

EAST HARTFORD PARKS AND RECREATION



FALL 2019



Special Events



Swim Lessons



Youth Cross Country



Special Needs Programs



Mayor Marcia A. Leclerc

East Hartford Parks and Recreation

50 Chapman Place, East Hartford, CT 06108

Phone 860-291-7160

Fax 860-282-8239

www.easthartfordct.gov



We Are Your Family's Community Health Center



**InterCommunity
Health Care**

Health Care for the Whole Person



**Primary Care | Mental Health Care | Addiction Recovery
For Adults, Children & Families**

InterCommunity is here in your neighborhood to make health care easy for every member of your family!
With short wait times and an on-site pharmacy, you and your children can be seen and treated quickly for:

- Annual physicals
- Asthma treatments
- Diabetes
- Sick visits/injuries
- Vaccinations & flu shots
- Individual & group therapy
- Medication management
- Depression & anxiety treatment
- Addiction assessment/treatment

Come find out how we've changed the meaning of care.

InterCommunity treats ALL members of the community, including those who have no insurance or cannot afford to pay for services. No one will be turned away!

You will be treated well at InterCommunity.

Call or stop by today:

860-569-5900 281 Main Street, East Hartford

www.intercommunityct.org Nosotros hablamos español

**WE ACCEPT
MEDICAID**

Parks and Recreation Office Information

Location: 50 Chapman Place, Lower Level

Office Hours:

Mon, Tues & Wed: 8:30 AM- 4:30 PM

Thursdays: 8:30 AM- 7:30 PM and

Fridays: 8:30 AM- 12:30 PM

Phone: 860-291-7160

Fax: 860-282-8239

Website: www.easthartfordct.gov

Facebook: www.facebook.com/ehparks

Parks and Recreation Department Staff

Director: Ted Fravel

Assistant Director: Sean Dwyer

Recreation Supervisor: Sharon O'Neil, AFO

Recreation Supervisor: Jonathan Cooper

Administrative Assistant: Courtney Collins

Administrative Assistant: Nancy Francis

Office Assistant: Dayle DeCarlo

COMMUNITY CONTACTS

East Hartford offers an array of youth and adult sports programs. The following programs are not administered by the Town of East Hartford Parks & Recreation Department. Please contact the following individuals with questions and concerns for these programs.

FOOTBALL

Hornets: Jack Massey 860-778-4697

Huskies: Ian Whittingham, 860-264-5668
ian.s.whittingham@gmail.com

BASEBALL/SOFTBALL

Little League Baseball/Softball:

Jonathan Chomick, 860-593-9282
president@EHLL.org
website: www.EHLL.org

Men's Softball:

Rich Beaulieu, 860-214-6686

Legion:

Nick Hart, 860-805-6579

Twilight League:

Chris Kehoe, 860-573-4368

SOCCER

Youth: Crystal Hernandez 860-719-9715
clubinfo@ehsc.net
ehsoccerclub@comcast.net
www.EHSC.net

Adults: Tom Therrien, 860-568-7435

BASKETBALL

EH Parks & Recreation: 860-291-7160

WRESTLING

Youth Stingers:

Tim Roberts, 860-212-2198

SCOUTS

Boy Scouts: Brian Gorman, 860-913-2735

Registration Information

- All programs are open for registration unless otherwise specified.
- Only registered participants may attend programs. Participants must register in advance.
- We try to accommodate all participants, but some programs fill to capacity. If there is a program that you are interested in, we encourage you to register early.
- In order to ensure the continuance of each program, registrations should be made at least one week before the start of the program unless otherwise indicated. We strongly discourage attempting to register for a program on the day it is scheduled to begin.
- If registering late for a program or activity, the fee will not be pro-rated. Additionally, some programs may have a registration deadline, and we are not able to accept day of or late registrations.
- Sometimes we are forced to cancel programs that do not meet minimum enrollment requirements or for other reasons beyond our control. If a program is cancelled by us, all registered participants will be contacted and refunded.
- Payment must be included with your registration - we cannot accept program registration without payment.

Online Registration

Registration is available online at www.ehparks.org. A credit/debit card is required for payment. First time users of our WebTrac Online Registration Program should visit www.ehparks.org and click 'Create an Account'. If you have previously used our WebTrac Online Registration Program, make sure that you have your username and password as you will need it to be able to register. If you have misplaced your username or password, please contact the Parks and Recreation office.

Payment

Payment is due with registration for all programs. All checks or money orders must be made payable to the "TOWN OF EAST HARTFORD" and can be either mailed to the Parks and Recreation Department office or delivered in person with registration form. We also accept payment by debit card or credit card (Visa, Mastercard, Discover).

Refund Policy

Refunds will not be issued unless a program is canceled by the Parks & Recreation Dept.

Concussion Information

East Hartford Parks and Recreation Department is dedicated to creating a safe environment for all participants in our programs. A fact sheet for parents containing information regarding concussions is available on our website at www.easthartfordct.gov.

ID Policy/Residency

The Parks & Recreation Department issues photo identification cards to children 7-15 years old providing official proof of residency is shown. Acceptable forms of identification are report cards, birth certificates or social security cards. The fee is \$6.00 for a three year identification. Residents ages 16 and over must present a valid State of CT Motor Vehicle Operator's License or CT Non-Driver Photo ID Card which indicates their East Hartford address to participant in programs for residents.

Inclement Weather/Program Cancellations

Program cancellations due to inclement weather will be publicized via our Facebook page, website and/or Channel 3. When possible, we will also email participants if one is provided at the time of registration. Please note that our programs scheduled at school facilities will be cancelled when schools are closed or dismissed early due to inclement weather.

Facility Rentals

East Hartford Community Cultural Center

Located at 50 Chapman Place, the Community Cultural Center offers a 298 seat auditorium as well as meeting rooms of various sizes for functions such as baby showers, birthday parties, team gatherings, general meetings and more.

Veteran's Memorial Clubhouse

Located at 100 Sunset Ridge Drive, Veteran's Memorial Clubhouse is also available for larger meetings and banquets, and is a perfect location for weddings, anniversary parties, or larger gatherings.

Please visit our website at www.easthartfordct.gov for photographs and more information regarding facility rentals.

Recreational Areas and Parks

We offer many locations for residents to recreate and enjoy leisure activities. A full listing of all of our parks and recreational areas and their amenities is available on our website.



SPECIAL EVENTS

FALL FESTIVAL



30th Annual Fall Fest

Saturday, October 12th, 11 AM - 3 PM at the Town Green

Join us for the 30th Annual Fall Fest, held at the Town Green! Sit back and enjoy the live music on the Gazebo stage, a variety of refreshments available from our food vendors, and peruse the craft vendors. Children's attraction wristbands are only \$5.00, and activities include: carnival themed games, inflatable corn maze, bounce houses, rock climbing wall, car racing, petting zoo, pumpkin decorating, putt putt challenge and more!

Crafters, vendors and non-profit organizations are welcome to participate in this event. Crafter and vendor applications are available online at www.easthartfordct.gov.



Youth Cross Country Championships

Saturday, October 19th OR Thursday, October 24th - see page 9 for more info!

Co-sponsored with the East Hartford Board of Education, Physical Education Department. Participants register through school physical education classes. Participants should plan to arrive at least 15 minutes before their scheduled race time. T-shirts and trophies will be awarded to the top finishers in each race. There is no fee to participate, however pre-registration is required. Please see Youth Programs page for more information.



Boo Bash

Sunday, October 27th, 1 - 3:30 PM at the Community Cultural Center

Celebrate Halloween at our spooktacular Boo Bash! The Boo Bash is a festive Halloween party for children in grades 5 and under. We'll have activity rooms, crafts, inflatables, a dance party, refreshments, trick-or-treating and more! You won't want to miss this party! Purchase a ticket in advance and avoid the line the day of the event! Tickets are \$1.00 for residents or \$5.00 for non-residents. Children must be accompanied by a parent or caregiver the entire time.



East Hartford Beautification Commission Holiday Fest Tree Lighting

Friday, December 6th, 6:30 - 8:30 PM on the East Hartford Town Green

Held in conjunction with the East Hartford Parks & Recreation Department, this festive event features a holiday carol sing-along, a visit from Frosty the Snowman, Rudolph the Red-Nosed Reindeer, and a special visit from Santa delivered directly from the North Pole on an East Hartford Fire truck! Candy canes and hot chocolate will be on hand to keep you warm and cozy. This is a free event and open to everyone! To make the night more special, please bring a non-perishable food item to benefit the town's food banks.



34th Annual Santa's Visit

Sunday, December 8th, 1:00 - 3:30 PM at the Community Cultural Center

Bring the whole family to meet Santa and his helpers for an array of holiday activities. This event is held in conjunction with the Beautification Commission's Holiday Fest. Pre-registration required by November 29th to guarantee your child a free gift from Santa! Activities include horse drawn wagon rides, crafts, games, a children's entertainer, and of course, a chance to meet Santa in a beautifully decorated winter wonderland. This event is free with a donation of a non-perishable food item, and open to everyone. **Activity # 10000-35**

Bus Trips

All bus trips depart from and return to the East Hartford Commuter Lot located at Route 5 @ Main Street (Route 15 Exit 30). Just south of the intersection of Silver Lane and Main Street.

Departure and return times are updated at www.easthartfordct.gov/parks-recreation as they are announced.

RI LIGHTHOUSE CRUISE

Sunday, September 15, 2019

The 90 minute lighthouse cruise onboard the Millennium, a luxurious catamaran with three viewing levels, will highlight some of Rhode Island's most beautiful lighthouses. Includes lunch at Quonset Officers Club, leisure time at Historic Wickford Village.

Fee: \$129 per person
Activity #33031-7

HAUNTED HAPPENINGS IN SALEM, MA.

Saturday, October 26, 2019

America's most exciting Halloween festival is held in the bewitching seaport of Salem, MA. Includes leisure time to enjoy the "Haunted Happenings" around Salem - maps, restaurant suggestions and event schedules are provided.

Fee: \$75 per person
Activity #33031-8

MACY'S THANKSGIVING DAY PARADE

Thursday, November 28, 2019

See famous balloons, floats, marching bands, and Santa Claus at this famous and spectacular parade. Coach will drop off at on 5th Avenue between 58th & 59th streets. Home in time for Thanksgiving Dinner!

Fee: \$77 per person
Activity #33031-9

NYC FOOD & MARKETS TOUR

Saturday, December 7, 2019

New York City is home to a smorgasbord of cultures and incredible culinary traditions. What better way to experience NYC than by walking its streets and by "noshing" (sampling) your way through the affordable culinary treats that are readily available? This tour highlights: Zabar's, Eataly & Arthur Avenue.

Fee: \$79 per person
Activity #33031-10

Greater Hartford Dance Academy

~ Celebrating 76 Years of Happy Children ~

STUDIO LOCATION

GLASTONBURY
278 Oakwood Dr.
(Across from W.O.W.)

Call to Register

860-633-Danc(3262)

greaterhartforddanceacademy.com

Video
Observation

Motivating Young People To Be The Best They Can Be



Pre-School Program
(from age 2)

~~~~~  
Tap ~ Jazz ~ Ballet  
Hip Hop ~ Lyrical  
Contemporary  
Acro-Gymnastics  
~~~~~

"Boys Only" Hip Hop
~~~~~

Adult Classes  
~~~~~

All Ages
All Levels

*Building Character,
Confidence and
Self-Esteem*



AQUATICS

Public Swim Hours at the High School Pool

The indoor pool at East Hartford High School is available for recreational swimming during the school year. The High School is located at 869 Forbes Street, East Hartford, and the pool is located at the rear of the school. Please note that swimmers may share the pool with programs going on at the same time. Visit www.easthartfordct.gov for a complete listing of pool rules.

The pool will be closed for school holidays, vacations and school cancellations.

To be put on a notification list for emergency pool closures, please register for Activity # 99999-1 (mornings) or 99999-2 (evenings).

Pool Admission is FREE for residents!

Age 6 & under: Must be accompanied by person 16 or older. Child must be within arms reach at all times.

Ages 7 - 15: Must provide ID to prove residency when by themselves or with an adult. Parks and Recreation ID cards are available at the office located at 50 Chapman Place for \$6.00 and are valid for three years. The other acceptable form of ID is a 2019-2020 East Hartford Public School ID.

Adult Residents: Proof of residency required. Acceptable forms of ID are Driver's License/permit or State Issued ID Card. Those without proof of residency will be charged the non-resident rate.

Non-Residents: \$5.00 per person, including children. Non-Residents may purchase an annual pool pass for \$120, which can be prorated on a monthly basis.

Public Swim Hours

Early Morning Lap Swim
Mondays, Wednesday & Fridays,
6:15 - 7:15 AM.

Evening Open Swim
Monday - Friday, 6:30 - 8:30 PM.

Evening Adult Lap Swim
Monday - Friday, 8:30 - 9:15 PM.



Swim Lesson Level Descriptions

We are proud to be an authorized provider of the American Red Cross Learn-To-Swim Program.

Waterbabies: 6 months to 3 years (with Parent) Parents & children participate in several guided practice sessions that help children learn elementary skills, including bubble blowing, front & back kicking & floating and experience underwater exploration and more.

Preschool: Ages 4 & 5 Children participate in several guided practice sessions that help them learn elementary skills, including bubble blowing, front and back kicking and floating and experience underwater exploration and more.

Level 1: Introduction to Water Skills (Ages 6 & up) Learn basic personal water safety information and skills, to help participants feel comfortable in the water. At this level basic aquatic skills are taught (front/back floats, kicking actions, gliding, bobs and more).

Level 2: Fundamental Aquatic Skills Teaching of fundamental skills that will be used throughout the Learn to Swim program. Swimmers will learn to float without support, and will begin to move through the water independently.

Level 3: Stroke Development Build on previously learned skills taught by providing additional guided practice. Begin to swim the front crawl and elementary backstroke on their own.

Level 4: Stroke Development Develop swimmers confidence in the strokes learned thus far and improve other aquatic skills. Swimmers continue to learn new strokes: side-stroke, back-crawl, and will start to develop the breast-stroke and butterfly and the basics of turning at the wall are explored.

Level 5: Stroke Refinement Coordination & refinement of strokes. Refine performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke), flip turns, increase endurance & distances.

Level 6: Swimming & Skill Proficiency Refine strokes so participants can swim with greater ease, efficiency, power and smoothness and over greater distances. Personal Water Safety and Fitness Swimming are additional focuses of the class.

Adult Swim Lessons: Ages 15 and up For adults of all ability levels. Instructor will tailor classes to suit the individual needs of each participant.

SWIM LESSONS

GROUP SWIM LESSONS at the Middle School Pool

The Middle School Pool is located at 777 Burnside Ave, but to access the pool, please use the school entrance on Scotland Road.

Swim Lessons are taught by American Red Cross Certified Lifeguards and emphasize water safety, drowning prevention & and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Classes are held once a week on Mondays, Thursdays or Saturdays for 8 weeks.



Fee: \$40 residents / \$50 non-residents

GROUP SWIM LESSONS

MONDAYS Sept. 23 - Nov. 25 (no class 10/14, 11/11)	<u>Level</u>	<u>Time</u>	<u>Activity #</u>
	Level 1	6:40 - 7:20 PM	93401-1
	Level 2	6:40 - 7:20 PM	93402-1
	Level 3	7:25 - 8:05 PM	93403-1
	Adult Lessons	7:25 - 8:05 PM	93410-1

THURSDAYS Sept. 26 - Nov. 14	<u>Level</u>	<u>Time</u>	<u>Activity #</u>
	Waterbabies	6:40 - 7:10 PM	93409-1
	Preschool	6:40 - 7:10 PM	93400-1
	Level 4	7:15 - 7:55 PM	93404-1
	Level 5	7:15 - 7:55 PM	93405-1
	Level 6	7:15 - 7:55 PM	93406-1

SATURDAYS Sept. 28 - Nov. 16	<u>Level</u>	<u>Time</u>	<u>Activity #</u>
	Waterbabies	10:35 - 11:05 AM	93409-2
	Preschool	10:00 - 10:30 AM	93400-2
	Level 1	10:35 - 11:15 AM	93401-2
	Level 2	11:20 AM - 12:00 PM	93402-2
	Level 3	11:20 AM - 12:00 PM	93403-2
	Level 4	12:05 - 12:45 PM	93404-2
	Level 5	12:05 - 12:45 PM	93405-2
	Level 6	12:05 - 12:45 PM	93406-2

SEMI-PRIVATE SWIM LESSONS

Ages 4 & up. Max 2 participants. Four 30 minute classes per session.
 Instructor: Debbie Lewis
 Location: High School Indoor Pool
 Fee: \$59 residents, \$69 non-residents

<u>Mondays & Wednesdays</u>	<u>7-7:30PM</u>	<u>7:30-8PM</u>	<u>8-8:30PM</u>
Sept 9, 11, 16, 18	Activity # 93413-1	93413-2	93413-3
Sept 30, Oct 2, 7, 9	Activity # 93413-4	93413-5	93413-6
Oct 21, 23, 28, 30	Activity # 93413-7	93413-8	93413-9
Nov 13, 18, 20, 25	Activity # 93413-10	93413-11	93413-12
Dec 2, 4, 9, 11	Activity # 93413-13	93413-14	93413-15

<u>Tuesdays & Thursdays</u>	<u>7-7:30PM</u>	<u>7:30-8PM</u>
Sept 10, 17, 19, 24	Activity # 93413-16	93413-17
Oct 17, 22, 24, 29	Activity # 93413-18	93413-19
Nov 12, 14, 19, 21	Activity # 93413-20	93413-21

PRIVATE SWIM LESSONS

One-on-one private lessons are available!
 Please email our private swim lesson instructor, Debbie Lewis, at dlewis@easthartfordct.gov to schedule a mutually convenient time.
 Fee: \$99 - includes four 30 minute classes of private instruction.



SPECIAL NEEDS PROGRAMS

TEEN AND ADULT SOCIAL CLUB

For Special Needs Participants Ages 13 & up

From bowling and the movies to dinners and dances, our Teen and Adult Social Club offers something for everyone!

Our experienced staff will provide a night of supervision and activities in addition to facilitating group interaction and fostering positive behaviors. Staff are trained in the field of special education and are able to provide the necessary skills to facilitate the program. Pre-registration is preferred.



Friday, September 13, 6:00 - 8:00 PM - Mini-Golf & Ice Cream

Drop off at 6:00 PM, pickup at 8:00 PM at Fairway Mini-Golf, 75 Spielman Rd, South Windsor, CT.

Fee: \$10 pre-registration, \$15 drop-in.

Activity #11000-1

Friday, Sept. 27, 6:00 - 8:00 PM - Movie Night at Parkade Cinemas

Drop off at 6:00 PM, pick up at 8:00 PM at Parkade Cinemas, 416 Middle Turnpike West, Manchester.

Fee: \$10 pre-registration, \$15 drop-in.

Activity # 11000-2

Saturday, Oct. 5, 1:00 - 3:30 PM - Fair Weather Growers Fall Festival

Drop off 1:00 PM, pickup at 3:30 PM at 1146 Cromwell Ave, Rocky Hill. Includes pumpkin picking.

Fee: \$20 pre-registration, \$25 drop-in.

Activity #11000-3

Friday, Oct. 18, 6:00 - 9:00 PM - Happy Haunting Dance Glastonbury

Drop off 6:00 PM, pickup at 9:00 PM. Costumes optional. Pizza and cake provided. Held at Academy Building, 2143 Main St, Glastonbury.

Fee: \$10 pre-registration, \$15 drop-in.

Activity#11000-4

Friday, Nov.1, 6:00 - 8:00 PM - Game Night & Snacks

Drop off at 6:00 PM, pickup at 8:00 PM at North End Senior Center at 30 Remington Road.

Fee: \$5 pre-registration, \$10 drop-in.

Activity #11000-5

Friday, Nov. 22, 6:00 - 8:00 PM - Flight Fit n Fun

Drop off at 6:00 PM, pickup at 8:00PM at 145 Spencer St., Manchester.

Fee: \$20 pre-registration, \$25 drop-in.

Activity #11000-6

Friday, Dec. 6, 6:00 - 8:00 PM - Holiday Tree Lighting & Hot Cocoa

Drop off at 6:00 PM, pickup at 8:00 PM at the Community Cultural Center, 50 Chapman Place. Dress warmly, this is an outdoor event.

Fee: \$5 pre-registration, \$10 drop-in.

Activity #11000-7.

Friday, Dec. 13, 6:00 - 9:30 PM - Buckland Mall Holiday Shopping!

Drop off at 6:00 PM, pickup at 9:30 PM at the Buckland Mall outside the Barnes & Noble Entrance. Bring own money for dinner.

Fee: \$5 pre-registration, \$10 drop-in.

Activity #11000-8.

E. H. SPECIAL OLYMPICS HARTFORD

ATHLETICS

For participants ages 8 and up

The East Hartford Parks and Recreation Department takes great pride in partnering with Special Olympics CT to provide opportunities for special needs athletes to engage in athletic programs. Athletes are able to participate in weekly practices and showcase their skills and abilities in state competitions, all while developing friendships and memories. Our highly experienced staff are devoted to working with the athletes in each program to provide a positive environment and encouraging our athletes to strive to do their best.

Note: All athletes must provide updated Special Olympics CT Athlete Medical and Release forms PRIOR to registration. For competition purposes, all athletes must register PRIOR to the start of the first practice.

Seasonal Sports offered include:

Fall: Bowling

Winter: Basketball, Swimming & Bowling

Spring: Track & Field, Swimming

SPECIAL OLYMPICS BOWLING

Calling all Bowlers! Join us for yet another great season of Bowling through Special Olympics Connecticut. In order to register, all athletes must have an updated Special Olympics CT Medical Form and Release Form on file with the Parks and Recreation Department prior to participating. Forms can be found online at: www.soct.org/forms/. Registration and payment is due prior to the start of the first practice.

Dates: Saturdays, Sept. 14 - Nov. 16

Time: 10:00 AM - 12:00 PM

Location: HOF Silver Lanes, East Hartford

Fee: \$90 Residents, \$99 non-residents

Activity # 91002-1



YOUTH PROGRAMS

YOUTH TENNIS PROGRAM

For boys and girls in grades K - 8

QuickStart Tennis is an exciting new instructional and play format for learning tennis. It's designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified games tailored to age/size of the player. This is a proven method to accelerate your child's development and enjoyment of the game. Participants may bring their own rackets, but rackets will also be available on site.

Instructor: John Bacon

Dates: Mondays, Sept. 9 - Oct. 21 (no class 10/14, 6 classes)

Grades/Times:

- Grades K – 2nd - 5:00 – 5:45 pm Activity #92402-1
- Grades 3rd – 5th - 6:00 – 6:45 pm Activity #92402-2
- Grades 6th – 8th - 7:00 – 7:45 pm Activity #92402-3

Location: East Hartford High School Tennis Courts
(in case of inclement weather, classes will be held in the EHHS gymnasium)

Fee: \$18

FALL TEEN INDOOR SOCCER

For boys and girls in grades 6, 7 & 8

For East Hartford Middle School students in grades 6, 7 & 8, including St. Chris & 2 Rivers Magnet School 6th 7th & 8th graders. Students must pre-register for each sport event at the Parks & Rec office. Students are required to pre-arrange their own transportation from the school after the events conclude. Free to all.

Dates: TBD - Flyers will be distributed through the schools with more information

Time: 3:00 – 4:30 PM

Location: East Hartford Middle School



YOUTH CROSS COUNTRY CHAMPIONSHIPS

For boys and girls in grades 1- 8

Co-sponsored with the East Hartford Board of Education, Physical Education Department. Participants register through school physical education classes. T-shirts and trophies will be awarded to the top finisher in each race. There is no fee to participate, however pre-registration is required. **Participants should plan to arrive at least 15 minutes before their scheduled race time.**

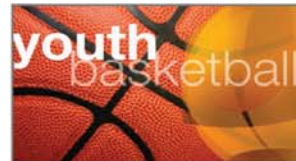
Saturday, October 19th at McAuliffe Park

(Check-in will be held inside Anna Norris School Gymnasium)

Grade	Race Time	Event	Activity #
1 st Grade Boys	9:00 AM	640 Meters	10209-7
1 st Grade Girls	9:15 AM	640 Meters	10209-G
2 nd Grade Boys	9:30 AM	640 Meters	10209-8
2 nd Grade Girls	9:45 AM	640 Meters	10209-H
3 rd Grade Boys	10:00 AM	640 Meters	10209-1
3 rd Grade Girls	10:15 AM	640 Meters	10209-A
4 th Grade Boys	10:30 AM	640 Meters	10209-2
4 th Grade Girls	10:45 AM	640 Meters	10209-B
5 th Grade Boys	11:00 AM	1130 Meters	10209-3
5 th Grade Girls	11:15 AM	1130 Meters	10209-C
6 th Grade Boys	11:30 AM	1510 Meters	10209-4
6 th Grade Girls	11:45 AM	1510 Meters	10209-D

Thursday, October 24th at the Middle School

Grade	Race Time	Event	Activity #
7 th & 8 th Grade Boys	3:00 PM	3200 Meters	10209-5
7 th & 8 th Grade Girls	3:00 PM	3200 Meters	10209-E
6 th Grade Boys who attend EHMS, St. Chris, 2 Rivers	3:00 PM	3200 Meters	10209-6
6 th Grade Girls who attend EHMS, St. Chris, 2 Rivers	3:00 PM	3200 Meters	10209-F



Information regarding our youth basketball program will be distributed through the schools in Mid-October.



INTRODUCTION TO DANCE with Moxie Dance Center

For boys and girls in Pre-K through grade 8.

Moxie Dance Center is excited to offer this extension program at the East Hartford Community Cultural Center dance studio. Our goal is to introduce different forms of dance to East Hartford youth.

Dates: Fall Session 1: Wednesdays, September 25 - October 16 (4 classes)

Fall Session 2: Wednesdays, October 23 - November 13 (4 classes)

Location: East Hartford Community Cultural Center Dance Studio, 50 Chapman Place, Lower Level

Fee: \$48 per session



Activity #	Time	Class	Ages / Grades	Description
Session 1: 92500-1 Session 2: 92500-2	4:00- 4:45 PM	Creative Movement	Ages 3-5	Creative Movement is a fun exploration of beginning movements using music, props and your body. We will find fun new ways of moving as we explore the elements of dance!
Session 1: 92501-1 Session 2: 92501-2	5:00 - 5:50 PM	Ballet	Grades K-2	Ballet class will focus on the beginnings of ballet technique and proper alignment of the body. Students will work on basic barre, center and across the floor movements.
Session 1: 92502-1 Session 2: 92502-2	6:00 - 6:50 PM	Ballet	Grades 3 - 5	Ballet class will focus on the beginnings of ballet technique and proper alignment of the body. Students will work on basic barre, center and across the floor movements.
Session 1: 92503-1 Session 2: 92503-2	7:00 - 8:00 PM	Ballet/ Modern Dance	Grades 6 - 8	Ballet class will focus on the beginnings of ballet technique and proper alignment of the body and muscle awareness. Students will work on basic barre, center and across the floor movements. Modern class will focus on basic to advanced technique creating body alignment as well as improvisational movement. Students will be exposed to a wide range of movement techniques, such as floor work, center work and movement games.

ADULT FITNESS, WELLNESS & SPORTS

ZUMBA

Zumba® Fitness is a feel-good workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning.

Instructor: Eliza's Energy Source staff
Dates: Tues & Thurs, Sept. 17 - Dec. 12
(24 classes, no class 11/5, 11/28)
Time: 6:00 - 7:00 PM
Location: Sunset Ridge School Gym
Fee: \$84
Activity # 94602-1



YOGALATES

A class designed to lengthen and strengthen your muscles through a blend of Yoga positions and Pilate's exercises. You will develop core strength, improve flexibility, and learn to integrate various Yoga breaths. No prior experience needed. Class ends with a period of relaxation and meditation that leaves you energized and focused for your day!

Instructor: Eliza's Energy Source staff
Dates: Tues & Thurs, Sept. 17 - Dec. 12
(24 classes, no class 11/5, 11/28)
Time: 7:15 - 8:00 PM
Location: Sunset Ridge School Gym
Fee: \$84
Activity # 94602-2



REGISTRATION REMINDERS

- Pre-registration is required for all of our programs (unless noted otherwise). You must be registered in order to participate in our programs.
- Registration must be completed before the program begins - either online at www.ehparks.org or at the Parks and Recreation office.
- Some programs may fill to capacity. Or, some programs may require a minimum enrollment number in order to run.

Please register early!



LINE DANCING

Line dancing is a great way to stay in shape, socialize, and make new friends all while having fun. This class features fun music like new country, hip hop, Latin, and top 40's hits. Our class offers beginner through intermediate dances to be taught each week with plenty of reviews, especially for new dancers. Two instructors on the floor to help and guide you throughout the night. New dancers are always welcome. You will learn all the different steps on the floor as you learn each new dance, surrounded by more experienced dancers for extra help. The best way to learn is to "jump in". If you like personal challenges, then this is the activity for you.

Instructor: Millie Gagne
Dates: Tuesdays, Sept. 17 - Nov. 26 (10 classes, no class 11/5)
Time: 6:30 - 8:45 PM
Location: Anna Norris School Gym
Fee: \$45 for residents / \$55 for non-residents
Activity # 95222-1

ADULT OPEN BASKETBALL

Ages 18 & up

The program will be held in Dandley Gym for adults 18 and over and in the Auxiliary Gym for adults ages 25 and over. When EHHS is unavailable due to school events, Goodwin School will be the alternative location. Basketball sneakers mandatory. All participants must complete a registration form the first evening they attend. No program if school is cancelled.

Dates: Mondays and Thursdays, November 14- February 20
Time: 6:30 - 9:30 PM
Location: East Hartford High School Gyms
Fee: Season Pass: \$20 residents / \$40 non-residents
Drop in: \$2 residents, \$4 non-residents
Activity # 11501-1



LOW IMPACT AEROBICS

A great cardiovascular workout that gets you moving with minimal orthopedic stress!

Instructor: Margie Stickles
Dates: Tuesdays & Thursdays, Sept. 17 - Nov. 21
(20 classes)
Time: 5:30 - 6:30 PM
Location: Community Cultural Center Gym
Fee: \$70
Activity # 94602-3

BARRE

This class will trim, sculpt, and strengthen your entire body with a fusion of Pilates, dance & functional training movements. Using a ballet barre or chair you will learn how to incorporate small controlled isolated movements with higher intensity repetitions to develop a strong leaner body.

Instructor: Eliza's Energy Source staff
Dates: Wednesdays, Sept. 18 - Dec. 11
(13 classes)
Time: 6:00 - 7:00 PM
Location: Community Cultural Center Lower Gym
Fee: \$65
Activity #: 94602-6

PROGRAMS FOR OLDER ADULTS

SENIOR AQUA AEROBICS

Exercise in the water! These classes will include a variety of activities, including traditional aqua aerobics and Aqua Zumba®, along with some opportunities to exercise on your own. The water will add resistance to your movements without adding stress to your joints. Participants may wish to wear water shoes in the pool for better traction. Class cancellations for any reason are unable to be made up.

Instructor: Eliza's Energy Source staff

Dates: Mondays, Tuesdays and Thursdays, September 23 - December 19
(35 classes, no class 10/14, 11/5, 11/11, 11/28)

Time: 4:30 - 5:30 PM

Location: East Hartford Middle School Pool (use pool entrance off Scotland Road)

Fee: \$35 for residents / \$45 for non-residents

Activity # 93620-3



WHAT'S HAPPENING IN EAST HARTFORD

East Hartford Senior Center

Located at 70 Canterbury Street, the Senior Center offers a variety of fitness and enrichment classes, wellness screenings, as well as informational and social programs. Find our monthly newsletter, Bridges, at the Senior Center or online at www.easthartfordct.gov.

55+ Health and Wellness Fair - Friday, October 11, 9 AM – 1 PM

East Hartford Senior Center, 70 Canterbury Street

Join us for this free health and wellness fair especially designed for older adults and to provide a link between consumers and providers. A wide variety of vendors will be available to offer resources and services to older adults and their families.

55+ Flu Shot Clinic - Friday, October 11, 1 PM – 3 PM

East Hartford Senior Center, 70 Canterbury Street

Flu vaccine can help you from getting the flu, make your flu less severe if you get it and keep you from spreading flu to your family and other people. A dose of the flu vaccine is recommended every flu season. Please bring your insurance card and ID. An additional flu shot clinic will be held on Friday, October 18, 2019 from 1 PM – 3 PM at the same location.

East Hartford Public Library

Located at 840 Main Street, the East Hartford Public Library offers a wide variety of resources and services including public computers with Internet access, Wi-Fi, 3-D printing, programming for adults and children, technology instruction classes, and study rooms in our recently renovated Raymond Library. The Library also offers 24/7 access to research materials, free downloadable eBooks, audiobooks and videos and a selection of free and discounted museum passes.

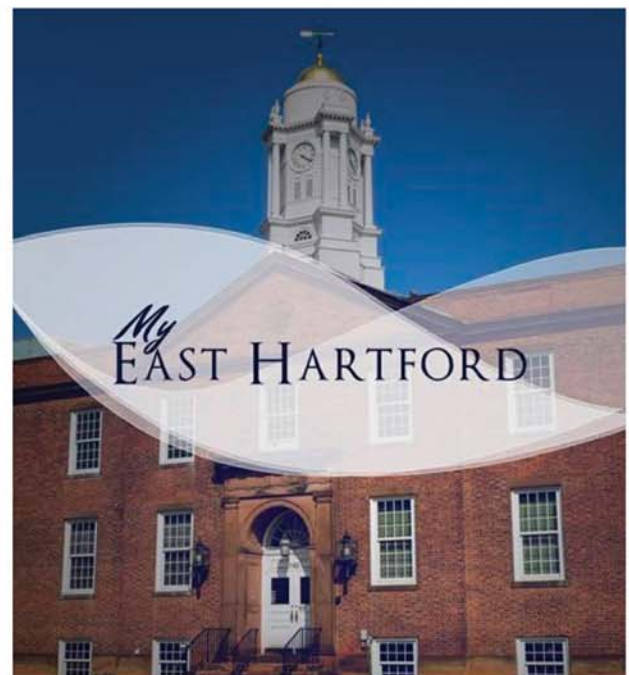
Maker Fair at the Library - Saturday, September 28, 1- 4 PM

Celebrate creativity and innovation at the East Hartford Public Library! Join us for an afternoon of Maker activities and demonstrations. We will have projects set up in our Creative Commons and all throughout the building. Check out our 3D printers and other Maker technology, make crafts and jewelry, explore LEGO robotics, and take a look at the Makerspace Paper Theatre, which will be on exhibit all afternoon. For all ages. Drop in, or register online for a reminder at the library's event's calendar: www.easthartfordct.gov/library



"My East Hartford"

Enter your requests for service right online! Do you have a concern in town but you are not sure who to report it to? Through the "My East Hartford" platform citizens can report non-emergency requests for service that include, but are not limited to missed garbage, road surface issues, street light outages, property maintenance concerns and more. "My East Hartford" allows users to pinpoint the issue location, attach photos, and receive automatic notification of updates as their requests are handled. "My East Hartford" also provides a searchable knowledge base of in-depth FAQs with necessary information residents will find useful. For more information about the platform and to enter a request for service online, visit: www.easthartfordct.gov/myeasthartford. Residents can also download the free "My East Hartford" app through the App Store and Google Play.



First Choice Health Centers

For All Your Health Care Needs



Internal Medicine



Pediatrics



Family Practice



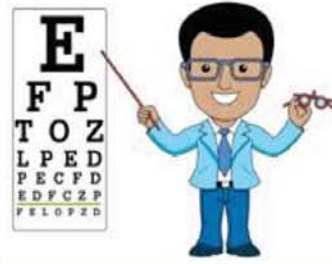
Behavioral Health



Family Dental



Women's Health



Optometry/Vision



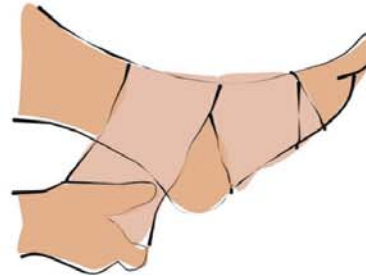
Diabetic Educator



Elder Care/Geriatric



Infectious Disease



Podiatry



Nutrition/Fitness Ctr

Locations

East Hartford

92 Connecticut Blvd.
94 Connecticut Blvd.
110 Connecticut Blvd.
265 Ellington Rd.
809 Main St.

Manchester

150 North Main St.
444 Center St.

Vernon

3 Prospect St.
94 Union St.

School Based Health Centers

Rockville High School
Maple Street School
Cheney Tech
Illing Middle School
Mobile Dental Office

860-528-1359
firstchc.org

SAME DAY ACCESS • SLIDING FEE DISCOUNTS AVAILABLE • EXTENDED/WEEKEND HOURS