

# MANSFIELD PARKS & RECREATION



**Mansfield**  
Community Center  
*Family, Fitness & Fun*

**FALL 2016**

**All Towns  
Welcome!**

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# GANSETT WRAPS



Gansett Wraps started with Mom's home-cooked family meals, a tradition we keep. Our food is made from scratch, with fresh ingredients selected for quality. Our goal is for you to be delighted by the taste, and nutritionally satisfied, so you'll return to our family tables, because healthy food is love to be shared.

## *Wraps*

**Vegetarian**

**Chicken**

**Beef**

**Deli**

## *Pizza*

**Specialty  
Pizza**

**Create Your  
Own**

## *Salads*

**Garden**

**Greek**

**Caesar**

**Antipasto**

## *Chicken Wings*

*Soups/Sides*

*Party Platters*

*Gift Cards*



**12 Royce Circle, Route 195  
Storrs, CT 06268**

**860-850-0000**

**www.gansettwraps.com**



# Welcome

The fall season is a great time to enjoy the many parks and preserves that Mansfield is fortunate to have. A description of the parks and downloadable trail maps are available on our website at [www.mansfieldcc.com](http://www.mansfieldcc.com).

If you haven't visited the Mansfield Community Center yet, we hope you'll be able to come in soon. We will be glad to provide you with a tour and you can learn about the economical membership options for residents and non-residents. The benefits of a Mansfield Community Center membership are unmatched in the area. Family, Fitness and Fun are the focus and no other facility has the complete package for all your fitness and recreational needs, including a family atmosphere, pools, full-sized gymnasium, indoor walking/jogging track, and a complete fitness center. Party rental options are also available.

Be sure to mark your calendars for the Annual Celebrate Mansfield Festival on Sunday September 18th. See the special events section inside this brochure for more details.

We are pleased to continue the Community School of the Arts (CSA) program. Previously managed under a partnership with UConn, the Mansfield Parks and Recreation Department will now oversee the CSA directly. The CSA provides a broad range of art and music education opportunities. See page 48 for details on CSA's fall program line-up.

The Center will be closed August 15-21 for annual maintenance at which time we complete construction projects, perform top-to-bottom cleaning, painting, floor refinishing, perform detailed maintenance on pools and install new fitness equipment. A thorough safety inspection of the entire facility is also done. A "new" Center, including some new and improved fitness equipment will be awaiting you on Monday, August 22nd at 5:30 a.m.

With the start of school season, parents are reminded that the Community Center hosts an After School Friends program for those in grades K-5. Transportation is provided from the Mansfield schools to the Center and details on this special program can be found inside this brochure. We also operate Before and After School programs at Southeast and Vinton Elementary Schools.

This Fall 2016 program brochure is filled with exciting and healthy programs and classes. There is something for everyone so be sure to review it soon and register as soon as possible according to the registration information inside this brochure. I hope that you have a great Fall and enjoy the many Parks and Recreation programs that are available.

Sincerely,  
*Curt A. Vincente*  
 Curt A. Vincente, CPRP  
 Director of Parks & Recreation



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The Town of Mansfield gratefully acknowledges the local business advertisers in this brochure. Their generous support helps to make this brochure possible.

Visit us online at [www.mansfieldcc.com](http://www.mansfieldcc.com) or e-mail us at:  
***parks&rec@mansfieldct.org***

The Mansfield Parks & Recreation Department staff has made every effort to prepare this brochure as accurately as possible. Nonetheless, errors may make it into print. Circumstances may require that adjustments be made to the program, fees, schedules, etc. We reserve the right to make such changes. We do apologize for any inconveniences these errors or adjustments may cause.

## Registration Dates

Registration start dates are grouped into the following categories:

- August 3** **Members of the Community Center** may register for Aquatic and Fitness related programs ONLY
- August 5** **Mansfield residents** who are members begin registration for all other programs/activities  
**Mansfield Residents who are *not* members** of the community center begin registration for all programs/activities
- August 8** **Non-residents who are members** begin to register for all other programs/activities.  
**Non-resident, non-members** begin registration for all programs/activities.

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<b>Production Manager</b> Lynn Coleman	<b>Advertising Director</b> Jan Koivisto		

## Fall Open Hours

Your place for Family, Fitness & Fun!

860.429.3015

[www.mansfieldcc.com](http://www.mansfieldcc.com)

[facebook.com/MansfieldCommunityCenter](https://facebook.com/MansfieldCommunityCenter)

## MCC General Open Hours:

**Monday-Friday** 5:30 a.m.-9 p.m.  
**Saturday** 6:30 a.m.-8 p.m.  
**Sunday** 8 a.m.-8 p.m.

## Child Care Hours:

**Monday & Wednesday** 8:30 a.m.-1:30 p.m. & 4:15 p.m.-8:00 p.m.  
**Tuesday & Thursday** 8:30 a.m.-1:30 p.m. & 4:30 p.m.-7:30 p.m.  
**Friday & Saturday** 8:30 a.m.-1:30 p.m.  
**Sunday** 8:30 a.m.-12:30 p.m.

## Teen Center Supervised Hours:

**Monday & Wednesday** 3-6 p.m.  
**Tuesday & Thursday** 2-6 p.m.  
**Friday** 2-9 p.m.  
**Saturday** 2-6 p.m.

\*Please note, on E.O. Smith High School half days, the Teen Center will open at 12 p.m.

## Non-Member Daily Admission

Non-members have the ability to purchase Day Passes for all-day facility use. The day pass grants the bearer access to the full facility for the day. Please note: to use the fitness center, the day pass holder must be at least 14 years of age. Additionally, fitness classes and child care services are not included in the day pass rate.

	Residents	Ashford/Wilmington	Non-Residents
<b>Adult</b>	\$10	\$11	\$12
<b>Child</b>	\$6	\$7	\$8
<b>Senior</b>	\$8	\$7	\$10
<b>Under 3</b>	\$2	\$3	\$4

Proof of age and residency may be required. Adherence of all posted facility rules is required of all day pass holders.

## Adult Drop-In Sports

Drop-in sports are free to members, non-members pay the daily admission fee.

**Basketball** Monday & Wednesday, 7:30 p.m.-8:55 p.m.  
**40+ Basketball** Tuesday & Friday, 7:15 a.m.-9:15 a.m.  
**Pickelball** Tuesday & Thursday, 9:30 a.m.-Noon  
*(tentatively scheduled to end March 31)*  
**Futsal** Tuesday, 7:30 p.m.-8:55 p.m.  
 & Sunday, 6:00 p.m.-7:55 p.m.



## Fall Free Mansfield Days

Whether you are new to the community center or you have been often, if you are a Mansfield Resident, you can come for FREE on the dates listed below. Proof of residency may be required.

Sat., Sept. 17, 10 a.m.-1 p.m., Fri., Oct. 21, 5:30-8:30 p.m. Sun., Nov. 13, 12-3 p.m., Wed., Dec. 28, 9 a.m.-12 p.m.

## Fall Family Fun Nights

Join us this spring for some Family Nights at the Mansfield Community Center. There are giant inflatables in the gym and in the pool, ping-pong, tot toys, puzzles, community room drop-in games, open gym, poolside basketball and more! No pre-registration is required. There is no fee for community center members, non-members need to pay the daily admission fee to participate.

Fri., Sept. 16, 5:30-8:30 p.m., Sat., Oct. 8, 4:30-7:30 p.m. Fri., Oct. 21, 5:30-8:30 p.m., Fri., Nov. 4, 5:30-8:30 p.m. Sat., Nov. 26, 4:30-7:30 p.m. Sat., Dec. 17, 4:30-7:30 p.m.

## MANSFIELD COMMUNITY CENTER MEMBERSHIP RATES AND OPTIONS

### RESIDENTS:

	Annual Pass	3-Month Pass	1-Month Pass
<b>Family</b>	\$650.50 (\$55.83 MONTHLY)	\$215	N/A
<b>Adult/Child</b>	\$391.50 (\$33.60 MONTHLY)	\$132.25	N/A
<b>Individual</b>	\$363.75 (\$31.22 MONTHLY)	\$121.25	\$55

Family/Household membership rates listed above reflect all household members. Adult/Child membership rates above reflect 1 adult and all children under 14 in the household.

### NON-RESIDENTS:

	Annual Pass	3-Month Pass	1-Month Pass
<b>Family</b>	\$755.25 (\$64.83 MONTHLY)	\$248	N/A
<b>Adult/Child</b>	\$463 (\$39.74 MONTHLY)	\$154.25	N/A
<b>Individual</b>	\$430 (\$36.91 MONTHLY)	\$143.25	\$66.25

Family/Household membership rates listed above reflect all household members. Adult/Child membership rates above reflect 1 adult and all children under 14 in the household.

### WILLINGTON/ASHFORD RESIDENTS:

	Annual Pass	3-Month Pass	1-Month Pass
<b>Family</b>	\$716.75 (\$61.52 MONTHLY)	\$237	N/A
<b>Adult/Child</b>	\$430 (\$36.91 MONTHLY)	\$143.25	N/A
<b>Individual</b>	\$391.50 (\$33.60 MONTHLY)	\$132.25	\$60.75

Family/Household membership rates listed above reflect all household members. Adult/Child membership rates above reflect 1 adult and all children under 14 in the household.

### Miscellaneous Fees:

Enrollment Fee – \$35 (for full year and 3 month memberships)  
 Enrollment Fee - \$15 (for one month memberships)  
 Insufficient Funds Fee (auto debit accounts) - \$25

# General Information

## OFFICE INFORMATION

**Location:** Mansfield Community Center,  
10 South Eagleville Road  
Storrs/Mansfield, CT 06268-2599

**Office Hours:** Monday - Wednesday, 8:15 a.m. - 4:30 p.m.  
Thursday, 8:15 a.m. - 6:30 p.m.; Friday, 8 a.m. - noon

**Center Hours:** Monday - Friday, 5:30 a.m.-9 p.m.  
Saturday, 6:30 a.m.-8 p.m., Sunday, 8 a.m.-8 p.m.

**Phone:** 860-429-3015

**Fax:** 860-429-9773

**E-mail:** parks&rec@mansfieldct.org

**Staff:**

Curt A. Vincente	Director of Parks & Recreation
Jay M. O'Keefe	Assistant Director of Parks & Rec
Jennifer Kaufman	Environmental Planner
Jessica Tracy	Recreation Supervisor/Health and Fitness
Stephanie Huber	Recreation Supervisor/Aquatics
Jared Redmond	Recreation Coordinator
Kimberly Rontey	Recreation Coordinator
Amanda Wilde	Member Services Coordinator
Lynda Lambert	Administrative Services Specialist
Janet Avery	Receptionist
Steven Cosgrove	Head Custodian
James Blair-Schub	Custodian

## INCLUSIVE STATEMENT (Programs for all Abilities)

The Parks and Recreation Department is committed to providing quality leisure services for people of all abilities. We encourage and support people with disabilities to participate in programs offered by the Department. We will work with individuals to make reasonable accommodations to foster their participation in activities of interest. Please contact the Parks and Recreation Department for more information.

## On-line Registration

- Log on to the Department's website at [www.mansfieldcc.com](http://www.mansfieldcc.com)
- Click the online registration link on the upper center of the page.

## Inclement Weather

- Help our receptionists. Please use the information line.
- Full day cancellations or major storm causing partial day cancellations are also listed on WFSB-3 TV and the WFSB website. (See page 7 for more information)
- Call our Info Line at 860-429-3015, ext. 4

## Advisory Committees

- Agriculture Committee
- Arts Advisory Committee
- Recreation Advisory Committee
- Open Space Preservation Committee
- Parks Advisory Committee (check on-line for committee members and meeting dates)

## Recorded Information

Program information and cancellations are available on a daily recorded voice-mail system (860-429-3015, ext. 4).

## Facilities

A full list of Parks & Recreation facilities and their locations can be found on our website and in a brochure entitled "Mansfield Parks & Preserves" which is available at the Community Center.

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*The caring funeral directors at Tolland Memorial Funeral Home provide specialized funeral services designed to meet the needs of each family. We are a local, family-owned funeral home and our professional, dedicated staff can assist you in making funeral service arrangements. The funeral directors at Tolland Memorial Funeral Home will guide you through all aspects of the service; including funeral flowers, casket choices, appropriate music selections and local accommodations.*

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# Inclement Weather Policy

## DEPARTMENT OF PARKS & RECREATION INCLEMENT WEATHER POLICY

Call our Info. Line at 860-429-3015, ext. 4

- Help our receptionists. Please use the information line.
- Full day cancellations or major storm causing partial day cancellations are also listed on NBC-CT, Foxnews-CT, WFSB-3 TV and the website.

### Programs **NOT** held at the Mansfield Community Center

#### Monday - Friday

Cancelled for the <b>FULL DAY</b>	All classes, workshops, leagues, etc are cancelled if Mansfield Public schools are cancelled for the full day.
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Cancelled for <b>MORNING TO NOON</b>	All classes, workshops, leagues, etc are cancelled for the morning if Mansfield Public schools are delayed up to 90 minutes.
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Cancelled for the <b>EVENING</b>	All classes, workshops, leagues, etc are cancelled for the evening if Mansfield Public schools are cancelled early for the day. Contact MPRD with questions regarding late afternoon programs
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#### Saturday & Sunday Holidays

Call the information line and/or watch WFSB -3 or visit WFSB on line

### Programs held at the Mansfield Community Center

#### Monday - Friday

Cancelled for <b>MORNING TO NOON</b>	All classes, workshops, leagues, etc are cancelled for the morning to noon if Mansfield Public schools are delayed
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Cancelled for <b>AFTERNOON &amp; EVENING</b>	For all programs beginning after noon, please call our information line at 429-3015, ext. 4 for cancellation information.
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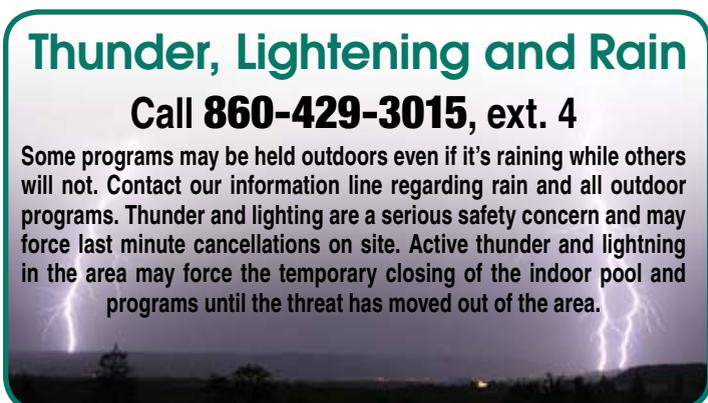
#### Saturday & Sunday Holidays

For weekend and holiday programs call the information line at 860-429-3015, ext. 4

## Thunder, Lightening and Rain

Call **860-429-3015, ext. 4**

Some programs may be held outdoors even if it's raining while others will not. Contact our information line regarding rain and all outdoor programs. Thunder and lighting are a serious safety concern and may force last minute cancellations on site. Active thunder and lightning in the area may force the temporary closing of the indoor pool and programs until the threat has moved out of the area.



### FREE Adult Education Classes at

## E.O. SMITH HIGH SCHOOL CDP, GED & ESL

**Credit Diploma Program** (Fall classes begin 9/6/16)

**GED Preparation** (Fall classes begin 9/6/16)

**ESL Classes** (Fall classes begin 9/13/16)

Orientation appt. required for CDP & GED classes  
Register early at [www.vrabe.org](http://www.vrabe.org)



For more information, please call: Vernon Regional Adult Based Education  
**860-870-6060 ext. 15** [www.vrabe.org](http://www.vrabe.org)

# Youth Programs



## CHILD CARE (AGES 1-7)

Drop-in childcare is available for children of the center members and daily participants. Children, ages 1-7, can play, listen to stories, and participate in arts and crafts. Parents must remain on site and children may only attend childcare for two hours maximum per day. Space is limited. NO reservations are accepted. Members pay \$3 per hour and non-members pay \$4 per hour. Members may purchase punch cards at the reception desk. The following times are planned for the fall however, the Parks and Recreation department reserves the right to adjust times as to reflect demands. Check fitness class schedule for classes that are held during open child care hours.

Monday/Wednesday story time at 9:30am with a simple related craft to follow. Book donations being accepted.

**Location:** CC Child Care Room  
**Days & Times:** Mon./Wed. 8:30 a.m.-1:30 p.m. and 4:15-8 p.m.  
 Tues./Thurs., 8:30 a.m.-1:30 p.m. and 4:30-7:30 p.m.  
 Fri.-Sat., 8:30 a.m.-1:30 p.m.  
 Sun., 8:30 a.m.-12:30 p.m.

## PARENT/TOT OPEN GYM (BIRTH TO 5)

This ongoing, unsupervised program is for children up to the age of 5 and their parents. There will be age-appropriate riding toys, mats, tunnels, balls, etc. to be used by the participants.

**Location:** CC Gym  
**Days:** Mon.,Wed.,Fri. (could be cancelled for special events and some programs)  
**Time:** 9:30 a.m.-noon  
**Fee:** FREE for members. Non-members pay the regular daily admission fee for parent/guardian and children.

## BABYSITTER SAFETY 101 (AGES 10-15)

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. Basic first aid and obstructed airway management

for a conscious choking adult as well as child/infant will be covered. Other topics include hand washing, diapering, bottle-feeding, personal safety, interview skills and many more topics! Booklet, handouts and Babysitter Safety Certificate of completion included. Bring a snack.

*\*registration deadline Sept. 27th*

**Instructor:** Staff from LifeSafe Services  
**Location:** CC Arts and Crafts Room  
**Date:** Tues., Oct. 11  
**Time:** 9 a.m.-1 p.m.  
**Fee:** \$65 for resident. \$75 for non-residents  
**Activity Number:** (220174-A)

## BABYSITTER SAFETY 102 (AGES 12-16)

A Certification Course – American Trauma Event Management Certification following American Heart Guidelines. [www.atem.us](http://www.atem.us)

This course is for youth ages 12-16 with a sincere interest in advanced concepts and skills of First Aid including CPR Certification\*. Building on the entry level skills from Babysitter Safety 101, objections for this scenario based expanded course include additional First Aid concepts, Adult/Child, and Infant CPR\*. Requires written and skills testing to receive 2 year certification – passing not guaranteed. Student will receive a book and handouts.

*\*registration deadline Sept. 27th*

**Instructor:** Staff from LifeSafe Services  
**Location:** CC Arts and Crafts Room  
**Date:** Tuesday, Oct. 11  
**Time:** 1:30 -4:30 p.m.  
**Fee:** \$65 for residents. \$75 for non-residents  
**Activity Number:** (220175-A)



## PAINT and PLAY –Children Need Fairytales (AGES 18 MONTHS -6 YEARS WITH PARENT)

Let your children express themselves and get messy somewhere other than your house! We will read a short story and then engage in imaginative play in a world full of art, science and sensory activities. Small children will paint, build, investigate and play with many different art materials revolving around

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[www.magicofnancy.com](http://www.magicofnancy.com)

# Youth Programs

the story theme. They will investigate texture and mark making as they make choices in a safe and kid friendly environment. Stations will include tempura, finger paint, watercolor, printmaking, sculpture, and DIY art materials. This messy hour is great for sensory play and ends with water table play to aid in clean up. Dress for a mess!

**Instructor:** Reagen O'Reigaekn  
**Location:** CC Arts and Crafts Room  
**Dates:** Tues., Sept. 6-Nov. 15 (10 classes) \*no class 10/11  
**Times:** 9-10 a.m.  
**Fee:** \$85 for residents. \$95 for non-residents  
**Materials Fee:** \$10 due at registration. Fee waivers do not apply.  
**Activity Number:** (220053-A)

## Instructor Spotlight:

*Reagen O'Reigaekn spent several years as a collaborative artist, consultant and community-based gallery owner in her upstate New York hometown. Her community projects have received two NYSCA Decentralized Grants. She has also been the recipient of a NYSCA Individual Artist Grant and NYFA Poet and Writers Society Grant. She teaches in several locations in NY, MA, and CT. O'Reigaekn received her BFA with a concentration in Printmaking from Montserrat College of Art in 2012 and her MFA in Studio Art from the University of Connecticut in 2014.*

## crEate With me: Masterpiece Studio: Nature and Abstraction II (AGES 4\*-7)

\*Children who have not completed kindergarten must be accompanied by a parent. Other ages, parent participation is strongly encouraged.

Draw, paint, and be a sculptor! This series of hands on art making will allow you to express yourself while learning about the lives and works of famous artists who used nature as their inspiration. This series is a great way to make friends and spend time with that special child in your life. We will explore Cave Paintings, Richard Long's Mud Paintings, Monet's Ponds, Bryan Nash Gill's Tree Prints, Robert Smithson's Spiral Jetty, Andy Goldsworthy's Photographs, John James Audubon's Bird Observations, Katsushika Hokusai Landscape Printmaking, and more. We will make a mini-master piece each day! Please dress for a mess!

**Instructor:** Reagen O'Reigaekn – see description under “Paint and Play.”  
**Location:** CC Arts and Crafts Room  
**Dates:** Sat., Sept.10-Nov. 19 (10 weeks) \*No Class 11/12  
**Times:** 9-10 a.m.  
**Fee:** \$85 resident parent/child pair. \$95 non-resident parent/child pair  
**Materials Fee:** \$30 due at registration. Fee waivers do not apply.  
**Activity Number:** (220054-A)

## STEM BASED - Artist's Inventions II

(GRADE K- AGE 13)

This STEM based art intensive will encourage collaborative engineering, imaginative architecture, science, math, and inventiveness as we engage in creating. Students will learn about famous artists and create work inspired by those artists. Projects will include Monet's Pond Life Watercolors, Jackson Pollack's Painting Machines, Kandinsky's Paint to Music, The Mathematics of Mondrian, Georgia O'Keefe's Paper Flowers, Frank Lloyd Wright's Paper Tower Challenge, Sol LeWitt's Conceptual Drawings, The Fluxes Performances, Marc Dion's Archeology Detectives and Drawing Machine Challenges.

**Instructor:** Reagen O'Reigaekn– see description under “Paint and

Play.”

**Location:** CC Arts and Crafts Room  
**Dates:** Tues. Sept. 6-Dec. 6 (12 weeks) \*no class 10/11, 11/22  
**Time:** 4:45-6 p.m.  
**Fee:** \$102 for residents. \$112 for non-residents  
**Materials Fee:** \$10 due at registration, fee waivers do not apply.  
**Activity Number:** (220055-A)  
**Bonus Afterschool:** (220020-C) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$26.

## YOUTH ART CLASS (AGES 6-12)

We will focus various painting media such as watercolor, acrylic, oil pastels, markers. Students are encouraged to think independently and to solve artistic problems. Every session offers new projects!

Students will focus on using the 5 shapes in design, color, texture and the principles and elements of design and the drawing and painting process. Materials are available in class.

### Session 1:

**Theme:** Drawing and Fantasy Painting- creatures, bizarre and surreal, fairy tales, fantasy, monsters, surrealist artists, Dali, Magritte, Miro, de Chirico, etc.

### Session 2:

**Theme:** Drawing and Design, Realism, Abstract painting- machines and engines, Pokemon, games, graffiti, abstract- refer to artists –Kelpo, Delauney, Kandinsky, Kupka

**Instructor:** Nancy Cooke Bunnell is an experienced certified art teacher (over 25 years public school and 8 years art teaching at Mansfield Parks and Rec, Community School of Arts and Vernon Art Center as well as private lessons at studio). She is an award winning pastel artist.

**Location:** CC Arts and Crafts Room  
**Session 1 Dates:** Wed., Sept. 21 -Oct 26 (6 classes)  
**Session 1 Activity Number:** (220066-A)

**Session 2 Dates:** Wed. Nov. 2-Dec. 14 (6 classes) \*no class 11/23  
**Session 2 Activity Number:** (220066-B)

**Times:** 4:45-5:45 p.m.  
**Fee:** \$51 for residents. \$61 for non-residents  
**Materials Fee:** \$10 due at registration, fee waivers do not apply

**Bonus Afterschool:** Session 1:(220020-A), Session 2:(220020-B) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$13.



ALL TOWNS  
WELCOME



**Mansfield**  
Community Center  
*Family, Fitness & Fun!*

**ALL STUDENTS  
ALL SCHOOLS**

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\$25 PER MONTH!\***

**NOW THRU  
9.30.16 ONLY!**

**UConn  
MCC  
EO SMITH  
ECSU**



\*One time enrollment fee of \$35 applies to new memberships. Price is for individual pass, regardless of residency.

10 South Eagleville Road  
Storrs | Mansfield, CT 06268  
860.429.3015  
[www.mansfieldcc.com](http://www.mansfieldcc.com)

## cReAtE With me: Masterpiece Studio: Beginning to Think Sculpturally (AGES 7-14)

Think like a sculptor as we investigate the back, underside and middle of objects. Increase your spatial awareness and big picture problem solving skills! Learn about famous artists together and then create works of art inspired by the styles of those artists. Come alone or in pairs, this series is a great way to make friends or spend time with that special child or teen in your life. We will practice several sculpture exercises and explore different materials. Some of the artists we will learn about include: Louise Nevelson's Monochromatic Reliefs, John Chamberlain's Crushed Objects, Clause Oldenburg's Soft Sculptures, Degas's Dancing Figures, Alexander Calder's Stables, and Richard Tuttle's Minimalist Objects. We will make a mini masterpiece each session. Dress for a mess!

**Instructor:** Reagen O'Reigaekn– see description under "Paint and Play."  
**Location:** CC Arts and Crafts Room  
**Dates:** Sat., Sept. 10- Nov.19 (10 Weeks) \*no class 11/12  
**Times:** 10:30-11:45 a.m.  
**Fee:** \$85 for residents. \$95 for non-residents  
**Materials Fee:** \$30 due at registration, fee waivers do not apply.  
**Activity Number:** (220056-A)

## DRAWING and PAINTING FOR TEENS (AGES 13-18)

**Part 1:**  
 Drawing –Improve your drawing skills! Students will focus on composition and shading in this 6-week drawing class as we explore a wide range of pencils, charcoal sticks, and erasers. We will look at masters' work as well as draw from life as we explore the principles and elements of design. We will warm up with college level drawing exercises each class.

**Part 2:**  
 Applying the skills from Part 1, the focus will move to developing painting skills using watercolor, acrylic and oil pastel. Each student is encouraged to think independently and to solve artistic problems. Students will focus on using color, texture and the principles and elements of design and the drawing and painting process. Materials are available in class. Participation in Part 1 required.

Painting- Realism in Design, Surrealism, and Abstract painting- Design in machines- Artist like Paul Kelpo and others, Painting in the style of Surrealism Artists like Dali, Magritte, Miro, and De Chericco and Abstract artists like Delauney, Kandinsky, and Kupka.

**Part 1 Instructor:** Reagen O'Reigaekn– see description under "Paint and Play."  
**Part 2 Instructor:** Nancy Cooke Bunnell– see description under "Youth Art Class."  
**Dates:** Wed. Sept. 14- Dec. 14 (12 classes) \*no class 10/26, 11/23  
**Location:** CC Arts and Crafts Room  
**Times:** 3-4:15 p.m.  
**Fee:** \$125 residents. \$135 non-residents  
**Materials Fee:** \$30 due at registration, fee waivers do not apply  
**Activity Number:** (220067-A)



## CREATIVE WRITING: A Fiction Workshop for Teens (AGES 13-18)

Unwind from the week and explore your creative side through the use of visual art and pieces of music as inspiration for written prose. Hone your creative writing skills in this fiction workshop, which will focus on the art of storytelling through writing exercises, reading, and discussion of each other's writing. Class topics will cover the roles of plot, character, and setting in fiction through examining both published and student work. Each student will provide one to two short stories to be work-shopped during the session, and will add those completed pieces to the portfolio they create. Mansfield Middle School students can take the bus to the Community Center!

**Instructor:** Lillie Gardner. In addition to music, Lillie is an avid writer. She minored in Creative Writing at NYU, was selected to participate in UConn's 2014 AETNA Writer-in-Residence fiction tutorials, and has been published in the Long River Review.  
**Dates:** Fri., Sept. 9-Dec. 2 (10 classes) \*no class 10/28, 11/11 and 11/25  
**Time:** 3:30-5 p.m.  
**Location:** CC Conference Room  
**Fee:** \$73 for residents. \$83 for non-residents  
**Activity Number:** (220050-A)



## I DIG DINOSAURS (GRADES K-2)

Triceratops, Tyrannosaurus and Trilobite...all names of animals from long ago that no longer live on the Earth. How do we know and what do we know about these curious animals? Using real fossils, models and activities, we will find out about prehistoric animals and how they lived. Maybe we'll talk about your favorite dinosaur!

**Instructor:** Sue Harrington  
**Dates:** Thur., Sept. 22 - Oct. 13 (4 sessions)  
**Location:** CC Community Room  
**Times:** 4:45-5:45 p.m.  
**Fee:** \$32 for residents. \$42 for non-residents  
**Activity Number:** (220031-A)  
**Bonus Afterschool:** (220020-D) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$9.

## LET'S FOLD IT! ORIGAMI WORKSHOP

# Youth Programs

(GRADES 2-5)

We will learn some basic folds and then try simple Origami. Using beautiful paper in many bright colors and great designs, we will make a variety of animals, flowers and geometric designs. Come also fold some holiday shapes!

**Instructor:** Sue Harrington  
**Dates:** Fri., Nov. 4, 18 (2 sessions)  
**Location:** CC Community Room  
**Times:** 4:45-5:45 p.m.  
**Fee:** \$16 for residents. \$26 for non-residents  
**Activity Number:** (220032-A)  
**Bonus Afterschool:** (220020-E) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$5.

## THE SCIENCE OF TOYS (GRADES 2-5)



All kids (and even grown-ups) love toys. We spend our childhood playing with them but what we are really doing is learning about science. Many of our toys show scientific principles; Slinkies show us about waves, Frisbees demonstrate the principles of flight and Spinning Tops are great examples of rotational inertia. Become a science expert as we play with a variety of toys and explain how they work.

**Instructor:** Sue Harrington  
**Dates:** Thur., Oct. 20 - 10 (4 sessions)  
**Location:** CC Community Room  
**Times:** 4:45-5:45 p.m.  
**Fee:** \$32 for residents. \$42 for non-residents  
**Activity Number:** (220033-A)  
**Bonus Afterschool:** (220020-F) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$9.

## EXPLORING WINTER HOLIDAYS (GRADES 1-4)

It all started with Winter Solstice, an ancient celebration on the shortest day of the year. It was held to recognize the importance of the sun and its light. Since ancient times, many cultures and religions have added their own holidays and traditions to this festive time. We will read stories, and make decorations to go along with learning about some of these special days from around the world.

**Instructor:** Sue Harrington  
**Dates:** Thur., Dec. 1, 8, 15 (3 sessions)  
**Location:** CC Community Room

**Times:** 4:45-5:45 p.m.  
**Fee:** \$24 for residents. \$34 for non-residents  
**Activity Number:** (220034-A)  
**Bonus Afterschool:** (220020-G) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$7.

## NUTRICATION (AGES 6-14)

Nutrication is a nutrition and exercise education program for children ages



6-14. Our program is run by UConn interns majoring in nutritional sciences or other related fields. Examples of what we teach are classes such as cooking, nutrition education, sports, dance, self-defense, and many more. Each week will have a nutrition class and an exercise class. We hope to inspire kids to eat right and exercise more all while having FUN in a safe environment.

**Instructor:** Will Kelsey & Staff  
**Session 1**  
**Dates:** (6 weeks) Mon. & Wed., Sept. 7-Oct. 19, \*no class 10/10  
**Activity Number:** (220026-A)  
**Session 2**  
**Dates:** (6 weeks) Mon. & Wed., Oct. 31-Dec. 7, \*no class 11/21, 11/23  
**Activity Number:** (220026-B)  
**Location:** CC Gym & Community Room  
**Time:** 4:45-5:30 p.m.  
**Fee:** \$50  
**Materials Fee:** \$30 per child covers materials and snacks, due at registration. Fee waivers do not apply to materials fees.  
**Bonus Afterschool:** (220020-H, Session 1) (220020-I, Session 2) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$13.

## BEGINNING RIDING LESSONS WITH MAGNOLIA RUN (GRADES 1-8)



# Youth Programs



This program is geared toward students who have never ridden before. This is the basic level lesson which will teach the fundamentals and safety of all equine sports as well as introductory lessons on the ground to handling horses. Here students will have the opportunity to work hands on with their horse by grooming and tacking up, riding in small groups, and then participating in an equine activity. Students are required to wear pants, a boot with heel and bring a helmet (bike or riding).

**Instructors:** Staff at Magnolia Run Equestrian Center  
www.magnoliaruneqcenter.com

**Location:** Magnolia Run at Sawmill Brook Farm \*Class will move to indoor location in Columbia toward the end of the session.

**Dates:** Tues., Sept. 6-Oct. 25 (8 weeks) \*consider no class Sept. 6th and/or Oct. 11th (day after Labor Day/Columbus Day), new class end date would be Nov. 1st or 8th.

**Time:** 6-7 p.m.

**Fee:** \$266 for residents. \$276 for non-residents

**Activity Number:** (220011-A)

## ALL LEVELS RIDING LESSONS WITH MAGNOLIA RUN (GRADES 1-8)

This program will be adjusted to the level of the group, and may include introductory lessons on the ground up to fundamentals in cantering and further student flat skills, as well as the essentials to good horse care. Here students will have the opportunity to work hands on with their horse by grooming and taking up, riding in small groups and participating in an equine



learning activity. Students are required to wear pants, a boot with heel and bring a helmet (bike or riding).

**Instructors:** Staff of Magnolia Run Equestrian Center  
www.magnoliaruneqcenter.com

**Location:** Magnolia Run at Sawmill Brook Farm \*Class will move to indoor location in Columbia toward the end of the session.

**Dates:** Thurs., Sept. 8-Oct. 27 (8 weeks)

**Time:** 6-7 p.m.

**Fee:** \$266 for residents. \$276 for non-residents

**Activity Number:** (220013-A)

## SUNDAY MORNING TUMBLERS (AGES 3-5)

Get your body moving on Sunday morning! This class will work with students on basic stretching skills and the fundamentals of tumbling and acrobatic



movements. Each class will start with 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. Students will focus on balance and body awareness while improving their strength and coordination. Parent involvement is highly encouraged to assist their child in class.

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance

**Location:** CC Gymnasium

**Dates:** Sun. Sept. 11-Dec. 4 (10 classes) \*no class 10/9, 10/30, 11/27

**Time:** 10:30-11:15 a.m.

**Fee:** \$55 for residents. \$65 for non-residents

**Activity Number:** (220044-A)

## PRE-BALLET (AGES 3-5)

Children will be introduced to dance through basic movement, dance-along songs, and motor skills such as skipping, marching, and galloping, and basic ballet positions. Leotard, tights and leather ballet shoes recommended. Please contact instructor for help ordering: miapomerence@gmail.com.

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance

**Location:** CC Dance/Fitness Studio

**Dates:** Sun. Sept. 11-Dec. 4 (10 classes) \*no class 10/9, 10/30, 11/27

**Time:** 11:30 a.m.-noon

**Fee:** \$40 for residents. \$50 for non-residents

**Activity Number:** (220045-A)

## BALLET I (AGES 6-8)

Children will learn basic ballet positions and movements while exploring music and dance. Themes, props, and creative dance will be incorporated to make learning steps and terminology exciting and fun. Leotard, tights

# Youth Programs

and leather ballet shoes recommended. Please contact instructor for help ordering; miapomerence@gmail.com.

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance  
**Location:** CC Dance/Fitness Studio  
**Dates:** Sun. Sept. 11-Dec. 4 (10 classes) \*no class 10/9, 10/30, 11/27  
**Time:** 12:05-12:50 p.m.  
**Fee:** \$55 for residents. \$65 for non-residents  
**Activity Number:** (220046-A)

## HIP HOP CLASS (GRADES 2-4)

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. Students will focus on building strength and stamina while working on skills such as body awareness, isolation and musicality. Each class will include a warm-up, stretch, work across the floor and a combination in the center. Creativity and self-expression will be encouraged through free dance and student choreography. Leotard, Tights and leather ballet shoes recommended. Please contact instructor for help



## TENNIS



### 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.

**Outdoor Session:** Sun., Sept. 11-Oct. 9 (5 classes)  
**Indoor Session:** Sun., Nov. 6-Dec. 11 (5 classes) \*no class 11/27  
**Time:** 8:30-9 a.m.  
**Fee:** \$35 for residents. \$45 for non-residents  
**Outdoor Session Activity Number:** (220060-A)  
**Indoor Session Activity Number:** (220060-B)

### 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.**

**Outdoor Session:** Sun., Sept. 11-Oct. 9 (5 classes)  
**Indoor Session:** Sun., Nov. 6-Dec. 11 (5 classes) \*no class 11/27  
**Time:** 9:10-10:05 a.m.  
**Fee:** \$42 for residents. \$52 for non-residents  
**Outdoor Session Activity Number:** (220061-A)  
**Indoor Session Activity Number:** (220061-B)

### 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.**

**Dates:** Sun., Sept. 11-Oct. 9 (5 classes)  
**Time:** 10:20-11:05 a.m.  
**Fee:** \$42 for residents. \$52 for non-residents  
**Activity Number:** (220063-A)

### 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 your child does not meet those guidelines, please register them for the Beginner Youth 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 getting in a good mix of drills and competitive (but friendly) games. There will be significantly more focus on instructing proper technique, grips, and strategies.

**Dates:** Sun., Sept. 11-Oct. 9 (5 classes)  
**Time:** 11:15 – 12:00 p.m.  
**Fee:** \$42 for residents. \$52 for non-residents  
**Activity Number:** (220064-A)

**Instructor:** James Mathews and other staff  
**Location:** Outdoor session at E.O. Smith Tennis Courts

Indoor session in Mansfield Community Center gymnasium

All participants are required to bring their own appropriately sized tennis racquet.

# Youth Programs

ordering; miapomerenke@gmail.com.

**Instructor:** Mia (John) Pomerenke and the staff from Mansfield Academy of Dance  
**Location:** CC Dance/Fitness Studio  
**Date:** Sun. Sept. 11-Dec. 4 (10 classes) \*no class 10/9, 10/30, 11/27  
**Time:** 12:55-1:40 p.m.  
**Fee:** \$55 for residents. \$65 for non-residents  
**Activity Number:** (220048-A)

## YOUTH BASKETBALL PROGRAM: Registration begins in late August

### General Information:



This is the primary recreation and competitive youth basketball program for Mansfield grades K-8. The program features skill development, sportsmanship, team participation and healthy competition. Practices begin in November with game play held for most divisions December – February. Detailed practice and games schedules determined after teams are formed

in November. Volunteer head and assistant coaches are needed for most divisions. All vacant positions are by application. A detailed flyer will be distributed to Mansfield Public Schools and available at the Mansfield Community Center in August. Those interested in coaching at the recreation or travel divisions, being a parent helper (grades K-2) or referee positions should request an application packet. Coaches must be at least 18 years of age. Referees for grades 3-8 recreation division play must be at least 15 and available most Saturdays 8:30am-3pm and Sundays 11:30am-7pm, December – February. Training is provided.

### LITTLE HUSKIES DIVISION (GRADES K-1)

An instructional, co-ed program that introduces the fundamentals of basketball using a variety of fun drills and activities designed to progressively improve skills and general knowledge of the sport. Saturday mornings.

### JUNIOR HUSKIES DIVISION (GRADE 2)

A combination of fundamental basketball skill development and modified (3V3, 4V4) co-ed teams game play in a fun and supportive environment. Staff will provide a combination of instructional drills and controlled scrimmages. A "game schedule" will be implemented the last four weeks of the season. Saturday morning/early Saturday afternoon.

### INSTRUCTIONAL DIVISION (GRADES 3 & 4)

Separate teams for boys and girls will be formed after the mandatory division player evaluation day with the objective to keep teams fair and balanced.



# Discovery Zone Learning Center



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### Infant Program (6 weeks - 14 months)

Our primary objective in the Infant Room is to keep each child happy, secure, and safe. We know by focusing on this, each parent will have the confidence knowing their child is in the right environment.

### Toddler Program (14 months - 2.9 years)

At Discovery Zone Learning Center, our Toddler curriculum is based on current research in early brain development, early childhood education and developmental psychology. Through careful observation we can assure that individual developmental needs are being met.

### Preschool (2.9 years - 5 years)

The Preschool/Kindergarten curriculum is divided into four areas:

**Language & Literacy**  
**Creative Expression**  
**Science & Sensory**  
**Gross Motor Skills**

### Before & After School

The after school program at Discovery Zone Learning Center is designed for children from grades K through fifth, and is fun, low-key, and neighborhood-like.

# Youth Programs

All participants will be placed on a team and with equal playing time. Requests for specific coaches or teammates are not accepted. Practices and games are used for opportunities of fundamental skill development in an encouraging and supportive environment. Coaches and officials will instruct play as needed to help players learn rules, develop good sportsmanship, and allow for healthy competition. Practices are 1-2 weeknights and primarily Saturday games including traveling to local towns. The season ends with a Basketball Jamboree in late February.

## PROGRAM OPTIONS

(GRADES 5 & 6 and GRADES 7 & 8)

Players in grades 5 & 6 and 7 & 8 have two options for play. Participate in the Junior (grades 5 & 6) and Intermediate (grades 7 & 8) division or tryout out for limited space on a competitive/travel team.

**Junior/Intermediate teams** will be formed after the mandatory division player evaluation day with the objective to keep teams fair and balanced. All participants will be placed on a team and with equal playing time. Requests for specific coaches or teammates are not accepted. Practices and games are used for opportunities of fundamental skill development and healthy competition in an encouraging and supportive environment. Practices are 1-2 weeknights and primarily Saturday games including traveling to local towns. The season ends with a Basketball Jamboree in late February.

**Competitive/Travel teams** include an increased commitment to practices and competitive play. Grades are combine 5 & 6 and 7 & 8 unless there are sufficient numbers players per grade to create same grade teams. Players are expected to consistently attend practices, participate in more rigorous game preparation and game play. The season typically begins with tryouts in October and concludes with tournament play in early March. While emphasis is still on progressive skill development and good sportsmanship teams are limited to 8-10 players. Players must attend a mandatory tryout and to determine team selection each year. Team selection is determined by Mansfield Parks and Recreation staff along with the Head Coach. We anticipate our second consecutive season in the NCC Travel Basketball League division. For more information on the NCCTBL visit [nccball.org](http://nccball.org)



## FALL FUSION HOOP CLINICS

(GRADES 3-5, 6-8)

These co-ed basketball clinics are designed to focus on players' individual skill development and allow them to get a jump start on the upcoming winter season. Drills will emphasize a blend of ball-handling, shooting, finishing, and 1 v 1 moves. Players will also get a chance to work on offensive/defensive spacing, passing, and defensive footwork. Players will be given the opportunity to work on these skills in game situation drills and/or small-sided scrimmages.

- Instructors:** Local Youth Coaches Ron Pires, Betsy Parker and Parks and Recreation Staff
- Location:** Mansfield Middle School
- Dates:** Mondays and Wednesdays, September 28- October 14.
- Time:** 6-7:15 p.m. (grades 3-5) and 7:15-8:30 p.m. (grades 6-8).
- Fee:** \$35 for residents. \$45 for non-residents

## Thank you to last year's (2015-16 Season) sponsors!

We welcome business owners and individuals in the area the opportunity to



support the Mansfield Parks and Recreation Youth Basketball program. We are committed to all levels of player experience and interest as we strive to ensure that children have a positive and memorable youth sport experience. In serving nearly 300 players each season in grades K-8 we connect with hundreds of families, relatives, and teams from Mansfield and the local region. As you can imagine there are many expenses associated with maintaining our existing program and implementing new initiatives to continue the high quality of our program. If you would be interested in additional information regarding sponsorship, please feel welcome to contact Jay O'Keefe at [OKeefeJM@MansfieldCT.org](mailto:OKeefeJM@MansfieldCT.org), 860-429-3015, extension 6104.



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Dance Demos • Mini Classes • Refreshments • Bouncy House  
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**Adult Ballet • Tap**  
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 860.477.0200**

Owners: Mia Pomeranke and  
 Bruce John



[www.mansfieldacademyofdance.com](http://www.mansfieldacademyofdance.com)  
[contact@mansfieldacademyofdance.com](mailto:contact@mansfieldacademyofdance.com)

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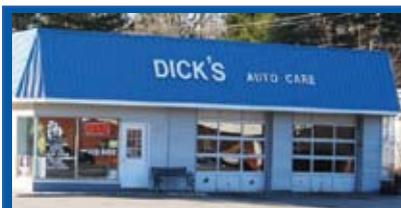
Most programs have limited enrollments. Besides not getting into the program, nothing cancels programs more than waiting until the last minute to register, as classes may have been canceled due to low enrollment. It is recommended that your registration form and fee be received two weeks prior to the start of the program.

You may register in person at the Mansfield Community Center or online at [www.tinyurl.com/MansfieldRegistration](http://www.tinyurl.com/MansfieldRegistration). Phone registrations are not accepted.

Member Registration will begin for Aquatic & Fitness Programs on Wed., Aug. 3.

Resident Registration for all programs begins on Fri., Aug. 5.

Non-Resident Registration for all programs begins Mon., Aug. 8.



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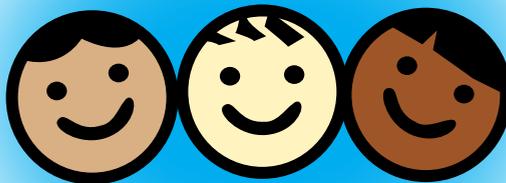
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# Before/After School Friends

*We have more options than ever  
to fill your needs.*



## Before/After School Friends

### 3 Locations: Community Center, Vinton and Southeast Schools

**Before School only available at Vinton and Southeast Schools**

**Enroll by month, regular individual days per month or on a drop-in basis!**

**The Before/After-School Friends Program** offers a safe, fun and relaxed atmosphere for children before and after school in grades pre-k through 6th grade. The program is for children whose parents want them to join special activities in a peer setting, or are unable to care for them before or after school. The program begins at 7am at Vinton and Southeast Elementary School and at the close of school at Southeast and Vinton locations or Community Center participants are bused from their schools daily. The program concludes at 6 p.m. each day. All children are offered daily snacks and beverages.

**The Before/After-School Friends Program** designs activities to provide children with experiences that enhance physical, emotional and social growth. Children not only develop peer relationships but also develop a connection with the staff who is sensitive to their needs and interests. Children learn to resolve conflicts and develop social skills needed for successful group interaction in future settings.

**The Before/After-School Friends Program** consists of options based on each child's interests, wants and needs. The weekly schedule can include activities such as arts and crafts, performing arts, sports, outdoor exploration, storytelling/writing, creative group games and special themed events. We encourage the children and staff to be involved in planning together.

**The Before/After-School Friends Program** recognizes individuality in all children as well as their need to identify with a group to experience a sense of belonging. We encourage cooperation between all participants at our program. We feel daily communication with parents and staff is important to keep you up to date on how your child is doing with After School Friends.

**The Before/After-School Friends Program** is open all days that the Mansfield Public Schools are in operation including scheduled half days. Fees are collected on a monthly basis. Children may be enrolled by the month or for certain consistent days of the week per month. Fees vary from month to month based on the number of days/hours the program runs.

**The Before/After-School Friends Program** also offers a Drop In program for families in need of occasional before or after school care. To take advantage of the Drop In program you need to fill out a credit card authorization form. Forms are available at the community center as well as each before and after school location. At the end of the month the total number of days are added up and your credit card is billed accordingly within the first week of the next month.

**The Before-School Friends Program** is offered at Southeast and Vinton Elementary Schools. The program starts at 7 a.m. each day and shares the same staff as After-School Friends Program.

Initial registration for Before/After School Friends must be done in person at the Community Center. Billing will be monthly thereafter. For more information contact: Jared Redmond by email: [jredmond@mansfieldct.org](mailto:jredmond@mansfieldct.org) or by phone 860-429-3015 ext. 6107.

Enroll by month, regular individual days per month or on drop-in basis!

**Register for specific days of the week each month:**

\$10.50 each morning  
\$13.00 each afternoon

**Drop-in:**

\$13 each morning  
\$16 each afternoon



## Mansfield Teen Center (MTC)

**Looking for something to do this Fall?  
Need a place to relax with friends during the week or on weekends?**



**Come see** what the MTC has to offer you and bring your friends! MTC is a safe fun environment for teens to hang out with their friends. We give teens the opportunity to give us their input on the types of activities, trips and specials they would like to see. MTC is a cool spot for a little rest and relaxation and if there is something you would like to see offered, let us know and as a team we can work together to make it happen.

**FREE** Teen Center memberships for all kids' grades 6-12 (Mansfield and surrounding communities). Stop by and fill out a registration form.

- Located in the Community Center (MTC is the last room on the left on the first floor), within walking distance EOS and with busing available from MMS
- 2 Pool tables, foosball, air hockey, board games, TV's, 2 computers & Xbox

### **MTC HOURS**

**Starting August 29:** 6th-12th Grade

Monday 3-6 p.m.

Tuesday 2-6 p.m.

Wednesday 3-6 p.m.

Thursday 2-6 p.m.

Friday 2-9 p.m.

Saturday 2-6 p.m.

**For more information about the MTC contact Jared Redmond,  
[Jared.Redmond@mansfieldct.org](mailto:Jared.Redmond@mansfieldct.org)**

**FIND US ONLINE!**

Like us on Facebook @Mansfield Teen Center  
Find us on Instagram @mansfieldteencenter

# Family & Special Events



## FAMILY PAINT NIGHTS! (AGES 5+)

Now also on SATURDAYS!

Bring your family or friends and paint together at Mansfield Community Center's family friendly Paint Nights. We will use acrylic paint, so dress for a mess! Each participant will take home a 16 x 20 painted canvas and will learn about a famous artist with a birthday in that month, creating a painting inspired by their art. We provide supplies and step-by-step instruction. Participants are welcome to bring family friendly refreshments for break time. (1 hour of painting, 15 minute snack break, 45 minutes of painting to complete project). Each parent and child must register separately and will paint on separate canvases.

**Instructor:** Reagen O'Reigaekn

**Date/Time/**

**Activity Number:** 6:30-8:30 p.m. Fri., Sept. 23

**Artist:** Grandma Moses, (290003-A)  
4-6 p.m. Sat., Oct. 22

**Artist:** Pablo Picasso, (290003-B)  
4-6 p.m. Sat., Nov. 19th

**Artist:** Claude Monet, (290003-C)  
4-6 p.m. Sat., Dec. 17th

**Artist:** Diego Rivera, (290003-D)

*Parent(s) and child(ren) each register individually for each night!*

**Location:** CC Arts and Crafts Room

**Fee:** \$10 for residents. \$20 for non-residents

**Materials Fee:** \$10 due at the time of registration. Fee waivers do not apply to materials fees

## FALL FAMILY FUN NIGHTS

Join us this fall for some fun Family Nights at the Mansfield Community Center. There are giant inflatables in the gym and in the pool, ping pong, inflatable pool floats, tot toys, puzzles, Community Room drop-in games, open gym, the fitness area is open for kids ages 12 and 13 with their parents, poolside basketball and more! No pre-registration required.

**Location:** Mansfield Community Center

**Dates/Times:** Fri., Sept. 16, 5:30-8:30 p.m.



Sat., Oct. 8, 4:30-7:30 p.m.

Fri. Oct. 21, 5:30-8:30 p.m.

Fri., Nov. 4, 5:30-8:30 p.m.

Sat., Nov. 26, 4:30-7:30 p.m.

Sat., Dec. 17, 4:30-7:30 p.m.

**Fee:**

There is no fee for Community Center Members. Non-members just need to pay the daily fee and see what the fun is all about. Off-peak members pay ½ the daily fee.

## RECREATION RESCUE

No school? No problem! We have one day camp for your kids on the two teacher professional days in town. Open to grades K-8, this popular program not only fills any need for child care on these days it also offers a great day for your child. We meet in the gymnasium for some games, crafts and free play at MMS, with drop off as early as 7:30 a.m. and pickup as late as 5:30 p.m. Each day will have a field trip. Trip location details will be provided on a flyer distributed through schools before each date.

**Location:** Mansfield Middle School

**Dates:** (254010-1) Tues., Oct. 11, 7:30 a.m.-5:30 p.m., trip to Nomad's Adventure Quest

(254010-2) Tues. Nov. 8, 7:30 a.m.-5:30 p.m., trip to Connecticut Science Center

(254011-1) Tues., Jan. 19, 7:30 a.m.-5:30 p.m., trip TBD

(254011-2) Fri., Mar 10, 7:30 a.m.-5:30 p.m., trip TBD

**Fee:**

\$47/day for residents. \$57/day for non-residents

## ANNUAL HALLOWEEN PARTY

Jump start your Halloween spirit at the Mansfield Community Center on Saturday, October 29th from 5-6:30 p.m. All ages are welcome but event is geared towards kids 10 and under. Dress up in your costume and join us for some fun including games a craft activity and some trick-a-trunking. What's trick-a-trunking? *Trick-A-Trunk at our Halloween party is where kids come dressed up (and adults) trick or treat around our blocked off of traffic, back parking lot that is filled with cars where volunteers, COULD BE YOU?, set up shop handing out treats! You can wear costumes; decorate your cars or whatever you would like to get in the Halloween spirit. Trick-A-Trunk space is limited. Trick-A-Trunk sponsors must pre-register. Families, Groups and Businesses welcome to be "Trunks."* For more information or to register as a Trick-A-Trunk sponsor please contact: Jared Redmond, jared.redmond@mansfieldct.org

**Location:** CC

**Date:** Sat., Oct. 29, 5-6:30 p.m.

**Fees:** Free Event - Donations Accepted

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# Birthday Party Form

## MANSFIELD COMMUNITY CENTER PARTY FORM

Please take the time to review the information below and return this form to the Mansfield Community Center *with payment in full* to request a room for your party. Party requests and full payment **MUST** be received *at least two weeks in advance* for planning purposes. Please call 860-429-3015 for more information. **Please note that parties must include the Arts and Crafts Room or the Community Room.** Your reservation is not confirmed until we call you. Please pick a second choice in case your first choice is not available.

NAME \_\_\_\_\_ CHILD'S NAME \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

CHILD'S AGE \_\_\_\_\_ CHILD'S GENDER \_\_\_\_\_ # OF PARTY GUESTS \_\_\_\_\_ # OF EXTRA ADULTS \_\_\_\_\_

ADDRESS \_\_\_\_\_

ROOM REQUESTED: \_\_\_\_\_ 2ND CHOICE \_\_\_\_\_

DATE REQUESTED \_\_\_\_\_ ALTERNATE DATE \_\_\_\_\_

TIME REQUESTED \_\_\_\_\_ ALTERNATE TIME \_\_\_\_\_

PARTY ROOM	Member Price	Non-Member Price	Total
Community Room	\$75	\$150	_____
Community Room w/Kitchen	\$90	\$180	_____
Arts & Crafts Room	\$50	\$100	_____
Arts & Crafts Room w/Teen Center	\$80	\$160	_____

Party Add Ons	Member Price	Non-Member Price	Total
Splash Package *See reverse for time options	Up to 15 guests: \$65 16-25 guests: \$90	Up to 15 guests: \$85 16-25 guests: \$110	Time*: _____ Inflatable: _____
Fun & Games/Sports Package	\$50	\$75	Time: _____ Games: _____
Gym Slide Package	\$150	\$250	Time: _____
Pre-School Party Package	\$30	\$45	Time: _____
Paint Party Package	\$50 base fee plus \$10 per guest (max 15)	\$60 base fee plus \$10 per guest (max 15)	Time: 12:30-1:30 p.m. Theme: _____
Screen Printing Package	\$50 base fee plus \$10 per guest (max 15)	\$60 base fee plus \$10 per guest (max 15)	Time: 12:30-1:30 p.m. Theme: _____
Sweet Emotions Candy Artist Studio	\$60 base fee plus \$15 per guest (min 10)	\$60 base fee plus \$15 per guest (min 10)	Time: _____ Theme: _____

**Party Grand Total:**

RECEIVED BY: \_\_\_\_\_ RECEIVED DATE: \_\_\_\_\_ RECEIVED TIME: \_\_\_\_\_ CREDIT CARD DEPOSIT \_\_\_\_\_

*Full payment due at time of submission. \$25 security deposit required.*

# Birthday Party Form

Phone: 860-429-3015 • Email: parks&rec@mansfieldct.org

## PARTY TIMES

**Friday:** 6-8 p.m.

**Saturday:** 12:30-2:30 p.m., 4-6 p.m.

**Sunday:** 11 a.m.-1 p.m., 12:30-2:30 p.m.  
2:30-4:30 p.m., 4:30-6:30 p.m., 5:30-7:30 p.m.

## PARTY ROOMS

**Arts & Crafts Room** (holds up to 20 people)

**Arts & Crafts Room w/Teen Center**  
(holds up to 35 people, available on Sundays)

**Community Room** (holds up to 50 people)

**Community Room w/Kitchen** (holds up to 50 people)

## PARTY Add Ons

### SPLASH PARTY:

1st hour of your 2 hour party time in the pool, 1 pool inflatable. Circle 1: snake | dog | dragon | fruit slice

\*Available times may include: Fridays, 6-7 p.m., Saturdays, 12:30 p.m.-1:30 p.m. and 4-5 p.m., Sundays, 12:30-1:30 p.m., 2:30-3:30 p.m., 4:30-5:30 p.m. and 5:30-6:30 p.m. Splash packages are limited to two per day. Recommended for children ages 7+. *Swim test required. Non-swimmers MUST have a parent/guardian in the water with them at all times. Therapy pool may not be available.*

\*Subject to change, blackout dates may apply, splash parties not available on Family Fun Nights.

### FUN & GAMES/SPORTS PARTY:

1 hour of your 2 hour party time in ½ the gym with MCC staff to run your child's favorite games, all gym equipment needed. Available times vary.

### SLIDE PARTY:

1 hour of your 2 hour party time in ½ the gym with the 12 foot inflatable slide and MCC staff to supervise! Available times vary.

### PRE-SCHOOL PARTY:

1 hour of your 2 hour party time in ½ the gym. MCC staff set up our tot toys for guests to have free play time. Appropriate for ages 5 and under. Available times vary.

### PAINT PARTY

1 hour of your 2 hour party time with MCC Art staff. Choose your theme and be led with step-by-step instruction through the painting process. Each guest will complete their own painting to bring home. Available Saturdays 12:30-1:30 p.m. Blackout dates may apply. Ages 5 and up.

### SCREEN PRINTING ART PARTY:

1 hour of your 2 hour party time with MCC Art staff. Submit your child's drawing, or choose one of our standard options. Each guest and print the image on a bag to bring home! Available Saturdays 12:30-1:30 p.m. Blackout dates may apply. Ages 5 and up.

### SWEET EMOTIONS CANDY ARTIST STUDIO:

1 hour of your 2 hour party time with a staff member of the Sweet Emotions team who will also play games, lead songs, and...Do All the Work! Yeah candy! Create your own completely edible masterpieces with candy paper, decorative candies, chocolate paints, food color markers and candy sand/sanding sugar/candy glitter. *Visit the Sweet Emotions website, [www.sweetemotionscandy.com](http://www.sweetemotionscandy.com), for additional info on candy parties!* Ages 6 and up.

## MANSFIELD PARKS AND RECREATION PROGRAMS

Mansfield Recreation and Travel Basketball:

Boys and girls grades K-8 recreation and travel divisions. Registration begins in early September. Flyers distributed through Mansfield public school and the Mansfield Community Center beginning in September.

Mansfield Lacrosse: Spring Lightening, Bantam, Junior, Senior teams for boys and girls (Grades K-8)

## CO-SPONSORED YOUTH SPORTS ORGANIZATIONS:

The Mansfield Parks and Recreation Department encourages and supports the formation, continuance, and growth of all recreation programs through the Department's Co-sponsorship Policy.

Co-sponsorship is a cooperative arrangement between Mansfield Parks and Recreation and a local group or organization in providing recreational programs and activities which meet a community need and a majority of Mansfield residents are being served. The co-sponsored group or organization must operate in accordance with several conditions, including passing an annual background check of all coaches and administrators, maintaining coach certifications through the National Youth Sports Coaches Association (NYSCA) or an approved equivalent, follow town wide NYSCA code of ethics, and all established rules, regulations, and standards set forth by the Mansfield Parks and Recreation Department. Co-sponsored organizations are responsible for their own day-day administrative operations but can be beneficiaries of town financed facility improvements, advertisement, and staff guidance. To view the comprehensive details of the Town of Mansfield Department of Parks & Recreation Co-sponsorship policies visit our web site under forms.

### Mansfield Little League

MLL provides organized, instructional and competitive baseball and softball programs for boys and girls ages 5-15, and includes Spring, Summer and Fall seasons. MLL also offers Umpire Training Programs for ages 13 and up. Registration for spring begins January 1. Please visit [www.mansfieldll.org](http://www.mansfieldll.org) for registration and additional information. Questions, email [isheardwright@gmail.com](mailto:isheardwright@gmail.com)

### WAM United Soccer Club

WAM (Willington, Ashford, Mansfield) United offers youth soccer programs in the spring, including: Saturday Instructional Clinic for grades 2 and younger. Two alternative programs for grades 3 through 8 that form teams to compete in the Northeast District League of the Connecticut Junior Soccer Association; and pick-up soccer games for grades 9-12. For additional information please visit the WAM United webpage for the Mansfield representative contact information ([www.WAMunited.com](http://www.WAMunited.com))

Other Youth Sport Organizations serving Mansfield Residents

Northeast Youth Hockey:

Offers learn-to-skate and hockey programs at UCONN from beginner to experienced. For more information go to [northeastyouthhockey.org](http://northeastyouthhockey.org).

## FACILITY YOUTH POLICIES

- Childcare hours service 1-7 year olds.
  - Children ages 8-11 are able to use the facility independently while a parent/guardian is in the facility.
  - A sibling or supervisor who is 14 or older is able to serve as the "caretaker" for a sibling who is 8-11.
  - All minors (under age of 18) are limited to visiting the facility for no longer than 4 hours per day without a parent or guardian.
  - If a child is at least 8 years old and can pass a swim test, parents or guardians can allow them to use the pool independently. All parents/guardians will need to remain in the pool area until the swim test is administered.
  - Any child 6-8 years old who passes a swim test only needs to have a parent actively supervise them from the pool deck.
  - Children 5 years of age and under must be accompanied in the water by an adult (18 years or older) who is within arms reach.
  - Children 5 years of age or older must use gender appropriate locker rooms. We encourage families and individuals with special needs to use family changing rooms.
  - Members and guests must be at least 14 years old to use the fitness equipment upstairs.
  - Friday evenings from 5-9 p.m. and Saturday and Sunday from 3-8 p.m., youth, ages 10-13 may use select cardiovascular equipment with proper parental supervision. Additionally, they may use our Youth Resistance Training program during the above hours as long as they have completed the Youth Resistance Training Orientation. (See current program brochure for class dates and times.)
  - During Family Track Hours children may use the Walking/Jogging Track along side their parent or guardian.
- \*Teen Center Members under the age of 12 may be in the facility independently provided the following:
- Only during scheduled Teen Center School hours; Monday, 3-6 p.m., Wednesday, 3-6 p.m. On Friday 6-9 p.m. and Saturday, 2-6 p.m. parents must remain in the community center while their 11 year olds are in the teen center.
  - They remain in the Teen Center with the exception of trips to the bathroom or vending machines.
  - Their parents or guardians must sign out their children in the Teen Center when picking them up from the Community Center.



Mansfield  
Community Center  
*Family, Fitness & Fun*

# Parks & Preserves



## WALKTOBER

Celebrate Walktober! Enjoy the many free, guided walks and experience the natural, historical and cultural treasures of The Last Green Valley. The complete walk schedule, with directions and descriptions, is available at the Mansfield Community Center and is posted on [www.thelastgreenvalley.org](http://www.thelastgreenvalley.org).

*Below is a listing of WALKTOBER events sponsored by the Mansfield Parks Advisory Committee or the Agriculture Committee:*

### SATURDAY, OCTOBER 1, 1p.m. 50 Foot with a View.

What better place to go on a beautiful fall day than a place with a great view, led by naturalists that can answer questions about what we see! We will take a casual walk through the forest, looking at whatever interests us along the way and be rewarded with an opening at the top of a cliff where we can see most of southern Storrs and beyond. Those who are adventurous can also walk down to the base of the cliff to view some interesting plants that live on the rocks. To Fifty Foot Trail from Storrs Center, head south on Rt. 195. About a mile south of campus, look for the Mansfield Historical Society building on the left (across from the Altnaveigh Inn). The parking lot for the trail is behind the building.

### SATURDAY, OCTOBER 15 (RAIN DATE 10/22), 1 p.m. Farmland Forever

(Red Barn Creamery/Twin Ponds Farm, 483 Browns Road). Come enjoy the vistas, take a hayride and tour of the pumpkin patch at the Red Barn Creamery/Twin Pond Farms, one of Mansfield's permanently preserved diversified farms. Learn about haying, firewood, and self-picking berry operations. Enjoy an ice cream at the Red Barn Creamery and visit the unique farm store. Park at the Barn located at 483 Browns Road, 2 miles from Rt. 32 or from Rt. 195.

### SUNDAY, OCTOBER 23, 1 p.m. Between a Rock and a Marshy Place.

(Wolf Rock and Sawmill Brook Preserve). Climb to Wolf Rock and enjoy a spectacular autumn view. Proceed through the Sawmill Brook Preserve to the spectacular Sawmill Brook Marsh. Learn to identify trees, birds, wildflowers and other items of interest. There may be wet spots, depending how busy the beaver has been, so be prepared. Park at the Wolf Rock Trailhead: going south on Rt 195 in Mansfield make a right onto Brown's Road next to the Congregational Church and near the intersection with Rt. 89. Go up a long hill and at the first fork, take the left onto Crane Hill. The trail is a short way down on the right. Park along roadside.

## NATURAL AREAS VOLUNTEERS (NAV)

NAV is a volunteer corps sponsored by Mansfield Parks and Recreation, the Parks Advisory Committee. Workday Volunteers attend workdays as their schedules permit, helping with supervised projects such as trail blazing and natural area improvements. Service groups are welcome, as are children over 8 when accompanied by an adult. All participants are required to pre-register by the Thursday before the workday by calling 429-3015.

## FALL NAV WORK DAYS

- Sat., Sept. 10, 10 a.m.-12 p.m. Call for location
- Sat., Sept. 17, 10 a.m.-12 p.m. Call for location
- Sat., Sept. 24, 10 a.m.-12 p.m. Call for location
- Sat., Oct. 15, 10 a.m.-12 p.m. Call for location



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## TAKE A WALK WITH US!

Go to [MansfieldCT.org/Traillguides/](http://MansfieldCT.org/Traillguides/) to download interpretive trail guides for parks and preserves owned and managed by the Town of Mansfield. These trail guides contain up-to-date information and Maps of Mansfield's Parks and Preserves.

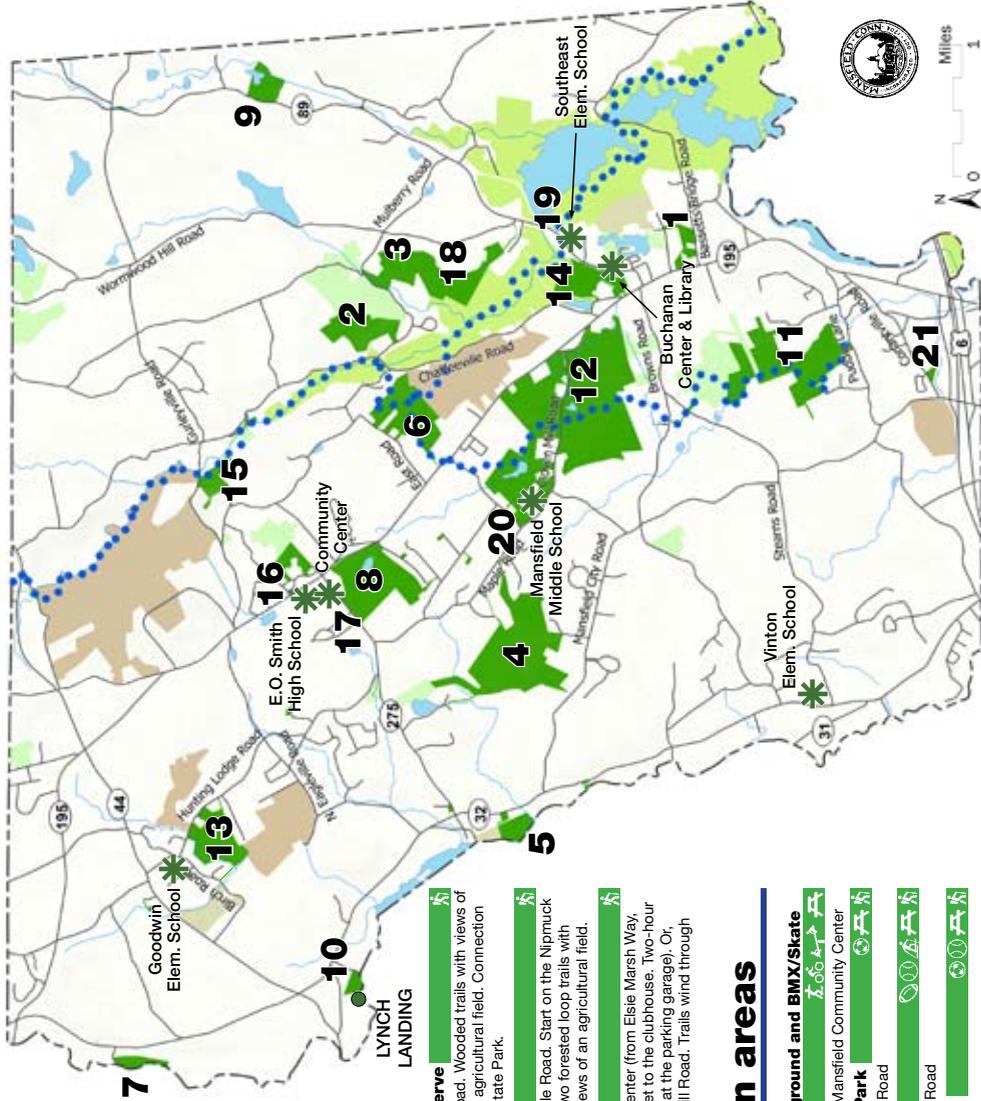


# Access Mansfield's Trail Guides from your SMART PHONE!

Go to [www.MansfieldCT.org/Traillguides](http://www.MansfieldCT.org/Traillguides) or scan this QR Code

## parks & preserves

- 1. Commonfields** Access from Bassett's Bridge Road. Features include trails, interpretive information and a bird blind.
- 2. Coney Rock Preserve** Access from Chaffeeville Road (Town land) or Woodland Road (Joshua's Trust land). Trails climb through old pastures reverting to forest. Cliff on top offers views of Mansfield Hollow State Park.
- 3. Dorwart Preserve** Access from Mulberry Road or from Lions Memorial Park off Route 89. Forested trails with diverse wildlife and woodland plants adjacent to Lions Memorial Park soccer fields and pavilion.
- 4. Dunhamtown Forest** Access from White Oak Road. Loop trails and connecting trails to Dunham Pond Road and Max Felix Drive wind through mature forest. Managed as a demonstration forest.
- 5. Eagleville Preserve** Access from Route 275 across from the Eagleville Dam through State land. Loop trail along scenic bend of Williamtic River and through old pasture reverting to forest.
- 6. Fifty-foot Cliff Preserve** Access from behind Mansfield Historical Society on Route 195. Forested trails lead to cliff views across the Fenton River Valley and Mansfield Hollow State Park. Nipmuck Trail connects to UConn land.
- 7. Merrow Meadow Park** Access from Merrow Road. Loop trail through meadows, wetlands and forest. Part of trail paved for handicapped access. Canoe launch along the Williamtic River.
- 8. Moss Sanctuary** Access from South Eagleville Road (behind the Mansfield Apartments) or from Birchwood Heights Road. Parking is available at the Mansfield Community Center. Two loop trails through a variety of forest setting and around a pond.
- 9. Mt. Hope Park** Access from Route 89. Loop trail through meadows and woodlands leading to a pond and the Mt. Hope River.
- 10. River Park** Access from Plains Road. Williamtic River Greenway trail leads to Lynch Lending and Mansfield Depot. Features include a handicapped accessible canoe launch, multi-use recreation field, and interpretive information.
- 11. Sawmill Brook Preserve/Wolf Rock** Access from Puddin Lane or from Joshua's Trust's Wolf Rock Preserve on Crane Hill Road. Follow the Nipmuck Trail along Sawmill Brook's wooded valley.
- 12. Schoolhouse Brook Park** Access from Clover Mill Road and Mansfield Middle School. Nineteen trails, including part of the Nipmuck Trail, through mature forests. Views of colonial mill sites. Park includes Bicentennial Pond Recreation Area.
- 13. Shelter Falls Park** Access from Birch Road. Waterfall and scenic rock formations along Cedar Swamp Brook. Connecting trails to UConn lands and CTDEEP land.



Ownership	Features
Town of Mansfield	Baseball/Softball
Joshua's Trust	Biking
Federal land	Canoeing
State land	Fishing
University land	Football
Jeffrey P. Ossien Family Foundation Community Playground and Matt Barachus Memorial BMX/Skate Park	Hiking
	X-C Skiing
	Handicapped accessible (selected parks - call area)
	Picnicking
	Recreation centers
	Lynch Lending
	Nipmuck Trail (Blue Dot Trail)
	Playground
	Skateboarding
	Soccer
	Swimming

## recreation areas

- 17. Community Playground and BMX/Skate Park** S. Eagleville Road at Mansfield Community Center
- 18. Lions Memorial Park** Route 89, Warrenville Road
- 19. Southeast Park** Route 89, Warrenville Road
- 20. Spring Hill Fields** Spring Hill Road
- 21. Sunny Acres Park** Meadowbrook Road

## scenic trails

- Lynch Lending**  
Access from Depot Road to Williamtic River.
- Nipmuck Trail (Blue Dot Trail)**  
Regional trail with access at several road crossings.

# Trips

## TRIPS



### NOVEMBER 11TH – Shopping in Kittery

Get a jump on your Holiday Shopping at the Kittery Outlet Stores!

On Friday, November 11th you can board a coach bus at 8 am for a relaxing ride to Maine, (just 2 hrs. away) then spend the day leisurely shopping at the great stores in Kittery, The Trading Post, and the Tanger and Premium Outlets. They offer a wide selection of stores including Champion, Calvin Klein, Coach, Jockey, J Crew, Adidas, Easy Spirit, Nautica, Carters, Harry and David, American Eagle and more. There are also interesting, and fun stops like “When Pigs Fly” and an Artists Co op called “Just us Chickens.” Enjoy lunch at your choice of restaurant many featuring some of Maine’s finest and freshest seafood. So get your friend and your shopping list and shop till you drop, or take it slow, either way you are sure to enjoy a day in Kittery!

- Date:** Fri., Nov. 11
- Time :** Depart 8 a.m., return 6:30 p.m.
- Location:** Coach Bus leaves from the Tolland Commuter Lot at exit 68 off Rte #84.
- Fee:** \$50 (bus only)
- Activity #:** 280007-A



Watch for information in the Community Center and on-line for more Fall Bus Trips.

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WILLIAM MARSHALL, M.S., CC-A  
ELYSE KIRSCHBLUM, M.A., CC-A

\*Voted

3560693



## FITNESS PROGRAMS & CLASSES

### WELCOME TO THE 2016 FALL FITNESS CLASSES

#### Over 60 Classes to Choose From!

**Session 1** begins Tuesday, September 6th and ends Sunday, October 23rd.

**Session 2** begins Monday, October 24th and ends Sunday, December 18th.

No regularly scheduled classes will be held during Giving Weeks, Nov. 21st - 27th and Dec. 19th - 25th. Stay tuned for schedules to be posted for classes these two weeks

#### Giving Weeks:

In the true spirit of the holiday season, we will offer a free selection of classes to our members. We only ask that each participant bring a personal care item, non-perishable food item or cash donation to each class they attend. Instructors who teach during these giving weeks will be donating their time. As a special perk we extend this offer to both members and non-members. Please stop at the reception desk to obtain a wristband before attending a class. All donations collected will benefit the Mansfield Food Pantry.

**Dates:** Monday, November 21st - Sunday, November 27th  
Monday, December 19th - Sunday, December 25th

## NEW this FALL

### CHANGES TO FITNESS CLASS PRICING & FITNESS FLEX PROGRAM

Now announcing **50%** discount for **ALL MEMBERS on ALL fitness classes.**

You no longer need to purchase a fitness flex card to save!

Members can register in-person OR online with their discount!

**Interested in the convenience of dropping in to a class rather than registering for a full session?**

#### Member Fitness Flex Drop-In Cards Available!

**Fitness Flex Class Drop-In: \$8/class available in a 15 or 25 visit package**

Available for ALL fitness classes. Some progressive classes will require instructor pre-approval prior to dropping in. (Example: Intermediate Pilates)

**Members with existing fitness flex passes will be able to use the remainder of their class visits for both class registration AND drop-ins.**

We have discontinued the Fitness Flex Plus pricing tier and will be converting any remaining Plus class visits to standard class visits.

**1 Plus Visit = 1.25 Standard Class Visits**

#### Non-Member Class Drop-In Available! Non-Member Drop-In Rate: \$15/class

Payable at the Community Center Reception Desk. Must bring receipt to program instructor to participate. Please arrive early to secure your spot.

## NEW to Fitness or our Facility?

### TRY OUR FREE "STARTING STRONG" PROGRAM!

After completing a fitness questionnaire and setting goals for your personal fitness, one of our trained fitness assistants will take you through two sample workouts encompassing cardio and weight machines, and participants will earn rewards for each completed session! Also, get a 10% discount PLUS a free gift bag when you purchase three personal training sessions. Appointments are available anytime during normal business hours and set up is as easy as stopping by the reception desk or calling us at (860) 429-3015 ext. 0.



# Fitness Center

## PERSONAL TRAINERS



**Jerry Kleinman**  
860-617-1161



**Mandy Ivory**  
860-933-4852



**Heather Regan**  
508-887-1893



**Jodi Farno**  
860-966-0594



**Conor Hackett**  
860-882-3671



**Jessica Tracy**  
860-429-3015



**Deb Grenier**  
860-208-6763  
Private Pilates Instruction

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## PERSONAL TRAINING



### ...for all levels of fitness!

The decision to hire a personal trainer is different for everyone but all our trainers have a common link . . . the commitment to improve your health! We have a variety of devoted and caring certified personal trainers who will assist you with reaching your personal fitness goals. Whether you have never tried personal training before or are looking to hire a new trainer, they have the potential to profoundly impact your life. Their commitment to you includes a personal fitness program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence.

### How do I find a Personal Trainer at MCC that best meets my needs?

Each trainer has a wide range of skills, knowledge and experience but some trainers focus on a specific area within the profession. Our staff can

**REHABILITATIVE NEEDS • WEIGHT LOSS • SPECIFIC ATHLETIC CONDITIONING CHALLENGING YOUR FITNESS ROUTINE • MOTIVATION • GROUP TRAINING**

review profiles of our trainers with you (and we have a Personal Trainers bulletin board), connect you to an agreed upon person and then you can interview the trainer before you make a commitment. This way you are in charge of creating a match that best works for you.

### How often do I meet with a Personal Trainer?

This varies based upon the individual needs of the client. Normally at least 3-6 sessions are required for a program to be designed and learned. It is not uncommon for clients to make personal training sessions a part of their on-going fitness program.

### What is the cost per session for Personal Training?

This varies but a range you can expect to pay is \$55-\$70 per hour. Group Training is also available for up to four people (arranged by the participants) of similar abilities. Group Training can be an additional motivator, fun and a great cost savings.



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We have a variety of fitness classes to satisfy participants of all abilities. Our instructors will keep you motivated while teaching you safely and effectively. You will learn new moves while challenging your body. Be part of group fitness and put the fun back into your workout!

### Looking to Improve flexibility, balance or range of motion?

Yoga Tune Up  
Aqua Arthritis  
Corefusion  
Pilates  
Tai Chi  
Yoga

### Need a gentle class or have mobility issues?

Silver Sneakers Classes  
Chair/Standing Pilates  
Gentle Yoga  
Tai Chi

### Silver Sneakers classes

Silver Sneakers Classic  
Silver Sneakers Splash  
Silver Sneakers Circuit  
Silver Sneakers Yoga

### Fun and Challenging

Work the circuit exp.  
MCC Mini Pump  
Core express  
Total Barre  
Kettlebells  
Tabata  
TRX

### Prefer a water class?

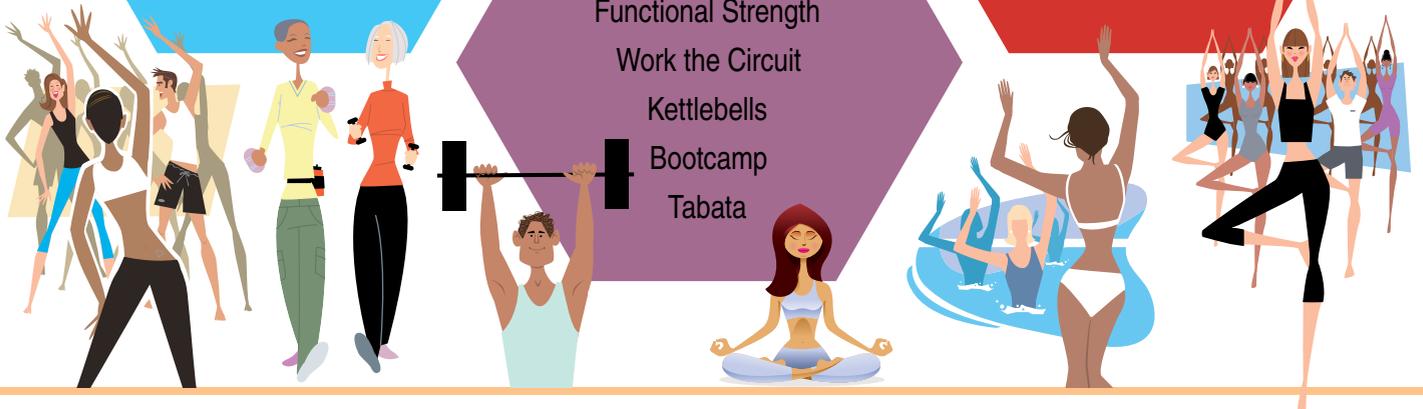
Aqua Therapy  
Aqua Arthritis  
Water Fitness  
Aqua Power

### Looking for Cardio?

Fitness Walking  
Cardio Kickbox  
Salsa Fit  
Bolly X  
Spin

### Build Strength & Endurance with:

Functional Strength  
Work the Circuit  
Kettlebells  
Bootcamp  
Tabata



# FITNESS SCHEDULE FALL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin w/Deb</b> <b>5:45-6:45 a.m.</b> 270001-A1, 20 classes - no 9/5, \$100/\$200 270001-A2, 21 classes, \$105/\$210 Instructor: Deb	<b>Hardcore Bootcamp</b> <b>5:35-6:20 a.m.</b> 270012-B1, 7 classes, \$31.50/\$63 270012-B2, 6 classes - no 11/8, \$27/\$54 Instructor: Jerry	<b>Spin w/Ron</b> <b>5:45-6:45 a.m.</b> 270001-A1, 20 classes - no 9/5, \$100/\$200 270001-A2, 21 classes, \$105/\$210 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:35-6:20 a.m.</b> 270012-C1, 7 classes, \$31.50/\$63 270012-C2, 7 classes, \$31.50/\$63 Instructor: Jerry	<b>Spin w/Deb</b> <b>5:45-6:45 a.m.</b> 270001-A1, 20 classes - no 9/5, \$100/\$200 270001-A2, 21 classes, \$105/\$210 Instructor: Deb	<b>Work the Circuit</b> <b>7-7:45 a.m.</b> 270020-A1, 7 classes, \$31.50/\$63 270020-A2, 7 classes, \$31.50/\$63 Instructor: Jodi	<b>Yoga Tune-up</b> <b>8:30-9:30 a.m.</b> ☺ 270019-B1, 6 classes, no 10/16, \$36/\$72 270019-B2, 7 classes, \$42/\$84 Instructor: Helen
<b>Fitness Walking</b> <b>7-8 a.m.</b> 270003-A1, 6 classes - no 9/5, \$30/\$60 270003-A2, 7 classes, \$35/\$70 Instructor: Ron	<b>Spin</b> <b>6:30-7:30 a.m.</b> 270001-D1, 14 classes, \$70/\$140 270001-D2, 14 classes, \$70/\$140 Instructor: Ron	<b>All Levels Yoga</b> <b>7-8 a.m.</b> 270025-B1, 7 classes, \$42/\$84 270025-B2, 7 classes, \$42/\$84 Instructor: Bill	<b>Spin</b> <b>6:30-7:30 a.m.</b> 270001-D1, 14 classes, \$70/\$140 270001-D2, 14 classes, \$70/\$140 Instructor: Ron	<b>Functional Strength &amp; Stretch</b> <b>9-10 a.m.</b> ☺ 270014-C1, 7 classes, \$35/\$70 270014-C2, 6 classes - no 11/11, \$35/\$70 Instructor: Jodi	<b>Spin</b> <b>8-9 a.m.</b> 270001-C1, 7 classes, \$35/\$70 270001-C2, 7 classes, \$35/\$70 Instructor: Ron	
<b>Salsa Fit</b> <b>9-10 a.m.</b> ☺ 270032-B1, 5 classes - no 9/5, 10/10, \$30/\$60 <b>8:40-9:40</b> 270004-A2, 7 classes, \$26.25/\$52.50 Instructor: Aliza	<b>Take Home Tabata</b> <b>9-9:45 a.m.</b> ☺ 270004-A1, 7 classes, \$26.25/\$52.50 270004-A2, 7 classes, \$26.25/\$52.50 Instructor: Aliza	<b>Fitness Walking</b> <b>7-8 a.m.</b> 270003-B1, 7 classes, \$35/\$70 270003-B2, 7 classes, \$35/\$70 Instructor: Ron	<b>Work the Circuit Express</b> <b>9:15-9:45 a.m.</b> ☺ 270020-B1, 6 classes - no 10/20, \$18/\$36 270020-B2, 4 classes - no 11/3, 11/11, 11/17, \$12/\$24 Instructor: Mandy	<b>Water Fitness 1</b> <b>9:45-10:45 a.m.</b> ☺ 270037-C1, 7 classes, \$35/\$70 270037-C2, 6 classes - no 11/11, \$30/\$60 Instructor: Lizzie	<b>Power Yoga 1</b> <b>9:30-10:45 a.m.</b> ☺ 270026-A1, 7 classes, \$52.50/\$105 270026-A2, 7 classes, \$52.50/\$105 Instructor: Sharon	
<b>TRX</b> <b>9-9:30 a.m.</b> ☺ 270076-A1, 5 classes - no 9/5, 10/10, \$15/\$30 270076-A2, 7 classes, \$21/\$42 Instructor: Jess	<b>Silver Sneakers Yoga</b> <b>10:10-10:55 a.m.</b> ☺ 270022-B1, 7 classes, \$31.50/\$63 270022-B2, 7 classes, \$31.50/\$63 Instructor: Mandy	<b>Salsa Fit</b> <b>9-10 a.m.</b> ☺ 270032-A1, 7 classes, \$42/\$84 <b>8:40-9:40 a.m.</b> 270032-A2, 7 classes, \$42/\$84 Instructor: Kelly	<b>Yoga Tune Up</b> <b>10:15-11:15 a.m.</b> ☺ 270019-A1, 6 classes, no 10/20, \$36/\$72 270019-A2, 7 classes, \$42/\$84 Instructor: Helen	<b>Gentle Yoga</b> <b>10:15-11:15 a.m.</b> ☺ 270046-B1, 7 classes, \$42/\$84 270046-B2, 7 classes, \$42/\$84 Instructor: Sharon		
<b>Functional Strength &amp; Stretch</b> <b>10:10-11:10 p.m.</b> ☺ 270014-B1, 5 classes - no 9/5, 10/10, \$25/\$50 270014-B2, 7 classes, \$35/\$70 Instructor: Jodi	<b>Pilates w/Props</b> <b>10:30-11:30 a.m.</b> ☺ 270028-B1, 6 classes, no 10/18, \$36/\$72 270028-B2, 7 classes, \$42/\$84 Instructor: Deb G.	<b>Kettlebells</b> <b>9-9:30 a.m.</b> ☺ 270075-A1, 7 classes, \$21/\$42 270075-A2, 7 classes, \$21/\$42 Instructor: Jess	<b>Silver Sneakers Circuit</b> <b>10:10-10:55 a.m.</b> ☺ 270008-B1, 6 classes - no 10/20, \$27/\$54 270008-B2, 4 classes - no 11/3, 11/11, 11/17, \$18/\$36 Instructor: Mandy	<b>Silver Sneakers Splash</b> <b>11-11:45 a.m.</b> ☺ 270067-A1, 7 classes, \$26.25/\$52.50 270067-A2, 6 classes - no 11/11, \$22.25/\$45 Instructor: Lizzie		
<b>Water Fitness</b> <b>9:45-10:45 a.m.</b> ☺ 270037-A1, 6 classes - no 9/5, \$30/\$60 270037-A2, 6 classes - no 10/24, \$30/\$60 Instructor: Lizzie	<b>Aqua Therapy</b> <b>10:45-11:30 a.m.</b> ☺ 270041-A1, 14 classes, \$63/\$126 270041-A2, 14 classes, \$63/\$126 Instructor: Dorinda	<b>Water Fitness</b> <b>9:45-10:45 a.m.</b> ☺ 270037-B1, 7 classes, \$35/\$70 270037-B2, 6 classes - no 10/26, \$30/\$60 Instructor: Lizzie	<b>Aqua Therapy</b> <b>10:45-11:30 a.m.</b> ☺ 270041-A1, 14 classes, \$63/\$126 270041-A2, 14 classes, \$63/\$126 Instructor: Dorinda	<b>Silver Sneakers Classic</b> <b>12-12:45 p.m.</b> ☺ 270015-C1, 7 classes, \$26.25/\$52.50 270015-C2, 6 classes - no 11/11, \$22.25/\$45 Instructor: Lizzie		
<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m.</b> ☺ 270008-A1, 6 classes - no 9/5, \$27/\$54 270008-A2, 7 classes, \$31.50/\$63 Instructor: Lizzie	<b>Silver Sneakers Yoga</b> <b>11-11:45 a.m.</b> ☺ 270022-C1, 7 classes, \$31.50/\$63 270022-C2, 7 classes, \$31.50/\$63 Instructor: Mandy	<b>Gentle Yoga</b> <b>10:30-11:30 a.m.</b> ☺ 270046-A1, 7 classes, \$42/\$84 270046-A2, 7 classes, \$42/\$84 Instructor: Sharon	<b>Silver Sneakers Yoga</b> <b>11:00 a.m.-11:45 a.m.</b> ☺ 270022-A1, 7 classes, \$26.25/\$52.50 270022-A2, 6 classes - no 11/15 \$22.25/\$45 Instructor: Mandy			
<b>Silver Sneakers Classic</b> <b>12-12:45 p.m.</b> ☺	<b>Aqua Therapy</b> <b>11:35 a.m.-12:20 p.m.</b> ☺ 270041-B1, 14 classes, \$63/\$126	<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m.</b> ☺	<b>Aqua Therapy</b> <b>11:35 a.m.-12:20 p.m.</b> ☺ 270041-B1, 14 classes, \$63/\$126			

270015-A1, 6 classes - no 9/5, \$22.50/\$45 270015-A2, 7 classes, \$26.25/\$52.50 Instructor: Lizzie	<b>Kettlebells</b> <b>12:15-12:45 p.m.</b> ☺ 270075-B1, 5 classes - no 9/5, 10/10, \$15/\$30 270075-B2, 7 classes, \$21/\$42 Instructor: Jess	<b>Yoga Core</b> <b>12-1 p.m.</b> ☺ 270021-A1, 7 classes, \$42/\$84 270021-A2, 7 classes, \$42/\$84 Instructor: Sharon	<b>MCC Mini Pump</b> <b>12:15-12:45 p.m.</b> ☺ 270014-A1, 7 classes, \$17.50/\$35 270014-A2, 6 classes - no 11/8, \$15/\$30 Instructor: Jodi	<b>MCC Mini Pump</b> <b>12:15-12:45 p.m.</b> ☺ 270014-B1, 7 classes, \$17.50/\$30 270014-B2, 7 classes, \$17.50/\$30 Instructor: Jodi	<b>Silver Sneakers Classic</b> <b>12-12:45 p.m.</b> ☺ 270015-B1, 7 classes, \$31.50/\$63 270015-B2, 7 classes, \$31.50/\$63 Instructor: Lizzie	<b>Pilates with Props</b> <b>4:15-5:15 p.m.</b> 270028-A1, 6 classes, no 10/20, \$36/\$72 270028-A2, 7 classes, \$42/\$84 Instructor: Deb G.	<b>Pilates</b> <b>1:00-2:00 p.m.</b> 270009-A1, 6 classes, no 10/19, \$36/\$72 270009-A2, 7 classes, \$42/\$84 Instructor: Deb G.	<b>Core Express</b> <b>5:30-6 p.m.</b> ☺ 270051-A1, 6 classes - no 10/20, \$18/\$36 270051-A1, 7 classes, \$21/\$42 Instructor: Mandy	<b>Core Express</b> <b>5:30-6 p.m.</b> ☺ 270051-A1, 6 classes - no 10/20, \$18/\$36 270051-A1, 7 classes, \$21/\$42 Instructor: Mandy	<b>Functional Strength &amp; Stretch</b> <b>6:05-7:05 p.m.</b> ☺ 270014-A1, 6 classes - no 10/20, \$36/\$72 270014-A2, 7 classes, \$42/\$84 Instructor: Mandy	<b>Tai Chi First Year</b> <b>6-7:15 p.m.</b> ☺ 270029-A1, 6 classes, no 9/22, \$45/\$90 270029-A2, 7 classes, \$52.50/\$105 Instructor: George	<b>Total Barre</b> <b>7:15-8:15 p.m.</b> 270007-B1, 7 classes, \$31.50/\$63 270007-B2, 7 classes, \$31.50/\$63 Instructor: Diana	<b>Continuing Tai Chi</b> <b>7:30-8:45 p.m.</b> 270030-A1, 7 classes, no 9/22, \$45/\$90 270030-A2, 7 classes, \$52.50/\$105 Instructor: George	<b>Ability Fitness</b> <b>5:30-6:15 p.m.</b> 270005-A1, 6 classes - no 10/21, \$27/\$54 270005-A2, 3 classes - no 11/4, 11/11, 11/18, 12/2, \$13.50/\$27 Instructor: Mandy	<b>Total Barre</b> <b>5-6 p.m.</b> 270007-C1, 7 classes, \$42/\$84 270007-C2, 7 classes, \$42/\$84 Instructor: Diana	
270004-B2, 14 classes, \$63/\$126 Instructor: Dorinda	270008-C1, 7 classes, \$31.50/\$63 270008-C2, 7 classes, \$31.50/\$63 Instructor: Lizzie	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda	270004-B1, 14 classes, \$63/\$126 Instructor: Dorinda

**FITNESS CLASS SESSION DATES**

**Session 1: 9/6-10/23**  
**Session 2: 10/24-12/18**

No regularly scheduled classes 11/21-11/27 and 12/19-12/25

- Stay tuned for *FREE Giving Week schedule* and information posted later this fall

**First fee listed is for MCC members, second fee is for non-members**

**See class descriptions on pages 34-37**

**KEY**

- Class is in Gym
- Class is in Community Room
- Class is in Pool
- ☺ Childcare available during class

# Fitness Center

## CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Spin	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
Work the Circuit	A great cardiovascular workout and strength training in one. This program combines cardiovascular and strength stations to maximize your workout.
Work the Circuit Exp.	Tackle your circuit workout in half an hour.
Fitness Walking	Learn how to use walking to improve your cardiovascular fitness. Class will be held outside weather permitting or on indoor track in inclement weather. Dress appropriately. A heart rate monitor or "smart phone" app will be encouraged, but not required. <i>Note: Class will meet in Fitness Center lobby.</i>
All Levels Yoga	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
Power Yoga 1	A dynamic style of yoga designed to detoxify, strengthen and open the body and calm your mind. Stay with your breath as you build internal heat. Participants should be in good physical condition with a minimum of 6 months of regular yoga practice.
Yoga Tune Up®	Yoga Tune Up® is a fitness therapy format built around the three P's-Pain, Posture and Performance. It helps eradicate pain, improves posture and enhances performance through a unique blend of Corrective Exercise, yoga and Self Massage using The Roll Model (R) techniques. By helping to identify and target your "body blind spots"; areas that are most overused, underused or misused, YTU(R) heals damaged muscle, increases strength and establishes health movement patterns to help you live better in your body. Appropriate for all levels.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
Pilates w/Props	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down positions. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all, to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor's supervision should not attend.
Chair/Standing Pilates	The classical Pilates movements have been enhanced so they can be performed while sitting in a chair or standing. The class will teach you the building blocks of Pilates posture and how to keep a neutral spine while standing, walking and bending - allowing you to take Pilates alignment, strength and flexibility into your everyday life.

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Volvo/Saab Technician on Premises

CLASS	DESCRIPTION
Yoga Core	Yoga core is a movement system that promotes core stability and good posture. Excellent strengthening, lengthening and balancing the musculature of the body, helps to bring about balance to the whole being. Ideal for all levels.
Moderate Yoga Flow	A dynamic class for all levels of practitioners that will focus on linking breath with movement. Students should have a minimum one year active yoga practice.
Level II Pilates	Strong core full body workout. This class is for students of the Pilates Method with 6 months Pilates practice. Foam rollers, balls, bands and weights will be used.
Corefusion	A class combining the fundamental movements of both Pilates and yoga. Emphasis on breath work and core strength
Silver Sneakers Yoga	You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE for SilverSneakers members.
Silver Sneakers Splash	Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Class is FREE for SilverSneakers members.
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
Silver Sneakers Classic	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.
Kettlebells Basics	Kettlebell training challenges your muscles, your cardiovascular health and improves balance and flexibility. This beginner level course will walk you step by step through basic Kettlebell skills focusing on proper form. This class fulfills the requirement for joining the Kettlebells class.
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. <i>Pre-req: Kettlebells Basics or instructor permission required.</i>

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# Fitness Center

## CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Salsa Fit	Have some salsa with your workout! This class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun-you won't even know it's exercise.
BollyX®	BollyX is a Bollywood-inspired dance fitness program. The workout cycles between high and low intensity utilizing dance moves and motivation from the music of India.
Take Home Tabata	Tabata is a high intensity interval training based on 20 seconds of work and 10 seconds of rest. This version of the class will allow you to transition the exercises you learn in class into a workout you can do at home, traveling or while on vacation. Strength, cardio, core are all incorporated into this high paced class.
Total Barre®	Emphasizing the correct biomechanics of movement combined with the power of music, Total Barre® integrates elements of Pilates, dance, cardio and strength training to increase flexibility, stamina and dynamic stability. Total Barre® is a 50 minute high intensity total body workout that's safe, intense and progressive. Participants need to bring water and the workout can be done either barefoot or in toe grip socks. No sneakers needed.
Functional Strength	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, & Stretch a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
Core Express	Training your core is the best way to build a foundation for functional fitness. In Core Express there will be some familiar moves like planks and crunches, but there will also be innovative and fun ways to blast your core and bring up your heart-rate. You will work out every part of your core (hips, back, abs, shoulders and more) in 30 minutes. This class uses the step, weights, bands, medicine balls and stability balls.
TRX	Learn to use this equipment to challenge yourself in new ways! This half hour class will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
TRX Pump	This strength training class uses TRX bands, weight plates, plate loaded barbells, the step and body weight as resistance. Get a great total body workout in this class.
MCC Mini Pump	Come join us during your lunch break for this half hour PUMP class. Maximize your time and your workout by challenging yourself to this total body strength routine utilizing plate loaded barbells, body weight exercises, steps and dumbbells.
Cardio Kickbox	Kickbox gives you an experience to increase focus and release stress, work on coordination and flexibility, improve strength and enhance your endurance. Kickbox is a combination of taekwondo, boxing, mixed martial arts and cardio kickboxing in a dynamic session. Kicks, punches, blocks and more are used in this high-energy session that will make you sweat! You'll be able to work at your own pace, all fitness levels are welcome. Please bring a water bottle.



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CLASS	DESCRIPTION
Tai Chi First Year	Achieve balance, serenity and improved health with the gentle movements of this flowing meditative Chinese exercise system. Learn to direct your life force, "Chi" to relax and energize the mind and body, increase flexibility and reduce stress.
Continuing Tai Chi	This class is designed for experienced participants to bring their Tai Chi skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy and body balance and an enhanced body-mind connection using more complex form movements.
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.
Aqua Power	Looking for a calorie burning, heart thumping workout without all the pounding on your joints? Try this class! A little kickboxing, some water aerobics and a few surprises to provide a complete workout! Both deep & shallow ends of the pool may be used.
Aqua Arthritis	A non-impact class in the warm therapy pool, great for people with mild to moderate arthritis and other musculoskeletal problems. Maintain or increase your range of motion through gentle exercise.
Brain Power & Balance	This program combines specific activities to improve memory, reasoning, language, and problem solving skills. In addition you'll learn age appropriate exercises to strengthen the core and reduce the risk of falling.

## Ability Fitness

### For adults and teens with special needs

We welcome individuals ages 14 and up to join us on Friday evenings for a fun and healthy introduction to two popular fitness classes, Spinning and Functional Strength. These classes will be alternated every other week. Classes will be modified to meet the special needs of people with cognitive and developmental disabilities. The format will be supportive, fun and welcoming for all! All participants must be pre-registered prior to the first day of class. Individuals requiring special accommodations such as additional staff support should register at least 15 days in advance. *\*Please be sure to note any special accommodations or medical alerts on the registration form.*

### Spinning Class Description

Individuals with cognitive and developmental disabilities will participate in an introductory exercise program on stationary bicycles called a "spinning bike." This is a cardiovascular based program and program instructors will make modifications to meet the individual needs of the participants as best as possible.

### Functional Strength Description

Individuals with cognitive and developmental disabilities will participate in an introductory exercise program using small hand weights, exercise bands, stability balls, and steps. There will be a combination of toning, strengthening and cardiovascular exercise. Instructors will make modifications to meet the needs of the participants as best as possible.



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## Youth Resistance Training Orientation

This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+), learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during the youth fitness hours. This class is mandatory for use of the fitness center by this age group.

**Instructor:** Mansfield Community Center Personal Trainers

**Day:** (270090-A) Sat., Sept 17th  
(270090-B) Sun., Oct. 16th  
(270090-C) Fri., Nov. 18th

**Time:** 5-6:30 p.m.

**Fee:** \$10 per youth/parent pair  
– members only

## HEALTH & FITNESS SEMINARS

### Naturopathic Treatment of Lyme Disease:

Lyme disease is highly prevalent in Northeastern Connecticut and especially in the town of Mansfield. It is a controversial topic and practitioners don't always agree on its diagnosis and treatment. Join Fran Storch, N.D., naturopathic physician, for a lively discussion on the naturopathic perspective on diagnosis and treatment of Lyme disease, and how to keep yourself healthy in the face of this often serious condition.

**Location:** CC Community Room

**Date:** September 28

**Time:** 6:30 p.m.

**Fee:** FREE for members, \$10 for non-members

**Activity Number:** (270091-A)

### Naturopathic Nutrition for Athletes:

It's important to eat right, and feed your workouts in a healthful way! Some folks think that because they work out, this gives them a pass to eat with abandon. That kind of thinking can sabotage your workout! Join Fran Storch, N.D., naturopathic physician, for a lively discussion on how YOU can eat in a way that supports your health and your workout, whether you're new to fitness, a professional athlete, or anything in between!

**Location:** CC Community Room

**Date:** October 19

**Time:** 6:30 p.m.

**Fee:** FREE for members, \$10 for non-members

**Activity Number:** (270091-A)

## Classes that Promote Youth Fitness

*See specific page numbers for more information*

Horseback Riding .....Page 13

Tennis .....Page 15

Youth Basketball.....Page 16

Swim Lessons ..... Page 40

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## AQUATICS PROGRAMS & CLASSES

### INDOOR AQUATIC CENTER

Welcome to the Mansfield Community Center Indoor Aquatic Center. The Center has one 6-lane 25 yard competitive lap pool with diving area, and a mid-size therapy pool for specialized use and classes. We offer a wide range of activities and programs to accommodate all ages and abilities including swimming lessons, water fitness classes, general recreational swimming, lap swimming and much more. Pools operate under the supervision of certified Lifeguards at all times. The pools also host several special events including our Family Fun Nights and are available for birthday party rentals as well. The Aquatic Center will close at 8:30 p.m. Monday through Friday, and on Saturday and Sunday, at 7:30 p.m. with the exception of specific holiday hours.

For an overview of pool usage and designated activity time, please pick up a weekly pool schedule located at the kiosk in the front lobby or visit our website at [www.mansfieldcc.com](http://www.mansfieldcc.com).

#### You Can Choose to Swim Healthy!

Healthy Swimming behaviors are needed to protect you and your kids from RWIs (Recreational Water Illnesses) and will help prevent germs from getting in the pool.

#### Here are three “PLEAs” that promote Healthy Swimming: Three “PLEAs” for All Swimmers

Practice these four “PLEAs” to stop germs from causing illness at the pool:

**PLEASE** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

**PLEASE** don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

**PLEASE** don't swallow the pool water. In fact, avoid getting water in your mouth.

### GENERAL INFORMATION

#### Main Pool

Our 6-lane, 25-yard lap pool is available for General Swim, Lap Swim, as well as hosting several aquatic classes and lessons. Please see our weekly block schedule for an overview of designated times.

#### General Swim

The Main Pool is open for recreational swimming for individuals and families at designated times. All non-swimmers must be in the water with an adult at all times. Diving board will be open at various times, please see weekly schedule for details. General swim cannot be used for lap swimming.

#### Lap Swim

Lap swim is available at designated times. Lap swimming is intended for fitness and requires continuous movement with an appropriate swimming stroke at your own pace. Snorkels are allowed at lap swim times only. Masks covering the nose are prohibited.

#### Therapy Pool

The Therapy Pool has designated time for specialized classes, therapeutic use, and family swim. This pool's intended purpose is to provide a warmer, more comfortable environment for those with therapeutic needs such as arthritis, chronic joint pain and fatigue, as well as individuals needing rehabilitation for injuries. This pool is available for families and swim lessons at designated times. Please see the weekly schedule for an overview of times.

#### Therapeutic Use

This time is designated for individuals with therapeutic needs only. Limited water exercise equipment is available for individual use upon request. Specialized water fitness equipment is allowed with staff approval.

#### Family Use

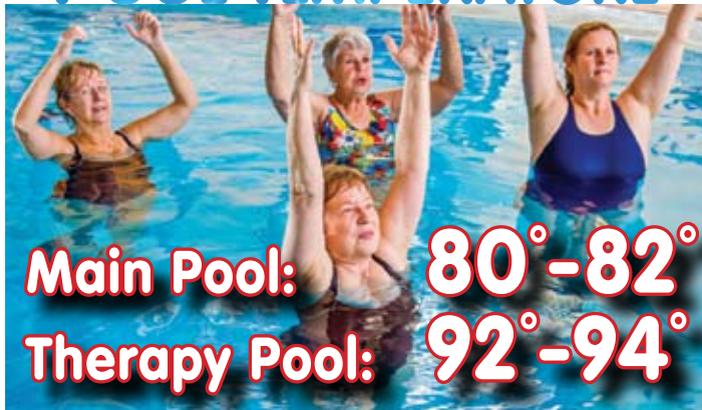
This time is designated for families to utilize and enjoy the warm comfortable environment of the Therapy Pool. Please be respectful of those using the pool for therapeutic purposes. There is no jumping in the therapy pool.

### WORKING ON YOUR MERIT BADGE?

Scouts, complete your lifesaving skills in our pools! Group reservations must be requested 2 weeks in advance. Call or come by to pick up a group rental form that includes facility information and group pricing.



## POOL TEMPERATURE



## Lap Swim Etiquette

Due to the limited number of lap lanes, we require that patrons share lanes accordingly:

- Please group yourselves according to ability.
- Two swimmers – each swimmer stays on his/her respective side of the lane.
- Three swimmers – swim counter-clockwise in a single file line, staying on the right side of the lane.
- Make sure it is safe to pass if necessary.
- Safety First – When entering a lane that is already occupied by a swimmer, please alert that swimmer that you will be sharing a lane with him/her.

## POOL RULES -for your safety-

### Some Pool Rules in helping you to prepare your day!

- All patrons must shower before entering the pools.
- Children 5 years and under must be accompanied into the water by an adult (18 years or older) who is within arms reach.
- Children 6 – 8 years old must be accompanied by an adult (18 years or older) into the pool area if they have passed a swim test.
- Children who are 8 and over who have passed a swim test are allowed in the pool and pool area without an adult.
- Lifejackets and life vests (including swim suits with foam inserts) are acceptable and permitted in the pool. **Any child/patron wearing a lifejacket or life vest must be accompanied into the water by an adult 18 years or older and must be within arms reach.** No noodles, inflatables, swimmies, or water wings are allowed. Any patron wearing a lifejacket or vest is NOT Permitted to use the diving board. Other flotation devices considered at the discretion of the Aquatic Director or Manager on Duty.
- Noodles, aqua belts, and aqua dumb bells are permitted for water exercise/therapy only.
- Children must be wearing appropriate swim diapers, no exceptions.
- Proper swimming attire is required. No casual clothing, jeans, or T-shirts are allowed.
- Kickboards, pull buoys, and training paddles are available for use.
- Masks, snorkels, and fins are allowed for lap swimming ONLY.
- Diving is permitted in the deep end of the lanes and off the diving board ONLY.
- Adults may NOT catch children off the diving board or provide assistance on the board.
- Questionable swimmers may be asked to take a swim test consisting of one comfortable 25 yard lap of front crawl to prove ability.

## LEARN-TO-SWIM LEVEL DESCRIPTIONS

The American Red Cross offers comprehensive course levels that teach participants how to swim skillfully and be safe in and around water. The prerequisite for each level is the successful demonstration of the skills from the preceding level. Level 1 participants can begin at age 5, or at age 4 with approval from the Recreation Supervisor of the Aquatics Department. The ARC swim lesson program is designed for students to move from each level to the next at their own pace and progression level. Expect students may stay in the same level for multiple sessions. Each level of the Learn-to-Swim program includes appropriate information about basic water safety in addition to the skills outlined below:

### PARENT AND CHILD AQUATICS (AGE 6 MONTHS-2 YEARS)

Children will have fun in the water while being exposed to basic swimming skills through games, songs, and activities. Each child must be accompanied in the water with one adult.

### PRESCHOOL AQUATICS (AGES 3 AND 4)

**Purpose: Familiarize children to the aquatic environment**

**Preschool Level 1** participants learn skills centering on water acclimation and water comfort which include: water entry, blowing bubbles, floating on front and back, gliding on front and back and exploring independent movement with combined arm and leg movement. This level is great for very beginner swimmers and children with water fear or apprehension.

**Preschool Level 2** participants build and improve skills learned in Water Adjustment I. These skills include: becoming more comfortable with submersion and putting the face in while swimming, reinforcing and building the floating and gliding skills introduced in Preschool Level 1, and moving independently farther and stronger with combined arm and leg movement.

### Level 1: Introduction to Water Skills

**Purpose: Helps students feel comfortable in the water.**

Level 1 participants learn to:

Enter and exit the water safely, submerge nose, mouth and eyes, explore arm and hand movements, alternating and simultaneous leg and arm action on front and back, blow bubbles, bobbing 5 times, open eyes underwater and pick up submerged objects, float on front and back for five seconds, front and back glides with recovery for 2 body lengths, combined arm and leg swim on front and back, follow basic water safety rules and use a life jacket.

### Level 2: Fundamental Aquatics Skills

**Purpose: Gives students success with fundamental skills.**

Level 2 participants learn to:

Enter water by stepping or jumping from the side, exit water safely using ladder or side, fully submerge and hold breath, open eyes under water and pick up a submerged object, float on front and back for 15 seconds, tread water for 15 seconds, perform front and back glide with recovery, roll over from front to back, back to front, swim on front and back using combined strokes front and back, bobbing 10 times, rotary breathing, and swim or move in the water while wearing a life jacket.

### Level 3: Stroke Development

**Purpose: Builds on the skills in Level 2 through additional guided practice.**

Level 3 participants learn to:

Jump into deep water from the side, dive from kneeling or standing position, perform a survival float for 30 seconds, submerged and retrieve an object, bob with the head fully submerged 10 times, perform front and back glide using rotary breathing, tread water from one minute, perform freestyle 15

yards, perform elementary backstroke 15 yards, flutter, scissor, breaststroke and dolphin kicks, push off in streamlined position and begin kicking, change from horizontal to vertical position on front and back and reaching assist from deck.

## Level 4: Stroke Improvement

**Purpose: Develops confidence in the skills learned and improves other aquatic skills**

Level 4 participants learn to:

Swim underwater, perform feet first surface dive, tread water with 2 different kicks for 1 minute, freestyle 25 yards, elementary backstroke 25 yards, backstroke 15 yards, breaststroke 15 yards, butterfly 15 yards, sidestroke 15 yards, push off in streamlined position and begin kicking, perform open turn on front/back using any stroke, use safe diving rules, perform a throwing assist and reaching assist and to recognize recreational water illness.

## Level 5: Stroke Refinement

**Purpose: Provides further coordination and refinement of strokes.**

Level 5 participants learn to:

Tread water for five minutes, tread water for 2 minutes legs only, and tuck and pike surface dive. Perform the following: shallow dive, glide two body lengths, and begin any stroke, sidestroke 25 yards, butterfly 25 yards, backstroke 25 yards, breaststroke 25 yards, freestyle 50 yards, elementary backstroke 50 yards, freestyle and backstroke flip turn, how to call for help and first aid and CPR basics.

## Level 6: Swimming and Skill Proficiency

**Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over great distances.**

Level 6 participants learn to:

Surface dive and retrieve object 7-10 ft. deep, freestyle 100 yards, elementary backstroke 100 yards, breaststroke 50 yards, backstroke 50 yards, butterfly 50 yards, sidestroke 50 yards, front and back flip turns, swimming 500 yards continuously (20 lengths of the pool) with any 3 strokes (50 yards of each minimum, safe boating, dangers of breath holding and fitness swimming.

## PRIVATE SWIM LESSONS

Private Lessons and Semi Private Lessons (max 2 individuals) are available for both children and adults. All lessons are instructed by one of our qualified Swim Lesson Instructors and are one half hour in length. You will need to fill out a Private Lesson Request Form available at the MCC Reception Desk. You will be contacted by an instructor within 2 weeks regarding the status of your request and to set up your initial lesson. Lessons at the requested time are not guaranteed and may result in scheduling alternate times with an instructor. Call 429-3015 ext. 0 for more information.

### Private Swim Lesson Fee Schedule:

<b>Member Private Swim:</b>	\$35
<b>Member Semi-Private Swim:</b>	\$50
<b>Non Member Private Swim:</b>	\$40
<b>Non Member Semi Private Swim:</b>	\$60

*For water fitness classes, please see the fitness class schedule.*

## ADULT BEGINNER SWIM LESSONS (AGES 18+)

These lessons are designed for adults with minimal or no swimming experience, or those who need assistance adjusting to a water environment. This course will take adults through the beginning Levels I

and II of the American Red Cross Swimming and Water Safety Program. This group setting class will provide an appropriate level of instruction for adults wanting to discover the benefits of learning how to swim and be safe in and around water. Please see Level Description page for class skills.

**Instructor:** TBA  
**Location:** MCC Pool  
**Dates:** Wed., Sept. 14-Nov. 2  
**Time:** 5:50-6:20 p.m.  
**Fee:** \$67 for members. \$90 for non-members  
**Activity Number:** (261020-A)

## ADULT INTERMEDIATE SWIM LESSONS

(AGES 18+)

These lessons are designed for adults with minimal swimming experience who are already comfortable in and around water. This course will take adults through Level III and begin Level IV skills of the American Red Cross Swimming and Water Safety Program. This group setting class will provide an appropriate level of instruction for adults wanting to discover the benefits of learning how to swim and continuing to improve their stroke development. Please see Level Description page for class skills. **Pre-requisite for Intermediate class: Must be able to swim one 25 yard length of the pool freestyle with rotary breathing comfortably.**

**Instructor:** TBA  
**Location:** MCC Pool  
**Dates:** Wed., Sept. 14-Nov. 2  
**Time:** 6:30-7 p.m.  
**Fee:** \$67 for members. \$90 for non-members  
**Activity Number:** (261021-A)

## LIFEGUARD TRAINING (AGES 15 +)

In this course students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Students must be able to demonstrate course pre-requisites during the first class including a continuous 300 yard swim with proficiency in both front crawl and breast stroke, and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object, return to the starting point with the object and exit the pool without using the stairs or a ladder. Students are only allowed to use goggles for the pre-requisite 300 yard swim portion of the class, students must be able to demonstrate all skills in the class without the use of goggles to pass the course. Students will receive an American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer certification upon successful completion of this course. Fee includes instruction, course books, and a pocket mask. **Please bring bathing suit and towel to each class.**

**Instructor:** Brandon Biondi  
**Location:** Community Room and Pool  
**Dates:** Sat. & Sun., Oct. 1, 2, 8 & 9  
**Time:** 9 a.m.-5 p.m.  
**Fee:** \$220 for members. \$295 for non-members  
**Activity Number:** (261022-A)

# Aquatics

## LIFEGUARD TRAINING BLENDED LEARNING RECERTIFICATION CLASS (AGES 15+)

This course is for current ARC lifeguards who are already certified, or those who have expired no more than 4 weeks prior to the date of this class, who are looking to renew their certification because they are close to expiration. Participants will work through online reading and curriculum on their own time to be completed no more than 48 hours before the class meeting date. The in-class review will reinforce the at home pieces and give participants the opportunity to work through their skills in the water. Students should bring their current books and packet masks with them to class as these are not provided with this course. **Please bring a bathing suit, goggles and towel to class.** A lunch break will be provided; participants should bring their own lunch. Registration must be completed by no later than Friday, September 23rd 7:30 pm. No registrations after September 23rd will be accepted.

**Instructor:** Stephanie Huber  
**Location:** Community Room and MCC Pool  
**Dates:** Sun., Sept. 25  
**Time:** 10 a.m.-6 p.m.  
**Fee:** \$100 for members. \$125 for non-members  
**Activity Number:** (261023-A)

## JUNIOR LIFEGUARDING (AGES 11-14)

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15. Topics covered will include, introduction to lifeguarding, lifesaving skills, leadership skills, fitness, and professional development. **Please bring bathing suit and towel to each class.**

**Instructor:** TBA  
**Location:** MCC Pool and Community Room  
**Dates:** Sat., Sept. 17-Nov. 5, 8:30-9a.m.  
**Fee:** \$67 for members. \$90 for non-members  
**Activity Number:** (261024-C1)



## COMPETITIVE SPRING BOARD DIVING LESSONS (AGES 7-18)

In this course students learn techniques of take-offs, entries, flight positions, and basic principles of rotation. Students build progressions to learn different directions (groups) of rotation and add somersaults to flight. Maintaining a strong emphasis on basics and safety, students learn to challenge themselves with varying degrees of difficulty with dives.

**Instructor:** TBA  
**Location:** MCC Pool  
**Dates:** Mon., Sept. 12- Oct. 24 (7 classes)  
**Time:** 5-5:45 p.m. (Ages 7-11)  
6-6:45 p.m. (Ages 12-17)  
**Fee:** \$77 for members. \$103 for non-members  
**Activity Number:** (261025-A) Ages 7-11  
(261025-B) Ages 12-17

## MANSFIELD MARLINS YOUTH SWIM CLUB (AGE 8– GRADE 8)

**Returning Swimmer Registration:** Returning swimmers need to register for the program every season. Please register your child according to when your registration date becomes available. Our pool/lane space is limited and we do not hold spots for returning swimmers. We encourage all participants to register as soon as possible!

**New Swimmer Registration:** All new swimmers must be pre-registered into the program before the evaluation night on **Tuesday, September 6th.** (See below for more information about the swim evaluation night) Please register your child according to when your registration date becomes available. We encourage all participants to register as soon as possible!

Join the Mansfield Marlins Youth Swim Club! This instructional team will help young swimmers develop their swimming skills, their stroke techniques, and teach new fundamentals such as flip turns and competitive starts in the sport of competitive swimming. The Youth Swim Club session runs from September-November (10 weeks). Practices will be held on Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m. or 6:30 p.m. to 7:30 p.m. depending on age/ability. The team will also compete in 3 scrimmage swim meets here at the community center and have periodic time trials as well. Participants may register for only one evening of practice if desired. All pre-registered returning swimmers will attend regular practice times unless notified of a practice time change by a coach. It is recommended that swimmers have passed Level 4 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming, among other activities.

Have a birthday party to remember at the Mansfield Community Center! Enjoy our birthday party Splash Package including one of our pool inflatables.  
For more information, see page 21.

## NEW SWIMMERS EVALUATION NIGHT, Tuesday, September 6th, at the MCC Pool - 6 p.m.

ALL new swimmers should be pre-registered into the program before the evaluation night. If for any reason, your child does not get placed on the team, we would issue a full refund for any registration fees at that time. Because of the progressive nature of this program, space in the program may be limited according to the number of returning registered swimmers per season as well. Therefore space in the program may vary by season. Tuesday, September 6th at 6 p.m., will be a mandatory evaluation night for all NEW swimmers starting at 6 p.m., Participants will be evaluated on overall safety and comfort level in the water, front crawl with rotary breathing, breaststroke, and backstroke. Swimmers may be asked to complete 25 or 50 yards of these strokes depending on age and ability. After the evaluation night, new participants will receive a phone call assigning swimmers to a practice time slot for the rest of the season. Please register using the information below.

- Coach:** Scott James and Gavin Metsack  
**Location:** MCC Pool  
**Dates:** Tues. or Thurs., Sept. 13- Nov. 17, swimmers will be placed in practice groups according to age/ability.  
**Fees:** \$85 for members. \$115 for non-members  
**Activity Number:** (261031-A) Tuesday Practice  
 (261031-B) Thursday Practice



## MARLINS LATE FALL STROKE CLINICS

(AGES- GRADE 8)

Our Marlins coaches will be running four stroke clinics this fall focusing on each of the four competitive swimming strokes. Whether you would just like some extra practice on one of your strokes or you would like to take all four sessions, these clinics are designed to keep your competitive swimming skills fresh during our intersession. Our goal is to breakdown each of the strokes piece by piece focusing on form, stroke technique, body positioning, breathing and more. Drills will accompany starts and turns for each stroke.

- Coach:** TBA  
**Location:** MCC Pool  
**Time:** 6-7 p.m.  
**Dates:** (261032-A) Tues., Dec. 6- Freestyle  
 (261032-B) Thur., Dec. 8- Breaststroke



(261032-C) Tues., Dec. 13- Backstroke

(261032-D) Thur., Dec. 15- Butterfly

**Fee:** \$15 for members. \$20 for non-members

## MASTERS/ADULT SWIMMING and MANSFIELD MASTER MARLINS

Are you an adult with some competitive swimming experience who is looking to improve your strokes, set and reach personal goals, and improve your overall fitness? If so, the Mansfield Parks and Recreation Department Adult/Masters Swim Program may be the right choice for you! This program is geared towards individuals with some competitive swimming experience and basic proficiency in front crawl, back crawl, and breaststroke. We understand that ability levels will vary and the underlying foundation of our program will consist of developing the efficiency of each of the 4 competitive strokes, setting and reaching personal goals, and improving overall physical fitness. We want this program to reach and appeal to the everyday lap swimmer, to those of you preparing for an upcoming triathlon, and even to those of you who want to compete in regional or even national United States Masters sanctioned swim meets.

This 10 week program will offer two weekly coached practice times, select your practice days from the days and times below.

- Coach:** Scott James, ASCA Certified Level 1 and 2 Masters Coach  
**Location:** MCC Pool  
**Day:** Tuesday or Thursday, 7:30-8:30 p.m.  
**Dates:** Sept. 13- Nov. 15, 7:30-8:30p.m.  
 Sept. 15- Nov. 17, 7:30-8:30p.m.  
**Fee:** \$85 for members. \$115 for non-members  
**Activity Number:** (261040-A) Tuesday practice  
 (261040-B) Thursday practice



## AMERICAN RED CROSS SWIMMING and WATER SAFETY PROGRAM

The Mansfield Community Center is glad to be an authorized provider of the American Red Cross Swimming and Water Safety program. If you have a passing certificate from last year or last session, then please select the next level for your child. Proper swim lesson placement is instrumental in providing a successful enjoyable swim lesson experience and in ensuring participant safety in the water. Please see the level descriptions page as a guide when registering your child. Spring group swim lessons are held during Monday or

Wednesday evenings, Wednesday mornings, or Saturday mornings. Classes at the MCC may be cancelled in the event of lightning or thunder storms, any potential significant snow storms, and/or other unsafe pool conditions. Participants will be notified if any cancelled classes will be made up. Wednesday and Saturday group lessons consist of 8 classes/ 30 minutes per class. Because of Halloween this year, Monday group lessons consist of 7 classes/ 30 minutes. Please see fall class schedule for details and class fees.

### SESSION I: SEPTEMBER 12- OCTOBER 24

#### Monday Evening Lessons. *Monday session is 7 swim lessons.*

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7 p.m.
Parent/Infant	261007-A1		
Preschool Level 1		261008-A1	
Preschool Level 2			261009-A1
Level 1		261001-A1	
Level 2	261002-A1		
Level 3		261003-A1	
Level 4	261004-A1		
Level 5			261005-A1

### SEPTEMBER 14- NOVEMBER 2

#### Wednesday Morning Lessons

	10-10:30 a.m.	10:40-11:10 a.m.
Parent/Infant		261007-B2
Preschool Level 1	261008-B2	

### SESSION II: SEPTEMBER 14- NOVEMBER 2

#### Wednesday Evening Lessons

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7 p.m.
Parent/Infant		261007-B1	
Preschool Level 1	261008-B1		
Preschool Level 2			261009-B1
Level 1	261001-B1		
Level 2		261002-B1	
Level 3	261003-B1		
Level 4		261004-B1	
Level 5			
Level 6	261006-B1		

### AMERICAN RED CROSS FALL 2016 GROUP LESSON SCHEDULE

**Instructor:** To Be Announced at First Class

**Location:** MCC Pool

**NOTE:** M- 7 Classes/ 30 minutes per class

\$59 for members

\$79 for non-members W/S  
– 8 Classes/30 minutes per class

\$67 for members.  
\$90 for non-members



## SESSION III: SEPTEMBER 17- NOVEMBER 5

### Saturday Morning Lessons

	8:30-9 a.m.	9:10-9:40 a.m.	9:50-10:20 a.m.	10:30-11 a.m.	11:10-11:40 a.m.
Parent/Infant		261007-C1			
Preschool Level 1	261008-C1			261008-C2	
Preschool Level 2			261009-C1		261009-C2
Level 1		261001-C1	261001-C2		261001-C3
Level 2		261002-C1	261002-C2	261002-C3	261002-C4
Level 3	261003-C1		261003-C2		261003-C3
Level 4		261004-C1		261004-C2	
Level 5				261005-C1	
Level 6	261006-C1				
Junior Lifeguarding	261024-C1				

For water Fitness classes please the fitness section of our brochure.

### LATE FALL MINI- SESSIONS

**Instructor:** To Be Announced at First Class

**Location:** MCC Pool

**NOTE:** Mondays AND Wednesdays – 8 Classes/30 minutes per class

**Fees:** \$67 for members.  
\$90 for non-members

## MINI SESSION I: NOVEMBER 14- DECEMBER 7

### Monday & Wednesday Evening Lessons

	4:30-5 p.m.	5:10-5:40 p.m.	5:50-6:20 p.m.
Parent/Infant		261007-D1	
Preschool Level 1	261008-D1		
Preschool Level 2			261009-D1
Level 1		261001-D1	
Level 2			261002-D1
Level 3		261003-D1	
Level 5			261005-D1

## MINI SESSION II: DECEMBER 19- JANUARY 11

### Monday & Wednesday Evening Lessons

	4:30-5 p.m.	5:10-5:40 p.m.	5:50-6:20 p.m.
Parent/Infant		261007-E1	
Preschool Level 1	261008-E1		
Preschool Level 2			261009-E1
Level 1			
Level 2		261002-E1	
Level 3			261003-E1
Level 4		261004-E1	
Level 6			261006-E1

# Aquatics



## AMERICAN RED CROSS PEDIATRIC CPR/AED & FIRST AID

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate which is valid for two years. The course fee includes all course materials and certification costs.

**Instructor:** Brandon Biondi  
**Day:** Wed., Nov. 2  
**Time:** 5:30-8:30 p.m.  
**Location:** MCC Community Room  
**Fee:** \$60 for members. \$70 for non-members  
**Activity Number:** (260001-A)

## AMERICAN RED CROSS ADULT CPR/AED & FIRST AID

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate which is valid for two years. The course fee includes all course materials and certification costs.

**Instructor:** Brandon Biondi  
**Session 1:** Mon., Sept. 26  
**Session 2:** Wed., Oct. 19  
**Time:** 6-8:30 p.m.  
**Location:** MCC Community Room  
**Fee:** \$60 for members. \$70 for non-members  
**Activity Number:** (260002-A) Session 1  
(260002-B) Session 2

## PADI SCUBA CERTIFICATION COURSE

Professional Association of Diving Instructors Experience scuba diving and get PADI open water certification in this four session course. PADI is the most popular certification and can be used to dive anywhere internationally. The orientation night will be held on Sept. 25th at the Mansfield Community Center from 4:30- 7 pm. The following sessions consist of a classroom portion followed by skills in the pool. The cost of the course includes: mask, fin, snorkel, boots, hood, gloves, PADI Dive Book, dive tables (all yours to keep after the course ends) and all certification fees as well as rental gear for all pool sessions and open water dives. Open water dives will take place in the spring/summer (dates TBA) in Jamestown, RI and/or Bigelow Hollow State Park.

**Instructor:** John D. Langlois from Enfield Scuba  
**Location:** CC Pool & Community Room  
**Days:** (261026-A) Sun., Sept. 25, 4:30-7 pm, Oct. 2, Oct. 9,

and Oct. 16, 2:30- 7:30 pm

**Fee:** \$155 for members. \$195 for non-members  
**Activity Number:** (261026-A)

*(There will be an additional \$295 equipment fee payable to Enfield Scuba on the first day of class and there will be an additional \$99 fee for the check for open water dives.)*



## FALL FAMILY FUN NIGHTS

Join us this fall for some fun Family Nights at the Mansfield Community Center. There are giant inflatables in the gym and in the pool, ping pong, inflatable pool floats, tot toys, puzzles, Community Room drop-in games, open gym, the fitness area is open for kids ages 12 and 13 with their parents, poolside basketball and more! No pre-registration required.

**Location:** Mansfield Community Center  
**Dates/Times:** Fri., Sept. 16, 5:30-8:30 p.m.  
Sat., Oct. 8, 4:30-7:30 p.m.  
Fri. Oct. 21, 5:30-8:30 p.m.  
Fri., Nov. 4, 5:30-8:30 p.m.  
Sat., Nov. 26, 4:30-7:30 p.m.  
Sat., Dec. 17, 4:30-7:30 p.m.

**Fee:** There is no fee for Community Center Members. Non-members just need to pay the daily fee and see what the fun is all about. Off-peak members pay ½ the daily fee.



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# Community School of the Arts



## ABOUT THE COMMUNITY SCHOOL OF THE ARTS

The Community School of the Arts (CSA) has history of providing community based programs sponsored by the University of Connecticut (UConn) for over 35 years. In 2014 the University partnered with Mansfield Parks and Recreation in continuing to offer an array of high quality instruction in the arts. This fall will begin a new era for the CSA as Mansfield Parks and Recreation will now independently administer the CSA program. Participants can be reassured that Mansfield Parks and Recreation remains committed to provide high quality instruction and facilities to individuals partaking in CSA programs. The core mission of CSA will not change. CSA will continue to offer students of all ages and ability levels with professional, affordable instruction in the performing and visual arts. Mansfield Parks and Recreation has retained

the services of many instructors who have been teaching with the CSA under UConn and will continue to employ highly qualified professionals, many whom have already achieved or are actively pursuing advanced level degrees in Fine Arts at the University of Connecticut. We look forward to serving you with the CSA and other invite you to explore the numerous other recreation and leisure services provided by the Town of Mansfield.

## INDIVIDUAL LESSONS

### INDIVIDUAL INSTRUMENTAL AND VOICE LESSONS (ALL AGES)

Please visit the Mansfield Community Center Reception Desk for a list of available instructors and to submit a lesson request and payment authorization form. After initial submission of the lesson request an instructor will contact you within two weeks to set up the first lesson.

Students meet with an instructor once per week for 30, 45, or 60 minutes. Depending upon the instrument, age requirements may apply. Lessons are offered on weekdays only, and held primarily at E.O. Smith High School; other locations in Mansfield may be used as needed. For your convenience, there are multiple scheduling options. Payment is required prior to each lesson. A la carte lessons will be automatically charged the day before each lesson. Month-by-month lessons will be automatically charged prior to the first lesson of the month. Full season lessons will be due in full prior to the first lesson of the session.

LESSON LENGTH	30 MINUTES	45 MINUTES	60 MINUTES
Cost per lesson a la carte*	\$35	\$50	\$65
Month-by-month cost (4-lessons)	\$132	\$180	\$238
Full season (10 lessons)	\$300	\$410	\$540

*(Please note, there will be a once per season \$10 non-resident charge for those participating in lessons that do not live in Storrs/Mansfield. The \$10 will be charged with the first lesson of the season.)*

Full season lessons will be held between September 6th and December 17th. \*Times for monthly and a la carte lessons are not guaranteed from month-to-month or week-to-week.





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# Community School of the Arts



## SUZUKI MUSIC PROGRAM (AGES 4 AND UP)

Suzuki study is available for Violin and Classical Guitar for students as young as age 4. The philosophy of Suzuki is to develop the whole child, nurture musical capacity, and provide adult interaction that contributes to the joy of making music. Principles include beginning lessons at an early age and parental/caregiver firsthand involvement in lessons, group classes, and home practice. The Suzuki Program requires two meetings each week: a private lesson and a group class, based on appropriate level of repertoire (Suzuki Books 1-10). Lessons are offered in 10-week seasons and must be paid in full at registration.

**Mandatory Suzuki Orientation Friday, Sept. 2, 2016 – for new and returning students!**

New students will observe a group class and be provided with all the information parents will need to know, including necessary materials. Returning students and parents will participate in the group class, receiving one group lesson free of charge, and will learn about any program updates. Group class divisions will be determined at orientation.

**Lessons meet weekly for 10 weeks beginning the week of September 12, 2016.**

LESSON LENGTH	30 MINUTES (230100-A)	45 MINUTES (230100-B)	60 MINUTES (230100-C)
Cost per week (1 individual + 1 group lesson)	\$45	\$56	\$69
Total – 10 lessons	\$450	\$560	\$690

*(Please note, there will be a once per season \$10 non-resident charge for those participating in lessons that do not live in Storrs/Mansfield. The \$10 will be charged with the first lesson of the season.)*

**Dates:** Sept. 12-Dec. 16. \*no lessons 11/21-11/25

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## ENSEMBLES & GROUP MUSIC INSTRUCTION

### CHAMBER GROUPS

Do you have an established chamber group that could use some coaching? Contact Kimberly Rontey at 860-429-3015 ext. 6108 to arrange a schedule of lessons with a member of CSA staff.

LESSON LENGTH	30 MINUTES	45 MINUTES	60 MINUTES
Cost per week per participant	\$15	\$20	\$25

*(Please note, there will be a once per season \$10 non-resident charge for those participating in lessons that do not live in Storrs/Mansfield. The \$10 will be charged with the first lesson of the season.)*



### GROUP CLASS PIANO FOR CHILDREN

For the true beginner who has no piano experience. Learn basic piano skills in a fun social environment! Play games and use hands-on activities to help you learn technique and music theory and appreciation as they relate to various styles of piano playing. Purchase of Suzuki Piano Book 1 will be required for this class (this is not a Suzuki program). Parent attendance and participation is required. Space is very limited, register early!

**Instructor:** Eugenio Figueroa  
**Location:** E.O. Smith Keyboarding Room  
**Dates:** (10 weeks) Tues., Sept. 6-Nov. 29  
*\*no class 10/11, 11/8, 11/22*  
**Time for Age 6-8:** 4:30-5 p.m.  
**Fee:** \$75 for residents, \$85 for non-residents  
**Activity Number for Age 6-8:** (230501-A)  
**Time for Ages 8-12:** 5:15-5:45 p.m.  
**Fee:** \$93 for residents, \$103 for non-residents  
**Activity Number for Age 8-12:** (230502-A)

## MUSIC THEORY

### FUNDAMENTALS OF MUSIC THEORY

(TEENS AND ADULTS – AGE 12+)

Improve your fundamental aural, analytical, and compositional skills using both listening and written exercises. Learn or improve on skills such as writing music on a grand staff, developing an understanding of scales, keys, time signatures, and basic intervals and chords. Work on beginner and intermediate ear and rhythm training and analysis.

**Instructor:** Lillie Gardner  
**Location:** E.O. Smith High School  
**Dates:** Thurs. Sept.-Nov. 17 (10 weeks) *\*no class 10/27*  
**Time:** 4-5:15 p.m.  
**Fee:** \$80 for residents. \$90 for non-residents  
**Activity Number:** (230503-A)

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# Adult Programs



## NEW! 100 DRAWINGS and PAINTINGS: A Creative Journey

*"Every artist has thousands of bad drawings in them and the only way to get rid of them is to draw them out." Chuck Jones*

This fun 10-week series will give you time, space, materials, and encouragement to make 100 new works of art as you cultivate your inner awareness and develop who you are as a creative being. Relax and let go of your expectations and inner critic as we focus on quantity, not finished product. This creative journey will start with prompts and exercises, and finish with reflections allowing time to slow down and go deeper. You will be inspired by what you learn and where you end up! A range of materials will be provided.

**Instructor:** Reagen O'Reigaekn

**Dates:** Tues., Sept. 6-Nov. 15 (10 classes)  
*\*no class October 11*

**Time:** 10:30 a.m.-12:30 p.m.

**Fee:** \$122 for residents. \$132 for non-residents

**Materials Fee:** \$20 due at registration, fee waivers do not apply.

**Activity Number:** (210007-A)

## REGISTER EARLY!!

Most programs have limited enrollments. Besides not getting into the program, nothing cancels programs more than waiting until the last minute to register, as classes may have been canceled due to low enrollment. It is recommended that your registration form and fee be received two weeks prior to the start of the program.

You may register in person at the Mansfield Community Center or online at [www.tinyurl.com/MansfieldRegistration](http://www.tinyurl.com/MansfieldRegistration). Phone registrations are not accepted.

Member Registration will begin for Aquatic & Fitness Programs on Wed., Aug. 3.

Resident Registration for all programs begins on Fri., Aug. 5.

Non-Resident Registration for all programs begins Mon., Aug. 8.

## PAINTING- ACRYLIC, CHALK AND/OR OIL PASTELS –CONTRAST and COLOR – BEGINNERS and ADVANCED

Awaken your creativity! Challenge yourself. Would you like to explore and improve your painting skills? Learning to paint is a process and a learned skill. Expand your horizons and have fun experimenting with a new medium, oil pastel, as well as increasing your ability to use chalk pastel. Advanced students may bring their own picture references. Learn to create value, use contour, a pleasing composition, as well as varying your drawing media. Create textures and use color and contrast to infuse your oil and/or chalk pastels with energy with Pastelist, Nancy Cooke Bunnell. Nancy will demonstrate methods of under painting pastel using drawing techniques, building with contrast, color, and light in pastel. The artists will then create their own dramatic florals, still-life, abstracts, and/or landscapes as they apply these techniques and principles.

**Instructor:** Nancy Cooke Bunnell, a pastelist, is a certified art teacher. She has been teaching art for over 10 years ages 3 to 101, and has over 25 years public school teaching experience. She has taught drawing, acrylic, pastels to adults and children. Her pastels have won first in the state at the CT Pastel Society and she has won numerous awards at CPS and awards at ACE and throughout the state. Nancy has also shown work on Canyon Rd. in New Mexico.

**Location:** CC Arts and Crafts Room

**Dates:** Wed., Sept. 21-Dec. 14 (12 classes) *\*no class 11/23*

**Times:** 6:30-8 p.m.

**Fee:** \$137 for residents. \$147 for non-residents

**Materials Fee:** \$10 for returning students who have all the drawing and pastel material

\$25 for new students and those without the materials from previous classes at the Community Center

**Activity Number:** (210003-A)

## BEGINNING CROCHET (GRADE 7-ADULTS)

Today's yarns come in a mind-boggling array of styles and colors. Why not learn how to turn them into wonderful crocheted projects. Whether it is a fashionable scarf, a toasty baby blanket or a set of unusual placemats, your end product will be something to be proud of!

**Instructor:** Sue Harrington

**Dates:** Mon., Nov. 7-28 (4 sessions)

**Location:** CC Community Room

**Times:** 7-9 p.m.

**Fee:** \$50 for residents, \$60 for non-residents

**Activity Number:** (210025-A)



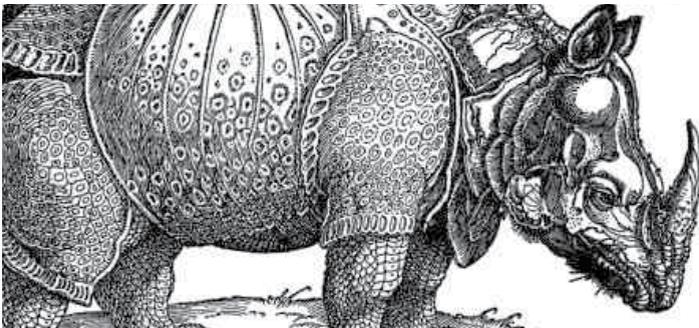


## **COLLAGE WORKSHOP #1:** (AGE 12-ADULT)

This fun 4-hour workshop will inspire you to play and explore with collage techniques. Learn gluing tricks and try new adhesives, build/age/edit surfaces, and consider adding words to tell your story. Leave with inspiration and techniques. Collage is drawing and painting with paper, no formal drawing experience necessary. This workshop is about you!

Suggested Material to bring from home: 3 magazines that reflect your personal interest (to be cut up and 1 to be shared), map of home town or birth place, family photos to make copies from.

- Instructor:** Reagen O'Reigaekn  
**Dates:** Sat., Sept. 17th  
**Location:** CC Arts and Crafts Room  
**Times:** 12:30-4:30 p.m.  
**Fee:** \$29 for residents, \$39 for non-residents  
**Materials Fee:** \$10 due at registration, fee waivers do not apply  
Activity Number: (210005-A)



## **DRAWING ON A ZINC PLATE/ DRYPOINT PRINTMAKING** (AGE 12-ADULT)

This 4-hour workshop will review basic drawing and shading techniques as well as look at etchings from famous artists such as Rembrandt, Goya, and Durer. You will then transform your sketch into a rich drawing by scratching, scoring, gouging, and scraping a 4" x 6" zinc plate. Drawing directly on to a zinc plate with an intaglio needle will create a painterly effect. You will learn to ink your plate and create multiple copies of your drawing through the printmaking process using a small press. We will also learn to erase your image and create a new image for those interested. Each student will make a small edition of prints to treasure and share. You will love seeing your drawing transform with this simple printmaking process! All levels welcome.

- Instructor:** Reagen O'Reigaekn  
**Dates:** Sat., Oct. 8th  
**Location:** CC Arts and Crafts Room  
**Times:** 12:30-4:30 p.m.  
**Fee:** \$29 for residents. \$39 for non-residents  
**Materials Fee:** \$20 due at registration, fee waivers do not apply  
Activity Number: (210005-B)

## **RELIEF PRINTMAKING I** (AGES 12-ADULT)

This 4-hour workshop will show you how to transform your idea or image into a printing block using a fun and easy two-color block printing technique. The image will focus on positive and negative space in the composition. Participants will learn to safely carve a linoleum block as well as experience the feel of carving a wood block. You will create an image that you can print hundreds of times. Participants will create editions of notecards that are great from gifting, trading with classmates or framing. Multiple color inks and traditional rice papers will be available.

- Instructor:** Reagen O'Reigaekn  
**Dates:** Sat., Dec. 10th  
**Location:** CC Arts and Crafts Room  
**Times:** 12:30-4:30 p.m.  
**Fee:** \$29 for residents. \$39 for non-residents  
**Materials Fee:** \$20 due at registration, fee waivers do not apply  
Activity Number: (210005-C)

## **ARTISTS** Welcome to Apply for Display Space *at the Mansfield Community Center*

Local artists are welcome to submit an application form to the Mansfield Arts Advisory Committee (AAC) for review. If selected, artists will negotiate the display period for art exhibits at the Mansfield Community Center (MCC). Exhibits will normally run for three months: January 15 to April 14; April 15 to July 14; July 15 to October 14; or October 15 to January 14.

Applications to exhibit will be judged by the AAC on the basis of originality, artistic quality, and suitability for a family setting. An application form and the art display policy is available on line at the Mansfield Community Center reception desk or [http://www.mansfieldct.gov/town/current/recreation/ar\\_online](http://www.mansfieldct.gov/town/current/recreation/ar_online); applications may be left at the desk or sent to AAC, c/o MCC, 10 S. Eagleville Rd., Storrs, 06268



# Adult Programs



## RUSSIAN

Always wanted to learn a new language? Interested in Russian culture? Russian is the 8th most widely spoken language in the world! Participants in this class will learn to speak, read and write Russian in a fun, interactive atmosphere. Each class will build on the class before. Student purchase of textbook/workbook required: Beginner's Russian with Interactive Online Workbook: A Basic Russian Course (authors: Kudyma & Miller). Students must purchase textbook on their own (available from Amazon).

For enrollment in the level II class, participants must have completed at least one session of level I. Exceptions can only be made by the instructor for those with previous study.

**The deadline for registration is one week prior to the class start date. Please register early or classes may be cancelled.**

**Instructor:** Susan Frarie holds a MA in Slavic Linguistics and a BA in Russian Language and Culture. She has experienced Russian culture first hand while living and working in Russia for three years. Susan also taught college-level Russian for several years at UNC-Chapel Hill during graduate school.

**Class:** Beginner Russian Level I  
**Location:** Community Room  
**Day:** Fri., Sept. 9- Nov. 18 (10 Classes) \*no class 11/11  
**Time:** 9-10:30am  
**Fee:** \$78 for residents. \$88 for non-residents  
**Activity Number:** (210017-A)

**Class:** Beginner Russian Level II  
**Location:** Arts and Crafts Room  
**Day:** Thurs., Sept. 8- Nov. 10 (10 Classes)  
**Time:** 6:30-8 p.m.  
**Fee:** \$78 for residents. \$88 for non-residents  
**Activity Number:** (210018-A)

## ITALIAN (AGES 18+)

Always wanted to learn a new language? Participants in this class will be introduced to the Italian language and to the culture of Italy in a very relaxed atmosphere. Each class will build on the class before. In the intermediate class you will be put in touch with Italian pen pals to practice the language. You must have completed a level before going on to the next as indicated by the instructor; this may require taking the beginner level more than once. Exceptions can only be made by the instructor.

Students of the Intermediate class only are required to purchase the textbook and CD on their own (gently used works perfectly): "Parliamo Italiano" Third Ed. by Suzanne Branciforte and Anna Grassi.

The deadline for registration is one week prior to the class start date. Please register early or classes may be cancelled.

**Instructor:** Margherita Balsamo is a native of Italy, where she visits her family as often as possible. She graduated from the University of Padova (IT) and then lived in Germany for several years before moving to the United States few years ago. She taught Italian adult classes in Germany including classes at the Ruhr University of Bochum (DE). Margherita loves to teach about her country and her culture with a lot of humor.

**Class:** Beginner Italian  
**Day:** Wed., Sept. 7- Nov. 16 (11 Classes)  
**Time:** 12:30-2 p.m.  
**Location:** CC Arts & Crafts Room  
**Fee:** \$86 for residents. \$96 for non-residents  
**Activity Number:** (210011-A)

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# Adult Programs

**Class:** Intermediate Italian  
**Day:** Tues., Sept. 6 - Nov .15 (11 Classes)  
**Time:** 6:30-8 p.m.  
**Location:** CC Community Room  
**Fee:** \$86 for residents. \$96 for non-residents  
**Activity Number:** (210012-A)

## SPANISH (AGES 16+)

Have you wanted to learn Spanish but aren't sure where to begin? Take your first step by enrolling in this introductory course covering the basics of the Spanish language, as well as cultural topics relating to various Hispanic countries. In this interactive course you will have the opportunity to practice your language skills in an easy-going environment while learning about the great diversity of the Spanish speaking world. No textbook is necessary for this course, all materials will be provided in class; please bring a folder to stay organized.

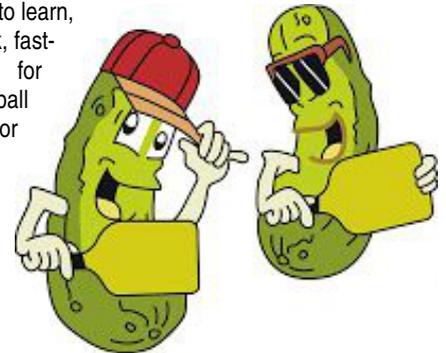
**Instructor:** Chris Varano holds a BA in Spanish Language and Hispanic Culture as well as a K-12 teaching certification from Eastern Connecticut State University. He has also had the opportunity to live in Spain and studied at the University of Seville. Chris is currently a Spanish teacher in the Hebron school district and is also in the process of completing his MA in Spanish Language and Hispanic Culture at Central Connecticut State University.

**Class:** Beginner Spanish  
**Day:** Monday Sept. 12- Nov . 28 (10 Classes) \*no class 10/10 or 11/21  
**Time:** 6-7 p.m.  
**Location:** CC Community Room  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity number:** (210016-A)



## RELISH THE MOMENT, PLAY PICKLEBALL!

Pickleball is held year around at the Mansfield Community Center and we welcome you to join the fun! Pickleball is a cross between tennis, badminton, and ping pong. Players use oversized ping pong paddles and a whiffle ball that moves slower than a tennis ball. The game is played on a badminton-size court that is divided by a 34-inch-high net and the size of the court makes playing the game easier for baby boomers and active seniors. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball can be played as a singles or doubles game.



## SEE, DO, LEARN...PICKLEBALL CLINIC

Our pickleball clinic makes it fun and easy to learn! Learn the basic skills, play strategy, rules, and scoring for singles and doubles play. The program will be geared for beginner and advanced beginners and will be progressive. At the conclusion of six sessions you should feel comfortable participating in our recreational drop in open play hours at the community center. We will supply all necessary equipment for clinic play.

**Instructor:** Parks and Recreation Staff  
**Location:** Mansfield Community Center  
**Dates:** Tues. & Thurs., Oct. 13-29  
**Time:** 9-10:15 a.m.  
**Fee:** \$39 for residents. \$49 for non-residents  
**Activity Number:** (210029-A)

## PICKLE DROP... PICKLEBALL DROP-IN OPEN PLAY

Three indoor courts are available for drop-in, open play at the Mansfield Community Center beginning in November. Limited equipment available.

**Location:** Mansfield Community Center  
**Dates:** Tues. & Thurs (May be occasionally cancelled for special events or some programs.)  
**Time:** 9:30 a.m.-12 p.m. (October 13-29, 10:15 a.m.-12 p.m.)  
**Fee:** Free to members, non-members pay daily facility admission fee

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# Adult Programs

## BICYCLE WORKSHOPS

Presented by Bike Mansfield

### BICYCLE MAINTENANCE

Want to learn the basics to keep your bicycle in the best shape possible? This workshop will cover what all cyclists should know about maintaining and adjusting their bicycles before, during and after a ride. Please pre-register.

**Presenter:** Aaron Paterson, owner of Storrs Center Cycle.

**Day:** Wed., Oct. 12th

**Time:** 7-8:30 p.m.

**Location:** Community Room

**Fee:** \$10 residents. \$20 non-residents

**Activity Number:** (210080-A)



## Join a Tennis Ladder



Interested in finding someone to play tennis with? Join the Mansfield Parks and Recreation Tennis Ladder. It can be found at [www.globaltennisnetwork.com](http://www.globaltennisnetwork.com). At the top you'll see a button that directs you to find a tennis ladder. Choose United States, Connecticut and Storrs. There is only one tennis ladder started in Storrs. It's call Mansfield Parks and Recreation. Then follow instructions on how to join. Then wait for others to find you. Have fun!

## Adult Drop-In Sports

Drop-in sports are free to members, non-member pay the daily admission fee.

Basketball	Monday & Wednesday, 7:30-8:55 p.m.
40+ Basketball	Tuesday & Friday, 7:15-9:15 a.m.
Pickleball	Tuesday & Thursday, 9:30 a.m.-Noon
Futsal	Tuesday 7:30-8:55 p.m. & Sunday 6-7:55 p.m. (if people want to play)

## FAMILY Track Hours

Parents & kids who are facility members are invited to walk, run or jog on the track together.

Please note: parents must remain beside their children at all times, running or walking with them and follow all posted policies regarding use of the track area.

**Monday - Friday, 1-9 p.m.**  
**Saturday & Sunday, noon-8 p.m.**

**FREE,**  
however all participants must be facility members.



## LADIES NIGHT ALL LEVELS HORSEBACK RIDING WITH 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 ridden before and are looking to get back into and those who can competently walk, trot, canter and are learning to jump! Before each lesson you will groom and tack up and care for the horses 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 progress their riding experience while enjoying a good workout! Riders are required to wear pants, a boot with heel and bring a helmet (bike or riding).

- Instructors:** Staff at Magnolia Run Equestrian Center  
www.magnoliaruneqcenter.com
- Location:** Magnolia Run at Sawmill Brook Farm \*Class will move to indoor location in Columbia toward the end of the session.
- Day:** Wed., Sept. 7- Oct. 26 (8 weeks)
- Time:** 6-7 p.m.
- Fee:** \$266 for residents. \$276 for non-residents
- Activity Number:** (210071-A)



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# Adult Programs

## PERFORMING ARTS & DANCE

### SWING DANCING!

(SOCIAL DANCE LEVEL 1)

This class is for the beginner swing and social dancer. Have you always wanted to try swing or ballroom? This is the class for you! Learning to swing will prepare you to learn the other great social dances like waltz, fox trot, and rhumba. Join us in this fun, easy, gentle class and ease into the joys of swing dancing.

**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:** Mansfield Senior Center – Maple Rd., Storrs

**Day:** Mon., Sept. 12-Nov. 28 (10 weeks) \*no class 10/10 or 11/21

**Time:** 6:30-7:30 p.m.

**Fee:** \$100 per person for residents \$110 per person for non-residents

**Activity Number:** (210042-A)



### SOCIAL BALLROOM DANCE

(SOCIAL DANCE LEVEL II)

This class is for those that have previously participated in Beginning Basics of Social Ballroom. If you have not previously taken a ballroom class you must first enroll in Swing Dancing! listed above. This is not a class for true beginners. If you already know some basics of the social ballroom dances such as swing, waltz, fox trot and cha cha this is your class! A fun group class dedicated to expanding your knowledge of popular basic steps and variations as well as learning how to be the best leads and followers. The goal of the class is to get you out on the social dance floor feeling confident and ready to dance. Partners recommended but not required.

**Instructor:** Kelly Madenjian see description under Swing Dancing!

**Location:** CC Community Room

**Day:** Tues., Sept. 6- Nov. 15 (10 weeks) \*no class 11/8

**Time:** 6:45-7:45 p.m.

**Fee:** \$100 per person for residents. \$110 per person for non-residents

**Activity Number:** (210043-A)

### SOCIAL BALLROOM DANCE CONT.

(SOCIAL DANCE LEVEL III)

A super fun energetic class for the already social dancer looking to improve and expand their knowledge of content and technique. Participants of this class will have completed several sessions of the Social Dance Level II class described above. Exceptions may only be made by the instructor. This class moves on from the basics continuing to fill your tool box with amalgamations and variations to impress on the social floor. Partners recommended but not required.

**Instructor:** Kelly Madenjian- see description under Swing Dancing!

**Location:** Mansfield Senior Center – Maple Rd., Storrs

**Day:** Mon., Sept. 12 – Nov. 28 (10 weeks) \*no class 10/10 or 11/21

**Time:** (210044-A) 7:45-9 p.m. \*class is 1.25 hours

**Fee:** \$125 per person for residents. \$135 per person for non-residents

**Activity Number:** (210044-A)

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# Adult Programs

## 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:** Mansfield Senior Center – Maple Rd., Storrs  
**Day:** Wed., Sept. 14 – Dec. 7 (12 classes) \*no class 11/23  
**Time:** 6-7:30 p.m.  
**Fee:** \$90 for residents. \$100 for non-residents  
**Activity Number:** (210040-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:** Mansfield Senior Center – Maple Rd., Storrs  
**Day:** Tues., Sept. 14 – Dec. 13 (12 classes) \*no class 10/11, 11/22

**Time:** 6-7:30 p.m.  
**Fee:** \$90 for residents. \$100 for non-residents  
**Activity Number:** (210041-A)



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# Adult Programs



## INTRODUCTION TO MINDFULNESS WORKSHOP

Stressed? Want to learn how to work with you stress more skillfully? In this Introduction to Mindfulness Workshop, you will learn about the principles of mindfulness practice and how to use your own innate resources to respond to stress, pain or illness you may be experiencing in your life. No previous experience is required. Just come with an open mind and wearing comfortable clothes you can adjust to the room temperature. Participants will be sitting with an option to stand as needed.

**Instructor:** Dee Goodrich is an experienced meditator and graduate of the Mindfulness-Based Stress Reduction (MBSR) program. She recently completed a practicum for MBSR at UMass Medical School's Center for Mindfulness in Medicine, Health Care, and Society. Dee is working towards becoming certified to teach the eight-week MBSR program, created by Dr. Jon Kabat-Zinn in 1979 and has graduated over 22,000 participants.

**Location:** CC Community Room

**Day:** Tues., Oct. 18

**Activity Number:** (210031-A)

**Time:** 6:30-8:00 p.m.

**Fee:** \$9 for residents . \$19 for non-resident

## SATURDAY NIGHT SOCIAL GROUP

This social activity program is designed for those ages 15+ with developmental/cognitive disabilities. This drop in program meets twice per month on Saturday from 6-8 p.m. at the MCC. Participants will enjoy a variety of activities while meeting new friends! We are now offering the chance to pre-register for our activity nights and drop in are always welcome! Feel free to bring a snack to share! Upcoming dates and activities are listed below. First time participants are required to be accompanied by a parent or guardian.

**Location:** CC Arts and Crafts Room/Teen Center

**Dates:** TBD – please watch for flyer!

**Time:** 6-8 p.m.

**Fee:** \$5 per person per night





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[www.manchestercc.edu/explore](http://www.manchestercc.edu/explore)

# Activity Registration Form

**PLEASE CHECK REGISTRATION DATES. PLEASE PRINT CLEARLY!**

Online Registration is available.

Go to [www.mansfieldcc.com](http://www.mansfieldcc.com) and click on the on-line registration link.

**MAIL TO:** Mansfield Parks & Recreation Department  
10 South Eagleville Road  
Storrs/Mansfield CT 06268

PRIMARY HOUSEHOLD CONTACT (PARENT/GUARDIAN)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE:(H) \_\_\_\_\_ (W) \_\_\_\_\_

(CELL) \_\_\_\_\_

EMAIL: \_\_\_\_\_

SECONDARY HOUSEHOLD CONTACT (PARENT/GUARDIAN)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE:(H) \_\_\_\_\_ (W) \_\_\_\_\_

(CELL) \_\_\_\_\_

EMAIL: \_\_\_\_\_

**Please check here if any of the above information is new.**

**LOCAL** EMERGENCY CONTACT (OTHER THAN PARENT/GUARDIAN, I.E. GRANDPARENT, NEIGHBOR, ETC.)

NAME \_\_\_\_\_ PHONE: \_\_\_\_\_

ACTIVITY# / LETTERS	ACTIVITY NAME	PARTICIPANT'S LAST NAME	FIRST NAME	BIRTH DATE	GENDER	FEE

CONTRIBUTION TO SCHOLARSHIP FUND (SEE PAGE 69)

**Please check here if you have purchased a Community Center Membership.**

FILL DETAILS BELOW FOR EACH PARTICIPANT:

*SOME MANSFIELD RESIDENTS MAY BE ELIGIBLE FOR LOW-INCOME FEE REDUCTIONS. CHECK WITH THE PARKS & RECREATION OFFICE FOR MORE INFORMATION AND AN APPLICATION.*

GRADE ENTERING	SCHOOL	ALLERGIES, SPECIAL ASST., MEDS, OTHER INFO

**PAYMENT INFORMATION:**

PLEASE MAKE CHECKS PAYABLE TO: *Town of Mansfield*  
(SEPARATE CHECKS REQUIRED FOR EACH PROGRAM)

**PAYMENT METHOD:**

- CHECK  
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**WAIVER OF PARTICIPANT BY PARENT OR SELF:** I hereby agree to release, discharge, and hold harmless the Town of Mansfield, the University of Connecticut, its directors, officers, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation or the participation of my minor child in the above listed recreational activities. I understand that participation in any recreational sport or activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may or my minor child may incur. I further understand that the Town of Mansfield does not provide insurance for recreational program participants.

**PHOTO RELEASE:** I understand that for promotional purposes, the Town videotapes and/or takes photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaging in the above listed recreational activities.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# How to Register

## Registration Dates

Registration start dates are grouped into the following categories:

### August 3

**Members of the Community Center** may register for Aquatic and Fitness related programs ONLY

### August 5

**Mansfield residents who are members** begin registration for all other programs/activities  
**Mansfield Residents who are *not* members** of the community center begin registration for all programs/activities

### August 8

**Non-residents who are members** begin to register for all other programs/activities.

**Non-resident, non-members** begin registration for all programs/activities.



## REGISTER EARLY!!

Most programs have limited enrollments. Besides not getting into the program, nothing cancels programs more than waiting until the last minute to register, as classes may have been canceled due to low enrollment. It is recommended that your registration form and fee be received two weeks prior to the start of the program.

You may register in person at the Mansfield Community Center or online at [www.tinyurl.com/MansfieldRegistration](http://www.tinyurl.com/MansfieldRegistration). Phone registrations are not accepted.

Member Registration will begin for Aquatic & Fitness Programs on Wed., Aug. 3.

Resident Registration for all programs begins on Fri., Aug. 5.

Non-Resident Registration for all programs begins Mon., Aug. 8.

**There are 3 different and convenient ways to register for the program(s) you are interested in. Register now and enjoy all the Community Center and the Parks and Recreation Department offers.**

**1. WEB:** This is the best option. It allows for immediate confirmation. Log onto [www.mansfieldcc.com](http://www.mansfieldcc.com) click on the on-line registration link. Registration begins at 5:30 a.m. on dates listed above.

**2. MAIL-IN:** Fill in registration form and send with separate check for each program to Mansfield Parks and Recreation 10 S. Eagleville Road, Storrs, CT 06268. No registration forms will be accepted with credit card numbers handwritten on them.

**3. WALK-IN OPTION:** You may bring your registration with payment (credit cards need to be in hand so we can swipe them – we are no longer able to take registration forms with credit card numbers handwritten on them) at the Reception Desk of the Community Center.

**PLEASE NOTE:** Due to security reasons, we can no longer accept credit card numbers handwritten on registration forms. We must have your credit card in hand so we can swipe it at the Reception Desk if using credit card as your method of payment.

**SATISFACTION GUARANTEE:** Satisfaction is the goal of the Parks and Recreation Department. We are committed to offering the best programs and services possible. If, at any time, you are not satisfied with our programs, please let us know your reasons in writing as soon as possible. If we cannot satisfactorily correct your concerns, we will arrange one of the following:

- Repeat the program at no additional charge
- Receive a partial credit that may be applied to another activity
- Receive a partial refund.

**FEE WAIVERS/SCHOLARSHIP FUND:** Program and Community Center Fee Waivers are available to qualified applicants (for Mansfield residents only). Scholarship Fund, supported solely by contributions, is available for residents who need financial assistance in addition to the fee waiver. Fee waivers do not apply to trips, rentals, and/or materials fees.

**WAITING LIST:** If your desired class is filled, you will be put on a waitlist and your money will be returned. Our department will notify you if openings become available.

**SENIOR CITIZENS:** Resident individuals aged 62 and over, will receive a 10% discount off the activity fee, excluding trips, rentals and materials fees.

**CONFIRMATION/RECEIPT:** A Confirmation/receipt of your registration, which will give you enrollment or waitlist information, will be mailed to you. Program information and materials list will also be included on this form (for mail-in and drop-off registrations only. On-line registrants will print their own receipt/confirmation.)

**MINIMUMS & MAXIMUMS:** The Parks & Recreation Department reserves the right to set a minimum and maximum for each program and to cancel any program due to insufficient enrollment.

**REFUNDS:** Due to costs associated with operating each program, we rely on a minimum enrollment to hold classes. Please understand that we cannot issue refunds (except for medical reasons, upon receipt of a physician's note) within seven days (14 days for trip) of the start of a program. Refunds for cancellations made more than seven days prior to the start of a program are issued but a \$5 processing fee is charged. Refunds will not be issued for online registration convenience fees.

**DON'T BE DISAPPOINTED! REGISTER EARLY!**

**Unfortunately we are sometimes forced to cancel programs two to three days before the listed program start date because of under-enrollment. Don't be disappointed. Register early!**

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## EDUCATIONAL PLAYCARE

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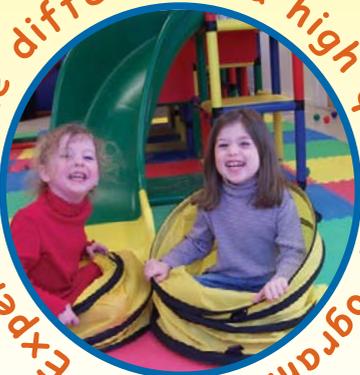
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