

GLASTONBURY

PARKS & RECREATION

SENIOR & SOCIAL SERVICES

Winter / Spring 2024



www.glastonbury-ct.gov

-1- PROGRAM REGISTRATION FORM

Household Information

Primary Guardian First Name	Primary Guardian Last Name	
Address	Please E-Mail Receipt to the E-Mail Below	
City, State, Zip	Sex	E-Mail
Home Phone ()	Work Phone ()	
Emergency Contact	Relationship	

Participant Information

Participant First Name		Participant Last Name	
Date of Birth		Grade Completing	Sex
Allergies		Medication/Other	

Registration Information

Program Choices	Program Name	Day(s)	Date	Time	Location	Cost
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Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!

1	1st Choice						
	2nd Choice						
2	1st Choice						
	2nd Choice						
3	1st Choice						
	2nd Choice						

Pool Pass <input type="checkbox"/> Yearly	Pass Type <input type="checkbox"/> Individual <input type="checkbox"/> Household	Indicate Names of ALL Family Members (Ages 2 & Up) Who Require Passes and Reside at the Above Address:	TOTAL
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Waiver

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

Signature: _____ Date: _____

Signature: _____ Date: _____

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

	Mail your Form, Payment, Business Size Self Addressed STAMPED envelope (or include e-mail address for e-mail confirmation) to: Parks and Recreation, Program Registration, PO Box 6523, Glastonbury, CT 06033
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Check	Write a SEPARATE CHECK for each program. Make checks payable to "Town of Glastonbury"
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REGISTRATION INFORMATION - 2 -

Mail In & On-Line Registration Dates

Registrations will be accepted by **POSTMARKED MAIL & ON-LINE BEGINNING TUESDAY, DECEMBER 12** at 8:00 a.m. with the following exceptions:

Indoor Pool Passes Party Rentals
Teen Center Passes
Spring Swim Lesson Registration begins on 3/18/24

Mail-in registrations will be processed daily, at random. **REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 12.**

In-Person Registration Dates

In-person registrations will be accepted beginning Tuesday, January 2 including J.B. Williams reservations.

Why Can't I Register by Phone or Fax?

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

Online Registration is Fast & Easy!

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

Returned Checks

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

Registration Payment

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

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

Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

Cancellation Information

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

Notification of Enrollment

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

Refund Policy

Please review your registrations carefully.

- 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 cancelation 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. Fee waivers apply to registration fees only. To qualify, submit an Eligibility Application to the Social Services Department. Eligibility for financial assistance does not guarantee a space in the program.

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

GBA Basketball
Kangaroo Kids
Pool Passes

- 3 - GENERAL INFORMATION

How to Reach Us

Administrative Phone: (860)652-7679

Administrative Fax: (860)652-7691

Cancellation Line: (860)652-7689

Online: www.glastonbury-ct.gov

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

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

Our Staff

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

E-mail Updates

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

Brochure Mailing Information

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

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

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

Facebook & Instagram

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

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

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

Inclement Weather Policy

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

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

Glastonbury Youth Organizations

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

Organization	Contact Information
Little League	www.glastonburylittleleague.org
Hartwell Soccer	www.glastonburysoccer.org
Midget Football	www.gyfa.com
YMCA	(860)633-6548
Lacrosse	www.glastonburylacrosse.org
GBA Basketball	GBAHoops@aol.com www.gbahoops.org
GBA Travel Basketball	GBATravelHoops@aol.com www.gbahoops.org
Glastonbury Gymnastics	www.glastonburygymnastics.com gburygymclub@gmail.com
Glastonbury Swim Team	www.teamunify.com/team/ctgst/page/home

FACILITIES & RENTALS - 4 -

J.B. Williams Park Pavilion Rental

Online and phone reservations for use of the J.B. Williams Park "covered" pavilion will be taken beginning on Tuesday, January 2.

Availability:	May 1-October 31 (tentative)
Capacity:	Up to 150 people
Amenities:	Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking facilities
Fees:	\$250/rental

Glastonbury Boathouse

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

Riverfront Community Center

Your affordable solution to elegant affairs! Our many room configurations can accommodate meetings & events of all sizes. Guests enjoy our beautiful space, complimentary parking, and manicured grounds. Room reservations are available on Monday, Wednesday, and Friday evenings, and all day on weekends. For more information, visit www.glastonburyct.gov/rc rentals or contact kristen.michaels@glastonbury-ct.gov.

Public Ice Skating

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

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

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.

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/>

- 5 - FAMILY PROGRAMS

Glastonbury Snowsports Club

(Grades 2-Adult)

Have fun, meet other snow loving residents and introduce your kids to a lifelong love of winter sports. Program will be held at Mount Southington. Lift tickets will be valid from 5:00-9:00 p.m.

Registration involves a multi-step process. Please visit www.glastonburyct.myrec.com for additional information.

Step 1: Register online at www.glastonburyct.myrec.com selecting and paying for your preferred package option and RFID card.

Step 2: Register for your package option through Mount Southington using the instructions in the myrec.com registration website. You will not need to pay again.

Lift Only: \$210/Session

Lift/Lesson: \$320/Session
90 Minute Lesson (7:00-8:30 p.m.)

Lift/Rental: \$315/Session

Lift/Lesson/ \$360/Session

Rental: 90 Minute Lesson (7:00-8:30 p.m.)

Meets: Thursdays 5:00-9:00 p.m.

Location: Mount Southington

Dates: 5 weeks January 18-February 15

Puzzle Palooza

(Ages 14+)

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. Team captain who registers must be at least 18 years old but teams may consist of members 14+.

Fee: \$20/team

Meets: Wednesday, 6:00-8:00 p.m.

Dates: January 24, 2024

February 28, 2024

March 27, 2024

April 24, 2024

May 22, 2024

Location: Academy Cafeteria

Family Paint Night Series

(Grades 2-Adult)

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! Each paint night hosts a different theme.

Parents will be required to stay for this series.

Fee: \$10/Child

Time: 5:30-7:30 p.m.

Location: Academy Cafeteria

February 9: Sweetheart Cupcake Art

March 15: Rockin' Pop Art Shamrocks

April 5: Pysanky Decorated Egg

May 10: Iridescent Insects

BINGO Bonanza! NEW

(All Ages)

Join the Parks and Recreation Department and the Senior Center as we offer BINGO BONANZA! Enjoy refreshments, some time with your grandchildren, children, parents, or any member of your family, and play for your chance to yell BINGO to win some great prizes!

Fee: FREE

Time: 1:00-3:00 p.m.

Location: RCC Community Room

Dates: February 20, 2024

April 9, 2024

Passport to Health Fair

Mark your calendars for this terrific event on Friday, March 8, 2024 (Inclement weather date Friday, March 15, 2024) at the Riverfront Community Center. Drop in any time between 2:00-6:00 p.m. and visit various health-related vendors and take a chance at winning some great raffle prizes! Visit www.glastonbury-ct.gov/passport2health for additional details!

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

Egg-cellent Story Stroll

(Appropriate for Preschool-Elementary Age)
Follow us on a spring themed stroll from the Riverfront Community Center, presented by Welles-Turner Memorial Library and Parks and Recreation. Along the way, enjoy stops for a story and of course, some candy! Groups will leave from the Community Center Patio (in the back of the building) at an assigned time every 10 minutes beginning at 4:00 p.m. Last group will leave at 6:00 p.m. Parents must accompany children for this event. Registration begins online on Tuesday, February 20 at 8:00 a.m.

Fee: Free!
Date: Wednesday, March 20
Groups Depart every 10 Minutes
Beginning at 4:00 p.m.
PRE-REGISTRATION IS REQUIRED.
PLEASE ONLY PRE-REGISTER
CHILDREN THAT ARE ATTENDING.
Location: Riverfront Community Center Patio

Easter Egg Hunt for Dogs

Egg Hunt begins promptly at 10:00 a.m. at the Riverfront Park (200 Welles Street, Glastonbury) on March 23, 2024. Event will be held rain or shine. Over 6,000 eggs will be hidden. Every egg contains a treat or prize for you and your dog including gift certificates and other surprises. Cost is \$10/dog. Dogs must be on leash with up to date rabies tag or certification. No aggressive dogs please.

Egg-a-Pool-Looza!

(Ages 3-13)
Activities include aquatic egg hunt, face painting, prizes, pictures with the bunny and more. Pre-registration is required for all participants. Parents do not need to register! Children who do not know how to swim must be in the water with a parent and U.S. Coast Guard approved life jackets must be worn. Parents must be in the water with their children for the 3-4 yr old and 5-6 yr old waves. Children aged 3-8 will be restricted to the shallow end of the pool, and 9-13-year old's able to swim between the deep end and the shallow end.

Date: Sunday, March 24
3-4 yr olds: 1:00 -1:30 p.m. (30 max)
5-6 yr olds: 1:30-2:00 p.m. (30 max)
7-8 yr olds: 2:00-2:30 p.m. (30 max)
9-13 yr olds: 2:30-3:00 p.m. (40 max)
Fee: \$4/Child
Location: GHS Pool

Youth Fishing Derby

(Ages 4-15)
Compete for the biggest, smallest, first and most trout caught, or just enjoy a morning of fishing with your child on Saturday, April 20 from 8:00 a.m. – 10:00 a.m. at Eastbury Pond. Prizes raffled every 15 minutes. Four age categories: 4-6, 7-9, 10-12 and 13-15. No bait restrictions. No physical parental assistance is allowed except baiting and cashing. This event is free!

Pooch Prom

You and your pup are invited to our 2nd Annual Pooch Prom at the Dog Park on Saturday 5/4/24 from 4:00-6:00 p.m. Visit dog related vendors, partake in the raffle, enjoy the Dog Park and participate in some fantastic contests including musical sit, best kisser, best waggle, best dressed and of course, Prom King & Queen! Event is free and open to all ages. Dogs must be on leash outside the Dog Park (off-leash inside the Dog Park) with up to date rabies tag or certification.

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

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! Download your passport booklet at www.glastonburyct.gov/passport2parks and use it as your guide as you begin to venture out to the 28 different places listed. Parks have been group into 5 "regional" maps so it's easier for you to plan your trip(s).

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

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

- 7 - PARENT/CHILD CLASSES

Play Group

(Ages 1-4)

Designed to provide children with unstructured group play and allow parents an opportunity to meet and enjoy their children. Carpeted spring floor with equipment for kids to climb and explore! Children must be accompanied by a caregiver.

Fee: \$40/Winter Session
\$24/Spring Session
Meets: Tuesday: 9:00-9:50 OR 10:00-10:50
Thursday: 9:00-9:50 OR 10:00-10:50
Location: Academy Gym
Winter: January 9-March 19
Spring: April 16-May 23

Play Group Parties

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

Fee: \$10/child
Meets: 8:30-10:00 a.m. OR 10:15-11:45 a.m.
Location: Academy Cafeteria/Gym
Dates: Let it Snow: 1/10
St. Patrick's Day: 3/13
Bunny Hop: 3/28
Celebrate Summer: 5/28

Creative Movement

(Ages 18 months-4 years)

In this My Grown Up and Me class children learn musicality, movement, rhythm, coordination, following instructions and teamwork, all through fun dance exercises and combinations.

Fee: \$54
AM Meets: Wednesdays
9:00-9:45 a.m. or 10:00-10:45 a.m.
PM Meets: Thursdays 5:00-5:45 p.m.
Location: Academy Building
AM Dates: January 17-March 6
PM Dates: January 25-March 14

Messy Art

(Ages 18 months-3 years)

An introduction to art for children with their grown up. It's not about the result, but about getting to color, squish, paint, glue, cut and get creative!

Fee: \$45
AM Meets: Wednesdays
9:00-9:45 a.m. or 10:00-10:45 a.m.
PM Meets: Tuesdays 4:30-5:15 PM
Location: Kangaroo Kids Preschool
35 Bell Street
AM Dates: April 17-May 22
PM Dates: April 16-May 21

Jungle Jam

(Ages 18 months-5 years)

Let's crawl like crabs, gallop like horses and fly like eagles! Perfect for little movers who love animals, singing and imaginative play. Each week we will turn on our imaginations to explore a new animal habitat through songs, movement and games. Children will be introduced to developmentally appropriate gross motor skills while practicing following directions, turn taking and independent communication.

AM Classes for 18 months-4 years with Parent

Fee: \$45
Meets: Fridays
9:00-9:45 a.m. or 10:00-10:45 a.m.
Location: Academy Building
Dates: April 19-May 24

PM Class for 3-5 year olds independent class

Fee: \$54
Meets: Thursdays 5:00-5:45 p.m.
Location: Academy Building
Dates: April 18-May 23



PARENT/CHILD CLASSES - 8 -

Music Together®

(Newborns-Age 5)

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

- Fee:** \$225/child; \$130/sibling
(Newborns under 8 months attend FREE when a sibling is registered; \$225 registered alone.)
- Meets:** Tuesday
9:15-10:00 a.m. OR 10:15-11:00 a.m.
- Location:** RCC Activity Room
- Winter:** 10 weeks January 16-March 26
No Class 2/21
- Spring:** 10 weeks April 16-June 18

Young Artists Can Do What Famous Artists Do!

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

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

Do you like to fling, splatter and mix paint colors? So did the groundbreaking Abstract Expressionists who changed world art with their daring vision and use of paint! Do you like beautiful gardens, teeming with colorful flower blooms? So did the world renowned Impressionist, Claude Monet! Do you like sweet, yummy treats? So does the colorful American painter, Wayne Thiebaud! These special artists, plus others in this series, strive to paint and create like a child while maintaining that child-like magic!

- Fee:** \$140/Participant
- Twoosy Doodler:** Mondays, 9:30-10:30 a.m.
- Mini Doodler:** Mondays, 10:15-11:30 a.m.
- Dates:** January 22-March 18
(No Program February 19)
- Location:** Academy Cafeteria

Skyhawks Hoopster Tots

(Ages 2-4)

Classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. Parent participation required for ages 2-3.5 years.

- Fee:** \$102/Person
- 2 Year Old's:** Fridays, 9:00-9:45 a.m.
- 2 & 3 Year Old's:** Fridays, 10:00-10:45 a.m.
- 3 & 4 Year Old's:** Fridays, 11:00-11:45 a.m.
- Dates:** January 12-February 16
- Location:** Academy Cafeteria

Skyhawks Multi-Sport Tots

(Ages 2-4)

Introduce your little superstar to sports in our most popular program! This soccer & baseball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

Age	Day/Date/Time	Cost	Location
2	Fridays 3/1-3/22 9:00-9:45 a.m.	\$86	Academy Cafeteria
2 & 3	Fridays 3/1-3/22 10:00-10:45 a.m.	\$86	Academy Cafeteria
2	Thursdays 4/18-5/23 9:00-9:45 a.m.	\$102	Academy Softball
2&3	Thursdays 4/18-5/23 10:00-10:45 a.m.	\$102	Academy Softball
2	Wednesdays 5/8-5/29 4:00-4:45 p.m.	\$86	Academy Softball
3	Wednesdays 5/8-5/29 5:00-5:45 p.m.	\$86	Academy Softball
3 & 4	Fridays 3/1-3/22 11:00-11:45 a.m.	\$86	Academy Cafeteria
3 & 4	Thursdays 4/18-5/23 11:00-11:45 a.m.	\$102	Academy Softball
3 & 4	Tuesdays 5/7-5/28 5:00-5:45 p.m.	\$86	Hopewell Gym

- 9 - PRESCHOOL & YOUTH PROGRAMS

Kangaroo Kids (2024-25) Deposit

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

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

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

Deposits for the 2024-25 program will be accepted beginning on March 5, 2024. **Please note the deposit is non-refundable after June 1, 2023.** Child must be age 3 or 4 to be eligible (No Exceptions). Children must be toilet trained. Kangaroo Kids meets September-early June. Complete information (dates, fees etc.) will be in the 2024 Summer Brochure available in early March or online at www.glastonbury-ct.gov/kangarookids in January. An Open House will be held in February at our facility at 35 Bell Street.

Fee: \$250 Deposit

Location: Kangaroo Kids 35 Bell Street

Indoor Playground

(Ages 5-15)

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

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

Meets: Saturdays 1:00-2:30 p.m.

January 27-March 16

Location: Academy Cafeteria

Cool Cucumber Kids Cooking

(Grade 3-5)

Kids will create fun recipes, plant seeds for spring gardening, and play games learning nutrition and mindfulness in preparing food.

Fee: \$84/Person

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

Location: Academy Youth & Teen Center

Dates: February 27-April 2

Kids Night Out

(Grades K-5)

Kids get a special night out while parents get a night off! No need to find a babysitter to do your shopping, enjoy a dinner out or a quiet night at home. Kids get to hang out with their friends and favorite summer camp staff at a party complete with a pizza dinner, crafts, games and a movie.

Fee: \$20/child

Meets: Fridays, 6:00-9:00 p.m.

Dates: January 26, 2024

February 16, 2024

March 22, 2024

April 19, 2024

May 17, 2024

Location: Academy Multipurpose Room

Harry Potter Night

(Grades 1-6)

A special Kids Night Out just for Harry Potter Fans. Come dressed in costume or comfy clothes enjoy Harry Potter crafts, activities and watch the first movie. Pizza and butterbeer will be served.

Fee: \$20/child

Meets: Friday, March 1 6:00-9:00 p.m.

Glow Night

(Grades K-5)

Kick off spring with some Glow in the Dark fun on. We'll have a glowing night with lots of activities, games and a craft. Pizza and glow drinks will be served and we'll finish the night with a movie.

Fee: \$20/child

Meets: Friday, May 3, 6:00-9:00 p.m.



WINTER ENRICHMENT PROGRAMS - 10-

Wonderful Winter Explorations

Hot cocoa, proportional polar bears, and glistening icy scenes will be our subjects for the chilly art explorations in paint, marker, and clay.

Painting Through the Ages II: The Modern Era

Hop aboard the Abrakadoodle art adventure to travel through history. Don't miss the musical tints of Picasso in his Rose and Blue Periods. Enter the fantastical world of Argentinean artist and inventor Xul Solar. Watch out for the explosion of American Pop artist Roy Lichtenstein and the fast-moving landscapes of Grant Haffner. Create art inspired by Basquiat and Peacocks inspired by John Nolan.

Business Bonanza

Brainstorm and learn everything about creating your own business! Grasp the fundamentals of entrepreneurship and best-business practices which will cement the foundation and mindset for success. Learn how to create your own Print on Demand E-commerce business! Create designs and sell all types of merchandise like t-shirts, water bottles and more. Work with other students as you strengthen critical thinking, improve communication, encourage integrity and learn leadership. Bring your own laptop or tablet, ear buds and access to an email account. In need of transportation from Smith or Gideon to the program? Utilize the Teen Center bus, drop-in to the Teen Center then walk over to class!

Young Entrepreneurs!

Learn and apply the skills entrepreneurs use to make millions of dollars! Discover money management secrets to fuel your business dreams. Dive into marketing to showcase your awesome products or services. Learn to create lifelong fans through excellent customer service and present your ideas with the confidence of a true business superstar! Bring your own laptop or tablet, ear buds and access to an email account. In need of transportation from Smith or Gideon to the program? Utilize the Teen Center bus, drop-in to the Teen Center then walk over to class!

Eureka!

Children overcome a series of challenges using basic materials, simple machines, tips from famous inventors, and most importantly, their minds. With a bit of ingenuity, they create catapults and forts, construct working light sticks, and assemble a set of circuits with batteries and light bulbs.

Monsters and Mermaids Fantasy

Brave young art explorers journey into a fairytale kingdom, where fairies flit through rainbow skies and zany zombies roam the streets. Decorate wicked cool witch or wizard hats and sculpt clay witches on broomsticks! Design colorful ceramic skulls inspired by Dia De Los Muertos and paint unicorn or dragon banks. Craft monster t-shirts and create sparkling castles on canvas. Make hand puppet mermaids, vampires, fairies, werewolves, or any creature you can imagine. Build UFOs and sculpt clay aliens to fly them, construct haunted house boxes, and make metal robot art.

Name	Age/ Grade	Meets	Times	Dates	Location	Fee
Wonderful Winter Explorations	Gr. 3-5	Mon	4:00-5:00 p.m.	1/22-3/4 No Class 2/19	RCC Arts & Crafts	\$110
Painting Through the Ages II: The Modern Era (Abrakadoodle)	Gr. K-5	Tues	4:15-5:15 p.m.	1/9-2/13	RCC Arts & Crafts	\$110
Business Bonanza! (Minds in Motion)	Gr. 5-8	Wed	4:15-6:15 p.m.	1/10-1/31	Academy Cafeteria	\$160
Young Entrepreneurs! (Minds in Motion)	Gr. 5-8	Wed	4:15-6:15 p.m.	2/7-2/28	Academy Cafeteria	\$160
Eureka! (Mad Science)	Gr. K-5	Wed	4:15-5:15 p.m.	1/17-2/28	RCC Special Activities	\$150
Monsters and Mermaids Fantasy	Gr. K-4	Thurs	4:15-5:15 p.m.	2/1-3/7	RCC Arts & Crafts	\$132

- 11 - SPRING ENRICHMENT PROGRAMS

Spring into Art!

The birds are chirping and the bees are buzzing while we sculpt 3D birds' nests and capture the metallic brilliance of beetles and butterflies in fiber arts, wire, beads and other media.

Aspiring Young Engineers

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

Energy, Forces and Flight!

Explore inertia, gravity and centripetal force with race cars and spinning bike wheels, ping-pong balls, and rubber band powered catapults. Learn about tension and compression, which shapes are strongest, make an earthquake proof building from toothpicks and marshmallows. Learn about flight and build the coolest paper airplanes!

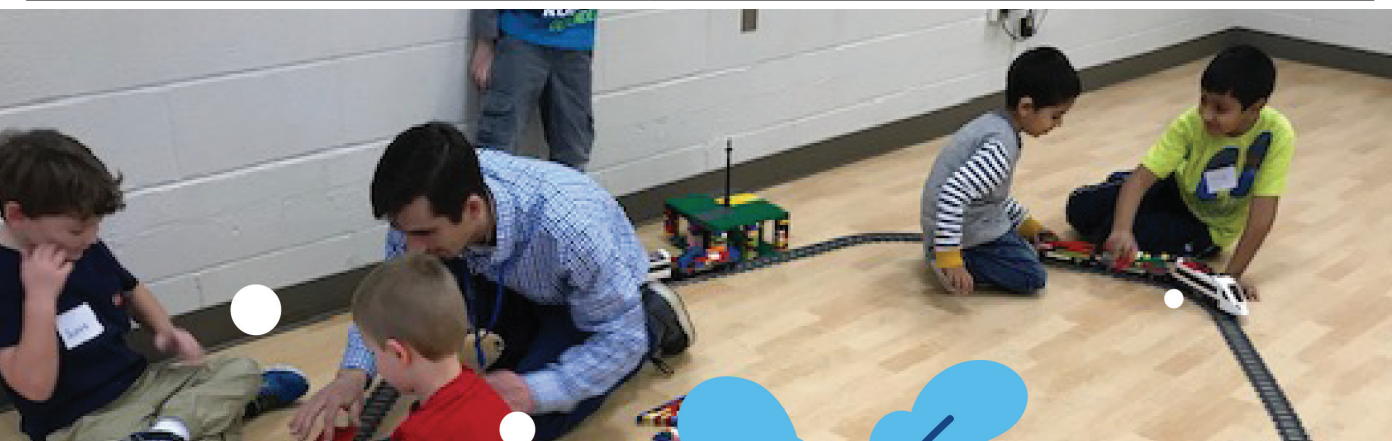
Superheroes: Saving Planet Earth!

Like Powerpuffs and Spider Boys, we'll design our own superhero masks, shields, and capes to protect our secret identities and even build superhero sidekicks to accompany us as we save the world. During these fun and resourceful art experiences, Super Art Heroes create a variety of AMAZING and original works of art using natural, recycled and unconventional art forms and techniques. Paint canvas tote bags, construct your own super-vehicles, and make superhero stained glass! Paint a rocketship, create yarn art on jars, and draw superhero self-portraits. Color ceramic superhero banks, build secret comic book boxes, and explore the art of printmaking while designing bubble wrap t-shirts.

Engineering FUNDamentals with Lego

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

Name	Grade	Meets	Times	Dates	Location	Fee
Spring into Art!	Gr. 3-5	Mon	4:00-5:00 p.m.	4/15-5/20	RCC Arts & Crafts	\$110
Aspiring Young Engineers (Engineering Imagination)	Gr. 3-5	Tues	4:00-6:00 p.m.	4/16-5/14	Academy Cafeteria	\$105
Energy, Forces and Flight (Mad Science)	Gr. K-5	Tues	4:15-5:15 p.m.	4/16-5/28	RCC Arts & Crafts	\$150
Superheroes: Saving Planet Earth! (Art-Ventures)	Gr. K-4	Thurs	4:15-5:15 p.m.	4/18-5/23	RCC Arts & Crafts	\$132
Engineering FUNDamentals (Engineering Imagination)	Gr. K-2	Fri	4:00-6:00 p.m.	4/19-5/17	Academy Multi-Purpose	\$105



YOUTH & ENRICHMENT PROGRAMS - 12 -

Mondays in May STEAM Workshop Series

Get a little taste of STEAM! In this Monday workshop series on May 6, 13 and 20, join us for 3 consecutive weeks of fun and excitement with enrichment-based activities.

Fee: \$25/Participant per Date
Meets: Mondays, 4:00-6:00 p.m.
Dates: May 6: Battle-Rails
RCC Exercise Room
May 13: Amusement Park
Engineering
RCC Exercise Room
May 20: Sky-Scraper City
RCC Activity Room
Instructor: Engineering Imagination

Battle Rails

(Grades 2-5)

Battle-Rails is a fan-favorite where students build and battle customized vehicles! From modifying and customizing the vehicles to battling opponents, this activity is an intense engineering challenge! Using a combination of jousting and motorized monorail vehicles, this exciting activity is beloved by all who enter the arena!

Amusement Park Engineering

(Grades K-2)

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

Sky-Scraper City

(Grades K-2)

Students in this program will design and build a LEGO city - including a Skyscraper that will reach at least 6 ft. tall! From houses, to vehicles, to parks and an ocean, students will focus on architecture and civil engineering concepts to design, build and customize a complete LEGO city!

Wacky Wednesday After School Program

(Grades K-5)

Welcome to the 2023-2024 Wacky Wednesday After School Program! We look forward to fun, engaging activities and exploring new interests. This program is designed for elementary school students for the half-day Wednesdays. Program will begin directly at the end of the school day, and will run through 4:00 p.m. Children attending 5th grade at Gideon are also eligible to sign up for the program! Please be sure to sign up under your child's home school (either Hopewell or Naubuc) if your child attends Gideon 5th grade.

Meets: Wednesdays
Session 4: March 6-March 27
Session 5: April 3-May 1 (No Program April 10)
Session 6: May 8-May 29

Location	Session 4	Session 5	Session 6
Buttonball	Skyhawks \$155	After-School Adventures \$100	After-School Adventures \$100
Naubuc	After-School Adventures \$100	After-School Adventures \$100	After-School Adventures \$100
Hopewell	Mad Science \$200	Shyhawks \$155	After-School Adventures \$100
			Engineering Imagination \$100
Hebron	After-School Adventures \$100	After-School Adventures \$100	After-School Adventures \$100
Naugaug	After-School Adventures \$100	Engineering Imagination \$100	Shyhawks \$155
More information at: www.glastonbury-ct.gov/wacky			

- 13 - DANCE CLASSES & YOUTH SPORTS

Rhythm and Beats *NEW*

(Grades K-3)

This class is a great introduction into the world of dance! Each week we focus on the musicality of hip hop, tap and step dance through games and dance. No experience or dance shoes required.

Fee: \$65/Participant
Meets: Thursdays, 4:00-4:55 p.m.
Session 1: February 29-April 4
Session 2: April 18-May 23
Location: Academy Multi-Purpose
Instructor: Emily Pattacini

Exploring Musical Theatre *NEW*

(Grades K-3)

Play introductory theater games, explore a variety of popular and kid-friendly Broadway shows and learn fun and easy dances to Broadway favorites! No dance or theater experience required.

Fee: \$65/Participant
Meets: Tuesdays, 4:00-5:00 p.m.
Session 1: February 27-April 2
Session 2: April 16-May 21
Location: RCC Exercise Room
Instructor: Julie Borsotti

Hip-Hop *NEW*

(Grades 3-5)

Every class starts with a stretch and high energy warm-up to work on those pops, isolations, and sharp movements. Get ready to dance to artists such as Lizzo, Little Mix, BTS and more (clean versions only)! No dance experience necessary.

Fee: \$65/Participant
Meets: Tuesdays, 5:00-6:00 p.m.
Dates: February 27-April 2
Location: RCC Exercise Room
Instructor: Julie Borsotti

Moovin' and Groovin' *NEW*

(Grades 3-5)

Every class starts with a high energy warm-up and stretch, followed by some fun games. Learn new combinations from Hoedown Throwdown to the latest tik tok trend! No dance experience required.

Fee: \$65/Participant
Meets: Tuesdays, 5:00-6:00 p.m.
Dates: April 16-May 21
Location: RCC Exercise Room
Instructor: Julie Borsotti

QuickStart Red Ball Tennis

(Ages 5-7)

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

Fee: \$31/Session
Meets: Saturday 8:00-8:55 a.m.
Location: GHS Tennis Courts
Dates: April 20-May 18

Spring Children's Tennis

(Ages 7-17)

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

Fee: \$31/Session
Level 1, 2, 3: Saturday 9:00-9:55 a.m.
Level 2, 3, 4: Saturday 10:00-10:55 a.m.
Location: GHS Tennis Courts
Dates: April 20-May 18

Locker Room Sports Program & Open House "Shopping" Days!

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

Join us in the Academy Cafeteria on Thursday, March 21st from 12:00-6:00 p.m. to "shop" for any sports equipment you need for the start of the spring season. All items are FREE and donations of gently used sports equipment will also be accepted.

YOUTH SPORTS & SKATE PARK -14-

Youth Open Gym

(Youth 18 and under)

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

Meets: Wednesday 7:30-9:30 p.m.;
Saturday 2:00-6:00 p.m.,
Sunday 1:00-5:00 p.m.
Location: Saturday & Sunday @ GHS
Wednesday @ Smith Middle School
Dates: Wednesday through June 5
Saturday & Sunday through April 28

Skyhawks Mini Hawk Sports

(Ages 4-6)

Developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Fee: \$90/person
Meets: Tuesdays, 6:00-7:00 p.m.
Dates: May 7-May 28
Location: Hopewell School Gymnasium

Skyhawks Sports and Games

(Grades K-5)

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

Fee: \$90/person
5 & 6 Yr Olds: Mondays, 5:00-6:00 p.m.
7-10 Yr Olds: Mondays, 6:15-7:15 p.m.
Dates: April 15-May 20
Location: Hopewell School Gymnasium

Indoor Golf Lessons - Stay Tuned!

Indoor golf lessons and leagues in partnership with Chris Cote's Golf Shop in in Portland coming soon! Instructors are certified PGA Golf professionals.

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.**

**See Page 19 for
Vacation Skate Camp!**

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. Helmet required. Other equipment optional.

Fee: \$60/Child
Meets: Saturdays, 9:00-9:45 a.m. OR
Saturdays, 9:45-10:30 a.m.
Dates: April 20-May 25
Location: Skate Park (2143 Main Street)

Advanced Beginner Skate

(Skateboarders ONLY ages 7 years old and up)

Learn fundamentals and beginner maneuvers. Learn how to properly ride each piece of equipment, falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. Helmet required. Other equipment optional.

Fee: \$80/Child
Meets: Saturdays, 10:30-11:30 a.m.
Dates: April 20-May 25
Location: Skate Park (2143 Main Street)

Intermediate Skate

(Skateboarders ONLY ages 7 years old and up)

Learn advanced tricks and maneuvers. Must have several years of skating experience. Proper technique will be stressed. 360's, 180's, Ollies, 50-50's, Kickflips, Shuvits, Grabbed Airs, Topsides, Negatives, Torques, Technical Grinds and tricks will be taught and practiced. Helmet required. Other equipment optional.

Fee: \$80/Child
Meets: Saturdays, 11:30 a.m.-12:30 p.m.
Dates: April 20-May 25
Location: Skate Park (2143 Main Street)

- 15 - GYMNASTICS PROGRAMS

Glastonbury Gymnastics Club

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

About our Staff

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

About our Facility

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

Preschool Classes

(Ages 3&4 by Start of Session)

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

Fee:	\$184/Winter; \$164/Spring
Meets:	Tuesday 2:55-3:40 p.m.
Winter:	January 2-March 12 (10 weeks) No Class 2/20
Spring:	April 2-May 28 (8 weeks) No Class 4/9

Recreation Classes

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 last class only.

Beginner

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

Advanced Beginner

Have mastered 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 I)

Have mastered a forward roll to stand, backward roll to their feet, straight arm bridge, cartwheel, and $\frac{3}{4}$ handstand.

Pre-Team (USAG Level I)

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

Introductory Competitive Teams (Next Page)

Xcel Bronze: Gymnasts must be able to do a cartwheel, round-off, vertical handstand, backward roll to push-up, one pull-up, and pull-over mount on bars. Level 2: 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 our competitive team. Gymnasts must be tested by the Director.

Winter Schedule (10 Weeks)

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

Spring Schedule (8 Weeks)

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

Fee:	\$184/Winter; \$164/Spring
Winter Tuesday:	January 2-March 12 No Class 2/20

Winter Wednesday:	January 3-March 6
Winter Friday:	January 5-March 15 No Class 1/19

Spring Tuesday:	April 2-May 28 No Class 4/9
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Spring Wednesday:	April 3-May 29 No Class 4/10
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Spring Friday:	April 5-May 31 No Class 4/12
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GYMNASTICS PROGRAMS - 16 -

Developmental Program (D.P.) Competitive Team

Gymnasts must be tested by the Director and have prior competitive experience. To be eligible for Level 2, 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. D.P. gymnasts work out between 4.5-9 hours/week, allowing them flexibility to participate in other sports and/or activities.

D.P. Competitive Team is a year-long commitment. Gymnasts compete at sanctioned USA Gymnastics and YMCA events and must possess a current Athlete Membership to USA Gymnastics (\$69 annual fee) and be Gymnastics Team members of the Glastonbury Family YMCA (~\$190 annual fee). Fees collected by Gymnastics Director.

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

Level 2 (2/Week)

Mon. 4:15-6:15 Thurs. 4:00-6:15

Level 3 (3/Week)

Mon. 4:15-6:15 Tues. 6:15-8:30

Wed. 6:15-8:30

Level 4-9 (4/Week)

Mon. 6:15-8:30 Tues. 6:15-8:30

Wed. 6:15-8:30 Thurs. 6:15-8:30

Winter Fee: \$343/Level 2; \$363/Level 3;
\$383/Level 4-9

Spring Fee: \$303/Level 2; \$323/Level 3;
\$353/Level 4-9

Winter Monday: January 8-March 25
No Practice 1/15; 2/19

Winter Tuesday: January 2-March 19
No Practice 2/20

Winter Wednesday: January 3-March 13

Winter Thursday: January 4-March 14

Winter Friday: January 5-March 22
No practice 1/19

Spring Monday: April 1-June 10
No Practice 4/8; 5/27

Spring Tuesday: April 2-June 4
No Practice 4/9

Spring Wednesday: April 3-June 5
No Practice 4/10

Spring Thursday: April 4-June 6
No Practice 4/11

Spring Friday: April 5-June 7
No Practice 4/12

Xcel Competitive Team

Provides an opportunity for gymnasts to compete with a less stringent schedule than the D.P. Team. Xcel Bronze is the introductory level of competition and provides an opportunity for athletes to experience the thrill of competition. To be eligible, gymnasts must be able to do a cartwheel, round-off, vertical handstand, backward roll to push up, one pull-up, and pullover mount on bars. In addition to physical skills, gymnasts must demonstrate a positive, hardworking, and respectful attitude. Gymnasts must be tested by the Director to move to Xcel Bronze Team.

Xcel Competitive Team is a year-long commitment. Gymnasts compete at sanctioned USA Gymnastics and YMCA events and must possess a current Athlete Membership to USA Gymnastics (\$69 annual fee) and be Gymnastics Team members of the Glastonbury Family YMCA (~\$190 annual fee). Fees collected by Gymnastics Director.

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

Bronze (2/Week)

Tues. 4:45-6:15 Fri. 5:10-6:40

Silver (3/Week)

Mon. 6:15-8:30 Tues. 6:15-8:30

Thurs. 6:15-8:30

Gold/Platinum/Diamond (3/Week)

Mon. 6:15-8:30 Wed. 6:15-8:30

Thurs. 6:15-8:30

Winter Fee: \$343/Bronze
\$363/Silver/Gold/Platinum/Diam.

Spring Fee: \$303/Bronze
\$323/Silver/Gold/Platinum/Diam.

Winter Monday: January 8-March 25
No Practice 1/15; 2/19

Winter Tuesday: January 2-March 19
No Practice 2/20

Winter Wednesday: January 3-March 13

Winter Thursday: January 4-March 14

Winter Friday: January 5-March 22
No practice 1/19

Spring Monday: April 1-June 10
No Practice 4/8; 5/27

Spring Tuesday: April 2-June 4
No Practice 4/9

Spring Wednesday: April 3-June 5
No Practice 4/10

Spring Thursday: April 4-June 6
No Practice 4/11

Spring Friday: April 5-June 7
No Practice 4/12

- 17 - YOUTH & TEEN PROGRAMS

Sew This! Sewing Classes

(Grades 5-8)

Sewing teaches math and problem solving skills while cultivating intuition and creativity! Join us as we create some beautiful and functional projects. All supplies included.

Fee:	\$45/1 Day Class; \$70/2 Day Class
1/22:	Pillowcase (1 Day Class)
1/29:	Peeps Pillow (1 Day Class)
2/5:	Small Zippered Bag (1 Day Class)
2/12:	Fleece PJ Pants (1 Day Class)
3/4 & 3/11:	Fleece Pullover (2 Day Class)
Time:	4:30-5:45 p.m.
Location:	Academy Youth & Teen Center

Babysitting Class

(Ages 11-15; **Residents and Non-Residents**)

Be prepared to become one of the most trusted and in-demand sitters in your neighborhood! Topics such as choosing age-appropriate activities, basic child care, bottle feeding, child behavior, leadership, professionalism, safety, starting a business and more are covered. Babysitters will receive a Babysitting certificate via email that includes Standard First Aid (**DOES NOT** include CPR). Provide a valid e-mail address during registration (not a parent e-mail). Bring a lunch, snack and water bottle. **Choose between 2 dates.**

Fee:	\$90/Person (Includes Materials)
Meets:	8:00 a.m.-3:00 p.m.
Location:	Academy Multi-Purpose Room
Date:	Saturday, January 13 Saturday, March 16

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 dates.**

Fee:	\$30/Person
Meets:	6:00-7:30 p.m.
Location:	Academy Youth & Teen Center
Date:	Monday, February 26 Monday, March 25

Friday Night Club

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

Academy Youth & Teen Center

(Grades 5-8)

The Academy Youth and Teen Center (AYTC) is located in the Academy Building, 2143 Main Street and features a variety of supervised, unstructured adventures. The AYTC is furnished with a game lounge and arts and crafts center. 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 collected at the Teen Center for those who do not have passes.

Fee:	School Year Pass: \$69 Daily Admission: \$5/person
Location:	Academy Building (2143 Main St.)
Hours:	Wednesday, Thursday, Friday 3:00-6:00 p.m.
April Vacation:	CLOSED

Middle School Night Out

(Grades 5-8)

Join us for these fun nights out at the AYTC that coincide with the Kids Night Out program! Play games in the Youth & Teen Center and enjoy pizza and dessert. Pre-registration required online.

Fee:	\$20/Child
Meets:	Fridays, 6:00-9:00 p.m.
Dates:	February 16, 2024 April 19, 2024

Middle School Coffeehouse

(Grades 5-8)

Pizza, music and time to play in the game lounge! Co-sponsored by GCAP. FREE!

Meets:	Friday, 6:00-8:30 p.m.
Date:	May 3, 2024

HOLIDAY ACTIVITIES -18-

Holiday Letters Program

Glastonbury children are invited to write a letter with their holiday wishes to Santa, the Reindeer, the Mensch on the Bench, Frosty the Snowman, or any holiday figure they choose! Beginning on November 23rd letters can be dropped off in the holiday box at the Parks & Recreation entrance of Academy, the main entrance of the Riverfront Community Center or mailed to the Parks & Recreation department. Letters received by 8:00 a.m. on December 18th will receive a letter. Be sure to include a return address.

Holiday House 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. Registration can be completed online on the Parks and Recreation portal.

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

Festive Driving Tour & Scavenger Hunt

Enjoy a night out with friends and family to see the beauty of Glastonbury during the holidays. Driving tour maps will be available on December 5. While out driving, complete the scavenger hunt for a chance to win a \$30 credit off a Parks and Recreation program! Submissions for completed scavenger hunts will be accepted 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. 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.

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

SAVE THE DATE
Family New Year's Eve Party at the
Glastonbury Boathouse on 12/31/23!
STAY TUNED FOR DETAILS!

FREE Children's Performance Matt Matthews Magic Show Wednesday, December 27th

(Appropriate for Preschool-Elementary Age)
Gideon Welles School Auditorium at 11:00 a.m.
Join magician Matt Matthews for a magical adventure that will astound and delight audiences of all ages! You'll be amazed as objects disappear, reappear, and transform before your very eyes. During the show Matt Matthews will teach you one of his favorite magic tricks and several audience members will have the chance to join Matt Matthews on stage to help with the magic themselves! Don't miss this incredible show full of laughter, surprises, and way too many stinky gym socks!

FREE Children's Performance Tom Knight Puppet Show Tuesday, February 20th

(Appropriate for Preschool-Elementary Age)
Gideon Welles School Auditorium at 11:00 a.m.
Tom Knight has been delighting children and their grown-ups with his original, interactive, musical puppet show since 1988. His unique blend of musicianship and puppetry celebrates reading ("The Library Boogie"), the environment ("The Garbage Monster"), and science ("The Solar System"), with hand-made puppets, catchy songs, and lots of audience participation.

The vibrant and amusing visual elements appeal to children as young as 2, while fun lyrics engage children up to twelve, and adults, too! Tom has performed more than 1000 times at libraries, schools, pre-schools, summer camps, museums, and festivals across the country. This show features songs from his 6th studio album - Look Both Ways!

Vacation Voyagers

(Grades K-5)

A comprehensive and exciting vacation experience that combines the joy of creativity, the thrill and excitement with games and the value of making lasting memories! Participants embark on a journey of fun, imagination, and building connections that they'll cherish long after the program ends! **Before/after care options will be available for both February and April vacations. Before care will be from 8:00-9:00 a.m., and after care will be from 3:00-4:00 p.m.**

February Fee: \$40/Participant
April Fee: \$150/Participant
Before Care: \$5/February; \$20/April
After Care: \$5/February; \$20/April
February: Tuesday, February 20
April: April 8-April 12
Meets: 9:00 a.m.-3:00 p.m.
Location: Gideon Welles Gymnasium

Skateboarding Vacation Camp

(Ages 8-13)

Join us for a week of skating and excitement! We will go over all the basics of skateboarding including learning the parts of the board and all the ramps in a skatepark, with fun games and activities included! Great for all ages and anyone interested in riding a skateboard. This camp will include instruction for beginners such as riding the board, board control, and balance. As participants advance, instructors will teach flat ground tricks and hitting the ramps. Based on skill level, they will work up to ollies and other fun tricks! If there is expected rain the program will be cancelled and made up on Friday, April 12.

Fee: \$95/Person
Meets: Monday-Thursday
Dates: April 8-April 11
Time: 9:00 a.m.-12:00 p.m.
Location: Skate Park (2143 Main Street)



VACATION PROGRAMS - 20 -

Engineering Imagination Vacation Camp

(Grades K-2)

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

Fee: \$315/Person
Meets: Monday-Friday
Dates: April 8-April 12
Time: 9:00 a.m.-3:00 p.m.
Instructor: Engineering Imagination
Location: Academy Cafeteria

Rockin' Rockets

(Grades K-5)

Children will step into the shoes of a rocket scientist and learn the fundamentals of flight, propulsion and rocket design. We'll have fun exploring astronomy and trying out various flight designs from hot air balloons to hovercrafts (and many more!) We'll launch a real model rocket every day and kids will build and take home their own Mad Science model rocket.

Fee: \$195/Participant
Meets: Monday-Friday
Dates: April 8-April 12
Time: 1:00-4:00 p.m.
Instructor: Mad Science
Location: Academy Youth & Teen Center

Jungle Journey: Art-Ventures in the Rain Forest!

(Grades K-5)

Art explorers take their inner artists for a walk in the rainforest and discover a variety of endangered creatures who live there. Lizards and poison dart frogs, bugs and butterflies, tigers and monkeys and more. Learn about the layers of the rainforest while experimenting with a variety of art forms. Experience fabric design while tie dyeing bandannas and making rainbow T-shirts. Sculpt animals out of clay, make 3-D paper reptiles, and create rainforest flowers. Decorate beach balls, draw tigers with oil pastels, and paint ceramic flower pots that look like boots. Discover stained glass and scratch art too.

Fee: \$195/Participant
Meets: Monday-Friday
Dates: April 8-April 12
Time: 9:00 a.m.-12:00 p.m.
Instructor: Art-Ventures
Location: Academy Youth & Teen Center

Art Around the World Week

(Grades 3-6)

Welcome to an exciting journey through various cultures and artistic traditions in "Art Around the World Week!" Throughout the week, children will embark on an immersive artistic adventure, discovering the unique art styles, techniques, and stories from different countries and continents.

Before care will be offered for this program for \$20 for the week. There will be an option for before care from 8:00-9:00 a.m. upon registration. Interested in extending this to make it full day? Sign up for Vacation Voyagers! After registering for Art Around the World, a promo code will be on your receipt to use when signing up for Vacation Voyagers to receive 50% off the Vacation Voyagers program.

Fee: \$170/Participant
Meets: Monday-Friday
Dates: April 8-April 12
Times: 9:00 a.m.-12:00 p.m.
Instructor: Jacki Sweeney
Location: Gideon Welles Art Room



- 21 - 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	Stream/Tr	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

VOLUNTEER PROGRAMS & BUS TRIPS -22-

Glastonbury Community Action Partnership

(GCAP) is a community prevention coalition. The coalition works to engage our youth in fun, drug and alcohol free activities while also fostering positive relationships with caring adults. Glastonbury High School Student Surveys have shown that parents are the most influential people in their children's lives; and if you talk, they'll listen. TOGETHER WE CAN provide the best COMMUNITY we can for our children. PLEASE consider donating some of your time and talent for the sake of all of our kids and our community. We need parents help more than ever. For more information about the Glastonbury Community Action Partnership, or to get involved, please contact Anna Park at anna.park@glastonbury-ct.gov or Mirela Mujcinovic at mirela.mujcinovic@glastonbury-ct.gov.

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

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

Glastonbury Partners in Planting

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

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

UConn Men's Basketball vs. St. John's Storm @ Madison Square Garden

Trip includes charter bus, ticket to the game (200 level; 12:00 p.m. tipoff) free time before and after the game in New York City and games and prizes on the bus.

Fee: \$180/Person
Departs: East Hartford/Glastonbury Commuter Parking Lot (3000 Main Street) at 7:00 a.m.
Date: Saturday, February 3

St. Patrick's Day Parade, Boston, MA

Trip includes charter bus, food before the parade, food after the parade and games and prizes on the bus.

Fee: \$85/Person
Departs: East Hartford/Glastonbury Commuter Parking Lot (3000 Main Street) at 7:30 a.m.
Date: Sunday, March 17

Boston Red Sox vs. Cleveland Guardians on Patriots Day, Boston, MA

Trip includes charter bus, ticket to the game, breakfast and games and prizes on the bus. First pitch is at 11:00 a.m.

Fee: \$165/Person
Departs: East Hartford/Glastonbury Commuter Parking Lot (3000 Main Street) at 7:00 a.m.
Date: Monday, April 15



- 23 - ADULT PROGRAMS

Family One Polite Dog Manners

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

Fee: \$120/Session
Meets: Wednesdays 6:00-7:00 p.m.
Location: Academy Cafeteria
Dates: April 17-May 22
Instructor: Beth Vincent, CPDT-KA

Out and About with your Best Friend

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

Fee: \$120/Session
Meets: Wednesdays 5:00-6:00 p.m.
Location: Academy Softball Field
Dates: May 29-June 19
Instructor: Beth Vincent, CPDT-KA

Bella Italia Night - Dinner & Dancing

(Ages 55+)

Join us for a fun night out as we journey back in time to the days of swanky Hollywood parties, and great music by Frank Sinatra, Dean Martin and more legends! This evening will include a 3 course Italian dinner, music and dancing. Purchase tickets at the Riverfront Community Center, Parks & Recreation Office or online.

Date: Thursday, April 4
Time: 6:00-8:00 p.m.
Fee: \$15/person

Glastonbury Chorus

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

Square Dances & Lessons

Sponsored by the Glastonbury Square Dance Club, lessons are held at Buttonball School, Wednesdays from 6:30-9:30 p.m. Dance level is MS+. Held October-June one Saturday of each month. For information, please call (860)205-9353.

Minnechaug Golf Course

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

Men's & Coed Adult Softball Leagues

Season runs May-August. For information on league format, scheduling, fees and specific eligibility requirements, go to www.glastonburyct.myrec.com. A team deposit of \$100 is required upon registration of your team, with total costs totaling \$1,000.00 per team. Registration for teams begins on Tuesday, December 12 at 8:00 a.m. and will run through Friday, April 12. No teams will be accepted after this deadline.

ADULT PROGRAMS - 24 -

Spring Adult Tennis

(Ages 17 and Up)

Level 1: Little or no tennis experience. **Level 2:**

Can hold a racquet properly, understand basics of forehand and backhand and hit at least 3 times from the center service line. **Level 3:**

Understand basics of rallying, hit both forehand and backhand at least 3 times from the baseline, perform basics of a serve and know how to score. **Level 4:**

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. Students must provide their own racquet.

Fee: \$54/Session

Meets: Saturday 11:00 a.m.-11:55 a.m.

Location: GHS Tennis Courts

Dates: April 20-May 18

Spring Adult Pickleball Lessons

Beginner: New or inexperienced players. Learn rules, to hit the ball, maintain rally and keep score.

Intermediate: A play and learn format where new skills are taught each session through drills and games. Serve and return, drop shots, non-volley zone transition, dinking, backhand, positioning and strategy will be covered. Participants should be a solid 3.0 player per USA pickleball ratings.

Session 1: April 20-May 4		
Time	Level/RCC Courts	Fee
8:30-9:55A	Intermediate (18+)	\$45
10:00-11:25A	Beginner (18+)	\$45
11:30A-12:55P	Intermediate	\$45

Session 2: May 18-June 1		
Time	Level/Courts	Fee
8:30-9:55A	Intermediate (18+) RCC Courts	\$45
8:30-9:55A	Beginner (18+) Addison Courts	\$45
10:00-11:25A	Intermediate (18+) RCC Courts	\$45
10:00-11:25A	Beginner (60+) Addison	\$35
11:30A-12:55P	Intermediate (18+) RCC Courts	\$45
11:30A-12:55P	Beginner (18+) Addison Courts	\$45

Open Gym Programming

Open Gym calendars are posted on the Parks and Recreation portal at www.glastonburyct.myrec.com, and on the Town Website. 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: Get out of the work week rut with some exercise! 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 that is enjoyable 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. PLEASE BE SURE TO 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 meets twice per month. Please consult the Open Gym calendar for specific dates.

Open Gym 2023-2024 Schedule & Fees Monday-Thursday Through June 6, 2024 Tuesdays Through June 16, 2024 Saturday & Sunday Through April 28, 2024

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

* \$50 Resident Pass Includes **ALL** Open Gym Programs

- 25 - FITNESS PROGRAMS

Senior Fitness

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

ZUMBA

A fusion of Latin and International music- dance that creates a dynamic, exciting, effective fitness routine! We'll do aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dance steps are fun and easy to follow!

Hoop Yoga Fusion

Laugh, experiment, and bring joy to your movement practice. This class integrates gentle yoga movement and the hula hoop adding an interesting, playful twist to working out. You'll use the hoop as a prop with yoga poses. Whether you are new to yoga or hooping this practice is for every "body". Come enjoy a refreshing twist on movement, stretch, and play. Hoops will be provided by the instructor.

Yoga

Unwind and recharge your batteries as your surrender into yoga poses designed to strengthen your core, build stamina, and increase flexibility. Class will focus on connecting breath with movement and simple mindfulness and meditation practices. Different variations of poses are offered, making this class fun, safe, and challenging for all levels. Mixed Level Class.

Class	Instructor	Location	Meets	Dates	Fee
Senior Fitness (Select Physical Therapy)	Sara	IN PERSON Riverfront Community Center	Monday 9:00-9:55 a.m.	Jan. 8-March 25	\$34
				April 15-June 17	\$31
			Monday 10:00-10:55 a.m.	Jan. 8-March 25	\$34
				April 15-June 17	\$31
			Wednesday 9:00-9:55 a.m.	Jan. 10-March 27	\$40
				April 17-June 19	\$34
			Friday 9:00-9:55 a.m.	Jan. 12-March 22	\$37
				April 19-June 21	\$34
ZUMBA (Personal Euphoria)	Mary	IN PERSON Academy Cafeteria	Monday 6:15-7:00 p.m.	April 15-June 17	\$59
Hoop Fusion Yoga (Personal Euphoria)	Diane	IN PERSON Academy Multi Purpose	Wednesday 5:30-6:15 p.m.	Jan. 10-Feb. 28	\$52
				April 17-June 19 (No 5/15)	\$59
Yoga (Personal Euphoria)	Max	IN PERSON Academy Multi Purpose	Monday 10:00-10:45 a.m.	Jan. 8-March 25	\$66
				April 15-June 17	\$59
	Rachel	IN PERSON Academy Multi Purpose	Monday 5:30-6:15 p.m.	Jan. 8-March 25	\$66
				April 15-June 17	\$59
			Thursday 9:30-10:15 a.m.	Jan. 11-March 28	\$79
	Lynn	IN PERSON Academy Multi Purpose	Friday 9:50-10:35 a.m.	April 18-June 20	\$66
				Jan. 12-March 22	\$72
	Sonia	IN PERSON Riverfront Community Center	Thursday 5:30-6:30 p.m.	April 19-June 21	\$66
				April 18-June 20	\$66

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

Class Open to Residents & Non-Residents (**Non-Resident Registration Begins 12/19/23**)

Barre-Pilates Fusion

A full-body workout that combines barre, strength, and floor work with stretching and moments to breathe. A great blend of stretch and tone.

Gentle Pilates

Exercises focus on the core muscles including abs, back, glutes and shoulders. Work to create balance and strength in your trunk and loose, limber limbs. Become strong and long while improving balance, coordination, and posture. A great option for newcomers to Pilates or anyone who wants to move, but needs to tone down a bit. Must be able to get up and down off the floor.

Morning Mat Pilates

Develop a strong core while maintaining loose, limber limbs. Exercises provide variations for different fitness levels. Focuses on core muscles which include abs, back, glutes and shoulders. Become strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you will discover muscles you never knew you had. Must be able to get up and down off the floor.

Pilates

Exercise focuses on core muscles which include abs, back, glutes and shoulders. Work to create balance and strength in your trunk and loose, limber limbs. Become strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you will discover muscles you never knew you had. Must be able to get up and down off the floor.

Class	Instructor	Location	Meets	Dates	Fee
Barre-Pilates Fusion (Personal Euphoria)	Allison	VIRTUAL Live via ZOOM	Monday 5:45-6:30 p.m.	Jan. 8-March 18	\$72
Gentle Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose	Monday 1:30-2:15 p.m.	Jan. 8-March 25	\$86
				April 15-June 17	\$72
			Wednesday 10:20-11:05 a.m.	Jan. 10-March 27	\$86
				April 17-June 19	\$72
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Tuesday 8:30-9:30 a.m.	Jan. 9-March 26	\$86
				April 16-June 18	\$72
		IN PERSON Academy Multi Purpose	Tuesday 9:30-10:30 a.m.	Jan. 9-March 26	\$86
				April 16-June 18	\$72
		VIRTUAL Live via ZOOM	Thursday 8:30-9:30 a.m.	Jan. 11-March 28	\$86
				April 18-June 20	\$72
Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose	Tuesday 6:00-6:45 p.m.	Jan. 9-March 26	\$79
				April 16-June 18	\$66
			Wednesday 9:30-10:15 a.m.	Jan. 10-March 27	\$79
				April 17-June 19	\$66
			Thursday 6:00-6:45 p.m.	Jan. 11-March 28	\$79
				April 18-June 20	\$66
	Rob	VIRTUAL Live via ZOOM	Tuesday 6:00-6:45 p.m.	Jan. 9-March 26	\$96
				April 16-June 18	\$80

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

Class Open to Residents & Non-Residents (**Non-Resident Registration Begins 12/19/23**)

- 27 - FITNESS PROGRAMS

Cardio Strength

This functionally fun class provides a complete workout that will help tone and reshape your body. Use light weights and your own body weight to improve strength, flexibility, balance, and stamina to sculpt and tone. Must be able to get up and down off the floor.

Core Strength

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

Low Impact Standing Strength

With a combination of strength and cardio, work balance and flexibility while having fun moving. This class will have simple aerobic moves to target all the major muscles groups. Join us with some fun music to move your feet and celebrate moving!

Strength Training

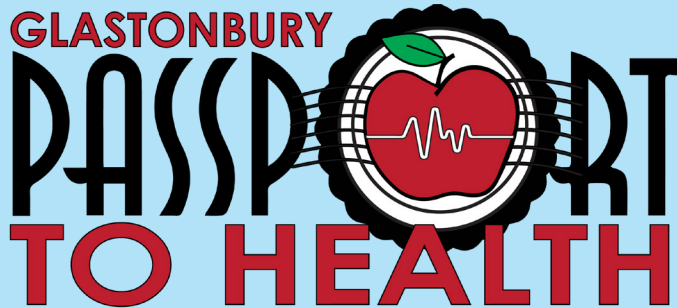
A complete workout that will help sculpt, strengthen, and reshape your body. You will work the core and more. Class includes standing and floor work so you must be able to get up and down off the floor.

Class	Instructor	Location	Meets	Dates	Fee
Cardio Strength (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Wednesday 8:30-9:15 a.m.	Jan. 10-March 27	\$96
				April 17-June 19	\$80
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Thursday 6:00-6:45 p.m.	Jan. 11-March 28	\$96
				April 18-June 20	\$80
Low Impact Standing Strength (Personal Euphoria)	Rachel	IN PERSON Academy Multi Purpose	Monday 9:00-9:45 a.m.	Jan. 8-March 25	\$66
				April 15-June 17	\$59
Strength Training (Personal Euphoria)	Rachel	IN PERSON Academy Multi Purpose	Monday 6:20-7:05 p.m.	Jan. 8-March 25	\$79
				April 15-June 17	\$66
	Lynn		Friday 9:00-9:45 a.m.	Jan. 12-March 22	\$72
				April 19-June 21	\$66
	Maggie	VIRTUAL Live via ZOOM	Monday 9:00-9:45 a.m.	Jan. 8-March 25	\$66
				April 15-June 17	\$59

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

Class Open to Residents & Non-Residents ([Non-Resident Registration Begins 12/19/23](#))

Friday 3/8/23 | 2:00-6:00 p.m. | RCC



www.glastonbury-ct.gov/passport2health

CHILDREN'S SWIM LESSONS - 28 -

Infants and Toddlers

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

Tots

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

Learn to Swim Program

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

Level 1: Introduction to Water Skills

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

Level 2: Fundamental Aquatic Skills

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

Level 3: Stroke Development

Be able to independently enter; submerge and blow bubbles; tread water 15 seconds and move through the water using simultaneous and alternating legs and arms for at least 5 body lengths.

Level 4: Stroke Improvement

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

Level 5: Stroke Refinement

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

Level 6: Fitness Swimmer

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

Children's Swim Lessons

Please be advised that if your child is enrolled in the incorrect class, it may not be possible to transfer to the correct class due to enrollment. Include day, level, time and second and third choices on the registration form in case the first choice is full. Otherwise, the first choice will be put on the waiting list. Classes will be held at the GHS Pool. Due to high demand, participants may sign up for 1 class per session. All classes run for 7 weeks.

Registration for Spring Lessons begins on 3/18/24

Fee:

\$48/child

Children's Winter Lessons (Monday) January 22-March 11 (No Class 2/19)

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

Children's Winter Lessons (Wednesday) January 24-March 13 (No Class 2/21) On 2/28 Class will Start at 6:00P and 7:00P

5:35P	6:05P
Tots	Level 1
Level 3	Level 2
Level 4	Level 5

Children's Winter Lessons (Saturday) January 20-March 9 (No Class 2/3)

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	Level 5	Level 4	Level 5

Children's Spring Lessons (Saturdays) March 23-May 10 (No Class 3/30; 4/13)

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	Level 5	Level 4	Level 5

- 29 - AQUATICS & POOL SCHEDULE

Adult Swim Lessons

(Ages 18 and up)

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

Fee: \$52/person
Meets: Mondays 7:30-8:30 p.m.
Location: GHS Pool
Date: January 22-March 11
 No Class 2/19

Egg-a-Pool-Looza!

(Ages 3-13)

Activities include aquatic egg hunt, face painting, prizes, pictures with the bunny and more. Pre-registration is required for all participants. Parents do not need to register! Children who do not know how to swim must be in the water with a parent and U.S. Coast Guard approved life jackets must be worn. Parents must be in the water with their children for the 3-4 yr old and 5-6 yr old waves. Children aged 3-8 will be restricted to the shallow end of the pool, and 9-13-year old's able to swim between the deep end and the shallow end.

Date: Sunday, March 24
3-4 yr olds: 1:00 -1:30 p.m. (30 max)
5-6 yr olds: 1:30-2:00 p.m. (30 max)
7-8 yr olds: 2:00-2:30 p.m. (30 max)
9-13 yr olds: 2:30-3:00 p.m. (40 max)
Fee: \$4/Child
Location: GHS Pool

Riverfront Park Boat Launch & Storage

Beginning Monday, March 11th, boat launch permits are available at the Parks and Recreation office Monday-Friday 8:00 a.m.-4:30 p.m. Boaters must bring proof of residency and valid boat registration. Single boat launch will be open from mid April-November. Park offers a covered picnic pavilion, children's playground and walking trails. Attendant on duty during the boating season. Restrooms available on site.

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

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

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

High School Pool Indoor Season (For Residents Only) Beginning January 3

Pool Schedule Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Lessons 10:30A-1:15P	
Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Lessons 5:30-6:45P	Swim Team 5:30-7:30P	Swim Team 5:30-7:30P	Rec. Swim 1:30-2:30P	Adult Swim 12:00-1:30P
Lessons 6:30-7:30P		Swim Team 6:30-8:30P			Adult Swim 2:30-3:30P	Rec. Swim 1:30-3:00P
Adult Lessons 7:30-8:30P	Adult Swim 7:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 7:30-9:30P	Adult Swim 7:30-9:30P	Swim Team 3:30-7:30P	Swim Team 3:00-7:00P
Adult Swim 8:30-9:30P						

Household Poolpass Indoor
HOUSEHOLD POOL PASS FEE:
DAILY ADMISSION FEE:

\$119/Family
 Child \$7; Adult \$10

Individual Poolpass Indoor
INDIVIDUAL PASS FEE: \$100/Person

AQUATICS PROGRAMS - 30 -

Diving Lessons

(Boys and Girls ages 7-17)

Great for beginner & experienced divers. **Beginner**

1: Must have passed Level 4 lessons; able to perform a standing dive from the diving board.

Beginner 2: Must have completed Beginner 1 diving; able to perform a forward and backward dive. **Intermediate:** Must be able to perform

a forward dive, back dive, inward dive and somersault in any direction. **Advanced:** Must be able to perform inward and reverse dives, forward and backward somersaults, and forward ½ twist

Fee: \$60/child

Meets: Sundays (1 hour times above)

Location: Glastonbury High School Pool

Dates: March 3-May 5 (No Class 3/31; 4/7)

Spring Competitive Swim Clinic

(Competitive Swimmers Ages 7-14)

Each week focuses on a specific stroke/skill.

Choose which week(s) to attend to focus on the strokes/skills you most want to work on.

Week 1: Butterfly

Tuesday, Wednesday, Friday

April 16, 17, 19

Week 2: Backstroke

Tuesday, Wednesday, Friday

April 23, 24, 26

Week 3: Breaststroke

Tuesday, Wednesday, Friday

April 30, May 1, 3

Week 4: Starts

Tuesday, Wednesday, Friday

May 7, 8, 10

Week 5: Turns

Tuesday, Wednesday, Friday

May 14, 15, 17

Week 6: Freestyle

Tuesday, Wednesday

May 21, 22

Fee: Week 1,2,3,4,5: \$48/Week

Week 6: \$32/Week

Location: GHS Pool

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

Long Course USA Swimming

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

Spring Practice:

April 1-Mid June; Monday-Friday 5:00-7:30 p.m.; Saturdays 3:30-5:30 p.m.*

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

Anticipated Summer Practice:

Mid June-late July

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

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

Fee: \$715/Person

Lifeguard Training

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

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

Fee: \$315/person

Location: GHS Pool and Classrooms

Winter Class: Saturday, 1/6 (10:30 a.m.-5:30 p.m.);
Sunday, 1/7 (8:00 a.m.-3:00 p.m.);
Saturday, 1/13 (10:30 a.m.-3:00 p.m.);
Sunday, 1/14 (8:00 a.m.-11:30 a.m.)

Spring Class: Monday-Friday April 8-12
9:00 a.m.-3:00 p.m.

Glastonbury SENIOR & SOCIAL SERVICES

WINTER 2023 | SPRING 2024

AGE FRIENDLY
GLASTONBURY



How to Reach Us:

General Program Information:

(860) 652-7638

(860) 652-7642

Administrative Fax:

(860) 652-7649

Dial-a-Ride Reservation Line:

(860) 652-7643

Where to Find us:

Riverfront Community Center (RCC)

300 Welles Street

Glastonbury, CT 06033



Program Information:

To inquire about any of the programs on the next few pages or for Dial-A-Ride transportation (available Monday-Saturday), please call (860) 652-7638, visit the town website for our monthly newsletter @ www.glastonbury-ct.gov or scan the QR Code above!

Our Program & Office Staff:

Lisa Zerio, Director of Parks & Recreation

(860) 652-7687

Ronda Guberman, Senior Center Supervisor

(860) 652-7646

Christine Avery, Program Coordinator

(860) 652-7655

Austyn Dolce, Program Coordinator

(860) 652-7653

Nicole Mercer, Administrative Secretary

(860) 652-7641

Diana Patterson, Customer Service Representative

(860) 652-7638

Amber O'Farrell, Customer Service Representative

(Evenings & Weekends)

(860) 652-7638

- 32 - REGISTRATION & LUNCH PROGRAMS

Dear Friends,

The Glastonbury Senior Center serves as an Age Friendly multipurpose facility offering a variety of enriching, educational, and leisure programs as well as social services in response to the diverse needs of the community!

In addition to the many wonderful activities, a hot lunch is served daily. Please see details below or view our Sharing Tree Newsletter for more information. The Riverfront Café serves freshly made sandwiches, salads, soups, hot and cold beverages and other treats.

Please stop in any time between 8:00 a.m.-4:30 p.m. Monday-Friday, or call us at (860) 652-7638. We are also open on Tuesday and Thursday evenings and on Saturdays from 9:00 a.m. - 2:00 p.m. We would love to meet you!

Sincerely,

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

Program Registration

Registration begins December 12th (residents) and December 19th (Non-residents). Register online at glastonburyct.myrec.com; call (860) 652-7638, or stop by our office.

Pop-Up Shop Opportunity

This unique opportunity will allow local vendors to showcase their small craft businesses during monthly Special Luncheons, between the hours of 10:00 a.m.-2:00 p.m. Glastonbury artisans and crafters are invited to apply for a space and the Town will select one vendor for each Pop-Up Shop. The Town may use its discretion in selecting vendors for the shops. For more information, please contact Ronda Guberman, Senior Center Supervisor, ronda.guberman@glastonbury-ct.gov.

Lunch at the Center

Join us for lunch from 11:45 a.m.-12:30 p.m. daily. Cost is \$4/Residents and \$6/Non-residents (the price change begins January 2nd, 2024) No reservations required. Menus available at the RCC or online at www.glastonburyct.gov (Senior Services Department) on the Glastonbury Senior Center Facebook page or call (860) 652-7638 for the meal of the day.

Frosty Brunch

Celebrate the holidays with us at the RCC! Enjoy a brunch of veggie frittata with hollandaise, sausage, home fries & fresh fruit. Holiday entertainment following lunch by pianist & singer, Paul Shlien!

Date: Tuesday, December 19, 2023
Time: 11:45 a.m.
Location: Community Room
Fee: \$6/Resident; \$8/Non-Resident
Purchased Tickets by 12/15/24

"Noon Years" Luncheon

Ring in the New Year with us in style! Join us for a delicious meal of homemade meat lasagna, garden salad, mozzarella-garlic bread and Tiramisu cake for dessert! After your meal, dance and sing the afternoon away to the tunes of Tom "T-Bone" Stankus, known as "America's Pied Pieper"!

Date: Tuesday, January 9, 2024
Time: 11:45 a.m.
Location: Community Room
Tickets: \$7/Resident; \$9/Non-Resident
Purchased Tickets by 1/3/24

Sweetheart Serenade Valentine's Day Luncheon

Celebrate "love day" by wearing red! Feast on a delectable meal of roast beef with mushroom gravy, green bean casserole, cheesy potato casserole & cheesecake with cherry topping. Then, enjoy being serenaded by The Country Duo!

Date: Thursday, February 15, 2024
Time: 11:45 a.m.
Location: Community Room
Tickets: \$7/Resident; \$9/Non-Resident
Purchase Tickets by 2/9/24

Shake your Shamrock St. Patrick's Day Celebration

Celebrate the Saint Patrick's Day holiday with a traditional Corned Beef meal with apple crisp for dessert and enjoy the wonderful traditional dances of the Mulcahy Irish Step Dance Academy!

Date: Tuesday, March 19, 2024
Time: 11:45 a.m.
Location: Community Room
Tickets: \$7/Resident; \$9/Non-Resident
Purchase Tickets by 3/13/24

FITNESS & INTERACTIVE PROGRAMS - 33 -

Class	Description	Meets	Dates	# of Classes	Fee	
					R	NR
Parkinson's Mobility	Improve power, balance & strength	Thursday 9:00-10:00 a.m.	1/25-3/21	9	\$45	\$55
Get Up & Go!	Strength/resistance moves for a full body workout.	Thursday 10:15-11:15 a.m.	1/25-3/21	9	\$45	\$55
Chair Yoga NEW!	Improve muscle strength, flexibility and balance.	Tuesday 10:00-11:00 a.m.	1/16-3/19	10	\$50	\$60
Stretchercise	Low impact exercise using stretch bands & weights.	Tuesday & Thursday 11:30 a.m.-12:15 p.m.	1/16-3/21	20	\$100	\$110
Tai Chi Intro	Learn the basics of mind/body.	Monday 3:30-4:15 p.m.	1/22-3/25 No Class 2/19	9	\$45	\$55
Tai Chi	Mind and body fitness for all ages and levels.	Thursday 6:00-7:00 p.m.	1/4-3/28	13	\$65	\$75
Fitness is Fun	A cardio workout to improve your strength and balance.	Wednesday & Friday 9:15-10:00 a.m.	1/3-3/15	20	\$100	\$110
		Wednesday & Friday 10:15-11:00 a.m.	1/3-3/15	20	\$100	\$110
		Wednesday & Friday 11:15 a.m.-12:00 p.m.	1/3-3/15	20	\$100	\$110
		Monday 8:30-9:15 a.m.	1/8-3/11 No Class 1/15; 2/19	8	\$40	\$50
		Monday 9:30-10:15 a.m.	1/8-3/11 No Class 1/15; 2/19	8	\$40	\$50
Line Dancing	Move your bodies and engage your brains to music. No experience necessary.	Thursday 1:00-2:15 p.m.	1/11-3/7 No Class 2/15	9	\$45	\$55
Watercolor	With watercolors, explore different techniques. Drawing is NOT a prerequisite. *An additional \$10 supply fee is payable to the instructor.	Saturday 9:30-11:30 a.m.	1/13; 1/27; 2/10; 2/24; 3/9; 3/23	6	\$10*	\$15*
Italian Language Class (Textbooks Required)	I: Intermediate II: Advanced: Completion of Italian I or prior knowledge of the language	Thursday via ZOOM I: 9:00-10:00 a.m. II: 10:00-11:00 a.m.	1/11-3/14	10	\$5	\$6

NEW! Outdoor Adventure Club!

Join us for some exciting new adventures that will provide opportunities for enjoying the outdoors and meeting others who like to hike, bike, kayak, and more! We'll host an interest meeting Friday, January 5th at 11:00 a.m. We'd love to hear what activities you're most interested in for planning purposes. Call the RCC to let us know if you plan to attend.

LGBTQ Moveable Senior Center: Creative Happy Hour

Join us, along with the South Windsor Senior Center, for a Creative Happy Hour featuring a Fluid Painting class, non-alcoholic cocktails and hors d'oeuvres.

Date:

February 22, 2024

Time:

4:00-6:00 p.m.

Fee:

\$12/Person (includes supplies/food)

Evening & Weekend Programs

Program	Description	Meets
Chess Club	Play casual Chess and meet new players. Chess boards available.	Thursdays 4:30-8:00 p.m.
Jeopardy Style Trivia Night!	Play different styles of Trivia, from traditional Jeopardy to Picture Games and Head to Head team battles. Free and includes prizes!	Thursdays 6:00-7:30 p.m.
Lifelong Learning: Curiosity Stream	Feed your Curiosity for knowledge. View the Sharing Tree newsletter for session dates and topics!	Tuesdays 6:00-7:00 p.m.
Mahjong, Scrabble, Rummikub & More	Play a mix of games in a casual social environment. New games provided.	Saturdays, 10:30 a.m.-1:00 p.m.
Ukulele BIG SING!	Join Dr. Uke and the band in their reoccurring +100 times performance! Sing-a-long as words are projected on the screen. Dial-a-ride available!	Saturdays: 1/27; 2/17; 3/30 12:00-1:00 p.m.
Movies & Popcorn!		Mondays 1:00 p.m. Saturdays 11:00 a.m.
Registration preferred as space is limited		

Bereavement Support Group 2:00-3:30 p.m.

2nd & 4th Wednesday of the Month

Have you had a family member or friend die recently? Are you experiencing the "symptoms" of grief such as the inability to eat or overeating, sleep changes, lack of concentration and feelings of hopelessness? Joining this group will provide you with support and strategies to cope. This group is co-sponsored by Hartford Healthcare at Home and Glastonbury Senior Center. Call Bill Pilkington, Bereavement Support Counselor at (860)209-3147 or email: bill.pilkington@hhchealth.org

Friendship Circle Memory Program Tuesday-Friday | 9:30 a.m.-12:30 p.m.

A social engagement program designed for Glastonbury Seniors with early stage dementia. Provides an opportunity to gain the benefits derived by being active and socially engaged in a supportive environment. Offers a variety of engaging mental and physical activities including music, arts & crafts, exercise, puzzles, and the company of others! A monthly fee is charged. Lunch and transportation are included. For more information, call (860)652-7638 or stop in!

Memory Screenings

Schedule an appointment for a free, confidential memory screening. Memory 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. Contact Outreach Social Worker, Susan Parrotta, LCSW to register at (860)652-7636 or susan.parrotta@glastonbury-ct.gov. Pre-registration required.

Greater Glastonbury Veterans & Allies Coffeehouse Wednesdays 1/17, 2/21, 3/20 | 9:00 a.m.

Provides a comfortable location for veterans and allies to meet, learn, and socialize. Delivers information relating to veteran experiences, benefits, and service. Speakers are regularly scheduled for each event! Registration encouraged, walk-in's welcome!

Eye Openers Support Group 4th Friday of Month | 10:30-11:30 a.m.

This group is open to any person living with low vision. Members learn from one another and guest speakers. Meetings are in person. Refreshments are served. For more information or to receive meeting announcements, call Susan Parrotta (860)652-7636.

All About Advance Directives; What are they and Why do you Need them

Attorney Shirley Pripstein from Greater Hartford Legal Aid will explain living wills and other advance directives to ensure wishes are followed upon illness or incapacity. **Wednesday January 10th at 1:00 p.m. at Riverfront Community Center. FREE! Call the RCC to register.**

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

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RESIDENTIAL CUSTOMER



Join our Staff!

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

www.glastonbury-ct.gov/prjobs