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**SEE PAGES 31-33**  
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December 11 for non-members, non-residents  
Registration form on page 59

## Winter 2016



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5:30 a.m.

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Welcome

The Community Center recently celebrated its 12th anniversary on November 1, 2015 and in commemoration of the anniversary, a number of events and member give-a-ways were held so that we could show our appreciation to our membership. The high level of usage continues to reflect how important the Center is to the quality of life in our region.

Now is a great time to become a member of the Community Center. Get a head start on your New Year's resolution by starting an exercise routine today. A personal training session will get you on the right track for a healthier lifestyle. Inquire about personal training options and take advantage of our state-of-the-art Fitness Center.

Consider a Mansfield Community Center membership gift certificate for your family and friends this holiday season. This is a great way to show those close to you how much you care about their health and wellbeing.

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

This winter will include another season under a partnership with UConn's Community School for the Arts (CSA). The Town and UConn have entered into an agreement which will provide the community with a broad range of art and music education opportunities. See pages 31-33 for details on CSA's winter program line-up.

We were pleased to officially open the new Jeffrey P.Ossen Family Foundation Community Playground behind the Community Center on October 31, 2015. Area residents are welcome, weather permitting, anytime from dawn to dusk to enjoy the fun at this wonderful new addition to Mansfield's park system.

Look for additional details on our Open House at the Community Center, which will be held December 31st through January 3rd. The Open House will include membership specials, free classes and demonstrations, free family fun events, and free use of the facilities.

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

The entire Parks and Recreation Department staff wishes you a happy and healthy winter.

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



Table listing various sections and their page numbers: Welcome (5), General Information (6), Inclement Weather Information (7), Youth Programs (9), Before/After School Friends (18), Party Planning Form (19), Teen Center (21), Adult (23), Community School of the Arts (31), Family & Special Events (34), Trips (36), Parks & Preserves (37), Fitness Class Schedule (39), Fitness Center (40), Aquatics (51), How to Register (58), Activity Registration Form (59).

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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## 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*  
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Sustainability Coordinator*  
Jessica Tracy *Recreation Supervisor/  
Health and Fitness*  
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Jared Redmond *Recreation Coordinator*  
Amanda Wilde *Member Services Coordinator*  
Lynda Lambert *Administrative Services Specialist*  
Janet Avery *Receptionist*  
Steven Cosgrove *Head Custodian*

## INCLUSIVE STATEMENT (Programs for all Abilities)

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

## ON-LINE REGISTRATION

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

## INCLEMENT WEATHER

- Help our receptionists. Please use the information line.
- Full day cancellations or major storm causing partial day cancellations are also listed on WFSB-3 TV and the 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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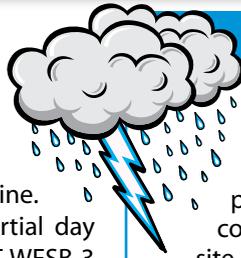
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## Department of Parks & Recreation Inclement Weather Policy

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 NBC-CT, Foxnews-CT, WFSB-3 TV and the website.



### Thunder, Lightning and Rain

Call 860-429-3015, ext. 4

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

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

##### Monday - Friday

<b>Cancelled for the full day</b>	All classes, workshops, leagues, etc are cancelled if Mansfield Public schools are cancelled for the full day.
<b>Cancelled for morning to noon</b>	All classes, workshops, leagues, etc are cancelled for the morning if Mansfield Public schools are delayed up to 90 minutes.
<b>Cancelled for the evening</b>	All classes, workshops, leagues, etc are cancelled for the evening if Mansfield Public schools are cancelled early for the day. Contact MPRD with questions regarding late afternoon programs

##### 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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**\$5** Selected Appetizers  
**\$3.50** Domestic Bottled Beers

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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 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 and our Family Friendly pairing Pre K classes as well!

**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., and Sat.  
**Time:** 9:30 a.m.-noon  
**Fee:** FREE for members  
Non-members pay the regular daily admission fee for parent/guardian and children.



## Youth Art Classes (Ages 7-11)

We will focus on multi-media projects such as drawing, painting, printmaking and masks in a group process. Students are encouraged to think independently and to solve artistic problems. Every session offers new projects. Students will be focusing on using the 5 shapes in design, color, texture and the principles and elements of design and the drawing and painting process. Materials are available in class.

**Session 1 Theme:** Drawing and Painting - creatures, the sun, collage, masks, Mexican, Native Americans, African, Picasso and Braque

**Session 2 Theme:** Drawing, Printmaking, things from paper, dragons and fish, book making, patterns, Japanese art

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

**Location:** CC Arts and Crafts Room  
**Dates:** Session 1: (320064-A) Wed. Jan. 27-March 2  
Session 2: (320064-B) Wed. March 23-April 27

**Times:** 4:45-5:45 p.m.  
**Fee:** \$60 for residents \$70 for non-residents

**Bonus Afterschool:** (320020-A) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$13.

## **NEW!** Art & Music Making Discovery Hour (Ages 3-5)

Your child will enjoy art-making, movement, and storytelling in this Art and Music Discovery Hour. Children will create and decorate a new musical instrument each week with kid-friendly materials. They will investigate tempo, rhythm, counting, and sound as they practice playing on cue during dramatic story telling sessions. Each class will end with dancing.



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

**Location:** CC Arts and Crafts Room  
**Dates:** Mon., Jan. 25-April 4  
**Time:** (320001-A) 9:15-10:15 a.m.  
**Fee:** \$60 for residents \$70 for non-residents

**\*Family Friendly Class Pairing Suggestion:** (370032-B) Salsa Fit, 9:15-10:15 a.m.



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**NEW! Paint and Play**  
(Ages 18 months-5 years)

Let your children express themselves and get messy somewhere other than your house! Small children will investigate texture and mark making and as they make choices in a safe and kid friendly environment. Stations will include tempura, finger paint, watercolor, printmaking, sculpture, and DIY art materials. This messy hour is great for sensory play and ends with water table play to aid in clean up. Dress for a mess!

- Ages:** 18 months-3 years with caregiver and ages 4-5 caregiver is optional!
- Instructor:** Reagen O'Reigaekn – See instructor bio on page 9
- Location:** CC Arts and Crafts Room
- Dates:** Sat., Jan., 9-March 26 \*no class 2/13
- Times:** (320004-A) 9-10 a.m.
- Fee:** \$60 for residents \$70 for non-residents

**NEW! CREATE WITH ME:**  
**Masterpiece Studio (Ages 5-14)**

Learn about famous artists together and then create frame worthy works of art inspired by the styles of those artists. Come alone or in pairs, this series is a great way to make friends or spend time with that special child or teen in your life. Some of the artists we will learn about include :Vincent van Gogh, Georgia O'Keefe, Henri Rousseau, Gustav Klimt, Louise Nevelson, and Christo & Jean Claude.

- Instructor:** Reagen O'Reigaekn – See instructor bio above
- Location:** CC Arts and Crafts Room
- Dates:** Sat., Jan., 9-March 26 \*no class 2/13
- Times:** (320002-A) 10:30 – 11:30 a.m.
- Fee:**  
Individuals: \$60 for residents \$70 for non-residents  
Parent/Child Pair: \$100 for residents \$110 for non-residents

**NEW! The Joy of Printmaking (Ages 5-14)**

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. This fun and easy technique can be used over and over at home after the class ends to continuously create t-shirts, patches, and more!

- Instructor:** Reagen O'Reigaekn
- Location:** CC Arts and Crafts Room
- Dates:** Tue., Jan., 19-April 5 \*no class 2/16
- Times:** (320003-A) 4:45-5:45 p.m.
- Fee:** \$60 for residents \$70 for non-residents
- Materials Fee:** There is a \$12 materials fee for this class and is due at the time of registration. Fee waivers to not apply to materials fees.

**Bonus Afterschool:** (320020-D) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$13.

**Babysitter Safety 101 (Ages 10-15)**

This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more topics. Booklet, handouts and Babysitter Safety Certificate of completion included. Bring a snack.

- Course Time:** 4 hours
- Instructor:** Staff from Life Safe Services
- Location:** CC Community Room
- Dates:** (320070-A) Sat., Jan. 30
- Time:** 9 a.m.-1 p.m.
- Fee:** \$55 for residents \$65 for non-residents

**Advanced Babysitter Safety 102**  
(Ages 12-16+)

*Certification Course – American Trauma Event Management Certification – Follows American Heart Guidelines: www.atem.us*

This course is for youth's 12 to 16+ years of age with a sincere interest in advanced concepts and skills of First Aid including CPR certification. Building on the entry level skills from Babysitter 101, objectives for this scenario based expanded course includes additional First Aid concepts, Adult/Child and Infant CPR. Requires written and skills testing to receive 2 year certification. Student receives book, handouts and Rescue Shield breathing barrier device.

- Course Time:** 3 hours
- Prerequisite:** Babysitter Safety 101 within the last 365 days
- Instructor:** Staff from Life Safe Services
- Location:** CC Community Room
- Dates:** (320070-B) Sat., March 5
- Time:** 9 a.m.-12 p.m.
- Fee:** \$55 for residents \$65 for non-residents

**Ocean Adventure (Grades K&1)**

Do you like sharks? seahorses? starfish? More than 75% of our earth is covered with ocean. It is home to thousands of different kinds of animals and plants, from giant whales to the tiniest plankton. Let's find out about this fascinating place with stories, activities and lots of real stuff to look at and touch.

- Instructor:** Sue Harrington
- Location:** CC Community Room
- Date:** Thurs., Feb. 4-Feb. 25 (4 weeks)
- Time:** (320031-A) 4:45-5:45 p.m.
- Fee:** \$37 for residents \$47 for non-residents

**Bonus Afterschool:** (320020-C) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$13.

## **NEW!** Pharaohs & Pyramids (Grades 2-5)

Let's travel back 4,000 years to see what life was like in ancient Egypt. We will discover how the pyramids were built, learn to write our names in hieroglyphics, find out the powers of the gods and, of course, study the art of mummification. We'll even make our own special mummy. Join us to learn about this fascinating period of history.

**Instructor:** Sue Harrington  
**Location:** CC Community Room  
**Date:** Thurs., March 3 – March 24 (4 weeks)  
**Time:** (320030-A) 4:45-5:45 p.m.  
**Fee:** \$37 for residents \$47 for non-residents  
**Bonus**  
**Afterschool:** (320020-B) Your child(ren) can come on the bus straight from school and we'll get them off the bus, take care of them until class starts and make sure they get to class on time for an additional \$13.

## Dance & Tumbling



## **NEW!** Sunday Morning Tumblers (Pre K, Ages 3-5)

Get your body moving on Sunday morning! This class will work with students (and parents if needed) to work on basic stretching skills and the fundamentals of tumbling and acrobatic movements. Each class will start with basic stretching to warm up the body, and then move through a series of combinations on the floor mats, wedges, balance beam, and other tumbling equipment. Students will focus on balance and body awareness while improving their strength and coordination. We encourage parents to be involved and can help assist their child in class.

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance  
**Location:** CC Gym  
**Dates:** Sun., Jan., 10-March 20 (10 weeks) \*no class 2/14  
**Time:** (320040-A) 10:30-11:15 a.m.  
**Fee:** \$50 for residents \$60 for non-residents

## Creative Movement (Ages 3-4)

Children will be introduced to dance through basic movement and motor skills such as skipping, marching, and galloping.

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance  
**Location:** CC Dance/Fitness Studio  
**Dates:** Sun., Jan., 10-March 20 (10 weeks) \*no class 2/14  
**Time:** (320044-A) 11:30 a.m.-noon  
**Fee:** \$40 for residents \$50 for non-residents



## Pre-Ballet (Ages 4-5)

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

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance  
**Location:** CC Dance/Fitness Studio  
**Dates:** Sun., Jan., 10-March 20 (10 weeks) \*no class 2/14  
**Time:** (320045-A) 12:05-12:50 p.m.  
**Fee:** \$50 for residents \$60 for non-residents

## Ballet 1 (Ages 6+)

Exercises will emphasize straight legs and pointed feet, posture, placement, stretches and the basics of classical ballet. Basic ballet concepts such as 1st and 2nd positions, plié and relevé, small jumps and traveling steps will be introduced. Fun, creative elements such as stories, games and other imaginative activities will keep the pace of the class lively and engaging.

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance  
**Location:** CC Dance/Fitness Studio  
**Dates:** Sun., Jan., 10-March 20 (10 weeks) \*no class 2/14  
**Time:** (320046-A) 12:55-1:40 p.m.  
**Fee:** \$50 for residents \$60 for non-residents

## **NEW!** Beginner Jazz/Ballet Combo (Ages 6+)

This class will combine both styles and skills of Jazz and Ballet 2. Jazz relies on a dancer's classical training, yet pushes him/her to connect emotionally to music and movement. Classes teach basic jazz dance technique, terminology and movement quality with an emphasis on proper execution of jazz isolation, rhythms and style. Many different styles including Broadway, lyrical, traditional and modern jazz will be explored.

**Instructor:** Mia (John) Pomerence and the staff from Mansfield Academy of Dance  
**Location:** CC Dance/Fitness Studio  
**Date:** Sun., Jan., 10-March 20 (10 weeks) \*no class 2/14  
**Time:** (320041-A) 1:45-2:30 p.m.  
**Fee:** \$50 for residents \$60 for non-residents



### Trots for Tots (Ages 3-4)

A hands-on lessons program introducing children to the basics of riding, good horsemanship, and safety. This program will offer a variety of games, crafts, time in the saddle, and an experience a child will never forget. A parent or guardian is required to stay on site for each lesson and is asked to join in. All "tots" are required to wear pants, a boot with heel, and a helmet (bike or riding). All guardians/parents are asked to wear closed toe shoes.

**Instructor:** Staff at Sawmill Brook Farm  
**Location:** Magnolia Run at Sawmill Brook Farm  
**Date:** (320010-A) Sat., Jan. 16-March 12 (8 weeks)  
**Time:** 12-1 p.m.  
**Fee:** \$266 for residents \$276 for non-residents

### Beginning Riding Lessons with Magnolia Run (Grades 1-4)

This program is geared toward students who have never ridden before to students who can walk-trot. 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 in grades 1-4 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](http://www.sawmillbrookfarm.com)  
**Location:** Magnolia Run at Sawmill Brook Farm  
**Date:** (320011-A) Sat., Jan. 16-March 12 (8 weeks)  
**Time:** 9-10 a.m.  
**Fee:** \$266 for residents \$276 for non-residents

## 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.

All Lessons are held at  
**Magnolia Run at Sawmill Brook Farm**  
 Please see their website for directions.  
[www.sawmillbrookfarm.com](http://www.sawmillbrookfarm.com)



### Beginner Riding Lessons with Magnolia Run (Grades 5-8)

This program is geared toward students who have never ridden before to students who can walk-trot. 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 in grades 5-8 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](http://www.sawmillbrookfarm.com)  
**Location:** Magnolia Run at Sawmill Brook Farm  
**Date:** (320012-A) Sat., Jan. 16-March 12 (8 weeks)  
**Time:** 10-11 a.m.  
**Fee:** \$266 for residents \$276 for non-residents

### Intermediate Riding Lessons with Magnolia Run (Grades 5-8)

This program will be geared towards students who can competently walk and trot and understand the basics to cantering and jumping. This is an intermediate level lesson which will teach the fundamentals in jumping and further student flat skills as well as the essentials to good horse care. Here students in grades 3-8 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](http://www.sawmillbrookfarm.com)  
**Location:** Magnolia Run at Sawmill Brook Farm  
**Date:** (320013-A) Sat., Jan. 16-March 12 (8 weeks)  
**Time:** 11 a.m.-12 p.m.  
**Fee:** \$266 for residents \$276 for non-residents



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**Instructor:** James Mathews has been coaching and teaching tennis for 12 years. He has worked with children and adults of all ages and all skill levels. He loves working with children and beginning adults so more people will enjoy playing tennis. He coaches the EO Smith Varsity Tennis team and also teaches at Manchester Racquet Club for both group and private lessons.

**QuickStart Tennis (Ages 4-K)**

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

**Location:** CC Gym  
**Dates:** Sun., Feb 21-March 20 (5 classes)  
**Time:** (320060-A) 8:30-9:00 a.m.  
**Fee:** \$35 for residents \$45 for non-residents

**QuickStart Tennis (Grades 1-4)**

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

**Location:** CC Gym  
**Dates:** Sun., Feb 21-March 20 (5 classes)  
**Time:** (320061-A) 9:15-10 a.m.  
**Fee:** \$35 for residents \$45 for non-residents

**Sports Squirts**

This clinic is to get Kindergarten – 2nd grade children active in a trio of sports. Children will learn the fundamentals of basketball, t-ball and tennis during 6 sessions. Children will learn the skills necessary to play the game and have fun while doing it. Clinics will be held on Monday nights.

**Location:** Vinton Elementary School  
**Dates:** Mon., March 7-April 11  
**Times:** (320062-A) 5:30-6:30 p.m. (K/1st Grade)  
 (320062-B) 6:30-7:30 p.m. (2nd Grade)  
**Fee:** \$40 for residents \$50 for non-residents

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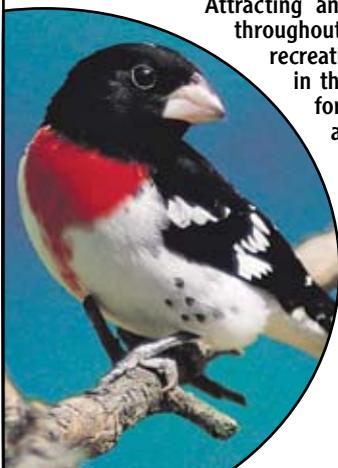
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## Mansfield Parks and Recreation Programs

### Mansfield Recreation and Travel Basketball:

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

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

### Co-Sponsored Youth Sports Organizations:

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

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

### Mansfield Little League

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

### WAM United Soccer Club

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

### Other Youth Sport Organizations serving Mansfield Residents

#### Northeast Youth Hockey:

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

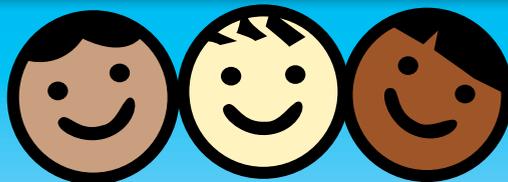
## Facility Youth Policies

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

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

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

**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 in grades K-8 whose parents want them to join special activities in a peer setting, or are unable to care for them after school. The Before Friends Program (available at Vinton



and Southeast Only) starts at 7:00 a.m. The After School Friends 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 6:00 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, outside time, 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. 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. On days where there is a late opening, there is not before school care. On early dismissal days there is not after school care.



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

**Registered days:**

\$10.50 each morning    \$13.00 each afternoon

**Drop-in:**

\$13 each morning    \$16 each afternoon

## Mansfield Community Center Party Form

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

Name \_\_\_\_\_ Child's Age \_\_\_\_\_ Child's Gender \_\_\_\_\_ # of party guests \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_ # of extra adults \_\_\_\_\_

Address \_\_\_\_\_  
Street City Zip

**Room requested** 1st choice \_\_\_\_\_ 2nd choice \_\_\_\_\_

**Date requested** \_\_\_\_\_ **Time requested** \_\_\_\_\_

**Alternate date** \_\_\_\_\_ **Alternate time** \_\_\_\_\_

**Party Add On(s) Requested** \_\_\_\_\_

PARTY ROOM	Member Price	Non-Member Price	Total
Community Room	\$75	\$150	
Community Room w/ Kitchen	\$90	\$180	
Arts & Crafts Room	\$50	\$100	
Arts & Crafts Room w/Teen Center	\$80	\$160	
Party Add Ons	Member Price	Non-Member Price	Total
<b>Splash Package</b>	Up to 15 guests: \$65 16-25 guests: \$90	Up to 15 guests: \$85 16-25 guests: \$110	Inflatable: _____ Time: _____
<b>Fun &amp; Games/Sports Package</b>	\$50	\$75	Time: _____
<b>Gym Slide Package</b>	\$150	\$250	Time: _____
<b>Pre-School Party Package</b>	\$30	\$45	Time: _____
<b>Sweet Emotions Candy Jewelry Store</b>	\$60 base fee plus \$15 per guest	\$60 base fee plus \$15 per guest	Time: _____
<b>Sweet Emotions Candy Artist Studio</b>	\$60 base fee plus \$15 per guest	\$60 base fee plus \$15 per guest	Time: _____

**Party Grand Total:** \_\_\_\_\_

Received By: \_\_\_\_\_ Received Date: \_\_\_\_\_ Received Time: \_\_\_\_\_

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

## Party Planning Form

Phone: 860-429-3015 • Email: [wildeag@mansfieldct.org](mailto:wildeag@mansfieldct.org)

### Party Times

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

**Saturday:** noon-2 p.m. | 4-6 p.m.

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

### Party Rooms

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

**Arts & Crafts Room w/Teen Center**  
(holds up to 35 people, available 12-2pm on Sat., all times Sun.)

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

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

## Party Add Ons

**SPLASH PARTY:** 1 hour of your 2 hour party time in the pool, 1 pool inflatable Circle 1: snake | dog | saucer | 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.*

**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](http://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](http://www.sweetemotionscandy.com), for additional info on candy parties!

# Mansfield Teen Center (MTC)

Looking for something to do after school?

Need a place to relax with friends during the week or on weekends?

**Come see what the MTC has to offer you and bring your friends!**



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

## MTC HOURS:

<b>Monday</b>	<b>3-6 p.m.</b>
<b>Tuesday</b>	<b>2-6 p.m.</b>
<b>Wednesday</b>	<b>3-6 p.m.</b>
<b>Thursday</b>	<b>2-6 p.m.</b>
<b>Friday</b>	<b>2-9 p.m.</b>
<b>Saturday</b>	<b>2-6 p.m.</b>

- FREE Teen Center memberships for all kids' grades 6-12 (Mansfield and surrounding communities). Stop by and fill out a registration form.
- Register online at [MansfieldCC.com](http://MansfieldCC.com)
- Wristbands are given to teen center members during time in the teen center
- 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.
- 50" Flat Screen TV
- MTC has 2 pool tables, foosball, air hockey, board games, 2 computers & Xbox

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

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Find us on Instagram @mansfieldteencenter

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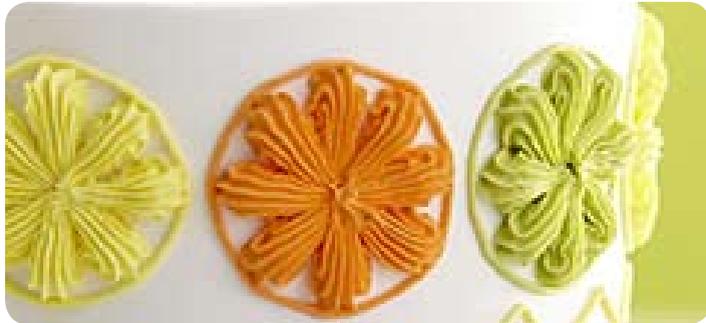


## Wilton Cake Decorating Classes

**Instructor:** Janet Holland - Janet took her first Wilton class in the early 80s and has been decorating cakes ever since! She began making cakes for family and friends, and recently won two statewide awards for her cakes! After retiring, she became a Certified Wilton Method Instructor. Janet loves to teach others how easy it is to make beautiful desserts to add that extra-special touch to any occasion! Come see for yourself!

### Course I: Building Buttercream Skills Condensed (Ages 14+)

Learn how to decorate cakes and sweet treats with basic buttercream techniques and six simple-to-pipe flowers that transform ordinary cakes into extraordinary results. Your Certified Wilton Method Instructor will help you pipe classic buttercream decorating techniques to create modern and traditional cake designs. The condensed class will be taught in 2, 3 hour classes. Participants will receive a materials list upon registration to bring to your local craft store to purchase your own supplies. Supplies for this class will cost approximately \$40, along with other items from home. See list for details.



#### Details

- Make icing the right consistency to decorate
- Fill and use a decorating bag
- Ice and decorate a cake and other sweet treats with the latest techniques
- Make six different buttercream icing flowers
- Pipe lines and make simple borders, letters and shapes on your cake
- Transfer images to a cake to decorate

**Instructor:** Janet Holland  
**Location:** Community Room  
**Dates:** Tuesdays, Jan. 12-Jan. 19 (2 classes)  
**Times:** (310047-A) 5:30-8:30 p.m.  
**Fee:** \$45 for residents \$55 for non-residents

### Course 2: Flowers and Cake Design (Pre-Requisite-Course 1) (Ages 14+)

Learn how to create professional-looking flowers and designs made from royal icing.

Participants will receive a materials list upon registration to bring to your local craft store to purchase your own supplies. Supplies for this class will cost approximately \$40, along with other items from home. See list for details.



- Make lifelike rosebuds, pansies, and violets, plus detailed patterns, like lace and basket weave designs.
- Design the color palette and pattern for a cake
- Apply advanced buttercream icing piping techniques like basket weave, cornelli lace and brush
- embroidery
- Create seven different types of flowers, and understand how to feature them on your next project
- Pipe royal icing appliques and additional decorative borders

**Instructor:** Janet Holland  
**Location:** Community Room  
**Dates:** Tues., Feb. 2-23 (4 classes)  
**Times:** (310049-A) 6:15-8:15 p.m.  
**Fee:** \$45 for residents \$55 for non-residents

### Wilton Cake Decorating Workshop (Ages 14+)

Learn different techniques and ways to be creative with your entertaining in this stand-alone two hour workshop. Surprise your family and friends with beautiful homemade treats!

Participants will receive a materials list upon registration to bring to your local craft store to purchase your own supplies. Supplies for this class will cost approximately \$20 and some can be used for other workshops and classes. There are also items from home that will be needed. See list for details.

### Borders and Embellishments (Ages 14+)

Advance your decorating skills to create professional-looking cakes using over a dozen new border and accent techniques.

**Review borders:** Shell, reverse shell, classic ruffle

**Learn new borders:** e-motion, c-motion, colonial scroll, figure 8

**Learn embellishments:** bead flower, dot flower, bead bow, scroll, swirl

**Instructor:** Janet Holland  
**Location:** CC Community Room  
**Days:** Tuesday, March 29  
**Time:** (310048-A) 6:15-8:15 p.m.  
**Fee:** \$20 for residents \$30 for non-residents

## Creative Arts



### **NEW!** Acrylic and Pastel for Beginners and More Advanced Painters

This class is designed for beginning and more experienced painters. The instructor will provide group and more individualized instruction depending on your experience. Each lesson will begin with an acrylic under painting and study of values. You may work in acrylic the entire 6 weeks or choose to try pastels on one or both projects. I will provide photos of florals and landscapes or create still-life's. Advanced students may bring 5 choices of photos and we will discuss the best compositional choice. Students will be focusing on using contour, composition, value, color, texture and the principles and elements of design as well as the drawing and painting process.



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

**Location:** CC Arts and Crafts Room  
**Dates:** Weds., Jan., 13 – April 13 (12 classes)  
**Times:** (310003-A) 6:30-8 p.m.

**Instruction:**  
**Fee:** \$120 for residents \$130 for non-residents  
**Materials Fee:** \$25 If you need acrylic and/or pastels and pastel paper, and 1/2" watercolor brush paper, canvas. \$10 if you have acrylics, brushes and/or pastels.

*Please pay at the time of registration. Fee waivers do not apply to materials fees.*

### **NEW!** Decorative Origami (Ages 14+)

Join us for a fun evening of folding that is paper folding or origami. This beautiful Japanese craft can be used to make a variety of fascinating animal, geometric and other shapes with colorful paper. We'll have many books that start very easy and get more challenging as we learn.

**Instructor:** Sue Harrington  
**Location:** CC Community Room  
**Date:** Monday, March 7 and 14 (2 weeks)  
**Time:** (310032-A) 6:30-8:30 p.m.  
**Fee:** \$37 for residents \$47 for non-residents

### **NEW!** The Joy of Printmaking (Ages 15+)

Discover the joy of printmaking through several different non-toxic processes! You will love playing in this class and discover new ways to create imagery. Mono printing, relief printing and silkscreen will be introduced. Turn your drawings into silkscreens and print onto fabric and paper. Print your designs onto t-shirts, canvas totes, and 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, quilt squares, and more!

**Instructor:** Reagen O'Reigaekn spent several years as a collaborative artist, consultant and community-based gallery owner in her upstate New York hometown. Her community projects have received two NYSCA Decentralized Grants. She has also been the recipient a NYSCA Individual Artist Grant and a 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.

**Dates:** Tues., Jan., 19-April 5 (11 classes) \*no class 2/16

**Times:** (310110-A) 6:30-8 p.m.

**Location:** CC Arts and Crafts Room

**Fee:** \$110 for residents \$120 for non-residents

**Materials Fee:** There is a \$20 materials fee for this class. Please pay at the time of registration.

### **NEW!** Art Appreciation Discovery Hour (Adults)

Grow and stretch your mind everyday! This new twist on an art appreciation class allows you to learn about a famous artist and then try a fun exercise that emulates their technique, style, or subject matter. Art making isn't just for kids and professionals, creative expression is healthy and important to a joyful life. Learn several new process while keeping your mind and motor skills young. This class will build your art muscles and confidence.



**Instructor:** Reagen O'Reigaekn  
**Dates:** Mon., Jan. 25-April 11 (11 classes) \*no class 2/15  
**Times:** (310111-A) 11:30 a.m.-12:30 p.m.  
**Location:** CC Arts and Crafts Room  
**Fee:** \$60 for residents \$70 for non-residents

**NEW! Story Quilts**

**(beginner to advanced Ages 13+)**

Make your own family heirloom to be treasured by generations! Both non-sewing beginners and advanced sewers will enjoy making their own quilt inspired by Faith Ringgold's painted story quilts. Various techniques will be explored including batik, silkscreen printing, applique and embellishments You create your own individual story quilt from a memory or whatever you may dream!

- Instructor:** Reagen O'Reigaekn (See instructor bio above)
- Location:** E.O. Smith High School, Room A2
- Dates:** Mon., Jan., 25 - April 4 (11 classes) \*no class 2/15
- Times:** (310112-A) 6:30-8:30 p.m.
- Fee:** \$120 for residents \$130 for non-residents
- Materials Fee:** There is a \$25 materials fee for this class. Please pay at the time of registration.



**Holistic Classes**

**Instructors:**  
**Heather Hendricks** has a long history of working in the health industry. It began here at the MCC as Fitness Assistant until she graduated from ECSU in 2009 with a BA in Psychology and a minor in Health. She continues to share her passion, promoting integrative health by educating others on the safety and effectiveness of using pure, high-quality essential oils to support wellness.

**Ashlee Parks** is a birth doula, wellness advocate and stay at home mom to her two young children. She graduated from Lesley University with a BS in Early Childhood Education and Child and Family Studies. She is passionate about supporting families and children and has done so in many ways, including providing education in the use of oils during pregnancy, childbirth and throughout childhood.

**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:** Heather Hendricks, Ashlee Parks
- Location:** CC Arts and Crafts Room
- Day:** Tues., Feb., 2
- Time:** (310030-A) 6:30-8 p.m.
- Fee:** \$10 per person for residents  
\$20 per person for non-residents

**Make Your Own Essential Oil Winter Wellness and Bath & Beauty Products**

Welcome to the movement toward a healthier home this winter season. There is no denying the winter months are harsh on our emotional and physical health; the days are shorter, it's cold, we are moving less and eating more! Additionally, health is not just how we feel or what we put IN our bodies, but also what we put on our bodies. You will make full sized versions of the products during the class as well as go home with great recipes and access to reference materials.

**Session 1: Winter Wellness (310030-B) Tues., Feb. 9**

- Hand Purifier
- Immune Support Roller
- Shower Discs
- Respiratory Support Salve
- Sugar Scrub

**Session 2: Bath and Beauty Products (310030-C) Tues., Feb. 23**

- Foaming Hand Soap
- Daily Face Wash
- Moisturizing Body Wash
- Calming Roller
- Sleepy Time Roller

- Instructors:** Heather Hendricks
- Location:** CC Arts and Crafts Room
- Time:** 6:30-8 p.m. (See session details below)
- Fee:** \$10 per person per session for residents  
\$20 per person per session for non-residents
- Materials Fee:** A \$25 materials fee payable to instructor at the beginning of class. Fee waivers do not apply to materials fee.

**Special Needs Social Club**

*(for individuals ages 15+ with developmental disabilities)*

This social activity program is designed for those ages 15+ with developmental/cognitive disabilities. The drop-in program meets bi-weekly on Saturdays, 6-8 p.m. Participants will have the opportunity to enjoy a variety of activities and field trips while meeting new friends in an informal, drop in program. Registration form must be completed and a responsible adult guardian must accompany participant unless waived by activity leader. Open to residents and non-residents.

- Instructor:** Jackie Rivard
- Location:** CC Arts and Crafts Room and Teen Center
- Dates:** Contact RivardJR@MansfieldCT.org or (860) 429-3015. A seasonal events flyer is made available each month.
- Time:** 6-8 p.m.
- Fee:** \$5 per person per night

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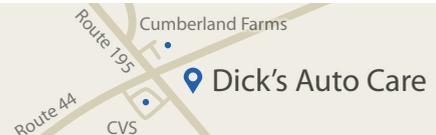
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**Wellness Seminars**

**Instructor:** Carla Gold is a certified and licensed Esthetician. She is a highly proficient and well-organized Esthetician with successful schooling and practical experience in cosmetology. Carla has excellent knowledge of performing skin care treatments and analysis to determine what would work best for people of all ages. She has hands-on experience in using the latest technology, tools, and products to manage cosmetic procedures.

**Skin Care Ingredients  
(310032-A) Monday, February 15**

Do you have any idea what to look for in the ingredients label on the products you choose for skin care for you and your family? The information presented in this skin series seminar will help you understand the latest ingredients in skin care products that may benefit your skin. Please feel free to use this information to sort through various skin care products on the market. Carla Gold will be available to answer and research your questions/concerns during this interactive session.

**Skin Care Misconceptions  
(310032-B) Monday, March 7**

Skin care professionals and consumers alike are bombarded daily with a myriad of Skin information about skin care, skin science and skin health from the media, manufacturers and an ever-increasing number of physicians, all attempting to justify that what they profess and advocate is the truth and nothing but the truth. Sometimes claims are accurate and sometimes they aren't. More often than not, the truth may lie somewhere in between. Attend this informative interactive discussion, ask your questions, present your beliefs.... Carla Gold will help investigate what you have understood to be fact...maybe? Maybe not?

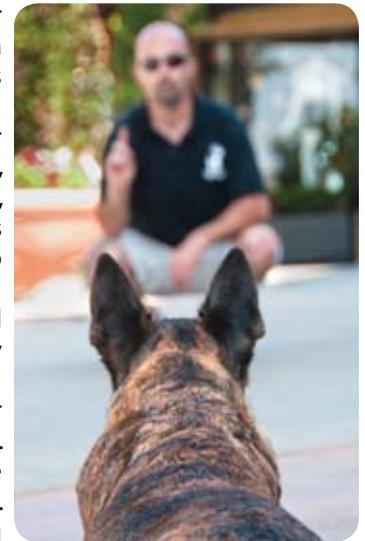
**Instructor:** Carla Gold  
**Location:** CC Community Room  
**Dates:** (310032-A) Mon., Feb. 15  
 (310032-B) Mon., March 7  
**Time:** 7-8 p.m.  
**Fee:** \$10 for residents \$20 for non-residents

**Dog Obedience and Tricks Classes  
with LEDR Dog Training**

**Trainer:** Laura DeMaio Roy  
 Laura is a certified guide dog trainer/instructor who trains and places working dogs throughout the country. She is also a Certified Trick Dog Instructor and has worked with world renowned Kyra Sundance to achieve this certification. Laura performs trick shows for various functions and kids camps, along with competing in barn hunt and herding with her rescue dog, Jake. She believes in positive training that gets results!

**Beginner Manners – Basic Skills**

Do you wish your dog was better behaved? Ready to start your puppy on the road to being a well-trained dog? This is the class for you! In this class you will learn the basics on how to teach your dog to target, come when called, sit, down, stay, walk on a leash, leave it, and drop it. This class is fun and teaches you how to effectively communicate with your dog. You and your dog will learn the skills you need to enjoy your pup and lay the foundation for a great relationship with your dog! For dogs 5 months and up. Not appropriate for dog-reactive dogs. Proof of rabies required. Owners are required to bring treats and a treat pouch to each class.



**Instructors:** Laura DeMaio Roy  
**Location:** CC Community Room  
**Day:** Mon., Jan., 11-Feb. 15 (6 weeks)  
**Time:** (310033-A) 6-6:50 p.m.  
**Fee:** \$120 for residents \$130 for non-residents

**Tricks Class**

Want to do something really fun with your dog? Tricks class is for you! In this class we will teach your dog tricks such as spin, shake, say your prayers, peekaboo, sit on a pedestal, dead dog, rollover, crawl, sit pretty, take a bow, jump through a hoop and more! This is an excited, high energy class that both you and your dog will enjoy. Teaching your dog tricks burns mental and physical energy and increases their confidence and attention to you! Prior obedience class experience is helpful for this class. For dogs 5 months and up. Not appropriate for dog-reactive dogs. Proof of rabies required. Owners are required to bring treats and a treat pouch to each class.

**Instructors:** Laura DeMaio Roy  
**Location:** CC Community Room  
**Day:** Mon., Jan., 11-Feb. 15 (6 weeks)  
**Time:** (310033-B) 7-7:50 p.m.  
**Fee:** \$120 for residents \$130 for non-residents

**Adult Drop-In Sports**

**Monday** ..... Basketball - 7:30-9 p.m.  
**Tuesday** ..... 40+ Basketball - 7:15-9:15 a.m.  
 Pickelball - 9:30 a.m. - Noon  
 Futsol - 7:30-9 p.m.  
**Wednesday** ..... Basketball - 7:30-9 p.m.  
**Thursday** ..... Pickelball - 9:30 a.m. - Noon  
 Volleyball - 7:30-9:30 p.m.  
 (nets will only be set up if people want to play)  
**Friday** ..... 40+ Basketball - 7:15-9:15 a.m.

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

## Saturday Night Social Group:

### Pre Registration now Available!

This social activity program is designed for those ages 15+ with developmental/cognitive disabilities. This drop in program meets twice per month on Saturday from 6pm – 8pm 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! Upcoming dates and activities are listed below. Look for our seasonal flyer that will be available soon.

- Instructor:** Jackie Rivard  
**Location:** CC Arts and Crafts Room/Teen Center  
**Dates:** (310067-A1) Dec., 5 Game Night  
(310067-A2) Dec., 19 Wonderful Wreaths  
(310067-B1) Jan., 9 Movie Mayhem  
(310067-B2) Jan., 23 Snowflake Surprise  
(310067-C1) Feb., 13 Sweet Treats  
(310067-C2) Feb., 27 Cozy with Cocoa  
(310067-D1) March 12 Paint Party  
(310067-D2) March 26 Spring Cleaning
- Time:** 6-8 p.m.  
**Fee:** \$5 per person per night



## Intermediate Italian Level 1 (Ages 18+)

Always wanted to learn to read and write in another language? Participants in this class will be introduced to the Italian language and to the culture of Italy in a very relaxed atmosphere. Each class will build on the class before. You must have completed a level before going on to the next. Exceptions can only be made by the instructor.

- Instructor:** Margherita Balsamo is a native of Italy and lived in Germany for several years before moving to the United States about one year ago. She taught Italian to German adults for several years at the Ruhr University of Bochum and in adult education classes. Margherita loves to teach about her country and her culture.
- Location:** CC Conference Room

## Intermediate Level 1

- Date:** (310012-A) Mon., Jan. 11 - March. 28  
**Time:** 6:30-8 p.m. (10 Classes) \*no class 1/18 & 2/15  
**Fee:** \$75 for residents \$85 for non-residents

**\*Text Book and Work Book: "Parliamo Italiano" Third Ed. By Suzanne Branciforte and Anna Grassi is required for class. Students must purchase text on their own.**

*(The deadline for registration is Monday, January 4th, one week prior to the class start date. Please register early or classes may be cancelled.)*



## Intro to Social Ballroom Dance Continued

If you already know some basics of the social ballroom dances such as swing, waltz, fox trot and cha cha this is your class. A fun group class dedicated to expanding your knowledge of popular basic steps and variations as well as learning how to be the best leads and followers. The goal of the class is to get you out on the social dance floor feeling confident and ready to dance. Partners recommended but not required.

- Instructor:** Kelly Madenjian teaches social ballroom and Latin dance based workouts in CT. She has danced, choreographed, acted and performed throughout New England in various community events, theaters, festivals, schools and studios.
- Location:** Senior Center  
**Day:** Mon., Jan. 11-March 28 (10 Classes)  
\*no class 1/18 & 2/15  
**Time:** (310043-A) 6:30-7:30 p.m.  
**Fee:** \$100 per person for residents  
\$110 per person for non-residents

## Social Ballroom Dance

A super fun energetic class for the already social dancer looking to improve and expand their knowledge of content and technique. This class moves on from the basics continuing to fill your tool box with amalgamations and variations to impress on the social floor. Partners recommended but not required.

- Instructor:** Kelly Madenjian—see description under the Basics of Ballroom  
**Location:** Senior Center  
**Day:** Mon., Jan. 11-March 28 (10 Classes)  
\*no class 1/18 & 2/15  
**Time:** (310044-A) 7:45-9 p.m. (1.25 hrs.)  
**Fee:** \$125 per person for residents  
\$135 per person for non-residents

## Beginning Basics of Social Ballroom

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

- Instructor:** Kelly Madenjian—see description under Basics of Ballroom  
**Location:** Senior Center  
**Day:** Tues., Jan. 5-Mar. 29 (10 classes) \*no class 1/12, 2/9 & 3/8  
**Time:** (310042-A) 6:45-7:45 p.m.  
**Fee:** \$100 per person for residents  
\$110 per person for non-residents

**Adult/Teen Ballet level I  
(beg/adv. beg.) (Ages 14-Adult)**

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

- Instructor:** Arlene Albert
- Location:** SC Exercise Room
- Day:** Wed., Jan. 13-March 30 (12 classes)
- Time:** (310040-A) 6-7:30 p.m.
- Fee:** \$90 for residents \$100 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., Jan. 12-March 29 (12 classes)
- Time:** (310041-A) 6-7:30 p.m.
- Fee:** \$90 for residents \$100 for non-residents

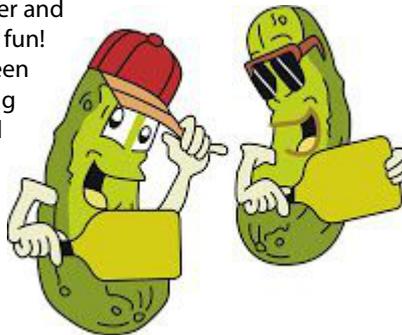


**Relish the Moment, Play PICKLEBALL!**

Pickleball has begun at the Mansfield Community Center this winter and we welcome you to join the fun!

Pickleball is a cross between tennis, badminton, and ping pong. Players use oversized ping pong paddles and a whiffle ball that moves slower than a tennis ball. The game is played on a badminton-size court that is divided by a 34-inch-high net and the size of the court makes playing the game easier

for baby boomers and active seniors. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, game for experienced players too. Pickleball can be played as a singles or doubles game.



To learn more about the game visit [www.usapa.org](http://www.usapa.org).

**Pickle Drop...**

**PICKLEBALL DROP-IN OPEN PLAY**

All ability levels welcome! Indoor courts are available for drop-in open play at the Mansfield Community Center beginning in November. First come, first "serve" and this cooperative drop-in program will include an informal rotation of players off court as needed to allow for all to play. We will have some equipment available for use at no charge.

- Location:** Mansfield Community Center
- Dates:** Tuesdays & Thursdays
- Time:** 9:30 a.m.-12 p.m.
- Fee:** Free to members, non-members pay daily facility admission fee

**Ladies Night Horseback Riding  
Level 1 Beginner with Magnolia Run**

Come get in shape while having fun! Ladies night is a night for adult women to enjoy riding while focusing on muscle building techniques. This program will be geared toward women who have never been on a horse or are re-starting to ride. As a beginner you will learn to walk, trot, and potentially canter. Before each lesson you will learn how to properly care for your horse and the safety needed around them. After each lesson you will untack and enjoy a potluck style evening of snacks and drinks! 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  
Columbia Location [www.sawmillbrookfarm.com](http://www.sawmillbrookfarm.com)
- Dates:** Wed., Jan. 20-March 16
- Time:** (310070-A) 5-7 p.m.
- Fee:** \$266 for residents \$276 for non-residents

**Ladies Night Horseback Riding  
Level 2 Intermediate with Magnolia Run**

Come get in shape while having fun! Ladies night is a night for adult women to enjoy riding while focusing on muscle building techniques. This program will be geared toward women who can competently walk, trot, canter and are learning to jump! As an intermediate you will focus on balance and fitness during each ride. Before each lesson you will groom and tack up and care for the horses learn how to properly care for your horse and the safety needed around them. After each lesson you will untack and enjoy a potluck style evening of snacks and drinks! This is the perfect time for adults to progress their riding experience while enjoying a good workout! Riders are required to wear pants, a boot with heel and bring a helmet (bike or riding).

- Instructors:** Staff at Sawmill Brook Farm
- Location:** Magnolia Run at Sawmill Brook Farm  
Columbia Location [www.sawmillbrookfarm.com](http://www.sawmillbrookfarm.com)
- Dates:** Thurs., Jan. 21-March 17
- Time:** (310071-A) 5-7 p.m.
- Fee:** \$266 for residents \$276 for non-residents



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## 4 Mansfield Locations

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

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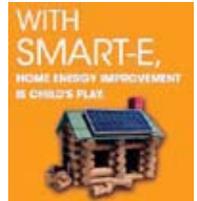
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**University of Connecticut  
Community School of the Arts  
860-486-1073  
1295 Storrs Road, Unit 1195, Storrs, CT 06269**

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

**Community School of the Arts  
Winter 2016 Schedule**

- Dec. 7, 2015 Program Registration opens for Mansfield Residents
- Dec. 7, 2015 Suzuki Violin, Violin, Viola Registration
- Dec. 8, 2015 Suzuki and Classical Guitar Registration
- Dec. 9, 2015 Cello, Contrabass, Bass Guitar, and Voice Registration
- Dec. 10, 2015 Winds and Brass Registration (Flute, Oboe, Clarinet, Saxophone, Trombone, Trumpet)
- Dec. 11, 2015 Program Registration opens for everyone
- Dec. 11, 2015 Piano and Percussion Registration
- Jan. 4, 2016 First Day of Fall Session
- Jan. 18, No Lessons or Programs
- Feb. 15-16, 2016 No Lessons or Programs
- Mar. 7-11, 2016 Spring Registration Opens
- Mar. 12, 2016 Last Day of Lessons/Programs
- Mar. 28, 2016 First Day of Spring Session

**Parking notice:**

Free parking is available in E.O. Smith High School parking lots beginning at 2:30pm on weekdays. Parking is available in Lot 1 behind the Fine Arts Complex after 5:00pm on weekdays, and anytime on Saturdays. Additional parking is available in the Mansfield Downtown Parking Garage (free of charge for the first two hours), as well as in front of the music building and E.O. Smith (on-street parking, time limits apply).

## Individual Lessons

**Individual Instrumental and Voice Lessons (All Ages)**

All lesson times must be arranged by calling the CSA Main Office at 860-486-1073. Visit [csa.uconn.edu](http://csa.uconn.edu) for a full list of instructors. Please view the Winter 2016 schedule for the registration start dates.

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

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

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

**Winter session lessons meet weekly for 10 weeks beginning the week of January 4, 2016.**

Lesson Length	30 minutes	45 minutes	60 minutes
Cost per lesson (CSA Faculty)	\$30	\$41	\$54
Total – 10 lessons	\$300	\$410	\$540

\*Higher rates may apply for UConn Faculty

**Suzuki Music Program (Ages 4+)**

All lessons must be pre-arranged by calling the CSA Main Office at 860-486-1073.

Suzuki study is available for Violin and Classical Guitar for students as young as age 4. Please call 860-486-1073 to discuss our program and placement prior to registering. The philosophy of Suzuki is to develop the whole child, nurture musical capacity, and provide adult interaction that contributes to the joy of making music. Principles include beginning lessons at an early age and parental/caregiver firsthand involvement in lessons, group classes, and home practice. The Suzuki Program requires two meetings each week: a private lesson and a group class, based on appropriate level of repertoire (Suzuki Books 1-10).

**Lessons meet weekly for 18 weeks\* beginning the week of January 4, 2016.**

Lesson Length	30 minutes	45 minutes	60 minutes
Cost per individual lesson	\$30	\$41	\$54
Total individual lessons– 18 lessons	\$540	\$738	\$972
Total with Group lessons (+\$270)	\$810	\$1008	\$1242

\*Registration for the Suzuki program covers lessons in CSA's Winter and Spring sessions. CSA policy requires payment to be made in full prior to the start of the registered session. For students enrolled in the Suzuki program with group lessons, we will require at least the \$270 for group lessons plus the total for the first month's individual lessons be paid over the phone at registration. Participants will then have one week to come to the CSA office during operational hours to set-up automatic monthly billing for the remainder of lessons. No exceptions will be made.

## Ensembles & Group Music Instruction

### Chamber Groups

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

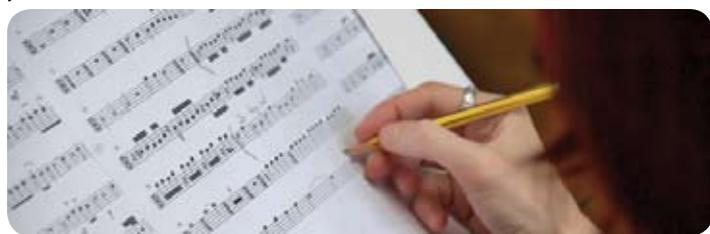
Looking to get involved in chamber music? Try the CSA Reading Orchestra! It's a great place to meet individuals with similar interest and potentially establish a group.

**Coaching's will occur weekly for 10 weeks beginning the week of January 4, 2016. Cost is per participant.**

Lesson Length	30 minutes	45 minutes	60 minutes
Cost per week per participant	\$15	\$20	\$25
Total per participant - 10 lessons	\$150	\$200	\$250

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

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



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

**Location:** Room 107, Music Building, UConn Storrs Campus  
**Dates:** Tues., Jan. 19-March 15 (8 weeks) \*no class 2/16  
**Time:** (330350-A) 7-8:15 p.m.  
**Fee:** \$25

### Jr. Treblemakers (Grades K-2)

Sing traditional folk songs and musical games with friends while developing skills, responsive musical behaviors, and basic reading of notation. The choir will perform in concerts with the Treblemakers choir.

**Instructor:** Linda Neelly & Guest Instructors  
**Location:** Room 122, Music Building, UConn Storrs Campus  
**Dates:** Mon., Jan. 11-Mar. 14 (9 weeks)  
\*no class 1/18 & 2/15  
(330401-A) 4:15-5 p.m.  
**Time:**  
**Fee:** \$77

### Treblemakers Choir (Grades 3-6)

Offering young musicians the experience of group singing through a wide variety of classical, folk, musical theater and pop music. Students develop musical and singing skills through sequential, Kodaly-based vocal development, musical movement and a music-reading curriculum. Performances will occur during and at the end of the session.

**Instructor:** Linda Neelly & Guest Instructors  
**Location:** Room 122, Music Building, UConn Storrs Campus  
**Dates:** Mon., Jan. 11-Mar. 14 (9 weeks)  
\*no class 1/18 & 2/15  
(330400-A) 5:15-6:15 p.m.  
**Time:**  
**Fee:** \$102

### Intro to Group Class Piano (Ages 6-10)

For the true beginner. Learn basic piano skills in a fun social environment! Play games and use hands-on activities to help you learn technique and music theory and appreciation as they relate to various styles of piano playing. Purchase of Suzuki Piano Book 1 will be required for this class (this is not a Suzuki program). Parent attendance and participation is required. Space is very limited, register early!

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

**Location:** DRMU 212, Drama-Music Building, UConn Storrs  
**Dates:** Mon., Jan. 11-Mar. 14 (8 weeks)  
\*no class 1/18 or 2/15  
**Time:** (330501-A) 4:30-5 p.m.  
**Fee:** \$100

**Group Class Piano for Children  
(Ages 8-12)**

Learn basic piano skills in a fun social environment! Play games and use hands-on activities to help you learn technique and music theory and appreciation as they relate to various styles of piano playing. Purchase of Suzuki Piano Book 1 will be required for this class (this is not a Suzuki program). Prior participation in "Intro to Group Class Piano" or an individual evaluation required. Contact 860-486-1073 for more information.

**Instructor:** Eugenio Figueroa – see description under "Intro to Group Piano"  
**Location:** DRMU 212, Music Building, UConn Storrs Campus  
**Dates:** Mon., Jan. 11-Mar. 14 (8 weeks)  
 \*no class 1/18 or 2/15  
**Time:** (330502-A) 5:00-5:45 p.m.  
**Fee:** \$115

**Music Theory  
and Practice**

**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:** DRMU 219B, Music Building, UConn Storrs Campus  
**Dates:** Wed., Jan. 6-March 9 (10 weeks)  
 \*no class on 1/18 or 2/15  
**Time:** (330503-A) 5-6:15 p.m.  
**Fee:** \$159

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**Dramatic Arts**

**Little Folks Theatre! (Ages 5-10)**

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



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

**Location:** DRMU 219A, Music Building, UConn Storrs Campus  
**Dates:** Thurs., Jan. 7-Mar. 10 (10 classes)  
**Time:** (330609-A) 4:15-5:30 p.m.  
**Fee:** \$159

**Registration, Refunds,  
and Withdrawals**

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

**For CSA Office Hours, Directions, and Policies,  
call 860-486-1073 or visit [csa.uconn.edu](http://csa.uconn.edu).**



## Annual Valentine's Dance (All Ages)

Spend an evening of dancing and fun with that special girl(s) in your life at this event. Traditionally held as a Father/Daughter event but is open to any Parent/Guardian and daughter. Pre-registration is encouraged. Daughters are free!

*Sign up early and save! Space is limited*

**Location:** UCONN Rome Ballroom

**Date:** Fri., Feb. 5

**Time:** (390214-A) 7-9 p.m.

**Fees:** \$25 for resident before Jan. 29

\$35 for non-resident before Jan. 29

\$35 for resident on Feb. 5

\$45 for non-resident on Feb. 5

\$40 at the door for residents

\$50 for non-residents

## Recreation Rescue (Grades K-8)

Here is a fun way for your kids to spend a day off from school. This program, held on school staff professional days, includes active games, activities and a field trip. Detailed flyers are available at the Community Center and distributed through the schools prior to the date. Program is held at Mansfield Middle School Gymnasium. Space is limited so register early!

**Location:** Mansfield Middle School

**Dates:** (354003-A) Tues., Jan. 19, CT Science Center

(354003-B) Mon., March 24, Dave & Busters

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

**Fee:** \$47/day per resident child

\$57/day per non-resident child

## Winter Family Fun Nights

Join us this winter for some fun Family Fun Nights at the Mansfield Community Center. There are giant inflatables in the gym and in the pool, ping pong, inflatable pool floats, tot toys, puzzles, community room drop-in games, open gym, poolside basketball and more! No pre-registration required.

**Location:** Mansfield Community Center

**Dates/Times:** Sat., Jan 2, 4:30-7:30p.m.

Sat. Jan. 16, 4:30-7:30p.m.

Fri., Feb 12, 5:30-8:30p.m.

(Family Inner Tube Water Polo in the Pool)

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

Sat., March 19, 4:30-7:30p.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.

## Mansfield Days at the Community Center

Whether you're new to the community center or have been here often, if you're a Mansfield Resident you can come for FREE. Proof of residency may be required.

**Location:** Mansfield Community Center

**Dates/Times:** Sat., Jan. 23, 4:30-7:30p.m.

Fri., Feb 12, 5:30-8:30p.m.

Sun., March 13, 11 a.m.-2p.m.

## **NEW!** Fourth Friday Family Paint Nights (Ages 5+)

Bring your family or friends and make painting together at Mansfield Community Center's Family Friendly Monthly Paint Nights. We will use acrylic paint, so dress for a mess. Each participant will take home a 16 "x 20" painted canvas. Participants will learn about a famous artist and create a painting inspired by their art. We provide supplies and step-by-step instruction. Participants are welcome to bring family friendly refreshments for break time. (1 hour of painting, 15 minute snack break, 45 minutes of painting to complete project)

**Instructor:** Reagen O'Reigaekn

**Dates:** (390001-A) Jan. 22

(390001-B) Feb. 26

(390001-C) March 25

**Times:** 6:30-8:30 p.m. Register individually for each night!

**Location:** CC Arts and Crafts Room

**Fee:** \$16 for residents \$26 for non-residents

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

Looking Forward to *Spring*

## April Vacation Camp (Grades K-8)

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

**Location:** Mansfield Middle School

**Dates:** (454004-1) Mon., April 18 Trip TBD

(454004-2) Tues., April 19

(454004-3) Wed., April 20 Trip TBD

(454004-4) Thur., April 21

(454004-5) Fri., April 22 Trip TBD

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

**Fees:** \$47/day per resident child

\$57/day per non-resident child

**April Vacation Soccer Camp  
(Grades 1-4 and 5-8 co-ed)**

Ray Reid, Head Men's Soccer Coach at the University of Connecticut, and the Mansfield Parks and Recreation Department team up to provide an exciting soccer camp experience for local athletes this Spring. There is a Junior Program for grades K-4, a Senior Program for grades 4-8 and a Goalkeeper Program for grades 1 and up. T-shirts will be distributed to all individuals. Players must bring their own soccer balls. A separate program brochure is available for more details and will be distributed in the Mansfield Schools. Early registration is encouraged.

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

**NEW! April Vacation Days  
with Magnolia Run (Grades 1-12)**  
(see sections and age groups below)

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

- Instructors:** Staff from Sawmill Brook Farm
- Location:** Magnolia Run, Crane Hill Road, Mansfield
- Dates:** (420009-A) April 18- 22, Mon.-Fri. 9 a.m.-12 p.m.  
(½ Day Grades 1-5)  
(420009-B) April 18- 22, Mon.-Fri. 9 a.m.-3 p.m.  
(Full Day Grades 1-5)  
(420009-C) April 18- 22, Mon.-Fri. 9 a.m.-12 p.m.  
(½ Day Grades 6-12)  
(420009-D) April 18- 22, Mon.-Fri. 9 a.m.-3 p.m.  
(Full Day Grades 6-12)
- Fee:** \$275 for residents full day  
\$260 for non-residents full day  
\$175 for residents half day  
\$185 for non-residents half day

**CAMP MANSFIELD 2016  
JOB APPLICATIONS**

Applications will be available starting February 1 and will be accepted until March 11 for 2016 Camp Mansfield employment. Camp Mansfield positions include counselors, activity specialists and coordinators. Applications and job descriptions are available starting February 1 at the Mansfield Community Center front desk or online at [mansfieldct.gov](http://mansfieldct.gov).

**Our Annual HALLOWEEN PARTY**

was a huge success and could not have been done without the support of the community.

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**And thank you to our great volunteers from**

E.O. Smith Leos Club, Eastern Connecticut State University, Center for Community Engagement





## Loon Mountain Family Ski Day,

Sat., March 12th – registration deadline February, 27th  
Lincoln, NH

Grab one last day on the mountain before the snow is gone for spring! Spend the day at Loon Mountain Ski Resort with family and friends for some downhill skiing and snowboarding in the beautiful White Mountain region of NH. This mountain is great for people of all skiing abilities with 61 trails to explore ranging from challenging black diamond trails to beginner and novice trails. There are 12 lifts including one gondola and 3 high speed quads, and also 7 on site restaurants for snacking and lunch. Even though you will get up early you can relax and catch some more Z's on the bus to be ready for a full day on the mountain at a great price. Saturday ski hours are from 8 a.m. – 4 p.m. Your transportation and lift ticket are included. Equipment/rentals are available with this trip for an additional \$35 per person. Please specify if you need rentals when registering and include in your registration fee. All participants 18 and under need to be accompanied by an adult.

- Day:** Sat., March, 12
- Time:** Bus will leave from the Tolland commuter lot at exit 68 off I-84 at 5:30 a.m. and will return approximately 8 p.m. Please get to the bus early to load all equipment.
- Fee:** Includes bus transportation and full day lift ticket dependent on age
- \$130 Mansfield residents (Adults 19+) (380004-A)
  - \$120 Mansfield residents (Ages 13 – 18) (380004-B)
  - \$104 Mansfield residents (Ages 6 – 12) (380004-C)
  - \$45 Mansfield residents (Ages 5 and under) (380004-D)
  - \$35 Rental fee for equipment all ages (380004-E)
- This fee is required at the time of registration if you are renting equipment from the mountain.

## A Day in Boston,

Sat., April 23rd - registration deadline April, 9th  
Boston, MA

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

- Boston Science Museum: participants can easily spend an entire day exploring this museum. More information about exhibits and special events can be found at [www.mos.org](http://www.mos.org).
- Quincy Market and Faneuil Hall: participants can walk around, shop and get great food at this historic area in Boston. More information can be found at [www.faneuilhallmarketplace.com](http://www.faneuilhallmarketplace.com).

A map of Boston and the various things to see and do can be found at [www.tripomatic.com](http://www.tripomatic.com)



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



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**Feet, Hooves and Paws**

**Winter Animal Tracking for People of All Ages**

Learn the age old skill of identifying animal tracks. See what animals have been visiting your property and tell what they were doing. We will also learn a little about how animals walk and how that relates to their track patterns. The program will begin inside the Community Center with activities and will follow with a trek outside to see if we can find any tracks. Dress warmly and wear boots suitable for walking in the snow (if there is any!).

- Instructor:** Sue Harrington, Naturalist
- Location:** MCC Community Room
- Date:** Sun., Jan. 24
- Time:** (311003-A) 1-3 p.m.
- Fee:** Residents \$7 per person  
Non-residents \$17 per person

**Are You Interested in Giving Back to the Community?**

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. Town staff 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](mailto:KaufmanJS@MansfieldCT.org) or 860-429-3005, ext. 6204.



**NATURAL AREAS VOLUNTEERS (NAV)**

NAV is a volunteer corps sponsored by Mansfield Parks and Recreation, the Parks Advisory Committee. Volunteers attend workdays as their schedules permit, helping with supervised projects such as trail blazing and natural area improvements. If you are interested in participating, please email Jennifer Kaufman, Natural Resources and Sustainability Coordinator at [KaufmanJS@MansfieldCT.org](mailto:KaufmanJS@MansfieldCT.org).

**Maharaja**



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<b>DINNER SPECIAL</b> <b>BUFFET</b> EVERY WEDNESDAY All You Can Eat 5 - 9pm <b>\$9.99</b>	<b>LUNCH BOX TO GO</b> Tuesday thru Friday <b>\$6.99</b>
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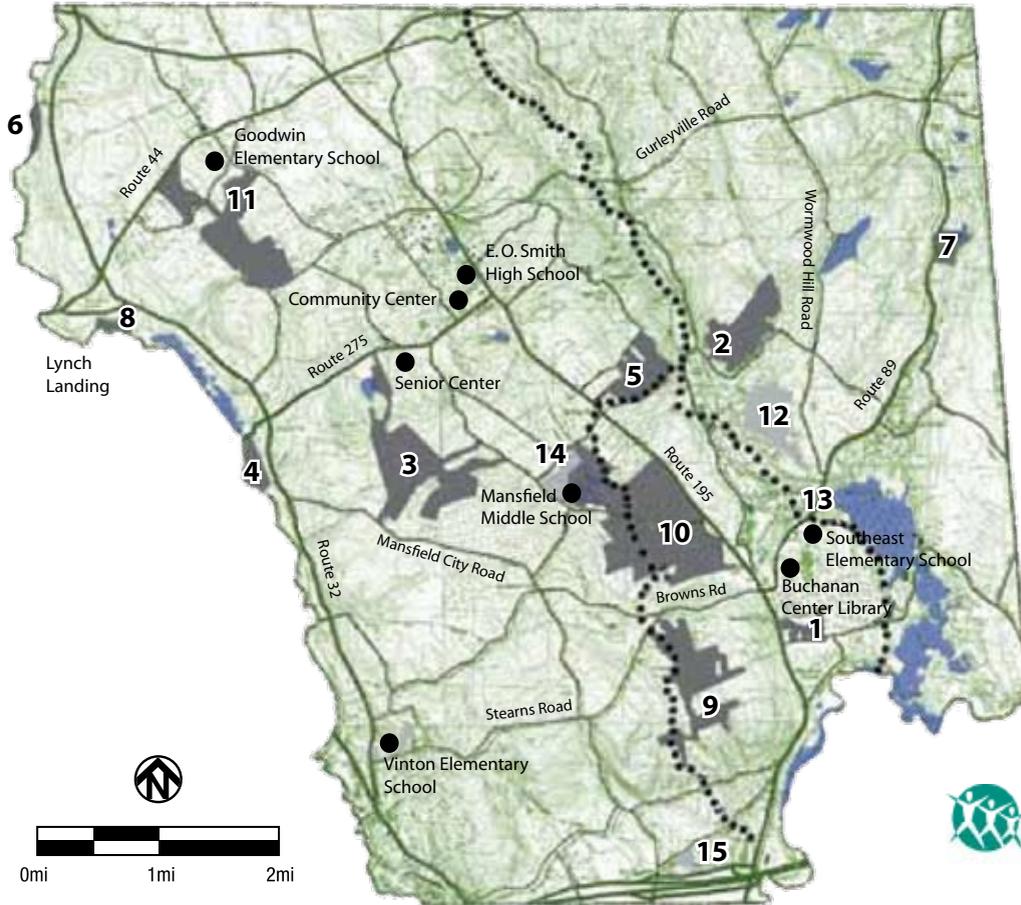
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## Take a Walk With Us!

Go to [www.MansfieldCT.org/TrailGuides/](http://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](http://www.MansfieldCT.org).



Access Mansfield's  
**Trail Guides** from your  
smart phone!

Go to  
[www.MansfieldCT.org/Trailguides](http://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.

<b>Legend</b>	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
<b>370001-A</b> 5:45-6:45 a.m. Spin w/ Deb	<b>370012-B</b> 5:35-6:20 a.m. Hardcore Boot Camp w/ Jerry *Gym	<b>370001-A</b> 5:45-6:45 a.m. Spin w/ Ron	<b>370012-C</b> 5:35-6:20 a.m. Boot Camp w/ Jerry *Gym	<b>370001-A</b> 5:45-6:45 a.m. Spin w/ Deb	<b>370020-D</b> 7-7:45 a.m. Work the Circuit w/ Jodi	
	<b>370001-D</b> 6:30-7:30 a.m. Spin w/ Ron		<b>370001-D</b> 6:30-7:30 a.m. Spin w/ Ron	<b>370014-C</b> 9-10 a.m. Functional Strength w/ Jodi	<b>370001-C</b> 8-9 a.m. Spin w/ Todd	<b>370002-A</b> 8:30-10 a.m. Extreme Spin w/ Ron
<b>370076 A</b> 9-9:30 a.m. TRX w/ Jess *Gym	<b>370022-B</b> 10:30-11:15 a.m. Silver Sneakers Yoga w/ Mandy *Comm. RM		<b>370020-C</b> 9:15-10 a.m. Work the Circuit w/ Mandy	<b>370037-C</b> 9:45-10:45 a.m. Water Fitness w/ Lizzie	<b>370026-A</b> 9:30-10:45 a.m. Power Yoga I w/ Sharon	
<b>370032-B</b> 9:15-10:15 a.m. Salsa Fit w/ Kelly	<b>370041-A</b> 10:45-11:30 a.m. Aqua Therapy	<b>370075-A</b> 9-9:30 a.m. Kettlebells w/ Jess *Gym		<b>370046-B</b> 10:15-11:15 a.m. Gentle Yoga w/ Sharon		
<b>370037-A</b> 9:45-10:45 a.m. Water Fitness w/ Lizzie	<b>370028-B</b> 10:50-11:50 a.m. Pilates w/ Props w/ Deb G.	<b>370032-A</b> 9:15-10:15 a.m. Salsa Fit w/ Kelly	<b>370008-B</b> 10:30-11:15 a.m. Silver Sneakers Circuit w/ Mandy *Comm. RM	<b>370067-A</b> 11-11:45 a.m. Silver Sneakers Splash w/ Lizzie		
<b>370014-B</b> 10:20-11:20 a.m. Functional Strength w/ Jodi	<b>370041-B</b> 11:35 a.m.-12:20 p.m. Aqua Therapy	<b>370037-B</b> 9:45-10:45 a.m. Water Fitness w/ Lizzie	<b>370041-A</b> 10:45-11:30 a.m. Aqua Therapy	<b>370015-C</b> 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. RM		
<b>370008-A</b> 11-11:45 a.m. Silver Sneakers Cardio Circuit w/ Lizzie *Comm. RM	<b>370021-A</b> 12-12:45 p.m. Yoga Core w/ Sharon	<b>370046-A</b> 10:30-11:30 a.m. Gentle Yoga w/ Sharon	<b>370022-A</b> 11:30-12:15 p.m. Silver Sneakers Yoga *Comm. RM			
	<b>370017-A</b> 12:15-12:45 p.m. MCC Pump w/ Elle *Gym	<b>370015-B</b> 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. RM	<b>370041-B</b> 11:35 a.m.-12:20 p.m. Aqua Therapy			
<b>370015-A</b> 12-12:45 p.m. Silver Sneakers Classic w/ Lizzie *Comm. RM						
<b>370075-B</b> 12:15-12:45 p.m. Kettlebells w/ Jess *Gym		<b>370027-B</b> 12-1 p.m. Intermediate Pilates w/ Deb G.				
<b>370066-A</b> 2-2:45 p.m. Aqua Arthritis w/ Lizzie		<b>370066-B</b> 2-2:45 p.m. Aqua Arthritis w/ Lizzie		<b>370005-A</b> 5:30-6:15 p.m. Ability Fitness w/ Mandy		
	<b>370001-B</b> 5-6 p.m. Spin w/ Todd	<b>370033-A</b> 4-5 p.m. Pilates for Teens w/ Deb G.	<b>370028-A</b> 4:15-5:15 p.m. Pilates Mat w/ Props w/ Deb G.			
<b>370027-A</b> 4:15-5:15 p.m. Intermediate Pilates w/ Margherita		<b>370055-A</b> 5:20-6:20 p.m. Corefusion w/ Dorinda	<b>370051-A</b> 5:30-6 p.m. Core Express w/ Mandy			
<b>370073-B</b> 5:15-6 p.m. TRX w/ Mandy *Gym	<b>370025-B</b> 6:15-7:15 p.m. All Levels Yoga	<b>370036-B</b> 6:30-7:30 p.m. Aqua Power w/ Diego	<b>370014-A</b> 6:0-5-6:50 p.m. Functional Strength w/ Mandy			
<b>370024-B</b> 5:30-6:30 p.m. All Levels Yin/Yang Yoga w/ Sharon	<b>370060-A</b> 7:30-8:30 p.m. BollyX w/ Meha	<b>370012-A</b> 6:30-7:15 p.m. Boot Camp w/ Jerry	<b>370029-A</b> 6-7:15 p.m. First Year Tai Chi w/ George			
<b>370077-A</b> 6:15-7 p.m. Cardio Kickboxing w/ Mandy *Gym			<b>370030-A</b> 7:30-8:45 p.m. Cont. Tai Chi w/ George			<b>370018-A</b> 4-5 p.m. Foam Roll/Balance w/ Jodi
<b>370036-A</b> 6:30-7:30 p.m. Aqua Power						

## Winter 2016

Monday, January 4  
through  
Sunday, March 20

### Giving Weeks

Mon. - Sun., Nov. 23-29  
Mon. - Sun., Dec. 21-27

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



## Fitness Programs & Classes

### Welcome to the 2016 Winter Fitness classes Over 60 Classes to Choose From!

Session begins **Monday, January 4th, 2016**  
and ends **Sunday, March 20th**

Two make-up weeks will be held,  
**March 21st-April 3rd.**

Make-up week schedule will be posted the last week  
of the regular session.

No regularly scheduled classes will be held during Giving Weeks,  
Nov. 23rd - 29th and Dec. 21st - 27th. Stay tuned for schedules to be  
posted for classes these two weeks

#### Giving Weeks:

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

**Dates:** Monday, November 23rd - Sunday, November 29th  
Monday, December 21st - Sunday, December 27th

#### Can I just "drop in"?

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. A member must purchase their drop in visits at the  
reception desk. Packages start at 5 classes and go up to 75 classes.  
For more information on class drop ins, please visit the Reception  
Desk.

#### Now Available - Non-member Drop in Cards

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



## PERSONAL TRAINING



**Mandy Ivory**  
860-933-4852



**Jerry Kleinman**  
860-617-1161



**Heather Regan**  
508-887-1893



**Jodi Farno**  
860-966-0594



**Conor Hackett**  
860-882-3671



**Jessica Tracy**  
860-429-3015



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



# 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:** (370001-A) (33 classes)  
**Fee:** \$204 for members \$275 for non-members

**Instructor:** Todd Friedland  
**Day:** Tues. 🧘🧘  
**Time:** 5-6 p.m.  
**Session:** (370001-B) (10 classes) \*no class 2/16  
**Fee:** \$62 for members \$83 for non-members

**Instructor:** Todd Friedland  
**Day:** Sat.  
**Time:** 8-9 a.m.  
**Session:** (370001-C) (11 classes)  
**Fee:** \$68 for members \$92 for non-members

**Instructor:** Ron Manizza  
**Day:** Tues/Thurs  
**Time:** 6:30-7:30 a.m.  
**Session:** (370001-D) (22 classes)  
**Fee:** \$136 for members \$183 for non-members

## Extreme Spin 🚴🚴🚴🚴 🧘🧘

A spin class designed for the experienced cyclist or spinner. Be prepared for a workout. We strongly suggest you bring two water bottles to class.

**Instructor:** Ron Manizza  
**Day:** Sun.  
**Time:** 8:30-10 a.m. \* class is 1.5 hours  
**Session:** (370002-A) (11 classes)  
**Fee:** \$102 for members \$137 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:** (370014-A) (11 classes)  
**Fee:** \$59 for members \$80 for non-members

**Instructor:** Jodi Farno  
**Day:** Mon.  
**Time:** 10:20-11:20 a.m.  
**Session:** (370014-B) (9 classes) \*no class 1/18, 2/15  
**Fee:** \$65 for members \$87 for non-members

**Instructor:** Jodi Farno  
**Day:** Fri.  
**Time:** 9-10 a.m.  
**Session:** (370014-C) (11 classes)  
**Fee:** \$79 for members \$106 for non-members

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**MCC MINI P.U.M.P.** 🏋️‍♀️🏋️‍♂️🏋️‍♀️🏋️‍♂️

Come join us during your lunch break for this half hour PUMP class. Maximize your time and your workout by challenging yourself to this total body strength routine utilizing plate loaded barbells, body weight exercises, steps and dumbbells.

**Instructor:** Jodi Farno  
**Day:** Tues.  
**Time:** 12:15-12:45 p.m.  
**Session:** (370017-A) (10 classes) \*no class 2/16  
**Fee:** \$31 for members \$42 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.  
**Session:** (370075-A) (11 classes)  
**Fee:** \$40 for members \$54 for non-members  
*\*Note: class meets in the Gymnasium, Fitness Flex Plus*

**Day:** Mon.  
**Time:** 12:15-12:45 p.m. \*class is 30 minutes  
**Session:** (370075-B) (9 classes) \*no class 1/18, 2/15  
**Fee:** \$32 for members \$44 for non-members  
*\*Note: class meets in the Gymnasium, Fitness Flex Plus*

**TRX** 🏋️‍♀️🏋️‍♂️🏋️‍♀️🏋️‍♂️

Learn to use this equipment to challenge yourself in new ways! This half hour class will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!

**Instructor:** Diego Martinez  
**Day:** Mon.  
**Time:** 9-9:30 a.m.  
**Session:** (370076-A) (9 classes) \*no class 1/18, 2/15  
**Fee:** \$32 for members \$44 for non-members  
*\*Note: class meets in the Gymnasium, Fitness Flex Plus*

**NEW! 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:** 5:15-6 p.m.  
**Session:** (370073-A) (10 classes) \*no class 2/15  
**Fee:** \$54 for members \$73 for non-members  
*\*Note: class meets in the Gymnasium*

**Hardcore Bootcamp** 🏋️‍♀️🏋️‍♂️🏋️‍♀️🏋️‍♂️

A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.

**Instructor:** Jerry Kleinman, WITS Certified Personal Trainer  
**Day:** Weds. 🏋️‍♀️  
**Time:** 6:30-7:15 p.m. \*class is 45 minutes  
**Session:** (370012-A) (11 classes)  
**Fee:** \$59 for members \$80 for non-members

**Day:** Tues.  
**Time:** 5:35-6:20 a.m. \*class is 45 minutes  
**Session:** (370012-B) (11 classes)  
**Fee:** \$59 for members \$80 for non-members  
*\*Note: class meets in the Gymnasium*

**Day:** Thurs.  
**Time:** 5:35-6:20 a.m. \*class is 45 minutes  
**Session:** (370012-C) (11 classes)  
**Fee:** \$59 for members \$80 for non-members  
*\*Note: class meets in the Gymnasium*

**NEW! Foam Roll/Balance Stretch** 🏋️‍♀️

Do you have tight IT Bands or hamstrings? What about general soreness from daily life? Foam Rolling can help! You will be guided through the correct techniques and manipulations foam rolling that will "unlock your body" and help create a more flexible, loose and limber you. This class will also incorporate balance and stretching designed to lengthen your muscles, increase flexibility and improve your overall balance. Class is beneficial to every person, age and activity level.

**Instructor:** Jodi Farno  
**Day:** Sun.  
**Time:** 4-5 p.m.  
**Session:** (370018-A) (11 classes)  
**Fee:** \$68 for members \$92 for non-members

**Core Express** 🏋️‍♀️🏋️‍♂️🏋️‍♀️🏋️‍♂️

Training your core is the best way to build a foundation for functional fitness. Nearly every movement that you do in your life requires a strong core. In Core Express there will be some familiar moves like planks and crunches, but there will also be innovative and fun ways to blast your core and bring up your heart-rate. In Core Express you will work out every part of your core (hips, back, abs, shoulders and more) in 30 minutes. This class uses the step, weights, bands medicine balls and stability balls.

**Instructor:** Mandy Ivory  
**Day:** Thurs.  
**Time:** 5:30-6 p.m. \*class is 30 minutes  
**Session:** (370051-A) (11 classes)  
**Fee:** \$39 for members \$53 for non-members

## Work the Circuit

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

**Instructor:** Mandy Ivory  
**Day:** Thurs.   
**Time:** 9:15-10 a.m. \*class is 45 minutes  
**Session:** (370020-C) (11 classes)  
**Fee:** \$59 for members \$80 for non-members

**Instructor:** Jodi Farno  
**Day:** Sat.  
**Time:** 7-7:45 a.m. \*class is 45 minutes  
**Session:** (370020-D) 11 classes  
**Fee:** \$59 for members \$80 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:** 6:15-7 p.m. \*class is 45 minutes  
**Session:** (370077-A) (11 classes) \*no class 2/15  
**Fee:** \$54 for members \$73 for non-members

## 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:** (370015-A) (10 classes) \*no class 2/15  
**Fee:** \$46 for members \$63 for non-members  
*\*Note: class meets in the Community Room, FREE for SilverSneakers Members*

**Day:** Wed.  
**Time:** 12-12:45 p.m. \*class is 45 minutes  
**Session:** (370015-B) (11 classes)  
**Fee:** \$51 for members \$69 for non-members  
*\*Note: class meets in the Community Room, FREE for SilverSneakers Members*

**Day:** Fri.  
**Time:** 12-12:45 p.m. \*class is 45 minutes  
**Session:** (370015-C) (11 classes)  
**Fee:** \$51 for members \$69 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:** (370008-A) (10 classes) \*no class 2/15  
**Fee:** \$46 for members \$63 for non-members  
*\*Note: class meets in the Community Room, FREE for SilverSneakers Members*

**Instructor:** Mandy Ivory  
**Day:** Thurs.  
**Time:** 10:30-11:15 a.m. \*class is 45 minutes  
**Session:** (370008-B) (11 classes)  
**Fee:** \$51 for members \$82 for non-members  
*\*Note: class meets in the Community Room, FREE for SilverSneakers Members*

**SilverSneakers Yoga** 🧘‍♀️

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Instructor:** Mandy Ivory  
**Day:** Thurs.  
**Time:** 11:30 a.m.-12:15 p.m. \*class is 45 minutes  
**Session:** (370022-A) (10 classes) \*no class 2/18  
**Fee:** \$46 for members \$63 for non-members

*\*Note: class meets in the Community Room, FREE for SilverSneakers Members*

**Day:** Tues.  
**Time:** 10:30-11:15 a.m. \*class is 45 minutes  
**Session:** (370022-B) (10 classes) \*no class 2/16  
**Fee:** \$46 for members \$63 for non-members

*\*Note: class meets in the Community Room, FREE for SilverSneakers Members*

**Yoga Core** 🧘‍♀️

**\*NEW class length! Perfect for your lunch break!\***

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

**Instructor:** Sharon Coriaty  
**Day:** Tues.  
**Time:** 12-12:45 p.m. \*class is 45 minutes  
**Session:** (370021-A) (11 sessions)  
**Fee:** \$59 for members \$80 for non-members

**Yoga All Levels**

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

**Instructor:** Marissa Theve  
**Day:** Tues.  
**Time:** 6:15-7:15 p.m.  
**Session:** (370025-B) (11 classes)  
**Fee:** \$79 for members \$106 for non-members

**Family Track Hours**

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

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

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

FREE, however all participants must be facility members.

**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:** (370046-A) (11 classes)  
**Fee:** \$79 for members \$106 for non-members

**Day:** Fri.  
**Time:** 10:15-11:15 a.m.  
**Session:** (370046-B) (11 classes)  
**Fee:** \$79 for members \$106 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:** 5:30-6:30 p.m.  
**Session:** (370024-B) (11 classes)  
**Fee:** \$79 for members \$106 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:** (370026-A) (11 classes)  
**Fee:** \$99 for members \$133 for non-members

**Youth Resistance Training Orientation**

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

**Instructor:** Mansfield Community Center Personal Trainers  
**Day:** (370090-A) Sat., January 23  
 (370090-B) Sun., February 21  
 (370090-C) Fri., March 11  
**Time:** 5-6:30 p.m.  
**Fee:** \$10 per youth/parent pair – members only

## 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:** (370027-A) (10 classes) \*no class 2/15

**Fee:** \$72 for members \$97 for non-members

*Note: Fitness Flex Plus*

**Instructor:** Deborah Grenier

**Day:** Weds.

**Time:** 12-1 p.m.

**Session:** (370027-B) (10 classes) \*no class 1/27

**Fee:** \$72 for members \$97 for non-members

*Note: Fitness Flex Plus*

## Pilates Mat with Props

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

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

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



**Instructor:** Deborah Grenier, Certified Pilates Teacher

**Day:** Thurs.

**Time:** 4:15-5:15 p.m.

**Session:** (370028-A) (9 classes) \*no class 1/28

**Fee:** \$65 for members \$87 for non-members

*Note: Fitness Flex Plus*

**Day:** Tues. 

**Time:** 10:50-11:50 a.m.

**Session:** (370028-B) (10 classes) \*no class 1/26

**Fee:** \$72 for members \$97 for non-members

*Note: Fitness Flex Plus*

## Corefusion

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

**Instructor:** Dorinda Miller

**Day:** Wed.

**Time:** 5:20-6:20 p.m.

**Session:** (370055-A) (11 classes)

**Fee:** \$68 for members \$92 for non-members

## Pilates for Teens

The perfect class for teens! Teens spend hours on end slouching in class and in front of computers, using cells phones and carrying heavy backpacks.

This class is designed to help strengthen their core muscles groups, which will help to prevent future back and postural problems. The movements in the class will teach correct posture, help to improve muscle-sequencing patterns, help them learn precision and alignment, along with building confidence and spatial awareness that our teens need as they grow.

Pilates for Teens is a full body workout performed on a mat. The class will include movements in a sitting, standing and lying down positions. Participants will use their own body weight and small props like a ball, to help really isolate and work the deep core muscles. Variations of the movements will be provided, allowing everyone to participate in a safe and challenging hour-long core workout.

Whether they need a competitive edge in their favorite hobby, cross training for a specific sport, or just interested in movement and fitness, this class will inspire and educate your teen, while keeping them focused.

It's never too soon to develop good posture and healthy habits!

**Instructor:** Deborah Grenier, Certified Pilates Teacher

**Day:** Weds.

**Time:** 4-5 p.m.

**Session:** (370033-A) (10 classes) \*no class 1/27

**Fee:** \$72 for members \$97 for non-members

*Note: Fitness Flex Plus*

## Reasons to Register Early!

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

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

**First Year Tai Chi** 🧘‍♂️

Achieve balance, serenity and improved health with the gentle movements of this flowing meditative Chinese exercise system. Learn to direct your life force, "Chi," to relax and energize the mind and body, increase flexibility and reduce stress.

**Instructor:** George Hoffman  
**Day:** Thurs.  
**Time:** 6-7:15 p.m. \*Note: class meets 1.25 hours  
**Session:** (370029-A) (11 classes)  
**Fee:** \$99 for members \$133 for non-members

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

**Continuing Tai Chi** 🧘‍♂️

This class is designed for experienced participants to bring their Tai Chi skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy and body balance and an enhanced body-mind connection using more complex form movements.



**Instructor:** George Hoffman  
**Day:** Thurs.  
**Time:** 7:30-8:45 p.m. \*Note: class meets 1.25 hours  
**Session:** (370030-A) (11 classes)  
**Fee:** \$99 for members \$133 for non-members

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

**Salsa Fit** 🕺🕺🕺

Have some salsa with your workout! This class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun- you won't even know its exercise!

**Instructor:** Kelly Madenjian  
**Day:** Weds.  
**Time:** 9:15-10:15 p.m.  
**Session:** (370032-A) (11 classes)  
**Fee:** \$79 for members \$106 for non-members

**Day:** Mon.  
**Time:** 9:15-10:15 a.m.  
**Session:** (370032-B) (11 classes)  
**Fee:** \$79 for members \$106 for non-members

*\*Family Friendly class pairing suggestion:  
 (320001-A) Art & Music Making Discovery Hour, 9:15-10:15 a.m.*

**NEW! BollyX®**  
**The Bollywood Workout** 🕺🕺🕺

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

**Instructor:** Meha Sadana  
**Day:** Tues.  
**Time:** 7:30-8:30 p.m.  
**Session:** (370060-A) (9 classes) \*no class 1/4 & 1/11  
**Fee:** \$56 for members \$75 for non-members

**Classes that Promote Youth Fitness**

See specific page numbers for more information

Sunday Morning Tumbling ..... Page 12  
 Creative Movement ..... Page 12  
 Pre-Ballet I ..... Page 12  
 Ballet I / II ..... Page 12  
 Beginner Jazz / Ballet Combo ..... Page 12  
 Horseback Riding Lessons..... Page 13  
 Sports Squirts ..... Page 15  
 Tennis..... Page 15

**Youth Fitness - Cardiovascular**

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

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



## Aqua Power

Looking for a calorie burning, heart thumping workout without all the pounding on your joints? Try this class! A little kickboxing, some water aerobics and a few surprises to provide a complete workout! Both deep & shallow ends of the pool may be used.

**Instructor:** Diego Martinez  
**Day:** Mon.  
**Time:** 6:30-7:30 p.m.  
**Session:** (370036-A) (9 classes) \*no class 1/4, 1/11  
**Fee:** \$56 for members \$75 for non-members

**Instructor:** Diego Martinez  
**Day:** Weds.  
**Time:** 6:30-7:30 p.m.  
**Session:** (370036-B) (9 classes) \*no class 1/8, 1/15  
**Fee:** \$56 for members \$75 for non-members

## Aqua Arthritis

A non-impact class in the warm therapy pool, great for people with mild to moderate arthritis and other musculoskeletal problems. Maintain or increase your range of motion through gentle exercise.



**Instructor:** Lizzie Hochdorfer  
**Day:** Mon.  
**Time:** 2-2:45 p.m. \*class is 45 minutes  
**Session:** (370066-A) (10 classes) \*no class 2/15  
**Fee:** \$46 for members \$63 for non-members

**Instructor:** Lizzie Hochdorfer  
**Day:** Weds.  
**Time:** 2-2:45 p.m. \*class is 45 minutes  
**Session:** (370066-B) (11 classes)  
**Fee:** \$51 for members \$69 for non-members

## Water Fitness I

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



**Instructor:** Lizzie Hochdorfer  
**Day:** Mon.  
**Time:** 9:45-10:45 a.m.  
**Session:** (370037-A) (10 classes) \*no class 2/15  
**Fee:** \$62 for members \$83 for non-members

**Day:** Wed.  
**Time:** 9:45-10:45 a.m.  
**Session:** (370037-B) (11 classes)  
**Fee:** \$68 for members \$92 for non-members

**Day:** Fri.  
**Time:** 9:45-10:45 a.m.  
**Session:** (370037-C) (11 classes)  
**Fee:** \$68 for members \$92 for non-members

## Aqua Therapy

A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.

**Instructor:** Dorinda Miller, P.T., CSCS.  
**Day:** Tues/Thurs.  
**Time:** 10:45-11:30 a.m. \*class is 45 minutes  
**Session:** (370041-A) (22 classes)  
**Fee:** \$118 for members \$160 for non-members

**Instructor:** Dorinda Miller, P.T., CSCS.  
**Day:** Tues/Thurs.  
**Time:** 11:35 a.m.-12:20 p.m. \*class is 45 minutes  
**Session:** (370041-B) (22 classes)  
**Fee:** \$118 for members \$160 for non-members

## SilverSneakers Splash

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

**Instructor:** Lizzie Hochdorfer  
**Day:** Fri.  
**Time:** 11-11:45 a.m. \*class is 45 minutes  
**Session:** (370067-A) (11 classes)  
**Fee:** \$51 for members \$69 for non-members  
*\*Note: class meets in the Main Pool, FREE for SilverSneakers Members*

**Ability Fitness:**

**For adults and teens with special needs**

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

**Spinning Class Description**

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



**Body Toning Description**

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



**Instructors:** Mandy Ivory  
**Day:** Fri.  
**Time:** 5:30-6:15 p.m.\*class is 45 minutes  
**Session:** (370005-A) (11 classes) \*no class 2/19  
**Fee:** \$48 for members \$65 for non-members  
**Location:** Community Center Fitness Studio  
**Ages:** 14+



**Mason Jar Salads (Ages 14+)**

Do you find it hard to have healthy meals ready to go? Most people would say yes, because the busier we get, the harder it is to eat healthy. Mason Jar salads might be the solution for you. With a little prep time you can have a weeks' worth of fresh and crisp salad ready to grab and go. Start the New Year off making healthy meals. Suggested materials list will be provided at registration and materials must be brought to the class.

**Instructor:** Jodi Farno  
**Day:** Sun., Jan. 10th  
**Time:** 5:15-6:15 p.m.  
**Session:** (370091-A)  
**Fee:** FREE for members \$10 for non-members  
**Location:** CC Community Room

**Basic Self-Defense (Ages 14+)**

This seminar will discuss practical self-defense issues to help protect you and your family. This is not a martial arts class.

**Instructor:** Jerry Kleinman, WITS  
**Day:** Sun., Feb. 7th  
**Time:** 4-5:30 p.m.  
**Session:** (370091-B)  
**Fee:** FREE for members \$10 for non-members  
**Location:** CC Community Room

**NEW! Women on Wellness: Beat the Winter Blues Retreat**

Grab your BFF, your sister, your daughter, your mom and treat yourself to a wellness retreat. Women on Wellness (WOW): Beat the Winter Blues (BWB) is a day-long retreat exploring practices that can boost our energy levels during the long New England winter! Dress comfortably and bring a notebook – we will explore: breath, yoga, mindful movement (including a labyrinth), relaxation, eating healthy yet delicious foods, guided meditation, massage, gratitude journaling and aromatherapy.

**Instructor:** Nanette Tummers  
**Day:** Sat., Jan. 9th, Snowdate: Sat., Jan. 16th  
**Time:** 11 a.m.-4 p.m.  
**Session:** (370065-A) (1 class)  
**Fee:** \$75 for members \$101 for non-members  
**Materials Fee:** \$10 due at time of registration. Fee Waivers do not apply to materials fees.

**Day:** Sat., Feb. 6th, Snowdate: Sat., Feb. 13th  
**Time:** 11 a.m.-4 p.m.  
**Session:** (370065-B) (1 class)  
**Fee:** \$75 for members \$101 for non-members  
**Materials Fee:** \$10 due at time of registration. Fee Waivers do not apply to materials fees.

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## 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.

## INDOOR AQUATIC CENTER

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

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

### You Can Choose to Swim Healthy!

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

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

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

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

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

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



## Pool Temperature

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

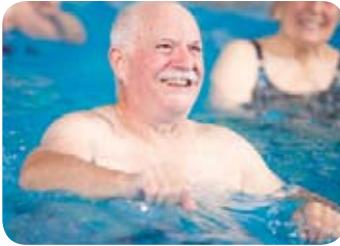
## Lap Swim Etiquette

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.
- **SafetyFirst** – When entering a lane that is already occupied by a swimmer, please alert that swimmer that you will be sharing a lane with him/her.

## Adult Beginner Swim Lessons (Ages 18+)

These lessons are designed for adults with minimal or no swimming experience, or those who need assistance adjusting to a water environment. This course will take adults through the beginning Levels I and II of the American Red Cross Swimming and Water Safety Program. This group setting class will provide an appropriate level of instruction for adults wanting to discover the benefits of learning how to swim and be safe in and around water. Please see Level Description page for class skills.



**Instructor:** TBA  
**Location:** MCC Pool  
**Dates:** (361020-A) Mon., Jan. 25-March 14  
**Time:** 5:50-6:20 p.m.  
**Fee:** \$67 for members \$90 for non-members

## Adult Intermediate Swim Lessons (Ages 18+)

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



**Instructor:** TBA  
**Location:** MCC Pool  
**Dates:** (361021-A) Wed., Jan. 27-March 16  
**Time:** 5:50-6:20 p.m.  
**Fee:** \$67 for members \$90 for non-members

## Working on Your Merit Badge?

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



## Pool Rules - For Your Safety

Some Pool Rules in helping you to prepare your day!

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

### Teen Swim Lessons (Ages 12-17)

#### Beginner Class

The beginner course will take teens through the beginning Levels I and II of the American Red Cross Swimming and Water Safety Program. This group setting class will provide an appropriate level of instruction for teens wanting to learn how to float, tread water, and swim and how to perform basic swim skills for safety. Please see Level Description page for more details.

- Instructor:** TBA
- Location:** MCC Pool
- Dates:** (361027-A) Mon., Jan. 25-March 14
- Time:** 6:30-7 p.m.
- Fee:** \$67 for members \$90 for non-members

### Teen Swim Lessons (Ages 12-17)

#### Intermediate Class

The intermediate course will take teens through Level III and begin Level IV skills of the American Red Cross Swimming and Water Safety Program. This group setting class will provide an appropriate level of instruction for teens focusing on the technique and mechanics of certain strokes and continuing to improve their stroke development for front crawl, breaststroke and elementary backstroke. Pre-requisite for Intermediate class: Must be able to swim one 25 yard length of the pool.



- Instructor:** TBA
- Location:** MCC Pool
- Dates:** (361028-A) Wed., Jan. 27-March 16
- Time:** 6:30-7 p.m.
- Fee:** \$67 for members \$90 for non-members

### 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.*

### Lifeguard Training (Ages 15+)

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

- Instructor:** Brandon Biondi
- Location:** Community Room and Pool
- Dates:** Sun., Feb. 7-28
- Time:** (361022-A) 9 a.m.-5 p.m.
- Fee:** \$220 for members \$295 for non-members

### Junior Lifeguarding (Ages 11-14)

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

- Instructor:** TBA
- Location:** MCC Pool and Community Room
- Dates:** Sat., Jan 23-March 12
- Time:** (361024-C1) 8:30-9 a.m.
- Fee:** \$67 for members \$90 for non-members

### Competitive Spring Board

#### Diving Lessons (Ages 7-18)

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

- Instructor:** John Brice
- Location:** MCC Pool
- Dates:** Mon., Jan. 25-March 14
- Time:** (361025-A) 5-5:45 p.m. (Ages 7-11)  
(361025-B) 6-6:45 p.m. (Ages 12-17)
- Fee:** \$88 for members \$118 for non-members

## Mansfield Marlins Youth Swim Club (Age 8-Grade 8)

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

**New Swimmer Registration:** All new swimmers must be pre-registered into the program before the evaluation night on Thursday, Dec 17th. (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 January thru March (10 weeks) Practices will be held on Tuesdays and Thursdays from 5:30 p.m. to 6:30 p.m. or 6:30 p.m. to 7:30 p.m. depending on age/ability. The team will also compete in 3 scrimmage swim meets here at the community center and have periodic time trials as well. Participants may register for only one evening of practice if desired. All pre-registered returning swimmers will attend regular practice times unless notified of a practice time change by a coach. **It is recommended that swimmers have passed Level 4 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming, among other activities.**

## NEW SWIMMERS EVALUATION NIGHT, Thursday, Dec 17th, 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. **Thursday, Dec 17th, 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:** TBA  
**Location:** MCC Pool  
**Dates:** Tues. or Thurs., Jan 12-March 17, swimmers will be placed in practice groups according to age/ability.  
**Fees:** (361031-A) Tuesday Practice  
 \$85 for members \$115 for non-members  
 (361031-B) Thursday Practice  
 \$85 for members \$115 for non-members

## Masters/Adult Swimming and Mansfield Master Marlins

Are you an adult with some competitive swimming experience who is looking to improve your strokes, set and reach personal goals, and improve your overall fitness? If so, the Mansfield Parks and Recreation Department Adult/Masters Swim Program may be the right choice for you! This program is geared towards individuals with some competitive swimming experience and basic proficiency in front crawl, back crawl, and breaststroke. We understand that ability levels will vary and the underlying foundation of our program will consist of developing the efficiency of each of the 4 competitive strokes, setting and reaching personal goals, and improving overall physical fitness. We want this program to reach and appeal to the everyday lap swimmer, to those of you preparing for an upcoming triathlon, and even to those of you who want to compete in regional or even national United States Masters sanctioned swim meets. This 10 week program will offer two weekly coached practice times, select your practice days from the days and times below.

**Coach:** Scott James,  
 ASCA Certified Level 1 and 2 Masters Coach  
**Location:** MCC Pool  
**Day:** Tuesday and Thursday, 7:30-8:30 p.m.  
**Dates:** (361040-A, Tuesday practice)  
 Jan. 12-March 15, 7:30-8:30 p.m.  
 (361040-B, Thursday practice)  
 Jan. 14-March 17, 7:30-8:30 p.m.  
**Fee:** \$85 for members \$115 for non-members

## Mansfield Community Center Open House

Thurs., Dec. 31-Sun., Jan. 3

Membership specials,  
 free use of the facility,  
 Family Fun Night and more!

Look for more details on our website in December.  
[www.mansfieldcc.com](http://www.mansfieldcc.com)




**Mansfield**  
COMMUNITY CENTER  
860-429-3015



### 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., Feb. 16 (360001-A)  
**Time:** 6-9 p.m.  
**Location:** CC Community Room  
**Fee:** \$60 for residents \$70 for non-residents

### 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:** Wed. Jan. 27 (360002-A)  
Wed., Feb. 17 (360002-B)  
**Time:** 6-8 p.m.  
**Location:** MCC Community Room  
**Fee:** \$60 for residents \$70 for non-residents

## Open Mansfield

Dive into Mansfield's finances.  
We have a new financial transparency platform!



[open.mansfieldct.gov](http://open.mansfieldct.gov)

*Open books, open government, informed citizens.*

## American Red Cross Swimming and Water Safety Program

The Mansfield Community Center is glad to be an authorized provider of the American Red Cross Swimming and Water Safety program. If you have a passing certificate from last year or last session, then please select the next level for your child. Proper swim lesson placement is instrumental in providing a successful enjoyable swim lesson experience and in ensuring participant safety in the water. Please see the level descriptions page as a guide when registering your child. Winter group swim lessons are held on Monday or Wednesday evenings, Wednesday mornings, or Saturday mornings. Classes at the MCC may be cancelled in the event of lightning or thunder storms, any potential significant snow storms, and/or other unsafe pool conditions. Participants will be notified if any cancelled classes will be made up. Monday, Wednesday, and Saturday group lessons consist of 8 classes/30 minutes per class. Please see Winter class schedule for details and class fees.

### American Red Cross Winter 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: January 25, 2016 - March 14, 2016 Monday Evening Lessons

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7p.m.
Parent/Infant	361007-A1		
Water Adjustment I		361008-A1	
Water Adjustment II			361009-A1
Level 1		361001-A2	
Level 2	361002-A1		
Level 3		361003-A1	
Level 4	361004-A1		
Level 5	361005-A1		
Level 6			

### Session II: January 27, 2016 - March 16, 2016 Wednesday Evening Lessons

	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7p.m.
Parent/Infant		361007-B1	
Water Adjustment I	361008-B1		
Water Adjustment II			361009-B1
Level 1	361001-B1		
Level 2		361002-B2	
Level 3	361003-B1		
Level 4		361004-B1	
Level 5			
Level 6	361006-B1		

### January 27, 2016 - March 16, 2016 Wednesday Morning Lessons

	10-10:30 a.m.	10:40-11:10 a.m.
Parent/Infant		361007-B2
Water Adjustment I	361008-B2	

### Session III: January 23, 2016 - March 12, 2016 Saturday Morning Lessons

	8:30-9 a.m.	9:10-9:40 a.m.	9:50-10:20 a.m.	10:30-11 a.m.	11:10-11:40 a.m.
Parent/Infant		361007-C1			
Water Adjustment I	361008-C1			361008-C2	
Water Adjustment II			361009-C1		361009-C2
Level 1		361001-C1	361001-C2		361001-C3
Level 2		361002-C1	361002-C2	361002-C3	361002-C4
Level 3	361003-C1		361003-C2		361003-C3
Level 4		361004-C1		361004-C2	
Level 5	361005-C1				
Level 6	361006-C1				
Junior Lifeguarding	361024-C1				

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

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

### Parent and Child Aquatics (Age 6 months- 2 years)

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

### Preschool Aquatics (Ages 3 and 4)

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

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

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

### Level 1: Introduction to Water Skills

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

**Level 1 participants learn to:**

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

### Level 2: Fundamental Aquatics Skills

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

**Level 2 participants learn to:**

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

### Level 3: Stroke Development

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

**Level 3 participants learn to:**

Jump into deep water from the side, dive from kneeling or standing position, perform a survival float for 30 seconds, submerged and retrieve an object, bob with the head fully submerged 10 times, perform front and back glide using rotary breathing, tread water from one minute, perform freestyle 15 yards, perform elementary backstroke 15 yards, flutter, scissor, breaststroke and dolphin kicks, push off in streamlined position and begin kicking, change from horizontal to vertical position on front and back and reaching assist from deck.

### Level 4: Stroke Improvement

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

**Level 4 participants learn to:**

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

### Level 5: Stroke Refinement

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

**Level 5 participants learn to:**

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

### Level 6: Swimming and Skill Proficiency

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

**Level 6 participants learn to:**

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

# Pool Parties

Have a birthday party to remember at the Mansfield Community Center! Enjoy our birthday party Splash Package including one of our pool inflatables.

For more information, see page 19.



## REGISTRATION DATES

Registration start dates are grouped into the following categories:

### December 2

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

### December 7

**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

### December 11

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

PLEASE CHECK REGISTRATION DATES. PLEASE PRINT CLEARLY!

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

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

Primary Household Contact (Parent/Guardian)

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:
-------	--------

Activity#/Letters	Activity Name	Participant's Last Name	First Name	Birth Date	Gender	Fee
Contribution to Scholarship Fund (see page 69)						

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

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

Also fill details below for each participant:

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

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

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

**(Separate checks required for each program)**

**Credit Cards accepted online and in person only!**

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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\*\*\*\*\*ECRWSS\*\*\*\*\*  
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for families  
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Opening November 2, 2015

Childcare • Preschool



EDUCATIONAL PLAYCARE

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- Discover what makes our programs unique
- Check out our E-Communications system
- Find out about our commitment to health & wellness
  - Read testimonials from our parents
- Apply for a brand new career... *And more!!!*

**860-341-4116**

[info@educationalplaycare.com](mailto:info@educationalplaycare.com)  
[facebook.com/educationalplaycare](https://www.facebook.com/educationalplaycare)



*The Future of Childcare and Preschool is Here!*