



**Instructor:** Devin Pallanck  
**Location:** E.O. Smith Tennis Courts  
 All participants are required to bring their own appropriately sized tennis racquet.  
**Dates:** Sun., July 10-August 7 (5 classes)

## Quick Start Tennis (Ages 4-7)

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

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

## Beginner Tennis (Ages 7-10)

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

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

## Beginner Tennis (Ages 10-13)

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

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

## Intermediate Tennis (Ages 10-13)

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

In this tennis program for more advanced players, there will be a different focus for each lesson (forehand, serve, consistency, angles, etc.) and play will range from drills to games and matches. The aim for the more advanced players is to have them hitting as many balls as possible and

get in a good mix of drills and competitive (but friendly) games. There will be significantly more focus on instructing proper technique, grips, and strategies.

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



## Mansfield Parks and Recreation Programs

### Mansfield Recreation and Travel Basketball:

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

## Co-Sponsored Youth Sports Organizations:

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

### Mansfield Area Panther Lacrosse

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

### Mansfield Little League

MLL provides organized, instructional and competitive baseball and softball programs for boys and girls ages 5-15, and includes Spring, Summer and Fall seasons. MLL also offers Umpire Training Programs for ages 13 and up. Please visit [www.mansfieldll.org](http://www.mansfieldll.org) for registration and additional information.

### WAM United Soccer Club

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

## Other Youth Sport Organizations serving Mansfield Residents

### Northeast Youth Hockey:

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



## 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:** Tues., Thurs., Fri., 4-8 p.m., Saturday 7-2 p.m., Sunday 8-2 p.m.

**Fee:** FREE! – Members only!

## Youth Resistance Training Orientation -

UPDATED in January 2022!



This Personal Trainer led class allows youth ages 10-13 and their parent of guardian (18+) to learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during youth fitness hours, under a parents/guardians supervision. This class is mandatory for use of the fitness center by this age group. This program is available to Community Center Members only. Pre-registration required.

**Instructor:** Mansfield Community Center Personal Trainers

**Location:** CC Dance/Exercise Studio

**Days/Times:** Fri., July 15, 5:30-6:30 p.m. (170090-A)  
☺ Sat., Aug. 6, 9:30-10:30 a.m. (170090-B)

**Fees:** \$10 per youth/parent pair – Members Only. Pre-registration required.



Now accepting new patients.

**Wendy C. Ernst, DVM**

**Kaitlyn M. Way, DVM**

266 Stafford Road  
Mansfield Center, CT 06250



Call (860) 450-0505  
today to schedule an appointment.



## Pickleball at Sunny Acres Park!

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

**Activity #** 210000-A

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and **INSTAGRAM!**

**@MansfieldCommunityCenter**