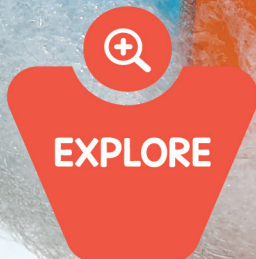


# Glastonbury Parks & Recreation

Senior & Social Services



Summer 2024  
[www.glastonbury-ct.gov](http://www.glastonbury-ct.gov)

## Household Information

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

## Participant Information

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

## Registration Information

Program Choices	Program Name	Day(s)	Date	Time	Location	Cost
Programs fill up quickly! We highly recommend including an alternate choice or choices where applicable!						
1	1st Choice					
	2nd Choice					
2	1st Choice					
	2nd Choice					
3	1st Choice					
	2nd Choice					
						TOTAL:

## Waiver

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Payment

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

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

Check	Write a <b>SEPARATE CHECK</b> for each program. Make checks payable to "Town of Glastonbury"																								
<input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> Disc	Name on Card																								
	Credit Card Number															Expiration					Code				
	<div style="display: flex; justify-content: space-between;"> <div><div style="width: 100%; height: 15px; border: 1px solid black;"></div></div> <div><div style="width: 100%; height: 15px; border: 1px solid black;"></div></div> </div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	<div style="width: 100%; height: 15px; border: 1px solid black;"></div>	

REGISTRATION FORM

## Mail-In & On-Line Registration

Registrations will be accepted by postmarked MAIL AND ON-LINE TUESDAY, MARCH 12 BEGINNING AT 8:00 A.M.

**PROGRAMS WITH DIFFERENT REGISTRATION DATES ARE NOTED IN PROGRAM DESCRIPTIONS.**

Mail-in registrations will be processed daily, at random. NO REGISTRATIONS WILL BE PROCESSED BEFORE MARCH 12.

## In-Person Registration

In-person registrations will be accepted **beginning Tuesday, March 26.**

## Registration Payment

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

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

## Online Registration is Fast & Easy!

1. Visit <https://glastonburyct.myrec.com> and Log in. If you don't have an account create one.
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.

## Residency Requirements

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

## Cancellation Information

Retrieve cancellation information 24 hours a day by calling (860)652-7689. Programs may be cancelled due to insufficient registration. Programs are canceled on July 4, 2024 unless otherwise stated.

## Fees

Fees are subject to change July 1st.

## Refund Policy

Please review your registrations carefully.

- Refunds will be automatic if a program is canceled.
- To avoid classes being canceled at the last minute due to insufficient enrollment and in order to accommodate waiting lists in a timely fashion, refund requests must be made no later than five (5) business days before the program begins. Refund requests will not be considered after this time unless accompanied by a doctor's note.
- Refunds cannot be given on trips, special events, facility reservations and passes.
- For Glastonbury Boathouse and Riverfront Community Center facility rentals, please refer to your contract for cancellation policies.
- Registrations processed by credit card will be credited to the card used. All other refunds generally take 2-4 weeks to process.

## Program Cancellation Requests

Cancellation requests will only be accepted online:

<https://glastonbury.seamlessdocs.com/f/cancellationform>



This process is designed to make program cancellations more convenient and efficient and ensure that cancellations are processed accurately.

## Financial Assistance

Discounted registration fees for basic programs are available to those who qualify by Federal Poverty Guidelines. Eligibility and assistance determinations are made by Social Services. Fee waivers apply to registration fees only. To qualify, an Eligibility Application Form must be submitted to the Social Services Department. Eligibility for financial assistance does not guarantee a space in the program. Eligible programs include:

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

## Join us on Social Media!

Get updates on program information, reminders about upcoming registration and other great info!

**Facebook:** glastonburyparkrec

**Instagram:** glastonbury\_park\_and\_rec



## How to Reach Us

Phone: (860)652-7679  
Fax: (860)652-7691  
Program Information Line: (860)652-7689  
On the Web: [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov)  
Click "Parks and Recreation"  
Mailing Address: Parks and Recreation  
P.O. Box 6523  
Glastonbury, CT 06033  
Mailing Registrations: Parks and Recreation  
Program Registration  
P.O. Box 6523  
Glastonbury, CT 06033  
Office Address: Parks and Recreation  
2143 Main Street  
Glastonbury, CT 06033

## Our Staff

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

## Glastonbury Youth Organizations

The following organizations are run independently. Please contact them regarding specific program and registration information.

### Little League

[glastonburylittleleague.org](http://glastonburylittleleague.org)

### Hartwell Soccer

[glastonburysoccer.org](http://glastonburysoccer.org)

### Midget Football

[gyfa.com](http://gyfa.com)

### YMCA

(860)633-6548

### Lacrosse

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

### GBA

<https://gbahoops.sportsengine-prelive.com/>

### Amateur Baseball

[gburybaseball.com](http://gburybaseball.com)

### Gymnastics

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

### Swim Teams

[www.teamunify.com/teamctgst/page/home](http://www.teamunify.com/teamctgst/page/home)

## Notification of Enrollment

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

## Stay in Touch!

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

## Fishing in Glastonbury

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

## Dog Leash Law

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

## Glastonbury Dog Park

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



## Parks Passport

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

Visit [www.glastonburyct.gov/passport2parks](http://www.glastonburyct.gov/passport2parks) and download a Passport Booklet. Use it as your guide as you begin to venture out to the 28 different places listed. Parks have been 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](mailto:anna.park@glastonbury-ct.gov) with the subject line "Completed Parks Passport". Be sure to include your name, address and t-shirt size!

## Locker Room

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 Youth and Teen Center at (860)652-7838 or e-mail at **mandee.morris@glastonbury-ct.gov** for more information. Sports equipment donations can be dropped off in the BLUE BINS in the Academy Building any time the building is open.

## Puzzle Palooza

(Ages 12+)

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

W	3/27	6:00-8:00 p.m.	Academy Multi-Purpose	\$20
W	4/24			\$20
W	5/22			\$20

## Kids Night Out

Kids ages 5-11 get a special night out while parents get a night off! No need to find a baby sitter to do your shopping, enjoy a dinner out or a quiet night at home. Kids get to hang out with their friends and favorite summer camp staff at a party complete with a pizza dinner, crafts, games and a movie.

F	3/22	6:00-9:00 p.m.	Academy Multi-Purpose	\$20
F	4/19			\$20
F	5/17			\$20

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

## Doggy Paddle: Wednesday, August 28

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



## 2024 Summer Concert Series

Head down to Riverfront Park Fairgrounds on Wednesday nights all summer long to enjoy a series of free outdoor concerts beginning at 6:30 p.m. Bring a picnic or purchase dinner on-site as you relax with family and friends on warm summer nights with entertaining music.

June 19: Glastonbury Town Band  
 June 26: Glastonbury Town Band  
 July 10: Featured Concert: TBD \*  
 July 17: Featured Concert: TBD \*  
 July 24: Featured Concert: TBD \*  
 July 31: Glastonbury Town Band  
 August 7: Glastonbury Town Band  
 September 4: Featured Concert: TBD \*

## \*Chamber Concerts

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

## \*Chamber Concert Sponsorship

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

## The Glastonbury Town Band

The Glastonbury Town Band consists of professional and amateur musicians who play together for 4 concerts per year. New band members are welcome! Attend rehearsal ready to play on Sundays from 7:00-9:00 p.m. on June 9, June 16, June 23, July 28 and August 4.

## Child/Adult Fun Runs

(All Ages)

Grab your sneaks and run some extra miles! Children jog for one mile around the Smith Middle School Soccer field. Adult courses are 2.4 and 3.5 miles. Register at the Smith Middle School Upper Soccer Field starting at 6:30 p.m. for a 6:50 p.m. start. Pre-registration can also be done online at [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com). Divisions include male and female 35 & up, 19-34, 15-18, 13-14, 10-12, 7-9 and 6 & under. Fun Runs will be held on June 25, July 2, 9, 16, 23, 30 and August 6.

## Kangaroo Kids (2024-25) Deposit

**Registration for the 2024-2025 school year begins on Tuesday, March 5th at 8:00 a.m.** 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.

AM Class meets 4 days a week  
 9-11:30 a.m. for 3 & 4 year olds

PM Class meets 5 days a week  
 12:30-3:00 p.m. for 4 year olds

Kangaroo Kids meets September-early June. Complete information including the school calendar and pricing is available online at: [www.glastonbury-ct.gov/kangarookids](http://www.glastonbury-ct.gov/kangarookids)

## Goat Cuddles

Feed, cuddle and take pictures with goats! Take time to make a hoof print project to bring home by pressing a baby goat hoof into air dry clay while goats are held by staff. Feel free to bring cut up carrots, apples, stale crackers or bread to feed.

Tu	4/8/24	11:00-11:30 a.m.	RCC	\$10
Tu	Rain Date 4/10/24	11:30 a.m.-12:00 p.m.		\$10





## My First Art

(Twoosy Doodler: Ages 20 months-3 years old)  
(Mini Doodler: Ages 3 years old-5 years old)  
Visit the land of enchanted castles, magical unicorns, mermaids, gnomes with garden homes, flying dragons, fairytale frogs and more as we create our greatest fantasies! Young artists will fingerprint, sculpt, collage, cut and construct to make fantasy land art.

M	6/24-8/5	9:30-10:15 a.m. (Twoosy Doodler)	Academy Cafeteria	\$120
M	6/24-8/5	10:30-11:30 a.m. (Mini Doodler)	Academy Cafeteria	\$120

## Parent Child Playgroup 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.

Monday 3/13 St. Patrick's Day	8:30-10:30 a.m.	Academy Cafeteria/ Gym	\$10
	10:15-11:45 a.m.		\$10
Monday 3/28 Bunny Hop	8:30-10:30 a.m.	Academy Cafeteria/ Gym	\$10
	10:15-11:45 a.m.		\$10
Monday 5/28 Celebrate Summer	8:30-10:30 a.m.	Academy Cafeteria/ Gym	\$10
	10:15-11:45 a.m.		\$10
Friday 6/28 4th of July Bash	9:00-10:00 a.m.	Academy Cafeteria	\$10
	10:15-11:15 a.m.		\$10
Friday 7/26 Beach Party	9:00-10:00 a.m.	Academy Cafeteria	\$10
	10:15-11:15 a.m.		\$10
Friday 8/16 Under the Sea	9:00-10:00 a.m.	Academy Cafeteria	\$10
	10:15-11:15 a.m.		\$10

## Kiddie Camp

(Child Must be 3 by 9/1/24)

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

M-F	6/17-6/21	9:00-11:30 a.m.	Kangaroo Kids 35 Bell Street	\$85
M-F	6/24-6/28	9:00-11:30 a.m.		\$85
M-F	7/8-7/12	9:00-11:30 a.m.		\$85
M-F	7/15-7/19	9:00-11:30 a.m.		\$85
M-F	7/22-7/26	9:00-11:30 a.m.		\$85
M-F	7/29-8/2	9:00-11:30 a.m.		\$85

## Music Together®

(Newborns-age 5)

Children will explore and express music alongside their most important role models; parents, caregivers and teachers. Nurture your child's natural enthusiasm for music & movement during this early childhood stage of rapid growth. Instructor is Little Hands in Harmony.

T	7/9-8/13	9:15-10:00 a.m.	RCC	*\$162
T	7/9-8/13	10:15-11:00 a.m.	Activity Room	*\$162

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

## Skyhawks Multi Sports Tots

(Ages 2-4)

Introduce your little superstar to sports in this introductory program! This multi-sport (t-ball and soccer) class uses age appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation is required.

M-Th	7/29-8/1	4:00-4:45 p.m. (2 Year Olds)	Smith MS Main Gym	\$85
M-Th	7/29-8/1	5:00-5:45 p.m. (3 & 4 Year Olds)		\$85
M-Th	7/29-8/1	6:00-6:45 p.m. (3 & 4 Year Olds)		\$85

## Creative Movement

(Ages 18 months-4 years)

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

W	7/17-8/14	9:00-9:45 a.m.	Academy Cafeteria	\$54
W	7/17-8/14	10:00-10:45 a.m.		\$54

## My Grown Up & Me Dance Party

(Ages 2-8)

A My Grown Up and Me class featuring a light stretch before learning popular party dances like the Chicken Dance, the Cupid Shuffle and the Limbo. Free dance to popular hits, everything from Encanto to Taylor Swift! Grownups must stay for this class and are encouraged to participate! Sneakers or closed-toe shoes required.

Th	7/18-8/15	5:00-5:45 p.m.	Academy Multi-Purpose	\$45
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## Camp Discovery Junior

(Ages 4-6)

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

M-F	6/24-7/3	8:30 a.m.- 1:00 p.m.	Glastonbury High School	\$175
M-F	7/8-7/19			\$205
M-F	7/22-8/2			\$205

## Camp Discovery

(Completed Grades K-6)

A traditional day camp program designed to meet the needs of working parents while providing a fun filled day. Campers participate in program areas, swim lessons, free swim, special events and field trips. Campers will be split into three age groups: Explorers, Pathfinders and Trailblazers. All meet at the same location and campers see each other during the day but field trips and activities differ. This is not a drop in program and campers should plan on being there for the entire day. **Preview Week (6/13-6/21) no swim lessons.**

Visit [www.glastonbury-ct.gov/campdiscovery](http://www.glastonbury-ct.gov/campdiscovery) for more information. Read the parent handbook online before registering for program details.

6/13-6/21 (No 6/19)		8:30 a.m.- 4:30 p.m.	Glastonbury High School	\$290
M-F	6/24-7/3	8:30 a.m.- 4:30 p.m.		\$465
M-F	7/8-7/19	8:30 a.m.- 4:30 p.m.		\$465
M-F	7/22-8/2	8:30 a.m.- 4:30 p.m.		\$465

**NEW in 2024** Camp Discovery will meet 8:30 a.m.-4:30 p.m. Childcare will be offered before camp from 7:30-8:30 a.m. and after camp from 4:30-5:30 p.m. **Registration information will be emailed to families registered for Camp Discovery.**

## Camp Discovery Adventure Week

(Completed Grades K-6)

Join us for an action packed week of camp as we go on trips every day! Drop off and pickup will be from the Academy Building but bus will leave every morning approx. 9:00 a.m. to take the kids on a field trip for the day. No before or after camp.

M-F	8/5-8/9	8:30 a.m.- 4:30 p.m.	Academy Cafeteria	\$345
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## Day Tripping with Parks & Rec

(Completed Grades K-6)

Need child care on June 19 or July 5th or just looking for the kids to have a fun day out? Join our camp staff on a fun day trip. Destinations will be listed on registration page. Includes supervision, transportation and admission.

6/19	8:00 a.m.-4:30 p.m.	Academy	Fee TBD
7/5		GHS	

## Playground Junior

Ages (4-6)

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

M-F	6/24-7/3	8:30 a.m.- 1:00 p.m.	Buttonball OR Hebron	\$175
M-F	7/8-7/19			\$205
M-F	7/22-8/2			\$205

## Summer Playground Program

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

Child must have completed kindergarten! Includes sports, games, arts & crafts, special events, field trips and swimming! Meets rain or shine. **Visit the website for a field trip preview.**

M-F	6/24-7/3	8:30 a.m.- 3:00 p.m.	Buttonball OR Hebron OR GEHMS	\$265
M-F	7/8-7/19			\$315
M-F	7/22-8/2			\$315

## Farm Fresh Kids: Gardening, Harvesting & Preparing

(Children who have **completed** grades K-4)

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

M,W,F	6/17; 6/19; 6/21	9:30- 11:30 a.m.	Wind Hill Farm 3006 Hebron Ave. Longo Open Space	\$70
M,W,F	7/8; 7/10; 7/12	9:30- 11:30 a.m.		\$70
M,W,F	7/29; 7/31; 8/2	9:30- 11:30 a.m.		\$70

**Stay Tuned for Details about our  
Camp Kickoff Event in June!**

## Music & Arts Camp

(Children Entering Grades 3-9)

Top notch instruction is provided to campers in the arts, dance, drama, instrumental and vocal music by certified teachers from local school districts. Camp culminates with an evening performance and art show. Program and registration information can be found online at <http://www.glastonburyct.gov/macamp>. Registration for residents begins on March 12 at 8:00 a.m., with non-resident registration beginning March 26 at 8:00 a.m. Camp concludes on July 18th with an evening performance and art show. **The start of camp may be pushed back if snow days impact the Glastonbury or Manchester school calendars.**

M-F	6/24-7/18 (No 7/4)	8:30-11:55 a.m.	Smith MS	\$320
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## M&A Extended Day

(Children Entering Grades 3-9)

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

M-F	6/24-7/18 (No 7/4)	12:00-4:00 p.m.	Smith MS	\$300
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**PREVIEW OF TRIPS:** Swimming at Grange Pool; Dave & Busters; J.B. Williams; Teen Center; Lessard Lanes; Ron-a-Roll; Wild and Crazy Gameshow; Urban Air; Laser Tag Onsite; Berlin Batting Cages; Movies; All-in Adventure Room

\*Trips will vary by group! Detailed trip calendars will be released closer to the start of camp. **Please visit [glastonburyct.gov/macamp](http://glastonburyct.gov/macamp)**

## Music & Arts Camp Extended Day Bash!

(Children Entering Grades 3-9)

End Music and Arts Camp with a bang! This one-day program will be offered on Friday, July 19 at the conclusion of Music and Arts Camp. Campers enrolled in the Music and Arts Extended Day Camp are eligible to sign up! Day will include a trip to Sports Center of Connecticut in Shelton, CT. Activities include bowling, mini golf, arcade, laser tag and the batting cages. Lunch is included!

F	7/19	8:30 a.m.-4:00 p.m.	Smith MS	\$65
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## Camp Sunrise

(Special Needs Children ages 3-21)

A special needs camp that provides opportunities for achievement in a supportive environment. More details online at [www.glastonbury-ct.gov/campsunrise](http://www.glastonbury-ct.gov/campsunrise). Registration begins March 19, 2024.

M-F	6/17-6/21 (No 6/19)	9:00 a.m.-3:00 p.m.	Smith Middle School	\$159
M-F	6/24-6/28	9:00 a.m.-3:00 p.m.		\$159
M-F	7/1-7/5 (No 7/4)	9:00 a.m.-3:00 p.m.		\$159
M-F	7/8-7/12	9:00 a.m.-3:00 p.m.		\$159
M-F	7/15-7/19	9:00 a.m.-3:00 p.m.		\$159
M-F	7/22-7/26	9:00 a.m.-3:00 p.m.		\$159
M-F	7/29-8/2	9:00 a.m.-3:00 p.m.		\$159

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



## **Mad Science: E2-Engineering Explorers**

Build things and destroy them! Design & build bridges and "skyscrapers" using simple tools and your imagination. Participants will even construct a geodesic dome big enough for everyone to sit inside! Then the machine madness starts as you discover, build and invent with simple machines and solve problems with contraptions.

## **Mad Science: Red Hot Robotics**

Learn the basics of robotics by constructing age-appropriate robots throughout the week. Participants will gain a basic knowledge of the science of wheels, simple machines and gears. They'll experience different robotic devices like line-tracking and responsive robots. Robots go home with campers on the last day of the program.

## **Engineering Imagination: Aspiring Young Engineers Camp**

Explore the engaging world of "S.T.E.A.M." (Science, Technology, Engineering, Architecture, Mathematics) through this exciting and educational program. Participants will use a wide variety of mediums to learn about, plan and build S.T.E.A.M.-related projects. LEGO® challenges, model rockets, scale bridges, model roller coasters and 3-D architectural models...from mechanics and architecture, to renewable sources of energy, to rocketry and aviation, your child is sure to have a blast while learning along the way!

## **Engineering Imagination: Engineering FUNDamentals Camp**

Explore the fascinating world of "S.T.E.A.M." (Science, Technology, Engineering, Architecture, Mathematics) using LEGO® TECHNIC components, KEVA® building blocks, straws, popsicle sticks and recycled materials. Learn about, build and explore projects such as a 6 ft. model skyscraper, bridges, motorized vehicles and more! Participants will also experience and participate in model rocket launches and science experiments.

## **Incrediflix: Animation Flix**

In this fast paced class, you'll create up to four new stop motion movies using a different medium each day! Animate cars, Bilm with green screen, and new for 2024 you create a 2D Mario movie, and more!

## **Incrediflix: Action Stop Motion Flix**

Use stop motion tricks to create Bires, explosions, and even Bloods, as your characters battle it out or work together to save the day in this action packed stop motion class. Work in small groups to storyboard, create the action, Bilm and voice-over.

## **Incrediflix: Live Action Flix**

Discover your Bilmaking talents! You don't have to be an actor to take part, as we'll guide you through the Hollywood process to create, direct, Bilm, act and more. You won't just make an incredible movie, you'll have the skills to make your own movies.

## **Incrediflix: Lego Flix**

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

## **Art-Ventures: Splish Splash Art Bash**

This inspiring week of art-ventures sparks creativity, engagement, exploration, and individual expression. Learn about the fascinating underwater world of seahorses, sea turtles and other wonderful creatures while exploring original art forms and techniques. Design beach hats, sunglasses, and T-shirts. Create ocean slime and discover the art of mosaics while creating seashell boxes. Sculpt shimmery coral and goofy clay octopuses. Paint ceramic fish banks, and design ocean creature stuffed animals. Experience painting, printmaking, stained glass, ceramics, collage, mosaics, fabric art and working with clay.

## **Art-Ventures: Amazing Places & Faces**

Art explorers travel to some weird places while creating some wicked cool art forms dating back to when art began. Discover weird gargoyle faces and visit the amazing castles of Scotland. Experience cave painting and fossil making. Make worry dolls and totem poles. Learn about Oaxacan alebrijes while designing T-shirts. Sculpt and paint colorful Mexican pots, make bark paintings and create Haitian sequined banners.

## **Abakadoodle: World Travel 3D Art Camp**

Create 3D masterpieces inspired by world cultures. Learn about Chinese ceramics, Croatian "licitar" hearts, Maori design carvings from New Zealand, "nicho" boxes from Mexico and more. Create art using a variety of materials, play games and understand that through art we can connect with people from all over the world.



## Mad Science: Space and Beyond

Set your future space explorers on a trajectory from our Earth's atmosphere to the outer reaches of our solar system! This hands-on program brings you closer to the stars, planets, comets and more. Learn about living in space, getting away from gravity, looking for space phenomena and participate in a rocket launch!

## Mad Science: Mad Labs

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

## Food Explorers: Pasta Week \*NEW\*

Join Food Explorers for an entire week of pasta making! Everyday, you'll make your own pasta dough from scratch, and turn it into a delicious meal along with a fresh salad each day. You'll be making recipes like homemade ravioli, bowties and fettuccine with a from scratch sauce. All recipes are nut free but do contain eggs, dairy and gluten. Ingredient substitutions are not possible.

## Food Explorers: From Scratch! \*NEW\*

Join Food Explorers for a week of from scratch cooking! Each day you'll be making two recipes completely from scratch. We're talking about homemade tortillas, homemade pasta, homemade naan bread and more. Learn all about complex cooking techniques and skills in this hands-on camp. All recipes are nut free but do contain eggs, dairy and gluten. Ingredient substitutions are not possible.

Program	Age/Grade	Meets	Time	Date	Location	Fee
E2-Engineering Explorers	Entering Grade 1-6	M-F	9:00 a.m.-12:00 p.m.	June 10-14	Gideon Cafeteria	\$205
Red Hot Robotics	Entering Grade 1-6	M-F	1:00-4:00 p.m.	June 10-14	Gideon Cafeteria	\$205
Aspiring Young Engineers	Entering Grade 3-5	M-F	9:00 a.m.-3:00 p.m.	June 10-14	Gideon Classroom	\$335
Engineering FUNdamentals	Entering Grade K-2	M,T, Th,F	9:00 a.m.-3:00 p.m.	June 17-21 (No 6/19)	Gideon Cafeteria	\$270
Animation Flix	7-13	M-F	9:00 a.m.-12:00 p.m.	July 22-26	SMS Art Room	\$245
Action Stop Motion Flix	7-13	M-F	1:00-4:00 p.m.	July 22-26	SMS Art Room	\$245
Live Action Flix	7-13	M-F	9:00 a.m.-12:00 p.m.	July 29-Aug. 2	SMS Art Room	\$245
Lego Flix	7-13	M-F	1:00-4:00 p.m.	July 29-Aug. 2	SMS Art Room	\$240
Splish Splash Art Blast	Entering Grade 1-6	M-F	9:00 a.m.-12:00 p.m.	August 5-9	Academy Teen Center	\$205
Amazing Faces and Places	Entering Grade 1-6	M-F	1:00-4:00 p.m.	August 5-9	Academy Teen Center	\$205
Space and Beyond	Entering Grade 1-6	M-F	9:00 a.m.-12:00 p.m.	August 12-16	Academy Cafeteria	\$205
Mad Labs	Entering Grade 1-6	M-F	1:00-4:00 p.m.	August 12-16	Academy Cafeteria	\$205
World Travel 3D Art Camp	Entering Grade 1-6	M-F	9:00 a.m.-3:00 p.m.	August 12-16	Academy Teen Center	\$355
Pasta Week!	Entering Grade 3-5	M-F	9:00 a.m.-12:00 p.m.	August 19-23	Academy Teen Center	\$180
From Scratch!	Entering Grade 3-5	M-F	1:00-4:00 p.m.	August 19-23	Academy Teen Center	\$180
Engineering FUNdamentals	Entering Grade K-2	M-F	9:00 a.m.-3:00 p.m.	August 19-23	Academy Cafeteria	\$335

## Awesome Adventures Camp Open to Incoming 6th Graders!

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

Add a Youth & Teen Center Summer Pass for just \$44 and attend the Teen Center after camp until 6:00 p.m. (transportation provided after camp). Daily admission to the Teen Center is \$5/person.

T-Th	6/25-6/27	9:00 a.m.- 3:00 p.m.	Riverfront Park Boathouse Pavilion	\$149
M-W	7/1-7/3	9:00 a.m.- 3:00 p.m.		\$149
T-Th	7/9-7/11	9:00 a.m.- 3:00 p.m.		\$149
T-Th	7/16-7/18	9:00 a.m.- 3:00 p.m.		\$149
T-Th	7/23-7/25	9:00 a.m.- 3:00 p.m.		\$149
T-Th	7/30-8/1	9:00 a.m.- 3:00 p.m.		\$149

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

## Academy Youth & Teen Center: Summer

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

T-Th	6/25-8/1	2:00- 6:00 p.m.	Academy Building	\$44/Summer \$5/Daily
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## Academy Youth & Teen Center: School Year

(Grades 5-8)

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

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

## Youth & Teen Center Garden

(Youth in Grades 5-8 and their Family)

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

## Sew This! Summer Sewing Camp

(Youth & Teens that have completed grades 5-8)

Dive into creativity at summer sewing camp. Learn to operate sewing machines and craft 6 wearable pieces like skirts, tie top, dresses, and lined beach totes. Beyond the basics, tackle elastic application, hems, French seams, building confidence and problem-solving skills transforming fabric into fashion!

T-Th	8/6-8/8	1:00-4:00 p.m.	Location TBD	\$299
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## Friday Night Club

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



## Gymnastics Camp-Lesson

(Boys & Girls ages 5 & up)

**Must be 5 by the start of the session.** Skill development in tumbling, floor, vault, balance beam and bars in accordance with USA Gymnastics. Groups divided by ability to ensure all gymnasts progress in a safe and appropriate manner. **Beginner:** everyone enters at this level where basics are taught. **Advanced Beginner (USAG Pre Level 1):** gymnasts enter after they master a forward roll to stand, backward roll to stand, cartwheel and  $\frac{3}{4}$  handstand. **Intermediate (USAG Level 1):** gymnasts enter after they master a handstand, to round-off, backward roll to push-up position, standing back bend and one pull-up with their chin passing above the bar.

M-F	6/10-6/14	12:15-3:15 p.m.	Academy Gym	\$149
T-F	6/25-6/28 (No 6/24)	12:15-3:15 p.m.		\$149
M-F	7/1-7/5 (No 7/4)	12:15-3:15 p.m.		\$149
M-F	7/8-7/12	12:15-3:15 p.m.		\$149
M-F	7/15-7/19	12:15-3:15 p.m.		\$149
M-F	7/22-7/26	12:15-3:15 p.m.		\$149
M-F	7/29-8/2	12:15-3:15 p.m.		\$149
M-F	8/5-8/9	12:15-3:15 p.m.		\$149

## Gymnastics Camp-Team Level

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

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

M-F	6/10-6/14	8:45-11:45 a.m.	Academy Gym	\$169
T-F	6/25-6/28 (No 6/24)	8:45-11:45 a.m.		\$169
M-F	7/1-7/5 (No 7/4)	8:45-11:45 a.m.		\$169
M-F	7/8-7/12	8:45-11:45 a.m.		\$169
M-F	7/15-7/19	8:45-11:45 a.m.		\$169
M-F	7/22-7/26	8:45-11:45 a.m.		\$169
M-F	7/29-8/2	8:45-11:45 a.m.		\$169
M-F	8/5-8/9	8:45-11:45 a.m.		\$169

**Xcel Bronze and Level 2 are by invite only. You will receive a code via email to use during registration.**

M-F	6/10-6/14	12:15-3:15 p.m.	Academy Gym	\$169
T-F	6/25-6/28 (No 6/24)	12:15-3:15 p.m.		\$169
M-F	7/1-7/5 (No 7/4)	12:15-3:15 p.m.		\$169
M-F	7/8-7/12	12:15-3:15 p.m.		\$169
M-F	7/15-7/19	12:15-3:15 p.m.		\$169
M-F	7/22-7/26	12:15-3:15 p.m.		\$169
M-F	7/29-8/2	12:15-3:15 p.m.		\$169
M-F	8/5-8/9	12:15-3:15 p.m.		\$169





## Skyhawks Sports and Games

This program is 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 more. Kids will play 2-4 different games/sports each day.

## Skyhawks Mini Hawk Sports Program

This multi-sport program was 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.

## Skyhawks Track and Field Program

The fundamentals of body positioning, stride, proper stretching and cool down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary by area). Participants also learn positive life skills such as teamwork and sportsmanship.

## Skyhawks Multi-Sports Camps

This multi-Sport program is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork.

## Skyhawks Flag Football Camp

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

## Skyhawks Volleyball Camp

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player and includes a focus on critical life skills such as leadership and teamwork.

Program	Age	Meets	Time	Date	Location	Fee
Sports & Games Session 1	7-12	M-F	9:00 a.m.-3:00 p.m.	June 10-14	SMS Main Gym	\$210
Sports & Games Session 2		M-W		July 1-3	Gideon Gym	\$170
Sports & Games Session 3		M-F		July 29-August 2	Gideon Gym	\$210
Mini Hawk Session 1	4-6	M-F	9:00 a.m.-12:00 p.m.	June 10-14	SMS Aux. Gym	\$160
Mini Hawk Session 2				July 22-26	Gideon Gym	\$160
Track and Field Camp	7-12	M,T,Th,F	9:00 a.m.-1:00 p.m.	June 17-21 (No 6/19)	SMS Track	\$160
Multi-Sport Session 1 (Full)	7-12	M-F	9:00 a.m.-3:00 p.m.	June 24-28	Gideon Gym	\$210
Multi-Sport Session 2 (Half)	7-10	M-F	12:30-3:30 p.m.	July 8-12	Gideon Gym	\$160
Multi-Sport Session 3 (Half)	9-13	M-F	12:30-3:30 p.m.	July 15-19	Gideon Gym	\$160
Multi-Sport Session 4 (Full)	7-12	M-F	9:00 a.m.-3:00 p.m.	July 22-26	SMS Main Gym	\$210
Flag Football Session 1	7-10	M-F	9:00 a.m.-12:00 p.m.	July 8-12	Gideon Gym	\$160
Flag Football Session 2	10-13			July 15-19	Gideon Gym	\$160
Volleyball Camp	10-15	M-F	9:00 a.m.-1:00 p.m.	July 29-Aug. 2	SMS Aux. Gym	\$180

## Glastonbury Skate Park-2143 Main St.

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

### Beginner Skate Lessons

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

Sa	6/15-7/27 (No 7/6)	9:00-9:45 a.m.	Skate Park	\$60
Sa	6/15-7/27 (No 7/6)	9:45-10:30 a.m.		\$60

### Advanced Beginner Skate Lessons

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

Sa	6/15-7/27 (No 7/6)	10:30-11:30 a.m.	Skate Park	\$80
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### Intermediate Skate Lessons

(Skateboarders ONLY ages 7 years old and up)  
Learn advanced tricks and maneuvers. Skaters taking this level must have several years of skating experience. Proper technique will be stressed. 360's, 180's, Ollies, 50-50's, Kickflips, Shuvits, Grabbed Airs, Topsides, Negatives, Torques, Technical Grinds and tricks will be taught and practiced. All skaters MUST wear helmets. Other equipment is recommended, but optional.

Sa	6/15-7/27 (No 7/6)	11:30 a.m.- 12:30 p.m.	Skate Park	\$80
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### Skateboarding Camp

(Ages 8-13)  
Review the basics including parts of the board & ramps in a skatepark. Fun games and activities too! Includes instruction for beginners (riding the board, board control, balance) as well as flat ground tricks and hitting the ramps. Based on skill level work your way up to ollies and other tricks! Rain cancels camp.

M-F	6/17-6/21 (No 6/19)	9:00 a.m.- 12:00 p.m.	Skate Park	\$95
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## Indoor Youth Golf Lessons

A partnership with Chris Cote's golf shop in Portland, CT with certified PGA professionals at the state-of-the-art Trackman Golf Bays. Learn the basics of golf including grip, swings, approaches, etc.

Su	5/5-5/26		\$175
Su	6/2-6/23	12:30-1:15 p.m. (Ages 5-10)	\$175
Su	7/7-7/28	1:30-2:15 (Ages 11-16)	\$175
Su	8/4-8/25		\$175

## Minnechaug Golf Course

A 9-Hole, Par 35 course located at the base of Minnechaug mountain in east Glastonbury. Book your tee time and register for programs online at [www.minnechauggolf.com/tee-times](http://www.minnechauggolf.com/tee-times) or call 860.432.3334. **The Tenth Hole Tavern is open! Visit online at [tenthholetaVERN.com](http://tenthholetaVERN.com) or call 860.730.4545.**

### Junior Spring Clinic

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

Tu	4/16-5/7	4:30-5:15 p.m. (Ages 6-10)	\$140
W	4/17-5/8	4:30-5:15 p.m. (Ages 6-10)	\$140
Tu	4/16-5/7	5:30-6:15 p.m. (Ages 11-17)	\$160

### Beginner Adult Spring Clinic

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

W	4/17-5/15	5:45-6:45 p.m.	\$150
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### Minnechaug Junior Golf Camp

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

M-F	7/8-7/12	9:00 a.m.-4:30 p.m.	\$495
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### Beginner Junior Boot Camp

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

M-F	8/5-8/9	8:30 a.m.-12:00 p.m.	\$269
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### Camp Chaug'

(Ages 10 - 17)  
An introduction to the game of golf. Instruction including grip, swing, Driving, putting and chipping.

M, Tu, W	7/15-7/17	9:00-10:30 a.m.	\$169
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## Tennis Courts

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

## QuickStart Red Ball Tennis

(Ages 5-7)

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

M-Th	6/24-7/5 (No 7/4)	8:45-9:30 a.m.	GHS Courts	\$57
M-Th	7/8-7/18	8:45-9:30 a.m.	GHS Courts	\$57
M-Th	7/22-8/1	8:45-9:30 a.m.	GHS Courts	\$57
Meets Monday-Thursday. Friday is a Make-Up Day.				

## Tennis Lesson Registration

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

## Adult Evening Tennis Lessons

(Adult: Ages 17 and up)

M/W	6/24-7/10	All Levels 7:00-7:50 p.m.	GHS Courts	\$59
M/W	7/15-7/31	All Levels 7:00-7:50 p.m.	GHS Courts	\$59

## Adult Saturday Morning Tennis Lessons

(Adult: Ages 17 and up)

Sa	6/29-7/27	All Levels 11:00-11:50 a.m.	GHS Courts	\$50
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## Children's Morning Tennis Lessons

(Child: Ages 7-16)

M-F	6/24-7/5 (No 7/4)	Level 1,2,3 9:35-10:20 a.m.	GHS Courts	\$57
M-F	6/24-7/5 (No 7/4)	Level 2,3,4 10:25-11:10 a.m.	GHS Courts	\$57
M-Th	7/8-7/18	Level 1,2,3 9:35-10:20 a.m.	GHS Courts	\$57
M-Th	7/8-7/18	Level 2,3,4 10:25-11:10 a.m.	GHS Courts	\$57
M-Th	7/22-8/1	Level 1,2,3 9:35-10:20 a.m.	GHS Courts	\$57
M-Th	7/22-8/1	Level 2,3,4 10:25-11:10 a.m.	GHS Courts	\$57

Meets Monday-Thursday. Friday is a Make-Up Day.

## Children's Evening Tennis Lessons

(Child: Ages 7-16)

M/W	6/24-7/10	Level 1,2,3 5:00-5:55 p.m.	GHS Courts	\$43
M/W	6/24-7/10	Level 2,3,4 6:00-6:55 p.m.	GHS Courts	\$43
M/W	7/15-7/31	Level 1,2,3 5:00-5:55 p.m.	GHS Courts	\$43
M/W	7/15-7/31	Level 2,3,4 6:00-6:55 p.m.	GHS Courts	\$43

## Children's Saturday Morning Lessons

(Child: Ages 7-16)

Sa	6/29-7/27	Level 1,2,3 9:00-9:50 a.m.	GHS Courts	\$36
Sa	6/29-7/27	Level 2,3,4 10:00-10:50 a.m.	GHS Courts	\$36

## See Page 20 for Pickleball Programs!





## We're Hiring!

**PRIORITY APPLICATION DEADLINE IS FRIDAY, MARCH 8, 2024.** Nature of work, minimum requirements, length of employment, hours and application can be found **ONLINE AT [GLASTONBURY-CT.GOV/PRJOBS](https://glastonbury-ct.gov/prjobs)**

### **Head Counselor (Afterschool) \$18.00/hr**

Responsible for oversight of the "Wacky Wednesday After School Program" Wednesdays from March-May 12:30-4:30 p.m.

### **Group Leader (Afterschool) \$16.50/hr**

Responsible for oversight of the "Wacky Wednesday After School Program" Wednesdays from March-May 12:30-4:30 p.m.

### **Program Aide (Afterschool) \$15.69/hr**

Responsible for oversight of the "Wacky Wednesday After School Program" Wednesdays from March-May 12:30-4:30 p.m.

### **Program Aide (April Vacation Mulch) \$15.69/hr**

Performs maintenance of landscape beds, weeding, mulching and raking under supervision of Park Maintenance Staff during the April school vacation week (April 8-12, 2024).

### **Camp Asst. Director/Head Counselor \$19.25/hr**

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

### **Camp Group Leader for Camp Sunrise \$17.25/hr**

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

### **Assistant Group Leader \$16.50/hr**

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

### **Camp Program Instructor \$17.25/hr**

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

### **Camp Counselor \$16.50/hr**

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

### **Program Aide \$15.75/hr**

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

### **Tennis Instructor \$20.00/hr**

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

### **Boat Launch Attendant \$20.00/hr**

Directs vehicles with trailers to, from and around the boat launch area. Collects daily fees and permits, picks up trash and manages parking concerns.

### **Lifeguard I \$17.75/hr**

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

### **Lifeguard II/Swim Instructor \$18.50/hr**

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

### **Assistant Swim Coach \$21.00/hr**

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

### **Seasonal Groundskeeper \$21.00/hr**

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

### **Seasonal Park Maintainer \$16.50/hr**

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

### **Custodian (Seasonal) \$17.68/hr**

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

## Camp Sunrise Volunteer Opportunities

Camp Sunrise is a special needs camp for children ages 3-21 years old. The camp is anticipated to run from the June 17-August 2; Monday-Friday from 9:00 a.m.-3:00 p.m. at Smith Middle School. Camp does not meet on June 19th or July 4th. Volunteers are needed for 2 week consecutive time-frames (60 hours) in the summer to assist with daily activities, swimming, field trips and general supervision of campers. Complete an application online at [www.glastonbury-ct.gov/campsunrise](http://www.glastonbury-ct.gov/campsunrise) and click on Camp Sunrise Volunteer.

## Pitch In and Volunteer with Us!

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

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

## Glastonbury Community Action Partnership (GCAP)

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

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

## Glastonbury Partners in Planting, Inc.

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

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

GPIP is seeking new members & volunteers of all ages to assist with ongoing & new projects, partners for projects, donations and even new project ideas. Join when you can, no time commitment or experience required. Gardening knowledge is not necessary, people are needed to help with non-gardening tasks too. Together we can help make Glastonbury a more beautiful, greener place to live! Our door is always open to you.

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

## GPIP Educational Garden

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

**Check the Volunteer Page of the website for additional volunteer opportunities!**

## Celebrate the Day!

Let us do the outdoor decorating! We deliver "Happy Birthday" or "Congratulations" letter lawn signs to celebrate that special someone on their special day. Letters are set up in the front yard before 9:00 a.m. and will be removed before 9:00 a.m. the following day. Cost is \$25. All proceeds benefit the Glastonbury Parks and Recreation Camp Fund. A fun and unique way to celebrate any special occasion and support a great cause at the same time! Request online at <https://glastonburyct.myrec.com>

## Community Garden Plots

A limited number of community garden plots are still available. Garden plots are located behind the Police Department at 2108 Main Street. They can be entered from Canione Road. Plots measure either 20' x 40' or 20' x 20'. They will be plowed, staked and ready for use beginning Saturday, April 27th. The use of herbicides, including weed killers, is prohibited. The fee is \$45 for a 20' x 40' plot and \$30 for a 20' x 20' plot. Please call the Parks and Recreation Department at (860) 652-7679 to inquire about availability.

## Field Rentals

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

## J.B. Williams Pavilion Rental

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

**AVAILABILITY:** Limited Dates Available from May 1 to October 31  
**CAPACITY:** Up to 150 people  
**AMENITIES:** Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking.  
**FEE:** \$250/rental

## Academy Teen Center Rental

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

**AVAILABILITY:** Year round Saturdays and Sundays in 2 hour blocks  
**CAPACITY:** 15 people (excluding adults)  
**AMENITIES:** Staff Supervisor to monitor activity space, exclusive use of Teen Center room (ping pong, air hockey, foosball, pool tables, board games and craft space), access to restrooms, refrigerator and freezer  
**FEE:** \$200/rental

## Birthday Parties @ Addison & Grange

Host your party at Addison or Grange beginning June 15th! Choose from Saturday or Sunday ONLY:

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

1 Adult Required for Every 4 Children.

Request online at <https://glastonburyct.myrec.com> beginning April 23, 2024.

## Glastonbury Boathouse at the Riverfront Park

Host your next event at the Glastonbury Boathouse! Whether you're planning a wedding, corporate or social event, your guests are sure to be impressed with our bright and modern Banquet Hall, breathtaking river views, and exceptional cuisine from our Preferred Caterers. Accommodates seated events of 50-150 people, or standing receptions up to 250 people. For more information, visit [glastonburyboathouse.com](http://glastonburyboathouse.com) or contact [kristen.michaels@glastonbury-ct.gov](mailto:kristen.michaels@glastonbury-ct.gov)

## Riverfront Community Center

Your affordable solution to elegant affairs! Our many room configurations can accommodate meetings & events of all sizes. Guests enjoy our beautiful space, complimentary parking, and manicured grounds. Room reservations are available on Monday, Wednesday, and Friday evenings, and all day on weekends. For more information, visit [www.glastonburyct.gov/rccrentals](http://www.glastonburyct.gov/rccrentals) or contact [Kristen.michaels@glastonburyct.gov](mailto:kristen.michaels@glastonburyct.gov)



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

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

**During the summer months, many of our athletic fields are closed for maintenance and to rest fields in an effort to prepare them for optimal playing conditions. Please adhere to field closure signs that are posted and help us keep our fields in beautiful condition!**

Visit online at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov) for facility information, directions & photos!



## Men's Summer Basketball League

Sunday and Tuesday nights at Smith Middle School Main Gym from June 2-August 4. Players are assigned to a team by the League Director. Every effort is made to place friends on the same team, but not guaranteed. Resident registration begins March 12 at 8:00 a.m. and non-resident registration begins March 26 at 8:00 a.m. **Registration deadline is May 22, and maxed at 125 players.** Residents are \$95/person, and non-residents are \$115/person.

## Bella Italia Night - Dinner & Dancing

(Ages 55+)

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

Th	4/4	6:00-8:00 p.m.	Riverfront Community Center	\$15
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## Square Dance Lessons & Dances

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.

## Summer Adult & Senior Picnic

(Ages 55 and Over)

This special lunch is presented by Parks and Recreation and Senior Services. Start the day with setback followed by terrific music and a great meal! The best part, air conditioning! End the day with Bingo featuring some great prizes. Tickets will be sold beginning on Tuesday, March 12th at 8:00 a.m. Tickets can be purchased online, at the Community Center and the Parks & Recreation. Tickets will also be sold the day of the picnic! Non-resident ticket sales begin on Tuesday, March 26, at 8:00 a.m.

W	8/14	9:30 a.m.-2:00 p.m.	Riverfront Community Center	\$7/R \$9/NR
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## Outdoor Pickleball Courts

4 pickleball courts are located adjacent to the Riverfront Community Center. Court use rules are posted and no reservations are accepted.

## Adult Outdoor Pickleball

Learn how to effectively hit the ball, maintain a rally, keep score, the rules and basic game play.

### Beginner Lessons

Sa	6/22-7/13	8:30-9:55 a.m.	Addison Tennis Courts	Ages 60+	\$35
Sa	6/22-7/13	8:30-9:55 a.m.	Riverfront Courts	Ages 18+	\$45
Sa	6/22-7/13	10:00-11:25 a.m.	Addison Tennis Courts	Ages 18+	\$45
Sa	6/22-7/13	11:30-12:55 a.m.	Addison Tennis Courts	Ages 18+	\$45
Sa	8/3-8/17	8:30-9:55 a.m.	Addison Tennis Courts	Ages 60+	\$35
Sa	8/3-8/17	8:30-9:55 a.m.	Riverfront Courts	Ages 18+	\$45
Sa	8/3-8/17	10:00-11:25 a.m.	Addison Tennis Courts	Ages 18+	\$45
Sa	8/3-8/17	11:30-12:55 a.m.	Addison Tennis Courts	Ages 18+	\$45

### Intermediate Lessons

Sa	6/22-7/13	10:00-11:25 a.m.	Riverfront Courts	Ages 18+	\$45
Sa	6/22-7/13	11:30-12:55 a.m.	Riverfront Courts	Ages 18+	\$45
Sa	8/3-8/17	10:00-11:25 a.m.	Riverfront Courts	Ages 18+	\$45
Sa	8/3-8/17	11:30-12:55 a.m.	Riverfront Courts	Ages 18+	\$45



## Low Impact Gentle Pilates

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

## Low Impact Standing Strength

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

## Morning Mat Pilates

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

## Pilates

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

## HIIT

You're in your out. Short on time? This is the workout for you. Backed by research that shows short bouts of intense exercise can be as effective as longer more moderate workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in-between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized.

## Strength Training

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

## Core Strength

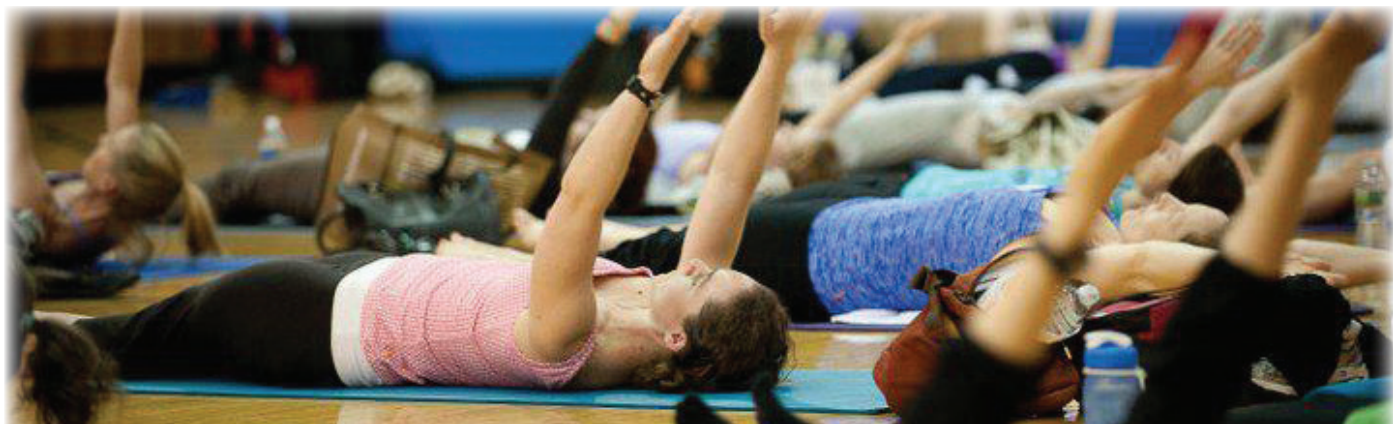
This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Bring a yoga mat, water, and light weights.

## Yoga

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

## Senior Fitness

Please see the Senior Services – Sharing Tree (Summer Edition) which will be out in mid June!





Class	Inst	Location	Meets	Dates	Fee
Morning Mat Pilates (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Tuesday 8:30-9:30 a.m.	July 9-August 20	\$52
		IN PERSON Academy Multi Purpose	Tuesday 9:30-10:30 a.m.	July 9-August 20	\$52
		VIRTUAL Live via ZOOM	Thursday 8:30-9:30 a.m.	July 11-August 22	\$52
15 Min. HIIT (Personal Euphoria)	Maggie	VIRTUAL Live via ZOOM	Wednesday 8:15-8:30 a.m.	July 10-August 21	\$25
Core Strength (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Thursday 6:00-6:45 p.m.	July 11-August 22	\$56
Gentle Pilates (Personal Euphoria)	Jeannine	IN PERSON Academy Multi Purpose	Monday 1:30-2:15 p.m.	July 8-August 12	\$42
Yoga (Personal Euphoria)	TBD	IN PERSON Academy Multi Purpose	Monday 10:00-10:45 a.m.	July 8-August 19	\$48
	Rachel		Monday 5:30-6:15 p.m.	July 8-August 19	\$48
	Rachel		Wednesday 5:30-6:15 p.m.	July 10-August 21	\$48
	Rachel		Thursday 9:30-10:15 a.m.	July 11-August 22	\$48
	TBD		Friday 9:50-10:35 a.m.	July 12-August 23	\$48
	Sonia	IN PERSON Riverfront Community Center	Thursday 5:30-6:30 p.m.	July 11-August 22	\$48
Low Impact Standing Strength (Personal Euphoria)	TBD	IN PERSON Academy Multi Purpose	Monday 9:00-9:45 a.m.	July 8-August 19	\$48
Pilates (Personal Euphoria)	Rob	VIRTUAL Live via ZOOM	Tuesday 6:00-6:45 p.m.	July 9-August 20	\$56
	Jeannine	IN PERSON Academy Multi Purpose	Tuesday 6:00-6:45 p.m.	July 9-August 13	\$42
			Wednesday 9:30-10:15 a.m.	July 10-August 14	\$42
			Thursday 6:00-6:45 p.m.	July 11-August 15	\$42
Strength Training (Personal Euphoria)	Rachel	IN PERSON Academy Multi Purpose	Monday 6:20-7:05 p.m.	July 8-August 19	\$48
	TBD		Friday 9:00-9:45 a.m.	July 12-August 23	\$48
	Maggie	VIRTUAL Live via ZOOM	Monday 9:00-9:45 a.m.	July 8-August 19	\$52
<b>Non-Resident Registration Begins 3/26/24</b>					

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

Every child in Glastonbury should learn to swim by 8 years old. Kids are surrounded by swimming pools, lakes, rivers and other bodies of water that are used for recreation. Every child needs basic aquatic safety and swimming skills.

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

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

### **Infant/Toddler**

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

### **Tots**

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

## **Level 0-Independent Pre-School**

Age 4 ONLY

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

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

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

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

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

## **Level 3-Stroke Development**

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

## **Level 4-Stroke Improvement**

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

## **Level 5-Stroke Refinement**

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

## **Level 6-Diving or Fitness Swimmer**

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



## Children's Swim Lesson Registration

Due to popular demand and to ensure correct placement for your child's swim lesson, there are a few changes in the registration process:

- Registration for **Session 1 Only** will begin **Monday, June 17 at 8:00 a.m.** online.
- Registration for **Session 2 Only** will begin **Wednesday, July 3 at 8:00 p.m.** online.
- Registration for **Session 3 Only** will begin **Thursday, July 18 at 8:00 p.m.** online.
- Participants will only be allowed to sign up for one timeslot per session. If your child is enrolled in the wrong level, every effort will be made to transfer your child on a space available basis.

To assist with placing children in the correct levels, **an optional swim lesson placement clinic** will be held at the Glastonbury High School pool for children ages 5+. Please be aware that attending the clinic does not guarantee enrollment and you must still register during the appropriate registration dates/times.

Please sign up for the appropriate screening time that best fits your child. There is no fee for the placement clinic:

- **Novice:** Never Taken Lessons Before
- **Beginner:** Some Swim Lesson Experience but Lacks Confidence
- **Intermediate:** Confident in the Water, has Taken Lessons, Starting to Focus on Strokes

Date	Novice	Beginner	Intermediate
Monday, June 10	9:30-10:00 a.m.	10:15-10:45 a.m.	11:00-11:30 a.m.
Wednesday, June 12	5:30-6:00 p.m.	6:15-6:45 p.m.	7:00-7:30 p.m.

If your child has taken swim lessons with us previously, please reference their most recent Achievement Card for the appropriate level. If not attending the placement clinic, you may reference the American Red Cross Swim & Water Safety Level Requirements to choose the appropriate level.

M-F*	6/24-7/3 No 7/4	See Chart for Levels/Times	Addison, Grange, GHS	\$48
M-F*	7/8-7/18	See Chart for Levels/Times	Addison, Grange, GHS	\$54
M-F*	7/22-8/1	See Chart for Levels/Times	Addison, Grange, GHS	\$54

\*2nd week of each session ends Thursday  
All Classes are 25 Minutes/Day

## High School Evening Swim Lessons

5:15P	5:45P	6:15P	6:45P
Tots	Infant	Tots	Level 1
Level 1	Level 3 (2)	Level 1	Level 2
Level 2	Level 4	Level 3	Level 4
Level 3	Level 5	Level 6	Level 5
Level 4			

## Grange Swim Lessons

10:45A	11:15A	11:45A
Level 2	Tots	Level 1
Level 4	Level 1	Level 2
Level 5	Level 3	Level 3

## Addison Swim Lessons

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

## Adult Swim Lessons

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

M	6/24-7/29	7:30-8:30 p.m.	GHS Pool	\$40
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## Recreation Swim Team Practice Group

(Youth ages 7-19)

This programs focuses on keeping in shape throughout the summer to get ready for the fall/winter program in September. Practices will focus on stroke technique, endurance, starts and turns. A mock meet planned at end of the program.

M-F	6/24-7/26	4:00-5:00 p.m.	GHS Pool	\$199
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## College USA Long Course - NEW!!

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

M-F	Mid-May to end of July	7:00-9:15 a.m.	Addison Pool & Terry Pool	\$550
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## Riverfront Park Boat Launch

Boat Launch will be staffed beginning May 18, 2024. Seasonal Boat Launch permits will be available for purchase at the Parks and Recreation office beginning May 1, 2024 and on site. **Only cash and check are accepted on-site.** Boaters must show proof of residency and a valid boat registration.

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

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

There is currently a waiting list for outdoor storage. Indoor storage is available. Customers can change rack assignments upon annual renewal or with approval. Renters must complete a Boat Storage Application. Racks are first-come-first-serve.

Fees:	Indoor	Outdoor (WL Only)
Resident	\$550/year	\$100/year
Non-Resident	\$600/year	\$120/year

## L.L. Bean Outdoor Discovery School

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

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

To register for a program:

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

## Slipaway Riverboat Tours

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

## Birthday Parties @ Addison & Grange

Host your party at Addison or Grange beginning June 15th! Choose from Saturday or Sunday ONLY:

Addison Pool	Grange Pool	Fee (Up to 15 People)	Fee (Up to 30 People)
11:00 a.m.-2:00 p.m.	2:30-5:30 p.m.	\$100/R \$150/NR	\$200/R \$250/NR
1 Adult Required for Every 4 Children.			

Request online at <https://glastonburyct.myrec.com> beginning April 23, 2024.

## Splash Pad Update

Stay tuned for splash pad only hours at Addison. Hours will be available while the main pool is closed.

## High School, Grange, Addison Pools

Pool pass sales begin May 1, 2024. Summer Pass is valid June 1-Close of Pools. Yearly Pass is valid June 1, 2024-May 31, 2025. Resident pass allows use of the GHS, Addison and Grange pools. Senior Pool Passes can only be purchased at the Parks & Recreation office. All other pool passes must be purchased online at [www.glastonburyct.myrec.com](http://www.glastonburyct.myrec.com). Digital passes can be downloaded to your phones to be scanned at the pools. Passes will not be sold at the pools. Those who purchased passes in 2023-2024 can use the same updated digital or FOB passes after purchase.

### RESIDENT FEES:

DAILY ADMISSION: \$7/child(under 2 free); \$10/adult  
SUMMER PASS: \$109/household; \$89/individual  
YEARLY PASS: \$159/household; \$129/individual  
SENIOR PASS (60+): FREE (Proof of Age & Residency)

## Eastbury Pond

Eastbury Pond passes will be available for sale beginning May 1 by mail and in-person.

### RESIDENT FEES:

DAILY ADMISSION: \$5/Car (Weekdays);  
\$10/Car (Weekends)  
SEASON PASS: \$35/2 Car Stickers  
REPLACEMENT PASS: \$25/Lost Pass

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Addison Pool	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A	Swim Team 7:15-9:15A		
	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P	Lessons 9:30A-12:00P		
	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Camp Swim 12:30-2:00P	Adult Swim/ Splash Pad 10:00-11:00A	Adult Swim/ Splash Pad 10:00-11:00A
	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 12:30-5:30P 6:30-7:30P	Rec. Swim 11:00A-7:30P	Rec. Swim 11:00A-7:30P
	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P	Adult Swim 5:30-6:30P		Adult Swim 11:00A-12:00P
Expected Opening Date Monday, June 15. Effective August 5, Pool will Close at 7:00 p.m. 15 Minute Adult Swim Every Hour.							
Grange Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P	Lessons 9:30A-12:30P		
	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P	Rec. Swim 1:00-5:30P 6:00-7:30P
	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P	Adult Swim 5:30-6:00P
	Expected Opening Date Monday, June 17. Effective August 5, Pool will Close at 7:00 p.m. 15 Minute Adult Swim Every Hour.						
Eastbury	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P	Camp Swim 10:30A-12:00P		
	Rec. Swim 10:30A-4:30P	Rec. Swim 10:30A-4:30P	Rec. Swim 10:30A-4:30P	Rec. Swim 11:00A-4:30P	Rec. Swim 10:30A-4:30P	Rec. Swim 10:30A-6:30P	Rec. Swim 10:30A-6:30P
	Expected Opening Date Monday, June 17.						
High School Pool (Residents Only)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Swim 6:00-8:00A	Adult Swim 6:00-8:00A	Adult Swim 6:00-8:00A	Adult Swim 6:00-8:00A	Adult Swim 6:00-8:00A		
	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P	Lessons 9:00A-12:00P		
	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:30-1:30P	Adult Swim 12:00-3:00P	Adult Swim 12:00-3:00P
	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P	Rec. Swim 1:45-2:45P		
	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P	Camp Swim 2:45-3:45P		
	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P	Swim Team 4:00-5:00P		
	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P	Child Lessons 5:15-7:15P		
	Adult Lessons 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-8:30P		
Schedule Begins When School Lets Out. The GHS Pool will be Closed August 5-27 for Start of School Preparation.							

# Senior & Social Services

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 (860)652-7638  
Amber O' Farrell, Customer Service (860)652-7638  
Dial-a-Ride Reservation Line (860)652-7643



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



## Riverfront Community Center

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. 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 Saturdays from 9:00 a.m.-2:00 p.m. We would love to meet you!

## Lunch at the RCC

Join us for lunch Monday-Friday (except for holidays or closings) from 11:45 a.m.-12:15 p.m. The cost is \$4/Residents; \$6/Non-Resident. Reservations are not required. Menus are available in the office at RCC or online at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov) (Senior Services Department) or on the Glastonbury Senior Center Facebook page or feel free to call (860) 652-7638 and ask us the meal of the day.

## Program Registration

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

## Shake your Shamrock; A St. Patrick's Day Celebration!

Celebrate Saint Patrick's Day with a traditional Corned Beef dinner with Apple Crisp for dessert. After lunch, enjoy traditional dances performed by the students of Mulcahy Irish Step Dance Academy! Purchase your ticket by 3/13. Pop-Up Shop: Soft Petalz Organic Cosmetics featuring organic sugar scrubs, body butters, candles, bath teas and more.

Tu	3/19	11:45 a.m.	RCC Community Room	\$7/R \$9/NR
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## Bella Italia Night - Dinner & Dancing

(Ages 55+)

Join us for a fun night out as we journey back in time to the days of swanky Hollywood parties, and great music by Frank Sinatra, Dean Martin and more legends! Evening includes a 3 course Italian dinner, music and dancing. Purchase tickets at the RCC, Parks & Recreation Office or online by April 1st.

Th	4/4	6:00-8:00 p.m.	RCC	\$15
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## Swing into Spring Luncheon

It's swing time! We're serving roast beef with mushroom gravy, green bean casserole, cheesy potato casserole and cheesecake with cherry topping for dessert. After lunch, enjoy entertainment by Jukebox 45! The band was formed by Gerry Fanfarelli, a well-known musician who assembled a group of talented musicians that re-create memorable songs of the 50's and 60's! Purchase your ticket by 4/10.

Tu	4/16	11:45 a.m.	RCC Community Room	\$7/R \$9/NR
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## Julia Smith Presentation by Glastonbury Historical Society

Smith is a well-known name in town and Glastonbury is proud of our famous Smith sisters-Julia and Abby. These elderly spinsters stood up to the townsmen of Glastonbury in their fight to get women the right to vote and famously lost their cows in the process. Learn about their roles in the abolitionist movement and the woman's suffrage movement by Julia Smith (played by Diane Hoover) herself! Register by 4/3.

M	4/8	12:30 p.m.	RCC Community Room	FREE
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## Intergenerational Bingo Bonanza!

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

Tu	4/9	1:00-3:00 p.m.	RCC Community Room	FREE
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## Chapter Chasers! A New Seasonal Walking/Talking Book Club with WTML!

A new seasonal walking book club for active senior readers. A staff member from the Welles-Turner Library will lead the group on a monthly outdoor walk while we discuss our latest reads. Refreshments will be provided afterward. In the event of rain, the group will hold the meeting indoors.

W	5/15; 6/12; 7/10; 8/14; 9/11; 10/9	9:00 a.m.	Meets in the RCC Lobby	FREE
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## The Big Sing with Dr. Uke!

Join Dr. Uke and the band! Sing along as words are projected on the large screen. Dial-A-Ride is available.

Sa	3/30; 4/27	12:00-1:00 pm.	RCC	FREE
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## 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! For information, call the RCC at (860)652-7638

## Jeopardy Style Trivia Night!

Thursdays from 6:00-7:30 p.m. Play different styles of Trivia, from traditional Jeopardy style trivia to Picture Games and Head to Head team battles. Free to play, win prizes!

## Mahjong, Scrabble, Rummikub & More!

Every Saturday from 10:30 a.m.-1:00 p.m. for a mix of games in a casual social environment.

## Needle Felting Class

Diana Sheard will teach beginner skills of needle felting - working with special needles and wool. Leave with your completed sheep project (6-8" long x 4-5" tall). Register by 4/10.

W	4/17	10:00 a.m.-12:00 p.m.	RCC	\$20 Payable to Instructor
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## CT Museum Presents: Remembering G. Fox & Co.

For over a century, G. Fox & Co. was a fixture in downtown Hartford. Learn about the history of the store and story of Beatrice Fox Auerbach, the pioneering businesswoman who led G. Fox & Co. through its golden age. Register by 4/17.

Tu	4/23	1:00 p.m.	RCC	FREE
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## Active Adult Golf League

A total of 15 sessions held at Minnechaug 9 Hole Golf Course (weather permitting). Includes golf cart, prizes and a pizza party at the end of the season!

M	4/29-8/12 (No 5/25)	Tee off at 9:00 a.m.	Minnechaug	\$320
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## Lifelong Learning: Curiosity Stream

Tuesdays from 6:00-7:00 p.m. feed your thirst for knowledge. Come for one or try them all.

3/19:	Eternal Egypt
3/26:	Extinction; Going, Going, Gone
4/2:	Rio; The Great Saga
4/9-4/16:	Wild Galapagos
4/23:	Entangled
4/30:	New Space

## AARP Tax Aide Program

Please call (860)652-7638 to schedule your appointment. No walk-ins are accepted.

## AARP Smart Driver™ Course

This course will help you refresh your driving skills. Insurance discount for ages 60 & over who complete the course is a minimum of 5%. Individuals under 60 who wish to take the course should contact their insurance company to inquire about a discount. Classes held on 3/14 or 4/11 from 12:30-4:30 p.m. To register, call (860)652-7638 or at the RCC office. Payment is due at time of registration by check payable to AARP only. \$20/AARP Members; \$25/Non-AARP Members.

## Social Security: Know your Options

Gain a clearer understanding of the options you have and which strategies you should consider before filing for Social Security benefits. You'll also learn how to take an important aerial view of your retirement plan by exploring how Social Security works with other assets. Register by 3/18.

Th	3/21	6:00-8:00 p.m.	RCC	FREE
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## Technology 1:1 Assistance

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

### Mac, iPad or SmartPhone Assistance

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

### 1:1 Computer Assistance

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

## AARP Car Fit Event

Trained experts will show you how you can enhance your comfort, safety and fit within your vehicle. Waiver required; No age limit. To schedule your appointment, call the main office at (860)652-7638.

Sa	5/4	9:00 a.m.-1:00 p.m.	RCC	FREE
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## Sound Healing with the Conduit Center

Join us for Sound Healing Meditation Demos! The Conduit is a collective of Connecticut musicians who use gongs, singing bowls and other instruments to orchestrate sonic environments for immersive meditation. The benefits of a meditation practice are accessible with the guidance of these specialized practices for attendees of any level of experience! Register by 3/18 and 4/18.

F	3/22; 4/19	11:00 a.m.	RCC	FREE
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Class	Description	Meets	Dates	# of Classes	Fee	
					R	NR
Fitness is Fun with Jinny & Marge	Improve your strength and balance	Monday 9:30-10:15 a.m. 10:30-11:15 a.m.	4/1-4/22	4	\$20	\$30
Tai Chi Intro with Ken	Basics of the mind/body	Monday 3:30-4:15 p.m.	4/8-4/29	4	\$20	\$30
Stretchercise with Janice	Low impact exercise using weights and bands	Tuesday & Thursday 11:30 a.m.-12:15 p.m.	3/26-4/25	10	\$50	\$60
Palette Perspectives with Jacki Sweeny	Explore painting with various mediums & techniques	Tuesday 6:00-7:30 p.m.	4/2-5/7	6	\$90	\$95
Parkinson's Mobility	Improve power, balance and strength	Thursday 9:00-10:00 a.m.	4/4-4/25	4	\$20	\$30
Get Up & Go	Strength/Resistance for a Full Body Workout	Thursday 10:15-11:15 a.m.	4/4-4/25	4	\$20	\$30
NEW Mindful Meditation with Kitch	Guided Meditation	Thursday 11:20-11:50 a.m.	4/4-4/25	4	\$12	\$17
Line Dancing with Sarah	Engage your brain/body to music - beginners welcome	Thursday 1:00-2:15 p.m.	4/4-4/25	4	\$20	\$30
Tai Chi with Ken	Mind and body fitness for all ages and fitness levels.	Thursday 6:00-7:00 p.m.	4/4-4/25	4	\$20	\$30
Italian Language Class with Lois (Textbooks Required)	I: Intermediate II: Completion of Italian 1 or prior knowledge Italian	Thursday via ZOOM I: 9:00-10:00 a.m. II: 10:00-11:00 a.m.	4/4-4/25	4	\$5	\$6
Watercolor	Explore different techniques - drawing is not a prerequisite.	Saturday 9:30-11:30 a.m.	4/6; 4/27	2	\$10	\$15
Additional \$10 supply fee to instructor						

## Blood Pressure Screenings

Glastonbury Volunteer Ambulance will be providing Blood Pressure Screenings at the RCC on Fridays from 10:00 a.m.-1:00 p.m. No appointment required.

## Memory Screenings

Schedule an appointment for a free, confidential memory screening. Screenings take 15 minutes and consist of questions and tasks to assess memory. They don't diagnose illness, but can indicate if someone should follow up with a medical exam. Sponsored by Hartford Healthcare Center for Healthy Aging. First Wednesday of every other month from 10:30-11:30 a.m. Pre-registration required. Contact Susan Parotta, LCSW at (860) 652-7636 or [susan.parotta@glastonbury-ct.gov](mailto:susan.parotta@glastonbury-ct.gov).

## Understanding & Responding to Dementia Related Behaviors

Presented by the CT Alzheimer's Association. Call Susan Parotta (860) 652-7636 for more information.

Tu	3/26	6:30-7:30 p.m.	RCC	FREE
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## Eye Openers Support Group

Features educational speakers and an opportunity for members to share concerns, questions, solutions, resources, challenges and celebrations for those who are dealing with low vision or loss of sight. Meets on the last Friday of every month from 10:00-11:30 a.m. Refreshments are served! For more information, please call Susan Parotta, LCSW at (860) 652-7636.

## Bereavement Support Group

Have you experienced the loss of a loved one recently or having a hard time with loss? Are you experiencing any "symptoms" of grief such as loss of sleep, the need for too much sleep, lack of concentration, feeling hopeless or depressed? You are not alone! Group provides support and strategies to help you cope! Co-sponsored by Hartford Healthcare at Home. Group meets the 2nd & 4th Wednesday of each month from 1:00-3:30 p.m. For more information, contact Andrea Burr at (860) 372-6866 or [andrea.burr@hhchealth.org](mailto:andrea.burr@hhchealth.org)



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

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