

# MANSFIELD PARKS & RECREATION

*Family, Fitness, and Fun*



## Fall Registration Dates

Registration start dates are grouped into the following categories:

**AUGUST 14** **Members of the Community Center** may register for Aquatic and Fitness related programs **ONLY**

**AUGUST 19** **Mansfield residents** begin registration for all programs/activities.

**In-person registration will take place at Lenard Hall during Community Center shutdown week (August 18-24):**

- Tuesday, Aug 19: 8 AM – 7 PM
- Wednesday, Aug 20: 8 AM – 5 PM
- Thursday, Aug 21: 8 AM – 5 PM
- Friday, Aug 22: 8 AM – 5 PM

**AUGUST 25** **Non-Member and non-resident**, begin registration for all programs/activities.

**In-person registration** available during all MCC Operational hours, and at Lenard Hall during MCC shutdown week (Aug 18–24).

**Online registration** opens at 5:30 AM on the dates above at:  
[www.mansfieldcc.com](http://www.mansfieldcc.com)

## FALL 2025



MANSFIELD COMMUNITY CENTER  
10 S. EAGLEVILLE ROAD  
STORRS, CT 06268  
860-429-3015  
[WWW.MANSFIELDCC.COM](http://WWW.MANSFIELDCC.COM)

**All Towns Welcome!**



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Be The Best Version Of You**



**MANSFIELD**  
COMMUNITY CENTER  
*Family, Fitness & Fun!*

## **New Equipment. Refreshed Experience.**

We're committed to helping you reach your fitness goals with the best tools available.

**Over \$250,000 in brand-new fitness equipment** installed in the last 18 months – including upgraded cardio and strength machines for all fitness levels.

**Fully refurbished lap pool** with new surfacing, a state-of-the-art UV filtration system, and an energy-efficient heater – now cleaner, greener, and ready for your next swim.

Whether you're lifting weights or swimming laps, our upgraded spaces are designed to help you feel your best.

## **New! Member-Only Drop-In Fitness Classes**

Enjoy select drop-in classes for members starting this fall, inclusive with your membership!

**Pre-registration required. Reserve your spot up to 24 hours in advance and join the fun.**



# **Join in September 2025, and we will waive the enrollment fee!**

**Sign up during the month of September and we'll waive the \$35 enrollment fee.**

**Start your journey to a stronger, healthier you — this fall at the Mansfield Community Center.**

Mansfield Community Center | 10 South Eagleville Road, Storrs, CT 06268 | 860.429.3015 | MansfieldCC.com



# A Message from the Mansfield Parks & Recreation Team

## Welcome to Fall with Mansfield Parks & Recreation!

As autumn approaches and vibrant colors return to our parks and trails, we're excited to welcome you to a new season full of programs, community events, and meaningful ways to stay active and engaged. Our team has been working hard to bring you new opportunities while continuing to offer the programs you know and love.

This fall, we will be offering guided hikes and nature-based activities on the horizon, it's the perfect season to get outside and enjoy the beauty of Mansfield's parks. Visit the Outdoor Recreation webpage at mansfieldcc.com for more details.

For those looking to stay active indoors, we're rolling out several exciting updates at the Community Center. We're replacing and adding more fitness equipment to complete the over \$250,000 in upgrades we've made over the past 18 months and introducing a new membership model that will include select fitness classes included with memberships, offering our members even greater value and flexibility. To further enhance your experience at the Community Center, we continue to offer a wide variety of fitness classes—from yoga and boot camps to dance and strength training, helping you push your personal fitness goals even further.

Families will find plenty of ways to create lasting memories this season, with community favorites like our Family Fun Events and Halloween Trunk or Treat. These events are designed for all ages to enjoy and are a wonderful way to celebrate the season together.

For those eager to tap into their creative side, we offer a wide range of arts and crafts programs for all skill levels. Join a hands-on workshop or sign up for private art lessons to explore the medium of your choice with personalized guidance. Don't forget about the FREE Community Paint Days at Lenard Hall.

This fall, The Nutcracker returns with Miss Kelly Productions! Rehearsals will take place most weekends at Lenard Hall, leading up to three stage performances at MMS in early December. Stay tuned—ticket sales information will be announced soon!

We're also expanding our social offerings with new and inclusive opportunities to connect with others in the community. One new highlight this season is *The Men's Table*, a relaxed social experience where senior age men gather to enjoy meaningful conversation. At Mansfield Parks & Recreation, we're dedicated to building community through diverse programming, accessible recreation, and meaningful engagement opportunities. We always welcome your feedback and ideas—your input helps us grow and serve you better.

Thank you for being a valued part of our community. Let's make this fall a season to remember!

- General Information** .....5
- Inclement Weather Information**.....6
- Mansfield Community Center** .....8
- Free to Members**..... 10
- BASF** ..... 12
- Teen Center/Community Events**..... 13
- Special Events**..... 14
- Youth Sports and Programs**..... 18
- Fitness** ..... 23
- Honeycomb**..... 27
- Fitness Schedule** ..... 28
- Fitness Descriptions**..... 31
- Dance**..... 33
- Community School of the Arts**..... 36
- Aquatics**..... 40
- Certifications**..... 47
- Language**..... 48
- Outdoor Recreation**..... 49
- Parks and Preserves**..... 50
- Rentals/ Trips**..... 53
- How to Register** ..... 54
- Activity Registration Form** ..... 55

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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.



Produced by

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# General Information

## Parks & Recreation Office Information

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

**Community 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:** Labor Day - Closed  
Thanksgiving Day - Closed  
Christmas Eve - 5:30 a.m. - 5 p.m.  
Christmas Day - Closed  
New Years Eve - 5:30 a.m. - 5 p.m.  
New Years Day - Closed  
Mansfield Community Center August Shutdown Week:  
Mon. Aug 18 - Sun. Aug 25

**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 & Recreation*  
Jennifer Caldwell, *Recreation Services Manager*  
Justin Hicks, *Member Service Coordinator*  
Ariel Blair, *Administrative Support Specialist*  
Jillian Funk, *Recreation Supervisor (Health & Fitness)*  
Travis Morse, *Recreation Supervisor (Aquatics & Outdoor Recreation)*  
Bethany Burns, *Recreation Coordinator (Community School of the Arts, Youth, Adult & Specialty Camps)*  
Steven Capobianco, *Recreation Coordinator (Before & Afterschool, Teen, Youth, Camp Mansfield, Youth Basketball)*  
Dan Fichera, *Head Custodian*



### INCLUSIVE STATEMENT (Programs for all Abilities)

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

### On-line Registration

- Log on to the Department's website at [www.mansfieldcc.com](http://www.mansfieldcc.com)
- Click the online registration button on the homepage.

### Inclement Weather

- Help our Customer Service Representatives. 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.

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# Inclement Weather Policy

## 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.

## 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, ext. 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

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

## 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, ext. 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

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

# RK Hair Design & Spa



**INDEPENDENT STYLIST**

119 Storrs Rd, Mansfield, CT 06250

**860-423-8925**

APPOINTMENTS SUGGESTED

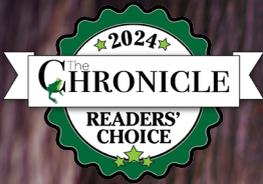


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**Stephen Muir, DVM**  
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# Mansfield Community Center

## Hours

**Your place for Family, Fitness & Fun!**

860.429.3015 • [www.mansfieldcc.com](http://www.mansfieldcc.com)

 MansfieldCommunityCenter |  @MansfieldCommunityCenter

### MCC General Open Hours:

<b>Monday-Friday</b>	5:30 a.m.-8:30 p.m.
<b>Saturday</b>	7 a.m.-4 p.m.
<b>Sunday</b>	8 a.m.-4 p.m.
<b>Holidays</b>	Labor Day - Closed
	Thanksgiving Day - Closed
	Christmas Eve - 5:30 a.m. - 5 p.m.
	Christmas Day - Closed
	New Years Eve - 5:30 a.m. - 5 p.m.
	New Years Day - Closed
	Mansfield Community Center August Shutdown Week: CLOSED from Mon. Aug. 18 through Sun. Aug 24

### Community Center 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 Events
- 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
- **NEW!** Free Access to Select Fitness Classes (See Pg. 10 for more details)

### 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](http://www.mansfieldcc.com), or call us at 860-429-3015 ext. 0 for more info! Proof of residency required.

<b>Location:</b>	Mansfield Community Center
<b>Dates:</b>	Sat., August 9 – (Fun at the Pond Community Event at Bicentennial Pond)
	Sun., September 14
	Fri., October 10
	Sat., November 8 – Family Fun Event Today!
	Sat., December 6

## Non-Member Daily Admission

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

	Residents	Ashford/Wilmington	Non-Residents
<b>Adult (Ages 27-64)</b>	\$11	\$12	\$13
<b>Young Adult/Youth (Ages 3-26)</b>	\$8	\$9	\$10
<b>Senior (Ages 65+)</b>	\$9	\$10	\$11
<b>Under 3</b>	Free	Free	Free

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

## Membership Rates and Options

### MANSFIELD RESIDENTS:

	Pay in Full   Annual Pass	No-commitment   Month-to-Month Pass
<b>Family</b>	\$753	\$68.40 monthly
<b>Adult/Child</b>	\$469	\$42.60 monthly
<b>Individual</b>	\$429	\$38.96 monthly
<b>YAY</b>	\$240	\$21.81 monthly

### NON-RESIDENTS:

	Pay in Full   Annual Pass	No-commitment   Month-to-Month Pass
<b>Family</b>	\$893	\$81.11 monthly
<b>Adult/Child</b>	\$556	\$49.11 monthly
<b>Individual</b>	\$507	\$46.05 monthly
<b>YAY</b>	\$295	\$26.79 monthly

### ASHFORD/WILLINGTON RESIDENTS:

	Pay in Full   Annual Pass	No-commitment   Month-to-Month Pass
<b>Family</b>	\$821	\$74.57 monthly
<b>Adult/Child</b>	\$512	\$46.50 monthly
<b>Individual</b>	\$468	\$42.51 monthly
<b>YAY</b>	\$262	\$23.80 monthly

Family/Household membership rates listed above reflect all household members. Adult/Child membership rates above reflect 1 adult and all children 11 and under in the household.

### Miscellaneous Fees:

Enrollment Fee – \$35 (applies to all new and lapsed memberships)  
Auto Debit Decline Fee - \$25 (month-to-month auto debit billing)

### 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 - \$135.00 | 25 Drop-In Classes - \$225.00**

Scan the QR code to learn about future changes to Silver Sneaker and Renew Active Memberships.

SCAN HERE



# Future *Focused*



WHZ,  
Your team's personalized  
guidance has really helped me to  
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and make progress toward my  
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Thank you!

*Marie*



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697 Pomfret Street, Pomfret Center, CT 06259

This statement was provided 3/7/2024 by Marie Sanchirico who is a client. This statement may not be representative of the experience of others and is not a guarantee of future performance or success. For additional reviews, search us wherever local businesses are reviewed. Securities and advisory services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Advisor.

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Visit [whzwealth.com](http://whzwealth.com) to read more about Marie's story

# 22ND ANNUAL CELEBRATE MANSFIELD FESTIVAL



**INFO:**



**2-8:00 PM | SATURDAY, SEPTEMBER 27**  
**IN DOWNTOWN STORRS FREE & OPEN TO EVERYONE!**

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# Free to Members

## 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.

**Location:** CC Child Care Room  
**Days & Times:** Mon. & Wed., 9 a.m.-1 p.m. & 4:30-7:45 p.m.  
Tues. & Thur., 8:30 a.m.-12 p.m. and 4:30 p.m.-7:45 p.m.  
Fri & Sat., 8:30 a.m.-12 p.m.  
Sun., 9 a.m.-12 p.m.  
**Fee:** FREE for members, Non-member Fees: \$5/hour per child,

## Spirit Days!

Join in the fun at the Mansfield Community Center during our monthly Spirit Days! Dress to match the theme, show off your creativity, and you could walk away with a prize or a free guest pass. Each Spirit Day brings a new way to participate and celebrate—don't miss out on the fun and perks!

Mon., September 15 – **Self-Care September!** Write a self-care tip on the white board at the welcome desk for a fun prize!

Wed., October 8 – **Wacky Sock Wednesday!** Wear some crazy socks, and show them off at the welcome desk for a chance to get a free guest pass!

Thur., November 20 – **Thankful Thursday!** Write what you are thankful for on the whiteboard at the welcome desk and receive a special prize.

Wed., December 31 – **End the Year Strong!** Do 5 laps on the indoor track and write a goal on the white board near the track to get a free guest pass to bring a friend in 2026!

## Family Fun Events!

Join 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 (select dates), build a fort, tumble and play with the tot toys in the gym, or get a little adventurous on the giant gym inflatable. For more fun visit the track for Family track time, or play together in the Teen Center; available to families for pingpong, billiards, and more! 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:** 2nd Saturdays (12:30-3:30 p.m.) and 4th Fridays (4:30-7:30 p.m.)  
Sat., Sept. 13, 12:30-3:30 p.m. **Theme:** Positively Fun! (National Positive Thinking Day)  
Fri., Sept. 26, 4:30-7:30 p.m. **Theme:** Celebrate Mansfield Weekend  
Sat., Oct. 11, 12:30-3:30 p.m. **Theme:** Fall Fun!  
Sat. Oct. 25; Annual Halloween Party! See pg. 16  
Sat., Nov. 8, 12:30-3:30 p.m. **Theme:** Turkey Fun!  
Fri., Nov. 28, 4:30-7:30 p.m. **Theme:** Thank You Day!  
Sat., Dec. 13, Jingle Jog & Craft Fair! See pg. 17  
Fri., Dec. 19, **Theme:** Holiday Shenanigans

## Family Play Days!

Family Play Days are taking a different spin! On these select dates, look for **facility time focused for families**. Extra general and family swim, extended Child Care hours, Tot time and family gym, Teen Center games, and family track time. Play for the day at a **discounted family rate** (all Individuals must reside at the same address; otherwise standard day pass rates apply)! **Members can bring two guests for FREE** (two guests per household). Special family day-pass rates are available on the following dates only:

**Dates:** Sat., August 30  
Fri., September 26 (Family Fun Day)  
Sat., October 18  
Sun., November 16  
Fri., December 19 (Family Fun Day)

**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

## The Men's Table

Looking for good conversation and new connections? Join us for an informal men's gathering — a place to pull up a chair, share a story, or just enjoy some company. This group welcomes all men, although it may be especially appealing to baby boomers and older adults. There's no agenda, no politics, no therapy — simply a chance to connect and combat the isolation many men experience today. Whether you prefer to keep things light or dive deeper into meaningful conversation, you're welcome at the table.

**Group Leader:** Paul Brody  
**Date:** Tue., Sept. 2 – Dec., 16  
**Time:** 9 am – 10 am  
**Location:** Community Room  
**Fee:** Free for Residents & Non-Residents



## Community Conversations with the Human Rights Commission

Please join a member of the Human Rights Commission in the lobby to discuss current human rights matters that are important to you. Or just stop by to say hello. A member will be available on the second Monday of the month from 4:00 to 7:00 PM and the fourth Monday of the month from 10:00 AM to 1:00 PM.

# FACILITY YOUTH POLICIES



## Ages 0-9

### Track Use

- Allowed only during Family Fitness Time (Mon-Fri, 12:00-8:30 PM, Sat. & Sun. all day) with parent/guardian (18+) supervision.
- Rules:**
  - The child must run/walk next to the parent/guardian (who may not use equipment).
  - No strollers (infant carriers are allowed on the track, not on the equipment).

### Fitness Area

- Not allowed** to wait upstairs while a parent/guardian works out.
- Not allowed** on any equipment.

### Pool Use: Lifeguards administer a swim test

- Ages 5 & under: Must have an adult (18+) in the water within arm's reach.
- Ages 6-8: **Failed swim test:** Must have an adult (18+) in the water.
- Ages 6-8: **Passed swim test:** Must have an adult (18+) in the pool area.
- Age 9: **Failed swim test:** Must have an adult (18+) in the pool area.
- Age 9: **Passed swim test:** May use the pool independently. Parents must be in the building.
- Locker Rooms:** Children 5 years of age or older must use gender appropriate locker rooms. Families and individuals with special needs have the option to use the family changing rooms.

### Childcare

- Ages 1-7: May use childcare during designated hours.

### Gymnasium and Teen Center

- Ages 8-9:
  - May use the Gymnasium independently while a parent/guardian is on-site and in view of child.
  - May use Teen Center outside of Teen Center hours with supervision.

## Ages 10-13

### Track Use

- Ages 10-11:
  - Allowed with parent/guardian (14+) supervision (must stay together; parent may not use equipment).
- Ages 12-13:
  - Allowed without supervision (track equipment use only during designated Family Track Time).

### Fitness Area

- Not allowed to wait upstairs while a parent/guardian works out- if on floor, must actively be working out within permitted guidelines below
- Cardio Equipment with parent/guardian (14+) supervision
  - Permitted during Family Fitness Time:
    - Mon.-Fri., 12:00-8:30 PM
    - Sat & Sun: All day
- Weights and Other Equipment (excluding cardio equipment)
  - Parent/Guardian (18+) Supervision required
  - Completion of Youth Resistance Training Orientation is required \*must show proof of completion\*

### Pool Use: Lifeguards administer a swim test

- Age 10:
  - Failed swim test: Must have an adult (18+) in the pool area.
  - Passed swim test: May use the pool independently.
- Ages 11-13:
  - Failed swim test: Must stay in an area where they can touch.
  - Passed swim test: May use the pool independently.

### Gymnasium and Teen Center

- Ages 10-11:
  - May use the facility independently while a parent or guardian is on-site, pending area-specific requirements.
- Ages 12-13:
  - May visit the facility for up to 4 hours per day without a parent/guardian.

## Ages 14+

### Track & Fitness Center Access

- Full access to track, cardio equipment, and fitness center equipment.
- May wait upstairs while a parent/guardian works out.

### Pool Use

- Allowed independently with a passed swim test.
- Failed swim test: Must stay in an area where they can touch.

### Gymnasium and Teen Center

- Ages 14+ may serve as a caretaker for a sibling ages 8-11 **except in pool area.**
- Ages 14-17 may visit the facility for up to 4 hours per day without a parent/guardian.

# Free to Members

## 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 and other requirements set forth by MPRD. These rules are subject to change based on updates from local, state and CDC health officials. Activity times are subject to change depending on MPRD programming needs and facility hour changes.

### Drop-in play activities include:

- 18+ Basketball
- 40+ Basketball
- 40+ Women's Basketball
- 15+ Futsal
- Youth Futsal (ages 8-15)
- 16+ Volleyball
- 18+ Pickleball
- Open Pickleball (All Age)
- Novice Pickleball

**Family Gym**  
Tot Time (ages 5 and under)



## 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.

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# Before & After School Friends

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

## BEFORE AND AFTER - SCHOOL FRIENDS PROGRAM

### Location Information

2025–2026 School Year

- AM Before School: Mansfield Elementary School
- PM After School: **Mansfield Community Center**



The **Before and After-School Friends Program** provides a safe, fun, and supportive environment for children at the start and end of the school day. Designed for families needing care or seeking enriching peer-based activities, the program includes:

- **Before School Care:** 7:00 a.m. – 8:45 a.m.
- **After School Care:** 3:15 p.m. – 6:00 p.m. (includes daily snack)

Activities are designed to support physical, emotional, and social development through arts and crafts, sports, outdoor play, group games, and themed events. Children are encouraged to participate in planning activities, fostering leadership and cooperation.

The program operates on all regular school days, including scheduled half days. **No care is available during delayed openings or early dismissals.**

### Enrollment Options:

- Enroll **monthly** or for **consistent individual days**

### Registration Information:

- Registration must be completed in person at the Community Center or **online** at [www.mansfieldcc.com](http://www.mansfieldcc.com)
- **Re-registration is required each month** for desired days
- A **monthly registration deadline** applies—see the Registration Deadline Table for specific dates
- Late registrants will be placed on a waitlist or considered for drop-in care (drop-in policies apply)

**DROP-IN POLICY:** Parents/guardians can register for drop-in days as needed online! Please follow the instructions at [mansfieldct.gov/BeforeAfter-School-Friends](http://mansfieldct.gov/BeforeAfter-School-Friends) under the tab “Online Drop-In Registration How To”. Space for drop-ins is limited each day and are not guaranteed. Registering for a drop-in must be done no

later than 24 hours prior to the day the service is needed. Any drop-ins needed after the 24 hour mark will need to be requested and approved by the Program Coordinator. This can be done by calling 860429-3015 x 6107. If you do not hear back shortly after calling, please call the main desk at the Community Center at 860-429-3015 x 0 and they will connect you with a manager. Drop-in rates apply. Enroll by month, regular individual days per month, or on a drop-in basis!

Daily communication between staff and families is a key part of the program’s success. We look forward to welcoming your child into the Before and After-School Friends community!

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

Time of Day	Pre-Registration	Drop-in Fee
<b>Morning</b>	\$12.65 each morning	\$20.90 each morning
<b>Afternoon</b>	\$15.44 each afternoon	\$25.20 each afternoon

Month	Registration Deadline
<b>September</b>	<b>8/22</b>
<b>October</b>	<b>9/26</b>
<b>November</b>	<b>10/27</b>
<b>December</b>	<b>11/24</b>
<b>January</b>	<b>12/26</b>
<b>February</b>	<b>1/26</b>
<b>March</b>	<b>2/23</b>
<b>April</b>	<b>3/25</b>
<b>May</b>	<b>4/24</b>
<b>June</b>	<b>5/26</b>

### Recreation Rescues

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 a trip to a local educational or recreational area. Potential 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. Trips would typically depart between 9-10am.

**Location:** Mansfield Middle School  
**Dates:** 254010-3 Fri., Sept. 19, 7:30 a.m.-5:30p.m.  
 254010-1 Tues., Oct. 14, 7:30 a.m.-5:30 p.m.  
 254010-2 Tues., Nov. 4, 7:30 a.m.-5:30 p.m.  
**Fee:** \$57/day for residents \$67/day for non-residents

## MANSFIELD TEEN CENTER

at the Mansfield Community Center

A space for connection, creativity, and fun!

The Teen Center at the Mansfield Community Center is a safe, welcoming space where pre-teens and teens can relax, hang out with friends, and take part in awesome activities. Youth in **grades 5 and up** are eligible for a **FREE Teen Center Membership**, which grants access to the space.

To register:

- Stop by the Community Center, or
- Email [ysb@mansfieldct.org](mailto:ysb@mansfieldct.org) to request a registration form.

### Staffed After School Hours

During staffed hours (staffed by Mansfield Youth Services), the Teen Center is reserved exclusively for Mansfield Middle School and E.O. Smith students. There is **no public access during these times**. Outside of Teen Center hours, the space is open to the general public (*see the Welcome Desk staff to unlock the room*)

### School Year:

- Monday/Tuesday: 2:30pm-5:30pm (High School only)
- Wednesday/Thursday: 3:00pm-5:30pm (Middle School only)
- Friday: Monthly Friday events as scheduled.

Hours are subject to change. See website for more details.

**Note:** Mansfield Middle School students can take the bus after school to the Teen Center with signed permission (see MMS office). MMS students will be greeted off the bus at the Community Center by Mansfield Youth Services staff. Students with Community Center memberships are allowed to go to other areas of the community center and return to the teen center. Middle School students must be signed out of the Teen Center by a parent/guardian at pick-up.



**MANSFIELD  
YOUTH SERVICES**



## Community Events

### 22nd Annual Celebrate Mansfield Festival: Saturday, Sept. 27

The Mansfield Downtown Partnership invites residents and friends to the 22nd Annual Celebrate Mansfield Festival! Enjoy a full day of fun in Downtown Storrs with hands-on activities for all ages, craft booths, music, puppetry, and more.

Volunteers needed! Please contact the Downtown Partnership (860.429.2740 or [mdp@mansfieldct.org](mailto:mdp@mansfieldct.org)) if you are interested in volunteering at the Celebrate Mansfield Festival.

More info: [downtownstorrsfestival.org](http://downtownstorrsfestival.org)

**Location:** Downtown Storrs  
**Date:** Saturday, Sept. 27, 2025  
**Time:** 2:00 PM – 8:00 PM  
**Fee:** Free and open to everyone!

### Downtown Boo Bash

Calling all goblins, ghouls, and ghosts! The Mansfield Downtown Partnership and Mansfield Parks & Recreation Department invite you to head to Downtown Storrs for free Halloween fun! Enjoy trick-a-trunk and trick-or-treating at participating downtown businesses – all in one place!

Children are invited to dress in their Halloween best. All children must be accompanied by an adult.

More info: [downtownstorrs.org/halloween](http://downtownstorrs.org/halloween)

**Location:** Downtown Storrs  
**Date:** Saturday, October 25, 2025  
**Time:** 3:00 – 5:00 p.m.  
**Fee:** Free and open to everyone!



# Special Events

## Family Fun Events!

Join us this Fall 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 (select dates), 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! 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

<b>Location:</b>	Mansfield Community Center
<b>Dates/Times:</b>	2nd Saturdays (12:30-3:30 p.m.) and 4th Fridays (4:30-7:30 p.m.) Sat., Sept. 13, 12:30-3:30 p.m. <b>Theme:</b> Positively Fun! (National Positive Thinking Day)
	Fri., Sept. 26, 4:30-7:30 p.m. <b>Theme:</b> Celebrate Mansfield Weekend
	Sat., Oct. 11, 12:30-3:30 p.m. <b>Theme:</b> Fall Fun!
	Sat. Oct. 25; <b>Theme:</b> Halloween Party! See pg. 16
	Sat., Nov. 8, 12:30-3:30 p.m. <b>Theme:</b> Turkey Fun!
	Fri., Nov. 28, 4:30-7:30 p.m. <b>Theme:</b> Thank You Day!
	Sat., Dec. 13, <b>Theme:</b> Jingle Jog & Craft Fair! See pg. 17
	Fri., Dec. 19, 4:30-7:30 p.m. <b>Theme:</b> Holiday Shenanigans

## Family Play Days!

Family Play Days are taking a different spin! On these select dates, look for **facility time focused for families**. Extra general and family swim, extended Child Care hours, Tot time and family gym, Teen Center games, and family track time. Play for the day at a **discounted family rate** (all Individuals must reside at the same address; otherwise standard day pass rates apply)! **Members can bring two guests for FREE** (two guests per household). Special family day-pass rates are available on the following dates only:

<b>Dates:</b>	Sat., August 30 Fri., September 26 (Family Fun Day) Sat., October 18 Sun., November 16 Fri., December 19 (Family Fun Day)
<b>Member Fees:</b>	Members - Bring TWO guests for free! Two guests per household.
<b>Non-Member *Family Day-Pass Special:</b>	Mansfield Family- \$9 Ashford/Wilmington-\$11 All other towns-\$12

\*Must reside together for family rate to apply.

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## 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@mansfieldcc.org](mailto:TulmanE@mansfieldcc.org).

<b>Instructor:</b>	<i>Ellen Tulman</i>
<b>Location:</b>	CC Arts & Crafts Room
<b>Dates:</b>	Sat., Sept. 6 (210063-A) Sat., Oct. 18 (210063-B) Sat., Nov. 15 (210063-C) Sat., Dec. 6 (210063-D) – <b>Winter Welcome in Downtown Storrs, more information TBA.</b>
<b>Time:</b>	1 p.m. - 3 p.m.
<b>Fees:</b>	\$6 for residents, \$7 for non-residents

## Kids Night Out

Kids! Aren't you ready for a night out? We have a special night of fun planned with you in mind. This night will be filled with activities to get you moving, pizza for dinner, and some snacks. Parents, we are sorry but you're not invited to this one. We hope you'll be able to keep yourselves busy. Don't worry, we'll be having fun!

<b>Location:</b>	MCC Arts and Crafts Room, Teen Center, & Gymnasium
<b>Date:</b>	Fri., Sept. 26th
<b>Time:</b>	5-8 p.m.
<b>Fee:</b>	\$23 for residents, \$33 for non-residents
<b>Activity #:</b>	290095-A



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# Special Events

## Happy Halloween



### Pumpkin Painting Challenge

Come show us your inner artist as we invite you to join us for a pumpkin painting challenge! During this event we will have pumpkins of all sizes for people of all sizes as this event is for everyone. Feel free to dress up or wear some Halloween colors. Once the pumpkins are painted, we will have everyone go around and vote on their favorite pumpkin! This will be done with tickets that are given to them at the beginning of the event. The winner will get a special prize!

**Location:** MCC  
**Date:** Saturday October 11th  
**Time:** 10 a.m.-12 p.m.  
**Fee:** Free  
**Activity #:** 290333-A

### Annual Halloween Party

Share your Halloween spirit at Downtown Storrs on Saturday October 25th from 3-5 p.m. All ages are welcome! Dress up in your costume and join us for some fun including games, a craft activities and some trick-a-trunking. What's trick-a-trunking? *Trick-A-Trunk at Downtown Storrs is where kids come dressed up (and adults) trick or treat around our blocked off of traffic down Wilbur Cross Way, that is filled with cars where volunteers, COULD BE YOU?, set up shop handing out treats! You can wear costumes; decorate your cars or whatever you would like to get in the Halloween spirit. Trick-A-Trunk space is limited. Trick-A-Trunk sponsors must pre-register. Families, Groups and Businesses welcome to be "Trunks."* For more information or to register as a Trick-A-Trunk sponsor please contact us.

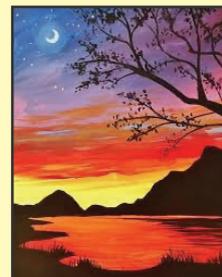
**Location:** Downtown Storrs  
**Date:** Sat., Oct. 26th  
**Time:** 3-5 p.m.  
**Fee:** Free Event

## Community Paint Days! - 1 Day Workshops (Families-Adults)

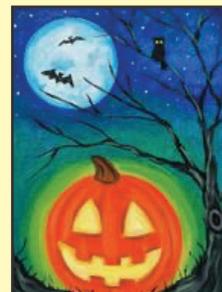
Put your own spin on a famous artwork in this beginner friendly class with step-by-step instructions. Each participant receives one canvas. An adult and child pair can work together. Pre-registration is required. **Maximum of one registration per season, space is limited.**

**Instructor:** Noah Yilmaz

**Piece:** Sunset with Mountains  
**Location:** Lenard Hall  
**Dates:** Thur., Sept. 11  
**Time:** 5-7 p.m.  
**Fees:** FREE  
**Activity #:** 290053-A



**Piece:** Spooky Tree and Pumpkin  
**Location:** Lenard Hall  
**Dates:** Thur., Oct. 2  
**Time:** 5-7 p.m.  
**Fees:** FREE  
**Activity #:** 290053-B



**Piece:** Van Gogh, Wheat Field with Cypresses  
**Location:** Lenard Hall  
**Dates:** Thur., Nov. 6  
**Time:** 5-7 p.m.  
**Fees:** FREE  
**Activity #:** 290053-C



**Piece:** Moonlight Winter Path  
**Location:** Lenard Hall  
**Dates:** Thur., Dec. 4  
**Time:** 5-7 p.m.  
**Fees:** FREE  
**Activity #:** 290053-D



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## Craft Fair (Vendor Registration)

**Registration Deadline Nov. 14 – Limited spaces!**

Calling all craft vendors! Register to sell your crafts at the Annual Mansfield Community Center Craft Fair. All crafters with handmade products are required to register in order to reserve a table in the Community Center Gymnasium. Sales of commercial items, imports and novelties are not permitted. Vendors are responsible for transporting their goods in and out of the gymnasium. Booth reservation will consist of an 8' table and 2 chairs. **Registration deadline is November 14**, or before, if max capacity is reached.

**Location:** MCC Gymnasium  
**Date:** Sat., Dec. 13  
**Time:** 9 a.m. – 3 p.m. (Set-up begins at 8 a.m.)  
**Table Rental:** \$30 residents, \$40 non-residents  
**Activity #:** 270085-A

*\*The Town of Mansfield and Mansfield Parks and Recreation are not responsible for any agreements made by private parties at the Craft Fair. The Town of Mansfield and Mansfield Parks and Recreation reserves the right to ask any vendors to leave the grounds if Town Policies are not followed. We also reserve the right to ask you to remove any items we find objectionable.*

## Jingle Jog

Join us for this fun family friendly event. Prance, dance or blitz your way around the festive track for a chance to win prizes! Jingle bells provided with your registration. Feel free to dress up in your best holiday attire. Hot chocolate and candy canes provided when finished. Ages 0-99.

**Location:** CC Indoor Track  
**Date:** Sat., Dec. 13  
**Time:** 9-10 a.m.  
**Fee:** FREE  
**Activity #:** 270080-A, Pre-registration strongly suggested



## 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 as 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 29th and transports all your special letters promptly on December 14th. 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, that is) 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 16th at 9 a.m.

# Youth Sports and Programs

## Nature Noah's Navigators (Ages 6-12)

Missing Camp Mansfield? Join "Nature Noah's Navigators" for a six-week outdoor adventure led by Nature Noah, an elementary art teacher and our Camp Mansfield Director! Kids aged 6-12 will explore local parks, learning nature skills like animal tracking, plant and rock identification, and crayfishing at beautiful Bicentennial Pond. Each 1.5-hour class inspires discovery and fun!

**Instructor:** Noah Yilmaz  
**Location:** Bicentennial Pond  
**Dates:** Wed. Sept. 17-Oct. 22  
**Times:** 5-6:30 p.m.  
**Fee:** \$10 per class for residents, \$20 per class for non-residents

**Activity #:** (Class 1) 220095-A: Introduction and Nature Hike  
(Class 2) 220095-B: Cray Fishing Adventure  
(Class 3) 220095-C: Bug and Bird Fun  
(Class 4) 220095-D: Leaf Identification and Printing  
(Class 5) 220095-E: Gnome Homes on the Trail  
(Class 6) 220095-F: Nature Celebration

## NEW! Brainiacs in Action (Grades 2-4)

Looking to explore your scientific wonders? This 4 week program will consist of fun experiments that can be done at home. We will learn how to use our minds to create science!

**Instructor:** MPRD Staff  
**Location:** MCC Arts and Crafts Room  
**Dates:** Tues. Sept. 16-Oct. 7  
**Times:** 6:30-7:30 p.m.  
**Fee:** \$42 for residents, \$52 for non-residents  
**Activity #:** 220014-A  
**Materials Fee:** \$20 (not covered under fee waiver)

## Itty Bitty Sports (Grades 3-5)

This clinic is to get children ages 3-5 years old active in sports. Children will learn some fundamentals of basketball, soccer, tennis, and more! The focus will be on having fun while learning how to balance, hand-eye coordination activities, dribbling, kicking, and more. Clinics will be held on Monday nights. Parent/Guardian involvement is required. This is a parent/caregiver participation class. You are their best friend!

**Instructor:** Jessica Fondelheit  
**Location:** Mansfield CC Gym  
**Dates:** Mon. Sept. 8-Oct. 27 (7 classes) \*No class 10/13  
**Times:** 4-5 p.m.  
**Fee:** \$46 for residents, \$56 for non-residents  
**Activity #:** 220055-A

## Micro Sports (Grades K-2)

This clinic is to get Kindergarten – 2nd grade children active in sports. Children will learn the fundamentals of basketball, soccer, tennis, and more! Children will learn the skills necessary to play the game and have fun doing it. Clinics will be held on Monday nights.

**Instructor:** Jessica Fondelheit  
**Location:** Mansfield CC Gym  
**Dates:** Mon. Sept. 8-Oct. 27 (7 classes) \*No class 10/13  
**Times:** 5:15-6:15 p.m.  
**Fee:** \$46 for residents, \$56 for non-residents  
**Activity #:** 220058-A

## Archery (Grades 5-8)

Come join us for this new and exciting club! Archery has gained a lot of interest lately so we thought why not make a club for it! During this program participants will learn the basics of archery, how to shoot arrows, how to safely engage in the sport, as well as make their own targets that they can hit! We are excited about this program and hope you are too!



**Instructor:** Trevor Roberts  
**Dates:** Wed. Sept. 10-Oct. 15  
**Times:** 3:30-4:30 p.m.  
**Location:** Mansfield Middle School  
**Fee:** \$119 for residents, \$129 for non-residents  
**Activity #:** 220068-A

## Flag Football Clinic (Ages 10-13)

Did you know that flag football is being added to the Olympics in 2028? If not, then you better start practicing now! This flag football clinic will be for middle school aged boys and girls. It will be a one day event that will hopefully lead to more! This clinic will focus on the basic skills of flag football such as throwing, catching, footwork, and more! Let's get enough people signed up so we can even play a game.

**Instructor:** MPRD Staff  
**Location:** Spring Hill Park  
**Dates:** Sat. Oct. 4  
**Times:** 12-2 p.m.  
**Fee:** \$15 for residents, \$25 for non-residents  
**Activity #:** 220077-A

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Parks & Recreation

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Phone Number:

**860-429-3015, 6107**



# Youth Sports and Programs

## Youth Basketball Program

(Recreation and Travel Divisions)

This comprehensive program for boys and girls in grades K-8 features skill development, sportsmanship, and team participation. Volunteer head and assistant coaches are needed for most divisions. All new basketball volunteer candidates must complete an application. Play begins in November for grades 5-8 and December for K-4. **A detailed flyer will be available online at [mansfieldcc.com](http://mansfieldcc.com), Mansfield Public Schools and the Mansfield Community Center in August.** Those interested in volunteer coaching or as paid officials should complete an application packet located under youth sports at [mansfieldcc.com](http://mansfieldcc.com).

**Day:** Grades K-2, Saturday mornings

Grades 3-4, 1-weeknight and Saturday mornings

Grades 5-8, weeknights and weekends (TBD)

## NEW! September Basketball

### Pre-Season Clinic - 1 Days (Grades 3-8)

Basketball skill training to prepare young athletes for upcoming recreation and travel basketball season. Athletic shoes required, please bring a basketball and water bottle.

**Instructor:** Jeffrey Belanger,  
E.O. Smith Boys Basketball Coach

**Location:** Mansfield Middle School Gym

**Date:** Wed. Sept. 24

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

**Fee:** \$48 for residents, \$58 for non-residents

**Activity #:** 240020-A

## NEW! October Basketball Pre-Season

### Clinic - 1 Day (Grades 3-8)

Basketball skill training to prepare young athletes for upcoming recreation and travel basketball season. Athletic shoes required, please bring a basketball and water bottle.

**Instructor:** Jeffrey Belanger, E.O. Smith Boys  
Basketball Coach

**Location:** Mansfield Middle School Gym

**Date:** Wed. Oct. 15

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

**Fee:** \$48 for residents, \$58 for non-residents

**Activity #:** 240021-A



## \*Program Fees\*

### K-2 Huskies Program:

\$70 for residents, \$80 for non-residents

### Grades 3-4 Instructional Division:

\$92 for residents, \$102 for non-residents

### Grades 5&6 and 7&8 Recreational Division:

\$119 for residents, \$129 for non-residents

### Grades 5&6 and 7&8 Travel Division:

\$280 (Mansfield residents only)

**Look for Travel Tryouts and Recreational  
Evaluation Dates in the Basketball  
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Scan the QR code to  
learn more & sign up!



# Youth Sports and Programs

## Ninja-Fit (Grades pre K-8)

Have you attended our Ninja-Fit clinics? Do you enjoy climbing and fun obstacles? Then you want to make sure to sign up for this program! The Ninja-Fit program is a fitness and fun based program for elementary and middle school aged children. This is a progressive learning program where participants can grow their climbing and fitness skills while also having tons of fun navigating through obstacles.

## Mini-Ninjas (Pre-K)

**Instructor:** Christina Slater, Lincoln Kelly  
**Location:** CC Gym  
**Dates:** Sat., Sept. 27 - Sat., Nov. 1  
**Times:** 10-10:45a.m.  
**Fee:** \$60 for residents, \$70 for non-residents  
**Activity #:** 220059-A

## Little Ninjas (Grades K-2)

**Instructor:** Christina Slater, Lincoln Kelly  
**Location:** CC Gym  
**Dates:** Sat., Sept. 27 - Sat., Nov. 1  
**Times:** 11-11:45a.m.  
**Fee:** \$60 for residents, \$70 for non-residents  
**Activity #:** 220059-B

## Super Ninjas (Grades 3-4)

**Instructor:** Christina Slater, Lincoln Kelly  
**Location:** CC Gym  
**Dates:** Sat., Sept. 27 - Sat., Nov. 1  
**Times:** 12-12:45p.m.  
**Fee:** \$60 for residents, \$70 for non-residents  
**Activity #:** 220059-C



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## NINJA-FIT CLASSES



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 COMING IN  
 SEPTEMBER  
 2025!**

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 MORE ABOUT OUR FITNESS  
 BASED CLASSES USING THE  
 NEW G2N STRUCTURE AND  
 REGISTER TODAY!**



**DON'T MISS OUT**

MANSFIELD COMMUNITY CENTER 10 S. EAGLEVILLE ROAD, STORRS, CT 06268  
 WWW.MANSFIELDCC.COM 860-429-3015

# The Michael M. Taylor & Family Pickleball courts



## Location: MCC Commmity Center Grounds

All courts are available for play. The courts are open daily from 8:00 a.m. to 9:00 p.m.

Court lights are available and can be turned on or off using the switch located on the white post leading to the courts.

**Number of courts:** 6

**Size:** (4) Standard regulation 20' X 44' court area.

(2) sized for tournament regulation play (the same court size, 20' X 44', but a slightly larger overall playing area).



### PICKLEBALL Fall Drop-In Schedule

**OPEN INDOOR PICKLEBALL  
AT THE MANSFIELD COMMUNITY CENTER**  
**WED., 4-45 - 6-45 PM**  
**FRI., 9-30 - 11-30 AM**  
**SAT., 7-30 - 9-30 AM**

**BEGINNER/NOVICE  
INDOOR PICKLEBALL  
WED., 10 - 12 PM**

MANSFIELD CONNECTICUT  
Parks & Recreation

Schedule is subject to change

Mansfield Community Center [www.Mansfieldcc.com](http://www.Mansfieldcc.com) 10 S Eagleville Road, Storrs, Mansfield CT, 06268  
860-429-3015 x 0

## WANTED

### PICKLEBALL INSTRUCTOR

**PAY RATE: \$29 - \$31** Per Hour

Do you have a passion for pickleball and enjoy working with people of all skill levels? We're looking for an energetic, knowledgeable, and enthusiastic Pickleball Instructor to lead group lessons, clinics, and possibly private sessions at our facility.

Responsibilities Include:

- Promoting a fun, inclusive, and safe playing environment
- Leading instructional classes for beginner to intermediate players
- Providing feedback and techniques to help players improve their game
- Assisting with pickleball events, tournaments, or leagues as needed

TO APPLY  
SCAN QR CODE

FOR MORE INFORMATION:  
CapobiancoS@mansfieldct.org

MANSFIELD CONNECTICUT  
Parks & Recreation

### Pickleball at Sunny Acres Park!

Did you know we have outdoor pickleball courts at Sunny Acres Park? Sunny Acres is located on Meadowbrook Road in Mansfield and has four courts available for pickleball play. Nets are available to Mansfield residents free of charge. Register for the net access code.

**Activity #** 210000-A

## Health Assessment & Coaching

Are you stuck trying to figure out how to start on your fitness or exercise journey? Do you want to explore more aspects of your health as a whole? Have your fitness gains plateaued? We offer Personal Training for your exercise specific goals, but sometimes you just need a little more or something different to round out your routine. Email Jill Funk at [funkj@mansfieldct.org](mailto:funkj@mansfieldct.org) for more information on how to get started. Sport Specific coaching available as well.

### 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** - \$80 (initial measurement taken at first appointment, analysis of results with specific exercise demonstration at second appointment)

### 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** - \$80 (initial measurement and 6-week follow-up) For information on above packages email [funkj@mansfieldct.org](mailto:funkj@mansfieldct.org)

### Pre-Post Natal Exercise Counseling:

Scientific studies suggest the numerous health benefits that exercise provides for both expectant mothers and their babies. Yet, the unique physical changes that accompany pregnancy and the postnatal period necessitate specialized knowledge and attention. We can help you with personalized programs that will prioritize the well-being of both mothers and their newborns. Interested in this program? Please contact [Jill Funk@funkj@mansfieldct.org](mailto:Jill Funk@funkj@mansfieldct.org) for more information.

### 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.

See pg. 10 for corresponding Child Care hours for younger siblings

**Days:** Tues., Thurs., Fri., 4 p.m. - Close, Sat. & Sun. all day

**Fee:** FREE! – Members only!

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

## Meet Our Personal Trainers

Find bios at <https://www.mansfieldct.gov/1657/Personal-Training>



**Jerry Kleinman**  
[jerryk@anyagefitness.com](mailto:jerryk@anyagefitness.com)



**Jill Funk**  
[funkj@mansfieldct.org](mailto:funkj@mansfieldct.org)  
429-3015 ext. 6202



**Tony Singe**  
[singeat@comcast.net](mailto:singeat@comcast.net)



**Jiani Ren**  
[jiani.106621@gmail.com](mailto:jiani.106621@gmail.com)

### Personal Training for All Levels of Fitness

All our trainers have a common link...the commitment to improve your health. Their commitment includes a personal program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence. To assist you in finding the best personal trainer to meet your needs, check out our trainer profiles online or in the fitness center, or check in with our Recreation Supervisor, Jill Funk for more information. Sessions and schedules are designed to meet individual and small group needs. Pricing per session will be \$65-\$85 per hour with options for shorter sessions or small groups to provide cost savings.

- Rehabilitative Needs
- Specific Athletic Conditioning
- Small Group Training
- Weight Loss or Gain
- Motivation

LET OUR FITNESS STAFF HELP YOU

GET STARTED ON YOUR

FITNESS JOURNEY

THE RIGHT WAY!

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## Health & Fitness Learning

## Specialty Classes

### 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

**Location:** Exercise/Dance Studio

**Day/Time:** Thurs., Oct 30  
5 - 6:30 p.m.  
#270090-A



Thurs., Nov. 20  
5 - 6:30 p.m.  
#270090-B



**Fees:** \$10 per youth/parent pair- Members only-  
**Registration Required**

### Myofascial Release with Foam Roller

Release tension, improve mobility, and restore balance in this guided foam rolling class designed to target the fascia—the connective tissue that supports your muscles. Using foam rollers and gentle techniques, you'll learn how to alleviate tight spots, increase circulation, and enhance recovery. Perfect for all fitness levels, this class is ideal for anyone looking to reduce soreness, prevent injury, and move with greater ease. Great of all levels!

**Trainer:** Keri Jenkins

**Location:** MCC Dance/Fitness Studio

**Fee:** \$40/\$80

**Sessions:** 6 Classes- Tues., Sept. 9 – Tues., Oct. 14

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

**Activity #:** 271003-A

### Strong Spine

Build a resilient, balanced, and supported body from the core, out. This class focuses on strengthening the muscles that support your spine—including your core, back, glutes, and hips—while improving posture, alignment, and stability. Through targeted exercises, mobility work, and mindful movement, you'll enhance spinal health, reduce the risk of injury, and feel more confident in everyday movement.

**Trainer:** Jiani Ren

**Location:** MCC Dance/Fitness Studio

**Fee:** \$43/\$86

**Sessions:** 8 Classes- Thu., Sept. 4 – Thur., Oct. 23

**Time:** 12-12:45 p.m.

**Activity #:** 271004-A

### Forest Bathing - A Mindfulness experience in Nature

Experience the healing and wellness practice of forest therapy; sometimes also referred to as forest bathing. Grounded in the Japanese practice; shinrin-yoku, the practice of bathing the senses in the atmosphere of the forest promotes reducing stress, enhancing mood and feelings of wellness. On the 2 hour walk, you will experience a series of guided, gentle invitations to open the senses, cultivate presence, and invite healing interactions between people and the natural world. Everyone gets something different from forest walking experiences- it may help you feel more connected to nature, or you may experience connection to others or yourself during your time on the walk. This is not a hike and is open to all ability levels; and levels of experience in nature. Come for this free activity to pause in the day and connect with the more than Human World and to others on the walk.

**Trainer:** *Gina DeVivo Brassaw* is Certified as a guide with the Association of Nature and Forest Therapy. As a forest therapy guide, Gina will guide the group, with the forest as the therapist.

**Location:** Information on park location in Mansfield will be emailed prior to the walk

**Fee:** Free for members. \$10 per date for non-members

**Activity #:** 270070-A

### Knee Care Restore

Support your knees with gentle, targeted movement designed to build strength, improve mobility, and reduce discomfort. This restorative class focuses on the muscles and joints that impact knee health—hips, quads, hamstrings, calves, and feet—using mindful exercises, stretching, and stability work. Ideal for anyone recovering from knee issues, dealing with chronic pain, or simply wanting to move with more ease and confidence.

**Trainer:** Jiani Ren

**Location:** MCC Dance/Fitness Studio

**Fee:** \$43/\$86

**Sessions:** 8 Classes- Thu., Oct. 30 – Thur., Dec. 18

**Time:** 12-12:45 p.m.

**Activity #:** 271005-A

## Workshops

### Menopausal Nutrition Workshop

Join us for an empowering and informative workshop designed to support women through the transitional stages of menopause. This session will explore how nutrition can ease symptoms, support hormonal balance, and enhance overall well-being during perimenopause, menopause, and post menopause.

#### What You'll Learn:

- How hormonal changes affect your metabolism, bone health, and mood
- Nutrient-rich foods to support energy, sleep, and hormone regulation
- Strategies for managing weight, hot flashes, and mood swings naturally
- The role of supplements, hydration, and lifestyle factors in menopause care
- How to build a sustainable, personalized meal plan for long-term health

**Trainer:** Jiani Ren  
**Location:** MCC Conference Room  
**Fee:** Free to Members!  
**Date:** Wednesday, Oct. 15  
**Time:** 5 - 6:30 p.m.  
**Activity #:** 271006-A

### Sound Healing Meditation (Ages 18+)

**Fee per date:** \$20 for members, \$30 for non-members

Unwind and restore with a soothing sound healing experience designed to calm your nervous system and melt away stress.

This deeply relaxing session features the gentle tones of Himalayan singing bowls and the rich, grounding vibrations of gongs. As these instruments resonate through your body and mind, you'll be guided into a peaceful state where tension dissolves, breathing slows, and the mind becomes quiet.

Let the layers of sound wash over you like waves, encouraging deep rest and relaxation. You don't need to do anything—just lie back, close your eyes, and allow the sounds to support your body's natural ability to relax and reset.

Please bring a yoga mat, zero gravity chair or blankets to lay on for your comfort.

**Location:** MCC Community Room  
**Date:** Wed., Sept. 17  
**Time:** 4:45 - 5:45 p.m.  
**Activity#:** 271001-A

**Location:** MCC Community Room  
**Date:** Wed., Oct. 15  
**Time:** 4:45 - 5:45 p.m.  
**Activity#:** 271001-B

**Don't miss our Holiday Fun Day! including the Jingle Jog and Craft Fair on Sat., December 13! See the Special Events page for more details.**

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 **and INSTAGRAM!** 

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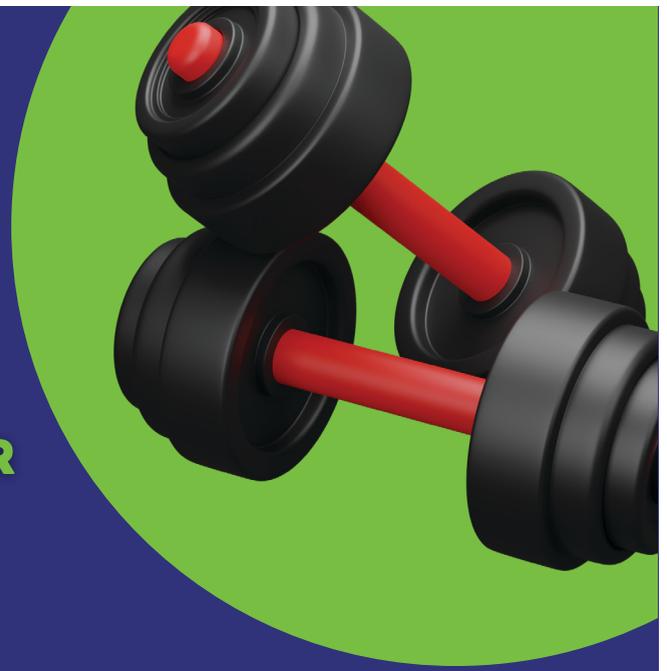
\*Average annual household savings based on 2019 national survey of new policyholders who reported savings by switching to State Farm.

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 State Farm Fire and Casualty Company • State Farm General Insurance Company, Bloomington, IL  
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**NEW  
MEMBER-ONLY**

# FITNESS CLASSES

**NOW INCLUDED IN YOUR  
MEMBERSHIP**



## **Mondays**

Spin- 5:45 a.m.  
Kettlebells- 12 p.m.  
Functional Power- 4 p.m.  
Power Pilates- 5:15 p.m.

## **Wednesdays**

Corefusion- 5 p.m.

## **Fridays**

Strength Fusion- 8:45 a.m.

## **Member-Only Classes**

Drop-in only with required pre-registration. Register online at [mansfieldcc.com](https://mansfieldcc.com) or in person starting 24 hours before class. Online registration closes 1 hour before class; in-person registration available at the front desk if space allows.

## **Tuesdays**

Senior Fit Circuit- 11 a.m.  
Spoga- 6:40 p.m.

## **Thursdays**

Hardcore Bootcamp- 5:40 a.m.  
Senior Fit Yoga- 11 a.m.

## **Sundays**

Restore Yoga- 8:15 a.m.



**MANSFIELD**  
**COMMUNITY CENTER**  
*Family, Fitness & Fun!*

## Find your perfect fitness class!

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

Yoga , TRX, Tai Chi  
Silver Sneakers Stability  
Yo/Pilates

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

Silver Sneakers Classes  
Gentle Yoga  
Tai Chi, Aqua Therapy  
Senior Fit Circuit  
Senior Fit Yoga

**Senior classes**

Silver Sneakers Classic  
Circuit  
Stability  
Senior Fit Yoga  
and Circuit

**Fun and Challenging**

TRX, Kettlebells  
Bootcamp  
Barre, Spoga

**Learning and Specialty Classes**

Forest Bathing  
Myofascial Release  
Knee Care Restore  
Strong Spine  
See Page 24

**Prefer a water class?**

Aqua Therapy  
Water Fitness

**Build Strength & Endurance with:**

Bootcamp, TRX  
Functional Strength  
Barre  
Strength fusion

**Member -Only:**

Senior Fit Circuit  
Senior Fit Yoga  
Functional Power  
Corefusion  
Restore Yoga  
Total Body Burst  
Kettlebell, Hardcore  
Bootcamp

**Actively seeking Fitness Instructors**

Certified applicants email  
funkj@mansfieldct.org

**V**

**Virtual**

Mossa Streaming-  
See weekly schedule for  
available programs  
Chair Circuit  
Chair Strength  
Salsa Fit

Find Your Perfect Fitness Class! 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!

# FITNESS SCHEDULE FALL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin M</b> <b>*Member-Only*</b> <b>5:45 - 6:45 a.m.</b> 272000-A1 7 classes- no 9/1 272000-A2 6 classes- no 11/4 & 11/24 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40 - 6:25 a.m.</b> 270012-A1 \$33/\$66 7 classes- no 10/21 270012-A2 \$28/\$56 6 classes- no 10/28 & 11/25 Instructor: Tiffany	<b>Spin W/F</b> <b>5:45 - 6:45 a.m.</b> 270001-A1 \$108/\$216 15 classes- no 10/24 270001-A2 \$100/\$200 14 classes- no 11/28 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>*Member-Only*</b> <b>5:40 - 6:25 a.m.</b> 272007-A1 7 classes- no 10/22 272007-A2 7 classes- no 11/27 Instructor: Tiffany	<b>Spin W/F</b> <b>5:45 - 6:45 a.m.</b> 270001-A1 \$108/\$216 15 classes- no 10/24 270001-A2 \$100/\$200 14 classes- no 11/28 Instructor: Keri	<b>Hardcore Bootcamp</b> <b>8 - 8:45 a.m.</b> 270012-D \$19/\$38 4 classes only- 9/5 - 9/26 Instructor: Tiffany	<b>Restore Yoga</b> <b>*Member-Only*</b> <b>8:15 - 9:15 a.m.</b> 272010-A1 6 classes- no 9/7 & 10/19 272010-A2 5 classes- no 11/9, 11/30, 12/21 Instructor: Carol
<b>TRX Circuit</b> <b>9 - 9:45 a.m.</b> 270074-A1 \$28/\$56 6 classes- no 9/1 & 10/20 270074-A2 \$28/\$56 6 classes- no 10/27 & 11/24 Instructor: Tiffany	<b>Spin T/Th</b> <b>6:30 - 7:30 a.m.</b> 270001-B1 \$99/\$199 16 classes 270001-B2 \$83/\$166 14 classes Instructor: Ron	<b>Salsa Fit</b> <b>9 - 10 a.m.</b> 270032-A1 \$58/\$116 8 classes 270032-A2 \$50/\$100 7 classes Instructor: Kelly	<b>Spin T/Th</b> <b>6:30 - 7:30 a.m.</b> 270001-B1 \$99/\$199 16 classes 270001-B2 \$87/\$174 14 classes Instructor: Ron	<b>Strength Fusion</b> <b>*Member-Only*</b> <b>8:45 - 9:30 a.m.</b> 272009-A1 7 classes- no 10/24 272009-A2 7 classes- no 11/28 Instructor: Tiffany		
<b>Total Body Start</b> <b>10 - 11 a.m.</b> 270097-A1 \$50/\$100 7 classes- no 9/1 270097-A2 \$50/\$100 7 classes- no 11/24 Instructor: Jiani	<b>Functional Strength</b> <b>8:45 - 9:30 a.m.</b> 270014-A1 \$33/\$66 7 classes- no 10/21 270014-A2 \$28/\$56 6 classes- no 10/28 & 11/25 Instructor: Tiffany	<b>Water Fitness</b> <b>9:30 - 10:30 a.m.</b> 270037-B1 \$43/\$86 6 classes- no 9/4 & 10/22 270037-B2 \$50/\$100 7 classes- no 11/26 Instructor: Keri	<b>Barre</b> <b>9:30 - 10:30 a.m.</b> 270007-A1 \$43/\$86 6 classes- no 9/4 & 10/23 270007-A2 \$50/\$100 7 classes- no 11/27 Instructor: Keri	<b>Silver Sneakers Stability</b> <b>10:00 - 10:45 a.m.</b> 270019-A1 \$37/\$74 8 classes 270019-A2 \$33/\$66 7 classes- no 11/28 Instructor: Ron		
<b>Water Fitness</b> <b>10 - 11 a.m.</b> 270037-A1 \$43/\$86 6 classes- no 9/1 & 10/20 270037-A2 \$43/\$86 6 classes- no 11/3 & 11/24 Instructor: Keri	<b>Mat Pilates</b> <b>10 - 11 a.m.</b> 270028-B1 \$43/\$86 6 classes- no 9/2 & 10/21 270028-B2 \$50/\$100 7 classes- no 11/24 Instructor: Keri	<b>Silver Sneakers Classic</b> <b>10 - 10:45 a.m.</b> 270015-B1 \$38/\$76 7 classes- no 9/24 270015-B2 \$38/\$76 7 classes- no 11/26 Instructor: Jerry	<b>Aqua Therapy</b> <b>10:30 - 11:15 a.m. T/Th</b> 270041-A1 \$74/148 16 classes 270041-A2 \$65/\$130 14 classes- no 11/25 & 11/27 Instructor: Dorinda	<b>Yo/Pilates</b> <b>10:30 - 11:30 a.m.</b> 270023-A1 \$58/\$116 8 classes 270023-A2 \$50/\$100 7 classes- no 11/28 Instructor: Sharon		
<b>Silver Sneakers Classic</b> <b>10 - 10:45 a.m.</b> 270015-A1 \$32/\$64 6 classes- no 9/1 & 10/13 270015-A2 \$38/\$76 7 classes- no 11/24 Instructor: Jerry	<b>Aqua Therapy</b> <b>10:30 - 11:15 a.m. T/Th</b> 270041-A1 \$74/148 16 classes 270041-A2 \$65/\$130 14 classes- no 11/25 & 11/27 Instructor: Dorinda	<b>Chair Classic</b> <b>10 - 10:45 a.m.</b> 270015-Z1 \$38/\$76 7 classes- no 9/24 270015-Z2 \$38/\$76 7 classes- no 11/26 Instructor: Jerry	<b>Senior Fit Yoga</b> <b>*Member-Only*</b> <b>11 - 11:45 a.m.</b> 272008-A1 8 classes 272008-A2 7 classes- no 11/27 Instructor: Ron	<b>Silver Sneakers Stability</b> <b>11:00 a.m - 11:45 a.m.</b> 270019-B1 \$37/\$74 8 classes 270019-B2 \$33/\$66 7 classes- no 11/28 Instructor: Ron		
<b>Chair Classic</b> <b>10 - 10:45 a.m.</b> 270015-V1 \$32/\$64 6 classes- no 9/1 & 10/13 270015-V2 \$38/\$76 7 classes- no 11/24 Instructor: Jerry	<b>Senior Fit Circuit</b> <b>*Member-Only*</b> <b>11 - 11:45 a.m.</b> 272004-A1 8 classes 272004-A2 7 classes- no 11/25 Instructor: Ron	<b>Gentle Yoga</b> <b>10:30 - 11:30 a.m.</b> 270046-A1 \$58/\$115 8 classes 270046-A2 \$50/\$100 7 classes Instructor: Sharon	<b>Aqua Therapy</b> <b>11:20 a.m. - 12:05 p.m. T/Th</b> 270041-B1 \$74/\$148 16 classes 270041-B2 \$65/\$130 14 classes- no 11/25 & 11/27 Instructor: Dorinda	<b>Total Body Burst</b> <b>12 - 12:45 p.m.</b> 272009-A1 8 classes 272009-A2 7 classes- no 11/28 Instructor: Jiani		
<b>Silver Sneakers Circuit</b> <b>11 - 11:45 a.m.</b> 270008-A1 \$32/\$64 6 classes- no 9/1 & 10/13 270008-A2 \$38/\$76 7 classes- no 11/24 Instructor: Jerry - Comm Rm	<b>Aqua Therapy</b> <b>11:20 a.m. - 12:05 p.m. T/Th</b> 270041-B1 \$74/\$148 16 classes 270041-B2 \$65/\$130 14 classes- 11/25 & 11/27 Instructor: Dorinda	<b>Silver Sneakers Circuit</b> <b>11 - 11:45 a.m.</b> 270008-B1 \$38/\$76 7 classes- no 9/24 270008-B2 \$38/\$76 7 classes- no 11/26 Instructor: Jerry	<b>Bootcamp</b> <b>5 - 6 p.m.</b> 270012-C1- \$43/\$86 8 classes 270012-C2- \$38/\$76 7 classes- no 11/27 Instructor: Tiffany/Jiani			
<b>Chair Circuit</b> <b>11 - 11:45 a.m.</b> 270008-V1 \$32/\$64 6 classes- no 9/1 & 10/13 270008-V2 \$38/\$76 7 classes- no 11/24 Instructor: Jerry	<b>AT For All</b> <b>12:00 - 1:30 p.m.</b> 270050-A1- \$50/\$100 5 classes only- 9/2 - 9/30 Instructor: Kristin	<b>Chair Circuit</b> <b>11 - 11:45 a.m.</b> 270008-Z1 \$38/\$76 7 classes- no 9/24 270008-Z2 \$38/\$76 7 classes- no 11/26 Instructor: Jerry	<b>Ability Fitness</b> <b>6:15 - 7pm</b> 270005-A1 \$43/\$86 8 classes 270005-A2 \$22/\$44 4 classes- no 10/30, 11/20, 11/27, 12/18 Instructor: Mandy			
<b>Kettlebells</b> <b>*Member-Only*</b> <b>12:00 - 12:30 p.m.</b> 272001-A1 6 classes- no 9/1 & 10/20 272001-A2 6 classes- no 10/27 & 11/24 Instructor: Tiffany	<b>Posture, Balance &amp; Mobility</b> <b>12:00 - 1:00 p.m.</b> 270051-A1- \$40/\$80 4 classes only- 9/30 - 10/21 Instructor: Kristin	<b>Functional Power</b> <b>12 - 12:45p.m.</b> 270094-B1 8 classes 270094-B2 7 classes- no 11/26 Instructor: Jiani	<b>Core Express</b> <b>7:10 - 7:40 p.m.</b> 270077-A1 \$29/\$58 8 classes 270077-A2 \$14/\$28 4 classes- no 10/30, 11/20, 11/27, 12/18 Instructor: Mandy			
<b>Functional Power</b> <b>*Member-Only*</b> <b>4 - 5 p.m.</b> 272002-A1 7 classes- no 9/1 272002-A2 7 classes- no 11/24 Instructor: Jiani	<b>Zumba</b> <b>5:30 - 6:30 p.m.</b> 270096-A1 \$50/\$100 7 classes only- 10/28 - 12/16 (no 11/25) Instructor: Tianna	<b>HIIT</b> <b>4 - 4:45 p.m.</b> 270078-A1 8 classes 270078-A2 7 classes- no 11/26 Instructor: Tiffany/Jiani	<b>1st Year Tai Chi</b> <b>5:30 - 6:45 p.m.</b> 270029-A1 \$72/\$144 8 classes 270029-A2 \$63/\$126 7 classes- no 11/27 Instructor: George			
<b>Pilates</b> <b>*Member-Only*</b> <b>5:15-6:15 p.m.</b> 272003-A1 7 classes- no 9/1 272003-A2 Instructor: Jiani	<b>Spoga</b> <b>*Member-Only*</b> <b>6:40 - 7:40 p.m.</b> 272005-A1 8 classes 272005-A2 7 classes- no 11/25 Instructor: Ron	<b>Corefusion</b> <b>*Member-Only*</b> <b>5 - 6 p.m.</b> 272006-A1 8 classes 272006-A2 7 classes- no 11/26 Instructor: Dorinda	<b>Continuing Tai Chi</b> <b>7 - 8:15 p.m.</b> 270029-A1 \$72/\$144 8 classes 270029-A2 \$63/\$126 7 classes- no 11/27 Instructor: George			
<b>Pilates</b> <b>6:30-7:30p.m.</b> 270028-A1 7 classes- no 9/1 \$50/\$100 270028-A2 7 classes- no 11/24 Instructor: Jiani						

**MEMBER-ONLY FITNESS CLASSES!**

NEW! Included in your membership to the community center you now get access to select classes for free. Pre-registration is required, registration opens 24hours prior to the class start time. Use the QR code below to learn more information and to learn how to register for these free classes!



SCAN HERE

How-to Instructions

Member-Only Classes

**FALL FITNESS CLASSES 2025**

**Session 1 : Tues., Sept. 2 - Sun., Oct. 26**  
**Session 2 : Mon., Oct. 27 - Sunday, Dec. 21**

No regularly scheduled classes the week of 11/24 - 11/30 for Giving Week

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

**MCC Member Only included in membership**

See class descriptions on pages 31-32

For help finding the right class for your needs, see page 27

Please check your receipt for information updated after printing of brochure

- KEY**
- Class is in gym
  - Class is in pool
  - Class is in Studio
  - Class is Virtual Via Zoom -
  - Class is in Community Room
  - Class is Outdoors



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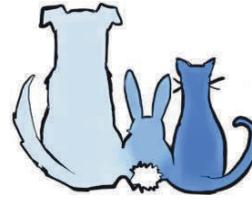
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# Fitness Class Descriptions Fall 2025

## Member-Only Classes

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. Available for Member Exclusive and Non-Member.
<b>Functional Power</b>	This high-intensity class fuses functional strength, explosive core work, and dynamic movement patterns to boost performance, stability, and power. Expect sweat, challenge, and results! Available for Member Exclusive and Non-Member.
<b>Pilates</b>	A fast-paced, strength-focused take on classical Pilates. This full-body workout blends precise core control with resistance training and high-energy flow to build strength, stamina, and stability. Expect powerful movements, minimal rest, and maximum results
<b>Senior Fit Circuit</b>	Stay strong, active, and confident with this low-impact, full-body circuit workout designed specifically for older adults. Move through a series of functional exercises that improve strength, balance, flexibility, and coordination. Chair support is offered to safely perform movements.
<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>Corefusion</b>	A class combining the fundamental movements of both Pilates and Yoga. Emphasis on breath work and core strength.
<b>Senior Fit Yoga</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.
<b>Strength Fusion</b>	A high intensity workout combining strength training and functional movements to build muscle, improve endurance, and boost overall fitness. This class blends weightlifting, bodyweight exercises, and circuit-style training to challenge your body and deliver powerful results. Perfect for all fitness levels!
<b>Total Body Burst</b>	A fast-paced, high intensity workout that targets every muscle group in short, powerful bursts. This class combines bodyweight exercises with explosive movements to build strength, stamina, and accelerate fat loss. Get ready for a full-body challenge that pushes your limits, boots your metabolism, and leaves you feeling accomplished.
<b>Restore Yoga</b>	Join us on Sunday mornings for our restorative yoga class. This is an excellent pathway to quiet the mind and calm the body. With the use of props such as blocks, and blankets restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness. Restorative yoga classes are perfect for all levels of experience and stages of flexibility.
<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>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. Class may utilize outdoor space as weather allows.

## ALL OTHER CLASSES

CLASS	DESCRIPTION
<b>TRX Circuit</b>	Join us for this metabolic total body workout. Circuit training will include TRX straps as well as other aerobic and strength stations.
<b>Total Body Start</b>	A beginner-friendly class that focuses on building a strong foundation with bodyweight and dumbbell exercises. Perfect for those new to fitness, this class targets all major muscle groups to improve strength, mobility, and endurance.
<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>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 Silver Sneakers balls are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members. *Virtual Option Available*
<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 Silver Sneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for Silver Sneakers members. *Virtual Option Available*

# Fitness Class Descriptions Fall 2025

CLASS	DESCRIPTION
<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>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. Class may utilize outdoor space as weather allows.
<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>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>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>AT For All</b>	The Alexander Technique is a method for improving posture, coordination, and overall movement. It emphasizes the relationship between the head, neck, and back and how these elements influence the overall bodily coordination. By becoming conscious of these patterns, individuals can learn to release unnecessary tension and move in a more balanced and efficient manner.
<b>Posture, Balance &amp; Mobility</b>	Improve your posture and overall health in this 5- week session, focused on balance, mobility, and overcoming the fear of falling. The Alexander Technique is a proven technique that helps restore balance, improve coordination, and reduce chronic pain.
<b>Zumba</b>	Get ready to groove in a 60-minute Zumba class that transforms fitness into a dance party. Start with a fun warm-up to get your body moving, then dive into a high-energy mix of salsa, merengue, and hip-hop
<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 its exercise.
<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>HIIT</b>	HIIT (High-Intensity Interval Training) is a fast-paced workout that alternates between intense bursts of exercise and short recovery periods. Designed to maximize calorie burn and improve cardiovascular fitness in a short amount of time, HIIT is effective for building strength, endurance, and increasing metabolism. It can be customized to all fitness levels and typically includes a mix of cardio, strength, and bodyweight exercises.
<b>Barre</b>	A dynamic fusion of ballet-inspired movement, Pilates, and strength training. This low-impact, high-intensity class focuses on small, precise movements that sculpt muscles, improve posture, and build endurance. Expect a full-body burn with light weights, pulsing holds, and core-focused work—all set to upbeat music.
<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>Core Express</b>	A 30 minute class to focus on building and strengthening your core.
<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>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.

## Teen & Adult Dance



### 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:** Shannon Malone  
**Location:** Senior Center  
**Dates:** Tues., Sept. 16-Nov. 25 (11 classes)  
**Times:** 6-7:30 p.m.  
**Fee:** \$121 for residents, \$131 for non-residents  
**Activity #:** 210040-A



Photo courtesy of Milton Levin of Levin Aerial Works, LLC.

### 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. Beginner classes are for true beginners, come start with the basics and have fun! Advanced classes are for those with experience, start putting the pieces together into routines as we work with zils, veils, and fanveils. **Socks or slipper-like dance shoes are required.**



**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, 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 fourteen years.

**Location:** CC Fitness/Dance Studio

#### **BEGINNER**

**Dates:** Mon., Sept. 8-Oct. 13 (6 classes)  
**Times:** 5:15-6:15 p.m.  
**Fee:** \$78 for residents, \$88 for non-residents  
**Activity #:** 210046-A

#### **ADVANCED**

**Dates:** Mon., Oct. 27-Dec. 8 (6 classes) \*no class 11/24  
**Times:** 5:15-6:15 p.m.  
**Fee:** \$78 for residents, \$88 for non-residents  
**Activity #:** 210046-B

#### **ADVANCED**

**Session 1 Dates:** Mon., Sept. 8-Oct. 13 (6 classes)  
**Times:** 6:20-7:20 p.m.  
**Fee:** \$78 for residents, \$88 for non-residents  
**Activity #:** 210046-C

**Session 2 Dates:** Mon., Oct. 27-Dec. 8 (6 classes) \*no class 11/24  
**Times:** 6:20-7:20 p.m.  
**Fee:** \$78 for residents, \$88 for non-residents  
**Activity #:** 210046-D

# Dance



## Youth Dance

**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.



### Acrobatics and Tumbling (6-10 years)

A great introduction to body awareness, music and movement for the young and active dancer. We will work on increased upper body strength and moving and balancing in a variety of different ways. Class will incorporate props and obstacle courses in a way that makes it fun to get stronger. This class is designed to teach acrobatics skills including rolls, back bends, walk overs, cartwheels and progressing to more difficult skills such as handsprings, aerials and intricate balances. The focus will be on safely executing basic acrobatic tricks and creating acrobatic dance combinations to music and well as becoming stronger, more flexible, more confident and healthy!

**Location:** CC Gymnasium  
**Time:** 10:30 a.m.-11:15 a.m.  
**Dates:** Sun. Sept., 21-Nov. 6 (8 classes)  
**Fee:** \$72 for residents, \$82 for non-residents  
**Activity #:** 220044-A

### 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:** 11:15 a.m.- 12 p.m.  
**Dates:** Sun. Sept., 21-Nov. 6 (8 classes)  
**Fee:** \$72 for residents, \$82 for non-residents  
**Activity #:** 220047-A

### 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:** 12:10 a.m.-12:55 p.m.  
**Dates:** Sun. Sept., 21-Nov. 6 (8 classes)  
**Fee:** \$72 for residents, \$82 for non-residents  
**Activity #:** 220045-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.

**Location:** CC Dance/Fitness Studio  
**Time:** 1-1:45 p.m.  
**Dates:** Sun. Sept., 21-Nov. 6 (8 classes)  
**Fee:** \$72 for residents, \$82 for non-residents  
**Activity #:** 220046-A



# The Nutcracker

A COMMUNITY PRODUCTION WITH

**MANSFIELD**  
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Parks & Recreation

**& MISS KELLY PRODUCTIONS**



Mansfield Parks and Recreation and Miss Kelly Productions are thrilled to bring a traditional The Nutcracker performance back for the 2025 season! Students aged 3-18 are invited to participate in this year's show! All abilities are welcome. We invite dancers (ballet, jazz, tap, Irish, hip hop), gymnasts, martial artists, and theater lovers to be a part of our production. Each year, we recreate a performance plan to reflect the unique cast that year, and bring out every performer's best self! Build stage presence, confidence, and friendships through our inclusive community program.

**Lead Instructor:** Miss Kelly and Staff from Miss Kelly Productions

**Casting/Auditions:** Everyone receives a part!

Casting will be held on **Sunday, September 21, 1-4 p.m.**

at Lenard Hall (specific age and time details to follow).

Practices will begin in October.

Pre-registration is required before auditioning.

**Act. # 231000-A.**

**The Show: December 13 & 14, 2025 at Mansfield Middle School**

**Participation Fee:** \$169 for residents, \$179 for non-residents

**Materials Fee:** \$50

Each participant receives a minimum of 10 hours of rehearsal; costume; 1 admittance per registration to the show of choice; and participation in performance and events.

**More information on The Nutcracker performance and ticket sales to come!**

# Community School of the Arts



Photos courtesy of Milton Levin of Levin Aerial Works, LLC.

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!**

**Lenard Hall Facility Hours:** Facility hours reflect scheduled programs and classes

Please call before planning your next visit or check our website for updates:  
860-429-3015 ext. 6250

<https://www.mansfieldct.gov/2387/Community-School-of-the-Arts>

<https://facebook.com/CSA.Mansfield>

@CSA.Mansfield



## Individual Instrumental and Voice Lessons

Please visit the Lenard Hall Reception desk or [www.mansfieldct.gov/csa](http://www.mansfieldct.gov/csa) for a list of 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 throughout the week, depending on instructor availability. **Please note there will be a once per season \$10 non-resident charge for those participating in lessons that do not live in Storrs/Mansfield.** Fall season lessons will be held September through December. \*Fees below represent an estimated 12-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. Please note student recitals will be held at the conclusion of the fall and spring seasons. Register now with the activity numbers below!

**Dates:** Sept. 15-Dec. 14 (12 classes)  
\*no lessons the week of Thanksgiving  
Make Up Lessons: Dec. 15-21

**Activity #:** 230700-A (30 mins)  
230700-B (45 mins)  
230700-C (60 mins)

LESSON LENGTH	30 MINUTES	45 MINUTES	60 MINUTES
*Approximate Full session (12 lessons)	\$467	\$638	\$841

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

Register to request 2 thirty minute 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:** 230700-D (2-30 minute Lessons) - \$45

# Community School of the Arts

## 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, register for individual lessons to get started!**

**Instructor:** *Walker Suib* has been practicing Electronic Music Production (his favorite activity) for the last decade. 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 lesson. Can register for 30, 45, or 60-minute individual lessons (see Individual Instrumental and Voice Lesson rates).

**Fee:**

## Music Together®

(Mixed Ages, birth-5 years old, with caregiver)

Music Together is an early childhood music and movement program for children from birth through age five—and the grownups who love them! Our early childhood music curriculum has decades of research behind it, in both music education and child development. We know what we're talking about, and we're good at what we do! And because we recognize that children learn through play, we make everything we do in class engaging and fun. Music Together brings families of all kinds together in a warm, supportive environment where everyone feels comfortable singing, dancing, and jamming. Creating lasting family and community bonds through music is a huge part of our programs. Space is limited, so register early!

**Instructor:** *Grow With Me Music Staff*

**Location:** CC Community Room

**Dates:** Sat., Sept. 20-Nov. 22 (10 classes)

**Times:** 9:30-10:15 a.m.

**Fee:** \$270 for first child resident,  
\$280 for first child non-resident,  
\$156 for second child resident,  
\$166 for second child non-resident.  
Free for third child.  
Free for siblings under 8 months old

**Activity #:** 230220-A

**FIND US ON FACEBOOK**

 **and INSTAGRAM!** 

**@MansfieldCommunityCenter**

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



## Visual Arts

### Art Mentorship - Private Art Lessons (Ages 6-Adult)

This type of mentorship provides aspiring artists with the rare opportunity to receive tailored guidance, feedback, and support from someone who has undergone rigorous training in traditional techniques and principles. Artists can expect to receive individualized instruction aimed at honing their technical skills and developing their artistic voice. During the first lesson, the instructor will establish a clear understanding of the student's current skill level, discuss specific techniques they wish to learn, and set achievable artistic goals. This foundational discussion will tailor the art lessons to meet the student's individual needs and aspirations. **Allison is available for one hour lessons Mondays through Thursdays from 5:00 p.m. to 8:00 p.m.** Students meet with the instructor once per week for 60 minutes. Register online or in person with activity numbers below and list preferred lesson time during registration. Once registered, you will be contacted within two weeks to discuss your lesson appointments, once scheduled you will receive lesson schedule via email. Art materials will be provided for the first lesson; students are required to bring their own materials to the following lessons. Instructor will review a materials list with the students at the first lesson.

**Instructor:** *Allison Pillari* brings a unique perspective to art making and what it means to "Create". She provides access to art for both identified artists and especially, those who previously did not consider themselves creative.

**Location:** Lenard Hall

**Dates:** Sept. 15- Dec. 4 (10 lessons)  
\*no lessons held on 10/13, 11/11 or the week of Thanksgiving – make ups will be held at the end of the session 12/8-12/9 and 12/15-12/16.

**Fee:** \$530 for residents, \$540 for non-residents

Day	Time	Activity Number
Mondays	5-8 p.m.	230801-A
Tuesdays	5-8 p.m.	230801-B
Wenesdays	5-8 p.m.	230801-A1
Thursdays	5-8 p.m.	230801-B1

### Not sure you're ready for the full season of Art Mentorship lessons? Try it out with Mini LESSONS!

Register to request 2 sixty minute mini art mentorship lessons with Allison. Times subject to instructor availability. Two Mini lessons can be scheduled only once per season.

**Mini Lessons:** 230801-C (2-60 minute Lessons) - \$90

# Community School of the Arts

## Meet Our Instructors



Gracie Martin-  
French Horn



Ning Chen-Piano



Tricia Wong-Piano



Jane Moorhead-Piano



Bobby Luan-Violin,  
Suzuki Violin, & Viola



Ruth Shilling-Violin &  
Viola



Bronwyn Burns-Violin



Gonzalo Cortes-Flute



Chris Farnham-Guitar



Nicholas Stanton-  
Trombone



Alaina Magaldi-Voice



Sarah Kaufold-Voice



Walker Suib-Electronic  
Music Production

COMMUNITY SCHOOL OF THE ARTS LENARD HALL  
450 S EAGLEVILLE ROAD STORRS, CT 06268  
860-429-3015 EXT. 6250  
MANSFIELDCC.COM/CSA



Scan QR Code  
to join our  
CSA Programs!



### Cut and Collage (All ages)

Participants will be using colored paper and precut shapes to design and create a work of art. Are you looking for something creative but some limitations to challenge your thinking? Join us for a fun experiment into the world of paper and shape. Sign up for one or both dates! Each participant must register individually.

**Instructor:** Allison Pillari  
**Location:** Lenard Hall  
**Dates:** Fri., Sept. 12 (230082-A)  
Fri., Sept. 19 (230082-B)  
**Time:** 6-7 p.m.  
**Fee:** \$20 for residents, \$30 for non-residents (per session)

### Sound Stories - an exploration of graphic notation (Ages 8-13)

In this fun and creative class, children will discover a whole new way to make music — using shapes, colors, and drawings! Instead of traditional music notes, we'll explore graphic notation, a playful way to show sounds with pictures. Children will listen to sounds, draw what they hear, and even create their own musical scores using squiggles, dots, waves, and more. No music reading skills needed — just imagination! Students will compose and perform their very own musical pieces! Perfect for curious kids who love music, art, or both!



**Instructor:** Amy Ordonez, Studio 13  
**Location:** Lenard Hall  
**Date:** Thurs., Oct. 9-30 (4 classes)  
**Time:** 5-6 p.m.  
**Fee:** \$135 for residents, \$145 for non-residents  
**Activity #:** 230089-A

### Calling All Chamber & Ensemble Group Leaders!

Are you passionate about music and building community? The Community School of the Arts is looking for chamber groups and ensemble leaders to help grow a vibrant music community in Mansfield and surrounding towns.

- Share your talent
- Inspire local musicians
- Lead, teach, and perform

Whether you're an established group or an individual interested in starting one — **we want to hear from you!**

Help us make Mansfield a hub for community music.

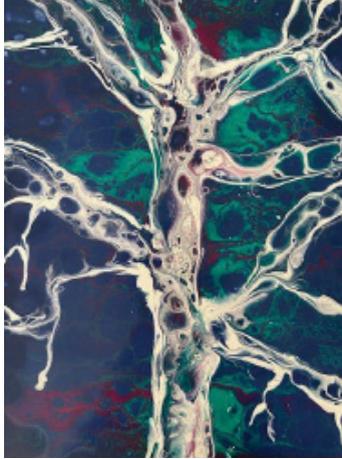
Scan the QR code to email us or visit [mansfieldcc.com](http://mansfieldcc.com) to connect!



# Community School of the Arts

## Paint Pour - Ghost Tree (Adults)

Join Amy from Studio 13 as we embrace the spirit of the season with this spooky paint poured Ghost Tree. Part art, part science, all magical! Paint pouring is a fun way to create art without using a brush. All materials and instruction is included in the cost. We will be using 11x14 canvases and trays will be provided, for easy transportation. Please dress for messy creative fun!



**Instructor:** Amy Ordonez  
**Location:** CC Arts & Crafts Room  
**Date:** Fri., Oct. 3  
**Time:** 6:15-8:15 p.m.  
**Fee:** \$48 for residents, \$58 for non-residents  
**Activity #:** 230096-A

## 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. 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 & Times:** Tues., Sept. 2-30, 5-7 p.m. (230000-A) \*no class 9/9  
Tues., Oct. 7-28, 5-7 p.m. (230000-B)  
Tues., Nov. 4-25, 5-7 p.m. (230000-C)  
Tues., Dec. 2-30, 5-7 p.m. (230000-D)  
**Fees:** \$12 for residents,  
\$22 for non-residents per session

## Upcoming Art Shows

*Location: Mansfield Community Center & Lenard Hall*



Scan the QR Code  
to see our list of  
current and  
upcoming shows.

Applications can be found at the Community Center, Lenard Hall, or on the Arts Advisory Committee website:

[www.mansfieldct.gov/1502/Arts-Advisory-Committee](http://www.mansfieldct.gov/1502/Arts-Advisory-Committee)

Submit applications by email to [artsadvisory@mansfieldct.org](mailto:artsadvisory@mansfieldct.org) or hard copy at the Community Center to: Arts Advisory Committee

# Aquatics



Welcome to the Mansfield Community Center Indoor Aquatic Center. The Center has one 6-lane 25 yard competitive lap pool with a diving area, and a mid-size therapy pool for specialized use and classes. We offer a wide range of activities and programs to accommodate all ages and abilities including swimming lessons, water fitness classes, general recreational swimming, lap swimming, and much more. Pools operate under the supervision of certified Lifeguards at all times. The pools also host several special events including our Family Fun Nights and are available for birthday party rentals as well. The Aquatic Center will close at 8:00 p.m. Monday through Friday, and on Saturday and Sunday, at 3:30 p.m. with the exception of specific holiday hours. 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 "MUSTs" that promote Healthy Swimming:

### Three "MUSTs" for All Swimmers

1. Swimmers MUST take a shower at the MCC with warm water and soap before entering the pools.
2. Swimmers MUST avoid swimming if they have diarrhea or any communicable disease. This can spread germs in the water and make other people sick.
3. Swimmers bringing in their own approved equipment MUST rinse off equipment in the shower before use. Please see our approved equipment list for more information.

## GENERAL INFORMATION

### Main Pool

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

### General Swim

The Main Pool is open for recreational and leisure swimming for individuals and families at designated times. All non-swimmers must be in the water with an adult at all times. The diving board will be open at various times, please see the 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 a 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 them.
- Swim caps are encouraged during lap swim.



## POOL RULES -for your safety-

- All patrons **MUST** shower before entering the pools.
- All children who are not potty trained must wear appropriate swim diapers. There are No exceptions.
- 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 if they have NOT passed a swim test.
- Children 6 – 8 years old must be accompanied by an adult (18 years or older) into the pool area if they have passed a swim test.
- Children who are 9 and over who have passed a swim test are allowed in the pool and pool area without a parent.
- Children who are 9 - 11 and who have NOT passed a swim test must be accompanied by an adult (18 years or older) into the pool area.
- Only MCC provided Coastguard approved lifejackets and life vests are permitted in our pool during general swim times and family use times ONLY and in designated areas of 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 arm's reach.** No one wearing a lifejacket will be permitted in the deep end of the pool.
- Only MCC provided Kickboards, pull buoys, and noodles may be used in the pools and are 18+.
- Masks without nose covering, snorkels, fins and hand paddles are allowed during lap swim only.
- Only MCC **APPROVED** pool equipment & toys may be used in the pools.
- 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. Swimmers may be retested at any time.



## Our Aquatic Swim Test

Help keep our pool safe and ask a guard to administer a swim test. Swim tests are an important part of keeping our members and guest safe in the swimming area. All swimmers ages 6-14 should be swim tested on their first visit! Below is what the swim test consists of.



- 1. Swim 25 yards:** Child cannot touch floor, wall or lane line. Must continually be moving forward, must not stop. If child stops or holds onto something they must restart the swim test. If they do not pass they may be asked to wear a lifejacket if they can't touch the bottom of the pool in the shallow end. If a lifejacket is required a parent must enter the water with the child.
- 2. Tread Water 30 seconds:** Child must demonstrate they can tread water for 30 seconds. Any style kick is fine as long as child's head stays above water.
- 3. Back-float for 10 seconds:** Child must demonstrate the ability to get into a back float and hold it for at least 10 seconds.

### Our Policy

Children 5 years and under must be accompanied into the water by an adult (18 years or older) who is within arm's reach.

Children 6 – 8 years old must be accompanied by an adult (18 years or older) into the pool if they have NOT passed a swim test.

Children 6 – 8 years old must be accompanied by an adult (18 years or older) into the pool area if they have passed a swim test.

Children who are 9 and over who have passed a swim test are allowed in the pool and pool area without a parent.

Children who are 9 - 11 and who have NOT passed a swim test must be accompanied by an adult (18 years or older) into the pool area.

**FIND US ON FACEBOOK**



**and INSTAGRAM!**



**@MansfieldCommunityCenter**

## Mansfield Marlins Youth Swim Club

(Age 8– 18)

**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. 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, September 11 at 5:30 p.m.** (See below for more information about the swim evaluation night).

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 team will also compete in scrimmage swim meets here at the community center and time trials. We ask that they attend a minimum of 2 practices a week if possible. **It is required that swimmers have passed Level 4 swim skills. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming.**

### **NEW SWIMMERS EVALUATION NIGHT, Thursday, Sept. 11 at 5:30 p.m., at the MCC Pool**

**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 will issue a full refund for any registration fees at that time. This is 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, backstroke, and Butterfly kick. 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. **Practice group times are Tue/Thur: 5:30 – 6:30 p.m., and/ or 6:30 – 7:30 p.m., Sun., 10 – 11 a.m. Coaches will reach out prior to the first day of practice with the time and group your child is in.**

**Coaches:** Jaxon Rash, Katie Geist  
**Location:** CC Main Pool  
**Dates:** **Sept 16- Nov. 25 (10 weeks) Sunday, Tuesday or Thursdays: swimmers will be placed in practice group times according to age/ability. By the coaches. (No practice 11/11/2025)**

**Fees & Activity #:**  
261031-A One Practice a week: \$115 for members \$152 for non-members  
261031-B Two Practices a week: \$228 for members \$302 for non-members  
261031-C Three Practices a Week: \$353 for members \$425 for non-members  
10% off if you register for all 3 practices

## Marlins Late Fall Stroke Clinics (Age 8-18)

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

**Coach:** Jaxon Rash, Katie Geist  
**Location:** MCC Pool  
**Time:** Tues., Thurs., 5:30 p.m. – 6:30 p.m. | Sun., Dec. 7 runs 10 a.m. – 11 a.m.  
**Dates:** 261032-A Tues., Dec.2 – Freestyle  
261032-B Thurs., Dec. 4– Breaststroke  
261032-C Sun., Dec. 7– Flip Turns  
261032-D Tues., Dec. 9 – Backstroke  
261032-E Thurs., Dec. 11 – Butterfly  
**Fee:** \$45 for members \$54 for non-members





## 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. Fall group swim lessons are held during Monday or Wednesday evenings, or Sunday 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. Sunday, Monday, Wednesday, and Saturday group lessons consist of 8 classes/ 30 minutes per class. Please see fall class schedule for details and class fees. **Any classes canceled will be made up on the week after the scheduled lessons end.**

### Young Adult/ Adult Introduction to Swim Lessons (Ages 13+)

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 beginner skills such as Floating, Kicking, Rotary Breathing, Treading Water, and Basic Strokes. 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.

**Location:** MCC Pool  
**Dates:** Mon., Sept. 15– Nov. 10 (no class Oct. 13) 8 Class session  
**Time:** 7:00 – 7:30 p.m.  
**Fee:** \$90 for members \$118 for non-members  
**Activity #:** 261020 – A

### Young Adult/ Adult Intermediate Swim Lessons (Ages 13+)

These lessons are designed for adults with minimal swimming experience who are already comfortable in and around water. This course will take adults through refining their basic skills or strokes. Improving skills like Floating and Rotary Breathing and refining strokes such as freestyle, breaststroke, and Backstrokes. 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. **Pre-requisite for Intermediate class: Must be able to swim one 25-yard length of the pool using any stroke with comfort.**

**Location:** MCC Pool  
**Dates:** Wed., Sept. 17 – Nov. 5 8 Class Session  
**Time:** 7:00 – 7:30 p.m.  
**Fee:** \$90 for members \$118 for non-members  
**Activity #:** 261021 – A

### Adult Swim Work Out (Ages 18+)

Join us for a mid-day swim workout. This instructor-led program will offer a written swim workout twice a week. This workout is intended for lap swimmers who can swim at least a 2000-yard workout. Participants should have a strong understanding of freestyle and backstroke and a basic understanding of breaststroke and butterfly. This will be a 1-hour swim workout.

**Location:** MCC Pool  
**Dates:** Mon. / Wed. Sept. 15 – Nov. 12 (15 classes) (No class Oct. 13)  
**Time:** 12:00 p.m. - 1:00 p.m.  
**Fee:** \$176 for members, \$224 for non-members  
**Activity #:** 261034-A

### Aquatic Junior Leader (Age 12-14)

This program is designed for those interested in the next phase of aquatics. The program focuses on building the foundation of knowledge, attitudes, technical, interpersonal skills, and learn about water safety to help them become future lifeguards and swim instructors. Participants **MUST** have a strong understanding of swimming, be able to complete a 100 swim (freestyle, breaststroke), tread water for 1 minute, and touch the bottom of a 12 foot pool. This is **NOT** a certification class. Participants will **NOT** receive a certification during this program.

**Location:** MCC Pool  
**Dates:** Sat., Sept 20 – Nov. 8  
**Time:** 11:00a.m – 12:00 p.m.  
**Fee:** \$90 for members \$118 for non-members  
**Activity #:** 261029-A



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**@MansfieldCommunityCenter**

# American Red Cross Fall 2025 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 Saturday, Aug. 16, 12:00pm-1:00pm. 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. **Any classes canceled will be made up on the week after the scheduled lessons end.**

**Location:** MCC POOL  
**Date:** Saturday, Aug. 16  
**Time:** 12:00 pm – 1:00 pm  
**Fees:** FREE

**Instructor:** To Be Announced at First Class  
**Location:** MCC Pool  
**NOTE:** M/W – 8 Classes/30 minutes per class.

**Fees:** **Preschool/ Youth Level 1 & 2 M/W/S:** \$86 for members | \$112 for non-members  
**Youth Level 3 Shallow/ Deep & 4 M/W/S:** \$90 for members | \$118 for non-members



**Session I**  
 Sept. 15 – Nov. 10:  
 (No Class Oct. 13)  
 Monday Evening Swim  
 Lessons- 8 Class session  
 – 30 min

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Child	261007-A1			
Water Adjustment 1			261008-A1	
Water Adjustment 2		261009-A1		
Water Adjustment 3				261011-A1
Level 1		261001-A1		
Level 2	261002-A1		261002-A2	
Level 3 (Shallow)		261003-A1		261003-A2
Level 3 (Deep)	261010-A1			
Level 4			261004-A1	



**Session II**  
 Sept. 17 – Nov. 5:  
 Wednesday Evening  
 Swim Lessons - 8 class  
 session - 30 min

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Child	261007-B1			
Water Adjustment 1			261008-B1	
Water Adjustment 2		261009-B1		
Water Adjustment 3				261011-B1
Level 1		261002-B1		261001-B2
Level 2			261002-B1	
Level 3 (Shallow)	261001-B1		261003-B2	
Level 3 (Deep)		261010-B1		
Level 4	261004-B1			

	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/Child		261007-C1			
Water Adjustment 1	261008-C1			261008-C2	
Water Adjustment 2			261009-C1		
Water Adjustment 3					261011-C1
Level 1		261001-C1		261001-C2	
Level 2	261002-C1		261002-C2		
Level 3 (Shallow)		261003-C1			261003-C2
Level 3 (Deep)	261010-C1			261010-C2	
Level 4			261004-C1		261004-C2

**Session III**  
 Sept. 20 – Nov. 8:  
 Saturday Morning Lessons  
 - 8 class session - 30 min  
 classes

**Late Fall Mini - Sessions**  
**Instructor:** To Be Announced at First Class  
**Location:** MCC Pool  
**NOTE:** Mondays AND Wednesdays – 6  
 Classes/30 minutes per class **Fees:**  
**Preschool/ Youth Level 1 & 2 M/W:**  
 \$65 for members \$84 for non-members  
**Youth Level 3 shallow/ Deep & 4 M/W/S:**  
 \$68 for members | \$89 for non-  
 members

	5-5:30 p.m.	5:40-6:10 p.m.	6:20-6:50 p.m.	7-7:30 p.m.
Parent/Child		261007-E1		
Water Adjustment 1	261008-E1			
Water Adjustment 2			261009-E1	
Water Adjustment 3				261011-E1
Level 1		261001-E1		261001-E2
Level 2	261002-E1		261002-E2	
Level 3 (Shallow)			261003-E1	261003-E2
Level 3 (Deep)		261010-E1		
Level 4	261004-E1			

**Mini Session I**  
 December 1 – December 17  
 Monday AND Wednesday Evening Lessons

## Parent/Infant Aquatics (Ages 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.

**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.



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- \*Plan options and discounts vary by plan



For more information, visit:  
[eastbrookanimalhospital.com](http://eastbrookanimalhospital.com)  
 or call: 860-456-1759

**EAST BROOK ANIMAL HOSPITAL**  
 143 Storrs Rd, Mansfield Center, CT 06250

# Aquatics



## Private Swim Lessons

Private lessons and semi-private lessons (participation max: 2 individuals) are available for both children (3 years old and above) and adults. All lessons are instructed by one of our qualified swim lesson instructors. Lessons are 30 minutes in length. Private lessons are purchased in packages of 4, with one built-in "buffer week. Once registered, an instructor will reach out to you with your specific 30-minute time slot and instructor information within a week of your first lesson. *Specific time preferences are given on a first-come, first-serve basis.*

- Location:** Mansfield Community Center Pool  
**Dates:** Session 1: 4 Private Lessons: Sept. 16 – Oct. 14  
 Session 2: 4 Private Lessons: Oct. 21 – Nov 25 (no Tuesday class 11/11/2025)  
 Session 3: 4 Private Lessons: Dec. 2– Jan 8 (no Thursday class 12/25/2025 or 1/1/2026)  
**Fee:** Member Private: \$182 | Non-member private: \$208  
 Member semi-private: \$263 | Non-member semi-private: \$314

**Times and Activity Numbers Private Lessons:**

Day	Time	Session 1	Session 2	Session 3
Tuesdays	4:30pm-7:30pm	261024-A1	261024-A2	261024-A3
Thursdays	4:30pm-7:30pm	261024-B1	261024-B2	261024-B3
Saturdays	8:30am-11:30am	261024-C1	261024-C2	261024-C3
Sunday	8:30am-11:30am	261024-D1	261024-D2	261024-D3

**Time and Activity Number Semi-Private Lesson:**

Day	Time	Session 1	Session 2	Session 3
Tuesdays	4:30pm-7:30pm	261024-A4	261024-A5	261024-A6
Thursdays	4:30pm-7:30pm	261024-B4	261024-B5	261024-B6
Saturdays	8:30am-11:30am	261024-C4	261024-C5	261024-C6
Sundays	8:30am-11:30am	261024-D4	261024-D5	261024-D6

# Craft Quality

Craft Beers on Tap

Locally Owned & Operated

Lunch, Dinner and Happy Hour  
 Huge Menu



## Red Rock Restaurant

591 Middle Turnpike (Rte. 44)  
 Storrs, CT 06268 | 860-429-1366  
 On-Line Ordering @ [www.redrockcafe.net](http://www.redrockcafe.net)  
 Delivery all day



**FIND US ON FACEBOOK**



**and INSTAGRAM!**



**@MansfieldCommunityCenter**

## American Red Cross Adult & Pediatric CPR

*Registration deadlines apply.*

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 please see below



**Day:** 260002 – A Sun. Sept 14 (*deadline 9/5/2024*)  
 260002 – B Sun. Nov. 16 (*deadline 11/7/2024*)  
**Time:** 11:00 a.m. – 4:00 p.m.  
**Location:** MCC  
**Fee:** \$100 for members \$130 for non-members

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

*Registration deadline Fri., Dec. 5*

The objective of this course is to enable currently certified ARC lifeguards to update their certification to the newest curriculum and safety standards (released Feb. 2024) 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 150-yard swim, two-minutes of treading water without using hands, 50 yard swim with proficiency in both freestyle and breaststroke, and a timed 20-yard swim with surface dive to retrieve a submerged 10-pound object in which candidate returns 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.

**Location:** Community Room, MCC Pool  
**Dates:** Sun. Dec. 20  
**Time:** 8 a.m.-4:15 p.m.  
**Fee:** \$150 for members, \$200 for non-members  
**Activity #:** 261023-A

## Lifeguard Training - Blended Learning (Ages 15 +)

*Registration deadline Mon., Nov. 17*

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 (released Feb. 2024). 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 150-yard swim, two-minutes of treading water without using hands, 50 yard swim with proficiency in both freestyle and breaststroke, 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 swim/ tread 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 6 hours of online learning that must be finished before the first in class session.** Upon registration (once the 5 person 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 online 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.**

**Location:** Community Room and Pool  
**Dates:** Dec. 6 – Dec. 14  
 (one Saturday class two Sunday classes)  
**Time:** 8:30 a.m. – 4 p.m.  
**Fee:** \$250 for members, \$315 for non-members  
**Activity #:** 261022- A

## American Red Cross Babysitter's Training and Pediatric First Aid CPR *Registration deadlines Oct. 3*

This course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership, learn how to develop a babysitting business, keep themselves and others safe and help behave, and learn about basic child care and pediatric first aid/CPR.

**Location:** Arts & Crafts Room  
**Dates:** Sat. Oct. 18  
**Time:** 9 a.m. – 3:30 p.m.  
**Fee:** \$100 Members, \$130 non-members  
**Activity #:** 260003 – A

# Language

Have you always wanted to learn a new language? Are you wondering what level French or Italian class you need? Come meet our instructors and find out what level class you should take for the fall season! **No registration needed!**

## French Level Placement Meet and Greet

(Ages 17+)

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

French  
ner to

**Location:** CC Community Room

**Date:** Fri., Aug. 29

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

**Fees:** Free

## Italian Level Placement Meet and Greet

(Ages 18+)

**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.

**Location:** CC Community Room

**Date:** Fri., Aug. 29

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

**Fees:** Free

## 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 textbook for all classes: Qui Italia 1 ISBN 88-00-85356-0 and Qui Italia 2 ISBN 88-00-85357 by A. Mazzetti, M. Falcinelli, B. Servadio**

## Italian Beginners (Ages 18+)

This class is for you if you have taken the introductory class or something equivalent. Textbooks listed above are required.

**Location:** CC Community Room

**Date:** Thurs., Sept. 11-Dec. 11 \*no class 11/27 (13 classes)

**Time:** 2:15 - 3:45 p.m.

**Fees:** \$156 for residents, \$166 for non-residents

**Activity #:** 210011-A

## Italian Intermediate (Ages 18+)

This is the class for you if you feel confident about your basic Italian! Textbooks listed above are required.

**Location:** CC Community Room

**Date:** Wed., Sept. 10-Dec. 10 \*no class 11/26 (13 classes)

**Time:** 6:15-7:45 p.m.

**Fees:** \$156 for residents, \$166 for non-residents

**Activity #:** 210012-A

## Italian Advanced

This is the class for you if you would like to improve your intermediate Italian skills. Textbooks listed above are required.

**Location:** CC Arts & Crafts Room

**Date:** Mon. Sept. 8-Dec. 8 \*no class 11/24 (13 classes)

**Time:** 6:15-7:45 p.m.

**Fees:** \$156 for residents, \$166 for non-residents

**Activity #:** 210013-A

## French Made Easy Level 1 (Beginners) (Ages 17+)

This course will introduce you to the French language in a solid and effective manner, giving you the linguistic, cultural and strategic tools to communicate and continually move forward. This class will focus on the formal aspects of the language only as they relate to how the language is actually used. You will progress in your French language skills while having fun! Materials will be provided, no textbook required.

**Location:** CC Community Room

**Date:** Tues., Sept. 9-Oct. 28 (8 classes)

**Time:** 6:15-7:30 p.m.

**Fees:** \$94 for residents, \$104 for non-residents

**Activity #:** 210015-A

## French Language Hacking: A Conversation Course for Beginners (Ages 17+)

This is a conversation course where the focus is on building language skills you need to have meaningful, real-life conversations. By the end of this class, you will be able to introduce yourself, along with asking and answering typical questions in French. You will gain the skills to have conversations entirely in French as well as the confidence to keep progressing. Materials will be provided, no textbook required.

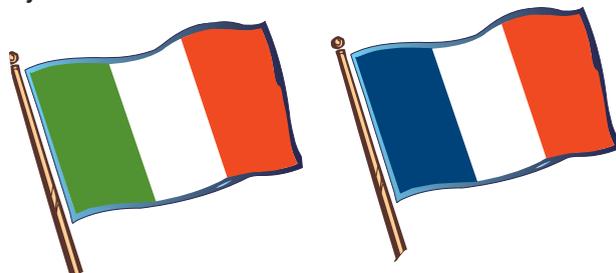
**Location:** CC Arts & Crafts Room

**Dates:** Wed., Sept. 10- Oct. 29 (8 classes)

**Time:** 6:15-7:30 p.m.

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

**Activity #:** 210016-A



## Fall at Bicentennial Pond

Fall is a great season for a walk in the woods to enjoy the colors. We will stroll around the pond on a fully accessible trail while we learn a little about the plants in the area. This beautiful park was Mansfield's first town park and one that was visited on the very first Walking Weekend which has become Walktober.

**Walk Leader:** Naturalists Sue and Tom Harrington  
**Location:** Bicentennial Pond Heading south from UConn on Rt. 195, turn right on Clover Mill Rd. Look for entrance to Bicentennial Pond, 1 mile up on the right.

**Date:** Sun., Oct. 26  
**Time:** 1-2 p.m.  
**Fee:** Free  
**Activity #:** 211005-A

## Over in the Meadow

Come out and have a little family fun while you enjoy one of Mansfield's favorite town parks. Objects will be "hidden" in plain sight along the trail and our young sleuths will have to find them as they hike this fully accessible trail. They will learn a little about camouflage along the way. It will be fun for all!

**Walk Leaders:** Naturalists Sue and Tom Harrington  
**Location:** Meroow Meadow Park (From the intersection of Route 195 and Route 32, head south on Route 32 for .83 miles. Turn right onto Meroow Road and travel for 0.1 miles. Parking area entrance is on the left)

**Date:** Mon., Oct. 13  
**Time:** 10-11 a.m.  
**Activity #:** 211003-A

## A Look at Water Life

We will explore this Mansfield Park and examine the aquatic life that lives in its pond. Wear waterproof footwear so you can venture close to the water with nets with Naturalists Tom and Sue Harrington. This 1-hr. easy walk is great for families.

**Walk Leaders:** Naturalists Sue and Tom Harrington  
**Location:** Moss Sanctuary. Park in the parking lot of the Mansfield Community Center and Town Hall at the intersection of Rt. 195 and South Eagleville Rd., just south of the UConn campus. Meet by the front door.

**Date:** Sun., Sept. 21  
**Time:** 1-2 p.m.  
**Activity #:** 211006-A

## Plein Air Painting in the Parks

Looking for additional opportunities to paint with your peers, and get outdoors? Plein Air Painting in the Parks is a great way to enjoy and observe fall in the parks. View the location schedule below; meeting time is 10 a.m. on Saturdays this fall. Bring your own supplies, easels, chairs/stools, and paint (or draw, or sketch, whatever your fancy!). No instruction or supervision provided. Inclement weather cancels. All skill levels welcome.

**Dates:** Sat., Sept. 13 – Meroow Meadow Park  
Sat., Sept. 27 – Bicentennial Pond  
Sat., Oct. 11 - Mt. Hope Park  
Sat., Oct. 25 – Eagleville Dam  
**Time:** 10 a.m.  
**Fee:** FREE (No Registration Required)

## Celebrate 35th annual Walktober

from September 20-November 9! Enjoy the many free, guided walks and experience the natural, historical and cultural treasures of The Last Green Valley. The complete walk schedule, with directions and descriptions, is posted on [www.thelastgreenvalley.org](http://www.thelastgreenvalley.org). Below are some Walktober Events in Mansfield.

**Show Your  For Local**

**Connecting the Community**  
**Taste of Mansfield**  
**Through Local Food**

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

Taste of Mansfield is made possible by these community partners:

<b>MANSFIELD</b> CONNECTICUT Your place to grow	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	<b>UConn</b> COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES EXTENSION
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# Parks & Preserves

## 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 through the Guarnaccia Tract 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.
- 17 Simpson Family Preserve**   
Access from Route 89 and Mt. Hope Park parking lot. Loop trail through mature forest with scenic ledges.
- 18 Hanks Corner Preserve**   
Located on the corner of Hanks Hill Road. No primary access route.
- 19 Community Playground and BMX/Skate Park<sup>†</sup>**   
S. Eagleville Road at Mansfield Community Center
- 20 Lions Memorial Park**   
Route 89, Warrenville Road
- 21 Southeast Park**   
Route 89, Warrenville Road
- 22 Spring Hill Fields**   
Spring Hill Road
- 23 Sunny Acres Park**   
Meadowbrook Road

## Scenic Trails

### Lynch Landing

Access from Depot Road to Willimantic River.

### Nipmuck Trail (Blue Dot Trail)

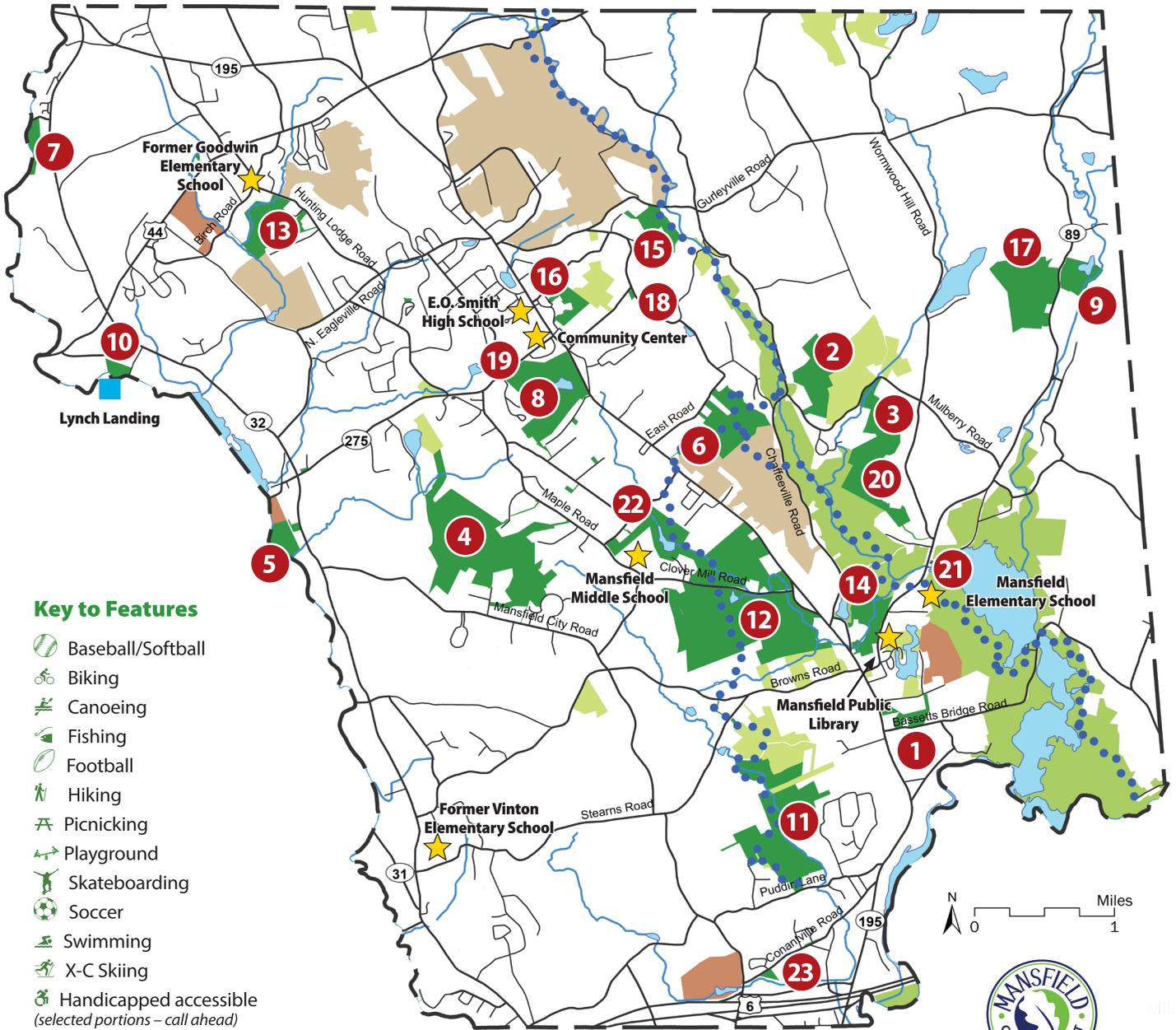
Regional trail with access at several road crossings.

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

**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!

# Parks & Preserves



## Key to Features

- Baseball/Softball
- Biking
- Canoeing
- Fishing
- Football
- Hiking
- Picnicking
- Playground
- Skateboarding
- Soccer
- Swimming
- X-C Skiing
- Handicapped accessible (selected portions – call ahead)

## Property Ownership & Recreation Areas

- Town of Mansfield
- Joshua's Trust
- Federal Land
- State Land
- University Land
- Recreation Land

- Lynch Landing
- Nipmuck Trail (Blue Dot Trail)



Download trail guides at [www.mansfieldct.gov/trailguides](http://www.mansfieldct.gov/trailguides)



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)

## 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 [KaufmanJS@MansfieldCT.org](mailto:KaufmanJS@MansfieldCT.org) or 860-429-3335.



Join the **Mansfield Downtown Partnership** for fall fun for all ages in **Downtown Storrs!**

## BATTLE of the BANDS

Saturday, August 30 | 2:00 PM

## CELEBRATE MANSFIELD FESTIVAL

Saturday, September 27 | 2:00 - 8:00 PM

## DOWNTOWN BOO BASH

Saturday, October 25 | 3:00 - 5:00 PM

## STORRS FARMERS MARKET

Saturdays through Nov. 15 | 3:00 PM - 5:00 PM



*Find more info at:*

[downtownstorrs.org](http://downtownstorrs.org)

  @DowntownStorrs



## Rentals

### Kayak Rentals

Explore the outdoors with our kayak rentals! We offer seven single kayaks (10'5" in length, approx. 42 lbs each), complete with paddles and life jackets.

- **Reservations** (with payment) must be made **in writing at least 48 hours in advance.**
- Kayaks are popular—call ahead to confirm availability.
- **Pickup/Drop-off:**
  - o **Monday–Friday:** 7:30 a.m. – 7:00 p.m.
  - o **Saturday–Sunday:** 8:30 a.m. – 3:30 p.m.
  - o *Seasonal hours apply*

Participants are responsible for **loading, unloading, and transporting** the kayaks. **Overnight rentals** may be allowed based on availability.

**A \$50 deposit** (check or credit card) and a **copy of your driver's license** are required at the time of reservation.

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

**Overnight Rental Fee\*:** \$30 per kayak per overnight (paddles and life jackets included)

### Paddle Board Rentals

We have two paddle boards available to rent! Each rental includes a 10'6" paddle board (approx. 19 lbs), paddle, leash, and PFD (life jacket).

- **Reservations** (with payment) must be made **in writing at least 48 hours in advance.**
- Renters must be able to **securely load and transport** paddle boards themselves.
- **Pickup/Drop-off:**
  - o **Monday–Friday:** 7:30 a.m. – 7:00 p.m.
  - o **Saturday–Sunday:** 8:30 a.m. – 3:30 p.m.
  - o *Seasonal hours apply*

Participants are responsible for **loading, unloading, and transportation.**

**A \$50 deposit** (check or credit card) and a copy of your driver's license are required at the time of reservation.

**Daily Rental Fee\*:** \$25 per paddleboard per day (paddles and life jackets included)

**Overnight Rental Fee\*:** \$60 per paddleboard per overnight (paddles and life jackets included)

### Backyard Games

Outdoor Volleyball and Badminton sets are available to rent for home use. Reservations (with payment) and a \$25 deposit (check or credit card) and copy of driver's license is required at the time of the rental reservation.

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

### Cornhole, Bocce Ball, Croquet, Ladder Ball & Paddle Smash Set!

These outdoor games are free for members to use on-site at the Mansfield Community Center. All you need to do is come inside and swipe your membership card. These games are on a first come, first serve basis

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

# BUS TRIPS



Trips are coordinated with Ashford, Bolton, Coventry, Mansfield, Tolland, and Willington. 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.

**Scan the QR Code or go to [www.mansfieldct.gov/2632/Trips](http://www.mansfieldct.gov/2632/Trips) for current Bus Trip Information!**



Mansfield Community Center  
10 S. Eagleville Road  
Mansfield, CT 06268

860-429-3015

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



# How to Register

## Fall Registration Dates

Registration start dates are grouped into the following categories:

**AUGUST 14** **Members of the Community Center** may register for Aquatic and Fitness related programs ONLY

**AUGUST 19** **Mansfield residents** begin registration for all programs/activities.

**In-person registration will take place at Lenard Hall during Community Center shutdown week (August 18-24):**

- Tuesday, Aug 19: 8 AM – 7 PM
- Wednesday, Aug 20: 8 AM – 5 PM
- Thursday, Aug 21: 8 AM – 5 PM
- Friday, Aug 22: 8 AM – 5 PM

**AUGUST 25** **Non-Member and non-resident**, begin registration for all programs/activities.

**In-person registration** available during all MCC Operational hours, and at Lenard Hall during MCC shutdown week (Aug 18–24).

**Online registration** opens at 5:30 AM on the dates above at: [www.mansfieldcc.com](http://www.mansfieldcc.com)



**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 per program 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!**

**REGISTER ONLINE!** **REGISTRATION OPENS ON THE DATES ABOVE**

**MANSFIELD CONNECTICUT**  
Parks & Recreation

### Quick tips:

- If you have participated in a program or membership with us in the past, you already have an online account. **Check your login early** and call 860-429-3015 ext. 0 for password reset assistance.
- If you are new, create an online account before registering.
- Search by the Activity #; don't use filters.
- Current season programs appear first.

### Having trouble?

The online registration tutorial is linked at the top of the webpage.



**SCAN THIS QR CODE WITH YOUR PHONE CAMERA OR VISIT [WWW.MANSFIELDCC.COM](http://WWW.MANSFIELDCC.COM)**

# 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: \_\_\_\_\_

\*\*\*\*\*ECRWSS\*\*\*\*\*  
LOCAL POSTAL CUSTOMER

## LOCAL AGENTS, LOCAL LISTINGS, LOCAL KNOWLEDGE



### Dara Dominique

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DeDominique409@aol.com • <http://www.FerrignoRealtors.com>

Although joining the Ferrigno-Storrs office in the Spring of 2017, I am not new to the world of Real Estate - I've long been established as a Realtor since 2004. Through the years, I have defined my work with specific attention to each unique client, providing individual support and high-quality customer service from the very first meeting all the way through the final signature at the closing table. Any season is the right season for real estate! Whether buying or listing - I am ready & available to help you find that new place to call home as soon as today, and I am only a phone call away!



### Gary B Stevens

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Gary B. Stevens is a seasoned Real Estate professional affiliated with Ferrigno-Storrs, REALTORS LLC, based in Storrs, Connecticut. With nearly two decades of industry experience, Gary brings deep knowledge and a strong commitment to his clients.



### Bethany Grabowski

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Bethany brings with her 4 years of experience and a lot of energy!

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Real Estate Agent today.



The Right  
Choice For All  
Your Real  
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Needs

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