

# MANSFIELD PARKS & RECREATION

*Family, Fitness, and Fun*

## arts

Lenard Hall – Music, Arts, Dance, pg. 32



## learning

Language Classes, pg. 50



Swim Lessons & Certifications, pg.16

## community

MCC Memberships, pg. 6  
Special Events, pg. 37



## outdoors

Parks & Preserves, pg. 43



## health & fitness

Fitness programs/Seminars, pg. 21



## play

Drop-in Sports, pg. 7  
Teen Center, pg. 10  
Vacation Camps, pg. 12



### Non-Residents Welcome!

- Registration begins Dec. 12 for members - *Fitness & Aquatic programs only*
- Dec. 15 for residents

### Many New Programs

- Dec. 19 for non-members, non-residents
- Registration form on page 53

## WINTER 2023

Mansfield, CT  
[www.mansfieldcc.com](http://www.mansfieldcc.com)  
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# ONE LIFE, LIVE WELL.

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**MANSFIELD**  
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## NEW! Month-to-Month Membership Option

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### Our Amenities

- Gymnasium with basketball, pickleball, and volleyball courts
- Therapy Pool
- 25-Yard Lap Pool
- Fitness Center w/ Strength and Cardio Equipment
- Indoor Walking/Jogging Track
- Dance/Aerobics Studio
- Child Care Room
- Teen Center
- Sitting Room
- Family and Main Locker Rooms

### A Few Favorite Services

- Group Fitness Classes
- Personal Training
- Swim Lessons
- Family Events
- Drop-in Sports & Activities



#### CONTACT US

[www.mansfieldcc.com](http://www.mansfieldcc.com)  
860-429-3015  
[parksandrec@mansfieldct.org](mailto:parksandrec@mansfieldct.org)  
Mansfield Community Center  
10 S. Eagleville Road  
Storrs, CT 06268

#### VISIT TODAY!



## bulk up your benefits CYBER WEEKEND SPECIALS

Nov. 25-28, 2022 @ [mansfieldcc.com](http://mansfieldcc.com)

# Happy New Year

from the Mansfield Parks and Recreation Team!

As you look forward to the New Year, consider it a blank slate of possibilities. Often we look back on the past year, wondering at the speed with which it went, reflecting on all we accomplished and pondering a few unrealized goals. This year, we look forward to celebrating future successes and planning for changes or accomplishments for the upcoming year together with you!

Perhaps your plans include improving your health and fitness? Start the year off on the right foot at the First Day Hike! A little nature, a little exercise, what more could you want? Details are on pg. 38, and more winter hikes are in the Parks & Preserves section (don't miss the snowshoe rentals!).

Are you ready to get moving now? Take the dive into membership at the Community Center. We know you're in it for the long haul, but the no-commitment, monthly-pay membership is here! Take the flexibility you need to stay committed to your routine on the schedule that works for you. Our two indoor pools, walking track, fitness center, and basketball courts can keep you warmed up and active in these chilly winter months.

Are you resolved to increase your social connections, explore our creative side and revel in the joy of shared family time? These are certainly goals for us! New on the docket are Parent/Child Nights, Kid's Night, the Jingle Jog and Craft Fair, Teen Card Trading, the "Women on Wellness" retreat, the return of the Annual Valentines Dance, and more! You don't need to set extreme New Year's resolutions that harness the all or nothing mentality; instead set goals, expectations, and plans for fun and fulfillment in life!

The Mansfield Parks and Recreation Department has put before you a vast array of possibilities to explore this winter. Fill up your blank slate with swim or music lessons, bring your family to play in the Community Center gym with your NEW Big Blue Blocks, join a fitness class (virtual or in person; FYI - we're MOSSA affiliated) to work on increasing your strength or balance, or begin to learn a new language, or dance style. Kids can join our dance programs, before or after school program, Rec Rescue vacation camp days, or explore a creative outlet in music or art with the Community School of the Arts at Lenard Hall.

We encourage you and your family to come in for a tour of the Mansfield Community Center. Our Open House in January gives you the perfect chance to come check out many of the programs and facilities that we have to offer. Explore the possibilities and start filling up your blank slate today.

We look forward to moving ahead with you this New Year!

Sincerely,

*Your Mansfield Parks and Recreation Team*



<b>General Information</b> .....	4
<b>Inclement Weather Information</b> .....	5
<b>Membership</b> .....	6
<b>Free to Members</b> .....	7
<b>Teen Center</b> .....	10
<b>After School Programs</b> .....	11
<b>Rec Rescues</b> .....	12
<b>Aquatics</b> .....	13
<b>Certifications</b> .....	19
<b>Fitness Center &amp; Teen Programs</b> .....	21
<b>Fitness Class Schedule</b> .....	28
<b>Dance</b> .....	30
<b>Community School of the Arts</b> .....	32
<b>Special Events</b> .....	37
<b>Trips</b> .....	42
<b>Parks &amp; Preserves</b> .....	43
<b>Rentals</b> .....	46
<b>Party Planning Form</b> .....	47
<b>Sports</b> .....	49
<b>Language</b> .....	50
<b>How to Register</b> .....	52
<b>Activity Registration Form</b> .....	53

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

## Parks & Recreation 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.-8:30 p.m.  
Saturday 7 a.m.-4 p.m., Sunday, 8 a.m.-4 p.m.

**Holidays:** Thanksgiving, Christmas Day, New Years Day

**Phone:** 860-429-3015

**Fax:** 860-429-9773

**E-mail:** [parks&rec@mansfieldct.org](mailto:parks&rec@mansfieldct.org)

**Staff:**

Jay M. O'Keefe	Director of Parks & Rec
Bethany Burns	Recreation Coordinator
Jennifer Caldwell	Recreation Services Manager
Steven Capobianco	Recreation Coordinator
Lynda Lambert	Administrative Services Specialist
Sebby Reale	Head Custodian
Kimberly Rontey	Member Services Coordinator
Raymond Torres	Custodian
Jessica Tracy	Recreation Supervisor/Health and Fitness



### **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 green online registration button on the homepage.

### **Inclement Weather**

- Help our receptionists. Please use the information line.
- Full day cancellations or major storm causing partial day cancellations are also listed on the three major Connecticut TV broadcasts. (See page 6 for more information)
- Call our Info Line at 860-429-3015, ext. 4
- Visit [www.mansfieldcc.com](http://www.mansfieldcc.com) or [facebook.com/MansfieldCommunityCenter](https://facebook.com/MansfieldCommunityCenter)

### **Advisory Committees**

- Agriculture Committee
- Arts Advisory Committee
- Recreation Advisory Committee
- Parks and Natural Resources Committee

### **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.

## Winter Registration Dates

Registration start dates are grouped into the following categories:

**Dec 12** **Members of the Community Center** may register for Aquatic and Fitness related programs ONLY

**Dec 15** **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

**Dec 19** **Non-residents who are members** begin to register for all other programs/activities.  
**Non-resident, non-members** begin registration for all programs/activities.  
**In person registration** available during all Mansfield Community Center operational hours.

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# Inclement Weather Policy

## Programs and Classes Held in **NON-School** Facilities (Community Center, Lenard hall, Senior Center)

Classes, workshops, leagues, etc. will NOT be determined by school cancellation or delays. Decisions will be made by taking into account road conditions, facility access, and other factors to determine if programs will be held or not for the full day or a portion of the day. Information on full or partial cancellations will be listed on the Parks and Recreation information line (860-429-3015, #4) and posted on the Parks and Recreation web site ([www.mansfieldcc.com](http://www.mansfieldcc.com)). Local TV and radio postings will only be used in the event of when all Mansfield Parks and Recreation classes, workshops, leagues, etc. are canceled for the full day.

### General Estimated Decision Times for Cancellations

5:30am-11:59am classes, programs, etc.	No later than 5:15am
Noon-5:00pm classes, programs, etc..	No later than 10:30am
5:00pm and later classes, programs, etc.	No later than 3:30pm

## Programs and Classes Held in **School** Facilities

Cancelled for <b>FULL DAY</b>	When Mansfield Public Schools are cancelled for the full day
Cancelled for <b>MORNING to NOON</b>	When Mansfield Public Schools have a delayed opening
Cancelled for the <b>EVENING</b>	When Mansfield Public Schools are cancelled early for the day.

Information on full or partial cancellations will be listed on the Parks and Recreation information line (860-429-3015, #4) and posted on the Parks and Recreation web site ([www.mansfieldcc.com](http://www.mansfieldcc.com)). Local TV and radio postings will only be used in the event of when all Mansfield Parks and Recreation classes, workshops, leagues, etc. are cancelled for the full day.

### Estimated General Decision Times for Cancellations

5:30am-11:59am classes, programs, etc.	No later than 5:15am
Noon-5:00pm classes, programs, etc.	No later than 10:30am
5:00pm and later classes, programs, etc.	No later than 3:30pm

## Snow, Thunder, Lightning and Rain

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

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

Some programs may be held in inclement weather and some may not. Contact our program information line for weather related program status updates. 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.

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# Mansfield Community Center Membership

## Hours

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 MansfieldCommunityCenter |  @MansfieldCommunityCenter

### MCC General Open Hours:

REGULAR (EFFECTIVE SEPT. 6)

SUMMER

<b>Monday-Friday</b>	5:30 a.m.-8:30 p.m.	5:30 a.m.-8 p.m.
<b>Saturday</b>	7 a.m.-4 p.m.	7 a.m.-2 p.m.
<b>Sunday</b>	8 a.m.-4 p.m.	8 a.m.-2 p.m.
<b>Holidays</b>	Thanksgiving, Christmas Day, New Years Day	

### Child Care Hours - Now Free to Members!

Drop-in childcare is available for children of members and daily visit participants. Children, ages 1-7, can play, listen to stories, and participate in arts and crafts. Parents must remain on site. Hours subject to change.

**Days & Times:** Mon./Wed., 9 a.m.-12 p.m. and 4:45-7:15p.m.  
Tues./Thurs., 4:45 p.m.-7:15 p.m.  
Sat./Sun., 9 a.m.-12 p.m.

**Fee:** FREE for members; Non-member \$4/hour per child

### Teen Center Hours (Effective September 1)

**Middle School:** Mon., Tues., Wed., 3-6 p.m.  
**High School:** Thurs., Fri., 2:30-6 p.m.  
Closed Saturday, Sunday

### Membership Includes:

- Priority Fitness & Aquatic Program Registration
- Aquatic Center – 6-lane, 25-yard Pool & Therapy Pool
- Cardiovascular Equipment
- Child Care
- Community Room
- Daily Locker Usage
- Dance & Exercise Studio (general use during non-scheduled times)
- Discounted Programs
- Drop-in Sports
- Family Changing Rooms
- Fitness Center
- Free Family Fun Nights
- Free On-Site Parking
- Free Starting Strong Fitness Orientation Program
- Guest Passes
- Gymnasium
- Periodic Workshops, Seminars, Lectures and Special Events
- Professional Staff
- Selectorized Strength Equipment
- Teen Center (teen use and general use during designated times)
- Walking & Jogging Track

**Say YAY Today!**

Young Adults & Youth ages 12 to 26 sign up for an individual membership for \$19 per month. \$1 additional enrollment fee applies. Standard individual membership rates apply upon 27th birthday. Limited time offer.

## Free 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 any time during MCC operational hours. Be sure to check area schedules at www.mansfieldcc.com, or call us at 860-429-3015 ext. 0 for more info! Proof of residency required.

**Location:** Mansfield Community Center

**Dates:** Thurs., Dec. 22  
Fri.-Sun., Jan. 6-8  
Sat., Feb. 18  
Sun., March 5

**Now offering No commitment Monthly Pay Memberships!**

## Membership Rates and Options

### MANSFIELD RESIDENTS:

	Pay in Full   Annual Pass	No-commitment   Month-to-Month Pass
<b>Family</b>	\$717	\$61.54 monthly
<b>Adult/Child</b>	\$432	\$37.08 monthly
<b>Individual</b>	\$401	\$34.42 monthly

### NON-RESIDENTS:

	Pay in Full   Annual Pass	No-commitment   Month-to-Month Pass
<b>Family</b>	\$833	\$71.50 monthly
<b>Adult/Child</b>	\$510	\$43.78 monthly
<b>Individual</b>	\$474	\$40.69 monthly

### ASHFORD/WILLINGTON RESIDENTS:

	Pay in Full   Annual Pass	No-commitment   Month-to-Month Pass
<b>Family</b>	\$790	\$67.80 monthly
<b>Adult/Child</b>	\$474	\$40.69 monthly
<b>Individual</b>	\$432	\$37.08 monthly

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

### Miscellaneous Fees:

Enrollment Fee – \$35 (applies to all new and lapsed memberships)  
Insufficient Funds Fee (auto debit accounts) - \$25

### Membership Add-On Options: Fitness Flex Pass

We offer our members the opportunity to have the flexibility of dropping in to fitness classes. By purchasing a Fitness Flex pass you will receive 25 or 15 class visits. Fitness Flex passes expire 1 year from date of purchase.

**15 Drop-In Classes - \$129 | 25 Drop-In Classes - \$215**

### Non-Member Daily Admission

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

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

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

**Open House January 6-8**  
Free General Admission to all!

## Giving Weeks

Each year Mansfield Community Center fitness instructors volunteer their time to offer a limited selection of fitness classes at no charge to the community. All individuals age 14 and older are welcome to attend these programs on a first-come first-served basis. For your attendance, the donation of a non-expired, non-perishable item, or a monetary donation to the Mansfield Food Pantry is requested. Item donations can be placed in the boxes outside of class, monetary donations can be brought to the Mansfield Community Center Reception Desk. Please check [www.mansfieldcc.com](http://www.mansfieldcc.com) for the announcement of Giving Weeks (typically the weeks of Thanksgiving and the Christmas holiday) and their respective class selections.

## Drop-In Gymnasium Activities

Drop-in gymnasium programs are FREE to members. Non-members are welcome to participate with the purchase of a day pass. Activities may have specific rules limiting players and/or ages of players. Activity times are subject to change depending on MPRD programming. Please reference the monthly gymnasium schedule. Schedule diagram next page.

<b>18+ Basketball:</b>	Mon. & Wed. 7-8:25 p.m.
<b>40+ Basketball:</b>	Tues. & Fri. 7:15-9:15 a.m.
<b>40+ Women's Basketball:</b>	Wed. 10 a.m.-12 p.m. ☺
<b>Family Gym:</b>	Sun. 11:30 a.m.-1:30 p.m., Tues. and Thurs. 4-5:15 p.m.
<b>15+ Futsal:</b>	Sun. 2:30-3:55 p.m., Tues. 7-8:25 p.m.
<b>Youth Futsal (ages 8-15):</b>	Sun. 1:30-2:30 p.m., Tues. 5:30-6:45 p.m. ☺
<b>Pickleball:</b>	Wed. 4-6:45 p.m. ☺, Fri. 9:30-11:30 a.m., Sun. 8:30-10:15 a.m. (starts in Dec.) ☺
<b>Tot Time (ages 5 and under):</b>	Mon. ☺, Tues., & Thurs. 9:30 a.m.-12 p.m.
<b>Volleyball:</b>	Thurs., 7-8:25 p.m.

## Parent/Tot Open Gym (Birth to 5)

Come and play! 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. available to use. Come build a fort, tumble, or just burn some energy!

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



# 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 (ages 12-17) 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. Swim tests include successfully swimming the equivalent of one length of the pool (25 yards), tread water for 30 seconds, and back float 10 seconds without assistance and without touching the bottom or side.
- 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. Families and individuals with special needs have the option to use family changing rooms.
- Members and guests must be at least 14 years old to use the fitness equipment upstairs. Track accessible to ages 12+. See Family Track Hours below
- Tuesday, Thursday, and Friday evenings from 4-8:30 p.m. and Saturday and Sunday all day, youth, ages 10-13 may use select cardiovascular equipment with proper parental supervision. Additionally, they may use our Youth Resistance Training program during the above hours as long as they have completed the Youth Resistance Training Orientation. (See current program brochure for class dates and times.)
- During Family Track Hours children may use the Walking/Jogging Track along side their parent or guardian.
- **\*Teen Center Members under the age of 12 and in the 5th grade may be in the facility independently provided the following:**
  - Only during scheduled Teen Center School hours; See page 13. During Family Fun Night there is no supervised teen time. Teen Center is open for families.
  - They remain in the Teen Center with the exception of use of 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.

# Free to Members

## DROP IN Activities\*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	<b>CLOSED</b>						<b>CLOSED</b>
6:30 AM							
7:30 AM			<b>40+ BBALL</b> 7:15-9:15 FULL GYM			<b>40+ BBALL</b> 7:15-9:15 FULL GYM	
8:30 AM	<b>PICKLEBALL</b> 8:30-10:15 IN DECEMBER						
9:30 AM		<b>TOT TIME</b> 9:30-12:00 1/2 GYM	<b>TOT TIME</b> 9:30-12:00 1/2 GYM		<b>TOT TIME</b> 9:30-12:00 1/2 GYM	<b>PICKLEBALL</b> 9:30-11:30 3 COURTS	
10:30 AM				<b>40+ WOMEN'S BBALL</b> 10-12 1/2 GYM			
11:30 AM	<b>FAMILY GYM</b> 11:30-1:30 1/2 GYM						
12:30 PM							
1:30 PM	<b>YOUTH FUTSAL</b> 1:30-2:30 1/2 GYM						
2:30 PM	<b>FUTSAL</b> 2:30-3:55 FULL GYM						
3:30 PM							
4:30 PM	<b>CLOSED</b> 4PM		<b>FAMILY GYM</b> 4-5:15 1/2 GYM	<b>PICKLEBALL</b> 4-6:45 3 COURTS	<b>FAMILY GYM</b> 4-5:15 1/2 GYM		<b>CLOSED</b> 4PM
5:30 PM							
6:30 PM							
7:30 PM		<b>18+ BBALL</b> 7-8:25 FULL GYM	<b>FUTSAL</b> 7-8:25 FULL GYM	<b>18+ BBALL</b> 7-8:25 FULL GYM	<b>VOLLEYBALL</b> 7-8:25 1/2 GYM		
8:30 PM		<b>CLOSED</b> 8:30 PM	<b>CLOSED</b> 8:30 PM	<b>CLOSED</b> 8:30 PM	<b>CLOSED</b> 8:30 PM	<b>CLOSED</b> 8:30 PM	

\* For full gym schedule visit [www.mansfieldct.gov/1645/Gym-Schedule](http://www.mansfieldct.gov/1645/Gym-Schedule) The Mansfield Community Center reserves the right to alter this schedule as needed.

## Child Care (Ages 1-7) **Free to Members!** 😊

Drop-in childcare is available for children of members and daily visit participants. Bring your children, ages 1-7, to play, listen to stories, and participate in arts and crafts, while you take a class, workout, swim, play basketball, accompany another child to a program, or just take some time to yourself in the sitting room. Parents must remain on site and children may only attend childcare for two hours maximum per day. Space is limited; reservations are not accepted. The following times are planned for the season, however the Parks and Recreation Department reserves the right to adjust time to reflect demands. Look for the 😊 throughout the brochure for corresponding programs.

**Location:** CC Child Care Room  
**Days & Times:** Mon./Wed., 9 a.m.-noon and 4:45-7:15 p.m.  
 Tues./Thurs., 4:45-7:15 p.m.  
 Sat./Sun., 9 a.m.-noon  
**Fee:** FREE for members,  
 Non-member Fees: \$4/hour per child

## Family Play Days!

What to do on these days off from school? Come by the Mansfield Community Center for the day at a discounted family rate (all individuals must reside at the same address; otherwise standard day pass rates apply)! Additionally, **members can bring two guests for FREE** (two guests per household). Check [www.mansfieldcc.com](http://www.mansfieldcc.com) for current gymnasium, pool, and other center schedules. We'll be sure to pull out the NEW Big Blue Blocks for this, so **get ready to engineer and create!** Special family day-pass rates are available on the following dates only:

**Dates:** Wed., Dec. 28  
 Mon., Jan. 16  
 Tues., Feb. 21  
 Fri., Apr. 7

**Member Fees:** Members -Bring TWO guests for free!  
 Two guests per household.

**Non-Member** **\*Family Day-Pass Special:**  
 Mansfield Family- \$9  
 Ashford/Willington-\$11  
 All other towns-\$12  
*\*Must reside together for family rate to apply.*

# Free to Members



## Family Fun Events!

Join us this winter for some fun as a family during Family Fun Events at the Mansfield Community Center! Jump and slide on the floating Wibit inflatable obstacle in the main pool, build a fort, tumble and play with the tot toys in the gym, or get a little adventurous and giant inflatable gym slide. For more fun visit the track for Family track time, or play together in the Teen Center; available to families for ping pong, billiards, and more! Activities may vary. Watch for special activities associated with each night's theme on [www.mansfieldcc.com](http://www.mansfieldcc.com). FREE to members. No pre-registration required.

**Location:** Mansfield Community Center

**Dates/Times:** Sat., Nov. 26, 12:30-3 p.m. **Theme:** Superheroes  
 Sat., Dec. 17, 12:30-3 p.m. **Theme:** Ugly Sweater Day  
 Sat., Jan. 7, 12:30-3 p.m. **Theme:** Open House!  
 Fri., Jan. 20, 4:30-7:30 p.m. **Theme:** Penguin Day  
 Fri., Feb. 3, 4:30-7:30 p.m. **Theme:** Feed the Birds  
 Sat., Feb. 25, 12:30-3 p.m. **Theme:** Carnival Day  
 Fri., Mar. 10, 4:30-7:30 p.m. **Theme:** Plant a Flower Day  
 Fri., Mar. 24, 4:30-7:30 p.m. **Theme:** Science Fiction  
 Fri., Apr. 7, 4:30-7:30 p.m. **Theme:** World Health Day

**Fee:** There is no fee for Community Center Members. Non-members pay the daily fee and see what the fun is all about!

## First Day Hike

Join us for a local hike on January 1st to kickoff your New Year on the right (or left) foot!

**Instructor:** Jessica Tracy

**Date:** Sun., Jan. 1

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

**Location:** TBD

**Session:** 370092-A

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

## Don't Miss Out on Health & Fitness Freebies!

See pg. 23 for information on the Starting Strong member program. This free orientation is designed to help you feel more confident in your workout and with Mansfield Community Center fitness staff and equipment.

See pg. 21 for this seasons Health & Fitness Seminars; FREE with your membership! Pre-registration required.

## Letters to Santa



Hey kids! Are you drafting a note to the big guy? A little secret...we can help get it to him! The Mansfield Community Center has a special delivery mailbox to get your letters straight to the North Pole! Be sure to bring them by with plenty of time; The box works by magic...it appears November 26th and transports all your special letters promptly on December 12th. Don't forget to mention how good you've been; and include a self-addressed and stamped envelope for Santa to reply.

## Calling all Elves!



Elves, we know you're out there keeping an eye on things for Santa, but he's putting out an S.O.S. (Sound Of Santa) calling for your help in making sure the letter transport goes smoothly. He'd like to be sure all letters are signed and sent out to all the children who have written to him. Email [parksandrec@mansfieldct.org](mailto:parksandrec@mansfieldct.org) with your questions, or to confirm your attendance to his call for aide. He'll need his elf crew assembled

December 13th at 10 a.m.

## Holiday Fun Day!



Bring your family to experience some community holiday fun! Start your morning with our Jingle Jog around the E.O. Smith track, perfect for all levels and abilities. Don't jog? You are welcome to walk and bring the kids, strollers however are not allowed on the track. Head inside for some warm hot chocolate, candy canes and to peruse our Craft Fair. Santa even makes an appearance. Craft Fair, Santa are both FREE with no registration necessary to attend and shop. Jingle Jog requires advanced registration. See website for updates and details on registering.

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# Teen Center & Teen Programs

## Mansfield Teen Center

The Teen Center is a safe fun environment for teens to hang out with their friends. Teens have the opportunity to give us their input on the types of activities and specials they would like to see. FREE Teen Center memberships for all kids' grades 5-12 (Mansfield and surrounding communities). Stop by the Mansfield Community Center and fill out a registration form.

Fifth and Sixth graders under the age of 12 may use the Teen Center without a guardian. They must remain in the Teen Center with the exception of trips to the bathroom and vending machines. 5th and 6th graders must be signed out by a parent or guardian.

**Bonus Time for Families...** During Family Fun Nights the Teen Center is open for families to use. This means, during Friday Family Fun Nights the Teen Center will close at 4:30 p.m.

### MTC Hours:

**(Middle School Days)** Monday, Tuesday, Wednesday, 3-6 p.m.

**(High School Days)** Thursday & Friday, 2:30-6 p.m.

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



For more information about the Teen Center contact Steven Capobianco, [CapobiancoS@mansfieldct.org](mailto:CapobiancoS@mansfieldct.org)

# SUBWAY



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## **NEW! Youth/Teen Trading Card Group**

There has recently been a lot of popularity rising about trading cards. From Pokémon to sports cards, people of all ages have become obsessed with the hobby of collecting and trading cards. This group will offer a place where youth, teens, and individuals can hang out, show their collection, trade cards in a safe environment, and share any knowledge they have about the hobby. This group is for individuals from kindergarten to tenth grade must be accompanied by an adult.

**Location:** CC Arts and Crafts Room  
**Dates:** Thurs., Jan. 12-March 2  
**Times:** 4-5 p.m.  
**Fee:** FREE  
**Activity #:** 320025-A

## **New! Teen Dodgeball Club**

Who doesn't love dodgeball? If you're a teen and would like to join a fun club where you get to play dodgeball, look no further! This club will run once a week and be available for middle school-high school students. It will be run after school for this group. It's a great way to get competitive with some friends! Gatorskin dodgeballs will be used for safe, fun play. Join us in the Teen Center after with a free Teen Center membership!

**Location:** CC Gymnasium  
**Dates:** Tues., Jan. 10-Feb. 28  
**High School Time:** (320027-A) 2:30-3:15 p.m.  
**Middle School Time:** (320027-B) 3:15-4 p.m.  
**Fee:** \$10 for residents, \$20 for non-residents

# Before & After School Programs

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



**2 Locations:** Vinton and Goodwin Schools to start the year. When the new Mansfield Elementary School opens, the program will be held at the one location.

## BEFORE & AFTER School Friends

**The Before and After School Friends Program** offers a safe, fun and relaxed atmosphere for children at the beginning and end of the school day. The program is for children whose parents want them to join special activities in a peer setting, or are unable to care for them after school. The program concludes at 6 p.m. each day. All children are offered daily snacks at the after school program.

**The Before and After School Friends Program** registration is currently open.

### Drop In Program

We will still offer our drop in program. Anyone interested in using the drop in program must contact the program supervisor to confirm there is space on any given day. A credit card authorization form must be filled out prior to attending the program.

**The Before and After School Friends Program** designs activities to provide children with experiences that enhance physical, emotional and social growth. Children learn to resolve conflicts and develop social skills needed for successful group interaction in future settings.

**The Before and 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, sports, outdoor play, group games and special themed events. We encourage the children and staff to be involved in planning together.

**The Before and After School Friends Program** encourages cooperation between all participants at our program. We feel daily communication with parents and staff is important to keep



you up to date on how your child is doing with After School Friends.

**The Before and After School Friends Program** is open all days that the Mansfield Public Schools are in operation including scheduled half days. On late openings and early dismissals there is no after school care. 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. In order to use the drop in program, you must fill out a credit card authorization form. This form is available at the community center and online. You must also fill out an activity registration form to use this option.

Registration for **Before and After School Friends** must be done in person at the Mansfield Community Center or online at [www.mansfieldcc.com](http://www.mansfieldcc.com). **Prior to the start of each month, you must re-register for days needed. LATE REGISTRATION POLICY:** If your child(ren) is not re-registered prior to the first of the month, days attended will be billed at the drop-in rate, up until the date following re-registration. Registrations processed on the first of the month will be billed at the drop-in rate for the first.

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

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

**Morning:** \$11.90 each morning

**Drop-in:** \$19.60 each morning

**Afternoon:** \$14.55 each afternoon

**Drop-in:** \$23.70 each afternoon

*\*Fee waiver available to qualified families.*

# Rec Rescues

## Recreation Rescue (Grades K-8)

No school? No problem! We have the answer for your kids on Mansfield teacher professional days for kids entering grades K-8. The day includes a combination of onsite actives and could have a trip to a local educational or recreational area. Trips and additional details released about one month before each Recreation Rescue day. Drop off as early as 7:30 a.m. and pickup as late as 5:30 p.m. Times subject to change. If a field trip is scheduled, trips typically depart between 9-10am.

**Location:** Mansfield Middle School  
**Dates:** (354011-1) Fri. Feb. 17  
**Time:** 7:30 a.m.-5:30 p.m.  
**Fee:** \$54/day for residents, \$64/day for non-residents

## Winter Vacation Days (Grades K-8)

Here is a fun way for your kids to spend a few days off from school. This program includes games, activities, and possibly a field trip. Detailed flyers are available at the Community Center and distributed through the schools prior to the dates. The program is held at Mansfield Community Center. Space is limited so register early!

**Location:** Mansfield Community Center  
**Dates:** (354003-1) Tues., Dec. 27  
(354003-2) Thurs., Dec. 29  
**Time:** 7:30 a.m.-5:30 p.m. (Fri. Dec. 30 7:30 a.m.-3:30 p.m.)  
**Fees:** \$54/day per resident child, \$64/day per non-resident child



## April Vacation Camp

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

**Location:** Mansfield Middle School  
**Dates:** (454004-1) Mon., April 10  
(454004-2) Tues., April 11  
(454004-3) Wed., April 12  
(454004-4) Thur., April 13  
(454004-5) Fri., April 14  
**Time:** 7:30 a.m.-5:30 p.m. (Fri. April 14 7:30 a.m.-3:30 p.m.)  
**Fees:** \$54/day per resident child, \$64/day per non-resident child



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**No-school days don't have to be the only time Parks and Rec helps with the kids! Check out:**

- Pg. 40 for this seasons Kid's Night Out event
- Pg. 11 for Before and After School Friends program information
- Pg. 8 for Mansfield Community Center Child Care hours and information
- Pg. 10 for Teen Center info (starts at grade 5!) and pg. 7 for MCC Facility Youth Policies



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 Events and are available for birthday party rentals. The Aquatic Center will close at 8 p.m. Monday through Friday, and on Saturday and Sunday, at 3:30 p.m. with the exception of specific holiday hours and summer hour changes. For an overview of pool usage and designated activity time, please pick up a **bi-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 three "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.

A photograph of a young child wearing goggles and holding a pool noodle, smiling in a swimming pool.

# POOL TEMPERATURE

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

A small graphic of a thermometer showing a temperature reading.

## GENERAL INFORMATION

### Main Pool

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

### General Swim

The Main Pool is open for recreational and leisure 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 bi-weekly schedule for details. General swim cannot be used for lap swimming.

### Lap Swim

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

### Therapy Pool

The Therapy Pool has designated time for specialized classes, therapeutic use, and family swim. This pool's intended purpose is to provide a warmer, more comfortable environment for those with therapeutic needs such as arthritis, chronic joint pain and fatigue, as well as individuals needing rehabilitation for injuries. This pool is available for families and swim lessons at designated times. Please see the bi-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. This time is reserved for 18+, special considerations will be made on case by case basis.

### Family Use

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

## Lap Swim Etiquette

Due to the limited number of lap lanes, it is mandatory that patrons share lanes accordingly:

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

## Mansfield Marlins Youth Swim Club (Age 8– Grade 12)

### 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! Practice groups will be the same as the last attended session unless you are explicitly communicated with regarding a practice group time change.

### New Swimmer Registration:

All new swimmers must be pre-registered into the program before the evaluation night on Thursday, January 12 @ 5 p.m. (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 racing starts in the sport of competitive swimming. The Youth Swim Club season runs from Jan 17– March 26 (10 weeks). Practices will be held on Tuesdays or Thursdays from 5:00 p.m. to 6:00 p.m. or 6:00 p.m. to 7:00 p.m., Sundays from 10 – 11 a.m. or 11 -12 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 attend as many to as little practices as desired. We ask that they attend a minimum of 2 practice a week if possible. 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.**

### NEW SWIMMERS EVALUATION NIGHT, Thursday, January 12, at the MCC Pool - 5:00 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, Jan., 12, at 5:00 p.m.**, will be a mandatory evaluation night for all NEW swimmers. **Participants will be evaluated on overall safety and comfort level in the water, freestyle 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 an email assigning swimmers to a practice time slot for the rest of the season. Please register using the information below.

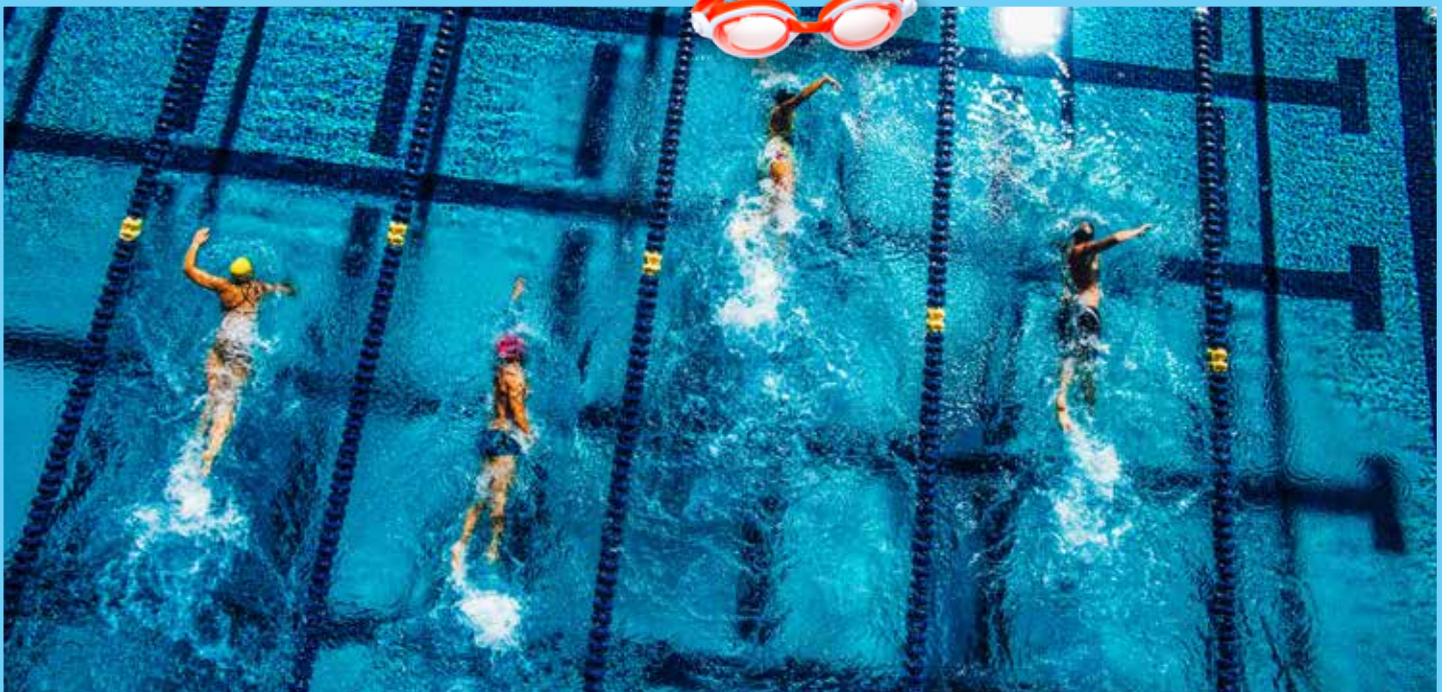
*Please Note: practice times for winter are **Tuesdays and Thursdays from 5:00 p.m. to 6:00 p.m. or 6:00 p.m. to 7:00 p.m. and Sundays from 10:00 a.m. – 11:00 a.m., or 11:00 a.m. – 12:00 p.m.***

**Coach:** Jaxon Rash

**Location:** MCC Pool

**Dates:** **Sunday, Tuesday or Thursdays:** swimmers will be placed in practice groups and assigned a practice time according to age/ability.

**Fees & Activity #:** **(361031-A) One Practice a week:**  
\$99 for members \$131 for non-members  
**(361031-B) Two Practices a week:**  
\$198 for members \$262 for non-members  
**(361031-C) Three Practices a Week:**  
\$267 for members \$353 for non-members  
*10% savings if you register for all 3 practices*





## American Red Cross Swimming & Water Safety Program

The Mansfield Community Center is proud 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 key 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 during Monday or Wednesday evenings, 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.

### 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:** Mon., Jan. 23 – Mar. 13 (8 lessons)  
**Time:** 7 – 7:30 p.m.  
**Fee:** \$82 for members, \$107 for non-members  
**Activity #:** 361020 – A

### Adult Intermediate Swim Lessons (Ages 18+)

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

**Instructor:** TBA  
**Location:** MCC Pool  
**Dates:** Wed., Jan. 18 – Mar. 8 (8 lessons)  
**Time:** 7 – 7:30 p.m.  
**Fee:** \$82 for members, \$107 for non-members  
**Activity #:** 361021 – A

**Red Rock Restaurant**

# Hectic Holiday?

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# American Red Cross Winter 2023 Group Lesson Schedule

## Swim Lesson Evaluations

Unsure of your child's swim lessons level? Come to our free evaluation to have your child's swim skills tested. We offer classes from preschool to level 4, and a swim team for swimmers who have passed level 4 and are looking to stay in the sport. Evaluation Day will be held Sunday, December 11, 2022 from 10 a.m. to 12 p.m. Pre-registration is not required, please just drop by! Evaluations usually take about 5 - 10 min per child. Swim evaluation does not hold a space in lessons. Please reference registration dates on the cover and register accordingly.

**Location:** MCC POOL  
**Date:** Sun., Dec. 11  
**Time:** 10 a.m. -12 p.m.  
**Fee:** FREE



**Instructor:** To Be Announced at First Class  
**Location:** MCC Pool  
**NOTE:** M/W/S - 8 Classes/ 30 minutes per class  
**Fees:** M/W/S: \$82 for members \$107 for non-members



### SESSION I: January 23 - March 13 Monday Evening Lessons

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Infant	361007-A1			
Water Adjustment 1		361008-A1		
Water Adjustment 2			361009-A1	
Water Adjustment 3				361011-A1
Level 1		361001-A1		
Level 2	361002-A1		361002-A2	
Level 3 (Shallow)		361003-A1		361003-A2
Level 3 (Deep)			361010-A1	
Level 4	361004-A1			

### SESSION II: January 18 - March 8 Wednesday Evening Lessons

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Infant		361007-B1		
Water Adjustment 1	361008-B1			
Water Adjustment 2			361009-B1	
Water Adjustment 3				361011-B1
Level 1	361001-B1		361001-B2	
Level 2		361002-B1		
Level 3 (Shallow)	361003-B1			361003-B2
Level 3 (Deep)		361010-B1		
Level 4			361004-B1	

### SESSION III: January 24 - March 11 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 1	361008-C1			361008-C2	
Water Adjustment 2			361009-C1		
Water Adjustment 3					361011-C1
Level 1		361001-C1		361001-C2	
Level 2	361002-C1		361002-C2		361002-C3
Level 3 (Shallow)		361003-C1			361003-C2
Level 3 (Deep)	361010-C1		361010-C2		
Level 4				361004-C2	



## Parent & 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.

## Water Adjustment: 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.

**NEW! Water Adjustment III** participants build and improve skills learned in Water Adjustment II. These skills include: swimming more independently with little to no assistance. Becoming more comfortable with submersion, putting the face in and floating without assistance. This level will reinforce and build on skills introduced in Water Adjustment II. As well as moving independently farther and stronger with combined arm and leg movement.

## Learn to Swim Aquatic Levels (Ages 5 and up)

### Level 1: Introduction to Water Skills

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

Level 1 participants learn to:

submerge nose, mouth and eyes, explore arm and hand movements, alternating and simultaneous leg and arm action on front and back, blow bubbles, bobbing, open eyes underwater and pick up submerged objects, float on front and back, front and back glides with recovery, combined arm and leg swim on front and back. This level is great for very beginner swimmers and children 5+ with water fear or apprehension

### Level 2: Fundamental Aquatics Skills

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

Level 2 participants build on the following learned skills:

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, tread water, 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. Will begin rotary breathing and treading water aspect of swimming will be introduced. This is a great class to build a strong foundation for swimming.

### Level 3: Stroke Development (Shallow)

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

Level 3 participants build on:

perform a survival float, perform front and back glide using rotary breathing, tread water, perform freestyle, perform elementary backstroke, 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. This class is mostly held in the shallow end of the pool working on skills and building up to the deep end.

### Level 3: Stroke Development (DEEP)

**Purpose: Builds on the skills in Level 3 Shallow 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, submerged and retrieve an object, bob with the head fully submerged, perform front and back glide using rotary breathing, tread water, perform freestyle, perform elementary backstroke, 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. This class is held in the deep end and prepares kids for level 4. While still working on skills for level 3 but in deep water.

### 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, freestyle, elementary backstroke, backstroke, breaststroke, butterfly, sidestroke, 15 to 25 yards each stroke 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.



## 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 Lesson Fees:

Member Private: \$39    Non Member Private: \$45  
Member Semi-Private: \$57    Non Member Semi Private: \$68

*Semi-Private Lessons (Max 2 kids, price includes both kids)*

Private Swim Lesson Requests are currently in waitlist status. Please inquire at the Mansfield Community Center Reception Desk regularly for opportunities to join the waitlist.

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Fax: (860) 429-5954  
[www.tonysgarage.com](http://www.tonysgarage.com)



# 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 not 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.
- 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, 30 second water tread, and 10 second back float.



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and INSTAGRAM!



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## American Red Cross Adult & 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 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. There is an online component that must be completed prior to the first day of class. This online course work will be sent out 1 week prior to the first day of class. Deadline to register is one week prior to class date.

- Instructor:** TBD
- Location:** CC Community Room
- Dates:** Sun., Feb. 5 (360002-A); Reg. deadline Jan. 29  
Sun., March 26 (360002-B); Reg. deadline Mar. 19
- Time:** 10 a.m. - 2 p.m.
- Fee:** \$82 for members, \$106 for non-members

## Lifeguard Training Recertification and Bridge Class (Ages 15+)

**Registration Deadline Sun., March 12**



The objective of this course is to enable currently certified ARC lifeguards to update their certification to the newest curriculum and safety standards (released Jan. 2017) and who are looking to renew their certification because they are close to expiration.

This course is for current ARC lifeguards who are already certified, or those who have expired no more than 4 weeks prior to the date of this class. Participants are required to demonstrate the following pre-course skills: a continuous 300 yard swim with proficiency in both freestyle and breaststroke, a two minute tread of water without the use of hands and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object in which candidate return to the starting point with the object and exit the pool without using the stairs or a ladder. Students should bring their pocket masks with them to class as these are not provided with this course. Please bring a bathing suit, goggles and towel to class. A lunch break will be provided. Deadline to register Sun., March 12

- Instructor:** Jeanne Goffinet
- Location:** Community Room, MCC Pool
- Dates:** Sat., March 25
- Time:** 9 a.m. - 4 p.m.
- Fee:** \$130 for members, \$169 for non-members
- Activity #:** 361023-A



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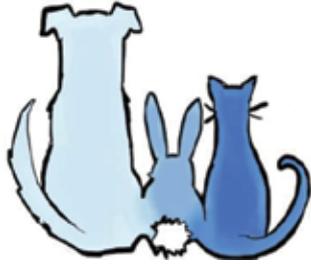


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## Lifeguard Training- Blended Learning

(Ages 15 +)

**Registration Deadline Sun., Jan. 15**

The Mansfield Community Center is proud to provide the most current and up to date training course for lifeguard certification. This course will present the newest lifeguarding curriculum available through the American Red Cross released earlier this year. The purpose of the ARC Lifeguard Training Program is to teach candidates safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. This course does have pre-test that is administered during the first hour of the class. The course pre-requisites include: a continuous 300 yard swim with proficiency in both freestyle and breaststroke, a two minute tread of water without the use of hands and a timed 20 yard swim with surface dive to retrieve a submerged 10 pound object in which candidate return to the starting point with the object and exit the pool without using the stairs or a ladder. Students are only allowed to use goggles for the pre-requisite 300 yard swim portion of the class, students must be able to demonstrate all skills in the class without the use of goggles to pass the course.

This is a Blended Learning Course which means there are approximately 10 hours of online learning that must be finished before the first in class session. Upon registration (once the minimum to run the course has been met) the candidate will receive a welcome email to the course with instructions on how to access the online content. Candidates **MUST** provide the MCC a valid email address upon registration. Registration fees include: one course manual, one pocket mask and processing fees for successful candidates to be issued a certification.

Students will receive an American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer certification upon successful completion of this course. Please bring bathing suit and towel to each class. Registration Deadline Sun., Jan. 15

**Instructor:** Jeanne Goffinet  
**Location:** Community Room and Pool  
**Dates:** Sat., Jan. 28, Sun., Jan. 29, Sat., Feb. 4  
**Time:** 9 a.m. – 4 p.m.  
**Fee:** \$227 for members, \$295 for non-members  
**Activity #:** 361022- A

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## Health & Fitness Seminars

### Creating Space for Fitness in All Seasons

*Presented in conjunction with SELECT PHYSICAL THERAPY*

This hour workshop will help guide you into thinking through all aspects of creating a sustainable and customized plan to take care of your body from a fitness perspective. A goal of the evening is that you are motivated and leave with a specific immediate action step and future planning for the year.

**Instructor:** Dorinda Miller, PT, CSCS  
**Location:** Community Room  
**Date:** Wed., Jan. 11  
**Time:** 6:45-7:45 p.m.  
**Fee:** FREE to members, \$10 for non-members  
**Activity #:** 370091-A

### Self Hypnosis for Pain Management

Studies show that more than 75% of people with arthritis and related diseases experience significant pain relief using hypnosis. It has been shown to be one of the most powerful and helpful non drug therapeutic methods that people can use to manage their symptoms, especially in cases of arthritis and fibromyalgia. Hypnosis isn't about convincing you that you don't feel pain; it's about helping you manage the fear and anxiety you feel related to it. We'll also discuss how the perception of pain is processed in our bodies and how you can use simple techniques to control the signals.

**Instructor:** Keri Jenkins  
**Location:** Arts & Crafts Room  
**Date:** Tues., Feb. 7  
**Time:** 7-8 p.m.  
**Fee:** FREE to members, \$10 for non-members  
**Activity #:** 370091-B

### Alexander Technique

The Alexander Technique (AT) is a way to feel better, and move and breathe with greater ease and freedom. A trained AT instructor will share how this mind-body technique helps you to identify and eliminate harmful habits that have built up over a lifetime of stress and how it relates to all aspects of movement, everyday activities, and breathing. Join us for this group introductory exploration!

**Instructor:** Kristin Mozeiko  
**Location:** CC Arts and Crafts Room  
**Date:** Tues., March 7  
**Time:** 6-7 p.m.  
**Fee:** FREE to members, \$10 for non-members  
**Activity #:** 370091-C  
**Age:** All are welcome\*

\*Session is open to everyone, children under 12 years old must be accompanied by an adult. Please contact the instructor in advance to make them aware of any accommodations that may be required.

### Youth Resistance Training Orientation

This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+) to 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 youth fitness hours, under a parents/guardians supervision. This class is mandatory for use of the fitness center by this age group. **This program is available to Community Center Members only. Pre-registration required.**

**Instructor:** Mansfield Community Center Personal Trainers  
**Days/Times:** 370090-A Sun., Jan. 22, 8:15-9:15 a.m.  
 370090-B Fri., Feb. 24, 5-6 p.m.  
 370090-C Sat., March 18, 10-11 a.m.  
**Fees:** \$10 per youth/parent pair – Members Only  
**Pre-registration required.**  
**Location:** Exercise/Dance Studio



### DON'T MISS THE HEALTH & FITNESS EVENTS!

Pgs. 38-40 have the info on the First Day Hike, Women on Wellness, and Youth Triathlon!

### Youth Fitness – Cardiovascular



Youth ages 10-13 may utilize the cardiovascular equipment (ellipticals, bikes, rower) with proper parental supervision. Parent or guardian (18+) must be actively supervising youth at all times. Youth and parent must check in with Fitness Assistant 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 Assistants.

**Days:** Tues., Thurs., Fri., 4-8:30 p.m., Sat 7-4, Sun 8-4  
**Fee:** FREE! – Members only!

# Fitness Center

## Personal Trainers



Jerry Kleinman  
860-617-1161



Mandy Ivory  
860-933-4852



Jessica Tracy  
860-429-3015



### V Nutrition Counseling



Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more confused? Sign up for a good look at how we can help you.

**2- 30 minute sessions** - \$60 (initial meeting to determine goals, submit diet and lifestyle assessment, session 2 presents an analysis of your diet and important action steps you can take). Virtual Options available.

### Functional Movement Screen

First Move Well, Then Move Often! The Functional Movement Screen is comprised of 7 tests that look at your balance, mobility and stability. These patterns of movement will show you where your weaknesses, imbalances, asymmetries and limitations lie. No matter your fitness level, this test can benefit your exercise program by finding faulty movement patterns. Find out where you are compensating in your movement; improve your biomechanics; help prevent future injuries.

**2-30 minute sessions** - \$60 (initial measurement taken at first appointment, analysis of results with specific exercise demonstration at second appointment)

### V Stress Management- Finding a Balance

Are you struggling with day to day stress, trying to get on top of it all and still feel joy? Learn how to create effective habits for YOU, that will help you to manage your stress. 2-30 minute sessions \$60. Virtual Options available.

### Body Composition Testing

Being healthy or getting fit is more than just exercise. We can help you look at YOUR body and give you information that you can use more effectively than just a number on the scale. Did you know...lean muscle weighs more than fat? The location of changes in skinfold measurements can provide clues about your hormone levels. Analyzing your body composition can help you set and reach goals. Initial measurements of skinfold and girth taken at 4-7 sites. Calculation of body fat and lean mass percentages.

**2-30 minute sessions** - \$60 (initial measurement and 6-week follow-up)

For information on above packages email [tracyja@mansfieldct.org](mailto:tracyja@mansfieldct.org)

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MOSSA has a long history of inspiring millions of people to MOVE. Through the years, MOSSA has touched every part of the fitness industry. This company has its roots in successful health club ownership during the 1970s and 80s, and were the originators of the step fitness craze in the 90s. Today they are the leading developer of professional group fitness programs for health clubs and fitness centers. In 2013, MOSSA was selected by Microsoft to create home workouts, quickly becoming the most popular workouts on Xbox Fitness. We now bring you the opportunity to receive MOSSA workouts anytime, anywhere by subscribing to the digital streaming service MOSSA On Demand.



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# Starting Strong



Let our  
Fitness Staff  
Help You  
**GET STARTED  
ON YOUR  
FITNESS JOURNEY**  
the Right Way!

For a member-only appointment, stop by the Fitness Desk or call  
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You will receive a one-on-one orientation to our fitness  
equipment with a Fitness Assistant.

You will leave with a basic workout as well as the information  
and confidence to continue on your fitness journey.



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COMMUNITY CENTER  
*Family, Fitness & Fun!*

## Track Distances

Inside lane—19 laps = 1 mile  
Outside lane—17.2 laps = 1 mile



Ages 12+

## Family Track Hours

Mon, Tues, Wed,  
Thurs, Fri:  
12-8:30 pm  
Sat 7 am-4 pm  
Sun 8 am-4 pm

**Please note—**  
parents must run  
or walk beside their  
children at all times  
and follow all posted  
policies regarding  
use of the track.



# Fitness Center

## Find your perfect fitness class!

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

Stability & Fall Prevention  
Silver Sneakers Classes  
Aqua Therapy  
Gentle Yoga  
Tai Chi

**Looking to improve flexibility, range of motion or balance?**

Stability & Fall Prevention  
Pilates  
Tai Chi  
Yoga  
Yo/Pi  
TRX

**Silver Sneakers classes**

Circuit/Yoga  
Stability  
Classic  
Circuit

**Fun and Challenging**

Work the Circuit  
Winter Walking  
Extreme Spin  
Kettlebells  
Bootcamp  
Spoga  
Barre  
TRX

**Prefer a water class?**

Aqua Therapy  
Water Fitness

**Kids and Teens**

Family Fitness Series  
Triathlon Training  
Homeschool Yoga  
Teen Yoga

**Build Strength & Endurance with:**

Functional Strength  
Work the Circuit  
Kettlebells  
Bootcamp  
Barre  
TRX

**NEW!**

Homeschool Yoga  
Fitness First Fridays  
Family Fitness Series  
Youth Tri Training  
Winter Walking  
Teen Yoga  
Barre

**Actively Seeking Fitness Instructors**

Certified applicants email  
[tracyja@mansfieldct.org](mailto:tracyja@mansfieldct.org)

**V**

**Mossa Streaming-**  
See weekly schedule for available programs

**Chair Strength**  
Chair Circuit  
Chair Yoga  
Pilates

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

## Class descriptions

CLASS	DESCRIPTION
<b>Spin</b>	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.
<b>Extreme Spin</b>	A class designed for the experienced cyclist or spinner. Be prepared for a workout. We strongly suggest you bring two water bottles and a towel to class.
<b>Spoga</b>	A yoga- spin hybrid class, designed to give you 30 minutes of cardiovascular workout on the spin bike, followed by 30 minutes on the yoga mat. The combination allows you to increase your overall fitness while improving flexibility and core strength.
<b>Hardcore Bootcamp</b>	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.
<b>Functional Strength</b>	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, steps and balance training along with your own body weight to help you get stronger to do what you want and need to do daily. This class will also incorporate stretching for flexibility.
<b>Work the Circuit</b>	A great cardiovascular workout and strength training in one. This program combines cardiovascular and strength stations to maximize your workout.
<b>Yo/Pi</b>	This class is a fusion of yoga and mat Pilates. Think core strength, flexibility and balance.
<b>Gentle Yoga</b>	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
<b>Yoga Foundations</b>	Serving both complete beginners and experienced yogis looking to improve their form. Yoga Foundations explores common poses in more depth so practitioners can feel more confident in their form and learnt to self-adjust as needed. Class will still flow, so be ready for a solid workout with a bit more insight into your body movements and postures.
<b>Mat Pilates</b>	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down position. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor's care should not attend.
<b>Pilates Level 2</b>	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. Pre-requisite: 6 months of former Pilates or permission from the instructor.
<b>Corefusion</b>	A class combining the fundamental movements of both Pilates and Yoga. Emphasis on breath work and core strength.
<b>1st Year Tai Chi</b>	This class will introduce students to this ancient Chinese martial and movement system that can help alleviate stress, calm the mind, improve balance and circulation and increase flexibility. We'll use various Yang style Tai Chi movement and classical Qigong healing exercises to help us learn to direct our life force (Chi) to relax and energize the mind and body and move toward a more relaxed mindfulness. This course can be repeated as many times as the student feels necessary before moving on to the Continuing class.
<b>Continuing Tai Chi</b>	This class is designed for experienced practitioners to bring their Tai Chi skills to the next level. We will focus our practice on Tai Chi fundamentals and principles, improved energy and body balance and an enhanced body-mind connection using more complex form movements and Chi (life force) cultivation exercises. Requirement: two years experience or permission of the instructor.
<b>Salsa Fit</b>	Have some Salsa with your workout! This class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun – you won't even know it's exercise.
<b>Silver Sneakers Circuit</b>	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
<b>Silver Sneakers Classic</b>	Have fun and move to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.

# Fitness Center

## Class descriptions

CLASS	DESCRIPTION
<b>Silver Sneakers Stability</b>	Stability is the newest SilverSneakers class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. Class is FREE for SilverSneakers members.
<b>Silver Sneakers Circuit/Yoga Combo</b>	Class will begin with circuit (see description above) and wind down with a chair based yoga session. Yoga moves your body through a series of standing and seated yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE to Silver Sneakers Members.
<b>Chair Yoga</b>	<b>(Virtual)</b> You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is virtual only
<b>Chair Circuit</b>	<b>(Virtual)</b> 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 small lightweight ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Virtual only. Options will be given for alternate resistance tools.
<b>Chair Strength</b>	<b>(Virtual)</b> Have fun moving through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a small lightweight ball are offered for resistance. A chair is available if need for seated or standing support. Virtual only. Options will be given for alternate resistance tools.
<b>Kettlebells</b>	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 Basics or instructor permission required.
<b>Functional Strength</b>	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.
<b>TRX</b>	Learn to use this equipment to challenge yourself in new ways! This class is offered in both half hour and hour long formats and 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!
<b>Aqua Therapy</b>	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.
<b>Water Fitness</b>	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
<b>Teen Yoga</b>	Teens will have fun getting fit, improving strength, balance, flexibility and endurance with challenging poses. They'll also develop emotional equilibrium, self-esteem, and concentration with the deep breathing, relaxation and meditation components of the sessions. 14+ or entering high school
<b>Homeschool Yoga</b>	Appropriate for ages K-12. This yoga class is fun, active and educational. Kids will learn age appropriate movements through imitation and direction from our Certified Yoga Instructor. Body awareness and control will be addressed to allow for safe movements all while learning and moving
<b>Family Fitness Series</b>	Join us for a weekly series on how you and your family can stay active and fit together and have fun doing it. Available for parent/guardian and child(ren) ages 2-12. Parents must attend with children. Activities will include: Family Games, Relays and Obstacles, Strength & Power, Between Screen Time
<b>Fitness First Fridays</b>	Join us for an exploration of different modalities to enhance your fitness journey. Some tools and techniques may be familiar to you, and some may be new. Explore foam rollers and Therapy Balls, tubing and bands, stability balls, BOSU and more.

## Class descriptions

CLASS	DESCRIPTION
<b>Ability Fitness</b>	For Adults and Teens with special needs. We welcome individuals ages 14+ to join us for a fun and healthy fitness class. Class will include riding stationary "spin" bikes for cardiovascular exercise as well as functional based strength training. Strength training may include body weight exercises or other forms of resistance including hand weights, resistance bands, stability balls or aerobic steps. Instructor will make modifications to meet the needs of the participants as best as possible. 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.
<b>Winter Walking</b>	Join us on your lunchbreak for some much needed Vitamin D, exercise and camaraderie. We will tackle local trails and paths for approximately 45 minutes each week. Please be prepared for inclement weather. Locations to be announced weekly.
<b>Youth Triathlon Training</b>	This program is designed to get kids ages 8-14 excited about participating in a multisport event. Kids in this program will train in 2 of the components of a triathlon: biking and running in a fun and safe manner. Registration in the Marlins swim club immediately following this program will allow for the third brick of training.
<b>Smile Through Art</b>	Many neurological disorders including Parkinson's Disease and MS have varied symptoms including the "inability to smile. This virtual program held in a group setting at the Mansfield Community Center Arts & Crafts Room brings an innovative approach to managing symptoms through art and movement. 98% of participants living with Parkinson's have a heightened level of mood after participating in one of these workshops. Supplies are included for each of these 1.5 hour workshops.

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Hilltop Restaurant, Willington

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# FITNESS SCHEDULE WINTER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 370001-A, \$189/\$378 32 classes, no 1/2 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 370012-B, \$79/\$158 11 classes Instructor: Jerry Gym	<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 370001-A, \$189/\$378 32 classes, no 1/2 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 370012-C, \$79/\$158 11 classes Instructor: Jerry Gym	<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 370001-A, \$189/\$378 32 classes, no 1/2 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>9-9:45 a.m. ☺</b> 370012-D, \$79/\$158 11 classes Instructor: Tiffany	<b>Extreme Spin</b> <b>9:30-11 a.m. ☺</b> 370002-A, \$89/\$178 10 classes, no 1/8 Instructor: Ron
<b>TRX</b> <b>9-9:30 a.m. ☺</b> 370076-A, \$29/\$58 8 classes, no 1/2, 1/10, 2/10 Instructor: Jess Gym A	<b>Spin</b> <b>6:30-7:30 a.m. T/Th</b> 370001-B, \$130/\$260 22 classes Instructor: Ron	<b>Water Fitness</b> <b>8:45-9:45 a.m. ☺</b> 370037-B, \$79/\$158 11 classes Instructor: Colleen	<b>Spin</b> <b>6:30-7:30 a.m. T/Th</b> 370001-B, \$130/\$260 22 classes Instructor: Ron	<b>Functional Strength</b> <b>8:45-9:45 a.m.</b> 370014-B, \$79/\$158 11 classes Instructor: Colleen		
<b>Mat Pilates</b> <b>9-10 a.m. ☺</b> 370028-A, 65/\$130 9 classes, no 1/2, 2/20 Instructor: Colleen	<b>Work the Circuit</b> <b>8:45-9:30 a.m.</b> 370005-A, \$59/\$118 11 classes Instructor: Colleen	<b>Salsa Fit</b> <b>9-10 a.m. ☺</b> 370032-A, \$79/\$158 11 classes Virtual and In Person Instructor: Kelly	<b>TRX</b> <b>9-9:30 a.m.</b> 370076-B, \$40/\$80 11 classes Instructor: Colleen, Gym A	<b>Water Fitness</b> <b>10-11 a.m.</b> 370037-C, \$79/\$158 11 classes Instructor: Colleen		
<b>Water Fitness</b> <b>9:45-10:45 a.m. ☺</b> 370037-A, \$58/\$116 8 classes, no 1/2, 1/16, 2/20 Instructor: Keri	<b>Barre</b> <b>9:45-10:45 a.m.</b> 370007-B, \$79/\$158 11 classes Instructor: Colleen	<b>Silver Sneakers Classic</b> <b>10-10:45 a.m. ☺</b> 370015-B, \$59/\$118 11 classes Instructor: Colleen, Comm Rm	<b>Chair Circuit</b> <b>9:15-10 a.m.</b> 370008-B, \$54/\$108 10 classes, no 3/16 Instructor: Mandy	<b>Yo/Pi</b> <b>10:30-11:30 a.m.</b> 370023-A, \$79/\$158 11 classes Instructor: Sharon		
<b>Silver Sneakers Classic</b> <b>10-10:45 a.m. ☺</b> 370015-A, \$49/\$98 9 classes, no 1/2, 1/16 Instructor: Jerry Comm Rm	<b>Aqua Therapy</b> <b>10:30-11:15 a.m. T/Th</b> 370041-A, \$119/\$238 22 classes Instructor: Dorinda	<b>Chair Classic</b> <b>10-10:45 a.m.</b> 370015-Z, \$59/\$118 11 classes Instructor: Colleen	<b>Barre</b> <b>9:45-10:45 a.m.</b> 370007-A, \$79/\$158 11 classes Instructor: Colleen	<b>Silver Sneakers Stability</b> <b>11:15-12 p.m.</b> 370019-A, \$59/\$118 11 classes Instructor: Colleen, Comm Rm		
<b>Chair Classic</b> <b>10-10:45 a.m.</b> 370015-V, \$49/\$98 9 classes, no 1/2, 1/16 Instructor: Jerry	<b>Silver Sneakers Circuit/Yoga</b> <b>11-11:45 a.m.</b> 370021-A, \$59/\$118 11 classes Instructor: Colleen, Comm Rm	<b>Gentle Yoga</b> <b>10:30-11:30 a.m. ☺</b> 370046-A, \$79/\$158 11 classes Instructor: Sharon	<b>Aqua Therapy</b> <b>10:30-11:15 a.m. T/Th</b> 370041-A, \$119/\$238 22 classes Instructor: Dorinda	<b>Fitness First Fridays</b> <b>12:15-12:45 p.m.</b> 370060-A, 1/6 370060-B, 2/3 370060-C, 3/3 \$3/\$6 Session Instructor: Jess		
<b>Functional Strength</b> <b>10:15-11:15 a.m. ☺</b> 370014-A, \$65/\$130 9 classes, no 1/2, 1/16 Instructor: Colleen	<b>Aqua Therapy</b> <b>10:20-12:05 p.m. T/Th</b> 370041-B, \$119/\$238 22 classes Instructor: Dorinda	<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m. ☺</b> 370008-C, \$59/\$118 11 classes Instructor: Colleen, Comm Rm	<b>Chair Yoga</b> <b>10:15-11 a.m.</b> 370022-A, \$54/\$108 10 classes, no 3/16 Instructor: Mandy			
<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m. ☺</b> 370008-A, \$49/\$98 9 classes, no 1/2, 1/16 Instructor: Jerry Comm Rm	<b>Yoga Foundations</b> <b>2-3 p.m.</b> 370071-B, \$79/\$158 11 classes Instructor: Ayaa	<b>Chair Circuit</b> <b>11-11:45 a.m.</b> 370080-Z, \$59/\$118 11 classes Instructor: Colleen	<b>Aqua Therapy</b> <b>11:20-12:05 p.m. T/Th</b> 370041-B, \$119/\$238 22 classes Instructor: Dorinda			
<b>Chair Circuit</b> <b>11-11:45 a.m.</b> 370008-V, \$49/\$98 9 classes, no 1/2, 1/16 Instructor: Jerry		<b>Winter Walk Series</b> <b>12-12:45 p.m.</b> 370050-A, \$59/\$118 11 classes Instructor: Jess	<b>Smile Through Art Workshop</b> <b>12-1:30 p.m. T/Th</b> 370082-A, Jan 19 370082-B, Feb 19 370082-C, Mar 19 \$40/\$50 each session All materials included			
<b>Kettlebells</b> <b>12:15-12:45 p.m.</b> 370075-A, \$29/\$58 8 classes, no 1/2, 1/16, 2/20 Instructor: Jess Gym A		<b>Homeschool Yoga</b> <b>2:45-3:45 p.m.</b> 370033-A, \$79/\$158 11 classes Instructor: Jaime	<b>Youth Triathlon Training</b> <b>5-5:45 p.m.</b> 3700088-A, \$49/\$98 9 classes, no 1/5, 1/12 Instructor: TBD			
<b>Pilates Level 2</b> <b>4-5 p.m.</b> 370047-A, \$72/\$144 10 classes, no 1/2 Instructor: Margherita	<b>Family Fitness Series</b> <b>4:30-5 p.m.</b> 370080-A, \$30/\$60 Price is per family 4 classes, 1/17-2/7 Instructor: TBD	<b>Teen Yoga</b> <b>2:45-3:45 p.m.</b> 370033-A, \$79/\$158 11 classes Instructor: Jaime	<b>Ability Fitness</b> <b>6-6:45 p.m. ☺</b> 370005-A, \$54/\$108 10 classes, no 3/16 Instructor: Mandy			
<b>Yoga Foundation</b> <b>6:30-7:30 p.m. ☺</b> 370071-A, \$72/\$144 10 classes, no 1/2 Instructor: Jaime	<b>Spoga</b> <b>6:45-7:45 p.m.</b> 370004-A, \$79/\$158 11 classes Instructor: TBD	<b>Corefusion</b> <b>5:20-6:20 p.m.</b> 370055-A, \$79/\$158 11 classes Instructor: Dorinda	<b>1st Year Tai Chi</b> <b>5:30-6:45 p.m. ☺</b> 370029-A, \$99/\$198 11 classes Instructor: George			
			<b>Continuing Tai Chi</b> <b>7-8:15 p.m.</b> 370030-A, \$99/\$198 11 classes Instructor: George			

## WINTER FITNESS CLASSES

**Session 1: Tuesday, January 3- Sunday, March 19**

Makeups for classes missed due to weather cancellations will be held 3/20-4/2

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

**See class descriptions on pages 25-27**

**For help finding the right class for your needs, see page 24**

Please check your receipt for information updated after printing of brochure

**KEY**

- Class is in Gym
- Class is in Pool
- Class is Studio
- Class is Virtual via Zoom
- Class is in Community Room
- Outdoor Program
- Class is in Arts & Crafts

**FLEX YOUR OPTIONS!** Here are ways to maintain a flexible fitness schedule and still enjoy your classes: Members - Fitness Flex 15 classes = \$129, Fitness Flex 25 classes = \$215. Members may also pay per one class drop in \$9 each. Non-members - \$15 per one class drop in. Not a member yet? See how our 3 month membership options can give you more options and save you money on our Fitness programs.



**Instructors:** *Mia (John) Pomeranke* and professional dance instructors from Mansfield Academy of Dance. Instructors at the Mansfield Academy of Dance pride themselves on being lifelong learners who continually educate themselves through certification programs, teacher-training schools, conferences, and other learning opportunities. They are certified by test to teach dance through Dance Masters of America. Mansfield Academy of Dance instructors offer high-level dance education with focus on age appropriate physical and mental development as well as proper dance technique and terminology. Our goal is to prepare young dancers for any path they wish to pursue in life. Our dancers are inspired, confident, healthy, passionate, disciplined, focused, and proud.



## Tumble and Twirl (Ages 3-5)



Get your body moving on Sunday morning! Allow your little one to explore the fundamentals of tumbling, acrobatic movements, gross motor skills, dance and basic stretching skills. Each day will start with a warm up dance, basic stretching to warm up the body and then children will move through a series of combination on the floor, mats, wedges,

balance beam and other tumbling equipment. Tumblers will focus on balance and body awareness while improving their strength and coordination. **Parent involvement is highly encouraged to assist their child in class.**

**Location:** CC Gymnasium  
**Time:** 10:30-11:15 a.m.  
**Dates:** Sun., Jan. 15 - March 19 (10 classes)  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 320047-A

## **NEW!** Discover Dance (Ages 3-5)

This program is meant as an introduction to dance education. Concepts are taught through movement, music, structure and play. The goal is to reinforce and stimulate the developmental patterns of the child. This creative dance program helps children develop rhythm, motion, coordination and self-expression, and prepares them for future study in the many styles of dance.

**Location:** CC Dance/Fitness Studio  
**Time:** 11:25 a.m.-12:10 p.m.  
**Dates:** Sun., Jan. 15 - March 19 (10 classes)  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 320041-A

## Dance Explorers (Ages 6-10)

A discovery dance-zone to keep your child active and engaged! Each week will cover a different dance form or focus within jazz, hip-hop, ballet, and more! Children will learn basic positions and movements while exploring music and dance. Themes, props, and creative dance make learning steps and terminology exciting and fun. Allow our child to realize their favorite dance type in the explorative and educational program. Leotard, tights, and leather ballet shoes recommended.

Please contact instructor for help ordering; [themansfielddance@gmail.com](mailto:themansfielddance@gmail.com)

**Location:** CC Dance/Fitness Studio  
**Time:** 12:20-1:05 p.m.  
**Dates:** Sun., Jan. 15 - March 19 (10 classes)  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 320046-A

## **NEW!** Hip Hop/Jazz Funk (Ages 7-10)

This energetic and exciting class will incorporate some of the latest styles of dance featured in music videos and on television with popular music in an age appropriate manner. Students will focus on building strength and stamina while working on such skills as body awareness, isolation and musicality. Creativity and self-expression will be encouraged through free dance and student choreography.

**Location:** CC Dance/Fitness Studio  
**Time:** 1:15-2 p.m.  
**Dates:** Sun., Jan. 15 - March 19 (10 classes)  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 320049-A





## Adult/Teen Ballet (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 technique. The class will include ballet positions and movements. The level of difficulty will be adjusted to suit the experience of the students. All ability levels welcome!

**Instructor:** *Arlene Albert*, grew up in New Orleans and studied ballet for 15 years under Lelia Haller, the first American dancer appointed premiere danseuse of the Paris Opera Ballet. A lifelong lover of ballet, Arlene enjoys sharing her love through teaching, and has been teaching in Mansfield for over 15 years.

**Location:** Mansfield Senior Center

**Dates:** Tues. Jan 10- Mar. 14 (10 classes)

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

**Fee:** \$112 for residents, \$122 for non-residents

**Activity #:** 310040-A

## Beginner Hula Dance (Ages 16-Adult)

Hula dancing is a great way to tone your body and burn calories. This Hawaiian dance combines hip movements, footwork and hand motions while telling a story in a graceful style. So, kick off your shoes, put on some comfortable clothes, and feel the island breeze! Please wear comfortable clothes, no sneakers or street shoes.

**Instructor:** *Ann Kozikowski* has been a dancer all of her adult life. She trained with Arts in Motion School of Dance and Dramatic Arts, Trinity College, Lebanon School of Dance, Mansfield Academy of Dance, Fred Astaire and Arthur Murray Dance Schools, and Vermont Ballroom Dance Camp. She has performed dance all over Connecticut and Massachusetts and received her Medal Standard Bronze II at Arthur Murray Dance School, along with her work as a choreographer. Her eighteen year study of the Art of Belly dance, Veil, and Zil work began with second-generation belly dancer, Nerine Avital. She has been teaching for eleven years.

**Location:** CC Fitness/Dance Studio

**Times:** 5:15-6:15 p.m.

**SESSION 1 Dates:** Mon., Jan. 9- Feb. 13 (6 classes)

**Fee:** \$68 for residents, \$78 for non-residents

**Activity #:** 310048-A

**SESSION 2 Dates:** Mon., Feb. 27-March 27 (5 classes)

**Fee:** \$58 for residents, \$68 for non-residents

**Activity #:** 310048-B

## Advanced Belly Dance (Ages 16-Adult)

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

**Instructor:** Ann Kozikowski

**Location:** CC Fitness/Dance Studio

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

**SESSION 1 Dates:** Tue., Jan. 10-Feb. 14 (6 classes)

**Fee:** \$68 for residents, \$78 for non-residents

**Activity #:** 310046-A

**SESSION 2 Dates:** Tue., Feb. 28-March 28 (5 classes)

**Fee:** \$58 for residents, \$68 for non-residents

**Activity #:** 310046-B

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# Community School of the Arts



## Lenard Hall Community School of the Arts

The Community School of the Arts programs have delivered over 40 years of music, visual art, and performance instruction. The Community School of the Arts programs are now housed in the recently renovated Lenard Hall building located at 450 S. Eagleville Road. Through the generosity of principal donors John and Jean Lenard, and others including the Jeffrey P. Ossen Family Foundation, the Lenard Hall facility was made possible. Participants can be reassured that Mansfield Parks and Recreation is committed to continuing to provide high quality instruction, offering students of all ages and ability levels professional, affordable instruction in the performing and visual arts. Come learn, grow, and create with us!

450 South Eagleville Road, Storrs-Mansfield, CT 06268 | 860-429-3015 ext. 6250 | [www.mansfieldct.gov/csa](http://www.mansfieldct.gov/csa)



## Individual Instrumental and Voice Lessons

(Virtual & In-person)

Please visit the Lenard Hall Reception desk or [www.mansfieldct.gov/csa](http://www.mansfieldct.gov/csa) for a list of virtual and select in-person lessons and instructors. Register online or in person with activity numbers below. Once registered, you will be contacted within two weeks to discuss your lesson appointments, once scheduled you will receive lesson schedule via email. Students meet with an instructor once per week for 30, 45, or 60 minutes. Depending upon the instrument, age requirements may apply. Lessons are offered in-person on Tuesdays, Wednesdays, and Fridays at Lenard Hall or virtually throughout the week. Additional days may be added. Check with us prior to registering. **Please note there will be a once per season \$10 non-resident charge for those participating in lesson that do not live in Storrs/Mansfield.** Winter season lessons will be held January through March. \*Fees below represent an estimated 11-class season; however, final fee is adjusted for the number of lessons, additional fees will apply if there are additional lessons available in the season. **Register now with the activity numbers below!**

**Dates:** Jan. 9 – March 24 (11 classes)  
Make Up Lessons: March 27 – March 31

**Activity #:** 330700-A (30 mins)  
330700-B (45 mins)  
330700-C (60 mins)

LESSON LENGTH	30 MINUTES	45 MINUTES	60 MINUTES
*Approximate Full Session (11 lessons)	\$356	\$487	\$643



## Not sure you're ready for the full season? Give us a try with Mini LESSONS!

Register to request mini lessons on your instrument of choice. Times subject to instructor availability. Two mini lessons can be scheduled for the same instrument only once per season.

**Mini Lessons:** 330700-D (2-30 minute Lessons) - \$40

## Electronic Music Production - FREE 30 Minute DEMO! (Ages 10+)

Want to learn to make beats? You've come to the right place! Schedule a FREE one-on-one demo lesson focusing on producing instrumental soundtracks! Learn to create drum patterns and compose melodies for genres including Pop, Rock, Hip Hop, EDM, and more. The best part is no experience or equipment is required; though it is very helpful if students have access to a computer (iPads and iPhones are also great alternatives if a computer is not available.) Electronic production is the primary topic but lessons can be customized to include other related skills, such as recording live instruments and vocals. Small group lessons can also be arranged. If you enjoyed your demo, submit an individual music lesson request form to get started!

**Instructor:** *Walker Suib* has been practicing Electronic Music Production (his favorite activity) for the last 6 years. He makes beats for singers and rappers, but also enjoys sound design, sound engineering, and songwriting.

**Location:** Lenard Hall  
**Demo Fee:** FREE! – Email Recreation Coordinator, Bethany Burns at [BurnsB@mansfieldct.org](mailto:BurnsB@mansfieldct.org) to schedule your free 30-minute demo now!

**Fee:** Free 30-minute demo lesson. Can register for 30, 45, or 60-minute individual lessons (see above rates).



# Community School of the Arts

## Open Studio Space for Artists (Ages 14+)

Artists of all mediums are welcome to enjoy the open studio space at the Community School of the Arts Lenard Hall, Mondays from **5 to 7pm**. Bring your own materials, and come create and collaborate with your peers. Please leave yourself enough time to clean up! All skill levels welcome. No instruction provided. Dates and times subject to change or cancellation due to holidays and facility scheduling needs, fees will not be prorated or refunded. Attendance requires monthly registration. Additional details below.

**Location:** Lenard Hall  
**Dates:** Mon., Jan. 2-30 (330000-A)  
Mon., Feb. 6-27 (330000-B)  
Mon., March 6-27 (330000-C)  
**Times:** 5-7 p.m.  
**Fees:** \$11 for residents, \$21 for non-residents

## Music for Preschoolers

(Ages 3-4 with their parent/guardian)

Get your preschooler started early in music through movement, instruments, and exploration of the voice! Parent attendance required.

**Instructor:** *Tricia Wong*, a certified music teacher at Coventry Grammar School. She loves playing piano, ukulele, and singing!  
**Location:** Lenard Hall Recital Room  
**Dates:** Sat. Jan. 21-March 4 (7 classes)  
**Times:** 10-10:45 a.m.  
**Fees:** \$42 for residents, \$52 for non-residents  
**Activity #:** 330202-A



## Theater Class (Grades 3-6)

Students will engage in age appropriate theater games and activities that will help them develop their imagination, creative expression, and confidence. In this fun-filled class setting, every student will have fun and feel successful!

**Lead Instructor:** Miss Kelly Production Staff  
**Location:** Lenard Hall  
**Dates:** Wed., Jan 11-March 15 (10 classes)  
**Time:** 6:15-7 p.m.  
**Fee:** \$110 for residents, \$120 for non-residents  
**Activity #:** 330611-A



## Little Actors (Grades K-2)

Students will engage in age appropriate theater games and activities that will help them develop their imagination, creative expression, and confidence. In this fun-filled class setting, every student will have fun and feel successful!

**Lead Instructor:** Miss Kelly Production Staff  
**Location:** Lenard Hall  
**Dates:** Wed., Jan 11-March 15 (10 classes)  
**Time:** 5:30-6:15 p.m.  
**Fee:** \$110 for residents, \$120 for non-residents  
**Activity #:** 330610-A

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# Community School of the Arts



### **NEW! Art is a Verb** (Teen-Adult)

Rediscover what it means to make art. Ever experience feeling "not good enough" while making art? This kind of thinking comes from the pressure to be perfect, original, and improve right away. "Art is a Verb" will help you learn a new perspective where you can re-explore what it means to make art. All skill levels welcome, even experts struggle with imposter syndrome. Expect to test your out-of-the-box thinking and take home what you create. Content covered: continuous line drawing, working with mixed media, painting with acrylics, peer to peer feedback

**Instructor:** *Allison Pillari* brings a unique lens to art-making. Her openness to various perspectives and non-judgmental approach, provides access to art for both identified artists and especially, those who previously did not consider themselves creative. Neuro-divergent friendly.

**Location:** Lenard Hall  
**Dates:** Thurs., Jan. 12-March 16 (10 classes)  
**Time:** 1-4 p.m.  
**Fee:** \$360 for residents, \$370 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply.  
**Activity #:** 330046-A

### **NEW! Let the Crayons Speak** (Ages 7-10)



This course teaches storytelling by story-boarding a narrative using basic art materials. Participants will learn how to look for context clues in imagery, learn basic symbolism, and social skills. Children will illustrate a story similar to a storyboard artist for movies, tv shows/cartoons, and other media. Participants will share with their peers and are expected to

give/receive constructive feedback when prompted, teaching them the appropriateness of solicited feedback.

**Instructor:** Allison Pillari  
**Location:** Lenard Hall  
**Dates:** Tues. & Thurs., Jan. 10-Feb. 23 (14 classes)  
**Time:** 4:45-6:15 p.m.  
**Fee:** \$217 for residents, \$227 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply.  
**Activity #:** 330040-A

### **NEW! Collage: Painting with Paper** (Teen-Adult)

This isn't your dream board with inspiring words, this will challenge your sight. Participants will use paper collage to replicate a still life and practice to match color, texture, and shape relationships. Please bring paper materials you'd like to recycle and experiment with, magazines and construction paper will be supplemented. Participants will start with simple objects to work from then steadily work towards something more challenging.

**Instructor:** Allison Pillari  
**Location:** CC Arts & Crafts Room  
**Time:** 12-3 p.m.  
**Per Session Fee:** \$216 for residents, \$226 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply (per session).

**SESSION A Dates:** Mon., Jan. 9-Feb. 13 (6 classes)  
**Activity #:** 330047-A

**SESSION B Dates:** Wed., Jan. 11-Feb 15 (6 classes)  
**Activity #:** 330047-B



### **NEW! Digital Photography for the Amateur** (Adult)

Struggle with manual settings on your DSLR? Have a nice camera and need a refresher? Learn tips and helpful ways to take your photography to the next level. Participants will learn tips about lighting, ISO, f-stop, aperture, and composition. Participants will get hands-on practice with portraiture and still life photography. Content will also include light box photography and photographing on a budget. Cameras not provided.

**Instructor:** Allison Pillari  
**Location:** CC Arts & Crafts Room  
**Dates:** Sun., Jan. 8-March 19 (11 classes)  
**Time:** 1-3 p.m.  
**Fee:** \$264 for residents, \$274 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply.  
**Activity #:** 330049-A

## **NEW! Steal like an Artist** (Teen-Adult)

Explore different avenues of inspiration in this painting course making master copies (Painting a copy of a painting or image). We will look at an inclusive group of gathered imagery to paint from reference and study some behind-the-scenes information that inspired timeless artwork and where our inspirations flourish. Being an artist doesn't mean every piece you make has to be an original idea. We are constantly taking the ideas of others and molding them into our creations. This course will help artists with hands-on practice to overcome art block, rethink inspiration, and promote peer feedback.

- Instructor:** Allison Pillari
- Location:** CC Arts & Crafts Room
- Dates:** Sat., Jan. 14-Feb. 18 (6 classes)
- Time:** 10 a.m.-12 p.m.
- Fee:** \$144 for residents, \$154 for non-residents
- Materials Fee:** \$25 due at registration, fee waivers do not apply.
- Activity #:** 330048-A

## **NEW! Keeper of the Sketchbook - Twice a Week!** (Teen-Adult)

There comes a time in an artist's life where they are in possession of a sketchbook. Although rarely is someone informed how to keep a sketchbook and create a purpose for it. A sketchbook is a place where your thoughts and ideas are first scribbled on paper. Learn how to quickly translate the world around you and capture it in your sketchbook with techniques like Gesture Drawing and Perspective, while also learning to let go of the fear of "failure".

- Instructor:** Allison Pillari
- Location:** CC Arts & Crafts Room
- Dates:** Mon. & Wed., Jan. 9-March 29 (24 classes)
- Time:** 4:45-6:15 p.m.
- Fee:** \$372 for residents, \$382 for non-residents
- Materials Fee:** \$25 due at registration, fee waivers do not apply.
- Activity #:** 330045-A





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MD, FACOG

Robert Gildersleeve  
MD, FACOG

Lesley Gumbs  
MD, FACOG

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# The Nutcracker

A COMMUNITY PRODUCTION WITH



**MANSFIELD**  
CONNECTICUT

Parks & Recreation

& MISS KELLY PRODUCTIONS



**PURCHASE ADVANCE TICKETS AT THE  
MANSFIELD COMMUNITY CENTER  
STARTING NOVEMBER 1**

.....

**A limited number of tickets will be available  
at the door beginning one hour before each show.**

**Children & Senior Tickets (ages 3-17 & 62+) - \$8/person**

**Adult Tickets (ages 18-61) - \$12/person**

**Day Preview Show & Story Time (all ages) - \$5/person**

.....

## SHOW TIMES:

**Saturday, December 3, 2:00 pm Preview Show Tickets - Act. # 231005-A**

**Saturday, December 3, 6:00 pm Tickets - Act. # 231005-B**

**Sunday, December 4, 1:00 pm Tickets - Act. # 231005-C**

**All shows held at the Mansfield Middle School Auditorium**



**MANSFIELD COMMUNITY CENTER 10 S. EAGLEVILLE ROAD STORRS, CT 06268**

**860-429-3015 WWW.MANSFIELDCC.COM**



## Free Mansfield Days!

Whether you're new to the Community Center or have been here often, if you're a Mansfield Resident you can come for FREE any time during MCC operational hours. Be sure to check area schedules at [www.mansfieldcc.com](http://www.mansfieldcc.com), or call us at 860-429-3015 ext. 0 for more info! Proof of residency required.

**Location:** Mansfield Community Center  
**Dates:** Thurs., Dec. 22  
 Fri.-Sun., Jan. 6-8  
 Sat., Feb. 18  
 Sun., March 5

## Family Fun Events!

Join us this winter for some fun as a family during Family Fun Events at the Mansfield Community Center! Jump and slide on the floating Wibit inflatable obstacle in the main pool, build a fort, tumble and play with the tot toys in the gym, or get a little adventurous and giant inflatable gym slide. For more fun visit the track for Family track time, or play together in the Teen Center; available to families for ping pong, billiards, and more! Activities may vary. Watch for special activities associated with each night's theme on [www.mansfieldcc.com](http://www.mansfieldcc.com). FREE to members. No pre-registration required.

**Location:** Mansfield Community Center  
**Dates/Times:** Sat., Nov. 26, 12:30-3 p.m. **Theme:** Superheroes  
 Sat., Dec. 17, 12:30-3 p.m. **Theme:** Ugly Sweater Day  
 Sat., Jan. 7, 12:30-3 p.m. **Theme:** Open House!  
 Fri., Jan. 20, 4:30-7:30 p.m. **Theme:** Penguin Day  
 Fri., Feb. 3, 4:30-7:30 p.m. **Theme:** Feed the Birds  
 Sat., Feb. 25, 12:30-3 p.m. **Theme:** Carnival Day  
 Fri., Mar. 10, 4:30-7:30 p.m. **Theme:** Plant a Flower Day  
 Fri., Mar. 24, 4:30-7:30 p.m. **Theme:** Science Fiction  
 Fri., Apr. 7, 4:30-7:30 p.m. **Theme:** World Health Day

**Fee:** There is no fee for Community Center Members. Nonmembers pay the daily fee and see what the fun is all about!

## Family Paint Nights! - 1 Day Workshops

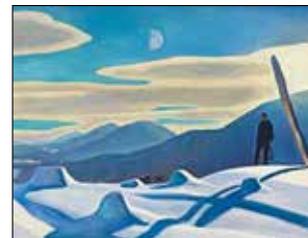
(Families: Youth Ages 6+, Teens, & Adults)

Time to experiment and to enjoy a new skill using acrylics. Time to leave your anxiety and reservations at the door- no mistakes, just have fun. Follow along step-by-step to make your own masterpiece. Each participant receives one canvas. An adult and child pair can work together. Limited seating, pre-registration is required. If you enjoy your experimentation with paint, join us for art classes at Lenard Hall this winter.

Instructor: Noah Yilmaz, an artist from Coventry, CT who enjoys working in a variety of media. He is an Elementary Art Teacher, working with students in grades K-5. He has held classes for all ages, from preschoolers to seniors. He's passionate about helping people express their inner artist!



**Piece:** Winter Landscape, *Wassily Kandinsky* (1909)  
**Location:** Lenard Hall  
**Dates:** Thurs., Dec. 8  
**Time:** 5:30-7 p.m.  
**Fees:** FREE  
**Activity #:** 330053-A



**Piece:** The Trapper, *Rockwell Kent* (1921)  
**Location:** Lenard Hall  
**Dates:** Thurs., Jan. 12  
**Time:** 5:30-7 p.m.  
**Fees:** FREE  
**Activity #:** 330053-B

**Piece:** Untitled, *Robert Combas* (1994)  
**Location:** Lenard Hall  
**Dates:** Thurs., Feb. 9  
**Time:** 5:30-7 p.m.  
**Fees:** FREE  
**Activity #:** 330053-C



 **FIND US ON FACEBOOK and INSTAGRAM!**   
**@MansfieldCommunityCenter**

# Special Events



## Family Play Days!

What to do on these days off from school? Come by the Mansfield Community Center for the day at a discounted family rate (all individuals must reside at the same address; otherwise standard day pass rates apply)! Additionally, members can bring two guests for FREE (two guests per household). Check [www.mansfieldcc.com](http://www.mansfieldcc.com) for current gymnasium, pool, and other center schedules. We'll be sure to pull out the NEW Big Blue Blocks for this, so get ready to engineer and create! Special family day-pass rates are available on the following dates only:

- Dates:** Wed., Dec. 28  
 Mon., Jan. 16  
 Tues., Feb. 21  
 Fri., Apr. 7
- Member Fees:** Members -Bring TWO guests for free! Two guests per household.  
 Non-Member \*Family Day-Pass Special:  
 Mansfield Family- \$9  
 Ashford/Willington-\$11  
 All other towns-\$12  
 \*Must reside together for family rate to apply.

## Saturday Social Group (Ages 15+)

The social activity program is designed for those ages 15+ with developmental/cognitive disabilities. The program will typically meet select Saturday afternoons at the Mansfield Community Center. Participants will enjoy a variety of activities while meeting new friends! Pre-registration is strongly encouraged. There is a \$6 per day participation fee for residents and \$7 per day participation fee for non-residents. Feel free to bring a lunch or snack. First time participants are required to be accompanied by a parent or guardian. For more information, please contact Ellen Tulman at [TulmanE@mansfieldct.org](mailto:TulmanE@mansfieldct.org).

\*Also see Ability Fitness for Saturday fitness opportunity! Pg. 29

- Instructor:** Ellen Tulman  
**Location:** CC Arts & Crafts Room  
**Dates:** Sat., Jan. 21, (Activity #: 310063-A)  
 Sat., Feb. 11, (Activity #: 310063-B)  
 Sat., March 11, (Activity #: 310063-C)  
**Time:** 1-3 p.m.  
**Fees:** \$6 for residents, \$7 for non-residents

## Annual Valentine's Dance (All Ages)

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

- Location:** TBA  
**Date:** TBA  
**Time:** 7-9 p.m.  
**Fees:** Sign up early and save! Space is limited  
 \$27 for resident parents/guardians before  
 \$37 for non-resident parent/guardian before  
 \$37 for resident parent/guardian between  
 \$47 for non-resident parent/guardian between  
 \$42 day of for residents  
 \$52 day of for non-residents



**Activity #:** 390214-A

## NEW! Parent/Guardian and Child Nights Out

Spend time doing something special together in this new program offering fun activities for parents/guardians to do with their child(ren). Get in someone-on-one bonding or family quality time without worrying about making plans; we'll do all of the planning for you! This program is available to parents/guardians and kids of all ages.

- Location:** CC Arts and Crafts Room  
**Dates:** (390090-A) Fri., Jan 13 **Theme:** Board Game Night!  
 (390090-B) Fri., Jan. 27 **Theme:** Cookie Decorating  
 (390090-C) Fri., Feb. 10 **Theme:** Science Experiments  
 (390090-D) Fri., Feb. 24 **Theme:** Dinner Date  
 (390090-E) Fri., Mar. 10 **Theme:** Pajamas and Fort Making
- Times:** 6-7 p.m.  
**Fee:** Varied by activity (see flyer available Nov. 18)



## First Day Hike

Join us for a local hike on January 1st to kickoff your New Year on the right (or left) foot!

- Instructor:** Jessica Tracy  
**Date:** Sun., Jan. 1  
**Time:** 10-11 a.m.  
**Location:** TBD  
**Session:** 370092-A  
**Fee:** FREE to Members, \$10 for non-members

## Women on Wellness

Grab your BFF, your sister, your daughter or your mom and treat yourself to a mini wellness retreat.

This mini retreat will explore practices that can boost energy and decrease stress throughout the long New England winter.

**Instructor:** Jessica Tracy  
**Date:** Fri., Jan. 20  
**Time:** 5-7 p.m.  
**Session:** 370092-B  
**Fee:** \$25 for members, \$50 for non-members; All materials provided.

## Interested in the training program?

*Youth Triathlon Training* meets Thursdays starting January 19 from 5 to 5:45 p.m.

**Fee:** \$49 for members, \$98 for non-members  
**Activity #:** 370088-A  
More details pg. 27

## Don't Miss Out on Health & Fitness Freebies!

See pg. 23 For information on the Starting Strong member program. This free orientation is designed to help you feel more confident in your workout and with Mansfield Community Center fitness staff and equipment.

See pg. 21 For this seasons Health & Fitness Seminars; FREE with your membership! Pre-registration required.

**Our Annual**

# HALLOWEEN TRICK-A-TRUNK

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

**Thank you to our GOLD level sponsors**  
Khal Mahmoud, Gansett Wraps,  
Matt Maynard, Towne Engineering, Inc.

**Thank you to our SPIRIT level sponsors**  
Ben Shaiken, Mansfield Democratic Town Committee,  
Steve Rogers, Subway

**A very special thank you to our  
Trick-A-Trunkers and our great volunteers:**  
Jane Horsman-Potter, Robin Grenier, Mansfield DTC, Towne Engineering  
Inc., Mansfield Academy of Dance, Smart Connection Electrical,  
Caranci Family, Seeley Family, Lizzie Mullen, Villari's Martial Arts,  
Sasha Rivera, Eastern Insurance, Mansfield Elementary School  
PTO, Green Valley Veterinary Services, Leo Club, UCONN  
Alphaphi Omega Sorority

# Special Events

## Youth Triathlon (Ages 8 to 14)

**Registration deadline March 13**

Join us for this fun event culminating a full session of training this winter. Young athletes will have the opportunity to participate in an indoor Triathlon event. Event open to athletes ages 8-14 even if they have not completed the triathlon training. **Pre-registration is required.** Participants must be able to swim the appropriate swim distance with no flotation device or other assistance. Proper swimwear must be worn. Bike will be Kaiser spin bikes in the fitness studio – closed toe shoes are required- bike shoes not necessary. Run will take place on indoor track, closed toe shoes are required. All registered participants will receive a certificate and towel. Top 3 finishers (male/female in each age group) will be given medals – time is compiled from the 3 events and tallied at the end.

**Date:** Sun., March 19  
**Time:** Check-in 8 am-Arts and Crafts Room- no day-of event registration  
 (370088-A1) 8-10 years old- 100 yd swim, 2 mile bike, .75 mile run  
 (370088-A2) 11-12 years old – 150 yd swim, 3 mile bike, 1 mile run  
 (370088-A3) 13-14 years old-200 yd swim, 4 mile bike, 1 mile run  
**Fee:** \$25 for MCC members/ \$35 for non-members



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## NEW! Kids Night Out - Holiday PJ Party

(Ages 5 to 12)

Kid's! Aren't you ready for a night out? We have a special night of fun planned with you in mind! Have you ever made wrapping paper? That's on the list! Put on your favorite PJ's, prepare yourself to enjoy some pizza and snacks, playtime and crafts, and an after-dinner film complete with cocoa for dessert.

Parents, sorry, you're not invited to this one. We hope you'll be able to keep yourselves busy! Maybe have dinner out or do some shopping? Don't worry, we'll be having fun.

**Location:** CC Arts and Crafts Room, Teen Center, & Gymnasium  
**Date:** Fri., Dec. 9  
**Time:** 5-8 p.m.  
**Instructor:** MCC Staff  
**Fee:** \$20 for residents, \$30 for non-residents  
**Activity #:** 390095-A



## Letters to Santa

Hey kids! Are you drafting a note to the big guy? A little secret... we can help get it to him! The Mansfield Community Center has a special delivery mailbox to get your letters straight to the North Pole! Be sure to bring them by with plenty of time; The box works by magic...it appears November 26th and transports all your special letters promptly on December 12th. Don't forget to mention how good you've been; and include a self-addressed and stamped envelope for Santa to reply.

## Calling all Elves!

Elves, we know you're out there keeping an eye on things for Santa, but he's putting out an S.O.S. (Sound Of Santa) calling for your help in making sure the letter transport goes smoothly. He'd like to be sure all letters are signed and sent out to all the children who have written to him. Email [parksandrec@mansfieldct.org](mailto:parksandrec@mansfieldct.org) with your questions, or to confirm your attendance to his call for aide. He'll need his elf crew assembled December 13th at 10 a.m.





Bring your family to experience some community holiday fun! Start your morning with our Jingle Jog around the track, perfect for all levels and abilities. Don't jog? You are welcome to walk and bring the kids, strollers however are not allowed on the track. Head inside for some warm hot chocolate, candy canes and to peruse our Craft Fair. Santa even makes an appearance. Craft Fair, Santa are both FREE with no registration necessary to attend and shop. Jingle Jog requires advanced registration. See website for updates and details on registering.

## New! Jingle Jog

**Registration deadline November 28th**

Join us for this fun new family friendly event. Prance, dance or blitz your way around your distance of choice. Jingle bells provided with your registration! Feel free to dress up in your best holiday attire. Hot chocolate and candy canes at the Community Center after you finish!! More details to come!

**Location:** E.O. Smith Track,  
Potential Off-Track Course (TBD)!

**Date:** Sat., Dec. 3

**Start Time:** 9 a.m.

**Fee:** FREE

**Activity #:** 270080-A



## Craft Fair

Calling all craft vendors. Register to sell your crafts at our first ever Mansfield Community Center Craft Fair. All crafters with handmade products are encouraged to reserve a table (sales of commercial items, imports and novelties are not permitted) Booth reservation will consist of an 8' table and 2 chairs. **Application deadline is November 15th** or before is max capacity is reached. See website for application and registration guidelines.

**Location:** MCC

**Date:** Sat., Dec. 3

**Time:** 8 a.m.-4 p.m.

**Table rental:** \$30 residents, \$40 non-residents

**Activity #:** 270085-A



## 10<sup>th</sup> Annual Winter Welcome

The Mansfield Downtown Partnership invites residents and friends to celebrate the start of the new season at our 10th Annual Winter Welcome! Enjoy seasonal specials and treats from participating businesses, music, and more! The Trim-a-Tree contest returns – Join with you friends, family, coworkers, or community group members to decorate a tree in a winter, holiday, or theme of your choice. Visitors will vote for their favorites during the event.

For more information, please visit [downtownstorr.org/winterwelcome](http://downtownstorr.org/winterwelcome)

**Location:** Downtown Storrs

**Date:** Saturday, December 3

**Time:** 2:00 PM – 8:00 PM

**Fee:** Free and open to everyone!

**Winter Welcome**

**SATURDAY, DECEMBER 3**  
in Downtown Storrs

*Free & Open to Everyone*

INFO: [downtownstorr.org/winterwelcome](http://downtownstorr.org/winterwelcome)  
or scan code below

**MANSFIELD DOWNTOWN PARTNERSHIP**  
Business and Community

**DOWNTOWN STORRS**  
Eat • Explore • Enjoy

# GARTH FAGAN DANCE

Sat, Nov 12  
8 pm

"Unfailingly original." -The New York Times

Jazz Singing Sensation

# Samara Joy

Fri, Nov 18  
8 pm

CABARET



# Holiday POPS

2022

Sat, Dec 3, 8 pm



[jorgensen.uconn.edu](http://jorgensen.uconn.edu) | @JorgensenUConn

Box Office: M-F 10 am - 5 pm | (860) 486-4226  
On the UConn Storrs Campus. Ticket prices vary.

Note: all artists, events, dates, programs and COVID-19 policies are subject to change.



# Trips

*Trips are coordinated with Ashford, Bolton, Coventry, Mansfield, and Tolland. Please register with the recreation department in the town in which you live. If you do not live in any of the listed towns, you may register with any department. The pick-up location for everyone is the commuter lot at I-84 exit 68.*

## Saturday, Dec. 3 - A Day on Your Own in New York City

Registration Open Now!

Reg. Deadline: Fri., Nov. 18

Enjoy a day in the "Big Apple" with friends and family. Get a jump-start on your holiday shopping, visit the museums, see a Broadway show or just enjoy the sights of the city. Bus drop-offs/pick-ups in New York City will be determined by the driver on the day of the trip.

**Date:** Sat., Dec. 3

**Departs From:** The bus will depart from the Tolland Commuter Lot at Exit 68 off of I-84.

**Departure Time:** 7 a.m.

**Return Time:** Approx. 10:30 p.m.

**Fee:** \$87 Per Person (fee includes bus transportation only)

**Activity #:** 280004-A





## 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:** CC Community Room  
**Date:** Sun., Jan 15  
**Time:** 1 p.m.  
**Fee:** FREE  
**Activity #:** 311001-A

## First Day Hike

Join us for a local hike on January 1st to kickoff your New Year on the right (or left) foot!

**Instructor:** Jessica Tracy  
**Date:** Sun., Jan. 1  
**Time:** 10-11 a.m.  
**Location:** TBD  
**Session:** 370092-A  
**Fee:** FREE to Members, \$10 for non-members

## Guided Hike/Snowshoe in Schoolhouse Brook Park



Join us for a hike (or snowshoe depending on the weather) in Schoolhouse Brook Park. Naturalist Michael Soares will lead a 3-4 mile hike to enjoy winter (and find signs of spring) through a range of upland and wetland habitats. Learn more about this park before you go by downloading the trail guide at [MansfieldCT.gov/SchoolhouseBrookPark](http://MansfieldCT.gov/SchoolhouseBrookPark). Please dress for the weather. Rent snowshoes at the Mansfield Community Center for a small fee!

**Instructor:** Michael Soares  
**Location:** Meet at the Clover Mill Rd Parking Area  
**Date:** Sat., Feb.25  
**Time:** 1 p.m.  
**Fee:** FREE  
**Activity #:** 311002-A

**Check out our website:**  
[www.mansfieldct.gov/parksandpreserves](http://www.mansfieldct.gov/parksandpreserves). Find trails, learn about educational events, learn the rules of the trails, and find out how to rent kayaks, stand-up paddleboards, pavilions and more!

## GET INVOLVED

with your parks and preserves

Do you 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 and 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, at [Kaufman.JS@MansfieldCT.org](mailto:Kaufman.JS@MansfieldCT.org) or 860-429-3335.

### Show Your For Local



**Taste of Mansfield**

[www.tasteofmansfieldct.org](http://www.tasteofmansfieldct.org)

Taste of Mansfield is made possible by these community partners:

- Mansfield Advocates for Children
- Mansfield Agriculture Committee
- Mansfield Department of Human Services
- Mansfield Downtown Partnership
- Mansfield Economic Development Commission
- Mansfield Parks and Recreation
- Mansfield Public Library
- Mansfield Public Schools
- Mansfield Senior Center
- Storrs Farmers Market

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EXTENSION

# Take a Walk With Us!

Go to [www.MansfieldCT.gov/trailguides](http://www.MansfieldCT.gov/trailguides) guides to download interpretive trail guides for parks and preserves owned and managed by the Town of Mansfield.

## parks & preserves

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

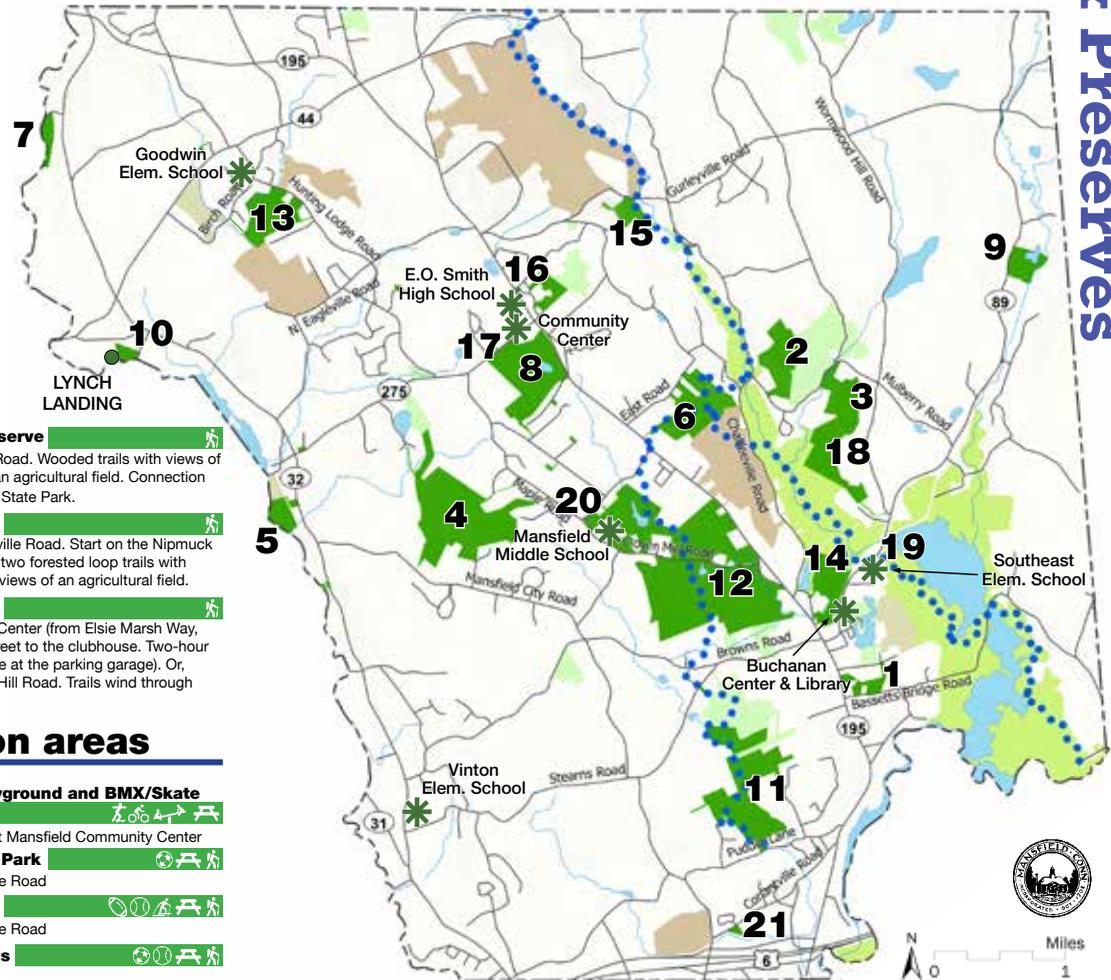
- 14. Southworth Preserve** Access from Dodd Road. Wooded trails with views of Chapins Pond and an agricultural field. Connection to Mansfield Hollow State Park.
- 15. Torrey Preserve** Access from Gurleyville Road. Start on the Nipmuck Trail and connect to two forested loop trails with glacial features and views of an agricultural field.
- 16. Whetten Woods** Access from Storrs Center (from Elsie Marsh Way, follow Sherwood Street to the clubhouse. Two-hour free parking available at the parking garage). Or, access from Hanks Hill Road. Trails wind through forest and wetlands.

## recreation areas

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

## scenic trails

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



Ownership		Features	
Town of Mansfield	Recreation centers	Baseball/Softball	Playground
Joshua's Trust	Lynch Landing	Biking	Skateboarding
Federal land	Nipmuck Trail (Blue Dot Trail)	Canoeing	Soccer
State land		Fishing	Swimming
University land		Football	X-C Skiing
		Hiking	Handicapped accessible (selected portions - call ahead)
		Picnicking	

† Jeffrey P. Ossen Family Foundation Community Playground and Matt Barchus Memorial BMX/Skate Park

## OPEN HOUSE WEEKEND IS COMING!

SAVE THE DATE!



**FREE ADMISSION ALL WEEKEND!**

**January 6-8, 2023**

**FOR FAMILY, FITNESS & FUN**

Swimming, fitness center, child care, gymnasium, teen center, and select activities...

Schedules, hours, and activity information AT [MANSFIELDCC.COM](http://MANSFIELDCC.COM)



**START MEETING YOUR HEALTH, FITNESS, & FAMILY TIME GOALS NOW!**

**ALL TOWNS WELCOME**

10 S. Eagleville Road, Storrs, CT 06268  
[www.mansfieldcc.com](http://www.mansfieldcc.com) 860-429-3015



## Community Supported Agriculture

Learn about local CSAs at [www.TasteofMansfieldCT.org](http://www.TasteofMansfieldCT.org)

Community Supported Agriculture (CSA) is a subscription to a season's worth of sustainable, locally grown produce distributed to members throughout the harvesting season. CSA members enjoy the quality of fresh fruits and vegetables, while supporting their local farmer. Every farm is different, but all stand by the same principles: to connect with the community, to provide healthy, often organic, produce, flowers, and sometimes eggs and meat, directly to consumers, and to build a more vibrant local food system.



Sign up in late February!



FIND US ON FACEBOOK and INSTAGRAM!



@MansfieldCommunityCenter

With over 850 acres of preserved land in Mansfield, Joshua's Trust offers great places to explore.



Learn more at [www.JoshuasTrust.org](http://www.JoshuasTrust.org)

PARKS PHOTOS

## Wanted

Do you have a favorite photo of one of Mansfield's Parks and Preserves that you would like to share? Please submit to [KaufmanJS@MansfieldCT.org](mailto:KaufmanJS@MansfieldCT.org) and let us know who to credit and you might see your work on our website!

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## Rentals



### Snow Shoe Rentals

Don't let a little snow stop you; go out and explore Mansfield! Snowshoes are available to rent at the Mansfield Community Center during the months of December through March. Rentals are available on a first come first serve basis. Children and adult sizes are available (four pairs of each size). Mansfield trail maps are available upon request, or via download online at <https://mansfieldct.gov/1689/Parks-Preserves>

**Fees:** \$10 per pair per day

**If you are thinking about listing your home,  
there has never been a better time!**

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The low interest rate that is enabling buyers to pay over asking is predicted to be short lived, making this the ideal window for you to sell your home.

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Please get in touch with me if you are looking to sell your home in the near future. I would love to talk to you about what I can do to present your home in its best light and maximize your returns.

**I'm not only a Vernon resident, I work and specialize in the Vernon area.**

## Common Party Times

**Friday Evenings** (4pm to 8pm timeframe)

**Saturday & Sundays** (11am to 3:30pm regular season 11am to 1:30 in summer)

Party time availability changes based on facility schedules and events. Party requests may be made one month to two weeks in advance. Your reservation is not confirmed until you receive a detailed confirmation receipt.

## Party Rooms

Headcounts include all attending adults and children.

**Arts & Crafts Room** (recommended 15 people; 20 max)

**Arts & Crafts Room w/Teen Center**

(recommended 25 people; 35 max)

**Community Room** (recommended 25 people; 35 max)

**Community Room w/Kitchen** (rec. 25 people; 35 max)

## Party Add Ons

Please note: All party rentals require a two-hour room reservation.

Packages listed below are *in addition* to a room reservation.

**SPLASH BASH:** 1<sup>st</sup> hour of your 2 hour party time in the pool during general swim.

Choice of one inflatable. Recommended for children ages 7+. Swim test required. Non-swimmers **MUST** have a parent/guardian in the water with them at all times. Therapy pool/diving board may not be available.

**SPORTS AND GAMES:** 1st hour of your 2 hour party time in ½ the gym with MCC staff to run your child's favorite games, available gym equipment included. Recommended for ages 6+.

**GIANT SLIDE PARTY:** 1st hour of your 2 hour party time in ½ the gym with the 12 foot inflatable slide and MCC staff to supervise!

**PRE-SCHOOL PLAY:** 1st hour of your 2 hour party time in ½ the gym. Our fun tot toys and tumbling mats are set up for guests to have free play time! Appropriate for ages 5 and under.

**PAINT PARTY:** 1st hour of your 2 hour party time with MCC Art staff. Choose a general theme and our artists will design an image for your party! Step-by-step instruction provided through the painting process. Each guest will complete their own painting to bring home. Ages 5 and up.

**PIZZA/JUICE:** Take away some party stress by letting us take care of your refreshments. Add pizza from Dominos and/or juice boxes. We'll place the order and have it ready for your party. *Desired counts and payment must be confirmed one week prior to party.*

**DECORATIONS:** Let us decorate for you! You choose up to two colors; we'll put up the streamers, and prepare the tables with all necessary coverings, plates, cups, napkins and cutlery.

# Mansfield Community Center Party Form

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

Parent's Name \_\_\_\_\_ Child's Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Child's age \_\_\_\_\_ T-shirt size (circle) **YS YM YL** # of party guests \_\_\_\_\_ # of extra adults \_\_\_\_\_

Address \_\_\_\_\_

Street

City

Zip Code

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

**Date requested** \_\_\_\_\_ **Alternate Date** \_\_\_\_\_

**Time Requested** \_\_\_\_\_ **Alternate time** \_\_\_\_\_

Party Room	Member Price	Non-Member Price	Total	
Community Room	\$100	\$200		
Community Room w/kitchen	\$150	\$270		
Arts & Crafts Room	\$50	\$100		
Arts & Crafts Room w/Teen Center	\$110	\$220		
Add-on Food and Decor	Price		Colors/Flavor	Total
	*paid at form submission based on est. headcount			
Cheese Pizza	\$16 per pizza (feeds 3-5) @ _____ pizzas		N/A	
Juice Boxes (8 count pack)	\$5 per pack @ _____ packs		Apple ___ Fruit Punch ___	
Decorations (tablecloths, paper goods, streamers)	\$40		Colors (up to 2): _____	
Add-on Activities (1 <sup>st</sup> hour of party)	Member Price	Non-Member Price	Theme	Total
Splash Bash	Up to 15 guests: \$150 16-25 guests: \$200	Up to 15 guests: \$200 16-25 guests: \$250	Inflatable: _____	
Sports & Games	\$75	\$125	Games: _____	
Giant Gym Slide	\$150	\$200	N/A	
Pre-School Play	\$45	\$90	N/A	
Paint Party	\$50 base fee plus \$10 per guest (max 15)	\$100 base fee plus \$10 per guest (max 15)	Theme: _____	

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

Full payment due at time of submission.

Separate \$25 security deposit required if paying with cash or check.

For Office Use Only	
Received By _____	Method of Deposit: Check or Card
Date _____ Time _____	Card Type: _____ Card Exp. _____

Revised 10/19/2022

## New! Teen Dodgeball Club

Who doesn't love dodgeball? If you're a teen and would like to join a fun club where you get to play dodgeball, look no further! This club will run once a week and be available for middle school-high school students. It will be run after school for this group. It's a great way to get competitive with some friends! Gatorskin dodgeballs will be used for safe, fun play. Join us in the Teen Center after with a free Teen Center membership!

**Location:** CC Gymnasium  
**Dates:** Tues., Jan. 10-Feb. 28  
**High School Time:** (320027-A) 2:30-3:15 p.m.  
**Middle School Time:**(320027-B) 3:15-4 p.m.  
**Fee:** \$10 for residents, \$20 for non-residents

## Youth Triathlon (Ages 8 to 14)

**Registration deadline March 13**

Join us for this fun event culminating a full session of training this winter. Young athletes will have the opportunity to participate in an indoor Triathlon event. Event open to athletes ages 8-14 even if they have not completed the triathlon training. **Pre-registration is required.** Participants must be able to swim the appropriate swim distance with no flotation device or other assistance. Proper swimwear must be worn. Bike will be Kaiser spin bikes in the fitness studio – closed toe shoes are required- bike shoes not necessary. Run will take place on indoor track, closed toe shoes are required. All registered participants will receive a certificate and towel. Top 3 finishers (male/female in each age group) will be given medals – time is compiled from the 3 events and tallied at the end.

**Date:** Sun., March 19  
**Time:** Check-in 8 am-Arts and Crafts Room- no day-of event registration  
**(370088-A1) 8-10 years old-** 100 yd swim, 2 mile bike, .75 mile run  
**(370088-A2) 11-12 years old –** 150 yd swim, 3 mile bike, 1 mile run  
**(370088-A3) 13-14 years old-**200 yd swim, 4 mile bike, 1 mile run  
**Fee:** \$25 for MCC members/ \$35 for non-members

## Interested in the training program?

**Youth Triathlon Training** meets Thursdays starting January 19 from 5 to 5:45 p.m.

**Fee:** \$49 for members, \$98 for non-members  
**Activity #:** 370088-A  
**More details pg. 27**



## 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 with practices and games November to March. Flyers distributed through Mansfield public school and the Mansfield Community Center beginning in September.

## 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.

### Mansfield Area Panther Lacrosse

The Mansfield youth lacrosse program previously administered by Mansfield Parks and Recreation is now organized by Mansfield Area Panther Lacrosse (MAPL). Visit <http://pantherlaxct.com/> to learn more. MAPL is an official Town of Mansfield Co-sponsored Youth Sports Organization. MAPL serves boys and girls ages 5-14. Inquiries regarding the program should be directed to: [dunstans@pantherlaxct.com](mailto:dunstans@pantherlaxct.com)

### 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. Please visit [www.mansfieldll.org](http://www.mansfieldll.org) for registration and additional information.

### 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).

**Mansfield Marlins  
Swim Team**

Information is on page 14

**Drop-in Gymnasium  
Activities Schedule, page 7**

Includes Pickleball, Futsal, Basketball and Volleyball!

# Language



## French Conversations Level 1 (Ages 17+)

Have you ever just wanted to take a French class that would focus totally on conversational skills? Then this is the class for you! In this course, you will learn to introduce yourself, ask directions, and order a range of food and drinks! There is no need to have any experience with French. You will be prepared to confidently carry out a conversation with French speakers and converse on a trip to the Francophone world. Best of all you will have fun and enjoy your new language skills. Materials will be provided, no textbook required.

**Instructor:** Dr. Valerie Ursin is an experienced educator who has been teaching French for 15 years. She received her PhD from University of Connecticut and is a Connecticut professional Educator. She earned the professional certification endorsement for French (#108) and has taught all levels from beginner to Honors French 5.

**Location:** CC Community Room  
**Date:** Wed., Jan. 11-March 15 (10 classes)  
**Time:** 4-5 p.m.  
**Fees:** \$86 for residents, \$96 for non-residents  
**Activity #:** 310016-A

## Learning Real French for Travel Part 1

(Ages 17+)

How would you like to correctly roll out a French phrase when you need one? With just a bit of regular time and effort, you can learn the basics to enrich your travels. This program focuses on a clear and concise overview of French so you can speak during your trip. Materials will be provided, no textbook required.

**Instructor:** Dr. Valerie Ursin  
**Location:** CC Arts & Crafts Room  
**Date:** Tues., Jan. 10-March 14 (10 classes)  
**Time:** 3-4 p.m.  
**Fees:** \$86 for residents, \$96 for non-residents  
**Activity #:** 310017-A

## Learning Real French for Travel Part 2

(Ages 17+)

Are you planning a trip to a Francophone country and would like to have confidence in your ability to roll out the correct phrase as needed? You can easily learn how to order a meal, ask for transportation, speak to the hotel clerk and learn all the basics you need in your travels. This will be a continuation of French for Travel Part One but feel free to jump in (all are welcome) and continue learning how to speak French in a clear and concise way so that you can get the most out of your trip! Materials will be provided and no textbook is required.

**Instructor:** Dr. Valerie Ursin  
**Location:** CC Arts & Crafts Room  
**Date:** Thurs., Jan.12-March 16 (10 classes)  
**Time:** 6-7 p.m.  
**Fees:** \$86 for residents, \$96 for non-residents  
**Activity #:** 310018-A



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## Italian (Ages 18+)

Always wanted to learn Italian? Participants in these classes will be introduced to the Italian language and to the culture of Italy. **Participants must provide textbooks.**

**Instructor:** Margherita Balsamo is a native of Italy, where she visits her family as often as possible. She graduated from the University of Padua (IT) and then lived in Germany for several years before moving to the United States. She taught Italian adult classes in Germany including classes at the Ruhr University of Bochum (Germany). She enjoys learning new languages herself. She has two kids who are growing up successfully trilingual. Margherita loves to teach about her country and her culture with a lot of humor.

## Italian Beginners 1

This is the class for you if you have never taken Italian classes before.

**Location:** CC Community Room  
**Date:** Wed., Jan. 18- March 29 (11 classes)  
**Time:** 6:15-7:45 p.m.  
**Fees:** \$113 for residents, \$123 for non-residents  
**Activity #:** 310011-A  
**Textbooks Purchase Required:** Qui Italia 1 and Qui Italia 2 by A. Mazzetti, M. Falcinelli, B. Servadio

## Italian Beginners 2

This is the class for you if you have already taken one basic Italian class.

**Location:** CC Community Room  
**Date:** Tues., Jan. 17 – March 28, \*no class 2/21 (10 classes)  
**Time:** 3-4:30 p.m.  
**Fees:** \$103 for residents, \$113 for non-residents  
**Activity #:** 310012-A  
**Textbooks Purchase Required:** Qui Italia 1 and Qui Italia 2 by A. Mazzetti, M. Falcinelli, B. Servadio



## Italian Beginners 5

This is the class for you if you have already taken few basic Italian classes.

**Location:** CC Community Room  
**Date:** Mon., Jan. 16 – March 27, \*no class 2/20 (10 classes)  
**Time:** 6:15-7:45 p.m.  
**Fees:** \$103 for residents, \$113 for non-residents  
**Activity #:** 310013-A  
**Textbooks Purchase Required:** Qui Italia 1 and Qui Italia 2 by A. Mazzetti, M. Falcinelli, B. Servadio

## Italian Intermediate 2

This is the class for you if you feel confident about your basic Italian!

**Location:** CC Community Room  
**Date:** Tues., Jan. 17 – March 28, \*no class 2/21 (10 classes)  
**Time:** 6:15-7:45 p.m.  
**Fees:** \$103 for residents, \$113 for non-residents  
**Activity #:** 310010-A  
**Textbooks Purchase Required:** Qui Italia 1 and Qui Italia 2 by A. Mazzetti, M. Falcinelli, B. Servadio

## Italian Advanced

This is the class for you if you would like to improve your Italian grammar and learn more conversational Italian.

**Location:** CC Arts & Crafts Room  
**Date:** Fri. Jan. 20 – March 24 \*no class 2/17 & 3/17 (8 classes)  
**Time:** 11:15 a.m.-12:45 p.m.  
**Fees:** \$82 for residents, \$92 for non-residents  
**Activity #:** 310014-A  
**Textbooks Purchase Required:** Nuovo Qui Italia Più - Libro dello Studente e Quaderno di Esercizi by A. Mazzetti, P. Manili, M.R. Bagianti





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# How to Register

## Potential COVID-19 Impact on Winter Programs

We are committed to maintaining healthy, fun and engaging parks and recreation options for everyone during the unusual and challenging impacts of the COVID-19 pandemic. We will adapt to meet any potential recommendations by state and local officials as well as the interests of our patrons. As a result, ongoing assessment, planning and potential adjustment will continue after the printing of the winter brochure in order to offer a continuum of activity options during the winter season. Please frequently visit [mansfieldcc.com](http://mansfieldcc.com), our Facebook page and monitor emails for updates regarding winter programs throughout the winter registration and program season.

Watch for Virtual Programs designated with a **V**!

## Registration Dates

Registration start dates are grouped into the following categories:

- Dec 12** **Members of the Community Center** may register for Aquatic and Fitness related programs ONLY
- Dec 15** **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
- Dec 19** **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. 3% convenience fee applies and is non-refundable.

**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. IN-PERSON 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.

**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 activity fees, excluding trips, rentals, materials fees and memberships.

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

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

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

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

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



# Activity Registration Form

PLEASE CHECK REGISTRATION DATES. PLEASE PRINT CLEARLY!

**Online Registration is available. Go to [www.mansfieldcc.com](http://www.mansfieldcc.com) and click on the on-line registration link. If registering for camp, please also fill out the additional camp form for ALL camps.**

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

Please check here if any of the below information is new.

Primary Household Contact (Parent/Guardian)		Secondary Household Contact (Parent/Guardian)	
Name:		Name:	
Address:			
Town:	Zip:		
Phone: (H)	(W)	Phone: (H)	(W)
(Cell)	Cell Provider:	(Cell)	Cell Provider:
Email Address:		Email Address:	

**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						

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

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

Also fill details below for each participant:

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

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

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, 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 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: \_\_\_\_\_



Town of Mansfield  
Parks and Recreation  
Department



REV. (6/15/20)

**WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

**ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of being allowed to participate on behalf of Town of Mansfield Parks and Recreation Department programs, related events, activities, and facilities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes inherent risks, including but not limited to possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules, guidelines and personal discipline may reduce this risk, the risk of serious illness, injury and death does exist; and as such,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility and liability for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I agree to immediately inform the program/facility if the participant and/or any other person living with the participant has been informed that he/she has been tested positive or exposed to any such pathogen; and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, do HEREBY RELEASE AND HOLD HARMLESS the Town of Mansfield their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, claim or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Name of participant: \_\_\_\_\_

Participant signature: \_\_\_\_\_ Date signed: \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of parent/guardian: \_\_\_\_\_

Parent guardian/signature: \_\_\_\_\_ Date signed: \_\_\_\_\_

# LIVE YOUR LIFE. FORGET YOUR AGE.



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**WILLIMANTIC, CT 06226**  
**PH: (860) 456-1554**

