

EAST HARTFORD PARKS AND RECREATION



The 28th Annual Brian A. Aselton Memorial Snow Dash is scheduled for Sunday, January 5th, 2020. See inside for additional details.

Winter & Spring 2020



Swim Lessons



Youth Tennis



Dance Classes



April Vacation Camp



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



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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

Assistant Director: Sean Dwyer

Recreation Supervisor: Sharon O'Neil, AFO

Recreation Supervisor: Jonathan Cooper

Administrative Assistant: Courtney Collins

Administrative Assistant: Nancy Francis

Office Assistant: Dayle DeCarlo

COMMUNITY 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: Jack Massey 860-778-4697

Huskies: Ian Whittingham, 860-264-5668

ian.s.whittingham@gmail.com

BASEBALL/SOFTBALL

Little League Baseball/Softball:

Jenilee Tedesco, 860-985-1392

president@EHLL.org

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: Crystal Hernandez 860-719-9715

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

The East Hartford Community Cultural Center (50 Chapman Place) 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 (100 Sunset Ridge Drive) 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.

Picnic Pavilion Rentals

Picnic Pavilions are available to rent from May 4th through September. Sites include Martin Park, McAuliffe Park, Gorman Park, Goodwin Park, Hockanum Park and Labor Field. Permit fee for a 4-hour block of time is \$40 for residents or \$100 for non-residents. Proof of East Hartford residency at the time of application is required to receive the resident rate.

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.

Softball Field Rentals

Softball fields are available for East Hartford residents to rent from May 4th - August 17th based on availability. Permits are issued for the current week, Mondays through Sunday beginning the Monday of each week. Fee is \$10 for a two hour block of time. Proof of residency is required.

SPECIAL EVENTS



Swim With Santa

Friday, December 6th, 6:30 - 8:30 PM at the High School Pool

Join Santa as he takes a relaxing dip in the pool before his busy season begins! A special underwater camera is used - bring the whole family for a fantastic photo to use for cards! Holiday treats, crafts and coloring will be available to entertain you in case Santa's line gets long. If your child cannot swim, you must provide them with a Coast Guard Approved lifejacket, and an adult must remain at arms length of the child in the pool. American Red Cross certified lifeguards will be on deck. Pre-registration is not required. **This event is FREE with a new, unwrapped toy.**



34th Annual Santa's Visit

Sunday, December 8th, 1:00 - 3:30 PM at the Community Cultural Center

Come visit Santa and his helpers for an array of holiday activities designed to get you and your family in the holiday spirit! We'll have children's crafts, entertainment, costumed characters, photo ops, horse drawn wagon rides and a live ice carving demonstration. This event is held in conjunction with the Beautification Commission's Holiday Fest.

This event is FREE with a non-perishable food donation.



28th Annual Officer Brian A. Aselton Memorial Snow Dash

Sunday, January 5th, 1:30 PM at Langford School, 60 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. 14 is \$20.00; \$25.00 after Dec. 14 and on race day between 11:00 AM and 1:00 PM. Activity# 14001-7



East Hartford Parks and Recreation Day at the UConn Huskies

Sunday, February 16th, 3 PM at the XL Center

Join us to cheer on the UConn Huskies Mens Basketball team as they take on Memphis at the XL Center. Tickets for the game are available to children participating in our youth basketball program and their families. Tickets include seats together for the game and jumbotron recognition. Doors open 60 minutes prior to tipoff. Tickets will be available for purchase at the Parks and Recreation office, located at 50 Chapman Place, no later than January 30th.



Bunny Breakfast with Peter Cottontail (Age 10 & under)

Saturday, April 4th, 9 - 11 AM at East Hartford High School

The EHHS Student Council presents this wonderful event for children age 10 and younger. Children will be delighted to have breakfast with the one and only Peter Cottontail while enjoying fun-filled activities such as games, crafts, face painting, raffles and more! Tickets are required and are available in the main office of East Hartford High School or available at the door.

Fee: \$5 per person. Children 2 and under are free.



Egg Hunt (Ages 10 & under)

Saturday, April 4th, Begins at 11AM at East Hartford High School

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. All participants will have an equal opportunity to hunt for eggs by respective age groups.



26th Annual Skyhoundz Canine Disc Championships

Thursday, May 7th at 6:00 PM, McAuliffe Park

This event is 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 and Recreation Department. 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.

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.

Note: Bus trips include advance ticket purchases for which we are unable to provide refunds, for any reason.



BOSTON FLOWER & GARDEN SHOW

Saturday, March 14, 2020

Kick off the season at the inspirational gathering place for those who love flowers and plants, as well as garden and landscape design. Enjoy leisure time for shopping at Quincy Market, Newbury Street, Copley Place and Downtown Crossing and Haymarket Square.

Fee: \$99 per person
Activity # 33031-1

STORMVILLE AIRPORT ANTIQUE SHOW & FLEA MARKET

Saturday, April 25, 2020

With over 600 vendors from more than 8 states, there is always something for everyone here.



Shoppers delight in discovering bargains, treasures and antiques at this Hudson Valley tradition.

Fee: \$89
Activity # 33031-2

THE BRONX ZOO

Saturday, May 9, 2020

Come visit the Bronx Zoo, the largest metropolitan zoo in the world, with over 6,000 animals representing 650 species from around the world. Total Experience Ticket (TEX) includes the best special exhibits and attractions that the zoo offers, including Congo Gorilla Forest, Butterfly Zone, Children's Zoo and Bengali Express Monorail.



Fee: \$99 adults, \$85 children ages 3-12
Activity # 33031-3

NYC SUNDAY BRUNCH JAZZ CRUISE

Sunday, June 7, 2020

Experience a 2 hour brunch cruise - New York City Style! Includes brunch with unlimited mimosas and live jazz music followed by a DJ for dancing. Following the cruise, enjoy leisure time in Times Square.

Fee: \$129 per person
Activity # 33031-4

MARTHA'S VINEYARD

Saturday, July 11, 2020

Martha's Vineyard is a tiny and picturesque island - one of New England's most popular destinations. Includes RT Island Queen



Sailing from Falmouth to Oak Bluff, island tour with a local guide and leisure time for lunch and shopping.

**Note: this cruise has a pre-dawn departure to give maximum time to experience everything the island has to offer.*

Fee: \$149 per person
Activity # 33031-5

NEWPORT PLAYHOUSE LOBSTERFEST

Monday, August 3, 2020

Enjoy a great buffet, a wonderful play and a fun-filled cabaret! Includes a magnificent lobsterfest buffet, "On Golden Pond" by Ernest Thompson, the love story of a long married couple, and an after-theater cabaret where the dining room is transformed with delight and company members entertain you with songs and laughter.



Fee: \$169 per person
Activity # 33031-6

RI LIGHTHOUSE CRUISE

Saturday, September 19, 2020

The 90 minute lighthouse cruise onboard the Millennium, a luxurious catamaran with three viewing levels, will highlight some of Rhode Island's most beautiful lighthouses. Includes lunch at the Quonset Officers Club.



Fee: \$149 per person
Activity # 33031-7

PHILADELPHIA FOOD TOUR

Saturday, October 24, 2020

Have lunch on your own at the 115 year old Reading Terminal Market, walk to the colorful 40-food Chinese Friendship Gate and visit Philadelphia's 9th Street Market.

Includes a full day Philadelphia food tour with a local guide.

Fee: \$125 per person
Activity # 33031-8



HOLIDAY SHOPPING IN KITTERY, MAINE

Saturday, November 14, 2020

With over 120 outlets along a one mile stretch of Route 1, Kittery, Maine is well known for being one of the best outlet shopping destinations in New England. Enjoy a full day of holiday shopping and a stop at When Pigs Fly bakery.

Fee: \$89 per person
Activity # 33031-9

MACY'S THANKSGIVING DAY PARADE

Thursday, November 26, 2020

Kick off the Holiday Season at the Macy's Thanksgiving Day Parade. See famous balloons, floats, marching bands, and Santa Claus. Coach will drop off at 5th Ave. between 58th & 59th streets then you'll walk across Central Park by the Plaza Hotel. Home in time for Thanksgiving Dinner!



**Note: this trip has an early departure time.*

Fee: \$87 per person
Activity # 33031-10

DICKENS HOLIDAY THEATRE ON THE GRAND BELLEVUE

Wednesday, December 9, 2020

All aboard! Enjoy a 2.5 hour luncheon journey aboard the Christmas Carol Train, with an interactive retelling of the Charles Dickens classic "A Christmas Carol" by the Marley Bridges Theatre Company. Performance will be held in the custom theatre passenger car with two person tables facing the stage. Following the train ride, enjoy leisure time for shopping at Bowen's wharf.

Fee: \$165 per person
Activity # 33031-11

YOUTH & TEEN PROGRAMS

APRIL VACATION CAMP *Grades 1 - 6*

It's not summer but that doesn't mean you can't go to camp! Children in grades 1 through 6 can attend our special April vacation camp. Each day of camp will have a fun-filled theme, planned special events and activities including crafts, indoor/outdoor games and tons of fun for participants! Camps are held at the Community Cultural Center. Each camper that signs up will receive a coupon for \$10 off 2020 Summer Camp Registration!



APRIL VACATION CAMP

Grades: 1 - 6

Dates: Monday - Friday, April 13 - 17th

Times: 8:00 AM - 4:30 PM

Fee: Residents: \$25/day
Non-Residents: \$30/day

Activity #: 42200-1, 2, 3, 4, 5

SUMMER CAMP 2020 FINANCIAL AID APPLICATIONS

Available in March. Must provide a copy of the head of the household's 2019 Federal Income Tax Statement and a copy of the child's birth certificate. Deadline to apply is April 24th, 2020.

Our **Summer 2020 Camp Brochure** will be available by early May. It will be available online at www.easthartfordct.gov and copies will be distributed through the schools.



MARTIAL ARTS

Ages 7 & up

United Korean Martial Arts, Inc. is a non-profit 501 (c)(3) and has provided high quality martial arts instruction and community service since 2009.



UKMA specializes in the Korean martial arts of Tae Kwon Do and Hapkido, as well as Boot Camp Fitness/Cardio Kickboxing. See full program descriptions online at www.easthartfordct.gov/parks-recreation.

Program Dates:

Free Demo: Monday, Jan. 6th, 6 - 7 PM

Winter: Mondays, Jan. 13 - March 16
(no class 1/20, 2/17)

Spring: Mondays, March 30 - June 1
(no class 4/13, 5/25)

Location: Community Cultural Center
Large Dance Studio

Tae Kwon Do *Ages 7 to 11*

Time: 5 to 5:50 pm

Fee: \$90 per session

Adult Tae Kwon Do *Ages 12 and up*

Time: 6 to 6:50 pm

Fee: \$90 per session

Boot Up *Ages 13 and up*

Time: 7 to 7:50 pm

Fee: \$70 per session



CHINESE CRAFTS *Grades K - 12*

Instructor Fangzheng Xin is a Chinese exchange teacher from Teachers of Critical Language Program. He is in the US for a year and teaches Mandarin Chinese and Chinese culture at EHHS. He enjoys spreading Chinese culture and is excited to share it with the community. Parents are welcome to attend with their children.

Dates: Thursdays, February 6, 13, 20, 27

Time: 5:00 - 6:00 PM

Location: East Hartford Community Cultural Center, Room 11

Fee: FREE (pre-registration required, please call 860-291-7160 to register)

Activity # and Weekly Topic:

- February 6 - Chinese Film
- February 13 - Chinese Valentine's Day
- February 20 - Paper Lanterns
- February 27 - Paper Cutting

INTRODUCTION TO DANCE with Moxie Dance Center

For boys and girls in Pre-K through grade 8.

The goal of these classes is to introduce different forms of dance to East Hartford youth.

Dates: Session 1: Wednesdays, January 15 - March 4 (8 classes)

Session 2: Wednesdays, March 25 - May 20 (8 classes, no class 4/15)

Location: East Hartford Community Cultural Center Dance Studio, 50 Chapman Place

Fee: \$96 per session



Activity #	Time	Class	Ages / Grades	Description
Session 1: 12500-1 Session 2: 42500-1	4:00- 4:45 PM	Creative Movement	Ages 3-5	Creative Movement is a fun exploration of beginning movements using music, props and your body. We will find fun new ways of moving as we explore the elements of dance!
Session 1: 12501-1 Session 2: 42501-1	5:00 - 5:50 PM	Ballet	Grades K-2	Ballet class will focus on the beginnings of ballet technique and proper alignment of the body. Students will work on basic barre, center and across the floor movements.
Session 1: 12502-1 Session 2: 42502-1	6:00 - 6:50 PM	Ballet	Grades 3 - 5	Ballet class will focus on the beginnings of ballet technique and proper alignment of the body. Students will work on basic barre, center and across the floor movements.
Session 1: 12503-1 Session 2: 42503-1	7:00 - 8:00 PM	Ballet/ Modern Dance	Grades 6 - 8	Ballet class will focus on the beginnings of ballet technique and proper alignment of the body and muscle awareness. Students will work on basic barre, center and across the floor movements. Modern class will focus on basic to advanced technique creating body alignment as well as improvisational movement. Students will be exposed to a wide range of movement techniques, such as floor work, center work and movement games.

YOUTH & TEEN PROGRAMS

YOUTH TRACK & FIELD CHAMPIONSHIPS *Grades 3 - 8*

Introduces participants to physical fitness through basic track and field events. In conjunction with the Board of Education, all athletes must qualify for entry into the Town meet through their physical education classes. Flyers with more information will be distributed through the schools. Location: East Hartford High School Date/Time: TBD

FREEPLAY BASKETBALL *Grades 9 - 12*

Come play basketball for free! Participants must show their Town ID card and proof of present grade level, or EHHS ID in order to participate. Supervised by Parks & Recreation staff.

Dates: Mondays, Wednesdays and Fridays, Dec. 2 - Feb. 21
Time: 6:30 - 8:45 PM
Location: EHMS
Activity # 11216-1
Fee: FREE

TEEN 3 v 3 INDOOR SOCCER TOURNAMENTS

For EHMS 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! Flyers will be distributed through the schools; **the waiver on the back must be completed, signed by a parent/guardian and turned in prior to participating.**

Dates: Fridays, Jan 10, Feb 21, March 27
Times: 3 - 4 PM (Tournament Play)
4 - 4:30 PM (Non-Tournament Play)
Location: EHMS Auxiliary Gymnasium
Fee: FREE

BABYSITTER TRAINING COURSE *Ages 11 to 15*

For current/future babysitters. Learn how to safely care for children. Covers how to manage real-life situations, diapering, feeding and professionalism.

Instructor: Isabel Arroyo-Stulpin
Date: Saturday, April 4th
Time: 9:00 AM - 4:00 PM
Location: Community Cultural Center, Room 101
Fee: \$45 residents
\$55 non-residents
Activity # 32800-1



SUMMER EMPLOYMENT

WE'RE HIRING!

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

Lifeguards must have current certification in American Red Cross Lifeguarding. Lifeguards work varied hours (including evenings/weekends) at one of the town's indoor or outdoor pools during the summer.

Water Safety Instructors (WSI) teach group swim lessons and also provide swim instruction to our summer camp participants. American Red Cross Water Safety Instructor Certification is required. WSIs work varied hours at our indoor and outdoor pools during the summer.

Camp Counselors are responsible for planning and leading activities and experiences for children in a group setting. They will also be responsible for the general safety and development of the children in their group. Counselors work Monday-Friday for 7-8 weeks during the summer.

YOUTH TENNIS PROGRAM *For boys and girls in grades K - 8*

QuickStart Tennis is an exciting new instructional and play format for learning tennis. It's designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified games tailored to age/size of the player. This is a proven method to accelerate your child's development and enjoyment of the game. Participants may bring their own rackets, but rackets will also be available on site. Please note that if classes are cancelled due to inclement weather, we are unable to schedule make-ups for this program.

Instructor: John Bacon

Winter Session

Dates: Mondays, January 13 – March 2 (6 classes, no class 1/20, 2/17)
Grades/Times:

- Grades K – 2nd - 5:00 – 5:45 pm Activity #12402-1
- Grades 3rd – 5th - 6:00 – 6:45 pm Activity #12402-2
- Grades 6th – 8th - 7:00 – 7:45 pm Activity #12402-3

Location: Community Cultural Center Gymnasium, 50 Chapman Place
Fee: \$18 for residents

Spring Session

Dates: Mondays, April 20 – June 1 (no class 5/25)
Grades/Times:

- Grades K – 2nd - 5:00 – 5:45 pm Activity #42402-1
- Grades 3rd – 5th - 6:00 – 6:45 pm Activity #42402-2
- Grades 6th – 8th - 7:00 – 7:45 pm Activity #42402-3

Location: East Hartford High School Tennis Courts, 869 Forbes Street
(in case of inclement weather, classes will be held in the EHHS gym)
Fee: \$18 for residents

TEEN & ADULT SOCIAL CLUB

TEEN AND ADULT SOCIAL CLUB

For Special Needs Participants Ages 13 & up

From bowling and the movies to paint nights 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. **Please note that while drop-ins are permitted for some events, pre-registration is highly encouraged for planning purposes.*

Nomads South Windsor

Friday, January 10, 6:00 - 8:00 PM

Enjoy a fun night at Nomads! Includes pre-loaded game card for access to activities including bowling, laser tag and arcade. Drop off at 6 PM, pick up at 8 PM at Nomads, 100 Bidwell Road, South Windsor.

Fee: \$15 pre-registration. Drop ins are not available for this event.

Activity # 11000-8.

Bingo Night and Green Screen

Friday, January 24, 6:00 - 8:00 PM

Enjoy a fun bingo night with friends. Drop off at 6 PM, pick up at 8 PM at Raymond Public Library, 840 Main Street.

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

Activity # 11000-9

Valentines Dance

Friday, February 7, 6:00 - 8:00 PM

Enjoy a night of dancing, karaoke, games and refreshments! Drop off at 6 PM, pick up at 8 PM at North End Senior Center, 30 Remington Rd.

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

Activity # 11000-10

Movie Night at the Library

Friday, February 21, 6:00 - 8:00 PM

Enjoy a movie and popcorn at the library with friends! Drop off at 6 PM, pick up at 8 PM at Raymond Public Library, 840 Main Street.

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

Activity # 11000-11

Dinner at the Golf Course

Friday, March 6, 6:00 - 8:00 PM

Enjoy dinner at the Golf Course with friends! Dinner included. Drop off at 6 PM, pick up at 8 PM at 130 Long Hill Street.

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

Activity # 11000-12

Bowling at Silver Lanes

Friday, March 20, 6:00 - 8:00 PM

Includes two games of bowling and shoe rental. Drop off at 6 PM, pick up at 8 PM at HOF Silver Lanes, 748 Silver Lane, East Hartford

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

Activity # 11000-13



Egg Coloring

Friday, April 3, 6:00 - 8:00 PM

Color some festive eggs for the spring season. Festive treats provided.

Drop off at 6 PM, pick up at 8 PM at North End Senior Center, 30 Remington Rd.

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

Activity # 11000-14

Paint Night

Friday, April 24, 6:00 - 8:00 PM

Create your own canvas masterpiece. Canvasses will have an outlined design - the rest is up to you!

Drop off at 6 PM, pick up at 8 PM at North End Senior Center, 30 Remington Rd.

Fee: \$8 pre-registration, \$13 drop-in.

Activity # 11000-15

Flower Pot Planting

Friday, May 8, 6:00 - 8:00 PM

Paint your own flowerpot, then plant some flowers in it. Drop off at 6 PM, pick up at 8 PM at North End Senior Center, 30 Remington Rd.

Fee: \$8 pre-registration, \$13 drop-in.

Activity # 11000-16

Create a Garden Stone

Friday, May 22, 6:00 - 8:00 PM

Create a decorative garden stone. Drop off at 6 PM, pick up at 8 PM at North End Senior Center, 30 Remington Rd.

Fee: \$8 pre-registration, \$13 drop-in

Activity # 11000-17

Lake Compounce

Saturday, May 30, 10:00 AM - 5:00 PM

Includes bus transportation, supervision and rides. Participants should bring money for lunch.

Drop off at 10 AM and pick up at 5 PM at Community Cultural Center, 50 Chapman Place.

Fee: \$35 pre-registration, no drop-ins

Activity # 11000-18



SPECIAL OLYMPICS

SPECIAL OLYMPICS EAST HARTFORD

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 ages 8 and up 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.

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.

EH SPECIAL OLYMPICS HARTFORD ATHLETICS



Winter Sports

Winter Swimming

Winter Swimming season will focus on fundamentals and progressing swimmers. There is no tournament during the winter season. Coaches work to prepare swimmers for the spring season and initiate the preparation for the highly anticipated Summer State games.

Activity # 11006-1

Location: East Hartford Middle School
Dates: Saturdays, January 4th – February 29th
Times: 9:00am – 10:00am
Fee: \$50 Resident / \$60 Non-Residents

Winter Bowling

Bowlers will enjoy games each week and end the season with a fun team tournament followed by a pizza party and awards at the bowling alley.

Activity #: 11002-2

Location: HOF Silver Lane Bowling
Dates: Saturdays, January 4th – February 29th
Times: 10:30am – 12:00pm
Fee: \$65 Resident / \$75 Non-Residents

Winter Basketball

Winter Basketball practices focus on fundamentals, team cohesion and sportsmanship. Special Olympics Winter Games basketball tournament, along with transportation is included. Players are evaluated by ability and placed onto one of our two tournament teams.

Activity # 11001-1

Location: Community Cultural Center
Dates: Wednesdays, January 8th – March 25th
Times: 7:15pm – 8:15pm
Fee: \$55 Resident / \$65 Non-Residents

Spring Sports

Spring Swimming

Spring Swimming season will further develop fundamentals and prepare swimmers for competitive swimming. Athletes' skills will be showcased at the Summer Games. Summer games and transportation to games is provided.

Activity # 31006-1

Location: East Hartford Middle School
Dates: Saturdays, March 28th – May 23rd
Times: 9:00am – 10:00am
Fee: \$50 Resident / \$60 Non-Residents

Spring Track and Field

Spring Track & Field athletes can choose which track events they would like to focus on; softball throw, shot put, long jump, walking, sprints and team relays. During practice there are group drills and individual drills that will be specific to the track & field events. Athletes' skills will be showcased at the Summer Games. Transportation to Summer Games is provided.

Activity # 31005-1

Location: East Hartford Middle School Track
Dates: Saturdays, March 28th – May 30th
Times: 10:30am – 12:00pm
Fee: \$55 Resident / \$65 Non-Residents



AQUATIC PROGRAMS

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, and the pool is located at the rear of the school. Please note that swimmers may share the pool with other programs going on at the same time. Please 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 2019-2020 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.

GROUP 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 & and 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 per session: \$40 for residents / \$50 for non-residents

WINTER SESSION

Winter Session Dates

Mondays, January 6 - March 9 (*No Class 1/20, 2/17*)

Thursdays, January 9 - February 27

Saturdays, January 11 - February 29

WATERBABIES *Ages 6 months to 3 years with parent*

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

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

PRESCHOOL *Ages 4 & 5*

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

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

LEVEL 1: Introduction to Water Skills *Ages 6 & up*

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

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

LEVEL 2: Fundamental Aquatic Skills

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

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

LEVEL 3: Stroke Development

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

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

LEVEL 4: Stroke Development

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

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

LEVEL 5: Stroke Refinement

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

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

LEVEL 6: Swimming & Skill Proficiency

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

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

ADULT SWIM LESSONS *Ages 15 & up*

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

SPRING SESSION

Spring Session Dates

Mondays, March 16 - May 11 (*No Class 4/13*)

Thursdays, March 19 - May 14 (*No Class 4/16*)

Saturdays, March 21 - May 9

WATERBABIES *Ages 6 months to 3 years with parent*

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

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

PRESCHOOL *Ages 4 & 5*

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

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

LEVEL 1: Introduction to Water Skills *Ages 6 & up*

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

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

LEVEL 2: Fundamental Aquatic Skills

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

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

LEVEL 3: Stroke Development

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

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

LEVEL 4: Stroke Development

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

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

LEVEL 5: Stroke Refinement

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

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

LEVEL 6: Swimming & Skill Proficiency

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

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

ADULT SWIM LESSONS *Ages 15 & up*

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

*Looking for more individualized instruction or focused skill practice?
See options for private or semi-private lessons on the next page.*

SWIM LESSONS & AQUATIC 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: Monday - Friday, May 11 - 22
(10 classes)
Time: 5:30 - 9:30 PM
Location: EH Middle School Pool
Fee: \$165* for Residents
\$265* for Non-Residents
Activity # 52111-3



*Candidates who successfully complete the course and work for us full time as a lifeguard this summer will receive a \$100 rebate at the end of the summer! Employment is not guaranteed. Candidates must work the entire summer and receive satisfactory performance reviews to be eligible for rebate.

LIFEGUARD JOB FAIR / INFO NIGHT

Thursday, March 12th, 2020 6:30 - 8:00 PM
East Hartford High School Pool

Join us to learn about the skills and training required to become a lifeguard! Open to anyone ages 13 & up.

Participants will be able to meet our staff, ask questions about the course and lifeguard job opportunities, practice water entries and in-water skills with rescue tubes.

Employment applications will be available.



AMERICAN RED CROSS WSI COURSE (WATER SAFETY INSTRUCTOR) *Ages 16 & up*

The American Red Cross WSI course trains instructor candidates to teach and conduct Swimming and Water Safety Program courses, including Basic Water Rescue course, the six levels of Learn to Swim, Parent and Child Aquatics among others.



Prerequisites include:

- Must pass a pre-course skills test
- Demonstrate swimming skills consistent with the stroke performance charts of Level 4
- Swim the following strokes for 25 yards each; front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly for 15 yards
- Maintain position on back for one minute (float or sculling)
- Tread water for 1 minute

Participants must be 16 by the last day of the course. Upon successful course completion, certification will be valid for 2 years.

Instructor: Sharon Rose, American Red Cross Instructor Trainer

Dates: Wednesdays, March 11 - May 20 (no class 4/15)

Time: 6:00-9:30 p.m.

Fee: \$275 includes course manuals

Additional \$35 Course Registration Fee is required and payable on the American Red Cross website after the course begins

Activity #42112-1

Note: Registration for this program will be available beginning February 10, 2020.

SEMI-PRIVATE SWIM LESSONS *Ages 4 & up*

Max 2 participants. Includes four 30 minute classes per session.

Instructor: Debbee Lewis (Mon/Wed and Tues/Thurs)

Qeanna Rampassard (Saturdays)

Location: High School Indoor Pool (Mon/Wed and Tues/Thurs)

Middle School Pool (Saturdays)

Fee: \$59 residents, \$69 non-residents

Mondays & Wednesdays 7-7:30PM 7:30-8PM 8-8:30PM

Jan. 8, 13, 15, 22	Activity #	13413-1	13413-2	13413-3
Feb. 3, 5, 10, 12	Activity #	13413-4	13413-5	13413-6
Feb. 26, March 2, 4, 9	Activity #	13413-7	13413-8	13413-9
March 16, 18, 23, 25	Activity #	13413-10	13413-11	13413-12
March 30, April 1, 6, 8	Activity #	13413-13	13413-14	13413-15
April 20, 22, 27, 29	Activity #	13413-16	13413-17	13413-18

Tuesdays & Thursdays 7-7:30PM 7:30-8PM

Jan. 7, 9, 14, 16	Activity #	13413-19	13413-20
Feb. 4, 6, 11, 13	Activity #	13413-21	13413-22
Feb 25, 27 March 3, 5	Activity #	13413-23	13413-24
March 24, 26, 31, April 2	Activity #	13413-25	13413-26
April 21, 23, 28, 30	Activity #	13413-27	13413-28

Saturdays at EHMS 10-10:30AM 10:30-11AM

Jan. 11, 18, 25, Feb 1	Activity #	13413-29	13413-30
Feb. 8, 15, 22, 29	Activity #	13413-31	13413-32
March 21, 28, April 4, 11	Activity #	13413-33	13413-34
April 18, 25, May 2, 9	Activity #	13413-35	13413-36



Join Our Team!

Pictured at left:
2019 Lord Pool Staff
Winners of our annual
SuperGuard Competition



SUPERGUARD
EAST HARTFORD PARKS & RECREATION

PRIVATE SWIM LESSONS *Ages 4 & up*

Includes four 30 minute classes of one-on-one personalized instruction.

Please email our veteran private swim lesson instructor, Debbee Lewis, at dlewis@easthartfordct.gov to schedule a mutually convenient time.

Fee: \$99





Proud to support East Hartford Parks and Recreation

Learn about our magnet schools, Connecticut River Academy and Riverside Magnet School, at www.goodwin.edu/magnetschools

Counting Young Children in the 2020 Census

Counting everyone once, only once, and in the right place

An estimated 5 percent of kids under the age of 5 weren't counted in the 2010 Census. That's about 1 million young children, the highest of any age group.

We need your help closing this gap in the 2020 Census. Here's what our research tells us about why young children are missed and what you can do to help make sure they are counted.



Common situations
where young children
aren't counted



The **child splits time between two homes.**

The child lives or stays with **another family or with another relative such as a grandparent.**

Be A Census Worker

- Extra income
- Flexible hours
- Weekly pay
- Paid training

GREAT PAY!

\$25 - \$27.50 Hour

Apply Online

2020CENSUS.GOV/JOBS

ADULT FITNESS, WELLNESS & SPORTS

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.

Instructor: Eliza's Energy Source staff
 Time: 6:00 - 7:00 PM
 Location: Sunset Ridge School Gym

Winter Session

Tues & Thurs,
 Jan 2 - March 12
 (no class 2/18)
 Fee: \$70
 Activity # 14602-1

Spring Session

Tues & Thurs,
 March 24 - June 4
 (No class 4/14, 4/16)
 Fee: \$70
 Activity # 44602-1

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
 Time: 7:15 - 8:00 PM

Winter Session

Tues & Thurs,
 Jan 2 - March 12
 (No class 2/18)
 Fee: \$70
 Activity # 14602-2

Spring Session

Tues & Thurs,
 March 24 - June 4
 (No class 4/14, 4/16)
 Fee: \$70
 Activity # 44602-2

LOW IMPACT AEROBICS

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

Instructor: Margie Stickles
 Time: 5:30 - 6:30 PM
 Location: Community Cultural Center

Winter Session

Tues & Thurs,
 Jan 7 - March 12
 Fee: \$70
 Activity # 14602-3

Spring Session

Tues & Thurs,
 March 24 - May 28
 Fee: \$70
 Activity # 44602-3

EAST HARTFORD PARKS AND RECREATION

OPEN SWIM

HIGH SCHOOL POOL
 869 FORBES STREET

MORNINGS	EVENINGS
Early Morning Lap Swim Mondays, Wednesdays & Fridays 6:15 - 7:15 AM	Open Swim Mondays through Fridays 6:30 - 8:30 PM Adult Lap Swim Mondays through Fridays 8:30 - 9:15 PM

FREE FOR RESIDENTS WITH PROOF OF RESIDENCY



ADULT OPEN BASKETBALL

This program is for adults ages 18 & up. Basketball sneakers mandatory. All participants must complete a registration form the first evening they attend. There will be no program if school is cancelled.

Dates: Mondays and Thursdays,
 Nov. 14 - Feb. 20
 (no program 11/28, 12/23, 12/26, 12/30, 1/20, 2/17),
 Time: 6:30 - 9:30 PM
 Location: Goodwin School Gymnasium
 Fees: Drop in: \$2 res. / \$4 non-res.
 Season Pass: \$20 res./\$40 non-res.
 Activity # 11501-1

COACHES WANTED!



We are looking for coaches for our youth recreational basketball program. If you enjoy working with children, a love for the game of basketball (or a willingness to learn) and have an interest in coaching, we need you! A mandatory coaches training will be held on Thursday, December 5th from 5:30-7pm at the Community Cultural Center Auditorium. Please contact the Parks and Recreation Department at 860-291-7160 for more information regarding coaching opportunities.

LINE DANCING

Line dancing is a great way to stay in shape, socialize, and have 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: Mille Gagne
 Time: 6:30 - 8:45 PM
 Location: Anna Norris School Gym

Winter Session

Tuesdays,
 Jan. 7 - March 10
 Fee: \$45 resident
 \$55 non-resident
 Activity # 15222-1

Spring Session

Tuesdays,
 March 31 - June 9
 (no class 4/14)
 Fee: \$45 resident
 \$55 non-resident
 Activity # 45222-1



REGISTRATION REMINDERS

- Pre-registration is required for all of our programs (unless noted otherwise). Only registered participants may attend our programs.
- Registration must be completed before the program begins - either online at www.ehparcs.org or at the Parks and Recreation office.
- Keep your exercise shoes clean and dry. Please wear an alternate pair of boots/shoes when there is ice or snow on the ground. You can change your shoes upon arriving to class.
- Some programs may fill to capacity. Or, some programs may require a minimum enrollment number in order to run. **Please register early!**

PROGRAMS FOR OLDER ADULTS



SENIOR AQUA ZUMBA

Exercise in the water! These classes will combine Aqua Zumba® along with one class per week to exercise on your own. The water will add resistance to your movements without adding stress to your joints. All abilities are welcome, and participants are encouraged to go at their own pace. Participants may wish to wear water shoes in the pool for better traction. Class cancellations for any reason are unable to be made up.

Instructor: Eliza's Energy Source staff

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

Winter/Spring Session

Dates: Mondays, Tuesdays and Thursdays, January 9 - May 28
(no class 1/20, 2/17, 2/18, 4/13, 4/14, 4/16, 5/25)

Time: 4:30 - 5:30 PM

Fee: \$35 Resident / \$45 Non-Resident

Activity # 93620-3A

WHAT'S HAPPENING IN EAST HARTFORD

Mayor's Annual Cleanup Day

Saturday, May 16, 2020 - 9 AM - 12 PM

Save the Date: Volunteers wanted! Online registration for volunteers will be available beginning April 1, 2020 at www.easthartfordct.gov/mayorscleanup. Volunteers are asked to register online by Friday, May 8. Registration by Friday, May 1 will guarantee a free T-shirt! A celebratory lunch will be provided for all registered volunteers at noon. For more information, please contact the Mayor's office at 860-291-7200.

"My East Hartford"

Enter your requests for service right online! Do you have a concern in town but you are not sure who to report it to? Through the "My East Hartford" platform citizens can report non-emergency requests for service that include, but are not limited to missed garbage, road surface issues, street light outages, property maintenance concerns and more. "My East Hartford" allows users to pinpoint the issue location, attach photos, and receive automatic notification of updates as their requests are handled. "My East Hartford" also provides a searchable knowledge base of in-depth FAQs with necessary information residents will find useful. For more information about the platform and to enter a request for service online, visit: www.easthartfordct.gov/myeasthartford. Residents can also download the free "My East Hartford" app through the App Store and Google Play.



East Hartford Youth Services

East Hartford Youth Services' responds to the needs of the community by offering a variety of groups and programs to promote positive youth development. We have a variety of groups and programs for youth 4-18 years of age, provide mental health counseling to youth and families, oversee the Juvenile Review Board, and in general are a resource for youth and families of East Hartford. All of our programs and services are free to East Hartford residents.



Specific information on our services, groups and programs can be found at: www.easthartfordct.gov/youth-services or Facebook: @EHYSB

East Hartford Public Library

Located at 840 Main Street, the East Hartford Public Library offers a wide variety of resources and services including public computers with Internet access, Wi-Fi, 3-D printing, programming for adults and children, technology instruction classes, and study rooms in our recently renovated Raymond Library. The Library also offers 24/7 access to research materials, free downloadable eBooks, audiobooks and videos and a selection of free and discounted museum passes.

Hartford Symphony Orchestra's Instrument Discovery Lab

Saturday, February 1, 2 - 4pm
Children's Program Room

Bring your music explorer to the library to hear, see, touch, and play the instruments from the Hartford Symphony Orchestra! This program is made possible by financial support from the Commission on Culture and Fine Arts. Drop in.



Nekita Waller: Soul Music Celebrations

Friday, February 7, 7:00 PM (snow date, February 21)

Connecticut's State Troubadour Nekita Waller is also the first soul singer chosen for the post. She will be singing from her repertoire of soul music, including "Connecticut Anthem," the song she wrote that won her the post of State Troubadour. Library services will not be available during this after-hours concert presented with funding support from the Commission on Culture and Fine Arts. Best suited for teens and adults. Register for a reminder, or just drop in.



First Choice Health Centers

For All Your Health Care Needs



Internal Medicine



Pediatrics



Family Practice



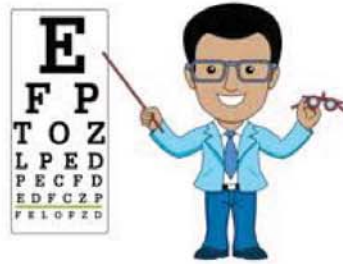
Behavioral Health



Family Dental



Women's Health



Optometry/Vision



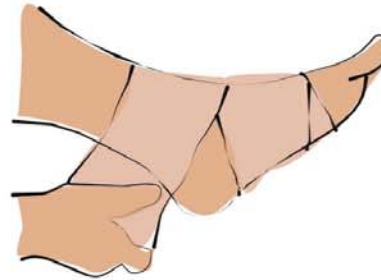
Diabetic Educator



Elder Care/Geriatric



Infectious Disease



Podiatry



Nutrition/Fitness Ctr

Locations

East Hartford

92 Connecticut Blvd.
94 Connecticut Blvd.
110 Connecticut Blvd.
265 Ellington Rd.
809 Main St.

Manchester

150 North Main St.
444 Center St.

Vernon

3 Prospect St.
94 Union St.

School Based Health Centers

Rockville High School
Maple Street School
Cheney Tech
Illing Middle School
Mobile Dental Office

860-528-1359

firstchc.org

SAME DAY ACCESS • SLIDING FEE DISCOUNTS AVAILABLE • EXTENDED/WEEKEND HOURS