

MANSFIELD PARKS & RECREATION

YES, WE'RE OPEN AND HERE FOR YOU



Non-Residents Welcome! **Many New Programs**

- Registration begins Sept. 1 for members - *Fitness & Aquatic programs only*
- Sept. 4 for residents
- Sept. 8 for non-members, non-residents
- Registration form on page 54

FALL 2020

Visit Mansfieldcc.com for updated
Fall Program information

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health.uconn.edu/storrs

**UConn
Health**

Potential COVID-19 Impact on Fall Programs

We are committed to maintaining healthy, fun and engaging parks and recreation options for everyone during the unusual and challenging impacts of the COVID-19 pandemic. At the time of the early July content deadline for the fall brochure, we planned a combination of traditional in person and virtual programs, activities and events. As the Reopen Connecticut Task Force releases information regarding potential implications on our fall parks and recreation services, we will adapt to meet recommendations by state and local officials as well as the interests of our patrons. As a result, ongoing assessment, planning and potential adjustment will continue after the printing of the fall brochure in order to offer a continuum of activity options during the fall season. Please frequently visit mansfieldcc.com, our Facebook page and monitor emails for updates regarding fall programs throughout the fall registration and program season. **Watch for Virtual Programs designated throughout the brochure with a **

YOU HAVE 30 DAYS!

An introductory offer starting as low as...



\$30 FOR 30 DAYS

Come and see what we have to offer!

Swimming (Lap) Pool, Therapy Pool, Gymnasium/Basketball Court, Fitness Center, Dance/Aerobics Room, Teen Center, and more!

Offer valid Sept. 1 to 30, 2020.

What Will You Pay?	Mansfield Residents	Non-Residents
30 Day Individual Intro Special	\$30	\$35
30 Day Family Intro Special	\$45	\$50



Your safety is our priority. The Mansfield Community Center follows strict guidelines to ensure all State health standards for fitness/recreation centers are met. No added fees. Only a 1-month commitment. Classes and programs not included.

860.429.3015

WWW.MANSFIELDCC.COM

Director's Message:

As we continue to work our way through this upcoming third season of dealing with the COVID-19 virus, our staff are focused on providing as many programs and activities that are possible. Since re-opening the Community Center in late June, we have been able to provide a safe environment by utilizing very strict procedures on facility usage. Over time, we hope that many of our seasonal programs can get back to normal. We thank you for your patience and trust as we adjust to the ever-changing needs of the community during these challenging times.

Some in our community may have heard that I have made the difficult decision to retire after thirty years of service to the Town of Mansfield and over forty years in the profession. It has been my sincere honor to serve this community and work with so many wonderful people throughout my career. Even though I would like to, it will be impossible to personally thank all the co-workers, employees, colleagues, supervisors, local politicians, committee members, volunteers, participants, MCC members, sponsors, donors, and residents for their support. No one person can do all that we do as a department and I have been blessed to have had so many talented staff that have allowed me, together with them to provide great service. I have no doubt that the quality of life of our community has improved greatly over the years due to the services that the Parks and Recreation Department provides.

I began my employment in Mansfield on July 2, 1990 and it is hard to imagine that we did not have internet back then and computer programs were very primitive. Many day to day functions were done the old-fashioned way, manually. I cannot take full credit because of the many great support staff that have been involved, but I am proud to have been part of the many amenities in our community that make this community so great: new and improved parks, playgrounds, open spaces and natural preserves, trails, skate park, park restroom buildings, Lenard Hall and most certainly the Community Center. This fall the Community Center will celebrate its seventeenth anniversary. Over those years there have been over 3,608,000 visitors. It was hard to imagine back in 2003 when the Community Center opened that so many people in the area would take advantage of such a valuable resource. One of the goals was to encourage people in our community to stay active and participate in healthy activities that would contribute to their health and wellness. I am confident that our community is a healthier community today than it was before the Community Center and we as a community have been able to fight off the virus of today because of the available resource. Very few communities in the State are fortunate to have such a resource and the Community Center will continue to serve this community well for decades to come.

Even though my last working day will be September 4, 2020, as a long-time resident, I will plan to be as active in the community as I can be and hope to see many of you around town. I have full confidence that the Parks and Recreation staff will continue the great work that they do every day.

I have been blessed to have such a wonderful family. First my mother Barbara and my late father Jose did an amazing job of raising myself and my three brothers Steve, Bob, and Joe. I was also blessed to have raised two wonderful children in town, Chad and Cristina, along with the love of my life, my wife Cari. They provided all the support I needed to do the job that I did.

I am eternally grateful and thankful to have had the opportunity to serve this community for so many years!

Curt A. Vincente

Curt Vincente, Director of Parks & Recreation

Membership	5
General Information	6
Inclement Weather Information	7
Preschool Programs	8
Youth Programs	10
After-School Friends	12
Teen Programs	13
Mansfield Teen Center	15
Family/Special Events	17
Party Planning Form	21
Rentals & Trips	23
Parks & Preserves	24
Fitness Class Schedule	28
Fitness Center	30
Adult Programs	36
Community School of the Arts	40
Aquatics	44
How to Register	53
Activity Registration Form	54

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

Visit us online at www.mansfieldcc.com or e-mail us at:
parks&rec@mansfieldct.org

The Mansfield Parks & Recreation Department staff has made every effort to prepare this brochure as accurately as possible. Nonetheless, errors may make it into print. Circumstances may require that adjustments be made to the program, fees, schedules, etc. We reserve the right to make such changes. We do apologize for any inconveniences these errors or adjustments may cause.

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Mansfield Community Center Membership

Fall 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.

The following hours and activities are subject to change in accordance with mandates and policies related to COVID-19. Please visit www.mansfieldcc.com for current drop-in activity and service status updates.

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.

**At the time this brochure was printed, our Child Care Center has been closed. Please continue to check our website for updates regarding Child Care reopening.*

Teen Center Supervised Hours:

5 th & 6 th Grade: Mon. & Thurs. 3-6 p.m.
7th & 8 th Grade: Tues. & Fri. 3-6 p.m.
9 th -12 th Grade: Wed. & Sat. 2-6 p.m.

**Check us out on Facebook*

**These hours are temporary due to COVID-19. Schedules are subject to change.*

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.

Fall Family Fun Nights

Join us this fall for some fun Family Nights at the Mansfield Community Center. Play in the Teen Center and Open Gym, enjoy Family Track Time (parent supervision and masks required), and more! Limited pool space will be available. For some extra fun, come for a special Movie Night! Dressing up in theme is encouraged! Stay tuned to our website for updates on safety procedures related to these events.

Location: Mansfield Community Center

Dates/Times: Sat., Sept. 5, 4:30-7:30 p.m. *Movie Night - The Princess Bride*

Fri., Sept. 18, 5:30-8:30 p.m.

Sat., Oct. 3, 4:30-7:30 p.m. *Take a Drum Ride - Family Drumming*

Fri., Oct. 23, 5:30-8:30 p.m. *Movie Night - Hocus Pocus*

 Sat., Nov. 7, TBD *Virtual Jukebox Bingo, see p. 18*

Fri., Nov. 20, 5:30-8:30 p.m.

Sat., Dec. 5, 4:30-7:30 p.m.

Fri., Dec. 18, 5:30-8:30 p.m. *Movie Night - Elf*

Fee: Free to members! Non-members pay daily admission fee (subject to current COVID-related access policies).

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.**

**At the time this brochure was printed, our Child Care Center has been closed. Please continue to check our website for updates regarding Child Care reopening.*

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
Adult	\$10	\$11	\$12
Child	\$6	\$7	\$8
Senior	\$8	\$9	\$10
Under 3	\$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
Family	\$717 (\$61.54 monthly)	\$237	N/A
Adult/Child	\$432 (\$37.08 monthly)	\$146	N/A
Individual	\$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
Family	\$833 (\$71.50 monthly)	\$274	N/A
Adult/Child	\$510 (\$43.78 monthly)	\$170	N/A
Individual	\$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
Family	\$790 (\$67.80 monthly)	\$261	N/A
Adult/Child	\$474 (\$40.69 monthly)	\$158	N/A
Individual	\$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

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 Caldwell	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
- 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.

Fall Registration Dates

Registration start dates are grouped into the following categories:

- Sept 1** **Members of the Community Center** may register for Aquatic and Fitness related programs **ONLY**
- Sept 4** **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
- Sept 8** **Non-residents who are members** begin to register for all other programs/activities.
Non-resident, non-members begin registration for all programs/activities.

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Inclement Weather Policy

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

Classes, workshops, leagues, etc. will NOT be determined by school cancellation or delays. Decisions will be made by taking into account road conditions, facility access, and other factors to determine if programs will be held or not for the full day or a portion of the day. Information on full or partial cancellations will be listed on the Parks and Recreation information line (860-429-3015, #4) and posted on the Parks and Recreation web site (www.mansfieldcc.com). 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 FULL DAY	When Mansfield Public Schools are cancelled for the full day
Cancelled for MORNING to NOON	When Mansfield Public Schools have a delayed opening
Cancelled for the EVENING	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). 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



**FIND US ON
FACEBOOK!**

www.facebook.com/MansfieldCommunityCenter

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.

New Arrivals
Sizzling Summer
Drinks To-Go

16 oz House Margaritas \$6
Summertime Sangrins & New Amsterdam Moscow Mules

Sunday - Thursday • 3-6pm
Happy Hour Outdoor Patio Only
\$5 Select Apps, Margaritas, Drafts & Martinis

Welcome Back Specials
Grilled Chicken Sandwich with Lettuce, Tomato, Mayo & Onion Perfectly paired with 16oz Harpoon IPA
\$13 Tax and Gratuity Not Included

Red Rock Cafe Restaurant
860-429-1366
www.redrockcafe.net 591 Middle Turnpike (Rt. 44) Storrs
On-Line Ordering @ www.redrockcafe.net
Red Rock new mobile app coming soon!

Preschool Programs



Play, Learn, and Create! (Ages 3-5 with Parent)

Come play, learn, and create! Preschoolers (ages 3-5) gather for fun fall themed activities in this dynamic once per week program. Listen to stories, enjoy sensory activities, and spend time playing together. Fall season projects include mini-apple pie baking, a fall leaf walk, sponge painting and scarecrow making! Activities vary weekly. Parent/adult participation is required.

Instructor: Jane Moynihan is a Storrs resident who has been teaching elementary school for 23 years. Recently retired, she wants to continue sharing her love of art, learning, and play with children.

Location: CC Arts & Crafts Room

Dates: Tuesday, Sept. 15-Oct. 6 (4 classes)

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

Fee: \$29 for residents, \$39 for non-residents

Activity #: 220002-A



Play, Learn, and Create! Part II (Ages 3-5 with Parent)

Come play, learn, and create! Preschoolers (ages 3-5) gather for fun fall themed activities in this dynamic once per week program. Listen to stories, enjoy sensory activities, and spend time playing together. Fall season projects include pumpkin take apart and decorating, pumpkin cookie baking, mask making, and a "messy play" day! Activities vary weekly. Parent/adult participation is required.

Instructor: Jane Moynihan is a Storrs resident who has been teaching elementary school for 23 years. Recently retired, she wants to continue sharing her love of art, learning, and play with children.

Location: CC Arts & Crafts Room

Dates: Tues., Oct. 20-Nov. 17 (4 classes) * no class 11/3

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

Fee: \$29 for residents, \$39 for non-residents

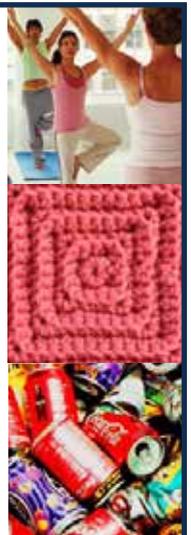
Activity #: 220002-B

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 under the General Program Instructor posting.

MANSFIELD
CONNECTICUT
Community Center



Preschool Programs

Itty Bitty Sports with Parent (Ages 3-5)

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

Instructor: *Melissa Paradis*, Melissa coaches our Little Huskies and Junior Huskies programs
Location: Vinton Elementary School
Dates: Mon., Sept. 14 – Oct. 26 (6 classes) *no class 10/12
Times: 5:30-6:25 p.m.
Fee: \$40 for residents, \$50 for non-residents
Activity #: 220055-A

NEW! VIRTUAL Storytime with Movement: Drawing & Interactive Walks



The perfect way for your little ones to interact and share while joining Ms. Jane Moynihan on outdoor walks and story book journeys. Class will feature shared drawings that are fall themed, outdoor walks to discover what's in your backyard, visit farm animals, a garden and more. Some outdoor walks and other activities may

be pre-recorded and available to watch at class time followed by group discussions and activities. More information at registration.

Instructor: *Jane Moynihan* is a Storrs resident who has been teaching elementary school for 23 years. Recently retired, she wants to continue sharing her love of art, learning, and play with children.
Location: Virtual Program
Dates: Thurs., Sept. 17-Oct. 8 (4 classes)
Times: 9:30-10:15 a.m.
Fee: \$29 for residents, \$39 for non-residents
Activity #: 220002-C

NEW! VIRTUAL Parent & Me: Ballet Princess Ball

Dance the morning away at home with your little one by joining our new virtual ballet princess ball! Dancers and their guardians will learn the fundamentals of ballet to some of their little ones favorite princess music. All dancers are encouraged to dress up in their best princess attire and enjoy a series of games and classic ballet dance moves with their grown-up companion. Classes will be themed by a specific princess each week! More information at registration.

Instructor: Mansfield Academy of Dance Staff, see bio on pg. 10
Location: Virtual Program

AGES 2-3

Dates: Wed., Sept. 30-Nov. 4 (6 classes)
Times: 9-9:45 a.m.
Fee: \$65 for residents, \$75 for non-residents
Activity #: 220048-A

AGES 4-5

Dates: Sat., Oct. 3-Nov. 14 (6 classes) *no class 10/31
Times: 9-9:45 a.m.
Fee: \$65 for residents, \$75 for non-residents
Activity #: 220048-B

MANSFIELD ACADEMY OF DANCE
Sign Up Today for Fall Classes
Space is Limited - Don't Delay

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Youth Programs



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.

Location: CC Dance/Fitness Studio
Dates: Sun., Sept. 20-Nov. 22 (10 classes)
Times: 10:30-11:15 a.m.
Fee: \$50 for residents; \$60 for non-residents
Activity #: 220043-A

Pre Ballet (Ages 4-6)



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; miapomerenke@gmail.com.

Location: CC Dance/Fitness Studio
Dates: Sun., Sept. 20-Nov. 22 (10 classes)
Times: 10:35-11:20 a.m.
Fee: \$50 for residents; \$60 for non-residents
Activity #: 220045-A

NEW! Jazz and Ballet Combo (Ages 6-9)

Children will learn basic ballet positions and an introduction to jazz dance. This class will focus on timing and coordination, while exploring music and dance through themes and props to make learning steps and terminology exciting and fun.

Location: CC Dance/Fitness Studio
Dates: Sun., Sept. 20-Nov. 22 (10 classes)
Times: 11:25 a.m.-12:10 p.m.
Fee: \$65 for residents, \$75 for non-residents
Activity #: 220046-A



Instructors: Mia (John) Pomerenke 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.

NEW! VIRTUAL Parent & Me - Ballet Princess Ball

Dance the morning away at home with your little one by joining our new virtual ballet princess ball! Dancers and their guardians will learn the fundamentals of ballet to some of their little ones favorite princess music. All dancers are encouraged to dress up in their best princess attire and enjoy a series of games and classic ballet dance moves with their grown-up companion. Classes will be themed by a specific princess each week! More information at registration.

AGES 2-3
Dates: Wed., Sept. 30-Nov. 4 (6 classes)
Times: 9-9:45 a.m.
Fee: \$65 for residents, \$75 for non-residents
Activity #: 220048-A

AGES 4-5
Dates: Sat., Oct. 3-Nov. 14 (6 classes) *no class 10/31
Times: 9-9:45 a.m.
Fee: \$65 for residents, \$75 for non-residents
Activity #: 220048-B



**FIND US ON
FACEBOOK!**

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

See Community School of the Arts section for youth art programs! Starting pg. 40

Youth Programs

Recreation Rescue (Grades K-8)

No school? No problem! We have one day camp for your kids on teacher professional days in town. Open to grades K-8, this popular program not only fills any need for child care on these days it also offers a great day for your child. We meet in the gymnasium for some games, crafts and free play at MMS, with drop off as early as 7:30 a.m. and pickup as late as 5:30 p.m. *Traditionally on recreation rescues we offer field trips, but due to new guidelines we may not be able to do so. Please watch for updates.

Location: Mansfield Middle School
Dates: (254010-1) Tues., Oct. 13, 7:30 a.m.-5:30 p.m. Riverside Reptiles
 (254011-1) Tues., Nov. 3, 7:30a.m.-5:30 p.m. Trip/Entertainer TBD
 (254011-2) Fri., Feb. 12, 7:30 a.m.-5:30 p.m. Trip/Entertainer TBD
Fee: \$50/day for residents, \$60/day for non-residents

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 stretching and warm-up period followed by education in the discipline, body coordination, and focus of TaeKwonDo. Students will practice fundamentals of stance, punch, kick, block, and form technique 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 as they learn and develop this skill set.

Instructor: Master Chang Yeun Cho of Master Cho Martial Arts, www.masterchomartialarts.com
Dates: Sat., Sept. 19-Oct. 24 (6 classes)
Location: CC Dance/Fitness Studio
Time: 12-12:35 p.m.
Fee: \$32 for residents, \$42 for non-residents
Activity #: 220050-A

Micro Sports (Grades K-2)

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

Instructor: Melissa Paradis, Melissa coaches our Little Huskies and Junior Huskies programs.
Location: Vinton Elementary School
Dates: Mon., Sept. 14 – Oct. 26 (6 classes) *no class 10/12
Times: 6:30-7:30 p.m.
Fee: \$40 for residents, \$50 for non-residents
Activity #: 220056-A

Youth Basketball (Grades K-8)



Mansfield Parks and Recreation Basketball welcomes players at all levels of experience. The program features skill development, sportsmanship, team participation and healthy competition for grades K-8. Practices begin in November with game play held for most divisions December-February. Practice and game schedules are determined after teams are formed in November. Volunteer head and assistant coaches are needed for most divisions. A detailed flyer will be made available in early

September.

At time of print, information regarding the ability to offer our traditional basketball program beginning in the late fall was pending further review. Additional details and information will be included with the release of the September registration flyer. We will continue to review information from the Reopen Connecticut Task Force, CIAC, schools, local health authorities and the board of directors for our leagues.



DISCOVERY ZONE LEARNING CENTER



Where all children are special and learning is fun!

Infant Program (6 weeks – 14 months)	Preschool (2.9 years – 5 years)
<p style="font-size: x-small;">Our primary objective in the Infant Room is to keep each child happy, secure, and safe. We know that by focusing on this, each parent will have the confidence of knowing that their child is in the right environment.</p>	<p style="font-size: x-small;">The Preschool/Kindergarten curriculum is divided into four areas: Language & Literacy Creative Expression Science & Sensory Gross Motor Skills</p>
Toddler (14 months – 2.9 years)	Before & After School
<p style="font-size: x-small;">At Discovery Zone Learning Center, our Toddler curriculum is based on current research in early brain development, early childhood education and developmental psychology. Through careful observation we can assure that individual developmental needs are being met.</p>	<p style="font-size: x-small;">The after school program at Discovery Zone Learning Center is designed for children from grades K through fifth, and is fun, low-key, and neighborhood-like.</p>

Visit us at these
3 Connecticut locations:

Columbia 2 Orlando Dr. 860-228-8885	Hebron 45 Pendleton Dr. 860-228-3952	Marlborough 152 Hebron Rd. 860-295-8003
--	---	--

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Youth Programs

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



AFTER SCHOOL FRIENDS

3 Locations: Vinton, Southeast and Goodwin Schools

**Temporary Changes to Our Program.

The **Before-School Friends Program** will not be offered for the Fall. The before school program has children from all three elementary schools and we are trying to decrease mixing groups of children.

Drop In Program

We will still offer our drop in program with some limitations. Only registered participants will be able to use this option. Anyone interested in using the drop in program must contact the program supervisor to confirm there is space on any given day.

Space is limited. Total numbers of participants at each school will be limited to 10 students.

At After School, children will be required to wear masks while indoors. We will get outside as much as possible and children can remove their mask while maintaining a 12 ft distance from others. Children and staff will wash their hands frequently. Activities and games will be modified at the program. Equipment and supplies will be disinfected and sanitized daily. **

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

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

The **After-School Friends Program** consists of options based on each child's interests, wants and needs. The weekly schedule can include

activities such as arts and crafts, sports, outdoor play, group games and special themed events. We encourage the children and staff to be involved in planning together.

The **After-School Friends Program** encourages cooperation between all participants at our program. We feel daily communication with parents and staff is important to keep you up to date on how your child is doing with After School Friends.



The **After-School Friends Program** is open all days that the Mansfield Public Schools are in operation including scheduled half days. On late openings and early dismissals there is no after school care. Children may be enrolled by the month or for certain consistent days of the week per month. Fees vary from month to month based on the number of days/hours the program runs. In order to use the drop in program, you must fill out a credit card authorization form. This form is available at the community center and on-line. You must also fill out an activity

registration form to use this option. Drop-ins are only for registered participants.

Initial registration for After School Friends must be done in person at the community center or on-line. Prior to the start of each month you must re-register for days needed. For more information contact: Jared Redmond by email: Redmondjt@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:

\$11.10 each afternoon

Drop-in:

\$17.00 each afternoon

Teen Programs

Babysitter Safety (Ages 11-17)

*registration deadline Oct. 7

This course is for youth's age 11 to 17 years of age. 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.

Instructor: Lifesafe Services Staff
Location: CC Arts and Crafts Room
Time: 9 a.m.- 2 p.m.
Dates: Wednesday, Oct. 14
Fee: \$97 for residents, \$107 for non-residents
Activity #: 220175-A

V NEW! Mindful Minute with Art (All Ages)

TAKE A MINUTE FOR YOURSELF! Or twelve minutes to be exact. This weekly video series encourages participants of all ages to start a practice of mindfulness by encouraging time to breathe, stretch, and reflect all while looking at and learning about art. Participants will interpret the geometry, angles, and balance of famous artworks while turning their bodies into living sculptures for one minute poses. All ages welcome. This is a self-pace class where videos can be watched at any time at your own convenience. More information at registration.

Instructor: **(Content Creator)** *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 artist/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: Virtual Program
Dates: Sun., Oct. 4-Nov. 29 (9 weeks-videos available every Sunday evening)
Fee: \$45 for residents, \$55 for non-residents
Activity #: 230002-A

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Teen Programs

NEW! Take a Drum Ride (Ages 12+)

This interactive session will have you rocking the community center! Bob Bloom is trucking a cargo of conga, djembe, doumbek, and ashiko drums for you play at this teen-only event. You'll drum with BB as he launches rock & roll and funk songs with high-octane beats. No prior musical experience necessary.

Ride Leader: For nearly two decades, *Bob Bloom* drummed and sang as a performance member of the late Dr. Babatunde Olatunji's world-renowned, African music and dance troupe, "Drums of Passion" in concerts at venues including Lincoln Center, The Washington Monument, and Jorgensen Center for the Performing Arts.

Location: CC Teen Center
Date: Tues., Sept. 29
Time: 7-8 p.m.
Fee: \$10 for residents,
 \$20 for non-residents
Activity #: 230400-A



NEW! Mixed Media Sundays (Teen-Adult)

Explore a variety of media in this fun journaling class! Express yourself through watercolors, pastels, crayons and more in a mixed media approach. See how different materials interact, try something new and discover your favorites. Open to beginners!

Instructor: *N. Yilmaz* is an artist from Coventry, CT who enjoys working in a wide variety of mediums and teaching others about the visual arts.

Location: CC Arts and Crafts Room
Dates: Sun., Oct. 4-Oct. 25 (4 classes)
Time: 11:30 a.m.-1:30 p.m.
Fee: \$68 for residents, \$78 for non-residents
Materials Fee: \$15 due at registration. Fee waivers do not apply to materials.
Activity #: 230070-A

Painting Fall Flowers (Teen-Adult)

Make a beautiful fall flower painting while exploring water color techniques and how to apply them to your creations. Beginners welcome!

Instructor: *N. Yilmaz* is an artist from Coventry, CT who enjoys working in a wide variety of mediums and teaching others about the visual arts.
Location: CC Arts and Crafts Room
Dates: Sun., Sept. 27
Time: 11:00am-12:30pm
Fee: \$5 for residents, \$15 for non-residents
Materials Fee: \$10 due at registration. Fee waivers do not apply to materials.
Activity #: 210001-A



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Mansfield Teen Center

Teen Center Policies

New this fall, the Teen Center will be available to 5th graders! The Teen Center is available to students in 5th-12th grade. Teen Center hours and days this fall are based by grade, and will be limited to 10 teens at a time by SignUpGenius Reservation made at least 24 hours in advance. 5th and 6th graders must be signed out by their parent/guardian prior to leaving. Teen Center memberships for all kids' grades 5-12 (Mansfield and surrounding communities) are **FREE**, but registration is required.

Fill out a Teen Center Registration Form (next page), have a parent/guardian sign it, bring to the Community Center front desk to receive your Teen Center membership swipe card! At each visit, swipe your card at the front desk and make your way to the Teen Center.

Let your voice be heard! Teen Center participants are encouraged to give us their input on the types of activities, trips and special events they would like to see. For more information about the MTC contact Jared Redmond, Jared.Redmond@mansfieldct.org

What is there to do in the Teen Center?

- 2 Pool Tables
- Foosball
- Air Hockey
- Board Games
- Big Screen TV
- 2 Computers
- Wii
- Xbox One

Teen Center Hours:

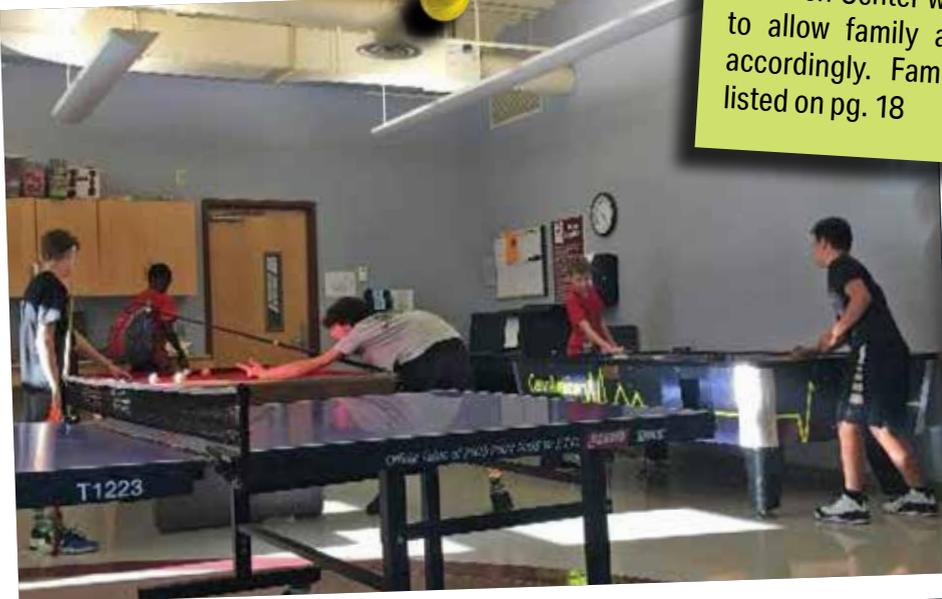
5th & 6th Grade - Mon. & Thurs., 3-6 p.m.

7th & 8th Grade - Tues. & Fri., 3-6 p.m.

9th-12th Grade - Wed. & Sat., 2-6 p.m.

**These hours are temporary due to COVID-19.
Schedules are subject to change.*

Bonus Time for Families... During Family Fun Nights the Teen Center is open for families to use. This means, during Friday Family Fun Nights the Teen Center will close at 5:30 p.m. and during Saturday Family Fun Nights the Teen Center will close at 4:30 p.m. to allow family access. Please plan accordingly. Family Fun Nights are listed on pg. 18



Like us on Facebook @Mansfield Community Center

TEEN CENTER REGISTRATION FORM

Teen Center membership is free to all children who are in grades 5-12. Teens **MUST** be members to use the center during select scheduled times and to participate in all teen center events. Community Center membership is not required; however, even if the teen is a community center member, this form must be filled out for **FREE** teen center membership. For more information please call 429-3015.

Please print clearly and complete all sections. Thank you.

MAIL TO: Mansfield Parks & Recreation Department
10 South Eagleville Road, Storrs/Mansfield CT 06268 **OR** FAX: (860) 429-9773

Teen Center Membership Information

Participant's Last Name	Participant's first name	Participant's Email address	Birth Date	Sex	Fee
					FREE

Primary Household Contact/Parent/Guardian		Secondary Contact (include address if different)	
Name:		Name:	
Address:		Address:	
Town:	Zip	Town:	Zip
Phone: (H) (W)		Phone: (H) (W)	
Household email address (if different from above)			

Local Emergency Contact (Other than parent/guardian, i.e., grandparent, neighbor, etc.)

Name:	Phone:
-------	--------

Also fill details below for each participant:

	Grade	School	Physician	Allergies, Special Asst., Meds, Other Info:
1.				

Health Information (This information is confidential to Teen Center Director and appropriate Parks and Recreation staff).

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

2. Is the "teen" allergic to Particular foods (please list)? _____

Bee Stings? _____ Insect Bites? _____ Medications (please list)? _____

Poison Ivy? _____ Other (please list) _____

3. Does the "teen" need special assistance or have any physical, sensorial, or developmental limitation(s)? (i.e. ADD, Autism, MR, etc) Yes _____ No _____. ***If yes, "Special Assistance" form must be filled out and evaluated before attending teen center activities.*** Would you like a special assistance form sent to you: Yes _____ No _____

I hereby agree to release, discharge and hold harmless, the Town of Mansfield, its employees and volunteers from any liabilities, which may occur while participating in the above recreational activities. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Mansfield does not provide insurance for program participants. **PHOTO RELEASE:** The Mansfield Parks & Recreation Department may videotape or take photographs of participants enrolled in recreation activities, classes or programs. These photos and/or videotapes may be used for promotional purposes. To the best of my knowledge, the above information is up to date and accurate.

Parent/Guardian Signature

Date

Family & Special Events



Family & Special Events

V NEW! Virtual Family Art Nights (Ages 6+)

We can still create together, even if we are physically apart!

Your whole family can join other friends, community members, and extended family for NEW virtual 'Family Art Nights'. A spin off of our traditional Family Paint Nights, Virtual Family Art Nights will introduce you to a famous work of art and outline a creative project that you can make at home with household items, in one hour time. Material suggestions will be e-mailed out prior to each session. Virtually meet up with the educator and other participants at the beginning of class to discuss ideas and ask questions, then share your experiences and reproductions virtually at the end of class. This program is created for ages 6-99. Projects can be made together or individually. Projects include drawing/painting, collage, and sculpture.

- Instructor:** Reagen O'Reigaekn
Dates: (230053-A) Fri., Sept. 25
Piece: Painting with Scissors- Henri Matisse
 (230053-B) Fri., Oct. 23
Piece: Art Made by Walking-Richard Long
 (230053-C) Fri., Nov. 13
Piece: Collage Time- Hans Arp/Sophie Taeuber Arp
 (230053-D) Fri., Dec. 4
Piece: Wrap It Up- Christo and Jean Claude
Time: 6-7:30 p.m.
Per Session Fee: **Individual Resident:** \$8
Resident Family: \$15
Individual Non-resident: \$18
Non-resident Family: \$25

V NEW! Let's Look at Art Together, Virtually! (Teens, Adult, or Family!)

From the convenience of your own home, we will look at art while sipping our favorite beverages. This Weekly Art Appreciation Series will introduce a famous artist as well as provide a creative prompt to reflect on and explore throughout the week. The creative prompts are designed to challenge you to try new creative techniques as well as be conversation starters. Digitally share your art and reflections with the class each week. This program includes a weekly video to be watched at your convenience as well as 2 synchronistic virtual meet ups for class discussion. Open to teens and adults or try it as a family! More information at registration.

- Instructor:** Reagen O'Reigaekn, see bio under "Mindful Minute with Art"
Dates: Fri., Oct. 9-Nov. 13 (6 classes-video available every Friday)
Times: Fri., Oct. 30 & Fri., Nov. 13, 6-7 p.m.
Fee: \$45 for residents, \$55 for non-residents
Activity #: 230050-A

Recreation Rescue

No school? No problem! We have one day camp for your kids on teacher professional days in town. Open to grades K-8, this popular program not only fills any need for child care on these days it also offers a great day for your child. We meet in the gymnasium for some games, crafts and free play at MMS, with drop off as early as 7:30 a.m. and pickup as late as 5:30 p.m. *Traditionally on recreation rescues we offer field trips but due to new guidelines we may not be able to do so. Please watch for updates.

- Location:** Mansfield Middle School
Dates: (254010-1) Tues., Oct. 13, 7:30 a.m.-5:30 p.m.
 Riverside Reptiles
 (254011-1) Tues., Nov. 3, 7:30a.m.-5:30 p.m.
 Trip/Entertainer TBD
 (254011-2) Fri., Feb. 12, 7:30 a.m.-5:30 p.m.
 Trip/Entertainer TBD
Fee: \$50/day for residents, \$60/day for non-residents

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Family & Special Events

Fall Family Fun Nights

Join us this fall for some fun Family Nights at the Mansfield Community Center. With social distancing in effect, Fun Nights will have a slightly different spin...so, what is there to do? Play in the Teen Center and Open Gymnasium, take advantage of Family Track Time (parent supervision and masks required), and BONUS, select fitness area cardio equipment is open for kids ages 10 to 13 direct parental supervision! Limited pool space will be available - three lanes in the main pool for families to use and one family in the therapy pool at a time. **For some extra fun**, come by for one of the special Movie Nights listed below! The full gymnasium will be set-up with a family-friendly movie. Dressing up in theme is encouraged! Stay tuned to our website for updates on safety procedures related to these events.

- Location:** Mansfield Community Center
Dates/Times: Sat., Sept. 5, 4:30-7:30 p.m.
Movie Night - The Princess Bride
Fri., Sept. 18, 5:30-8:30 p.m.
Sat., Oct. 3, 4:30-7:30 p.m.
Take a Drum Ride - Family Drumming w/ Bob Bloom!
Fri., Oct. 23, 5:30-8:30 p.m.
Movie Night - Hocus Pocus
V Sat., Nov. 7, TBD
Virtual Jukebox Bingo*
Fri., Nov. 20, 5:30-8:30 p.m.
Sat., Dec. 5, 4:30-7:30 p.m.

Fri., Dec. 18, 5:30-8:30 p.m.

Movie Night - Elf

Fee:

Free to members!

Non-members pay daily admission fee (subject to current COVID-related access policies).

*Virtual Jukebox Bingo requires registration. Link will be sent to registered participants.



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 required.

- Location:** Mansfield Community Center
Dates/Times: Sat., Sept. 26, 4:30-7:30 p.m.
Fri., Oct. 16, 5:30-8:30 p.m.
Sat., Nov. 21, 4:30-7:30 p.m.
Sun., Dec. 13, 3:30-6:30 p.m.
Fee: Free for Mansfield residents!

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Family & Special Events



Halloween Fashion Show

Join us for our 1st Halloween Fashion Show! Get dressed up at home and send us a photo to RedmondJT@mansfieldct.org. We will post photos to our Facebook page for public vote. First place for each category will be entered to participate in our Halloween Fashion Show at the Community Center on Saturday, October 31st.

CATEGORIES:

Most Creative Costume *Funniest Costume*
Cutest Costume Prizes *Spookiest Costume*

Photo Submission Deadline: Sun., Oct. 25, 8 p.m.

Event Location: CC Gym (Top 3 winners for each category will participate in Fashion Show)

*Fashion Show may be virtual. Stay tuned for more details.

Date: Sat., Oct. 31

Time: 3-5 p.m.

Fee: FREE!

Annual Halloween Party



Celebrating 2020 in all its dreadfulness, join us for our NEW Halloween Party Line! We are working cooperatively with the Mansfield Downtown Partnership and hosting our events at the same time. Mansfield Parks and Recreation will have tables set up on the sidewalks in front of Mansfield Town Hall and the Community Center. Volunteers will have candy to hand out to the kids and there will be music. Downtown Businesses will hand out candy. There will be trunks at the tennis courts at E.O. Smith behind the Mansfield Community Center for families to enjoy. Jump start your Halloween spirit at the Mansfield Community Center on Saturday October 31st from 3-5 p.m. All ages are welcome but event is geared towards kids 10 and under. Dress up in your costume and join us for some fun.

What's Trick-A-Trunking? Kids (and adults) come dressed up trick or treat around our blocked off from traffic, back parking lot that is filled with cars where volunteers (**YOU?**) set up shop handing out treats! You can wear costumes, decorate your car, or whatever you would like to get in the Halloween spirit. Trick-A-Trunk space is limited. Trick-A-Trunk sponsors must pre-register. Families, Groups, and Businesses are welcome to be "Trunks." Stay tuned for more details.

For more information or to register as a Trick-A-Trunk sponsor please contact: Jared Redmond, Redmondjt@mansfieldct.org

Location: CC/Mansfield Town Hall

Date: Saturday, October 31st

Time: 3-5 p.m.

Fee: Free Event - Donations Accepted

3rd Annual Scarecrow Contest

Our Scarecrow Contest is open to all ages, families, community & non-profit groups and businesses. Everyone that is interested in displaying a scarecrow must **pre-register their scarecrow** at the Mansfield Community Center by **Saturday, October 10**.

Drop Off & Set Up: On Saturday, October 17, pre-registered participants stop at the Reception Desk and get a number for your scarecrow. This will identify the set-up spot on the grass in front of the Community Center. Parks and Recreation will provide a hay bale and stake. Scarecrows will remain outdoors so make sure everything is secured properly and is prepared for the elements.

Duration: Scarecrows will be on display and available for judging on October 17th – October 31st.

Judging: Judging is simple: voters will be voting on their favorite scarecrow for funniest and most imaginative. There will be a box at the Reception Desk at the Community Center to cast your vote.

Awards: We will be giving away \$50 gift certificate for first place and \$25 gift certificate for second place to be used for any program that the Mansfield Parks and Recreation Department offers.

Scarecrow Pick-Up: All scarecrows must be picked up by Friday, November 6, 2020. If they are not picked up they will be discarded.



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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 st 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: 1st 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.



Rentals

Kayak Rentals

Please check the Mansfield Community Center Rentals webpage for current information and updates. 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 in writing at least 48 hours in advance. As the kayaks do go out regularly, it is important to call ahead to make sure they are available. A \$50 deposit check and copy of driver's license is required at the time of rental reservation. Pick up (seasonally) at the Community Center between 6:30a.m. and return by 6:30p.m.. Saturday and Sunday pick up and drop off times are 8:30a.m. and return by 6:30p.m. Participants are responsible for the loading, unloading and transporting the kayaks to and from destination.

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

Backyard Games

There are currently no backyard game rentals available at this time.

Paddle Board Rentals

Please check the Mansfield Community Center Rentals webpage for current information and updates. We have 2 paddle boards available to rent. Rental includes 10'6" paddle board weighting about 19 pounds, paddle, paddle board leash and PFD (life jacket).

Reservations (with payment) must be made in writing at least 48 hours in advance 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 6:30a.m. and return by 6:30p.m.. Saturday and Sunday pick up and drop off times are 8:30a.m. and return by 6:30p.m. Participants are responsible for the loading, unloading and transporting the paddle boards to and from destination.

Fee: \$25 per paddleboard per day
(paddle and life jacket included)



Trips

Trips are coordinated with Ashford, Coventry, Ellington, Mansfield, Tolland, and Willington. Due to the COVID-19 pandemic, no trips will be offered this fall.



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Parks & Preserves



Parks & Preserves

Taste of Mansfield: Ways to Enjoy Fresh Food and Support Local Farms in Mansfield

Registration Deadline Aug. 31



Mansfield residents are very fortunate to have a year-round farmers market, farm stand, and several farms in the area that offer CSA memberships. Join Jiff Martin to talk about the many options to buy local nearby, what's a CSA, and some of the events in our community where we come together to celebrate local food and farms. This seminar is sponsored by Taste of Mansfield.

Instructor: *Jiff Martin*, UConn Extension Educator in Sustainable Food Systems

Location: Virtual Program –Registrants will be sent access information prior to event

Date: Wed., Sept. 2

Time: 7-8 p.m.

Fee: FREE (Registration by 8/31 is mandatory)

Activity #: 211001-A

The Bats of the Moss Sanctuary

Registration Deadline Sept. 21

Bring your headlamps and insect repellent and survey bats around Moss Sanctuary's Tift Pond. Using portable acoustic monitoring devices, we will learn about bat echolocation calls, which can tell us what species are present, their activity patterns within a particular habitat, and characteristics of their foraging behavior. Dress for the weather. Participants over 2 years of age are required to wear a mask. Heavy rain cancels.

Instructor: *Laura Cisneros*, Ecologist

Location: Moss Sanctuary

Park in the Mansfield Community Center Parking lot and Meet in front of the Mansfield Community Center, 10 South Eagleville Road.

Date: Fri., Sept. 25

Time: 7-8:30 p.m.

Fee: FREE
(Limited to 15 participants. Registration by 9/21 is mandatory)

Activity #: 211002-A



Keeping you safe while you are on the trail...

Mansfield's parks, preserves, and trails have been getting a lot of use during the COVID-19 public health crisis. With over 55-miles of trails in Mansfield, there are plenty of places to enjoy and maintain a safe, physical distance. Please follow the guidelines below before heading out! Before you head out, download a trail guide at www.Mansfieldct.gov/trailguides.

COVID-19: PHYSICAL DISTANCING IN PUBLIC PARKS AND TRAILS

nrpa.org/coronavirus

- Do not use parks or trails if you are exhibiting symptoms.** (Icon: Head with virus particles)
- Share the trail and warn other trail users of your presence and as you pass.** (Icon: Bell)
- Be prepared for limited access to public restrooms or water fountains.** (Icon: Restroom sign)
- Observe CDC's minimum recommended physical distancing of 6' from other persons at all times.** (Icon: Person with distance line)
- Follow CDC's guidance on personal hygiene prior to visiting parks or trails.** (Icon: Hand with soap)

INRPA National Recreation and Park Association
Because everyone deserves a great park

Plein Air Painting in the Parks

Looking for additional opportunities to paint with your peers, and get outdoors? It's season 2 of Plein Air Painting in the Parks! How have the views changed? View the location schedule below; meeting time is 10 a.m. on Thursdays this fall. Bring your own supplies, easels, chairs/stools, and paint (or draw, or sketch, whatever your fancy!). No instruction or supervision provided. Inclement weather cancels. All skill levels welcome.

Sept. 10 – Merrow Meadow Park

Sept. 24 – Bicentennial Pond

Oct. 8 – Mt. Hope Park

Oct. 22 – Eagleville Dam



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 or 860-429-3015 Ext. 6204.

WALKTOBER

Celebrate Walktober! Enjoy the many free, guided walks and experience the natural, historical and cultural treasures of The Last Green Valley. The complete walk schedule, with directions and descriptions, is available at the Mansfield Community Center and is posted on www.thelastgreenvalley.org. This year, to slow the spread of COVID-19, preregistration is required for walks co-sponsored by Mansfield Parks and Recreation. All participants over 2 years of age will be required to wear a mask.

Over in the (Merrow) Meadow

Registration Deadline Sept. 29

Join us for some family fun at Merrow Meadow along the Willimantic River! In a scavenger hunt, objects will be "hidden" in plain sight along the trail and our young sleuths will have to find them as they hike this fully accessible trail. Learn a little about camouflage along the way. There will be prizes. Most of the path is paved and flat, easily accessible by wheelchair or stroller. All ages welcome. Participants over 2 years of age are required to wear a mask. Heavy rain cancels.

Walk Leaders: Naturalists *Sue and Tom Harrington*

Location: Merrow Meadow Park

From the intersection of Route 195 and Route 32, head south on Route 32 for .83 miles. Turn right onto Merrow Road and travel for 0.1 miles. Parking area entrance is on the left.

Date: Sat., Oct. 3

Time: 10-11 a.m.

Fee: FREE (Limited to 20 participants. Registration by 9/29 is mandatory)

Activity #: 211003-A

50 Foot with a View

Registration Deadline Oct. 6

What better place to go on a beautiful fall day than a place with a great view, led by naturalists that can answer questions about what we see! We will take a casual walk through the forest, looking at whatever interests us

along the way and be rewarded with an opening at the top of a cliff where we can see most of southern Storrs and beyond. Participants over 2 years of age are required to wear a mask. Heavy rain cancels.

Walk Leaders: Naturalists *Sue and Tom Harrington*

Location: Fifty-foot Cliff Preserve

From Storrs Center, head south on Rt. 195. About a mile south of campus, look for the Mansfield Historical Society building on the left (across from the Spring Hill Inn). The parking lot for the trail is behind the building.

Date: Sun., Oct. 11

Time: 1 p.m.-3:30 p.m.

Fee: FREE (Limited to 15 participants. Registration by 10/6 is mandatory)

Activity #: 211004-A

GUIDED HIKE at Simpson-Wood Preserve

Registration Deadline Oct. 13

Celebrate Walktober with a guided hike at Simpson-Wood Preserve, Mansfield's newest preserve! We will begin with a ribbon cutting to celebrate the official opening. A short, steep climb (on a good wide trail) brings us up to the quiet ridge top flats that feel much more remote than they really are. We will see ledges and interesting rock features as well as a diversity of pine and hardwood forests. With luck, we will hear the raven call. Participants over 2 years of age are required to wear a mask. Heavy rain cancels.

Instructor: *Charlotte Pyle and Jim Morrow*

Location: Simpson-Wood Preserve

Meet at Mt Hope Park, Rte 89 (From the intersection of Rte., 195 and Rte 89, head north on Rte 89 for 3.4 miles, parking is on right).

Date: Sun., October 18

Time: 1:30-3:30 p.m.

Fee: FREE (Limited to 15 participants. Registration by 10/13 is mandatory)

Activity #: 211005-A

Take a Walk With Us!

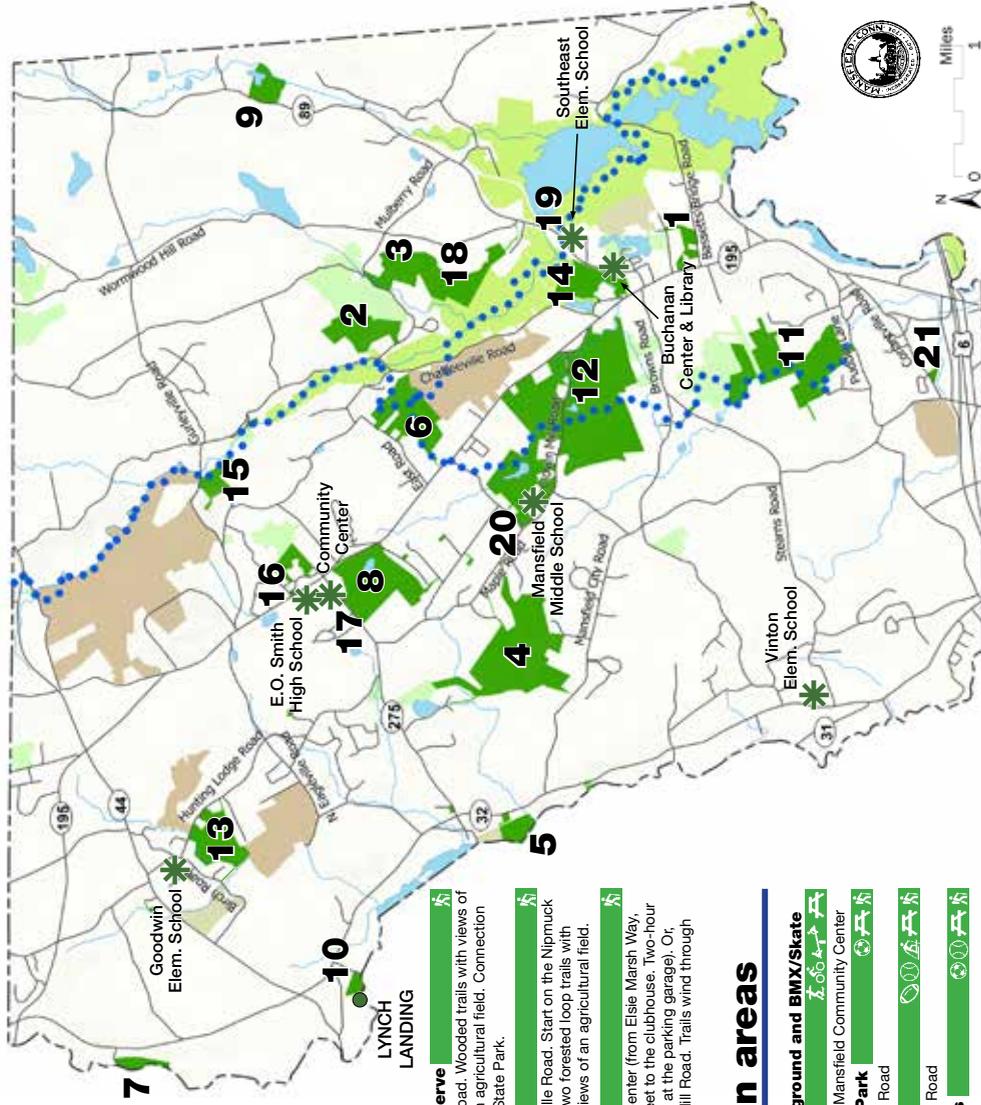
Go to www.MansfieldCT.gov/trailguides guides to download interpretive trail guides for parks and preserves owned and managed by the Town of Mansfield.

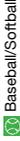
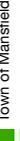
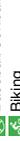
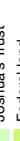
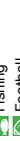
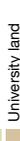
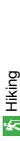
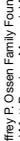
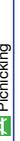
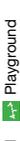
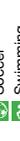
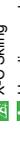
Access Mansfield's Trail Guides from your SMART PHONE!

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

parks & preserves

- Commonfields**  Access from Bassetts Bridge Road. Features include trails, interpretive information and a bird blind.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Mt. Hope Park**  Access from Route 89. Loop trail through meadows and woodlands leading to a pond and the Mt. Hope River.
- 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.
- Sawmill Brook Preserve/Wolf Rock**  Access from Pudding Lane or from Joshua's Trust's Wolf Rock Preserve on Crane Hill Road. Follow the Nipmuck Trail along Sawmill Brook's wooded valley.
- 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.
- Shelter Falls Park**  Access from Birch Road. Waterfall and scenic rock formations along Cedar Swamp Brook. Connecting trails to UConn lands and CTDEEP land.



Ownership	Features
 Town of Mansfield	 Baseball/Softball
 Joshua's Trust	 Biking
 Federal land	 Canoeing
 State land	 Fishing
 University land	 Football
 Jeffrey P. Ossen Family Foundation Community Playground and Matt Baracus Memorial BMX/State Park	 Hiking
	 Picnicking
	 Playground
	 Skateboarding
	 Soccer
	 Swimming
	 X-C Skiing
	 Handicapped accessible (selected portions - call ahead)

- 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 Gurfeyville 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.

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FITNESS SCHEDULE FALL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$100/\$200 18 classes 270001-A2, \$117/\$234 21 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 270012-B1, \$30/\$60 6 classes 270012-B2, \$30/\$60 6 classes, no 11/3 Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$100/\$200 18 classes 270001-A2, \$117/\$234 21 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 270012-C1, \$30/\$60 6 classes 270012-C2, \$35/\$70 7 classes Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$100/\$200 18 classes 270001-A2, \$117/\$234 21 classes Instructor: TBA	Boot Camp 7-7:45 a.m. 270012-D1, \$30/\$60 6 classes, no 9/19 270012-D2, \$35/\$70 7 classes Instructor: Jerry	Silver Sneakers Yoga 10-10:45 a.m. 270022-B1, \$30/\$60 6 classes 270022-B2, \$35/\$70 7 classes Instructor: Mandy
Salsa Fit 8:45-9:45 a.m. 270032-B1, \$34/\$68 5 classes, no 10/12 270032-B2, \$47/\$94 7 classes Instructor: Kelly	Pilates with Props 9:30-10:30 a.m. 270028-A1, \$41/\$82 6 classes 270028-A2, \$47/\$94 7 classes Instructor: Deb G.	Salsa Fit 9-10 a.m. 270032-A1, \$41/\$84 6 classes 270032-A2, \$47/\$94 7 classes Instructor: Kelly	Cardio Barre 9-10 a.m. 270007-A1, \$33/\$66 6 classes 270007-A2, \$39/\$78 7 classes Instructor: Donna	Functional Strength 9-10 a.m. 270014-B1, \$41/\$82 6 classes 270014-B2, \$47/\$94 7 classes Instructor: Jodi		
TRX 9-9:30 a.m. 270076-A1, \$17/\$34 5 classes, no 10/12 270076-A2, \$24/\$48 7 classes Instructor: Jess	Aqua Therapy 10:35-11:20 a.m. T/Th 270041-A1, \$61/\$122 12 classes 10:45-11:30 a.m. T/Th 270041-A2, \$71/\$142 14 classes Instructor: Dorinda	Water Fitness 9:15-10:15 a.m. 270037-B1, \$41/\$84 6 classes 270037-B2, \$47/\$74 7 classes Instructor: TBA	Pilates with Props 9:30-10:30 a.m. 270028-A1, \$41/\$82 6 classes 270028-A2, \$47/\$94 7 classes Instructor: Deb G.	Yin/Yang Yoga 10:30-11:30 a.m. 270023-A1, \$41/\$82 6 classes 270023-A2, \$47/\$94 7 classes Instructor: Sharon		
Water Fitness 9:15-10:15 a.m. 270037-A1, \$34/\$68 5 classes, no 10/12 270037-A2, \$47/\$94 7 classes Instructor: TBA	Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th 270041-B1, \$61/\$122 12 classes 11:35 a.m.-12:20 p.m. T/Th 270041-B2, \$71/\$142 14 classes Instructor: Dorinda	HIIT 10-10:45 a.m. 270013-A1, \$25/\$50 6 classes 270013-A2, \$29/\$58 7 classes Instructor: Jodi	Silver Sneakers Circuit 9:15-10 a.m. 270008-B1, \$30/\$60 6 classes 270008-B2, \$35/\$70 7 classes Instructor: Mandy			
Functional Strength 10-10:15 a.m. 270014-A1, \$34/\$68 5 classes, no 10/12 270014-A2, \$47/\$94 7 classes Instructor: Jodi	Get Fit Beginner Series 12:15-12:45 p.m. 270011-A1, \$20/\$40 6 classes 270011-A2, \$20/\$40 6 classes, no 11/3 Instructor: Jess	Silver Sneakers Classic 10-10:45 a.m. 270015-B1, \$30/\$60 6 classes 270015-B2, \$30/\$60 6 classes, no 11/11 Instructor: Donna	Aqua Therapy 10:35-11:20 a.m. T/Th 270041-A1, \$61/\$122 12 classes 10:45-11:30 a.m. T/Th 270041-A2, \$71/\$142 14 classes Instructor: Dorinda			

FALL FITNESS CLASSES

Session 1: Monday, Sept 14- Sunday, Oct 25

Session 2: Monday, Oct 26- Sunday, Dec 20

No regularly classes held 11/23-11/29

See giving week schedule posted early November for classes during that week

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

See class descriptions on pages 33-34

For help finding the right class for your needs, see page 32

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 Pool
- Class is Virtual via Zoom
- Class is Virtual and in person



<p>10-10:45 a.m. 270015-A1, \$25/\$50 5 classes, no 9/28 270015-A2, \$35/\$70 7 classes Instructor: Jerry</p>	<p>Silver Sneakers Circuit 11-11:45 a.m. 270008-A1, \$25/\$50 5 classes, no 9/28 270008-A2, \$35/\$70 7 classes Instructor: Jerry</p>	<p>Kettlebells 12:15-12:45 p.m. 270075-B1, \$17/\$34 5 classes, no 10/12 270075-B2, \$24/\$48 7 classes Instructor: Jess</p>	<p>Pilates Level 2 4:15-5:15 p.m. 270047-A1, \$41/\$82 6 classes 270047-A2, \$47/\$94 7 classes Instructor: Margherita</p>	<p>Core Express 5:45-6:15 p.m. 270055-B1, \$20/\$40 6 classes 270055-B2, \$24/\$48 7 classes Instructor: Mandy</p>	
<p>270046-A1, \$41/\$82 6 classes 270046-A2, \$47/\$94 7 classes Instructor: Sharon</p>	<p>Silver Sneakers Circuit 11-11:45 a.m. 270008-C1, \$30/\$60 6 classes 270008-C2, \$30/\$60 6 classes, no 11/11 Instructor: Donna</p>	<p>TRX 12:15-12:45 p.m. 270076-B1, \$20/\$40 6 classes 270076-B2, \$24/\$48 7 classes Instructor: Jess</p>	<p>Corefusion 5:20-6:20 p.m. 270055-A1, \$33/\$66 6 classes 270055-A2, \$39/\$78 7 classes Instructor: Dorinda</p>	<p>Hardcore Bootcamp 6:30-7:15 p.m. 270012-A1, \$30/\$60 6 classes 270012-A2, \$35/\$70 7 classes Instructor: Jerry</p>	
<p>170022-A1, \$30/\$60 6 classes 170022-A2, \$35/\$70 7 classes Instructor: Mandy</p>	<p>Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th 270041-B1, \$61/\$122 12 classes 11:35 a.m.-12:20 p.m. T/Th 270041-B2, \$71/\$142 14 classes Instructor: Dorinda</p>	<p>Therapy ball 12-12:45 p.m. 270010-A2, \$34/\$68 7 classes Instructor: Deb G.</p>	<p>Yoga Express 6:45-7:15 p.m. 270024-A1, \$20/\$40 6 classes 270024-A2, \$24/\$48 7 classes Instructor: Mandy</p>	<p>Introduction to Qigong & Balancing the Body's Energy 6-7 p.m. 270029-A1, \$41/\$82 6 classes Instructor: George</p>	<p>Qigong for Organ Cleansing & Clearing Toxins 6-7 p.m. 270029-A2, \$47/\$94 7 classes Instructor: George</p>
		<p>Functional Strength 6-7 p.m. 270076-C1, \$41/\$82 6 classes 270076-C2, \$47/\$94 7 classes Instructor: Mandy</p>			

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

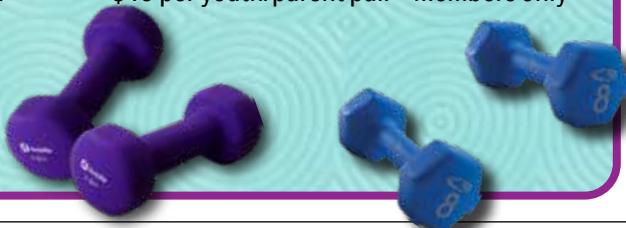
Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more 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: **210090-A**, Friday, Sept. 18
210090-B, Saturday, Oct. 17
210090-C, Sunday, Nov. 8
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!



Health, Fitness and Exercise

Are you trying to get back to being more active, or just starting? This seminar will help to guide you on beginning or enhancing your fitness journey. Information is applicable to people of all ages. Leave with a renewed drive to improve your wellbeing.

Instructor: Jessica Tracy
Location: CC Community Room
Date: Tues., Sept. 22
Time: 6-7 p.m.
Fee: FREE to members/\$10 for non-members
Activity #: 270091-A

Naturopathic Medicine and Stress

You can have any number of diagnosed conditions, or none at all. But all of us experience one condition to some extent: stress! It is a constant in our everyday lives and overlays everything that we do. But it doesn't have to take hold of us all the time. Join Fran Storch, N.D., naturopathic physician, to discuss how exercise, healthy nutrition, supplements, and restorative activities can help you with YOUR stress!

Instructor: Naturopathic Physician *Fran Storch*
Location: CC Community Room
Date: Wed., Oct. 14
Time: 6:30-8 p.m.
Fee: FREE to Members/\$10 for non-members
Activity #: 270091-B

Nutrition and Immune Health

Your immune system is your first line of defense against illnesses that come to call. You want to have healthy immune function, white blood cells that know how to fight, and good nutrition to bring it all together. Join Fran Storch, N.D., naturopathic physician, to learn about how you can eat to maximize your immunity!

Instructor: Naturopathic Physician *Fran Storch*
Location: CC Community Room
Date: Wed., Nov. 11
Time: 6:30-8 p.m.
Fee: FREE to members/\$10 for non-members
Activity #: 270091-C



Free Weights vs. Machines, Pros and Cons

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

Instructor: *Jerry Kleinman*, Personal Trainer
Location: CC Community Room
Date: Tues., Dec. 8
Time: 5:30-6:30 p.m.
Fee: FREE to members/\$10 for non-members
Activity #: 270091-D

...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 Center

Find your perfect fitness class!

Need a gentle class or have mobility issues?

Silver Sneakers Classes
Get Fit Beginners
Gentle Yoga
Qigong

Looking to improve flexibility, range of motion or balance?

Get Fit Beginners
Pilates
QiGong
Barre
Yoga
TRX

Silver Sneakers classes

Silver Sneakers Classic
Silver Sneakers Circuit
Silver Sneakers Yoga

Fun and Challenging

Kettlebells
Bootcamp
Salsa Fit
Spin
HIIT
TRX

Prefer a water class?

Water Fitness
Aqua Therapy

Looking for Cardio?

Cardio barre
Kettlebells
Salsa Fit
Spin

Build Strength & Endurance with:

Functional Strength
Kettlebells
Bootcamp
HIIT
TRX

NEW!

Get Fit Beginner Series
HIIT

V

Yoga and Core Express
Silver Sneakers Classes
Cardio Barre
Bootcamp
QiGong
Pilates

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

Class descriptions

CLASS	DESCRIPTION
Spin	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.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
Get Fit Beginner Series	Are you ready to commit to your wellness but don't know where to begin? This comprehensive wellness education and exercise program is just the right place to start. Together with your instructor, you will take a personal wellness inventory, set realistic goals and learn about how important nutrition, habits, movement and mindfulness are to every wellness regimen. Then, through careful instruction, you'll explore facets of stretching, balance, gentle cardio and strength, as well as yoga and aquatic offerings.
Core Express	A 30 minute class to focus on building and strengthening your core.
Yoga Express	A 30 minute practice to work the body through a range of yoga poses leaving you relaxed and energized.
Yin/Yang	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.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
Corefusion	A class combining the fundamental movements of both Pilates & yoga. Emphasis on breath work and core strength.
HIIT	High Intensity Interval Training is a training technique in which you give all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active recovery periods. HIIT gets and keeps your heart rate up and burns more fat in less time through an overall increased metabolic rate.
Therapy Ball	Interested in learning self-care that you can do at home? In this class you will learn techniques to find your body's blind spots. You will learn how to locate and release tight muscles and tissues caused by common postural habits, work positions and old injuries. Using various therapy balls and targeting breath, you will release stress and tension held in the body. Therapy Balls are provided in class, but you may choose to bring your own if you have them.
Pilates Level 2	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. Pre-requisite: 6 months of former Pilates or permission from instructor.
Pilates with Props	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.
Cardio Barre	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
Silver Sneakers Yoga	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.
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
Silver Sneakers Classic	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.
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. Pre-req: Kettlebells Basics or instructor permission required.
Salsa Fit	Have some salsa with your workout! This class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun-you won't even know its exercise.
Functional Strength	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.
TRX	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!
Introduction to Qigong and Balancing the Body's Energy	The cornerstone of Traditional Chinese Medicine is seeking balance in the body's energy system and eliminating excesses, deficiencies and stagnation. This class will include Qigong fundamentals and an overview of the body's energy systems and use these frameworks to aid in better understanding how energy balancing works. Learn simple stance, movement and breathing techniques to help balance your body's energy for improved health and emotional balance. Come away with several simple exercises to help balance your Qi (life force energy) and a sense of how Qigong can play a role in your long term health and well-being.
Qigong for Organ Cleansing and Clearing Toxins	This class builds on the Introductory class, works more with the 12 primary channels and introduces the Five Element Theory and its consideration in health and healing. We'll use this framework as an aid to understanding how sound, movement, breath and intention can be used to tonify and detoxify our body's organs. Learn simple stance, movement, breathing and focused intention techniques to cleanse and detoxify the organs to improve your long term health and well being.
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.

LET'S WORK TOGETHER!

HEALTH CARE PROFESSIONALS

Are you looking for a fitness facility to refer your patients to for a continuum of care?
Or are you looking to provide health information sessions?

CONTACT US TO LEARN HOW WE CAN WORK TOGETHER.
JESSICA TRACY
RECREATION SUPERVISOR
HEALTH & FITNESS

tracyja@mansfieldct.org
(860) 429-3015 x6202



Missing your favorite class or instructor on our schedule?

This fall we are working to continually bring you the best programs you have come to know and love. Some of these programs will show an instructor as TBA, or the class may be completely missing from the schedule.

Be assured, we are working to fill those gaps and will make sure to post any updates to our website and Facebook page.

If you or someone you know is a certified instructor looking to teach a fun, safe class for MCC, please go complete an application at mansfieldct.gov/jobs

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



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. Tuesdays classes are for true beginners, come start with the basics and have fun! Thursday's classes are for those with experience, start putting the pieces together into routines. Socks or slipper-like dance shoes are required.

Instructor: Ann Kozikowski
Location: CC Fitness/Dance Studio
All levels: 5:30-6:30 p.m.
Per Session Fee: \$63 for residents, \$73 for non-residents

BEGINNER CLASSES

Session 1 Dates: Tues., Sept. 15-Oct. 20 (6 classes)
Activity #: 210046-A
Session 2 Dates: Tues., Oct. 27-Dec. 8 *no class 11/3 (6 classes)
Activity #: 210046-B

ADVANCED CLASSES

Session 1 Dates: Thurs., Sept. 17-Oct. 22 (6 classes)
Activity #: 210046-C
Session 2 Dates: Thurs., Oct. 29-Dec. 10 (6 classes) *no class 11/26
Activity #: 210046-D

Beginner Pickleball Lessons

Join Jay Gregorzek to learn the fundamentals and skills necessary to play the game and have fun doing it! Jay has played in national Pickleball Tournaments receiving a gold medal, 2 silver and two bronze medals. Space is limited to 4 participants.

Instructor: Jay Gregorzek
Location: Sunny Acres Park (2 courts)
Dates: (210065-A) Thurs., Sept. 17-Oct. 1 (3 classes)
Times: 12-1:45 p.m.
Fee: \$23 for residents, \$33 for non-residents



Advanced Pickleball Lessons

Join Jay Gregorzek to learn the fundamentals and skills necessary to play the game and have fun doing it! Jay has played in national Pickleball Tournaments receiving a gold medal, 2 silver and two bronze medals. Space is limited to 4 participants.

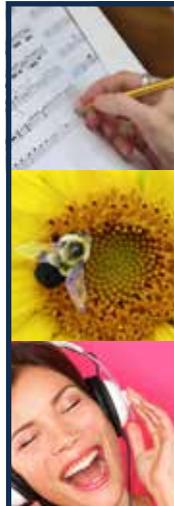
Instructor: Jay Gregorzek
Location: Sunny Acres Park (2 courts)
Dates: (210065-B) Tues., Sept. 15-29 (3 classes)
*no class 10/13
Times: 12-1:45 p.m.
Fees: \$23 for residents, \$33 for non-residents

Stay tuned for Winter 1-day Pickleball Clinics for beginner and advanced players.

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 from gardening workshops, to preschool music, to nature adventure classes for kids, and more! Great 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! Visit www.mansfieldct.gov/jobs and submit a program proposal through the "General Program Instructor" job posting.





V **NEW!** Mindful Minute with Art (All Ages)

TAKE A MINUTE FOR YOURSELF! Or twelve minutes to be exact. This weekly video series encourages participants of all ages to start a practice of mindfulness by encouraging time to breathe, stretch, and reflect all while looking at and learning about art. Participants will interpret the geometry, angles, and balance of famous artworks while turning their bodies into living sculptures for one minute poses. All ages welcome. This is a self-pace class where videos can be watched at any time at your own convenience. More information at registration.

Instructor (Content Creator): *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 artist/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: Virtual Program
Date: Sun., Oct. 5-Nov. 30 (9 weeks-videos available every Sunday evening)
Fee: \$45 for residents; \$55 for non-residents
Activity #: 230002-A

See Community School of the Arts section for additional art programs! Starting pg. 41

NEW! Exploring Photography

Have you always wanted to learn how to take great photographs with a digital camera and/or your mobile phone? If so, this is the class for you! Take this class and learn tips and tricks on how to capture visually compelling shots and breathtaking moments with your devices! Students will learn about basic photo editing with paid and free software, camera settings (automatic vs manual modes), types of lenses (prime vs zoom), focus & basic equipment tips, and much more! This class will also include fun outdoor assignments in which will then be discussed and worked on in class.

Instructor: *Milton Levin*
Location: CC Arts & Crafts Room
Dates: Mon., 9/21 – 11/2 (6 classes) *no class 10/12
Time: 6-7 p.m.
Fees: \$48 for residents, \$58 for non-residents
Activity #: 210080-A

Crafting Your Memoir

Whether you've started your memoir, or need guidance and inspiration to begin, this program will be a great stop on your story-telling journey. Guided exercises and prompts will spark inspiration and lead you to use memories in a creative and constructive way, and to think critically and constructively about your own and others works. Opportunities will be provided to all participants to reach and workshop their own writing with the group. Bring what you've started, or workshop from the prompts, and come tell your story. Composition notebook provided.

Instructor: *Janet Dauphin* is an experienced creative writing instructor who has led classes at several community colleges.
Location: CC Arts & Crafts Room
Dates: Fri., Sept. 18-Nov. 20 (10 classes)
Time: 9:45-11:30 a.m.
Fees: \$90 for residents, \$100 for non-residents
Activity#: 210009-A



V Morning Tea with Mr. Darwin:

The Darwin Family Abolitionist Tradition

In 1772 a royal court decided that slavery did not exist under English law causing the practice of holding slaves to diminish. The Slave Trade Act 1807 abolished the slave trade in the British Empire and the Royal Navy began to intercept slave ships in the Atlantic. The Slavery Abolition Act of 1833 outlawed the practice throughout the empire. From the late 18th century, Charles and Emma Darwin's families were ardent abolitionists. Emma's grandfather, the ceramics producer Josiah Wedgwood I, was especially prominent and created a porcelain cameo with an abolitionist message that became widely fashionable. Charles' attitudes against slavery were hardened by his experiences in Brazil where slavery was legal when he visited there on the Beagle voyage. This presentation will recount his family's abolition efforts and his experiences with slavery. The lasting impression these experiences made on his political and scientific thinking will be described. Darwin kept abreast of developments in the US Civil War and in correspondence with Harvard botanist Asa Gray and they both exchanged views on the detested practice of slavery. The effects of his work on later discussions of race and civil rights will also be considered.

Instructor: Mr. Darwin will be portrayed by Professor *Kenneth Noll*. Prof. Noll of Microbiology at the University of Connecticut 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.
Location: Virtual Program
Date: Sat., Oct. 24
Time: 10-11:30 a.m.
Fee: \$6 for residents, \$16 for non-residents
Activity #: 210031-A



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Orientation required for CDP/GED/NEDP classes



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VRABE Regional Adult Based Education

860-870-6060 OR visit our website at www.vrabe.com

Virtual Language Classes

Adult Programs

V Learn French with Short Stories for Beginners (Ages 17+)

Learn French through Storytelling online! This course is designed for the Beginner's level. Students explore short stories in the present tense. Thorough (both written and oral) beginning student's understanding of the story and the dialogue. There is an emphasis on vocabulary and speaking in the target (French) language. Students will be required to purchase a book of one page Stories in French with comprehension and conversational questions. More information at registration.

Instructor: *Dr. Valerie Ursin* is an experienced educator who has been teaching French for 13 years. She received her PhD from University of Connecticut and is a Connecticut professional Educator. She earned the professional certification endorsement for French (#108) and has taught all levels from beginner to Honors French 5.

Location: Virtual Program
Dates: Wed., Sept. 9-Nov. 18 (10 classes)*no class 11/11
Time: 6-7 p.m.
Fee: \$80 for residents, \$100 for non-residents
Materials Fee: \$8 for 21 mini-contes French by Tom Alsop and Page Curry
Activity #: 210020-A

V French for Beginner (Ages 17+)

An introduction to French language and culture for the adult learner! Come learn the fundamentals of French pronunciation, grammar and culture, presented in a balanced method, using listening, speaking, reading and writing skills. The importance of communication and cultural awareness is stressed via various activities (group work, video, audio recordings, etc). This class is designed for students with limited to no knowledge of the French language/culture.

TEXTBOOK PURCHASE REQUIRED: Viola: A course in French for Adult Beginners by Jacqueline Gonthier and Crispin Geoghegan

Instructor: *Dr. Valerie Ursin*, see bio under "Learn French with Short Stories"
Location: Virtual Program
Date: Tues., Sept. 8-Nov. 10 (10 weeks)
Time: 1-2 p.m.
Fees: \$80 for residents, \$100 for non-residents
Activity #: 210016-A



V Italian (Ages 18+)

Always wanted to learn a new language? Participants in this class will be introduced to the Italian language and to the culture of Italy through a relaxed online class.

Students of Intermediate levels (Level 2, 4, and 7): Required to purchase books "Qui Italia 1" and Qui Italia 2"

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

Location: Virtual Program

BEGINNER LEVEL 1

Dates: Wed, Oct. 7-Dec 16 (10 classes)*no class 11/18
Time: 12:15-1:45 p.m.
Fee: \$95 for residents, \$105 for non-residents
Activity #: 210011-A
 No book required for Level 1

BEGINNER LEVEL 2

Dates: Fri., Oct. 9-Dec. 18 (9 classes)*no class 11/20
Time: 12:15-1:45 p.m.
Fee: \$86 for residents; \$96 for non-residents
Activity #: 210014-A

BEGINNER LEVEL 4

Dates: Fri, Oct. 9-Dec 18 (10 classes)*no class 11/20
Time: 12:15-1:45 p.m.
Fee: \$95 for residents, \$105 for non-residents
Activity #: 210012-A

BEGINNER LEVEL 7

Dates: Wed., Oct. 7-Dec. 16 (10 classes)*no class 11/18
Time: 12:15-1:45 p.m.
Fee: \$95 for residents, \$105 for non-residents
Activity #: 210013-A



Venice, Italy

Community School of the Arts



V Individual Instrumental and Voice Lessons (Virtual & Select In-person)

Please visit the Lenard hall Reception desk or www.mansfieldct.gov/csa for a list of virtual and select in-person lessons, instructors, and request and payment authorization forms. 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 Lenard Hall. Not all instruments are available all days. Payment authorization is required. Please note, there will be a nonce per season \$10 nonresident charge for those participating in lessons that do not live in Storrs/Mansfield. Fall season lessons will be September 14 to December 12. *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

Suzuki Program (Ages 4 and up)

The Suzuki philosophy emphasizes how learning music in the early years is crucial for developing mental processes a muscle coordinator. Keep up your musicianship skills by registering for private lessons each week. Please complete an individual music lesson request form to register now. Parent attendance required for students ages 4-5. Due to the current pandemic, all group playing sessions are discontinued until further notice.

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 great alternatives if a computer is not available.) Electronic production is the primary topic but lessons can be customized to include other related skills such as recording live instruments and vocals. Small group lessons can also be arranged.

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

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
Date: Thurs., Sept. 17-Nov 5 (8 classes)

Time: 6-7:30 p.m.

Fee: \$129 for residents, \$139 for non-residents

Activity #: 230560-A



NEW! Take a Drum Ride (Ages 13-19)

You're going to rock the community center with this teen music rollick! Bob Bloom is trucking a cargo of conga, djembe, doumbek, and ashiko drums for you play at this teen-only event. You'll drum with BB as he launches legendary rock & roll and funk songs with high-octane beats. No prior drumming experience necessary.

Ride Leader: For nearly two decades, *Bob Bloom* drummed and sang as a performance member of the late Dr. Babatunde Olatunji's world-renowned, African music and dance troupe, "Drums of Passion" in concerts at venues including Lincoln Center, The Washington Monument, and Jorgensen Center for the Performing Arts.

Location: CC Teen Center

Date: Tues., Sept. 29

Time: 7-8 p.m.

Fee: \$10 for residents, \$20 for non-residents

Activity #: 230400-A



FIND US ON FACEBOOK!

www.facebook.com/MPRDCCommunitySchooloftheArts

Community School of the Arts



V **NEW! Mindful Minute with Art** (All Ages)

TAKE A MINUTE FOR YOURSELF! Or twelve minutes to be exact. This weekly video series encourages participants of all ages to start a practice of mindfulness by encouraging time to breathe, stretch, and reflect all while looking at and learning about art. Participants will interpret the geometry, angles, and balance of famous artworks while turning their bodies into living sculptures for one minute poses. All ages welcome. This is a self-pace class where videos can be watched at any time at your own convenience. More information at registration.

Instructor (Content Creator): *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 artist/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: Virtual Program
Dates: Sun., Oct. 5-Nov. 30 (9 weeks-videos available every Sunday evening)
Fee: \$45 for residents, \$55 for non-residents
Activity #: 230002-A

NEW! Mixed Media Sundays



Explore a variety of media in this fun journaling class! Express yourself through watercolors, pastels, crayons and more in a mixed media approach. See how different materials interact, try something new and

discover your favorites. Open to beginners!

Instructor: *N. Yilmaz* is an artist from Coventry, CT who enjoys working in a wide variety of mediums and teaching others about the visual arts.
Location: CC Arts and Crafts Room
Dates: Sun., Oct. 4-Oct. 25 (4 classes)
Time: 11:30 a.m.-1:30 p.m.
Fee: \$68 for residents, \$78 for non-residents
Materials Fee: \$15 due at registration. Fee waivers do not apply to materials.
Activity #: 230070-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!

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Thank you to this year's

Juried Art Show

ARTISTS!

1ST PLACE

Christine Acebo
Tire

2ND PLACE

Barbara Timberman
Still-life with Freesias

3RD PLACE

Scott Rhoades
Outstanding in the Field

HONORABLE MENTION

Linda Tracy
Keeping Watch by Night

Paul Tanner

Jane Collins

Jane Horeman-Potter

Lori Smolin

Melissa Tindall

Catherine Shires

Richard White

Jane Horeman-Potter

Blanche Serban

Kathleen Lepack

Kathy Lindner

David Silsbee

Louise Nowak

Watercolors for Beginners



Learn the basic techniques of watercolor painting and how to apply them to your own masterpiece in a beginner friendly class. Learn about mixing colors, and tips and tricks to make your paintings spectacular!

Instructor: *N. Yilmaz* is an artist from Coventry, CT who enjoys working in a wide variety of mediums and teaching others about the visual arts.

Location: CC Arts and Crafts Room
Dates: Sat., Sept. 12-Oct. 10 (5 classes)
Time: 11 a.m.-1 p.m.
Fee: \$63 for residents, \$73 for non-residents
Materials Fee: \$20 due at registration. Fee waivers do not apply to materials.
Activity #: 230071-A

Painting Fall Flowers (Teen to Adult)



Make a beautiful fall flower painting while exploring water color techniques and how to apply them to your creations. Beginners welcome!

Instructor: *N. Yilmaz* is an artist from Coventry, CT who enjoys working in a wide variety of mediums and teaching others about the visual arts.

Location: CC Arts and Crafts Room

Dates: Sun., Sept. 27
Time: 11 a.m.-12:30 p.m.
Fee: \$5 for residents, \$15 for non-residents
Materials Fee: \$10 due at registration. Fee waivers do not apply to materials.
Activity #: 210001-A

Plein Air Painting in the Parks

Looking for additional opportunities to paint with your peers, and get outdoors? It's season 2 of Plein Air Painting in the Parks! How has the views changed? View the location schedule below; meeting time is 10 a.m. on Thursdays this fall. Bring your own supplies, easels, chairs/stools, and paint (or draw, or sketch, whatever your fancy!). No instruction or supervision provided. Inclement weather cancels. All skill levels welcome.

Sept. 10 – Merrow Meadow Park

Sept. 24 – Bicentennial Pond

Oct. 8 – Mt. Hope Park

Oct. 22 – Eagleville Dam





The Nutcracker



A COMMUNITY PRODUCTIONS WITH



& MISS KELLY PRODUCTIONS

Be a part of a wonderful Mansfield Community tradition, The Nutcracker 2020! The Mansfield Community Nutcracker provides an exciting and positive experience, which involves youth ages 2-17 participating in enjoyable rehearsals, leading up to a magical winter performance! Our Nutcracker is inclusive to all and welcomes dancers, gymnasts, and theatre-lovers to join us in creating an unforgettable holiday season production!

Lead Instructor: Kelly Zimmermann of Miss Kelly Productions

Auditions/Casting: Saturday, September 19—By video submission only (*Contact us for video access help, if needed) Students will need to submit a video to misskellyproductions@gmail.com, showing off their skills and smiles, along with completing a survey form that will be emailed out to each registrant.

In-person AND virtual rehearsal and performance options available this year!

Pre-registration is required before auditioning. Act. #231000-A

Our Health & Safety Measures: As Mansfield Parks & Recreation continues to adapt to the current pandemic crisis, all in-person practices will follow most recent Centers for Disease Control (CDC) and official State of Connecticut health and safety guidelines. All participants will receive a minimum of 10 hours of rehearsal time, regardless of chosen participation.

The Show: Mid-December (TBA October 1st)

Additional details regarding The Nutcracker show will be available by October 1st. Regardless of whether the show is virtual or in-person, all students will be highlighted and guaranteed at least one appearance in one show. Ticket/viewing fees will apply.

*Please note that multiple casts and/or shows may need to take place and in-person registrants may not perform live.

Participation Fee: \$200 for residents, \$210 for non-residents

Fee includes a minimum of 10 hours of in-person or online instruction; appearance in at least one in-person, virtual, or hybrid performance; a costume to keep; and access for one participant and one adult to attend an in-person or virtual viewing of the show at no additional cost (additional ticket fee prices TBA October 1st)

All participants will be provided with a web-link to a video recording of the entire production.

Optional fees: Make your Nutcracker experience even more special by purchasing Nutcracker 2020 cast t-shirts, photos in costume, and parent ads of support for the Nutcracker program (may appear virtually in credits!)



More information on The Nutcracker performance coming October 1st, 2020!

Aquatics



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 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 check **Signup Genius** for available swim times and available spots. For more information on how to get to our reservation system, visit our website at www.mansfieldcc.com.

You Can Choose to Swim Healthy!

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

Here are three "PLEAs" that promote Healthy Swimming:

Three "PLEAs" for All Swimmers

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

PLEAs 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.

PLEAs wear a mask anytime you are out of the water in all parts of the Facility.

PLEAs do not approach guards past the safe zone for their protection as well as yours.

PLEAs do not 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.

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

GENERAL INFORMATION

We are currently operating our facility on a reservation system. Please check Sign-Up Genius for available swim times.

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 the online registration 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.

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.

Therapeutic Use

This time is designated for individuals with therapeutic needs only. Limited water exercise equipment is available for individual use upon request. Specialized water fitness equipment is allowed with staff approval.

Family Use

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

Lap Swim Etiquette

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

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





The Aquatics staff welcomes you to our fall swim program. Thank you for joining us to introduce and develop necessary skills to help make your child(ren) safe around water.



Swim lessons at our pool have returned! But they will look a bit different. As our world is changing, we have some new swim lesson modifications to adhere to our state and local policies and guidelines, which you can read below before

registering. This information is also available on our website. Thank you for helping us keep everyone safe in and around our pools.

We will be offering the following programs this fall: Adult Private Lessons, Stroke Clinics, Family Group Lessons and Traditional Group Lessons.

General rules for all participants:

- Adherence to the 6-foot social distancing guideline in and around the pool deck is required at all times.
- All swimmers must wear a mask until entering the water, and must put it back on upon exiting the water.
- Please do not bring additional spectators to the lesson if possible. Spectators that do come must wear a mask at all times on the pool deck and within the building, unless they are in the water.
- We ask that only one parent/guardian accompany each child to swim lessons. All swimmers should arrive in their swim suit for their swim lesson.
- Please have yourself and child rinse before coming onto the pool deck; full showers are not permitted, please rinse and change only.
- If your child wears goggles, please bring them from home. Loaners will not be available.



STROKE CLINICS: Stroke development classes are available this fall. Improve your stroke in a small-group environment. Limited number of spaces available due to social distance restrictions. Max 6 kids per group.

Fall Stroke Clinic

Keep up those swimming skills! Stroke clinics are available this fall in place of a full fledge swim team. Our Marlins coaches will be run the stroke clinics this fall, focusing on each of the four competitive swimming strokes. Whether you would like some extra practice on one of your strokes, or are jumping in for all four sessions, these clinics are designed to keep your competitive swimming skills fresh during our intermission. Our goal is to break down each of the strokes piece by piece focusing on form, stroke technique, body positioning, breathing and more. Drills will accompany starts and turns for each stroke. This instructional team will help young swimmers develop their swimming skills, stroke techniques, and teach new fundamentals such as flip turns and racing starts in the sport of competitive swimming. **It is recommended that swimmers have passed Level 4 swim lessons. Each stroke clinic will meet twice a week for two weeks, resulting in 4 classes. Class is 40 min long.**

Head Coach: TBA
Location: MCC Pool
Note: **Classes Tu/Th:** 4 classes/40 min class length
Time: **Group A:** 5 p.m. - 5:40 p.m.; **Group B:** 6 p.m. - 6:40p.m.
Fee: \$38 for members; \$50 for non-members

Dates & Activity #:

Tuesdays & Thursdays	5:00 p.m. - 5:40 p.m	6:00 p.m. - 6:40 p.m.
Freestyle: Tue 9/15 - Thur 9/24	261031- A1	261031- A2
Backstroke: Tue 9/29 - Thur 10/8	261031-B1	261031-B2
Breaststroke: Tue 10/13 - Thur 22	261031-C1	261031-C2
Butterfly: Tue 10/27 - Thur 11/5	261031-D1	261031-D2

Late Fall Stroke Clinic Mini-Session

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

Coach: TBA
Location: MCC Pool
Note: **Classes Tu/Th:** 40 min class length
Time: **Group A:** 5 p.m. - 5:40 p.m.; **Group B:** 6 p.m. - 6:40p.m.
Fee: \$25 for members; \$30 for non-members

Dates & Activity #:

Stroke	5:00 p.m. - 5:40 p.m	6:00 p.m. - 6:40 p.m.
Freestyle: Tues., 12/1	261032- A1	261032- A2
Breaststroke: Thurs., 12/3	261032-B1	261032-B2
Backstroke: Tues., 12/8	261032-C1	261032-C2
Butterfly: Thurs., 12/10	261032-D1	261032-D2

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.



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:	\$38
Member Semi-Private Swim:	\$55
Non Member Private Swim:	\$44
Non Member Semi Private Swim:	\$66

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



Adult Lessons: Adult group lessons are not being offered for the fall session. Private lesson options for adults are available. Please submit a lesson inquiry through email to gottjr@mansfieldct.org or call us at 860-429-3015 for more details.

Private Lessons: Private lessons are available again, though times and instructors are limited. Children must be able to swim independently; the instructor will not be in water. Please submit a lesson inquiry through email to gottjr@mansfieldct.org or call us at 860-429-3015 for more details.

NEW! Family Group Lessons: The whole family can come join in on the same lesson! Price is per child; parents are free. You can enroll as many children in the lesson as you wish, *as long as all children reside in the same household*. Children who cannot swim and need assistance must have a parent or guardian in the water. If you have multiple children needing assistance, multiple parents/guardians should plan to participate. Each session includes four classes twice a week for two weeks. Classes are 40 min long and held in our Therapy Pool

Instructor: TBA
Location: MCC Pool
Note: Classes Tu/Th: 4 classes/40 min class length
Fees: **1st Child:** \$38 for members; \$50 for non-members
Each Additional Child: \$5

Tuesdays & Thursdays	5:10 p.m. - 5:50 p.m	6:10 p.m.- 6:50 p.m.
Family Group Swim : 9/18-9/24	261012-A1	261012-A2
Family Group Swim : 9/29-10/8	261012-B1	261012-B2
Family Group Swim : 10/13-10/22	261012-C1	261012-C2
Family Group Swim : 10/27-11/5	261012-D1	261012-D2



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.

POOL TEMPERATURE

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



POOL PARTIES



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

For more information, see page 25.

Group Lessons: Parent & Child, Preschools 1 & 2, Learn to Swim Levels 1-3:

- In order to adhere to the social distancing guidelines, the swim instructor will be teaching from the pool deck and will demonstrate in the water at a safe distance if needed for visual.
- One parent or guardian will be required to be in the water for all swim lessons for Parent & Child, Preschool Levels 1, 2 and Youth Levels 1, 2, 3.
- Lessons are not structured or intended to teach the parent/guardian how to swim. The parent/guardian is there for support and to assist the child through the skills. If parents/guardians do not feel comfortable taking the swim lesson with their child, the child will be unable to take swim lessons at this time. We ask that parents/guardians remain consistent throughout a session if possible.
- If you would like, you may bring your own goggles.
- Please do not bring additional people to the lessons. Just the parent/guardian and child getting into the water. We have very limited deck space and are trying to enforce social distancing whenever possible.

Instructor: To Be Announced at First Class
Location: CC Pool
NOTE: S/M/W – 8 Classes/30 minutes per class
Full Session Dates: September 14th – Nov 9th
Mini-Session Dates: November 16th - December 9th
Per Session Fee: \$77 for members; \$100 for non-members



Late Fall Mini- Session Lessons

Instructor: To Be Announced at First Class
Location: MCC Pool
NOTE: Mondays AND Wednesdays – 8 Classes/30 minutes per class
Mini-Session Dates: November 16th - December 9th
Per Session Fee: \$77 for members; \$100 for non-members

Full Session Lessons

Monday Evening Lessons: (No Class Oct 12th. Last Class Nov. 9th)

	4:30-5:00 p.m.	5:20-5:50 p.m.	6:10-6:40 p.m.
Parent/Infant	261007-A1		
Preschool Level 1		261008-A1	
Preschool Level 2			261009-A1
	4:40-5:10 p.m.	5:30-6:00 p.m.	6:20-6:50 p.m.
Level 1			261001-A1
Level 2	261002-A1		
Level 3		261003-A1	

Wednesday Evening Lessons

	4:30-5:00 p.m.	5:20-5:50 p.m.	6:10-6:40 p.m.
Parent/Infant		261007-B1	
Preschool Level 1	261008-B1		
Preschool Level 2			261009-B1
	4:40-5:10 p.m.	5:30-6:00 p.m.	6:20-6:50 p.m.
Level 1	261001-B1		
Level 2		261002-B1	
Level 3			261003-B1

Saturday Morning Lessons

	8:30-9:00 a.m.	9:20-9:50 a.m.	10:10-10:40 a.m.
Parent/Infant		261007-C1	
Preschool Level 1	261008-C1		
Preschool Level 2			261009-C1
	8:40-9:10 a.m.	9:30-10:00 a.m.	10:20-10:50 a.m.
Level 1		261001-C1	
Level 2	261002-C1		
Level 3			261003-C1

Late Fall Mini-Session Lessons

Monday & Wednesday Evening Lessons

	4:30-5:00 p.m.	5:20-5:50 p.m.	6:10-6:40 p.m.
Parent/Infant		261007-E1	
Preschool Level 1	261008-E1		
Preschool Level 2			261009-E1
	4:40-5:10 p.m.	5:30-6:00 p.m.	6:20-6:50 p.m.
Level 1		261001-E1	
Level 2	261002-E1		
Level 3			261003-E1



Parent and Child Aquatics

(Ages 6 month - 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.



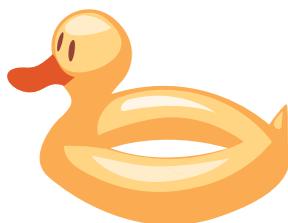
Preschool Aquatics (Ages 3 and 4):

Now with Parent/Guardian in Water

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. Each child must be accompanied in the water with one adult.

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. Each child must be accompanied in the water with one adult.



Swim Levels

Level 1: Introduction to Water Skills: Now with Parent/Guardian in Water

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: Now with Parent/Guardian in Water

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: Now with Parent/Guardian in Water

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.

Levels 4 - 6 will be encouraged to join our stroke clinic options or private lessons. This will help to keep them swimming and moving towards preparation for the Marlins Swim Team or personal improvement. See page 45.

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Aquatics



PADI SCUBA Certification Course



Professional Association of Diving Instructors Experience scuba diving and get PADI open water certification in this four session course. PADI is the most popular certification and can be used to dive anywhere internationally. The orientation night will be held on Sept. 25th at the Mansfield Community Center from 4:30-7 p.m. The following sessions consist of a classroom portion followed by skills in the pool.

The cost of the course includes: mask, fin, snorkel, boots, hood, gloves, PADI Dive Book, dive tables (all yours to keep after the course ends) and all certification fees as well as rental gear for all pool sessions and open water dives. 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 & Arts & Crafts Room
Days: Sun., Sept. 13, 4:30-7 pm (orientation), Sept. 27, Oct. 4, and Oct. 11, 2:30- 7:30 pm (classroom and pool)
Fee: \$155 for members, \$195 for non-members
(There will be an additional \$295 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 #: 261026-A



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American Red Cross Adult & Pediatric CPR BL



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. **This course is a blended learning course and does require the completion of online materials and work. You will be required to have completed the online material prior to the in-person class date.** You will be emailed the link of online material 1 week prior to the class date. Any questions please feel free to reach out to us.

- Instructor:** Jeanne Goffinet
Day: Wed., Sept. 30 (260002 – A)
Wed., Nov. 4 (260002 – B)
Time: 6:30 p.m. – 8:30 p.m.
Location: CC Community Room
Fee: \$66 for members, \$77 for non-members

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, LGI
Location: Community Room, MCC Pool, Bicentennial Pond
Dates: Saturday, Nov 7
Time: 9 a.m.-5 p.m.
Fee: \$110 for members, \$137 for non-members
Activity #: 261023-A



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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 a pre-test that is administered during the first hour of the class. The course prerequisites 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 prerequisite 300 yard swim portion of the class, students must be able to demonstrate all skills in the class without the use of goggles to pass the course.

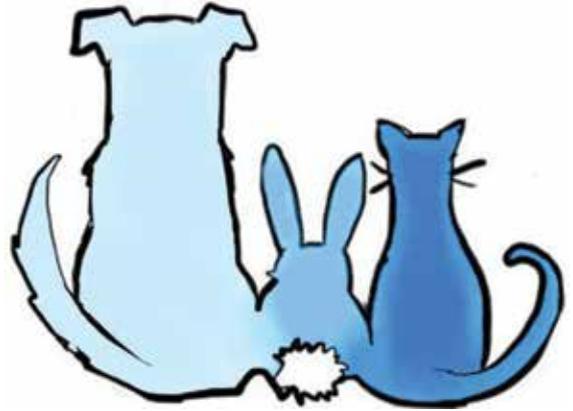
This is a Blended Learning Course which means there are approximately 10 hours of online learning that must be finished before the first in class session. Upon registration (once the minimum to run the course has been met) the candidate will receive a welcome email to the course with instructions on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

Students will receive an American Red Cross Lifeguard, First Aid and CPR for the Professional Rescuer certification upon successful completion of this course. **Please bring a bathing suit and towel to each class. Candidates MUST register by Mon., Oct 7th at 8 am.**

Instructor: Jeanne Goffinet
Location: Arts & Crafts Room and Pool
Dates: Saturdays and Sundays, October 17, 18, 24
Time: 9 a.m. – 6 p.m.
Fee: \$242 for members, \$324 for non-members
Activity #: 261022- A

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How to Register

Potential COVID-19 Impact on Fall Programs

We are committed to maintaining healthy, fun and engaging parks and recreation options for everyone during the unusual and challenging impacts of the COVID-19 pandemic. At the time of the early July content deadline for the fall brochure, we planned a combination of traditional in person and virtual programs, activities and events. As the Reopen Connecticut Task Force releases information regarding potential implications on our fall parks and recreation services, we will adapt to meet recommendations by state and local officials as well as the interests of our patrons. As a result, ongoing assessment, planning and potential adjustment will continue after the printing of the fall brochure in order to offer a continuum of activity options during the fall season. Please frequently visit mansfieldcc.com, our Facebook page and monitor emails for updates regarding fall programs throughout the fall registration and program season.

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

Registration Dates

Registration start dates are grouped into the following categories:

- Sept 1** **Members of the Community Center** may register for Aquatic and Fitness related programs ONLY
- Sept 4** **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
- Sept 8** **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 click on the on-line registration link. Registration begins at 5:30 a.m. on dates listed. 3% convenience fee applies and is non-refundable.

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

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

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

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

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

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

SENIOR CITIZENS: Resident individuals aged 62 and over, will receive a 10% discount off activity fees, excluding trips, rentals, materials fees and memberships.

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

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

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

DON'T BE DISAPPOINTED! REGISTER EARLY!

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

Activity Registration Form

PLEASE CHECK REGISTRATION DATES. PLEASE PRINT CLEARLY!

Online Registration is available.

Go to www.mansfieldcc.com 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 ENTERING	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: _____

TELEPHONE

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FAX

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WEBSITE

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As of July 1, 2020
our office will remain CLOSED to the public
& our staff will continue to serve clients remotely

Wilcox & Reynolds holds the health and safety of our staff and clients as our number one priority. Although the Governor has given the go-ahead to open our doors, we feel that in order to continue to serve our clients while protecting our staff and the communities we serve

WE WILL CONTINUE TO RESTRICT ACCESS TO OUR OFFICE UNTIL FURTHER NOTICE

Rest assured, our staff members will continue working diligently to ensure that our clients continue to receive the same stellar service you've come to know and expect.

Multiple communication options are available as an alternative to the typical face-to-face business we conduct with our clients.

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Call the office at (860) 429-9387 and speak to an agent.

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