

EAST HARTFORD PARKS AND RECREATION



FALL 2018



Special Events



Swim Lessons



Line Dancing



Special Needs Programs



Mayor Marcia A. Leclerc

East Hartford Parks and Recreation

50 Chapman Place, East Hartford, CT 06108

Phone 860-291-7160

Fax 860-282-8239

www.easthartfordct.gov



Parks and Recreation Office Information

Location: 50 Chapman Place, Lower Level

Office Hours:

Mon, Tues & Wed: 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

Fax: 860-282-8239

Website: www.easthartfordct.gov

Facebook: www.facebook.com/ehparks

Parks and Recreation Department Staff

Director: Ted Fravel

Recreation Supervisor: Sharon O'Neil, AFO

Recreation Supervisor: Jonathan Cooper

Administrative Assistant: Courtney Collins

Administrative Assistant: 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, 860-214-6686

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

- All programs are open for registration unless otherwise specified.
- Only registered participants may attend programs. Participants must register in advance.
- We try to accommodate all participants, but some programs fill to capacity. If there is a program that you are interested in, we encourage you to register early.
- In order to ensure the continuance of each program, registrations should be made at least one week before the start of the program unless otherwise indicated. We strongly discourage attempting to register for a program on the day it is scheduled to begin.
- If registering late for a program or activity, the fee will not be pro-rated. Additionally, some programs may have a registration deadline, and we are not able to accept day of or late registrations.
- Sometimes we are forced to cancel programs that do not meet minimum enrollment requirements or for other reasons beyond our control. If a program is cancelled by us, all registered participants will be contacted and refunded.
- Payment must be included with your registration - we cannot accept program registration without payment.

Online Registration

Registration is available online at www.ehparks.org. A credit/debit card is required for payment. First time users of our WebTrac Online Registration Program should visit www.ehparks.org and click 'Create an Account'. If you have previously used our WebTrac Online Registration Program, make sure that you have your username and password as you will need it to be able to register. If you have misplaced your username or password, please contact the Parks and Recreation office.

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 with registration form. We also accept payment by debit card or credit card (Visa, Mastercard, Discover).

Refund Policy

Refunds will not be issued unless a program is canceled by the Parks & Recreation Dept.

Concussion Information

East Hartford Parks and Recreation Department is dedicated to creating a safe environment for all participants in our programs. A fact sheet for parents containing information regarding concussions is available on our website at www.easthartfordct.gov.

ID Policy/Residency

The Parks & Recreation Department issues photo identification cards to children 7-15 years old providing official proof of residency is shown. Acceptable forms of identification are report cards, birth certificates or social security cards. 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 participant in programs for residents.

Inclement Weather/Program Cancellations

Program cancellations due to inclement weather will be publicized via our Facebook page, website and/or Channel 3. When possible, we will also email participants if one is provided at the time of registration. Please note that our programs scheduled at school facilities will be cancelled when schools are closed or dismissed early due to inclement weather.

Facility Rentals

East Hartford Community Cultural Center

Located at 50 Chapman Place, the Community Cultural Center offers a 298 seat auditorium as well as meeting rooms of various sizes for functions such as baby showers, birthday parties, team gatherings, general meetings and more.

Veteran's Memorial Clubhouse

Located at 100 Sunset Ridge Drive, Veteran's Memorial Clubhouse is also available for larger meetings and banquets, and is a perfect location for weddings, anniversary parties, or larger gatherings.

Please visit our website at www.easthartfordct.gov for photographs and more information regarding facility rentals.

Recreational Areas and Parks

We offer many locations for residents to recreate and enjoy leisure activities. A full listing of all of our parks and recreational areas and their amenities is available on our website.



SPECIAL EVENTS

FALL FESTIVAL



29th Annual Fall Fest

Saturday, October 13th, 11 AM - 3 PM at the Town Green

Join us for the 29th Annual Fall Fest, held at the Town Green! Sit back and enjoy the live music on the Gazebo stage, a variety of refreshments available from our food vendors, and peruse the craft vendors. Children's attraction wristbands are only \$5.00, and activities include: carnival themed games, inflatable corn maze, bounce houses, rock climbing wall, car racing, petting zoo, pumpkin decorating, putt putt challenge and more!

Crafters, vendors and non-profit organizations are welcome to participate in this event. Crafter and vendor applications are available online at www.easthartfordct.gov.



Youth Cross Country Championships

Monday, October 15th OR Saturday, October 20th - see page 9 for more info!

Co-sponsored with the East Hartford Board of Education, Physical Education Department. Participants register through school physical education classes. Participants should plan to arrive at least 15 minutes before their scheduled race time. T-shirts and trophies will be awarded to the top finishers in each race. There is no fee to participate, however pre-registration is required. Please see Youth Programs page for more information.



Boo Bash

Sunday, October 28th, 1 - 3:30 PM at the Community Cultural Center

Celebrate Halloween at our spooktacular Boo Bash! The Boo Bash is a festive Halloween party for children in grades 5 and under. We'll have carnival games, crafts, inflatables, a DJ dance party, refreshments, trick-or-treating and more! You won't want to miss this party! Purchase a ticket in advance and avoid the line the day of the event! Tickets are \$1.00 for residents or \$5.00 for non-residents. Children must be accompanied by a parent or caregiver the entire time.



East Hartford Beautification Commission Holiday Fest Tree Lighting

Friday, December 7th, 6:30 - 8:30 PM on the East Hartford Town Green

Held in conjunction with the East Hartford Parks & Recreation Department, this festive event features a holiday carol sing-along, a visit from Frosty the Snowman, Rudolph the Red-Nosed Reindeer, and a special visit from Santa delivered directly from the North Pole on an East Hartford Fire truck! Candy canes and hot chocolate will be on hand to keep you warm and cozy. This is a free event and open to everyone!



33rd Annual Santa's Visit

Sunday, December 9th, 1:00 - 3:30 PM at the Community Cultural Center

Bring the whole family to meet Santa and his helpers for an array of holiday activities. This event is held in conjunction with the Beautification Commission's Holiday Fest. Free and open to everyone. Pre-registration required by November 30th to guarantee your child a free gift from Santa! Activities include horse drawn wagon rides, crafts, games, a children's entertainer, and of course, a chance to meet Santa in a beautifully decorated winter wonderland. **Activity # 10000-35**

Bus Trips

All bus trips depart from and return 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.

Departure and return times are updated as they are announced at www.easthartfordct.gov/parks-recreation

BOSTON FREEDOM TRAIL & CONSTITUTION CRUISE

Saturday, October 13, 2018

Enjoy a walking tour of the historical sites like Boston Common and the Old North Church with a local guide followed by a 45 minute Boston Harbor Cruise to visit one of Boston's most treasured landmarks, the USS Constitution. Includes leisure time at Quincy Market and Haymarket Square.

Fee: \$99 per person Activity #33031-23
\$71 kids under 17 years old

MACY'S THANKSGIVING DAY PARADE

Thursday, November 22, 2018

Usher in the Holiday Season at the spectacular Macy's Thanksgiving Day Parade. See famous balloons, floats, marching bands, and Santa Claus. Coach will drop off at FAO Schwartz, 5th Avenue between 58th & 59th streets then the tour walks across Central Park by the Plaza Hotel. Home in time for Thanksgiving Dinner!

Fee: \$78 per person Activity #33031-21

CHRISTMAS SPECTACULAR AT RADIO CITY MUSIC HALL

Tuesday, December 18, 2018

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! Also includes time for holiday shopping, sight-seeing and dining on your own.

Fee: \$132 per person Activity #33031-22

AQUATICS

Public Swim Hours at the High School Pool

The indoor pool at East Hartford High School is available for recreational swimming during the school year. The High School is located at 869 Forbes Street, East Hartford. Please note that swimmers may share the pool with programs going on at the same time. Visit www.easthartfordct.gov for a complete listing of pool rules.

The pool will be closed for school holidays, vacations and school cancellations.

To be put on a notification list for emergency pool closures, please register for Activity # 99999-1 (mornings) or 99999-2 (evenings).

Pool Admission is FREE for residents!

Age 6 & under: Must be accompanied by person 16 or older. Child must be within arms reach at all times.

Ages 7 - 15: Must provide ID to prove residency when by themselves or with an adult. Parks and Recreation ID cards are available at the office located at 50 Chapman Place for \$6.00 and are valid for three years. The other acceptable form of ID is a 2018-2019 East Hartford Public School ID.

Adult Residents: Proof of residency required. Acceptable forms of ID are Driver's License/permit or State Issued ID Card. Those without proof of residency will be charged the non-resident rate.

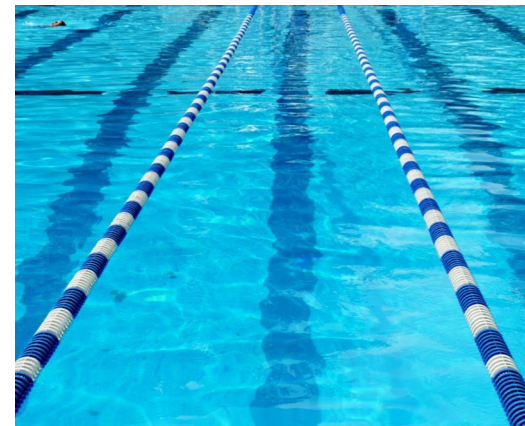
Non-Residents: \$5.00 per person, including children. Non-Residents may purchase an annual pool pass for \$120, which can be prorated on a monthly basis.

Public Swim Hours

Early Morning Lap Swim
Mondays, Wednesday & Fridays,
6:15 - 7:15 AM.

Evening Open Swim
Monday - Friday, 6:30 - 8:30 PM.

Evening Adult Lap Swim
Monday - Friday, 8:30 - 9:15 PM.



Swim Lesson Level Descriptions

We are proud to be an authorized provider of the American Red Cross Learn-To-Swim Program.

Waterbabies: 6 months to 3 years (with Parent) Parents & children participate in several guided practice sessions that help children learn elementary skills, including bubble blowing, front & back kicking & floating and experience underwater exploration and more.

Preschool: 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.

Level 1: Introduction to Water Skills Ages 6 & up Learn basic personal water safety information and skills, to help participants feel comfortable in the water. At this level basic aquatic skills are taught (front/back floats, kicking actions, gliding, bobs and more).

Level 2: Fundamental Aquatic Skills Teaching of fundamental skills that will be used throughout the Learn to Swim program. Swimmers will learn to float without support, and will begin to move through the water independently.

Level 3: Stroke Development Build on previously learned skills taught by providing additional guided practice. Begin to swim the front crawl and elementary backstroke on their own.

Level 4: Stroke Development Develop swimmers confidence in the strokes learned thus far and improve other aquatic skills. Swimmers continue to learn new strokes: side-stroke, back-crawl, and will start to develop the breast-stroke and butterfly and the basics of turning at the wall are explored.

Level 5: Stroke Refinement Coordination & refinement of strokes. Refine performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke), flip turns, increase endurance & distances.

Level 6: Swimming & Skill Proficiency Refine strokes so participants can swim with greater ease, efficiency, power and smoothness and over greater distances. Personal Water Safety and Fitness Swimming are additional focuses of the class.

Adult Swim Lessons: Ages 15 and up For adults of all ability levels. Instructor will tailor classes to suit the individual needs of each participant.

SWIM LESSONS

GROUP SWIM LESSONS at the Middle School Pool

The Middle School Pool is located at 777 Burnside Ave, but to access the pool, please use the school entrance on Scotland Road.

Swim Lessons are taught by American Red Cross Certified Lifeguards and emphasize water safety, drowning prevention & skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Classes are held once a week on Mondays, Thursdays or Saturdays for 8 weeks.



Fee: \$40 residents / \$50 non-residents

GROUP SWIM LESSONS

MONDAYS Sept. 24 th - Nov. 26 th <i>(no class 10/8, 11/12)</i>	<u>Level</u>	<u>Time</u>	<u>Activity #</u>
	Level 1	6:40 - 7:20 PM	93401-1
	Level 2	6:40 - 7:20 PM	93402-1
	Level 3	7:25 - 8:05 PM	93403-1
	Adult Lessons	7:25 - 8:05 PM	93410-1

THURSDAYS Sept. 27 th - Nov. 15 th	<u>Level</u>	<u>Time</u>	<u>Activity #</u>
	Waterbabies	6:40 - 7:10 PM	93409-1
	Preschool	6:40 - 7:10 PM	93400-1
	Level 4	7:15 - 7:55 PM	93404-1
	Level 5	7:15 - 7:55 PM	93405-1
	Level 6	7:15 - 7:55 PM	93406-1

SATURDAYS Sept. 29 th - Nov. 17 th	<u>Level</u>	<u>Time</u>	<u>Activity #</u>
	Waterbabies	10:35 - 11:05 AM	93409-2
	Preschool	10:00 - 10:30 AM	93400-2
	Level 1	10:35 - 11:15 AM	93401-2
	Level 2	11:20 AM - 12:00 PM	93402-2
	Level 3	11:20 AM - 12:00 PM	93403-2
	Level 4	12:05 - 12:45 PM	93404-2
	Level 5	12:05 - 12:45 PM	93405-2
	Level 6	12:05 - 12:45 PM	93406-2

SEMI-PRIVATE SWIM LESSONS

Ages 4 & up. Max 2 participants. Four 30 minute classes per session.
 Instructor: Debbie Lewis
 Location: High School Indoor Pool
 Fee: \$59 residents, \$69 non-residents

<u>Mondays & Wednesdays</u>	<u>7-7:30PM</u>	<u>7:30-8PM</u>	<u>8-8:30PM</u>
Sept 10, 12, 17, 19	Activity # 93413-1	93413-2	93413-3
Oct 15, 17, 22, 24	Activity # 93413-4	93413-5	93413-6
Nov 5, 7, 14, 19	Activity # 93413-7	93413-8	93413-9
Nov 26, 28, Dec 3, 5	Activity # 93413-10	93413-11	93413-12

<u>Tuesdays & Thursdays</u>	<u>7-7:30PM</u>	<u>7:30-8PM</u>
Oct 16, 18, 23, 25	Activity # 93413-13	93413-14
Oct 30, Nov 1, 8, 13	Activity # 93413-15	93413-16
Nov 27, 29, Dec 4, 6	Activity # 93413-17	93413-18

PRIVATE SWIM LESSONS

One-on-one private lessons are now available!
 Please email our private swim lesson instructor, Debbie Lewis, at dlewis@easthartfordct.gov to schedule a mutually convenient time.
 Fee: \$99 - includes four 30 minute classes of private instruction.



SPECIAL NEEDS PROGRAMS

TEEN AND ADULT SOCIAL CLUB

For Special Needs Participants Ages 13 & up

From bowling and the movies to dinners and dances, our Teen and Adult Social Club offers 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. Pre-registration is preferred.



Friday, September 14, 6:00 - 8:00 PM - Mini-Golf & Ice Cream

Drop off at 6:00 PM, pickup at 8:00 PM at Fairway Mini-Golf, 75 Spielman Rd, South Windsor, CT.

Fee: \$10 pre-registration, \$15 drop-in.

Activity #11000-1

Friday, Sept. 28, 6:00 - 8:00 PM - Movie Madness

Drop off at 6:00 PM, pickup at 8:00 PM at Raymond Public Library, 840 Main Street.

Fee: \$5 pre-registration, \$10 drop-in.

Activity # 11000-2

Friday, Oct. 19, Time TBD - Happy Haunting Dance w/ Glastonbury

Time TBD. Held at Academy Building, 2143 Main St, Glastonbury

Fee: \$5 pre-registration, \$10 drop-in.

Activity#11000-3

Saturday, Oct. 27, 1:00 - 3:30 PM - Pumpkin Picking

Drop off 1:00 PM, pickup at 3:30 PM at 1146 Cromwell Ave, Rocky Hill.

Fee: \$15 pre-registration, \$20 drop-in.

Activity #11000-4

Friday, Nov. 16, 6:00 - 9:00 PM - Friendsgiving

Drop off at 6:00 PM, pickup at 9:00 PM at North End Senior Center at 30 Remington Road.

Fee: \$5 pre-registration, \$10 drop-in.

Activity #11000-5

Friday, Nov. 30, 6:00 - 8:00 PM - Jump Off Trampoline Park.

Drop off at 6:00 PM, pickup at 8:00PM at 145 Spencer St., Manchester.

Fee: \$20 pre-registration, \$25 drop-in.

Activity #11000-6

Friday, Dec. 7, 6:00 - 8:00 PM - Holiday Tree Lighting & Hot Cocoa

Drop off at 6:00 PM, pickup at 8:00 PM at the Community Cultural Center, 50 Chapman Place. Dress warmly, this is an outdoor event.

Fee: \$5 pre-registration, \$10 drop-in.

Activity #11000-7.

Friday, Dec. 14, 6:00 - 9:30 PM - Buckland Mall Holiday Shopping!

Drop off at 6:00 PM, pickup at 9:30 PM at the Buckland Mall outside the Barnes & Noble Entrance.

Fee: \$5 pre-registration, \$10 drop-in.

Activity #11000-8.

E. H. SPECIAL OLYMPICS HARTFORD

ATHLETICS

For participants ages 8 and up

The East Hartford Parks and Recreation Department takes great pride in partnering with Special Olympics CT to provide opportunities for special needs athletes to engage in athletic programs. Athletes are able to participate in weekly practices and showcase their skills and abilities in state competitions, all while developing friendships and memories. Our highly experienced staff are devoted to working with the athletes in each program to provide a positive environment and encouraging our athletes to strive to do their best.

Note: All athletes must provide updated Special Olympics CT Athlete Medical and Release forms PRIOR to registration. For competition purposes, all athletes must register PRIOR to the start of the first practice.

Seasonal Sports offered include:

Fall: Bowling

Winter: Basketball, Swimming & Bowling

Spring: Track & Field, Swimming

SPECIAL OLYMPICS BOWLING

Calling all Bowlers! Join us for yet another great season of Bowling through Special Olympics Connecticut. In order to register, all athletes must have an updated Special Olympics CT Medical Form and Release Form on file with the Parks and Recreation Department prior to participating. Forms can be found online at: www.soct.org/forms/. Registration and payment is due prior to the start of the first practice.

Dates: Saturdays, Sept. 15 - Nov. 17

Time: 10:00 AM - 12:00 PM

Location: HOF Silver Lanes, East Hartford

Fee: \$90 Residents, \$99 non-residents

Activity # 91002-1



YOUTH PROGRAMS



AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

Ages 15 & up

Participants will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic and health emergencies. All participants must successfully demonstrate the course pre-requisites on the first day of the class, which include a continuous 300 yard swim, 2 minutes of treading water, and a timed 20 yard swim with a surface dive to retrieve a 10 pound object. Participants must attend each day of the course, demonstrate all skills and pass the written exams to successfully complete the course and receive their certification.

Dates: Wednesday-Saturday, Dec. 26-29
 Time: 9:00 AM - 5:00 PM
 Location: EH Middle School Pool
 Fee: \$165 for Residents / \$265 for Non-Residents
 Activity # 92111-1



YOUTH CROSS COUNTRY CHAMPIONSHIPS

For boys and girls in grades 1-8

Co-sponsored with the East Hartford Board of Education, Physical Education Department. Participants register through school physical education classes. Participants should plan to arrive at least 15 minutes before their scheduled race time. T-shirts and trophies will be awarded to the top finishers in each race. There is no fee to participate, however pre-registration is required.

Saturday, October 20th at McAuliffe Park
(Check-in will be held inside Anna Norris School Gymnasium)

Grade	Race Time	Event	Activity #
1 st Grade Boys	9:00 AM	640 Meters	10209-7
1 st Grade Girls	9:15 AM	640 Meters	10209-G
2 nd Grade Boys	9:30 AM	640 Meters	10209-8
2 nd Grade Girls	9:45 AM	640 Meters	10209-H
3 rd Grade Boys	10:00 AM	640 Meters	10209-1
3 rd Grade Girls	10:15 AM	640 Meters	10209-A
4 th Grade Boys	10:30 AM	640 Meters	10209-2
4 th Grade Girls	10:45 AM	640 Meters	10209-B
5 th Grade Boys	11:00 AM	1130 Meters	10209-3
5 th Grade Girls	11:15 AM	1130 Meters	10209-C
6 th Grade Boys	11:30 AM	1510 Meters	10209-4
6 th Grade Girls	11:45 AM	1510 Meters	10209-D

Monday October 15th at the Middle School

Grade	Race Time	Event	Activity #
7 th & 8 th Grade Boys	3:00 PM	3200 Meters	10209-5
7 th & 8 th Grade Girls	3:00 PM	3200 Meters	10209-E
6 th Grade Boys who attend EHMS, St. Chris, 2 Rivers	3:00 PM	3200 Meters	10209-6
6 th Grade Girls who attend EHMS, St. Chris, 2 Rivers	3:00 PM	3200 Meters	10209-F

FALL TEEN INDOOR SOCCER

For boys and girls in grades 6,7 & 8

For East Hartford Middle School students in grades 6, 7 & 8, including St. Chris & 2 Rivers Magnet School 6th 7th & 8th graders. Students must pre-register for each sport event at the Parks & Rec office. Students are required to pre-arrange their own transportation from the school after the events conclude. Free to all.

Dates: Fridays, Oct. 19, Nov. 16 Dec. 14
 Time: 3:00 – 4:30 PM
 Location: East Hartford Middle School



ADULT FITNESS, WELLNESS & SPORTS

ZUMBA

Zumba® Fitness is a feel-good 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.

Instructor: Eliza's Energy Source staff
Dates: Tues & Thurs, Sept. 18 - Dec. 13
(24 classes, no class 11/6, 11/22)
Time: 6:00 - 7:00 PM
Location: Sunset Ridge School Gym
Fee: \$84
Activity # 94602-1



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!

Instructor: Eliza's Energy Source staff
Dates: Tues & Thurs, Sept. 18 - Dec. 13
(24 classes, no class 11/6, 11/22)
Time: 7:15 - 8:00 PM
Location: Sunset Ridge School Gym
Fee: \$84
Activity # 94602-2



REGISTRATION REMINDERS

- Pre-registration is required for all of our programs (unless noted otherwise). You must be registered in order to participate in our programs.
- Registration must be completed before the program begins - either online at www.ehparks.org or at the Parks and Recreation office.
- Some programs may fill to capacity. Or, some programs may require a minimum enrollment number in order to run.

Please register early!



LINE DANCING

Line dancing is a great way to stay in shape, socialize, and make new friends all while having fun. This class features fun music like new country, hip hop, Latin, and top 40's hits. Our class offers beginner through intermediate dances to be taught each week with plenty of reviews, especially for new dancers. Two instructors on the floor to help and guide you throughout the night. New dancers are always welcome. You will learn all the different steps on the floor as you learn each new dance, surrounded by more experienced dancers for extra help. The best way to learn is to "jump in". If you like personal challenges, then this is the activity for you.

Instructor: Millie Gagne
Dates: Tuesdays, Sept. 18 - Nov. 27 (10 classes, no class Nov. 6)
Time: 6:30 - 8:45 PM
Location: Anna Norris School Gym
Fee: \$45 for residents / \$55 for non-residents
Activity # 95222-1

ADULT OPEN BASKETBALL

Ages 18 & up

The program will be held in Dandley Gym for adults 18 and over and in the Auxiliary Gym for adults ages 25 and over. 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. No program if school is cancelled.

Dates: Mondays and Thursdays, November 12- February 21
Time: 6:30 - 9:30 PM
Location: East Hartford High School Gyms
Fee: Season Pass: \$20 residents / \$40 non-residents
Drop in: \$2 residents, \$4 non-residents
Activity # 11501-1



LOW IMPACT AEROBICS

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

Instructor: Margie Stickles
Dates: Tuesdays & Thursdays, Sept. 18 - Nov. 27
(20 classes, no class Nov. 22)
Time: 5:30 - 6:30 PM
Location: Community Cultural Center Gym
Fee: \$70
Activity # 94602-3

BARRE

This class will trim, sculpt, and strengthen your entire body with a fusion of Pilates, dance & functional training movements. Using a ballet barre or chair you will learn how to incorporate small controlled isolated movements with higher intensity repetitions to develop a strong leaner body.

Instructor: Eliza's Energy Source staff
Dates: Wednesdays, Sept. 19 - Dec. 12
(13 classes)
Time: 6:00 - 7:00 PM
Location: Community Cultural Center Lower Gym
Fee: \$65
Activity #: 94602-6

PROGRAMS FOR OLDER ADULTS

SENIOR AQUA AEROBICS

Exercise in the water! The water will add resistance to your movements without adding stress to your joints. You may wish to wear water shoes in the pool for better traction. Class cancellations for any reason are unable to be made up. *Sponsored in part by the Friends of the East Hartford Senior Centers, Inc.*

Instructor: Paula Cote

Dates: Mondays, Tuesdays and Thursdays, Sept. 24 - Dec. 20
(35 classes, no class 10/8, 11/6, 11/12, 11/22)

Time: 4:30 - 5:30 PM

Location: East Hartford Middle School Pool (*use pool entrance off Scotland Road*)

Fee: \$35 for residents / \$45 for non-residents

Activity # 93620-3



WHAT'S NEW AT THE EAST HARTFORD SENIOR CENTER

Located at 70 Canterbury Street, the Senior Center offers a variety of fitness and enrichment classes, wellness screenings, as well as informational and social programs. Find our monthly newsletter, Bridges, online at www.easthartfordct.gov or at the Senior Center. To register for any programs or for more information, call 860-568-4281 or 860-895-1517.

UCOMING TRIPS AND PROGRAMS

For more information or to register, please call the Senior Center at 860-568-4281.

LONG TERM CARE INSURANCE WORKSHOP

Wednesday, September 19, 1 PM

Presented by Betsy Reed, Independent Insurance Agent and Owner of Reed Insurance Agency

Who needs long term care? Will Medicare or disability insurance pay for long term care? How does Medicaid work? Find out the answers to these questions and more

DIET TRENDS

Monday, September 17, 10 AM

Lindsey, ShopRite Dietician, brings us the latest information on some popular diets. What is Ketogenic? Is the Mediterranean Diet good for you? Is a high protein diet still a thing? Let's talk dieting.

AARP SMART DRIVER COURSE

Wednesday, September 19, 8:45 AM – 12:45 PM

Thursday, November 8, 12:45 – 4:30 PM

\$15 AARP Members, \$20 Non-members

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Please register by calling the Senior Center office. Payment may be made on the class date.

WHEELCHAIRS, WALKERS AND CANES TUNE-UP CLINIC

Monday, October 15, 1:45 – 2:45 PM

Sponsored by Home Helpers of Northcentral CT and Louis & Clark Bring your canes, wheelchairs, rollators, or walkers to be assessed and repaired on the spot. Have your cane tips replaced, tighten brakes, check the handles and evaluate the fit by a technician. Free!

32nd ANNUAL SENIOR PICNIC

Tuesday, September 11

\$8 per person

Join us at the East Hartford Senior Picnic, sponsored by the Commission on Aging and Mayor Marcia A. Leclerc, on Tuesday, September 11 at the Pratt & Whitney Aircraft Club, 200 Clement Road, from 11:00 AM – 3:00 PM! Doors will open at 10:30 AM and lunch will be served at 12:15 PM. The menu includes BBQ chicken, hot dogs, hamburgers, salads and dessert. DJ Square will provide the musical entertainment. Door prizes will be awarded throughout the afternoon.

A TASTE OF OKTOBERFEST

Friday, October 5, 1 PM

\$2 per person

Dessert sponsored by Homewatch Caregivers and Active Day Ach, Du Lieber! A little bit of Germany comes to East Hartford with John Banker and his Oktoberfest tribute! Sing to medleys of German Folk Songs, Polkas, Show Tunes and Drinking Songs. German dessert too!

55+ WELLNESS FAIR AND FLU CLINIC

Friday, October 12, 10 AM – 1 PM

Information, Screenings, Giveaways, Raffles, and a Flu Shot! Please bring your insurance card and ID.

Additional Flu Clinic on Friday, October 19, 1 – 3 PM

60s SATISFACTION

Friday, October 26

\$2 per person

Dessert sponsored by Riverside Health and Rehabilitation

The name says it all. This rockin' band will have you singing and dancing to your favorite '60s tunes from all the great artists like The Beatles, The Stones, Credence, Sam Cooke, Steam, The Boxtops, Procol Harem, The Moody Blues, The Foundation, The Turtles, The Doors, The Animals, Cream, Roy Orbison, Wilson Pickett and many more!

