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Registration begins March 4 for members
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March 14 for non-members, non-residents
Registration form on page 63

Spring 2016



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From the Director:

Spring is a fun time for our staff at the Parks and Recreation Department. At the time this message was written, despite the snow covering the ball fields, we are looking forward to getting the parks ready for outdoor play. This Spring brochure is filled with fun, educational and healthy activities for you to choose from.

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. Our staff has worked very hard to make sure each visit to Community Center is a positive experience. Remember, even though it says Mansfield on the building, non-residents are very welcome. Stop in today and our staff will be happy to provide you with a facility tour or check out the facility and program offerings on our website at www.mansfieldcc.com.

Our expanded summer camp section will help you get a head start on planning summer activities for the kids. This brochure is filled with something for everyone. We encourage you to stay active, participate in healthy programs and continue with your post winter exercise routines.

Please take a close look at all the healthy, interesting, and educational programs in this brochure. Since the most popular programs fill up very fast, I encourage you to make your selection and register as soon as possible according to the dates on our registration page.

The entire Parks and Recreation Department staff wishes you a happy, healthy, and safe spring season.

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



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SAVE THE DATE: Mansfield Community Center will be closed for our annual shutdown and maintenance week from Monday, August 15th through Sunday, August 21st.

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 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.

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Mansfield Community Center Spring Open Hours

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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. & 4:15-8 p.m.
Tuesday & Thursday	8:30 a.m.-1:30 p.m. & 4:30-7:30 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
Adult	\$10	\$11	\$12
Child	\$6	\$7	\$8
Senior	\$8	\$9	\$10
Under 3	\$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 7:30-8:55 p.m.
40+ Basketball	Tuesday & Friday 7:15-9:15 a.m.
Pickelball	Tuesday & Thursday 9:30 a.m.-Noon (tentatively scheduled to end March 31)
Futsal	Tuesday 7:30-8:55 p.m. & Sunday 6-7:55 p.m.

Spring 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., April 9, 10 a.m.-1 p.m. Sat., May 7, 10 a.m.-1 p.m.
Sun., June 5, 12-3 p.m.*

Spring 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.

*Sat., March 19, 4:30-7:30 p.m. Fri., April 1, 5:30-8:30 p.m.
Sat., May 14, 4:30-7:30 p.m. Fri., May 27, 5:30-8:30 p.m.
Fri., June 3, 5:30-8:30 p.m.*

MANSFIELD COMMUNITY CENTER MEMBERSHIP RATES AND OPTIONS

RESIDENTS:

	Annual Pass	3-Month Pass	1-Month Pass
Family	\$650.50 (\$55.83 monthly)	\$215	N/A
Adult/Child	\$391.50 (\$33.60 monthly)	\$132.25	N/A
Individual	\$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
Family	\$755.25 (\$64.83 monthly)	\$248	N/A
Adult/Child	\$463 (\$39.74 monthly)	\$154.25	N/A
Individual	\$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
Family	\$716.75 (\$61.52 monthly)	\$237	N/A
Adult/Child	\$430 (\$36.91 monthly)	\$143.25	N/A
Individual	\$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

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 *Natural Resources/
Sustainability Coordinator*
Jessica Tracy *Recreation Supervisor/
Health and Fitness*
Stephanie Huber *Recreation Supervisor/Aquatics*
Jared Redmond *Recreation Coordinator*
Amanda Wilde *Member Services Coordinator*
Lynda Lambert *Administrative Services Specialist*
Janet Avery *Receptionist*
Steven Cosgrove *Head 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
- 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 WSFB 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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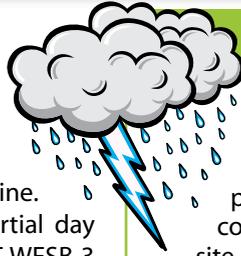
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- Full day cancellations or major storm causing partial day cancellations are also listed on NBC-CT, Foxnews-CT, WFSB-3 TV and the website.



Thunder, Lightning 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 lightning 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.

Programs NOT held at the Mansfield Community Center

Monday - Friday

Cancelled for the full day	All classes, workshops, leagues, etc are cancelled if Mansfield Public schools are cancelled for the full day.
Cancelled for morning to noon	All classes, workshops, leagues, etc are cancelled for the morning if Mansfield Public schools are delayed up to 90 minutes.
Cancelled for the evening	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

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 morning to noon	All classes, workshops, leagues, etc are cancelled for the morning to noon if Mansfield Public schools are delayed
Cancelled for afternoon & evening	For all programs beginning after noon, please call our information line at 429-3015, ext. 4 for cancellation information.

Saturday & Sunday Holidays

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

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At Camp Discovery, our primary goal is to provide a physically and emotionally safe, enriching environment in which campers can spend their summer vacation. Children ages five (going into first grade) through twelve are offered a variety of recreational, educational and creative experiences designed to meet the diverse interests and abilities of a wide range of campers. Camp Discovery each year plans special activities, and events for our summer program with special summer camp themes. With lots of cool things to do, children can explore sports, swimming, outdoor fun, arts and crafts, games, museums and lots more. Each activity is closely supervised by our well trained Camp Discovery staff members. We offer full-time, part-time and drop-in care (if available). We plan on making this summer the best summer your child has ever had!!!!



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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.

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.

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 try to find out about prehistoric animals and how they lived. Maybe we'll talk about your favorite dinosaur!

Instructor: Sue Harrington
Location: CC Community Room
Dates: Thurs., Apr. 7-May 5 (4 classes) *no class 4/21
Times: (420030-A) 4:45-5:45pm
Fee: \$37 for residents \$47 non-residents
Bonus
Afterschool: (420020-A) 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.

Physics is Phun (Grades 2-5)

Physics is the study of how things work. In this class we will learn about motion, sound, light and energy by doing simple experiments and observing what happens. We will see how some of our toys demonstrate basic laws of science and we will answer questions like "Why can we see ourselves in a mirror?" Bring your curiosity and be a scientist!

Instructor: Sue Harrington
Location: CC Community Room
Dates: Thurs., May 12-June 2 (4 classes)
Times: (420033-A) 4:45-5:45pm
Fee: \$37 for residents \$47 non-residents
Bonus
Afterschool: (420020-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.



Youth Art Classes (Ages 7-11)

We will focus on multi-media projects such as drawing, painting, printmaking or puppetry/masks in a group process. Students are encouraged to think independently and to solve artistic problems. Every session offers new projects. Students will be focusing on using the 5 shapes in design, color, texture and the principles and elements of design. Materials are available in class. **Theme: Drawing, Printmaking, things from paper, dragons and fish, book making, patterns and Japanese Art.**

Instructor: Nancy Cooke Bunnell- Award winning painter and certified art teacher. She was awarded "Best in Show" at the 2012 Connecticut Pastel Society Exhibit, won the Second Place Award at the Vernon Art Center, and awards in numerous shows. She has exhibited at CPS, Lyme Art Gallery, and shows throughout the state. She has taught for over 30 years.

Location: CC Arts and Crafts Room
Dates: Wed., March 23 – April 27 (6 classes)
Times: (320064-B) 4:45-5:45 p.m.
Fee: \$60 for residents \$70 for non-residents
Bonus

Afterschool: (320020-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 \$16.50. No bonus afterschool on Wed., April 20th. Class will still be held.



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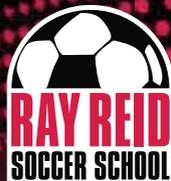
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NEW! STEM based - Artist's Inventions (Ages 6-14)

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 Leonardo da Vinci's Inventions, John Cage's Music, Alexander Calder's Mechanical Toys, Piranesi's Roman Architecture, the Cueva de los Manos in Argentina, and a 100 color painting inspired by a condition called Tetrachromacy.



Instructor: Reagen O'Reigaekn's youth programs are specific to curriculum guidelines and she specializes in combining hands-on tactile fun that develops motor skills with lessons that introduce contemporary and historical artists/art movements. She can often be found telling imaginative stories, wearing costumes, singing, or dancing in the classroom. She incorporates phonics, counting, science and geography into her teaching whenever possible.

Location: CC Arts and Crafts Room
Dates: Tues., April 26th-June 14th (8 classes)
Times: (420065-A) 4:45-6pm *class is 1.25 hours
Fee: \$80 for residents \$90 for non-residents
Materials Fee: \$10 due at time of registration, fee waivers do not apply

Bonus Afterschool: (420020-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 \$26.

cReAtE With me: Masterpiece Studio II (Ages 5-14)

Learn about famous artists together and then create frame worthy 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. Some of the artists we will learn about include: Katsushika Hokusai, Frida Kahlo, Calude Monet, Pablo Picasso, Jackson Pollack, Henri Matisse and Andy Warhol.

Instructor: Reagen O'Reigaekn – See instructor bio above
Location: CC Arts and Crafts Room
Dates: Sat., April 9 - June 18 (10 classes)*no class 4/16
Times: (420040-A) 10:30 – 11:30 a.m.
Fee: Resident Child: \$85
 Non-Resident Child: \$95
 Resident Parent/Child Pair: \$115
 Non-Resident Parent/Child Pair: \$125
Material Fee: \$15 per child due at time of registration, fee waivers do not apply.

Paint and Play (Ages 18 months-5 years)

Let your children express themselves and get messy somewhere other than your house! Small children will investigate texture and mark making and 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!

Ages: 18 months-3 years with caregiver and ages 4-5 caregiver is optional!
Instructor: Reagen O'Reigaekn – See instructor bio above
Location: CC Arts and Crafts Room
Dates: Sat., April 9 - June 18 (10 classes)*no class 4/16
Times: (420053-A) 9-10 a.m.
Fee: \$85 for residents \$95 for non-residents
Materials Fee: \$10 due at time of registration, fee waivers do not apply

Mansfield Little League Spring 2016

Baseball

T-Ball (age 5-6) \$50
 Farm (age 7-8) \$90
 Minors (age 9-11) \$90
 Majors (age 10-12) \$90
 Juniors (age 13-15) \$100

Softball

Farm (age 7-8) \$90
 Minors (age 9-11) \$90
 Majors (age 10-12) \$90
 Juniors (age 13-15) \$100

Registration is online only, and opened January 1, 2016 via our website <http://www.mansfieldll.org>

Mandatory evaluations will be held early to mid March at the Community Center. Season will begin early April.

For registration questions, contact Ian Sheardwright at isheardwright@gmail.com

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to **register early**. But there are also reasons to **register early** for classes that don't usually fill up. All of our classes are self supporting and we must reach minimum enrollment for a class to run. There is a point (usually about 3 days before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people register after the program has been canceled. If the registrations were done earlier, in many cases, the program would have run. All programs require a high level of coordination often including facility scheduling, staffing, and purchasing of supplies. So, if you know you want to take a class, **please register early**. Then everyone will get a chance to participate.

Performing Arts and Dance

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 required to assist their child in class.

Instructor: Mia (John) Pomeranke and the staff from Mansfield Academy of Dance
Location: CC Gymnasium
Dates: Sun., Apr. 17-June 12 (8 classes) *no class 5/29
Time: (420049-A) 10:30-11:15 a.m.
Fee: \$40 for residents \$50 for non-residents

Creative Movement (Ages 3-5)

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

Instructor: Mia (John) Pomeranke and the staff from Mansfield Academy of Dance
Location: CC Dance/Fitness Studio
Dates: Sun., Apr. 17-June 12 (8 classes) *no class 5/29
Time: (420044-A) 11:30 a.m.-noon
Fee: \$30 for residents \$40 for non-residents



Pre-Ballet (Ages 4 and 5)

Children will learn basic ballet positions and movements while exploring music and dance. Themes, props, dance-along songs, and creative dance will be incorporated to make learning steps and terminology exciting and fun. Leotard, tights and leather ballet shoes recommended. Please contact instructor for help ordering; miapomeranke@gmail.com.

Instructor: Mia (John) Pomeranke and the staff from Mansfield Academy of Dance
Location: CC Dance/Fitness Studio
Dates: Sun., Apr. 17-June 12 (8 classes) *no class 5/29
Time: (420045-A) 12:05-12:50 p.m.
Fee: \$40 for residents \$50 for non-residents

Beginner Jazz/Ballet Combo (Ages 6+)

This class combines both styles and skills of Jazz and intermediate Ballet. Jazz relies on a dancer's classical training, yet pushes him/her to connect emotionally to music and movement. Classes teach basic jazz dance technique, terminology and movement quality with an emphasis on proper execution of jazz isolation, rhythms and style. Many different styles including Broadway, lyrical, traditional and modern jazz will be explored. Leotard, tights and leather ballet shoes recommended. Please contact instructor for help ordering; miapomeranke@gmail.com.

Instructor: Mia (John) Pomeranke and the staff from Mansfield Academy of Dance
Location: CC Dance/Fitness Studio
Dates: Sun., Apr. 17-June 12 (8 classes) *no class 5/29
Time: (420046-A) 12:55-1:40 p.m.
Fee: \$40 for residents \$50 for non-residents



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 ordering; miapomeranke@gmail.com.

Instructor: Mia (John) Pomeranke and the staff from Mansfield Academy of Dance
Location: CC Dance/Fitness Studio
Date: Sun., Apr. 17-June 12 (8 classes) *no class 5/29
Time: (420041-A) 1:45-2:30 p.m.
Fee: \$40 for residents \$50 for non-residents

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All Lessons are held at Magnolia Run at Sawmill Brook Farm
Please see their website for directions.
www.sawmillbrookfarm.com

Beginning Riding Lessons with Magnolia Run (Grades 1-8)

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 Sawmill Brook Farm
- Location:** Magnolia Run at Sawmill Brook Farm
- Dates:** Tues., April 12-June 7 *no lesson 4/19
- Time:** (420011-A) 4:00-5:00 p.m. (8 weeks)
- Fee:** \$266 for residents \$276 for non-residents



Advanced Beginner Riding Lessons with Magnolia Run (Grades 1-8)

This program will be geared towards students who can competently walk and trot. This lesson will teach the fundamentals in cantering and jumping 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 at Sawmill Brook Farm
- Location:** Magnolia Run at Sawmill Brook Farm
- Dates:** Tues., April 12-June 7 *no lesson 4/19
- Time:** (420013-A) 5:00-6:00 p.m. (8 weeks)
- Fee:** \$266 for residents \$276 for non-residents



April Vacation Days with Magnolia Run (Grades 1-12)

See sections below for age groups. Spend a week with Magnolia Run Farm during your April Vacation Break! Participants will have riding lessons every day. They will also spend time learning about horses, taking care of horses including grooming and feeding them. The day will also include games, activities, and arts and crafts projects. There are two different options available for half day from 9 a.m.-12 p.m. or full day from 9 a.m.-3 p.m. This week long program will all be conducted Sawmill Brook Farm location on Crane Hill Road in Mansfield. All students are required to wear long pants, a boot with a heel and bring a helmet (bike or riding). Students should bring their own lunch, drinks, and snacks.

- Instructors:** Staff from Sawmill Brook Farm
- Location:** Magnolia Run, Crane Hill Road, Mansfield
- Dates:**

- (420009-A) April 18-22, Mon.-Fri. 9 a.m.-12 p.m. (Grades 1-5)
- (420009-B) April 18-22, Mon.-Fri. 9 a.m.-3 p.m. (Grades 1-5)
- (420009-C) April 18-22, Mon.-Fri. 9 a.m.-12 p.m. (Grades 6-12)
- (420009-D) April 18-22, Mon.-Fri. 9 a.m.-3 p.m. (Grades 6-12)

- Fee:** \$285 for residents full day
\$295 for non-residents full day
\$175 for residents half day
\$185 for non-residents half day

April Vacation Soccer Camp (Grades 1-4 and 5-8 Co-Ed)

Ray Reid, Head Men's Soccer Coach at the University of Connecticut, and the Mansfield Parks and Recreation Department team up to provide an exciting soccer camp experience for local athletes this spring. There is a Junior Program for grades K-4, a Senior Program for grades 5-8. T-shirts will be distributed to all individuals. Players must bring their own soccer balls. A separate program brochure is available for more details and will be distributed in the Mansfield Schools. Early registration is encouraged.

- Instructor:** Ray Reid
- Location:** Lion's Club Memorial Park
- Date:** Mon.-Fri., April 18-22
- Time:** 9 a.m.-noon
(452001-A) Junior Program (Grades K-4)
(452001-B) Senior Program (Grades 5-8)
Fee: \$160 for residents \$170 for non-residents

Tennis

Quick Start Tennis (Ages 4-K)

Introductory skill development sessions using USTA's format including proper grip and stroke introduction. After a brief warm-up and stretching, each lesson will introduce a new skill. The skill will be reinforced with simple and fun "games" and continually reviewed at each subsequent lesson. **Please make sure your child has the correct sized racquet.**

Instructor: James Mathews has been coaching and teaching tennis for over 10 years. He has worked with children and adults of all ages and all skill levels. He loves working with children and beginning adults so more people will enjoy playing tennis. He is looking forward to teaching with the USTA's new Quick Start program which is designed to make tennis fun and easier for kids who want to give it a try.

Location: EO Smith Tennis Courts

Early Spring Session

Dates: Sun., April 10-May 8 (5 classes)
Time: (420060-A) 12-12:30 p.m.
Fee: \$35 for residents \$45 for non-residents

Late Spring Session

Dates: Sun., May 22-June 19 (5 classes)
Time: (420060-B) 12-12:30 p.m.
Fee: \$35 for residents \$45 for non-residents

Quick Start Tennis (Grades 1-4)

The perfect introduction to tennis. A few changes in size and format from the younger group while practicing stroke development and modified match play. In this class participants will learn the basic strokes of tennis. Group games are played that further develop these skills. **Please make sure your child has the correct sized racquet.**

Instructor: James Mathews (see instructor bio above)
Location: EO Smith Tennis Courts

Early Spring Session

Dates: Sun., April 10-May 8 (5 classes)
Time: (420061-A) 12:40-1:25 p.m.
Fee: \$42 for residents \$52 for non-residents

Late Spring Session

Dates: Sun., May 22-June 19 (5 classes)
Time: (420061-B) 12:40-1:25 p.m.
Fee: \$42 for residents \$52 for non-residents

Beginner Tennis (Grades 5+)

The aim of these lessons is to introduce the older child to the basic strokes of tennis. Because the children are more mature, skills are taught more quickly and peers are paired to practice newly taught skills. Group games are played that further develop these skills. Lessons will culminate in learning to score and independently play a "real" tennis game. **Children should have an appropriate sized racquet.** Children may need to take more than one beginner-level class (see pre-requisites for intermediate youth tennis).

Instructor: James Mathews (see description under Quick Start Tennis)

Location: E.O. Smith Tennis Courts

Early Spring Session

Dates: Sun., April 10-May 8 (5 classes)
Time: (420062-A) 1:35-2:20 p.m.
Fee: \$42 for residents \$52 for non-residents

Late Spring Session

Dates: Sun., May 22-June 19 (5 classes)
Time: (420062-B) 1:35-2:20 p.m.
Fee: \$42 for residents \$52 for non-residents

Intermediate Tennis (Grades 5+)

(See required skills)

After a brief warm-up and stretching, students will be paired to play "real" tennis games independently. Required skills: Players must know appropriate court positioning, and how to serve and score to be able to participate in these lessons. Following pair play, together the group will work on more advanced skills such as ball placement and the overhead. Other "games" are played to reinforce skills. **Players should have an appropriate sized racquet.**

Instructor: James Mathews (see description under Quick Start Tennis)

Location: E.O. Smith Tennis Courts

Early Spring Session

Dates: Sun., April 10-May 8 (5 classes)
Time: (420063-A) 1:35-2:20 p.m.
Fee: \$42 for residents \$52 for non-residents

Late Spring Session

Dates: Sun., May 22-June 19 (5 classes)
Time: (420063-B) 1:35-2:20 p.m.
Fee: \$42 for residents \$52 for non-residents





Mansfield Boys and Girls Lacrosse (Grades K-8)

Mansfield Boys and Girls will participate as members of the Connecticut Valley Youth Lacrosse League. We will also offer a grades K-2 introductory program. Bantam Boys & Girls, Junior Boys and Senior Boys divisions are progressively competitive programs with emphasis on skill development and learning the game. In town play is typically held at Mansfield Middle School fields or River Park. Week night play begins at 5:30 p.m. Additional information provided after registration. **Coaches and other program volunteers are needed!** Contact Okeefejm@mansfieldct.org. Most level of play begins in late March/early April. **Please note required equipment per division to be provided by the participant.**

K-2 Boys and Girls Lightning Division

This 5-week introductory to lacrosse will teach the fundamentals of lacrosse, focusing on catching, cradling, throwing and picking up ground balls (scooping). Participants must provide lacrosse fiddle stick or other properly sized lacrosse stick and a mouth guard. Eye goggles are optional but encouraged.

Location: TBD location in Mansfield
Instructor: MPRD staff and volunteer coaches
Date: Mon., April 25-May 23
Time: (420067-A) 5:30-6:30pm
Fees: \$25 residents \$35 non-residents.

Bantam Girls Division (Grades 3&4)

Mansfield is working to establish a girls' bantam team this spring. Beginners and experienced players are welcome! Coaches will teach the fundamentals of lacrosse, focusing on catching, cradling, throwing and picking up ground balls and team concepts. No checking is allowed. Typically there is a 2-3 weekly commitments for games and practices.



Location: TBD location in Mansfield
Instructor: MPRD staff and volunteer coaches
Date/Time: (420067-E) TBD (Typically 2-3 weekly commitments for games and practices.)
Fees: \$60 residents \$70 non-residents
 Fee includes game jersey, balls and league/game expenses. **Required equipment to be provided by participant:** Eye Protection: goggles or cage, mouth guard and lacrosse stick (when you purchase your daughter's stick, please ensure it is a girl's lacrosse stick).

Bantam Boys Division (Grades 3&4)

This division will teach individual skills and introduce team concepts. League games will be played at home and away sites. Coaches will teach the fundamentals of lacrosse, focusing on catching, cradling, throwing and picking up ground balls. No checking is allowed in Bantam level play. Typically there is a 2-3 day weekly commitment (practices and/or games).



Location: TBD location in Mansfield
Instructor: MPRD staff and volunteer coaches
Date/Time: (420067-B) TBD (Typically 2-3 weekly commitments for games and practices.)
Fees: \$60 residents \$70 non-residents
 Fee includes game jersey, balls and league/game expenses. **Required equipment to be provided by participant:** Lacrosse stick, eye goggles and mouth-guard.

Junior Boys (Grades 5&6)

Continued development of fundamentals with advanced individual, team play and the introduction of body checking at this level. League games will be played at home and away sites. Typically there is a 2-3 day weekly commitment (practices and/or games). Lacrosse stick, eye goggles and mouth-guard are required.

Location: TBD location in Mansfield
Instructor: MPRD staff and volunteer coaches
Date/Time: (420067-C) TBD (Typically 2-3 weekly commitments for games and practices.)
Fees: \$65 residents \$75 non-residents
 Fee includes game jersey, balls and league/game expenses. Required equipment to be provided by participant: Lacrosse stick, eye goggles and mouth-guard.

Senior Boys (Grades 7&8)

Continued development of individual skills as well as more advanced game strategies will be taught. League games will be played at home and away sites. Typically there is a 2-3 day weekly commitment (practices and/or games).

Location: TBD location in Mansfield
Instructor: MPRD staff and volunteer coaches
Date/Time: (420067-D) TBD (Typically 2-3 weekly commitments for games and practices.)
Fees: \$70 residents \$80 non-residents
 Fee includes game jersey, balls and league/game expenses. **Required equipment to be provided by participant:** Lacrosse stick, eye goggles and mouth-guard.

Thank You

Youth Basketball Volunteer Coaches!

Our volunteer coaches' leadership provided opportunities for fun, skill development and positive relationships for over 250 children in grades 3-8 this year. Coaches completed National Youth Sports Coaches Association Certification, attended pre-season organizational meetings and donated 5-15 hours of their personal time and talents each week from October – March. Without the commitment of these individuals the youth basketball program could not be offered. The group of coaches included college students, high school seniors, adults and parents of players.

John Barry
Sean Barry
Jennifer Bellino
Stephen Boykin
Glen Calder
Casey Cobb
Peter Gile
Jim Greene

Susan Greene
Bruce Hodgins
Todd Jeffers
Justin Kaeser
Eric Kemp
Bryan Kimkiewicz
Maurice Lapointe
Allen Legassey
Sean Maynard
Tom McClean
Jill Mindek
Mark Mirko
Jon Neumuth
Josh Radko
Matt Raynor

Andrew Ricci
David Rifkin
Chandler Rose
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Jon Shaiken
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www.mansfieldobgyn.com

Local Youth Sport Programs

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 Lightning, Bantam, Junior, Senior teams for boys and girls (Grades K-8). See page 15.

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 for registration and additional information. Questions, email 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)

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.



Mansfield Family Practice

Welcoming New Patients

Mansfield Family Practice has been providing quality medical care for the families of Northeastern Connecticut for over 35 years. We pride ourselves on the personalized care we provide to patients of all ages.

- We are equipped to provide many treatments and tests right here in the office; these include cardiac and pulmonary testing, lab tests, joint injections, cryotherapy, minor surgery and bone density testing for osteoporosis
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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 and in 6th grade may be in the facility independently provided the following:**

- Only during scheduled Teen Center School hours; Monday, Wednesday, Saturday 2-6 p.m., Tuesday, Thursday 3-6 p.m., Friday 2-9 p.m. parents must remain in the community center while their 11 year olds or 6th graders 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.

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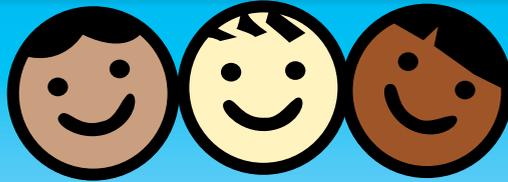
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Vernon Regional Adult Based Education
860-870-6060 ext. 15 OR visit our website at
www.vrabe.org

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 drop-in basis!



We have more options than ever to fill your needs:

Before/After School Friends

The Before/After-School Friends Program offers a safe, fun and relaxed atmosphere for children at the end of the school day. The program is for children whose parents want them to join special activities in a peer setting, or are unable to care for them after school. The program begins 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 upon arrival to the program.



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, 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 Before/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. On late openings and early dismissals there is no before or after school care. 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. We also offer a Drop In registration for families in need of occasional before or after school care.

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 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 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 reserve a room for your party. Parties MUST be reserved at least two weeks in advance for planning purposes. Please call 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 Age _____ Child's Gender _____ # of party guests _____

Phone _____ E-Mail _____ # of extra adults _____

Address _____
Street City Zip

Room requested 1st choice _____ 2nd choice _____

Date requested _____ **Time requested** _____

Alternate date _____ **Alternate time** _____

Party Add On(s) Requested _____

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	Up to 15 guests: \$65 16-25 guests: \$90	Up to 15 guests: \$85 16-25 guests: \$110	Inflatable: _____ Time: _____
Fun & Games/Sports Package	\$50	\$75	Time: _____
Gym Slide Package	\$150	\$250	Time: _____
Pre-School Party Package	\$30	\$45	Time: _____
Sweet Emotions Candy Jewelry Store	\$60 base fee plus \$15 per guest	\$60 base fee plus \$15 per guest	Time: _____
Sweet Emotions Candy Artist Studio	\$60 base fee plus \$15 per guest	\$60 base fee plus \$15 per guest	Time: _____

Party Grand Total: _____

Received By: _____ Received Date: _____ Received Time: _____

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

Party Planning Form

Phone: 860-429-3015 • Email: wildeag@mansfieldct.org

Party Times

Friday: 7-9 p.m.

Saturday: noon-2 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. | 4-6 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 12-2pm on Sat., all times Sun.)

Community Room (holds up to 50 people)

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

Party Add Ons

SPLASH PARTY: 1 hour of your 2 hour party time in the pool, 1 pool inflatable
Circle 1: snake | dog | dragon | fruit slice
If children cannot swim independently they MUST be in an approved lifejacket with a parent or guardian in the water at all times.

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.

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.

PRE-SCHOOL PARTY: 1 hour of your 2 hour party time in ½ the gym with MCC staff to set up our tot toys. Appropriate for ages 5 and under.

SWEET EMOTIONS CANDY ARTIST STUDIO:
(Can add with gym/pool, call for details) About 1 hour to create your own masterpieces with candy paper, decorative candies, chocolate paints, food color markers and candy sand/sanding sugar/candy glitter. Party will be staffed by a member of the Sweet Emotions team who will also play games, lead songs, and...Do All the Work! Yeah candy! Visit the Sweet Emotions website, www.sweetemotionscandy.com, for additional info on candy parties!

SWEET EMOTIONS CANDY JEWELRY STORE:
(Can add with gym/pool, call for details) About 1 hour to create your own jewelry with decorative candies (gummies/chocolates sours/licorice strings/cereal/tarts), strings/clips/fasteners, decorating icing, candy sand, sanding sugars, candy rocks and candy glitter. Party will be staffed by a member of the Sweet Emotions team who will also play games, lead songs, and...Do All the Work! Yeah candy! Visit the Sweet Emotions website, www.sweetemotionscandy.com, for additional info on candy parties!

Mansfield Teen Center (MTC)

Looking for something to do after school?
Need a place to relax with friends during the week or on weekends?



MTC is a safe fun environment for teens to hang out with their friends. While signed in at MTC, if you leave the community center you must sign out (7th grade and up). 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.

MTC HOURS:

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

- FREE Teen Center memberships for all kids' grades 6-12 (Mansfield and surrounding communities). Stop by and fill out a registration form.
- MTC is open 6 days a week for students in 6th – 12th grade. 6th graders need to have their parents stop in to sign them out prior to leaving.
- 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
- Pool tables, foosball, air hockey, board games, TV's, computers & Xbox
- Pizza nights, free popcorn Fridays, and other snacks.

For more information about the MTC contact Jared Redmond, Jared.Redmond@mansfieldct.org

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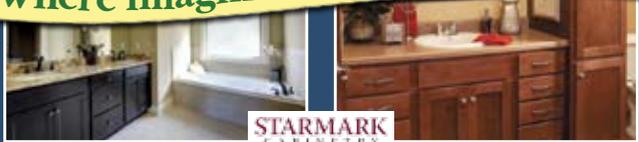
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Creative Arts



NEW! Drawing, Chalk and/or Oil Pastels: Contrast and Color Beginners and Advanced (Ages 14+)

Awaken your creativity! Would you like to explore and improve your drawing skills? Expand your horizons and have fun experimenting with a new medium, oil pastel, and increase your ability to use chalk pastel. Learn to create value, use contour (a pleasing composition), and vary 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. Student 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 to ages 3 to 101, and has over 25 years public school teaching experience. She has taught drawing, acrylic, and 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 through the state. Nancy has also shown work on Canyon Road in New Mexico.

Location: CC Arts and Crafts Room
Dates: Wed., May 4-June 8 (6 classes)
Times: (410003-A) 6:30-8 p.m.

Instruction
Fee: \$60 for residents \$70 for non-residents
Materials Fee: \$25 new students, \$10 for returning students (Please note that both fees are due at registration and fee waivers do not apply to materials.)

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 www.mansfieldct.gov/town/current/recreation/ar_onlineapplications may be left at the desk or sent to AAC, c/o MCC, 10 S. Eagleville Rd., Storrs, 06268

NEW! 100 Drawings and Paintings: A Creative Journey

This 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. We will 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! "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

Instructor: 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. Reagen 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.

Location: CC Arts and Crafts Room
Dates: Tues. April 5-June 7 (10 classes)
Times: (410112-A) 6:30-8:30 p.m.

Instruction
Fee: \$107 for residents \$117 for non-residents
Materials Fee: \$20 for all students (Please note that both fees are due at registration and fee waivers do not apply to materials.)

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to **register early**.

But there are also reasons to **register early** for classes that don't usually fill up. All of our classes are self supporting and we must reach minimum enrollment for a class to run. There is a point (usually about 3 days before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people register after the program has been canceled. If the registrations were done earlier, in many cases, the program would have run. All programs require a high level of coordination often including facility scheduling, staffing, and purchasing of supplies. So, if you know you want to take a class, **please register early**. Then everyone will get a chance to participate.



Ladies Night Horseback Riding Level 1 Beginner 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 never been on a horse or are re-starting to ride. As a beginner you will learn to walk, trot, and potentially canter. Before each lesson you will learn how to properly care for your horse and the safety needed around them, and after each lesson you will untack. This is the perfect time for adults to test out a sport they've always wanted or rekindle past experiences! Riders are required to wear pants, a boot with heel and bring a helmet (bike or riding).



Instructors: Staff at Sawmill Brook Farm
Location: Magnolia Run at Sawmill Brook Farm
www.sawmillbrookfarm.com
Day: Mon., April 11 – June 6 (8 weeks) *no lesson 5/30
Time: (410070-A) 5:30-6:30 p.m.
Fee: \$266 for residents \$276 for non-residents

Ladies Night Horseback Riding Level 2 Intermediate 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 can competently walk, trot, canter and are learning to jump! As an intermediate you will focus on balance and fitness during each ride. 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 Sawmill Brook Farm
Location: Magnolia Run at Sawmill Brook Farm
www.sawmillbrookfarm.com
Day: Wed., April 13-June 1 (8 weeks)
Time: (410071-A) 5:30-6:30 p.m.
Fee: \$266 for residents \$276 for non-residents

All About Cycling!

Spring Bike Workshop Series (Ages 16+)

A note about the presenter/instructors: In addition to the local bike shop owners/presenters who will be leading sessions 1 and 3, workshop 2 will be conducted Dave Waldburger of the Thread City Cyclers. All three sessions will be coordinated by the Mansfield Bicycle Advocates who are working to get Mansfield designated as a "Bicycle Friendly Community" by the League of American Bicyclists.

Session 1: Bicycles at the Movies - Part 1

In this first of our Spring movie session "Bicycle Dreams" will be shown. We'll bring the popcorn as well! BICYCLE DREAMS is one of the most celebrated cycling films of all time. Winner of 17 Film Festivals. BICYCLE DREAMS is the powerful true story of the Race Across America, a 3000-mile bicycle race that challenges riders to cross the country in just ten days. They must overcome searing desert heat, agonizing mountain climbs, and endless stretches of open road, all while battling extreme exhaustion and sleep deprivation. But what begins as the adventure of a lifetime is transformed in an instant when tragedy strikes the race. These voyagers discover what is truly at stake as they pedal on, praying for the deliverance only the finish line can bring. By journey's end, some are saved, others are lost, but all learn that the fuel that takes a soul toward its own true destiny is desire.

Location: CC Community Room
Day: Wed., April 20
Time: (410080-A) 6:30-8:30pm
Fee: \$5 for residents \$15 for non-residents

Session 2: The ABC's of Bike Touring/Multi-day Trail Touring

This workshop will take you through how to get started, where to go, how to prepare and what to expect when touring on your bike. Additionally, a 30 minute video from a popular/annual bicycle tour and time for questions/discussion will follow the presentation.

Presenter: Dave Waldburger, Certified League of American Bicyclists Instructor, assisted by local LCI's and other experienced cyclists.
Location: CC Community Room
Day: Wed., April 27
Time: (410080-B) 6:30 to 8 p.m.
Fee: \$10 for residents \$20 for non-residents

Adult Drop-In Sports

BasketballMonday & Wednesday 7:30-8:55 p.m.
40+ BasketballTuesday & Friday 7:15-9:15 a.m.
PickleballTuesday & Thursday 9:30 a.m.-Noon
(tentatively scheduled to end March 31)
FutsalTuesday 7:30-8:55 p.m. & Sunday 6-7:55 p.m.

Free to members • Non-members pay a daily fee.



Session 3: Bicycles at the Movies - Part 2

For our second movie in this series we are screening Bikes vs. Cars, which premiered at SXSW and was a 2015 NY Times Critics' Pick! It is a hot movie and Bike Mansfield will provide the popcorn. Bikes vs Cars depicts a global crisis that we all deep down know we need to talk about: climate, earth's resources, cities where the entire surface is consumed by the car. An ever-growing, dirty, noisy traffic chaos. The bike is a great tool for change, but the powerful interests who gain from the private car invest billions each year on lobbying and advertising to protect their business. In the film we meet activists and thinkers who are fighting for better cities, who refuse to stop riding despite the increasing number killed in traffic.

Location: CC Community Room
Day: Wed., May 4
Time: (410080-C) 6:30-8:30pm
Fee: \$5 for residents \$15 for non-residents

Saturday Night Social Group

Saturday Night Social Group – Pre Registration now Available!

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.

Instructor: Jackie Rivard
Location: CC Arts and Crafts Room/Teen Center
Dates: (310067-D1) March 12, Paint Party
 (310067-D2) March 26, Spring Cleaning
 (410067-B1) April 9, Coaster Creations
 (410067-B2) April 23, Garden Guru (Bring a plastic water bottle or two.)
 (410067-C1) May 7, Fun with Flowers
 (410067-C2) May 21, Movie Night
Time: 6-8 p.m.
Fee: \$5 per person per night



Intro to 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).

The deadline for registration is March 30th. 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.

Day-time session:

Location: CC Community Room
Day: Wed., April 6-June 8 (9 classes) *No class 4/13
Time: (410018-A) 10-11:30 a.m.
Fee: \$75 for residents \$85 for non-residents

Evening session:

Location: CC Conference Room
Day: Thurs., April 7-June 9 (9 classes) *no class 4/14
Time: (410018-B) 6:30-8 p.m.
Fee: \$75 for residents \$85 for non-residents

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. 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 called Mansfield Parks and Recreation. Then follow instructions on how to join. Then wait for others to find you. Have fun!





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Intro to Social Ballroom Dance Continued

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 teaches social ballroom and Latin dance based workouts in CT. She has danced, choreographed, acted and performed throughout New England in various community events, theaters, festivals, schools and studios.
- Location:** Senior Center
- Day:** Mon., April 18-June 27 (10 weeks) *no class 5/30
- Time:** (410043-A) 6:30-7:30 p.m.
- Fee:** \$100 per person for residents
\$110 per person for non-residents

Social Ballroom Dance

A super fun energetic class for the already social dancer looking to improve and expand their knowledge of content and technique. 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 Intro to Social Ballroom Dance Continued
- Location:** Senior Center
- Day:** Mon., April 18-June 27 (10 weeks) *no class 5/30
- Time:** (410044-A) 7:45-9 p.m. *class is 1.25 hours
- Fee:** \$125 per person for residents
\$135 per person for non-residents

Beginning Basics of Social Ballroom

This class is for the beginner dancer. Maybe you are brand new and have always wanted to try ballroom dancing. Maybe you have taken a class or two, but a refresher is just what you need. This is a fun easy, gentle class to ease into the joys of social ballroom dancing.

- Instructor:** Kelly Madenjian-see description under Basics of Ballroom
- Location:** Senior Center
- Day:** Tues., April 26-June 28 (10 weeks)
- Time:** (410042-A) 7:45-8:45 p.m.
- Fee:** \$100 per person for residents
\$110 per person for non-residents

Adult/Teen Ballet level I (Beg/Adv. Beg.) (Ages 14-Adult)

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

- Instructor:** Arlene Albert
- Location:** SC Exercise Room
- Day:** Wed., April 20- June 22 (10 classes)
- Time:** (410040-A) 6-7:30 p.m.
- Fee:** \$75 for residents \$85 for non-residents

Adult/Teen Ballet level II (intermediate) (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:** SC Exercise Room
- Day:** Tues., April 19-June 21 (10 classes)
- Time:** (410041-A) 6-7:30 p.m.
- Fee:** \$75 for residents \$85 for non-residents



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 which has graduated over 22,000 participants.
- Location:** CC Community Room
- Day:** Wed., May 18
- Time:** (410031-A) 6-7:30 p.m.
- Fee:** \$9 for residents \$19 for non-resident

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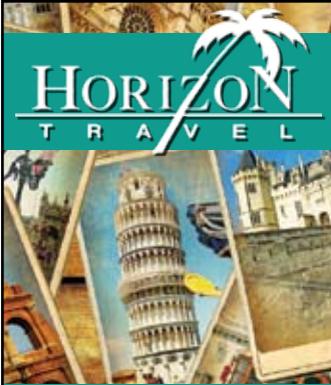


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The University of Connecticut Community School of the Arts has been providing the greater UConn community and eastern Connecticut with instruction in music and visual arts for over 35 years. We are proud to continue to partner with the Town of Mansfield Parks and Recreation Department to offer our array of high quality instruction in the arts to the community. Check out the Youth and Adult program sections for exciting and high quality visual arts classes with Mansfield Parks and Recreation!

Community School of the Arts Spring 2016 Schedule

- Mar. 7, 2016 Violin, Viola Registration
- Mar. 8, 2016 Classical Guitar Registration
- Mar. 9, 2016 Cello, Contrabass, Bass Guitar, and Voice Registration
- Mar. 9, 2016 Program Registration opens for Mansfield Residents
- Mar. 10, 2016 Winds and Brass Registration (Flute, Oboe, Clarinet, Saxophone, French Horn, Trombone, Trumpet)
- Mar. 11, 2016 Piano and Percussion Registration
- Mar. 14, 2016 Program Registration opens for everyone
- Mar. 28, 2016 First Day of Spring Session
- Apr. 18-22, 2016 No Lessons or Programs
- May 30, 2016 No Lessons or Programs
- May 13, 2016 Last Day of Suzuki Lessons
- May 15, 2016 Suzuki Recital, 3:00p.m., von der Mehden Recital Hall
- May 22, 2016 Suzuki Recital, 3:00p.m., von der Mehden Recital Hall
- June 3, 2016 Last Day of Lessons/Programs
- June 4, 2016 Suzuki Recital (3 p.m.) and All School Recital (5 p.m.)

Parking notice:

Free parking is available in E.O. Smith High School parking lots beginning at 2:30pm on weekdays. Parking is available in Lot 1 behind the Fine Arts Complex after 5 p.m. on weekdays, and anytime on Saturdays. Additional parking is available in the Mansfield Downtown Parking Garage (free of charge for the first two hours), as well as in front of the music building and E.O. Smith (on-street parking, time limits apply).

Individual Lessons

Individual Instrumental and Voice Lessons (All Ages)

All lesson times must be arranged by calling the CSA Main Office at 860-486-1073. Lessons are scheduled on a first come-first served basis. Visit csa.uconn.edu for a full list of instructors.

Lessons with professional artist-educators and UConn faculty may include the following instruments:

Piano, Brass, Woodwind, Percussion, Strings, Electric Guitar, Classical Guitar, and Voice.

Students meet with an instructor once per week for 30, 45, or 60 minutes. Depending upon the instrument, age requirements may apply. Payment is required at the time of registration.

Spring session lessons meet weekly for 9 weeks beginning the week of March 28th, 2016. *No lessons will be held April 18-22, 2016.

Lesson Length	30 minutes	45 minutes	60 minutes
Cost per lesson (CSA Faculty)	\$30	\$41	\$54
Total – 9 lessons	\$270	\$369	\$486

*Higher rates may apply for UConn Faculty

Ensembles & Group Music Instruction

Chamber Groups

Do you have an established chamber group that could use some coaching? Contact the CSA office at 860-486-1073 to arrange a schedule of lessons with a member of CSA faculty.

Looking to get involved in chamber music? Try the CSA Symphony & Reading Orchestra! It's a great place to meet individuals with similar interest and potentially establish a group.

Coaching's will occur weekly for 9 weeks beginning the week of March 28, 2016. Cost is per participant.

Lesson Length	30 minutes	45 minutes	60 minutes
Cost per week per participant	\$15	\$20	\$25
Total per participant: 9 lessons	\$135	\$180	\$225

CSA Reading Orchestra (formerly Richard's Chamber Orchestra) – an introductory ensemble program

Community members of all ages are invited to make music alongside UConn students in this cooperative introductory ensemble and chamber program. Early meetings will focus on orchestral pieces in the classical style, while later lessons will focus on a piece and genre agreed upon by the group. Chamber sessions will also be included! For players of any instrument with an intermediate skill level or above; check with your individual instructor if you are unsure of your skill level. Students must be able to read music.

Instructor: Bobby Luan, CSA Faculty and Guest instructors
Bobby Luan completed the Masters of Music in Violin Performance and Masters of Music in Performance Pedagogy at Ohio University and Ball State University. Recent performances on violin and in chamber music (both viola and violin) include those with the Huntington Symphony Orchestra, the Ohio Valley Symphony, the Ohio University Symphony Orchestra, and the Klinder String Quartet.

Location: Room 107, Music Building, UConn Storrs Campus
Dates: Tues., Mar. 29-May 24 (8 weeks) *no class 4/19
Time: (430201-A) 7-8 p.m.
Fee: \$25

Intro to Group Class Piano (Ages 6-10)

For the true beginner. 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 has been a violin, viola and piano Suzuki teacher since 2010, and has taught in Puerto Rico's Conservatory Pre-College programs and Kids and Musik, the first Music Academy specialized in the Suzuki Method in Puerto Rico. As a viola performer he has played with San Juan Philharmonic Orchestra and the National Symphony Orchestra in Santo Domingo. He completed his undergraduate degree in viola performance with Prof. Emanuel Olivieri in Puerto Rico's Conservatory of Music and is a certified Music Teacher in the PR's Public System. He is pursuing his Master's degree in Viola Performance with Suzuki Pedagogy Emphasis at the University of Hartford - Hartt School.

Location: DRMU 212, Drama-Music Building, UConn Storrs
Dates: Mon., Mar. 28-May 23 (8 weeks) *no class 4/18
Time: (430501-A) 4:05-4:35 p.m.
Fee: \$100

Group Class Piano for Children (Ages 8-12)

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). Prior participation in "Intro to Group Class Piano" or an individual evaluation required. Contact 860-486-1073 for more information.

Instructor: Eugenio Figueroa – see description under "Intro to Group Piano"

Location: DRMU 212, Music Building, UConn Storrs Campus

Dates: Mon., Mar. 28-May 23 (8 weeks) *no class on 4/18

Time: (430502-A) 4:40-5:25 p.m.

Fee: \$115

Dramatic Arts

Little Folks Theatre! (Ages 5-10)

In this workshop series, students will be immersed in theatre games, improvisation for the stage, mime, and the dramatization of stories from different cultures. Actors will learn about the important elements of theatre: character, plot, setting, theme, and dramatic conflict. Through the art of improvisation, music, & narration, students will develop a performance that will be presented for family & friends on the last day.

Instructor: Carol Macy is a teaching artist, director, and workshop leader who has taught classes and directed plays extensively throughout the country. She received her B.F.A. in Acting from Boston University and Master of Arts in Theatre Education from Norwich University. She is the Founder & Artistic Director of The Village Theatre in Brattleboro, VT and has worked with children, teenagers, and adults for decades, promoting the principle that theatre provides an invaluable resource in developing confidence and the creative spirit.

Location: DRMU 219A, Music Building, UConn Storrs Campus

Dates: Thurs., Mar. 31-May 26 (8 classes) *no class 4/21

Time: (430609-A) 4:15-5:30pm

Fee: \$127

Registration, Refunds, and Withdrawals

Registration may be completed online, in person at the Community School of the Arts – Rooms DRMU 144 and 146 in the Music Building on UConn's Storrs Campus, or at the Mansfield Community Center. All fees must be paid at time of registration.

**For CSA Office Hours, Directions, and Policies,
call 860-486-1073 or visit csa.uconn.edu.**



Spring Family Fun Nights

Join us this spring 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, poolside basketball and more! No pre-registration required.

Location: Mansfield Community Center

Dates/Times: Sat., March 19, 4:30-7:30 p.m.
 Fri., April 1, 5:30-8:30 p.m.
 Sat., May 14, 4:30-7:30 p.m.
 Fri., May 27, 5:30-8:30 p.m.
 Fri., June 3, 5:30-8:30 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.



Free Mansfield Days at the Community Center

Have you been wondering what all the excitement is about at the Mansfield Community Center! Well, if you're a Mansfield resident you can find out for FREE. Proof of residency may be required.

Location: Mansfield Community Center

Dates/Times: Sat., April 9, 10 a.m.-1 p.m.
 Sat., May 7, 10 a.m.-1 p.m.
 Sun., June 5, 12-3 p.m.

Fee: Free for Mansfield residents.

Backyard Games

Outdoor Volleyball and Badminton sets are available to rent for home use. Reservations (with payment) must be made in person generally 24 hours in advance. A \$25 deposit check and copy of driver's license is required at the time of the rental reservation.

Fee: \$10 per set per use (up to 3 days)

Fourth Friday Family Paint Night (Ages 5+)

Each parent and child must register separately and will paint on separate canvases.

Bring your family or friends and make painting together at Mansfield Community Center's Family Friendly Monthly Paint Nights. We will use acrylic paint, so dress for a mess. Each participant will take home a 16 x 20 painted canvas. Participants will learn about a famous artist and create 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)

Instructor: Reagen O'Reigaekn

Dates: (390001-C) March 25
 (490003-A) April 22 – April vacation week!
 (490003-B) May 27 – Family Fun Night!

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

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: There is a \$10 materials fee for this class due at the time of registration. Fee waivers do not apply to materials fees

Recreation Rescue (Grades K-8)

Recreation Rescue is for children in grades K-8 and is held on school staff professional days. This one day camp includes creative games, activities and a field trip. Detailed flyers are distributed to the schools prior to the dates. Program is held at Mansfield Middle School. Space is limited so register early.

Location: Mansfield Middle School

Date: (354003-B) Thur., March 24, 7:30 a.m.-5:30 p.m.

Day trip to Dave and Busters

Fee: \$47/day for each resident child

\$57/day for each non-resident child

April Vacation Camp (Grades K-8)

What do you do with the kids during vacation? Send them to our vacation camp. This popular program is held at Mansfield Middle School from 7:30 a.m.-5:30 p.m. Vacation camp includes games, arts & crafts, special events and/or trips for students in grades K-8. Activities are similar to those of Camp Mansfield. Children can be registered for one day or any combinations of days.

Location: Mansfield Middle School

Dates:

(454004-1) Mon., April 18, Bowling at Vernon Lanes

(454004-2) Tues., April 19, Superhero Day

(454004-3) Wed., April 20, Children's Museum, West Hartford

(454004-4) Thurs., April 21, Jurassic Park Day

(454004-5) Fri., April 22, The Dinosaur Place at Natures Art Valley

Time: 7:30 a.m.-5:30 p.m.

Fees: \$47/day per resident child

\$57/day per non-resident child

Family & Special Events

EGGSTRAVAGANZA 2016! (Ages 0-10)

Presented by the Mansfield Advocates for Children. Bake sale, crafts, an egg hunt, and an appearance by the EASTER BUNNY! All proceeds benefit the maintenance and improvement of the Playground. Questions? FerronMB@mansfieldct.org.

****Don't forget to bring a basket!****

Location: The Jeffrey P. Ossen Family Foundation Community Playground

Date: Saturday, March 26, 2016

Time: Registration begins at 1PM

Fee: Suggested Donation \$2 per child

Age groups: 0-3, 4-6, 7-10

SAVE THE DATE!

John E. Jackman Tour de Mansfield

The Mansfield Community Center, The Mansfield Downtown Partnership and the Town of Mansfield are proud to present the Eleventh Annual Tour de Mansfield. This event provides a wonderful opportunity to draw attention to the Storrs/Downtown area and bring awareness of the scenic beauty of Mansfield's villages through exercise and social activity.

Location: Starts at Mansfield Community Center

Date: Sat. June 18th, Raindate June 19th

Stay tuned for more information!

Kayak Rentals

We have 10 single kayaks with paddles and life jackets. The kayaks are 10.5 feet long and weigh about 42 pounds each.

Reservations (with payment) must be made in person generally 24 hours in advance. As the kayaks do go out regularly, it is important to call ahead to make sure they are available. A \$50 deposit check and copy of driver's license is required at the time of rental reservation.

Fee: \$10 per kayak per day (paddles and life jackets included)

Pick up (seasonally) at the Community Center between 6:30a.m. and return by 6:30 p.m. Saturday and Sunday pick up and drop off times are 8:30a.m. and return by 6:30p.m. Participants are responsible for the loading, unloading and transporting the kayaks to and from destination.



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- Power Tools
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- Lighting
- Landscaping Materials
- Lawn & Garden
- PVC Boards

We also offer Blade Sharpening & Gift Cards

Save the Date: Sat., May 14, 8 a.m.-1 p.m.

Mansfield's Tag Sale Trail

There are three ways to get involved:

1. **For \$25** you can rent a 10' x 10' area in the gymnasium at the Mansfield Community Center. Guaranteed dry, warm space to sell your belongings. There are only 40 indoor spaces.
2. **For \$15** you can have your home tag sale listed on a town map with all other tag sales happening that day that will be available on line at midnight, May 14 as well as in person at the community center at 5:30 a.m. that day.
3. Either download the map from www.mansfieldcc.com beginning at midnight, May 14, or stop by the community center and pick up a map. Then shop town-wide for the best bargains in town. Don't forget to make the community center one of your stops. There will be many people selling their wares in the gymnasium that morning.

Anyone interested in renting space at the community center or having a listing on the official map should fill out the form below.

Town Wide Tag Sale Registration Form

Submit by May 7 (no exceptions) to be included on the map.



Location of Sale (your address) _____

Name _____

Address _____

Phone _____ **Email** _____

Sale Items, different sale times, etc. here (limit 100 characters) Examples: Gardening tools and baby items, or Open Sunday too.

_____ I would like a space at the Community Center. Enclosed is \$25 (490002-A)

_____ I would like to have my tag sale listed on the map. Enclosed is \$15 (490002-B)

Make checks payable to Town of Mansfield/MCC.

Free Promotional Yard Sign for the first 40 registered

The Town of Mansfield and Mansfield Parks and Recreation are not responsible for any of the products or sales agreements made by private parties on the Tag Sale Trail.





A Day in Boston, Sat., April 23rd

Registration deadline: April 9th - Boston, MA

Plan a fun day in Boston! Take the day to explore the sights and sounds of Beantown. Shopping at Quincy Market, dining and snacking through the North End restaurants and pastry shops, exploring at the Children's Science Museum, or just sight-seeing on your own. We'll take you to Boston; drop you off at the below locations and round you up again at the end of the day. Public transportation is available for many locations. Information available at: www.mbta.com.

Boston Science Museum: participants can easily spend an entire day exploring this museum. More information about exhibits and special events can be found at www.mos.org.

Quincy Market and Faneuil Hall: participants can walk around, shop and get great food at this historic area in Boston. More information can be found at www.faneuilhallmarketplace.com.

A map of Boston and the various things to see and do can be found at www.tripomatic.com

Day: Sat., April, 23
Time: (480001-A) Bus will leave from the Tolland commuter lot at exit 68 off I-84 at 7:30 a.m. and return approximately 6 p.m.
Fee: \$50 for Mansfield Residents (fee includes bus transportation only)

A Day on Your Own in Newport, RI Sat., May 21st - Registration deadline: May 9th

Enjoy a day on your own, in beautiful Newport Rhode Island! Newport is most famous for their exquisite mansions which display the elegant social life and times from the gilded age. The downtown waterfront harbor area has an abundance of shops, restaurants, trolleys, bus tours and boat cruises. Newport is also home to the Tennis Hall of Fame and the scenic Cliff Walk that overlooks the Atlantic Ocean on one side and beautiful majestic homes, mansions, and Salve Regina College on the other. For details, prices, and other ideas for what to do in Newport check out www.tripadvisor.com, Discover Newport or www.newportmansion.org.

Day: Sat. May 21
Time: (480003-A) Bus will leave from the Tolland commuter lot at exit 68 off I-84 at 8:00 a.m. and return approximately 8:00 p.m. Trip is about 2 hours to Newport; the bus will drop off and pick up at the Waterfront.
Fee: \$45 for Mansfield Residents (fee includes bus transportation only)

SAVE THE DATE

Seattle Mariners vs. Red Sox at Fenway

Day: Sun. June 19
Time: (480002-A)
Fee: TBA



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Star Party

What can be seen in the spring night sky? Dr. Cynthia Peterson will lead us in an evening of stargazing and exploration. We will begin at UConn's Planetarium for an orientation to the constellations, planets and binocular objects found in the sky this evening (including three major planets near opposition) and preview upcoming events in the evening sky for summer, including exciting new results from Planet Nine and the upcoming Mercury transit in May visible here. Handouts listing resources for observational astronomy will be available. Weather permitting, we will walk to the UConn Observatory on the roof of the physics building to point out some nice binocular objects in the evening sky, and if time permits, examine them using the Observatory telescopes. We'll include these objects in our observing list and handouts as well. Participants are encouraged to bring binoculars, and dress warmly for the cool evening weather. If the weather does not cooperate with clear skies, we'll still celebrate the stars in the Planetarium and make a simple star finder, moon finder or comet model to take home.

Instructor: Dr. Cynthia Peterson, UConn Department of Physics
Location: UConn Planetarium
Date(s): Fri., April 29
Time: (411001-A) 7:30-9:30 p.m.
Fee: \$7 per person for residents
 \$17 per person for non-residents

Birding with Mom

Bring your binoculars and join us for Mother's Day birding watching! We will be hiking Mt. Hope Park while looking for our spring birds and listening to their songs. This should be the peak of the spring migration so we will be seeing many of the birds for the first time this year. Come and share a lovely spring morning. Dress for the weather and wear boots or sturdy shoes since there may be some damp areas. Bringing your mom is encouraged but not required.

Instructor: Naturalists Sue and Tom Harrington
Location: Meet at Mt Hope Park, Rte 89
Date: Sun., May 8
Time: (41002-A) 7-9 a.m.
Fee: \$7 per person for residents
 \$17 per person for non-residents

Wildflowers at Fifty-Foot Cliff Preserve

Come take a guided wildflower walk through Fifty-foot Cliff Preserve. This preserve has a wide variety of habitats and, throughout the years, many different species of wildflowers have been spotted. We will poke around in habitats ranging from upland and wetland forests to early successional fields and a rock cliff with a nice view. For the most part, walking is easy and paths are wide. Appropriate for families with children 5 and over.

Instructors: Pat Bresnahan, Roberta Coughlin, Charlotte Pyle and Kathy Weigold
Location: Fifty-foot Cliff Preserve--park behind the Mansfield Historical Society (954 Storrs Rd--Rte. 195)
Date: (411003-A) Sat., May 14
Time: 9:30-11:30 a.m.
Fee: Free

Explore Dunhamtown Forest on CT Trails Day!

Join us on CT Trails Day for a hike through one of Mansfield's interesting parks. Not only will we be looking at trees, wildflowers and wildlife but also discovering several old home sites and abandoned roads. We can only imagine what this area might have been like years ago. Part of National Trails Day, a nationwide hiking initiative established by the American Hiking Society in 1993, CT trails day is organized in CT by the Connecticut Forest and Park Association (CFPA). CFPA was founded in 1895 as a non-profit organization to protect Connecticut's forests, parks, walking trails, and open spaces for future generations and to maintain 825-miles of the Blue-Blazed Hiking Trail system. The complete walk schedule, with directions, is available through CFPA at www.ctwoodlands.org.

Instructor: Naturalists, Sue and Tom Harrington
Location: (411005-A) Meet at parking area on White Oak Road
Time: 1-3 p.m.
Date: Sun., June 5
Fee: Free

NATURAL AREAS VOLUNTEERS (NAV)

NAV is a volunteer corps sponsored by Mansfield Parks and Recreation, the Parks Advisory Committee, and Friends of Mansfield Parks. Stewards and Co-stewards are assigned to a particular park/preserve, visit it frequently, know its management plan, and work with staff to care for it. Workday Volunteers attend workdays as their schedules permit, helping with supervised projects such as trail blazing and natural area improvements. Wildlife Monitors are trained to survey for interesting plants and animals. Service groups are welcome, as are children over 8 when accompanied by an adult. All participants must pre-register by the Friday before the workday by calling Jennifer Kaufman at 429-3015 x204 or emailing KaufmanJS@MansfieldCT.org.

SPRING NAV Work Days

Sat., April 9, 9:45 a.m.-12 p.m. - Call for location
 Sat., April 16, 9:45 a.m.-12 p.m. - Call for location

Mansfield Community Gardens

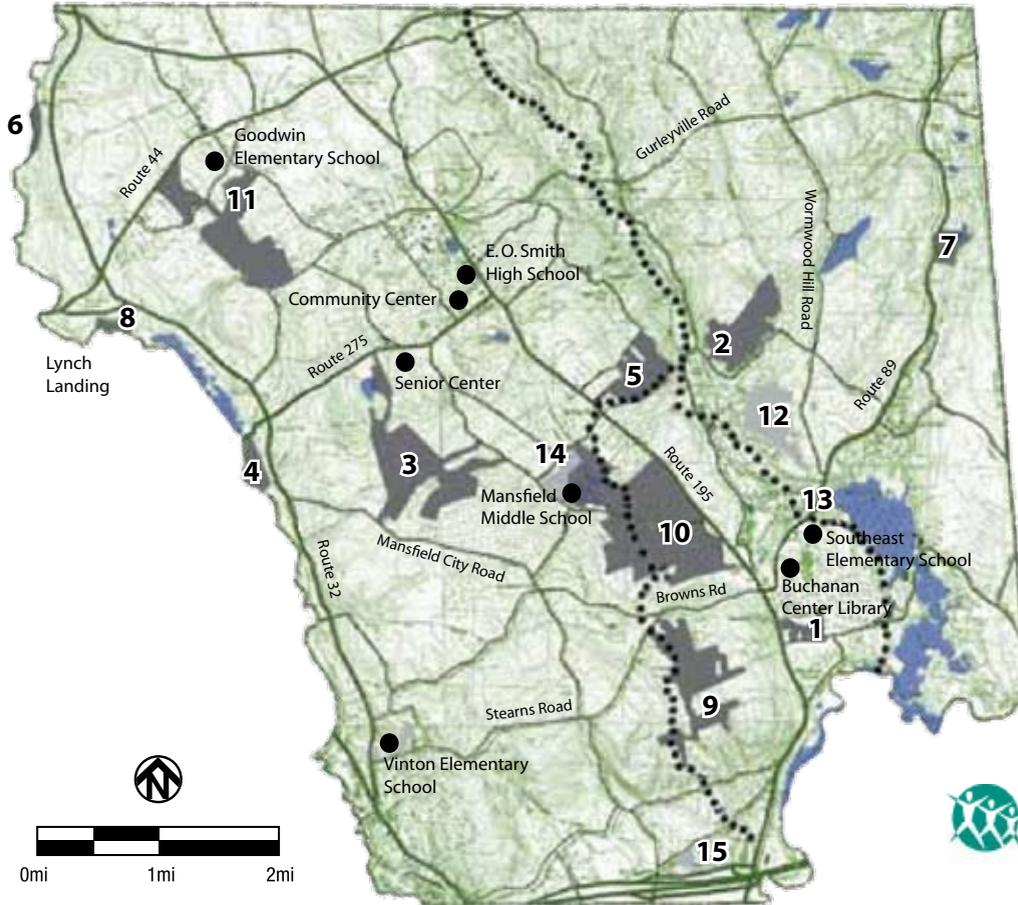
Enjoy fresh air and fresh produce through gardening. 20'x30' plots, located on Route 195 next to Mansfield Supply. Planting begins mid to late May. Returning gardeners will be notified by mail about pre-registration and will receive first priority. Once you have registered, you will receive a letter about the location of your garden plot and the recommended gardening practices. Gardeners are required to remove all large weeds, rocks, weed barrier from their plot by the end of the season.

Location: (411006-A) Rt. 195 South of Mansfield Supply
Fee: \$25/plot for residents \$35/plot for non-residents



Take a Walk With Us!

Go to www.MansfieldCT.org/TrailGuides/ 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 in an easy-to-use format. You may also pick up all trail guides in a sturdy folder free of charge at the Mansfield Community Center. Both public and private organizations offer recreation opportunities in open spaces in Mansfield and many of them are linked to town parks. For more information about these organizations click on www.MansfieldCT.org.



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parks & preserves

- 1. Commonfields** Access from Bassetts Bridge Road. Parking area, trail, interpretive information, signs and bird blind will be installed by 2008.
- 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. 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.
- 4. Eagleville Preserve** Access from Eagleville Dam through State land. Loop trail along scenic bend of Willimantic River and through old pasture reverting to forest.
- 5. Fifty-Foot Cliff Preserve** Access from behind Mansfield Historical Society on Rte 195. Forested trails lead to cliff views across the Fenton River Valley and Mansfield Hollow State Park. Nipmuck Trail connects to adjacent State land.
- 6. 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 Willimantic River.

- 7. Mt. Hope Park** Access from Rte 89. Loop trail through meadows and woodlands leading to a pond and the Mt. Hope River.
- 8. River Park** Access from Plains Road. Willimantic River Greenway trail leads to Lynch Landing and Mansfield Depot. Handicapped accessible canoe launch, multi-use recreation field, and interpretive information will be installed by 2008.
- 9. Sawmill Brook Preserve** Access from Joshua's Trust's Wolf Rock Preserve parking area on Crane Hill Road. Follow the Nipmuck Trail past Wolf Rock, then along Sawmill Brook's wooded valley to Puddin Lane.
- 10. 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.
- 11. Shelter Falls Park** Access from Birch Road. Waterfall and scenic rock formations along Cedar Swamp Brook. Connecting trails to UConn lands and adjacent DEP land. Map includes connecting UConn and adjacent DEP land and trails

recreation areas

- 12. Lions Club Memorial Park** Rt. 89, Warrenville Road
- 13. Southeast Park** Rt. 89, Warrenville Road
- 14. Spring Hill Fields** Spring Hill Road
- 15. Sunny Acres Park** Meadowbrook Road

scenic trails

- Lynch Landing**
Access from Depot Road to Willimantic River.
- Nipmuck Trail**
Regional trail with access at several road crossings.

Legend	Parks & Preserves	Baseball/Softball	Hiking	Swimming
	Recreation Areas	Canoeing	Picnicking	X-C Skiing
	Recreation Centers	Fishing	Playground	Handicapped Accessibility <small>(Selected portions only, call ahead)</small>
	Nipmuck Trail	Football	Soccer	
	Lynch Landing			

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Fitness Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
470001-A 5:45-6:45 a.m. Spin w/ Deb	470012-B 5:35-6:20 a.m. Hardcore Boot Camp w/ Jerry *Gym	470001-A 5:45-6:45 a.m. Spin w/ Ron	470012-C 5:35-6:20 a.m. Boot Camp w/ Jerry *Gym	470001-A 5:45-6:45 a.m. Spin w/ Deb	470020-D 7-7:45 a.m. Work the Circuit w/ Jodi	470019-B 8:30-9:30 a.m. Yoga Tune Up w/ Helen
470003-A 7-8 a.m. Fitness Walking w/ Ron	470001-D 6:30-7:30 a.m. Spin w/ Ron	470025-C 7-8 a.m. All Levels Yoga w/ Bill	470001-D 6:30-7:30 a.m. Spin w/ Ron	470014-C 9-10 a.m. Functional Strength w/ Jodi	470001-C 8-9 a.m. Spin w/ Ron	
470076-A 9-9:30 a.m. TRX w/ Diego *Gym	470022-B 10:00-10:45 a.m. Silver Sneakers Yoga w/ Mandy *Comm.RM	470003-B 7-8 a.m. Fitness Walking w/ Ron	470020-C 9:15-10 a.m. Work the Circuit w/ Mandy	470037-C 9:45-10:45 a.m. Water Fitness w/ Lizzie	470026-A 9:30-10:45 a.m. Power Yoga I w/ Sharon	
470032-B 9-10 a.m. Salsa Fit w/ Kelly	470041-A 10:45-11:30 a.m. Aqua Therapy w/ Dorinda	470075-A 9-9:30 a.m. Kettlebells w/ Jess *Gym	470019-A 10:15-11:15 a.m. Yoga Tune Up w/ Helen	470046-B 10:15-11:15 a.m. Gentle Yoga w/ Sharon		
470037-A 9:45-10:45 a.m. Water Fitness w/ Lizzie	470028-B 10:50-11:50 a.m. Pilates w/ Props w/ Deb G.	470032-A 9-10 a.m. Salsa Fit w/ Kelly	470022-A 10:30-11:15 p.m. Silver Sneakers Yoga *Comm.RM	470067-A 11-11:45 a.m. Silver Sneakers Splash w/ Lizzie	470011-B 12-1 p.m. Youth Strength Training w/ Conor	
470014-B 10:20-11:20 a.m. Functional Strength w/ Jodi	470041-B 11:35 a.m.-12:20 p.m. Aqua Therapy w/ Dorinda	470037-B 9:45-10:45 a.m. Water Fitness w/ Lizzie	470041-A 10:45-11:30 a.m. Aqua Therapy w/ Dorinda	470015-C 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm.RM		
470008-A 11-11:45 a.m. Silver Sneakers Cardio Circuit w/ Lizzie *Comm.RM	470021-A 12-12:45 p.m. Yoga Core w/ Sharon	470046-A 10:30-11:30 a.m. Gentle Yoga w/ Sharon	470008-B 11:20 a.m.-12:05 p.m. Silver Sneakers Circuit w/ Mandy *Comm.RM			
470015-A 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm.RM	470017-A 12:15-12:45 p.m. MCC Mini Pump w/ Jodi *Gym	470015-B 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm.RM	470041-B 11:35-12:20 p.m. Aqua Therapy w/ Dorinda			
470075-B 12:15-12:45 p.m. Kettlebells w/ Jess *Gym	470011-A 3-4 p.m. Teen Strength Training w/ Conor	470027-B 12-1 p.m. Intermediate Pilates w/ Deb G.	470017-B 12:15-12:45 p.m. MCC Mini Pump w/ Jodi *Gym			
470074-A 12:45-1:15 p.m. Kettlebell Basics w/ Jess *Gym	470001-B 5-6 p.m. Spin w/ Deb	470071-A 1-1:45 p.m. Chair Yoga w/ Nancy *Comm.RM				
470066-A 2-2:45 p.m. Aqua Arthritis w/ Lizzie		470066-B 2-2:45 p.m. Aqua Arthritis w/ Lizzie		470005-A 5:30-6:15 p.m. Ability Fitness w/ Mandy		
		470033-A 4-5p.m. Pilates for Teens w/ Deb G.				
470047-A 4:15-5:15 p.m. Spring Into Pilates w/ Margherita	470025-B 6:15-7:15 p.m. All Levels Yoga w/ Marissa	470055-A 5:20-6:20 p.m. Corefusion w/ Dorinda	470028-A 4:15-5:15 p.m. Pilates Mat w/ Props w/ Deb G.			
470073-B 5:30-6:15 p.m. TRX Pump w/ Mandy *Gym	470060-A 7:30-8:30 p.m. BollyX w/ Meha	470012-A 6:30-7:15 p.m. Boot Camp w/ Jerry	470051-A 5:30-6 p.m. Core Express w/ Mandy			
470024-B 5:30-6:30 p.m. All Levels Yin/Yang Yoga w/ Sharon		470036-B 6:30-7:30 p.m. Aqua Power w/ Diego	470014-A 6:05-6:50 p.m. Functional Strength w/ Mandy			
470077-A 6:20-7:05 p.m. Cardio Kickboxing w/ Mandy *Gym			470029-A 6-7:15 p.m. First Year Tai Chi w/ George *Comm.RM			
470036-A 6:30-7:30 p.m. Aqua Power w/ Diego			470030-A 7:30-8:45 p.m. Cont.Tai Chi w/ George *Comm.RM			

Spring 2016

Session Begins
Monday, April 4th
and ends
Sunday, June 19th

Child care is open for children
ages 1-7 during these classes
marked with 



Welcome to the 2016 Spring Fitness classes

Over 60 Classes to Choose From!
Session begins **Monday, April 4, 2016**
and ends **Sunday, June 19, 2016.**

Can I just “drop in”?

A member must purchase their drop in visits at the reception desk. Packages start at 5 classes and go up to 75 classes. Facility members age 14(+) are permitted to drop in to almost any fitness class. A list of classes that don't permit drop in is available at the fitness desk. For more information on class drop ins, please visit the Reception Desk.

Now Available – Non-member Drop in Cards

Are you looking to try out our fitness classes, but don't yet have a membership. Our Non-Member Drop in Card offers you a Five (5) class pass to try out our fitness class offerings. Available now for \$60.



PERSONAL TRAINING



Mandy Ivory
860-933-4852



Jerry Kleinman
860-617-1161



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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 Sat 10:30am-1:30pm
 Closed Sun

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1 Dog Lane (Downtown Storrs)	860-429-1515
East Brook Mall	860-423-3611
Inside UConn Student Union	860-427-7506

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Personal Training...for all levels of fitness!

**Rehabilitative Needs * Weight Loss * Specific Athletic Conditioning
* Challenging Your Fitness Routine * Motivation * Group Training**

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 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.



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.



Spin – Experience the ride!

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.

Instructor: Deb Pepin & Ron Manizza
Day: M/W/F
Time: 5:45-6:45 a.m.
Session: (470001-A) (32 classes) *no class 5/30
Fee: \$197 for members \$267 for non-members

Instructor: Deb Pepin
Day: Tues.
Time: 5-6 p.m. 
Session: (470001-B) (11 classes)
Fee: \$68 for members \$92 for non-members

Instructor: Ron Manizza
Day: Sat.
Time: 8-9 a.m.
Session: (470001-C) (11 classes)
Fee: \$68 for members \$92 for non-members

Instructor: Ron Manizza
Day: Tues/Thurs
Time: 6:30-7:30 a.m.
Session: (470001-D) (22 classes)
Fee: \$136 for members \$183 for non-members

NEW! Pilates for Teens

The perfect class for teens! Teens spend hours on end slouching in class and in front of computers, using cell phones and carrying heavy backpacks. This class is designed to help strengthen their core muscles groups, which will help to prevent future back and postural problems. The movements in the class will teach correct posture, help to improve muscle-sequencing patterns, help them learn precision and alignment, along with building confidence and spatial awareness that our teens need as they grow. Pilates for Teens is a full body workout performed on a mat. The class will include movements in a sitting, standing and lying down positions. Participants

Fitness Class Intensity Rating!!!

This Intensity Rating system is designed to make choosing an exercise class easier for you! "Intensity" refers mainly to the amount of cardiovascular activity involved in the class. A class with only one  has a very minimal cardiovascular component. The more  you see, the harder you will work! Cardiovascular exercise is necessary to maintain or improve heart and lung function and also is highly recommended for burning calories and weight loss. Please note that Yoga classes are not part of this rating system since recommendations for participants are included in the descriptions.

 indicates a class with a low level of intensity
 is a little more challenging
 is considered intense!

Watch for the . It means that child care for your children, ages 1-7, is available during the class. See page 9 for child care hours.

will use their own body weight and small props like a ball, to help really isolate and work the deep core muscles. Variations of the movements will be provided, allowing everyone to participate in a safe and challenging hour-long core workout. Whether they need a competitive edge in their favorite hobby, cross training for a specific sport, or just interested in movement and fitness, this class will inspire and educate your teen, while keeping them focused. It's never too soon to develop good posture and healthy habits!

Instructor: Deborah Grenier, Certified Pilates Teacher
Day: Weds.
Time: 4-5 p.m.
Session: (470033-A) (11 classes)
Fee: \$79 for members \$106 for non-members

Fitness Walking

This class is designed to help participants better understand the benefits of increasing their heart rate to an aerobic level and sustaining this level throughout class. Interval training and steady state training will be used. 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, however not required. First class will discuss heart rate zones and include a 'time trial' to get a starting base for training. *Note: class will meet in Fitness Center lobby.

Instructor: Ron Manizza
Day: Mon.
Time: 7-8 a.m.
Session: (470003-A) (10 classes) *no class 5/30
Fee: \$39 for members \$49 for non-members

Day: Wed.
Time: 7-8 a.m.
Session: (470003-B) (11 classes)
Fee: \$43 for members \$54 for non-members

Functional Strength & Stretch

This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, 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.

Instructor: Mandy Ivory
Day: Thurs.
Time: 6:05-6:50 p.m. *class is 45 minutes
Session: (470014-A) (11 classes)
Fee: \$59 for members \$80 for non-members

Instructor: Jodi Farno
Day: Mon.
Time: 10:20-11:20 a.m.
Session: (470014-B) (9 classes) *no class 4/11, 5/30
Fee: \$65 for members \$87 for non-members

Instructor: Jodi Farno
Day: Fri.
Time: 9-10 a.m.
Session: (470014-C) (10 classes) *no class 4/15
Fee: \$72 for members \$97 for non-members

NEW! Introduction to Strength Training (Ages 14+)

This class will teach teens different functional exercises that relate to strength training. Class will incorporate exercises using body weight, dumbbells, barbells, coordination, agility, and core.

Instructor: Conor Hackett
Day: Tues.
Time: 3-4 p.m.
Session: (470011-A) (10 classes) *no class 4/19
Fee: \$72 for members \$97 for non-members

NEW! Introduction to Strength Training (Ages 8-13)

This class will teach pre-teens different functional exercises that relate to strength training. Class will incorporate exercises using body weight, dumbbells, coordination, agility, and core.

Instructor: Conor Hackett
Day: Sat.
Time: 12-1 p.m.
Session: (470011-B) (9 classes) *no class 4/23, 6/4
Fee: \$65 for members \$87 for non-members

MCC MINI P.U.M.P.

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.

Instructor: Jodi Ferno
Day: Tues.
Time: 12:15-12:45 p.m.
Session: (470017-A) (10 classes) *no class 4/12
Fee: \$31 for members \$42 for non-members
**Note: class meets in the Gymnasium*

Instructor: Jodi Ferno
Day: Thurs.
Time: 12:15-12:45 p.m.
Session: (470017-B) (10 classes) *no class 4/14
Fee: \$31 for members \$42 for non-members
**Note: class meets in the Gymnasium*

Kettlebell 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.

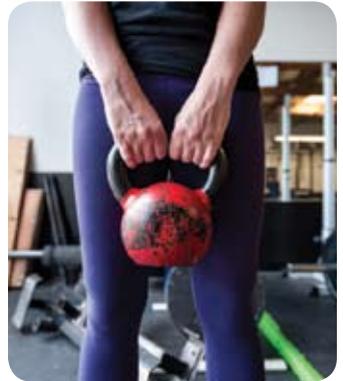
Instructor: Jessica Tracy, HKC
Day: Mon.
Time: 12:45-1:15 p.m. *class is 30 minutes
Session: (470074-A) (2 classes held 4/4 & 4/11)
Fee: \$10 for members \$15 for non-members
**Note: class meets in the Gymnasium*
**Drop in Pass not eligible for this class*

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. Pre-req: Kettlebells 101, Kettlebells Basics or Instructor permission required.

Instructor: Jessica Tracy, HKC
Day: Weds
Time: 9-9:30 a.m.
Session: (470075-A) (10 classes) *no class 4/20
Fee: \$36 for members \$49 for non-members
**Note: class meets in the Gymnasium, Fitness Flex Plus*

Day: Mon.
Time: 12:15-12:45 p.m. *class is 30 minutes
Session: (470075-B) (8 classes) *no class 4/18, 5/2, 5/30
Fee: \$29 for members \$39 for non-members
**Note: class meets in the Gymnasium, Fitness Flex Plus*



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!

Instructor: Diego Martinez
Day: Mon.
Time: 9-9:30 a.m.
Session: (470076-A) (10 classes) *no class 5/30
Fee: \$36 for members \$48 for non-members
**Note: class meets in the Gymnasium, Fitness Flex Plus*

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to **register early**.

But there are also reasons to **register early** for classes that don't usually fill up. All of our classes are self supporting and we must reach minimum enrollment for a class to run. There is a point (usually about 3 days before the program is due to start) that a program must be canceled if there aren't enough people registered. Very often people register after the program has been canceled. If the registrations were done earlier, in many cases, the program would have run. All programs require a high level of coordination often including facility scheduling, staffing, and purchasing of supplies. So, if you know you want to take a class, **please register early**. Then everyone will get a chance to participate.

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.

Instructor: Mandy Ivory
Day: Mon.
Time: 5:30-6:15 p.m.
Session: (470073-A) (10 classes) *no class 5/30
Fee: \$54 for members \$73 for non-members
**Note: class meets in the Gymnasium*

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.

Instructor: Jerry Kleinman, WITS Certified Personal Trainer
Day: Weds.
Time: 6:30-7:15 p.m. *class is 45 minutes 🏋️‍♀️
Session: (470012-A) (11 classes)
Fee: \$59 for members \$80 for non-members
Day: Tues.
Time: 5:35-6:20 a.m. *class is 45 minutes
Session: (470012-B) (11 classes)
Fee: \$59 for members \$80 for non-members
**Note: class meets in the Gymnasium*

Day: Thurs.
Time: 5:35-6:20 a.m. *class is 45 minutes
Session: (470012-C) (11 classes)
Fee: \$59 for members \$80 for non-members
**Note: class meets in the Gymnasium*

Corefusion 🏋️‍♀️🏋️‍♂️🏋️‍♀️

A class combining the fundamental movements of both Pilates & yoga. Emphasis on breath work and core strength.

Instructor: Dorinda Miller
Day: Wed.
Time: 5:20-6:20 p.m.
Session: (470055-A) (11 classes)
Fee: \$68 for members \$92 for non-members

Core Express 🏋️‍♀️🏋️‍♂️🏋️‍♀️

Training your core is the best way to build a foundation for functional fitness. Nearly every movement that you do in your life requires a strong core. 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. In Core Express 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.

Instructor: Mandy Ivory
Day: Thurs.
Time: 5:30-6 p.m. *class is 30 minutes
Session: (470051-A) (11 classes)
Fee: \$39 for members \$53 for non-members

Work the Circuit 🏋️‍♀️🏋️‍♂️🏋️‍♀️

A great cardiovascular workout and strength training in one. This program combines cardiovascular and strength stations to maximize your workout

Instructor: Mandy Ivory
Day: Thurs.
Time: 9:15-10 a.m. *class is 45 minutes 🏋️‍♀️
Session: (470020-C) (11 classes)
Fee: \$59 for members \$80 for non-members

Instructor: Jodi Farno
Day: Sat.
Time: 7-7:45 a.m. *class is 45 minutes
Session: (470020-D) (10 classes) *no class 4/16
Fee: \$54 for members \$73 for non-members



Cardio Kickbox 🏋️‍♀️🏋️‍♂️🏋️‍♀️🏋️‍♀️🏋️‍♂️🏋️‍♀️

Do you want more than just a conditioned body from your workout? 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 and learn the moves as you go, so all fitness levels are welcome. Please bring a water bottle.

Instructor: Mandy Ivory
Day: Mon.
Time: 6:20-7:05 p.m. *class is 45 minutes
Session: (470077-A) (10 classes) *no class 5/30
Fee: \$54 for members \$73 for non-members

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.

SilverSneakers Classic

Have fun and move to the music through a variety of exercises 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 needed for seated or standing support. Class is FREE for SilverSneakers members.

Instructor: Lizzie Hochdorfer
Day: Mon.
Time: 12-12:45 p.m. *class is 45 minutes
Session: (470015-A) (10 classes) *no class 5/30
Fee: \$46 for members \$63 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Day: Wed.
Time: 12-12:45 p.m. *class is 45 minutes
Session: (470015-B) (11 classes)
Fee: \$51 for members \$69 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Day: Fri.
Time: 12-12:45 p.m. *class is 45 minutes
Session: (470015-C) (10 classes) *no class 6/17
Fee: \$46 for members \$63 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

SilverSneakers Circuit

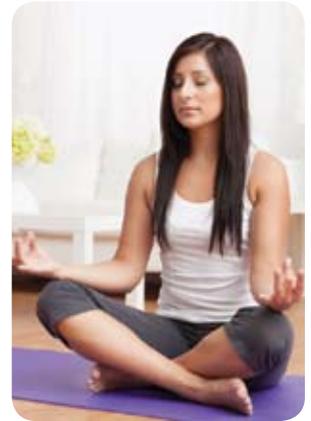
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Instructor: Lizzie Hochdorfer
Day: Mon.
Time: 11-11:45 a.m. *class is 45 minutes
Session: (470008-A) (10 classes) *no class 5/30
Fee: \$46 for members \$63 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Instructor: Mandy Ivory
Day: Thurs.
Time: 11:20 a.m.-12:05 p.m. *class is 45 minutes
Session: (470008-B) (11 classes)
Fee: \$51 for members \$82 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

SilverSneakers Yoga

SilverSneakers Yoga 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.



Instructor: Mandy Ivory
Day: Thurs.
Time: 10:30-11:15 a.m. *class is 45 minutes
Session: (470022-A) (11 classes)
Fee: \$59 for members \$80 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Day: Tues.
Time: 10-10:45 a.m. *class is 45 minutes
Session: (470022-B) (11 classes)
Fee: \$59 for members \$80 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Yoga Core

NEW class length! Perfect for your lunch break!
 Yoga core is a movement system that promotes core stability and good posture. Excellent for strengthening, lengthening and balancing the musculature of the body, helps to bring about balance to the whole being. Ideal for all levels.

Instructor: Sharon Coriaty
Day: Tues.
Time: 12-12:45 p.m. *class is 45 minutes
Session: (470021-A) (11 sessions)
Fee: \$59 for members \$80 for non-members

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: (470090-A) Sat., April 9
 (470090-B) Sun., May 22
 (470090-C) Fri., June 3
Time: 5-6:30 p.m.
Fee: \$10 per youth/parent pair – members only

Yoga All Levels

This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.

Instructor: Marissa Theve
Day: Tues.
Time: 6:15-7:15 p.m.
Session: (470025-B) (9 classes) *no class 6/7, 6/14
Fee: \$65 for members \$87 for non-members

Instructor: Bill Goodale
Day: Weds.
Time: 7-8 a.m.
Session: (470025-C) (11 classes)
Fee: \$78 for members \$106 for non-members

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.

Instructor: Sharon Coriaty
Day: Wed.
Time: 10:30-1:30 a.m.
Session: (470046-A) (11 classes)
Fee: \$79 for members \$106 for non-members

Day: Fri.
Time: 10:15-11:15 a.m.
Session: (470046-B) (11 classes)
Fee: \$79 for members \$106 for non-members

Chair Yoga 🧘

Have you always wanted to try yoga, but have difficulty moving or getting on and off the floor? This class takes a gentle and modified approach to basic yoga moves and principles. Using a chair as your basis, work through the basic poses at your level and experience the wonder of yoga.

Instructor: Nancy Alder
Day: Weds.
Time: 1-1:45 p.m. *class is 45 minutes
Session: (470071-A) (9 classes) *no class 4/20, 6/8
Fee: \$48 for members \$65 for non-members

*Note: class meets in the Community Room

Yin/Yang Yoga-All Levels 🧘

This class is a combination of longer holdings in passive postures to open the deep connective tissues of the body to prepare for the energetic flow of Yang Yoga building heat and energy. Open to all levels.

Instructor: Sharon Coriaty
Day: Mon.
Time: 5:30-6:30 p.m.
Session: (470024-B) (10 classes) *no class 5/30
Fee: \$72 for members \$97 for non-members



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.

Instructor: Sharon Coriaty
Day: Sat.
Time: 9:30-10:45 a.m. *class is 1.25 hours
Session: (470026-A) (11 classes)
Fee: \$99 for members \$133 for non-members

NEW! 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® techniques. By helping to identify and target your "body blind spots"; areas that are most overused, underused or misused, YTU® heals damaged muscle, increases strength and establishes health movement patterns to help you live better in your body. Appropriate for all levels.

Instructor: Helen McAvoy, Certified Yoga Tune Up® Instructor
Day: Thurs.
Time: 10:15-11:15 a.m.
Session: (470019-A) (11 classes)
Fee: \$79 for members \$106 for non-members

Day: Sun.
Time: 8:30-9:30 a.m.
Session 1: (470019-B) (10 classes) *no class 5/1
Fee: \$72 for members \$97 for non-members

NEW! Spring into Pilates 🧘

With all the scientifically proven benefits of this method you are invited to try a series of Mat classes with Margherita, who has been teaching Pilates since 2002. Pilates teaches respect for our bodies and how to bring that to other areas of our lives. This Multi-level course is for those who are familiar with the Fundamentals of Pilates or are looking to change up your current exercise program and try a FUN new program. Be prepared to move!

Instructor: Margherita Shaw, Certified Pilates Teacher
Day: Mon.
Time: 4:15-5:15 p.m.
Session: (470047-A) (10 classes) *no class 5/30
Fee: \$72 for members \$97 for non-members

Note: Fitness Flex Plus

Intermediate Pilates 🧘

This class is for participants who have completed a year or more of Pilates, willing to work hard and practice on their own. Class is progressive in nature and builds on knowledge learned in each class. Regular attendance is required. No current neck or back injuries please. Pre-Requisite: Beginner Pilates class at MCC or Instructor permission, granted prior to start of session.

Instructor: Deborah Grenier, Certified Pilates Teacher
Day: Weds.
Time: 12-1 p.m.
Session: (470027-B) (11 classes)
Fee: \$79 for members \$106 for non-members
Note: Fitness Flex Plus

Pilates Mat with Props

This class is an all levels traditional Pilates mat class with a contemporary flare. The elements of breathing, centering, concentration, control and precision are combined in one flowing class enabling you to stretch and strengthen your body's deep core muscles.

This Pilates full body workout is performed on a mat. The class will include movements in a sitting, standing and lying down positions. You will use your own body weight and small props like a ball, to help you really isolate and work your deep core muscles. Variations of the movements will be provided, allowing both beginners and those with experience, to participate in a safe and challenging hour-long core workout.

Those with past injuries are encouraged to participate, but those currently under a doctor's supervision should not attend.

Instructor: Deborah Grenier, Certified Pilates Teacher
Day: Thurs.
Time: 4:15-5:15 p.m.
Session: (470028-A) (10 classes) *no class 5/26
Fee: \$72 for members \$97 for non-members
Note: Fitness Flex Plus

Day: Tues.
Time: 10:50-11:50 a.m. 🧘
Session: (470028-B) (11 classes)
Fee: \$79 for members \$106 for non-members
Note: Fitness Flex Plus

First Year Tai Chi 🧘

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.

Instructor: George Hoffman
Day: Thurs.
Time: 6-7:15 p.m. *Note: class meets 1.25 hours
Session: (470029-A) (11 classes) *no class 4/21
Fee: \$90 for members \$121 for non-members
**Note: This class meets in the Community Room*
Note: Fitness Flex Plus



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.

Instructor: George Hoffman
Day: Thurs.
Time: 7:30-8:45 p.m. *Note: class meets 1.25 hours
Session: (470030-A) (11 classes) *no class 4/21
Fee: \$90 for members \$121 for non-members
**Note: This class meets in the Community Room*
Note: Fitness Flex Plus

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 its exercise!

Instructor: Kelly Madenjian
Day: Weds.
Time: 9-10 a.m.
Session: (470032-A) (10 classes) *no class 4/13
Fee: \$72 for members \$97 for non-members
Day: Mon.
Time: 9-10 a.m.
Session: (470032-B) (9 classes) *no class 4/4, 4/11
Fee: \$65 for members \$87 for non-members

NEW! BollyX®

The Bollywood Workout 🕺🕺🕺

BollyX® is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India. We embody the infectious energy, expression and movement of Bollywood and aim to expand the reach of fitness to more people worldwide.

Instructor: Meha Sadana
Day: Tues.
Time: 7:30-8:30 p.m.
Session: (470060-A) (5 classes) *class ends May 3rd
Fee: \$31 for members \$42 for non-members



Aqua Power

Looking for a calorie burning, hearth 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.

Instructor: Diego Martinez
Day: Mon.
Time: 6:30-7:30 p.m.
Session: (470036-A) (8 classes) *class ends May 23rd
Fee: \$49 for members \$67 for non-members

Instructor: Diego Martinez
Day: Weds.
Time: 6:30-7:30 p.m.
Session: (470036-B) (8 classes) *class ends May 25th
Fee: \$49 for members \$67 for non-members

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.

Instructor: Lizzie Hochdorfer
Day: Mon.
Time: 2-2:45 p.m. *class is 45 minutes
Session: (470066-A) (10 classes) *no class 5/30
Fee: \$46 for members \$63 for non-members

Instructor: Lizzie Hochdorfer
Day: Weds.
Time: 2-2:45 p.m. *class is 45 minutes
Session: (470066-B) (11 classes)
Fee: \$51 for members \$69 for non-members



Water Fitness I

A non-impact workout in the lap pool, using both deep and shallow ends of the pool. Participants can expect a total body workout!

Instructor: Lizzie Hochdorfer
Day: Mon.
Time: 9:45-10:45 a.m.
Session: (470037-A) (10 classes) *no class 5/30
Fee: \$62 for members \$83 for non-members

Day: Wed.
Time: 9:45-10:45 a.m.
Session: (470037-B) (11 classes)
Fee: \$68 for members \$92 for non-members

Day: Fri.
Time: 9:45-10:45 a.m.
Session: (470037-C) (10 classes) *no class 6/17
Fee: \$62 for members \$83 for non-members

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.

Instructor: Dorinda Miller, P.T., CSCS.
Day: Tues/Thurs.
Time: 10:45-11:30 a.m. *class is 45 minutes
Session: (470041-A) (22 classes)
Fee: \$118 for members \$160 for non-members

Instructor: Dorinda Miller, P.T., CSCS.
Day: Tues/Thurs.
Time: 11:35 a.m.-12:20 p.m. *class is 45 minutes
Session: (470041-B) (22 classes)
Fee: \$118 for members \$160 for non-members

SilverSneakers 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.

Instructor: Lizzie Hochdorfer
Day: Fri.
Time: 11-11:45 a.m. *class is 45 minutes
Session: (470067-A) (10 classes) *no class 6/17
Fee: \$46 for members \$63 for non-members
**Note: class meets in the Main Pool, FREE for SilverSneakers Members*

Youth Fitness - Cardiovascular

Youth ages 10-13 may utilize the cardiovascular equipment (ellipticals, bikes, rower and indoor track) with proper parental supervision. Parent or guardian (18+) must be actively supervising youth at all times. Youth must check in with a fitness attendant upon arriving on the fitness floor. Only Cardiovascular equipment may be used, unless Youth Resistance Training class has been completed. Orientation to cardiovascular equipment is not mandatory but strongly suggested. Please ask for help from our fitness attendants.

Days: Fri., 5-9 p.m., Sat., 3-8 p.m., Sun., 3-8 p.m.
Fee: FREE! – Members Only

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 Body Toning. 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.

Body Toning 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.

- Instructors:** Mandy Ivory
- Day:** Fri.
- Time:** 5:30-6:15 p.m.*class is 45 minutes
- Session:** (470005-A) (10 classes) *no class 6/10
- Fee:** \$54 for members \$73 for non-members
- Location:** Community Center Fitness Studio
- Ages:** 14 and up

Classes that Promote Youth Fitness

See specific page numbers for more information

- Sunday Morning TumblingPage 12
- Creative MovementPage 12
- Pre-Ballet IPage 12
- Ballet I / IIPage 12
- Beginner Jazz / Ballet ComboPage 12
- Horseback Riding Lessons.....Page 13
- Tennis.....Page 14
- LacrossePage 15
- Pilates for Teens.....Page 43
- Intro to Strength TrainingPage 43
- Youth Fitness Orientation.....Page 45



Gadgets and Gizmos:

How to use technology to help with your fitness!

Ron Manizza, longtime fitness instructor and bicycle expert, and Fran Storch, N.D., naturopathic physician and host of Radio Naturopath on WHUS 91.7 FM will show you how to use apps like Digifit, Map my Ride, Ride with GPS, Endomondo, Fitbit, even the readout on your cardio equipment. Use technology to maximize your results and FUN in your workouts!

- Day:** Wed., April 13
- Time:** 6:30-7:30 p.m.
- Location:** CC Community Room
- Session:** (470091-A)
- Fee:** Free for members \$10 for non-members



Healthy Fat Loss and Naturopathic Medicine:

Fran Storch, N.D. (see instructor information above) will help you with some basic ideas around fat loss. We will discuss the latest thinking on diet and exercise according to naturopathic medicine, what supplements might help, and some basic steps YOU can take to start enjoying your fittest healthiest self NOW!

- Day:** Wed., May 25
- Time:** 6:30-7:30 p.m.
- Location:** CC Community Room
- Session:** (470091-B)
- Fee:** Free for members \$10 for non-members

Natural Help with Menopause

Menopause is not an illness, but a WONDERFUL time in your life! Fran Storch, N.D. (see instructor information above) will discuss the science behind menopause and how it changes your body. Learn how to embrace this time in a healthy way with stress reduction, diet, exercise and supplements.

- Day:** Wed., June 8
- Time:** 6:30-7:30 p.m.
- Location:** CC Community Room
- Session:** (470091-C)
- Fee:** Free for members \$10 for non-members



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.

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.



Pool Temperature

Main Pool: 80-82 degrees
Therapy Pool: 92-94 degrees

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.

Lap Swim

Lap swim times are available at designated times. 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, and individuals needing rehabilitation for injuries. This pool is available for families 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.

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.
- **SafetyFirst** – 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.

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:** (461020-A) Mon., March 21-May 9
- Time:** 5:50-6:20 p.m.
- Fee:** \$67 for members \$90 for non-members

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:** (461021-A) Wed., March 23-May 11
- Time:** 5:50-6:20 p.m.
- Fee:** \$67 for members \$90 for non-members

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.

Teen Swim Lessons (Ages 12-17) Beginner Class

The beginner course will take teens 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 teens wanting to learn how to float, tread water, and swim and how to perform basic swim skills for safety. Please see Level Description page for more details.

- Instructor:** TBA
- Location:** MCC Pool
- Dates:** (461027-A) Mon., March 21-May 9
- Time:** 6:30-7 p.m.
- Fee:** \$67 for members \$90 for non-members

Teen Swim Lessons (Ages 12-17) Intermediate Class

The intermediate course will take teens 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 teens focusing on the technique and mechanics of certain strokes and continuing to improve their stroke development for front crawl, breaststroke and elementary backstroke. Pre-requisite for Intermediate class: Must be able to swim one 25 yard length of the pool and float on back.

- Instructor:** TBA
- Location:** MCC Pool
- Dates:** (461028-A) Wed., March 23-May 11
- Time:** 6:30-7 p.m.
- Fee:** \$67 for members \$90 for non-members

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: Saturdays and Sundays, April 23, 24, 30 and May 1
Time: (461022-A) 9 a.m.-5 p.m.
Fee: \$220 for members \$295 for non-members

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 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 Sunday, May 8th by 7:30 pm. **No registrations after May 8th will be accepted.**

Instructor: Brandon Biondi
Location: Community Room and MCC Pool
Dates: Sun., May 15
Time: (461023-A) 9 a.m.-6 p.m.
Fee: \$100 for members \$125 for non-members

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.



Lifeguard Training - Upgrade to Waterfront Lifeguarding (Ages 15+)

This course will upgrade a currently certified ARC lifeguard to the waterfront certification. All students must hold a **current** American Red Cross Lifeguard Certification to attend this class. Students will need to demonstrate skills in the pool and at a waterfront facility and must be able to travel between the two facilities. The class will begin at the Mansfield Community Center and will end at Bicentennial Pond located in Schoolhouse Brook Park in Mansfield. Directions will be provided, distance three miles. Course skills include, but are not limited to, 550 yard swim, beach entries, victim removal and rescue board skills. Upon successful completion students will receive a two year certification for Waterfront Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. Participants will take the written tests for Waterfront Lifeguarding. A 30 minute lunch break will be provided, students should provide their own lunch.

Instructor: Brandon Biondi
Location: Community Room, MCC Pool, Bicentennial Pond
Dates: Sat., June 18
Time: (461032-A) 8 a.m.-5 p.m.
Fee: \$125 for members \$165 for non-members

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: (461024-C1) Sat., March 19-May 7, 8:30-9 a.m.
Fee: \$67 for members \$90 for non-members

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: John Brice
Location: MCC Pool
Dates: Mon., March 21- May 9
Time: (461025-A) 5-5:45 p.m. (Ages 7-11)
 (461025-B) 6-6:45 p.m. (Ages 12-17)
Fee: \$88 for members \$118 for non-members

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, March 29th. (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 season runs from April-June (10 weeks). Practices will be held on Tuesdays and Thursdays from 5:30-6:30 p.m. or 6:30-7:30 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.**

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:

Member Private Swim:	\$35
Member Semi-Private Swim:	\$50
Non Member Private Swim:	\$40
Non Member Semi Private Swim:	\$60

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

NEW SWIMMERS EVALUATION NIGHT, Tuesday, March 29th, 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, March 29th, 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:	Head Coach Scott James
Location:	MCC Pool
Dates:	Tues. or Thurs., April 5-June 9, swimmers will be placed in practice groups according to age/ability.
Fees:	(461031-A) Tuesday Practice \$85 for members \$115 for non-members (461031-B) Thursday Practice \$85 for members \$115 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:	(461040-A) Tuesday practice, April 5- June 7, 7:30-8:30 p.m. (461040-B) Thursday practice, April 7- June 9, 7:30-8:30 p.m.
Fee:	\$85 for members \$115 for non-members



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 April 26th 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: (461026-A) Sun., April 24, 4:30-7 pm, May 1, 8 and 15, 2:30- 7:30 pm
Fee: \$155 for members \$195 for non-members

(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.)



American Red Cross Pediatric CPR

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: Tues., April 12 (460001-A)
Time: 5:30-8:30 p.m.
Location: MCC Community Room
Fee: \$60 for members \$70 for non-members

American Red Cross Adult CPR

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
Day: Thurs., April 14 (460002-A)
 *meets in CC Arts & Crafts Room
 Tues., May 10 (460002-B)
 *meets in CC Community Room
Time: 6-8 p.m.
Fee: \$60 for members \$70 for non-members



Combination Safe Boating/Personal Watercraft (Jet Ski) Course

A complete basic safe boating certification course taught in one (8 hour) day. Successful completion will allow the student to obtain a Connecticut Certificate of Personal Watercraft Operation, which enables them to operate recreational vessels up to 65 feet in length including Jet Skis. This course is approved by NASBLA, and recognized by the US Coast Guard. An easy to understand classroom format is designed for students age 10 and over. **PRIOR TO TAKING THIS CLASS** each student should create an account online at www.ct.gov/deep, then click "Purchase a Hunting/Fishing License" and click the START button. Create an account if you don't already have one, and then print the page that includes your Conservation ID number and bring it to class. Once we have entered your score in the DEEP system you will use your account to purchase & print the certificate after the class. Students should bring a pen or pencil to class.

Instructor: Professional Marine Education
Location: CC Community Room
 (410060-A) Sat., May 14
 (410060-B) Sat., June 25
Time: 8:30 a.m.-4:30 p.m. (bring a lunch)
Fee: \$65 for residents \$75 for non-residents

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. Monday, Wednesday, and Saturday group lessons consist of 8 classes/ 30 minutes per class. Please see Spring class schedule for details and class fees.

American Red Cross Spring 2016 Group Lesson Schedule

Instructor: To Be Announced at First Class
Location: MCC Pool
NOTE: M/W/S:
 8 Classes/30 minutes per class
Fee: \$67 for members
 \$90 for non-members

Session I: March 21 - May 9, 2016 Monday Evening Lessons

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7p.m.
Parent/Infant	461007-A1		
Water Adjustment I		461008-A1	
Water Adjustment II			461009-A1
Level 1		461001-A1	
Level 2	461002-A1		
Level 3		461003-A1	
Level 4	461004-A1		
Level 5	461005-A1		
Level 6			

Session II: March 23 - May 11, 2016 Wednesday Evening Lessons

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7p.m.
Parent/Infant		461007-B1	
Water Adjustment I	461008-B1		
Water Adjustment II			461009-B1
Level 1	461001-B1		
Level 2		461002-B1	
Level 3	461003-B1		
Level 4		461004-B1	
Level 5			
Level 6	461006-B1		

March 23, 2016 - May 11, 2016 Wednesday Morning Lessons

	10-10:30 a.m.	10:40-11:10 a.m.
Parent/Infant		461007-B2
Water Adjustment I	461008-B2	

Session III: March 19, 2016 - May 7, 2016 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		461007-C1			
Water Adjustment I	461008-C1			461008-C2	
Water Adjustment II			461009-C1		461009-C2
Level 1		461001-C1	461001-C2		461001-C3
Level 2		461002-C1	461002-C2	461002-C3	461002-C4
Level 3	461003-C1		461003-C2		461003-C3
Level 4		461004-C1		461004-C2	
Level 5				461005-C1	
Level 6	461006-C1				
Junior Lifeguarding	461024-C1				

For Water Fitness classes please see the fitness section of our brochure.

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

Water Adjustment I 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.

Water Adjustment II 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 Water Adjustment I, 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.

Pool Parties

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 19.





General Information

Held in conjunction with local coaches, athletic trainers and physical therapists, we are excited to offer another summer of quality Sports Camps to local athletes. All camps are led by highly qualified staff who are committed to supporting each athlete in improving their skills and knowledge. Camp leaders will emphasize learning without sacrificing the fun nature of sports. Coaches are well trained to work with athletes of all ability levels to improve game skills with focus on fundamentals, individual and team skills. Additionally, daily game play will be part of the fun experience. Please fill out the additional camp form along with the registration form for ALL camps.

The Staff

Co-ed Basketball Camp - Ron Pires has over 30 years as Head Coach of E.O. Smith Boys' Varsity Basketball. Two state final appearances. Past Coach at E.C.S.U. and past semi-professional basketball player. Coach Pires has been directing boys and girls basketball camps for over 25 years.

Girls Basketball Camp - Mary Roickle is in her third season as E.O. Smith's Girls Basketball Coach. Before coming to E.O. Smith Mary coached at Manchester Community College and successfully coached as several colleges and universities. She is a member of the Niagara University Athletic Hall of Fame. Mary is looking forward to her first season directing the girls' basketball camp.

Betsy Parker - Physical Education teacher at Southeast. Betsy has dedicated much of her free time working with children with an interest in basketball on a year around basis at the elementary & middle school levels for a number of years.

Multi-Sports Camp Staff with a minimum of 3 years' experience in sports education or teaching will staff these camps co-sponsored by the U.S. Sports Institute. The staff goes through extensive application process, which includes a background check. The staff are all professional coaches.

Youth Football Camp - James Kelly completed his first year as Head Football Coach at E.O. Smith where the Panthers finished 5-5, and their freshmen program went an undefeated 9-0. Before coming to E.O. Smith James was a Head Coach for 8 years in Ohio. Entering his 18th year in varsity football, Coach Kelly and his staff are excited to offer a skills camp for football, teaching basic skills and games. Coach Kelly and his varsity staff are excited about working with the kids at the camp.

Baseball

For the Love of the Game Baseball Camps (Ages 6-14)

Please Note: Baseball Camp registration is now done directly through "For the Love of the Game"
WEB: www.fortheloveofthegamecamps.com
Email: info@fortheloveofthegamecamps.com
Phone: (860) 429-2266
Camp Director: Steve Cervizzi – ECSU Baseball Coach

Participants are grouped by age and physical maturity. Players will learn the fundamentals of batting skills, throwing mechanics, base running, sliding, and primary/secondary position play. Individualized attention as well as introduction to position play and daily "game" experience will be featured. Participants should bring a snack and lunch that does not require refrigeration.

Location: Southeast Park
Date: Mon.-Fri., June 27 – July 1 (5 days)
Time: 8:30 a.m.-12 p.m.
Fee: \$115 please contact For the Love of the Game for registration information. Mansfield Parks and Recreation does not directly handle registrations for this camp.

Girls Basketball Camp (Entering Grades 3-9)

Girls will learn and practice fundamentals such as dribbling, passing, rebounding, shooting, and offensive and defensive positioning. There will be daily game play. Campers will be separated by experience and physical maturity when possible. Bring a lunch that does not require refrigeration and lots of water.

Camp Directors: Mary Roickle and Betsy Parker
Location: E.O. Smith High School
Dates: Mon.-Fri., June 27-July 1 (5 days)
Time: (152007-A) 8:45 a.m.-3 p.m.
Fee: \$185 for residents \$195 for non-residents

Co-ed Basketball (Entering Grades 3-9)

Participants will be coached in basketball fundamentals such as dribbling, passing, rebounding, shooting, and offensive and defensive positioning. Daily game play and mini tournaments will round out the day. Participants will be separated as much as possible by experience and physical maturity. Girls and Boys will be separated for most of the day. Bring your own lunch and drinks that will not require refrigeration.

Camp Director: Ron Pires, Betsy Parker & Len Reed
Location: E.O. Smith High School
Dates: Mon.-Fri., July 11-15
Time: (152004-A) 9 a.m.-3 p.m.
Fee: \$185 (includes T-shirt) for residents
 \$195 (includes T-shirt) for non-residents

Ray Reid Soccer School

We are excited to work in conjunction with Men's Head Soccer Coach Ray Reid to offer one of finest soccer camps in the state. This three-hour a day, weeklong program offered for boys and girls ages 4-14, 9 a.m.-noon. It's aimed at developing and improving technique. All players will be exposed to dribbling, passing, receiving, shooting and heading. The emphasis for players ages 4-8 will be to improve their technique in a fun-filled environment. Players ages 9-14 will be taught technical refinement and receive an introduction to the tactical side of the game. This is a great way for your child to refine and improve his/her skills in a week. All campers will participate in fun, small-sided matches with their appropriate age groups. Players will receive a T-shirt, a ball and a certificate of attendance.

Camp

Director: Ray Reid & staff
Location: Lions Club Field
Date: Mon.-Fri., August 1-5
Time: (152006-A) 9 a.m.-noon
Fee: \$160 for residents \$170 for non-residents

Multi-Sports Camps (Entering Grades 1-8)

See below for ½ day option.

Experience Badminton, Bocce, Cricket, Flag Football, Floor Hockey, Lacrosse, Netball, Parachute Games, Pillo Polo, Touch Rugby, Volleyball World Cup and more from around the world with the US Sports Institute. All activities will take place in an atmosphere, which promotes good sportsmanship teamwork and most of all fun. Campers will receive technical instruction in each sport then experience the sport in a realistic game situation. Campers will receive a t-shirt and certificate. Participants should bring a lunch, snack and water to full day program and a snack and water to the ½ day program.

Instructors: U.S. Sports Institute Coaches
Location: Farrell Fields
Dates: July 25-29
Time: (152008-A) 9 a.m.-4 p.m. (Bring a lunch, snack and water)
Fee: \$199 for residents \$209 for non-residents
Time: (152008-B) 9 a.m.-12:30 p.m. (bring a snack and water)
Fee: \$165 for residents \$175 for non-residents



Sports Squirts (3 years-entering Grade K)

The Sport Squirts program introduces children to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!

Instructors: U.S. Sports Institute Coaches
Location: Farrell Fields
Dates: July 25-29
Time: (152005-A) 4:30-5:30 p.m.
Fee: \$85 for residents \$95 for non-residents



Youth Football Camp (Entering Grades 4-8)

Children will learn football basics and fundamentals position specific from quarterback, running back, receiver, linebacker, to lineman and will learn the basic skills of each position. The camp is a non-contact camp but will teach the basics of how to properly tackle as well. Players will be grouped based on age and similar physical maturity for teams in which there will be daily game play structured as flag football games. Bring water, a water bottle and a passion for winning.

Camp
Directors: James Kelly & Staff
Location: E.O. Smith High School
Dates: Mon.-Wed., June 20-22 (3 days) *Subject to change based on last day of school
Time: (152009-A) 9:30 a.m.-12 p.m.
Fee: \$50 for residents
 \$60 for non-residents

CAMP MANSFIELD 2016 JOB APPLICATIONS

Applications are available until March 11 for 2016 Camp Mansfield employment. Applications and job descriptions are available at Mansfieldct.gov under the employment and volunteer link or in person at the Community Center.

CAMP MANSFIELD

We make happy campers!



General Camp Information

Camp Mansfield is a traditional outdoor summer day camp with a wide variety of activities for campers age 4 ½ to 15 years old! Camp Mansfield is held on the grounds of Mansfield Middle School, Schoolhouse Brook Park and Bicentennial Pond. Camp is tentatively scheduled to begin on June 20th this year depending on when the last day of school is with regards to school closings. Some of our activities include archery, arts and crafts, canoeing/kayaking, creative games, nature/environmental activities, sports, variety block, free swim, swim activity, camp songs and special events. Campers are separated into groups based on the grade they will be entering in the fall. All campers must be potty trained and be able to follow the camp rules of safe and positive behavior for themselves and others to participate. The camp runs Monday – Friday from 9 a.m.-3 p.m. rain or shine. 3 daily lunch choices are included in the camp fee for full day campers. Extended “Camp Care” is available before and after the regular camp day to campers for an additional fee.

CAMP MANSFIELD GOALS

How we make happy campers!

- Create an environment that is in every way healthful and safe, where encouragement, laughter and fun are the norm.
- Encourage the development of leadership skills in campers of all ages.
- Develop in each camper an appreciation for their natural surroundings, including a concern for preserving our environment.
- Nurture each individual’s confidence in their own strengths and skills, while fostering the confidence in the discovery and development of new talents.
- Cultivate an atmosphere that promotes the building of healthy relationships and group problem solving.

KinderCamp - Special ½ day camp for children entering Kindergarten. Camp meets Monday-Friday from 9 a.m.-Noon. Activities include games, sports, crafts, nature, swimming and more. A daily lunch is provided. (please note full day Kindergarten option below). Half day campers may not participate in all camp activities due to the structure of the day.

Explorers - Our main camp group runs Monday-Friday, 9 a.m.-3 p.m. for children entering grades K-6. Activities include outdoor games, sports, nature, drama, archery, arts & crafts, canoeing/kayaking, creative games, swimming and special events. Lunch is provided to campers daily. Campers choose from a choice of 4 options each day. (Please note ½ day option above for Kindergarteners.)

Adventurers - Our oldest camper group runs Monday-Friday, 9 a.m.-3 p.m. (with possibility of extended hours for some trips) for children entering grades 7-9. Those entering grade 9, have a choice of the Adventurers or C.I.T. programs. Campers have the opportunity to participate in the same activities listed under “Explorers” plus have 2 off site adventure trips, which may include hiking, rock climbing, river tubing and more. There is also one overnight campout per session. ADVENTS can be dropped off at Bicentennial Pond between 7:30-9 p.m. for the overnight. Dinner is not included but campers can bring snacks with them. This program is specifically geared towards helping these young adults build confidence, group problem solving and more. Trip fees are included in the camp fee and a daily lunch is provided. Space in this program is limited.

Counselor-In-Training - This leadership training program meets Monday-Friday, 9 a.m.-3 p.m. for teens entering grades 9 and 10. Those entering grade 9 have a choice between the C.I.T. or Adventurer programs. The C.I.T. program is designed to teach leadership skills in the area of child development, activity planning and group management and lends itself to personal growth that can also be applied to all aspects of life. C.I.T.s can be dismissed if they are not making a positive addition to the program. Maximum age is 15 and space in this program is limited. A C.I.T shirt will be provided for the summer.

Camp Care - Specially designed for the working parents who require additional care for their child beyond the regular day camp. Camp care hours are 7:30-9 a.m. and 3-5:30 p.m. It includes a supervised and partially structured time before and after the camp day. PM camp care is not available on the last day of camp.

Campers with Special Needs - All of our department’s summer camp programs support children with special needs. With the assistance of specialized camp staff, campers will be participating inclusively within their same age/grade groups throughout the camp day. Participants with a need for modifications and/or additional support during camp will need to fill out a special assistance form no later than 15 days prior to the start of the camp session.

Camp Mansfield Registration Instructions

- Registration for Camp Mansfield opens on March 9. Campers must enroll for a minimum of one full session. Partial session enrollment is NOT permitted. All camp sessions must be paid in full at the time of registration.
- The activity registration form along with an additional camp form (available copy in back of brochure) must be completely filled out to be registered for camp. Please be sure to indicate the appropriate camp program and session code on the registration form.
- Although we do everything possible to accommodate all children, we require to meet certain camper to staff ratios. Therefore, it is possible that some camp sections may fill regardless of registration closing date. Please register early.
- Campers requiring special assistance or accommodations must follow the same registration process listed above and must complete a Special Assistance Form at a minimum of 15 working days prior to the start of a new session and must contact the camp director.

CAMP MANSFIELD 2016 We Make Happy Campers!

- Session 1** June 20 - 24 *Subject to change based on last day of school in Mansfield*
- Session 2** June 27-July 1
- Session 3** July 5-July 8, No Camp on July 4th
- Session 4** July 11-July 15
- Session 5** July 18-July 22
- Session 6** July 25-July 29
- Session 7** August 1-August 5
- Session 8** August 8-12, (No PM Camp Care on Last Day)Inclement weather location is at the Mansfield Community Center due to school maintenance work during this session.

Dates are subject to change dependent on the last day of school in Mansfield

Explorers Activity Codes	
USE THE GRADE THE CAMPER IS ENTERING IN FALL 2016	
Grade	Activity #
K	151200 - add session #
1	151201 - add session #
2	151202 - add session #
3	151203 - add session #
4	151204 - add session #
5	151205 - add session #
6	151206 - add session #
7	151207 - add session #
8	151208 - add session #
9	151209 - add session #

CAMP MANSFIELD 2016	Cost Per Session	
	Resident Rate	Non-Resident Rate
KinderCamp ½ Day 151105 - (plus session #)	\$80 (Ses 3) \$99 (Ses 1-2, 4-8)	\$90 (Ses 3) \$109 (Ses 1-2, 4-8)
Explorers Grades K-6 (See Activity # table below)	\$140 (Ses 3) \$175 (Ses 1-2,4-8)	\$150 (Ses 3) \$185 (Ses 1-2, 4-8)
Adventurers Grades 7-9 151301 - (plus session #)	\$176 (Ses 3) \$220 (Ses 1-2, 4-8)	\$186 (Ses 3) \$230 (Ses 1-2, 4-8)
Counselor In Training 151207 - (plus session #)	\$72 (Ses 3) \$89 (Ses 1-2, 4-8)	\$82 (Ses 3) \$99 (Ses 1-2, 4-8)
AM Camp Care 151401 - (plus session #)	\$32 (Ses 3) \$39 (Ses 1-2, 4-8)	\$37 (Ses 3) \$44 (Ses 1-2, 4-8)
PM Camp Care 151402 - (plus session #)	\$39 (Ses 1-2) \$39 (Ses 4-7) \$32 (Ses 3, 8)	\$44 (Ses 1-2) \$44 (Ses 4-7) \$37 (Ses 3,8)
Combo Camp Care (AM&PM) 151403 - (plus session #)	\$52 (Ses 1-2) \$52 (Ses 4-7) \$40 (Ses 3) \$45 (Ses 8)	\$62 (Ses 1-2) \$62 (Ses 4-7) \$50 (Ses 3) \$50 (Ses 8)

Required Additional Camp Form



Mansfield
Community Center
Family, Fitness & Fun

Last Name _____ Date _____

First Name _____

Camp(s) attending: _____ Grade (Fall 2016) _____

(i.e. Camp Mansfield, Basketball Camp, etc.)

Session(s) attending: _____

*****This form, along with a general registration form, must be completed before your child will be registered for any camp (excluding baseball)*****

Grouping requests and camper self sign in/out permission

Group requests: We are happy to group campers with friend/relative who will be in the same grade in the Fall when possible.

____ Please group with a friend or relative, Friend/Relative's Name _____

Camper Sign In/Out (entering grades 6 and up only): My child _____ **IS** allowed to sign himself/herself in and out of camp each day. I realize he/she may **NOT** sign other children (including siblings) in/out.

Parent/Guardian Signature _____ Date _____

Health Information (information is confidential to Camp Staff)

1. Describe any current health conditions requiring medication, treatment, or special restrictions or considerations while at camp.

Authorized camp staff may administer limited medication (primarily epi-pens and asthma inhalers) during the camp day in accordance with town policy. Campers are not allowed to carry their own medications, with the exception of inhalers and epi-pens. Self-administration of epi-pens and asthma inhalers require a self-administration of medication form to be completed. Forms available upon request.

2. Please list any camper allergies (food, bee stings, medications, etc) _____

3. Does the camper need special assistance or have any physical, sensorial, 3. social, behavioral or developmental limitation? **If yes, a "Special Assistance" form must be filled out 15 days before attending camp.** Please request the special assistance form at the Community Center. 3. Also contact the camp director prior to your child starting camp.

To the best of my knowledge, the above information is up to date and correct.

Parent/Guardian Signature: _____ Date: _____

REGISTRATION DATES

Registration start dates are grouped into the following categories:

March 4

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

March 9

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

March 14

Non-residents who are members begin to register for all other programs/activities.
Non-resident, non-members begin registration for all programs/activities.



Mansfield
Community Center
Family, Fitness & Fun

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 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.

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!***

PLEASE CHECK REGISTRATION DATES. PLEASE PRINT CLEARLY!

Online Registration is available. Go to 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)

Secondary Household Contact (Parent/Guardian)

Name:	Name:
Address:	
Town: Zip:	
Phone: (H) (W)	Phone: (H) (W)
(Cell)	(Cell)
Email Address:	Email Address:

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:
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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.

Some Mansfield residents may be eligible for low-income fee reductions. Check with the Parks & Recreation Office for more information and an application.

Also fill details below for each participant:

	Grade	School	Allergies, Special Asst., Meds, Other Info:
1.			
2.			
3.			
4.			

PAYMENT INFORMATION: Please make checks payable to: Town of Mansfield

Payment Method: Check _____ Cash (in office only) _____ AMEX/DS/MC/Visa (in office only) _____

(Separate checks required for each program)

Credit Cards accepted online and in person only!

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: _____

**Mansfield Parks & Recreation
10 South Eagleville Road
Storrs/Mansfield, CT 06268**

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Bacharach Law Firm, LLC provides legal services in the area of family law and personal injury litigation. We assist people in all aspects of divorce, from the simplest case to the more complex matters involving the issues of custody, child support, visitation, alimony, property division, restraining orders, as well as post judgment modifications. We also help people who have been victims of an accident or malpractice and are injured. We are experienced in the areas of automobile and motorcycle accidents, medical malpractice, defective products, wrongful death, slip and fall, and dog bite injuries.

Attorney Bacharach and staff are experienced and knowledgeable, as well as compassionate and professional, while maintaining the highest ethical standards. They are always willing to take the time to speak with clients about their personal concerns.

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Pamela S. Bacharach
Attorney at Law