

MISSION

The Department of Human and Leisure Services strives to enhance the quality of life of all residents through healthy lifestyle initiatives, support services to individuals in need, and programs encouraging civic engagement and community involvement.

REGISTRATION & POLICY INFORMATION

1. When registering for a program, please send your registration to the recreational facility listed with the program description. The addresses for all facilities can be found on page 5.
2. Residents may register immediately in person, by mail or FAX. FAX registrations must include Master Card or VISA number, expiration date and signature. Receipts will be sent by mail or email as soon as the registrations are processed (excluding Ice Skating registrations). **Registration form can be found on page 2.**
3. On-Line Registration: You may register on-line for most programs. Go to www.west-hartford.com/leisureservices and click on the On-line Registration button.
4. Nonresident registrations will be accepted in person, by mail, FAX or online. Leisure Services reserves the right to limit non-resident registrations as deemed necessary.
5. If the session you wish to register for is filled, you will be placed on a waiting list and notified when an opening occurs.
6. Children must be the proper age before the program(s) begin.
7. Only those enrolled in the programs may attend. Sorry, but "visitors/family" will not be permitted in the classrooms.
8. Sometimes a class must be cancelled because of lack of enrollment. Please register early to avoid disappointment.

SPECIAL NEEDS PARTICIPATION

Our staff recognizes the value of including people with varying levels of ability and welcomes participation in all programming. Please speak with our Special Needs Program Coordinator (860-561-8173) to discuss any special requests or support necessary to participate. This conversation must take place at least two weeks in advance of the class start date.

INCLEMENT WEATHER CANCELLATION POLICY

For up-to-date weather cancellation information call the Leisure Line at 860-561-7509. In most cases, if the West Hart-

ford schools are closed, daytime classes may be cancelled. Cancellation of evening programs is decided by 3:00 pm. If in doubt call the facility running the program.

REFUND & CANCELLATION POLICY

Please sign up early to avoid classes being cancelled due to low enrollment.

- Refunds will be automatic if a session is cancelled.
- Cancellations and refund requests must be made (3) business days before the program begins.
- All refund requests must be made in writing.
- Refunds will not be given after a program has begun.
- A 10% processing fee will be deducted from all refunds (minimum \$5.00).
- In case of injury, a written refund request must be accompanied by a doctor's note.
- No refunds will be given on trips, special events, season tickets, and/or passes.

SCHEDULING

Leisure Services programs follow the West Hartford public school schedule. If changes to the public school schedule affect scheduling of the Leisure Services programs, schedule and pricing adjustments will be made accordingly.

SUPPORT THE RECREATION SCHOLARSHIP FUND

Make a Difference in a Child's Life... Support the Recreation Scholarship Fund! You can help create a memorable summer experience for a child and family in need by making a donation to the Leisure Services Recreation Scholarship Fund. Donations are used to fund a variety of programs including summer camps, swimming lessons and other recreational activities for children and families who could not otherwise participate. Your tax deductible donation will be used solely for scholarship purposes. For more information call Leisure Services at 860-561-7510.

NOTICE: While Leisure Services makes every effort to provide complete and accurate information, our program content, schedules, instructors and/or locations are subject to change. If you have any questions or concerns, please contact the facility offering the program you are interested in, or visit www.WestHartfordCT.gov/leisureservices for updated information.

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Fall-Winter 2015-2016 Program Guide

Recreational programs offered through our Community Programming Division, Elmwood Community Center, Elmwood Senior Center and Westmoor Park are grouped by age range, rather than by the facility hosting them.

Find these programs under Pre-School, Elementary/Middle School, High School, Adult and Family! We hope this makes it easy to find the recreational programs you want for yourself and your family.



Community Programming

Leisure Services Main Office - Town Hall
50 South Main Street, West Hartford, CT 06107
860-561-7510 FAX: 860-561-7519

Community programming covers all recreational programs and special events that take place primarily in the parks and schools of West Hartford. Programs are offered for participants ages Pre-School through Adult, with the goal of making a wide range of high-quality recreation opportunities available to the residents of West Hartford.

In addition to the year round programming, we offer vacation camps during the winter and spring school breaks; summer camps; sports camps; and before and after school programs.

Community Programming is facilitated through the Leisure Services Main Office at Town Hall, under the direction of our Manager of Leisure Services, who works closely with the Board of Education, administrations and school staff to ensure the success of the programming.



Elmwood Community Center (ECC)

1106 New Britain Avenue, West Hartford, CT 06110
860-561-8160 FAX: 860-561-8161

Elmwood Senior Center (ESC)

1106 New Britain Avenue, West Hartford, CT 06110
860-561-8180 FAX: 860-561-8187

ECC is pleased to be named the cornerstone of the Elmwood section of the town, and the program anchor for the Leisure Services Division.

A highly used and active year round facility, ECC owes its success to the loyalty of our patrons who have supported us over the years and who have taken advantage of the programs and services offered.

From recreational classes to family special events, ECC has offered thousands of popular programs over the past three and one-half decades. ECC also is a gathering place open to all ages for meetings, seminars, church services, gym rentals and private functions.

Elmwood Senior Center offers an impressive array of cultural, recreation and fitness programs for adults and seniors. In addition, dozens of daily activities are offered, as are dozens of trips to fun locations, both near and far. ESC houses a state-of-the-art fitness center, and offers a range of wellness programs and health screenings throughout the year.

Westmoor Park

119 Flagg Road, West Hartford, CT 06117
860-561-8260 FAX: 860-236-3815

Westmoor Park is an environmental, agricultural and horticultural education center. We have 162 acres, including three miles of nature trails (one-half mile of which is handicapped accessible), a demonstration farm and a variety of gardens.

Our main building features seasonal exhibits, a nature discovery room, a greenhouse and a meeting room for classes and community use.

Throughout the year, we offer a variety of programs for schools, groups and the general public. From animal studies to environmental sciences and garden design, our programs are both fun and educational. We also host seasonally themed events, programs and family activities.

In addition, we have an active volunteer program for high school students and adults, and a 4-H Club for elementary through high school students.

Whether you come for a class, activity, or just for a relaxing walk through our beautiful and calm environment, Westmoor Park welcomes you!



LEISURE SERVICES RECREATIONAL FACILITIES

Be sure to check out the great options offered through all our recreational facilities and program areas!

BUENA VISTA GOLF COURSE

37 Buena Vista Road, West Hartford, CT 06107
860-521-7359

CORNERSTONE AQUATICS CENTER

55 Buena Vista Road, West Hartford, CT 06107
860-521-3242

ELMWOOD COMMUNITY CENTER

1106 New Britain Avenue, West Hartford, CT 06110
860-561-8160 FAX: 860-561-8161

ELMWOOD SENIOR CENTER

1106 New Britain Avenue, West Hartford, CT 06110
860-561-8180 FAX: 860-561-8187

LEISURE SERVICES MAIN OFFICE - TOWN HALL

50 South Main Street, West Hartford, CT 06107
860-561-7510 FAX: 860-561-7519

ROCKLEDGE GOLF CLUB

289 South Main Street, West Hartford, CT 06107
860-521-6284

VETERANS MEMORIAL SKATING RINK

56 Buena Vista Road, West Hartford, CT 06107
860-521-1573 FAX: 860-521-1573

WEST HARTFORD MEETING & CONFERENCE CENTER

50 South Main Street, West Hartford, CT 06107
860-561-7511 FAX: 860-561-7519

WEST HARTFORD SENIOR CENTER

15 Starkel Road, West Hartford, CT 06117
860-561-7583 FAX: 860-561-7506

WESTMOOR PARK

119 Flagg Road, West Hartford, CT 06117
860-561-8260 FAX: 860-236-3815

Babysitting 101

Age 10 – 13

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. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more topics. Please bring a snack. CD book, handouts and Babysitter Safety Certificate of Completion is included.

Instructor: CPR 0 Heart.

PROGRAM #	DAY	TIME	DATES	RES/NRES
352521B	Mon	9:30A - 1:30P	12/28	\$65/\$70

LOCATION: ELMWOOD COMMUNITY CENTER

Safety and Emergency Contact Information required on Registration Form. Register On-line, by Fax or mail to Elmwood Community Center.

Baseball Chris Corkum Camp

Age 7 - 12

Receive individual and small group instruction in fielding, throwing, hitting, pitching, and game strategy. College level coaches incorporate lectures, demonstrations, and an ability to make this a fun experience. Please bring: hat, glove, sneakers, bat and water bottle. Gymnasium is located in the back of the school on Mohawk Drive.

Instructor: Chris Corkum & Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412308A	Mon - Wed	9:00A - 12:00P	12/28 - 12/30	\$101/\$111

LOCATION: KING PHILIP SCHOOL

Safety and Emergency Contact Information required on Registration Form. Register On-line, by Fax or Mail to Customer Services Desk, Town Hall.

Basketball Camp

Age 7 - 13

Conard's Head Varsity Coach Jared Leghorn will use new proven methods to teach young players how to play together. Fun and fundamentals are what we focus on every day. Please bring snack and a drink. *Instructor: Jared Leghorn & Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412539A	Mon - Thu	10:00A - 12:30P	12/28 - 12/31	\$111/\$121

LOCATION: SEDGWICK SCHOOL

Register On-line, by Fax or mail to Customer Service Desk, Town Hall.

Fit Kids Fun Camp

Age 5 - 10

All day activities filled with obstacle courses, relay races, crafts, games, sports, physical fitness activities, contests, awards, and a caring staff. Please bring a lunch, snack and a drink. *Instructor: Tumble Bunnies & Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412310A	Mon	9:00A - 3:00P	12/28	\$64/\$74
412310B	Tue	9:00A - 3:00P	12/29	\$64/\$74
412310C	Wed	9:00A - 3:00P	12/30	\$64/\$74
412310D	Thu	9:00A - 3:00P	12/31	\$64/\$74

LOCATION: KING PHILIP SCHOOL

Safety and Emergency Contact Information required on Registration Form. Register On-line, by Fax or Mail to Customer Services Desk, Town Hall.

Gymnastics Vacation Camp

Age 6 - 12

The program will be led by High School Gymnastics Coach Laurie Scinto and assistants in a safe and stress free environment at Whiting Lane School. Basic gymnastics techniques and moves will be taught with an emphasis on fun. Please bring a small snack. *Instructor: Laurie Scinto.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412382A	M - W	10:00A - 12:00P	12/28 - 12/30	\$84/\$94

LOCATION: WHITING LANE SCHOOL

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Jedi Engineering

Age 5 - 12

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. *Instructor: Play-Well Technologies.*

Age 5 - 7

PROGRAM #	DAY	TIME	DATES	RES/NRES
362255A	Mon	9:30 - 11:30A	12/28	\$40/\$45

Age 8 - 12

PROGRAM #	DAY	TIME	DATES	RES/NRES
362255B	Mon	12:30 - 2:30P	12/28	\$40/\$45

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Vacation Hockey Camp

Age 6 - 15

This camp will concentrate on improving the fundamentals of your game. Focus will be on individual skills and will include mini games. All skill levels are welcome. Full equipment with USA Hockey approved helmet is mandatory. Register for the entire session at the discounted rate or pay as you go to allow for a flexible schedule. Individual daily fees are \$39 for residents and \$44 for nonresidents.

Instructor: VMSR Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
423425A	Mon - Fri	9:30A - 11:00 A	12/28 - 12/31	\$132/\$156

Register at Veterans Memorial Skating Rink, On-line, Fax or by Mail to Skating Rink.

Vacation Skating Camp

Age 6 - 11

Full Day Camp 8:30 am – 4:30 pm

This popular and exciting camp combines both on and off ice activities. Daily activities include supervised skating time, off ice activities including games, crafts, movies and more! Register for the entire session at the discounted rate or pay as you go to allow for a flexible schedule. Individual daily fees are \$46 for residents and \$48 for nonresidents.

Instructor: VMSR Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
423310A	Mon - Fri	8:30A - 4:30P	12/28 - 12/31	\$160/\$168

Register at Veterans Memorial Skating Rink, On-line, Fax or by Mail to Skating Rink.

Westmoor Park December Camp Lunch Bunch

Age 6 - 12

Lunch Bunch is supervised time for children who sign up for the morning and afternoon sessions of Winter Wonders. Please bring a labeled lunch and drink. *Instructor: Westmoor Park Staff.* **No camp 1/1/16.**

PROGRAM #	DAY	TIME	DATES	RES/NRES
522999A	Mon - Thurs	12:00 - 1:00P	12/28 - 12/31	\$40/\$45

LOCATION: WESTMOOR PARK

Register On-Line, by Fax or Mail to Westmoor Park.

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

Westmoor Park Mitten Magic

Age 4 - 5

Must be 4 by first meeting. Designed for children in preschool and kindergarten. Explore the winter through hikes, stories, games, and crafts. There will be visits to the barn too. Outdoor gear; hats, mittens and boots required. *Instructor: Westmoor Park Staff.* **No camp 1/1/16.**

PROGRAM #	DAY	TIME	DATES	RES/NRES
522207A	Mon - Thurs	9:30 - 11:30A	12/28 - 12/31	\$96/\$104
522207B	Mon - Thurs	12:30 - 2:30P	12/28 - 12/31	\$96/\$104

LOCATION: WESTMOOR PARK

Register On-Line, by Fax or Mail to Westmoor Park.

Westmoor Park Winter Wonder

Age 6 - 12

Designed for children in grades 1-6. Explore the mysteries of the natural world through hikes, experiments, crafts and other outdoor activities designed especially for winter. Outdoor gear; hat, mittens, and boots required. Register for LUNCH BUNCH if you have registered for the morning and afternoon programs. *Instructor: Westmoor Park Staff.*

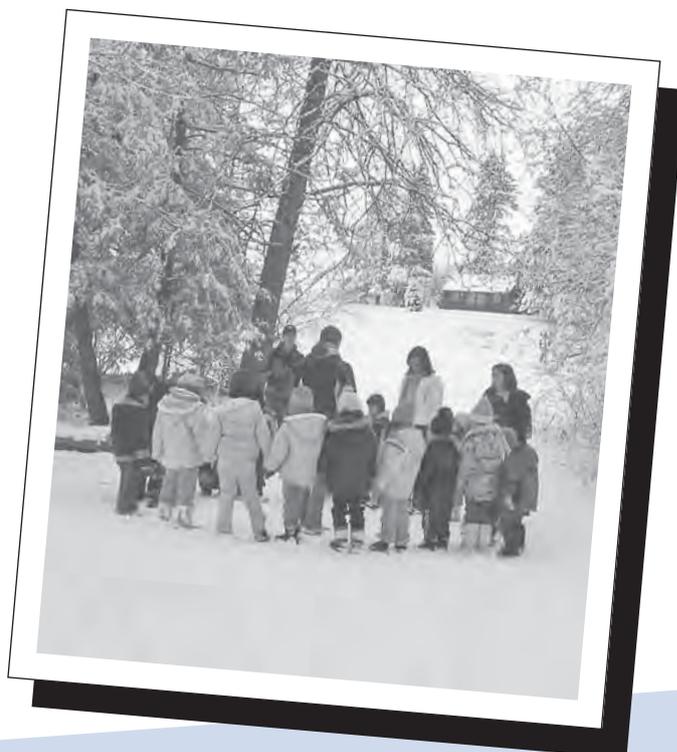
No camp 1/1/16.

PROGRAM#	DAY	TIME	DATES	RES/NRES
522407A	Mon - Thurs	9:00A - 12:00P	12/28 - 12/31	\$125/\$135
522407B	Mon - Thurs	1:00 - 4:00P	12/28 - 12/31	\$125/\$135

LOCATION: WESTMOOR PARK

Safety and Emergency Contact Information required on Registration Form.

Register On-Line, by Fax or Mail to Westmoor Park.



Baseball Chris Corkum Camp

Age 7 - 12

Receive individual and small group instruction in fielding, throwing, hitting, pitching and game strategy. College level coaches incorporate lectures, demonstrations and an ability to make this a fun experience. Please bring: hat, glove, sneakers, bat and water bottle. Gymnasium is located in back of school on Mohawk Drive. *Instructor: Chris Corkum & Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
413308A	Mon/Tue	9:00A - 12:00P	02/15 - 02/16	\$67/\$77

LOCATION: KING PHILIP SCHOOL

Safety and Emergency Contact Information required on Registration Form. Register On-line, by Fax or Mail to Customer Services Desk, Town Hall.

Basketball Camp

Age 7 - 13

Conard's Head Varsity Coach, Jared Leghorn will use new proven methods to teach young players how to play together. Fun and fundamentals are what we focus on every day. Please bring a snack and a drink. *Instructor: Jared Leghorn & Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
413539A	Mon/Tue	10:00A - 1:00P	02/15 - 02/16	\$67/\$77

LOCATION: SEDGWICK SCHOOL

Safety and Emergency Contact Information required on Registration Form. Register On-line, by Fax or Mail to Customer Services Desk, Town Hall.

Gymnastics Vacation Camp

Age 6 - 12

The program will be led by High School Gymnastics Coach Laurie Scinto and assistants in a safe and stress free environment at Whiting Lane School. Basic gymnastics techniques and moves will be taught with an emphasis on fun.

Instructor: Laurie Scinto.

PROGRAM #	DAY	TIME	DATES	RES/NRES
413382A	Mon/Tue	10:00A - 12:00P	02/15 - 02/16	\$56/\$66

LOCATION: WHITING LANE SCHOOL

Register On-line, by Fax or mail to Customer Service Desk, Town Hall.



Super Hero Using Lego

Age 5 - 12

Save the world with LEGO® Super Heroes! Build the hide-outs and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

Instructor: Play-Well Teknologies.

Age 5 - 7

PROGRAM #	DAY	TIME	DATES	RES/NRES
363345A	Tue	9:30 - 11:30A	02/16	\$40/\$45

Age 8 - 12

PROGRAM #	DAY	TIME	DATES	RES/NRES
363345B	Tue	12:30 - 2:30P	02/16	\$40/\$45

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Tennis Camp KO

Age 7 - 10

Camp KO Tennis instructors will teach short court tennis at the Kingswood Oxford Coolidge Gymnasium located at 18 Highland Street. Players should bring their racquet and wear comfortable clothes. We will teach racquet skills and end with a fun mini-tennis tournament.

PROGRAM #	DAY	TIME	DATES	RES/NRES
413315A	Mon	9:30 - 11:30A	02/15	\$30/\$40

LOCATION: KINGSWOOD OXFORD, 18 HIGHLAND STREET

Register On-line, by Fax or Mail to Customer Services Desk, Town Hall.

Vacation Hockey Camp

Age 6 - 15

This camp will concentrate on improving the fundamentals of your game. Focus will be on individual skills and will include mini games. All skill levels are welcome. Full equipment with USA Hockey approved helmet is mandatory. Register for the entire session at the discounted rate or pay as you go to allow for a flexible schedule. Individual daily fees are \$39 for residents and \$44 for nonresidents.

Instructor: VMSR Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
423425B	Mon/Tue	9:30A - 11:00A	2/15 - 2/16	\$66/\$78

Register at Veterans Memorial Skating Rink, On-line, by Fax or Mail to Skating Rink.

Vacation Skating Camp

Age 6 - 11

Full Day Camp 8:30 am – 4:30 pm

This popular and exciting camp combines both on and off ice activities. Daily activities include supervised skating time, off ice activities including games, crafts, movies and more! Register for the entire session at the discounted rate or pay as you go to allow for a flexible schedule. Individual daily fees are \$46 for residents and \$48 for nonresidents.

Instructor: VMSR Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
423310B	Mon - Tue	8:30A - 12:00P	2/15 - 2/16	\$80/\$84

Register at Veterans Memorial Skating Rink, On-line, by Fax or Mail to Skating Rink.

Westmoor Park February Frolics

Age 6 - 12

This vacation camp program is for children in grades 1 - 6. During your short winter break this year why not spend some time outside and join the fun here at Westmoor Park. We will make discoveries in the wonderful wintry world of nature with hikes, crafts, and activities such as maple sugaring. We will also spend time at the farm with our barnyard friends. Register for Lunch Bunch if you have enrolled in the morning and afternoon programs. Outdoor gear is necessary; hats, mittens and boots required. *Instructor: Westmoor Park Staff.*

Age 6 - 12

PROGRAM #	DAY	TIME	DATES	RES/NRES
523407A	Mon/Tue	9:00A - 12:00P	02/15 - 02/16	\$60/\$65
523407B	Mon/Tue	1:00 - 4:00P	02/15 - 02/16	\$60/\$65

LOCATION: WESTMOOR PARK

Safety and Emergency Contact Information required on Registration Form. Register On-Line, by Fax or Mail to Westmoor Park.

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

Westmoor Park February Frolics Lunch Bunch

Age 6 - 12

Lunch Bunch is supervised time for children who sign up for the morning and afternoon sessions of February Frolics. Please bring a labeled lunch and drink. *Instructor: Westmoor Park Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
523999A	Mon/Tue	12:00 - 1:00P	02/15 - 02/16	\$16/\$18

LOCATION: WESTMOOR PARK

Register On-Line, by Fax or Mail to Westmoor Park.

Westmoor Park Preschool Winter Adventure

Age 4 - 5

Must be 4 by first meeting. Designed for children in preschool and kindergarten. Your child will make new discoveries and have loads of fun as we explore the wonderful wintry world of nature at Westmoor Park. Short walks through the woods, along with crafts, activities and time with barnyard friends will highlight your child's time. Outdoor gear is necessary; hats, mittens, and boots required.

Instructor: Westmoor Park Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
523207A	Mon/Tue	9:30 - 11:30A	02/15 - 02/16	\$48/\$52
523207B	Mon/Tue	12:30 - 2:30P	02/15 - 02/16	\$48/\$52



Arts & Crafts & Clay

Age 4 - 7

Create works of art using a variety of mediums! This is a project based six week course and students of all abilities are welcome. Please bring a smock. Fee includes all materials and firing.

Instructor: Lynne Cipolla. No Class: 11/3, 2/16.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362104A	Tue	4:15 - 5:45P	10/06 - 11/17	\$100/\$110
363104A	Tue	4:15 - 5:45P	02/02 - 03/15	\$100/\$110

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.



Clay with Me

Age 3 - 6 with Adult

Using potter's clay and glaze, young artists along with their favorite grown up will create useful clay works of art in this six week class. All materials and firing included in fee. Please bring a smock or apron. *Instructor: Lynne Cipolla.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
362501A	Wed	10:30 - 11:30A	10/07 - 11/11	\$85/\$95
363120A	Wed	11:00A - 12:00P	01/27 - 03/02	\$85/\$95

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Hand/Foot Print

Age Newborn - 6 with Adult

In this two week class, using potter's clay and glaze, preserve that precious hand or foot print to remind you how quickly your little one grows. All materials included in fee. Please bring a smock or apron. *Instructor: Lynne Cipolla. No Class: 10/26, 2/29.*

PROGRAM	DAY	TIME	DATES	RES/NRES
362503A	Mon	1:00 - 2:30P	10/19 - 11/02	\$32/\$42
362503B	Mon	1:00 - 2:30P	02/22 - 03/07	\$32/\$42

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Kindermusik – Cuddle & Bounce

Age Newborn – 15 months with Adult

In this class, parents and their newborns, infants, and crawlers (no walkers) engage in instrument play, dance, exploration time, and together time. Parents strengthen important early parent-child bonds and learn about their babies early development. Class is limited to 11 students, and is for caregiver and baby only. **The required digital home material fee of \$33 for fall and winter classes is payable to “Kindermusik with Jen”.**

Instructor: Jennifer Ludgin.

Fall No Class Dates: 10/12, 11/26, 11/27.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362509A	Mon	11:15A - 12:00P	09/21 - 12/14	\$144/\$144
362509B	Thu	11:30A - 12:15P	09/17 - 12/10	\$144/\$144
362509C	Fri	9:45A - 10:30A	9/18 - 12/11	\$144/\$144

Winter No Class Dates: 1/18, 2/11, 2/12, 2/15.

PROGRAM #	DAY	TIME	DATES	RES/NRES
363509A	Mon	11:15A - 12:00P	01/11 - 03/21	\$108/\$108
363509B	Thu	11:30A - 12:15P	01/14 - 03/24	\$120/\$120
363509C	Fri	9:45A - 10:30A	01/08 - 03/18	\$120/\$120

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Celebrating A Child's Birthday

We offer various special events that can be linked with a room rental allowing a great, easy way to host a party for **your child's special occasion.**

Consider a room rental for cake, gift opening, etc. either before or after the event.

Guest who purchase tickets for our events with a room rental will be accommodated with reserve seating at our event.

For information, or to reserve a room, phone us at: 860-561-8160.

Elmwood Community Center

1106 New Britain Avenue
West Hartford, CT 06110





Kindermusik – Sing & Play

Age 12 months – 2 1/2 with Adult

Sing & Play is an energetic celebration of the very young child’s new movement and language skills. A mix of parent-child joint activities and child focused activities are provided. This class is for older babies and young toddlers who are just beginning to or already walking, talking, singing, clapping, etc. – all on their own! Class is limited to 10 students. The required digital home material fee of \$33 for fall classes and \$22 for winter classes is payable to “Kindermusik with Jen”.

Instructor: Jennifer Ludgin.

Fall No Class Dates: 9/23, 11/3, 11/25, 11/26, 11/27.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362510A	Tue	9:45A - 10:30A	09/22 - 12/15	\$144/\$144
362510B	Wed	11:15A - 12:00P	09/16 - 12/16	\$144/\$144
362510C	Thu	10:15A - 11:00A	09/17 - 12/10	\$144/\$144
362510D	Fri	10:45A - 11:30A	09/18 - 12/11	\$144/\$144

Winter No Class Dates: 2/11, 2/12, 2/16, 2/17.

PROGRAM #	DAY	TIME	DATES	RES/NRES
363510A	Tue	9:45A - 10:30A	01/12 - 03/22	\$120/\$120
363510B	Wed	11:15A - 12:00P	01/13 - 03/23	\$120/\$120
363510C	Thu	10:15A - 11:00A	01/14 - 03/24	\$120/\$120
363510D	Fri	10:45A - 11:30A	01/08 - 03/18	\$120/\$120

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

SPECIAL EVENTS AT E.C.C
The Unforgettable Airborne Jugglers & Ice Cream

Saturday, November 21, 1:30-2:45PM
Elmwood Community Center Auditorium

Movie Nights At ECC

Movie Titles To Be Announced Dec. 15th
Friday Nights, January 15, February 19
and March 18
Elmwood Community Center Auditorium
7:00PM - the movie begins

Kindermusik – Wiggle & Grow

Age 2 – 4 with Adult

This music-filled class celebrates your growing child. Each week your child will love singing, dancing, and playing instruments with you, and you’ll love helping him/her practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening. Class is limited to 10 students. The required digital home material fee of \$33 for fall classes and \$22 for winter classes is payable to “Kindermusik with Jen”.

Instructor: Jennifer Ludgin.

Fall No Class Dates: 9/23, 10/12, 11/3, 11/25.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362511A	Mon	10:00A - 10:45A	09/21 - 12/14	\$144/\$144
362511B	Tue	10:45A - 11:30A	09/22 - 12/15	\$144/\$144
362511C	Wed	10:00A - 10:45A	09/16 - 12/16	\$144/\$144

Winter No Class Dates: 1/18, 2/15, 2/16, 2/17.

PROGRAM #	DAY	TIME	DATES	RES/NRES
363511A	Mon	10:00A - 10:45A	01/11 - 03/21	\$108/\$108
363511B	Tue	10:45A - 11:30A	01/12 - 03/22	\$120/\$120
363511C	Wed	10:00A - 10:45A	01/13 - 03/23	\$120/\$120

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Kindermusik Cuddle & Bounce Demonstrations

Age Newborn - 15 months with Adult

Wednesday, September 9th - 11:30am - 12:15pm
Tuesday, January 5th - 11:30am - 12:15pm

Kindermusik Sing & Play Demonstrations

Age 12 months - 2 1/2 yrs old with Adult

Wednesday, September 9th - 9:30am - 10:15am
Tuesday, January 5th - 9:30am - 10:15am

Kindermusik Wiggle & Grow Demonstrations

Age 2 - 4 yrs old with Adult

Wednesday, September 9th - 10:30am - 11:15am
Tuesday, January 5th - 10:30am - 11:15am



Soccer Shots

Age 3 - 5

Soccer Shots sessions are professionally designed and led by Director Shannon Perry, certified youth coach and former professional player. Each 45 minute session creatively introduces your child to the sport of soccer. Character development, physical skills, and fun are guaranteed in this exciting program. Each session incorporates the following: basic soccer skills, exclusive Soccer Shots games, word of the day, use of imagination, coordination, balance and agility development. Each participant receives a Soccer Shots shirt. Visit www.soccershots.org for more information. *Instructor: Shannon Perry & Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412214A	Sat	9:00 - 9:45A	09/12 - 10/31	\$120/\$130
412214B	Sat	10:00 - 10:45A	09/12 - 10/31	\$120/\$130
412214C	Sat	11:00 - 11:45A	09/12 - 10/31	\$120/\$130

LOCATION: NORFELDT SCHOOL

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Sticky Fingers

Age 2 - 5 with Adult

In this six week arts and crafts course bits of "this and that" are magically transformed by small sticky fingers! Fee includes all materials. Please bring a smock or apron.

Instructor: Lynne Cipolla. No Class Date: 11/3, 2/16.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362516A	Tue	10:30A - 11:30P	10/06 - 11/17	\$85/\$95
363516A	Tue	10:30A - 11:30A	02/02 - 03/15	\$85/\$95

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Tennis Pre-School Clinic

Age 4 - 6

USPTA professionals will be on site at all clinics. The instructor will utilize USTA QuickStart Program Curriculum and Equipment. In case of bad weather, make ups will be coordinated by the instructor. *Instructor: Fern Park Tennis Association.*

No Class: 10/12.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412267A	Mon	1:30 - 2:15P	09/21 - 11/09	\$85/\$95
412267B	Sat	10:00 - 10:45A	09/12 - 10/24	\$85/\$95

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.



Tumbling Tots

Age 3 - 5

Focus on movement exploration exercises and basic gymnastics skills while helping children develop balance, coordination and confidence. Session is 10 weeks. *Instructor: Amanda Kelsey.*

No class: 2/16.

PROGRAM #	DAY	TIME	DATES	RES/NRES
352517A	Tue	4:00 - 4:45P	09/22 - 11/24	\$100/\$110
353517A	Tue	4:00 - 4:45P	01/05 - 03/15	\$100/\$110

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

SANTA & ME AT ECC

*with Santa, Frosty, Rudolph
and Kathy Flanagan of
"Children's Happy Notes".*



Saturday, December 12, 2015

10:00 - 11:30AM.

- *Special time with Santa. Bring your own camera for photos.*
- *Sing & Dance with Rudolph the Red Nose Reindeer & Frosty.*
- *Light snack and more!!!*

Program# 372104A

Tickets-\$8.00 per person.

Children must be accompanied by a paying adult.
Recommended age is 1 1/2 - 6 however, younger or older children will be allowed if you feel it appropriate.

Tickets will not be sold after Wednesday, December 9.

To register, please call 860-561-8160 or visit Elmwood Community Center, 1106 New Britain Avenue, West Hartford, CT.

Please note: The building address is 1106 New Britain Avenue, West Hartford, CT and is located across the street from CVS and behind Walgreens. The entrance is accessed from Burgoyne Street via South Quaker Lane. Go on-line at elmwoodcommunitycenter.com for a look at all of our offerings.

Westmoor Park Gentle Touch

Age 0 - 3

Age infant - 3 with a parent. Learn with your child to approach critters with a "gentle touch." We will introduce you to the various animals on our farm and in the discovery room. Fee is per parent/child pair. One additional child at 1/2-fee.

Instructor: Westmoor Park Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522141A	Thu	10:45 - 11:45A	09/10	\$10/\$11
522141B	Thu	10:45 - 11:45A	09/17	\$10/\$11
522141C	Thu	10:45 - 11:45A	09/24	\$10/\$11
522141D	Thu	10:45 - 11:45A	10/01	\$10/\$11
522141E	Thu	10:45 - 11:45A	10/08	\$10/\$11
522141F	Thu	10:45 - 11:45A	10/15	\$10/\$11
522141G	Thu	10:45 - 11:45A	10/29	\$10/\$11
522141H	Thu	10:45 - 11:45A	11/12	\$10/\$11
522141I	Thu	10:45 - 11:45A	12/03	\$10/\$11
523141A	Thu	10:45 - 11:45A	02/04	\$10/\$11
523141B	Thu	10:45 - 11:45A	02/25	\$10/\$11
523141C	Thu	10:45 - 11:45A	03/10	\$10/\$11
523141D	Thu	10:45 - 11:45A	03/24	\$10/\$11

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Wind Chimes of Autumn Workshop

Age 3 - 12 (Age 3 & 4 with Adult)

See page 21

GYM KIDS

Indoor drop in time for
Ages 1-5 with an adult.

FRIDAYS 9:30 - 11:00 AM
10/02 - 12/18 & 1/8 - 3/18
No Class: 11/27



Great for socializing with others. Plenty of indoor running space and toddler friendly toys! Perfect place for that neighborhood play date when the weather turns cold. Fee \$2.00 per child.

No food or drink in gym!

Westmoor Park Outdoor Adventures

Age 3 - 5

Child must be 3 and toilet trained on the first day of class. Each class will feature an exciting new topic from insects to farm animals. There will be crafts and stories too! Dress to be outdoors in all weather conditions. Instructor: Westmoor Park Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
Meadow Life				
522190A	Tue	10:00A - 12:00P	09/15	\$20/\$22
Pond Life				
522190B	Tue	10:00A - 12:00P	09/22	\$20/\$22
Farm Fun				
522190C	Tue	10:00A - 12:00P	09/29	\$20/\$22
Toad Abodes				
522190D	Tue	10:00A - 12:00P	10/06	\$20/\$22
Exploring the Forest				
522190E	Tue	10:00A - 12:00P	10/13	\$20/\$22
Fluffy Friends				
522190F	Tue	10:00A - 12:00P	10/20	\$20/\$22
Sensational Seeds				
522190G	Tue	10:00A - 12:00P	10/27	\$20/\$22
Terrarium Gardens				
522190H	Tue	10:00A - 12:00P	11/03	\$20/\$22
Getting Ready for Winter				
522190I	Tue	10:00A - 12:00P	11/17	\$20/\$22
All Nine Fall Classes				
522190J	Tue	10:00A - 12:00P	9/15-11/17	\$160/\$176
Snowshoeing				
523190A	Tue	10:00A - 12:00P	01/19	\$20/\$22
Groundhog Day				
523190B	Tue	10:00A - 12:00P	02/02	\$20/\$22
Maple Sugaring				
523190C	Tue	10:00A - 12:00P	02/23	\$20/\$22
Farm Animals				
523190D	Tue	10:00A - 12:00P	03/08	\$20/\$22
Signs of Spring				
523190E	Tue	10:00A - 12:00P	03/22	\$20/\$22
All Five Winter Classes				
523190F	Tue	10:00A - 12:00P	1/19-3/22	\$85/\$95

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Westmoor Park Touch Of Nature

Age 0 - 3

These guided nature walks will open new doors to discovery for both you and your child to share together. Bring a stroller or wagon for a walk outside. Fee is per parent/child pair, second child at 1/2 fee. Dress to be outdoors in all weather conditions.

Instructor: Westmoor Park Staff.

PROGRAM	DAY	TIME	DATES	RES/NRES
522104A	Wed	10:45 - 11:45A	09/16	\$10/\$11
522104B	Wed	10:45 - 11:45A	09/30	\$10/\$11
522104C	Wed	10:45 - 11:45A	10/14	\$10/\$11
522104D	Wed	10:45 - 11:45A	10/28	\$10/\$11
523104A	Wed	10:45 - 11:45A	03/23	\$10/\$11

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

As The Wheel Turns

Age 10 and up

Give your hand a spin at the art of pottery throwing at this six week class. Please have previous hand building experience. All materials and firings included in fee. Please bring a smock or apron. *Instructor: Lynne Cipolla. No Class: 11/18, 11/19, 11/25, 11/26, 3/16, 3/17.*

GLAZE WORKSHOP-ALL FALL CLASSES-Wednesday, December 2

PROGRAM	DAY	TIME	DATES	RES/NRES
362300A	Wed	3:00 - 4:30P	10/14 - 12/02	\$140/\$150
362300B	Wed	4:15 - 5:45P	10/14 - 12/02	\$140/\$150
362300C	Thu	4:00 - 5:30P	10/15 - 12/03	\$140/\$150

GLAZE WORKSHOP-ALL WINTER CLASSES-Wednesday, March 23

PROGRAM	DAY	TIME	DATES	RES/NRES
363300A	Wed	3:00 - 4:30P	02/10 - 03/23	\$140/\$150
363300B	Wed	4:15 - 5:45P	02/10 - 03/23	\$140/\$150
363300C	Wed	4:00 - 5:30P	02/11 - 03/24	\$140/\$150

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Babysitting

Age 10 - 13

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. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more topics. Please bring a snack. CD book, handouts and Babysitter Safety Certificate of Completion is included. *Instructor: CPR 0 Heart.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
352521A	Sat	9:30A - 1:30P	11/07	\$65/\$70
353521A	Sat	9:30A - 1:30P	02/06	\$65/\$70

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Safety and Emergency Contact Information required on Registration Form.

Basketball Elite WH

Age 11 - 14

Whether you are a travel team star or a recreational league player, this clinic is perfect for you. Join Conard Head Varsity Coach Jared Leghorn and some of his current players to develop the skills and attitude necessary to excel this season. Training and skill development work designed to enhance each player's ability through repetition of game-simulated training sessions. Skill development includes: Ball handling, shooting, passing, individual and team defense and rebounding. *Instructor: Jared Leghorn & Staff. No Class: 9/23.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412440A	Wed	6:00 - 7:30P	09/09 - 10/14	\$70/\$80
412440B	Wed	6:00 - 7:30P	10/21 - 11/18	\$70/\$80

LOCATION: BRISTOW MIDDLE SCHOOL

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.



Girls in Stride Middle School

Age 11 - 14

This program is specifically developed for middle-school aged girls. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. This program is offered for all levels of runners. Girls will be exposed to goal setting and planning, mechanics of running, journaling of training, nutrition, and mental preparation. The training program will incorporate running drills that will enhance power, stability, agility, and endurance. This complete fitness program will complement and enhance the instruction that she may be receiving in another sport. In addition to the Wednesday sessions, there will be other opportunities for running workouts and home based strength exercises. The program will culminate with the Blue Back Mitten Run 5K on December 6, 2015. Registration fee includes a t-shirt and training journal. When registering please indicate the t-shirt size for your daughter: Youth Large, Youth X-Large, Adult Small, Adult Medium, Adult Large. In case of rain, the program will take place at King Philip Middle School, 8th grade gym. Race registration is not included in the program fee. For more information, please visit the Girls in Stride website: www.girlsinstride.com. *Instructor: Girls In Stride Instructors.*

No Class: 11/25.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412425A	Wed	3:30 - 4:30P	10/07 - 12/02	\$85/\$95

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Girls in Stride Running Elementary

Age 6 - 11

Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This dynamite training program will prepare your daughter for the 5K at the Blue Back Mitten Run on December 6, 2015. Focus will be on using games and drills that make running fun while also improving athletic performance and reducing injury risk for those who play other sports. Goal setting, planning, and healthy competition will also be stressed. In addition to this training program, the girls will receive nutrition tips and education as well as home-based exercise assignments through the Girls in Stride website. Registration fee includes a t-shirt and training journal. When registering please indicate the t-shirt size for your daughter: Youth Small, Youth Medium, Youth Large, Youth X-Large. In case of rain, the program will take place at King Philip Middle School, 8th grade gym. Race registration is not included in the program fee. For more information, visit www.girlsinstride.com. *Instructor: Lisa Pillow & Glenn Marcella.* **No Class: 11/25.**

PROGRAM #	DAY	TIME	DATES	RES/NRES
412426A	Wed	3:30 - 4:30P	10/07 - 12/02	\$85/\$95

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Gymnastics

Age 6 - 12

This co-ed gymnastics program will be led by High School Gymnastics Coach Laurie Scinto and assistants in a safe and stress free environment at Whiting Lane School. Basic gymnastics techniques and moves will be taught with an emphasis on fun. *Instructor: Laurie Scinto.*

Age 6 - 9

PROGRAM #	DAY	TIME	DATES	RES/NRES
412380A	Sat	9:00 - 9:45A	12/05 - 12/19	\$42/\$52
412380B	Sat	10:00 - 10:45A	12/05 - 12/19	\$42/\$52
412380C	Sat	11:00 - 11:45A	12/05 - 12/19	\$42/\$52
413380A	Sat	9:00 - 9:45A	01/09 - 01/30	\$53/\$63
413380B	Sat	10:00 - 10:45A	01/09 - 01/30	\$53/\$63
413380C	Sat	11:00 - 11:45A	01/09 - 01/30	\$53/\$63
413380E	Sat	9:00 - 9:45A	02/06 - 02/20	\$42/\$52
413380F	Sat	10:00 - 10:45A	02/06 - 02/20	\$42/\$52
413380G	Sat	11:00 - 11:45A	02/06 - 02/20	\$42/\$52

Age 10 - 12

PROGRAM #	DAY	TIME	DATES	RES/NRES
412380D	Sat	12:00 - 12:45P	12/05 - 12/19	\$42/\$52
413380D	Sat	12:00 - 12:45P	01/09 - 01/30	\$53/\$63
413380H	Sat	12:00 - 12:45P	02/06 - 02/20	\$42/\$52

LOCATION: WHITING LANE SCHOOL

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.



Gymnastics at ECC

Age 5 - 12

Want to learn a forward roll, cartwheel or pull over on the bars? Then this is the class for you! This is a basic gymnastics class for a beginner or someone who just wants to learn a few basic skills without having to worry about the competitive side of the sport. We will focus on basic gymnastics skills including working on coordination, balance and flexibility.

Instructor: Amanda Kelsey. **No class: 11/26, 2/17.**

Age 5 - 8

PROGRAM #	DAY	TIME	DATES	RES/NRES
352526A	Tue	4:45 - 5:30P	09/22 - 11/24	\$100/\$110
352526C	Thu	4:45 - 5:30P	09/24 - 12/03	\$100/\$110
353181A	Tue	4:45 - 5:30P	01/13 - 03/17	\$100/\$110
353181C	Tue	4:45 - 5:30P	01/15 - 03/12	\$100/\$110

Age 9 - 12

PROGRAM #	DAY	TIME	DATES	RES/NRES
352526B	Tue	5:30 - 6:15P	09/22 - 11/24	\$100/\$110
353181B	Tue	5:30 - 6:15P	01/13 - 03/17	\$100/\$110
353181D	Thu	5:30 - 6:15P	01/15 - 03/12	\$100/\$110

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

**GOBLIN GATHERING
COSTUME PARTY**
for ages 2 - 5!

Elmwood Community Center Auditorium is the gathering place. Join the fun on **Thursday, October 29 10:00 - 11:30 AM** for games, treats, a ghostly project and a story by our resident witch.

Register early...limited seating. Tickets are \$7.00 per person and children must be accompanied by a paying adult.
Tickets will not be sold after October 27.

To register, please call 860-561-8160 or visit Elmwood Community Center, 1106 New Britain Avenue, West Hartford, CT.
Go on-line at www.WestHartfordCT.gov for a look at all of our offerings.

Please note: The building address is 1106 New Britain Avenue, West Hartford, CT and is located across the street from CVS and behind Walgreens.
The entrance is accessed from Burgoyne Street via South Quaker Lane.

Holiday Ornament/Gift Tags

Age 3 - 12 (Age 3 & 4 with Adult)

Using potters clay, cookie cutters and various paint materials, creative hands will create special works of art to adorn your holiday gifts and decorations. All materials included in fee. Please bring a smock or apron. *Instructor: Lynne Cipolla.*

No class: 11/23.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362222A	Mon	4:00 - 5:30P	11/16 - 11/30	\$32/\$37

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Intro to Competitive Cheerleading

Age 6 - 13

This 6 week program will give participants the opportunity to learn the skills of cheerleading from West Hartford cheerleading coaches. The fun filled program will explore the world of dance, tumbling, and stunting. Athletic wear and sneakers are mandatory to participate. *Instructor: Ashlee O'Neill and Alexis Safo-Agyeman.* No Class: 10/12.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412455A	Wed	6:30 - 7:30P	10/07 - 11/11	\$72/\$82

LOCATION: DUFFY SCHOOL

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Piano Lessons

Age 6 and Up

Lessons are offered every half hour on a one-to-one basis. Participants must have a full size piano to practice. The following rules will apply with regards to sign-up. Any participant interested in signing up for music lessons must call ECC to reserve their preferred time slot. Private instruction is offered every half-hour. Returning students will be offered first option on class times within the school year, but must register by the required due date in order to be considered. Unfortunately, no exceptions will be made due to the difficulty in accommodating all requests.

Instructor: Jane Hupfer. No class: 10/12, 1/18, 2/15, 2/16.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362532A	Mon	4:00 - 7:00P	09/21 - 12/14	\$264/\$274
362532B	Tue	4:00 - 7:00P	09/22 - 12/15	\$264/\$274
362532C	Wed	3:00 - 5:00P	09/23 - 12/16	\$264/\$274
363532A	Mon	4:00 - 7:00P	01/11 - 03/14	\$175/\$185
363532B	Tue	4:00 - 7:00P	01/12 - 03/08	\$175/\$185
363532C	Wed	3:00 - 5:00P	01/13 - 03/02	\$175/\$185

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.



Plates of Love Workshop

Age 3 - 12 (Age 3 & 4 with Adult)

In this two week class, using potter's clay, texture tools, glaze and love create a valentine themed plate for your special someone. All materials included in fee. Please bring a smock or apron.

Instructor: Lynne Cipolla. No class: 2/1.

PROGRAM #	DAY	TIME	DATES	RES/NRES
363260A	Mon	4:00 - 5:30P	01/25 - 02/08	\$32/\$42

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Soccer Clinic

Age 5 - 10

The Conard High School boys and girls soccer teams, including players and coaches, invite you to join us for an exciting afternoon of soccer! Girls and boys will enjoy soccer activities including skills, drills, games, contests and FUN!

PROGRAM #	DAY	TIME	DATES	RES/NRES
412312A	Mon	1:00 - 2:30P	10/12	\$20/\$30

LOCATION: CONARD HIGH SCHOOL

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Children's Birthday Parties at ECC

FOR AGES 4 - 12

Plan your next party at Elmwood Community Center!

THEMES: Frozen, Mickey or Minnie Mouse, Princess, Pirate, Luau, Dance, Jungle, Gym/Sports, Teddy Bears. Special request for other themes will be considered.

Upon arrival your room will be set up by the party host with tablecloths on each table, a centerpiece for the birthday child along with a colorful balloon tied to each guest chair. Paper goods; plates, napkins, forks and cups will also be set on the table for cake and/or snacks which you provide.

The party host will coordinate the first hour of your two hour party with organized fun-filled kid's party activities planned around the theme of your choice. You continue the second hour with cake, gift opening or whatever else you choose to do.

Fees are \$185 for up to 12 children.

(There is an additional fee if you choose to have more than twelve).

Call Beverly Carella at 860-561-8195 to book a party or receive additional information.

Elmwood Community Center

1106 New Britain Avenue, West Hartford, CT 06110

Please book up to 3 weeks in advance.

Safe Boating

Age 10 and up

See page L28

Tae Kwon Do

Age 5 - 12

Tae Kwon Do literally means the "art of fist and foot fighting." This 8 week class will teach students simple and effective self-defense along with traditional poses, which are set to a pattern of movement. Along with a cardiovascular workout, using the kicks and punches learned, students will gain more focus, confidence, mind/body control and coordination. Class is taught by a certified 4th degree black belt with 10 years of experience teaching in a family oriented Tae Kwon Do school. There is a \$20 material fee payable to the instructor for a uniform.

Instructor: Paul Millholen. No class: 10/12, 1/18, 2/15.

PROGRAM #	DAY	TIME	DATES	RES/NRES
352535A	Mon	6:30 - 7:15P	09/21 - 11/16	\$80/\$90
353535A	Mon	6:30 - 7:15P	01/11 - 03/14	\$80/\$90

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Tai Chi Beginner / Advanced Beginner

Age 10 and up

See page L29

Tennis Intramural Junior Clinics

Age 11 - 14

This is an instruction and matchplay program. Goal of this program is to develop players and get them interested in playing competitive tennis. Enthusiastic players should sign up for both days! *Instructor: Fern Park Tennis Association.*

No Class: 9/23.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412527A	Wed	4:30 - 6:00P	09/09 - 10/21	\$122/\$132
412527B	Fri	4:30 - 6:00P	09/11 - 10/16	\$122/\$132

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Tennis Junior Clinics I

Age 5 - 7

USPTA Professionals will be on site at all clinics and programs. Ratio 6:1 between student and teacher. The instructor will utilize USTA QuickStart Program Curriculum and Equipment. In case of bad weather, make ups will be coordinated by the instructor. *Instructor: Fern Park Tennis Association.*

No Class: 9/23, 10/12.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412367A	Mon	4:00 - 4:45P	09/21 - 11/02	\$85/\$95
412367B	Tue	4:00 - 4:45P	09/08 - 10/13	\$85/\$95
412367C	Wed	2:30 - 3:15P	09/09 - 10/21	\$85/\$95
412367D	Thu	4:00 - 4:45P	09/10 - 10/15	\$85/\$95
412367E	Sat	10:45 - 11:30A	09/12 - 10/17	\$85/\$95

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.



Tennis Junior Clinics II

Age 8 - 10

USPTA professionals will be on site at all clinics and programs. Ratio 6:1 between student and teacher. The instructor will utilize USTA QuickStart Program Curriculum and Equipment. In case of bad weather, make ups will be coordinated by the instructor. *Instructor: Fern Park Tennis Association.*

No Class: 9/23, 10/12.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412427A	Mon	4:45 - 6:00P	09/21 - 11/02	\$107/\$117
412427B	Tue	4:45 - 6:00P	09/08 - 10/13	\$107/\$117
412427C	Wed	3:15 - 4:30P	09/09 - 10/21	\$107/\$117
412427D	Thu	4:45 - 6:00P	09/10 - 10/15	\$107/\$117
412427E	Sat	11:30A - 12:45P	09/12 - 10/17	\$107/\$117

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Hallapalooza, It's a Costume Party and Dance!

Friday, October 30, 2015
7:00 - 8:30PM

Elmwood Community Center Auditorium Ages 6 - 12



Shake, Rattle & Roll to the spooky sounds of DJ Bernie. Trophies awarded for the scariest, most boo-tiful, most original, and funniest. Ghoulish goodies for all!

Program# 372102A
Tickets \$7.00 each
Must register by Tuesday, October 27.

To register, please call 860-561-8160 or visit
Elmwood Community Center
1106 New Britain Avenue, West Hartford, CT.

Please note: The building address is 1106 New Britain Avenue, West Hartford, CT and is located across the street from CVS and behind Walgreens. The entrance is accessed from Burgoyne Street via South Quaker Lane.
Go on-line at elmwoodcommunitycenter.com for a look at all of our offerings.

Co-sponsors:




Tennis Matchplay

Age 10 - 14

Gain confidence and experience in matchplay games supervised by USPTA Professionals. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412530A	Thu	4:00 - 5:30P	09/10 - 10/15	\$85/\$95

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.



Westmoor Park Terrarium Garden

Age 7 and up

Parent/Child. Join us for this wonderful opportunity to create a tiny garden with your child. We will take a nature hike at the park, then create a lovely garden under glass to enjoy through the winter months. Bring your favorite large glass/plastic jar with top and we will supply the materials to fill your container. All participants must be registered. Fee is for parent/child pair.

Instructors: Westmoor Park Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522474A	Sat	9:00 - 11:00A	11/07	\$22/\$27

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

SPECIAL EVENTS AT E.C.C The Unforgettable Airborne Jugglers & Ice Cream

Saturday, November 21, 1:30-2:45PM
Elmwood Community Center Auditorium

Movie Nights At ECC

Movie Titles To Be Announced Dec. 15th
Friday Nights, January 15, February 19
and March 18

Elmwood Community Center Auditorium
7:00PM - the movie begins

Volleyball Beginner

Age 8 - 14

Northwest Catholic Volleyball coach, Jeanne DiGiacomo, will teach beginning volleyball concepts and skills through fun group and individual drills. There will be an emphasis on teamwork, basic volleyball skills and fun exercise. It is never too early to play volleyball! Parents are welcome to stay.

Instructor: Jeanne DiGiacomo. No Class: 2/14.

Age 8 - 10

PROGRAM #	DAY	TIME	DATES	RES/NRES
413370A	Sun	3:00 - 4:00P	01/31 - 03/27	\$79/\$89
413370B	Sun	4:00 - 5:00P	01/31 - 03/27	\$79/\$89

Age 11 - 14

While this is an introductory course, it will be run in a true practice format with fun and intensity!

PROGRAM #	DAY	TIME	DATES	RES/NRES
413370C	Sun	5:00 - 6:30P	01/31 - 03/27	\$136/\$146

LOCATION: CONARD HIGH SCHOOL

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

Earn Scout Badges at Westmoor Park



Boys, Girls
all ages, all levels

Join a naturalist for help earning environmental and agricultural badges. Activities can include farm demonstrations, nature hikes and much more.

Call the Westmoor Park Scout Coordinator
at 860-561-8260,
Monday-Friday, 9am-4pm,
for more information and scheduling.

Westmoor Park After School Farmers

Age 6 - 11

These programs together form a series of fun, action-packed classes designed for kids who love animals, and want to learn more about the process of farming and farm life. Sign up for each class individually or enroll in the entire series for a discount! *Instructor: Westmoor Park Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
Be A Vet				
522446A	Thu	4:00 - 5:00P	10/22	\$12/\$14
Horse Care				
522446B	Thu	4:00 - 5:00P	10/29	\$12/\$14
Barnyard Feeding Times				
522446C	Thu	4:00 - 5:00P	11/05	\$12/\$14
Sheep and Goats				
522446D	Thu	4:00 - 5:00P	11/12	\$12/\$14
All Four Classes				
522446E	Thu	4:00 - 5:00P	10/22-11/12	\$40/\$44

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.



Westmoor Park Dried Flower Arrangement

Age 7 - 12

We will begin our class by walking the grounds to collect dried seed pods, grasses, and flowers grown in the gardens just for our autumn displays. The container for our beautiful arrangements will be our own Westmoor grown gourds to create a stunning display! Come join the fun! *Instructor: Jane Gottier - Park Horticulturist.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
522472A	Wed	3:45 - 4:45P	10/07	\$18/\$22

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.



Westmoor Park Gourd Bird Houses

Age 7 - 12

Make bird houses using gourds that are grown in our own Westmoor Park garden. Paint your bird house and take it home to welcome our feathered friends in the spring. Birdhouse gourd and supplies included. Come join the fun! *Instructor: Westmoor Park Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
523471A	Wed	3:30 - 4:45P	03/09	\$20/\$25

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.


ARE YOU A PARTY ANIMAL??
 Celebrate your Birthday at


Westmoor Park

Spend two hours of merriment with your human and animal friends at Westmoor Park.

Begin the festivities with a visit to the barn for a Farm & Nature Tour with the animals, and then it's party time in the Hunter Room!

Parties are offered year-round
Saturdays and Sundays.

For more details about fees, restrictions and how to make a reservation, call Westmoor Park,
Monday through Friday, 9am-4pm at 860-561-8260.





Westmoor Park Harvest Days

Age 7 - 12

Discover beauty in nature at Westmoor Park. This program is designed for kids with an interest in nature and art. Each class's focus will be different. We will make beautiful craft arrangements using fall foliage, explore the many uses for pumpkins and gourds from the garden, and learn skills for digital nature photography. *Instructor: Jane Gottier - Park Horticulturalist.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
Fall Craft Arrangement				
522428A	Mon	4:00 - 5:00P	09/28	\$12/\$14
Garden Time				
522428B	Mon	4:00 - 5:00P	10/05	\$12/\$14
Fall Foliage Photography				
522428C	Mon	4:00 - 5:00P	10/19	\$12/\$14
All Three Classes				
522428D	Mon	4:00 - 5:00P	9/28-10/19	\$25/\$30

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Westmoor Park Holiday Ornaments from Nature

Age 5 - 12

Create holiday ornaments or gifts from Mother Nature's garden! Please bring your holiday spirit, scissors and glue gun. Registration deadline: 12/08/14. Fee is for one parent/child pair.

Instructor: Jane Gottier-Park Horticulturalist.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522788A	Sat	9:00 - 11:00A	12/12	\$20/\$25

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Westmoor Park Indoor Animal Feeding

Age 6 - 11

Help our Westmoor Naturalists take care of the animals in the Discovery Room! Make salads for the turtles, hand-feed crickets to the geckos, and watch the snakes eat mice. Please note: some of our animal foods include peanuts and other nuts and grains. *Instructor: Westmoor Park Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
522425A	Fri	4:00 - 5:00P	09/18	\$10/\$12
522425B	Fri	4:00 - 5:00P	10/09	\$10/\$12
522425C	Fri	4:00 - 5:00P	11/06	\$10/\$12
523425A	Fri	4:00 - 5:00P	01/15	\$10/\$12
523425B	Fri	4:00 - 5:00P	02/05	\$10/\$12
523425C	Fri	4:00 - 5:00P	03/11	\$10/\$12

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.



SCHOOL FIELD TRIPS

At Westmoor Park, where the door to discovery is always open.

Centrally located in West Hartford, CT Westmoor Park is a regional leader in Environmental, Agricultural, and Horticultural education.

We specialize in hands-on, curriculum-enhancing programs, and work with schools, home school groups, scouts, and other organizations.

Programs can be scheduled at our location or yours on a wide variety of Nature, Farm, and Garden subjects.

Some of our popular program titles include: Fur, Feathers and Scales; Farm in the Classroom; Insect Adventures; Help Our Habitats; and Animal Demonstrations. For more details and information please visit our website at: www.westmoorpark.org. For scheduling availability and details you may reach our Education Program Coordinator at 860-561-8260, or email at westmoorpark@westhartfordct.gov.



Family Entertainment!

The Unforgettable Airborne Jugglers & Ice Cream

Saturday, November 21, 1:30 - 2:45PM

Elmwood Community Center Auditorium



Amazing juggling is synchronized with lively music, laughter fills the air and you never know what will happen next! Audience volunteers find themselves in the middle of the action and the fun is contagious.

Making your own sundae will also be part of the fun!

Consider celebrating your birthday at this event! Groups are welcome and will receive reserved seating when purchasing 12 tickets or more.

Program# 372103A...Tickets \$7.00 each.

Children must be accompanied by a paying adult.

To register, please call 860-561-8160 or visit **Elmwood Community Center, 1106 New Britain Avenue, West Hartford, CT.**

Please note: The building address is 1106 New Britain Avenue, West Hartford, CT

and is located across the street from CVS and behind Walgreens. The entrance is accessed from Burgoyne Street via South Quaker Lane. Go on-line at elmwoodcommunitycenter.com for a look at all of our offerings.

Co-sponsor:





Westmoor Park Wilderness Experts

Age 6 - 11

These programs together form a series of adventure-filled learning, focusing on outdoor skills and nature exploration. Sign up for each class individually, or sign up for the entire series for a discount! *Instructor: Westmoor Park Staff.*

No Class: 9/25.

PROGRAM #	DAY	TIME	DATES	RES/NRES
Pond Exploration				
522423A	Thu	4:00 - 5:00P	09/17	\$12/\$14
Bird Life				
522423B	Thu	4:00 - 5:00P	10/01	\$12/\$14
Animal Signs and Tracking				
522423C	Thu	4:00 - 5:00P	10/08	\$12/\$14
Shelter Building				
522423D	Thu	4:00 - 5:00P	10/15	\$12/\$14
All Four Classes				
522423E	Thu	4:00 - 5:00P	9/17-10/15	\$40/\$44

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Wind Chimes of Autumn Workshop

Age 3 - 12 (Age 3 & 4 with Adult)

In this three week class, using potter's clay, glaze, leaves and other found objects, you will create a beautiful musical fall themed wind chime. All materials included in fee. Please bring a smock or apron along with supple leaves from your favorite trees. *Instructor: Lynne Cipolla. No class 11/2, 11/16.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
362550A	Mon	4:00 - 5:30P	10/26 - 11/23	\$32/\$42

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Wyvern Squash Club I

Age 8 - 10

Located at 18 Highland Street at the Kingswood Oxford's Squash Courts, USSRA certified Squash professional Robby Lingashi will teach beginner squash lessons for seven (7) weeks this fall. Racquets, goggles and balls will be provided for this series of lessons. Coach Lingashi can be reached at 860-263-8078 to answer any questions. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412535A	Tue	4:00 - 5:00P	09/08 - 10/20	\$130/\$140
412535B	Thu	4:00 - 5:00P	09/10 - 10/22	\$130/\$140

LOCATION: KINGSWOOD OXFORD

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Wyvern Squash Club II

Age 11 - 14

Located at 18 Highland Street at the Kingswood Oxford's Squash Courts, USSRA certified Squash professional Robby Lingashi will teach beginner squash lessons for seven (7) weeks this fall. Racquets, goggles and balls will be provided for this series of lessons. Coach Lingashi can be reached at 860-263-8078 to answer any questions. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412536A	Tue	5:00 - 6:00P	09/08 - 10/20	\$130/\$140
412536B	Thu	5:00 - 6:00P	09/10 - 10/22	\$130/\$140

LOCATION: KINGSWOOD OXFORD

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

MOVIE NIGHTS AT ECC

MOVIES TITLES TO BE ANNOUNCED DECEMBER 15TH

**Friday Nights, January 15,
February 19 and March 18**

Elmwood Community Center Auditorium
7:00PM - the movie begins

*Grab a blanket (seating available) and head to
Elmwood Community Center
Bring your own drinks and snacks,
(no glass bottles or alcoholic beverages).
Refreshments will not be sold.*

Space is limited to the first 100 people to register.
Family Event...not a drop off program

Program # 373103A, Jan.15,
373103B, Feb. 19, 373103C, March 18
Suggested donation \$2.00 per person.

**To register, please call 860-561-8160 or visit
Elmwood Community Center,
1106 New Britain Avenue, West Hartford, CT.**

Please note: The building address is
1106 New Britain Avenue, West Hartford, CT
and is located across the street from CVS and behind Walgreens.
The entrance is accessed from Burgoyne Street via South Quaker Lane.
Go on-line at elmwoodcommunitycenter.com for a look at all of our offerings.

Co-sponsor:  **FARMINGTON BANK.**

Basketball Elite WH

Age 11 – 14
See page L14

Group Voice Lessons

Age 15 and Up

Find your beautiful voice! Group voice lessons for those who would like to improve their singing without the expense of private voice lessons. No previous singing experience needed. Learn the basics of breath support and relaxed, beautiful sound production. Perfect for those who sing in choirs (school, church, community, a capella, etc. or those who just love to sing! Instructor Kate Callahan-Hardman is a classically trained soprano with vocal performance degrees from Eastman and Juilliard. Kate has performed in operas, oratorios and concerts all over the U.S. as well as in South America and Europe. Kate will help draw out your most beautiful sound and build your singing confidence in a relaxed and fun atmosphere. *Instructor: Kate Callahan-Hardman.*

Age 15 and up

PROGRAM	DAY	TIME	DATES	RES/NRES
352110A	Tue	7:15 - 8:30P	10/06 - 11/16	\$120/\$130
353110A	Tue	7:15 - 8:30P	01/12 - 02/16	\$120/\$130

Piano

Age 6 – Adult
See page L16

Tae Kwon Do

Age 15 and Up

Tae Kwon Do literally means the "art of fist and foot fighting." In this 8 week class students will learn simple and effective self defense along with traditional poses, which are set to a pattern of movement. Along with a cardiovascular workout, using the kicks and punches learned, students will gain more focus, confidence, mind/body control and coordination. Class is taught by a certified 4th degree black belt with 10 years' experience teaching in a family oriented Tae Kwon Do school. There is a \$20 material fee payable to the instructor for a uniform. *Instructor: Paul Millhollen.* No Class: 10/12, 1/18, 2/15.

PROGRAM	DAY	TIME	DATES	RES/NRES
352547A	Mon	7:15 - 8:00P	09/21 - 11/16	\$80/\$90
353547A	Mon	7:15 - 8:00P	01/11 - 03/14	\$80/\$90

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Tai Chi Beginner/Advanced Beginner

Age 10 and up
See page L29

Safe Boating

Age 10 and up
See page L28



Tennis Intramural Junior Clinics

Age 11 – 14
See page L17

Tennis Matchplay

Ages 10 – 14
See page L18

Volley Ball Beginner

Age 8 – 14
See page L18

Westmoor Park Learn To Compost

Age 14 and up
See page L33

Westmoor Park Organic Gardening Techniques

Age 14 and up
See page L33

Westmoor Park Soft Cheese Making I

Age 14 and up
See page L33

Westmoor Park Soft Cheese Making II

Age 14 and up
See page L34

Wyvern Squash Club II

Ages 11 - 14
See page L21

Explore and energize your life by doing everything you've always dreamed of! Stimulate your mind and body with one of our many exciting program offerings. Join other active adults, regardless of age or ability, who are making the most of their leisure time and living their lives to the fullest. Classes are held at several of our facilities and at many different times to accommodate your lifestyle. (Please note that some classes are held at Elmwood Senior Center, which offers the opportunity for discounted Member pricing for adults 55 and older. Please see page 53 for information on becoming a member.)

Argentine Tango Basics

Age 18 and Up

The Argentine Tango stands out as one of the most beautiful, sensual forms of partner dancing. This introductory course will focus the core concepts of connection and footwork in Argentine Tango. This course is designed for the true beginner; those new to this style of dance or for those interested in reviewing their tango basics. Join us with or without a partner. Non-grip footwear is recommended for all participants.

Instructor: Tricia Lea. No Class: 2/15.

PROGRAM #	DAY	TIME	DATES	RES/NRES
352752A	Mon	6:45 - 8:15P	10/19 - 11/23	\$70/\$80
353752A	Mon	6:45 - 8:15P	01/25 - 03/07	\$70/\$80

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Argentine Tango Fundamentals

Age 18 and Up

Tango Fundamentals is suitable for tango dancers who have taken a tango basics course and would like to explore tango movement more in depth. Milonga style tango and close embrace will be introduced in this six week series. Join us with or without a partner. Non-grip footwear is recommended for all participants.

Instructor: Tricia Lea. No Class: 2/16.

PROGRAM #	DAY	TIME	DATES	RES/NRES
352752B	Tue	6:45 - 8:15P	10/20 - 11/24	\$70/\$80
353752B	Tue	6:45 - 8:15P	01/26 - 03/08	\$70/\$80

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Arthritis Exercise and Relaxation

Age 21 and up

Gentle stretching exercises to improve range of motion, joint flexibility, muscle strength, endurance and coordination are led by a physical therapist or certified athletic trainer.

Instructor: Select Physical Therapy Staff.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392902A	Tue	09/15 - 12/08	9:00 - 10:00P	\$60/\$70/\$75
393902A	Tue	01/13 - 03/15	9:00 - 10:00P	\$50/\$60/\$65

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

As The Wheel Turns

Age 10 and up

See page L14



Ballroom Dancing – Dancing Like the Stars

Age 21 and up

If you are new to Ballroom Dance or would like to improve your dance skills, then this is the perfect class! You will be exposed to the foxtrot, waltz, rumba, cha-cha and swing. Have fun while benefiting from an excellent form of exercise. No partner is necessary to have a great time! *Instructor: Wendy Nielsen.*

No Class: 10/12.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392904A	Mon	09/21 - 11/02	1:00 - 2:00P	\$36/\$41/\$43
392904B	Mon	11/09 - 12/14	1:00 - 2:00P	\$36/\$41/\$43
393904A	Mon	01/11 - 03/14	1:00 - 2:00P	\$48/\$58/\$63

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Basketball for Women

Scrimmage with friends and make new ones as you get exercise and play basketball. Previous team experience is required. Teams divided each session. Gym is located in back of school. Parking lot is off Mohawk Drive. *Instructor: Adriene Smith.*

No Class: 11/3.

PROGRAM #	DAY	TIME	DATES	RES/NRES
412751A	Tue	7:00 - 9:00P	09/08 - 12/22	\$5 at the door
413751A	Tue	7:00 - 9:00P	01/05 - 03/01	\$5 at the door

LOCATION: KING PHILIP SCHOOL

Basketball Men's Pickup

Informal pick-up basketball games for men college age and up. Programs will not meet during school vacation periods, school holidays or when school is closed due to inclement weather. Note location. Wednesday classes are at Sedgwick, Thursday classes are at King Philip. **No Class: 11/26.**

PROGRAM #	DAY	TIME	DATES	RES/NRES
412758A	Wed	7:00 - 9:00P	10/28 - 12/16	\$5 at the door
413758A	Wed	7:00 - 9:00P	01/06 - 03/30	\$5 at the door

LOCATION: SEDGWICK SCHOOL

PROGRAM #	DAY	TIME	DATES	RES/NRES
412758B	Thu	7:00 - 9:00P	10/29 - 12/17	\$5 at the door
413758B	Thu	7:00 - 9:00P	01/07 - 03/31	\$5 at the door

LOCATION: KING PHILIP SCHOOL

Brain Games

Age 21 and up

Come and join us for entertaining, interactive group activities such as: word games, riddles and visual puzzles. Learn how Brain Games can increase cognitive awareness and logical reasoning, as well as enhance memory...all of this with the laughter and support of your friends! *Instructor: Joel Huntington.*

No Class: 10/12, 1/18, 2/15.

PROGRAM #	DAY	DATE	TIME	MEM/RES/NRES
392934A	Mon	10:00 - 11:00A	09/14 - 10/26	\$10/\$12/\$13
392934B	Mon	10:00 - 11:00A	11/02 - 12/07	\$10/\$12/\$13
393934A	Mon	10:00 - 11:00A	01/11 - 04/11	\$20/\$24/\$26

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Elmwood Community Center Conference, Party and Banquet Center



Accommodations available for large or small groups.
Formal or informal setting to meet your needs.
Specialized facilities including auditorium, gymnasium,
kitchen and classrooms.
Facilities available 7 days a week, most days of the year.

**For an appointment,
call (860) 561-8160**

Looking for a place to hold a meeting, seminar, party,
anniversary, Bar or Bat Mitzvah or other special event?
We have rooms for all your rental needs.

Brilliant Colors

Age 21 and up

Transport yourself to a gentler time of life with **Coloring for Grown Ups**. Award winning coloring books such as "Secret Garden" and "Enchanting Forest" will be used. Discover the cognitive benefits of coloring and let your creativity flow. We will provide colored pencils, crayons and gel pens, as well as coloring books. See how coloring has a de-stressing effect as you focus on this relaxing activity. *Instructor: Lisa Hanse.*

PROGRAM #	DAY	TIME	DATES	MEM/RES/NRES*
392975A	Wed	11:00 - 11:45A	09/09 - 10/28	\$10/\$12/\$14

*Class fee is for materials to be used in class.

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Circuit Training - "Functional Fitness"

Age 21 and up

Training is a repetitive, lightweight workout with short rest intervals. *This exciting new class offering is geared primarily at improving muscle tone and definition while improving cardiovascular fitness and heart health.* Bone density is important for seniors to maintain, and this exercise is perfect for those fighting osteoporosis. *The instructor will modify the routine to meet individual needs.* *Instructor: Jennifer Griffin.* **No Class: 11/26.**

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392924A	Tu/Th	09/08 - 10/15	9:15 - 10:15A	\$60/\$70/\$75
392924B	Tu/Th	10/29 - 12/10	9:15 - 10:15A	\$60/\$70/\$75
393924A	Tu/Th	01/15 - 02/04	9:15 - 10:15A	\$60/\$70/\$75
393924B	Tu/Th	02/16 - 03/24	9:15 - 10:15A	\$60/\$70/\$75

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Collage & Painting

Age 21 and up

Learn how to make collages and mixed media artworks inspired by sample pieces made by instructor Jeff Poole and by famous masters such as Pablo Picasso, Francis Picabia, Hannah Hoch, Joan Miro, Henri Matisse, Robert Motherwell, Romare Bearden. Recreate sample pieces, OR use them only as inspiration for creating your own unique piece, using various paint mediums. *No experience is necessary.* Attendees should dress in clothes that can get dirty. This class is limited to 10 participants. *Instructor: Jeff Poole.*

PROGRAM #	DAY	DATE	TIME	MEM/RES/NRES
392984A	Tue	10:00 - 12:00P	09/08 - 10/20	\$65/\$75/\$80
392984B	Tue	10:00 - 12:00P	11/03 - 12/15	\$65/\$75/\$80
393984A	Tue	10:00 - 12:00P	01/12 - 03/01	\$75/\$85/\$90

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Dog Training Level I

Age 21 and up

Heel, stay, come and drop it are all part of the curriculum in this class open to puppies and dogs. Professional dog trainer and behavioral consultant Laurie Fass will provide the training. Laurie can be heard every Saturday on WTIC's Pet Talk and is a member of the International Association of Canine Professionals. Classes are not appropriate for aggressive dogs. Any questions, contact Laurie Fass at 860-667-1847 for possible exceptions. *Instructor: Laurie Fass.*

PROGRAM	DAY	TIME	DATES	RES/NRES
362538A	Sat	9:30 - 10:30A	09/19 - 11/07	\$110/\$120
363538A	Sat	9:30 - 10:30A	01/16 - 03/12	\$110/\$120

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Dog Training Level II

Age 21 and up

The foundation to training begins with the level I class. Real training results can be expected by continuing on to level II. Reliability around distractions working towards off leash work and advancing basics are included. Prerequisites for this class are having had a basic level I class. Call Laurie if you're not sure which class to take (860) 667-1847. *Instructor: Laurie Fass.*

PROGRAM	DAY	TIME	DATES	RES/NRES
362539A	Sat	10:35 - 11:35A	09/19 - 11/07	\$110/\$120

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Golf Adult Beginner

Age 18 and Up

Beginner golf lessons for adult players age 18 and up with little or no golfing experience. In case of heavy rain, or any questions, please call Rockledge Golf Club at 860-521-6284. Rain make ups will be announced by instructors. A 9-hole voucher to play at Buena Vista Golf Course is included. *Instructor: Rockledge Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412730A	Tue/Thu	5:30 - 6:30P	09/08 - 09/17	\$84/\$94

LOCATION: ROCKLEDGE GOLF CLUB

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Group Voice Lessons

Age 15 and Up

Find your beautiful voice! Group voice lessons for those who would like to improve their singing without the expense of private voice lessons. No previous singing experience needed. Learn the basics of breath support and relaxed, beautiful sound production. Perfect for those who sing in choirs (school, church, community, a Capella, etc.) or for those who just love to sing! Instructor Kate Callahan-Hardman is a classically trained soprano with vocal performance degrees from Eastman and Juilliard. Kate has performed in operas, oratorios and concerts all over the U.S. as well as in South America and Europe. Kate will help draw out your most beautiful sound and build your singing confidence in a relaxed and fun atmosphere.

Instructor: Kate Callahan-Hardman.

Age 15 and Up

PROGRAM #	DAY	TIME	DATES	RES/NRES
352110A	Tue	7:15 - 8:30P	10/06 - 11/10	\$120/\$130
353110A	Tue	7:15 - 8:30P	01/12 - 02/16	\$120/\$130

Age 40 and Up

PROGRAM #	DAY	TIME	DATES	RES/NRES
352110B	Tue	2:00 - 3:30P	10/06 - 11/10	\$120/\$130
353110B	Tue	2:00 - 3:30P	01/12 - 02/16	\$120/\$130

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.



Handbuilt Pottery

Age 18 and Up

Learn the basic hand-building techniques and with Potter's clay and glaze, create useable piece of ceramic art to keep or that will make wonderful holiday gifts. This six week class includes all materials in fee. Please bring a smock or apron.

Instructor: Lynne Cipolla. No Class: 11/26, 3/17.

PROGRAM #	DAY	TIME	DATES	RES/NRES
362543A	Thu	1:00 - 3:00P	10/22 - 12/03	\$168/\$178
363543A	Thu	1:00 - 3:00P	02/11 - 03/24	\$168/\$178

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

Italian

Age 21 and up

Whatever your motivation for learning a new language, now has never been a better time to start. Our beginner classes will teach you the basics allowing you to feel more relaxed communicating on vacation, shopping or greeting a new neighbor. The intermediate class will allow you to enhance and improve on the skill you already have. Start learning your second language today!

Italian – Beginner

Whether you are planning to visit romantic Italy in the near future or would just like to learn to speak Italian, this course is for you. You will be encouraged to use common Italian phrases and have basic conversations in class. There may be an additional textbook fee payable to the instructor.

Instructor: Simona Caruso.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392940A	Thu	09/17 - 11/19	11:45 - 12:45P	\$60/\$70/\$75
393940A	Thu	01/14 - 03/17	11:45 - 12:45P	\$60/\$70/\$75

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Italian – Intermediate

This is an opportunity to further your ability to speak this beautiful language. You will learn to enhance your conversational skills, improve your grammar and vocabulary through dialogue and oral participation.

Instructor: Simona Caruso.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392939A	Thu	09/17 - 11/19	10:30 - 11:30A	\$60/\$70/\$75
393939A	Thu	01/14 - 03/17	10:30 - 11:30A	\$60/\$70/\$75

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Jewelry with Jan

Age 21 and up

Participants in Jan’s hands-on class will learn basic jewelry-making techniques. No special jewelry skills are necessary. Each of Jan’s upcoming sessions will focus on a different skill. It’s FUN, REWARDING, and very CREATIVE! Learn a new skill and make something special for yourself or to give as a gift.

Instructor: Jan Hasenjager.

Focus on Fall Colors/Incorporating Natural Stone Beads & Pendants in Designs

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392974A	Thu	09/17	1:00 - 4:00P	\$18/\$20/\$22

Focus On Holiday Jewelry & Learn How to Make Angel or Snowmen Earrings

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392974B	Thu	11/19	1:00 - 4:00P	\$18/\$20/\$22

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

The Taste
Dining & Activity Book

Over \$1,000 in savings at the area's best restaurants, retailers & attractions!

Valid until December 30, 2016 - Over a year of savings!

Only \$25! With proceeds to benefit Elmwood Community Center

Start your holiday shopping early! Makes the perfect holiday gift!

Visit www.thetastebook.com

Sample on display at E.C.C.
CHECKS ONLY, payable to "The Taste Book"

Memory Matters 

Age 21 and up

This new class focuses on memory retention techniques, such as Mind-Mapping, Chunking, Peg Lists, and many more. It is broken into four separate classes and each one includes discussion, interactive activities that relate to the memory retention strategies being taught, a time for questions, plus instructions for homework for the week. The instructor has over twenty years of experience working with seniors and has developed courses and workshops at several venues in CT and Florida. Barbara has also served on the Speakers' Bureau for Seabury Retirement Community. *Instructor: Barbara Klau.*

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392930A	Wed	10/7 - 10/28	9:30 - 11:00A	\$50/\$60/\$65

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Opera Adventures – Exploring the Verismo Masterpieces

Age 21 and up

Opera enthusiast Mike Cascia is excited to teach about his favorite subject: *The Wonderful World of Opera*. If you enjoy opera or would like to learn more about this fabulous art form, you will enjoy exploring Verismo (True to Life) Operas, such as *Cavellera Rusticana* and *I Pagliacci*. The Verismo Operas dominated the Italian stages from the late 1800's to early 1900's. Mr. Cascia uses Power Point with attached music and shows DVD's to help illustrate the operas you will be enjoying. Please join Mr. Cascia for this fun and informative class on Wednesday afternoons. This seminar will consist of 2 parts, with 4 classes each, for a total of 8 classes. *Instructor: Mike Cascia.*

PROGRAM	DAY	DATES	TIME	MEM/RES/NRES
392953A	Wed	09/09 - 10/28	1:00 - 3:00P	\$16/\$18/\$20

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Painting – Chinese Watercolors

Age 21 and up

Learn to paint and appreciate Chinese paintings. This class will teach you how to mix colors and create elegant paintings with simple brush strokes. You will learn to sign your name in Chinese calligraphy. Individual instructions will be taught according to the experience and skills of the students. Advanced students may learn to create special effects for backgrounds to enhance paintings. *Instructor: Pui Yee Law.*

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392978A	Thu	10/1 - 11/19	1:00 - 3:00P	\$72/\$82/\$87

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.



Piano Lessons at ECC

Age 6 and Up

See page L16

Piano with Jane

Age 21 and Up

Jane Hupfer is a long-established teacher and musician. Her experience assures her student-friendly approach. Private lessons are offered every half hour in our music room. Participants must have a full-sized piano upon which to practice.

Instructor: Jane Hupfer. No class: 11/11.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392936A	Wed	09/16 - 10/21	9:00 - 11:30A	\$96/\$106/\$111 *1/2 hour appt.
392936B	Wed	10/28 - 12/09	9:00 - 11:30A	\$96/\$106/\$111 *1/2 hour appt.
393936A	Wed	01/13 - 02/17	9:00 - 11:30A	\$96/\$106/\$111 *1/2 hour appt.
393936B	Wed	03/02 - 04/06	9:00 - 11:30A	\$96/\$106/\$111 *1/2 hour appt.

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.



Pilates

Age 21 and up

Pilates is a system of exercises that increases core abdominal strength, promotes flexibility, heightens body awareness, coordination, concentration, controls breathing and promotes great posture, inside and out. The classes are for all fitness levels. Beginners must be able to attend the first class.

Instructor: Helene Korchin.

No Class: 10/12, 11/11, 1/15, 1/18.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392945A	Mon	09/14 - 11/23	6:00 - 7:00P	\$70/\$80/\$85
393945A	Mon	01/11 - 03/14	6:00 - 7:00P	\$56/\$66/\$71
392918A	Wed	09/16 - 11/25	6:00 - 7:00P	\$70/\$80/\$85
393918A	Wed	01/13 - 03/02	6:00 - 7:00P	\$56/\$66/\$71

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.



Powerflex

Age 18 and up

This workout enhances muscle fiber recruitment and produces excellent strength gains and muscle definitions. The interchangeable plates allows all fitness to be challenged. Bring a fitness mat. *Instructor: Corrina Peters.* **No Class: 11/26, 3/19.**

PROGRAM	DAY	TIME	DATES	RES/NRES
352546A	Thu	6:45 - 7:45P	09/24 - 10/29	\$60/\$70
352546B	Thu	6:45 - 7:45P	11/05 - 12/17	\$60/\$70
353811A	Thu	6:45 - 7:45P	01/07 - 02/25	\$80/\$90
353811B	Thu	6:45 - 7:45P	03/03 - 04/07	\$60/\$70

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Safe Boating/Personal Watercraft Combo Course

Age 10 and Up

Ahoy, mates! Calling all boaters! Upon completing this 3-day course, the participant will have satisfied CT DEEP's requirements and be able to subsequently apply for a Certificate of Personal Watercraft Operation (the cost to apply is \$50 and not included in class fee). A Safe Boating Certificate will be issued at the end of the course and will allow an individual over the age of 10 to operate any recreational vessel registered in Connecticut (except a personal watercraft - i.e. a Jet Ski-type vessel) on Connecticut waters. Upon application and receipt of a Certificate of Personal Watercraft Operation, an individual would be allowed to operate ANY recreational vessel, including a personal watercraft. Anyone under 16 years of age must be accompanied by an adult. Sail on over to ESC and sign up today!

Instructor: CT DEEP.

PROGRAM	DAY	DATE	TIME	FEE
392983A	Tu/Th/Tu	10/06, 08, 13	5:30 - 8:30pm	\$20 per person

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

Smovey 

Join us for this fun, innovative exercise program which promotes general fitness, weight loss and can provide therapeutic benefits. Smoveys are a pair of molded hollow rings and each contains 4 stainless steel balls. The movement of the stainless balls inside the rings creates vibrations. *These vibrations will benefit your entire body and even stimulate both spheres of the brain. You can also participate while seated if you have mobility limitations.* Smovey Vibroswing puts health in your hands! **Benefits include:** balance, stability, power, walking, mobility, endurance, coordination, strength, speed.

Instructor: Jolanta Osoba-Olbrys.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392900A	Tue	09/15 - 10/27	10:00 - 11:00A	\$35/\$40/\$45

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.



Tae Kwon Do

Age 15 and Up

Tae Kwon Do literally means the “art of first and foot fighting.” In this 8 week class students will learn simple and effective self-defense along with traditional poses, which are set to a pattern of movement. Along with a cardiovascular workout, using the kicks and punches learned, students will gain more focus, confidence mind/body control and coordination. Class is taught by a certified 4th degree black belt with 10 years’ experience teaching in a family oriented Tae Kwon Do school. There is a \$20 material fee payable to the instructor for a uniform.

Instructor: Paul Millholen. No Class: 10/12, 1/18, 2/15.

PROGRAM #	DAY	TIME	DATES	RES/NRES
352547A	Mon	7:15 - 8:00P	09/21 - 11/16	\$80/\$90
353547A	Mon	7:15 - 8:00P	01/11 - 03/14	\$80/\$90

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.



Stretch and Strengthen

Age 21 and up

Stretch and Strengthen is a total body stretching class which includes all the major and minor muscle groups, designed to help maintain flexibility, balance and strength. You can expect gentle stretching to enhance a greater range of movement. All exercises can be done standing or seated depending on your comfort level. Stretching will be demonstrated at both chair and floor level.

Instructor: Eric White. No Class: 2/12.

PROGRAM #	DAY	DATE	TIME	MEM/RES/NRES
392928A	Fri	09/18 - 11/20	11:30 - 12:30P	\$40/\$50/\$55
393928A	Fri	01/22 - 03/18	11:30 - 12:30P	\$32/\$37/\$39

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

T'ai Chi Beginner/Advanced Beginner

Age 10 and up

This wonderful mind/body art enhances health in many ways. Tai Chi is energizing yet relaxing. Improves balance, posture, coordination, relieves stress and tension. All fitness levels welcome. *Instructor: Beth Price. No Class: 10/12, 11/11, 11/25, 1/18, 2/15.*

PROGRAM	DAY	TIME	DATES	RES/NRES
352548A	Mon	5:45 - 6:45P	09/21 - 11/30	\$116/\$126
352548C	Wed	6:00 - 7:00P	09/23 - 12/09	\$116/\$126
353545A	Mon	5:45 - 6:45P	01/11 - 03/28	\$116/\$126
353545B	Wed	6:00 - 7:00P	01/13 - 03/16	\$116/\$126

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

Tai Chi with Faith

Age 21 and up

Enjoy the relaxing, graceful movements of Tai Chi while improving your balance, strength and mobility. This is a wonderful exercise for men and women of all ages and physical abilities.

Instructor: Faith Geist. No Class: 11/27, 2/12.

Tai Chi Beginner

PROGRAM #	DAY	DATE	TIME	MEM/RES/NRES
392912A	Fri	09/18 - 12/11	10:30 - 11:30A	\$60/\$70/\$75
393912A	Fri	01/08 - 03/18	10:30 - 11:30A	\$50/\$60/\$65

Tai Chi Intermediate

392913A	Fri	09/18 - 12/11	9:30 - 10:30A	\$60/\$70/\$75
393913A	Fri	01/08 - 03/18	9:30 - 10:30A	\$50/\$60/\$65

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.



Take Great Pictures

Age 21 and up

You'll be proud to share what you learn in just three sessions! Essential for all who like to take photos of everything from Grandkids to Travel. Taught by photography expert David Everett. Learn things like camera basics for best exposure, guidelines for better composition, available light vs. flash. Also, learn about the best equipment for your needs. The class is applicable for all skill levels. Individual sessions build upon each other.

Instructor: David Everett.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392976A	Fri	10/09 (1 day)	1:30 - 3:00P	\$18/\$20/\$22
392976B	Fri	11/13 (1 day)	1:30 - 3:00P	\$18/\$20/\$22
392976C	Fri	12/11 (1 day)	1:30 - 3:00P	\$18/\$20/\$22
392976D		ALL THREE SESSIONS		\$45/\$50/\$52

LOCATION: ELMWOOD COMMUNITY SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Tapercize

Age 21 and up

These classes are designed for adults who love to dance and enjoy great music while getting AEROBIC exercise. If you always wanted to learn to tap dance, are experienced tap dancers, or somewhere in the middle, choose the class that will best fit you. No experience is needed - just a desire to be fit and have fun!

Instructor: Carol Moriarty. No Class: 10/12.

Tapercize I - Beginner

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392922A	Mon	09/28 - 12/07	11:00 - 11:45A	\$62/\$72/\$77
	Mon	01/04 - 03/07	11:00 - 11:45A	\$62/\$72/\$77
	Mon	03/14 - 04/25	11:00 - 11:45A	\$62/\$72/\$77

Tapercize II - Intermediate

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392905A	Mon	09/28 - 12/07	10:00 - 10:45A	\$62/\$72/\$77
	Mon	01/04 - 03/07	10:00 - 10:45A	\$62/\$72/\$77
	Mon	03/14 - 04/25	10:00 - 10:45A	\$62/\$72/\$77

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Tennis Adult (New & Advanced Beginner)

Each lesson will focus on a different stroke with the final lesson reviewing all strokes. 6:1 ratio maximum. Drop-in spots may be available depending on class size. The drop-in rate must be paid at the start of the clinic by cash or check. *Instructor: Fern Park Tennis Association. No Class: 10/4.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412720A	Sat	8:30 - 10:00A	09/12 - 10/17	\$122/\$132

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Tennis Adult Cardio

All levels are welcome. Fun workout with tennis drills, ladders, cones designed to keep your heart rate up. Must have knowledge of basic strokes, forehand, backhand, serve, volley and overhead. 6:1 ratio. Drop-in rate must be paid at the start of class by cash or check. Availability dependent on class size. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412724A	Tue	9:30 - 11:00A	09/08 - 10/13	\$122/\$132

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices



Tennis Adult Intermediate Clinics

USTA 3.0-3.5 level players. Develop the use of spin, placement and singles and doubles tactics. Drop-in spots may be available depending on class size. The drop-in rate must be paid at the start of the clinic by cash or check. *Instructor: Fern Park Tennis Association. No Class: 9/23.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
412722A	Wed	9:30 - 11:00A	09/09 - 10/21	\$122/\$132

LOCATION: FERNRIDGE PARK

Register On-line, by Fax or Mail to Customer Service Desk, Town Hall.



Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

Tighter Assets

Age 18 and up

This resistance program will tone and firm upper, lower body, and abdominal muscles. Class is taught by certified instructors using safe techniques and proper cueing. Please bring 3-4 lbs. hand weights for females and 5-8 lbs. for males. Work at your own level. *Instructor: Corinna Peters. No Class: 2/16.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
352549A	Tue	6:30 - 7:30P	09/22 - 10/27	\$60/\$70
352549B	Tue	6:30 - 7:30P	11/10 - 12/22	\$70/\$80
353549A	Tue	6:30 - 7:30P	01/05 - 02/23	\$70/\$80
353549B	Tue	6:30 - 7:30P	03/01 - 04/05	\$60/\$70

LOCATION: ELMWOOD COMMUNITY CENTER

Register On-line, by Fax or Mail to Elmwood Community Center.

**E.C.C.'s Fitness
Drop-In Program**

Drop-In fee \$12.00 per visit.
For more info call 860-561-8160.

Recognizing that not all can commit to a full class fitness program, ECC offers drop-in classes for those programs that are definitely running due to popularity.

**2015-2016
Fitness Classes**

Power Flex

Thursday 6:45 - 7:45P
9/24 - 10/29, 11/5 - 12/17 (6 weeks)
1/7 - 2/25 (8 weeks), 3/3 - 4/7 (6 weeks)

Tighter Assets

Tuesday 6:30 - 7:30P
9/22 - 10/27 (6 weeks)
11/10 - 12/22 (7 weeks)
1/5 - 2/23 (7 weeks)
3/11 - 4/5 (6 weeks)



Call to ensure classes are running as scheduled.

You can sample classes to see which one fits your schedule!

**SPECIAL EVENTS AT E.C.C
The Unforgettable Airborne Jugglers
& Ice Cream**

Saturday, November 21, 1:30-2:45PM
Elmwood Community Center Auditorium

Movie Nights At ECC

Movie Titles To Be Announced Dec. 15th
Friday Nights, January 15, February 19
and March 18

Elmwood Community Center Auditorium
7:00PM - the movie begins



Water Classes at Avery Heights

Age 55 and up

All water classes are held at Avery Heights Doty Aquatic Center, 705 New Britain Avenue, Hartford, CT. Register at Elmwood Senior Center. Please check in at the **Heights Reception desk** on the first day for your pool key. A \$5 refundable deposit is required for your locker.

Aquacise Class

No swimming skills required. Emphasizes stretching, toning and cardio exercise. This class will improve your energy and fitness levels with no impact on your joints.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392925A	M/W	09/28 - 11/18	2:00 - 2:45P	\$56 Sr. Mem. Only

LOCATION: AVERY HEIGHTS DOTY AQUATICS CENTER

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Water Arthritis Class

A series of gentle exercises in the warm water. Participants gain increased range of motion in stiff, sore joints while protecting joints from weight-bearing impacts.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392926A	T/Th	09/10 - 11/03	1:00 - 1:45P	\$56 Sr Members Only

LOCATION: AVERY HEIGHTS DOTY AQUATICS CENTER

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Water Walking Class

Gentle on the joints while helping you get in shape. No swimming skills required. Thirty minutes of water walking is equivalent to 2 hours of land walking.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392927A	T/Th	09/10 - 11/03	2:00 - 2:45P	\$56 Sr Members Only

LOCATION: AVERY HEIGHTS DOTY AQUATICS CENTER

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.

Weight Training

Age 21 and up

Weight training is the only type of exercise that can slow and even reverse the decline in muscle mass, bone density and strength. Strength training can also delay the onset of osteoporosis, lower blood pressure and even reduce cholesterol levels. The 8:30 a.m. class gives you two options. You may choose a 2 day or a 3 day class. *Instructor: Corinna Peters.*

No Class: 10/12, 11/11, 11/27, 1/18, 2/12, 2/15, 3/25.

Choose 2 Days Per Week

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392916A	M/W/F	09/09 - 10/30	8:30 - 9:30A	\$96/\$106/\$111
392916B	M/W/F	11/02 - 12/18	8:30 - 9:30A	\$84/\$94/\$99
393916A	M/W/F	01/11 - 02/19	8:30 - 9:30A	\$72/\$82/\$87
393916B	M/W/F	02/22 - 03/23	8:30 - 9:30A	\$60/\$70/\$75

3 Day

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392949A	M/W/F	09/09 - 10/30	8:30 - 9:30A	\$138/\$148/\$153
392949B	M/W/F	11/02 - 12/18	8:30 - 9:30A	\$114/\$128/\$133
393949A	M/W/F	01/11 - 02/19	8:30 - 9:30A	\$90/\$100/\$105
393949B	M/W/F	02/22 - 03/23	8:30 - 9:30A	\$60/\$70/\$75

2 Day

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392941A	M/W	09/09 - 10/28	9:30 - 10:30A	\$84/\$94/\$99
392941B	M/W	11/02 - 12/16	9:30 - 10:30A	\$78/\$88/\$93
393941A	M/W	01/11 - 02/17	9:30 - 10:30A	\$60/\$70/\$75
393941B	M/W	02/22 - 03/23	9:30 - 10:30A	\$60/\$70/\$75

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.



Westmoor Park Beautiful Bulb Gardens

Age 18 and up

Create a beautiful bulb garden to “burst into” spring. Fall is bulb-planting time, and this class will cover the basics of bulb selection, succession of bloom for continuous color, placement, site preparation, and some “tricks of the trade.”

Instructor: Jane Gottier, Park Horticulturist.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522791A	Sat	9:00 - 11:00A	09/19	\$20/\$25

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.



Westmoor Park Organic Gardening Techniques

Age 14 and up

Just what is organic gardening? The term can be confusing. In this class you will learn how to enhance your soil, how to prevent and control insects and diseases, how to attract beneficial insects and pollinators, the basics of composting, and much more! Autumn is the best time to prepare your soil so that next spring you'll hit the ground running! Sign up for a Composting class right after Organic Gardening, for a full day of garden learning!

Instructor: Rosemary Aldridge.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522815A	Sun	1:00 - 2:30P	09/27	\$15/\$17
522815B	Tue	6:30 - 8:00P	10/06	\$15/\$17

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Westmoor Park Evergreen Wreath

Age 18 and up

Create a wreath to display during the holidays. Learn how simple and fun it is to make your own evergreen wreath. Materials fee is included. Registration Deadline 12/02/14.

Instructor: Jane Gottier, Park Horticulturalist.

PROGRAM #	DAY	TIME	DATES	RES/NES
522786A	Sat	9:00 - 11:00A	12/05	\$35/\$40

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.



Westmoor Park Soft Cheese Making I

Age 14 and up

You won't believe how easy it is to make your own soft cheeses. We'll make a lemon-herb cheese spread, a camembert style, and mozzarella! All supplies will be provided.

Instructor: Rosemary Aldridge.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522861A	Wed	6:30 - 8:30P	10/21	\$33/\$38
522861B	Sun	2:30 - 4:30P	10/25	\$33/\$38
523861A	Wed	6:30 - 8:30P	03/09	\$33/\$38

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Westmoor Park Learn To Compost

Age 14 and up

Have a Breakdown! Learn to Compost. Have you tried to make compost with no success? Learn to "break down" but in a good way! In this class you will learn about the C/N ratio, "hot vs. cool" composting, the "trash can" technique, compost tea and much more. Sounds mysterious but it is incredibly easy, and your garden will love you for it. You can make compost all winter long so that it is ready for the garden in the spring.

Instructor: Rosemary Aldridge.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522780A	Sun	3:00 - 4:30P	09/27	\$15/\$17
522780B	Tue	6:30 - 8:00P	10/13	\$15/\$17

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

**Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices**

Westmoor Park Soft Cheese Making II

Age 14 and up

You won't believe how easy it is to make your own soft cheese. We will make feta, mascarpone, and whole-milk ricotta. All supplies will be provided. Cheese Making I is not a prerequisite.

Instructor: Rosemary Aldridge.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522841A	Wed	6:30 - 8:30P	11/04	\$33/\$38
522841B	Sat	9:30 - 11:30A	11/07	\$33/\$38
523841A	Tue	6:30 - 8:30P	03/15	\$33/\$38

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Yoga – “Mindfulness” Meditation

Age 21 and up

Yoga enhances flexibility, strength, coordination and poise. Additionally, did you know that yoga improves your quality of sleep? Breathing and meditation techniques help you revitalize and calm your mind and body. When thoughts and emotions are brought under control, one's ability to deal more efficiently and effectively with the challenges of life improve dramatically.

Bring your own mat. Instructor: Janet Conley.

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392909A	Fri	09/11 - 11/13	10:00 - 11:00A	\$60/\$70/\$75
393909A	Fri	01/08 - 03/11	10:00 - 11:00A	\$60/\$70/\$75

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.



Drop-in Option!

Zumba Gold®

Come join the party!

Age 21 and up

Putting the fun back in fitness is exactly what Zumba Gold® has done. There are no requirements other than enjoying music and wanting to have fun. Zumba Gold® is done at a lower intensity than Zumba®, not quite as fast, but is certainly as fun. The great fusions of Latin and International music and dance themes are used; Merengue, Salsa, Cha Cha, Cumbia & Belly Dance. A typical class will consist of a warm up session, the main routine, and a cool down. This workout is great for the mind, body, and soul! Wear comfortable clothing, bring a water bottle, a towel, and most of all your “party” attitude. Instructors: Wendy LeClerc (AM) or Mary Woods (PM). **No Class 11/11.**

Wendy LeClerc

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392929A	Wed	09/09 - 10/21	11:00 - 12:00P	\$28/\$33/\$35
392929B	Wed	10/28 - 12/16	11:00 - 12:00P	\$28/\$33/\$35
391929A	Wed	01/06 - 03/16	11:00 - 12:00P	\$44/\$54/\$59

Mary Woods

PROGRAM	DAY	DATE	TIME	MEM/RES/NRES
392931A	Wed	09/09 - 10/21	5:30 - 6:30P	\$28/\$33/\$35
392931B	Wed	10/28 - 12/16	5:30 - 6:30P	\$28/\$33/\$35
391931A	Wed	01/06 - 03/16	5:30 - 6:30P	\$44/\$54/\$59

Register in advance and pay \$4.00 per class.

Drop-in fee is \$5.00 per class

LOCATION: ELMWOOD SENIOR CENTER AT ECC

Register On-line, in Person, by Fax or Mail to Elmwood Senior Center.





Feast ON THE Farm

*to benefit the Westmoor Park Fund.
Proceeds will support the restoration of the historic Westmoor Barn.*

**A four-course dinner will feature locally-grown produce and products,
and highlight the talent of Chef Dorjan Puka.**



Westmoor Park
WEST HARTFORD HUMAN & LEISURE SERVICES

IN-KIND SPONSORS



Friday, September 25, 2015 • 6:00 pm to 9:00 pm
Westmoor Park • 119 Flagg Road • West Hartford
Tickets \$85, BYOB (wine and beer)

Westmoor Park is an environmental, agricultural and horticultural education center dedicated to raising awareness and appreciation of the natural world. The backbone of the demonstration farm and its programs is the historic Westmoor Barn. The barn requires extensive renovation in order to maintain and share its history with the more than 100,000 annual park visitors.

FOR MORE INFORMATION please contact the Department of Leisure Services at 860-561-7510 or Westmoor Park at 860-561-8260, or visit www.westmoorpark.org.



TICKETS are available for sale in person from 8:30am to 4:30pm M-F in the Town Hall lobby or at Westmoor Park, payable by cash, check or credit card. You can also mail this form with check or credit card payment to: West Hartford Town Hall, Leisure Services (Room 128), 50 South Main Street, West Hartford, CT 06107, or FAX this form with credit card payment to: 860-561-7519.

_____ # tickets @ \$85 per each* \$ _____
Additional Contribution** \$ _____
Total Amount Paid \$ _____

*tax deductible to the extent allowed by law
**fully tax deductible

PLEASE PRINT CLEARLY

Name: _____
Address: _____
Telephone: _____
E-mail: _____
Names of attendees: _____

Payment

- In person payment by cash; or check made out to: "Westmoor Park Fund"; or credit card
- Mail (check or credit card) - Tickets will be mailed.
- FAX (credit card) - Tickets will be mailed.
- Mastercard Visa
- Name on Card: _____
- Card number: _____
- Expiration Date: _____

A limited number of tickets will be available. First Come, First Served!

**Westmoor Park After Dark,
Animal Birthday Party**

All Ages

Shhh...It's a surprise! Ginger the horse is turning 20 this year, and the rest of the barnyard animals are throwing her a birthday bash! Join Westmoor staff and farm friends as we celebrate Ginger and all of our animal friends. There will be games, meet-and-greet with the animals, and refreshments. This event is free, but please pre-register for planning purposes.

Instructors: Westmoor Park Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522846A	Fri	6:00 - 8:00P	09/04	\$0/\$0

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Westmoor Park Family Twilight Hike

All Ages

(All ages; children 14 and under must be accompanied by an Adult). Join Westmoor Naturalists as we take a hike at sunset. We will be on the lookout for beavers, deer, and other woodland animals. We will also listen for owls and explore the woods as the sun goes down. Fee is per person. Instructors: Westmoor Park Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522818A	Fri	6:30 - 7:30P	09/18	\$5/\$6
522818B	Sat	6:30 - 7:30P	10/03	\$5/\$6

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.



WESTMOOR PARK

HAY RIDE

AND

PUMPKIN DECORATING

FOR THE WHOLE FAMILY

EVENINGS IN OCTOBER FROM 6:00-8:00:

FRIDAY, OCTOBER 9 OR

SATURDAY, OCTOBER 17 OR

SATURDAY, OCTOBER 24 OR

FRIDAY, OCTOBER 30

Snuggle into the hay and take a scenic tractor-pulled ride along the trails at the park. We'll also roast marshmallows around the camp fire, decorate pumpkins, and enjoy the fall sunset! Age 2 and under, free! All participants (including infants) must be registered.

\$15 for West Hartford residents, \$18 for non-residents. Pumpkins and supplies provided.

**HAYRIDE
MARSHMALLOW ROAST
PUMPKIN DECORATING**

To register, call 561-8260
Westmoor Park
119 Flagg Road
West Hartford, CT

Or visit our website:
www.westmoorpark.org

**Westmoor Park Hayride -
Pumpkin Special**

All Ages

All participants (including infants) must be pre-registered. All children must be accompanied by an adult. Age two and under, free. Snuggle into the hay and take a scenic tractor-pulled ride along the trails at the park. We'll also roast marshmallows around the camp fire, decorate pumpkins, and enjoy the fall sunset! Pumpkins provided. Instructors: Westmoor Park Staff.

PROGRAM #	DAY	TIME	DATES	RES/NRES
522821A	Fri	6:00 - 8:00P	10/09	\$15/\$18
522821B	Sat	6:00 - 8:00P	10/17	\$15/\$18
522821C	Sat	6:00 - 8:00P	10/24	\$15/\$18
522821D	Fri	6:00 - 8:00P	10/30	\$15/\$18

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Westmoor Park Maple Sugaring

Age 5 and up

Must be at least 5 to attend. Participate in one of the oldest New England traditions. This class will take you through the whole process of making maple syrup from beginning to end, so you can do it at home. We will identify maple trees, tap a tree, collect and boil sap, and even taste the finished product. All participants must be preregistered. Children must be accompanied by an adult. Fee is per person. Outdoor Program; dress for the outdoors. *Instructors: Doug Jackson/Rosemary Aldridge.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
523933A	Sat	10:00 - 11:30A	02/27	\$8/\$10
523933B	Sun	1:00 - 2:30P	03/06	\$8/\$10
523933C	Sat	10:00 - 11:30A	03/19	\$8/\$10

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.



Westmoor Park Terrarium Garden

Age 7 and up

Parent/Child. Join us for this wonderful opportunity to create a tiny garden with your child. We will take a nature hike at the park, then create a lovely garden under glass to enjoy through the winter months. Bring your favorite large glass/plastic jar with top and we will supply the materials to fill your container. All participants must be pre-registered. Fee is per parent/child pair. *Instructors: Westmoor Park Staff.*

PROGRAM #	DAY	TIME	DATES	RES/NRES
522474A	Sat	9:00 - 11:00A	11/07	\$22/\$27

LOCATION: WESTMOOR PARK

Register On-line, in Person, by Fax or Mail to Westmoor Park.

Register ON-LINE any day, any time.
It's quick, easy and secure.
www.WestHartfordCT.gov/leisureservices

Family Entertainment!

**The Unforgettable Airborne Jugglers
& Ice Cream**

Saturday, November 21, 1:30 – 2:45PM

Elmwood Community Center Auditorium



Amazing juggling is synchronized with lively music, laughter fills the air and you never know what will happen next! Audience volunteers find themselves in the middle of the action and the fun is contagious.

Making your own sundae will also be part of the fun!

Consider celebrating your birthday at this event! Groups are welcome and will receive reserved seating when purchasing 12 tickets or more.

Program# 372103A...Tickets \$7.00 each.

Children must be accompanied by a paying adult.

To register, please call 860-561-8160 or visit Elmwood Community Center, 1106 New Britain Avenue, West Hartford, CT.

Please note: The building address is

1106 New Britain Avenue, West Hartford, CT

and is located across the street from CVS and behind Walgreens.

The entrance is accessed from Burgoyne Street via South Quaker Lane.

Go on-line at elmwoodcommunitycenter.com for a look at all of our offerings.

Co-sponsor:



MOVIE NIGHTS AT ECC

MOVIES TITLES TO BE ANNOUNCED DECEMBER 15TH

Friday Nights, January 15,

February 19 and March 18

Elmwood Community Center Auditorium

7:00PM - the movie begins

Grab a blanket (seating available) and head to

Elmwood Community Center

*Bring your own drinks and snacks,
(no glass bottles or alcoholic beverages).*

Refreshments will not be sold.

Space is limited to the first 100 people to register.

Family Event...not a drop off program

Program # 373103A, Jan.15,
373103B, Feb. 19, 373103C, March 18

Suggested donation \$2.00 per person.



**To register, please call 860-561-8160 or visit
Elmwood Community Center,**

1106 New Britain Avenue, West Hartford, CT.

Please note: The building address is

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Go on-line at elmwoodcommunitycenter.com for a look at all of our offerings.

Co-sponsor:



WEST HARTFORD YOUTH SPORT LEAGUES SPONSORED BY WEST HARTFORD ALL SPORTS COUNCIL

The West Hartford All Sports Council is a non-profit organization comprised of sixteen youth leagues whose purpose is to unite all West Hartford voluntary youth athletic programs toward common philosophies and goals. The sixteen leagues provide over 55,200 volunteer hours per year, involve 1,700 volunteers, and serve approximately 5,700 local youths. The All Sports Council works closely with Leisure Services for scheduling town facilities and coordination of activities. Each league is run by a volunteer board of directors.

LEAGUE	BOY GIRL	AGES SERVED	SEASON PLAYED	REGISTRATION DATES	WEB SITE
Baseball - Alumni	Co-ed	13 - 15	April/May	Starts in January	www.westhartfordbaseball.com
Baseball - American Legion	Boys	15 - 19	Spring/Summer	Tryouts - February	www.westhartfordbaseball.com
Baseball - Babe Ruth	Co-ed	13 - 15	Spring/Summer	February - May	www.westhartfordbaberuthonline.com
Baseball - Travel Fall	Co-ed	13 - 18	Fall	Deadline July 18 th	www.westhartfordbaseball.com
Baseball - Travel Spring/Summer	Boys	13 - 18	Spring/Summer	May	www.westhartfordbaseball.com
Baseball - W. H. Little League	Co-ed	5 - 12 (5 by 4/30)	Spring/Summer	Jan - March - Form On Line	www.westhartfordlittleleague.com
Baseball - WHLL Challenger - Kids with developmental/physical challenges	Co-ed	5 - 18	Spring	January - April Form On Line	www.westhartfordlittleleague.com
Baseball - W. H. Youth Baseball	Co-ed	5 - 12 (5 by 12/31)	Spring/Summer	Jan - March - Form on Web	www.whybaseball.com
Basketball	Boys	9 - 18	December - March	November Tryouts	www.whybl.org
Basketball	Girls	Grade 3 - 12	December - March	September - October 15	www.whgirlsbasketball.com
Basketball - Travel	Boys	Grade 5 - 8	October - March	October Tryouts	www.whybl.org
Basketball - Travel	Girls	Grade 5 - 8	November - March	Tryouts Beginning of Oct	www.go-magic.com
Football	Co-ed	7 - 14	Fall	June - August	www.whyfl.com
Flag Football	Co-ed	5 - 6	Fall	June - August	www.whyfl.com
Field Hockey	Girls	Grade 3 - 8	Sept. - early Nov.	May - July	www.whyfh.net
Hockey	Co-ed	5 - 14	October - March	June - December	www.westhartfordhockey.com
Lacrosse - Boys	Boys	9 - 14	March - Early June	November - February	www.whyll.com
Lacrosse - Girls	Girls	Grade K - 8	March - Early June	December - February	www.whgirlslax.com
Rugby	Boys	14 - 19	Spring/Summer	January - March	www.westhartfordrugby.com
Soccer - Training	Co-ed	6 - 7	Fall/Spring	June for Fall; March for Spring	www.whysa.org
Soccer - Training	Girls	Grade 1 & 2	Fall/Spring	June for Fall; March for Spring	www.whgsl.org
Soccer - Mites	Co-ed	8 - 9	Fall/Spring	June for Fall; March for Spring	www.whysa.org
Soccer - Mites	Girls	Grade 3 & 4	Fall/Spring	June for Fall; March for Spring	www.whgsl.org
Soccer - Pre-Juniors	Co-ed	10 - 14	Spring	March for Spring	www.whysa.org
Soccer - Juniors	Co-ed	10 - 11	Fall	June for Fall	www.whysa.org
Soccer - Juniors	Girls	Grade 5 & 6	Fall/Spring	June for Fall; March for Spring	www.whgsl.org
Soccer - Seniors	Boys	12 - 14	Fall	June for Fall	www.whysa.org
Soccer - Seniors	Girls	Grade 7 & 8	Fall	June/Fall; March/Spring	www.whgsl.org
Soccer - Travel	Boys	9 - 19	Fall/Spring	Open Tryouts in June	www.whysa.org
Soccer - Travel	Girls	7 - 19	Fall/Spring	Open Tryouts in June	www.whgsl.org
Softball	Girls	Grade K - 9	Spring/Summer/Fall	November - March 15	www.whsoftball.com
Softball W.H. Amateur	Girls	6 - 18	Winter/Summer	January - August	www.whasl.com
Swim Team Waves	Co-ed	6 - 17	Fall/Winter	August	www.whwaves.com

WEST HARTFORD SPECIAL NEEDS PROGRAM

Elmwood Community Center, 1106 New Britain Avenue, West Hartford, CT 06110

Main Office: 860-561-8160 Special Needs Program Coordinator: 860-561-8173

The Special Needs Program, a division of the Department of Human and Leisure Services, strives to provide diverse social and recreational programming for all ages and abilities. Inclusion assistance is available for those wishing to enroll in classes or programs offered at facilities that are owned AND managed by the Town of West Hartford. Due to private management, this excludes inclusion assistance at Buena Vista Golf Course, Cornerstone Aquatics Center and Rockledge Golf Course. **Conversations regarding inclusion assistance for classes and vacation camps during the regular school year must take place with the Special Needs Program Coordinator at least TWO WEEKS PRIOR to class/camp start date.** Please see the summer camp brochure for deadlines relating to aides for summer programs. Information and referral services are offered for those with needs which would best be met by regional programs or services. Please contact the Special Needs Coordinator, Victoria Branning, at 860-561-8173 or victoria.branning@WestHartfordCT.gov for additional information.

REGISTRATION FOR FABULOUS FRIDAYS AT ELMWOOD COMMUNITY CENTER IS NOW AVAILABLE ONLINE!

Visit www.westhartfordct.gov/leisure and click ONLINE REGISTRATION

Friday night events at ECC are offered for high-school aged and older individuals. Supervision of a GENERAL NATURE ONLY is provided at these events by staff from the Special Needs Program. Guests requiring additional assistance may bring a helper, family member, or friend at no additional charge and group home staff are required to remain on site. The fee includes light refreshments and any advertised food or craft materials. Please arrive no more than 15 minutes before an event is scheduled to begin.

Registration for Friday night events is available online, by calling 860-561-8160 or by visiting the Elmwood Community Center main office on the 1st. floor. Register early because events often sell out. Refund requests must be made on the Monday PRECEDING a Friday event and there are NO refunds for no-shows. **PRE-PAYMENT AND PRE-REGISTRATION ARE REQUIRED. WALK-INS are NOT permitted.** Group homes should use their "household number" to register guests for events. Please contact the ECC main office if you are unsure of what your household number.

PROGRAM	DATE	TIME	DESCRIPTION	FEE
382782A	Fri. Sept. 18	7-9P	"Summer Solstice" Dance with DJ Dani	\$14.00
382109A	Fri. Oct. 9	7-9P	"Fall into Fun" Bingo with banana splits	\$16.00
382122A	Fri. Oct. 23	7-9P	"Goblin's Groove" Halloween Dance* with DJ Snitch	\$14.00
382122B	Fri. Oct. 30	7-9P	"Monster Mash" Halloween Dance* with DJ Marc	\$14.00
Due to high demand, we're again having TWO Halloween dances this year (Oct 23th & Oct 30st). To give everyone a chance to attend, please initially sign up for ONLY ONE of the dances. If space is available a week before the event, we'll open enrollment. Please call 860-561-8160 the Friday before each Halloween dance to check on space.				
382709A	Fri. Nov. 20	7-9P	"Twistin' for Turkeys" Dance with DJ Bernie	\$14.00
382111A	Fri. Dec. 4	7-9P	"Let it Snow" Holiday Craft Night	\$14.00
382675A	Fri. Dec. 18	6-8P	Holiday Dinner + Be S#arp from Conard HS	\$20.00
383015A	Fri. Jan. 8	7-9P	"Puttin' on the Ritz" Dance with DJ Paulie	\$14.00
383306A	Fri. Jan. 22	7-9P	"Frostbitten" Bingo Night with hot chocolate	\$16.00
383305A	Fri. Feb. 12	7-9P	"Fan the Flames" Valentines Dance with DJ Marc	\$14.00
383304A	Fri. Feb 26	7-9P	"Dive into Disco" Dance with DJ Snitch	\$14.00
383773A	Fri. March 11	6-8P	"Luck of the Irish" Dinner and Irish Dancers	\$20.00
383016A	Fri. March 25	7-9P	"Flashback to Flashdance" Dance with DJ Paulie	\$14.00

Visit Westhartfordct.gov/snrec for detailed information on all of our programs and LIKE West Hartford Special Needs Leisure Services on Facebook!

Rockledge Golf Club

289 South Main Street, West Hartford, CT
Tee Times: 860-521-6284 • Golf Shop: 860-521-3156
www.golfrockledge.com

Season: April 1 - November 30

(weather permitting)

Opening Hours:

Spring & Fall: 8:00 a.m.

Rockledge Golf Club is recognized as one of the finest 18-hole public golf courses in the United States. Beautifully landscaped and meticulously maintained, the par 72 course has a maximum total yardage of 6,440 yards. The championship layout features a practice putting green, a practice sand bunker and a driving range with four target greens. Amenities include locker rooms and golf carts available for rental. Rockledge Golf Club was assigned an "excellent value" rating and designated as a three-star facility by the prestigious *New England Golf Guide*, and has been awarded a 4-star rating in *Golf Digest's "Best Places to Play."* Rockledge was also voted "Best Golf Course" in the *Hartford Advocate's* "Best of Hartford" readers' poll, and was voted #1 in the "Best Public Golf Course" category in *Hartford Magazine's* "Best of Hartford" readers' poll.

Tee Times On-Line

For busy golfers on the go, Rockledge Golf Club offers on-line tee time reservations. That's right - 24 hours a day, you can log onto www.golfrockledge.com and reserve a starting time for parties of two or more. It's convenient, fast and easy. Tee time reservations can also be made in person or by calling the Golf Shop at 860-521-6284 and in person at the Pro Shop. Review the full tee time reservation policy at www.golfrockledge.com.

Check out www.golfrockledge.com for details on the 2015 Fall and Winter Specials at Rockledge and Buena Vista!

Twilight Rates

If you'd like to get in a round of golf after a day of work, or as the sun begins to set over beautiful Rockledge Golf Course, you'll want to take advantage of Rockledge's special Twilight Rates. These rates offer discounts on greens fees throughout the entire golfing season. Visit the website or call the Golf Shop at 860-521-6284.

Winter Golf Rates

Weather permitting, a special reduced winter golf rate will be offered at Rockledge and Buena Vista golf courses. Visit the website or contact the Golf Shop at 860-521-6284 for details.

Junior and Adult Lessons

Individuals and group lessons can be arranged with the Rockledge Pro staff by appointment. Lessons are offered Monday through Sunday, at a mutually convenient time. Call the Golf Shop at 860-561-3156 to book your lessons now! The Pros also offer golf lessons through Leisure Services. See below!

Golf Adult Beginner

Beginner golf lessons for adult players age 18 and up with little or no golfing experience. In case of heavy rain, or any questions, please call Rockledge Golf Club at 860-521-6284. Rain make ups will be announced by instructors. A 9-hole voucher to play at Buena Vista Golf Course is included. *Instructor: Rockledge Staff.*

PROGRAM#	DAY	TIME	DATES	RES/NRES
412730A	Tue/Thu	5:30 - 6:30P	09/08 - 09/17	\$84/\$94

LOCATION: ROCKLEDGE GOLF CLUB

Register On-line, by Fax or mail to Customer Service Desk, Town Hall.



Rockledge now offers weekly Tee Time Specials on the home page of the website: www.golfrockledge.com. Check them out and grab a great deal!

Rockledge Golf Club Winter Trail System

Now you can walk, jog, cross country ski or snow shoe on the winter trails at beautiful Rockledge Golf Club.

Choose from the yellow trail (.6 mile) or the red trail (1.5 miles) for walking or jogging. The blue trail (2.2 miles) can also be used for cross country skiing or snow shoeing (weather permitting.)

All three trails start at the Rockledge Pro Shop and are clearly marked with colored markers spaced .1 mile apart - so following the trails is safe and easy. Trail Guides with detailed maps are available.

Enjoy outdoor recreation this winter at "The Rock." Rockledge - it's fun, it's healthy and it's free!

GOLF WEDNESDAYS

(Middle and High School students)

Student golfers looking for something fun to do after school on "early out" Wednesdays in September, October, and November can take advantage of Buena Vista's 50% discount on greens fees. This special offer is for middle and high school students and is available only on Wednesdays from 1:30 p.m. till closing time.

WEEKDAY BONANZA

For daily fee players only, Buena Vista is offering a special offer for 2015 - play 6 rounds and get the 7th round free! Golfers must tee off between 10 am and 3 pm weekdays only. This offer is not transferable and is available through end of the 2015 season.

BUENA VISTA DISCOUNT PASSES

Available for purchase at Buena Vista Golf Course
Resident Discount Pass

10 rounds - Weekdays only \$80

Weekdays, weekends and holidays \$96

Corporate* and Nonresident Discount Pass

10 rounds - Weekdays only \$96

Weekdays, weekends and holidays \$112

*(West Hartford businesses and property owners)

Prices valid through end of 2015 season.

BUENA VISTA GOLF COURSE

37 Buena Vista Road, West Hartford, CT

Starter: 860-521-7359

www.golfbuenavistawh.com

Season: April 1 - November 30

(weather permitting)

Opening Hours:

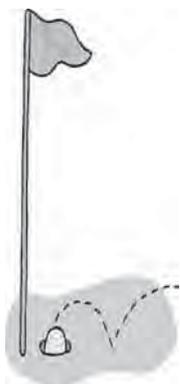
Spring & Fall: 8:00 a.m.

Buena Vista Golf Course is a convenient, 9-hole executive style course with a maximum total yardage of 1,977. It features a moderately hilly terrain with strategically placed traps, and takes approximately 1 1/2 to 2 hours to play. The layout includes three sets of tees (one especially for junior golfers) as well as a practice green for chipping and putting.

Buena Vista Golf Course provides excellent play for juniors learning the game, golfers who want to get in a quick 9 holes, and seniors seeking a moderately challenging round. Golf clubs and carts are available for rental. Tee times are not required.

GREAT GOLF GIFT IDEAS FOR THE HOLIDAYS

Pick up great golf gift cards for all the golfers on your holiday gift list!



Rockledge Golf Gift Cards

Rockledge Golf Gift Cards can be purchased in any amount starting at \$25 and can be used for greens fees, golf cart rentals, buckets of range balls, lessons and merchandise.

Rockledge Golf Gift Cards

may be purchased at the Customer Service Desk, Town Hall,
Monday thru Friday from 8:30 a.m. - 4:30 p.m.

Visit www.golfrockledge.com for information on
Rockledge Golf Club and Buena Vista Golf Course.

**VETERANS MEMORIAL
ICE SKATING RINK
56 BUENA VISTA ROAD
860-521-1573**

skatevmsr.com

Your Place to Skate All Year Round!

Fun-filled recreational skating...outstanding figure skating...action-packed hockey...you'll find it all at Veterans Memorial Ice Skating Rink! This state of the art facility has everything to make your skating experience the best it can be!

*All in a clean air/emission free,
climate-controlled environment for the
comfort of skaters and spectators alike!*

The fully enclosed arena is temperature controlled and features a 200' by 85' NHL size ice surface. Special lighting and sound system adds to the excitement. The Rink Side Snack Bar and Skate Shop and electronic game room add to the fun.

VMSR offers a broad range of skating activities designed to afford everyone the opportunity to skate. Throughout the year, many public skating sessions, learn-to-skate classes for all ages, private instruction for children and adults, hockey skill lessons, special hockey and figure skating camps, hockey leagues, the West Hartford Figure Skating Club and ice rentals are offered. Party rooms are available for birthdays and group use. Discount admission options for individuals and groups are provided. VMSR Skate for FUNds program makes for an easy school or group fundraiser. VMSR sponsors 100% of the ice time for the Conard and Hall boy's and girl's hockey teams and 35% of the ice time for the West Hartford Youth Hockey Association.

Visit our website for complete and updated information on schedules, fees, programs and special events –

www.skatevmsr.com

*Due to the early production schedule of this
guide, please be aware that
all dates, times, sessions and fees
are subject to change.*

**Join our Email club for
updated specials!**

ADMISSION RATES

(subject to change)

PUBLIC AND AM ADULT SESSIONS

FALL, SPRING AND SUMMER RATES

Resident Child (12-) & Sr. (65+)	\$5.25
Resident Adult	\$5.75
Non Resident	\$6.75
Skate Rental	\$4.00

WINTER RATES

Resident Child (12-) & Sr. (65+)	\$5.75
Resident Adult	\$6.25
Non Resident	\$7.25
Skate Rental	\$4.00

Children 2 years and under – Free Admission!

AFTERNOON ADVANCED SESSION

WHFSC Member	\$ 9.25
Resident	\$10.25
Non Resident	\$11.75

*All residents must present proof of residency
for resident admission or fees.*

DISCOUNT PASSES

Available for purchase at the skating rink.
Quantities must be purchased at the
same time for discounted rate.

Resident	10 passes	\$42
Resident	20 passes	\$79
Non Resident	10 passes	\$52
Non Resident	20 passes	\$99

SKATE RENTAL DISCOUNT CARD

Save money on skate rentals. 10 rentals for \$30.
Good for all sessions including Learn to Skate lessons.

VMSR GIFT CARDS

Available in amounts \$10 and over and can be redeemed
for admissions, skate rentals, program registration,
snack bar and pro shop purchases.

SKATE FOR FUNds

This exciting fundraising program is being offered to
groups that are looking for a fun and easy way to raise money
for their school or organization.

Call Peter Montesano at the rink office for details.

GROUP DISCOUNTS

Discounts are available to groups of 15 or more. Advance
reservations must be made in order to receive group rates.

BIRTHDAY PARTIES

The rink offers special birthday party packages.
Call for details - advance reservations required.

LUNCH TIME SKATE

The perfect quick and easy workout for people who
want to exercise during their lunch break!
Monday, Wednesday, Thursday and Friday
11:30 am-1:00 pm.

2015/2016 PUBLIC SKATING SCHEDULE

See our holiday
schedule for
changes to our
regular schedule.

Note Session Restrictions:

- P - Public Sessions** - Open to All Skaters
- * - Advanced Figure Skaters Only - Freestyle and Dance
- A - Adult Skaters Only - Adults 18+/No Freestyle
- + - Adult & Toddler Skaters Only - Adults 18+/No Freestyle
(Toddlers (2-5 years) must be accompanied on the ice by an adult at all times)

FALL August 31 – November 21	WINTER November 22 – March 6
Sunday	Sunday
P - 3:00-4:30 pm	P - 1:15 - 2:45 pm P - 3:00 - 4:30 pm P - 7:00 - 8:00 pm **
Monday	Monday
A - 9:15 -11:15 am P - 11:30 - 1:00 pm * - 1:15 - 3:30 p.m. P - 4:30 - 5:30 pm	A - 9:15 -11:15 am P - 11:30 - 1:00 pm * - 1:15 - 3:30 p.m. P - 4:30 - 5:30 pm
Tuesday	Tuesday
+ - 9:45 -11:15 am * - 1:15 - 3:30 pm P - 4:30 - 5:30 pm	+ - 9:45 -11:15 am * - 1:15 - 3:30 pm P - 4:30 - 5:30 pm
Wednesday	Wednesday
A - 9:15 -11:15 am P - 11:30 - 1:00 pm * - 1:15 - 3:15 pm P - 4:00 - 5:00 pm	A - 9:15 - 11:15 am P - 11:30 - 1:00 pm * - 1:15 - 3:15 pm P - 4:00 - 5:00 pm
Thursday	Thursday
+ - 9:45 -11:15 am P - 11:30 - 1:00 pm * - 1:15 - 3:30 pm	+ - 9:45 -11:15 am P - 11:30 - 1:00 pm * - 1:15 - 2:45 pm P - 5:30 - 6:30 pm
Friday	Friday
A - 9:15 -11:15 am P - 11:30 - 1:00 pm * - 1:15 - 3:30 pm P - 4:30 - 5:30 pm P - 6:45 - 8:15 pm	A - 9:15 -11:15 am P - 11:30 - 1:00 pm * - 1:15 - 3:30 pm P - 4:30 - 5:30 pm P - 6:45 - 8:15 pm
Saturday	Saturday
P - 3:15 - 4:45 pm	P - 3:15 - 4:45 pm P - 6:45 - 7:45 pm
Please Note: All times, fees, dates and sessions are subject to change **Session only on 11/22, 11/29, 12/27, 1/3	

FALL FUN!
Wednesdays
September 2 - November 18
4:00-5:00 pm
\$3.00 Admission
(regular skate rental fees apply)

**CHILDREN SKATE FOR
FREE ON SUNDAY EVENINGS!**
November 22 - February 28
7:00-8:00 pm
One free child (12-) admission with each paid adult admission!
(regular skate rental fees apply)

2015/2016 HOLIDAY PUBLIC SKATING SESSIONS		Adult Sessions	Public Sessions
Labor Day	Monday, September 7	---	CLOSED
Rosh Hashanah	Monday, September 14	9:15-11:15 am	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
Yom Kippur	Wednesday, September 23	9:15-11:15 am	12:00-1:30; 1:45-3:15; 3:30-5:00 pm
Columbus Day	Monday, October 12	9:15-11:15 am	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
Election Day	Tuesday, November 3	9:15-11:15 am	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
Thanksgiving	Thursday, November 26	---	CLOSED
	Friday, November 27	9:15-11:15 am	11:30-1:00; 1:30-3:00; 3:15-4:45; 5:00-6:30; 6:45-8:15 pm
Christmas Eve	Thursday, December 24	9:15-11:15 am	11:30-1:00; 1:15-2:45; 3:00-4:30 pm
Christmas Day	Friday, December 25	---	CLOSED
	Saturday, December 26 & Jan. 2	---	3:15-4:45; 5:00-6:30; 6:45-7:45 pm
	Sunday, December 27 & Jan. 3	---	1:15-2:45; 3:00-4:30; 7:00-8:00 pm
	Monday, December 28	---	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
Vacation	Tuesday, December 29	---	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
	Wednesday, December 30	---	12:00-1:30; 1:45-3:15; 3:30-5:00 pm
	Thursday, December 31	---	11:30-1:00; 1:15-2:45; 3:00-4:30; 4:45-6:15; 6:30-8:00 pm
	Friday, January 1	---	1:30-3:00; 3:15-4:45; 5:00-6:30; 6:45-8:15 pm
Martin Luther King Day	Monday, January 18	9:15-11:15 am	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
Vacation	Saturday, February 13	---	3:15-4:45; 5:00-6:30; 6:45-7:45 pm
	Sunday, February 14	---	1:15-2:45; 3:00-4:30; 7:00-8:00 pm
	Monday, February 15	---	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
	Tuesday, February 16	---	12:30-2:00; 2:15-3:45; 4:00-5:30 pm
Good Friday	Friday, March 25	9:15-11:15 am	11:30-1:00; 1:30-3:00; 3:15-4:45; 5:00-6:30; 6:45-8:15 pm
	Saturday, March 26	---	3:15-4:45; 5:00-6:30 pm
Easter	Sunday, March 27	---	CLOSED
Vacation	Saturday, April 9 & 16	---	3:15-4:45 pm
	Sunday, April 10 & 17	---	3:15-4:45 pm
	Monday, April 11	9:45-11:15 am	11:30-1:00; 4:30-5:30 p.m.
	Tuesday, April 12	9:45-11:15 am	11:30-1:00; 4:30-5:30 p.m.
	Wednesday, April 13	9:45-11:15 am	11:30-1:00; 4:30-5:30 p.m.
	Thursday, April 14	9:45-11:15 am	11:30-1:00; 5:45-6:45 p.m.
	Friday, April 15	9:45-11:15 am	11:30-1:00; 4:30-5:30; 6:45-8:15 pm
Memorial Day	Monday, May 30	---	CLOSED

During West Hartford Public School Vacation days, the Rink schedules Special Open Public sessions. **No lessons are held on these dates (* except April vacation).** Please Note: All times, dates and sessions are subject to change. Additional sessions may be posted throughout the year.

LEARN TO SKATE LESSONS GROUP INSTRUCTION

The Rink's Learn to Skate program is dedicated to providing quality instruction. The development of strong fundamental skills will make ice skating fun for the recreational skater and prepares serious skaters for future figure skating and hockey. Classes meet once a week, but eager students may register for more than one class at a time. The Program Supervisor and instructors keep a close eye on and record the progress of each student, to ensure the best possible results. At the end of the class cycle each participant receives a Certificate of Achievement outlining all the skills they have accomplished successfully.

During the Fall and Winter cycles, no lessons are held during West Hartford school vacations.

Register on-line, FAX or mail to rink.

SNOW SKATES

Public sessions will be held during lesson times on WHPS snow days at a reduced rate!

Pay only \$4 admission for any public session on a WHPS snow day!
(regular skate rental fees apply)

Receive a **10% discount on your new skate purchase at the Rinkside Pro Shop when you register for Learn to Skate Lessons!**

- Classes will be cancelled when West Hartford Public Schools are closed due to weather.
- Adult classes are ½ hour lesson with practice time following.
- Registration fees are due in full at time of registration and include all costs except skate rentals. **Discount skate rental tickets can be purchased to use for lessons.**
- Registration is taken on a first come, first served basis since class size is limited.
- **There are no make ups for missed classes.**
- Make checks payable to: **Town of West Hartford.**

ALL FEES ARE NON REFUNDABLE!

	Skill Level	Class
CHILD LEARN TO SKATE	Rank Beginner (4 - 6 years)	LTS 1
	Rank Beginner (7 years & up)	LTS 2
	Mobile Skater	LTS 3
	Advanced Beginner	LTS 4
CHILD FIGURE SKATING	Child Advanced Basic Dance, Freestyle, Figure Skating Advanced Moves	JR 1 & 2 SR 1 & 2 AM
ADULT LEARN TO SKATE	Separate Groupings of Beginners, Mobile, Advanced Beginners, Advanced Basic Dance and Figure	ADULT
HOCKEY LEARN TO SKATE	For beginner skaters ages 4-8, Basic skating to prepare for youth hockey programs. Must wear hockey skates, hockey gloves and USA Hockey approved hockey helmet.	H-LTS
HOCKEY SKILLS	Basic skating, stick handling, controlled scrimmages and game skills for ages 6-15. Must be mobile skaters. Full Equipment with USA Hockey approved helmet and facemask is mandatory.	HOCKEY

FALL KICK-OFF WEEK!

**Monday-Friday
August 24 – August 28**

Sessions

9:15-11:15 am – Adult Skaters
11:30 am-1:00 pm – Public
1:15-3:15 pm – Advanced Figure Skaters
3:30-5:30 pm – Public

\$4 per session

Skate rentals available at an additional charge

FREE PUBLIC SESSION!

Thursday, August 27

3:30-5:30 pm

Free Admission!

Regular skate rental fees apply.

Birthday Parties at VMSR



Looking to have the “coolest” birthday party around?
How about an ice skating party!
Call the rink or visit our website for details on our exciting party packages.
Advance reservations required

SESSION 1 August 31 – October 17, 2015 (7 weeks) Registration Begins: Resident-Aug. 3 Non Resident-Aug. 10					SESSION 2 October 19 – December 26, 2015 (10 weeks) Registration Begins: Resident-Aug. 3 Non Resident-Aug. 10				
Time	Class	Class Code	Resident	Non Resident	Time	Class	Class Code	Resident	Non Resident
MONDAY No Class: 9/7, 9/14, 10/12					MONDAY				
3:45-4:30 pm	LTS 1	422101 A	60.00	64.00	3:45-4:30 pm	LTS 1	422101 L	150.00	160.00
3:45-4:30 pm	LTS 2	422102 A	60.00	64.00	3:45-4:30 pm	LTS 2	422102 F	150.00	160.00
3:45-4:30 pm	LTS 3	422103 A	60.00	64.00	3:45-4:30 pm	LTS 3	422103 F	150.00	160.00
3:45-4:30 pm	LTS 4	422104 A	60.00	64.00	3:45-4:30 pm	LTS 4	422104 F	150.00	160.00
					4:30-5:15 pm	LTS 1 & 2	422101 M	150.00	160.00
TUESDAY					TUESDAY No Class: 11/3				
9:15-11:15 am	ADULT	422111 A	112.00	119.00	9:15-11:15 am	ADULT	422111 D	144.00	153.00
3:45-4:30 pm	JR 1	422105 A	112.00	119.00	3:45-4:30 pm	JR 1	422105 C	144.00	153.00
3:45-4:30 pm	JR 2	422106 A	112.00	119.00	3:45-4:30 pm	JR 2	422106 C	144.00	153.00
3:45-4:30 pm	SR 1	422107 A	112.00	119.00	3:45-4:30 pm	SR 1	422107 C	144.00	153.00
3:45-4:30 pm	SR 2	422108 A	112.00	119.00	3:45-4:30 pm	SR 2	422108 C	144.00	153.00
3:45-4:30 pm	AM	422109 A	112.00	119.00	3:45-4:30 pm	AM	422109 C	144.00	153.00
4:30-5:15 pm	H-LTS	422422 A	105.00	112.00	4:30-5:15 pm	H-LTS	422422 E	135.00	144.00
WEDNESDAY No Class: 9/23					WEDNESDAY				
3:15-4:00 pm	LTS 1	422101 F	90.00	96.00	3:15-4:00 pm	LTS 1	422101 Q	150.00	160.00
3:15-4:00 pm	LTS 2	422102 C	90.00	96.00	3:15-4:00 pm	LTS 2	422102 H	150.00	160.00
3:15-4:00 pm	LTS 3	422103 C	90.00	96.00	3:15-4:00 pm	LTS 3	422103 H	150.00	160.00
3:15-4:00 pm	LTS 4	422104 C	90.00	96.00	3:15-4:00 pm	LTS 4	422104 H	150.00	160.00
4:00-4:45 pm	H-LTS	422422 B	90.00	96.00	4:00-4:45 pm	LTS 1	422101 R	150.00	160.00
THURSDAY					THURSDAY No Class: 11/26, 12/24				
9:15-11:15 am	ADULT	422111 B	112.00	119.00	9:15-11:15 am	ADULT	422111 E	128.00	136.00
FRIDAY					FRIDAY No Class: 11/27, 12/25				
3:45-4:30 pm	LTS 1	422101 J	105.00	112.00	3:45-4:30 pm	LTS 1	422101 U	120.00	128.00
3:45-4:30 pm	LTS 2	422102 E	105.00	112.00	3:45-4:30 pm	LTS 2	422102 J	120.00	128.00
3:45-4:30 pm	LTS 3	422103 E	105.00	112.00	3:45-4:30 pm	LTS 3	422103 J	120.00	128.00
3:45-4:30 pm	LTS 4	422104 E	105.00	112.00	3:45-4:30 pm	LTS 4	422104 J	120.00	128.00
3:45-4:30 pm	JR 1	422105 B	112.00	119.00	3:45-4:30 pm	JR 1	422105 D	128.00	136.00
4:30-5:15 pm	LTS 1	422101 K	105.00	112.00	4:30-5:15 pm	LTS 1	422101 V	120.00	128.00
5:45-6:30 pm	H-LTS	422422 D	105.00	112.00	5:45-6:30 pm	H-LTS	422422 F	120.00	128.00
5:45-6:45 pm	HOCKEY	422421 A	105.00	112.00	5:45-6:45 pm	HOCKEY	422421 B	120.00	128.00
					SATURDAY No Class: 11/28, 12/26				
					5:00-5:45 pm	LTS 1	422101 W	120.00	128.00
					5:00-5:45 pm	LTS 2	422102 K	120.00	128.00
					5:00-5:45 pm	LTS 3	422103 K	120.00	128.00
					5:00-5:45 pm	LTS 4	422104 K	120.00	128.00
					5:45-6:30 pm	LTS 1	422101 X	120.00	128.00
					5:45-6:30 pm	LTS 2	422102 L	120.00	128.00
					5:45-6:30 pm	LTS 3	422103 L	120.00	128.00
					5:45-6:30 pm	LTS 4	422104 L	120.00	128.00

- Adult classes consist of ½ hour lesson time with remainder of time for practice.
- All days, dates, times and fees are subject to change.



HALLOWEEN SKATE AT VMSR! Wednesday, October 28 4:00-5:00 pm

Have a spooky good time on the ice and show off your costume early!
Everyone wearing a costume will receive a free small Slush Puppy!

Regular admission and skate rental fees apply.

SESSION 3 January 4 – March 12, 2016 (10 weeks) Registration Begins: Resident-Oct. 5 Non Resident-Oct. 12					SESSION 4 March 14 – May 7, 2016 (8 weeks) Registration Begins: Resident-Oct. 5 Non Resident-Oct. 12				
Time	Class	Class Code	Resident	Non Resident	Time	Class	Class Code	Resident	Non Resident
MONDAY No Class: 1/18, 2/15					MONDAY				
3:45-4:30 pm	LTS 1	423101 A	120.00	128.00	3:45-4:30 pm	LTS 1	423101 L	120.00	128.00
3:45-4:30 pm	LTS 2	423102 A	120.00	128.00	3:45-4:30 pm	LTS 2	423102 F	120.00	128.00
3:45-4:30 pm	LTS 3	423103 A	120.00	128.00	3:45-4:30 pm	LTS 3	423103 F	120.00	128.00
3:45-4:30 pm	LTS 4	423104 A	120.00	128.00	3:45-4:30 pm	LTS 4	423104 F	120.00	128.00
4:30-5:15 pm	LTS 1 & 2	423101 B	120.00	128.00	4:30-5:15 pm	LTS 1 & 2	423101 M	120.00	128.00
TUESDAY No Class: 2/16					TUESDAY				
9:15-11:15 am	ADULT	423111 A	144.00	153.00	9:15-11:15 am	ADULT	423111 D	128.00	136.00
10:00-10:45 am	LTS 1	423101 C	135.00	144.00	10:00-10:45 am	LTS 1	423101 N	120.00	128.00
3:45-4:30 pm	JR 1	423105 A	144.00	153.00	3:45-4:30 pm	JR 1 *	423105 C	128.00	136.00
3:45-4:30 pm	JR 2	423106 A	144.00	153.00	3:45-4:30 pm	JR 2 *	423106 C	128.00	136.00
3:45-4:30 pm	SR 1	423107 A	144.00	153.00	3:45-4:30 pm	SR 1 *	423107 C	128.00	136.00
3:45-4:30 pm	SR 2	423108 A	144.00	153.00	3:45-4:30 pm	SR 2 *	423108 C	128.00	136.00
3:45-4:30 pm	AM	423109 A	144.00	153.00	3:45-4:30 pm	AM *	423109 C	128.00	136.00
4:30-5:15 pm	H-LTS	423422 A	135.00	144.00	4:30-5:15 pm	H-LTS	423422 C	120.00	128.00
WEDNESDAY					WEDNESDAY				
3:15-4:00 pm	LTS 1	423101 F	150.00	160.00	3:45-4:30 pm	LTS 1	423101 Q	120.00	128.00
3:15-4:00 pm	LTS 2	423102 C	150.00	160.00	3:45-4:30 pm	LTS 2	423102 H	120.00	128.00
3:15-4:00 pm	LTS 3	423103 C	150.00	160.00	3:45-4:30 pm	LTS 3	423103 H	120.00	128.00
3:15-4:00 pm	LTS 4	423104 C	150.00	160.00	3:45-4:30 pm	LTS 4	423104 H	120.00	128.00
4:00-4:45 pm	LTS 1	423101 G	150.00	160.00	4:30-5:15 pm	LTS 1	423101 R	120.00	128.00
THURSDAY					THURSDAY				
9:15-11:15 am	ADULT	423111 B	160.00	170.00	9:15-11:15 am	ADULT	423111 E	128.00	136.00
10:00-10:45 am	LTS 1	423101 H	150.00	160.00	10:00-10:45 am	LTS 1	423101 S	120.00	128.00
5:45-6:30 pm	4 2 3 1 0 1 I - CANCELED				5:45-6:30 pm	LTS 1	423101 T	120.00	128.00
FRIDAY					FRIDAY No Class: 3/25				
3:45-4:30 pm	LTS 1	423101 J	150.00	160.00	3:45-4:30 pm	LTS 1	423101 U	105.00	112.00
3:45-4:30 pm	LTS 2	423102 E	150.00	160.00	3:45-4:30 pm	LTS 2	423102 J	105.00	112.00
3:45-4:30 pm	LTS 3	423103 E	150.00	160.00	3:45-4:30 pm	LTS 3	423103 J	105.00	112.00
3:45-4:30 pm	LTS 4	423104 E	150.00	160.00	3:45-4:30 pm	LTS 4	423104 J	105.00	112.00
3:45-4:30 pm	JR 1	423105 B	160.00	170.00	3:45-4:30 pm	JR 1	423105 D	112.00	119.00
4:30-5:15 pm	LTS 1	423101 K	150.00	160.00	4:30-5:15 pm	LTS 1	423101 V	105.00	112.00
5:45-6:30 pm	H-LTS	423422 B	150.00	160.00	5:45-6:30 pm	H-LTS	423422 D	105.00	112.00
5:45-6:45 pm	HOCKEY	423421 A	150.00	160.00	5:45-6:45 pm	HOCKEY	423421 B	105.00	112.00
SATURDAY No Class: 2/13					SATURDAY No Class: 3/26				
5:00-5:45 pm	LTS 1	423101 W	135.00	144.00	5:00-5:45 pm	LTS 1	423101 Y	105.00	112.00
5:00-5:45 pm	LTS 2	423102 K	135.00	144.00	5:00-5:45 pm	LTS 2	423102 M	105.00	112.00
5:00-5:45 pm	LTS 3	423103 K	135.00	144.00	5:00-5:45 pm	LTS 3	423103 M	105.00	112.00
5:00-5:45 pm	LTS 4	423104 K	135.00	144.00	5:00-5:45 pm	LTS 4	423104 M	105.00	112.00
5:45-6:30 pm	LTS 1	423101 X	135.00	144.00	5:45-6:30 pm	LTS 1	423101 Z	105.00	112.00
5:45-6:30 pm	LTS 2	423102 L	135.00	144.00	5:45-6:30 pm	LTS 2	423102 N	105.00	112.00
5:45-6:30 pm	LTS 3	423103 L	135.00	144.00	5:45-6:30 pm	LTS 3	423103 N	105.00	112.00
5:45-6:30 pm	LTS 4	423104 L	134.00	144.00	5:45-6:30 pm	LTS 4	423104 N	105.00	112.00

- Adult classes consist of ½ hour lesson time with remainder of time for practice.
- All days, dates, times and fees are subject to change.

* Spring Skating Show Practice (minimal costume fee payable to instructor)

WEST HARTFORD FIGURE SKATING CLUB

The WHFSC encourages and promotes interest in the sport of figure skating. It offers opportunities for ice skating enthusiasts to improve their skills through practice, lessons, testing, shows and special instruction along with all the fun of being part of a figure skating club! WHFSC members enjoy special ice time discounts, priority registration, skate shop discounts and access to special club functions and events. For more information and to obtain a complete listing of all WHFSC sessions, please visit our website or contact the VMSR office at 521-1573.

WHFSC MEMBERSHIP AND SESSION FEES

Membership	Resident Fee	Non Resident Fee
Individual	\$40	\$60
Add'l Family Member	\$30	\$50

Memberships are valid September 1, 2015 - August 31, 2016

(Membership fees do not include any session fees.)

Session fees are payable by WHFSC passes or a pay as you skate guest fee. Passes may only be purchased and used by current WHFSC members

PASS FEES

\$95 for 10 passes
\$175 for 20 passes
\$240 for 30 passes

GUEST FEES

\$12/session for WHFSC Members
\$16/session for Non Members

A.M. FIGURE SKATING

For skaters who need extra ice time to practice or take lessons, the Rink offers A.M. Sessions. WHFSC membership not required. This is ice time scheduled usually between 6:00 - 9:00 am on various mornings. A schedule of days and times is available at the Rink.

PRIVATE SKATING LESSONS

Ice skating professionals from our Learn to Skate Program are available to teach private lessons. Lessons can be scheduled during club times, open figure skating times and public sessions. Fees for ice time are payable in addition to instructor fee. Call the rink or stop by the front counter to obtain a complete list of instructors.

SAVE! SAVE! SAVE!

Save on Public Session Admissions!

Discount passes are available at the following rates:

Resident	10 passes	\$42
Resident	20 passes	\$79
Non Resident	10 passes	\$52
Non Resident	20 passes	\$99

(Quantities must be purchased at the same time to receive discounted rate.)

Save on Skate Rentals!

Discount tickets are available for use during public sessions and Learn to Skate lessons!

10 rentals for \$30
(Resident and Non Resident)

HOCKEY PROGRAMS

LEARN TO SKATE HOCKEY AND HOCKEY SKILLS CLINIC

See Learn to Skate section for information.

DROP IN HOCKEY

Open sessions for players to practice their skills through informal scrimmages. **Full equipment with USA Hockey approved helmet is mandatory.** Visit our website skatevmsr.com for schedules and information.

HOCKEY RENTAL TIME

Ice time is available to rent for group hockey activities. **Full equipment with USA Hockey approved helmet is mandatory.** Call the rink for details.

**VISIT OUR WEBSITE AT
SKATEVMSR.COM
FOR INFORMATION ON UPCOMING
HOCKEY PROGRAMS FOR
CHILDREN AND ADULTS!**



WEST HARTFORD YOUTH HOCKEY ASSOCIATION

The WHYHA provides an organized team program for the youth (6-17) of West Hartford. Players interested in participating in the WHYHA program can visit their website, www.whyha.com. For more information, contact registr@whyha.org.

Visit the Rink Side Pro Shop at Veterans Memorial Skating Rink

We offer a full line of quality skate sharpening and repair services and merchandise for hockey players, figure skaters and recreational skaters.

Receive 10% off your new skate purchase when you register for Learn to Skate lessons at VMSR!

Stop by today to see all of the exciting merchandise we have to offer at competitive prices for every ice skating enthusiast!



Vacation Skating Camp

for ages 6-11

This popular and exciting camp combines both on and off ice activities. Daily activities include supervised skating time, off ice activities including games, crafts, movies and more! (fees include skate rental if needed)

Full Day!! 8:30 am – 4:30 pm

December 28, 29, 30 & 31

Resident - \$160 Non Resident - \$168

Program # 423310 A

February 15 & 16

Resident - \$80 Non Resident - \$84

Program # 423310 B

Register for the entire session at the discounted rates above or pay as you go to allow for a flexible schedule!

Individual Daily Fee:

Resident - \$46 Non Resident - \$48



Vacation Hockey Camp

for ages 6-15

This camp will concentrate on improving the fundamentals of your game. Focus will be on individual skills and will include mini games. All skill levels are welcome. Full equipment with USA Hockey approved helmet is mandatory.

9:30 am – 11:00 am

December 28, 29, 30 & 31

Resident - \$132 Non Resident - \$156

Program # 423425 A

February 15 & 16

Resident - \$66 Non Resident - \$78

Program # 423425 B

Register for the entire session at the discounted rates above or pay as you go to allow for a flexible schedule!

Individual Daily Fee:

Resident - \$39 Non Resident - \$44

SKATE WITH SANTA!

Friday, December 18, 2015

4:30-5:30 pm

Join Santa on the ice for
some holiday fun!

Each child will receive
a gift from Santa!

Public session admission fees apply.



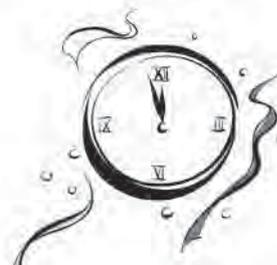
Celebrate the New Year at VMSR

Thursday, December 31, 2015

6:30-8:00 pm

Ring in 2016 on the ice with
hats, horns and a countdown
to an "early midnight"! DJ Ean
will be taking your requests!

Public session admission fees apply.



CORNERSTONE AQUATICS CENTER

55 Buena Vista Road, West Hartford, CT 06107
860-521-3242 • www.swimcornerstone.com



Named the nation's best indoor family aquatics center!
(*Aquatics International*)

Whether your goal is exercise, recreation, relaxation, swimming instruction, or a combination, Cornerstone Aquatics Center delivers the finest aquatics experience available. Once you've experienced Cornerstone Aquatics Center, you'll have an entirely different understanding of what the water is all about—and we're willing to bet you'll wonder what you've been doing on dry land all these years. We bring aquatics to a level that you've never even dreamed possible, and we invite you to...

See how good the water can be!

Facilities

Cornerstone is devoted to aquatics, featuring three indoor pools that offer a variety of water depths and temperatures, and a variety of amenities you simply won't find anywhere else.

Lap Pool. This 25-yard pool has eleven lanes of crystal-clear, 79-degree water. The depth ranges from four feet to 13.5 feet in the diving well (twin one-meter boards).

Multi-Purpose Pool. This pool's 86-degree water is perfect for a large variety of activities. The rectangular part of the pool offers six more 25-yard lanes. In addition, the pool has a wide "zero-depth ramp" area which provides a walking entrance into the pool (like a beach) and a great place for children to play and learn.

HydroTherapy Pool. This oversized spa is filled with swirling 102-degree water to guarantee a soothing environment for that before- or after-swim "soak."

Aquatic Cross-Training Center. Cornerstone provides an entirely new way to enjoy the benefits of water-based exercise, and one you won't find anywhere else in the State. We feature sixteen revolutionary **in-water exercise bikes** and four **in-water tread-**

mills. Get in a run or a long bike ride, all within the soothing environment of our gorgeous water.

Dry-Land Fitness Room. If you really want to stay dry, our fitness room features both cardiovascular and strength-training equipment—a great place to augment your aquatics training regimen.

Party Room. Our spacious and comfortable party room provides plenty of options for birthday parties and other events.

Our Water. All of our pools have the finest water available—our highly advanced water treatment system, which is based on drinking water purification technology, continuously eliminates chlorine byproducts. The result is water that's incredibly pure and has **absolutely no chlorine odor or taste!** Cornerstone is currently the only public facility in the State with this advanced water treatment system.

In addition, because we take swimming seriously, our pools are equipped with the **finest wave-quelling lane lines available.**

Come discover what Cornerstone can do for you! Programs & Events

Lap Swimming

Serious lap swimmers, you've found your home. The finest water, the finest lane lines, plenty of room, and virtually no constraints on your schedule! You won't find "lap swim" times limited here—lap swimming is available during every single hour of operation (nearly 95 hours per week).

Family Recreation

Whether you're a serious lap swimmer, a "water walker," or just want some relaxing time with your family, a Cornerstone membership gives you plenty of options—pool space is available for a variety of uses at all times. Nothing brings a family together like an hour or two of fun in the pool. Our tropical paradise is a particularly nice way to spend a winter afternoon! For parents of toddlers, the beach entry of our Multi-Purpose Pool is truly amazing (the warm water is nice, too!).

Swimming Lessons

From eager 6-month olds to grandparents with a lifelong fear of the water, anyone can learn to swim. Our certified instructors

offer progressive swim instruction for all ages. From parent-and-child classes through the American Red Cross instruction series, we offer small class sizes for maximum attention. Swim lessons begin continually—stop by or visit our website for the current schedule, or inquire about private or semi-private lessons on your schedule.

Aqua Cycling

Like the concept of "cycling" classes? It's **so much better in the water.** In our Aquatic Cross-Training Center, we offer a variety of Aqua Spinning courses at a variety of days and times, including weekends, evenings, and early mornings. You'll get an invigorating workout on our revolutionary in-water exercise bikes—with less stress on joints and without overheating. Plus, being in the water allows our spinning courses to work the upper body at the same time! Our certified, energetic instructors will get you pumping to a thunderous beat. You just can't have this much fun on dry land! We also offer less-intense classes for those interested in a relaxing, low-intensity workout.

Water Fitness

Water fitness classes are a great way to enjoy the low-impact, high-resistance workout offered by the water in a social group environment. From the intense workout of our Aqua Interval class to the low-impact Arthritis class, we have a class for you. Our enthusiastic, certified instructors offer a wide variety of classes meeting your needs, on your schedule: daytime, evenings, and weekends.

SPLASH! Parties (or Any Group Event)

Make your next party a SPLASH! party—a unique event in sub-zero weather or sweltering heat. Pool space, party room, and energetic “Splash Specialists” are available to transform your next party into a memorable experience. Parents, let us do the work—we can coordinate food (including custom cakes), theme decorations, piñatas for the party room, and we can even take care of your invitations—just drop off your guest list and we’ll take care of the rest!

Injury Rehabilitation

There’s simply no better place to work back from an injury than in the water. The water’s buoyancy reduces the stress on joints, and allows you to perform a variety of exercises to strengthen specific joints and muscles that you simply can’t do on land. With our Aquatic Cross Training Center, you don’t even have to be a swimmer—our in-water exercise bikes and in-water treadmills let you continue your normal activity, but supported by the water and safer for muscles and joints.

Advanced Instruction Courses

Cornerstone also offers advanced courses such as the American Red Cross Lifeguard Training, Water Safety Instructor, and GuardStart classes. These are an excellent opportunity to get the necessary certifications for a great job! These courses are offered periodically—call or visit our website for the latest offerings.

Competitive Swimming

Competitive swim programs are offered for youths through the high schools and Recreation League programs, and for adults through U.S. Masters Swimming. Competitive stroke clinics and instruction are also available.

Personal Training

Cornerstone’s certified personal trainers can assist you in reaching your fitness goals. We offer both land and water based training, in individual and group settings. Our personal trainers also run our popular Fit For Life program—give us six weeks, and we’ll change your life!

Kids’ Stroke & Fitness Program

Cornerstone offers a unique program for children ages 5 to 14 on Saturday afternoons from November through May. Designed for kids who are interested in competitive swimming but not quite ready to commit to a team, our program will allow them to get a taste of competitive swimming (including the team environment), substantial improvement in swimming technique, and a great session of exercise once a week throughout the winter and spring.

Training Camp

Every August, Cornerstone offers a two-week competitive swimming training camp. The program is designed primarily for high

school swimmers to get in shape before the season starts, but it’s open to all ages. The program focuses on safely building strength and stamina, with substantial work on stroke refinement, starts, and turns.

Treasure Dives

Join us for our next Dive For Sunken Treasure—kids spend an hour diving (or wading) in our tropical paradise for great prizes, and playing games with our Dive Specialists. This is a fantastic event, and a healthy alternative for two otherwise candy-dominated holidays. We hold Treasure Dives twice per year, roughly around Easter and Halloween. Call for the exact date of the next Dive!

TRX Suspension Training

A great way to get your fitness training “off the ground”—these suspension training units challenge your core muscles and don’t stop there...An entire body workout guaranteed to shed pounds while leaving boring behind.

Masters Swimming

Masters swimming is a group of adults sharing the camaraderie of a great workout and a team environment. It’s adults getting & staying fit, improving their swimming technique, and having a lot of fun. Masters swimming is great for those new to the sport as well as for lifelong competitive swimmers. It’s great for just about anyone who wants a great workout with a group of like-minded people. Cornerstone offers coached Masters workouts at a variety of days & times. Show up whenever you want or whenever you can—there’s no commitment. Our coaches will give you a great workout, offer you tips for improving your technique, and push you to do your best.

Babysitting

Babysitting is offered weekday mornings from 9 am to noon while you swim. Our bright, clean classroom with plenty of toys and activities is supervised by qualified adults.

SCUBA Instruction

Getting ready for your next tropical vacation? SCUBA diving certification can open up new worlds of brilliant color and unbelievable aquatic life. Call for details.

Retail Shop

Ever had trouble finding a swimsuit in August? We have a wide selection of competitively-priced suits, goggles, caps, water shoes, and more—pretty much everything related to the water, available all year long!

And More!

MEMBERSHIP OPTIONS

Although Cornerstone Aquatics Center is owned by the Town of West Hartford, Cornerstone is open to everyone. Whether you choose a *Swimming Membership* for unlimited access, a *Low Usage Membership* for pay-as-you-go access during certain times, or a *Program Pass* to participate in lessons or water fitness only, we have an option for you.

We are devoted to offering a balanced program to meet a variety of needs, from recreational swimmers, competitive swimmers, fitness swimmers, and those desiring swimming instruction.



Swimming Membership

The Swimming Membership is designed for families and individuals who plan to swim regularly. *Swimming Members* can swim independently during any of the nearly 95 hours that Cornerstone is open each week. Swimming Members are also entitled to the discounted *member rate* and *priority sign-up status* for all swimming lessons, aquatic cross-training programs, water fitness programs, and other Cornerstone programs.

The *Swimming Membership* is also the most flexible membership. You can designate (in advance) one or more calendar months during your membership as “inactive” and deduct 5% from your annual dues for each inactive month. Dues can be billed monthly, quarterly, or semi-annually.

In addition, West Hartford residents with active *Swimming Memberships* can use their Cornerstone memberships for admission to the town’s outdoor pools during the summer. (But our air-conditioned climate may keep you right here all year.)

Low-Usage Membership

The Low-Usage Membership is designed for people who expect to swim less often and can use the facility during restricted “low usage hours”. Low-Usage Members can purchase single swims, or can purchase discounted punch passes. These members are also entitled to the discounted *member rate* and *priority sign-up status* for swim lessons, aquatic cross-training programs, water fitness classes, and other Cornerstone programs.

Program Passes

Program Passes allow individuals or families to participate in programs without purchasing a membership. The annual registration fee allows a resident to enroll on a “space available” basis for swim lessons, aquatic cross-training programs, water fitness classes, SPLASH! parties, and other programs. Additional fees apply for each program taken.

WHAT SHOULD I BRING?

You can sign up for your membership and swim on the same day. Residents can use a driver’s license as proof of residency. “Seniors” (65 and older) can use a license or birth certificate to document their date of birth.

To swim, you will need a bathing suit, towel, and if your hair is more than 3 inches long (male or female), a bathing cap. If you will be putting your face in the water, most swimmers also prefer goggles. We have a wide variety of competitively priced suits, caps, goggles, and other swimming accessories for sale at our reception desk.



FOR MORE INFORMATION

Call or visit our website anytime, or better yet, stop by for a visit to actually see everything we offer. At the reception desk, you can pick up detailed information about programs of interest. Our friendly staff will be happy to answer your questions.

HOURS OF OPERATION

	Weekdays	Saturday	Sunday
Swimming Members	6AM - 9PM	7:30AM - 8PM	1 - 8PM
Low-Usage Members	7AM - 3:30PM	12 - 8PM	1 - 8PM
Diving Boards**	2 - 3PM	2 - 3PM, 4 - 6PM	
Program Pass	Participation in scheduled classes only		

Pools & Fitness Room close 15 minutes prior to facility closing time

**Diving hours are subject to change.

DIRECTIONS

Cornerstone is located across the street from West Hartford’s indoor skating rink, adjacent to the Buena Vista Golf Course. It’s just off Farmington Ave., near the Farmington border.

* **From Route 84:** Take the Park Road exit, turning left at the end of the ramp onto Park Road. When Park crosses Main Street (about 1/4 of a mile), its name changes to Sedgwick. Follow Sedgwick about 1.1 miles until it curves sharply to the right. Take a left on Buena Vista. Cornerstone is 0.1 mile on the left.

* **From Farmington Ave.:** Turn south onto Mountain Road. After the first traffic light, take the next right onto Buena Vista. Cornerstone is 0.1 mile on the left.

Please Check Out The **Senior Bulletin** For A Full Listing of All Programs
Offered by the Elmwood & West Hartford Senior Centers.

Call either to Have a Complimentary Issue Mailed to You or Stop by the Office and Pick One Up.

ELMWOOD SENIOR CENTER

1106 New Britain Avenue, West Hartford, CT 06110
(Entrance on Burgoyne Street)
860-561-8180 FAX: 860-561-8187

WEST HARTFORD SENIOR CENTER

15 Starkel Road, West Hartford, CT 06117
860-561-7583 FAX: 860-561-7506



Like us on Facebook! Follow Us on Twitter!

Live life to the fullest! Now is the time to join in on all of the wonderful opportunities available to you at the Senior Centers. Stimulate your mind, body and soul with one of our many program offerings and special events. From dances and dining, to trips and travel, to exercise programs and a variety of classes, there is something for every interest. Adults of all ages and abilities are welcome to participate but members, aged 55 and older, receive discounts and a bimonthly bulletin mailed to their homes. The annual membership fee is \$10.00 for residents and \$30.00 for nonresidents aged 55 or older. Memberships follow the calendar year with renewals beginning in December for the upcoming year. Please send the completed application below, a check payable to the Town of West Hartford for \$10/\$30, and a self-addressed, stamped envelope to a Senior Center of your choice. Membership entitles you to participation at BOTH facilities. Make the most of your leisure time. Be active. Get involved. Meet friends old and new...the "**BENEFITS ARE ENDLESS!**"

ELMWOOD SENIOR CENTER AND WEST HARTFORD SENIOR CENTER MEMBERSHIP APPLICATION

NAME _____ EMAIL _____

ADDRESS _____

TOWN _____ ZIP CODE _____ BIRTH DATE _____

PHONE _____ CELL PHONE _____ WORK PHONE _____

PERSON TO BE CONTACTED IN CASE OF EMERGENCY:

NAME _____ PHONE _____

TO JOIN SENIOR CENTERS 2016 RESIDENT: \$10.00 NONRESIDENT: \$30.00

Mail to: Elmwood Senior Center, 1106 New Britain Avenue, West Hartford, CT 06110
or West Hartford Senior Center, 15 Starkel Road, West Hartford, CT 06117

FALL-WINTER SCHEDULE**ELMWOOD SENIOR CENTER****Monday**

8:30 am Weight Training
 9:00 am Billiards/Total Body Fitness Video
 9:30 am Weight Training /Golf (Winter Only)
 10:00 am Tapercise II/Brain Games
 11:00 am Intro to Internet/Tapercise I
 11:30 am Pickleball
 12:00 pm Senior Cafe
 1:00 pm Set Back I/Ballroom/Write Away
 1:30 pm Mexican Train
 2:00 pm Aquacize @ Avery
 6:00 pm Pilates

Tuesday

9:00 am Arthritis Exercise/Billiards
 9:15 am Circuit Training
 10:00 am Knitting, Drop in/Wii Bowling
 10:00 am Collage & Painting/Smovey/Fun & Games
 10:30 am Pickleball
 12:00 pm Senior Café /12:30 pm Basketball
 1:00 pm Arthritis Water Exercise @ Avery
 1:00 pm Table Tennis/1:30 pm Regents
 2:00 pm Water Walking @ Avery
 3:00 pm Bridge / 6:00pm Table Tennis

Wednesday

8:30 am Weight Training
 9:00 am Billiards/Total Body Fit Vid/Piano w/Jane
 9:30 am Weight Train/Barbershoppers/
 9:30 am Memory Matters/10:00 am Blood Pressure
 10:00 am Mah Jongg/10:30 am Pickleball
 11:00 am Zumba Gold/Table Tennis/Brilliant Colors
 12:00 pm Senior Café/12:45 pm Poker, Drop in
 1:00 pm Bingo/Opera Adventures
 2:00 pm Aquacise @ Avery
 5:30 pm Zumba Gold
 6:00 pm Pilates

Thursday

9:00 am Billiards/9:15 am Circuit Training
 10:00 am Wii Bowling
 10:30 am Italian – Intermediate/Pickleball
 11:45 am Italian – Beginner
 12:00 pm Senior Café/12:30 pm Chess—Intermediate
 1:00 pm Drop in Bridge/Set Back II/Regents Bridge
 1:00 pm Painting Chinese Watercolors/Jewelry w/Jan
 1:00 pm Arthritis Water Class @ Avery
 2:00 pm Water Walking @ Avery

Friday

8:30 am Weight Training
 9:00 am Total Body Fitness Video/Billiards
 9:30 am Tai Chi - Intermediate
 10:00 am Wii Bowling/Karaoke/Yoga
 10:30 am Tai Chi – Beginner
 11:30 am Stretch & Strengthen/Pickleball
 12:00 pm Senior Café/1:00 pm Movies & Munchies
 1:00 pm Table Tennis/Dancing to the Stardusters
 6:00 pm Table Tennis

WEST HARTFORD SENIOR CENTER**Monday**

8:45 am Energy Hour
 9:00 am Choices
 10:00 am Contemporary Issues
 10:15 am Yoga
 11:30 am Tai Chi/Qigong-Intermediate
 12:30 pm Chicago Bridge M/W
 1:00 pm Pinochle-M/F
 1:00 pm Smovey
 3:00 pm Chair Yoga
 4:00 pm Yoga
 6:15 pm Zumba Drop-In

Tuesday

9:30 am Duplicate Bridge
 10:00 am Book Discussion
 10:00 am Hebrew
 11:00 am Sharpen Your Mind-Brain Fitness
 12:45 pm Strength & Fitness, T/Th
 1:00 pm Marvin's Art Class/ Latin Flow
 1:00 pm Mahjong - Introduction
 1:00 pm Dominos/Scrabble
 1:30 pm Strength & Fitness, T/Th
 2:15 pm Strength & Fitness, T/Th
 3:15 pm Challenging Ideas

Wednesday

8:45 am Energy Hour
 9:00 am Matter of Balance
 10:00 am Line Dance
 1:00 pm Lively Minds
 1:00 pm Shanghai/Scrabble/Mahjong
 3:15 pm Meditation/Relaxation

Thursday

8:30 am Tai Chi/Qigong-Intermediate
 9:15 am Wii Bowling
 9:30 am Tai Chi/Qigong-Beginner
 10:30 am Tai Chi/Qigong-Advanced
 10:45 am Yoga
 11:00 am Spanish – Conversational
 12:00 pm Ballroom Dance
 1:00 pm Movie
 1:00 pm Dancing to the Hi-Tones
 3:30 pm Osteotap/Trip Down Memory Lane
 6:15 pm Zumba Drop-In

Friday

8:45 am Energy Hour
 9:00 am Knitting Social Group
 10:00 am Country & Western Dance
 10:00 am French - Conversational
 10:00 am Cribbage
 12:30 pm Sharpen Your Mind-Brain Fitness
 1:00 pm Bingo/Poker
 2:00 pm Opera

Saturday

8:30 am Zumba Drop-In
 10:00 am Yoga

Call Either Senior Center For Changes or Additional Information or Check www.west-hartford.com/leisureservices.

2015-2016 SENIOR CENTER TRIPS

In our continuing efforts to make trip signups easier, the Senior Centers have joined together to make it possible for you to sign up at *either* center for all trips. Go to the Center that is more convenient for you and sign up for any trips listed. Please read the information carefully because some trips will be leaving from the Elmwood Senior Center and some will be leaving from the West Hartford Senior Center. We are requesting that all passengers board the bus *after* the trip leader arrives.

Door-to-door transportation is available to those who pre-register (860-561-8180) with the exception of charter trips. The following is a list of all Elmwood and West Hartford Trips. The Elmwood Express is a 24 passenger van with a lift to accommodate travelers with special needs. Please arrive at least 15 minutes before departure. The bus leaves promptly at the scheduled departure time.

*******Remember, if you have to cancel a trip for any reason, call the office and, if we have a waiting list, we will try to find a replacement. Sorry, no refunds are given unless a replacement is found.**

DAY	DATE	TRIP	DEPARTS FROM
Tuesday	August 4	Mohegan Sun, Uncasville, CT	ESC
Wednesday	August 5	Niantic Consignment, Niantic, CT	ESC
Thursday	August 6	Mike McGarry's Patio Party & More	WHSC
Tuesday	August 11	Fine Dining, Geno's Grille, Southington, CT	ESC
Wednesday	August 12	Bobby Rydell at Aqua Turf, Plantsville, CT	ESC
Saturday	August 15	Riverfront Dragon Boat & Asian Fest, Hartford, CT	ESC
Sunday	August 16	Red Sox vs. Mariners at Fenway Park, Boston, MA	WHSC
Tuesday	August 18	Hollywood Musical Memoirs at Aqua Turf, Plantsville, CT	ESC
Thursday	August 20	Backwards in High Heels, Westchester, NY	ESC
Monday	August 24	Thimble Islands, Branford, CT	ESC
Monday	August 24	Saratoga Race Track, Saratoga, NY	WHSC
Wednesday	August 26	Cirque Eloize at Foxwoods, Ledyard, CT	ESC
Sunday	August 30	Mets vs. Red Sox, Citi Park, NY	WHSC
Tuesday	September 1	Mohegan Sun, Uncasville, CT	ESC
Wednesday	September 9	Country Legends Tribute at the Log Cabin, Holyoke, MA	ESC
Thursday	September 10	Clark Museum – <i>Van Gogh & Nature</i> , Williamstown, MA	WHSC
Tuesday	September 15	Polka Time at Aqua Turf, Plantsville, CT	ESC
Friday	September 18	Massaro Beekeeping Farm, Woodbridge, CT	ESC
Wednesday	September 23	It's a Wonderful Life, Goodspeed, East Haddam, CT	ESC
Thursday	September 24	Big E, West Springfield, MA	ESC
Monday	September 28	Deal of a Meal - Wethersfield Diner, Wethersfield, CT	ESC
Wednesday	September 30	RAIN DATE FOR BEEKEEPING	ESC
Thursday	October 1	Mike McGarry's Top of it All – Another View	WHSC
Tuesday	October 6	Mohegan Sun, Uncasville, CT	ESC
Wednesday	October 7	Rat Pack at Foxwoods, Ledyard, CT	ESC
Thursday	October 8	Tracy's Tea Room, Seymour, CT	ESC
Wednesday	October 14	Vernon Consignment, Vernon, CT	ESC
Thursday	October 15	Showboat, Westchester Dinner Theatre, Westchester, NY	WHSC
Saturday	October 17	Newsies at Bushnell, Hartford, CT	ESC
Tuesday	October 20	Fine Dining	ESC
Wednesday	October 21	Belmont Raceway, Elmont, NY	WHSC

2015-2016 SENIOR CENTER TRIPS

DAY	DATE	TRIP	DEPARTS FROM
Saturday	October 24	Metropolitan Opera—Tosca, New York, NY	WHSC
Monday	October 26	Dancing in the Street at Aqua Turf, Plantsville, CT	WHSC
TBD	November	Knights of Columbus, New Haven, CT	ESC
Sunday	November 1	Mama Mia at Bushnell, Hartford, CT	ESC
Tuesday	November 3	Mohegan Sun, Uncasville, CT	ESC
Wednesday	November 4	Consignment—Glastonbury, CT	ESC
Tuesday	November 10	4 Troops at Foxwoods Casino, Ledyard, CT	ESC
Sunday	November 15	Fireplace Feast, Salem Cross Inn, W. Brookfield, MA	ESC
Tuesday	November 17	Country Divas at Aqua Turf, Plantsville, CT	ESC
Tuesday	December 1	Mohegan Sun, Uncasville, CT	ESC
Tuesday	December 1	Radio City Christmas Show, New York, NY	WHSC
Wednesday	December 2	Concert, Hall High	ESC
Thursday	December 3	Mike McGarry—Holiday Decorations	WHSC
Thursday	December 10	In the Christmas Mood/Glenn Miller, Aqua Turf	WHSC
TBD	December	Bright Nights, Forest Park Inn, Springfield, MA	ESC

ELMWOOD SENIOR CENTER

invites you to attend the

11th Annual Senior Housing Fair



THURSDAY, SEPTEMBER 17, 2015 • 1:00 - 3:00 pm

ELMWOOD COMMUNITY CENTER, 1106 New Britain Ave., West Hartford



"ONE STOP SHOPPING." To help you simplify a very difficult decision for you or a family member, we have invited representatives from various retirement facilities, housing specialists and support service providers in the Greater West Hartford area to join us and help answer your questions. Each vendor table will have an abundance of information for you to take home and review. **FREE.**

- Independent Living
- Home Health Care & Equipment
- Assisted Living
- Home Assistance Program
- Rehabilitation
- Home Emergency Monitoring
- Memory Impairment
- Reverse Mortgage
- Skilled Nursing
- Downsizing
- Subsidized Housing
- Real Estate & Legal Advice

Complimentary Refreshments

Registration NOT Required

For additional information, please call 860-561-8180

Games People Play



Basketball
Billiards
Bingo
Bridge
Canasta
Chess
Cribbage
Dominoes
Mah Jongg
Mexican Train
Indoor Golf (seasonal)

Monte Carlo Whist
Pickleball
Pinochle
Poker
Scrabble
Set-Back
Shanghai
Table Tennis
Wii Bowling



HEALTH, WELLNESS & SUPPORT PROGRAMS & SERVICES

The Senior Centers provide various programs to improve the health and well being of older adults. The following is a sampling of programs offered. For specific information please call either ESC or WHSC.

AARP Smart Driver Classes

Bereavement Support

Blood Pressure Clinic

Body and Chair Massage

Complimentary Coffee

Foot Care

Glucose Screening

Hearing Screening

Income Tax Assistance

Lifeline Screening

Medicare Counseling

Reiki

Senior Community Cafe

Visually Impaired Support Group



Two West Hartford Locations!

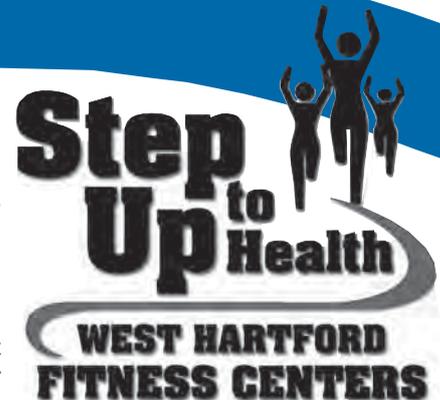
Recipient of the Governor's Physical Fitness Award

Elmwood Senior Center

1106 New Britain Ave
Monday-Friday 7:00A - 6:30P
Saturday 9:00A - 1:00P

West Hartford Senior Center

15 Starkel Road
Monday-Thursday 8:00A - 6:30P
Friday 8:00A - 4:30P
Saturday 8:00A - 12:00P



The Step Up to Health Fitness Centers offer individualized and medically based exercise programs for older adults. Equipment is designed to enhance cardiovascular endurance and muscular strength and to help reduce the risk of injury.

"Fitness Center membership offered to senior center members ONLY!"

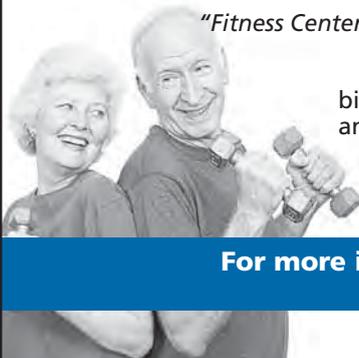
Equipment included in our Centers:

bikes, treadmills, stepper, elliptical, upper body ergometer, dumbbells, recumbent cross trainer and a line of Nautilus® strength training equipment.

\$150/individual
for 1 year

\$90/individual
for 6 months

\$60/individual
for 3 months



**For more information, Call the Elmwood Senior Center: 860-561-8180
or West Hartford Senior Center: 860-561-7583**

Fitness Centers made possible by a grant from the Hartford Foundation for Public Giving.

Gold Buying Fundraiser

Monday, September 15, 2015
10AM - 1PM



You are invited to this Gold Buying Event, offered by Becker's Diamonds & Fine Jewelry in conjunction with Elmwood Senior Center.

Bring your unwanted Gold, Diamonds, Silverware, Coins, Gold and Silver Jewelry, Antique Jewelry and watches to earn some quick cash.

Elmwood Senior Center will receive a percentage of the day's sales to use towards new programs and activities. FREE.



Great Gifts at Bargain Prices

Glassware, jewelry, accessories, pictures, household items, toys and MORE!



The "Little Boutique" offers opportunities for:
Donations
Space Rental
Volunteering

Browse and Shop
Monday through Thursday
9:30 a.m. to 4:00 p.m.

You will be delighted with the unique gently used merchandise AND THE FABULOUS PRICES!!!

Elmwood Senior Center
1106 New Britain Avenue, West Hartford, CT 06110
860-561-8180

Fabulous Fifties



Take a trip down memory lane with the talented **ELMWOOD TROUBADOURS**, performing favorites from the 1950's. Fun and Interactive Songs and Dances will keep your "TOES TAPPIN, and FINGERS SNAPPIN"!

Date: October 19, 2015
Time: 1 - 3 PM
Price: \$12 Members
\$14 Non Members
Menu: Burger, Fries and Root Beer Floats



Elmwood Senior Center

Home for the Holidays Luncheon & Show

Wednesday, December 9, 2015 11:30-2:30pm



Join friends for a cozy hometown afternoon!
A delicious, hot luncheon will be catered by the Head Chef from Brookdale West Hartford.

Today's featured performer will be:
Karen Wagner, Entertainer & Vocalist

Appearances by:
Elmwood Tappers, Elmwood Book Buddies & MORE

Festivities will be held in the beautifully-decorated Ernest O. St. Jacques Auditorium.

*** Vendors * Door Prizes * Fun Galore ***

Cost: \$25/Members; \$28/Non-members

Doors open at 11am ~ Luncheon Served at 11:30am

Co-Sponsors:



WEST HARTFORD
SENIOR CENTER

PRESENTS

ENTERTAINMENT SHOWCASE

Tuesday, October 20, 2015
8:30 am - 4:30 pm

Town Hall Auditorium
50 South Main Street, West Hartford, CT 06107

Enjoy the area's finest entertainment.
More than 40 entertainers will perform for the day.
Join us for a continental breakfast and
a special luncheon buffet.

Pre-Registration Required \$20 Members \$30 Nonmembers

Breakfast:	8:30 a.m. - 9:00 a.m.
Entertainers:	9:00 a.m. - 12:00 p.m.
Lunch & Social Hour:	12:00 p.m. - 12:50 p.m.
Entertainers:	12:50 p.m. - 4:30 p.m.

Free Parking is available at the Town Hall parking lot for the day!
For more information, please call: 860-561-7583

*Bishops Corner
Meeting &
Conference Center*

15 Starkel Road, West Hartford
(869) 561-7582

Available for Rentals!

PERFECT FOR:

*Anniversary Parties, Birthday Parties,
Baby Showers, Bar/Bat Mitzvahs,
Weddings, Company Gatherings,
Power Point Presentations,
Lectures, Business Meetings,
Classes/Workshops & Dances*

**Rooms can accomodate
up to 150 people.**

**REASONABLE RATES RANGING FROM
\$35 TO \$95 PER HOUR.**

**"A touching and funny look into the lives
of seniors who just want to find love."**
- Katherine Brooks, THE HUFFINGTON POST

**"Eye-opening, thought-provoking... poignant
and humorous... a ground-breaking film."**
- Brenda Lind, AARP Community Engagement Specialist

presented by
ELMWOOD SENIOR CENTER
September 25, 2015
1-3pm

It's never too late to date.

FREE! **The Age of LOVE** **FREE!**
A FILM BY STEVEN LORING

RSVP BY 9/23/15
(860) 561-8180

TheAgeofLoveMovie.com

West Hartford Senior Center
presents
Retirement Ready

Join us for an educational series of informative seminars designed to assist you in planning for your retirement. Workshops will be held on Mondays from 4-5:30pm and are free.

- September 21 - Social Security Savvy**
Robert Rodriguez, Social Security Administration
- September 28 - Medicare Made Clear**
John Sheerin, Stateline Senior Services
- October 5 - Estate Planning Made Easy**
Attorney Rebecca A. Hajosy, Kearns & Kearns PC
- October 19 - Getting Your Affairs in Order**
David Skinner, Sheehan-Hilborn-Breen Funeral Home
- October 26 - Downsizing**
Donna Finocchiaro, Organized East of the River
- November 2 - Financial Fitness**
Marc Sack, Northstar Wealth Partners
- November 9 - What Next?**
Life Coach TBD

Full program descriptions are available at the
West Hartford Senior Center
Please pre-register for an individual program or
the entire series by calling **860-561-7583**

Birthday Parties Made Easy!

Fun themes, helpful staff, great prices and many different packages available!



Elmwood Community Center
860-561-8160

.....
Veterans Skating Rink
860-521-1573

Westmoor Park
860-561-8260

.....
Rockledge Golf Club
860-521-6284

West Hartford Meeting & Conference Center

50 South Main Street, West Hartford, CT 06107

Where every event is special

Available for all your business and social needs

- Spacious, elegant conference center
- Centrally located
- Easy access off I-84
- Banquet seating up to 240
- Theater seating up to 500
- Outside caterers welcome

Events we have hosted:

- Weddings • Dances • Class Reunions
- Seminars • Concerts • Retirement Parties
- Bar/Bat Mitzvahs • Trade & Trunk Shows

*For more Information,
please call 860-561-7511*



The Town That Cares

The Town That Cares charity fund benefits the community's most vulnerable residents. The fund makes it possible for Human Services to assist residents with financial support following a crisis or hardship. It provides help with basic necessities such as emergency food, shelter, utility costs, clothes, medical expenses and other critical needs that cannot be met through other programs.

If you would like to help, checks can be made payable to:

The Town That Cares

and sent to:

Department of Human & Leisure Services

50 South Main Street, Room 306
West Hartford, CT 06107

Or make a donation by credit card:
www.WestHartfordCT.gov/TownThatCares

For more ways to help,
contact Suzanne Oslander,
Community Partnerships Manager at
860-561-7580

WEST HARTFORD LEISURE SERVICES

Leisure Line

Need to know if something is cancelled or closed due to weather? You can find out fast- 24 hours a day, 7 days a week!

860-561-7509

Just call the Leisure Line and select the information you want from the main menu.

Outdoor Athletic Fields

Gyms

Youth Soccer

Elmwood Community Center

Veterans Skating Rink

Westmoor Park

Camp Funtastic

Outdoor Recreation Programs and Camps

Concerts and Special Events



West Hartford Leisure Services

Did you know that over 2,000 people volunteer for the Department of Human & Leisure Services?

The Town wishes to thank all of the dedicated volunteers who give their time to truly make West Hartford "The Town That Cares" and invites you to join this growing group. Please take a few minutes to explore some of the volunteer opportunities that are available. A little time can make a huge difference in the lives of others.

Volunteer Services

**Contact: Volunteer Coordinator - Barbara Roberts
860-561-7561**

The office of Volunteer Services offers many exciting and rewarding ways to get involved in your community and most require only one hour per week. Please contact the volunteer office for more information on these and other programs or with your ideas for new volunteer opportunities.

Friendly Visitor: Provide a homebound resident with socialization and support and enjoy making a new acquaintance from another generation.

Grocery Volunteer: While at the store, pick up groceries for someone else for whom shopping has become a difficult task, and help that person remain at home independently.

Medical Escort: Whenever you have some free time, take an older resident who can no longer drive to a local medical appointment. You'll be glad you did.

Hillcrest Area Neighborhood Outreach Center: Valuable volunteers provide tutoring for adults and children alike, and help with a wide variety of creative endeavors, such as gardening projects, Creative Writing classes, Story Hours and more. Join us!

Food Pantry: Help us keep pantry shelves stocked by organizing a food drive or working in the pantry. The food you collect, donate or sort in the pantry will make a considerable difference in your community.

Special Event Assistants: Decorate, set-up, or serve refreshments at our year-round programs.

Café Assistants: Help to set-up or serve hot noontime meals at the Senior Café, M-F. The Café is located on the lower level of ESC.

Fitness Room Monitors: Training is provided and fitness center membership fee is waived in exchange for supervising workout room during regularly-scheduled shifts.

The All Sports Council-Youth Sports League

Contact: Leisure Services - 860-561-7510

The West Hartford All Sports Council is a non-profit organization whose purpose is to unite all West Hartford voluntary youth athletic programs toward common philosophies and goals.

Volunteers are needed to fill the following roles. Please contact the Department of Leisure Services for more detailed information:

- Coaches (various sports)
- Game Officials (various sports)
- League Officers
- Fundraisers (various sports)

The Elmwood Senior Center

Contact: Kathleen Faroni - 860-561-8180

The Elmwood Senior Center is a focal point in the community for the delivery of programs and services to West Hartford Seniors. We are able to successfully operate our facility because of a very strong and dedicated volunteer base. Volunteer opportunities include:

Administrative: Can you do it all? If you enjoy answering phones, registering customers and providing information to the general public, this 3.5 hours a week position will be a perfect way to keep your office skills and remain on top of your game.

Instructor or Program Leader: Do you have a special skill, talent or hobby that you would be willing to share? We can create a rewarding volunteer opportunity as part of our recreational, educational and social programming.

Complimentary Coffee: Be the person who welcomes others by serving a hot cup of coffee or tea with a warm smile. It is a wonderful way to meet new people with a commitment of only one morning a week.

The West Hartford Senior Center **Contact: Gina Marino - 860-561-7583**

The West Hartford Senior Center is very fortunate to have over 150 dedicated volunteers that assist with the daily operations of the center. All efforts are important and appreciated. Some of the volunteer opportunities available include:

Instructors/Facilitators: These individuals would lead or instruct classes such as computer skills, knitting or a current events group.

Fitness Room Monitors: Individuals would monitor the fitness room on a scheduled basis. Training is provided and the activity fee is waived in exchange for volunteering.

Office Assistant: Duties would include processing financial transactions, registrations, answering the phone and related duties.

Westmoor Park **Contact: Doug Jackson - 860-561-8260**

Westmoor Park is the Town's premier environmental, agricultural and horticultural education center dedicated to generating awareness and appreciation for the natural world. Volunteers may get involved with many different aspects of the park's mission depending upon the skills, interests, and available time of the volunteer. Some of the volunteer opportunities available include:

Plant-a-Row Gardening Volunteer: Volunteers participate in all aspects of gardening in flower and vegetable gardens. Food is grown primarily to be donated to local food shelters and organizations that serve those in need.

Special Events: Volunteers help run games, activities, and direct traffic during Farm Day and Pumpkin Festival special events. These events are held seasonally at the park.

Natural History Volunteer: Individuals participate in various natural history and related ongoing projects at the park.

Celebrate West Hartford **Contact: Linda Geisler - 860-561-7512**

This two-day town event features top notch entertainment, an international food court, a juried arts & crafts show, rides and amusements, community and civic booths, and a 5K road race. The event is self supporting, and would not be possible if it were not for the support of sponsors and assistance from several town departments, the Celebrate West Hartford committee, and a corp of volunteers working before the event and during the weekend. Volunteers are needed in the following areas:

Set-up Crew: Volunteers help set up tables and chairs, signage and other event materials.

Arts & Crafts Show: Volunteers help with parking, and work in the information booth, and occasionally assist exhibitors.

5K Road Race: Hundreds of runners sign up for the event, and volunteers are needed to help register them all and hand out materials.

Pre-Event General Volunteer: There are many tasks before the event, from laminating signage to delivering posters to calling exhibitors. There is a job for every talent.

Event General Volunteer: There are dozens and dozens of necessary tasks during the two days of the event, and helpful volunteers join in to make everything run smoothly.

Adult & Family Services

Our highly trained social workers are available to meet with residents and assist them with questions and problems associated with housing information, utility shut-offs and energy assistance, financial issues, advocacy for medical issues, and other challenges.

Geriatric Social Services

Our social workers are available to thoroughly assess an older person's situation and offer information, arrange services, discuss programs and provide follow-up and monitoring. Social workers can make in-home or office appointments and can help with home care options, housing and relocation information and advice, as well as referrals for help with medical problems or memory issues. Financial, insurance and Medicare advisors are also available.

Hillcrest Area Neighborhood Outreach Center

Do you live in the Hillcrest area of West Hartford? If so, you might want to check out the Hillcrest Area Neighborhood Outreach Center (HANOC), where we offer a variety of educational, social, health and wellness programs for children, teens and adults. To learn more, stop by HANOC (105 Hillcrest Avenue) or call 860-953-8875.

Emergency & Crisis Assistance

You never know when a financial, medical, or housing emergency may hit - and residents in need may be able to get some form of relief by contacting us for counseling, support, and in some cases, direct financial assistance. Call 860-561-7561 for more information.

Town That Cares Fund

Throughout the year, we carry out a wide range of programs that rely heavily upon the generosity of the entire West Hartford community. Your donations of cash, gift card(s), and non-perishable food items go a long way towards helping fellow residents stay warm on a cold winter's night, or put food on the table of a family struggling to make ends meet. Please show you care about your neighbors and your community by contributing to the Town That Cares fund. Call 860-561-7565 for further information.

Dial-A-Ride

Do you need a ride? If you are 65 years of age or older or have a permanent disability, you might be interested in learning about how membership in the Dial-A-Ride program can benefit you. Call 860-561-7561 for complete details.

Volunteer Opportunities

Human Services offers many ways for you to become involved in your community and make a difference in the lives of others. Whether you have an hour or a week to give, or can make a long-term commitment, we have an opportunity for you to discover how rewarding it can be to help others. See all the Volunteer Opportunities available at Human & Leisure Services on pages 62 and 63.

- * Grocery shopping for the homebound
- * Friendly visiting
- * Medical escorting
- * Help with food drives
- * Office work
- * Telephone reassurance calling
- * Seasonal and special events
- * After school tutoring
- * Adult tutoring

Don't hesitate! Call 860-561-7561 For more information.



The Bridge Family Center

The Bridge provides many programs and services for children and families in the West Hartford community: a youth shelter for youths ages 11-18; counseling for children and families; an out-patient psychiatric clinic; a teenage drop-in center at Elmwood Community Center; programs for parents/caregivers and children from birth through 5th grade at the Family Resource Center at Charter Oak School; and many school based programs. To learn more, call the Bridge at 860-521-8035 or visit www.bridgefamlycenter.org.

Food Pantry

Tough times can hit anyone at any time. Through the town's Food Pantry program, West Hartford residents in need of emergency food can get help fast. Non-perishable food items and other grocery items are available throughout the year.

Fair Housing

Evictions, security deposits, leases, rent increases, lockouts and more ... these topics are often misunderstood. Under the Fair Housing program, we provide landlords and tenants with free consultations to determine the best way to deal with issues that arise in their rental relationships.

Energy (Heating) Assistance Programs

Don't miss out on heating assistance this year. Residents who meet financial eligibility and either live in their own homes or rent a home or apartment may be eligible for one of the energy assistance programs. Call 561-7561 after mid-August for information and to apply for an appointment.

Human Services
860-561-7561