

A young child with blonde hair is sitting on a snow machine. The child is wearing a bright pink knit hat with two large, colorful fabric flowers (one white with a pink center, one orange with a purple center) and a blue winter jacket with red accents. The child is smiling slightly. The snow machine is white with purple and blue accents. The background is a bright, snowy scene.

**Glastonbury  
Parks & Recreation**

**2009-2010 Winter & Spring**





## Mail In & On-Line Registration

Registrations will be accepted by **MAIL & ON-LINE TUESDAY, DECEMBER 8 - TUESDAY, JANUARY 5** beginning at 8:00 a.m. with the following exceptions:

Open Gym Passes  
Teen Mall & Movies  
Teen Center Passes

Party Rentals  
Indoor Pool Passes  
Over 30 Basketball

Mail-in registrations will be processed daily, at random. **REGISTRATIONS WILL NOT BE PROCESSED BEFORE TUESDAY, DECEMBER 8.**

## In-Person

In-person registrations will be accepted and processed randomly beginning Wednesday, January 6.

## Phone and Fax Registration

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

## Registration Payment

VISA, Mastercard or Discover payments are accepted on-line, by mail and in-person. **On-Line Customers now have the option to pay for services by Electronic Checking.** Make your on-line payment directly from your checking account.

- ▶ Transactions are processed faster
- ▶ No credit card interest charges
- ▶ It's convenient and safe
- ▶ 100% NACHA compliant
- ▶ Select "e-check" as the payment option

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

## Residency Requirements

Programs are for Glastonbury residents unless otherwise noted.

## Notification of Enrollment

Include a **STAMPED**, self addressed, business envelope with your mail-in registration. Your receipt will be mailed in 2-3 weeks. Please do not call the office. We **DO NOT** mail receipts for registrations processed on-line. You may reprint a receipt anytime from the on-line system by clicking "My Account" and "Reprint a Receipt".

## Returned Checks

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

## Refund Policy

Review your registrations carefully. Refunds will not be issued once a program begins. VISA or Mastercard registration refunds will be credited to the card. Refunds generally take 4-6 weeks.

## Cancellation Policy

Programs may be canceled due to insufficient registration. Programs are canceled on January 1, 18; February 15; April 4; May 31 unless otherwise stated.

## Program Information Line

Retrieve program and activity information 24 hours a day by calling our program information line at 652-7689. Evening activities, field and league cancellations are announced after 4:00 p.m.

## Financial Assistance

Eligibility and assistance determinations are made by Social Services. Fee waivers apply to registration fees only. To qualify, submit an eligibility form to Social Services. Forms are available at Parks & Recreation, Social Services, Youth & Family Services, Welles Village Housing Authority, Welles Turner Library and the Information Desk at Town Hall. A copy of the approved application must accompany your registration. Eligibility for financial assistance does not guarantee a space in the program. Eligible programs include:

Children's Swim Lessons	Kangaroo Kids
Spring Swim Clinics	Pool Passes
Teen Center Passes	

## Brochure Mailing Information

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

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

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

Registration Information

## How to Reach Us

Administrative Phone: 652-7679  
Administrative Fax: 652-7691  
Information Line: 652-7689  
On the Web: [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov)  
Click "Parks and Recreation"  
Mailing Address: Parks and Recreation  
2155 Main Street  
Glastonbury, CT 06033  
Office Address: Parks and Recreation  
1086 New London Tpk.  
Glastonbury, CT 06033

## Our Staff

Raymond E. Purtell, Director of Parks & Recreation  
Greg Foran, Parks Superintendent/Tree Warden  
Chris Shanahan, Parks Maintenance Supervisor  
Kelly Devanny, Recreation Supervisor  
Bill Engle, Recreation Supervisor  
Anna Park, Recreation Supervisor  
Liz Gray, Recreation Program Coordinator  
Angela Paiker, Executive Secretary  
Cynthia Lea, Administrative Secretary  
Renee Paley, Administrative Secretary

## Glastonbury Youth Organizations

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

Girls Softball	328-5428
Little League	<a href="http://www.glastonburylittleleague.org">www.glastonburylittleleague.org</a>
Hartwell Soccer	<a href="http://www.glastonburysoccer.org">www.glastonburysoccer.org</a>
Midget Football	<a href="http://www.gyfa.com">www.gyfa.com</a>
YMCA	633-6548
Lacrosse	<a href="http://www.glastonburylacrosse.org">www.glastonburylacrosse.org</a>
GBA Basketball	GBAHoops@aol.com <a href="http://www.gbahoops.org">www.gbahoops.org</a>
GBA Travel Basketball	GBATravelHoops@aol.com <a href="http://www.gbahoops.org">www.gbahoops.org</a>

## Party Rentals

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

## J.B. Williams Park Pavilion Rental

In-person and phone reservations for use of the J.B. Williams Park "covered" pavilion will be taken beginning on Monday, January 4.

Availability:	May 1 to October 31
Maximum Capacity:	Up to 200 people
Amenities:	Kitchen, restroom, barbecue, softball, volleyball, horse shoes and hiking facilities
Fees:	\$100/rental

## Academy Teen Center Rental

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

Availability:	Year Round Saturdays and Sundays
Times:	2 hour time blocks
Maximum Capacity:	15 people
Amenities:	Staff Supervisor to monitor activity space, exclusive use of Teen Center room including ping pong, air hockey, foosball, pool tables, board games and craft space, access to restrooms, refrigerator and freezer
Fee:	\$100/rental

## Glastonbury Skate Park Rental

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

Availability:	May to November Saturdays and Sundays Excluding Lesson Dates Weather Permitting
Times:	10:00 a.m.-12:00 p.m.
Maximum Capacity:	30 people
Amenities:	Supervisor, exclusive use of skate park, softball field, picnic tables, picnic bag including frisbees, bases, kickballs, and a bat and balls
Fees:	\$85/rental

3 Rental & facility Information

## Music Together ®

(Newborns – age 5)

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

### Music Together-Winter

Music Together 9:15	303101-01
Music Sibling 9:15	303101-02
Music Together 10:15	303101-03
Music Sibling 10:15	303101-04
Music Together 11:15	303101-05
Music Sibling 11:15	303101-06

### Music Together-Spring

Music Together 9:15	403101-01
Music Sibling 9:15	403101-02
Music Together 10:15	403101-03
Music Sibling 10:15	403101-04
Music Together 11:15	403101-05
Music Sibling 11:15	403101-06

Fee:	\$160/child; \$80/sibling Newborns( under 8 months) attend <b>FREE <u>when a sibling is registered</u></b> ; \$160 when registered alone.
Meets:	Tuesday 9:15-10:00; 10:15-11:00 or 11:15-12:00
Location:	RCC Activity Room
Winter:	10 weeks January 5-March 16
Spring:	10 weeks April 6-June 15

## Parent Toddler Program

(Children ages 12-36 months)

A fun social experience for both Parent and Toddler that includes free play, stories, songs etc.

### Parent Toddler-Winter

PToddler-Mon. 9:30	303125-01
PToddler-Tues. 9:30	303125-02

### Parent Toddler-Spring

PToddler-Mon. 9:30	403125-01
PToddler-Tues. 9:30	403125-02

Fee:	\$35/class
Meets:	Monday, Tuesday 9:30-10:30 a.m.
Location:	Academy Gym
Winter:	8 weeks beginning January 4
Spring:	8 weeks beginning March 22

## Scamper Tots

(Children ages 18 months-3 years)

A parent/child class to develop gross motor skills and improve coordination in a non-competitive play environment. Children will enjoy tunnels, hoops, balls, balance beams, bowling pins, play stations, parachute games and songs with puppets. Instructor is Early Childhood Educator Diane McHugh.

### Act Out-Winter

Scamper-Winter	303233-01
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### Act Out-Spring

Scamper-Spring (Session 1)	403233-01
Scamper-Spring (Session 2)	403233-02

Fee:	\$31/class
Meets:	Mondays 9:15-10:00 a.m.
Location:	Riverfront Community Center Exercise Room
Winter:	6 Weeks January 11-March 1
Spring 1:	6 Weeks March 15-April 26
Spring 2:	6 Weeks May 10-June 21

## Circle Time

(Children ages 2-5 years)

A parent child class sure to encourage your child's natural creativity and ignite their curiosity with a combination of fun and inviting age appropriate activities. Crafts, themes, stories songs, finger plays, creative dramatics, games, musical instruments and more! Early Childhood Educator Jean Barresi instructs. **Registration limited to one session/child!**

### Circle Time-Winter

Circle Time-Winter	303333-01
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### Circle Time-Spring

Circle Time 1 (Session 1)	403333-01
Circle Time 2 (Session 2)	403333-02

Fee:	\$39/child
Meets:	Wednesday 11:00-11:45 a.m.
Location:	RCC Activity Room
Winter:	6 Weeks January 13-February 24
Spring 1:	6 Weeks March 10-April 14
Spring 2:	6 Weeks May 5-June 9

4 Pre-School Programs

## Ring Around a Rhyme

(Children ages 2-4)

A parent/child class filled with lively movement games, parachute play and songs with puppets and props. Be prepared to have fun and wear comfortable shoes! Instructor is Early Childhood Educator Diane McHugh.

### Act Out-Winter

Rhyme-Winter 303233-02

### Act Out-Spring

Rhyme-Spring (Session 1) 403233-03

Rhyme-Spring (Session 2) 403233-04

Fee: \$31/child

Meets: Mondays 10:15-11:00 a.m.

Location: RCC Exercise Room

Winter: 6 Weeks January 11-March 1

Spring 1: 6 Weeks March 15-April 26

Spring 2: 6 Weeks May 10-June 21

## Fee, Fi, Fo Fun

(Children ages 3.5 – 5 years)

Favorite Fairy Tales will be the inspiration to dress up and act out! A large array of costumes and a variety of props will bring stories to life. Plenty of improvisation will allow for flexibility and creativity! Instructor is Early Childhood Educator Diane McHugh.

### Act Out-Winter

Fun-Winter 303233-03

### Act Out-Spring

Fun-Spring (Session 1) 403233-05

Fun-Spring (Session 2) 403233-06

Fee: \$35/child

Meets: Mondays 11:15-11:45 a.m.

Location: RCC Exercise Room

Winter: 6 Weeks January 11-March 1

Spring 1: 6 Weeks March 15-April 26

Spring 2: 6 Weeks May 10-June 21

## Skyhawks Mini Hawk Sports Program

(Ages 4-6)

This multi-sport program allows young children to explore more than 1 sport in an evening setting. There is no pressure, just lots of fun while these young athletes participate in Soccer and T-Ball through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the specific needs of young children and is committed to helping them start off on the right foot as they venture into athletics.

## Camps

Mini-Hawk 304109-AA

Fee: \$65

Meets: Thursday 5:15-6:15 p.m.

Dates: April 1- May 13 (No Program 4/23)

Location: Smith Middle School Aux Gym

## American Girl

(All Ages)

Deluxe motorcoach trip including lunch at New York's American Girl Cafe, plenty of free time to shop and explore everything American Girl has to offer, transportation, and gratuities to the tour director and driver.

### Bus Trips

American Girl 109004-20

Fee: \$77/person

Departs: East Hartford/Glastonbury  
Commuter Parking Lot directly  
across from Burger King at 8:00 a.m.

Returns: Approximately 8:00 p.m.

Trip Date: Wednesday, February 17

## Bronx Zoo OR New York Botanical Gardens

(All Ages)

Choose between the Bronx Zoo **OR** the New York Botanical Gardens. Zoo includes ticket for general admission plus up to five exhibit and/or ride entries good for the Bug Carousel, Children's Zoo, Zoo Shuttle, Butterfly Zone and Congo Gorilla Forest. Botanical Garden includes ticket for the garden grounds, Enid A. Haupt Conservatory, Everett Children's Adventure Garden, Rock Garden and Native Plant Garden, and Tram Tour. Both trips include deluxe motorcoach transportation and gratuities to the tour director and driver.

### Bus Trips

Botanical Adult 109004-2A

Botanical Child 109004-2C

Bronx Zoo Adult 109004-3A

Bronx Zoo Child 109004-3C

Fee: \$65/adult; \$60/child (12 & Under)

Departs: East Hartford/Glastonbury  
Commuter Parking Lot directly  
across from Burger King at 8:00 a.m.

Returns: Approximately 8:00 p.m.

Trip Date: Tuesday, April 20

5 Pre-School & Family Programs

## Beginning Fisherman Clinic

(All Ages)

The DEP's Bureau of Fisheries will instruct about identifying fish, techniques and safety. Materials and equipment will be provided. FREE!

### Fishing Clinic

Beginning Fisherman's Clinic 410009-AA

Meets: 6:30-8:30 p.m.  
Location: Hebron Avenue School Cafeteria  
Dates: Tuesday & Thursday, April 13 & 15

## Youth Fishing Derby

(Youth ages 4 through 15)

Compete for the biggest, smallest, first and most trout caught, or just enjoy a morning of fishing with your child on Saturday, April 17, 8:00-10:00 a.m. at J.B. Williams Pond. Prizes are raffled off every 15 minutes. Four categories: 4-6, 7-9, 10-12, 13-15. No bait restrictions. No physical parental assistance is allowed except for baiting and casting. Pre-registration is not required, no fee.

## Family Ice Fishing Clinic

(All Ages)

This DEP sponsored class is designed to introduce you to the wintertime sport of ice fishing. This clinic is taught by state certified volunteer instructors through the Connecticut Aquatic Resources Education (CARE) Program. All those who attend are invited to join the DEP at their Annual Family Ice Fishing Derby on Coventry Lake, January 30th. The Family Ice Fishing Derby is only open to those who attend an Ice Fishing class and is free of charge.

### Fishing Clinic

Ice Fishing Clinic 410009-BB

Fee: FREE  
Meets: Thursday 6:30-8:30 p.m.  
Location: Gideon Welles Cafeteria  
Dates: January 21 (Snow Date: January 25)

## Mark Rust Concert

Monday, January 18

Appropriate for Preschool-Elementary Age Children  
GHS Auditorium at 11:00 a.m. FREE

Mark Rust, a multi-talented family & children's performer from Woodstock NY will give an entertaining & educational concert for the entire family. The first part of the show "My Family's Musical Traditions" is a fun collection of songs on a variety of instruments. Followed by "Tunes for Spoons" a chance for everyone to learn to play along with Mark on the spoons. Finally, Mark will teach some traditional American country dances that are fun and easy.

## Matica Circus Children's Performance

Monday, February 15

Appropriate for Preschool-Elementary Age Children  
GHS Auditorium at 11:00 a.m. FREE

The Matica, acro-comedic Circus duo will delight audiences of all ages with acts of daring on unicycles and juggling and all around fun! Not to miss! For more information check out [www.maticaarts.com](http://www.maticaarts.com)

## Easter Egg Hunt - FOR DOGS!!

The Glastonbury Dog Park Committee presents the 2nd annual Easter Egg Hunt for Dogs! Grab your dog and Easter basket and come out to join the fun for this very unique event! Egg Hunt begins promptly at 10:00 a.m. at the Riverfront Park (200 Welles Street, Glastonbury) on Saturday, March 27th. Event will be held rain or shine. Over 6,000 eggs will be hidden - **twice as many as last year**. Every egg contains a treat or a prize for you and your dog including gift certificates and other surprises! Bring the kids for games & activities including face painting! Cost is \$10/dog. Dogs must be on leash with up to date rabies tag or certification. No aggressive dogs please.



**6 family Programs & Special Events**

## Acting Classes

(Kindergarten - 8th Grade)

A progressive program designed for participants of all skill levels dedicated to creating a comfortable, fun, safe environment to cultivate and affirm each person's own unique creativity. Theater skills and games, basic mime work, stage confidence, basic voice and speech, improvisational exercise, script work, acting terminology and more will be covered! New topics will be covered for past participants! Classes taught by Performing Arts Programs staff. ([www.performingartsprograms.biz](http://www.performingartsprograms.biz))

### Performing Arts

Acting Grades K-1	404233-01
Acting Grades 2-4	404233-02
Acting Grades 5-8	404233-03

Fee:	Grades K-1: \$90/Person Grades 2-8: \$100/Person
Meets:	Mondays Grades K-1: 4:00-4:45 p.m. Grades 2-4: 5:00-6:00 p.m. Grades 5-8: 6:15-7:15 p.m.
Location:	RCC Community Room
Dates:	March 1-April 12

## The Wizard's School of Magic

(Children ages 5-10)

Students will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces - alakazaam - disappear!

### Youth Programs

Presto Magic (2/9)	312233-AA
Abacadabra (2/11)	312233-BB
Hocus Pocus (3/9)	312233-CC
Alakazaam (3/11)	312233-DD

Fee:	\$20/Workshop
Meets:	Tuesday and Thursdays Dates Above from 4-5 p.m.
Location:	Riverfront Community Center
Dates:	2/9, 2/11, 3/9, 3/11

## Tom O'Brien Magic Show and Workshop

This is a fun and memorable show for children. The show will be 45 minutes and the children experience a very funny and visible presentation of Magic & Comedy. The grand finale of the show is the surprise production of "Charlie the Bunny"! Filled with fun, laughter, and the best in entertainment! Immediately following the show the children will have an hour long magic workshop where they will receive a magic kit and learn to perform 5 magic tricks. They also receive a magic wand and written instructions of all the tricks that they have learned!

### Youth Programs

Magic Show & Wkshp	312233-A
Fee:	\$35/participant
Meets:	Monday, January 18 1:00-3:00 p.m.
Location:	GHS Cafeteria

## Advanced Robotics -The Ultimate Experience

(Boys and Girls ages 7-12)

In this workshop you'll be building and taking home the Jungle Robot, an advanced level robot. There are many steps in the assembly process, one of which is the gear box. You'll get to see and learn how different types of gears mesh and are driven by a motor. You'll connect the motor, battery and microphone to a circuit board, which will program your sound activated (clap of the hand) robot. There will be time set aside in this workshop, to put your imagination and skills to the challenge. Working in small groups, you'll build different robotic creatures and vehicles. Your robotic creations will be tested in sumo battles, tugs of war and vehicle distance timings, etc. Your level of learning and creativity will produce some of the best "Free Building Robots" among our many workshops. Please bring a lunch.

### Youth Programs

Advanced Robotics	312501-AA
Fee:	\$145
Meets:	Monday & Tuesday 8:30 a.m. - 4:00 p.m.
Location:	GHS Cafeteria
Dates:	December 28, 29

7 Youth Programs

## Prospectors Mystery Rock Workshop

(Boys and Girls ages 6-11)

You're going to be a Prospector...one of those people who were always looking for gold. In this workshop you will get to excavate for valuable gems, fascinating rocks, and ancient fossils. All are yours to keep. What hidden wonders will you find? The identities of the 10 specimens found in your Mystery Rock have been kept a secret from you. You will experience the thrill of discovery, much as prospectors did, and be able to identify each one. Your specimens are in a hard clay material the same as prospectors found. You will get an excavation tool, specimen brush, log book, sorting trays and labels. Make an educated guess with our help to whether each one is a rock, gem, or fossil. Please bring a lunch.

### Youth Programs

Mystery Rock 312501-BB

Fee: \$145  
Meets: Monday & Tuesday  
8:30 a.m. – 4:00 p.m.  
Location: GHS Cafeteria  
Dates: February 15, 16

## Lasers - Galaxies - and Then Some

(Boys and Girls ages 7-12)

Children explore science as a fun and exciting process of investigation. Each day we conduct experiments, discover the amazing, and test our own ideas. You will learn about LASERS. Dancing, swirling, pulsating laser light will be part of our Laser Light Show. Work with our light blitzer as a laser light flashes to music. We will conduct experiments with our LASER POINTER plus lenses and mirrors as we have fun and learn. Children will make and take home a 30-times magnification plastic mini microscope. Build and take home your own kaleidoscope, spectroscope, periscope and constellation watcher. Watch the constellations in our room and learn about all the planets as you take our 3-D Adventure into outer space, a delightful hands-on experience. Please bring a lunch.

### Youth Programs

Lasers & Galaxies 312501-CC

Fee: \$145  
Meets: Wednesday & Thursday  
8:30 a.m. – 4:00 p.m.  
Location: GHS Cafeteria  
Dates: February 17, 18

## Future Transportation

(Boys and Girls ages 7-12)

Build your own "futuristic Maglev" car to race and take home. In 1999 a Japanese five-car maglev train set a record of 345 miles/hour. Yours won't go that fast, but we will have fun building it and learning how it operates. You will also get to build a simple maglev track as well as a cool electro-magnet. Learn how motors work, as well as generators. Build and take home the world's simplest motor. Make your own compass and take part in many other magnificent magnetic activities! Yes, Sciensational Workshops again starts with the Maglev car (magnetism - electricity - levitation) and goes in all directions to have fun and learn while doing hands-on activities. Please bring a lunch.

### Youth Programs

Maglev Cars 412501-AA

Fee: \$145  
Meets: Monday & Tuesday  
8:30 a.m. – 4:00 p.m.  
Location: GHS Cafeteria  
Dates: April 19, 20

## Medieval Castle Workshop

(Boys & Girls ages 6-11)

The middle ages were a time of knighthood, castles with moats, and wide open countryside. Archeologists are still unearthing buried treasures. You will be digging the ruins of a Medieval Castle and uncovering replicas of four ancient treasures. You will find an armorial seal, coin, heraldic pendant, and an arrowhead. It's fun and easy to chip away at the mystery matrix clay and to excavate, study, and display your findings. You might even wear them as jewelry. With the castle dig molding tray and the sand you dug away at, you can create a castle tower and a gargoye. Become an Archeologist with fun activities in this exciting field of science. Please bring a lunch.

### Youth Programs

Medieval Castles 412501-BB

Fee: \$145  
Meets: Wednesday & Thursday  
8:30 a.m. – 4:00 p.m.  
Location: GHS Cafeteria  
Dates: April 21, 22

8 Youth Programs

## Hershey Track & Field Program

Wednesday, May 5 (Rain Date: Wednesday, May 12). Events include runs, dashes, relays, softball throw and long jump for ages 9-14. Flyers will be e-mailed through the Board of Education List Serve in April. **Do not register using this brochure.**

## Youth Open Gym

(Youth 18 and under)

Activities include pick up basketball. Children under grade 7 must be accompanied by an adult. GHS & SMS Students must bring their school ID.

Fee: FREE  
Meets: Wednesday 7:30-9:30 p.m.  
Saturday 2:00-6:00 p.m.  
Sunday 1:00-5:00 p.m.  
Location: Wednesday at Smith Middle School Gym  
Saturday and Sunday at Glastonbury High School Gym  
Dates: Wednesday ends June 16  
Weekends end April 25

## X-Factor Training Camp for Children

(Ages 8-14)

Whether your child is an athlete getting ready for their next season or they just want to get active and have fun X-Factor Training Camp is for them! Improve children's physical health and well being in an all inclusive, non-competitive fitness camp. Campers will utilize speed, quickness and agility drills to get active and improve performance. Using non-competitive games and training exercises for a great dynamic workout. The class is instructed by personal trainers with experience working with youth.

### Youth Programs

X-Factor 7-10 412202-AA  
X-Factor 11-14 412202-BB

Fee: \$75/person  
Meets: Tuesday and Thursday 6:30-7:45 p.m.  
Dates: March 9 - April 1  
Location: Buttonball Gym  
Instructor: Coach Kavin Banks & Performance Personal Training

## Backyard Games Vacation Camp

(Grades K-7)

Children will have fun playing all their favorite backyard games. Games for the camp will include capture the flag, sharks & minnows, freeze tag, basketball, soccer, flag football and more fun backyard games. What a wonderful way for your child to have fun and stay active inside during the chilly winter vacation. Children will be put in age appropriate groups for all games and activities. Please send your child with a water bottle and snack.

### Vacation Activities-Winter

Backyard Games K-3 312109-AA  
Backyard Games 4-7 312109-BB

Fee: \$89/person  
Meets: Monday, Tuesday, Wednesday 9:00 a.m.-12:00 p.m.  
Dates: December 28-30  
Location: Smith Middle School Gyms  
Instructor: Performance Personal Training

## Holiday Vacation Sports Camp

(Grades K-6)

Children will be exposed to basketball, soccer, floor hockey and baseball in an environment that stresses fun over competition. Participants will be placed in age appropriate groups on the first day and will receive a t-shirt. Please register for age/grade appropriate group.

### February Vacation Sports Camp

February Sports Camp K-3 404109-AA  
February Sports Camp 4-6 404109-AB

### April Vacation Sports Camp

April Sports Camp K-3 404109-AC  
April Sports Camp 4-6 404109-AD

Fee: \$125/Vacation Week  
Meets: Monday-Thursday 9:00a.m.-1:00p.m.  
Location: Smith Middle School Gyms  
Dates: February 15,16,17,18  
April 19,20,21,22  
Instructor: All Pro Sports

9 Youth Programs

## Arts and Crafts for Kids

(Children in grades 1-7)

Your child's creativity will flourish in these 1 day arts and crafts programs. Supplies included.

### Kids Crafts

Animal Fun (3/6/10)	312003-01
Under the Sea (3/13/10)	312003-02
Birthday Gifts (3/20/10)	312003-03
Bugs Bugs Bugs (3/27/10)	312003-04
Spring Time Fun (4/3/10)	312003-05
Mother's Day Gifts (4/10/10)	312003-06

Fee: \$16/Class  
Meets: Saturdays 10:00 a.m.-noon  
Location: Academy Building Cafeteria

## Public Ice Skating

Ice must be at least 6" thick for ice skating. Call 652-7689 for conditions. J.B. Williams and Eastbury Pond are open until dusk, conditions permitting, for unsupervised skating. An area will be set aside for drop in unsupervised ice hockey play at Eastbury Pond. There is no supervised skating.

## Junior Golf Clinic

(Age 8 & up by the start of the clinic)

Rules, sportsmanship, and golf fundamentals will be covered. Equipment provided to those who need it.

### Golf

Junior Clinic 10:15	401005-05
Junior Clinic 11:15	401005-06
Junior Clinic 12:15	401005-07

Fee: \$55/child  
Meets: Sunday 10:15-11:15 a.m.; 11:15 am-12:15 pm; 12:15-1:15 pm  
Location: Gideon Welles Auxiliary Gym  
Dates: 4 Weeks April 11-May 9  
No Class 4/25  
Instructor: Connecticut School of Golf

## Youth Jukido

(Age 6 & up by the start of the session)

Discover authentic martial arts. Jukido is based on centuries old Japanese Jujitsu and is a fun and safe way to learn to defend yourself. Instill a true feeling of self confidence! Parents who wish to participate with their child may also register.

### Jukido Winter

Jukido Winter 6:30	312105-01
Jukido Winter 7:30	312105-02

### Jukido Spring

Jukido Spring 6:30	412105-03
Jukido Spring 7:30	412105-04

Fee: \$37/Session  
Meets: Mondays 6:15-7:15 or 7:15-8:15 pm  
Location: Gideon Welles Auxiliary Gym  
Winter: 8 Weeks January 4-March 8  
Spring: 8 Weeks March 29-June 7  
Instructor: Rich Webster

## Skyhawks Multi Sport Program

(Ages 7-9)

Popular summer Skyhawks program is now being offered in the spring. Multi-sport programs and camps are designed to introduce young athletes to more than one sport in each session. Sport sampling will allow them to learn, have fun and begin to formulate their passion for a particular sport. Designed to motivate children to lead a healthy active lifestyle while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. This session will give campers the chance to learn skills and strategies of flag football and soccer in a fun and exciting atmosphere.

### Camps

Multi Sport	304109-DD
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Fee: \$65  
Meets: Thursday 6:20-7:20 p.m.  
Dates: April 1-May 13 (No Program 4/23)  
Location: Smith Middle School Aux Gym

10 Youth Programs

## Academy Teen Center

A drop in center featuring pool, table tennis, air hockey, foosball, arts & crafts, homework room with computers that have monitored internet access, and special activities. Transportation is provided for after-school hours from Smith Middle and Gideon Welles. At Smith, you must sign up at the main office before 7th period and at Gideon you must bring a note and sign up in the main office. Daily admission fees will be collected at the Teen Center for those who do not have passes. Daily Admission and/or School Year Passes have many benefits including:

- Transportation during after-school hours
- Wii and PS2 Wednesdays (Get active with your favorite games)
- Friday Movies (Pizza & beverages sold on Fridays)
- Staff Supervision (CPR and First Aid Certified)
- Special Events like Pool Tournaments, Theme Days, Holiday Celebrations and Late Night Hours

### Teen Center

School Year Pass 6-8                      208005-03

FEE:                      School Year Pass (Grades 6-8): \$49  
Daily Admission: \$3/person

LOCATION:              Academy Building (2143 Main St.)

GRADES 6-8:          Wednesday, Thursday, Friday  
3:00-6:30 p.m.

GRADES 6-9:          Fridays from 6:30 p.m.-8:00 p.m. on  
1/15, 2/12, 4/9, 5/14, 6/4, 6/11

VACATION WEEKS:    February 15-19 2:00-6:00 p.m.  
(GRADES 6-9)              April 19-23 2:00-6:00 p.m.

## Teen Mall and Movies

(Teens in grades 6-9)

Enjoy a Friday night out to go to the mall and the movies with your friends. Movie selections are available the night of the trip prior to departure from a list of PG and PG-13 movies. 6-8 graders can take the bus to the Teen Center and stay until the trip departs. Supervision by Teen Center staff.

### Teen Activities

Mall & Movie 1/22              208004 -03

Mall & Movie 3/26              208004 -05

Mall & Movie 5/21              208004 -07

Fee:                      \$8/Person (transportation only)

Meets:                      Dates Above

Location:                  Depart Academy Building 5:00 p.m.;  
Return at approximately 10:00 p.m.

## Teens Helping Teens

Join us on Tuesday, December 8th from 3:00-6:30 p.m. as we kick off our Toys for Teens drive for the month of December! Bring a new unwrapped toy appropriate for a teen or a gift card valued at \$25 or less and enjoy refreshments and a special holiday activity! The Toys for Teens drive will continue through the month of December. All toys will be donated to the Social Services Toy Drive. **There will be NO bus transportation on this day.**

## 6,7,8 Grade Coffeehouse

Clear your schedules 'cause this is gonna be one you won't want to miss! Co-sponsored by the Glastonbury Drug and Alcohol Council (GLAD), join us on Friday, March 12 from 6:00-9:00 p.m. for this awesome event! Game Show Mania, an interactive LIVE game show will provide your entertainment in the cafeteria. Refreshments and pizza will be sold, and the Teen Center will be open for games and fun! Advanced tickets (limited to the first 200 people) are required and **WILL NOT** be sold at the door. Purchase tickets at the Teen Center or at Parks and Recreation. Tickets are \$8/person. The Teen Center **WILL NOT** be open for after-school hours on this day.

## Mexican Fiesta

Join us at the Teen Center on Friday, May 14 for Mexican food and festivities! Event will be held during after school hours and extended hours from 3:00-8:00 p.m. for grades 6-9. No pre-registration required.

## The Giving Tree

Along with the importance of safe, drug and alcohol free programs at the Teen Center, comes the importance of assisting others less fortunate. Help the Teen Center by donating the following new or gently used items each month that will be donated to various shelters and programs.

November:              Non-Perishable Food

December:              Toys for Teens

January:                  Coats, Hats, Mittens, Scarves

**11 Teen Programs**

## Thrifty Threads for the Frugal Fashionista

Come swap 'til you drop at the Academy Teen Center's first ever community clothing swap. Forget about shopping, come swapping! Clean out your drawers and closets and bag up those clothes, shoes and accessories you never wear anymore or never ever wore. Next, donate your new and/or gently used goods to the Teen Center during the months of February, March and April during Teen Center hours (Wednesday-Friday 3-6:30 p.m.). Items for males and females in teen to adult sizes will be accepted. Please make sure items are laundered and bagged. Then, join us on Saturday, April 17th from 9 to 1! With just a \$5 admission, you have the opportunity to sort through tons of donated clothes, shoes and accessories and take what you want! Clothing swaps are a great way of refreshing your wardrobe without damaging your wallet, plus it's environmentally friendly! Get in touch with your inner diva and create a whole new look for less! All items remaining after the event will be donated to charity.

## GLAD Coffeehouse Project

An alcohol and drug free program designed by teens featuring entertainment, food, and a safe place for high schoolers to gather with friends. Coffeehouses meet at the Academy Cafeteria, Gym and Teen Center on Friday nights, from 8:00-11:00 pm. Watch the Citizen for more details.

December 18, 2009	March 19, 2010
January 29, 2010	April 30, 2010
February 26, 2010	May 28, 2010 (8:00-midnight)

## Winter Teen Vacation Camp

(Youth currently in grades 6-10)  
A shorter version of our popular summer program, without the bathing suits! All trips will be included in the fee. Tentatively scheduled trips are as follows:

Day 1: CoCo Keys Water Resort  
Day 2: Tubing at the Ski Ward Ski Area (MA)  
Day 3: Indoor Rock Climbing at CT Rock Gym

### Vacation Activities-Winter

Vacation Camp 312104 -02

Fee: \$109/person  
Meets: Tuesday-Thursday 9:00a.m.-3:00p.m.  
Location: Academy Building  
Dates: February 16,17,18

## Ski & Snowboard Vacation Trips

(Teens in grades 6-12)  
Join us as we visit Mt. Southington (CT) in January (**Kids in Grades 7-12: This is a teacher in-service day and there is NO SCHOOL**) and Catamount (MA) in February. Mount Southington features 14 trails for both beginner and advanced down-hillers! Catamount features 32 trails and park areas and more than 119 skiable acres!

Location: Depart Academy Building 8:00 a.m.  
Return at approximately 6:15 p.m.  
Dates: Mount Southington - Wednesday, January 27  
Catamount - Friday, February 19

### Option 1: Lift Only

Lift ticket ONLY. No rentals or lessons.

#### Ski Trip January

Jan. Lift (Southington) 308104 -02

#### Ski Trip February

Feb. Lift (Catamount) 408104 -02

Fees: Lift \$41

### Option 2: Lift & Rental

Lift ticket and rentals. No lessons. Choose from Ski or Snowboard.

#### Ski Trip January

Jan. Ski (Southington) 308104 -04

Jan. Snow (Southington) 308104 -06

#### Ski Trip February

Feb. Ski (Catamount) 408104 -04

Feb. Snow (Catamount) 408104 -06

Fees: Ski Lift & Rental \$67  
Snowboard Lift & Rental \$67

### Option 3: Lift, Lesson, Rental

Lesson, lift ticket, and rental. Choose from Ski or Snowboard. BEST BUY!!

#### Ski Trip January

Jan. Learn Ski (Southington) 308104 -08

Jan. Learn Sno (Southington) 308104 -10

#### Ski Trip February

Feb. Learn Ski (Catamount) 408104 -08

Feb. Learn Sno (Catamount) 408104 -10

Fees: Learn Ski \$70; Learn Sno \$70

12 Teen Programs

## Glastonbury Gymnastics

Gymnastics is an extraordinary sport that develops flexibility, strength, grace, coordination, self-esteem, discipline, determination and a healthy body. The Glastonbury Gymnastics Club has been in the gymnastics business for more than 35 years. If you are already a special part of our family oriented environment, or joining us for the first time, we are committed to providing a fun and safe learning experience for your child. We offer individual instruction, recreational and competitive programs and structured classes for walking age through high school. Classes are available for all ability levels at affordable rates.

### About Our Staff

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

### About Our Facility

We are located in the Academy Building, 2143 Main Street. To provide a safe, enjoyable and top-level gymnastics experience, we have invested in new equipment over the past year. Our facility meets all the standards of USA Gymnastics and is outfitted with multiple balance beams, uneven bars, men's high bar, tumble trak, a full spring floor and a large array of preschool equipment.

## PreSchool Classes

Pre-School Gymnastics (weekday afternoons) is for children ages 3-4. Children learn the basics of how to tumble, balance on a beam and swing on the low bars. Parent participation is not required.

### Preschool Winter

Ages 3&4	Mon. 3:10-4:10	306108-09
Ages 3&4	Wed. 3:10-4:10	306108-10
Ages 3&4	Fri. 3:10-4:10	306108-11

### Preschool Spring

Ages 3&4	Mon. 3:10-4:10	406108-09
Ages 3&4	Wed. 3:10-4:10	406108-10
Ages 3&4	Fri. 3:10-4:10	406108-11

Fee:	Winter: \$99/child; Spring: \$89/child
Winter:	Begins week of January 4 (10 weeks)
Spring:	Begins week of April 5 (8 weeks)

## Tumbling Classes

For ages 10 and up. Great for cheerleaders and those who want to learn basics up through advanced tumbling skills. USA Gymnastics skill progressions will be strictly adhered to and participants will need to meet the requirements before advanced tumbling skills will be taught.

**Children in advanced class must be able to do a back handspring.**

### Tumbling Winter

Beginner Thurs. 5:35-6:50	306508-01
Advanced Thurs. 7:10-8:15	306508-02

### Tumbling Spring

Beginner Thurs. 5:35-6:50	406508-01
Advanced Thurs. 7:10-8:15	406508-02

Fee:	\$99/ Child (Winter) \$89/Child (Spring)
Winter:	Begins January 7 (10 weeks)
Spring:	Begins April 8 (8 weeks)

**B** Gymnastics Programs

## Recreation Lessons

(Children 5 years old by the start of the session)  
Emphasis on skill development in tumbling, floor, balance beam, vault and bars. Follows progression guidelines developed by USA Gymnastics. Divided by ability level to ensure that all gymnasts progress in a safe and appropriate manner.

- Beginner (USAG Pre Level 1)  
Everyone enters at the beginner level. The basics of gymnastics are taught at this stage.
- Advanced Beginner (USAG Level 1)  
Gymnasts enter this level after they master a forward roll, backward roll, and cartwheel.
- Intermediate (USAG Level 2)  
Gymnasts enter Intermediate after they have mastered a handstand, round-off, backbend, and have the ability to do one pull-up with their chin passing above the bar.

### Gymnastics Lessons Winter

Beg & Adv - Tues.	3:30-4:30	306108-01
Beg & Adv - Thurs.	3:30-4:30	306108-02
Beg & Adv - Fri.	4:20-5:20	306108-03
Adv & Inter - Tues.	4:35-5:35	306108-04
Intermediate - Thurs.	4:35-5:35	306108-05
*All Levels - Wed.	4:20-5:20	306108-06
*All Levels - Wed.	5:25-6:25	306108-07
*All Levels - Fri.	5:25-6:25	306108-08

### Gymnastics Lessons Spring

Beg & Adv - Tues.	3:30-4:30	406108-01
Beg & Adv - Thurs.	3:30-4:30	406108-02
Beg & Adv - Fri.	4:20-5:20	406108-03
Adv & Inter - Tues.	4:35-5:35	406108-04
Intermediate - Thurs.	4:35-5:35	406108-05
*All Levels - Wed.	4:20-5:20	406108-06
*All Levels - Wed.	5:25-6:25	406108-07
*All Levels - Fri.	5:25-6:25	406108-08

\*Combination class where kids are grouped according to level

Fee: Winter: \$99/child; Spring: \$89/child  
Winter: Begins week of January 4 (10 weeks)  
Spring: Begins week of April 5 (8 weeks)

## USAG Prep-Optional Program

(Children ages 11 & Up)

An opportunity for recreational gymnasts to compete without the rigorous demands of the competitive team. Novice gymnasts must be able to do a handstand, backbend, round-off and one pull up with chin passing above the bar. Gymnasts must be tested by the Director for Intermediate/Advanced level.

Novice	Monday	4:10-6:10
	Thursday	5:35-8:00
Interm./Adv.	Monday	6:00-8:30
	Wednesday	6:30-8:30

### Gym Team Winter

Novice Winter	306208-04
Interm./Adv. Winter	306208-05

### Gym Team Spring

Novice Spring	406208-04
Interm./Adv. Spring	406208-05

Fee: Winter: \$169/child; Spring: \$149/child  
Winter: Begins week of January 4(10 Weeks)  
Spring: Begins week of April 5 (8 Weeks)

## Competitive Team

Gymnasts must be tested by the Director in order to be placed on team. Team gymnasts work out between 4.5-6 hours/week, allowing them flexibility to participate in other activities that are important to them. Level 3-9 gymnasts compete in USA Gymnastic and YMCA events. **Unlimited Workout includes 4.5 additional hours of practice time.** We are proud to say we've trained local, state, regional and national champions!

Level 3 (Pre team)	Monday	4:10-6:10
	Thursday	5:35-8:00
*Level 4-9	Monday	6:00-8:30
*Choose any two nights	Tuesday	5:35-8:00
	Wednesday	6:30-8:30
	Friday	6:30-8:30
Unlimited Level 3	Tuesday	5:35-8:00
	Friday	6:30-8:30
Unlimited Level 4-9	Monday	4:10-6:10
	Thursday	5:35-8:00

### Gym Team Winter

Level 3-Winter	306208-01
Level 4-9-Winter	306208-02
Unlimited-Winter	306208-03

### Gym Team Spring

Level 3-Spring	406208-01
Level 4-9-Spring	406208-02
Unlimited-Spring	406208-03

Fees: Winter: \$169/team; \$150/Unlimited  
Spring: \$149/team; \$150/Unlimited  
Winter: Begins week of January 4(10 Weeks)  
Spring: Begins week of April 5 (8 Weeks)

14 Gymnastics Programs

## Skate Park

Featuring Woodward skate equipment, the park boasts a 4' half pipe, 2', 3' and 4' quarter pipes, ramps, rails and wedges! All skaters visiting the park for the first time must sign and complete a waiver form. Only skateboards and in-line skates permitted. In-line skaters must wear helmets, knee pads, elbow pads and wrist guards. Skate-boarders must wear helmets, knee pads and elbow pads. Pass valid from Saturday, April 3 to Sunday, November 14.

### Skate Park

Resident Season Pass 513001-PR  
Non-Resident Season Pass 513001-PN

Spring: Monday-Friday 3:00-7:00 p.m.  
Saturday-Sunday Noon-6:00 p.m.  
Fees: Resident Weekday \$4  
Resident Weekend \$5  
Non-Resident Weekday \$8  
Non-Resident Weekend \$10  
Resident Season \$80  
Non-Resident Season \$160

## Skate Competition

(All Ages)

Skaters from all towns can enter in either beginner, advanced beginner or intermediate categories. Beginners have limited experience, know basic skills and can ride the ramps without too much difficulty. Advanced Beginners can ride the ramps with ease, perform some airs, grinds and tricks and are beginning to work on aggressive moves. Intermediates can perform aggressive tricks, ollies, kickflips, grabbed airs, and technical grinds. The format of the event will be a JAM session. Skaters will be judged on technicality of tricks, fluidity, speed and style. Full pads are required (no equipment will be lent out)!

### Skate Park

Beginner Comp Skate 513001-DD  
AdvancedB Comp Skate 513001-DE  
Interm Comp Skate 513001-DF

Fees: Competitors: \$5 registration fee  
Spectators: Free  
Location: Glastonbury Skate Park  
Date: Saturday, June 5  
Competition: 10:00 a.m.-2:00 p.m.  
Park will be open until 6:00 p.m.

## 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. Full pads required.

### Skate Park

Beginner Skate 513001-BS

Fee: \$45/child  
Meets: Saturdays 9:00-9:45 a.m.  
Dates: April 3-May 8  
Location: Skate Park (2143 Main Street)

## Advanced Beginner Skate

(Skateboarders ONLY ages 7 and up)  
Learn fundamentals and beginner maneuvers. Participants are taught how to properly ride each piece of equipment, proper falling techniques, balance and safety. As participants improve, airs, grinds, spins and tricks will be taught. Full pads required.

### Skate Park

AdvancedB Skate 513001-AS

Fee: \$65/child  
Meets: Saturdays 9:45-10:45 a.m.  
Dates: April 3-May 8  
Location: Skate Park (2143 Main Street)

## Intermediate Skate

(Skateboarders ONLY ages 7 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. Full pads required.

### Skate Park

Intermediate Skate 513001-IS

Fee: \$65/child  
Meets: Saturdays 10:45-11:45 a.m.  
Dates: April 3-May 8  
Location: Skate Park (2143 Main Street)

15 Skate Park

## Open Gym

(18 & up-out of high school)

Get out of the work week rut with invigorating exercise. Activities include pick-up basketball and volleyball. NOTE: You can not register for this program on-line.

### Adult Sports Programs

Season Pass 501128-1A

Fee: Season Pass: \$29/pass  
Daily Admission: \$3/person  
Meets: Monday 7:30-9:30 p.m.  
Saturday 2:00-6:00 p.m.  
Sunday 1:00-5:00 p.m.  
Location: Monday @ Smith Middle School Gym  
Saturday & Sunday @ GHS Gym  
Dates: Monday Program ends June 14  
Weekend Program ends April 25

## Over 30 Basketball

(Glastonbury residents ages 30 and up)  
A great opportunity to compete with other individuals in your age group. NOTE: You can not register for this program on-line.

Fee: Season Pass: \$29/pass  
Daily Admission: \$3/person  
Meets: Tuesday 7:30-9:30 p.m.  
Location: Smith Middle Main Gym  
Dates: Program ends April 27

## Open Volleyball

Enjoy a friendly pick up volleyball game with men and women of various skills. An adult program for ages 18 and over, must be out of high school. Recreational style play that is enjoyable for everyone.

### Open Gym

Open Volleyball

FEE: \$29/Yearly Pass (Resident)  
\$55/Yearly Pass (Non-Resident)  
\$3/Daily Admission (Residents Only)  
MEETS: Tuesday: 7:30 - 9:30 p.m.  
LOCATION: Smith Middle School Auxiliary Gym  
DATES: Program ends April 27

## Adult Golf Clinic

(Age 16 & Up)

Give your game a tune up with the Pro's from Connecticut School of Golf. Clinic will focus on the full swing, short game, practice drills, strategy and rules of the game. Designed for both new and more advanced players interested in improving their play. Equipment provided as needed.

### Golf

Adult Clinic 9:00 401005-03

Fee: \$69/person  
Meets: Sunday 9:00-10:00 a.m.  
Location: Gideon Welles Auxiliary Gym  
Dates: April 11-May 9 (4 Weeks )  
No Class 4/25  
Instructor: Connecticut School of Golf

## Adult Indoor Golf Lessons

(Age 18 & Up)

Let the Connecticut School of Golf get you ready to hit the links. Basic fundamentals including grip, stance, posture, swing and drills will be covered. Equipment will be provided for those who need it. Class space is limited, include a second choice.

### Golf

Golf Lessons 6:15 401005-01  
Golf Lessons 7:30 401005-02

Fee: \$69/person  
Meets: Thursday  
6:15-7:30 p.m. or 7:30-8:45 p.m.  
Location: Gideon Welles Auxiliary Gym  
Dates: April 29-May 20 (4 Weeks )  
Instructor: Connecticut School of Golf

## Minnechaug Golf Course

The family friendly, 9 hole course offers lessons and clinics for all ages; leagues for couples and adults evenings, weekends, and midweek mornings; and, convenient tee times at affordable rates! Gina's Brick Oven Pizza features New Haven style pizza, scrumptious Italian specials, and a wide variety of cold beverages- a perfect complement to a great day on the golf course. Gina's is open year round and can be reached at 643-1565. Gift certificates are available for holiday shoppers as are season passes for 2010. To learn more, call 643-9914 or visit [www.minnechaugolf.com](http://www.minnechaugolf.com)

16 Adult Programs

## Morning Mat Pilates

(Ages 18 and Up)

Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. It strengthens the body while keeping all the joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Bring a mat and water bottle to class. Mixed-level class.

### Fitness Programs Winter

Morn Pilates Tue W-1	307201-AA
Morn Pilates Thu W-1	307201-BB
Morn Pilates Tue W-2	307201-CC
Morn Pilates Thu W-2	307201-DD

### Fitness Programs Spring

Morn Pilates Tue S-1	407201-AA
Morn Pilates Thu S-1	407201-BB
Morn Pilates Tue S-2	407201-CC
Morn Pilates Thu S-2	407201-DD

Fee:	\$35/person (Winter) \$29/person (Spring)
Meets:	Tuesday or Thursday 9:30-10:30a.m.
Winter-1:	Tuesday, January 5-February 9 Thursday, January 7-February 11
Winter-2:	Tuesday, March 2-April 6 Thursday, March 4-April 8
Spring-1:	Tuesday, April 27-May 25 Thursday, April 29-May 27
Spring-2:	Tuesday, June 1-June 29 Thursday, June 3-July 1
Location:	Academy Cafeteria
Instructor:	Personal Euphoria Pilates

## Introduction to Pilates

(Adults 18 and up)

A unique blend of strength, flexibility and balance exercises that will strengthen and tone muscles, improve posture and unite the mind and body. Re-create your approach to exercise and re-educate your body to use correct form and movement. Bring a mat to class. **Register as soon as possible (minimum class size requirement is 15).**

### Fitness Programs Winter

Pilates-win1-T& Th	307109-AA
Pilates-win2-T&Th	307109-BB

### Fitness Programs Spring

Pilates-sprg1-T& Th	407109-AA
Pilates-sprg2-T&Th	407109-BB

Fee:	\$59/person
Meets:	Tuesday and Thursday 5:30-6:30 p.m.
Location:	Riverfront Community Center
Winter 1:	January 5-February 4
Winter 2:	February 23-March 25
Spring 1:	April 6-May 13 No Class 4/20, 4/22
Spring 2:	May 25-June 24
Instructor:	Eliza's Energy Source

## ZUMBA

(Adults 18 & up)

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and maximize caloric output and fat burning. It is a mixture of body sculpting movements with easy to follow dance steps based on the principle that a workout should be fun and easy to do.

**Register as soon as possible (minimum class size requirement is 15).**

### Fitness Programs Winter

ZUMBA-Win-1 5:30	307209-CC
ZUMBA-Win-2 5:30	307209-DD
ZUMBA-Win-1 6:40	307209-AA
ZUMBA-Win-2 6:40	307209-BB

### Fitness Programs Spring

ZUMBA-Spr-1 5:30	407209-CC
ZUMBA-Spr-2 5:30	407209-DD
ZUMBA-Spr-1 6:40	407209-AA
ZUMBA-Spr-2 6:40	407209-BB

Fee:	\$59/person
Meets:	Monday & Wednesday 5:30-6:30 p.m. or 6:30-7:30 p.m.
Location:	River Front Community Center
Winter-1:	January 4-February 8 No Class 1/18
Winter-2:	February 22-March 24
Spring-1:	April 5 - May 12 No Class 4/19, 4/21
Spring-2:	May 24-June 28 No Class 5/31

17 fitness Programs

## Hatha Yoga (Mornings)

(Adults 18 and up)

For both the beginner and advanced student.

Bring a towel or mat to class! **Register as soon as possible (minimum class size requirement is 18).**

### Fitness Programs Winter

Yoga Morning Winter 307026-AA

### Fitness Programs Spring

Yoga Morning Spring 407026-AA

Fee: Winter : \$32/person  
Spring: \$25/person  
Meets: Wednesday 9:30-10:30 a.m.  
Location: Riverfront Community Center  
Winter: January 6-March 10  
Spring: April 7-May 26  
Instructor: Sheila Frankel

## Hatha Yoga (Evenings)

(Adults 18 and up)

For both the beginner and advanced student.

Bring a towel or mat to class! **Register as soon as possible (minimum class size requirement is 15).**

### Fitness Programs Winter

Yoga 1 Eve Mon & Wed 307001-A

Yoga 1 Eve Tuesday 307001-AA

Yoga 2 Eve Mon & Wed 307001-BB

Yoga 2 Eve Tuesday 307001-CC

### Fitness Programs Spring

Yoga 1 Eve Mon & Wed 407001-A

Yoga 1 Eve Single Night 407001-AA

Yoga 2 Eve Mon & Wed 407001-BB

Yoga 2 Eve Single Night 407001-CC

Winter: Mon & Wed: \$59/person  
Tuesday: \$35/person

Spring: Mon & Wed: \$49/person  
Single Night: \$29/person

Meets: 6:00-7:30 p.m.

Location: Academy Cafeteria

Winter: Yoga 1 Mon & Wed  
January 4-February 17

Yoga 1 Tuesday  
January 5-February 9

Yoga 2 Mon & Wed  
March 15-April 21

Yoga 2 Tuesday  
March 16-April 20

Spring: Yoga 1 Mon & Wed  
April 26-May 26

Yoga 2 Mon & Wed  
June 2-June 30

Instructor: Kalpana Patel

## Seniors Staying Fit

(Adults 55 and up)

Designed for seniors to improve their quality of life through various types of aerobics for cardio-conditioning, improved muscle strength, tone by resistive strength training, and increased range of motion by stretching for flexibility. Bring a mat to class. Weights and Dynabands are optional.

### Fitness Programs Winter

Seniors Fit Winter 8:45 307027-DA

Seniors Fit Winter 9:55 307027-DD

Seniors Fit Winter 11:05 307027-DE

### Fitness Programs Spring

Seniors Fit Spring 8:45 407027-AA

Seniors Fit Spring 9:55 407027-AB

Seniors Fit Spring 11:05 407027-AC

Fee: Winter: \$54/person  
Spring: \$49/person

Meets: Mondays, Wednesdays, Fridays

Location: Riverfront Community Center

Winter: January 4-April 5

No Class 1/18, 2/15, 3/17, 4/2

Spring: April 12-June 25

No Class 5/31, 6/4, 6/11

Instructor: Eliza's Energy Source

## All-In-One Fitness

Try all the top aerobic conditioning programs including Hi-Lo Aerobics, Cardio-Kickboxing, Step Aerobics, Low Impact Aerobics with Weights and Circuit Training. Additionally, you will increase your flexibility, muscle strength, core stability, balance and coordination (**minimum class size is 20**).

### Fitness Programs Winter

All-In-One Win-1 307103-AA

All-In-One Win-2 307103-BB

### Fitness Programs Spring

All-In-One Spring-1 407103-AA

All-In-One Spring-2 407103-BB

Fee: \$49/person

Meets: Monday, Wednesday, Friday  
6:00-7:00 p.m.

Winter-1: January 4-February 8  
No Class 1/18

Winter-2: February 22-March 26

Spring-1: April 5-May 14  
No Class 4/19, 4/21 & 4/23

Spring-2: May 24-June 28  
No Class 5/31

Location: Eastbury School Gym

Instructor: Eliza's Energy Source

18 fitness Programs

## SCUBA

(Ages 10 years old and up)

A 7 week long course with the first 60 minutes of each session taking place in Glastonbury High School Room F207. The class will then move to the pool. Please bring paper and pencil for notes, and a swim suit to each class. The first day will consist of a swim test and a discussion of equipment. Upon successful completion of classroom and pool work, a PADI completion card will be issued. Upon completion of Open Water Dives, a PADI certification card will be issued (accepted world wide). Prior to the first class, participants will need to purchase equipment and instructional materials. For product liability purposes by PADI, some equipment must be rented or purchased from Scuba Shack (indicated below as "ADDITIONAL COSTS"). Other items including mask, fins, snorkel and boots are required and may be purchased at a shop of your choice. **All MUST be SCUBA grade quality.** There will also be Open Water certification fees which will be dependent on location and date of certification ranging \$20-60 per day.

### Aquatics Programs

Scuba Winter 316129-AA

Registration Fee: \$45/Resident  
\$55/Non-Resident  
Additional Costs: \$59/Person (Crew Pack)  
(@ SCUBA Shack) \$29/family (Video)  
\$159/Person (Tank,  
Regulator, Wetsuit, BCD  
Rental)

**Cost subject to change**

Meets: Tuesdays 6:30-9:30 p.m.  
Location: GHS Pool  
Dates: Begins January 26 (7 Weeks)

## AquaTone - An Aquatic Fitness Program

(Adults 18 & up)

Come try the class with new instructor, Carolyn Morway. Looking for a new routine? Here's a great way to put a splash into your workout. No swimming ability is required.

### Aquatics Programs

Aqua Fitness Winter 318129-AA

Fee: \$49/person  
Meets: Wednesday 7:30-8:30 p.m.  
Sunday 3:00-4:00 p.m.  
Location: GHS Pool  
Dates: January 6-June 13

## Aquatic Fitness Challenge

(Residents 18 and Older)

Swim laps, water walk or participate in Aqua Fitness class for 2010 minutes from February 1-June 6, 2010. We make it easy for you. The aquatics staff will assist you in keeping track of your minutes! Participating in this challenge will help you make a commitment to yourself to improve your health. Research has proven that individuals who use a tracking system to assist with their health and wellness goals are more successful at achieving those goals. Participating in the challenge is free! Pass & daily admission as well as Aqua Fitness class fees still apply. If you accomplish the goal, win a free t-shirt. Interested participants may sign up at the Glastonbury High School pool beginning January 4 or online using activity code 216130-AA.

## Diving Lessons

(Boys and girls ages 7 and up)

Impress your friends this summer by performing new spring board dives!

### Beginner 1:

Must have passed Level 4 swimming and be able to perform a standing front dive from the board.

### Beginner 2:

Must have completed Beginner 1 diving and be able to perform a forward and backward dive.

### Intermediate:

Must be able to perform a forward dive, back dive, inward dive, and somersault in any direction.

### Advanced:

Must be able to perform inward and reverse dives, forward and backward somersaults, and a forward ½ twist.

### Diving Classes-Spring

Beginner 1 4:00 p.m.	426129-AA
Beginner 1 5:00 p.m.	426129-AB
Beginner 2 6:00 p.m.	426129-BB
Intermediate 7:00 p.m.	426129-CC
Advance 7:00 p.m.	426129-DD

Fee: \$35/child  
Meets: Sundays (1 Hour Times Above)  
Location: GHS Pool  
Dates: March 7-May 2  
No Class 4/4

19 Aquatics Programs

## Spring Competitive Swimming Clinic

(Competitive Swimmers ages 7-18 (in High School)  
A great opportunity to fine tune your competitive swimming skills with Recreation Swim Team Coaches. This program is geared to improve stroke technique with some endurance development. Meets are not included.

### Spring Swim Clinic 1

(Ages 7-11)  
Monday 5:00-5:45 p.m., Wednesday & Friday 4:45-5:45 p.m.

### Spring Swim Clinic 2

(Ages 11-18)  
Tuesday 4:45-5:45 p.m., Thursday 5:00-5:45 p.m. & Saturday 4:15-5:15 p.m.

### Swim Team

Spring Swim Clinic 1                   324030-AA  
Spring Swim Clinic 2                   324030-CC

Fee:   \$80/swimmer  
Location:                                 GHS Pool  
Dates:                                     April 26-June 5

## Long Course USA Swimming

Part of the National USA Swimming program. Connecticut USA Swimming membership is required. Meets are held on weekends at various locations throughout the state. Enrollment in this program will automatically enroll your child on the Summer Recreation Swim Team. The GSPO will coordinate membership and meets fees. More information in this regard will be distributed at a later date. Long Course meets as follows:

### Spring Practice

April 5-Mid June  
GHS Pool: Monday-Saturday 5:30-7:30 p.m.

**NOTE: No practice on Tuesdays and Thursdays, April 6, 8, 13, 15**

### Anticipated Summer Practice

Mid June-Late July  
Addison Pool: Monday-Friday 7:15-9:15 a.m.  
Terry Pool (East Hartford): Monday, Wednesday, Friday 6:30-8:30 p.m.

### Swim Team

USA Long Course                   324030-BB

Fee:   \$574/swimmer  
Dates:                                     April 7-July 20

## Lifeguard Training - Spring

(Ages 15 years old and up)  
Do you want a great summer job? Now is your chance to get the training you need to apply for summer employment at the Parks and Recreation Department. Lifeguard Training is an American Red Cross program to certify individuals in the principles of Lifeguard Training. Class will include certification in Standard First Aid and CPR for the Professional Rescuer.

### Aquatics Programs

Lifeguard Training                   325029-AA

Fee:   \$179/person  
Meets:                                     Tuesday, Wednesday, Thursday 4:30-7:30 p.m.  
Location:                                 GHS Pool  
Dates:                                     March 23 to April 15

## Water Safety Instructor Course

(Ages 16 years old and up)  
Another great opportunity for you to prepare for summer employment and just in time to get certified for the start of the summer hiring process. Water Safety Instructor (WSI) is an American Red Cross program to certify individuals in the techniques of teaching swim lessons. Fundamental of Instructor Training (FIT) must be taken as part of this course. Students must successfully pass both written and skills tests (25 yard front crawl, back crawl, side stroke, breast stroke and elementary back stroke; 15 yards butterfly; tread water for 1 minute; float or skull for 1 minute) in order to continue and must attend all classes.

### Aquatics Programs

WSI Class                                 325029-BB

Fee:   \$290/person  
Meets:                                     Tuesday, February 23 5:30-10:00 p.m.  
  Tuesdays, March 2-30 6:00-8:30 p.m.  
  Sunday, February 28-March 7 9:00 a.m.-3:30 p.m.  
  Sunday, March 14-March 28 9:00 a.m.-12:00 p.m.  
Location:                                 GHS Pool

20 Aquatics Programs

## Infants and Toddlers

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

## Tots

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

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

**The American Red Cross has revised the Learn-to-Swim program. Please review the information to decide where best to place your child.** The new program features an inclusive approach to teaching swimming and water safety together. Level 1 children must be at least 5 years old. To move to the next level students must successfully complete the exit skills for each level before progressing to the next level. All levels include water safety discussions and skills. To enroll for a level, your child must meet the following criteria:

### Level 1 - Introduction to Water Skills

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

### Level 2 - Fundamentals of Aquatics

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

## Level 3 - Stroke Development

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

## Level 4 - Stroke Improvement

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

## Level 5 - Stroke Refinement

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

## Level 6 - Choice between focus on Personal Safety, Fundamentals of Diving or Fitness Swimmer

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

### High School Pool Through June 16, 2010 (For Residents Only)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Swim Lessons 10:30A-1:15P	
Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-6:30P	Swim Team 5:30-7:30P	Swim Team 5:30-7:30P	Adult Swim 1:20-2:30P	Adult Swim 12:00-1:30P
Lessons 6:30-7:30P		Lessons 6:30-7:30P			Rec. Swim 2:30-4:00P	Rec. Swim 1:30-3:00P
Adult Lessons 7:30-8:30P	Rec. Swim 7:30-8:30P	Aqua Fitness 7:30-8:30P	Rec. Swim 7:30-8:30P	Rec. Swim 7:30-8:30P	Swim Team 4:00-7:30P	Aqua Fitness 3:00-4:00P
Adult Swim 8:30-9:30P	SCUBA 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P	Adult Swim 8:30-9:30P		Swim Team 4:00-7:30P

#### Pass

Indoor Pool Individual \$55  
Indoor Pool Household \$69

Daily Admission \$2/Child  
\$3/Adult

A chair lift is available at the pool. For more information, contact Parks and Recreation or ask the lifeguard on duty.

American Red Cross  
**21 Learn to Swim Criteria & Pool Schedule**

## Adult Swim Lessons

(Ages 18 and up)

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

### Swim Lessons Winter

Adult Swim Lessons 301129-AA

Fee: \$29/person  
 Meets: Mondays 7:30-8:30 p.m.  
 Location: GHS Pool  
 Date: January 25-March 22

## Children's Swim Lessons

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

Fee: \$25/child  
 Winter Monday: 8 Weeks Beginning January 25  
 Winter Wednesday: 8 Weeks Beginning January 20  
 Winter Saturday: 8 Weeks Beginning January 16  
 Spring Saturday: 8 Weeks Beginning March 27

### Children's Winter Lessons (Monday)

Activity Type	Activity Description			Number
Swim Lessons Winter	Monday	Level 1	6:30P	302129-AA
		Level 2	6:30P	302129-BA
		Level 2	7:00P	302129-BB
		Level 3	6:30P	302129-CA
		Level 4	7:00P	302129-DA
		Level 5	7:00P	302129-EA
		Level 6	7:00P	302129-FA

### Children's Winter Lessons (Wednesday)

Activity Type	Activity Description			Number
Swim Lessons Winter	Wednesday	Tots	6:30P	302229-KA
		Level 1	7:00P	302229-AA
		Level 2	6:30P	302229-BA
		Level 3	6:30P	302229-CA
		Level 3	7:00P	302229-CB
		Level 4	7:00P	302229-DA
		Level 5	7:00P	302229-EA

## Children's Winter Lessons (Saturday)

Activity Type	Activity Description		Number	
Swim Lessons Winter	Saturday	Infant/Toddler	11:00A	302228-IA
		Tots	10:30A	302228-KA
		Tots	11:30A	302228-KB
		Level 1	12:15P	302228-AA
		Level 1	12:45P	302228-AB
		Level 2	10:30A	302228-BA
		Level 2	11:30A	302228-BB
		Level 2	12:15P	302228-BC
		Level 2	12:45P	302228-BD
		Level 3	10:30A	302228-CA
		Level 3	12:15P	302228-CB
		Level 3	12:45P	302228-CC
		Level 4	11:00A	302228-DA
		Level 4	11:30A	302228-DB
		Level 5	11:00A	302228-EA
Level 5	12:45A	302228-EB		
Level 6 Lifeguard Readiness	11:00A	302228-FA		

## Children's Spring Lessons (Saturday)

Activity Type	Activity Description		Number	
Swim Lessons Spring	Saturday	Infant/Toddler	11:00A	402128-IA
		Tots	10:30A	402128-KA
		Tots	11:30A	402128-KB
		Level 1	10:30A	402128-AA
		Level 1	12:15P	402128-AB
		Level 2	11:30A	402128-BA
		Level 2	12:15P	402128-BB
		Level 2	12:45P	402128-BC
		Level 3	10:30A	402128-CA
		Level 3	12:45P	402128-CB
		Level 4	11:00A	402128-DA
		Level 4	12:15P	402128-DB
		Level 5	11:00A	402128-EA
		Level 5	11:30A	402128-EB
		Level 6 Fitness Swimmer	12:45P	402128-FA

22 Swim Lessons

The Parks & Recreation Department has openings for a number of summer jobs. Interested persons may obtain an application at 1086 New London Turnpike or at [www.glastonbury-ct.gov](http://www.glastonbury-ct.gov). **CLOSING DATE FOR APPLICATIONS IS MARCH 12, 2010.** Pre-season training and preparation required for all positions. **YOU MUST BE AVAILABLE TO WORK THE DURATION OF THE SUMMER!**

**PLAYGROUND HEAD LEADER \$12.00/Hour**

(Working with children who have just completed Kindergarten – Grade 5)  
Program runs six weeks June-July Mon.-Fri. 9:00-3:00.

**PLAYGROUND LEADER \$9.50/Hour**

(Working with children who have just completed Kindergarten – Grade 5)  
Program runs six weeks June-July Mon.-Fri. 9:00-3:00.

**RECREATION AIDE \$8.25/Hour**

(Works as an assistant in Mini Camp or Kinder Camp programs -Age 14 & up eligible to apply)  
Program runs five to six weeks June-July Mon.-Thurs. 9:00-12:00.

**TENNIS INSTRUCTOR \$12.00/Hour**

(Working with children and adults)  
Program runs for eight weeks June-August.

**TEEN CAMP COORDINATOR \$12.00/Hour**

(Working with children who have just completed Grades 6-9)  
Camp runs for six weeks June-July T, W, TH 9:00 a.m. -3:00 p.m.

**TEEN CAMP LEADER \$9.50/Hour**

(Working with children who have just completed Grades 6-9)  
Camp runs for six weeks June-July T, W, TH 9:00 a.m. - 3:00 p.m.

**GROUP LEADER - CAMP SUNRISE \$10.75/Hour**

(Working with children with disabilities ages 3-21 years old)  
Program meets for seven weeks, June-August M-F, 9-3:00 p.m.

**LIFEGUARD I \$8.75/Hour**

Flexible schedule, full-time and part-time positions available, days, nights, weekend hours available.

**SWIMMING INSTRUCTOR/LIFEGUARD II \$9.50/Hour**

Hours depend on lesson schedules. May also have hours as a lifeguard. Program runs mid-June through Labor Day.

# Employment Opportunities

**Glastonbury Parks and Recreation  
PO Box 997  
1086 New London Turnpike  
Glastonbury, CT 06033**

**Presorted Standard  
US Postage Paid  
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## Residential Customer

