

MANSFIELD PARKS & RECREATION



YOUTH & ADULT PROGRAMS • SPECIAL EVENTS • FAMILY EVENTS



FITNESS CLASSES • AQUATIC SCHEDULE • ART & MUSIC PROGRAMS

**NON-RESIDENTS WELCOME
MANY NEW PROGRAMS!**

Registration begins May 20 for members
May 26 for residents
May 30 for non-members, non-residents
Registration form on page 70

Summer 2016



Mansfield
Community Center
Family, Fitness & Fun



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SAVE 50%

On Family, Fitness & Fun

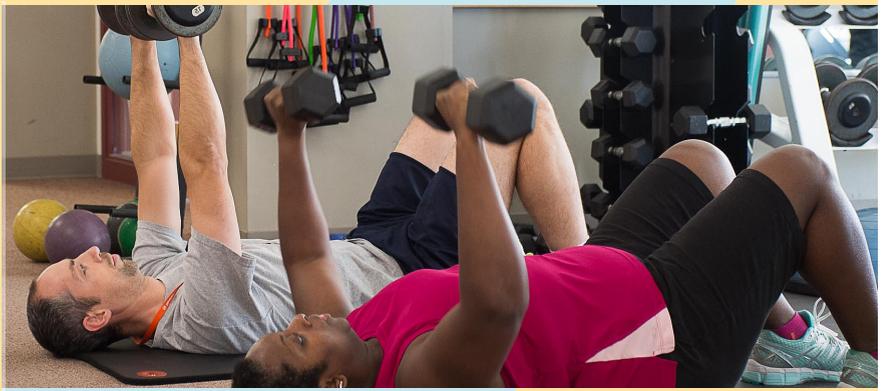
THIS SUMMER

WITH A 3-MONTH MEMBERSHIP



ALL TOWNS WELCOME

50% off applies to 3-month memberships only.
\$35 enrollment fee applies.
Offer expires June 30, 2016.



10 South Eagleville Road
Storrs/Mansfield, CT 06268
860.429.3015
www.mansfieldcc.com



Mansfield
Community Center
Family, Fitness & Fun!

GANSETT WRAPS



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

Wraps

Vegetarian

Chicken

Beef

Deli

Pizza

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Salads

Garden

Greek

Caesar

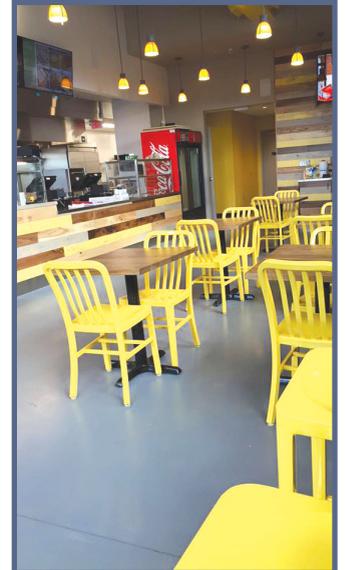
Antipasto

Chicken Wings

Soups/Sides

Party Platters

Gift Cards



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

860-850-0000

www.gansettwraps.com



From the Director:

As summer fast approaches, you will begin to see the parks come alive with activities. The ball fields are filled with teams and our summer camps will be filling up quickly along with many of our most popular classes and programs. I encourage you to review this Summer brochure now and register for the programs you are interested in as soon as possible.

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

Details on our programs, events, and facilities can be found on our website at www.mansfieldcc.com. Also, check out our website to download trail maps for some of our popular hiking trails. You can stay connected with us through our facebook link.

Our popular summer camps can fill up quickly, especially our specialty camps. Registration for all camps is currently underway. We are sure you'll find a camp or camps that we offer that the kids will enjoy.

This summer the popular concert series will be held at the new Town Square. The concerts are a great summer family fun activity and are held outside. In the event of inclement weather the concert will be held the following Tuesday. The free series is held Thursdays beginning June 2nd at 6:30pm. Look for details on the concert series in this brochure.

There is so much to do at the Community Center and throughout the Town parks. Be sure to review all the new programs and register as soon as you can. Our most popular programs fill up very quickly. Enjoy all that the Parks and Recreation Department has to offer this summer and I hope you have a relaxing, healthy and safe summer.

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



Welcome.....	4
General Information.....	6
Inclement Weather Information.....	7
Youth Programs.....	8
Before/After School Friends.....	15
Teen Center.....	16
Party Planning Form.....	17
Adult.....	20
Community School of the Arts.....	28
Family & Special Events.....	30
Trips.....	36
Parks & Preserves.....	36
Fitness Class Schedule.....	38
Fitness Center.....	39
Aquatics.....	52
Camps.....	60
How to Register.....	69
Activity Registration Form.....	70
Additional Camp Form.....	71

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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Publisher
Patrice Crosbie
Production Manager
Lynn Coleman
Advertising Director
Jan Koivisto

Sales Representatives
Marilyn Antignani
Dodie Desrosiers
Jodi Green
Jackie Gottlieb

Advertising Designers
Karen Netopski
Linda Lafortune
Heidi Graf

Cover Design & Book Layout
Karen Netopski

Mansfield Community Center Summer Open Hours

Your place for Family, Fitness & Fun!

860.429.3015

www.mansfieldcc.com

facebook.com/MansfieldCommunityCenter

MCC General Open Hours:

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

Child Care Hours:

Monday & Wednesday 8:30 a.m.-1:30 p.m. & 4:15-8 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 1-4 p.m.
Tuesday & Thursday 3-6 p.m.

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.
Pickleball Tuesday & Thursday 9:30 a.m.-Noon
Futsal Tuesday 7:30-8:55 p.m. & Sunday 6-7:55 p.m.

Summer 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., May 7, 10 a.m.-1 p.m. Sun., June 5, 12-3 p.m.
Wed., July 13, 6-9 p.m. Sat., August 6, 4:30-7:30 p.m.*

Summer Family Fun Nights

Join us for some family fun this summer. There are giant inflatables in the gym and 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., 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.
Sat., June 25, 4:30-7:30 p.m. (Minute to Win It Family Games)
Sat., July 9, 4-7 p.m. (at Bicentennial Pond)
Sat., July 30, 4:30-7:30 p.m. Sat., Aug. 13, 4:30-7:30 p.m.*



Mansfield
Community Center
Family, Fitness & Fun

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.

	Resident	Ashford/ Willington	Non-Residents
Adult	\$10	\$11	\$12
Child	\$6	\$7	\$8
Senior	\$9	\$9	\$10
Under 3	\$2	\$3	\$4

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 *Environmental Planner*
Jessica Tracy *Recreation Supervisor/
Health and Fitness*

Stephanie Huber *Recreation Supervisor/Aquatics*
Jared Redmond *Recreation Coordinator*
Kimberly Rontey *Recreation Coordinator*
Amanda Wilde *Member Services Coordinator*
Lynda Lambert *Administrative Services Specialist*
Janet Avery *Receptionist*
Steven Cosgrove *Head Custodian*
James Blair-Schub *Custodian*

INCLUSIVE STATEMENT (Programs for all abilities)

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

ON-LINE REGISTRATION

- Log on to the Department's website at www.mansfieldcc.com
- 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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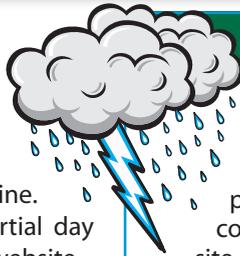
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Department of Parks & Recreation Inclement Weather Policy

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

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



Thunder, Lightning and Rain

Call 860-429-3015, ext. 4

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

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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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. & Sat. (could be occasionally 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.

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: Mon.-Fri., July 25-29

Time: (152005-A) 4:30-5:30 p.m.

Fee: \$85 for residents \$95 for non-resident



Enrichment Classes for Inquisitive and Creative Minds

July 11-29

One-Week Programs

- Technology Camp (grades 5-8)
- Culinary Institute (grades 5-8)
- Adventures in Leadership (grades 5-7 or 8-10)

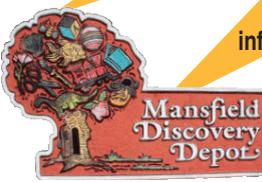
August 1-12 (grades K-8)

Two-Week Program

Summer Academy for Gifted and Talented Youth

For more information, email cschultz@manchestercc.edu or call 860-512-2804.

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Horseback Riding

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
www.sawmillbrookfarm.com
- Location:** Magnolia Run at Sawmill Brook Farm
- Dates:** Tues., June 21-Aug. 9
- Time:** (120011-A) 4-5 p.m. (8 weeks)
- Fee:** \$266 for residents \$276 for non-residents

Advance 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
www.sawmillbrookfarm.com
- Location:** Magnolia Run at Sawmill Brook Farm
- Dates:** Tues., June 21-Aug. 9
- Time:** (120013-A) 5-6 p.m. (8 weeks)
- Fee:** \$266 for residents \$276 for non-residents



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Mansfield Parks & Rec Bk 2016

MANFIELD MUSTANGS!



Mansfield Mustangs!

A youth community-care group helping nature, animals and the environment. Entering our sixth summer the Mustangs has been a very popular program and space is limited to 14 due to transportation.

July 6-August 10 (Mondays and Wednesdays)

Spend time with kids your age (Ages 10-14, or entering Grades 6-9) that have interest in the outdoors, animals and helping your local communities.

Some Highlights

- Providing meaningful volunteer work, enjoying friendships and a working as a team!
- Work some, play some, come back for more!!
- Help maintain local parks and/or trails. Simple landscape plantings, trail clearing.
- Complete farm related work to support the care of rescue horses at Sawbrook Mill Farm in Mansfield. Most farm visits will include time for you to interact with the animals.
- End most days at the Mansfield Community Center where you can enjoy a swim and use of the teen center.
- Our last day we will take the day off entirely from work and visit Hammonasset State Beach as a thank you for your hard work this summer!

What if I can't come on all dates?

That's fine! We just ask that you be able to attend 50% (or more) of the time.

What about lunch?

Pack a lunch, snacks and a drink.

Dress:

For the weather of the day. A pair of work gloves is helpful.

What does the fee cover?

It helps to cover the cost of program transportation, t-shirt and miscellaneous expenses.

Staff: Mansfield Parks and Recreation and Mansfield Youth Services

Location: Mansfield Community Center (meet/end site)

Days: Mondays and Wednesdays

Time: (120071-A) 9 a.m.-1 p.m. *the teen center will be staffed on Mondays and Wednesdays until 5pm for those wishing to use the teen center free of charge after the program day.

Dates: July 6-August 10

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



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Tennis

Quick Start Tennis (Ages 4-7)

The goal for children at this age is to make sure that they have fun, stay active and stay safe. The tennis focus will be to gradually improve hand-eye coordination and provide a positive introduction to the game. Any hitting and instruction will be done with larger, lighter foam tennis balls. These are particularly effective with children this age since it is easier for them to control and react to a slower, bigger target, which ends up being much more fun for everyone. Some of the activities will involve typical kid's games, while incorporating the use of a racquet and shadowing the coach. We will also have a tennis obstacle course, with different targets and goals that children can race through. As fundamental skills progress, the focus on technical aspects will gradually intensify, but experience will largely be on making it fun for the players and making sure their game improves.

Dates: Mon.-Fri., July 18-22 (one week)
Time: (120060-A) 9:30-10:30 a.m.
Fee: \$60 for residents \$70 for non-residents

Beginner Youth Tennis (Ages 7-11)

A program for those who have little or no experience playing tennis. The general focus will be on keeping active with a variety of cooperative and competitive games. The technical focus will initially be on basics like making clean contact with the ball and movement out on the court. Students at this age and skill level generally over-hit or under-hit the ball. As these lessons progress, we will work to get players accustomed to hitting the ball with a full, controlled stroke so that they have a strong foundation to work with by the time they graduate to hitting the ball with a little more pace and depth. Lessons will place a strong emphasis on playing controlled shots in a short court (mini tennis) as well as proper grip, racquet preparation and footwork.

Dates: Mon.-Fri., July 11-15 (1 week)
Time: (120062-A) 1-2:30 p.m.
Fee: \$80 for residents \$90 for non-residents



Intermediate Youth Tennis (Ages 7-11)

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

In this tennis program for more advanced players, there will be a different theme for each day (forehand, serve, consistency, angles, etc.) and play will range from intensive drills, to games and matches. The aim for the more advanced players is to have them hitting as many balls as possible and getting in a good mix of drills and competitive (but friendly) games. There will be significantly more focus on instructing proper technique, grips, and strategies. We may break out the mini tennis as well; mini tennis is pretty fun regardless of age and skill level and can significantly improve a player's skill with certain kinds of shots.

Dates: Mon.-Fri., July 11-15 (1 week)
Time: (120063-A) 2:45-4:15 p.m.
Fee: \$80 for residents \$90 for non-residents

Youth Tennis for All Levels (Ages 12+)

Participants will be separated into groups based on skill and experience. For players with little to no experience, the general focus of these lessons will be to get players accustomed to hitting the ball with a full, controlled stroke so that they have a strong foundation to work with by the time they graduate to hitting the ball with a little more pace and depth. For more advanced players, there will be a different theme for each day (forehand, serve, consistency, angles, etc.) and play will range from intensive drills, to games and matches. The aim for the more advanced players is to have them hitting as many balls as possible and getting in a good mix of drills and competitive (but friendly) games. There will be focus on proper technique, grips, footwork and strategies. We may break out the mini tennis as well; mini tennis is fun regardless of age and skill level and can significantly improve a player's skill with certain kinds of shots.

Dates: Mon.-Fri., July 11-22 (2 weeks)
Time: (120065-A) 5-7 p.m.
Fee: \$150 for residents \$160 for non-residents

Summer 2016 Tennis Lessons

Instructor: James Mathews
Location: E.O. Smith Tennis Courts
Note: Includes instruction and balls. Participants must supply their own appropriately-sized racquets.



Youth Basketball Program



(Grades K-8)

Registration begins in late August for the 2016-2017 season

General Information:

This is the primary recreation and competitive youth basketball program for Mansfield grades K-8. The program features skill development, sportsmanship, team participation and healthy competition. Practices begin in November with game play held for most divisions December – February. Detailed practice and games schedules determined after teams are formed in November. Volunteer head and assistant coaches are needed for most divisions. All vacant positions are by application unless you are a returning coach. A detailed flyer will be distributed to Mansfield Public Schools and available at the Mansfield Community Center in August. Those interested in coaching, parent helper (grades K-2) or referee positions should request an application packet. Coaches must be at least 18 years of age.

(Grades K-1) Little Huskies Division

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

(Grade 2) Junior Huskies Division

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

(Grades 3&4) Instructional Division

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

Grades 5&6 and Grades 7&8

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

Program Options

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

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

Competitive/travel teams include an increased commitment to practices and competitive play. Grades are combine 5&6 and 7&8 unless there are sufficient numbers players per grade to create same grade teams. Players are expected to consistently attend practices, participate in more rigorous game preparation and game play. The season typically begins with tryouts in October and concludes with tournament play in early March. While emphasis is still on progressive skill development and good sportsmanship teams are limited to 8-10 players and must be earned each season by attending a mandatory tryout and being selected on a team. Team selection is determined by Mansfield Parks and Recreation staff along with coaches. This division includes participation in the North Central Connecticut Travel Basketball League. For more information visit nccbball.org.



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Youth 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 Lightening, Bantam, Junior, Senior teams for boys and girls (Grades K-8)

Co-Sponsored Youth Sports Organizations:

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

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

Mansfield Little League

MLL provides organized, instructional and competitive baseball and softball programs for boys and girls ages 5-15, and includes Spring, Summer and Fall seasons. MLL also offers Umpire Training Programs for ages 13 and up. Registration for spring begins January 1. Please visit www.mansfieldll.org 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.

Facility Youth Policies

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

*Teen Center Members under the age of 12 may be in the Teen Center independently provided the following:

- Only during scheduled Teen Center hours; Monday, 3-6 p.m., Tuesday, 2-6 p.m., Wednesday, 3-6 p.m. Thursday 2-6 p.m. On Friday 2-9 p.m. and Saturday, 2-6 p.m. parents must remain in the community center while their 11 year olds are in the teen center.
- They remain in the Teen Center with the exception of trips to the bathroom or vending machines.
- Their parents or guardians must sign out their children in the Teen Center when picking them up from the Community Center.

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/After-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: redmondjt@mansfieldct.org or by phone 860-429-3015, ext. 6107.

Enroll by month or regular individual days per month

Register for specific days of the week each month:

\$10.50 each morning \$13 each afternoon

Drop-in:

\$13 each morning \$16 each afternoon

Mansfield Teen Center (MTC)

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



There is no charge to participate at the teen center, but you must be registered.

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.

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

MTC SUMMER HOURS

(Community Center closed 8/15-21
for annual maintenance)

Mondays & Wednesdays 1-4 p.m.

Tuesdays & Thursdays 3-6 p.m.

Closed Friday, Saturday & Sunday

MTC is open for suggestions for new activities or special events.

Contact Jared if you want to discuss new ideas: redmondjt@mansfieldct.org

FIND US ONLINE!

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

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: ronteykb@mansfieldct.org

Party Times

Friday: 6-8 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 on 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 touch in the shallow end (4ft deep) or swim they MUST have a parent or guardian in the water with them at all times. Therapy pool may not be available. *Swim test required for all guests.*

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!

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Creative Art Workshops

Reconnecting with your Inner and Creative Child – Arts for Adults with a Healing Component (Ages 18+)

This unique one-day workshop is divided into two components.

Part 1: Kim Meyer-Pelletier, a holistic health practitioner and licensed physical therapist, will focus the class on healing through the Educational Learning Process in an interactive lecture format and will discuss the process of accessing and healing the inner child and intergenerational healing. She will invite individuals to participate in relaxation techniques. There will not be any hands on manipulation.

Part 2: Nancy Cooke Bunnell, an artist and experienced certified art teacher, will teach participants through non-threatening, fun and creative artistic play. Unstick your inner self with oil pastel crayons and medium to create non-objective colorful creations and paintings. Learn to nurture and be kind to the small child within that needs to grow with healthy non-judgmental play.

Nancy Cooke Bunnell, a pastel artist and teaching degrees from 3 universities, has been teaching art for ages 3 to 101 for over 10 years and also 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 throughout the state. Nancy has also shown work on Canyon Rd. in New Mexico.

Kim Meyer-Pelletier, Owner of Pelletier Physical Therapist, has been a staff physical therapist at the Lahey Clinic in Boston, Director of Neurological and Neurosurgical physical therapy at Hermann Hospital in Houston TX, Director of Physical Therapy at Northeast Medical Center in Humble TX and has been in private practice in TX, CT and now MA. Kim has studied for 15 years with the Upledger Institute studying craniosacral therapy, visceral mobilization, and many other alternative therapies, and working as a teaching assistant. For 35 years Kim has worked with MD's, DO's, psychologists, Naturopaths, NP's, massage therapists, acupuncturists, and other health care practitioners to provide quality, compassionate care to clients.

Location: CC Arts and Crafts Room

Dates: Sat., June 25

Times: (110001-A) 9 a.m.-Noon

Instruction

Fee: \$20 for residents \$30 for non-residents

Materials Fee: \$10 (Please note that both fees are due at registration fee and waivers do not apply to materials.)

Screenprinting Workshop (Ages 14+)

Try something new! This enjoyable 5 hour workshop will allow you to turn your drawing or collage into a silkscreen. We will print our artwork onto fabric and paper. Make t-shirts, quilt squares or a canvas tote! The possibilities are endless. Each participant be able to turn 4 images (5" x 7") into a silkscreen. Each participant will make an edition of prints to exchange with classmates. This fun and easy technique can be used over and over at home after the class ends to continuously create t-shirts, patches, notecards and more! Pack a bag lunch and snack! There will be a break for lunch.

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

Location: CC Arts and Crafts Room

Dates: Saturday, July 9

Times: (110112-A) 9 a.m. – 2 p.m.

Instruction Fee: \$25 for residents \$35 for non-residents

Materials Fee: \$24 (please note that both fees are due at registration and fee waivers do not apply to materials).



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Acrylic and Oil/Chalk Pastel Painting Workshop – Impressionism Explored – Beginners and Advanced (Ages 14+)

Learn to create value, use contour, a pleasing composition, as well as augmenting acrylic underpainting with oil or chalk pastel. Create textures and use color and contrast to infuse your pastels with energy with Pastelist, Nancy Cooke Bunnell. Nancy will demonstrate methods of under painting, creating contrast, color, and light in your pastel. The artists will then create their own dramatic florals, still-life, abstracts and/or landscapes as they apply these techniques and principles.

Instructor: Nancy Cooke Bunnell is an award winning pastel artist, who exhibits throughout the state, including the Connecticut Pastel Society, Lyme Gallery and others. She is a certified art teacher and has been teaching over 25 years, including the Community School of the Arts at UConn, Vernon Art Center, and West Hartford Art League. She is an award winning painter.

Location: CC Arts and Crafts Room

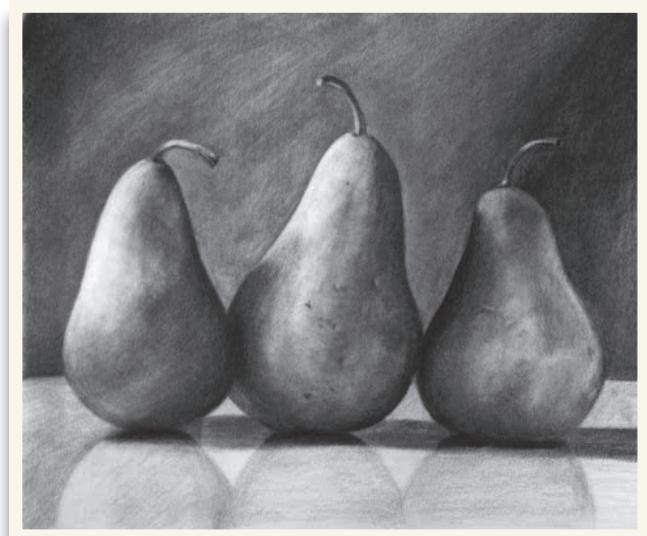
Dates: Sat., Aug. 6

Times: (110003-A) 9 a.m.-Noon

Instruction

Fee: \$20 for residents \$30 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.)



Colors and Flavors of India: An Introduction to Indian Cooking

Indian cuisine is known for its vivid presentations, aromatic flavors, and spicy taste. Yet, many of us enjoy it only when we go to Indian restaurants. Lots of us would like to cook delectable vegetarian and non-vegetarian dishes at home. The course will help you gain basic knowledge about basic Indian cooking methods and learn to taste some basic Indian recipes that can be easily cooked at home.

Instructor: Mamta Saxena is working as a faculty at the University of Connecticut and had been cooking for 20 years now. She completed her undergrad in Home Economics from India and in the past have organized Indian cooking classes in Mansfield Community Center and New Haven.

Location: CC Community Room and Kitchen

Dates: Wed., July 13-Aug. 3 (4 classes)

Times: (110100-A) 5:30-7 p.m.

Instruction

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

Materials Fee: \$40 due at time of registration. Fee waivers do not apply to materials fee.

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Horseback Riding



Ladies Night Horseback Riding 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: (110070-A) Mon., June 20-Aug. 15
(8 weeks) *no lesson 7/4
(110070-B) Wed., June 22-Aug. 10 (8 weeks)

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

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



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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.

Artists Welcome to Apply for Display Space at the Mansfield Community Center

Local artists are welcome to submit an application form to the Mansfield Arts Advisory Committee (AAC) for review. If selected, artists will negotiate the display period for art exhibits at the Mansfield Community Center (MCC). Exhibits will normally run for three months: January 15 to April 14; April 15 to July 14; July 15 to October 14; or October 15 to January 14. Applications to exhibit will be judged by the AAC on the basis of originality, artistic quality, and suitability for a family setting. An application form and the art display policy is available on line at the Mansfield Community Center reception desk or http://www.mansfieldct.gov/town/current/recreation/ar_online; applications may be left at the desk or sent to AAC, c/o MCC, 10 S. Eagleville Rd., Storrs, 06268



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Adult Drop-In Sports

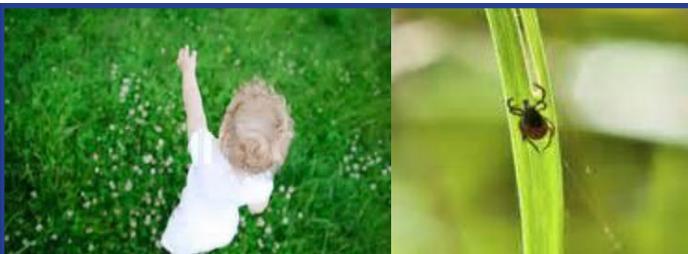
Drop-in sports are free to members, non-member pay the daily admission fee.

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



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



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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 once per month during summer 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: (110063-A) June 11th- BINGO Bonanza
 (110063-B) July 9th- Stars & S'mores
 (110063-C) August 27th- Melting Magic
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 June 16th. 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.
Location: CC Conference Room
Day: Thurs., June 23-July 28 (5 classes) *No class 7/7
Time: (110018-A) 6:00-8:00pm
Fee: \$52 for residents \$62 for non-residents

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Performing Arts & Dance

Summer Ballroom Sampler

Here is a little taste of everything for the beginner social dancer! Have you wanted to try Fox Trot, Waltz, or Cha Cha? Well here is the class for you! Each week you will be introduced to a new ballroom rhythm. You will learn beginner steps, the fundamentals of lead and follow, basic musicality, and dance styling. Have some fun and learn to dance!

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

Location: CC Community Room

Day: Tues., July 5-26 (4 weeks)

Time: (110043-A) 6:30-7:30 p.m.

Fee: \$50 per person for residents \$60 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., July 13- August 10 (5 classes)

Time: (110040-A) 6-7:30 p.m.

Fee: \$38 for residents \$48 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., July 12- August 9 (5 classes)

Time: (110041-A) 6-7:30pm

Fee: \$38 for residents \$48 for non-residents

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Essential Oil Seminars

Instructors:

Amanda Wilde –When not working as the Member Services Coordinator at the community center, Amanda enjoys sharing her love of essential oils. Her family has been transitioning to a chemical and toxin-free lifestyle by making their own home bath, beauty and cleaning products and supporting their health and wellness through the use of therapeutic grade essential oils. She looks forward to sharing her favorite recipes with you.

Pam King - A crafty part-time working Mom always ready to share her essential oil journey with others. Pam uses her crafty side to create and try new recipes to work towards a chemical free household. She can not wait to share her experiences with you!

Essential Oils: The Basics

Essential oils are a volatile concentrated liquid that is contained inside every plant, shrub, tree or flower. An essential oil can be anywhere from 200 to 10,000 times more potent than their herb counterpart. In this introductory course we will dive deeper into the discussion of what essential oils are, how to use them safely and how they can benefit your health and wellness.

Instructors: Amanda Wilde & Pam King

Location: CC Arts and Crafts Room

Date: Thurs., June 23

Time: (110026-A) 6-7 p.m.

Fee: \$10 per person for residents
\$20 per person for non-residents

Get Summer Ready with DIY Essential Oil Products

Make your own summer ready essential oil infused products! Health is not just what we put IN our bodies, but also what we put on our bodies. Over the counter creams, candles and sprays may be hazardous to your health. Many common health, beauty, and cleaning products contain chemicals that are known as carcinogens, and the fewer carcinogens in your life the better. You will make full sized versions of the products during the class as well as go home with recipes.

DIY Products: Bug Spray Citronella Candle
Bug Bite Balm After Sun Cream
Cooling Spray

Instructors: Amanda Wilde & Pam King

Location: CC Arts and Crafts Room

Date: Thurs., June 23

Time: (110026-B) 7:15-8:30 p.m.

Fee: \$10 per person for residents
\$20 per person for non-residents

Materials Fee: \$30 due at the time of registration.
Fee waivers do not apply to materials fee.

COMBINE THE WORKSHOPS AND SAVE! Combo Essential Oils: The Basics & Summer DIY

See descriptions above.

Instructors: Amanda Wilde & Pam King

Location: CC Arts and Crafts Room

Date: Thurs., June 23

Time: (110026-C) 6-8:30 p.m.

Fee: \$15 per person for residents
\$25 per person for non-residents

Materials Fee: \$30 due at the time of registration.
Fee waivers do not apply to materials fee.



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Community School of the Arts

Individual Lessons

Individual Instrumental and Voice Lessons (All Ages)

Summer lessons will be arranged a la carte, directly with the instructor of choice. Please visit the Mansfield Community Center Reception Desk for a list of available instructors and to submit a lesson request.

Lessons with professional artist-educators 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 prior to each lesson.



Lesson Length	30 Minute Lessons	45 Minute Lessons	60 Minute Lessons
Average Cost Per Lesson*	\$30	\$41	\$54

* Per lesson price may be higher for some instructors

Ensembles & Group Music Instruction

Chamber Groups

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

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

Lesson Length	30 Minute Lessons	45 Minute Lessons	60 Minute Lessons
Average Cost Per Week Per Participant	\$15	\$20	\$25

CSA Reading Orchestra (an introductory ensemble program)

Join us in this exciting full ensemble experience! Community members of all ages are invited to make music in this introductory ensemble and chamber program. Early meetings will focus on full orchestral pieces in the classical style, while later lessons will focus on a piece and genre agreed upon by the group. For players of any instrument who are able to read music.

Instructor: 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: TBA
Dates: Tues., June 21- July 26 (6 weeks)
Time: (130201-A) 6:30-8 p.m.
Fee: \$40 for residents \$50 for non-residents

Storrs Summer Orchestra (Entering 7th Grade – Adults)

An intergenerational orchestra for those with some experience in group playing. Weekly rehearsals will culminate in two performances, one in von der Mehden Recital Hall and the other on the Storrs Center Green!

Instructor: Scott Charette
Location: TBA
Dates: Thurs., June 23-August 11
Time: (130202-A) 7-9 p.m.
Fee: \$36 for residents \$46 for non-residents

Music Theory

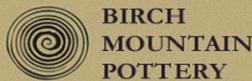
Fundamentals of Music Theory (Teens and Adults – Age 12+)

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

Instructor: Lillie Gardner
Location: CC Conference Room
Dates: Wed., June 22–July 27 (6 weeks)
Time: (130503-A) 4-5:15 p.m.
Fee: \$84 for residents \$94 for non-residents



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Reservations (with payment) must be made in writing at least 48 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 6:30p.m. Saturday and Sunday pick up and drop off times are 8:30a.m. and return by 6:30p.m. Holiday pickup and drop off times are 9:30a.m.-4:30p.m. Participants are responsible for the loading, securing, unloading and transporting the kayaks to and from destination.



Summer 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, the fitness area is open for kids ages 12 and 13 with their parents, poolside basketball and more! No pre-registration required.

Location: Mansfield Community Center
Dates/Times: 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.
 Sat., June 25, 4:30-7:30 p.m.
 (Minute to Win It Family Game Night)
 Sat., July 9, 4-7 p.m.
 (at Bicentennial Pond off Clover Mill Rd.)
 Sat., July 30, 4:30-7:30 p.m.
 Sat., Aug 13, 4:30-7:30 p.m.

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

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., May 7, 10 a.m.-1 p.m.
 Sun., June 5, 12-3 p.m.
 Wed., July 13, 6-9 p.m.
 Sat., Aug 6, 4:30-7:30 p.m.

Fee: Free for Mansfield residents.

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 paint 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 (190003-A) June 24
 (190003-B) July 22
 (190003-C) August 26

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.

Backyard Games

Outdoor Volleyball and Badminton sets are available to rent for home use. Reservations (with payment) must be made 48 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)



Wilton Cupcake/Cake Decorating for Families

Cake decorating for the young and young at heart! Join us for these exciting new decorating classes that you and your children can enjoy together. Children age 8 or older may participate independently. Children age 6 and 7 must have a parent.

Cake Pops!

(Ages 8+, or 6-7 with parent)

Learn to decorate cake pops! Learn to mix the perfect cake pop base, form perfectly-rounded pops, add lollipop sticks and dip with melted candy for a smooth coating. You'll learn to decorate cake pops with swirling sprinkles, marbling, and drizzled candy.

Instructor: Jan Holland
Date: Sun., June 26
Time: (190004-A) 2-4 p.m.
Location: CC Community Room
Fees: \$20 for residents \$30 for non-residents
Materials fee: \$15 due at time of registration. Some additional independent purchases may be required. Fee waivers do not apply to materials fees.

Modeling 101!

(Ages 8+, or 6-7 with parent)

Learn to use fondant and transform into fun shapes and animals! These skills can be used over and over to create unique edible decorations of all kinds.

Instructor: Jan Holland
Date: Sunday, July 10
Time: (190004-B) 2-4 p.m.
Location: CC Community Room
Fees: \$20 for residents \$30 for non-residents
Materials fee: \$15 due at time of registration. Some additional independent purchases may be required. Fee waivers do not apply to materials fees.

Spring Pals Cupcake Decorating!

(Ages 8+, or 6-7 with parent)

Find out how fun and easy it is to decorate cute animal pals! Learn how a few key decorating techniques like stars, beads, and dots will create fun bunnies and chicks.

Instructor: Jan Holland
Date: Sunday, July 24
Time: (190004-C) 2-4 p.m.
Location: CC Community Room
Fees: \$20 for residents \$30 for non-residents
Materials fee: \$15 payable to the instructor at class. Some additional independent purchases may be required. Fee waivers do not apply to materials fees.



Join us for the 4th annual
5K Run for the Playground
SAVE THE DATE: Saturday, July 16, 2016

at the Mansfield Community Center!

5K presented by the Willimantic Athletic Club

Races and Track and Field Events for Kids Hosted by
Mansfield Advocates for Children!

*****Stay tuned for more details!*****

Registration, Refunds, and Withdrawals

Registration may be completed online or in person at the Mansfield Community Center. Fees must be paid at time of registration.

Registration for Summer session begins on May 20, 2016.

John E. Jackman Tour de Mansfield

The Mansfield Community Center, the Mansfield Downtown Partnership and the Town of Mansfield are proud to present the 11th Annual John E. Jackman Tour de Mansfield. Enjoy Mansfield's scenic historic villages, Storrs Center, and the UConn campus with residents and friends of all riding abilities. Participants can choose from three rides: a 40-Mile Expert Ride; a 20-Mile Challenge Ride; and a 7-Mile Campus Cruise. All rides will take place on open roads. Experience riding on roads is strongly recommended. Older children with road riding experience are welcome to ride with an adult. All participants must wear a helmet and follow the rules of the road.

All rides begin and end at the Mansfield Community Center, where registered participants will enjoy lunch following their rides.

And, don't miss the Free Bike Rodeo for Kids! Try out our obstacle course, bike safety tips, helmet check, and more! The Bike Rodeo is recommended for children age 10 and under and will take place at the Mansfield Community Center.

Volunteers needed! Please contact the Downtown Partnership (860.429.2740 or mdp@mansfieldct.org) if you are interested in volunteering at the Bike Tour.

More info: www.mansfieldct.gov/biketour

- Location:** All rides begin and end at the Mansfield Community Center
- Date:** Sat., June 18 (Rain date: Sunday, June 19)
- Time:** 7 a.m.-Noon, Group Start times for each distance vary
- Fee:** (190001-A) Ages 18+
\$30 for registering on or before 6/15
\$35 for registering after 6/15
(190001-B) Under age 18-FREE!
Registration strongly encouraged



Moonlight Movies

The Mansfield Downtown Partnership is excited to offer residents a new outdoor movie series this summer! The Partnership will offer three free family-friendly movies on the Mansfield Town Square this summer. All ages are welcome!

Parking is available in the Storrs Center parking garage (free for the first two hours and then just \$1/hour thereafter). Enjoy fun activities before the movies begin!

More info: www.mansfieldct.gov/movies

- Location:** Mansfield Town Square
- Dates/Movies:** Friday, June 24 – "Muppets Treasure Island"
Friday, July 29 – "Star Wars: The Force Awakens"
Friday, August 19 – "E.T.: The Extra-Terrestrial"
- Time:** Activities begin at 7PM
- Fee:** FREE and Open to the Public!



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.





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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!!!!

www.Discoveryzone.info



Where all children are special and learning is fun!

SUMMER CONCERTS on the SQUARE



Presented by
Connecticut Water

THURSDAYS in JUNE & JULY
6:30 - 8:00 pm on the MANSFIELD TOWN SQUARE

Black Rock Social

06.02

REGGAE

The Meadows Brothers

06.09

ALT-COUNTRY

Earl Mac Donald Trio

06.16

JAZZ

*The Professors of
Sweet Sweet Music*

06.23

ALT-ROCK

West End Blend

06.30

SOUL/FUNK

Jan Jungden Trio

07.07

JAZZ



UConn Summer
presents

Amy & The Engine

07.14

INDIE POP

Ghost of Paul Revere

07.21

FOLK

Wise Old Moon

07.28

AMERICANA

All shows free & open to the public

Rain dates are the following Tuesday

More info: mansfieldct.gov/summerconcerts



Connecticut Water

UConn Summer

LeylandAlliance | The Oaks on the Square

Storrs Center Retail

MANSFIELD DOWNTOWN PARTNERSHIP, INC & TOWN OF MANSFIELD



/MansfieldDowntownPartnership



@DowntownStorrs



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Maharaja



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Open 6 Days • Closed Mondays

Lunch Special Buffet Tues. - Fri.: 11:30-2:30 **\$9.99**

Brunch Buffet Sat. & Sun.: 11:30-2:30 **\$11.99**

Dinner Hours: Tues. - Thurs. & Sun. 4:30-10:00
Fri. & Sat. 4:30-10:30

Lunch Special Buffet- Buy 9 Buffets, Get 10th Free

DINNER SPECIAL BUFFET
EVERY WEDNESDAY **\$11.99**
All You Can Eat • 5 - 9pm

\$5 OFF **\$10 OFF**

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With \$80 Purchase Expires 8/30/16

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SUBWAY

4 Mansfield Locations

- | | |
|------------------------------|--------------|
| 125 N. Eagleville Rd. | 860-429-6806 |
| 1 Dog Lane (Downtown Storrs) | 860-429-1515 |
| East Brook Mall | 860-423-3611 |
| Inside UConn Student Union | 860-427-7506 |

LOCALLY OWNED AND OPERATED - OUR 40TH YEAR
OPEN LATE 7 DAYS A WEEK

Breathe Easy This Spring ...



If you suffer from chronic or recurrent sinus infections, sinus pain, facial pain and headaches, **BALLOON SINUS DILATION** may be the solution for you!

Balloon sinus dilation is a convenient, comfortable, **IN-OFFICE** procedure that gently restores normal sinus drainage.

Most patients return to normal activity within 24 - 48 hours.

Eastern Connecticut Sinus Center

Comprehensive ear, nose and throat care with three convenient locations, close to where you live and work.

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STEPHEN ROUSE, MD, FACS*

STEVEN GREEN, MD, FACS*

JERILYN ALLEN, MD*

WILLIAM CULVINER, MD, FACS





Seattle Mariners vs Boston Red Sox at Fenway Register Early-Space is Limited

Robinson Cano and King Felix of the Seattle Mariners are in town to face Dustin Pedroia and the rest of the Boston Red Sox at Fenway Park. This should be a very exciting year for the Red Sox. Come out and enjoy the most "beloved ballpark in baseball".

Trip includes: Charter Bus, Ticket to the game, hot dogs, hamburgers, pasta, meatballs, sausage & peppers, assorted salads, chips, water and soda. Ticket to the game and games and prizes on the bus.

Date: Sun., June 19th
Time: (480002-A) Departure time: Bus will leave at 10:15 a.m. from the exit 68 commuter lot off I-84 in Tolland and will return approximately two hours after the game ends.
Fee: \$99 per person bleacher seats (with backs)
 \$130 per person right field box seats

James Taylor at Tanglewood, Monday, July 4

Tanglewood presents James Taylor with his extraordinary band of musicians. Fireworks will follow the July 4 concert. Register early. Tickets are expected to sell out. We will not have a stop on the way to Tanglewood. The show starts at 8:00 p.m. The grounds open at 5:30 p.m. We will arrive shortly after 5:30 p.m. There are plenty of places to buy dinner inside, but you're welcome to bring in food, coolers, wine, etc. There is no cooking allowed on the grounds.

Location: Tanglewood, Lenox, MA
Date: Monday, July 4, 2016
Time: (180001-A) Bus will leave the commuter lot at exit 68 off I-84 at 3:00 p.m. and will return approximately midnight (2 hours after the fireworks are over).
Fee: \$65 -Fee includes bus and lawn ticket to the show.

Plymouth Whale Watch. Friday, July 29th

Registration Deadline July 7th

Captain John's Whale Watching Tour's knowledgeable naturalists will guide you on an experience that is educational and exciting. This four hour excursion on the water will give you the opportunity to view sights that you will never forget as you journey out to Cape Cod Bay and Stellwagen Bank, a marine sanctuary and one of the primary feeding grounds for Humpback Whales, Finback Whales, Pilot Whales, Minke Whales and the endangered Right Whales. Pack a lunch or purchase from the galley on board (cash only)! Be sure to dress in layers so you can adjust to the weather temperatures, bring sunscreen, sunglasses and a hat, and comfortable shoes. Don't forget your camera to capture the excitement!

Location: Plymouth, MA
Date: Friday, July 29th
Time: (180005-A) Bus will leave the commuter lot at exit 68 off I-84 at 6:00 a.m. and will return at approximately 3:30 p.m.
Fee: \$89 per person for ages 13+
 \$76 per person for ages 4 - 12
 \$38 per person for up to age 3

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

Mansfield Community Gardens

Enjoy fresh air and fresh produce through gardening. 20' x 30' 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

Need a Community Service Project?

Do like to build things? Like to be outside? Parks and Recreation is looking for people of all ages who are independent workers interested in building bridges, wildlife observation decks and more in Town-owned parks and preserves! The town will work with you on a design, getting the necessary permitting. We also have a small fund available for supplies directly related to the project. If you have a project in mind or would like a suggestion, please contact Jennifer Kaufman, Natural Resources and Sustainability Coordinator at KaufmanJS@MansfieldCT.org or 860-429-3015, ext. 6204

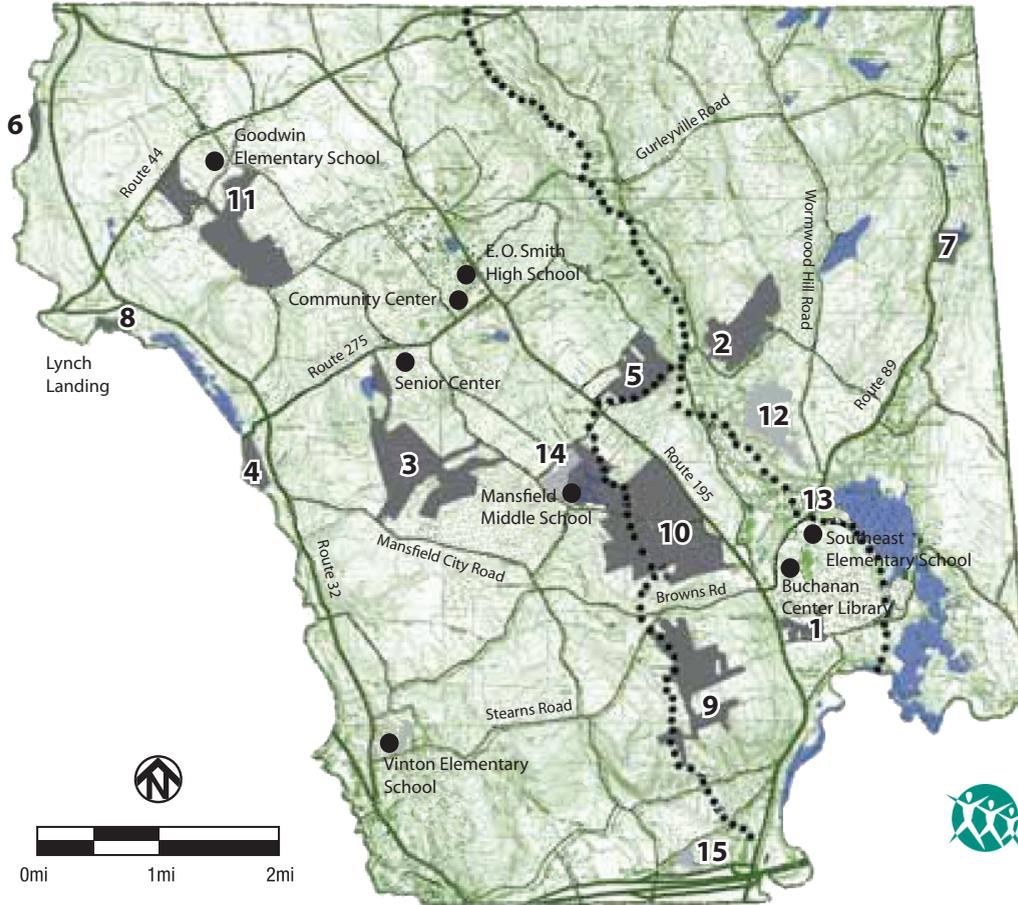
Samuel G. Dodd Natural Areas Volunteer Service Award

Given to Griffen Worthen of E.O. Smith High School's Depot Campus for the bridge he built in Schoolhouse Brook Park. Congratulations and thank you, Griffen!



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.



Access Mansfield's
Trail Guides from your
smart phone!

Go to
www.MansfieldCT.org/Trailguides
or scan this QR Code



**GET OUTDOORS &
HAVE FUN!**

Mansfield Parks & Recreation
Family, Fitness & Fun!

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 (Selected portions only, call ahead)
	Nipmuck Trail	Football	Soccer	
	Lynch Landing			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
170001-A1/A2 5:45-6:45 a.m. Spin w/ Deb	170012-B1 5:35-6:20 p.m. Hardcore Bootcamp w/ Jerry *Gym	170001-A1/A2 5:45-6:45 a.m. Spin w/ Ron	1700012-C1 5:35-6:20 p.m. Bootcamp w/ Jerry	170001-A1/A2 5:45-6:45 a.m. Spin w/ Deb	170020-D1 7-7:45 a.m. Work the Circuit w/ Jerry	
170003-A1/A2 7-8 a.m. Fitness Walking w/ Ron	170013-A1/A2 7-7:45 a.m. Interval Training w/ Chelsea	170025-C1/C2 7-8 a.m. All Levels Yoga w/ Bill	170020-C1/C2 🧘 9:15-10 a.m. Work the Circuit w/ Mandy	170037-C1/C2 🧘 9:45-10:45 a.m. Water Fitness I w/ Lizzie	170026-A1/A2 🧘 9:30-10:45 a.m. Power Yoga I w/ Sharon	
170076-A1/A2 🧘 9-9:30 a.m. TRX w/ Jess *Gym	170028-B1/B2 🧘 9-10 a.m. Pilates w/ Props w/ Deb G	170003-B1/B2 7-8 a.m. Fitness Walking w/ Ron	170019-A1/A2 🧘 10:15-11:15 a.m. Yoga Tune Up w/ Helen	170046-B1/B2 🧘 10:30-11:30 a.m. Gentle Yoga w/ Sharon		
170004-A1/A2 🧘 9:30-10 a.m. Take Home Tabata w/ Liza	170022-B1/B2 🧘 10:00-10:45 p.m. Silver Sneakers Yoga w/ Mandy *Comm. Rm.	170003-A1/A2 🧘 9-9:30 a.m. Kettlebells w/ Jess *gym	170008-B1/B2 🧘 10:30-11:15 p.m. Silver Sneakers Circuit w/ Mandy *Comm. Rm.	170067-A1/A2 🧘 11-11:45 a.m. Silver Sneakers Splash w/ Lizzie		
170037-A1/A2 🧘 9:45-10:45 a.m. Water Fitness w/ Lizzie	1170041-A1/A2 🧘 10:45-11:30 a.m. Aqua Therapy w/Dorinda	170032-A1 🧘 9-10 a.m. Salsa Fit w/ Kelly	1170041-A1/A2 🧘 10:45-11:30 a.m. Aqua Therapy w/ Dorinda	170015-C1/C2 🧘 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. Rm.		
170024-B1/B2 🧘 10:15-11:15 p.m. All Levels Yin/Yang Yoga w/ Sharon	170022-B1/B2 🧘 11-11:45 a.m. Silver Sneakers Yoga w/ Mandy *Comm. Rm.	170037-B1/B2 🧘 9:45-10:45 a.m. Water Fitness w/ Lizzie	170022-A1/A2 🧘 11:20-12:05 a.m. Silver Sneaker Yoga *comm room			
170015-A1/A2 🧘 11-11:45 p.m. Silver Sneakers Cardio Circuit w/ Lizzie *Comm. Rm.	170041-B1/B2 🧘 11:35-12:20 p.m. Aqua Therapy w/Dorinda	170046-A1/A2 🧘 10:30-11:30 a.m. Gentle yoga w/ Sharon	170041-B1/B2 🧘 11:35-12:20 p.m. Aqua Therapy w/ Dorinda			
170015-A1/A2 🧘 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. Rm.	170021-A1/A2 12-12:45 p.m. Yoga Core w/ Sharon	170008-C1/C2 11-11:45 a.m. Silver Sneakers Circuit w/ Lizzie *Comm. Rm.	170010-A1/A2 🧘 4:15-5:15 p.m. Yoga Flow w/Sharon			
170075-B1/B2 🧘 12:15-12:45 p.m. Kettlebells w/ Jess *gym	170017-A1/A2 🧘 12-12:30 p.m. MCC Mini Pump w/ Mandy *Gym	170015-B1/B2 🧘 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. Rm.	170051-A1/A2 🧘 5:30-6 p.m. Core Express w/ Mandy			
170074-A1 🧘 12:15-12:45 p.m. Kettlebells Basics w/ Jess *gym	1700007-A1/A2 🧘 5-6 p.m. Total Barre® w/ Diana	170036-B1/B2 🧘 6:30-7:30 p.m. Aqua Power w/ Lizzie	170014-A1/A2 🧘 6:05-6:50 p.m. Functional Strength w/ Mandy			
170027-A1/A2 🧘 4:15-5:15 p.m. Intermediate Pilates w/ Margherita	170025-B1/B2 🧘 6:15-7:15 p.m. All Levels Yoga w/ Bill	170012-A1 🧘 6:30-7:15 p.m. Boot Camp w/Jerry	170029-A1/A2 🧘 6-7:15 p.m. Taste of Tai Chi & Qigong w/ George *Comm. Rm.			
170073-A1/A2 5:30-6:15 p.m. TRX Pump w/ Mandy *Gym			170030-A1/A2 🧘 7:30-8:45 p.m. Cont. Tai Chi w/ George*Comm. Rm.			
170077-A1/A2 🧘 6:20-7:05 p.m. Cardio Kickbox w/ Mandy *gym						
170036-A1/A2 🧘 6:30-7:30 p.m. Aqua Power w/ Lizzie						

Summer 2016

Session 1 Begins

Monday, June 20th
and ends

Sunday, July 17th

Session 2 Begins

Monday, July 18th
and ends

Sunday, August 14th

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



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

Margherita Shaw
860-974-2636
Private Pilates Instruction



**Welcome to the
2016 Summer Fitness classes**

Over 50 Classes to Choose From!

Two summer sessions to help accommodate those summer vacations!

Session 1 begins

Monday, June 20th and ends Sunday, July 17th

Session 2 begins

Monday, July 18th and ends Sunday, August 14th

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...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 1: (170001-A1) (11 classes) *no class 7/4
Fee: \$68 for members \$92 for non-members
Session 2: (170001-A2) (12 classes)
Fee: \$74 for members \$100 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 1: (170014-A1) (3 classes) *no class 7/14
Fee: \$16 for members \$22 for non-members
Session 2: (170014-A2) (4 classes)
Fee: \$22 for members \$29 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: Mandy Ivory
Day: Tues.
Time: 12-12:30 p.m.* class is 30 minutes
Session 1: (170017-A1) (3 classes) *no class 6/28
Fee: \$11 for members \$15 for non-members
Session 2: (170017-A2) (4 classes)
Fee: \$14 for members \$19 for non-members

**Note: class meets in the Gymnasium*

SAVE THE DATE

John E. Jackman Tour De Mansfield
Sat., June 18
7 a.m.-Noon
Ride 7, 20 or 40 Miles
See page 32 for more information.



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 1: (170003-A1) (3 classes) *no class 7/4
Fee: \$19 for members \$25 for non-members
Session 2: (170003-A2) (4 classes)
Fee: \$25 for members \$33 for non-members

Day: Wed.
Session 1: (170003-B1) (4 classes)
Fee: \$25 for members \$33 for non-members
Session 2: (170003-B2) (4 classes)
Fee: \$25 for members \$33 for non-members

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 1: (170074-A1) (2 classes) class is 6/20, 6/27
Fee: \$10 for members \$15 for non-members
**Note: class meets in the Gymnasium*



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. *class is 30 minutes
Session 1: (170075-A1) (4 classes)
Fee: \$14 for members \$19 for non-members
Session 2: (170075-A2) (4 classes)
Fee: \$14 for members \$19 for non-members

Day: Mon.
Time: 12:15-12:45 p.m. *class is 30 minutes
Session 1: (170075-B1) (3 classes) *no class 7/4
Fee: \$11 for members \$15 for non-members
Session 2: (170075-B2) (4 classes)
Fee: \$14 for members \$19 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: Jessica Tracy
Day: Mon.
Time: 9-9:30 a.m. *class is 30 minutes
Session 1: (170076-A1) (3 classes) *no class 7/4
Fee: \$11 for members \$15 for non-members
Session 2: (170076-A2) (4 classes)
Fee: \$14 for members \$19 for non-members
**Note: class meets in the Gymnasium, Fitness Flex Plus*



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Willimantic, CT 06226
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- No Income restrictions

At the Card Home, we offer a small family environment, wonderful home cooked meals, and monthly entertainment.
 At the Card Home you will develop many friendships and experience the best of homes.

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 1: (170017-A1) (3 classes) *no class 6/28
Fee: \$16 for members \$22 for non-members
Session 2: (170017-A2) (4 classes)
Fee: \$22 for members \$29 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 1: (170012-A1) (4 classes)
Fee: \$22 for members \$29 for non-members

Day: Tues.
Time: 5:35-6:20 a.m. *class is 45 minutes
Session 1: (170012-B1) (4 classes)
Fee: \$22 for members \$29 for non-members

**Note: class meets in the Gymnasium*

Day: Thurs.
Time: 5:35-6:20 a.m. *class is 45 minutes
Session 1: (170012-C1) (4 classes)
Fee: \$22 for members \$29 for non-members

**Note: class meets in the Gymnasium*

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 1: (170051-A1) (3 classes) *no class 7/14
Fee: \$11 for members \$15 for non-members
Session 2: (170051-A2) (4 classes)
Fee: \$14 for members \$19 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.
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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 1: (170020-C1) (3 classes)*no class 7/14
Fee: \$16 for members \$22 for non-members
Session 2: (170020-C2) (4 classes)
Fee: \$22 for members \$29 for non-members

Instructor: Jerry Kleinman
Day: Sat.
Time: 7-7:45 a.m.*class is 45 minutes
Session 1: (170020-D1) (3classes) *no class 7/2
Fee: \$16 for members \$22 for non-members

NEW! Interval Training

This class consists of bursts of exercise followed by periods of rest. Exercise bursts will include strength moves using upper and lower body, weights, bands, steps, etc. This class allows you to work at a higher intensity for shorter time giving you the ability to increase your strength while allowing for rest periods for recuperation

Instructor: Chelsea Zabel
Day: Tues.
Time: 7-7:45 a.m.*class is 45 minutes
Session 1: (170013-A1) (4 classes)
Fee: \$18 for members \$25 for non-members
Session 2: (170013-A2) (2 classes) *no class 7/19, 8/9
Fee: \$9 for members \$13 for non-members

NEW! Take Home Tabata

Tabata is a high intensity interval training based on 20 seconds on of work and 10 seconds of rest. This version of the class will allow you to transition the exercises you learn in class into a workout you can do at home, traveling with work or while on vacation. Strength, cardio, core are all incorporated into this high paced class.

Instructor: Liza Makuch
Day: Mon.
Time: 9:30-10 a.m. *class is 30 minutes
Session 1: (170004-A1) (2 classes) *no class 6/27, 7/4
Fee: \$7 for members \$10 for non-members
Session 2: (170004-A2) (4 classes)
Fee: \$14 for members \$19 for non-members

NEW! Total Barre®

Emphasizing the correct biomechanics of movement combined with the power of music, Total Barre™ integrates elements of Pilates, dance, cardio and strength training to increase flexibility, stamina and dynamic stability. Total Barre™ is a 50 minute high intensity total body workout that's safe, intense and progressive. Participants need to bring water and the workout can be done either barefoot or in toe grip socks. No sneakers needed.

Instructor: Diana Virga
Day: Tues.
Time: 5-6 p.m.
Session 1: (170007-A1) (4 classes)
Fee: \$29 for members \$39 for non-members
Session 2: (170007-A2) (4 classes)
Fee: \$29 for members \$39 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 1: (170077-A1) (3 classes) *no class 7/4
Fee: \$16 for members \$22 for non-members
Session 2: (170077-A2) (4 classes)
Fee: \$22 for members \$29 for non-members

*Note: class meets in the Gymnasium

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.

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 1: (170015-A1) (2 classes) *no class 6/20, 7/4
Fee: \$9 for members \$13 for non-members
Session 2: (170015-A2) (4 classes)
Fee: \$18 for members \$25 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 1: (170015-B1) (4 classes)
Fee: \$18 for members \$25 for non-members
Session 2: (170015-B2) (4 classes)
Fee: \$18 for members \$25 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 1: (170015-C1) (3 classes) *no class 7/1
Fee: \$14 for members \$19 for non-members
Session 2: (170015-C2) (4 classes)
Fee: \$18 for members \$25 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 1: (170008-A1) (2 classes) *no class 6/20, 7/4
Fee: \$9 for members \$13 for non-members
Session 2: (170008-A2) (4 classes)
Fee: \$18 for members \$25 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Day: Wed.
Time: 11-11:45 a.m. *class is 45 minutes
Session 1: (170008-C1) (4 classes)
Fee: \$18 for members \$25 for non-members
Session 2: (170008-C2) (4 classes)
Fee: \$18 for members \$25 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Instructor: Mandy Ivory
Day: Thurs.
Time: 10:30-11:15 a.m. *class is 45 minutes
Session 1: (170008-B1) (3 classes) *no class 7/14
Fee: \$14 for members \$19 for non-members
Session 2: (170008-B2) (4 classes)
Fee: \$18 for members \$25 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

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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: Tues.
Time: 10-10:45 a.m. *class is 45 minutes
Session 1: (170022-B1) (3 classes) *no class 6/28
Fee: \$16 for members \$22 for non-members
Session 2: (170022-B2) (4 classes)
Fee: \$22 for members \$29 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Day: Tues.
Time: 11-11:45 a.m. *class is 45 minutes
Session 1: (170022-C1) (3 classes) *no class 6/28
Fee: \$16 for members \$22 for non-members
Session 2: (170022-C2) (4 classes)
Fee: \$22 for members \$29 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Day: Thurs.
Time: 11:20a.m.-12:05 p.m. *class is 45 minutes
Session 1: (170022-A1) (3 classes) *no class 7/14
Fee: \$16 for members \$22 for non-members
Session 2: (170022-A2) (4 classes)
Fee: \$22 for members \$29 for non-members
**Note: class meets in the Community Room, FREE for SilverSneakers Members*

Yoga Core 🧘

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 1: (170021-A1) (4 sessions)
Fee: \$22 for members \$29 for non-members
Session 2: (170021-A2) (4 sessions)
Fee: \$22 for members \$29 for non-members

Yoga All Levels

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

Instructor: Bill Goodale
Day: Tues.
Time: 6:15-7:15 p.m.
Session 1: (170025-B1) (4 classes)
Fee: \$29 for members \$39 for non-members
Session 2: (170025-B2) (4 classes)
Fee: \$29 for members \$39 for non-members

Day: Weds.
Time: 7-8 a.m.
Session 1: (170025-C1) (4 classes)
Fee: \$29 for members \$39 for non-members
Session 2: (170025-C2) (4 classes)
Fee: \$29 for members \$39 for non-members



Classes that Promote Youth Fitness

See specific page numbers
for more information

Sports Squirts	Page 8
Horseback Riding	Page 9
Tennis.....	Page 11
Youth Basketball	Page 13
Swim Lessons.....	Page 56
Basketball Camp	Page 63
Multi-Sport Camp.....	Page 64
Soccer Camp	Page 65
Horseback Riding Camp	Page 65

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: 10:30-11:30 a.m.
Session 1: (170046-A1) (4 classes)
Fee: \$29 for members \$39 for non-members
Session 2: (170046-A2) (4 classes)
Fee: \$29 for members \$39 for non-members

Day: Fri.
Time: 10:30-11:30 a.m.
Session: (170046-B1) (4 classes)
Fee: \$29 for members \$39 for non-member
Session 2: (170046-B2) (4 classes)
Fee: \$29 for members \$39 for non-members

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: 10:15-11:15 a.m.
Session 1: (170024-B1) (3 classes) *no class 7/4
Fee: \$22 for members \$29 for non-members
Session 2: (170024-B2) (4 classes)
Fee: \$29 for members \$39 for non-members

Yoga-Flow

A dynamic class for all levels of practioners that will focus on linking breath with movement.

Instructor: Sharon Coriaty
Day: Thurs.
Time: 4:15-5:15 p.m.
Session 1: (170010-A1) (4 classes)
Fee: \$29 for members \$39 for non-members
Session 2: (170010-A2) (4 classes)
Fee: \$29 for members \$39 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 1: (170026-A) (4 classes)
Fee: \$36 for members \$48 for non-members
Session 2: (170026-A2) (4 classes)
Fee: \$36 for members \$48 for non-members

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 1: (170019-A1) (4 classes)
Fee: \$29 for members \$39 for non-members
Session 2: (170019-A2) (2 classes) *no class 7/28, 8/4
Fee: \$14 for members \$19 for non-members

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: Margherita Shaw, Certified Pilates Teacher
Day: Mon.
Time: 4:15-5:15 p.m.
Session 1: (170027-A1) (3 classes) *no class 7/4
Fee: \$22 for members \$29 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: Tues.

Time: 9-10 a.m.

Session 1: (170028-B1) (3 classes) *no class 7/12

Fee: \$22 for members \$29 for non-members

Session 2: (170028-B2) (3 classes) *no class 8/2

Fee: \$22 for members \$29 for non-members

Note: Fitness Flex Plus

A Taste of Tai Chi & Qigong

Join us to experience a few introductory lessons in these Chinese martial and health practices. We will work with breathing, stance and movement to help relieve stress, improve health & mindfulness and give students a better understanding of these wonderful ancient arts.

Instructor: George Hoffman

Day: Thurs.

Time: 6-7:15 p.m. *class is 1.25 hours

Session 1: (170029-A1) (4 classes)

Fee: \$36 for members \$48 for non-members

Session 2: (170029-A2) (4 classes)

Fee: \$36 for members \$48 for non-members

**Note: This class meets in the Community Room, 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. *class is 1.25 hours

Session 1: (170030-A1) (4 classes)

Fee: \$36 for members \$48 for non-members

Session 2: (170030-A2) (4 classes)

Fee: \$36 for members \$48 for non-members

**Note: class meets in the Community Room, Fitness Flex Plus*



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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: Wed.

Time: 9-10 a.m.

Session 1: (170032-A1) (3 classes) *no class 7/6

Fee: \$22 for members \$29 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: Lizzie Hochdorfer
Day: Mon.
Time: 6:30-7:30 p.m.
Session 1: (170036-A1) (2 classes) *no class 6/20, 7/4
Fee: \$12 for members \$17 for non-members
Session 2: (170036-A2) (4 classes)
Fee: \$25 for members \$33 for non-members

Day: Weds.
Time: 6:30-7:30 p.m.
Session 1: (170036-B1) (2 classes) *no class 6/22, 6/29
Fee: \$12 for members \$17 for non-members
Session 2: (170036-B2) (4 classes)
Fee: \$25 for members \$33 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: Weds.
Time: 2-2:45 p.m. *class is 45 minutes
Session 1: (170066-B1) (4 classes)
Fee: \$25 for members \$33 for non-members
Session 2: (170066-B2) (4 classes)
Fee: \$25 for members \$33 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 1: (170037-A1) (2 classes) *no class 6/20, 7/4
Fee: \$12 for members \$17 for non-members
Session 2: (170037-A2) (4 classes)
Fee: \$25 for members \$33 for non-members

Day: Wed.
Time: 9:45-10:45 a.m.
Session: (170037-B1) (4 classes)
Fee: \$25 for members \$33 for non-members
Session 2: (170037-B2) (4 classes)
Fee: \$25 for members \$33 for non-members

Day: Fri.
Time: 9:45-10:45 a.m.
Session 1: (170037-C1) (3 classes) *no class 7/1
Fee: \$19 for members \$25 for non-members
Session 2: (170037-C2) (4 classes)
Fee: \$25 for members \$33 for non-members

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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 1: (170041-A1) (8 classes)
Fee: \$49 for members \$67 for non-members
Session 2: (170041-A2) (8 classes)
Fee: \$49 for members \$67 for non-members

Day: Tues/Thurs.
Time: 11:35 a.m.-12:20 p.m. *class is 45 minutes
Session 1: (470041-B1) (8 classes)
Fee: \$49 for members \$67 for non-members
Session 2: (470041-B2) (8 classes)
Fee: \$49 for members \$67 for non-members

SilverSneakers Splash

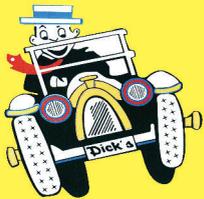
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Instructor: Lizzie Hochdorfer
Day: Fri.
Time: 11-11:45 a.m. *class is 45 minutes
Session 1: (170067-A1) (3 classes) *no class 7/1
Fee: \$14 for members \$19 for non-members
Session 2: (170067-A2) (4 classes)
Fee: \$18 for members \$25 for non-members
**Note: class meets in the Main Pool, FREE for SilverSneakers Members*



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Youth Resistance Training Orientation

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

Instructor: Mansfield Community Center Personal Trainers
Day: (170090-A) Sat., July 9
 (170090-B) Sun., Aug. 28
Time: 5-6:30 p.m.
Fee: \$10 per youth/parent pair – members only



Health and Fitness Seminars
Is stretching necessary?

One of the components of fitness is the ability to move in a good “range of motion.” Stretching has been a major protocol to attain flexibility and has in recent years come under scrutiny as to its effectiveness and safety. This seminar will briefly examine the controversy, The “Pros and Cons” of stretching, offer tips for “safer” stretching and possible alternatives to achieve and maintain flexibility.

Instructor: Jerry Kleinman
Day: Tues., Aug. 2
Time: 5-6 p.m
Session 1: (170091-A)
Fee: FREE for members \$10 for non-members

Brain Power and Balance

This program is a combination of specific activities designed to improve your memory, reasoning, language and problem solving skills. In addition you’ll learn age-appropriate exercises to strengthen the core and reduce your risk of falling while standing or walking. Discover how much fun brain power and balance training can be while your exercise your mind and body with our program.

Instructor: Jessica Tracy
Day: Wed., July 6
Time: 1-2 p.m.
Session 1: (170091-B)
Fee: FREE for members \$10 for non-members



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.



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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.** 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.

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.

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.



Pool Temperature

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

Lap Swim Etiquette

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

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

Pool Rules - For Your Safety

Some Pool Rules in helping you to prepare your day!

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

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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 Learn to Swim 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.

**Due to 4th of July holiday class will be ending on Fri., July 8.*

Instructor: TBA
Location: CC Pool
Dates: Mon. & Wed., June 13-July 8
No class Mon., 7/4. Concluding on Friday 7/8
Time: (161020-A) 6-6:30 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 Learn to Swim 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.

Instructor: TBA
Location: CC Pool
Dates: Mon. & Wed., July 11-Aug. 3
Time: (161021-A) 6-6:30 p.m.
Fee: \$67 for members \$90 for non-members

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 Learn to Swim 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.

**Due to 4th of July holiday class will be ending on Fri., July 8.*

Instructor: TBA
Location: CC Pool
Dates: Mon. & Wed., June 13-July 8
No class Mon., 7/4. Concluding on Friday 7/8
Time: (161027-A) 5:20- 5:50 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 Learn to Swim 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.**

Instructor: TBA
Location: CC Pool
Dates: Mon. & Wed., July 11-Aug. 3
Time: (161028-A) 5:20-5:50 p.m.
Fee: \$67 for members \$90 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: CC Pool and Community Room
Dates: Mon. & Wed., July 11- August 3
Time: (161024-B1) 5:20-5:50 pm
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 will also need to tread water for 2 minutes with legs only. 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/AED for the Professional Rescuer certification upon successful completion of this course. These certifications are good for 2 years. Fee includes instruction, course books, and a pocket mask. **A 30 minute lunch break will be provided; participants should bring their own lunch. Please bring bathing suit and towel to each class.**

Instructor: Brandon Biondi
Location: CC Arts & Crafts Room and Pool
Dates: Mon.-Thurs., June 20-23
Time: (161022-A) 10 a.m.-6 p.m.
Fee: \$220 for members \$295 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 Tues., June 14th. 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 June-August (7 week session) Practices will be held on Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m. or 6:30 p.m. to 7:30 p.m. depending on age/ability. The team will also compete in 3 scrimmage swim meets here at the community center and have periodic time trials as well. Participants may register for only one evening of practice if desired. All pre-registered returning swimmers will attend regular practice times unless notified of a practice time change by a coach. **It is recommended that swimmers have passed Level 4 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming, among other activities.**

NEW SWIMMERS EVALUATION NIGHT,

Tuesday, June 14th, 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, June 14th, 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., June 21-August 11. Swimmers will be placed in practice groups according to age/ability.
No practice 7/5 and 7/7
 161031-A, Tuesday Practice
 \$60 for members \$81 for non-members
 161031-B, Thursday Practice
 \$60 for members \$81 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 **7 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
Location: MCC Pool
Day: Tuesday or Thursday, 7:30-8:30 p.m.
Dates: (161040-A, Tuesday practice) June 21- August 9, 7:30-8:30 p.m. *no practice 7/5 (161040-B, Thursday practice) June 23-August 11, 7:30-8:30 p.m. *no practice 7/7
Fee: \$60 for members \$81 for non-members

Dates: (161040-A) Tues., June 2-Aug. 4, 7:30-8:30 p.m.
 (161040-B) Thurs., June 4-Aug. 6, 7:30-8:30 p.m.
Fee: \$57/day for members
 \$77/day for non-members



American Red Cross Learn-to-Swim Program

The Mansfield Community Center is glad to be an authorized provider of the American Red Cross Learn-to-Swim 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. Summer group swim lessons are held Monday and Wednesday mornings or evenings or Tuesday and Thursday evenings, for a 4 week session. Classes at the CC may be cancelled in the event of lightning or thunder storms, and/or other unsafe pool conditions. Participants will be notified if any cancelled classes will be made up. Group lessons consist of 8 classes, 30 minutes per class. Swimmers attend class twice per week, for a total of 4 weeks. Please see summer class schedule for details and class fees. ***If the weather is questionable, please call 860-429-3015, ext. 4 for program cancellation information.*

Session I: June 13 - July 8 Monday and Wednesday Morning or Evening Swim Lessons

**Due to 4th of July holiday, last week of session will be held Wed., July 6th and Fri., July 8th.*

	10-10:30 a.m.	10:40-11:10 p.m.	4-4:30 p.m.	4:40-5:10 p.m.	5:20-5:50 p.m.	6-6:30 p.m.
Parent/Infant	161007-A1			161007-A2		
Water Adjustment		161008-A1	161008-A2			161008-A3
Water Adjustment II					161009-A1	
Level 1			161001-A1	161001-A2	161001-A3	161001-A4
Level 2			161002-A1		161002-A2	161002-A3
Level 3			161003-A1	161003-A2		161003-A3
Level 4			161004-A1		161004-A2	
Level 5				161005-A1		
Level 6				161006-A1		

American Red Cross Summer 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: June 14 - July 7 Tuesday and Thursday Evening Swim Lessons

	4-4:30 p.m.	4:40-5:10 p.m.	5:20-5:50 p.m.
Parent/Infant	161007-C1		
Water Adjustment		161008-C1	
Water Adjustment II			161009-C1
Level 1	161001-C1	161001-C2	
Level 2		161002-C1	
Level 3	161003-C1		161003-C2
Level 4			161004-C1
Level 5			
Level 6			

Session II: July 11 - August 3 Monday and Wednesday Morning or Evening Swim Lessons

	10-10:30 a.m.	10:40-11:10 a.m.	4-4:30 p.m.	4:40-5:10 p.m.	5:20-5:50 p.m.	6-6:30 p.m.
Parent/Infant		161007-B1			161007-B2	
Water Adjustment	161008-B1		161008-B2			161008-B3
Water Adjustment II				161009-B1		
Level 1			161001-B1	161001-B2		161001-B3
Level 2			161002-B1	161002-B2	161002-B3	161002-B4
Level 3			161003-B1	161003-B2	161003-B3	
Level 4			161004-B1			161004-B2
Level 5				161005-B1		
Level 6						
Junior Lifeguarding					161024-B1	

Session II: July 12 - August 4 Tuesday and Thursday Evening Swim Lessons

	4-4:30 p.m.	4:40-5:10 p.m.
Parent/Infant	161007-D1	
Water Adjustment		161008-D2
Water Adjustment II		161009-D1
Level 1	161001-D1	
Level 2		161002-D1
Level 3	161003-D1	161003-D2
Level 4		
Level 5		161005-D1
Level 6		



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

LEARN-TO-SWIM LEVEL DESCRIPTIONS

The American Red Cross offers six 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 previous group lesson experience. Each level of Learn-to-Swim 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)

This independent toddler course includes skills for water entry, blowing bubbles, floats on front and back, glides, kicking on front and back, arm and leg movements on front and back, underwater exploration, combined arm and leg action, water safety, and life jacket safety. Children are in the water independently!

Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

Level 1 Participants learn to:

Enter and exit water safely, submerge mouth nose 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 object, float on front and back for 5 sec, 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 Aquatic 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 underwater and pick up a submerged object, float on front and back 15 sec, tread water 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 survival float for 30 sec, submerge and retrieve an object, bob with the head fully submerged 10 times, perform front and back glide

use rotary breathing, tread water 1 minute, perform front crawl 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 1 minute, front crawl 25 yards, elementary backstroke 25 yards, breaststroke 15 yards, back crawl 15 yards, butterfly 15 yards, sidestroke 15 yards, push off in a 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 5 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 front stroke, sidestroke 25 yards, butterfly 25 yards, back crawl 25 yards, breaststroke 25 yards, front crawl 50 yards, elementary backstroke 50 yards, front crawl 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 greater distances.

Level 6 participants learn to:

Surface dive and retrieve object 7-10 feet deep, front crawl 100 yards, elementary backstroke 100 yards, breaststroke 50 yards, back crawl 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 swimming (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 17.



Bicentennial Pond 2016 Summer Season Sat., June 18-Sun., August 21

Monday-Friday, noon-7 p.m.

Saturdays & Sundays, noon-6 p.m.

BCP will be open on Sat., July 4th from noon-6 p.m.

Located off of Clover Hill Rd., by Mansfield Animal Shelter

Park Fees - Season Passes

Passes are sold at the Mansfield Parks and Recreation Department located at the Mansfield Community Center as well as at the park gate. There is an additional \$5 fee for a lost season pass.

Resident Up to 4 Person Pass: \$20

Resident 5 or More Person Pass: \$25

Non-Resident Pass: \$40

(Proof of Residency Required)

Daily Fee - Weekdays

\$1 Resident (Proof Required)

\$2 Non-Resident

Weekends

\$2 Resident (Proof Required)

\$3 Non-Resident

Fishing – Free (Individuals age 16 and over need a valid CT Fishing License which can be obtained at your Town Clerk's office OR at ct.gov/DEEP/sportsmanlicensing.)

Pavilion Rental: In season only, \$20 for a 4 hour block of time plus daily fee for all persons, group rates are available. Please call the CC for more information.

Kayaks-Free: use on site after 3 p.m. weekdays, 12-6 p.m. Sat. & Sun. with the purchase of a season or day pass.

Family Fun Night at Bicentennial Pond

Come enjoy family fun at Bicentennial Pond. Our inflatable gym slide will travel down to the pond, along with volleyball, kayaking, games and more. Bring your own food to grill and enjoy the beautiful new playground equipment.

Location: Bicentennial Pond

Day: Sat., July 9

Time: 4-7p.m.

Fee: FREE for residents

\$5 per carload for non-residents



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., June 14 (160001-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., July 14 (160002-B)

Time: 6-8 p.m.

Location: MCC Community Room

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

Day: (410060-B) Sat., June 25

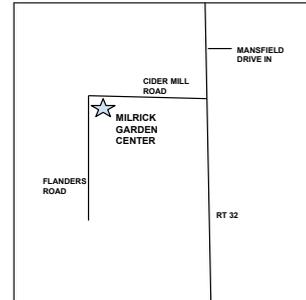
Time: 8:30 a.m.-4:30 p.m. (bring a lunch)

Fee: \$65 for residents \$75 for non-residents

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HIC # 0622966



CAMP MANSFIELD



We make happy campers!

OPEN HOUSE, Saturday, May 14th from 1-3p.m. at Mansfield Middle School.

Rain date for Open House is Sunday, May 15th same time. OPEN HOUSE will consist of modified camp activities for parents and children to participate in. There will also be an ice cream social from 2:30-3p.m. Come meet Jared Redmond, Camp Director with questions about camping during the ice cream social.

Come see what Camp Mansfield has to offer.

General Camp Information – Camp Mansfield is a traditional outdoor summer day camp with a wide variety of activities for campers’ age 5 to 15 years old! Camp Mansfield is held on the grounds of Mansfield Middle School, Schoolhouse Brook Park and Bicentennial Pond. Camp scheduled to begin on June 20th this year. Some of our activities include archery, arts and crafts, canoeing/kayaking, creative games, nature/environmental activities, sports, science experiments 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. 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.

CAMP MANSFIELD GROUP DESCRIPTIONS

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. There is also one overnight campout per session. ADVENTS can be dropped off at Bicentennial Pond between 7:30pm – 9pm for the overnight every Wednesday. 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.

Session 1: Ocean Beach & Launch

Session 2: Six Flags & Rocky Neck State Park

Session 3: Brownstone & Laser Quest

Session 4: Lake Compounce & Berlin Batting Cages

Session 5: Central Rock Gym & Hammonasset Beach State Park

Session 6: Brownstone & Dave & Busters

Session 7: Whirly Ball & Mystic Aquarium and Seaport

Session 8: Farmington River Tubing & Spare Time Bowling and Lasertag

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

- 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.
- Register for camp online at Mansfieldcc.com and email the forms to the camp director.
- The activity registration form along with an additional camp form (available copies 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 prior to starting camp.

CAMP MANSFIELD 2016

We make happy campers!

Session 1	June 20–June 24
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)

Incident weather location is at the Mansfield Community Center due to school maintenance work during this session.

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 #

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)	\$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 #)	\$24 (Ses 3) \$29 (Ses 1-2,4-8)	\$29 (Ses 3) \$34 (Ses 1-2,4-8)
PM Camp Care 151402 - (plus session #)	\$39 (1-2,4-7) \$32 (Ses 3,8)	\$44 (1-2,4-7) \$37 (Ses 3,8)
Combo Camp Care (AM&PM) 151403 - (plus session #)	\$52 (1-2,4-7) \$40 (Ses 3) \$45 (Ses 8)	\$62 (1-2,4-7) \$50 (Ses 3) \$50 (Ses 8)



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.

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)
Time: (152009-A) 9:30a.m.-12 p.m.
Fee: \$50 for residents \$60 for non-residents

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" www.fortheloveofthegamecamps.com
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 Directors: Ron Pires, Betsy Roickle and Len Reed

Location: E.O. Smith High School

Dates: Mon.-Fri., July 11-15 (5 days)

Time: (152004-A) 9 a.m.-3 p.m.

Fee: \$185 (includes T-shirt) for residents
\$195 (includes T-shirt) for non-residents

Skyhawks Lacrosse Camp (Ages 6 to 12)

Suit up and find out why lacrosse is one of the fastest-growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast-paced, high-scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Our staff helps campers learn not only the sport of lacrosse, but also important life skills such as respect, teamwork, and discipline. Skyhawks Lacrosse ensures that every athlete will come away with a deep understanding of the game and its traditions. Participant-to-coach ratio: 12:1.

Instructors: Skyhawks Sports Academy Staff

Location: Farrell Fields

Dates: Tues.-Fri., July 5-8 (4 days)

Time: (152016-A) 9 a.m.-12 p.m.

Fee: \$109 for residents
\$119 for non-residents (includes T-shirt)

Participants must bring two snacks & water bottle, and wear appropriate clothing, running shoes, mouthpiece, protective gloves, helmet with full mask (or goggles for girls lacrosse), lacrosse stick, and sunscreen.

Skyhawks Beginning Golf Camp (Ages 5 to 8)

Skyhawks Golf focuses on building the confidence of young athletes by teaching proper technique to refine essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers to help build confidence and to have fun. Developed by PGA professionals, SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. We keep the instructor-to-camper ratio low, resulting in limited availability. These programs fill up quickly. Participant-to-coach ratio: 8:1

Instructors: Skyhawks Sports Academy Staff

Location: Farrell Fields

Dates: Mon.-Fri., July 11-15 (5 days)

Time: (152030-A) 9 a.m.-12 p.m.

Fee: \$135 for residents \$145 for non-residents

Participants must bring two snacks, water bottle and sunscreen, and wear appropriate clothing and sneakers

Skyhawks Track and Field Camp (Ages 7 to 12)

Skyhawks Track & Field was developed to introduce young athletes to a sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety while keeping a major focus on fun! Using special equipment, our staff teach the standard track & field events: long distance, sprints, soft hurdles, relays, shot put, discus, and standing long-jump. Our exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end-of-the-week track meet! Participant-to-coach ratio: 14:1

Instructors: Skyhawks Sports Academy Staff

Location: Mansfield Middle School Track

Dates: Mon.-Fri., Aug. 8-12 (5 days)

Time: (152040-A) 9 a.m.-12 p.m.

Fee: \$135 for residents \$145 for non-residents
(Includes T-shirt and merit award)

Participants must bring two snacks, water bottle and sunscreen, and wear appropriate clothing and running shoes

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 (5 days)

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



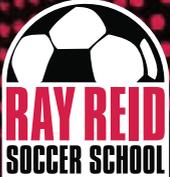
Ray Reid Soccer School

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



Young Stars Camp



Aug. 1-5 • 9AM to Noon
Lions Club Fields, Mansfield
(boys and girls Grades K-8)

To learn more, contact:
Valarie Reid 631.455.1782,
valariereid07@gmail.com, or
Mansfield Parks & Recreation
at 860-429-3015



Camp Director
Ray Reid

www.RayReid.com





(All Levels Ages 6 – 13)

Magnolia Run offers a great summer camp program for boys and girls ages 6-13. Our goal is to teach each individual the responsibilities of caring for their horses mixed with lots of fun and exercise! Each day campers get to learn the basics of horse training, grooming, tacking, feeding, anatomy, barn maintenance, and overall horse care. All campers will receive a 1 hour group lesson per day. A fun-filled atmosphere, campers will enjoy a variety of activities both under saddle and on the ground including trail rides, games, arts & crafts, and mock horse shows! All students with or without horse experience are welcome! Instruction will be based on each individual's knowledge and skill level and riding groups are divided accordingly.

Campers are responsible to pack their own lunch, water, and snacks. Campers are required to wear pants and closed toe shoes. www.sawmillbrookfarm.com

- Instructors:** Staff from Sawmill Brook Farm
- Location:** Magnolia Run, Crane Hill Road, Mansfield
- Days:** Monday - Friday
- Dates:** (150009-A) June 20-24
 (150009-B) June 27-July 1
 (150009-C) July 11-15
 (150009-D) July 18-22
 (150009-E) July 25-29
- Times:** 9 a.m.-2 p.m. Standard Day
 9 a.m.-5 p.m. Extended Day
- Fee:** \$330 for residents standard day
 \$340 for non-residents standard day
 \$375 for Residents extended day
 \$385 for non-residents extended day



Mini-Masterpiece Studio – Nature and Abstraction (Entering Grade 1-Age 14)

Draw, paint, and be a sculptor! This week of hands on art-making will let campers express themselves in daily artistic exercises and learn about the lives and works of famous artists who used nature as their inspiration. This week we will explore Christo and Jean Claude's Land Art, Georgia O'Keeffe's Flowers, Joan Miro's Biomorphic Shapes, Richard Long's Mud Paintings, and more. We will make a mini-masterpiece each day! Please dress for a mess! Participants must bring snacks and lunch that does not require refrigeration.

- Instructor:** Reagen O'Reigaekn (see bio on page10)
- Location:** CC Arts and Crafts Room
- Dates:** Mon.-Fri., June 27-July 1
- Time:** (152200-A) 9 a.m.-4 p.m.
- Fee:** \$189 for residents \$199 for non-residents
- Materials Fee:** \$30 materials fee due at registration. Fee waivers do not apply to materials fees.

Impressionism to Abstract – Painting Workshop for Creative Kids (Ages 6-11)

Have fun playing with paint! Use your imagination! Explore the works of a variety of artists in the 20th century from Impressionism to Modernism. Students are encouraged to observe carefully to experiment materials, shape, color, line, and texture and to create unique artworks using imagination and beginning understanding of art history. An exciting class that encourages creativity and invention. An experienced, creative art teacher brings her own unique, wild and wonderful skills to the children's program.

Instructor: Nancy Cooke Bunnell (see bio on page 9)

Location: CC Arts and Crafts Room

Dates: Mon.-Fri., July 11-15

Time: (152203-A) 9 a.m.-Noon

Fee: \$94 for residents \$104 for non-residents

Materials Fee: \$25 materials fee due at registration.

Fee waivers do not apply to materials fees.

Joy of Printmaking: Silkscreen (Entering Grade 1 to Age 14)

Enjoy the art of silkscreen. Students will develop their own drawing, turn it into a silkscreen and print their artwork onto fabric and paper. Students will create a frame-able work of art in the style of famous artist Andy Warhol, and print their design onto a t-shirt, canvas tote, and make an edition of prints to exchange with classmates. We will make sketchbooks and notecards too! Campers will also be introduced to other fun printmaking techniques like printing with yarn, jello, and found objects. These fun and easy techniques can be used over and over at home after the class ends to continuously create t-shirts, patches, notecards, and more! Dress for a mess!

Instructor: Reagen O'Reigaekn

Location: CC Arts and Crafts Room

Dates: Mon.-Fri., July 11-15

Time: (152205-A) 1-4 p.m.

Fee: \$94 for residents \$104 for non-residents

Materials Fee: \$25 materials fee due at registration.

Fee waivers do not apply for material fees.

I Like to Draw Everything! Workshop for Creative Kids (Ages 6-11)

Do you like to draw and design cartoons, dragons, fairies machines, doodle, monsters, animals, things in nature? Bring your ideas and work with an experienced, creative art teacher who brings her own unique, wild and wonderful skills to the children's program! This class introduces basic drawing concepts in many drawing media such as pencil, colored pencil, oil pastel, metallic and colored markers. Artists are encouraged to look carefully, to experiment with materials, shape, color, texture, and line, and to create unique artworks using imagination and observation.

Instructor: Nancy Cooke Bunnell (see bio on page 9)

Location: CC Arts and Crafts Room

Dates: Mon.-Fri., July 25-29

Time: (152204-A) 9 a.m.-Noon

Fee: \$94 for residents \$104 for non-residents

Materials Fee: \$25 materials fee due at registration.

Art From Around the World! (Entering Grade 1-Age 14)

Travel around the world and learn about the traditional arts and crafts of different cultures. This week of hands on art making will let campers express themselves creatively while learning new art processes, geography and about other cultures. Campers will paint, draw, stitch, weave and glue as we visit Ancient Greece, the coast of Australia, the caves of Argentina, the Panama Canal, East Asia, and North America. We will make Greek Story Vases, Aboriginal Dot Paintings, Cave paints, Quilted Molasses, Sand Mandalas, a new recycled spin on the woven basket, and more! Each day will include a short art history lesson, project time, nature time, play time, and art exercises or engineering challenges. Please dress for a mess. Bring snacks and lunch that do not require refrigeration.

Instructor: Reagen O'Reigaekn (see bio on page 10)

Location: CC Arts and Crafts Room

Dates: Mon.-Fri., July 25-29

Time: (152201-A) 1-5 p.m.

Fee: \$94 for residents \$104 for non-residents

Materials Fee: \$25 materials fee due at registration.

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For registration
information,
call 860-512-3220

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We've teamed up with Play-Well TEKologies to bring you these fun Lego Camps that are not only fun, but will build problem-solving skills, provide an opportunity for creative expression, foster a greater appreciation of how things work, encourage the qualities of inquisitiveness, self-reliance, and self-confidence in children.

Pre-Engineering using LEGO® (Ages 5-7)

Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals.

Instructor: Staff from Play-Well TEKologies
Location: CC Arts and Crafts Room
Dates: Tues.-Fri., July 5-July 8 (4 days)
Time: (152103-A) 9 a.m.-Noon
Fee: \$139 for residents \$149 for non-residents

Engineering FUNdamentals with LEGO® (Ages 8-10)

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battltrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

Instructor: Staff from Play-Well TEKologies
Location: CC Arts and Crafts
Dates: Tues.-Fri., July 5-July 8 (4 days)
Time: (152102-A) 1-4 p.m.
Fee: \$139 for residents \$149 for non-residents

Star Wars Jedi Engineering using LEGO® (Ages 5-6)

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Instructor: Staff from Play-Well TEKologies
Location: CC Arts and Crafts Room
Dates: Mon.-Fri., July 18-22 (5 days)
Time: (152106-A) 9 a.m.-Noon
Fee: \$173 for residents \$183 for non-residents

Star Wars Jedi Master Engineering using LEGO® (Ages 7-10)

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Instructor: Staff from Play-Well TEKologies
Location: CC Arts and Crafts
Dates: Mon.-Fri., July 18-22
Time: (152107-A) 1-4 p.m.
Fee: \$173 for residents \$183 for nonresidents





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We've teamed up Mad Science of Western New England this summer to provide children several interactive, hands-on camp experiences that will capture their attention and spark their imaginations. Our awesome weeklong camps for 2014 are listed below:

Instructor: A Mad Scientist!

Anatomy Academy (Grades 7-12)

In this weeklong camp, children will have fun while learning about scientific equipment they already own – the human body. Kids will explore the science behind cells, organs, muscles and bones through fun, hands-on activities. Campers will use micro-slide viewers to see some of the tiny cellular machines that keep our bodies working and will play the "Cell game" to learn about the "stuff" inside cells. Fun experiments will help campers understand more about their senses, brains, breathing, circulation and digestion. Children may create model cells, make Mad Mucus and a simulated stomach, build simple lung models, assemble a model skeleton, and much more. Campers should bring a snack and drink each day of camp.

Instructor: Staff from Mad Science
Location: CC Arts and Crafts
Dates: Mon.-Fri., July 25-July 29
Time: (152101-C) 9 a.m.-Noon
Fee: \$186 for residents \$196 for non-residents

Secret Agent Laboratory (Ages 6-12)

Develop your special agent and detective skills in this super hands-on week of fun! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence – from fingerprints to tracks to trash! Secret agents-in-training will use science and awesome technological tools to connect the dots and sniff out the suspects in this investigation into the science of sleuthing. Campers should bring a snack and drink each day of camp.

Instructor: Staff from Mad Science
Location: CC Arts and Crafts room
Dates: Mon.-Fri., August 1-5
Time: (152101-A) 9 a.m.-Noon
Fee: \$186 for residents \$196 for non-residents

Special Savings

Fee: Sign up for both Secret Agent Lab and Crazy Chemworks and Save! Parents must send a lunch that does not require refrigeration (152101-D) \$345 for residents \$355 for non-residents

Crazy Chemworks (Ages 6-12)

We'll learn about the tools scientists use in their laboratories – atoms, molecules, and reactions; acids and bases; and fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding, and static cling and see some very cool dry ice demonstrations! The best part is that each day we'll be able to continue the science fun at home with our very own labware take-homes! Campers should bring a snack and drink each day of camp.

Instructor: Staff from Mad Science
Location: CC Arts and Crafts
Dates: Mon.-Fri., August 1-5
Time: (152101-B) 1-4 p.m.
Fee: \$186 for residents \$196 for non-residents

Special Savings

Fee: Sign up for both Secret Agent Lab and Crazy Chemworks and Save! Parent's must send a lunch that does not require refrigeration (152101 – D) \$345 for residents \$355 for non-residents



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REGISTRATION DATES

Registration start dates are grouped into the following categories:

May 20

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

May 26

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

May 29

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!**

Activity Registration Form



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 Entering	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: _____

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: _____

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

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20 Windham Street • Willimantic, CT 06226
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WWW.BACHARACHLAW.COM



Pamela S. Bacharach
Attorney at Law