Department of Leisure, Family and Recreation

SUMMER 2020
Modified Program Guide

REGISTRATION BEGINS JUNE 22ND
GENERAL INFORMATION

FACILITIES
[Call for hours of operation]

Center Springs Main Office
39 Lodge Drive • Center Springs Park • 647-3084

Community Y Recreation
78 North Main Street • 647-3164

Mahoney Recreation Center
110 Cedar Street • 647-3166

Youth Service Bureau (YSB)
63 Linden Street • 647-5213

YSB Teen Center
63 Linden Street • 647-5213

Eastside Neighborhood Resource Center
153 Spruce Street • 647-3089

Gear & Bike Shop
Charter Oak Park

AQUATIC FACILITIES

Globe Hollow Swimming Area
100 Spring Street • 647-3295

Salters Pool
103 Lydall Street • 647-3296

Swanson Pool
48 North Main Street • 647-3297

Waddell Pool
163 Broad Street • 647-3299

Marcy MacDonald Pool
110 Cedar Street • 647-3293

PARKS & TRAILS

Trails
Visit BetterManchester.com to find Walk-the-Walk and the Manchester Trails Guide for numerous neighborhood walks, hikes and more!

Parks
For more information about Manchester’s Parks visit recreation.townofmanchester.org and click on Parks.

CONTACT US

Program Cancellation Line
Access program cancellations 24/7 at our program cancellation line at 647-3162.

E-Recration E-Mail Service
Sign up to receive the Recreation Department’s free weekly e-recration e-mail service to provide you with timely information about new programs, facilities and cancellations due to inclement weather. Register on-line: recreation.townofmanchester.org

Follow Us on Social Media
Like us on Facebook and follow us on Instagram & Twitter to learn more about programs, upcoming events and much more!

Special Consideration: Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.
Manchester's Spruce Street

MARKET NIGHTS


WEDNESDAYS, JULY 1 - AUGUST 19, 4:30-7:30 PM
RAIN OR SHINE | 153 & 163 SPRUCE STREET

ALL WELCOME!

FRUITS
VEGGIES
MILK & EGGS

BREAD
MAPLE SYRUP
HONEY & SPICES

PIES & COOKIES
LOBSTER ROLLS
VEGAN JAMAICAN PATTIES
MEATS

QUESTIONS?
CALL (860) 647-3089
OR VISIT US AT
FACEBOOK.COM/SPRUCE
STREETMARKETCT
WHAT IS REC ON THE RUN?
Rec on the Run is our mobile pop-up creative arts, sports and games vehicle which offers recreation programs and activities across Manchester. The Rec on the Run vehicle and its engaging staff bring recreation and much more to neighborhoods and parks around our community. The Rec on the Run vehicle can be found across our community during the week. Rec on the Run will visit the several park locations once per week from 6:00-8:00 PM. See the full schedule below.

COVID-19 CONSIDERATIONS
Rec on the Run is responding to the pandemic by offering all our activities in a “to-go” kit formats. These kits will allow easy activity pick-up onsite. Activities “to-go” kits are limited at each site and are first-come, first serve only. We ask that you refer to CDC and State guidance regarding social distancing and preventative measures to ensure your safety and the safety of our community. Please note this schedule may change.

WEEKLY SITE SCHEDULE
Mondays + Northwest Park, 448 Tolland Turnpike
Tuesdays + Marcy MacDonald Pool, 110 Cedar Street
Wednesdays + Charter Oak Park, Charter Oak Street
Thursdays + Center Memorial Park, 41 Center Street

Color Me Week | July 6th-9th
Color Me week has been designed to include all levels of artistic ability, from the young abstract scribbler-to the detail-oriented designer-and everyone in between! Bring everyone out to express themselves during Color Me Week!

Paint Week 1 | July 13th-16th
Offering painting activities for all. Families of and community members of ALL AGES are welcome to join us at any site!

Rec Rocks Week | July 20th-July 23rd
Participants will decorate positive messages or pictures on small rocks and find a place in the park to leave your rocks for the next person to find! All rocks have the hash-tagged #RecRocks!

Weave It Week | July 27th-30th
Join us for Weave It Week and learn how to create a simple weave using yarn and your pizza box loom.

Nature Art Week | Aug 3rd-6th
Join us this week for a Nature themed art experience!

Rec Rocks Week 2 | Aug 10th-13th
Join us as we close out our season with another installment of Rec Rocks Week 2! Participants will decorate positive messages or pictures on small rocks. All rocks have the hash-tagged #RecRocks!
**AQUATICS**

**A MESSAGE FROM OUR AQUATIC SUPERVISOR**

As with most things in our world today, COVID-19 has brought about many changes and altered almost every aspect of our everyday life. In order to safely operate our municipal pools this summer, the Town has implemented some important changes to pool schedules, pool admittance procedures, changes to patron responsibilities and adjustments to internal protocols. These changes are in line with CDC, state and local health department recommendations.

What might you see differently at the pools this summer? Gate attendants, limited admission entrance to pools, no swim lessons, hourly sanitizing of high touch surfaces, lifeguards with masks, social distancing in the water and on the pool deck and professional cleaning services to sanitize and disinfect our bath houses and pool areas nightly. Many changes are highly visible while others are internal protocol changes designed to keep our lifeguarding staff and pool patrons safe and healthy.

While things will certainly look and feel different this summer, it is my hope that these small adjustments, will allow us to open our pool facilities for residents to cool off and enjoy the water on these upcoming hot summer days. If we all do our part, it will ensure that everyone visiting a pool facility feels safe and comfortable.

Kathy McGuire
Recreation Supervisor

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**2020 Important Pool Changes**

- Pools open for Town of Manchester residents only. No guests will be permitted.
- Proof of residency will be required to enter the pools. Acceptable forms of identification include: Recreation card, driver’s license, school id, mail with address matching ID
- Masks will be required for all patrons entering the pool area, while on pool deck and when using common spaces (bathrooms). Masks will NOT be required while in the water.
- Social distancing of 6 feet will be enforced while on pool deck, in common areas and in the water.
- Adult swim time will be limited to the number of available lanes at each pool (4 or 6) on a first come, first served basis.
- Open swim time will be limited to 25 people per hour on a first come, first served basis. Once the limit is reached, a list will be taken for entrance at the next available hour.
- Open swim will begin on the hour and last for 45 minutes. At :45 past the hour, the water will be cleared and the pool area will be emptied of all patrons. This will allow the lifeguards 15 minutes to clean, disinfect and sanitize high touch areas. Pool will re-open at the top of the hour for the next swim time.
- Gate attendants at each pool will screen for COVID symptoms, take open swim time reservations, and verify residency.

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**Aqua Circuit**

This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Progress through a series of stations for a total-body workout.

- **Instructor:** Colleen Zimmer
- **Location:** Salters Pool
- **Age:** 18+
- **Meets:** M/W, 5:00 – 5:45 PM
- **Session 1:** 07/13/20-08/12/20
- **Fee:** $40

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**Total Aqua**

This class combines segments of cardio and strength training using training intervals and weight resistance tools. Total Aqua is designed for all fitness levels using equipment that helps result in a toned and functional body. This class covers strength, cardio, and mobility, well enough to wear you out!

- **Instructor:** Colleen Zimmer
- **Location:** Salters Pool
- **Age:** 18+
- **Meets:** T/Th, 5:00 – 5:45 PM
- **Session 1:** 07/14/20-08/13/20
- **Fee:** $40
# MANCHESTER AQUATIC POOL SCHEDULE

The dates, times and operation of all pools may be subject to change at the discretion of the Town of Manchester.

## GENERAL INFORMATION
Manchester’s municipal swimming pools are staffed with American Red Cross certified life guards. All pools have bathroom and changing facilities with showers. All children 10 and under must be accompanied by an adult 18 years and older. Proof of residency required to enter pool areas. Pools, with the exception of Globe Hollow Swimming Area, offer wading pool areas for children under 52".

## SEASON SCHEDULE

### REGULAR SEASON
July 6 - August 16
Regular summer schedule and hours.

### POST SEASON
No post season schedule.

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<tr>
<th>Globe Hollow 100 Spring St. (860) 647-3235</th>
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Adult Outdoor Fitness

All adult fitness programs will be located outdoors at Carlin Field, Mt. Nebo Spring Street, for adults and families to enjoy the expertise of certified instructors conducting different classes. Each class will practice the recommended 6 ft social distancing and classes will be staggered to enhance the safety of participants.

### Yoga for Active Lifestyles
Enjoy your activities more this season through the practice of yoga. In this class, you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. You’ll also spend time cultivating upper-body strength, core strength and balance.

**Instructor:** Barbara Titus  
**Location:** Carlin Field  
**Ages:** 18+  
**Meets:** T/Th, 07/07/20-08/06/20, 5:45-6:45 PM  
**Fees:** $50 (R) / $63 (NR)

### Power Yoga
Power yoga is a vigorous, fitness-based approach to vinyasa-style yoga. This class is an opportunity to just flow through the practice and breathe. Yes, you may notice things move a little faster in this class sometimes. But that doesn’t mean YOU have to. This is an opportunity to focus on your breath and, you guessed it, do the best you can. This class is advanced.

**Instructor:** Barbara Titus  
**Location:** Carlin Field  
**Ages:** 18+  
**Meets:** T/Th, 07/07/20-08/06/20, 7:00-8:00 PM  
**Fees:** $50 (R) / $63 (NR)

### Barre Fusion
Combines elements of Pilates, yoga, dance and functional training, allowing for a full body workout to tone lift and sculpt. Please bring your own mat and block.

**Instructor:** Colleen Zimmer  
**Location:** Carlin Field  
**Ages:** 18+  
**Meets:** T/Th, 07/14/20-08/13/20, 10:15-11:15 AM  
**Fees:** $50 (R) / $63 (NR)

### Pilates
Mat Exercise class that will focus is on your deep stabilizing muscles of the core, hips, glutes, shoulders and arms. You will gaining strength and balance while increasing your mobility and body awareness. Please bring your own mat and yoga block.

**Instructor:** Colleen Zimmer  
**Location:** Carlin Field  
**Ages:** 18+  
**Meets:** T/Th, 07/14/20-08/13/20, 11:30 AM-12:15 PM  
**Fees:** $50 (R) / $63 (NR)

### Moon-Lit Yoga
Community Yoga Class. Please bring your own mat.

**Instructor:** Barbara Titus  
**Location:** Carlin Field  
**Ages:** 18+  
**Meets:** F, 07/10/20, 08/07/20, 7:00 PM  
**Fees:** No Fee

### Power Hike
Come join in for an upbeat outdoor power hiking class. We will warm up at a slow pace then kick into our aerobic training zones for approximately 45 minutes with a cool down and stretch at the end. Need to be comfortable on all types of trails and have had experience hiking Manchester trails. Hiking shoes necessary. Please, arrive early. Rain or Shine.

**Instructor:** Miriam Jones  
**Location:** Highland Street Bike Path Parking Lot  
**Ages:** 18+  
**Meets:** W, 07/08/20-08/26/20, 8:00-9:15 AM  
**Fees:** $50 (R) / $63 (NR)

### Power Walk
Power Walk - going out from Highland Street Bike Path Parking Lot in Manchester. We will head East and stay on the bike path for the entire power walk-out/back - no trails! Class will consist of a 10 minute slow pace followed by 40-45 minutes in your target zone. Then 10 minute cool down followed by stretches back in the parking lot. Rain or Shine.

**Instructor:** Miriam Jones  
**Location:** Highland Street Bike Path Parking Lot  
**Ages:** 18+  
**Meets:** F, 07/10/20-08/28/20, 8:00-9:15 AM  
**Fees:** $50 (R) / $63 (NR)

### Team Fit
Join our fitness playground in this group circuit training program. Interval style workout will provide Team Fit participants with challenging, motivating strength and cardiovascular conditioning. Improve your overall fitness with a variety of innovative exercises. This program is designed for all fitness levels. No Fitness Equipment needed. Participants can bring their own mat and weights if desire. Please be sure to bring your water bottle!

**Instructor:** Karen Cimino  
**Location:** Carlin Field  
**Ages:** 18+  
**Meets:** M/W, 07/08/20-08/26/20, 5:00-5:45 PM  
**Fees:** $40 (R) / $53 (NR)

### Total Body Plus
Want to work out your total body? This is class for you. Train every major muscle group through strength/resistance exercises. Never a dull moment in this class aimed at increasing strength, endurance and core conditioning. The plus...cardio “bursts” to increase your heart rate and maximize fat burning. Easy to modify and great for all fitness levels. No Fitness Equipment needed. Participants can bring their own mat and weights if desire. Please be sure to bring your water bottle!

**Instructor:** Karen Cimino  
**Location:** Carlin Field  
**Ages:** 18+  
**Meets:** M/W, 07/06/20-08/05/20, 6:00-6:45 PM  
**Fees:** $40 (R) / $53 (NR)
2020 Spruce Street Garden

Summer Learnshops

All classes are held on Thursdays from 6-7 PM at the Spruce Street Community Garden at 153 Spruce Street. All of the following classes are free, but registration is required. Registration is limited, and spots are reserved on a first come, first served basis. Please contact the Office of Neighborhoods & Families at (860)647-3089 for registration.

Making the Most of Small Space Gardens

No matter how small your space, you can grow vegetables! Containers make it possible for you to have fresh food grown at your own home for little to no cost. Hands-on demonstrations with hand-outs provided.

Location: Spruce Street Community Garden
Ages: All ages welcome.
Meets: 7/2/20, 6:00-7:00 PM
Fees: No fee. Registration is required.

Rain Barrels and Other Water for Your Garden Needs

The Spruce Street Community Garden’s water system provides collected rain water from the roof of our small shed to provide chlorine-free water to promote healthy soil and plants. Learn how to do this at home!

Location: Spruce Street Community Garden
Ages: All ages welcome.
Meets: 7/9/20, 6:00-7:00 PM
Fees: No fee. Registration is required.

Dealing with Mold and Other Problems

Mold likes dark, moist places to grow and spread its spores. There are ways to prevent it from destroying your plants and ways to deal with it when it happens, all organically for low cost! Learn how in this hands-on demonstration.

Location: Spruce Street Community Garden
Ages: All ages welcome.
Meets: 7/16/20, 6:00-7:00 PM
Fees: No fee. Registration is required.

Pruning Perennials and Vegetables

Learn the basics of pruning vegetation in your garden for a better and more beautiful product. This is a hands-on opportunity to see how it is done.

Location: Spruce Street Community Garden
Ages: All ages welcome.
Meets: 7/23/20, 6:00-7:00 PM
Fees: No fee. Registration is required.

Planting Peas and Other Cold Weather Crops

Many vegetable plants like the cold weather of late August, fall and even through the winter. Come learn about these hearty plans and try some for yourself!

Location: Spruce Street Community Garden
Ages: All ages welcome.
Meets: 7/30/20, 6:00-7:00 PM
Fees: No fee. Registration is required.

Increased Opportunity Fishing

It's officially time to break out the rod and reel if you haven’t already! Increased opportunity fishing is coming to Salter’s Pond this summer with nearly 400 Rainbow, Brown and Brook Trout hitting the waters May 29th. Community members of all ages are encouraged to participate. All state licensing regulations apply, and catch and release practices are strongly encouraged. See you at the pond!

Instructor: Brother Nature
Location: Salter’s Pond
Ages: All
Fee: No Fee

Community Market Nights

Food and good people grown here! Market nights are going to look a little different this year but we are happy to offer an alternative option for sourcing healthy local foods. All precautions are being considered as we look forward to offering a safe and responsible market place for our friends and neighbors. An emphasis on vendors who are able to provide staple foods, access to fresh produce, and prepared meals is what patrons can expect!

Location: Market Field, East Side Resource Center
Meets: Wednesdays July 1st – Aug. 19th
Times: 4:30 PM – 7:30 PM

Neighborhoods & Families Community Resource Guide:

The May edition of the ONF Community Resource Guide contains an annotated list of virtual activities and resource providers based in Manchester. From art-based projects to positive youth development opportunities, the guide provides a list of resources and activities that can all be done from the comfort and safety of your own home. An updated guide will be posted every month throughout the summer on the Resource page on the Neighborhoods and Families Division website.

Link to resource: http://naf1.townofmanchester.org/index.cfm/resources/
WALK THE WALK
Walk the Walk is a neighborhood walking guide, highlighting urban walks & hikes in a neighborhood near you! Check out the guide here or visit BetterManchester.com to read the full story!

Skip the Park, Take a Hike
The hiking & walking trails throughout our community allow for passive recreation are still open to the public! Check out the Manchester Trails Guide here or visit BetterManchester.com to read the full story!

PROGRAM REGISTRATION

REGISTRATION DATE
June, 22 2020

REGISTRATION OPTIONS
1. Online Registration 24/7
Enjoy the convenience of registering from your home computer 24 hours a day/seven days a week. Don’t remember your username or password? Give us a call and we can assist you!

Log on to: RecOnline.townofmanchester.org

2. Over the Phone
Having trouble registering online. Give us a call and we'll be glad to register you over the phone. Have your payment information ready. Contact us at 860-647-3084 or 860-647-3085. (If paying over the phone a Visa or MasterCard must be used.)

RESIDENCY AND NON-RESIDENT POLICY
Registration
Participants must be Manchester residents and proof of residency is required upon registration, unless otherwise noted. A resident is defined as a person who permanently resides in the Town of Manchester. Non-residents may only register for programs that indicate "nr" (non-resident fee) next to the listed fee.

Program Enrollment Policy
Enrollment is limited and most programs are on a first come, first served basis. The Recreation Division reserves the right to cancel or close a program which does not meet minimum enrollment requirements.

Refund Policy
Full refunds will be made if a request is made at least one week prior to the start of the program or if the Recreation Division cancels the class. Partial refunds will be made on a pro-rated basis, based on the date of notification, only in the first half of the program's duration. Refunds will not be considered once classes are half over or after the program ends. Refunds will not be considered less than one week prior to start of class.

Pro-rating Fees for Late Registration
Late registration will be accepted for most programs if space permits. Programs will be pro-rated up to 50% at or after the programs mid-point. Registration taken prior to the programs mid-point will be charged full price. Please note all pro-rating needs to be approved by a supervisor.

Confirmation Receipt
On-line registrants should print out their receipt upon registration. Program information will also be included on this form.

Waiting List
If your desired class is filled, you will be placed on a waiting list and will be notified by our department if openings become available.

Don’t Be Disappointed! Register Early!
Unfortunately, we are sometimes forced to cancel programs two to three days prior to the start of the class because of under enrollment. When you wait too long to register and your class fills, don’t be disappointed! Register Early!
JOIN THE EVOLUTION
& subscribe to Better Manchester!

When you subscribe to the new Better Manchester, you’ll have full access to captivating featured stories, uplifting ideas, and helpful community updates focused around physical health, mental health, and creative activities for all! We also offer a space for community members to share their perspectives and stories - Community Voices! We hope you subscribe and join us in this next evolution. #BetterManchester

Connect on any device, at any time.

Visit www.BetterManchester.com/subscribe