

# MANSFIELD PARKS & RECREATION



## Non-Residents Welcome! Many New Programs

- Registration begins May 19 for members - *Fitness & Aquatic programs only*
- May 22 for residents
- May 27 for non-members, non-residents
- Registration form on page 63



**SUMMER 2020**  
Visit [mansfieldcc.com](http://mansfieldcc.com) for updated Spring Program information

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# Potential COVID-19 Impact on Summer Programs

At the time of the summer brochure content deadline for printing we planned all programs, activities and events to begin as reflected in this brochure. If any dates need to be adjusted due to impacts of the COVID-19 pandemic we will make revisions. This information regarding any adjustments to programs will be communicated upon registration, through email updates and other means. When registering, please be sure to review your receipts for updates and other information.

Our staff is looking forward to serving all your recreation and fitness interests this summer!

## What about the health and safety of participants in summer programs?

We plan to follow all recommendations by local healthcare professionals regarding the health and safety of our participants and staff. Not only regarding best practices for COVID-19 but all existing health and safety policies and procedures as related to recreation activities. For more information regarding COVID-19 prevention and best practices in the Mansfield area visit <http://www.ehhd.org/>



## SAVE 30% ON FAMILY, FITNESS & FUN THIS SUMMER

### ALL TOWNS WELCOME

30% off applies to 3-month memberships only. Rates below reflect 30% discount. \$35 enrollment fee applies and is not included in the below pricing. Offer valid June 1 - 30, 2020.



	Mansfield Residents	Ashford/Willington Residents	Residents of All Other Towns
Family	\$165.90	\$182.70	\$191.80
Adult/Child	\$102.20	\$110.60	\$119.00
Individual	\$93.80	\$102.20	\$110.60

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

## From the Director:

As summer fast approaches, we are challenged this year with the ongoing COVID-19 crisis. At the time of this brochure preparation, we are planning as best we can for summer programming, while still waiting and hoping to see some optimistic news about life returning to normal. None-the-less, we have to plan as we would do for any summer. Our program team is working hard to develop programs, activities and camps that the community can benefit from, especially in the current climate of virus concerns. We expect to implement changes on how programs and events are operated so that everyone in the community can feel safe but also have the opportunity to restore some healthy level of socialization and activity. Summer is typically a time you will begin to see the parks come alive with activities. We hope that this will be the case. We plan to register participants as usual in order to properly plan for the appropriate level of support staff and organize all programs based upon demand. If for any reason some or all programs cannot happen due to the ongoing crisis, Governor's orders and/or local health official recommendations, we will properly credit or refund participant registration. We are excited and hopeful that better days are ahead and we know that summer fun is an important part of the quality of life for our residents.

As has been our experience in the past, our summer camps will be filling up quickly along with many of our most popular classes and programs. We encourage you to review this Summer brochure now and register for the programs you are interested in as soon as possible.

Details on our programs, events, and facilities can be found on our website at [www.mansfieldcc.com](http://www.mansfieldcc.com). Online registration is the most efficient way to sign up for the program or programs of your choice. An online registration tutorial is readily available on the website through the program brochure button. Also, check out our website to download trail maps for some of our popular hiking trails. You can stay connected with us through our facebook link.

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

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

Sincerely,

*Curt A. Vincente*

Curt A. Vincente, CPRP  
Director of Parks & Recreation



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The Town of Mansfield gratefully acknowledges the local business advertisers in this brochure. Their generous support helps to make this brochure possible.

Visit us online at [www.mansfieldcc.com](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

**the Chronicle**

**860-423-8466**

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

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# Mansfield Community Center Membership

## Summer Open Hours

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

860.429.3015 • www.mansfieldcc.com

 MansfieldCommunityCenter |  @MansfieldCommunityCenter

### MCC General Open Hours:

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

### ☺ Child Care Hours:

**Monday & Wednesday** 8:30 a.m.-1:30 p.m., 4:15 p.m.-7:30 p.m.  
**Tuesday & Thursday** 8:30 a.m.-1:30 p.m., 4:15 p.m.-8:00 p.m.  
**Friday** 8:30 a.m.-1:30 p.m.  
**Saturday** 8:00 a.m.-1:30 p.m.  
**Sunday** 8:15 a.m.-12:30 p.m.

### Teen Center Supervised Hours:

**Monday & Wednesday** 1-4 p.m.  
**Fridays** 3-6 p.m.  
**Closed Tuesday, Thursday, Saturday, Sunday**

*\*Check us out on Facebook and Instagram*

During Family Fun Nights the teen center is open for families to use. Friday Family Fun Nights from 5:30-8:30pm and Saturday from 4:30-7:30pm for families and friends.

### Adult Drop-In Activities

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

**Basketball** Monday & Wednesday, 7:30-8:55 p.m.  
**40+ Basketball** Tuesday & Friday, 7:15-9:15 a.m.  
**Pickleball** Tuesday & Thursday, 9:30-11:45 a.m.  
 (Novice only) Tuesday & Thursday, 12:30-1:45 p.m.  
 Saturday, 8:30-10:30 a.m.  
**Futsal** Tuesday, 7:30-8:55 p.m. & Sunday, 6-7:55 p.m.  
**Group Track Walks** Monday, Thursday and Saturday 12-1 p.m.

### Summer Family Fun Nights

Join us this spring for some fun Family Nights at the Mansfield Community Center. There are giant inflatables in the gym, and in the pool, ping pong, Wibit inflatable, Tot Toys, Puzzles, Community Room Drop-In Games, open gym, the fitness area is open for kids ages 12 and 13 with their parents and more! No pre-registration required.

**Location:** Mansfield Community Center  
**Dates/Times:** Fri., May 22, 5:30-8:30 p.m.  
 Sat., June 6, 4:30-7:30 p.m. (National Trails Day Project)  
 Fri., June 12, 5:30-8:30 p.m.  
 Sat., July 11, 4:30-7:30 p.m.  
 Fri., July 24, 4-7 p.m. at Bicentennial Pond  
 Sat., Aug. 8, 4:30-7:30 p.m.  
 Fri., Aug. 21, 5:30-8:30 p.m.

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

### 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 for a cost of \$8 per class to drop-in. Fitness Flex passes expire 1 year from date of purchase.

**15 Drop-In Classes - \$120 | 25 Drop-In Classes - \$200**

### Unlimited Childcare Pass

Have access to the Child Care room during all open Child Care hours. This pass pays for itself in just 25 one-hour visits...that's just over twice a month. Parents who utilize this add-on option can save hundreds of dollars a year. Good for one year from purchase with an active Community Center membership. Passes are purchased for each child separately. Parents must remain in the facility while their child is in our care. All Child Care policies apply.

**\$75 per child, per year.**

### 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</b>	\$10	\$11	\$12
<b>Child</b>	\$6	\$7	\$8
<b>Senior</b>	\$8	\$9	\$10
<b>Under 3</b>	\$2	\$3	\$4

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

### Membership Rates and Options

#### RESIDENTS:

	Annual Pass	3-Month Pass	1-Month Pass
<b>Family</b>	\$717 (\$61.54 monthly)	\$237	N/A
<b>Adult/Child</b>	\$432 (\$37.08 monthly)	\$146	N/A
<b>Individual</b>	\$401 (\$34.42 monthly)	\$134	\$61

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

#### NON-RESIDENTS:

	Annual Pass	3-Month Pass	1-Month Pass
<b>Family</b>	\$833 (\$71.50 monthly)	\$274	N/A
<b>Adult/Child</b>	\$510 (\$43.78 monthly)	\$170	N/A
<b>Individual</b>	\$474 (\$40.69 monthly)	\$158	\$73

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

#### ASHFORD/WILLINGTON RESIDENTS:

	Annual Pass	3-Month Pass	1-Month Pass
<b>Family</b>	\$790 (\$67.80 monthly)	\$261	N/A
<b>Adult/Child</b>	\$474 (\$40.69 monthly)	\$158	N/A
<b>Individual</b>	\$432 (\$37.08 monthly)	\$146	\$67

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

#### Miscellaneous Fees:

Enrollment Fee - \$35 (for full year and 3 month memberships)

Enrollment Fee - \$15 (for one month memberships)

Insufficient Funds Fee (auto debit accounts) - \$25

# General Information

## Office Information

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

**Office Hours:** Monday - Wednesday, 8:15 a.m. - 4:30 p.m.  
Thursday, 8:15 a.m. - 6:30 p.m.; Friday, 8 a.m. - noon

**Center Hours:** Monday - Friday, 5:30 a.m.-9 p.m.  
Saturday, 6:30 a.m.-8 p.m., Sunday, 8 a.m.-8 p.m.

**Phone:** 860-429-3015  
**Fax:** 860-429-9773  
**E-mail:** [parks&rec@mansfieldct.org](mailto:parks&rec@mansfieldct.org)

**Staff:**

Curt A. Vincente	Director of Parks & Recreation
Jay M. O'Keefe	Assistant Director of Parks & Rec
Jennifer Kaufman	Senior Planner
Jessica Tracy	Recreation Supervisor/Health and Fitness
Jennifer Gott	Recreation Supervisor/Aquatics
Jared Redmond	Recreation Coordinator
Anisah Richardson	Recreation Coordinator
Kimberly Rontey	Member Services Coordinator
Lynda Lambert	Administrative Services Specialist
Janet Avery	Receptionist
Sebby Reale	Head Custodian
Raymond Torres	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 green online registration button on the homepage.

### **Inclement Weather**

- Help our receptionists. Please use the information line.
- Full day cancellations or major storm causing partial day cancellations are also listed on WFSB-3 TV and the WFSB website. (See page 7 for more information)
- Call our Info Line at 860-429-3015, ext. 4

### **Advisory Committees**

- Agriculture Committee
- Arts Advisory Committee
- Recreation Advisory Committee
- 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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## Summer Registration Dates

Registration start dates are grouped into the following categories:

- May 19** **Members of the Community Center** may register for Aquatic and Fitness related programs **ONLY**
- May 22** **Mansfield residents** who are members begin registration for all other programs/activities  
**Mansfield Residents who are not members** of the community center begin registration for all programs/activities
- May 27** **Non-residents who are members** begin to register for all other programs/activities.  
**Non-resident, non-members** begin registration for all programs/activities.

# Inclement Weather Policy

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

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

### General Estimated Decision Times for Cancellations

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

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

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

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

### Estimated General Decision Times for Cancellations

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

## Snow, Thunder, Lightning and Rain

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

Some programs may be held in inclement weather and some may not. Contact our program information line for weather related program status updates. Thunder and lightning are a serious safety concern and may force last minute cancellations on site. Active thunder and lightning in the area may force the temporary closing of the indoor pool and programs until the threat has moved out of the area.



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# Preschool Programs



## Child Care (Ages 1-7)



Drop-in childcare is available for children of members and daily visit participants. Children, ages 1-7, can play, listen to stories, and participate in arts and crafts. Parents must remain on site and children may only attend childcare for two hours maximum per day. Space is limited and reservations are NOT accepted. The following times are planned for the summer however, the Parks and Recreation department reserves the right

to adjust times to reflect demands. **Watch for the ☺ for classes held during child care hours. Pair a fitness class and/or something for your older child(ren)!**

**Location:** CC Child Care Room  
**Days & Times:** Mon./Wed. 8:30 a.m.-1:30 p.m. and 4:15-7:30 p.m.  
 Tues./Thurs., 8:30 a.m.-1:30 p.m. and 4:15-8 p.m.  
 Fri. 8:30 a.m.-1:30 p.m.  
 Sat., 8:00 a.m.-1:30 p.m.  
 Sun., 8:15 a.m.-12:30 p.m.

**Member Fees:** \$3/hour per child.  
 Pre-paid punch cards available for purchase for 5, 7, or 10 hours

**UNLIMITED PASS:** Members may purchase an "unlimited use" child care pass for each child on their annual Family or Adult/Child membership for only \$75! This pass pays for itself with just over two 1-hour visits a month.

**Non-member Fees:** \$4/hour per child. Non-members may only purchase on a per-visit basis.

## Parent/Tot Open Gym (Birth to 5) ☺

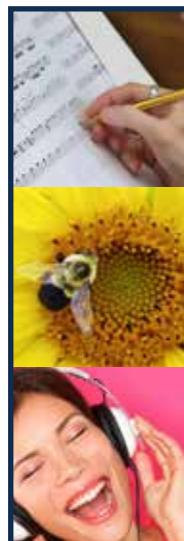
Come and play! This ongoing, unsupervised program is for children up to the age of 5 and their parents. There will be age-appropriate riding toys, mats, tunnels, balls, etc. available for use. Come build a fort, tumble, or just burn some energy!

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

## Music & Movement for Babies & Young Children (Ages 6 months to 5 years, with caregiver) ☺

Young children and their caregivers will sing, move, and play through a diverse array of developmentally appropriate music and movement experiences. In this group class led by an experienced teacher and musician, younger children watch or participate in their own way as the adults and older children have fun making music. All children are encouraged to participate at their own level - they are free to sing, move, explore, or simply observe as they feel comfortable. Research shows that families play a crucial role in their child's musical development, and caregivers will be provided with ideas and resources to continue sharing music with their child at home.

**Instructor:** Bobbi Giardina  
**Location:** CC Community Room  
**Dates:** Fri., Aug. 7-28 (4 classes)  
**Time:** (130200-A) 9:15-10 a.m.  
**Fee:** \$28 for residents, \$38 for non-residents  
**Dates:** Sat., Aug. 8-29 (4 classes)  
**Time:** (130200-B) 9:45-10:30 a.m.  
**Fee:** \$28 for residents, \$38 for non-residents



## DO YOU HAVE A HIDDEN TALENT? AN AMAZING SKILL?

*Are you interested in teaching a class?*

Mansfield Parks and Recreation is seeking part time quality instructors for a variety of programs! Whether your passion is dog training, line dancing, children's workshops, gardening, or some other gem, we would love to hear from you! A great opportunity for stay at home parents, those who work part time, and retired enthusiasts. Does this sound like you? If you have an idea for a class, let us know! Submit a proposal at [www.mansfieldct.gov/jobs](http://www.mansfieldct.gov/jobs) under the General Program Instructor posting.



## Creative Dance and Ballet (Ages 3-4) ☺

Skip, march, gallop and more in this introduction to ballet dance! Active young dancers learn through basic movement and dance-along songs, developing motor skills and learning basic ballet positions. Leotard, tights and leather ballet shoes recommended.

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

**Location:** CC Dance/Fitness Studio  
**Time:** 11:45 a.m.-12:30 p.m.  
**Dates:** Sun. July 12-Aug. 16 (6 classes)  
**Fee:** \$30 for residents, \$40 for non-residents 120043-A  
**Activity #:** 120043-A

## Parent & Me Multi Sports Squirts

(Ages 2-3 with parent)

The Parent & Me Multi Sports Squirts program allows children to try a variety of sports with a helping hand from Mom or Dad! Ease your child into social situations with support and confidence as you engage in fun sports activities and games together.

**Instructor:** U.S. Sports Institute Coaches  
**Locations:** Lions Club Memorial Park, Fields 1 & 2  
**Dates:** Mon.-Fri., July 13-17  
**Time:** 4- 5 p.m.  
**Fee:** \$102 for residents, \$112 for non-residents  
**Activity #:** 152010-A



## Squirts Multi Sports (Ages 3-4)

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, fun!

**Instructor:** U.S. Sports Institute Coaches  
**Locations:** Lions Club Memorial Park, Fields 1 & 2  
**Dates:** Mon.-Fri., July 13-17  
**Time:** 4-5 p.m.  
**Fee:** \$102 for residents, \$112 for non-residents  
**Activity #:** 152011-A



MANSFIELD ACADEMY OF DANCE

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**[www.mansfielddance.com](http://www.mansfielddance.com)  
[themansfielddance@gmail.com](mailto:themansfielddance@gmail.com)**

# Youth Programs



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

## Tumble and Twirl (Ages 3-5) ☺

Get your body moving on Sunday morning! Allow your little one to explore the fundamentals of tumbling, acrobatic movements, gross motor skills, dance and basic stretching skills. Each day will start with a warm up dance, a basic stretching to warm up the body, and then move through a series of combinations on the floor mats, wedges, balance beam, and other tumbling equipment. Tumblers will focus on balance and body awareness while improving their strength and coordination. Parent involvement is highly encouraged to assist their child in class.

**Location:** CC Gymnasium  
**Time:** 10:50-11:35 a.m.  
**Dates:** Sun., July 12-Aug. 16 (6 classes)  
**Fee:** \$30 for residents, \$40 for non-residents  
**Activity #:** 120047-A



## Creative Dance and Ballet (Ages 3-4) ☺

Skip, march, gallop and more in this introduction to ballet dance! Active young dancers learn through basic movement and dance-along songs, developing motor skills and learning basic ballet positions. Leotard, tights and leather ballet shoes recommended.

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

**Location:** CC Dance/Fitness Studio  
**Time:** 11:45 a.m.-12:30 p.m.  
**Dates:** Sun. July 12-Aug. 16 (6 classes)  
**Fee:** \$30 for residents, \$40 for non-residents  
**Activity #:** 120043-A

## Pre-Ballet (Ages 5-6)



Skip, march, gallop and more in this introduction to ballet dance! Active young dancers learn through basic movement and dance-along songs, developing motor skills and learning basic ballet positions. Leotard, tights and leather ballet shoes recommended.

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

**Location:** CC Dance/Fitness Studio  
**Time:** 12:35-1:20 p.m.  
**Dates:** Sun. July 12-Aug. 16 (6 classes)  
**Fee:** \$39 for residents, \$49 for non-residents  
**Activity #:** 120045-A

## Intro to Dance Concepts (Ages 7-10)

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 your child to realize their favorite dance type in this explorative and educational program. Leotard, tights and leather ballet shoes recommended.

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

**Location:** CC Dance/Fitness Studio  
**Time:** 1:25-2:10 p.m.  
**Dates:** Sun. July 12-Aug. 16 (6 classes)  
**Fee:** \$39 for residents, \$49 for non-residents  
**Activity #:** 120046-A





## Tennis

**Instructor:** Devin Pallanck  
**New Location:** Sunny Acres Park  
**Dates:** Sun. July 12 – Aug. 9 (5 classes)

**All participants are required to bring their own appropriately sized tennis racquet.**

**Visit USTA.com for a sizing guide.**

### Quick Start Tennis (Ages 4 -7)

In these introductory skill development sessions, tennis goals are to gradually improve hand-eye coordination, learn proper grip and stroke, and have a positive introduction to the game. Larger, lighter foam tennis balls are used during instruction and are particularly effective with children because they are easier to control and react to. Typical kids' games are used to incorporate and enforce proper use of a racquet and shadowing the coach.

**Time:** 9-9:30 a.m.  
**Fee:** \$27 for residents, \$37 for non-residents  
**Activity #:** 120060-A

### Beginner Tennis (Ages 7-10)

The perfect introduction to tennis! A few changes in size and format from the younger group with practice in stroke development and modified match play. In this class participants will learn the basic strokes of tennis, making clean contact with the ball, and encourage movement on the court. Group games are played that further develop these skills. Please make sure your child has the correct sized racquet.

**Time:** 9:40-10:25 a.m.  
**Fee:** \$45 for residents, \$55 for non-residents  
**Activity #:** 120061-A

### Beginner Tennis (Ages 10-13)

The perfect introduction to tennis! A few changes in size and format from the younger group with practice in stroke development and modified match play. In this class participants will learn the basic strokes of tennis, making clean contact with the ball, and encourage movement on the court. Group games are played that further develop these skills. Please make sure your child has the correct sized racquet.

**Time:** 10:35-11:20 a.m.  
**Fee:** \$45 for residents, \$55 for non-residents  
**Activity #:** 120063-A



### Intermediate Tennis (Ages 10-13)

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

In this tennis program for more advanced players, there will be a different focus for each lesson (forehand, serve, consistency, angles, etc.) and play will range from drills to games and matches. The aim for the more advanced players is to have them hitting as many balls as possible and get in a good mix of drills and competitive (but friendly) games. There will be significantly more focus on instructing proper technique, grips, and strategies.

**Time:** 11:30-12:15 p.m.  
**Fee:** \$45 for residents, \$55 for non-residents  
**Activity #:** 120064-A

### TaeKwonDo with Master Cho (Ages 5\*-10) ☺



Is your child interested in martial arts? Try this introductory class to Olympic TaeKwonDo study! Each class will start with a stretching and warm-up period followed by education in the discipline, body coordination, and focus of TaeKwonDo. Students will practice the fundamentals of stance, punch, kick, block and form techniques in a safe, non-contact environment. Participants should wear gym-clothes and will remain barefoot for class. The session will end with a test and presentation to parents.

\*TaeKwonDo requires a high level of focus, good attention skills, and the ability to follow instructions. Children may be asked to sit out at times at they learn and develop this skill set.

**Instructor:** Master Chang Yeun Cho of Master Cho Martial Arts, [www.masterchomartialarts.com](http://www.masterchomartialarts.com)  
**Location:** CC Community Room  
**Dates:** Sat., July 11-Aug. 15 (6 weeks)  
**Time:** noon-12:35 p.m.  
**Fee:** \$32 for residents, \$42 for non-residents  
**Activity #:** 120050-A



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# Youth Programs

## Kids Afterschool - Art Inspired by Trees

(Ages 6-12) ☺



Registration for this program opened in the spring. Don't delay - register today! Connecticut is almost 60% covered by forests. Even our urban areas are populated with trees! This program encourages students to learn to identify 10 trees around them. Students will be exposed to a small but inclusive group of artists whose work is related to trees in a variety of processes. A NEW look at the trees we see everyday will

culminate into two tree inspired works of art. This 5-week workshop is full of natural science and fun! Please note: There is no bonus after school for this program. Parents must supply a ride to this class.

**Instructor:** Reagen O'Reigaekn is a practicing visual artist living in Ashford, CT. She has her MFA from UCONN and works as an Adjunct Professor and Museum Educator. She strives to bring the joy of art-making to the classroom. Her lessons introduce contemporary and historical artists/art movements. Her teachings encourage inquiry-based learning, experimentation, and patience in building muscle memory. When she is not teaching or in the studio she enjoys kayaking with her family, camp fires, canning, and watching nature.

**Location:** CC Arts and Crafts Room  
**Dates:** Tues., May 26-June 23 (5 classes)  
**Times:** 4:30-6 p.m.  
**Fee:** \$88 for residents, \$98 for non-residents  
**Materials Fee:** \$15 due at registration, fee waivers do not apply to materials  
**Activity #:** 430001-A



## Youth Theater Experience (Entering grades K-2)

Love to act? Learn teamwork, character impersonations, turn taking, and sue your imagination in this theater camp designed for students entering grades K - 2. Participants will be able to learn about character, setting, character traits, actions, and consequences while playing theater games and working on a modified version of the play, Hansel & Gretel. Students will each have a role in the production, learn how to act and speak like their character, and help to create simple sets and props. Materials fees are non-refundable.

**Instructor:** En Pointe Dance & Drama Staff  
**Location:** Lenard Hall  
**Dates:** M-F, Aug. 3-14 (2 weeks)  
**Time:** 3:30-5:30 p.m.  
**Fee:** \$120 for residents, \$130 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply  
**Activity #:** 134209-A

## Babysitter Safety Certification (Ages 11-17)

*\*registration deadline May 20*

Registration for this program opened in the spring; don't delay, register today! This course is for youth's age 11 to 17 years of age with the most common age of 12 - 14. This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include hand washing, diapering, bottle feeding, personal safety and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2-year certification; certification is not guaranteed). Booklet, handouts and Babysitter Safety Certificate of completion included. Bring a snack.

**Instructor:** Staff from Lifesafe Services  
**Location:** CC Arts and Crafts Room  
**Time:** 9 a.m.-2 p.m.  
**Date:** Sat., May 30  
**Fee:** \$97 for residents, \$107 for non-residents  
**Activity #:** 420175-A

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# Youth Programs



## Mansfield Mustangs

(Ages 9-14, entering grades 5-9)

A youth community-care group improving the quality of life in the local area with a primary focus on supporting nature, animals, and local communities. Mansfield Parks and Recreation and Mansfield Youth Services are excited to provide a fun and rewarding summertime option for youth ages 9-14/entering grades 5-9. Space is limited to 13 due to transportation. Register early to secure a space!

### Some Highlights

- Spending time with others ages 9-14/entering grades 5-9 that have an interest in the outdoors, animals and helping local communities.
- Being a leader in community volunteer services and working as a team.
- Work some, play some, and develop friendships.
- Help maintain local recreation resources such as parks and trails. Examples include; basic landscape plantings, trail maintenance and other local projects.
- Complete pet and farm animal related support work.
- Other community service help in the local area according to the group interests and local needs.
- End most days at the Mansfield Community Center where you can enjoy a swim and use of the teen center.
- Our last day will include our traditional visit to a Connecticut shoreline state park.

**What if I can't come on all dates?** We just ask that you be able to attend at least 70% of the time.

**What about lunch?** Pack a lunch, snacks and a drink.

**Dress:** For the weather of the day and remember your sun screen and a hat. A pair of work gloves is also helpful.

**Staff:** Danielle Annibalini and Parks and Recreation Staff  
**Location:** Mansfield Community Center (meet/end site)  
**Days:** Mon. and Wed., 9 a.m.-1 p.m.\* the teen center will be staffed on Mondays and Wednesdays until 5 p.m. for those (grades 6 and up only) wishing to use the teen center free of charge after the program day.  
**Dates:** July 8-Aug. 5  
**Fee:** \$35 for residents, \$45 for non-residents  
**Activity #:** 120071-A

## 15th Annual Kids Who Tri Succeed Triathlon



Mansfield Parks and Recreation is pleased to be a sponsor of the annual Kids Who Tri Succeed Triathlon. This professionally timed and photographed event is held at Bicentennial Pond and Mansfield Middle School for children ages 4-15 (age by 12/31/2020). Kids will compete in four different distances by age group and receive finisher medals, t-shirts, swim caps, swag bags, refreshments, raffle prizes, and other awards. The event is a USA Triathlon National Youth Series event.

**Location:** Bicentennial Pond/Mansfield Middle School  
**Date:** Aug. 22  
**Time:** 9:30 a.m.  
**Registration & Fee Information:** Please visit [www.kidswhotrisucceed.com](http://www.kidswhotrisucceed.com)



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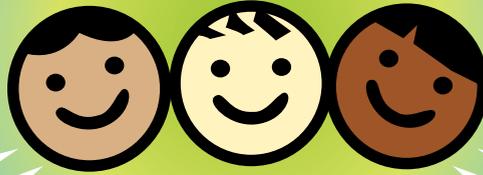
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# Youth Programs

Before School program offered at the Mansfield Community Center. Children will be bussed to their schools.

*We have more options than ever to fill your needs:*



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

## BEFORE /AFTER School Friends

After School only available at Goodwin, Southeast and Vinton Schools

**The Before/After-School Friends Program** offers a safe, fun and relaxed atmosphere for children at the end of the school day. The program is for children whose parents want them to join special activities in a peer setting, or are unable to care for them after school. The after school program begins at the close of school at Southeast, Vinton and Goodwin. The program concludes at 6 p.m. each day. All children are offered daily snacks upon arrival to the program. Before school is held at the community center. Children are then bussed to their schools.



**The Before/After-School Friends Program** is open all days that the Mansfield Public Schools are in operation including scheduled half days. On late openings before school care is offered at the Mansfield Community Center. On early dismissals there is no after school program. Children may be enrolled by the month or for certain consistent days of the week per month. Fees vary from month to month based on the number of days/hours the program runs. We also offer a Drop In registration for families in need of occasional before or after school care.

**The Before/After-School Friends Program** designs activities to provide children with experiences that enhance physical, emotional and social growth. Children not only develop peer relationships but also develop a connection with the staff who is sensitive to their needs and interests. Children learn to resolve conflicts and develop social skills needed for successful group interaction in future settings.

**The Before/After-School Friends Program** consists of options based on each child's interests, wants and needs. The weekly schedule can include activities such as arts and crafts, performing arts, sports, outdoor exploration, creative group games and special themed events. We encourage the children and staff to be involved in planning together.

**The Before/After-School Friends Program** recognizes individuality in all children as well as their need to identify with a group to experience a sense of belonging. We encourage cooperation between all participants at our program. We feel daily communication with parents and staff is important to keep you up to date on how your child is doing with Before/After School Friends.

**The Before-School Friends Program** is offered at the Mansfield Community Center. The program starts at 7 a.m. each day. Before school care is in the arts & crafts room and teen center.

Registration for Before/After School Friends must be done in person at the Community Center or online. You need to register each month to use the program. To use the drop in program, you must fill out an activity registration form and a credit card authorization form. For more information contact: Jared Redmond by email: [jredmond@mansfieldct.org](mailto:jredmond@mansfieldct.org) or by phone 860-429-3015 ext. 6107.

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

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

\$10.80 each morning  
\$13.30 each afternoon

**Drop-in:**

\$13.50 each morning  
\$16.50 each afternoon

## Mansfield Teen Center (MTC)

### Teen Center Policies

FREE Teen Center memberships for all kids' grades 6-12 (Mansfield and surrounding communities). MTC is open 6 days a week for students in 6th – 12th grade. 6th graders need to have their parents stop in to sign them out prior to leaving.

Stop by and fill out a registration form. Once registration is complete, teens will receive a teen center member swipe card that they will be required to use daily. When coming to the teen center, stop at the front desk and swipe in.

MTC is a safe fun environment for teens to hang out with their friends. While signed in at MTC, if you leave the teen center or community center you must sign out (7th grade and up). For more information about the MTC contact Jared Redmond, [Redmondjt@mansfieldct.org](mailto:Redmondjt@mansfieldct.org)

- Located in the Community Center (MTC is the last room on the left on the first floor)
- 2 Pool tables, foosball, air hockey, board games, TV's, 2 computers, Xbox and Wii.

### School Calendar Teen Center hours

will start again on August 31st

Monday & Wednesday 3-6 p.m.

Tuesday, Thursday, Saturday 2-6 p.m.

Friday 2-8 p.m.

### MTC Summer Hours:

Monday & Wednesday 1-4 p.m.

Fridays 3-6 p.m.

CLOSED Tues., Thurs., Sat., Sun.



**FIND US ONLINE!**

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

## Sport Training for Teens

This class will offer teens a sport specific strength training program to help get them ready for fall or winter sports. Available for students ages 13+ AND entering high school.

**Instructor:** TBA  
**Location:** CC Fitness Area

### SESSION 1

**Dates:** (170065-A1) Wed., June 24-July 15 (4 classes)  
**Fees:** \$26 for members, \$52 for non-members

### SESSION 2

**Dates:** (170065-A2) Wed., July 22-Aug. 19 (5 classes)  
**Fees:** \$33 for members, \$66 for non-members



## Young Stars Camp



July 27 - 31, 2020 • 9AM to Noon  
Lions Club Fields, Mansfield  
(boys and girls Grades K-8)

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



Camp Director  
Ray Reid

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

# Community School of the Arts



## NEW! Electronic Music Production (Ages 10+)

Want to learn to make beats? You've come to the right place! These hour-long, one-on-one lessons will focus 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 a great alternative 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.

**Submit an individual music lesson request form to get started!**

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

**Location:** Lenard Hall

**Fee per lesson:** \$49

## Individual Music Lessons (All Ages)

Please visit the Lenard Hall Reception desk or [www.mansfieldct.gov/csa](http://www.mansfieldct.gov/csa) for a list of instructors and for a lesson request and payment authorization form. After initial submission of the lesson request, you will be contacted within two weeks to discuss your lesson appointments. 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 on weekdays and Saturdays at the new Lenard Hall! Not all instruments are available all days. Payment authorization is required. Please note, there will be a once per season \$10 nonresident charge for those participating in lessons that do not live in Storrs/ Mansfield. Summer season lessons will fall June 15 to Sept. 14. Summer lessons allow for two-pre-determined vacation dates. All other weeks will be scheduled. \*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.

LESSON LENGTH	30 MINUTES	45 MINUTES	60 MINUTES
*Approximate Full session (12 lessons)	\$378	\$516	\$681



## Summertime Suzuki

Keep up those skills! The Suzuki philosophy emphasizes how learning music in the early years is crucial for developing mental processes and muscle coordination. Don't let the "lazy days" of summer halt your progress! Keep up your musicianship skills by joining us for group playing sessions each week. All Suzuki players welcome in group. Private lesson registration optional during the summer, and handled separately. Please complete an individual music lesson request form to register for private lessons if desired. Parent attendance required.

### GUITAR BOOK 1

**Instructor:** Jaclyn Jones  
**Dates:** Wed., July 1-Aug. 26 (7 lessons) \*no 8/5, 8/12  
**Time:** 5-5:30 p.m.  
**Activity #:** 130100-A  
**Fee:** \$35 for residents, \$45 for non-residents

### VIOLIN

**Instructor:** Bobby Luan  
**Dates:** Fri., July 10-Aug. 28 (6 lessons) \*no 8/7, 8/14  
**Books 1 & 2 Time:** (130105-A) 4:30-5 p.m.  
**Books 3 & 4 Time:** (130106-A) 5:30- 6 p.m.  
**Fee:** \$30 for residents, \$40 for non-residents



## Begin to Fiddle! (Adults)

Have you always wanted to learn to play the fiddle? Did you start violin lessons as a child and later give it up? Do you have a violin collecting dust? Come join us in a fun and relaxed group program, and learn some basic techniques and beginner songs. This program is not for the true beginner; an ability to read music and general familiarity with the violin is important. Instrument not provided. Book purchase required (\$15); details provided at registration.

**Instructor:** Bernie Schreiber. A former public school teacher, Bernie has a passion for teaching and fiddling! You may have seen Bernie perform with the Quiet Corner Fiddlers, a group he has been leading for three years, and a member even longer.

**Location:** CC Community Room

### EVENING GROUP ☺

**Dates:** Mon., July 6 – Aug. 24 (8 classes)  
**Times:** (130560-A) 6-7:30 p.m.  
**Fee:** \$129 for residents, \$139 for non-residents

### AFTERNOON GROUP

**Dates:** Thurs., July 9 – Aug. 27 (8 classes)  
**Times:** (130561-A) 1-2:30 p.m.  
**Fee:** \$129 for residents, \$139 for non-residents



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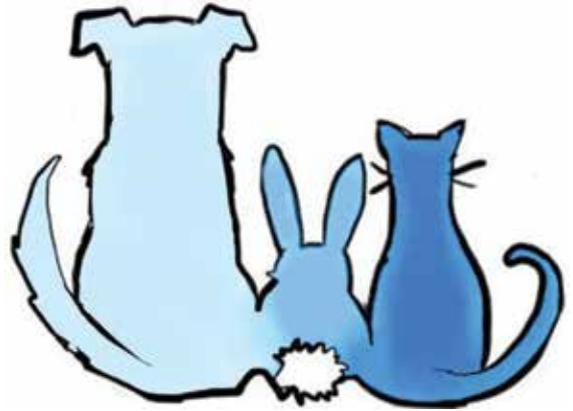
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# Community School of the Arts



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

Artists of all mediums are welcome to enjoy the Arts & Crafts Room at the Community Center, Wednesdays from 5 to 8 p.m. for open studio access. This program will be moved to Lenard Hall Recital Room when appropriate measures are in place. Bring your own materials, and come create and collaborate with your peers. Please leave yourself time for 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 seasonal registration. Additional details below. See *Plein Air Painting in the Parks* below for additional collaborative opportunities.

**Location:** CC Arts and Crafts Room  
**Dates:** June 2020 – FREE kick off! Registration required.  
**Days:** Wed., 5-8 p.m.  
**Activity #:** 430000-A  
**Dates:** July 1-Aug. 31  
**Days:** Wed., 5-8 p.m.  
**Fee:** \$10 for Mansfield residents, \$20 for non-residents  
**Activity #:** 130000-A

## Plein Air Painting in the Parks

Looking for additional opportunities to paint with your peers, and get outdoors? Attend Plein Air Painting in the Parks! Thursdays 10 a.m. this summer! Please view the schedule below. Bring your own supplies, easels, chairs/stools, and paint! No instruction or supervision provided. Inclement weather cancels. All skill levels welcome.

- June 25 – Merrow Meadow Park
- July 9 – Bicentennial Pond
- July 23 – Mt. Hope Park
- August 6 – Commonfields
- August 20 – Eagleville Dam



## Sunday Summer Watercolors (Teens & Adults)



Be inspired by nature and the summer season in this weekly afternoon watercolor class. Enjoy learning the media while painting summer florals and beachy scenes. Be creative by exploring color and techniques.

**Instructor:** N. Yilmaz  
**Location:** CC Arts and Crafts Room  
**Dates:** Sun., July 19-Aug. 16 (5 classes)  
**Time:** 11:30 a.m.-1:30 p.m.  
**Fee:** \$85 for residents, \$95 for non-residents  
**Materials Fees:** \$20 due at registration. Fee waivers do not apply to materials fees.  
**Activity #:** 130070-A

## Make and Fill Your Own Sketchbook ☺

(Teens and Adults)

Create your very own sketchbook and fill it with artwork in a variety of media! Use markers, paint and collage to create a unique handmade book. This course is beginner friendly and open to all levels.

**Instructor:** N. Yilmaz  
**Location:** CC Arts and Crafts Room  
**Dates:** Sat., July 18-Aug. 8 (4 classes)  
**Time:** 11 a.m.-1 p.m.  
**Fee:** \$68 for residents, \$78 for non-residents  
**Materials Fees:** \$20 due at registration. Fee waivers do not apply to materials.  
**Activity #:** 130071-A

## Keep Filling your Art Toolbox: Drawing and Pastel and Acrylic Painting for Beginners and Advanced (Teens and Adults)



Build, practice skills in drawing and painting. Learn/practice the skills needed to understand contour, shading, line, texture, shape, observation, and composition as and apply concepts to drawing, pastels and painting. **Returning students will have option to start new pastel with underpainting immediately if drawing skills have**

already been explored.

**Instructor:** Nancy Cooke Bunnell  
**Location:** CC Arts and Crafts Room  
**Dates:** Mon., Aug. 3-31  
**Time:** 6:15-7:45 p.m.  
**Fee:** \$63 for residents, \$73 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply to materials.  
**Activity #:** 130061-A

## Display Your Art!



Did you know visual art display space is available in the Mansfield Community Center and other Town buildings? **The Mansfield Arts Advisory Committee** invites artists to submit an application, available at the Mansfield Community Center, Lenard Hall, and online at <http://mansfieldct.gov/1502/Arts-Advisory-Committee> to display their work. Visit the website for submission and approval processes and guidelines. Submit your application to display today!

# Family Events/Special Events



## Family/Special Events

### Kayak Rentals



We have 9 single kayaks with paddles and life jackets. The kayaks are 10.5 feet long and weigh about 42 pounds each.

Reservations (with payment) must be made at the time of rental. Rentals are on a first come/first served basis. As the kayaks do go out regularly, it is important to call ahead to make sure they are available. A \$50 deposit check and copy of driver's license is required at the time of rental reservation.

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

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

### Paddle Board Rentals

We have 2 paddle boards available to rent. Cost is \$25 per day. Rental includes 10'6" paddle board weighting about 19 pounds, paddle, paddle board leash and PFD (life jacket).

Reservations (with payment) must be made at the time of rental. Rentals are on a first come/first served basis. Renter must be able to securely load and transport paddle board(s) on their own. \$50 security deposit is required.

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

### Backyard Games



Outdoor Volleyball and Badminton sets are available to rent for home use. Reservations (with payment) must be made 48 hours in advance. A \$25 deposit check and copy of driver's license is required at the time of the rental reservation.

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



### Summer Family Fun Nights

Join us this summer for some fun Family Nights at the Mansfield Community Center. There are giant inflatables in the gym, and in the pool, Inflatable pool floats, Tot Toys, Puzzles, Community Room Drop-In Games, open gym, the fitness area is open for kids ages 12 and 13 with their parents. The teen center is also open for families to use. In the teen center there is ping pong, pool, air hockey and foos ball. No pre-registration required.

**Location:** Mansfield Community Center (except July 24, see below)

**Dates/Times:** Fri., May 22, 5:30-8:30 p.m.  
Sat., June 6, 4:30-7:30 p.m. (National Trails Day Project)  
Fri., June 12, 5:30-8:30 p.m.  
Sat., July 11, 4:30-7:30 p.m.  
Fri., July 24, 4-7 p.m. at Bicentennial Pond\*  
Sat., Aug 8, 4:30-7:30 p.m.  
Fri., Aug 21, 5:30-8:30 p.m.

**Fee:** There is no fee for Community Center Members. Non-members just need to pay the daily fee and see what the fun is all about. \*BCP Family Fun Night is free to Mansfield residents and Community Center members; \$5 per carload for non-resident, non-members.

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# Family Events/Special Events



## John E. Jackman Tour de Mansfield

The Town of Mansfield, the Mansfield Downtown Partnership, and the Mansfield Community Center are proud to present the John E. Jackman Tour de Mansfield each year as a way for residents and visitors to explore and enjoy our scenic roads, historic villages, and new downtown.

For 2020, we are planning adjustments to the event in light of the ongoing response to the coronavirus (COVID-19) pandemic.

Please visit [mansfieldct.gov/biketour](http://mansfieldct.gov/biketour) for updates and announcements on this new virtual version of our community ride.

**Location:** TBA  
**Date:** June 6 – June 23  
**Time:** TBA  
**Fee:** **(190001-A) ages 18+: \$10**  
**(190001-B) Under age 18: FREE!** Registration required



## Free Mansfield Days at the Community Center

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

**Location:** Mansfield Community Center  
**Dates/Times:** Sat., May 23, 4:30-7:30 p.m.  
 Fri., June 12, 5:30-8:30 p.m.  
 Sat., July 25, 4:30-7:30 p.m.  
 Sun., Aug 9, 3:30-6:30 p.m.  
**Fee:** Free for Mansfield residents.

## Family Letterboxing Challenge!

Free family excursions, filled with nature and adventure. Work together to follow clues and find hidden treasures in search of the final prize! This fun goal brings the family together to experience a few of Mansfield's many beautiful parks and trails. Pick up a packet for your family at the Mansfield Community Center, and get to searching. Bring back your card with all five hidden stamps to receive the final prize; a discount coupon to one fall program of your choosing (exclusions apply)! Share your progress with us, and send us photos of the fun by tagging us on social media! Challenge starts when the community center re-opens. All cards must be returned by August 16.

**Fee:** Free!  
**Activity #:** 490002-A



## Family Paint Time! (Ages 5+)

Bring your family or friends and paint together at Mansfield Parks and Recreation's family friendly paint events! We will use acrylic paint, so dress for a mess! Each participant will take home a 16 x 20 painted canvas. Participants will learn about a famous artist and create a painting inspired by their art. We provide supplies and step-by-step instruction. Participants are welcome to bring family friendly refreshments for break time. (1 hour of painting, 15-minute snack break, 45 minutes of painting to complete project). Each parent and child must register separately and will paint on separate canvases.

**Instructor:** Reagen O'Reigaekn  
**Location:** Lenard Hall Recital Room  
**Times:** 11:30 a.m.-1:30 p.m.  
**Dates:** (430053-C) June 20  
 (130053-A) July 18  
 (130053-B) August 15

### FAMILY FRIENDLY RATES!

**Individual Fee:** \$8 for residents, \$18 for non-residents  
**Pair Fee:** \$15 for residents, \$25 for non-residents  
**Family of 3:** \$21 for residents, \$31 for non-residents  
**Family of 4:** \$26 for residents, \$36 for non-residents  
**Materials Fee:** \$7/person due at the time of registration. Fee waivers do not apply to materials fees.

# Family Events/Special Events

## Planter Painting and Planting Fun!

(Ages 5+ with adult)



Registration for this program opened in the spring; don't delay, register today! Come and paint your own terracotta planter! Use fun stencils, or free hand your masterpiece. Examples and demoing by the instructor will help provide inspiration. Come join the fun! \*Fee below includes completion of one planter. Register only one family member per project desired.

**Instructor:** N. Yilmaz  
**Location:** CC Arts and Crafts Room  
**Date:** Sun., June 7

**Time:** noon-1 p.m.  
**Fee\*:** \$5 for residents, \$15 for non-residents  
**Materials Fee\*:** \$10 due at the time of registration. Fee waivers do not apply to materials fees.  
**Activity #:** 420004-A

## 15th Annual Kids Who Tri Succeed Triathlon

Mansfield Parks and Recreation is pleased to be a sponsor of the annual Kids Who Tri Succeed Triathlon. This professionally timed and photographed event is held at Bicentennial Pond and Mansfield Middle School for children ages 4 - 15 (age by 12/31/2020). Kids will compete in four different distances by age group and receive finisher medals, t-shirts, swim caps, swag bags, refreshments, raffle prizes, and other awards. The event is a USA Triathlon National Youth Series event.

**Location:** Bicentennial Pond/ Mansfield Middle School  
**Date:** Aug. 22  
**Time:** 9:30 a.m.  
**Registration & Fee Information:** Please visit [www.kidswhotrisucceed.com](http://www.kidswhotrisucceed.com)

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Email: [pietrasfhs@att.net](mailto:pietrasfhs@att.net)



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# Mansfield Community Center Party Form

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

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

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

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

Address \_\_\_\_\_

Street

City

Zip Code

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

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

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

Party Room	Member Price	Non-Member Price	Total	
Community Room	\$100	\$200		
Community Room w/kitchen	\$150	\$270		
Arts & Crafts Room	\$50	\$100		
Arts & Crafts Room w/Teen Center	\$110	\$220		
Add-on Food and Decor	Price		Colors/Flavor	Total
	*paid at form submission based on est. headcount			
Cheese Pizza	\$16 per pizza @ _____ pizzas		N/A	
Juice (64 fl. oz.)	\$5 per bottle @ _____ bottles		Apple _____ Grape _____	
Dairy Bar Ice Cream Cake	Up to 15 people - \$50 Up to 30 people - \$65 What should your cake say? _____		Please Circle: Vanilla &/or Chocolate Frosting colors (2): _____	
Decorations (tablecloths, paper goods, streamers)	\$40		Colors (up to 2): _____	
Add-on Activities (1 <sup>st</sup> hour of party)	Member Price	Non-Member Price	Theme	Total
Splash Bash *see reverse for time options	Up to 15 guests: \$150 16-25 guests: \$200	Up to 15 guests: \$200 16-25 guests: \$250	Inflatable: _____	
Sports & Games	\$75	\$125	Games: _____	
Giant Gym Slide	\$150	\$200	N/A	
Pre-School Play	\$45	\$90	N/A	
Paint Party	\$50 base fee plus \$10 per guest (max 15)	\$100 base fee plus \$10 per guest (max 15)	Theme: _____	

### For Office Use Only

Received By \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

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

Full payment due at time of submission.

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

# Party Planning Form

Phone: 860.429.3015 Email: Parks&Rec@MansfieldCT.org



Community Center

## Common Party Times

**Friday:** 6-8 pm

**Saturday:** 12:30-2:30 pm | 4-6 pm

**Sunday:** 11 am-1 pm | 12:30-2:30 pm  
2:30-4:30 pm | 4:30-6:30 pm | 5:30-7:30 pm

## Party Rooms

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

**Arts & Crafts Room w/Teen Center**  
(holds up to 35 people, available on Sundays)

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

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

## Party Add Ons

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

Circle 1: snake | dog | dragon | fruit slice

\*Available times may include: Fridays, 6:00-7:00 pm, Saturdays, 12:30-1:30 pm and 4:00-5:00 pm  
Sundays, 12:30-1:30 pm, 2:30-3:30 pm, 4:30-5:30 pm and 5:30-6:30 pm. Splash packages are limited to two per day. Recommended for children ages 7+. *Swim test required. Non-swimmers MUST have a parent/guardian in the water with them at all times. Therapy pool/diving board may not be available.*

\*subject to change, blackout dates may apply, splash parties not available on Family Fun Nights.

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

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

**PRE-SCHOOL PLAY:** 1st hour of your 2 hour party time in ½ the gym. MCC staff set up our tot toys for guests to have free play time. Appropriate for ages 5 and under. Available times vary.

**PAINT PARTY:** 1 hour of your 2 hour party time with MCC Art staff. Choose from our selection of themes and be led with step-by-step instruction through the painting process. Each guest will complete their own painting to bring home. Available Saturdays 12:30-1:30pm. Blackout dates may apply. Ages 5 and up.

**PIZZA/JUICE/CAKE:** Take away some party stress by letting us take care of your refreshments. Add pizza from Dominos, 64 fl. oz. bottles of juice, and/or an ice cream cake from the Dairy Bar! We'll place the order and have it ready for your party. *Desired counts must be confirmed one week prior to party.*

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



## Parks & Preserves

### Simpson-Wood Preserve Self-Guided Hike

Enjoy, Mansfield's newest acquisition—Simpson-Wood Preserve--this year take a self-guided hike at any time. We can't encourage group hikes this year for Trails Day, but be sure to check out more information at [mansfieldct.org/trailguides](http://mansfieldct.org/trailguides) for your self-guided adventure. Visit this preserve any time for a beautiful hike where there are plenty of choices. Take a short, steep climb (on a good wide trail) to some quiet ridge top flats that feel much more remote than they really are. View ledges and interesting rock features as well as a diversity of pine and hardwood forests. With luck, you may hear the raven call.

**Location:** Simpson-Wood Preserve is located just north and on the other side of the road from Mt Hope Park on Rt. 89. From the intersection of Rt., 195 and Rt 89, head north on Rt. 89 for 3.5 miles, parking is on left.

### Plein Air Painting in the Parks

Looking for additional opportunities to paint with your peers, and get outdoors? Attend Plein Air Painting in the Parks! Thursdays 10 a.m. this summer! Please view the schedule below. Bring your own supplies, easels, chairs/stools, and paint! No instruction or supervision provided. Inclement weather cancels. All skill levels welcome.

- June 25** – Merrow Meadow Park
- July 9** – Bicentennial Pond
- July 23** – Mt. Hope Park
- August 6** – Commonfields
- August 20** – Eagleville Dam

### Connecticut Trails Day is June 6-7, 2020!

Join CFPA and trail enthusiasts around CT to celebrate the largest Trails Day event in the country. Visit [ctwoodlands.org](http://ctwoodlands.org) to learn about hundreds of virtual hikes, bike rides, paddles & more!



## GET INVOLVED

with your parks and preserves

Do like to build things? Like to be outside? Parks and Recreation is looking for people of all ages who are independent workers interested in building bridges, wildlife observation decks and more in town-owned parks and preserves. Town staff will work with you on a design, getting the necessary permitting. We also have a small fund available for supplies directly related to the project. If you have a project in mind or would like a suggestion, please contact Jennifer Kaufman, at [KaufmanJS@MansfieldCT.org](mailto:KaufmanJS@MansfieldCT.org) or 860-429-3335.



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

nrpa.org/coronavirus

## COVID-19: PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS

**Do not use parks or trails if you are exhibiting symptoms.**

**Be prepared for limited access to public restrooms or water fountains.**

**Share the trail and warn other trail users of your presence and as you pass.**

**Follow CDC's guidance on personal hygiene prior to visiting parks or trails.**

**Observe CDC's minimum recommended physical distancing of 6' from other persons at all times.**

**NRPA** National Recreation and Park Association  
Because people deserve a great park

## Take a Walk With Us!

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

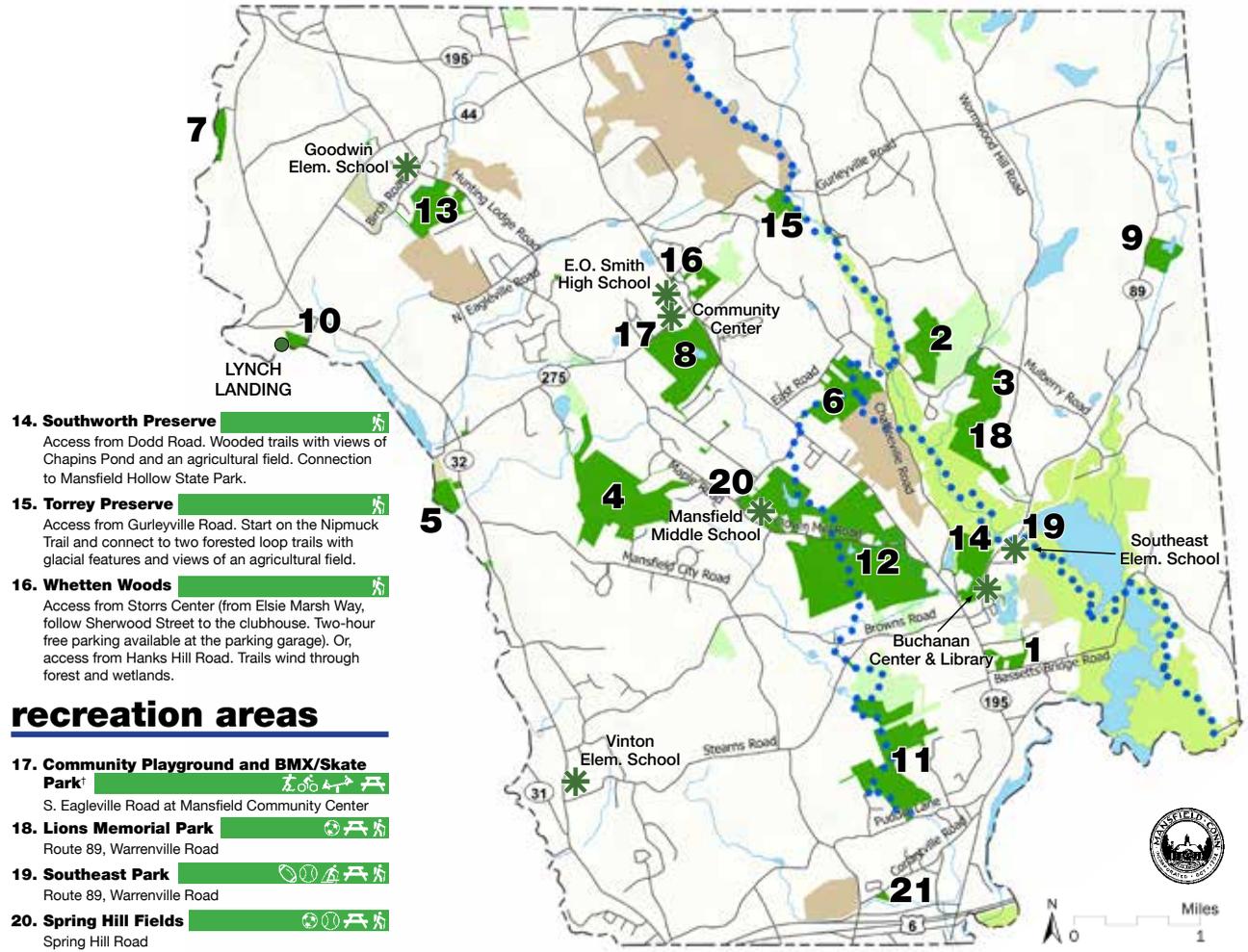


## Access Mansfield's Trail Guides from your SMART PHONE!

Go to [www.MansfieldCT.org/Trailguides](http://www.MansfieldCT.org/Trailguides) or scan this QR Code

## parks & preserves

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



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

## recreation areas

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

## scenic trails

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

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

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



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*Trips are coordinated with Ashford, Coventry, Ellington, 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.*

## James Taylor at Tanglewood—Saturday, July 4



Tanglewood presents James Taylor with his extraordinary band of musicians. Fireworks will follow the July 4 concert. Register early. Tickets are expected to sell out. We will not have a stop on the way to Tanglewood. The show starts at 8 p.m. The grounds open at 5:30 p.m. We will arrive shortly after 5:30 p.m. There are plenty of places to buy dinner inside, but you're welcome to bring in

food, coolers, wine, etc. There is no cooking allowed on the grounds.

- Date:** Sat., July 4
- Location:** Tanglewood Music Center, Lenox, MA
- Departure Time:** 3:00pm; bus leaves from commuter lot off I-84 exit 68
- Return Time:** Approximately midnight (2 hours after the fireworks are over).
- Fee:** \$69 per person (Includes coach bus transportation, driver gratuity and lawn ticket to the show)
- Activity #:** 180001-A





**Kelly A. Brock**  
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Call me for all your Real Estate needs.

86 Town Street  
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**Red Rock Cafe  
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On-Line Ordering @ [www.redrockcafe.net](http://www.redrockcafe.net)  
591 Middle Turnpike (Rte. 44)  
Storrs, CT 06268 | 860-429-1366




## Personal Trainers



**Jerry Kleinman**  
860-617-1161



**Mandy Ivory**  
860-933-4852



**Jessica Tracy**  
860-429-3015



**Jodi Farno**  
860-966-0594

## Personal Training Packages

### Body Composition Testing

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

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

### Functional Movement Screen

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

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

Sign up for a 4 visit package (initial measurement, exercise, follow-up, re-test) \$99

### Nutrition Counseling

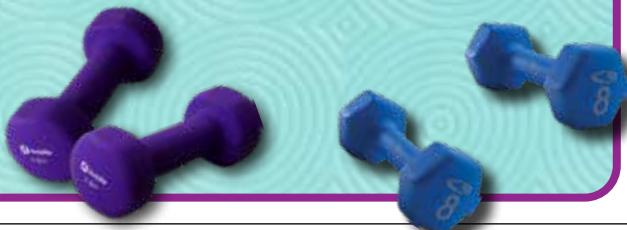
Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more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

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

## Youth Resistance Training Orientation

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

- Instructor:** Mansfield Community Center Personal Trainers  
**Day:** **170090-A**, Friday, July 17  
**170090-B**, Saturday, August 15  
**Time:** 5-6:30 p.m.  
**Fee:** \$10 per youth/parent pair – members only



## Youth Fitness – Cardiovascular

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

**Days:** Fri., 4 - 9 p.m.; Sat., 3 - 8 p.m.; Sun., 3 - 8 p.m.  
**Fee:** FREE! – Members only!



## “Free Weights vs. Machines, Pro and Cons”

This informative seminar will highlight some important points about the differences in using free weights or weight machines.

**Instructor:** Jerry Kleinman  
**Location:** CC Community room  
**Day:** Tues., July 14  
**Time:** 5:30-6:30 p.m.  
**Session:** 170091-A  
**Fee:** Free to members/\$10 for non-members



## Nutrition 101

Are you confused by what is “healthy eating” today? Do you look at food labels and need some help to decipher them. Come to this seminar, bring your own lunch and learn how to improve your own nutrition.

**Instructor:** Jessica Tracy  
**Location:** Community Room  
**Date:** Tues., Aug. 4th  
**Time:** 12-1 p.m.  
**Fee:** FREE for members, \$10 for non-members  
**Activity #:** 170091-B



## ...for all levels of fitness!

The decision to hire a personal trainer is different for everyone but all our trainers have a common link . . . the commitment to improve your health! We have a variety of devoted and caring certified personal trainers who will assist you with reaching your personal fitness goals. Whether you have never tried personal training before or are looking to hire a new trainer, they have the potential to profoundly impact your life. Their commitment to you includes a personal fitness program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence.

### How do I find a Personal Trainer at MCC that best meets my needs?

Each trainer has a wide range of skills, knowledge and experience but some trainers focus on a specific area within the profession. Our staff can review profiles of our trainers with you (and we have a Personal Trainers bulletin board), connect you to an agreed upon person and then you can interview the trainer before you make a commitment. This way you are in charge of creating a match that best works for you.

### How often do I meet with a Personal Trainer?

This varies based upon the individual needs of the client. Normally at least 3-6 sessions are required for a program to be designed and learned. It is not uncommon for clients to make personal training sessions a part of their on-going fitness program.

### What is the cost per session for Personal Training?

This varies but a range you can expect to pay is \$55-\$70 per hour. Group Training is also available for up to four people (arranged by the participants) of similar abilities. Group Training can be an additional motivator, fun and a great cost savings.

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



# FITNESS SCHEDULE SUMMER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 170001-A1, \$65/\$130 12 classes 170001-A2, \$81/\$162 15 classes Instructor: Ron/Deb	<b>Hardcore Bootcamp</b> <b>5:35-6:20 a.m.</b> 170012-B1, \$20/\$40 4 classes 170012-B2, \$15/\$30 3 classes, no 8/11, 8/18 Instructor: Jerry	<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 170001-A1, \$65/\$130 12 classes 170001-A2, \$81/\$162 15 classes Instructor: Ron/Deb	<b>Hardcore Bootcamp</b> <b>5:35-6:20 a.m.</b> 170012-C1, \$20/\$40 4 classes 170012-C2, \$15/\$30 3 classes, no 8/13, 8/20 Instructor: Jerry	<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 170001-A1, \$65/\$130 12 classes 170001-A2, \$81/\$162 15 classes Instructor: Ron/Deb	<b>Boot Camp</b> <b>7-7:45 a.m.</b> 170012-D1, \$15/\$30 3 classes, no 7/4 170012-D2, \$25/\$50 5 classes Instructor: TBA	<b>Sunrise Yoga</b> <b>8:30-9:30 a.m. ☺</b> 170024-A1, \$26/\$52 4 classes 170024-A2, \$33/\$66 5 classes Instructor: TBA
<b>TRX</b> <b>9-9:30 a.m. ☺</b> 170076-A1, \$13/\$26 4 classes 170076-A2, \$16/\$32 5 classes Instructor: Jess	<b>Dance Your Yoga Flow</b> <b>9-10 a.m. ☺</b> 170061-A1, \$26/\$52 4 classes 170061-A2, \$20/\$40 3 classes, no 7/21, 7/28 Instructor: Kelly		<b>Cardio Barre</b> <b>9-10 a.m. ☺</b> 170007-A1, \$16/\$32 3 classes, no 7/9 170007-A2, \$26/\$52 4 classes, no 7/9 Instructor: Donna	<b>Race Ready</b> <b>9-9:30 a.m. ☺</b> 170072-A1, \$13/\$26 4 classes 170072-A2, \$16/\$32 5 classes Instructor: Jess	<b>Moderate Yoga</b> <b>8:30-9:30 a.m. ☺</b> 170026-A1, \$13/\$26 2 classes, no 7/4, 7/18 170026-A2, \$33/\$66 5 classes Instructor: Deb P.	
<b>Salsa Fit</b> <b>8:45-9:45 a.m. ☺</b> 170032-B1, \$26/\$53 4 classes 170032-B2, \$20/\$40 3 classes, no 7/20, 7/27 Instructor: Kelly	<b>Ability in Rythm</b> <b>10:15-11:15 a.m. ☺</b> 170011-A1, \$26/\$52 4 classes 170011-A2, \$20/\$40 3 classes, no 7/21, 7/28 Instructor: Kelly	<b>Salsa Fit</b> <b>8:45-9:45 a.m. ☺</b> 170032-A1, \$26/\$52 4 classes 170032-A2, \$20/\$40 3 classes, no 7/22, 7/29 Instructor: Kelly	<b>Silver Sneakers Circuit</b> <b>10-10.45 a.m. ☺</b> 170008-B1, \$20/\$40 4 classes 170008-B2, \$25/\$50 5 classes Instructor: Mandy			
<b>Water Fitness</b> <b>10-11 a.m. ☺</b> 170037-A1, \$20/\$40 4 classes 170037-A2, \$26/\$52 5 classes Instructor: Keri	<b>Silver Sneakers Yoga</b> <b>10-10:45 a.m. ☺</b> 170022-B1, \$20/\$40 4 classes 170022-B2, \$20/\$40 4 classes, no 8/18 Instructor: Mandy	<b>Water Fitness</b> <b>10-11 a.m. ☺</b> 170037-B1, \$20/\$40 4 classes 170037-B2, \$20/\$40 4 classes, no 8/19 Instructor: Keri	<b>Pilates with Props</b> <b>10:15-11:15 a.m. ☺</b> 170028-C1, \$20/\$40 3 classes, no 7/9 170028-C2, \$26/\$52 4 classes, no 7/9 Instructor: Donna	<b>Yin/Yang Yoga</b> <b>10:30-11:30 a.m. ☺</b> 170023-A1, \$26/\$52 4 classes 170023-A2, \$33/\$66 5 classes Instructor: Sharon	<b>Ability Fitness</b> <b>12-12:45 p.m. ☺</b> 170005-A1, \$15/\$30 3 classes, no 7/4 170005-A2, \$25/\$50 5 classes Instructor: Mandy	
<b>Power Yoga</b> <b>10-11 a.m. ☺</b> 170020-A1, \$26/\$52 4 classes 170020-A2, \$26/\$52 4 classes, no 8/3 Instructor: Sarah	<b>Aqua Therapy</b> <b>10:35-11:20 a.m. T/Th ☺</b> 170041-A1, \$40/\$80 8 classes <b>10:45-11:30 a.m. T/Th ☺</b> 170041-A2, \$50/\$100 10 classes Instructor: Dorinda	<b>Silver Sneakers Classic</b> <b>10-10:45 a.m. ☺</b> 170015-B1, \$15/\$30 3 classes, no 7/8 170015-B2, \$20/\$40 4 classes, no 7/29 Instructor: Donna	<b>Aqua Therapy</b> <b>10:35-11:20 a.m. T/Th ☺</b> 170041-A1, \$40/\$80 8 classes <b>10:45-11:30 a.m. T/Th ☺</b> 170041-A2, \$50/\$100 10 classes Instructor: Dorinda			
<b>Silver Sneakers Classic</b> <b>10-10:45 a.m. ☺</b> 170015-A1, \$26/\$52 4 classes, no 7/9 Instructor: Donna	<b>Silver Sneakers Yoga</b> <b>11-11:45 a.m. ☺</b> 170022-C1, \$20/\$40 4 classes, no 8/18 Instructor: Mandy	<b>Gentle Yoga</b> <b>10:30-11:30 a.m. ☺</b> 170016-A1, \$26/\$52 4 classes, no 7/9 Instructor: Donna	<b>Silver Sneakers Yoga</b> <b>11-11:45 p.m. ☺</b> 170023-A1, \$26/\$52 4 classes, no 7/9 Instructor: Sharon			<b>Youth Dance classes</b> <b>11:45 a.m.-2:10 p.m.</b> See page 10

<p><b>10:10-11:45 a.m. ☺</b>                  170015-A1, \$20/\$40                  4 classes                  170015-A2, \$15/\$30                  3 classes, no 8/10, 8/17                  Instructor: Jerry</p>	<p>170022-C1, \$20/\$40                  4 classes                  170022-C2, \$20/\$40                  4 classes, no 8/18                  Instructor: Mandy</p>	<p>170046-A1, \$26/\$52                  4 classes                  170046-A2, \$33/\$66                  5 classes                  Instructor: Sharon</p>	<p>170022-A1, \$20/\$40                  4 classes                  170022-A2, \$25/\$50                  5 classes                  Instructor: Mandy</p>
<p><b>Silver Sneakers Circuit</b>  <b>11-11:45 a.m. ☺</b>                  170008-A1, \$20/\$40                  4 classes                  170008-A2, \$15/\$30                  3 classes, no 8/10, 8/17                  Instructor: Jerry</p>	<p><b>Aqua Therapy</b>  <b>11:25 a.m.-12:10 p.m. T/Th ☺</b>                  170041-B1, \$40/\$80                  8 classes  <b>11:35 a.m.-12:20 p.m. T/Th ☺</b>                  170041-B2, \$50/\$100                  10 classes                  Instructor: Dorinda</p>	<p><b>Silver Sneakers Circuit</b>  <b>11-11:45 a.m. ☺</b>                  170008-C1, \$15/\$30                  3 classes, no 7/8                  170008-C2, \$20/\$40                  4 classes, no 7/29                  Instructor: Donna</p>	<p><b>Aqua Therapy</b>  <b>11:25 a.m.-12:10 p.m. T/Th ☺</b>                  170041-B1, \$40/\$80                  8 classes  <b>11:35 a.m.-12:20 p.m. T/Th ☺</b>                  170041-B2, \$50/\$100                  10 classes                  Instructor: Dorinda</p>
<p><b>Kettlebells</b>  <b>12:15-12:45 p.m. ☺</b>                  170075-B1, \$13/\$26                  4 classes                  170075-B2, \$16/\$32                  5 classes                  Instructor: Jess</p>		<p><b>TRX</b>  <b>12:15-12:45 p.m. ☺</b>                  170076-B1, \$13/\$26                  4 classes                  170076-B2, \$16/\$32                  5 classes                  Instructor: Jess</p>	<p><b>Functional Strength</b>  <b>5:30-6:30 p.m. ☺</b>                  170076-C1, \$26/\$52                  4 classes                  170076-C2, \$33/\$66                  5 classes                  Instructor: TBA</p>
<p><b>Pilates Multi-Level</b>  <b>5-6 p.m. ☺</b>                  170047-A1, \$20/\$40                  3 classes, no 7/6                  170047-A2, \$33/\$66                  5 classes                  Instructor: Margherita</p>		<p><b>Sport Fitness For Teens</b>  <b>2:30-3:30 p.m.</b>                  170065-A1, \$26/\$52                  4 classes                  170065-A2, \$33/\$66                  5 classes                  Instructor: TBA</p>	<p><b>A Taste of Tai Chi &amp; Qigong</b>  <b>6-7:15 p.m. ☺</b>                  170029-A1, \$33/\$66                  4 classes                  170029-A2, \$41/\$82                  5 classes                  Instructor: George</p>
<p><b>TRX Pump</b>  <b>5:30-6:30 p.m. ☺</b>                  170073-A1, \$26/\$52                  4 classes                  170073-A2, \$33/\$66                  5 classes                  Instructor: Mandy</p>		<p><b>Corefusion</b>  <b>5:20-6:20 p.m. ☺</b>                  170055-A1, \$22/\$44                  4 classes                  Instructor: Dorinda</p>	<p><b>Continuing Tai Chi</b>  <b>7:30-8:45 p.m.</b>                  170030-A1, \$33/\$66                  4 classes                  170030-A2, \$41/\$82                  5 classes                  Instructor: George</p>
<p><b>Cardio Kickbox</b>  <b>6:45-7:30 p.m. ☺</b>                  170077-A1, \$20/\$40                  4 classes                  170077-A2, \$25/\$50                  5 classes                  Instructor: Mandy</p>		<p><b>Hardcore Bootcamp</b>  <b>6:30-7:15 p.m. ☺</b>                  170012-A1, \$20/\$40                  4 classes                  170012-A2, \$15/\$30                  3 classes, no 8/12, 8/19                  Instructor: Jerry</p>	

## SUMMER FITNESS CLASSES

**Session 1: Monday, June 22- Sunday, July 19**

**Session 2: Monday, July 20- Sunday, August 23**

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

See class descriptions on pages 35-37

For help finding the right class for your needs, see page 34

Some no class dates may change which may result in a fee change, please check your receipt for information

### KEY

■ Class is in Gym

■ Class is in Community Room

■ Class is in Pool

☺ Childcare available during class



## FIND YOUR PERFECT FITNESS CLASS!

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

Dance your yoga flow  
Pilates  
Tai Chi  
Spoga  
Barre  
Yoga  
TRX

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

Silver Sneakers Classes  
Ability in Rhythm (AIR)  
Tai Chi & Qigong  
Gentle Yoga

**Silver Sneakers classes**

Silver Sneakers Classic  
Silver Sneakers Circuit  
Silver Sneakers Yoga

**Fun and Challenging**

Kettlebells  
Dance Your Yoga Flow  
Bootcamp  
Salsa Fit  
Spoga  
Spin  
TRX

**Prefer a water class?**

Water Fitness  
Aqua Therapy

**Looking for Cardio?**

Cardio Kickbox  
Kettlebells  
Salsa Fit  
Spoga  
Spin

**Build Strength & Endurance with:**

Functional Strength  
Warrior Training  
Kettlebells  
Bootcamp  
TRX

**NEW!**

Sport Fitness for Teens  
Ability in Rhythm (AIR)  
Race Ready

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!

## Class descriptions

CLASS	DESCRIPTION
<b>Spin</b>	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
<b>Hardcore Bootcamp</b>	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
<b>Sport Training for Teens</b>	This class will offer teens a sport specific strength training program to help get them ready for fall or winter sports. Available for students ages 13+ AND entering high school.
<b>Race Ready</b>	Are you training for a race, or just want to look at how you can help your body be stronger and ready to take on your training? This class will explore a different set of techniques each week that you can add to your training to give you that extra edge. We will not be running during this time, except where necessary to look at form or technique.
<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>All Levels Yoga</b>	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
<b>Sunrise Yoga</b>	A yoga class designed to start your morning off on the right foot. Class is appropriate for all levels.
<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>Yin/Yang</b>	With a Yin Yang Yoga class, we combine both a more dynamic style of yoga followed by some gentle yin poses. The first half of the class is devoted to standing poses, flowing from one pose to the next in a more dynamic style. The second half of the class is yin, a slow stilling practice where all the poses are either seated or lying down.
<b>Moderate Yoga</b>	A dynamic style of yoga designed to detoxify, strengthen and open the body and calm your mind. Stay with your breath as you build internal heat. Participants should be in good physical condition with a minimum of 6 months of regular yoga practice.
<b>Power Yoga</b>	Power yoga is a general term used to describe a vigorous, fitness-based approach to vinyasa-style yoga.
<b>Corefusion</b>	A class combining the fundamental movements of both Pilates & yoga. Emphasis on breath work and core strength.
<b>Pilates Multi-Level</b>	Continue your Pilates practice in this invigorating classical Pilates MAT class and experience what Joseph Pilates had in mind when he designed this method of total body workout. Feel fit for life. Appropriate for all levels, modifications may be made as necessary
<b>Pilates with Props</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>Mat Pilates</b>	Based on the original works of the late Joseph H. Pilates, this program combines the best of both Eastern and Western philosophies and traditions. The practical mat Pilates exercises featured in this course focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength, and flexibility while integrating the concepts of mindfulness, fluidity, and grace.
<b>Cardio Barre</b>	Cardio Barre is a high energy, low impact class that combines barre work to tone and define the lower body, light weights and mini ball to build lean muscle mass and Pilates mat work to strengthen and elongate your body. This total body workout will leave you feeling energized, graceful and strong.

# Fitness Center

## Class descriptions

CLASS	DESCRIPTION
<b>Silver Sneakers 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 and mental clarity. Class is FREE for SilverSneakers members.
<b>Silver Sneakers Circuit</b>	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
<b>Silver Sneakers Classic</b>	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.
<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>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>Dance Your Yoga Flow</b>	As a champion ballroom dancer I have created a class blending yoga flow sequences with traditional dance conditioning moves to enhance balance, flexibility and core strength while moving gracefully and beautifully to inspiring music.
<b>Ability in Rhythm</b>	Ability In Rhythm is a dynamic movement class combining dance and drumming. No worries you don't have to be a dancer or drummer. It is fun and easy to follow. Drum sticks and ball drums provided. An AIR class combines simple drumming rhythms with low or high intensity movements to music to create a full mind, body and spirit experience.
<b>Functional Strength</b>	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
<b>TRX</b>	Learn to use this equipment to challenge yourself in new ways! This class is offered in both half hour and hour long formats and will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
<b>TRX Pump</b>	This strength training class uses TRX bands, weight plates, plate loaded barbells, the step and body weight as resistance. Get a great total body workout in this class.
<b>Cardio Kickbox</b>	Kickbox gives you an experience to increase focus and release stress, work on coordination and flexibility, improve strength and enhance your endurance. Kickbox is a combination of taekwondo, boxing, mixed martial arts and cardio kickboxing in a dynamic session. Kicks, punches, blocks and more are used in this high-energy session that will make you sweat! You'll be able to work at your own pace, all fitness levels are welcome. Please bring a water bottle.
<b>Tai Chi First &amp; Qigong</b>	Join us to experience a few introductory lessons in these Chinese martial and health practices. We will work with breathing, stance, and movement to help relieve stress, improve health & mindfulness and give students a better understanding of these wonderful ancient arts.
<b>Continuing Tai Chi</b>	This class is designed for experienced participants to bring their Tai Chi skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy and body balance and an enhanced body-mind connection using more complex form movements.

## Class descriptions

CLASS	DESCRIPTION
<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>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>Ability Fitness</b>	<p>For adults and teens with special needs</p> <p>We welcome individuals ages 14 and up to join us for a fun and healthy introduction to two popular fitness classes, Spinning and functional strength. Classes will be modified to meet the special needs of people with cognitive and developmental disabilities. The format will be supportive, fun and welcoming for all! All participants must be pre-registered prior to the first day of class. Individuals requiring special accommodations such as additional staff support should register at least 15 days in advance. *Please be sure to note any special accommodations or medical alerts on the registration form.</p> <p><b>Spinning:</b> Individuals with cognitive and developmental disabilities will participate in an introductory exercise program on stationary bicycles called a "spinning bike." This is a cardiovascular based program and program instructors will make modifications to meet the individual needs of the participants as best as possible.</p> <p><b>Functional Strength:</b> Individuals with cognitive and developmental disabilities will participate in an introductory exercise program using small hand weights, exercise bands, stability balls, and steps. There will be a combination of toning, strengthening and cardiovascular exercise. Instructors will make modifications to meet the needs of the participants as best as possible.</p>

### Track Distances

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



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

### Family Track Hours

Mon, Tues, Wed,  
 Thurs, Fri:  
 1-9 pm  
 Sat 12-8 pm  
 Sun 12-8 pm



## NEW to Fitness or our Facility?

### Try our free "STARTING STRONG" Program!

After completing a fitness questionnaire and setting goals for your personal fitness, one of our trained fitness assistants will take you through two sample workouts encompassing cardio and weight machines, and participants will earn rewards for each completed session! Also, get a 10% discount PLUS a free gift bag when you purchase three personal training sessions. Appointments are available anytime during normal business hours and set up is as easy as stopping by the reception desk or calling us at (860) 429-3015 ext. 200.



# Adult Programs

## Morning Tea with Mr. Darwin: Observing Nature

Charles Darwin said he was born a naturalist. As a child, he collected nearly everything he could get his hands on. Shells, plants, and minerals as well as coins, seals and franks. His fascination with nature continued into his school years where he learned to keep meticulous notes about his collections and make detailed observations of his specimens. He also learned the importance of looking for patterns in nature and drawing conclusions from his observations. Though he was an "unfinished naturalist" when he boarded the Beagle, he landed in England five years later a seasoned naturalist. He continued to develop his skills and published studies about barnacles, orchids, earthworms, plant tendrils, coral reefs and the transmission of seeds. We'll explore Darwin's fascination with nature and how the skills of keen observation are important for the advancement of our knowledge of nature.

**Instructor:** Mr. Darwin will be portrayed by Professor Kenneth Noll. Prof. Noll is a professor of Microbiology at the University of Connecticut and has been portraying Darwin for over 4 years. Dr. Noll's research is in the evolution of microorganisms and microbes that live in very hot environments.

**Locations:** Lenard Hall Recital Room  
**Dates:** Sat., Aug. 8  
**Time:** 10-11:30 a.m.  
**Fee:** \$6 for residents, \$16 for non-residents  
**Activity #:** 110031-A

## DIY 4th of July Floral Wreaths ☺

Come create a beautiful piece to display on your front door. Artificial flowers, ribbons, patriotic embellishments, and a grapevine wreath base will be provided. Participants are welcome to bring additional materials!

**Instructor:** N. Yilmaz  
**Location:** CC Arts and Crafts Room  
**Date:** Sat., June 27  
**Time:** 11 a.m.-12:30 p.m.  
**Fee:** \$5 for residents, \$15 for non-residents  
**Materials Fee:** \$25 due at registration. Fee waivers do not apply to materials fees.  
**Activity #:** 110001-A



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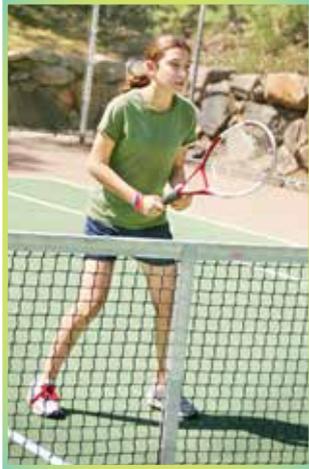
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# Active Classes

## Adult and Teen Tennis (Ages 16+)



Why play tennis? As recent studies have shown, a tennis filled life is a longer life! Our adult tennis program is designed for beginner and intermediate level players wanting to experience the exercise benefits, fun, and excitement of this game. Class will be adjusted to the skill level of the group. Learn or review basic strokes, scoring, and positioning for game play through drills and playing time. Participants must supply their own racquet.

**Instructor:** Devin Pallanck  
**Location:** Sunny Acres Park  
**Dates:** Sun., July 12-Aug. 9 (5 classes)

**Time:** 8:05-8:50 a.m.  
**Fee:** \$57 for residents, \$67 for non-residents  
**Act. #** 110054-A

## Beginner Country Two Step

Country 2 Step is a fun partner dance being played at more ballroom social dances. Come for some summer fun and learn the beginner figures to get you up and dancing.

**Instructor:** Kelly Madenjian  
**Location:** Lenard Hall Recital Room  
**Date:** Mon., July 6-27 (4 classes)  
**Time:** 6-7 p.m.  
**Fee:** \$44 for residents, \$54 for non-residents  
**Activity #:** 110042-A

## Ballroom and Country Line Dance Fun

Learning to line dance is a fun way to dance without needing a partner. Learn the popular ballroom dances as well as popular country line dances.

**Instructor:** Kelly Madenjian  
**Location:** Lenard Hall Recital Room  
**Date:** Mon., July 6-27 (4 classes)  
**Time:** 7:15-8:15 p.m.  
**Fee:** \$44 for residents, \$54 for non-residents  
**Activity #:** 110043-A



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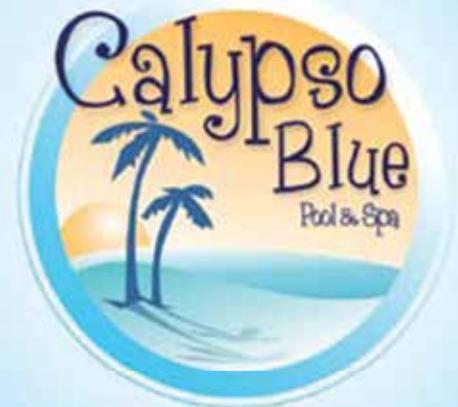
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## Adult/Teen Ballet Level I (Beg/Adv. Beg.)

(Ages 14-Adult)



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

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

**Location:** Senior Center Exercise Room; 303 Maple Road

**Day:** Wed., June 24-Aug. 12 (8 weeks)

**Time:** 6-7:30 pm

**Fee:** \$84 for residents, \$94 for non-residents

**Activity #:** 110040-A

## Adult/Teen Ballet level II (Ages 14 - Adult)

Ballet is a great way to develop flexibility, strength and body awareness. This class is designed to further develop technique of students with at least 2 years' experience. The intermediate class will use steps in combinations. The level of difficulty will be adjusted to suit the experience of the students.

**Instructor:** Arlene Albert, see bio above.

**Location:** Senior Center Exercise Room – 303 Maple Road

**Day:** Tues., June 23-Aug. 10 (8 weeks)

**Time:** 6-7:30 pm

**Fee:** \$84 for residents, \$94 for non-residents

**Activity #:** 110041-A

## Beginner 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. Socks or slipper-like dance shoes are required.

**Instructor:** Ann Kozikowski

**Location:** Senior Center Exercise Room – 303 Maple Road

**Dates:** Mon., June 22-Aug. 3 (6 classes) \*no class 7/6

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

**Fee:** \$63 for residents, \$73 for non-residents

**Activity #:** 110046-A

## Advanced Belly Dance

Are you ready to advance your belly dance skills? This class is for those who have already taken the beginner belly dance class. Join Ann as we put steps and isolations together to learn routines and work with veils! An exciting next step in your belly dance journey.

**Instructor:** Ann Kozikowski

**Location:** Senior Center Exercise Room – 303 Maple Road

**Dates:** Thurs., June 25-Aug. 6 (6 classes) \*no class 7/2

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

**Fee:** \$63 for residents, \$73 for non-residents

**Activity #:** 110047-A

## Saturday Night Social Group



This social activity program is designed for those ages 15+ with developmental/cognitive disabilities. The program typically meets select Saturdays from 6-8 p.m. at the Mansfield Community Center. Participants will enjoy a variety of activities while meeting new friends! Pre-registration is encouraged but not required. There is a \$5 per night participation fee. Feel free to bring a snack to share. First time participants are required to be accompanied by a parent or guardian. For more information please contact [richardsona@mansfieldct.org](mailto:richardsona@mansfieldct.org).

## Beginner Pickleball Lessons

Join Jay Gregorzek to improve your fundamentals and skills. Jay has played in national pickleball tournaments receiving a gold medal, two silver and two bronze medals. Space is limited to 8 participants. (6 weeks)

**Location:** Sunny Acres Park

**Dates/Times:** **Tues., June 9 – July 14**  
(110058-A) 9-10 a.m.  
(110058-B) 10:15-11:15 a.m.

**Tues., July 28 – Sept. 1**  
(110058-C) 9-10 a.m.  
(110058-D) 10:15-11:15 a.m.

**Fee:** \$46 for residents, \$56 for non-residents

## Intermediate Pickleball Lessons



Join Jay Gregorzek to improve your fundamentals and skills. Jay has played in national pickleball tournaments receiving a gold medal, two silver and two bronze medals. Space is limited to 8 participants. (6 weeks)

**Location:** Sunny Acres Park

**Dates/Times:** **Thurs., June 11 – July 16**  
(110059-A) 9-10 a.m.  
(110059-B) 1-15-11:15 a.m.

**Thurs., July 28 – Sept. 3**  
(110059-C) 9-10 a.m.  
(110059-D) 10:15-11:15 a.m.

**Fee:** \$46 for residents, \$56 for non-residents



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

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

## You Can Choose to Swim Healthy!

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

Here are three "PLEAs" that promote Healthy Swimming:

### Three "PLEAs" for All Swimmers

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

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

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

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

## 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 Monthly 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. Diving board will be open at various times, please see Monthly 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 in the pool. Please see our Monthly schedule for times.

### 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 Monthly 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. Please see the Monthly schedule for an overview of times.

### 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. Please see the Monthly schedule for an overview of times.

A photograph of a swimmer in a pool, wearing a purple swim cap and goggles, performing a stroke.

## Lap Swim Etiquette

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

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





## Adult Beginner Swim Lessons (Ages 18+)

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

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Mon. and Wed., June 29–July 22  
**Time:** 5:50–6:20 p.m.  
**NOTE:** **Session I:** 8 Classes/30 minutes per class  
**Fee:** \$77 for members, \$100 for non-members  
**Activity#:** 161020-A

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Mon. and Wed., July 27–Aug 19  
**Time:** 5:50–6:20 p.m.  
**NOTE:** **Session II:** 8 Classes/30 minutes per class  
**Fee:** \$77 for members, \$100 for non-members  
**Activity #:** 161020-B

## Adult Intermediate Swim Lessons (Ages 18+)

These lessons are designed for adults with minimal swimming experience who are already comfortable in and around water. This course will take adults through Level III and begin Level IV skills of the American Red Cross Learn to Swim Program. This group setting class will provide an appropriate level of instruction for adults wanting to discover the benefits of learning how to swim and continuing to improve their stroke development. Please see Level Description page for class skills.

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Mon. and Wed., June 29–July 22  
**Time:** 6:30–7 p.m.  
**NOTE:** **Session I:** 8 Classes/30 minutes per class  
**Fee:** \$77 for members, \$100 for non-members  
**Activity #:** 161021-A

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Mon. and Wed., July 27–Aug 19  
**Time:** 6:30–7 p.m.  
**NOTE:** **Session II:** 8 Classes/30 minutes per class  
**Fee:** \$77 for members, \$100 for non-members  
**Activity #:** 161021-B

# Bicentennial Pond

## 2020 Summer Season

Sat., June 20–Sun., August 23

Monday–Friday, noon–7 p.m. | Saturdays & Sundays, noon–6 p.m.  
 BCP will be open on Sun., July 4 from noon–6 p.m.

### PARK FEES

#### Season Passes:

Passes are sold at the Mansfield Parks and Recreation Department located at the Mansfield Community Center as well as at the park gate. There is an additional \$5 fee for a lost season pass. Each pass corresponds to one vehicle only. Buy additional vehicle pass for an additional \$5 charge.

<b>Resident Up to 4 Person Pass:</b>	\$20
<b>Resident 5 or More Person Pass:</b>	\$25
<b>Non-Resident Pass:</b>	\$40

(Proof of Residency Required)

### DAILY FEE

**Weekdays** \$1 Resident (Proof Required); \$2 Non-Resident  
**Weekends** \$2 Resident (Proof Required); \$3 Non-Resident

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

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

**WIBIT Fun:** This summer season we will have the WIBIT down at the pond for everyone to enjoy. The WIBIT will be in the pond beginning July 1st. There is no additional cost to use the WIBIT; however, a swim test is required and you must wear a PFD while on the structure. Lifeguards will inform you of further rules and safety regulations when on the structure.

### Family Fun Night at Bicentennial Pond

**Location:** Bicentennial Pond  
**Day:** Fri., July 24  
**Time:** 4–7pm  
**Fee:** FREE for residents/CC members; \$5 per car load for non-resident, non-members.



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

### Returning Swimmer Registration:

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

### New Swimmer Registration:

All new swimmers must be pre-registered into the program before the evaluation night on Tuesday, June 5. (See below for more information about the swim evaluation night) Please register your child according to when your registration date becomes available. We encourage all participants to register as soon as possible!

Join the Mansfield Marlins Youth Swim Club! This instructional team will help young swimmers develop their swimming skills, their stroke techniques, and teach new fundamentals such as flip turns and competitive starts in the sport of competitive swimming. The Youth Swim Club season runs from June-August (nine week session). **Practices will be held on Tuesdays and Thursdays from 6-7 p.m. or 7-8 p.m. and Sundays, 10-11 a.m., 11 a.m.-noon**, depending on age/ability. The team will also compete in 3 scrimmage swim meets here at the community center and have periodic time trials as well. Participants may register for only one evening of practice if desired. All pre-registered returning swimmers will attend regular practice times unless notified of a practice time change by a coach. It is recommended that swimmers have passed Level 4 swim lessons. Please keep in mind that practice consists of approximately 50 - 55 minutes of lap swimming, among other activities.

### NEW SWIMMERS EVALUATION NIGHT, Thursday, June 25, at the MCC Pool - 6 p.m.

ALL new swimmers should be pre-registered into the program before the evaluation night. If for any reason, your child does not get placed on the team, we would issue a full refund for any registration fees at that

time. Because of the progressive nature of this program, space in the program may be limited according to the number of returning registered swimmers per season as well. Therefore space in the program may vary by season. Thursday, June 25, at 6 p.m., will be a mandatory evaluation night for all NEW swimmers starting at 6 p.m., Participants will be evaluated on overall safety and comfort level in the water, front crawl with rotary breathing, breaststroke, and backstroke. Swimmers may be asked to complete 25 or 50 yards of these strokes depending on age and ability. After the evaluation night, new participants will receive a phone call assigning swimmers to a practice time slot for the rest of the season. Please register using the information below.

**Coach:** Scott James, ASCA Certified Level 3 & Assistant Coach

**Location:** CC Pool

**Dates:** Sun., Tues. & Thurs., Sun., June 29-Aug. 25, swimmers will be placed in practice groups by Coach

**Skip Dates:** Sun., July 5 No Practice.

**Times:** Sun., 1st Group: 10-11 a.m., 2nd Group, 11 a.m.-noon  
Tues./Thur., 1st Group: 6-7 p.m., 2nd Group, 7-8 p.m.

Swimmers will be placed in practice groups according to age/ability by Coaches.

**Fees:** **161031-A**, One Practice/week, \$71 for members, \$96 for non- members (8wks)

**161031-B**, Two Practices/week, \$142 for members, \$192 for non- members (8wks)

**161031-C**, Three Practices/week, \$213 for members, \$259 for non- members (8wks)

10% off price is already shown when you register for all 3 practices.

## Working on your Merit badge?



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

A vibrant advertisement for "POOL PARTIES". The background is a bright red pool inflatable with the words "POOL PARTIES" written in large, yellow, bubbly letters. Two young girls are smiling and playing in the water. The text at the bottom reads: "Have a birthday party to remember at the Mansfield Community Center! Enjoy our birthday party Splash Package including one of our pool inflatables. For more information, see page 23."/>

Have a birthday party to remember at the Mansfield Community Center! Enjoy our birthday party Splash Package including one of our pool inflatables. For more information, see page 23.

## POOL TEMPERATURE

Therapy Pool: 92°-94°

Main Pool: 80°-82°



## Private Swim Lessons

Private Lessons and Semi Private Lessons (max 2 individuals) are available for both children and adults. All lessons are instructed by one of our qualified Swim Lesson Instructors and are one half hour in length. You will need to fill out a Private Lesson Request Form available at the MCC Reception Desk. You will be contacted by an instructor within 2 weeks regarding the status of your request and to set up your initial lesson. Lessons at the requested time are not guaranteed and may result in scheduling alternate times with an instructor. Call 429-3015 ext. 0 for more information.

### Private Swim Lesson Fee Schedule:

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

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

## POOL RULES

*-for your safety-*

### Some Pool Rules in helping you to prepare your day!

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

## American Red Cross Swimming and Water Safety Program

The Mansfield Community Center is proud to be an authorized provider of the American Red Cross (ARC) Swimming and Water Safety Program. As the "gold standard" in the aquatics industry, the ARC water safety program has helped millions of people for over 100 years learn to swim and be safe around water. Our team of swim instructors is overseen by a Full Time Professional Certified Water Safety Instructor Trainer who is able to provide consistent program quality and procedural compliance, training updates and promptly address possible concerns. Additionally, we take water safety seriously and increase lifeguard staffing during swim lessons and allow our swim instructors to focus more attention on teaching.

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.

Summer group swim lessons are held either, Monday and Wednesday evenings OR Tuesday and Thursday evenings, for a determined number of week session. We run two sessions over the course of the summer. Classes at the CC may be cancelled in the event of lightning or thunder storms, and/or other unsafe pool conditions. Participants will be notified if any cancelled classes will be made up. Monday/Wednesday & Tuesday/Thursday group lessons Session I consist of 8 classes, 30 minutes per class. Swimmers attend class twice per week, for a total of 4 weeks. Monday/Wednesday & Tuesday/Thursday group lessons Session II consist of 6 classes, 30 minutes per class. Swimmers attend class twice per week, for a total of 3 weeks. Please see summer class schedule for details and class fees.

**\*\*If the weather is questionable, please call 860-429-3015, ext. 4 for program cancellation information.**

### American Red Cross Summer 2020

#### Group Lesson Schedule

**Instructor:** To Be Announced at First Class

**Location:** CC Pool

**NOTE:** **Session I:** 8 Classes/30 minutes per class

**Fees:** \$77 for members \$100 for non-members

**NOTE:** **Session II:** 8 Classes/30 minutes per class

**Fees:** \$77 for members \$100 for non-members



### Session I: June 29- July 22, 2020 ☺ Monday & Wednesday Evening Swim Lessons

	5:30-5 p.m.	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7 p.m.
Preschool Level 1	161008-A1		161008-A2	
Preschool Level 2		161009-A1		161009-A2
Level 1	161001-A1	161001-A2		161001-A3
Level 2	161002-A1		161002-A2	
Level 3 (Shallow)		161003-A1	161003-A2	161003-A3
Level 3 (Deep)	161010-A1			161010-A2
Level 4	161004-A1		161004-A2	

### Session I: June 30- July 23, 2020 Tuesday & Thursday Evening Swim Lessons

	4-4:30 p.m.	4:40-5:10 p.m.	5:20-5:50 p.m.
Parent/Infant	161007-B1		
Preschool Level 1		161008-B1	
Preschool Level 2			161009-B1
Level 1	161001-B1		
Level 2		161002-B1	161002-B2
Level 3 (Shallow)	161003-B1		
Level 3 (Deep)		161010-B1	
Level 4			161004-B1

### Session II: July 27- August 19, 2020 ☺ Monday & Wednesday Evening Swim Lessons

	4:30-5 p.m.	5:10-5:40 p.m.	5:50-6:20 p.m.	6:30-7 p.m.
Preschool Level 1	161008-C1		161008-C2	
Preschool Level 2		161009-C1		161009-C2
Level 1	161001-C1	161001-C2		161001-C3
Level 2	161002-C1		161002-C2	
Level 3 (Shallow)		161003-C1	161003-C2	161003-C3
Level 3 (Deep)	161010-C1			161010-C2
Level 4	161004-C1		161004-C2	

### Session II: July 28- August 20, 2020 Tuesday & Thursday Evening Swim Lessons

	4-4:30 p.m.	4:40-5:10 p.m.	5:20-5:50 p.m.
Parent/Infant	161007-D1		
Preschool Level 1		161008-D1	
Preschool Level 2			161009-D1
Level 1	161001-D1		
Level 2		161002-D1	161002-D2
Level 3 (Shallow)	161003-D1		
Level 3 (Deep)		161010-D1	
Level 4			161004-D1



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

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

## Preschool Aquatics (Ages 3 and 4)

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

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

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

## Swim Levels (Ages 5+)

**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 learn to:

Enter water by stepping or jumping from the side, exit water safely using ladder or side, fully submerge and hold breath, open eyes under water and pick up a submerged object, float on front and back, 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, bobbing. 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 learn to:

perform a survival float, submerged and retrieve an object, 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.

**Level 5 & 6:**

Due to low enrollment, we will not be offering levels 5&6. Swimmers who have completed level 4, can join our Marlins Swim Team program, or any of the New Aquatics Programs for the Summer.



# Aquatics



## Stroke Development (Ages 7+) ☺

**Requirements:** Participants must have passed Level 4 of the ARC Learn to Swim program.

This is a 45-minute class typically for kid's ages 5+ who have passed level 4 of the Learn to Swim American Red Cross program. Children should be able to swim 25 yards of unassisted freestyle and backstroke. This class focuses on teaching more advanced strokes, proper body head and arm positioning in the water, as well as kicking and breathing techniques. This class will benefit children who passed level 4 but aren't ready for a swim team and want more practice.

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Tue. & Thur., June 30 - July 23  
**Time:** 5-5:45 p.m.  
**NOTE:** **Session I:** 8 Classes/45 minutes per class  
**Fee:** \$92 for members, \$126 for non-members  
**Activity #:** 161004-A

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Tue. & Thur., July 28th - August 20th  
**Time:** 5-5:45 p.m.  
**NOTE:** **Session II:** 8 Classes/45 minutes per class  
**Fee:** \$92 for members, \$126 for non-members  
**Activity #:** 161005-B



## Kids Water Sports (Ages 8-14)

Expect a structured activity that is safe, fun, and sportive. In this 45-minute class, learn techniques and skills necessary to play water polo, basketball, and volleyball. We will concentrate on each sport for two weeks. During the last 2 weeks of this 8-week program, participants can choose which sports to play. Participants must be strong swimmers and have completed Level 4 on the American Red Cross Learn to swim Program. Please contact Jenn Gott, Aquatics Recreation Supervisor at [gottjr@mansfieldct.org](mailto:gottjr@mansfieldct.org) with questions.

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Tue. & Thur., June 30 - July 23  
**Time:** (161006-A) 4 - 4:45 p.m.  
**NOTE:** **Session I:** 8 Classes/45 minutes per class  
**Fee:** \$92 for members, \$126 for non-members  
**Activity #:** 161006-A

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Tue. & Thur., July 28 - Aug. 20  
**Time:** 4 - 4:45 p.m.  
**NOTE:** **Session II:** 8 Classes/45 minutes per class  
**Fee:** \$92 for members, \$126 for non-members  
**Activity #:** 161006-B

## Water Polo for Kids (Ages 8-14) ☺

**Requirements:** Participants must have passed Level 4 of the ARC Learn to Swim program.

Playing water polo has many benefits for children, both physical and mental. In addition to being a sport similar to swimming, in water polo, children get used to working as a group, and learn how to utilize lifesaving skills in a fun creative way. This is great for the sporty kids who love swimming and anything to do with water, water polo is the ideal sport.

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Mon. and Wed., June 29 - July 22  
**Time:** 5:10-5:40 p.m.  
**NOTE:** **Session I:** 8 Classes/30 minutes per class  
**Fee:** \$92 for members, \$126 for non-members  
**Activity #:** 161011-A

**Instructor:** TBA  
**Location:** CC Pool  
**Dates:** Mon. and Wed., July 27 - Aug 19  
**Time:** 5:10-5:40 p.m.  
**NOTE:** **Session II:** 8 Classes/30 minutes per class  
**Fee:** \$92 for members, \$126 for non-members  
**Activity #:** 161011-B

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## American Red Cross Pediatric CPR



This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate which is valid for two years. The

course fee includes all course materials and certification costs.

<b>Instructor:</b>	TBA
<b>Day:</b>	Sun., July 12
<b>Time:</b>	1-3 p.m.
<b>Location:</b>	CC Community Room
<b>Fee:</b>	\$60 for members \$70 for non-member
<b>Activity #:</b>	161001-A

## American Red Cross Adult CPR

This course provides participants with the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical personnel arrive. Participants who pass the course will receive an American Red Cross certificate which is valid for two years. The course fee includes all course materials and certification costs.

<b>Instructor:</b>	TBA
<b>Location:</b>	CC Arts & Crafts Room/Community Room
<b>Day:</b>	Mon., July 27 (160002-A) Wed., Aug. 12 (160002-B)
<b>Time:</b>	6:30-8:30 p.m.
<b>Fee:</b>	\$60 for members, \$70 for non-members

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



The Mansfield Community Center is proud to provide the most current and up to date training course for lifeguard certification. This course will present the newest lifeguarding curriculum available through the American Red Cross released earlier this year. The purpose of the ARC Lifeguard Training Program is to teach candidates safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies.

This course does have pre-test that is administered during the first hour of the class. The course pre-requisites include: a continuous 300-yard swim with proficiency in both freestyle and breaststroke, a two minute tread of water without the use of hands and a timed 20 yard swim with surface dive to retrieve a submerged 10-pound object in which candidate return to the starting point with the object and exit the pool without using the stairs or a ladder. Students are only allowed to use goggles for the pre-requisite 300-

yard swim portion of the class, students must be able to demonstrate all skills in the class without the use of goggles to pass the course.

This is a Blended Learning Course which means there are approximately 10 hours of online learning that must be finished before the end of the in class session June 6th. Upon registration (once the minimum to run the course has been met) the candidate will receive a welcome email to the course with instructions on how to access and pay for the online content. The registration fees you pay to the MCC do NOT include the online learning fee (approx. \$35). Candidates MUST provide the MCC a valid email address upon registration. Registration fees include: one course manual, one pocket mask and processing fees for successful candidates to be issued a certification.

Students will receive an American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer certification upon successful completion of this course. Please bring bathing suit and towel to each class. Candidates MUST register by Fri. May 22 at 10 a.m. for the Class.

<b>Instructor:</b>	Jeanne Goffinet
<b>Location:</b>	CC Community Room and Pool
<b>Dates:</b>	Sat., and Sun., May 30, 31, and June 6 (MUST register by Fri., May 22 at 10 a.m.)
<b>Time:</b>	Sat., and Sun., 9 a.m.-6 p.m.
<b>Fee:</b>	\$220 for members, \$295 for non-members
<b>Activity #:</b>	461022- A

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

*Update to the newest version of ARC Curriculum!*



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

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

**Instructor:** Jeanne Goffinet  
**Location:** CC Arts & Crafts Room Pool  
**Dates:** Sun., June 7  
**Time:** 9 a.m.-6 p.m.  
**Fee:** \$100 for members, \$125 for non-members  
**Activity #:** 461023-A

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

This course will upgrade a currently certified ARC lifeguard to the waterfront certification. All students must hold a current American Red Cross Lifeguard Certification to attend this class. Students will need to demonstrate skills in the pool and at a waterfront facility and must be able to travel between the two facilities. The class will begin at the Mansfield Community Center and will end at Bicentennial Pond located in Schoolhouse Brook Park in Mansfield. Directions will be provided, distance three miles. Course pre-requisites include: a continuous 550 yard swim (22 lengths) with proficiency in both freestyle and breaststroke, a two minute tread of water without the use of hands, and underwater swim test 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. Course skills include, but are not limited to, beach entries, victim removal and rescue board skills. Upon successful completion students will receive a two-year certification for Waterfront Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. Participants will take the written tests for Waterfront Lifeguarding. A 30-minute lunch break will be provided, students should provide with own lunch.

**Instructor:** Jeanne Goffinet, LGI  
**Location:** CC Community Room and Bicentennial Pond  
**Dates:** Sat., June 13  
**Time:** 9 a.m.-5 p.m.  
**Fee:** \$125 for members, \$165 for non-members  
**Activity #:** (461032-A)

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## PADI SCUBA Certification Course



Professional Association of Diving Instructors. Experience scuba diving and get PADI open water certification (valid for life) in this four session course. PADI is the most popular certification and can be used to dive anywhere internationally. The course consists of an Orientation night and three combined classroom and pool sessions. The orientation night will be held on April 26th at the Mansfield Community Center from 4:30- 7 pm. The following sessions consist of a classroom portion followed by skills in the pool. The cost of the course includes: Dive manual, mask, snorkel, fins, hood, gloves and boots (all yours to keep). All other gear will be provided for in-water training.

Open water dives will take place in the spring/summer (dates TBA) in Jamestown, RI and/or Bigelow Hollow State Park.

**Instructor:** John D. Langlois from Enfield Scuba  
**Location:** CC Pool & Community Room  
**Days & Times:** Sun., July 12th, 5:00-7 pm (orientation).  
 July 19th, 26th & Aug 2nd ; 2:30- 7:30 pm (classroom and pool).  
**Fee:** \$155 for members, \$195 for non-members  
 (There will be an additional \$395 equipment fee payable to Enfield Scuba on the first day of class and there will be an additional \$149 fee for the checkout dives [includes all gear and suit rental for the weekend]).  
**Activity #:** (161026-A)

# Sports/Specialty Camps



## For the Love of the Game Baseball Camps

(Ages 6-14)

**Please note: Baseball Camp registration is done directly through "For the Love of the Game"**

**WEB:** [www.fortheloveofthegamecamps.com](http://www.fortheloveofthegamecamps.com)  
**E-mail:** [info@fortheloveofthegamecamps.com](mailto:info@fortheloveofthegamecamps.com)  
**Phone:** 860-429-2266  
**Camp Director:** Steve Cervizzi – ECSU Baseball Coach

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

**Location:** Southeast Park  
**Dates:** Tues.-Fri., June 23-26 (4 days)  
**Time:** 8:30 a.m.-1 p.m.  
**Fee:** \$120, Register and pay by June 1, 2020 and get the week for \$100! Contact For the Love of the Game for registration information. Mansfield Parks and Recreation does not directly handle registrations for this camp.



## Co-ed Basketball (Entering Grades 3-9)



Participants will be coached in basketball fundamentals such as dribbling, passing, rebounding, shooting, and offensive and defensive positioning. Daily game play and mini tournaments will round out the day. Participants will be separated as much as possible by experience and physical maturity. Boys and girls will have separated and co-ed play

time. Bring your own lunch and drinks that will not require refrigeration. Registration fee includes a t-shirt! \*If necessary, modification from a full day to half day camp on inclement weather days may be necessary due to our facility location this year and the need to share indoor space with Camp Mansfield on poor weather days. If needed, adjustment in fees/refund will be issued.

**Camp Director:** Ron Pires, E.O. Smith Boys Basketball Coach  
**Location:** Mansfield Middle School  
**Dates:** Mon.-Fri., July 6-10  
**Time:** 9 a.m.-3 p.m.  
**Fee:** \$190 for residents \$200 for non-residents  
**Activity #:** 152004-A

## Girls Basketball (Entering Grades 3-9)

Girls will learn and practice fundamentals such as dribbling, passing, rebounding, shooting, and offensive and defensive positioning. There will be daily game play. Campers will be separated by experience and physical maturity when possible. Bring a lunch that does not require refrigeration and lots of water. Registration fee includes a t-shirt! Please note that this year's camp is only four days. There is no camp on Friday. \*If necessary, modification from a full day to half day camp on inclement weather days may be necessary due to our facility location this year and the need to share indoor space with Camp Mansfield on poor weather days. If needed, adjustment in fees/refund will be issued..

**Lead Instructors:** Mary Roickle, E.O. Smith Girls Basketball Coach, and Betsy Parker, MMS Girls Basketball Coach  
**Location:** Mansfield Middle School  
**Dates:** Mon.-Thurs., July 13-16 (4 days)  
**Time:** 8:45 a.m.-3 p.m.  
**Fee:** \$152 for residents, \$162 for non-residents  
**Activity #:** 152007-A



## Multi Sports Camps (Ages 5-12)

See below for ½ day options!

Multi Sports Camp gives players the opportunity to experience a variety of sports throughout the program including soccer, basketball, flag football, cricket, handball, volleyball, and more! Players will work on developing their skills in each sport before participating in small tournament-style scrimmages, and will be divided according to age and physical maturity. Participants should bring a lunch, snack and water to full day program and a snack and water to the ½ day program.

**Instructors:** U.S. Sports Institute Coaches  
**Location:** Lions Club Memorial Park, Fields 1 & 2  
**Dates:** Mon.-Fri., July 13-17

**Time:** (152008-A) 9 a.m.-4 p.m. (Bring a lunch, snack and water)  
**Fee:** \$205 for residents, \$215 for non-residents

**Time:** (152008-B) 9 a.m.-12:30 p.m. (bring a snack and water)  
**Fee:** \$175 for residents, \$185 for non-residents

**Time:** (152008-C) 1 p.m.-4 p.m. (bring a snack and water)  
**Fee:** \$135 for residents, \$145 for non-residents

# Sports/Specialty Camps



## Nutrication! (Ages 6-14)

Let your children explore the world of nutrition and exercise as they learn to cook healthy recipes, play sports, games, and even make delicious smoothies! Run by UConn interns majoring in nutritional sciences or a related field, this program is designed to help kids integrate fun with a healthy lifestyle. We use a variety of themes throughout the school year, but the summer captures it all! Camp days teach the fundamentals of cooking and food preparation as well as the basics of many sports and exercise related activities. Food is provided, but children should come having eaten a full lunch and with plenty of water. For more information check out the website at [www.kelseynutritionllc.com](http://www.kelseynutritionllc.com)!

**Lead Instructor:** Will Kelsey & Staff  
**Location:** CC Gym & Community Room  
**Dates:** Mon.-Fri. July 20-24  
**Time:** 1-4 p.m.  
**Fee:** \$135 for residents, \$145 for non-residents, includes materials  
**Activity #:** 152026-A

## Ray Reid Soccer School, Young Stars

(Ages 4-14)

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

**Camp Director:** Ray Reid & staff  
**Location:** Lions Club Memorial Park; Fields 1 & 2  
**Date:** Mon.-Fri., July 27-31  
**Time:** 9 a.m.-noon  
**Fee:** \$170 for residents, \$180 for non-residents  
**Activity #:** 152006-A

## Summer Horseback with Magnolia Run

(All Levels Ages 6 - 13)

*Participants must be 6 years old by June 1st, 2020.*



Magnolia Run offers a great summer camp program for boys and girls ages 6-13. Our goal is to teach each individual the responsibilities of caring for their horses mixed with lots of fun and exercise! Each day campers get to learn the basics of horse training, grooming, tacking,

feeding, anatomy, barn maintenance, and overall horse care. All campers will receive a one-hour group lesson per day. A fun-filled atmosphere, campers will enjoy a variety of activities both under saddle and on the ground including trail rides, games, arts & crafts, and mock horse shows! All students with or without horse experience are welcome! Instruction will be based on each individual's knowledge and skill level and riding groups are divided accordingly. Campers are responsible to pack their own lunch, water, and snacks. Campers are required to wear pants and closed toe shoes during their group riding lesson. [www.magnoliaruneqcenter.com](http://www.magnoliaruneqcenter.com)

**Instructors:** Staff from Magnolia Run  
**Location:** Magnolia Run - 34 Cemetery Road, Willington, CT 06279  
**Days:** Mon.-Fri.  
**Dates:** (152020-A) July 13-17  
 (152020-B) July 20-24  
 (152020-C) Aug. 3-7  
 (152020-D) Aug. 10-14  
**Times:** 9 a.m.-3 p.m.  
**Fee:** \$350 for residents, \$360 for non-residents

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# Sports/Specialty Camps

## Playwell Teknologies Lego Camps

### Robotics using the LEGO WeDo System

(Ages 7-12)

Build + program robots in this intro class using the LEGO® WeDo® system. Learn basic programming skills, engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

**Instructor:** PlayWell TEKnologies Staff  
**Location:** CC Arts and Crafts Room  
**Dates:** Mon.-Fri., July 20-24  
**Time:** 9 a.m.-noon  
**Fee:** \$176 for residents, \$186 for non-residents  
**Activity #:** 152103-A

### Robotics using the LEGO Ev3 System

(Ages 9-12)

Build + program robots using the LEGO® Mindstorms® EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, & teamwork skills. Work in small groups, program/build your robot, & rise to the challenge. Control the robot to avoid obstacles, pick up/carry objects, & play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

**Instructor:** PlayWell TEKnologies Staff  
**Location:** CC Arts and Crafts Room  
**Dates:** Mon.-Fri., July 20-24  
**Time:** 1-4 p.m.  
**Fee:** \$176 for residents, \$186 for non-residents  
**Activity #:** 152104-A

### Jedi Engineering using LEGO™ Materials

(Ages 5-7)

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles with LEGO® materials as we construct the Ewok Village on Endor, fly through space on our X-Wings, and defend the Echo Base on Hoth. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

**Instructor:** PlayWell TEKnologies Staff  
**Location:** CC Arts and Crafts Room  
**Dates:** June 29-July 3  
**Time:** 9 a.m.-noon  
**Fee:** \$176 for residents, \$186 for non-residents  
**Activity #:** 152105-A

### Jedi Master Engineering using LEGO™ Materials (Ages 7-12)

The Force is strong in this advanced engineering course for young Jedi! Use the force and tens of thousands of LEGO® parts to raise your X-Wing from the Dagobah swamp, challenge the AT-AT walkers on Hoth, and fly the Millennium Falcon through the Kessel Run. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy, far, far away.

**Instructor:** PlayWell TEKnologies Staff  
**Location:** CC Arts and Crafts Room  
**Dates:** Mon.-Fri., June 29-July 3  
**Time:** 1-4 p.m.  
**Fee:** \$176 for residents, \$186 for non-residents  
**Activity #:** 152106-A



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# Sports/Specialty Camps



## Chemical Creations

Come experience a hands-on world of fun as you conduct a variety of scientific experiments! You will make and take home a wide assortment of doodads and formations that you created all on your own. Learn and discover many different scientific concepts in an entertaining and innovative approach. Generate your own growing cube and make a shiny clean penny! Make your very own UV bracelet and watch it react to the sun. Learn all about energy and molecules, create a crazy bouncy glob from glue, and some scary green slime! You will also get to witness some really cool scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a really powerful magnet, a cool blue light, a soda explode, and many other exciting experiments in this fascinating and educational workshop!

**Instructor:** Minds In Motion Staff  
**Location:** CC Arts and Crafts Room  
**Dates:** Mon.-Fri., July 13-17  
**Time:** 9 a.m.-noon  
**Fee:** \$176 for residents, \$186 for non-residents  
**Activity #:** 152150-A

## 7 In 1 Rechargeable Solar Transformer Robot

Build and take home your very own 7 in 1 Rechargeable Solar Transformer! This innovative solar science kit will encourage you to exercise your sense of creativity and imagination. A greater starter for those new to robotics, this kit features all snap together plastic parts where no screws or tools are required! It is incredibly easy to assemble the 7 different modules, 2 power charging stations and 5 different vehicles, along with the solar panel and accessories. Using your box, you can build a ramp and watch them go! Students will also form teams and work together to see who can build the fastest and strongest robot! Each team will be given a robotic kit containing motors, wheels, engines and a remote. Using hundreds of parts, come hone your robotic skills to free-build your own robot and compete in our Minds in Motion robot battles!

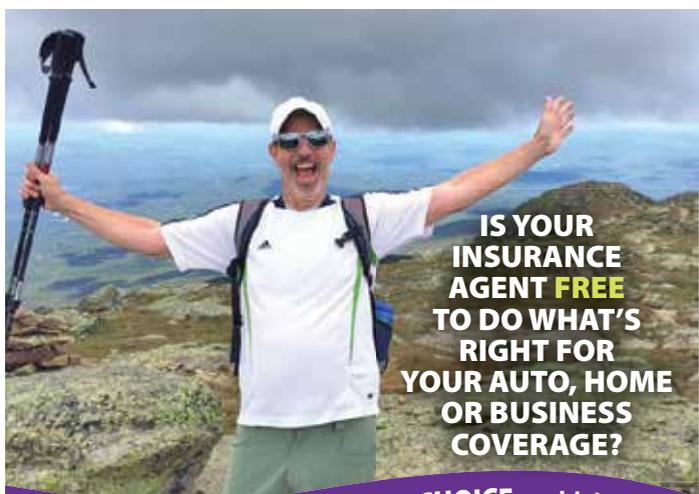
**Instructor:** Minds In Motion Staff  
**Location:** CC Arts and Crafts Room  
**Dates:** Mon.-Fri., July 13-17  
**Time:** 1-4 p.m.  
**Fee:** \$176 for residents, \$186 for non-residents  
**Activity #:** 152151-A

## Chemical Creations and Robots Combined - Full day!



Create, experiment, and build in full day science fun! Attend Chemical Creations and 7-in-1 Robot, and stay through the lunch hour. Lunch is not provided, supervision is. Pack a full days' worth of lunch and snacks, and bring a water bottle.

**Instructor:** Minds In Motion Staff  
**Location:** CC Arts and Crafts Room  
**Dates:** Mon.-Fri., July 13-17  
**Time:** 9 a.m.-4 p.m.  
**Location:** CC Arts and Crafts Room  
**Fee:** \$330 for residents, \$340 for non-residents  
**Activity #:** 152152-A



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# Sports/Specialty Camps

## Incrediflix Camps

### Action Movie Flix (Ages 7-13)

Adventure awaits you in these high intensity movies, where you'll use a green screen, camera tricks, & special effects to create your own live-action action movie. You'll collaborate to write, act, & direct in this stunt packed movie where you'll be taught action choreography to thrill the audience. \*All Flix *emailed* a month after program ends.

**Instructor:** Incrediflix Staff  
**Location:** Lenard Hall  
**Dates:** Mon.-Fri., July 6-10  
**Time:** 9 a.m.-noon  
**Fee:** \$195 for residents, \$205 for non-residents  
**Activity #:** 152200-A



### Minecraft vs Roblox Flix (Ages 7-13)

Make a Minecraft movie, or make a Roblox movie, or make a mashup movie! Choose Minecraft or Roblox action Figures to create a movie full of games or challenges for your character to overcome. In this stop motion movie making class, you'll work in small groups to create and voice-over your movies. All Flix *emailed* a month after program ends.

**Instructor:** Incrediflix Staff  
**Location:** Lenard Hall  
**Dates:** Mon.-Fri., July 6-10  
**Time:** 1-4 p.m.  
**Fee:** \$176 for residents, \$186 for non-residents  
**Activity #:** 152201-A

### Action Movie & Minecraft vs Roblox Flix - Full Day!

Join us for full day and get a discount plus free lunch supervision! For this full day class students will participate in Action Movie Flix in the mornings and Minecraft vs Roblox Flix in the afternoons (please see half day descriptions). Lunch is not provided.

**Instructor:** Incrediflix Staff  
**Location:** Lenard Hall  
**Dates:** Mon.-Fri., July 6-10  
**Time:** 9 a.m.-4 p.m.  
**Fee:** \$346 for residents, \$356 for non-residents  
**Activity #:** 152202-A



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As the new owner of Wilcox & Reynolds Insurance Agency, I, Lori Meagher, along with my husband Keith, would like to thank former owner Mike Gergler for extending us the honor of purchasing this wonderful agency.

It has been my pleasure working for Mike as a commercial agent for the past five years. I am so thankful that he has entrusted my husband and I to continue to grow this business that I have grown to love so much. Wilcox & Reynolds has had the privilege of serving the community in and around Mansfield/ Storrs for all its insurance needs since 1942.

With a new, refreshing vigor, the stellar staff that has remained with the agency, and some fresh new faces, we plan to continue the great service that current and future clients, along with our community, have come to know and expect.

Please feel free to stop by and say hi! Pop your head into my office, reacquaint yourself with our wonderful staff and meet the new faces that have joined our agency!

We hope to see you soon...  
**Lori J. Meagher**  
Principal

# Sports/Specialty Camps



## Theatre Camps

### Youth Theater Experience (Entering grades K-2)

Love to act? Learn teamwork, character impersonations, turn taking, and use your imagination in this theater camp designed for students entering grades K - 2. Participants will be able to learn about character, setting, character traits, actions, and consequences while playing theater games and working on a modified version of the play, Hansel & Gretel. Students will each have a role in the production, learn how to act and speak like their character, and help to create simple sets and props. Materials fees are non-refundable.

- Instructor:** En Pointe Dance & Drama Staff
- Location:** Lenard Hall
- Dates:** Mon.-Fri., Aug. 3-14 (2 weeks)
- Time:** 3:30-5:30 p.m.
- Fee:** \$120 for residents, \$130 for non-residents
- Materials Fee:** \$25 due at registration, fee waivers do not apply to materials fees
- Activity #:** 134209-A

### Musical Theater Intensive Junior (Ages 6-10)

The perfect introduction to theater training. The junior version of our musical theater intensive, students will be exploring theater through games and group activities. We will focus on all three aspects of being a musical theater "triple threat" including dance, singing and acting. The end of the last day will culminate in a performance of some classic children's musical theater scenes.

- Instructor:** Mansfield Academy of Dance Staff
- Location:** Lenard Hall
- Dates:** Mon.-Fri., July 13-17
- Time:** 9 a.m.-3 p.m.
- Fee:** \$180 for residents, \$190 for non-residents
- Activity #:** 134210-A

### Theater Camp - Peter Pan! (Entering grades 3-8)

Join us for a summer theater adventure! Participants will be introduced to theater skills; be involved with theater games that help develop concentration, creativity, public speaking, and confidence; and will get to help produce a theatrical production. This year we will concentrate on a version of Peter Pan. Each participant will audition for and receive a role in the cast, learn teamwork skills to put on the show, and help to make simple props and sets. The last day of the program will end with a show for parents at 1 p.m. Materials fees are non-refundable.

- Instructor:** Miss Kelly Productions Staff
- Location:** Lenard Hall
- Dates:** Mon.-Fri., Aug. 3-14 (2 weeks)
- Time:** 9 a.m.-3 p.m.
- Fee:** \$360 for residents, \$370 for non-residents
- Materials Fee:** \$25 due at registration, fee waivers do not apply to materials fees
- Activity #:** 134208-A

### Musical Theater Intensive (Ages 9+)



In this one-week course, students will explore musical theater skills and performance techniques to help them become versatile and well-rounded performers. In order to create a true "triple threat" we will study musical theater from three different angles, dance, acting and vocal performance. Students will sharpen their audition skills and develop material to showcase their strengths. Each day will feature small group and individual coaching, group dance lessons and theater games and exercises to help hone skills while still having fun. The class will culminate in a cabaret or variety show style performance

in which each student will get to showcase their theatrical skills as well as present group musical theater choreography. Class will be taught by Mia Pomeranke, experienced musical theater choreographer and dance teacher as well as members of the Mansfield Academy of Dance staff, all with advanced experience in multiple aspects of theater.

- Instructor:** Mansfield Academy of Dance Staff
- Location:** Lenard Hall
- Dates:** Mon.-Fri., July 20-24
- Time:** 9 a.m.-3 p.m.
- Fee:** \$180 for residents, \$190 for non-residents
- Activity #:** 134211-A

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# Sports/Specialty Camps



## Painting and Sculpture (Entering Grade 1-6)



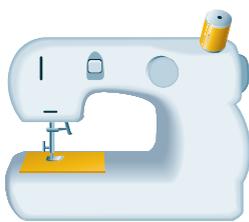
This fun day by day camp is a great way to start summer with new friends and lots of creative challenges. Start the day painting and fill the afternoon with mixed media/sculptural STEAM-based art projects that encourage material exploration and building friendships. Each

day is based around the life and art works a famous artist/art movement. We will spend part of the day outside weather permitting

- Instructor:** Reagen O'Reigaekn  
**Location:** CC Arts & Crafts Room  
**Dates:** (134202-A) Mon., June 22, Georgia O'Keefe Flower Painting and Paper Engineering  
(134202-B) Tues., June 23, Cave Paintings and Paper Engineering Challenge  
(134202-C) Wed., June 24, Australian Aboriginal Art and Instruments  
(134202-D) Thurs., June 25, Yayoi Kusama Painting and Cloth Sculpture  
(134202-E) Fri., June 26, Famous Landscape Paintings and Nature Sculptures

- Time:** 9 a.m.-4:30 p.m.  
**Per Day Fee:** \$56 for residents, \$66 for non-residents  
**Per Day Materials Fee:** \$10 due at registration, fee waivers do not apply to materials

## That is SEW Creative (Ages \*6-14)



All day fun with hand sewing techniques, and get a chance to use the machine. Make a pillow, and learn to follow a pattern to make your own stuffed animal! Then invent your own project! \*Campers must be able to tie their own shoes and as prerequisite to timing knots. Bring plenty of snacks, a full lunch, and a water bottle.

- Instructor:** Reagen O'Reigaekn  
**Location:** CC Arts & Crafts Room  
**Dates:** Mon.-Fri., July 6-10  
**Time:** 9 a.m.-4:30 p.m.  
**Fee:** \$205 for residents, \$215 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply to materials.  
**Activity #:** 134203-A

## Drawing and Sculpture Boot Camp (Ages 6-14)



Fun for all ages and includes mornings of drawing paired with afternoons of sculpture. We will utilize Drawing Outside the Box as well as Traditional Drawing Techniques paired with 3D thinking exercises. Each day will include Silly Drawing Exercises, Inventing and Engineering Drawing Tools and Machines, Drawing from Observation, as well as exploring a new technique or style of a famous artist. Then we

will look at that artists approach to sculpture in the afternoon. We will use a variety of pencils, charcoal, pastels, pens, inks, erasers, as well as everyday materials as we investigate a line properties, shading and compositions and 3D form. We will learn about such greats as Michelangelo, Degas, Alexander Calder, Kandinsky, Picasso, Sol Lewitt, Warhol, Harvey Moon, and more. Dress for a Mess! Create a new work of art each day! Bring plenty of snacks, a full lunch, and a water bottle.

- Instructor:** Reagen O'Reigaekn  
**Location:** CC Arts & Crafts Room  
**Dates:** Mon.-Fri., July 27-31  
**Time:** 9 a.m.-4:30 p.m.  
**Fee:** \$205 for residents, \$215 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply to materials  
**Activity #:** 134206-A

## Rag-Rug-Weaving (Ages 6-14)



Make new friends and learn this fun and eco-friendly art form as we learn to weave together with up-cycled sheets, blankets, towels, and clothes. Each camper will make their own loom and rag rug while sharing stories and working collaboratively. A can't miss, unique camp experience. Bring plenty of snacks, a full lunch, and a water bottle.

- Instructor:** Reagen O'Reigaekn  
**Location:** CC Arts & Crafts Room  
**Dates:** Mon.-Fri., Aug. 3-7  
**Time:** 9 a.m.-4:30 p.m.  
**Fee:** \$205 for residents, \$215 for non-residents  
**Materials Fee:** \$25 due at registration, fee waivers do not apply to materials  
**Activity #:** 134205-A

# Sports/Specialty Camps

## Take Me to the TATE! (Ages 6-14)



End your summer on an imaginary trip to the TATE Modern and TATE Britain in London! Learn about important works of art in their collection and make our own creative replicas in various media such as painting, drawing and sculpture!

**Instructor:** Reagen O'Reigaekn  
**Location:** CC Arts & Crafts Room  
**Dates:** Mon.-Fri., Aug. 10-14  
**Time:** 9 a.m.-4:30 p.m.  
**Fee:** \$205 for residents, \$215 for non-residents

**Materials Fee:** \$25 due at registration, fee waivers do not apply to materials

**Activity #:** 134207-A



## Mansfield Mustangs

(Ages 9-14, entering grades 5-9)

A youth community-care group improving the quality of life in the local area with a primary focus on supporting nature, animals, and local communities. Mansfield Parks and Recreation and Mansfield Youth Services are excited to provide a fun and rewarding summertime option for youth ages 9-14/entering grades 5-9. Space is limited to 13 due to transportation. Register early to secure a space!

### Some Highlights

- Spending time with others ages 9-14/entering grades 5-9 that have an interest in the outdoors, animals and helping local communities.
- Being a leader in community volunteer services and working as a team.
- Work some, play some, and develop friendships.
- Help maintain local recreation resources such as parks and trails. Examples include; basic landscape plantings, trail maintenance and other local projects.
- Complete pet and farm animal related support work.
- Other community service help in the local area according to the group interests and local needs.
- End most days at the Mansfield Community Center where you can enjoy a swim and use of the teen center.
- Our last day will include our traditional visit to a Connecticut shoreline state park.

**What if I can't come on all dates?** We just ask that you be able to attend at least 70% of the time.

**What about lunch?** Pack a lunch, snacks and a drink.

**Dress:** For the weather of the day and remember your sun screen and a hat. A pair of work gloves is also helpful.

**Staff:** Danielle Annibalini and Parks and Recreation Staff

**Location:** Mansfield Community Center (meet/end site)

**Days:** Mon. and Wed., 9 a.m.-1 p.m.\* the teen center will be staffed on Mondays and Wednesdays until 5 p.m. for those (grades 6 and up only) wishing to use the teen center free of charge after the program day.

**Dates:** July 8-Aug. 7

**Fee:** \$35 for residents, \$45 for non-residents

**Activity #:** 120071-A

 **FIND US ON FACEBOOK!**

[www.facebook.com/MansfieldCommunityCenter/](http://www.facebook.com/MansfieldCommunityCenter/)

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# Summer Day Camp



## CAMP MANSFIELD

*We make happy campers!*

**General Camp Information** – Camp Mansfield is a traditional outdoor summer day camp with a wide variety of activities for campers' entering grades K-9! Camp Mansfield is held on the grounds of Mansfield Middle School, Schoolhouse Brook Park and Bicentennial Pond. Camp is tentatively scheduled to begin on June 24 this year depending on when the last day of school is with regards to school closings. Some of our activities include archery, arts and crafts, canoeing/kayaking, creative games, nature activities, sports, science experiments, free swim, swim education program, hip hop dance, robotics, camp songs and special events. Campers are separated into groups based on the grade they will be entering in the fall. All campers must be potty trained and be able to follow the camp rules of safe and positive behavior for themselves and others to participate. The camp runs Mon.- Fri., 9 a.m.-3 p.m. rain or shine. Four daily lunch choices are included in the camp fee for full day campers. Extended "Camp Care" is available before and after the regular camp day to campers for an additional fee.

### CAMP MANSFIELD GOALS -

*How we make happy campers!*

- ☺ Create an environment that is in every way healthful and safe, where encouragement, laughter and fun are the norm.
- ☺ Nurture each individual's confidence in their own strengths and skills, while fostering the confidence in the discovery and development of new talents.
- ☺ Cultivate an atmosphere that promotes the building of healthy relationships and group problem solving.

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

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

**Adventurers** – Our oldest camper group runs Mon.-Fri., 9 a.m.-3 p.m. (with possibility of extended hours for some trips) for children entering grades 7-9. Those entering grade 9, have a choice of the Adventurers or C.I.T. programs. Campers have the opportunity to participate in the same activities listed under "Explorers" plus have two off site adventure trips, which may include going to the beach, rock climbing, river tubing and more. On Wednesdays the ADVENTS meet at Bicentennial Pond from 7-11 p.m. for a camp fire, smores and games. Parents/guardians can pick up and drop off at Bicentennial Pond. We are looking at offering 2 off-site overnights this summer; location is still to be determined. Tentative weeks are week 4 and 8. This program is specifically geared towards helping these young adults build confidence, group problem solving and more. Trip fees are included in the camp fee and a daily lunch is provided. Space in this program is limited.

- Session 1:** Ocean Beach
- Session 2:** Urban Air Adventure
- Session 3:** Brownstone Adventure Park
- Session 4:** Hartford Yard Goats Game
- Session 5:** Kayaking/Paddleboarding at Mystic
- Session 6:** Powder Ridge
- Session 7:** Ocean Beach
- Session 8:** Farmington River Tubing

*\*Trips are subject to change.\**

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

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

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

# Summer Day Camp



of the camp session. It is also important to talk with the camp director prior to any campers starting.

### Camp Mansfield Registration Instructions

- Campers must enroll for a minimum of one full session. Partial session enrollment is NOT permitted. All camp sessions must be paid in full at the time of registration.
- Register for camp online at [Mansfieldcc.com](http://Mansfieldcc.com) and email the forms to the camp director.
- The activity registration form along with an additional camp form (available copies in back of brochure) must be completely filled out to be registered for camp. Please be sure to indicate the appropriate camp program and session code on the registration form.
- Although we do everything possible to accommodate all children, we require to meet certain camper to staff ratios. Therefore, it is possible that some camp sections may fill regardless of registration closing date. Please register early.
- Campers requiring special assistance or accommodations must follow the same registration process listed above and must complete a Special Assistance Form at a minimum of 15 working days prior to the start of a new session and must contact the camp director prior to starting camp.
- If you would like your child to participate in the swim education program, you must check off the box on the activity registration form.

## CAMP MANSFIELD 2020

### - *We Make Happy Campers!*

<b>Session 1</b>	<b>June 24 - 26, Buggin' Out Week</b>
<b>Session 2</b>	<b>June 29 - July 3, Stars and Stripes Week</b>
<b>Session 3</b>	<b>July 6 - July 10, Pirates and Princesses Week</b>
<b>Session 4</b>	<b>July 13 - July 17, Shark Week</b>
<b>Session 5</b>	<b>July 20 - July 24, Superhero Week</b>
<b>Session 6</b>	<b>July 27 - July 31, Jurassic Park Week</b>
<b>Session 7</b>	<b>August 3 - August 7, Olympics Week</b>
<b>Session 8</b>	<b>August 10 - August 14, Carnival Week</b>
(No PM Camp Care on Last Day) Inclement weather location for Session 8 is Vinton Elementary School.	

## Explorers Activity Codes

USE THE GRADE THE CAMPER IS ENTERING IN FALL 2020

Grade	Activity #
K	151200- add session #
1	151201- add session #
2	151202- add session #
3	151203- add session #
4	151204- add session #
5	151205- add session #
6	151206- add session #



## CAMP MANSFIELD 2020

### COST PER SESSION

	Resident Rate	Non-Resident Rate
<b>KinderCamp ½ Day</b>	\$63 (Ses 1)	\$73 (Ses 1)
151105-(plus session #)	\$105 (Ses 2-8)	\$115 (Ses 2-8)
<b>Explorers Grades K-6</b>	\$125 (Ses 1)	\$135 (Ses 1)
(See Activity # table above)	\$209 (Ses 2-8)	\$219 (Ses 2-8)
<b>Adventurers Grades 7-9</b>	\$155 (Ses 1)	\$165 (Ses 1)
151301-(plus session #)	\$259 (Ses 2-8)	\$269 (Ses 2-8)
<b>Counselor In Training</b>	\$59 (Ses 1)	\$69 (Ses 1)
151207-(plus session #)	\$98 (Ses 2-8)	\$108 (Ses 2-8)
<b>AM Camp Care</b>	\$20(Ses 1)	\$25 (Ses 1)
151401-(plus session #)	\$33 (Ses 2-8)	\$38 (Ses 2-8)
<b>PM Camp Care</b>	\$22 (Ses 1)	\$27 (Ses 1)
151402-(plus session #)	\$36 (Ses 2-7)	\$41 (Ses 2-7)
	\$29 (Ses 8)	\$34 (Ses 8)
<b>Combo Camp Care</b>	\$36 (Ses 1)	\$46 (Ses 1)
(AM & PM)	\$60 (Ses 2-7)	\$70 (Ses 2-7)
151403-(plus session #)	\$48 (Ses 8)	\$58 (Ses 8)

# How to Register

## Potential COVID-19 Impact on Summer Programs

At the time of the summer brochure content deadline for printing we planned all programs, activities and events to begin as reflected in this brochure. If any dates need to be adjusted due to impacts of the COVID-19 pandemic we will make revisions. This information regarding any adjustments to programs will be communicated upon registration, through email updates and other means. When registering, please be sure to review your receipts for updates and other information.

Our staff is looking forward to serving all your recreation and fitness interests this summer!

## What about the health and safety of participants in summer programs?

We plan to follow all recommendations by local healthcare professionals regarding the health and safety of our participants and staff. Not only regarding best practices for COVID-19 but all existing health and safety policies and procedures as related to recreation activities. For more information regarding COVID-19 prevention and best practices in the Mansfield area visit <http://www.ehhd.org/>

## Registration Dates

Registration start dates are grouped into the following categories:

- May 19** **Members of the Community Center** may register for Aquatic and Fitness related programs ONLY
- May 22** **Mansfield residents** who are members begin registration for all other programs/activities  
**Mansfield Residents who are not members** of the community center begin registration for all programs/activities
- May 27** **Non-residents who are members** begin to register for all other programs/activities.  
**Non-resident, non-members** begin registration for all programs/activities.



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

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

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

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

**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!**

# REQUIRED Additional Camp Form



(PLEASE PRINT)

LAST NAME \_\_\_\_\_

GRADE (FALL 2020) \_\_\_\_\_

FIRST NAME \_\_\_\_\_

DATE \_\_\_\_\_

CAMP(S) ATTENDING \_\_\_\_\_  
(i.e. Camp Mansfield, Basketball Camp, etc.)

SESSION(S) ATTENDING \_\_\_\_\_

**\*\*\*This form, along with a general registration form, must be completed before your child will be registered for all camps\*\*\***

### Grouping requests and camper self-sign in/out permission

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

Please group with a friend or relative,  
Friend/Relative's Name \_\_\_\_\_

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

We would like to take advantage of summer swim education program at camp. If you do not check off this box your child will not participate in swim activity.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### Health Information (information is confidential to Camp Staff)

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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

\_\_\_\_\_  
\_\_\_\_\_

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

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

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 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.

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

PRIMARY HOUSEHOLD CONTACT (PARENT/GUARDIAN)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE:(H) \_\_\_\_\_ (W) \_\_\_\_\_

(CELL) \_\_\_\_\_

EMAIL: \_\_\_\_\_

SECONDARY HOUSEHOLD CONTACT (PARENT/GUARDIAN)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE:(H) \_\_\_\_\_ (W) \_\_\_\_\_

(CELL) \_\_\_\_\_

EMAIL: \_\_\_\_\_

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

**LOCAL EMERGENCY CONTACT** (OTHER THAN PARENT/GUARDIAN, I.E. GRANDPARENT, NEIGHBOR, ETC.)

NAME \_\_\_\_\_ PHONE: \_\_\_\_\_

ACTIVITY# / LETTERS	ACTIVITY NAME	PARTICIPANT'S LAST NAME	FIRST NAME	BIRTH DATE	GENDER	FEE

CONTRIBUTION TO SCHOLARSHIP FUND (SEE PAGE 61)

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

FILL DETAILS BELOW FOR EACH PARTICIPANT:

SOME MANSFIELD RESIDENTS MAY BE ELIGIBLE FOR LOW-INCOME FEE REDUCTIONS. CHECK WITH THE PARKS & RECREATION OFFICE FOR MORE INFORMATION AND AN APPLICATION.

GRADE	SCHOOL	ALLERGIES, SPECIAL ASST., MEDS, OTHER INFO

**PAYMENT INFORMATION:**

PLEASE MAKE CHECKS PAYABLE TO: *Town of Mansfield*  
(SEPARATE CHECKS REQUIRED FOR EACH PROGRAM)

**PAYMENT METHOD:**

- CHECK  
 CASH (IN OFFICE ONLY)  
 AMEX/DS/MC/VISA (IN OFFICE ONLY)  
**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 may or my minor child may incur. I further understand that the Town of Mansfield does not provide insurance for recreational program participants.

**PHOTO RELEASE:** I understand that for promotional purposes, the Town videotapes and/or takes photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me or my minor child engaging in the above listed recreational activities.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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

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