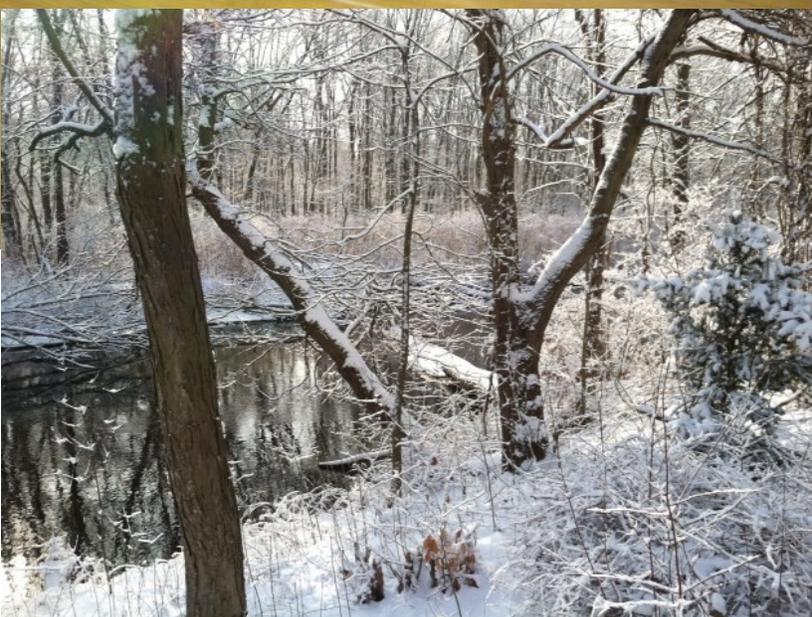


2016

# Winter & Spring Program Guide

*Mayor Marcia A. Leclerc*



East Hartford Parks & Recreation

50 Chapman Place, East Hartford, CT 06108

Ph (860)291-7160

Fax (860)282-8239

[www.easthartfordct.gov](http://www.easthartfordct.gov)



## 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.

Hornets Youth Football, Donell Smith  
860-922-8989

Huskies Youth Football, Gene Lavigne  
860-897-1673

Little League Baseball/Softball, Todd Tofil  
860-214-4203, EHLL.org

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

Youth Soccer, John Bacon  
860-655-2555

Boy Scouts, Brian Gorman  
860-913-2735

Youth Soccer, Stephanie Duffey  
www.EHSC.net, clubinfo@ehsc.net  
[ehsoccerclub@comcast.net](mailto:ehsoccerclub@comcast.net)

Adult Soccer, Tom Therrien  
860-568-7435

Twilight League Baseball, Chris Kehoe  
860-573-4368

American Legion Baseball, Steve Segarra  
860-372-3429

Junior Legion Baseball, Steve Segarra  
860-372-3429

Stingers Youth Wrestling, Tim Roberts  
860-212-2198

## FACILITY RENTALS

We have 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](http://www.easthartfordct.gov) for complete information and facility pictures.

### VETERAN'S MEMORIAL CLUBHOUSE

100 Sunset Ridge Dr. A large meeting and banquet facility overlooking the Hartford skyline. Full capacity of 150. The perfect spot for your wedding or anniversary party!

### COMMUNITY CULTURAL CENTER

50 Chapman Place. Meeting rooms, a 298 seat Auditorium or Lecture Hall and a Gymnasium. A great spot for a birthday party, shower or business meeting.



### PICNIC PAVILION RENTALS

Available beginning May 9 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.

### SOFTBALL FIELD RENTALS

Available to East Hartford residents beginning Monday, May 11 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.

## CONTACT US AT THE OFFICE

Monday, Tuesday & Wednesday, 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

Director	Ted Fravel
Assistant Director	Jim Uhrig, CPRP, CPSI
Recreation Supervisor	Kristine Vincent, CPRP, CPO Logan Gauvin
Administrative Aides	Courtney Collins, Nancy Francis
Administrative Asst.	Dayle Decarlo

## REGISTRATION INFORMATION

All programs in this brochure are open for registration unless otherwise specified. The Parks and Recreation Dept. reserves the right to cancel any program that 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**

You are now able to register for most programs from the comfort of your home. Look for the program with an asterisk \* and you can register from the comfort of your home for no additional charge at [www.easthartfordct.gov](http://www.easthartfordct.gov)

### **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 report cards, birth certificate, social security, insurance cards if we are able to match the name to the parent's name on a driver's license. 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 trips and other programs. Advanced payment is required 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. We also accept Visa, Master Card and Discover credit cards as payment for program registrations and facility reservations.

### **Refund Policy**

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



### SWIM WITH SANTA

*Underwater pictures at the 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. Also includes a holiday craft & games. Free to East Hartford residents, must show proof of residency. No pre-registration required.

Friday, December 4

6:30—8:30 PM at the High School Pool

**Admission is a new, unwrapped toy**

## EAST HARTFORD PUBLIC LIBRARY

### HOLIDAY PROGRAMS

Join us during the week of December 7<sup>th</sup> while we celebrate the Hour of Code, featuring a brand new “Star Wars” game! We’ll have special programs bookmarked on our internet computers, as well as iPads available for use that are pre-loaded with apps to teach children of all ages how to code. Visit our website at [www.easthartfordct.gov/library](http://www.easthartfordct.gov/library) to see all of the programs we are offering during the December school vacation week – we’ll have a special movie day, family board game day, and programs featuring Dinosaurs and Harry Potter! Programs are on a first-come first-served basis so please arrive on time!

### MUSEUM PASSES

Looking for something to do for discounted admission or even for FREE? The East Hartford Library offers 26 different Museum Passes to places all around CT, and all you need is a valid East Hartford library card to borrow them! Visit the library website at [www.easthartfordct.gov/library](http://www.easthartfordct.gov/library) and click on the museum passes menu item to see a listing of all our museum passes and the discounts they provide. Call the Children's Department at 860-290-4332 with any questions about this program.



The East Hartford Public Library is located at 840 Main St. East Hartford. For questions, call the Children's Department at 860-290-4332.



### 24th ANNUAL OFFICER BRIAN A. ASELTON MEMORIAL SNOW DASH

*Sunday, January 10th*

*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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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. 18, 2016 is \$20.00; \$25.00 after Dec. 18 and on race day between 11:00 AM and 1:00 PM. Activity# 14001-5

### BUNNY BREAKFAST & EGG HUNT

*Saturday, March 19th*

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 EHHS or at the Parks & Rec Office.

#### **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 Cafeteria.

#### **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 3rd ANNUAL WELLNESS FAIR**  
*Saturday, May 28, 10 AM-2 PM*  
*East Hartford Town Green*

Eliza's Energy Source, The Fitness Creators in cooperation with the Parks and Recreation Department will be hosting the Town of East Hartford's 4th Annual Wellness Fair. We invite you to join us in this event as we continue to promote healthy choices and healthy 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 Kearsse-Westberry**  
[www.elizasenergysource.com](http://www.elizasenergysource.com)  
[Eliza@elizasenergysource.com](mailto:Eliza@elizasenergysource.com)  
860.997.1703

**29<sup>th</sup> ANNUAL MEMORIAL MILE**  
*Monday, May 30<sup>th</sup>*

Parks & Rec and Board of Ed. Physical Education presents the 29<sup>th</sup> Memorial Mile preceding the Memorial Day parade. The 1 mile race starts on Scotland Road and finishes just west of Hillside St on Burnside Ave. Awards presented for men & women, 9 & under, 10-11, 12-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90 & up. T-shirts issued to all pre-registrants as of May 8 and on race day if available.

Activity # 10015-3. Race begins at 10:20 AM. Fee: \$15 by May 6th After May 6th \$20. Race day registration and check-in at Martin Park from 8:30 - 9:45 AM.

**22nd ANNUAL SKYHOUNDZ CANINE DISC Championships**  
*Thursday, May 5<sup>th</sup>*  
*6:00 PM, McAuliffe Park*

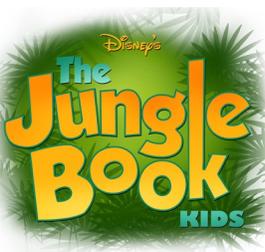
Dogs will be taking to the skies...the premier athletic competition for dogs! It attracts the most entertaining four-legged athletes in the area. Families are invited to enjoy this unique event and applaud these talented canine athlete entertainers. For more information about entering the local competition, 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

**BASEBALL GAMES & DESTINATION BUS TRIPS**

The Department offers an array of bus trips in the winter, spring and summer to many destinations throughout greater New England and beyond. Fenway Park and Yankee Stadium games are offered throughout the spring and summer. Check our website at [www.easthartfordct.gov](http://www.easthartfordct.gov) for a complete listing after January 2<sup>nd</sup>.

- April: New York City On Your Own
- May: One World Observatory, Freedom Tower, NY
- June: Brighton Beach/Little Russia/Coney Island, Brooklyn
- July: Connecticut Lighthouse Tour
- August: Lake George, Lac du Saint Sacrament boat ride
- October: The Great Jack-o-Lantern Blaze, Tarrytown, NY
- November: Macy's Thanksgiving Day Parade
- December: NY Botanical Garden Holiday Train Show
- Yankees vs Houston, Boston, Texas & Toronto at Yankee Stadium
- Red Sox vs Minnesota & Kansas City at Fenway Park

**LAMBS PLAYHOUSE & PARKS & RECREATION PRESENTS...**



**THE JUNGLE BOOK**...on the run from Shere Khan, a ferocious tiger who has banished him from the jungle, a human boy named Mowgli is aided by an agile panther named Bagheera. Along the way, the two meet a sinister snake named Kaa, a herd of elephants, King Louie and his band of monkeys, and a giant bear named Baloo, who teaches them the swingin' musical rhythms of the jungle!

Specially adapted from the classic Disney film, **The Jungle Book KIDS** features favorite songs like "The Bare Necessities" and "I Wanna Be Like You" as well as brand-new musical numbers. With a cast of all kinds of colorful jungle residents. Very talented Children ages 7-14 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! Performances are Thursday **March 17<sup>th</sup>** and Friday **March 18<sup>th</sup>** at 7pm and Saturday **March 19<sup>th</sup>** at 1pm at the **East Hartford Community Cultural Center**, Discounted Tickets costs for East Hartford Residents only are **\$8 for Adults and \$3 for children 12 and under**. Tickets can be purchased at the door, 45 minutes before ShowTime's. For more info visit [Lambtheatricals.org](http://Lambtheatricals.org) or call 860.432.9890

**PINKALICIOUS THE MUSICAL**

is the tale, based on the popular book by Victoria Kann and Elizabeth Kann, of Pinkalicious, who can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence lands her at the doctor's office with Pinkitis, an affliction that turns her pink from head to toe - a dream come true for this pink loving enthusiast. But when her hue goes too far, only Pinkalicious can figure out a way to get out of this pink predicament!!

Pinkalicious is about learning the power of self-control and the importance of moderation. This show is performed by professional actors and is for children and families alike! Performances are **Thursday March 24<sup>th</sup>** at 7pm and **Saturday March 26<sup>th</sup>** at 2pm at the **East Hartford Community Cultural Center**. Discounted Tickets costs for East Hartford Residents only are **\$8 for Adults and \$3 for children 12 and under if purchased at the door**. Tickets will be available 45 minutes before ShowTime. For more info visit [Lambtheatricals.org](http://Lambtheatricals.org) or call 860.432.9890



**ALL SHOWS HELD AT THE COMMUNITY CULTURAL CENTER AUDITORIUM, 50 CHAPMAN PLACE.**



## FUN DAYS SCHOOL VACATION CAMPS *Grades Pre-K—8*

Just because it isn't summer, doesn't mean you can't go to camp! Each day at Fun Days Vacation Camps will have a different theme day, planned field trip or special event along with crafts, indoor/ outdoor games and activities for all ages! All while spending time with friends and making new ones. Each camper that signs up will receive a \$10 off coupon good towards a 2016 summer camp registration.

Location: Community Cultural Center  
Time: 8:00 AM—4:00 PM  
4:00—5:00 PM extended care option

Fee: **December Camp:**  
\$25 per day, \$90 for all 4 days.  
**April Camp:**  
\$25 per day, \$110 all 5 days  
\$5.00 extra pre day for extended care

**Register for both camps for only \$180.**

**December Vacation Camp** \* *register online*  
Activity # 12200-1, 2, 3, 4  
Mon—Thurs, Dec. 28—31

**April Vacation Camp** \* *register online*  
Activity # 42200-1, 2, 3, 4  
Mon—Fri, April 11—15

## BABYSITTER'S TRAINING COURSE *Ages 11 to 15*



The ideal class 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

\* *register online*  
Saturday, March 12 from 9:00 AM—4:00 PM  
Community Cultural Center Rm 101  
Fee: \$45 residents, \$55 non-residents

## BASKETBALL SKILLS CHALLENGE *Grades 1—6*

Young athletes have the opportunity to demonstrate their skills of dribbling, passing and shooting for a chance to prove they are the best! Each athlete will receive a limited edition Parks & Recreation basketball. \* *register online*

Grades 1/2, Dec. 28    Grades 3/4, Dec. 29    Grades 5/6, Dec. 30  
Community Cultural Center Gym  
Time: 5:30—6:30 PM.    Fee: \$10

## BUBBLE MANIA SOCCER *Grades 6—8*

What do you get when you mix the game of soccer with oversized inflatable bubbles?...Bubble Soccer Mania! Whether you're an expert soccer player, or an entry level soccer player...everyone is forced to play at the same level once you enter these unique inflatable bubbles. Prepare to bump, flip, bounce and laugh as you participate in this one of a kind game of soccer! \* *register online*

5:00—8:00 PM  
Wednesday, Jan. 6 and Tuesday, Feb. 16  
Community Cultural Center Gym  
Fee: \$10 per event

## TENNIS LESSONS *for Children & Adults*



Intro tennis lessons for all ages and abilities. Taught age specifically to enhance the development of all our participants. Interested participants should contact Bob Dean at (860)528-9251 for more info and to register. All lessons held at the EH Tennis Club, 151 Roberts St.

AGES 4—7 (Red Ball), AGES 7—11 (Orange Ball)  
Winter Session: Fridays, Jan. 8—Feb. 26  
Spring Session: Fridays, March 11—April 29  
Time: 5:00—6:00 PM  
Fee: \$75 residents, \$85 non-residents (Adult lessons next page)

## TEEN DANCES

*For 6th, 7th & 8th Graders at East Hartford Middle School & St. Christopher or 2 Rivers Magnet School & 6th & 7th graders from Sunset Ridge & 6th graders from O'Brien.*  
East Hartford Middle School cafeteria

**Purchasing Tickets and ID Policy** Season pass: 4 dances \$20.  
Individual tickets \$8 at Parks & Rec. No tickets sold at the Parks & Rec office the day of a dance. A limited amount of tickets will be sold at the door the evening of each dance for \$10. Students must present their valid Town I.D. or Middle School I.D. card to purchase tickets and to enter each dance. Parents may purchase tickets provided they have their child's valid Town ID or School I.D. Advance ticket sales will take place at the Parks and Rec. office the week of each dance. *Tickets can't be transferred or resold.* Replacement for lost full season ticket is \$10.00.

**Entry and Early Leave Policies** Enter & exit through the auditorium entrance in front of the school. Students must make advance arrangements for transportation by 9:00 PM. No access to a telephone on the school premises. Once students exit a dance, they will not be allowed to re-enter. Students who leave early must sign out.

**Dance Dates: 6:30—9:00 PM**  
Friday, Dec. 11, Activity# 92404-3    Friday, Jan. 8, Activity# 92404-4  
Friday, Feb. 19, Activity# 92404-5    Friday, Mar. 18, Activity# 92404-6

## TEEN BASKETBALL 7th - 12th Grade

Held at Hockanum & 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. 16—Feb. 19  
Time: 6:30—8:45 PM



## TEEN SPORTS: INDOOR SOCCER

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

Students must pre-register for each sport event through the Teen Action Group at EHMS or at the Parks & Rec office. Students are required to pre-arrange their own transportation from the school after the events conclude. Free to all.

East Hartford Middle School  
4:30—6:00 PM  
Fridays, Jan. 8, Feb. 19, Mar. 18

## TEEN ACTION GROUP

for 7<sup>th</sup> & 8<sup>th</sup> graders

We're looking for enthusiastic 7<sup>th</sup> & 8<sup>th</sup> graders to assist with activities & events throughout the school year. Events include Santa's Visit, Christmas Tree Lighting, Teen Dances and Spring Egg Hunt. Meetings held after school on Tuesdays, Dec. 16, Feb. 10, Mar. 17

Room #23 at EHMS. Activity #: 92401

## HORNETS & TRACK FIELD CHAMPIONSHIPS

Grades 3<sup>rd</sup>—8<sup>th</sup>

Introduces kids to physical fitness through basic track and field events. All athletes must qualify for entry into the Town meet through their physical education classes. The Town meet will be held on Monday, May 9<sup>th</sup> at 5:30 PM. Rain date Monday, May 16<sup>th</sup>

### Build Up Series

Prepare for the Track & Field Championships! Instruction in standing long jump and softball throw techniques, relay passes, sprints and distance races. Pre-registration required for this free program.

Activity # 42600-1  
Wednesdays, April 6, 20, 27, May 4 from 5:30 – 6:30 PM  
East Hartford High School Track

## DEVELOPMENTAL TRACK & FIELD MEETS

Ages Preschool -Adult

4 week program has seven age groups from preschool to over 30. Award ribbons distributed at each meet to top three overall age group places with trophies awarded at the completion of the program to those who score the most points in their respective age groups.

Activity # 54008, 6:00 PM  
East Hartford Middle School Track Fee: \$5 per night, \$15 for entire series

### Tuesdays, June 7<sup>th</sup> & 21<sup>st</sup>

Events: long jump, 200 meters, mile, 400 meters and 4x100 relay.

### Tuesdays, June 14<sup>th</sup> & 28<sup>th</sup>

Events: shot put (softball throw for young children), 100 meters, 800 meters, mile and 4x100 relay.

## SUMMER CAMP 2016 FINANCIAL AID APPLICATIONS

Available in March. Must provide a copy of the head of the household's 2015 Federal Income Tax Statement and a copy of the child's birth certificate. Deadline to apply is April 30<sup>th</sup>, 2016

## 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](http://www.easthartfordct.gov) or at the Parks & Recreation office.



## AMERICAN 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!**

*\* register online*

Activity #52111-2  
Monday through Friday, May 16—27  
5:30—9:30 PM  
Held at the East Hartford Middle School Pool  
Fee: \$265 residents, \$325 non-residents

## **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.

**YOU MAY REGISTER ONLINE AT  
[WWW.EASTHARTFORDCT.GOV](http://WWW.EASTHARTFORDCT.GOV) FOR ALL  
THESE PROGRAMS!**

### **Saturday, Jan. 9: Hands-On Horse Program**

 1:45—4:15 PM. Activity # 11000-9  
Drop off and pick up at the Connecticut Equestrian Center, 220 Talcott Hill Rd. Coventry, CT, 06238 Center, 30 Remington Rd. Fee: \$25 pre-registration, \$35 drop-in. Participants learn grooming, maintenance and care of horses. Program is "hands-on" and includes a horseback ride.

**Must pre-register for this program no later than January 1st.**

### **Friday, Jan. 22: Revolutions Bowling**

 6:00—8:30 PM. Activity # 11000-10  
Drop off and pick up at 60 Bidwell Rd, South Windsor. Fee: \$15 pre-registration, \$20 drop-in. Includes bowling & shoes. Please bring extra money if you wish to purchase food and beverage.

### **Friday, Feb. 5: Winter Crafts, Hot Cocoa and a Movie!**

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

### **Saturday, Feb. 20: Harlem Globetrotters at the XL Center**

 1:15—4:00 PM Activity # 11000-12  
Drop off at 1:15 PM at the XL Center. Meet in the main lobby area at the main entrance on Trumbull Street. Pick up at 4:00 PM at the same location. Fee: \$18. **There is no drop-in for this program. Must register by February 8th.**

### **Friday, March 4: Grinders & Games!**

6:00—9:00 PM. Activity # 11000-13  
Drop off and pick up at the North End Senior Center, 30 Remington Rd. Fee: \$5 pre-registration, \$10 drop-in.

### **Friday, March 18: Dance & Desert Social with Special Olympics East Hartford**

6:00—9:00 PM. Activity # 11000-14  
Drop off and pick up at the North End Senior Center, 30 Remington Rd. Fee: \$5 pre-registration, \$10 drop-in.

### **Friday, April 8: Bowling at HOF Silver Lanes**

6:00—8:00 PM. Activity # 11000-15  
Drop off and pick up at HOF Silver Lanes Bowling. Drop off at \$9 pre-registration, \$13 drop-in

### **Friday, April 22: Spring Crafts & Movie!**

6:00—9:00 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 7: Trip to Lake Compounce**

11:00 AM—6:00 PM. Activity # 11000-17  
Drop off at EH Cultural Center at 11:00 AM, pick up at 6:00 PM  
Fee: \$28 pre-registration, \$35 drop-in. Bus transport provided.

## **EH SPECIAL OLYMPICS HARTFORD ATHLETICS**

EH Parks & Rec takes great pride in partnering with Special Olympics CT to provide opportunities for special needs athletes to engage in athletic programs where 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 each programs athletes in providing 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. For ages 8 & up.

### **SWIMMING**

9:00—10:00 AM and held at the EH Middle School Pool  
Fee: \$50 residents, \$60 non-residents

**Winter Season:** Saturdays, Jan. 9—Feb. 27  
Activity # 11006-1

**Spring Season:** Saturdays, March 26—May 28  
Activity # 31006-1

### **BOWLING**

Activity # 11002-2  
Saturdays, Jan. 9—Feb. 27 from 10:30 AM—12:00 Noon  
Held at HOF Silver Lane Bowling  
Fee: \$65 residents, \$75 non-residents

### **UNIFIED FLOOR HOCKEY**

 Activity # 11001-2  
Wednesdays, Jan. 6—March 9 from 6:00—7:00 PM  
Held at the Community Cultural Center Gym  
Fee: \$80 residents, \$90 non-residents

### **BASKETBALL**

Activity # 11001-1  
Wednesdays, Jan. 6—March 9 from 7:15—8:15 PM  
Held at the Community Cultural Center Gym  
Fee: \$55 residents, \$65 non-residents

### **TRACK AND FIELD**

Activity # 31005-1  
Saturdays, March 26—May 28 from 10:30 AM—12:00 Noon  
Held at EH Middle School Track, Gym if rain  
Fee: \$55 residents, \$65 non-residents

## 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 to gain admission. Children ages 7 – 15 must present a Parks & Recreation ID or an EH public school picture ID to gain admittance. 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 proper identification must also pay the \$5.00 fee. Visit [www.easthartfordct.gov](http://www.easthartfordct.gov) for a complete listing of pool rules.

## 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

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.

## SWIM LESSONS AT THE MIDDLE SCHOOL POOL

**\$40 Residents/\$50 Non-Residents**

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 for 8 weeks. \* [register online](#)

### WINTER SESSION

**Mondays, Jan. 11—March 14, No Class 1/18, 2/15**

**Thursdays, Jan. 14—March 3**

**Saturdays, Jan. 16—March 12, No Class 2/13**

### SPRING SESSION

**Mondays, March 28—May 23, No Class 4/11**

**Thursdays, March 31—May 26, No Class 4/14**

**Saturdays, April 2—May 28, No Class 4/16**

### 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

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 \* [register online](#)

Dates	7:00 PM	7:30 PM	8:00 PM
<b><u>MON &amp; WED</u></b>	<b><u>ACTIVITY #</u></b>		
Jan. 11—25	13413-1	13413-2	13413-3
Feb. 1—10	13413-4	13413-5	13413-6
Feb. 17—28	13413-7	13413-8	13413-9
March 7—16	13413-10	13413-11	13413-12
March 28—April 6	13413-13	13413-14	13413-15
April 18—27	13413-16	13413-17	13413-18
May 2—11	13413-19	13413-20	13413-21
<b><u>TUES &amp; THURS</u></b>	<b><u>ACTIVITY #</u></b>		
Jan 12—21	13413-22	13413-23	13413-24
Jan. 26—Feb. 4	13413-25	13413-26	13413-27
March 1—10	13413-28	13413-29	13413-30
March 15—24	13413-31	13413-32	13413-33
April 19—28	13413-34	13413-35	13413-36

### PRIVATE SWIM LESSONS

One-on-one private lessons are available. Please email our private swim instructor at [dolfin2479@yahoo.com](mailto:dolfin2479@yahoo.com) to schedule a mutually convenient time.



## ZUMBA FITNESS

Dance based fitness class that uses a fusion of Latin and international rhythms with easy-to-follow moves. It includes both cardio & resistance training components designed to tone and sculpt the entire body. Designed for all adults of all ages and fitness levels. Class participants at any level can start Zumba right away. Bring a waterbottle.

Tuesdays & Thursdays from 6:00 - 7:00 PM  
\$71 for 20 classes

Sunset Ridge School Gym \* [register online](#)

### Winter Session

Jan. 5—March 15  
No Class 2/16  
Activity # 14602-2

### Spring Session

March 29—June 9  
No Class 4/12, 4/14  
Activity # 34602-2

## PILATES

Blend strength, flexibility & balance exercises to improve posture and unite mind and body. This mat-based program creatively combines Yoga, Dance Therapy and traditional floor exercise focusing on strengthening and toning the abdomen and back. Bring a mat and 10" play ball.

Tuesdays & Thursdays from 7:15 — 8:00 PM  
Sunset Ridge School Cafeteria  
\$71 for 20 classes \* [register online](#)

### Winter Session

Jan. 5—March 15  
No Class 2/16  
Activity # 14603-1

### Spring Session

March 29—June 9  
No Class 4/12, 4/14  
Activity # 34603-1

## HYDRO FUN \* [register online](#)

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

Tuesdays & Thursdays from 7:30 - 8:30 PM  
High School Pool  
\$58 Residents, \$65 Non-Residents/18 classes

### Winter Session

Activity # 13620-1  
Jan. 12—March 15  
No Class 2/16

### Spring Session

Activity # 43620-1  
March 29—June 2  
No Class 4/12, 4/14

## LOW IMPACT AEROBICS

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

Tuesdays & Thursdays from 5:30—6:30 PM  
Community Cultural Center Gym  
\$70 for 20 classes \* [register online](#)

### Winter Session

Jan. 5—March 10  
Activity # 15802-1

### Spring Session

March 29-June 2  
Activity # 35802-1



aqua  
**ZUMBA**

## 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

Mondays & Wednesdays from 6:30—7:30 PM  
High School Pool  
Session fee or \$9.00 per class drop in fee

### WINTER SESSION \* [register online](#)

*Mondays*, Jan. 4, 11, 25, Fee: \$24, Activity 13621-1

*Mondays*, Feb. 22, 29, March 7, 14, 21 & 28,

Fee: \$48 for 6 classes, Activity #13621-2

*Wednesdays*, Feb. 24, March 2, 9, 16, 23 & 30:

Fee: \$48 for 6 classes, Activity 13621-3

### SPRING SESSION \* [register online](#)

*Mondays*, April 4, 11, 18 & 25: Fee. \$32, Activity 93621-4

*Mondays*, May 2, 9, 16 & 23: Fee \$32, Activity 93621-5

*Wednesdays*, May 4, 11, 18, 25: Fee \$32, Activity 93621-6



## CIZE LIVE

Hip choreography, hot music and non-stop movement. This isn't like any other dance workout. You'll be learning professionally choreographed dance routines with moves you can take

anywhere! Your skilled Instructor will break down the moves, step-by-step, and gradually add on till you and your new dance crew can bust out the whole routine at the end of each class! Think you can't dance? With CIZE LIVE, now anyone can dance. You'll be learning the combos, and gradually move your way up to the front of the class where you'll want to show off your stuff! Get ready to feel the rush, the music, the movement, and the adrenaline of dancing it all out! You'll be so in the zone mastering the moves, feeling the beat, and wanting more, you'll forget you're working out! \* [register online](#)

Thursdays from 6:00—7:00 PM

Session 1: Jan, 7, 14, 21 & 28, Activity #14604-1

Session 2: April 7, 14, 2, 28, Activity #14604-2

Fee: \$29 pre-registration, \$8.00 nightly drop in fee

Held in the Community Cultural Center, Room TBA

## TENNIS LESSONS



Intro tennis lessons for all ages and abilities. Taught age specifically to enhance the development of all our participants. Interested participants should contact Bob Dean at (860)528-9251 for more info and to register. All lessons held at the EH Tennis Club, 151 Roberts St.

Winter Session: Mondays, Jan. 4—Feb. 22

Spring Session: Tuesdays, March 8—April 26

Time: 6:00—7:00 PM

Fee: \$75 residents, \$85 non-residents



## 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

Jan. 5—Feb. 25      Activity # 16802-1 \* [register online](#)  
March 8—April 28    Activity # 16802-2 \* [register online](#)  
May 3—June 23      Activity # 16802-3 \* [register online](#)

## 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 encourage to attend and experience something new. Our classes offer beginner dances thru intermediate dances to be taught each week.

Tuesdays from 6:30—8:45 PM at the Anna Norris School Gym  
\$45 residents, \$55 non-residents, for 10 classes

**Winter Session** \* [register online](#)

Activity # 15222-1, Jan. 12—March 22, No Class 2/16

**Spring Session** \* [register online](#)

Activity # 45222-1, April 5—June 14, No Class 4/12

## 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. 16 - Feb. 8 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

## EAST HARTFORD SENIOR SERVICES

South End Senior 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](http://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.

Movin' to the Music, Tuesdays, 11:45 AM – 12:30 PM  
Exercise to the music of 50s, 60s, Rock & Roll, musicals & Broadway. For active adults seeking an enjoyable class for fitness and health. 8-weeks: \$20 R, \$28 NR.

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.

