middle school, Music room 1 located at 216 Addison Road in Glastonbury. We will present two concerts this year, one in December featuring holiday music and a concert to be held in April of 2024. Donations for the Food bank will be collected at the concerts. Membership dues are \$75 per semester, and music is provided on loan. New

members may join in the fall at our first rehearsal on September 13. For more information, find us on Facebook or email [glastonburychorusmembers@gmail.com](mailto:glastonburychorusmembers@gmail.com).

## Glastonbury Community Action Partnership

(GCAP) is a community prevention coalition. The coalition works to engage our youth in fun, drug and alcohol free activities while also fostering positive relationships with caring adults. Glastonbury High School Student Surveys have shown that parents are the most influential people in their children's lives; and if you talk, they'll listen. TOGETHER WE CAN provide the best COMMUNITY we can for our children.

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

## Square Dance Lessons & Dances

Sponsored by the Glastonbury Square Dance Club, lessons are held at Buttonball School, Wednesdays from 7:00-9:00 p.m. beginning October 5. Note: October 4 and October 11 lessons will be held at the Academy Building Cafeteria. For information, please call (860)742-2898.

Dances (Dance level is MS+) are held October-June one Saturday of each month. For information, please call (860)742-2898.

## Glastonbury Partners in Planting

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.

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

# .19. Adult Sports Programs

## Open Gym Programming

Calendars for October-June will be posted at [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com) and on the Town Website. New this year, daily admission can be purchased online! A ticket will be emailed to you which you can print, or scan in on your phone at Open Gym. Passes can be purchased online, at Open Gym or the Parks and Recreation office. You will be required to scan your pass in order to enter open gym.

**Adult Basketball:** Adult basketball program for ages 18 and over and out of high school. This program is for Glastonbury residents only.

**Volleyball:** Enjoy a friendly pick-up volleyball game with men and women of various skills. An adult program for ages 18 and over, must be out of high

school. Recreational style play for everyone!

**Over 30 Pick-Up Basketball:** Glastonbury residents and non-residents ages 30 and up are welcome! Compete with others in your age group.

**Pickleball:** New this year to open gym, Pickleball! Seven courts will be lined at Smith Middle School. This is a PRE-REGISTRATION PROGRAM ONLY. SIGN UP FOR YOUR DAILY ADMISSION ON THE PARKS AND RECREATION WEBSITE. Resident passholders of open gym also eligible for entry, but pre-registration is required. Pickleball is twice a month.

DATES: Monday-Thursday: 10/10/2023-6/6/24  
Saturday & Sunday: 11/4/23-4/28/24

## Open Gym 2023-2024 Schedule & Fees

Program	R/NR	Day	Time	Location	Daily Fee	Pass Fee
Volleyball (18+)	R; NR	M; TU	7:30-9:30 p.m.	SMS Aux Gym	\$5/R; \$10/NR	\$50/R; \$90/NR
30+ Basketball	R; NR	TU	7:30-9:30 p.m.	SMS Main Gym	\$5/R; \$10/NR	\$50/R; \$70/NR
Adult Basketball (18+)	R	M	7:30-9:30 p.m.	SMS Main Gym	\$5/R	\$50/R
	R	SA	2:00-6:00 p.m.	GHS	\$5/R	\$50/R
		SU	1:00-5:00 p.m.			
Pickleball (18+)	R	TH	7:30-9:30 p.m.	SMS Gym	\$5/R	\$50/R

## Fall Adult Tennis

(Ages 17 and Up)

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

Sa	9/16-10/21 No Class 10/7	11:00- 11:55 a.m.	GHS Tennis Courts	\$54/ Session
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## Men's Basketball League

Games played at the SMS Main Gym Sunday nights October-March. If you are interested in putting a team in the league, please register at [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com).

[glastonburyct.myrec.com](http://www.glastonburyct.myrec.com). Team registration is \$1,150 (\$100 deposit required at registration). If your team is 70% Glastonbury residents, a \$150 discount will be applied. Registration runs August 15 at 8:00 a.m.-October 5 at 4:30 p.m. No teams will be accepted after this deadline. Remainder of fees and roster due by October 15.

## Adult Pickleball Lessons

(Adults 18 and Over)

Participants will learn how to effectively hit the ball, maintain a rally, keep score, the rules and basic game play. At the end of the session, participants will have a basic understanding of the game and be able to start playing pickle ball.

FEE: \$30/Person (9:00 a.m. Class)  
\$40/Person (10:00 & 11:00 a.m. Class)

MEETS: Saturdays  
9:00-9:55 a.m. (Ages 60+)  
10:00-10:55 a.m. (Ages 18+)  
11:00-11:55 a.m. (Ages 18+)

LOCATION: Pickleball Courts Next to RCC  
9/23 @ Addison Tennis Courts

DATES: September 16-October 14  
No Class October 7



# Fitness Classes .20.

## Senior Fitness

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

## Gentle Pilates

Like our mixed-level Pilates classes, exercises focus on the core muscles which include the abs, back, glutes and shoulders. Create balance and strength in your trunk and loose, limber limbs. A great option for newcomers to Pilates or anyone who wants to move, but needs to tone it down a bit. Need to be able to get up and down off the floor. Bring a mat and water to class.

## Low Impact Standing Strength

A combination of strength and aerobics that works balance and flexibility while having fun moving. Simple aerobic moves to target all the major muscles groups.

## Yoga

Designed to strengthen your core, build stamina and increase flexibility. Focus on connecting breath with movement and simple mindfulness practices. Variations of poses make this class fun, safe, and challenging for all levels. Please bring a mat, a water bottle and any props. Mixed Level Class.

## Morning Mat Pilates

Designed to develop a strong core while maintaining loose, limber limbs. Exercises provide multiple variations to meet the needs of different body types. Mixed-level class.

## Pilates

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

## Strength Training

A total body workout that will sculpt, strengthen and reshape your body. 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

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

## Cardio Strength

Provides a complete workout that will tone/reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, some light cardio will help improve cardiovascular health. A great way to improve fitness and build bone density. Bring a mat, water, and light weights.

## 15 Min. HIIT

Research shows that short intense exercise can be as effective as longer more moderate workouts. Includes a short warm up/cool down and intensely fun, full body moves in between. Modifications will be given.

## Barre-Pilates Fusion

Combines barre and strength exercises with floor work based on Pilates principles. A full-body workout with plenty of stretching and moments to breathe. Bring a mat, water, and light weights.

## ZUMBA

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

## Hoop Yoga Fusion

Laugh, experiment, and bring joy to movement. Integrates gentle yoga and the hula hoop adding an interesting, playful twist to working out. Use the hoop as a prop with yoga poses. Whether you are new to yoga or hooping this practice is for every "body". Hoop provided by instructor.

# .21. Fitness Classes

Class	Instructor	Location	Day	Time	Dates	Fee
Senior Fitness (Select Physical Therapy)	Sara	Riverfront Community Center	M	9:00-10:00 a.m.	Sept. 11-Dec. 4	\$45
	Sara		M	10:15-11:15 a.m.	Sept. 11-Dec. 4	\$45
	Sara		W	9:00-10:00 a.m.	Sept. 13-Dec. 6	\$45
	Sara		F	9:00-10:00 a.m.	Sept. 8-Dec. 8	\$45
Gentle Pilates (Personal Euphoria)	Jeannine	Academy Multi-Purpose Room	M	1:30-2:15 p.m.	Sept. 11-Dec. 11	\$86
Low Impact Strength (Personal Euphoria)	Max	Academy Multi-Purpose Room	M	9:00-9:45 a.m.	Sept. 11-Dec. 11	\$86
Yoga (Personal Euphoria)	Max	Academy Multi-Purpose Room	M	10:00-10:45 a.m.	Sept. 11-Dec. 11	\$86
	Stacey	Academy Multi-Purpose Room	W	10:00-10:45 a.m.	Sept. 13-Dec. 13	\$92
	Sonia	Riverfront Community Center	TH	5:30-6:30 p.m.	Sept. 14-Dec. 14	\$86
	Rachel	Academy Multi-Purpose Room	F	9:50-10:35 a.m.	Sept. 15-Dec. 15	\$79
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL - LIVE ZOOM	TU	8:30-9:30 a.m.	Sept. 12-Dec. 12	\$100
		Academy Multi-Purpose Room	TU	9:30-10:30 a.m.	Sept. 12-Dec. 12	\$100
		VIRTUAL - LIVE ZOOM	TH	8:30-9:30 a.m.	Sept. 14-Dec. 14	\$93
Pilates (Personal Euphoria)	Rob	VIRTUAL - LIVE ZOOM	TU	6:00-6:45 p.m.	Sept. 12-Dec. 12	\$105
	Jeannine	Academy Multi-Purpose Room	TU	6:00-6:45 p.m.	Sept. 12-Dec. 12	\$92
	Jeannine		TH	6:00-6:45 p.m.	Sept. 14-Dec. 14	\$86
Strength Training (Personal Euphoria)	Maggie	VIRTUAL - LIVE ZOOM	M	9:00-9:45 a.m.	Sept. 11-Dec. 11	\$96
	Rachel	Academy Multi-Purpose Room	F	9:00-9:45 a.m.	Sept. 15-Dec. 15	\$79
Core Strength (Personal Euphoria)	Rob	VIRTUAL - LIVE ZOOM	TH	6:00-6:45 p.m.	Sept. 14-Dec. 14	\$98
Cardio Strength (Personal Euphoria)	Maggie	VIRTUAL - LIVE ZOOM	W	8:30-9:15 a.m.	Sept. 13-Dec. 13	\$105
15 Min. HIIT (Personal Euphoria)	Maggie	VIRTUAL - LIVE ZOOM	W	8:10-8:25 a.m.	Sept. 13-Dec. 13	\$49
Barre-Pilates Fusion (Personal Euphoria)	Allison	VIRTUAL - LIVE ZOOM	M	5:45-6:30 p.m.	Sept. 11-Dec. 11 (No 10/9)	\$98
ZUMBA (Personal Euphoria)	Max	Academy Multi-Purpose Room	M	6:15-7:00 p.m.	Sept. 11-Nov. 20	\$86
	Max		W	6:15-7:00 p.m.	Sept. 13-Nov. 22	\$92
Hoop Yoga Fusion (Personal Euphoria)	Diane	Academy Multi-Purpose Room	W	5:30-6:15 p.m.	Oct. 4-Nov. 29	\$59
	Diane		TH	9:30-10:15 a.m.	Oct. 5-Nov. 30	\$53
<b>*No Classes 10/9, 11/10, 11/23, 11/24</b>		<b>Non-Resident Registration Begins on August 29</b>				



# Swim Lesson Descriptions .22.

## **Ozzie Says "Let's Swim by Eight"**

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

## **American Red Cross Learn to Swim**

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

## **Parent/Child Swim Class: Infant/Toddler**

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

## **Parent/Child Swim Class: Tots**

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

## **Level 1-Introduction to Water Skills**

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

## **Level 2-Fundamentals of Aquatic Skills**

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

## **Level 3-Stroke Development**

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

## **Level 4-Stroke Improvement**

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

## **Level 5-Stroke Refinement**

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

## **Level 6-Swimming Skill Proficiency**

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

## **Pool Rules**

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

# .23. Swim Lessons

## Children's Swim Lesson Program

(Ages 6 months & up; Level 1-6 Ages 5 & up)  
The Parks and Recreation Department follows the nationally recognized American Red Cross Learn-to-Swim program. The program is designed to introduce young children to the aquatic environment and guide children through a series of 6 levels. The goal of the program is to ultimately develop maximum efficiency in strokes and encourage swimming as a life skill. Please review skills on the previous page to determine the appropriate level for your child.

Monday Children's Swim Lessons September 18-November 27 (No Class 9/25; 10/9; 10/16)	
6:30P	7:00P
Level 1	Level 3
Level 2	Level 5
Level 4	Level 6

Due to the popular demand for this program, registration/waitlist spots is limited to 1 class/session per child. If your child is waitlisted for a level, and a spot becomes available, an E-Mail notification from Glastonbury Parks & Recreation will be sent and payment must be received within 2 business days. Please be sure to check your emails or continuously log in to your MyRec Account for these notifications. If payment is not received within the 2 business days, the spot will be released. **If your child has taken lessons with us previously, please reference their most recent Achievement Card for the appropriate level. If not, please reference the Swimming and Water Safety Skills Chart on the registration website to determine the appropriate class.**

Wednesday Children's Swim Lessons September 27-November 22 (No Class 10/18)	
5:45P*	6:15P*
Tots	Level 1
Level 3	Level 2
Level 4	Level 5
*Class on 9/27 & 10/11 will be held at 6:15 p.m. and 6:45 p.m. respectively due to a swim meet.	

Saturday Children's Swim Lessons September 23-November 18 (No Class 10/7)				
10:30A	11:05A	11:40A	12:15P	12:50P
Tots	Infant	Tots	Level 1	Level 1
Level 2	Level 4	Level 2	Level 3	Level 2
Level 3	Level 6 (Fitness)	Level 5	Level 4	Level 5

## Adult Swim Lessons

(Ages 18 years old and up)  
It's never too late to learn to swim or fine tune your strokes. This program is for adults of all abilities.

M	8 Weeks Beginning 9/18 No Class 9/15; 10/9; 10/16	7:30- 8:30 p.m.	GHS Pool	\$59/ Person
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# Swim Clinics & Team .24.

## Preseason Competitive Swimming Program

(Ages 7-18. Must be age 7 by 12/31/23)

Gives swimmers the opportunity to focus on conditioning, race strategizing, technique/and how to operate as a team. Not a swim lesson program. Swimmers must be able to swim the 4 strokes with proficiency. Starts the week of September 11.

## Introduction to Swim Team

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

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

## Junior Pre-Season

(Swim Team Experience Required; Ages 11/Under) Open to swimmers who have been members of the Glastonbury Swim Team, or another swim team, in the past. Those returning who are previous Junior 1 or Junior 2 swimmers are recommended to sign up for this group. Swimmers new to the Glastonbury Swim Team should contact the coaching staff for proper group placement. Swimmers are expected to be able to complete 200 yards without stopping. Learn skills that will be seen throughout the competitive season, and progressively build endurance each week. No Program 9/18.

FEE: \$60/Person  
MEETS: Monday, Wednesday & Friday 6:30-7:30 p.m.; Saturday 3:30-4:30 p.m.

## Senior Pre-Season

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

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

## Glastonbury Recreation Swim Team

(Kids Ages 7-18; Must be 7 by 12/31/23)

Children/Parents must be residents of Glastonbury to participate on the Glastonbury Team.

## Swim Team Registration Process

**Step 1:** Attend Pre-Season Screening at Glastonbury High School. No Registration Required. Choose from Thursday, 8/31 at 5:30 p.m. OR Friday, 9/1 at 5:30 p.m. Screening is approximately 2 hours. Coaches will assess swim skills. This is a team pre-enrollment process only and does not ensure placement on the team or enrollment. Kids ages 7-12 and kids ages 12 and up that have never participated on the Swim Team MUST attend the screening and receive their practice group assignment before registering for team. Practice group assignments will be provided at the conclusion of screening.

**Step 2:** Registration begins online or by mail on Wednesday, September 6 at 8:00 a.m. Registrations will not be accepted prior to September 6. Walk-in registration will begin Friday, September 8. Early registration advised as space is limited. Swimmers are required to compete in meets. Register for the practice group assignment provided by coaches. If there is a wait-list, please register anyhow as there is a good chance your swimmer will be placed. Please see guidelines on the next page.

**Step 3:** Attend the new member parent meeting (Date TBD). This meeting is for parents that have not been part of the Winter Swim Team in the past. Hear from the Head Coach, Learn about the Glastonbury Swim Parents Organization (GSPO) and review what is expected of swimmers and parents.

## Optional USA Short Course

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

FEE: \$415/Person

# .25. Swim Team

## Swim Team Important Notes

- Once assigned, coaches reserve the right to move swimmers to different practice groups. If a child is moved to a different practice group before 11/15, you will be required to pay the difference or a partial refund will be issued. Any child that lacks skills appropriate for competitive swimming will be informed.
- Practices begin September 25 and conclude in February (USA extends through Mid- March).
- Practices held at GHS (Junior 1, 2 and Senior practices are also held at Trinity College in Hartford).
- Recreation swim meets (approximately 4/season) are held in the Hartford Vicinity and take place on a Saturday or Sunday November-January. Championship meets take place in Mid-February.
- Swim meets are run with the help of parents and parents will be asked to assist at swim meets in the form of timing as an example.
- The Glastonbury Swim Parents Organization (GSPO) dues are included in the fee. Dues are used towards meets and team events.
- **Projected practice schedule could change based on enrollment.**

Practice Group & Price	Age Range	Projected Practices (Oct-Feb)	# of Meets	Swim Proficiency (I length of pool = 25 Yards)
Developmental \$360	7-10	<b>GHS</b> Mon, Wed, Sat	4 Meets Must swim 3 to participate in Championships	Swim 1 length Freestyle with head down and rotating breathing without stopping; 1 length Backstroke; demonstrate fundamental breaststroke or butterfly for 1 length.
Junior 1 \$440	9-12	<b>GHS</b> Wed, Sat, Sun <b>Trinity</b> Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes; swim continuously for 300 yards (12 lengths); practice continuously for up to 1.75 hours.
Junior 2 \$445	9-12	<b>GHS</b> Wed, Sat, Sun <b>Trinity</b> Tues, Thurs	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 2 lengths, Swim continuously for 300 yards (12 lengths) and practice continuously for up to 1.75 hours
Seniors \$513	13/Up	<b>GHS</b> Sun, Tues, Thurs, Fri <b>Trinity</b> Mon, Wed	4 Meets Must swim 3 to participate in Championships	Perform all 4 strokes for at least 4 lengths (100 yds), swim continuously for 600 yds (24 lengths) and practice at a high level for up to 2 hours.
HS Girls \$402	High School Girls	Senior 1 Schedule	4 Meets Must swim 3 to participate in Championships	Girls competing on fall high school team and will compete on the recreation team at the completion of their high school season.
HS Boys 1 \$302	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation team until the start of the high school season	
HS Boys 3 \$474	High School Boys	Senior 1 Schedule	Boys competing on the high school team and will compete on the recreation and USA short course teams until the start of their high school season. Additional USA meets (after the high school season starts) will depend on the high school schedule and high school restrictions. (Includes Pro-Rated Recreation and USA swim team).	
Short Course USA \$415	7/Up	Rec Team Practice	Note: optional to any swimmer on the Recreation Swim Team. Interested swimmers must be signed up for one of the practice groups. Fees are separate from Recreation Swim Team fees.	
<ul style="list-style-type: none"><li>• Proficiency in freestyle means swim with head down and rotating breathing without stopping.</li><li>• Proficiency is determined by coaches.</li><li>• Fundamentals of Fly and Breast Stroke are determined by coaches.</li></ul>				



# Boating & Pool Schedule .26.

## Boat Launch

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

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

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

## Slipaway River Tours

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

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

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

The following programs will be held on weekends:

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

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

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

## High School Pool Indoor Season (For Residents Only) Beginning September 5

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

### Household Poolpass Indoor

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

### Individual Poolpass Indoor

INDIVIDUAL PASS FEE: \$105/Person  
LOST PASS REPLACEMENT FEE: \$25/Individual  
SENIOR PASS (60 and Older): FREE

**Pool Passes Sold Online Only at [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com) (click "Memberships")**

**Note: The GHS Pool will be closed August 14-September 4; Schedule Subject to Change**

# GLASTONBURY SENIOR & SOCIAL SERVICES

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

The National Council on Aging (NCOA) and National Institute of Senior Centers (NISC) celebrate National Senior Center Month every September! Over the past few years, senior centers have grown a great deal - probably more than ever imagined. Research shows that compared with their peers, people who attend senior/community centers have higher levels of health, social interaction, and satisfaction. We encourage residents and non-residents who are age 50 or older to learn more about the community center, programs, trips, and services that we offer. We focus on improving overall health, social engagement, creativity, mobility, nutrition, and more, in a fun and safe environment.

Register online, over the phone, or in-person at the Riverfront Community Center. Also, check out the Sharing Tree newsletter online or take a copy in the office to see everything we offer! The information in the following pages is only a portion of what is offered.



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

**Lisa Zerio, Director, Parks & Recreation:**

(860) 652-7687; [lisa.zerio@glastonbury-ct.gov](mailto:lisa.zerio@glastonbury-ct.gov)

**Ronda Guberman, Senior Center Supervisor:**

(860) 652-7646; [ronda.guberman@glastonbury-ct.gov](mailto:ronda.guberman@glastonbury-ct.gov)

**Christine Avery, Program Coordinator:**

(860) 652-7655; [christine.avery@glastonbury-ct.gov](mailto:christine.avery@glastonbury-ct.gov)

**Austyn Dolce, Program Coordinator:**

(860) 652-7653; [austyn.dolce@glastonbury-ct.gov](mailto:austyn.dolce@glastonbury-ct.gov)

**Nicole Mercer, Department Secretary:**

(860) 652-7641; [nicole.mercer@glastonbury-ct.gov](mailto:nicole.mercer@glastonbury-ct.gov)

**Diana Patterson, Customer Service Rep:**

(860) 652-7650; [diana.patterson@glastonbury-ct.gov](mailto:diana.patterson@glastonbury-ct.gov)

**Kathryn Carfi, Outreach Social Work  
Coordinator:**

(860) 652-7644; [kathryn.carfi@glastonbury-ct.gov](mailto:kathryn.carfi@glastonbury-ct.gov)

**Theresa Buckson, Outreach Social Worker:**

(860) 652-7640; [theresa.buckson@glastonbury-ct.gov](mailto:theresa.buckson@glastonbury-ct.gov)

**Evelyn Lopez, Outreach Social Worker:**

(860) 652-7652; [evelyn.lopez@glastonbury-ct.gov](mailto:evelyn.lopez@glastonbury-ct.gov)

**Susan Parrotta, Outreach Social Worker:**

(860) 652-7636 [susan.parrotta@glastonbury-ct.gov](mailto:susan.parrotta@glastonbury-ct.gov)



# Senior Center Programs .28.

## Thimble Islands Cruise and Eli's Branford

First discovered in 1614 by Adrien Block, these islands were used for everything from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. Join Captain Mike, Justin, Bryan and the crew of the Sea Mist as you tour the famous Thimble Islands off the coast of Branford, CT. Rain or shine! Cruise is narrated and will last about one hour. After, enjoy great American food in a relaxed environment at Eli's Branford restaurant.

FEE: \$22/Resident; \$24/Non-Resident  
SCHEDULE: Depart RCC at 10:45 a.m.  
Cruise Departs at 12:15 p.m.  
Lunch at 1:45 p.m.  
DATE: Friday, September 8

## Classic Lighthouse Cruise

Enjoy views of eight lighthouses from New London to Long Island, including Plum Island Light, the supposed site of the first ocean assault by an American army in 1775! Plus, see two Revolutionary-era forts and much more! This cruise is narrated.

FEE: \$31/Resident; \$33/Non-Resident  
SCHEDULE: Depart RCC at 12:15 p.m.  
Cruise Departs at 2:00 p.m.  
Approximate Return Time: 5:00 p.m.  
DATE: Tuesday, September 12

## MGM Casino

Have fun at MGM casino playing games, shopping, eating, and check out their various exhibits!

FEE: \$7/Resident; \$9/Non-Resident  
SCHEDULE: Depart RCC at 10:00 a.m.  
Arrive at Approximately 10:45 a.m.  
Approximate Return Time: 3:15 p.m.  
DATE: Tuesday, October 3

## Griswold Inn and Goodspeed's Country Store

Enjoy lunch at the Griswold Inn, which opened 1776! Although the Inn exudes the charm of days gone by, they are anything but dated... sophisticated cuisine, extensive wine offerings, and modern amenities. After lunch, walk around, shop, and enjoy the foliage!

FEE: \$7/Resident; \$9/Non-Resident  
SCHEDULE: Depart RCC at 11:15 a.m.  
Lunch at Approximately 12:00 p.m.  
1:30 p.m. Walk Around/Shop  
Approximate Return Time: 3:30 p.m.  
DATE: Tuesday, October 17

## Basketball Hall of Fame and Leone's

First, have lunch at Leone's Italian restaurant serving pizza, pasta, steaks, and Italian classics in a relaxed environment. Then, check out the Basketball Hall of Fame dedicated to promoting, preserving and celebrating the game of basketball at every level.

FEE: \$29/Resident; \$31/Non-Resident  
SCHEDULE: Depart RCC at 11:00 a.m.  
Lunch at 12:00 p.m.  
Approximate Return Time: 4:30 p.m.  
DATE: Tuesday October 31

## New Britain Museum of American Art

Check out three centuries of the major artists and movements of American art. It contains over 8,400 paintings, works on paper, sculptures, videos, and photographs. You can have your own lunch before the trip, but there is a café open until 2:30 p.m. in the museum, offering a selection of delicious grab-and-go options, including locally made sandwiches, salads, pastries, and hot and cold beverages.

FEE: \$27/Resident; \$29/Non-Resident  
SCHEDULE: Depart RCC at 1:00 p.m.  
Approximate Return Time: 4:00 p.m.  
DATE: Wednesday, November 15

## Holiday Classics: Downtown 6 Band! Aqua Turf

Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus! Lunch includes roasted turkey and baked scrod.

FEE: \$59/Resident; \$61/Non-Resident  
SCHEDULE: Depart RCC at 10:00 a.m.  
Approximate Return Time: 4:15 p.m.  
DATE: Tuesday, December 12

## Magic of Lights!

A unique and dazzling drive-through holiday lights experience at Rentschler Field is bigger and brighter than before with more than a mile of spectacular light displays that bring to life your favorite holiday scenes and characters! After, come back to RCC for hot chocolate & cookies!

FEE: \$10/Resident; \$12/Non-Resident  
SCHEDULE: Depart RCC at 4:45 p.m.  
Light Show Begins at 5:00 p.m.  
Approximate Return Time: 6:00 p.m.  
DATE: Tuesday, December 19

# .29. Senior Center Programs

## Special Luncheons at the RCC

Tickets Required! \$6/Resident; \$8/Non-Resident.

### National Senior Center Month Celebration Luncheon! September 19 at 11:45 a.m.

Celebrate and meet new Senior Center Supervisor, Ronda Guberman! Indulge in a meal of Caesar Salad, deconstructed Chicken Cordon Bleu, Mashed Potatoes, Roasted Veggies & strawberry shortcake! Entertainment by Mike Armentano. Register/purchase tickets by September 15.

### Halloween "Spook-etti" Luncheon & Costume Party! October 31 at 11:45 a.m.

Get your costume on, eat, sing & dance. Enjoy a "spook-etti" dinner with meat sauce, salad, mozzarella-garlic bread & cheesecake with fruit. Tunes by The Country Duo! Best costume prizes awarded! Register/purchase tickets by October 27.

### Salute to Service: A Veterans Day Luncheon November 7 at 11:45 a.m.

Join us in honoring Veterans who have sacrificed for our freedom. Veterans encouraged to wear their uniform! Lunch will be roast beef, mashed potatoes & gravy, green beans & bread. Please register/purchase tickets by November 3. Cost is \$3.

## Funky Friday Bingo

Friday, September 8 at 1:00 p.m.

Join us for Bingo with a fun twist. Enjoy refreshments and special prizes in addition to the regular prizes. No need to register.

## Fluid Painting with Austyn & Christine

Tuesday, September 12 at 1:00 p.m.

Get a canvas, choose your own colors and create a masterpiece! \$3/Resident; \$5/Non-Resident.

## Manicures with Austyn & Christine

Friday, September 22 by Appointment

Treat yourself & get pampered! We'll be filing & painting your nails with gel polish. Call or stop by the main office to schedule your appointment! FREE!

## It's Showtime! Pizza and a Movie

Tuesday, September 26 at 1:00 p.m.

Pizza, beverages, snacks and a hilarious movie! 80 For Brady is a can't miss featuring a group of friends that made it their mission to go to the Super Bowl to meet NFL superstar Tom Brady. Pre-registration required. FREE.

## Chess Club

Thursdays from 6:00-8:00 p.m.

Come play casual Chess and meet new players. Chess boards available for new players.

## Jeopardy Style Trivia Night!

Thursdays from 6:00-7:30 p.m.

Play different styles of Trivia! Pre-registration required. FREE with prizes!

## Lifelong Learning: Curiosity Stream

Tuesdays from 6:00-7:00 p.m.

Join us and feed your Curiosity for knowledge. Come for one session or try them all. FREE.

## Mahjong, Scrabble, Rummikub & More

Saturdays from 10:30 a.m.-1:00 p.m.

A mix of games in a casual social environment.

## Ukulele BIG SING

Saturdays 12:00-1:00 p.m. 9/30; 10/21; 11/18; 12/16

Sing along with Dr. Uke and the Ukulele band. Words projected on large screen. Dial-a-ride available.

Class	Description	Meets	Dates	#	Fee (R)	Fee (NR)
Parkinson's Mobility Class	Focus on power, balance, and strength.	Thursday 9:00-10:00 a.m.	Oct. 12- Dec. 28 No Class 11/23	11	\$55	\$60
Stretchercise	Low impact exercise using bands & weights.	Tuesday & Thursday 11:30 a.m.-12:15 p.m.	Oct. 3- Dec. 21 No Class 11/23	23	\$115	\$125
Get Up & Go!	Strength & resistance for a full body workout.	Thursday 10:15-11:15 a.m.	Oct. 12- Dec. 28 No Class 11/23	11	\$55	\$60
Intro To Tai Chi	Learn the basics of this mind/body fitness.	Monday 3:30-4:15 p.m.	Oct. 2- Dec. 18 No Class 10/9	11	\$55	\$65
Tai Chi	Mind & body fitness for all ages/fitness levels.	Thursday 6:00-7:00 p.m.	Oct. 5- Dec. 21 No Class 11/23	11	\$55	\$65
Line Dancing	Move your body and brains to music.	Thursday 1:00-2:15 p.m.	Oct. 15- Dec. 14 No Class 11/2; 11/23	9	\$45	\$55



# Senior & Social Services Corner .30.

## **Makeup for Mature Women Tuesday, October 3 at 1:00 p.m.**

Learn to create a makeup style that compliments your personal features and skin tone. Explore products & tools, must haves for your personal makeup collection and participate in hands-on makeup demonstrations. Joby Rogers is a certified, professional Makeup Artist with over 30 years experience. Joby is the principal Makeup Artist/Educator at several Cosmetology Academies & Modeling Agencies. Registration required!

## **Greater Glastonbury Veterans and Allies Coffeehouse Wednesdays, 9/20; 10/18; 11/15; 12/20 @ 9:00 a.m.**

A comfortable location for veterans and allies to meet, learn and socialize. Delivers morale enhancing information relating to veteran experiences, benefits, and service. Registration preferred, walk-in's welcome!

## **Memory Screenings**

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

## **Smart Driver**

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

DATES: Thursday 9/21: 12:30-4:30 p.m.  
Thursday 10/19: 12:30-4:30 p.m.  
Thursday 11/9: 9:00 a.m.-1:00 p.m.  
Thursday 12/14: 9:00 a.m.-1:00 p.m.  
FEE: \$20/AARP Member; \$25/Non-Member  
Checks ONLY payable to AARP

## **Bereavement Support Group 2nd & 4th Wednesdays, 2:00-3:30 p.m.**

Did a family member or friend die recently? Are you experiencing "symptoms" of grief like the inability to eat or overeating; loss of sleep or need for too much sleep; lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. Co-sponsored by Hartford Healthcare at Home

& Glastonbury Senior Center. Call Bill Pilkington, Bereavement Support Counselor at (860)209-3147 or [bill.pilkington@hhchealth.org](mailto:bill.pilkington@hhchealth.org).

## **Low Vision Support Group**

Group will meet from 10:00-11:30 am on the 4th Friday of every month. Meetings are hybrid (in-person and through Zoom). Open to anyone living with low vision. Refreshments are served. For more information or to receive meeting announcements, call Susan Parrotta, 860-652-7636.

## **FEATURED EVENTS/SPEAKERS:**

SEPTEMBER: Gary Allen of BSBE.,  
Rehabilitation Teacher/Tech  
OCTOBER: Cynthia Robbins, talk on AMD  
NOVEMBER: To Be Determined  
DECEMBER: Holiday party and yearly wrap up

## **The Friendship Circle Memory Program Tues/Wed/Thurs/Fri 9:30 a.m.-12:30 p.m.**

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

## **Energy Assistance**

Help with heating costs is available for qualified individuals through the CT Energy Assistance Program. Customers who heat with deliverable fuel, such as oil, wood or propane, or utility customers may be eligible. Household income limits are based on 60% of State Median Income. Program begins in September and guidelines for 2023-2024 are TBD. More information and appointments are available by calling Social Services at (860)652-7638.

## **Glastonbury Gives**

Glastonbury Gives assists residents experiencing a financial crisis with help through the Food Pantry, Fuel Bank and Special Programs, including the Thanksgiving Program and Holiday Gift Program. Funded entirely by contributions from generous individuals, businesses, and community groups; with 100% of donations going directly to residents in need. Monetary donations may be made through Pay Pal or checks made out to "Glastonbury Gives" and either left in the Drop Box at the Riverfront Community Center.



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

**Presorted Standard**  
**US Postage Paid**  
**Hartford, CT**  
**Permit #5161**

A photograph of three people standing on a blue pickleball court. On the left is a man in a dark blue t-shirt and shorts, holding a black paddle. In the center is a woman in a purple t-shirt and black shorts, holding a yellow and black paddle. On the right is a man in a light blue polo shirt, black shorts, and a blue cap, holding a black paddle. They are all smiling. The court has a blue surface with white lines. In the background, there is a black chain-link fence, green trees, and a white house with a grey roof. A red fire hydrant is visible on the right side of the court.

# **RESIDENTIAL CUSTOMER**

**Town Pickleball Courts Located Next to the  
Riverfront Community Center are Open!**

***Join us for our Ribbon Cutting on 9/19 @ 11:00 a.m.***

**[www.glastonburyct.gov](http://www.glastonburyct.gov) | "I Want To" | "Pickleball Courts"**