

RECREATION GUIDE

Winter & Spring 2017



Mayor Marcia A. Leclerc

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www.easthartfordct.gov

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CONTACT US AT THE OFFICE

Mon, Tues & Wed from 8:30 AM- 4:30 PM, Thursdays, 8:30 AM- 7:30 PM and Fridays, 8:30 AM- 12:30 PM

Phone: (860)291-7160

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Department Staff

Director, Ted Fravel

Recreation Supervisors

Kristine Vincent, CPRP, CPO

Logan Gauvin

Administrative Assistants

Courtney Collins

Nancy Francis

Office Assistant, Dayle DeCarlo

SPORTS LEAGUE CONTACTS

East Hartford offers an array of youth and adult sports programs. The following programs are not administered by the Town of East Hartford Parks & Recreation Department. Please contact the following individuals with questions and concerns for these programs.

FOOTBALL

Hornets: Darnell Smith, 860-922-8989

Mustangs: Gene Lavigne, 860-897-1673

BASEBALL/SOFTBALL

Little League Baseball/Softball

Todd Tofil, 860-214-4203

website: www.EHLL.org

Men's Softball: Rich Beaulieu,
860-644-1190

Junior & American Legion:

Nick Hart, 860-805-6579

Twilight League

Chris Kehoe, 860-573-4368

SOCCER

Youth: John Bacon, 860-655-2555

clubinfo@ehsc.net

ehsoccerclub@comcast.net

www.EHSC.net

Adults: Tom Therrien, 860-568-7435

BASKETBALL

EH Parks & Recreation: 860-291-7160

WRESTLING

Youth Stingers: Tim Roberts,
860-212-2198

SCOUTS

Boy Scouts:

Brian Gorman,
860-913-2735

REGISTRATION INFORMATION

You are now able to register for most programs online with a credit or debit card by going to www.easthartfordct.gov. All programs are open for registration unless otherwise specified. The Parks and Recreation Dept. reserves the right to cancel any program, which does not meet minimum enrollment requirements. Registration must be done in advance. In order to insure the continuance of each program, registrations must be made at least one week before the start of the program unless otherwise indicated.

Online Registration

Prior to this registration period, make sure you have your WebTrac User ID and Password. Stop by or give us a call at 860-291-7160 to get it. All you need is a credit/debit card and there is no extra charge.

ID Policy

The Parks & Recreation Department issues photo identification cards to children 7-15 years old providing official proof of residency is shown. Some acceptable forms of identification are magazines, bank statement, medical bill, etc. no older than thirty days. We will also accept report cards, birth certificate or social security card. The fee is \$6.00 for a three year identification. Residents ages 16 and over must present a valid State of CT Motor Vehicle Operator's License or CT Non-Driver Photo ID Card which indicates their East Hartford address to access programs.

Payment

Payment is due with registration for all programs. All checks or money orders must be made payable to the "TOWN OF EAST HARTFORD" and can be either mailed to the Parks and Recreation Department office or delivered in person.

Credit & Debit Card Payments Are Accepted

Pay by Visa, Master Card and Discover.

Refund Policy

Refunds will not be issued unless a program is canceled by the Parks and Recreation Department.

Hold Your Next Party, Meeting or Special Event With Us!

We offer meeting rooms available for rental for various functions including Baby Showers, Bridal Showers, Weddings, Birthday Parties, Anniversary Parties, General Meetings, Business Events and much more! Visit www.easthartfordct.gov for complete information and facility pictures.

VETERAN'S MEMORIAL CLUBHOUSE

100 Sunset Ridge Drive: A large meeting and banquet facility overlooking the Hartford skyline. Full capacity of 150. The perfect spot for your wedding or anniversary party! Ballroom capacity 110, Dining Room capacity 40.

COMMUNITY CULTURAL CENTER

50 Chapman Place: Various classroom style rooms available for meetings accommodating up to 40 people and a 298 seat Auditorium or Lecture Hall.

SOFTBALL FIELD RENTALS

Available to East Hartford residents beginning Monday, May 8 through Aug. 21 based on availability. Permits issued for the current week, Monday through Sunday beginning the Monday of each week. \$10 for a two-hour block of time. Proof of residency required.



PICNIC PAVILION RENTALS

Available beginning May 8 through Sept. Sites include Martin Park, McAuliffe, Gorman, Goodwin, Hockanum and Labor Field. Permit fee is \$40 for residents for 4 hours and \$100 for non-residents. Proof of East Htfd residency required at time of application.

SPECIAL EVENTS



SWIM WITH SANTA...Underwater pictures at the pool!

Friday, December 2, 6:30—8:30 PM at the High School Pool

Join Santa as he takes a dip before his long night of delivering presents. Santa will be available for underwater photos and will listen to children make their Christmas requests. A special underwater camera is used and pictures will be emailed to you. Parks & Recreation staff will also have refreshments and holiday treats as well as crafts and coloring pages. No pre-registration required. If your child cannot swim, you must provide them with a Coast Guard Approved lifejacket. American Red Cross certified lifeguards will be on staff. **Admission is a new, unwrapped toy!**



31ST ANNUAL SANTA'S VISIT

Sunday, December 4th from 12:30—3:30 PM

Come visit Santa and his helpers for an array of holiday activities designed to get you and your family in the holiday spirit. This event is held in conjunction with the Beautification Commissions' Holiday Fest and is also co-sponsored by the Exchange Club. This event is free and held at the East Hartford Community Cultural Center, 50 Chapman Place. Check out www.easthartfordct.gov for a complete list of holiday activities the week of December 2nd, 3rd and 4th



24th ANNUAL OFFICER BRIAN A. ASELTON MEMORIAL SNOW DASH

Sunday, January 8th at 1:30 PM

Starts and finishes at Langford School, 61 Alps Drive. Proceeds benefit the East Hartford Police Department Child Safety and Crime Prevention and the Officer Brian Aselton Scholarship Fund. Divisions include 17 & under, 18 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, and 80 & up. Trophies awarded for 1st, 2nd, and 3rd in each division for men and women. Official race apparel available for purchase at the time of registration and the day of the race. Advance registration through Dec. 16, 2016 is \$20.00; \$25.00 after Dec. 16 and on race day between 11:00 AM and 1:00 PM. Activity# 14001-6



DISNEY'S ALADDIN KIDS

Thursday, March 23, Friday, March 24, Saturday, March 25

Based on the iconic animated film, with an Academy Award-winning score by Alan Menken, Howard Ashman and Tim Rice, *Disney's Aladdin KIDS* is sure to send audiences soaring on a flying carpet ride filled with romance and adventure. When the street urchin, Aladdin, vies for the attention of the beautiful princess, Jasmine, he uses a genie's magic power to become a prince in order to marry her. Lago, Jafar, the Genie and more are here in *Disney's Aladdin KIDS*, a musical adventure filled with magic, mayhem and the power of love. Very talented children age 7-15 years old from several communities in the Greater Hartford area will be performing in this Production, which lasts approximately 40 minutes long. This show is for children and families alike and a wonderful way to spend time with the family!

Performances are Thursday, March 23rd and Friday, March 24th at 7pm and Saturday, March 25th at 1pm at the East Hartford Community Cultural Center, East Hartford Residents: \$8 for adults and \$3 for children 12 and under. Tickets can be purchased at the door.



23rd ANNUAL SKYHOUNDZ CANINE DISC CHAMPIONSHIPS

Thursday, May 4th at 6:00 PM, McAuliffe Park

Dogs will be taking to the skies...the premier athletic competition for dogs! It attracts the most entertaining four-legged athletes in the area. Families are invited to enjoy this unique event and applaud these talented canine athlete entertainers. For more information about entering the local competition, contact the Parks & Rec Dept. Open to all veteran and novice dogs that can catch a flying disc. Registration is on site and it is not necessary to have competed previously. Free to everyone. Activity # 10014-1, Begins at 6:00 PM at McAuliffe Park

SPECIAL EVENTS



UCONN
NATION

EAST HARTFORD YOUTH BASKETBALL NIGHT

WITH
THE HUSKIES

MATCHUP: UCONN MEN'S BASKETBALL vs. EAST CAROLINA

LOCATION: XL CENTER - 1 CIVIC CENTER PLAZA
HARTFORD, CT 06120

DATE/TIME: SUNDAY, JANUARY 22 / 6:00 PM

PAYMENT: \$10 PER TICKET (PLEASE SUBMIT PAYMENT BY WEDNESDAY, JANUARY 4, 2017)

EVERYONE IN LEAGUE WILL BE SEATED TOGETHER
PLUS JUMBOTRON RECOGNITION

Tickets for the game are available to East Hartford children in the youth basketball program and their parents or guardians only. You must purchase your tickets at the Parks & Recreation office **no later than Jan. 4**. Tickets will be available for pick up at the Parks & Recreation office the week of January 16th.

BUNNY BREAKFAST & EGG HUNT

Saturday, April 8

Parks & Recreation and the EHHS Student Council present this wonderful event for children age 10 and younger. Tickets required and are available in main office of East Hartford High School.



Breakfast with Peter Cottontail **9:30–11:00 AM**

What's better than having pancakes for breakfast? How about having pancakes with the one and only Peter Cottontail while enjoying fun filled activities such as games, crafts, face painting, raffles and more! EHHS

Spring Egg Hunt: Ages 10 & under, **Beginning at 11:00 AM**

Ready, Set...GO! Join us after the Bunny Breakfast for an opportunity to participate in our annual Spring Egg Hunt! Be sure to bring your own bag or basket to collect as many goodies as you can. Keep an eye out for the Golden Eggs! All participants will have an equal opportunity to hunt for eggs by respective age groups.

EAST HARTFORD'S 5TH ANNUAL WELLNESS FAIR

Saturday, May 13TH FROM 10:00 AM—2:00 PM at the East Hartford Community Cultural Center

Eliza's Energy Source, The Fitness Creators in cooperation with the Parks & Recreation Department will be hosting this event and you're invited to join us as we continue to promote healthy choices and health living. We strive to raise awareness on how to live a healthier lifestyle by providing a variety of free screenings, educational materials, healthy products, fitness and cooking demonstrations, and much more. If you would like to be a vendor please contact:

Eliza Kearse –Westberry
Phone: (860)997-1703
www.elizasenergysource.com
Eliza@elizasenergysource.com

BUS TRIPS 2017

All bus departs now departs from and returns to the East Hartford Commuter Lot located at Route 5 @ Main Street (Route 15 Exit 30). Just south of the intersection of Silver Lane and Main Street.

9/11 MUSEUM, MEMORIAL & OBSERVATORY

Saturday, April 22

Visit One World Observatory and ascend to the top of the tallest building in the Western Hemisphere followed by a visit to the 9/11 Memorial and Museum. Includes admission ticket.

Departs at
Returns at
Activity # 33031-1
Fee: \$138 per person

BOSTON RED SOX vs. CHICAGO CUBS, *Sunday, April 30*

Visit Fenway and see the Red Sox take on the 2016 World Series Champions! Includes transportation and ticket in grandstand section 7.

Departs at
Returns at
Activity # 33031-2
Fee: \$154 per person

THE BRONX ZOO

Saturday, May 6

Visit the largest metropolitan zoo in the world with over 6000 animals. Your total ticket experience includes the best special exhibits and attractions that the zoo has to offer including the Congo Gorilla Forest, Butterfly Zone, Children's Zoo and the Bengali Express Monorail.

Departs at
Returns at
Activity # 33031-3
Fee: \$94 per Adult
\$80 per Child ages 3-12

NEWPORT FLOWER SHOW OR NEWPORT "ON YOUR OWN"

Sunday, June 25

America's premier flower show held on the historic grounds of Rosecliff. See an extravagant, historic mansion filled with floral arrangements or a green and sprawling lawn dotted with billowing white tents...includes 10-Mile Ocean Drive with local guide, admission to the flower show and leisure time for shopping and lunch at Bowen's Wharf.

Departs at
Returns at
Activity # 33031-4
Fee: \$94 per person flower show
\$72 "On Your Own" only

BOSTON RED SOX vs. NEW YORK YANKEES

at Fenway Park, Sunday, July 16

Visit Fenway and see the Red Sox take on the New York Yankees! Includes transportation and ticket in grandstand section 7.

Departs at
Returns at
Activity # 33031-5
Fee: \$154 per person

STATUE OF LIBERTY & ELLIS ISLAND

Wednesday, July 26

Ellis Island and the Statue of Liberty opened in 1892 as a federal immigration station, a purpose it served for more than 60 years. Visit the museum and experience moving talks of the 12 million who entered into New York Harbor. *Your ticket is for the grounds only.*

Departs at
Returns at
Activity # 33031-6
Fee: \$94 for Adults
\$80 children 17 & younger

BOSTON DUCK TOURS & HISTORIC FENWAY PARK

Saturday, August 19

See Boston on board the famous Duck Boats. The fun begins as soon as you board your duck. Cruise along the Freedom Trail, then splash into the Charles River, followed by time for lunch at the Prudential Center. Then take a guided tour of historic Fenway Park. Also includes leisure time at Quincy Market & Faneuil Hall Marketplace!

Departs at
Returns at
Activity # 33031-7
Fee: \$120 per person

NEW YORK CITY "ON YOUR OWN" *Saturday, September 9*

Visit The Big Apple and see whatever suits you! Take in a Broadway Show, see the Empire State Building, feast on fabulous food in Little Italy or visit the Metropolitan Museum of Art. Those are just a few of the exiting things you can do in the city!

Departs at
Returns at
Activity # 33031-8
Fee: \$72 per person

SALEM, MA...HAUNTED HAPPENINGS!

Saturday, October 21

America's most exciting Halloween Festival in the bewitching seaport of Salem, MA. Trip includes either the Salem Witch Museum or "Cry Innocent: The People Versus Bridget Bishop" at Salem's Old Town Hall. Also includes leisure time to enjoy "Haunted Happenings" around the Salem area. Maps, restaurant suggestions and event schedules will be provided.

Departs at
Returns at
Activity # 33031-9
Fee: Witch Museum \$84 per person
"Cry Innocent" \$88 per person
Both Attractions \$97 per person

NEWPORT HOLIDAY, SUNDAY AFTERNOON AT THE BREAKERS

Sunday, December 10

Visit the beautiful Breakers for Sunday afternoon holiday entertainment with thousands of pointsettias, spectacular evergreen trees, wreaths and fresh flowers. Santa will be there for an afternoon visit. See the magnificent mansions on the 10-mile highlights tour along Ocean Drive with a local guide. Leisure time for holiday shopping and lunch at Bowen's Wharf.

Departs at
Returns at
Activity # 33031-10
Fee: \$94 per person

RADIO CITY CHRISTMAS SPECTACULAR

Friday, December 15

Come celebrate the holiday season and see the Radio City Music Hall Christmas Spectacular. Relax in the comfort and splendor of Radio City Music Hall... America's favorite holiday tradition! Time for holiday shopping, sightseeing and dining on your own.

Departs at
Returns at
Activity # 33031-11
Fee: \$120 per person

YOUTH PROGRAMS



Just because it isn't summer, doesn't mean you can't go to camp! Each day at Fun Days Vacation Camps, there will be a different theme day, planned special events and activities including crafts, indoor/ outdoor games and activities for all ages! All while spending time with friends making a new ones. Each camper that signs up will receive a coupon for \$10 off 2017 Summer Camp Registration!

SPECIAL DEAL!

Sign-up for Both Camps for \$170

Grades: K - 8

Times: 8:00am – 4:00pm (Normal Hours),
4:00pm – 5:00pm (Extended Hour)

Location: Community Cultural Center

Fee: \$25 per day, or \$90 for all 4 days,
\$5 for Extended Hour

DECEMBER VACATION CAMP

Activity #: 12200-1,1L, 2, 2L ,3, 3L, 4, 4L

Dates: December 27th – 30th

APRIL VACATION CAMP

Activity #: 42200-1,1L, 2, 2L ,3, 3L, 4, 4L

Dates: April 10th – 13th

Times: 8:00am – 4:00pm (Normal Hours),
4:00pm – 5:00pm (Extended Hour)

SUMMER CAMP 2017 FINANCIAL AID APPLICATIONS

Available in March. Must provide a copy of the head of the household's 2016 Federal Income Tax Statement and a copy of the child's birth certificate. Deadline to apply is April 28th, 2017.

SUMMER EMPLOYMENT APPLICATIONS

The Parks & Recreation Department begins accepting applications for seasonal Lifeguards and Camp Counselors beginning in March. Applications are available online at www.easthartfordct.gov or at the Parks & Recreation office.

TEEN 3 v 3 INDOOR SOCCER TOURNAMENTS

For East Hartford Middle School students in grades 6, 7 & 8, including St. Chris & 2 Rivers Magnet School 7th & 8th graders & 6th & 7th graders from Sunset Ridge & 6th graders from O'Brien.

Teams of 6 will compete in a 3 vs. 3 Indoor Soccer Tournament. Participants will be asked to form their own teams. Any extra players will be added to select teams. Each game will last a total of 5 Minutes. 1st, 2nd and 3rd place are determined by total amount of goals scored in the tournament (Not Win/ Loss Record). Top 3 finishing teams will receive medals! **ALL PARTICIPANTS MUST COMPLETE A WAIVER PRIOR TO PARTICIPATING.** Waivers can be found online or at Parks and Recreation. No pre-registration required.

Fee: Free

East Hartford Middle School

Auxiliary Gym

3:00pm – 4:00pm (Tournament Play)

4:00pm – 4:30pm (Non- Tournament Play)

Dates: 11/18, 12/16, 1/13, 2/24, 3/24

YOUTH TRACK & FIELD CHAMPIONSHIPS

Introduces kids to physical fitness through basic track and field events. In conjunction with the East Hartford Board of Education, all athletes must qualify for entry into the Town meet through their physical education classes. The Town meet will be held on Monday May 8th at 5:30pm. (Rain date Monday May, 15th)

RED CROSS LIFEGUARD TRAINING COURSE, Ages 15 & up

Learn safety & rescue techniques designed to prevent & respond to a variety of emergencies. Pre-requisites include a 300 yard swim with front crawl and breast stroke & a timed 20 yard swim with a surface dive to retrieve a 10 pound object. Must be 15 years old by the completion of the course. **Fee:** \$165 residents, \$265 non-residents. **MUST ATTEND ALL CLASS DATES!**

Activity #52111-1

Monday through Friday, May 15—26

5:30—9:30 PM

Held at the East Hartford Middle School Pool

Fee: \$165 residents, \$275 non-residents

FREEPLAY BASKETBALL

7th - 12th Grade

Come down and play basketball during the week! Held at Silver Lane & O'Brien schools. Supervised Parks & Recreation staff at no charge. Participants must show their Town ID card and proof of present grade level, or EHHS/EHMS ID in order to register for the program.

Held Mondays, Wednesdays and Fridays, Nov. 28—Feb. 17

Time: 6:30—8:45 PM



BABYSITTER'S TRAINING COURSE

Ages 11 to 15

For current & future sitters...learn the best ways to be safe & keep children in their care safe, including how to manage real-life situations, tips on finding babysitting opportunities, diapering, feeding, leadership & professionalism.

Activity # 32800-1

Saturday, April 8

9:00 AM—4:00 PM

Community Cultural Center Rm 101

Fee: \$45 residents

\$55 non-residents



SPECIAL NEEDS PROGRAMS

TEEN AND ADULT SOCIAL CLUB

for Special Needs Ages 13 & up

From bowling and the movies to tie-dye and dances, there's something for everyone. Our experienced staff will provide a night of supervision and activities in addition to facilitating group interaction and fostering positive behaviors. Staff are trained in the field of special education and are able to provide the necessary skills to facilitate the program.

Saturday, Jan. 13: Rave Cinemas Movie Night

Time TBA: Early Evening Activity # 11000-8. Drop off and pick up at Rave Cinemas, 99 Redstone Road, Manchester. Fee: \$14 pre-registration. There is no drop in for this program.

Friday, January 27: Tie-Dye Night

6:00—9:00 PM. Activity # 11000-9. Drop off and pick up at the North End Senior Center, 30 Remington road. Fee: \$5 pre-registration, \$10 drop-in. Bring any item of clothing you'd like to tie-dye...make sure it's white. We'll provide all the materials to make your piece colorful!

Friday, Feb. 3: Bowling at HOF Silver Lanes

6:00—8:00 PM. Activity # 11000-10. Drop off and pick up at Silver Lanes, 748 Silver Lane. Fee: \$9 pre-registration, \$16 drop-in.

Friday, Feb. 17: Valentines Dance

6:00—9:00 PM Activity # 11000-11. Drop off and pick up at the North End Senior Center, 30 Remington Road. Fee: \$5 pre-registration, \$10 drop in.

Friday, March 3: Paint Night

6:00—9:00 PM. Activity # 11000-12. Drop off and pick up at the North End Senior, 30 Remington Road. We've got canvasses and all the paint to make your masterpiece! Fee: \$8 pre-registration, \$13 drop-in.

Friday, March 17: Corned Beef Pot Lock

6:00—9:00 PM. Activity # 11000-13. Drop off and pick up at the North End Senior, 30 Remington Road. We'll supply the corned beef, you bring your favorite dish and we'll celebrate St. Patricks Day in style! Center, 30 Remington Rd. Fee: \$5 pre-registration, \$10 drop-in.

Friday, April 7: Egg and Cookie Decorating

6:00—9:00 PM. Activity # 11000-14. Drop off and pick up at the North End Senior, 30 Remington Road. Come decorate eggs and holiday cookies! Fee: \$5 pre-registration, \$10 drop-in.

Friday, April 28: Swimming at the High School Pool

6:30—8:30 PM. Activity # 11000-15. Drop off and pick up at the High School Pool back pool entrance. Red Cross lifeguards on duty. Fee: \$5 pre-registration, \$10 drop-in.

Friday, May 5: Spring Planting & Craft Night

6:30—8:30 PM. Activity # 11000-16. Drop off and pick up at the North End Senior Center, 30 Remington Rd. Fee: \$5 pre-registration, \$10 drop-in.

Saturday, May 20: Lake Compounce

10:00—5:00 PM. Activity # 11000-17. Drop off and pick up at the Community Cultural Center, 50 Chapman Place. Fee: \$29 pre-registration, \$39 drop-in.

EH SPECIAL OLYMPICS **HARTFORD** ATHLETICS

For ages 8 & up, the East Hartford Parks and Recreation Department takes great pride in partnering with Special Olympics Connecticut to provide opportunities for Special Needs Athletes to engage in athletic programs where athletes are able to participate in weekly practices, showcase their skills and abilities in state competitions and invitationals, all while developing friendships and memories with teammates. Our highly experienced staff are devoted to working with each programs athletes in providing a positive environment and encouraging our athletes to strive to do their best! **Please note, all athletes must provide updated Special Olympics Connecticut; Athlete Medical and Release forms PRIOR to registration. For competition purposes, all athletes must register PRIOR to the start of the first practice.**

WINTER SWIMMING

Activity # 11006-1

Location: East Hartford Middle School
Dates: Saturdays January 7th – February 25th
Times: 9:00am – 10:00am
Fee: \$50 Resident/\$60 Non-Res

WINTER BOWLING

Activity #: 11002-2

Location: HOF Silver Lane Bowling
Dates: Saturdays January 7th – February 25th
Times: 10:30am – 12:00pm
Fee: \$65 Resident/\$75 Non-Res

WINTER UNIFIED FLOOR HOCKEY

Activity # 11001-2

Location: Community Cultural Center
Dates: Wednesdays January 11th – March 15th
Times: 6:00pm – 7:00pm
Fee: \$50 Residents/\$60 Non-Res

WINTER BASKETBALL

Activity # 11001-1

Location: Community Cultural Center
Dates: Wednesdays January 11th – March 15th
Times: 7:15pm – 8:15pm
Fee: \$55 Resident/\$65 Non-Res

SPRING SWIMMING

Activity # 31006-1

Location: East Hartford Middle School
Dates: Saturdays March 25th – May 27th (No Practice 4/15)
Times: 9:00am – 10:00am
Fee: \$50 Resident/\$60 Non-Res

SPRING TRACK AND FIELD

Activity Number: 31005-1

Location: East Hartford Middle School Track
Dates: Saturdays March 25th – May 27th (No Practice 4/15)
Times: 10:30am – 12:00pm
Fee: \$55 Resident/\$65 Non-Res

Aquatics Programs

Adult Lap Swim

Evenings at the High School Pool Monday through Friday, 8:30—9:15 PM. Free, no pre-registration required. Must show proof of residency.

Early Morning Lap Swim Mondays, Wednesday & Fridays from 6:15 - 7:15 AM. Pre-registration not required, free to residents. Days lost to closures won't be made up. Program will not be held when school is closed for school vacation or cancellations.

Open Swim Hours at the High School Pool

Mondays, through Fridays, 6:30—8:30 PM

** Swimmers may share the pool with programs going on at the same time. Closed for school holidays and school cancellations.

Must present a photo ID card or Drivers License for admission. Children ages 7 – 15 must present a Parks & Recreation ID or an EH public school picture ID for admission. Children 6 years and under must be accompanied by a parent or guardian with proper I.D. Non-residents can enroll for a fee of \$120 a year, pro-rated on a monthly basis or pay daily admittance of \$5.00. Residents unable to provide identification must pay the \$5.00 fee. Visit www.easthartfordct.gov for a complete listing of pool rules.

SWIM LESSONS AT THE MIDDLE SCHOOL POOL

\$40 Residents/\$50 Non-Residents

Swim Lessons emphasize water safety, drowning prevention & and skill acquisition. Proper swim lesson level placement is critical for your child's success as well as ensuring that the experience is enjoyable and safe. Classes are held once a week for 8 weeks.

WINTER SESSION

Mondays, Jan. 9—March 13, No Class 1/16 2/20

Thursdays, Jan. 12—March 2

Saturdays, Jan. 14—March 11, No Class 2/18

SPRING SESSION

Mondays, March 27—May 22, No Class 4/10

Thursdays, March 30—May 25, No Class 4/13

Saturdays, April 1—May 27, No Class 4/15

WATERBABIES 6 months to 3 yrs

Parents & children water exploration..feel comfortable in water.

Thursdays, 6:40—7:10 PM Winter #13409-1, Spring #43409-1

Saturdays, 10:35—11:05 AM Winter #13409-2, Spring #43409-2

PRESCHOOL LEVELS 1, 2 & 3 Ages 4 & 5

Children participate in several guided practice sessions that help them learn elementary skills, including bubble blowing, front and back kicking and floating and experience underwater exploration and more. Child placed in level based on ability.

Thursdays, 6:40—7:10 PM Winter # 13400-1, Spring # 43400-1

Saturdays, 10:00—10:30 AM Winter # 13400-2, Spring # 43400-2

LEVEL 1: Introduction to Water Skills Ages 6 & up

Introduction to swimming and basic water skills.

Mondays, 6:40—7:20 PM Winter # 13401-1, Spring # 43401-1

Saturdays, 10:35—11:15 AM Winter # 13401-2, Spring # 43401-2

LEVEL 2: Fundamental Aquatic Skills

Gives students independent success with fundamental skills.

Mondays, 6:40—7:20 PM Winter # 13402-1, Spring # 43402-1

Saturdays, 11:20—12:00 PM Winter # 13402-2, Spring # 43402-2

LEVEL 3: Stroke Development

Swim stroke development, builds on skills from Level 2.

Mondays, 7:25—8:05 PM Winter # 13403-1, Spring # 43403-1

Saturdays, 11:20—12:00 PM Winter # 13403-2, Spring # 43403-2

LEVEL 4: Stroke Development

Stroke improvement, confidence & strength to improve skills.

Thursdays, 7:15—7:55 PM Winter # 13404-1, Spring # 43404-1

Saturdays, 12:05—12:45 PM Winter # 13404-2, Spring # 43404-2

LEVEL 5: Stroke Refinement

Stroke refinement, coordination of strokes and distances.

Thursdays, 7:15—7:55 PM Winter # 13405-1, Spring # 43405-1

Saturdays, 12:05—12:45 PM Winter # 13405-2, Spring # 43405-2

LEVEL 6: Swimming & Skill Proficiency

Mastery of swim skills and fitness development.

Thursdays, 7:15—7:55 PM Winter # 13406-1, Spring # 43406-1

Saturdays, 12:05—12:45 PM Winter # 13406-2, Spring # 43406-2

ADULT SWIM LESSONS

For those 18 & up looking to swim. Beginners thru advanced.

Mondays, 7:25—8:05 PM Winter # 13410-1, Spring # 43410-1

SEMI-PRIVATE Swim Lessons at the High School Pool

Ages 4 & up, small class instruction. Limit 2 per class. Taught by one of our veteran swim lesson instructors. Classes held twice a week for two weeks from Fee: \$59 residents, \$69 non-residents

Dates	7:00 PM	7:30 PM	8:00 PM
<u>MON & WED</u>	<u>ACTIVITY #</u>		
Jan. 9, 11, 18, 23	13413-1	13413-2	13413-3
Jan. 30, Feb. 1, 6, 8	13413-4	13413-5	13413-6
Feb. 22, 27, Mar. 1, 6	13413-7	13413-8	13413-9
Mar. 13, 15, 20, 22	13413-10	13413-11	13413-12
Mar. 27, 29, Apr. 3, 5	13413-13	13413-14	13413-15
Apr. 17, 19, 24, 26	13413-16	13413-17	13413-18
May 1, 3, 8, 10	13413-19	13413-20	13413-21
<u>TUES & THURS</u>	<u>ACTIVITY #</u>		
Jan. 10, 12, 17, 19	13413-22	13413-23	13413-24
Feb. 7, 9, 14, 16	13413-25	13413-26	13413-27
Mar. 7, 9, 14, 16	13413-28	13413-29	13413-30
Apr. 18, 20, 25, 27	13413-31	13413-32	13413-33

PRIVATE SWIM LESSONS

One-on-one private lessons are available. Please email our private swim instructor at dolphin2479@yahoo.com to schedule a mutually convenient time.

ADULT FITNESS & WELLNESS

ZUMBA

Zumba® Fitness is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning.

6:00 - 7:00 PM,
Sunset Ridge School Gym
Fee: \$70 for 20 classes

Winter Session

Activity # 14602-1
Tues & Thurs,
Jan 3—March 14
No class 2/21

Spring Session

Activity # 44602-1
Tues & Thurs,
March 21—June 1
No class 4/11, 4/13

YOGALATES

A class designed to lengthen and strengthen your muscles through a blend of Yoga positions and Pilate's exercises. You will develop core strength, improve flexibility, and learn to integrate various Yoga breaths. No prior experience needed. Class ends with a period of relaxation and meditation that leaves you energized and focused for your day!

7:15—8:00 PM
Sunset Ridge School Gym
\$70 for 20 classes

Winter Session

Activity # 14602-2
Tues & Thurs,
Jan 3—March 14
No class 2/21

Spring Session

Activity # 44602-2
Tues & Thurs,
March 21—June 1
No class 4/11, 4/13

MEN & WOMEN RIPPED WITH THE ULTIMATE CORE WORKOUT

Get ready for a full body interval workout that will strengthen your core and tone your six pack abs. The key is a strong core for better performance and we'll show you how with this all core power workout. Suggested equipment: a pair of weights, a kettle bell, a play ball and a mat.

Activity # 14602-5
Tuesdays, Jan. 3—March 7
6:00—7:00 PM
Community Cultural Center
\$35 for 10 classes

LOW IMPACT AEROBICS

A great cardiovascular workout that gets you moving with minimal orthopedic stress!

5:30—6:30 PM
Community Cultural Center Gym
\$70 for 20 classes

Winter Session

Activity# 14602-3
Tues & Thurs, Jan. 10—March 16

Spring Session

Activity# 44602-3
Tues & Thurs, March 28—June 1

ALL-IN-ONE FITNESS

Here's your chance to try it all. This program is designed to allow you to try all the top aerobic conditioning programs including Hi Lo Aerobics, Cardio Kickboxing, Step Aerobics, Low Impact Aerobics with weights and circuit training. In addition to the aerobic component you will increase your flexibility, muscle strength, core stability, balance and coordination.

Tuesdays & Thursdays from 9:15—10:15 AM
Community Cultural Center Gym
\$56 residents, \$66 non-residents per session for 16 classes

Dec. 27—Feb. 16
Activity # 16802-1

Feb. 28—April 20
Activity # 16802-2

April 25-June 15
Activity # 16802-3

BOXING FOR FITNESS

A total body workout that includes boxing combinations to improve your aerobic capacity & muscular strength. This non-contact workout is intense and can be modified for your fitness level. Includes 2-3 minute rounds with a recovery period. The explosive plyometric moves will improve your speed, endurance and agility. Suggested equipment, a pair of weights, boxing gloves, wraps, exercube, bands and a mat.

Activity # 14602-4
Wednesdays, Jan. 4—March 8
6:00—7:00 PM
Community Cultural Center
\$35 for 10 classes



AQUA ZUMBA

Splashing, stretching, twisting, even shouting, hooting and hollering are often heard during an Aqua Zumba class. The Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief.

Instructor: Karen Chorney
6:30—7:30 PM at the High School Pool

Mondays & Wednesdays,
January 23—Feb. 8
Activity # 93621-1 (Mon), 2 (Wed)
Fee: \$48/6 classes

Mondays & Wednesdays,
Feb. 27—April 5
Activity # 93621-3 (Mon), 4 (Wed)
Fee: \$96/12 classes

Mondays & Wednesdays,
April 17—May 24
Activity # 93621-5 (Mon), 6 (Wed)
Fee: \$96/12 classes

HYDRO FUN

Exercise in the water to music...the easy and fun way to stay fit. This class is for anyone 16 years old and over. Exercising in water allows more flexibility with the challenge of added resistance from the water. Instructor: Paula Cote

7:30 - 8:30 PM
High School Pool
\$65 Residents, \$75 Non-Residents
per session/20 classes

Winter Session

Activity # 13620-1
Tues & Thurs, Jan 3—March 14
No Class 2/21

Spring Session

Activity # 43620-1
Tues & Thurs, March 21—June 1
No Class 4/11, 4/13

HEALTHY LIVING...

LINE DANCING

This is such a fun class! Here's your chance to learn to dance. Featuring new country, hip hop and top 40's music. Have a blast learning something new and meet a group of great people. We provide 2 instructors that are on the floor to help throughout the night. New dancers are strongly encouraged to

Winter Session

Activity # 15222-1, Jan. 10—March 14

Spring Session

Activity # 45222-1, March 28—May 30

ADULT OPEN BASKETBALL

For EH adults 18 & over basketball at Dandley Gym and ages 25 and over in the Auxiliary Gym. When EHHS is unavailable due to school events Goodwin School will be the alternative location. Basketball sneakers mandatory. All participants must complete a registration form the first evening they attend.

Activity # 11501-1

Mon & Thurs, Nov. 21 - Feb. 23 from 6:30—9:30 PM

East Hartford High School Gyms

Drop in: \$2 residents, \$4 non-residents,

Season Pass: \$20 residents, \$40 non-residents

FRUITS & VEGETABLES TO IMPROVE YOUR HEALTH

By Fermenting!

Learn how and why fermented foods provide an abundance of good bacteria for your intestines called Probiotics. Understand why a balance of good and bad bacteria provides fundamental nutrients to health. Explore the cultural history of fermented or cultured foods and how they have historically offered radical positive improvements as support for intestinal and overall health. Join us and learn how to use ingredients from your garden to make your own fermented foods to optimize your health.

Activity # 14603-1

6:00—7:00 PM

Community Cultural Center

Tuesday, April 18

\$5.00 per person

SUPER FOODS MAKE POWER SMOOTHIES!

Come learn what the top healthiest Super Foods are and how easily you can incorporate them to make Power Smoothies. Create your own Smoothies at this healthy workshop as you learn the healing properties of each ingredient. Understand the nutritional properties and healthy benefits of these Super Foods. Most of these ingredients are staples in many of our kitchens and gardens. Come enjoy the variety of Power Smoothies using Super Foods.

Activity # 14603-2

6:00—7:00 PM

Community Cultural Center

Tuesday, May 2

\$6.00 per person

EAST HARTFORD SENIOR SERVICES

Center, 70 Canterbury Street, East Hartford. Open Monday – Friday, 8:30 AM – 4:30 PM. A variety of classes and programs at reasonable fees to East Hartford residents ages 55 and older. Senior Services currently offers the following classes at the South End Senior Center: View our monthly newsletter, the Golden Ager online at www.easthartfordct.gov

Classes are held at the South End Senior Center, 70 Canterbury Street. No membership fee. **Call Senior Services at 860-568-4281 or 860-895-1517 or visit the office. Registration/ payment is required prior to participation.**

Chair Exercise, Fridays, 11:30 AM – 12:15 PM

For all activity levels. Stretching, toning, flexibility, strength, and breath exercises seated in a chair. 6-weeks: \$15 R, \$21 NR.

Embroidery/Knit/Crochet, Wednesdays, 12:30 – 2:30 PM

Learn/improve your needlework skills. All levels. Individual instruction available during class. 6-weeks: \$15 R, \$21 NR.

Energetic Exercise, Tues & Thurs, 10:35 – 11:35 AM

Low-impact aerobic and resistance exercises to improve strength, toning and balance. 10-weeks: \$20 R, \$30 NR.

Color Your World

Thursdays, 10:00 - 11:30 AM. Coloring for adults: relax, get creative, socialize & color. Pencils/markers and coloring pages available or bring your own materials. Ongoing, drop-in activity.

Painting – All levels, Fridays, 9:30 – 11:30 AM

Explore and improve your painting and composition skills using water soluble oil paints or acrylics. 10-weeks: \$20 R, \$30 NR.

Senior Aqua Aerobics – Mon, Tues & Thurs, 4:30 – 5:30 PM

East Hartford Middle School Pool. This water fitness class features aerobic and resistance exercises in the pool. Participants may wish to wear water shoes for improved traction. Register at Senior Center. Session runs September 8, 2015 – June 11, 2016. \$60 residents, \$75 non-residents.

Powerful Aging, Mondays, 2:30 – 3:30 PM

Low-impact aerobics as well as step, floor and weight-bearing exercise. 10-weeks: \$10 R, \$20 NR.

Tai Chi – Beginner, Mondays, 10:30 – 11:30 AM

Stretching and movement exercises to improve balance & flexibility and reduce stress. 10-weeks: \$20 R, \$35 NR.

Tai Chi – Intermediate, Fridays, 10:00 – 11:00 AM

For participants already familiar with tai chi, featuring stretching and movement for health and balance. 10 weeks: \$20 R, \$35 NR.

Tap Dance - Beginner, Tuesdays, 9:30 – 10:15 AM

Learn basic tap steps (or refresh your memory from childhood) and have fun in this small class. 10-weeks: \$10 R, \$20 NR

Tap Dance - Intermediate, Tuesdays, 9:30 – 10:30 AM

Practice your shuffles and steps, learn a choreographed routine & get a low-impact aerobic workout. Knowledge of basic tap dance steps required. 10-weeks: \$10 R, \$20 NR

Yoga, Tuesdays, 1:30 – 2:30 PM

Revitalizing Hatha yoga class to enhance balance, strength, flexibility & concentration. Bring yoga mat. 10-weeks: \$25 R, \$35 NR.

Zumba for Seniors

Mondays, 9:15 – 10:15 AM and Wednesdays, 9:15 – 10:15 AM
Feel-good, high energy, low-impact aerobic workout featuring upbeat Latin and popular music More intense workout class. 10-weeks: One day (only Mon. or Weds.) \$30 R, \$40 NR. Both days \$55 R, \$70 NR.



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for every member of the family, and every member of the community.



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HARTFORD: 16 Coventry Street 860-714-3704

www.intercommunityct.org

Nosotros hablamos español

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