

Youth Weekend Programs



Dance & Tumbling

Instructors: Mia (John) Pomerence and professional dance instructors from Mansfield Academy of Dance. Instructors at the Mansfield Academy of Dance pride themselves on being lifelong learners who continually educate themselves through certification programs, teacher-training schools, conferences, and other learning opportunities. They are certified by test to teach dance through Dance Masters of America. Mansfield Academy of Dance instructors offer high-level dance education with focus on age appropriate physical and mental development as well as proper dance technique and terminology. Our goal is to prepare young dancers for any path they wish to pursue in life. Our dancers are inspired, confident, healthy, passionate, disciplined, focused and proud.

Creative Dance and Ballet (Ages 3-4)

Skip, march, gallop and more in this introduction to ballet dance! Active young dancers learn through basic movement and dance-along songs, developing motor skills and learning basic ballet positions. Leotard, tights and leather ballet shoes recommended. Please contact instructor for help ordering; miapomerence@gmail.com.

Location: CC Dance/Fitness Studio
Time: 11:45 a.m.-12:30 p.m.
Dates: Sun. April 26-June 21 (8 classes) *no class 5/24
Fee: \$40 for residents, \$50 for non-residents
Activity #: 420043-A

Tumble and Twirl (Ages 3-5)

Get your body moving on Sunday morning! Allow your little one to explore the fundamentals of tumbling, acrobatic movements, gross motor skills, dance and basic stretching skills. Each day will start with a warm up dance, a basic stretching to warm up the body, and then move through a series of combinations on the floor mats, wedges, balance beam, and other tumbling equipment. Tumblers will focus on balance and body awareness while improving their strength and coordination. Parent involvement is highly encouraged to assist their child in class.

Location: CC Gymnasium
Time: 10:50-11:35 a.m.
Dates: Sun. April 26-June 21 (8 classes) *no class 5/24
Fee: \$40 for residents, \$50 for non-residents
Activity #: 420047-A



Pre-Ballet (Ages 5-6)

Skip, march, gallop and more in this introduction to ballet dance! Active young dancers learn through basic movement and dance-along songs, developing motor skills and learning basic ballet positions. Leotard, tights and leather ballet shoes recommended. Please contact instructor for help ordering; miapomerence@gmail.com.

Location: CC Dance/Fitness Studio
Time: 2:35-1:20 p.m.
Dates: Sun. April 26-June 21 (8 classes) *no class 5/24
Fee: \$52 for residents, \$62 for non-residents
Activity #: 420045-A

Hip Hop (Ages 7-10)

This energetic and exciting class will incorporate some of the latest styles of dance featured in music videos and on television with popular music in an age appropriate manner. Dancers will focus on building strength and stamina while working on skills such as body awareness, isolation and musicality. Creativity and self-expression will be encouraged through free dance and student choreography, tank/T-shirt, leggings or well fitting sweat pants, clean sneakers, leotard suggested.

Location: CC Dance/Fitness Studio
Time: 1:25-2:10 p.m.
Dates: Sun. April 26-June 21 (8 classes) *no class 5/24
Fee: \$52 for residents, \$62 for non-residents
Activity #: 420048-A



Hip Hop and Break dance (Grades 5-8)

Do you love to dance? Have you always wanted to learn the moves you see in popular music videos? This energetic and exciting class incorporates fundamentals of these latest styles (in an age appropriate manner). Learn to "pop" and try some basics of breakdancing. Focus will be on body awareness, isolation, and musicality. Bring your creativity and self-expression for free dance and choreography exercises. Tank/T-shirt, leggings or well fitting sweat pants, clean sneakers, leotard suggested. Mansfield Middle School students can take the bus from school to the Community Center for the program. The Teen Center is open after class until 6pm for students in grade 6 and up.

Location: CC Dance/Fitness Studio
Time: 3:15- 4 p.m.
Dates: Thurs. April 23-May 28 (6 classes)
Fee: \$40 for residents, \$50 for non-residents
Activity #: 420040-A



Youth Weekend Programs



Instructor: Devin Pallanck
Location: E. O. Smith Tennis Courts
All participants are required to bring their own appropriately sized tennis racquet.
Early Spring Dates: Sun. Apr. 19-May 17 (5 classes)
Late Spring Dates: Sun. May 31-June 28 (5 classes)

Quick Start Tennis (Ages 4-7)

In these introductory skill development sessions, tennis goals are to gradually improve hand-eye coordination, learn proper grip and stroke, and have a positive introduction to the game. Larger, lighter foam tennis balls are used during instruction and are particularly effective with children because they are easier to control and react to. Typical kids games are used to incorporate and enforce proper use of a racquet and shadowing the coach.

Early Spring Act. #: 420060-A
Late Spring Act. #: 420060-B
Time: 8:15-8:45 a.m.
Fee: \$27 for residents, \$37 for non-residents

Beginner Tennis (Ages 7-10)

The perfect introduction to tennis! A few changes in size and format from the younger group with practice in stroke development and modified match play. In this class participants will learn the basic strokes of tennis, making clean contact with the ball, and encourage movement on the court. Group games are played that further develop these skills. **Please make sure your child has the correct sized racquet.**

Early Spring Act. #: 420061-A
Late Spring Act. #: 420061-B
Time: 8:55-9:40 a.m.
Fee: \$45 for residents, \$55 for non-residents

Beginner Tennis (Ages 10-13)

The perfect introduction to tennis! A few changes in size and format from the younger group with practice in stroke development and modified match play. In this class, participants will learn the basic strokes of tennis, making clean contact with the ball, and encourage movement on the court. Group games are played that further develop these skills. **Please make sure your child has the correct sized racquet.**

Late Spring Act. #: 420063-B
Time: 9:50-10:35 a.m.
Fee: \$45 for residents,
\$55 for non-residents

Intermediate Tennis (Ages 10-13)

Participants must have completed at least two seasonal sessions of tennis with the orange or red ball to participate in this level. If you child does not meet those guidelines, please register them for the Beginner Tennis program.

In this tennis program for more advanced players, there will be a different focus for each lesson (forehand, serve, consistency, angles, etc.) and play will range from drills to games and matches. The aim for the more advanced players is to have them hitting as many balls as possible and get in a good mix of drills and competitive (but friendly) games. There will be significantly more focus on instructing proper technique, grips, and strategies.

Late Spring Act. #: 420064-B
Time: 10:45-11:30 a.m.
Fee: \$45 for residents, \$55 for non-residents

Babysitter Safety Certification (Ages 11-17)

**registration deadline May 20*



This course is for youth's age 11 to 17 years of age with the most common age of 12 - 14. This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include

hand washing, diapering, bottle feeding, personal safety and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification; certification is not guaranteed). Booklet, handouts and Babysitter Safety Certificate of completion included. Bring a snack.

Location: CC Arts and Crafts Room
Time: 9 a.m. - 2 p.m.
Date: Sat., May 30
Fee: \$97 for residents; \$107 for non-residents
Activity #: 420175-A

Warm up with our Winter Menu!

Monet's Table

Restaurant and Catering

\$5.00 OFF

Your Purchase of \$25 or more
WITH THIS COUPON!

Not to be combined with any other special offer.
Expires 5/5/20

167 Tolland Stage Road, Tolland CT

860.875.7244 **Debra@monetscatering.com**
Wed - Fri 11:30-2:30 **www.MonetsCatering.com**
Saturday Brunch 9-2

Youth Weekend Programs

TaeKwonDo with Master Cho (Ages 5*-10) ☺



Is your child interested in martial arts? Try this introductory class to Olympic TaeKwonDo study! Each class will start with a stretching and warm-up period followed by education in the discipline, body coordination, and focus of TaeKwonDo. Students will practice the fundamentals of stance, punch, kick, block and form techniques in a safe, non-contact environment. Participants should wear gym-clothes and will remain barefoot for class. The session will end

with a test and presentation to parents.

*TaeKwonDo requires a high level of focus, good attention skills, and the ability to follow instructions. Children may be asked to sit out at times as they learn and develop this skill set.

- Instructor:** Master Chang Yeun Cho of Master Cho Martial Arts, www.masterchomartialarts.com
- Dates:** Sat., April 18-May 23 (6 weeks)
- Location:** Community Room
- Time:** noon-12:35 p.m.
- Fee:** \$32 for residents, \$42 for non-residents
- Activity #:** 420050-A



Hartford Wolf Pack vs Bridgeport Sound Tigers



Come join us to see the Wolf Pack host the Sound Tigers at the XL Center in Hartford. Space is limited to 13 participants. Meet in the teen center and we will depart the community center at 6pm. The trip is open for 6th-12th grades.

- Location:** XL Center
- Dates:** Fri., March 27
- Times:** Van leaves community center at 6 p.m. and returns at 11 p.m. (Game starts at 7:15pm)
- Fee:** \$15 for residents; \$25 for non-residents
- Activity #** 454011-A



MANSFIELD DOWNTOWN PARTNERSHIP
Business and Community

DOWNTOWN STORRS
Eat • Explore • Enjoy

Save the dates!

SUMMER STROLL
Thursday, May 28

SUMMER CONCERTS ON THE SQUARE
Thursdays in June & July

JOHN E. JACKMAN TOUR DE MANSFIELD
Saturday, June 6

MOONLIGHT MOVIES
Fridays, July 17, 24, & 31 and August 7 & 14

CELEBRATE MANSFIELD FESTIVAL
Saturday, September 26

Looking for more?

Check out our
Event Calendar at
[downtownstorrs.org!](http://downtownstorrs.org)



downtownstorrs.org



FIND US ON FACEBOOK!

www.facebook.com/MansfieldCommunityCenter/

CAR RENTALS



MOST MAJOR
CREDIT CARDS ACCEPTED

Clean, dependable, late model cars, cargo & passenger vans. Rentals are available for use throughout New England.

1856 Storrs Rd., Rt. 195, Storrs CT
1 mi. North of Route 44

860-429-0001

