

Adult Programs



BIKE MANSFIELD PRESENTS: Are You Ready to Race Across the Country?

"Why are you doing this?" Glastonbury resident Steven Moore highlights his preparation and stories along the way in crossing the United States as a competitor in the 4265 mile 2017 Trans Am Bike Race. Competitors race coast to coast following Adventure Cycling Association TransAmerica Trail under their own power, without outside assistance or support cars.

- Speaker:** Steven Moore
- Dates:** Wed., July 18
- Times:** 6:30-8 pm
- Location:** CC Community Room
- Fee:** \$5 for residents, \$15 for non-residents
- Activity #:** 110080-A



NEW KEEPING it SECURE

In this digital age, learn how to keep your information secure. This seminar will cover password management techniques, steps for online safety, and information on crypto-currencies like Bitcoin. Learn about common scams, and how to recognize them.

- Instructor:** Abe Millett, freelance web developer
- Time:** 5:30-6:30 pm
- Dates:** Wed., July 11
- Fee:** \$5 residents; \$15 non-residents
- Activity #:** 110000-A

NEW WATERCOLOR OUTSIDE (Ages 18+)

Take your creativity outdoors to enjoy the summer weather while letting your imagination shine. Begin by learning some basics and history of a plein air artistry, followed by developing observational drawing skills, and by beginning to draw and paint surrounding architecture and foliage at Bicentennial Pond! Participants should plan to bring a comfortable folding chair or stool.

- Instructor:** Nina Yilmaz, is an art student experienced with both dry and wet mediums.
- Dates:** Fri., July 13 & 20
- Times:** 10:00 am-12:00 pm
- Location:** CC Community Room (first class)/Bicentennial Pond (second class)
- Fee:** \$40 residents; \$50 non-residents
- Materials Fee:** \$10
- Activity #:** 130090-A

Looking for a summer art class? Be sure to check out pages 53-54 for some great new class options this summer!

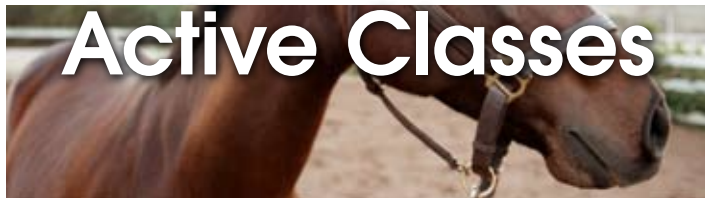
DO YOU HAVE A HIDDEN TALENT?

Are you interested in teaching a class?

Mansfield Parks and Recreation is seeking part time quality instructors for a variety of programs from line dancing, to dog training to classes for kids, and more! Great for stay at home parents, those who work part time, and retired enthusiasts. Does this sound like you? If you have an idea for a class, let us know! Contact Kimberly Rontey at ronteykb@mansfieldct.org to submit a proposal.



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Active Classes

MASTER CHO'S SELF DEFENSE (Ages 15+)

This self-defense class combines techniques from two traditional Korean martial arts. Under the instruction of 7th-degree black belt Master Cho, taekwondo's emphasis on kicking and hapkido's emphasis on escapes, joint locks, and throwing techniques combine in dynamic real-world self-defense skills. We practice safely and carefully. All skill levels are welcome.

Instructor: Master Chang Yeun Cho of Master Cho Martial Arts; www.masterchomartialarts.com

Dates: Sat., June 23-July 28 (6 weeks)

Location: Community Room

Time: 12:40 - 1:20 pm

Fee: \$30 for residents; \$40 for non-residents

Activity #: 110050-A

ADULT and TEEN TENNIS (Ages 16+)

Why play tennis? As recent studies have shown, a tennis filled life is a longer life! Our adult tennis program is designed for beginner and intermediate level players wanting to experience the exercise benefits, fun, and excitement of this game. Class will be adjusted to the skill level of the group. Learn or review basic strokes, scoring, and positioning for game play through drills and playing time. Participants must supply their own racquet.

Instructor: Christopher Toomey

Location: E.O. Smith Tennis Courts

Early Summer Dates: (110054-A) Sun. July 1 – 22 (4 classes)

Late Summer Dates: (110054-B) Sun., July 29-Aug. 26 *no Aug. 19

Time: 8:30 a.m.-9:15 a.m.

Fee: \$57 for residents, \$67 for non-residents

BEGINNER LADIES NIGHT HORSEBACK RIDING at Magnolia Run

Come get in shape while having fun! Ladies night is a night for adult women to enjoy riding while focusing on muscle building techniques. This program will be geared toward women who have never been on a horse or are re-starting to ride. As a beginner you will learn to walk, trot, and potentially canter. Before each lesson you will learn how to properly care for your horse and the safety needed around them, and after each lesson you will untack. This is the perfect time for adults to test out a sport they've always wanted or rekindle past experiences! Riders are required to wear pants, a boot with heel and a riding helmet.

Instructor: Michelle Lewis, Staff at Magnolia Run Equestrian Center www.magnoliaruneqcenter.com

Location: Magnolia Run – Willington, CT

Day: Wed. June 27 – August 22 (8 weeks) *no class 7/4

Time: 6 - 7 pm

Fee: \$279 for residents; \$289 for non-residents

Activity #: 110070-A



JOHN E. JACKMAN TOUR de MANSFIELD

Saturday, June 9 at the Community Center

KIDSVILLE SUMMER KICKOFF!

Monday, June 25 on Betsy Paterson Square

SUMMER CONCERTS on the SQUARE

Thursdays in June & July on Betsy Paterson Square

MOONLIGHT MOVIES

Friday, July 13 & 27 and August 10 & 24 on Paterson Square



More info: downtownstorrs.org/events



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SUMMER BALLROOM SAMPLERS

Have you wanted to try Cha Cha, Waltz, or Fox Trot? Here is your chance! Get a little taste of everything this summer in this mini-class for the aspiring social dancer. Beginner and intermediate levels available! Be introduced each week to a new ballroom rhythm. Learn steps and fundamentals of lead and follow, basic musicality, and dance styling in a light and fun atmosphere. Have some fun and learn to dance!

Instructor: Kelly Madenjian teaches social ballroom and Latin dance based workouts in CT. She has danced, choreographed, acted and performed throughout New England in various community events, theaters, festivals, schools and studios.

Location: Senior Center

Day: Tues., July 10-31 (4 weeks)

Beginner Time: 110043-A 6:30 - 7:30 pm

Intermediate Time: 110044-A 7:30 - 8:30 pm

Fee: \$40 per person for residents;
\$50 per person for non-residents

ADULT/TEEN BALLET Level I (Beg/Adv. Beg.) (Ages 14-Adult)

Ballet is a great way to develop flexibility, strength and body awareness. This class is designed to introduce new students to ballet and to allow students with some training to focus on improving balance and technique. The class will include basic ballet positions and movements. The level of difficulty will be adjusted to suit the experience of the students. All ability levels are welcome.

Instructor: Arlene Albert

Location: Senior Center Exercise Room; 303 Maple Road

Day: Wed., June 20-August 8 (7 classes) *no class 7/4

Time: 6 - 7:30 pm

Fee: \$53 for residents; \$63 for non-residents

Activity #: 110040-A



ADULT/TEEN BALLET Level II (Ages 14 - Adult)

Ballet is a great way to develop flexibility, strength and body awareness. This class is designed to further develop technique of students with at least 2 years' experience. The intermediate class will use steps in combinations. The level of difficulty will be adjusted to suit the experience of the students.

Instructor: Arlene Albert

Location: Senior Center Exercise Room; 303 Maple Road

Day: Tues., June 19-August 7 (7 classes) *no class 7/3

Time: 6:00 - 7:30 pm

Fee: \$53 for residents; \$63 for non-residents

Activity #: 110041-A

INTRO to BELLY DANCE (Ages 16-Adult)

Belly dancing, a mystical dance form emphasizing expressive movements, is a fun way to tone your body from head to toe! Participants will move through a warm-up series, classic belly-dance moves, and a cool-down period, engaging your mind and muscle as you learn isolation techniques of this dance. Socks or slipper-like dance shoes are required.

Instructor: Ann Kozikowski

Location: Senior Center Exercise Room; 303 Maple Road

Day: Thurs., July 12-Aug. 9 (5 classes)

Time: 6:15 - 7:15 pm

Fee: \$50 for residents; \$60 for non-residents

Activity #: 110046-A

NEW HULA! (Ages 16-Adults)

Hula dancing is a great way to tone your body and burn calories. This Hawaiian dance combines hip movements, footwork, and hand motions to tell stories in a graceful style. Beginners welcome – come give it a try! Socks or slipper-like dance shoes are required; no sneakers or street shoes.

Instructor: Ann Kozikowski

Location: Senior Center Exercise Room; 303 Maple Road

Day: Wed., July 11-Aug. 8 (5 classes)

Time: 4:45 - 5:45 pm

Fee: \$50 for residents; \$60 for non-residents

Activity #: 110045-A

SATURDAY NIGHT SOCIAL GROUP

This social activity program is designed for those ages 15+ with developmental/cognitive disabilities. Participants will enjoy a variety of activities while meeting new friends! Pre-registration for our activity nights is encouraged. Feel free to bring a snack to share. Upcoming dates and activities are announced seasonally – watch for SNSG flyers at the Community Center reception desk, or call for more information. First time participants are required to be accompanied by a parent or guardian.

Group Leader: Mckenna Wilson

Location: CC Arts & Crafts Room

Dates: Last Saturday of each month

- May 26
- June 30
- July 28
- August 25

Times: 6 - 8 pm

Activity #: 110063-A-D