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General Information

List of Town Parks & Amenities

Patriots Park: 124 Lake Street — Waterfront, playscape, pavilion, picnic tables & grills, open fields, Community Center & Lodge for rent through Rec. Office.

Lisicke Beach (Resident Parking Only): Corner of Main Street & Cheney Lane — Waterfront, basketball courts, pavilion.

Creaser Park: 150 Case Road — Dog Friendly Park (Permit required & dogs must be leashed) buildings for rent through Rec. Office, pavilion, trails.

Laidlaw Park: Merrow Road — Soccer fields, baseball field, trails.

Miller-Richardson Field: Corner of Main Street & South Street Ext. — Baseball field & football field.

Mill Brook Park: Main Street, behind Ackert Hall — walking trail, NEW gazebo, open space.


Town Sports Leagues

Coventry Youth Baseball: www.coventrybaseball.org
Coventry Youth Basketball: www.coventryct.org
Coventry Soccer Inc.: www.csisoccer.org
Coventry Youth Football: www.pantheryouthsports.org
Coventry Softball: www.coventrysoftball.org

Register & Reserve Online!
www.coventryct.org

Simply go to www.coventryct.org, then Parks & Recreation under “Town Services” and create your household. You’ll then be able to register for any and all recreation programs and special events and even submit a facility reservation request from the convenience of your own home! Payment accepted by credit card (Mastercard, Visa & Discover) online. All credit card payments are subject to a 3% convenience fee.

Facility Rentals

The Coventry Parks & Recreation Department has facilities at Patriots Park, Mill Brook Park, Creaser Park & Hale Homestead (Market Barn) available for rent for your next birthday party or family get-together!

For availability of facilities, please check www.coventryct.org.

While the Town of Coventry appreciates that the advertising in this brochure offsets the expense of publication, the solicitation and selection is made by the Publisher. The appearance of advertisements and product or service information does not constitute an endorsement by the Town of Coventry, Coventry Recreation or Coventry Senior Center.

Registration Information

Program Registration & Cancellation Policies:

1) Program sessions are filled on a first-come, first-served basis.

2) Registered participants will be notified only if a class is filled, or if it has been cancelled. If your payment has been accepted, please assume that you are enrolled in the class in which you registered, unless otherwise notified.

3) Coventry Parks & Recreation reserves the right to cancel any program due to low enrollment. Please register early to avoid program cancellations. If a program is cancelled, we will contact you up until 3 days prior to the scheduled start of the program. You will have the option of a refund, household credit, or transfer, when applicable.

4) Coventry Parks & Recreation reserves the right to combine sessions, change dates, times and/or location when necessary.

5) Coventry Parks & Recreation and our instructors will make every effort to make-up classes when cancelled due to inclement weather and/or instructor scheduling. In cases when classes cannot be made up, a household credit will be applied for future use.

Refund Policy:

Since programs are self-supporting and commitments need to be made to instructors and staff, the following is Coventry Parks & Recreation’s Refund Policy:

1) If any rental, program, trip or special event is cancelled by the Department of Parks and Recreation, a full refund will be issued.

2) If any participant cancels their rental, or enrollment in any program/special event 30 days prior to the program/event date, a full refund will be issued.

3) If any participant cancels their rental, or enrollment in a program/special event within 30 days of the program/event date, a refund will be issued minus a 20% processing fee, unless the participant has a valid doctor’s note (for programs/events ONLY).

4) No refund will be issued if a participant cancels their rental, or enrollment in a program/special event once the program has started or ended, unless the participant has a valid doctor’s note (for programs/events ONLY).

**The above statements DO NOT apply to trips**

If any participant would like to cancel their enrollment in any Parks and Recreation offering, they MUST complete a “Request Form.” These forms can be found at the Parks and Recreation Office, and online under “Forms” at www.coventryct.org.

Recreation Scholarships:

The Coventry Department of Parks and Recreation tries to keep its program fees at an affordable level for all residents. If you have a financial situation that limits your participation due to the fee, please contact the Recreation Department to make arrangements for assistance. Scholarships are available for some (but not all) programs.
Inclusive Statement:
( Programs for all abilities)
The Coventry Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities.

The Coventry Parks & Recreation Department is complying with the Americans With Disabilities Act, Public Law 101-336. The law addresses issues of accessibility of facilities and programs. Provision of reasonable program accommodations will be made on a case by case basis to allow people with disabilities to both participate in, and benefit from programs. Documentation of disability or special need is required when requesting reasonable modifications.

Inclement Weather Policy:
In the event of inclement weather, programs may be cancelled, and a make-up date scheduled. Updates will be posted on our website, Facebook & Twitter pages. Cancellations will also be listed on WFSB-3 TV, NBC-30 TV, and their websites.

PAYMENT:
- Payments may be made by check, cash, or credit card (Visa, MasterCard or Discover).
- All checks should be made payable to “Town of Coventry.”
- Returned checks are subject to a $20 service charge.

Websites:
Registration Website: www.coventryct.org
“Like Us”: www.facebook.com/CoventryParksAndRecreation
Tweet Us: http://twitter.com/Coventry_PaR
Watch Our Videos: www.youtube.com/user/CoventryPaR
Re-Pin our Pins: www.pinterest.com/CoventryRecreation

Park Maintenance:
Department of Public Works: 100 Olsen Farms Road
Coventry, CT 06238
Phone: (860) 742-6588

WE WANT YOU!
There are many ways to get involved, and we’re always looking for help! Contact the Parks & Rec. Department for more information on these great opportunities!

- Alternate Commission Members
- Teachers & Instructors
- Volunteers
- Event Sponsors

REGISTRATION BEGINS APRIL 22!
**Town Wide Tag Sale**

*To Benefit the Day Camp Scholarship Fund*

Do you have an excess of clothing, shoes, handbags, jewelry, furniture, and/or toys not being used and taking up valuable space in your basement or garage? Have a tag sale! You host it, we’ll promote it! Parks & Rec. will do the advertising for you, and your contributions will help benefit a good cause. Each participating home will receive 1 road-side sign (the logos and sign designs will be made available upon request). Ads will appear on our website, the Town of Coventry website, flyers at area businesses and in local newspapers The Courant, The Chronicle and the Journal Inquirer. A printable Town road map with the complete listing of participating homes will also be made available. Reach more people and join your neighbors for a fun day! *Event held rain or shine.*

Date: Saturday, May 4th  
Time: 8am – 4pm  
Location: Your Home!  
Fee: $20 Before 4/17; $25 After 4/17  
(Ad in the newspaper costs more!)

Registration Deadline: 4/24

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**Children’s Performance Series**

These FREE performances are held at Patriots Park, and are open to everyone! Performances held in conjunction with Camp Wangumbaug. In case of rain, outdoor performances will be held in the Community Center.

**Wed., July 3rd, 1pm — Magician Matt (Community Center):**

Magician Matt the Balloon Man has been performing magic since he was eight years old!

**Tues., July 9th, 1pm— T-Bone & Tiare Hawaiian Luau Show (Band Shell):**

Enjoy a virtual Hawaiian beach party complete with beach balls, hula hoops and hula lessons! Kahana Hula Duo, Tiare and T-Bone will take you through Hawaii’s past to present with authentic Hawaiian dances and nostalgic songs!

**Wed., July 24th, 1pm— Mr. Bungles Comedy Show! (Band Shell):**

Get ready for FUN!! Mr. Bungles is a funny, comic clown-type character, without make up, whose comedy show gets children laughing! It’s a high energy, fast-paced magic comedy show with juggling, music, games, balloon sculptures, crazy props, and silly guitar songs!

**Wed., July 31st, 1pm— Mad Science Stage Show: Up, Up & Away! (Community Center):**

This spellbinding special event introduces kids to the principles of air and pressure. Hot air balloons, vortex generators and even a hovercraft will help kids understand the power of air.

**Wed., August 14th, 1pm— Magic by George (Community Center):**

Having appeared on the “CBS Early Show” and Sesame Street’s “Fun to be One” celebration, Magic by George will have audiences on the edge of their seats! With lots of audience participation & fun family humor, everyone will leave wanting more!
# Camp Wangumbaug 2019

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*There will be no Camp on July 4th or July 5th in observance of the Independence Day holiday.

## Mini-Explorers Camp

**Ages 3-5 (PK), Weeks C & F, 9am-12pm**

For two weeks this summer, kids will love the opportunity to learn about what Camp life is all about! The Mini-Explorers Program is a great way to acclimate younger children to being at Camp. Children will play group-orientated games, go swimming, and create beautiful art projects. Children must be fully potty-trained.

**Fee:**

$75 Residents/$85 Non-Res.

## Explorers Camp

**For kids entering Grades K-6 in the Fall; 9am-4pm**

Groups of 10-12 children are accompanied by 1 Counselor and 1 CIT who will rotate through the day’s activities! Camp staff have many fun thematic activities planned each week to keep things varied and kids engaged, including Arts & Crafts, Waterfront activities & swimming, Teambuilding & Archery and Sports & Games.

**Fee:**

$150 Residents / $160 Non-Residents

**Session B: $120 Residents/$130 Non-Res.**

---

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- Professional Development
- Real Estate and Finance
- Writing and Publishing

To register, call 860-512-3232.
For more information or to request a credit-free catalog, call 860-512-2800.

[www.manchestercc.edu/explore](http://www.manchestercc.edu/explore)
Trailblazers Camp
For kids entering grades 7-8 in the fall, 9am-4pm
Our oldest Camper group will have the opportunity to participate in the same activities the Explorers do, with some added choices and adventure activities. Seats are limited so register early!
Fee: $150 Residents / $160 Non-Residents
**Session B: $120 Residents/$130 Non-Res.

C.I.T. Program
For kids entering grades 9 & 10 in the fall, 9am-4pm
C.I.T.s or Counselors-in-Training have the opportunity to take part in a specialized training program, complete with their own Director. C.I.T.s will learn the basic skills needed to be a successful Camp Counselor including how to properly supervise a group of children and how to keep kids engaged in Camp activities.
Fee: $105 Residents/ $115 Non-Res.
**Session B: $84 Residents/$94 Non-Res.

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Booking Fast • Call Soon

Check out Coventry’s newest Park!

MILL POND PARK
Located on Depot Road, patrons will enjoy scenic views of the pond, waterfall, Mill Brook and the ruins of Rawitzer Mill. A great spot for sitting & relaxing, fishing, and even kayaking!

Camp Costs:
A non-refundable, $25 deposit per child, per week, is due at the time of registration. Each week’s balance is due by the Wednesday prior, of each week. All Camp Costs are per child, per week.

Trips:
Trips are available for the Explorers, Trailblazers and CITs, and are held on Thursdays. They are optional and can be added throughout the summer. For those Campers who do not go on the Field Trips, Camp will remain open at Patriots Park for a regular Camp Day.

Cost Per Trip: $25 Per Child

Please request supplemental form for children with special needs or medication administration!

Advance notice of any and all special needs ensures that our staff are properly informed and trained, and that other arrangements can be made so that we may best meet your child’s needs. We encourage that you register early, and provide us with as much information as possible. In-Person meetings with Camp staff may be recommended.
Extended Hours:
7am – 9am, and 4pm - 5:30pm

AM: $34 Per Week
PM: $24 Per Week

Payment Options:
MONTHLY BILLING: Once your deposit is paid, we will provide you with monthly invoices that you can remit by check, credit card, or cash. Balance must be paid in full by the start of camp.

EARLY BIRD REGISTRATION: Register by May 1st, paying the full amount due and receive a 5% discount toward each week each registered for at that time. Any additional registrations made after this initial registration will not be eligible for this discount.

FINANCIAL ASSISTANCE: Camp Scholarships are available through the Youth Services Department, for Coventry residents in need of financial assistance. Please contact Sneha Patidar at 860-742-5324 or spatidar@coventryct.org for more info/to set up an appointment.

DUE DATES:
Registration is ONGOING! Registration and balances due are due by 12pm on the Wednesday prior, for each week. Space is limited and plans are made according to the number of kids we expect attending, so please plan accordingly.

2019 BEACH SCHEDULE
Patriots Park & Lisicke Beach
Opening Saturday, May 25th!
Weekends only until Monday, June 24th

Resident Beach Stickers will be available for purchase beginning on May 1st. For more information & beach updates check out our website at www.coventryct.org.

2019 Beach Schedule

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Swimming Lessons
Swimming lessons will follow the 2019 American Red Cross Guidelines for Water Safety Instruction, and will be taught by certified Coventry Lifeguards. Each class is 30 min. long, will meet Monday - Thursday, with Fridays reserved for any make-up classes as needed. All classes are held at Lisicke Beach (Rte. 31), and are only cancelled when thunderstorms threaten. In the event of thunderstorms, a Town representative will call you in advance, to let you know that the lessons have been cancelled. Otherwise, please have your child ready to go in the water at the time specified.

Check out semi-private Saturday lessons (Session E)!

****SIGN UP EARLY, SPACE IN ALL LEVELS IS LIMITED****

PRESCHOOL:
For ages: 3 - 4 years. Recommended for those who have completed Parent-Tot class. For children who are comfortable in the water without parent participation. This class is designed to prepare children for the learn to swim program.

Learn to Swim Classes (All Ages 5 and Up):
LEVEL 1:
Children will learn to open eyes under water, pick up submerged object, swim on front and back using arm and leg action, submerge mouth, nose and eyes, float on front and back, follow basic water safety rules, exhale underwater through mouth/nose, and explore arm and hand movement.

LEVEL 2:
Children will learn to open eyes under water, pick up a submerged object, roll over from front to back and back to front, swim on side, float on front and back, tread water using arm and leg motions, submerge entire head, perform front and back glide, and swim on front and back using combined strokes.

LEVEL 3:
Children will learn to perform survival float, butterfly-kick and body motion, dive from a kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front and back, perform front and back glide and crawl, and perform reaching assist.

LEVEL 4:
Child will perform open turns on front and back using any stroke, swim under water, tread water using sculling arm motion and kick, feet first surface dive, perform front and back crawl, breaststroke, butterfly, elementary backstroke, swim on side using scissor like kick, and perform a throwing assist.

LEVEL 5/6:
Child will learn to tread water with two different kicks, survival swimming, standing dive, shallow dive, glide two body lengths and begin any front stroke, tuck surface dive, pip surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breaststroke, elementary breaststroke, and sidestroke. Children will learn personal water safety, lifeguard readiness, fundamentals of diving, and fitness swimming.

REGISTER ONLINE AT
www.coventryct.org
Skyhawks Tiny Hawk Camp
For kids ages 3-4, Camp will include instruction on basketball and soccer that gives children a fun and positive first step into athletics. Through games and activities, campers will explore balance, hand/eye coordination, and skill development.

**Instructor:** Skyhawks Coaches  
**Dates:** M - F, 7/8 – 7/12  
**Times:** 9am – 9:45am  
**Location:** CHS Field E  
**Rain Location:** CHS Gym  
**Fee:** $70 Residents/$80 Non-Res.  
**Code:** 203104A

Skyhawks Mini-Hawk Camp
For kids ages 4-7, Camp will include instruction on baseball, basketball and soccer that gives children a fun and positive first step into athletics. Through games and activities, campers will explore balance, hand/eye coordination, and skill development.

**Instructor:** Skyhawks Coaches  
**Dates:** M - F, 7/8 – 7/12  
**Times:** 9am - 12pm  
**Location:** CHS Field E  
**Rain Location:** CHS Gym  
**Fee:** $125 Residents/$135 Non-Res.  
**Code:** 203104B

Skyhawks Multi-Sport Camp
This Multi-Sport Camp is designed to introduce young athletes to a variety of different sports in one setting, including Capture the Flag, Ultimate Frisbee, Flag Football & Kickball! Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline. For kids ages 7-10.

**Instructor:** Skyhawks Coaches  
**Dates:** M - F, 7/8 – 7/12  
**Times:** 9am - 3pm  
**Location:** CHS Field E  
**Rain Location:** CHS Gym  
**Fee:** $145 Residents/$155 Non-Res.  
**Code:** 203104C

Skyhawks Rec. Basketball Camps
For boys and girls ages 5-7 & 7-12, this fun, skill-intensive program is designed for beginning to intermediate players. In addition to technical basketball skills, our basketball staff will focus on respect, teamwork & responsibility.

**Instructor:** Skyhawks Coaches  
**Dates:** M - F, 7/15 – 7/19  
**Times:** A: Ages 5-7: 9am – 12pm  
B: Ages 7-12: 9am - 3pm  
**Location:** CHS Gym  
**Rain Location:** CHS Gym  
**Fee:** A: $125 Residents/$135 Non-Res.  
B: $145 Residents/$155 Non-Res.  
**Code:** 203105A or B

Wiffle Ball Week – NEW!!
Everyone’s favorite backyard game! The sight of the white plastic ball knuckling through the air. The sound of the yellow plastic bat as it makes contact with the ball. The celebration of a game-winning hit! Games, games, games, followed by a Home Run Derby and Playoff Tournament to decide the champion! For kids in grades 5 –10.

**Instructor:** Scott Curtis  
**Dates:** M - F, 7/15 – 7/19  
**Times:** 9am – 11am  
**Location:** Miller-Richardson Field (Rte. 31)  
**Rain Location:** CNHS Gym  
**Fee:** $65 Residents/$75 Non-Res.  
**Code:** 203110A
Recreation Daze, Before & After School Program

This affordable program is for kids in grades K-6, and is held at the Patriots Park Youth Building, Monday - Friday, 7am – 8am & 3pm – 6pm, throughout the school year. While at “Rec. Daze,” your children will enjoy supervised time with friends doing homework, playing group games, participating in art projects, free play and snack-time! Check www.coventryct.org in June for an official brochure, registration form & informational parent packet.

Fall registrations begins in July!

Coventry Public Schools Summer Enrichment Programs

Registration is NOW OPEN for this year’s roster of Summer Enrichment Programs, brought to you by Coventry Public Schools. Registration is accepted through the Parks & Rec. registration website at www.coventryct.org, or in person at the Parks & Rec. Office in Town Hall.

Registration Deadline: June 7th
3rd Grade Summer Academy: 8/19 - 8/21
Musical Theater: 7/15 – 7/26
Science Academy: 7/29 – 8/9
Band Camps: Multiple Dates
Second Grade Boost Camp: 7/22 – 7/26 or 8/12 – 8/16
Paints on Fire: 7/24 – 7/27

Looking for a full-day experience? Camp Wangumbaug is available for afternoon care, following these programs at a discounted rate! Transportation to Patriots Park is provided! For more information, check out www.coventryct.org.

Home Alone Safety for Kids – NEW!!

Brought to you by Parks & Rec. in conjunction with Coventry Youth Services, Home Alone Safety for Kids is a unique class for boys and girls ages 8-13 who are left home alone. This interactive 2-hour course will cover safety concerns parents have when their children are by themselves. Students will learn to be more aware of the potential dangers that they could face when they are alone. Each student will receive a workbook that covers house key safety, indoor and outdoor (including kitchen) safety, gun safety, fires and gas leaks. We will also review first aid kit essentials and phone, door and internet safety. The class size is limited to 12 students to allow optimal opportunities for participation, so be sure to register early. Parents are asked to attend the last 10 minutes of the course. They will receive a workbook with conversation starters such as creating a family fire escape plan and the importance of an emergency contact list.

Instructor: Sarah Maffiolini
Dates/Times: A: Friday, April 26th, 5:30pm-7:30pm
B: Saturday, April 27th, 10am – 12pm
Location: Mill Brook Place
Fee: $10 Per Child*

*To Benefit the Camp Scholarship Fund

Youth Horsemanship Program – NEW!

For kids ages 7-11, this introductory program will show kids the horsemanship basics. Class will include an introduction into horses, their care and riding. Topics will include grooming, leading, basic horse care and riding time will be included in each session!

Instructor: MJ Zanolli, CT Equestrian Center
Dates: Tues., 5/7 – 6/11
Times: 4pm – 5:30pm
Location: CT Equestrian Center, 220 Talcott Hill Road, Coventry
Fee: $175 Residents/$185 Non-Res.
Code: 203109B

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www.coventryct.org
Summer Basketball Program
For boys and girls entering grades 3-12 in the Fall 2019, this 6-week program offered by the Coventry Youth Basketball Board will feature fun drills and scrimmage games! Get a jump on skill development before the next Basketball season begins in the Fall! Each age group will meet once a week, for 6 weeks. *Specific Days & Times by Age Group TBD (Mondays-Thursdays). Watch the CYBA Facebook page & www.coventryct.org for more information & updates.

Instructor: Youth Basketball Coaches
Dates: 7/8 – 8/15*
Times: 6pm – 7pm or 7pm – 8pm
Location: TBD
Fee: $35 Per Person

Art-Venture Camp: Oopsie Goopsy Messy Art Fun – NEW!!
The works of art that come from making a mess are quite amazing! Think splatter and blow painting. Make slime and flubber. Create with shaving cream and glue. Design ceramic doggy banks and create shrinky-dink sculptures. Learn how to make your own clay, and then sculpt super cool masks. Decorate wacky, wild cars for an art car parade. Discover marbleizing and glitter painting, design batik T-shirts, and experience collage and fabric arts. Creative spirits are set free! (Artists must dress for a mess!) For kids ages 5-12.

Instructor: Art-Ventures Instructors
Dates: M – F, 7/30 – 8/3
Times: 9am – 12pm
Location: Mill Brook Place
Fee: $150 Residents/$160 Non-Res.
Code: 203100A

Mad Science Camp: Jr. Scientist – NEW!!
Preschoolers discover science as they become a Junior Mad Scientists! This camp is a great introduction to science as preschoolers explore the human body and our senses, the science of colors and the way things move. Children become paleontologists by searching for fossils in a mini dinosaur dig. They also take an exciting mission with Mad Science to explore the planets, moons and stars. Junior Scientists continue the science at home with take-home projects related to each subject. For kids ages 4-5.

Instructor: Mad Scientist, Mad Science Camps
Dates: M - F, 7/8 – 7/12
Times: 9am – 12pm
Location: Mill Brook Place
Fee: $149 Residents/$159 Non-Res. (Includes all materials)**
Code: 203101A

2019-2020 Youth Basketball League
Registration for the 2019-2020 will begin in August! Be on the lookout for updates posted to www.facebook/coventryyouthbasketball and on our website at www.coventryct.org.

Summer Programs
For Inquisitive and Creative Minds

• Farm Fresh Cooking: Advanced Level: Grades 5-8 June 24-28
• Full STEAM Ahead and Tech Academy: Grades 2-8 July 15-19
• Youth Culinary Institute: Grades 5-8 • June 24-August 2
• Adventures in Leadership Ropes Challenge: Grades 5-8 July 8-19
• Summer Academy for Gifted and Talented Youth: Grades K-8 • July 29-August 9

For information, contact Linda Armstrong, Coordinator, at 860-512-2804, email larmstrong@manchestercc.edu or visit www.manchestercc.edu/summer for Excursions in Learning YOUTH PROGRAMS
Facebook: MCC Excursions in Learning
Intro to Pickleball Clinic – NEW!!

Pickleball is the hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. The net is about the height of a tennis net. It is easy for beginners to learn, but can develop into a competitive game for experienced players. It includes fast volley exchanges, lobs and overhead slams. Advanced play can also focus on dink shots, 3rd shot strategies, partner-play, etc. Participants should have good court/tennis shoes and equipment will be provided!
**Class size is limited, so register early!**

**Instructor:** Jason Hill, USAPA Ambassador  
**Date:** TBD  
**Time:** 1pm – 3pm  
**Location:** CHS Pickleball Courts  
**Fee:** FREE!  
**Code:** 203200A

Community Gardens at Creaser Park

Parks & Recreation is pleased to announce the beginning of another Community Garden season! The gardens are located at Creaser Park on Case Road. Each plot will be staked, and will be ready for planting on or around Memorial Day Weekend (weather permitting). Access to water is available for watering cans or hoses. For more information, including the Community Gardens Guidelines & Contract, go to www.coventryct.org. *In lieu of the Maintenance Fee, Gardeners may volunteer 5 hours of their time to help keep the Garden in good condition. Please, 1 plot per family.

**Fee:** $25 per Plot + $20 Maintenance Fee*  

Adult Horsemanship 101 – NEW!!

Classes will include mounted and un-mounted work. Riding lessons will include a focus on strengthening position and balance. Unmounted work will include handling horses on the ground, including safe leading, grooming and handling.

**Instructor:** MJ Zanolli, CT Equestrian Center  
**Dates:** Fri., 5/24 – 6/28  
**Times:** 6:30pm – 8:30pm  
**Location:** CT Equestrian Center, 220 Talcott Hill Road, Coventry  
**Fee:** $275 Residents/$285 Non-Res.  
**Code:** 203109A

Oops! Despite our best efforts, sometimes errors make their way into this publication. We apologize for any inconvenience!

Golf Lessons

Lessons will focus on proper grip, stance and swing as well as introduction to the game. All equipment is provided or bring your own.

**Instructor:** Rick Nelson, PGA Pro  
**Location:** Skungamaug River Golf Course  
**Fee:** $80 Residents/$90 Non-Res.

YOUTH LESSONS: For kids ages 8-17.

**Dates:** Tues., 7/9 – 7/30  
**Times:** 6pm – 7pm  
**Code:** 203106A

CO-ED BEGINNER CLASSES: For men and women ages 15+.

**Dates:** A: Th., 5/9 – 5/30  
**Times:** 5pm – 6pm  
**Code:** 203107A or B

**WOMEN BEGINNERS PROGRAM: Women ages 17 and older.**

**Dates/Times:** A: Tues., 6/4 – 6/25, 5pm – 6pm  
**B:** Th., 6/6 – 6/27, 5pm – 6pm  
**C:** Tues., 8/6 – 8/27*, 6pm-7pm (No Class 8/13)  
**D:** Thurs., 8/8 – 8/29*, 5pm-6pm (No Class 8/15)  
**Code:** 203108A, B, C or D

Family Fishing Class – NEW!!

Bring your family and join the CT DEEP CARE “Learn to Fish” program for a fun, hands-on introduction to the basics of fishing. **For ages 8 and up.** You’ll learn the basics of equipment, bait, rules & regulations, how and where to fish and how to care for your catch. You’ll also practice casting and tying knots. First hour is classroom-based and held indoors, followed by actual practice right on Coventry Lake! **Space is limited, so be sure to register early! Pre-registration is required.**

**Instructor:** CT DEEP CARE Certified Instructors  
**Date:** Friday, July 12  
**Times:** 6pm-8pm*  
**Location:** Patriots Park Lodge & Beach  
**Fee:** FREE!
**Simply Fit**

Now 7-class sessions! As women we spend so much time caring for those around us. This is an opportunity to focus on taking care of YOU, while surrounding yourself with women who will support & encourage you. Join instructor Jillian Miner for a quick, fun, heart-pumping workout that will leave you full of energy for the weekend ahead! We will alternate short bursts of cardiovascular activity with targeted toning exercises to build endurance and strengthen from head to toe. Please bring water, a set of 3-8 LB dumbbells, and a mat or beach towel. *Classes available for registration in sessions, or 7-class punchcards.

**Instructor:** Jillian Miner, ACE Certified Group Fitness Instructor

**Dates:**
- **Sat., A:** 5/11 – 6/22
- **B:** 7/6 – 8/17
- **C:** 8/31 – 10/12

**Time:** 8:30am – 9:15am

**Location:** Market Barn at Hale Homestead

**Fee:** $64 Residents/$74 Non-Res.

**Code:** 203311A, B or C

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**Simply HITT – NEW!**

Love Simply Fit but want something more? Looking to increase your endurance? Have a busy Saturday and just want to get your workout done early and in a short amount of time? Come try Simply HITT (High Intensity Interval Training)! This 30-minute class will include short periods of intense cardiovascular exercise designed to improve cardiac function, increase energy and endurance, burn stress and have fun! Bring water and a mat or towel. *Classes available for registration in sessions, or 7-class punchcards.

**Instructor:** Jillian Miner, ACE Certified Group Fitness Instructor

**Dates:**
- **Saturdays, A:** 5/11 – 6/22
- **B:** 7/6 – 8/17
- **C:** 8/31 – 10/12

**Time:** 7:45am – 8:15am

**Location:** Market Barn at Hale Homestead

**Fee:** $49 Residents/$59 Non-Res.

**Code:** 203312A, B or C

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**First Year Tai Chi**

This ancient Chinese art, sometimes called a “meditation in motion,” relaxes the mind and energizes the body. Learn simple movements that will help you alleviate stress, improve physical, emotional and energetic balance, improve circulation and increase flexibility. Come see what this is all about!

**Instructor:** George Hoffman, Silver Dragon Tai Chi

**Dates:**
- **Tues., A:** 5/14 – 7/9
- **B:** 7/23 – 10/1 (No Class 8/20 & 8/27)

**Time:** 5pm – 6:15pm

**Location:** Patriots Park Lodge

**Fee:** $79 Residents/$89 Non-Res.

**Code:** 202318A or B

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**Intermediate Tai Chi**

Designed for experienced participants to help bring their “Tai Chi” skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy awareness and enhanced body-mind connection using more complex form movements, advanced qigong and other exercises. Pre-Requisite: one-and-a-half years experience, or instructor’s permission.

**Instructor:** George Hoffman, Silver Dragon Tai Chi

**Dates:**
- **Tues., C:** 5/14 – 7/9
- **D:** 7/23 – 10/1 (No Class 8/20 & 8/27)

**Time:** 6:30pm – 7:45pm

**Location:** Patriots Park Lodge

**Fee:** $79 Residents/$89 Non-Res.

**Code:** 202318C or D
Tai Chi Advanced Topics

This class is designed for intermediate and above tai chi practitioners interested in exploring a more detailed understanding of the fundamentals of movement, standing meditation, push hands, qi cultivation and other aspects of the ancient arts of tai chi & qigong. Attendees should currently be attending an intermediate or equivalent tai chi training class. **Prerequisite:** 2 years of tai chi experience or permission of the instructor.

**Instructor:** George Hoffman, Silver Dragon Tai Chi

**Dates:**
- **Tues. A:** 5/14 – 7/9
- **B:** 7/23 – 10/1 (No Class 8/20 & 8/27)

**Times:** 8pm – 9pm

**Location:** Patriots Park Lodge

**Fee:** $57 New Registrants/$39 Students Currently Enrolled in our Intermediate Program

**Code:** 202319A or B

Daytime Tai Chi

Discover the secret of how this ancient Chinese exercise can help you manage stress, reduce blood pressure, decrease pain associated with arthritis, and improve balance.

**Instructor:** George Hoffman, Silver Dragon Tai Chi

**Dates:**
- **Th. A:** 4/18 – 6/13
- **B:** 6/27 – 9/12 (No Class 7/4, 8/22 & 8/29)

**Times:** 11am - 12:15pm

**Location:** Patriots Park Lodge

**Fee:** $69 per person

**Code:** 203310A or B

Sunday Men’s Basketball

For adults ages 18+, this informal basketball league will allow you the opportunity to stay active, while enjoying a fun game of basketball on Sunday evenings!

**Dates:** Sun., 6/2 – 9/22 (No BBall 7/7)

**Times:** 6pm - 8pm

**Location:** GHR Gym

**Fee:** $30 Residents/$40 Non-Res.

**Code:** 203300A

*Space is limited, so register early!*

No Smoking or Alcohol on School Grounds

Canoe/Kayak/SUP Rentals

Interested in getting out on Coventry Lake this year? Visit our boat shed located behind the Bandshell at Patriots Park. Canoes, Kayaks and Stand Up Paddleboards are available for hourly rental, BY APPOINTMENT ONLY, during the spring & summer months of May-October (weather permitting). Life jackets and oars are provided.

Please check out our website, www.coventryct.org for more information including fees, to download the rental agreement, and to book your appointment.
Trips are planned and offered in a cooperative effort with the Towns of Ashford, Mansfield, Willington, Tolland and Ellington. Residents of these towns are encouraged to register in their own Town first. Please be advised: Trip fees are non-refundable, due to transportation commitments.

**Boston Red Sox vs. Tampa Bay Rays**

Spend a fun-filled day enjoying “America’s Pastime” at one of the most storied Ball Parks in the country! Bus will stop along the way (at approx. 10:45am) for a cookout including: hot dogs, hamburgers, pasta, meatballs, sausage & peppers, assorted salad, chips, water and soda. Bus is expected to arrive at Fenway Park at approximately 12:30pm. Seats are in the Outfield Grandstand #1. Register early as seats are limited!

- **Date:** Sunday, June 9
- **Reg. Deadline:** Fri., May 24th
- **Departs From:** Tolland Commuter Lot, I-84, Exit 68
- **Departure Time:** 10am
- **Game Time:** 1:05pm
- **Return Time:** Approx. 8pm or 2.5 hours after end of game
- **Fee:** $150.00 per person (Fee includes coach transportation, game ticket, pregame cookout and games and prizes on the bus)

**James Taylor at Tanglewood**

Tanglewood presents James Taylor with his extraordinary band of musicians. Fireworks will follow the July 4 concert. Register early as tickets are expected to sell out! We will arrive shortly after grounds open at 5:30pm. There are plenty of places to buy dinner inside, but you’re welcome to bring in food, coolers, wine, etc. There is no cooking allowed on the grounds.

- **Date:** Thursday, July 4, 2019
- **Showtime:** 8pm
- **Reg Deadline:** Thurs., June 13th
- **Departs From:** Tolland Commuter Lot, I-84, Exit 68
- **Departure Time:** 3pm
- **Return Time:** Approx. 12am (2 hours after the fireworks are over).
- **Fee:** $69 (Includes coach bus transportation, driver gratuity, and lawn ticket to the show)

**Plan Ahead!**

The following trips are upcoming & can be found in the Fall/Winter Program Brochure due out in September:

- **October:** Spooky Zoo @ Roger Williams Zoo
- **December:** Day on Your Own in NYC

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**Vine to Wine in Vermont!**

Journey to Vermont for a unique experience! Spend some time at Vermont Distillers, who are best known for their unique lines of liqueurs and vodkas. Enjoy the famous 100-mile view from atop Hogback Mountain Scenic Overlook. Then we’ll stop at Honora Winery & Vineyards where you will enjoy a “Vine to Wine” tour, in addition to a tasting of the Vineyard’s own wines. Then there’s lunch: a traditional Polish buffet! Lastly, we’ll visit the Grafton Village Cheese Company, where you’ll experience the art of Vermont cheese making and peruse their company store!

- **Date:** Sunday, September 1st
- **Reg. Deadline:** Monday, July 29th
- **Departs From:** Tolland Commuter Lot, Exit 68, I-84 (Near Dunkin’ Donuts)
- **Departure Time:** 7:45am
- **Return Time:** 7:45pm
- **Fee:** $111 Per Person

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**COVENTRY ARTS & ANTIQUES**

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www.coventryct.org
The Coventry Senior Center is committed to providing adults 55 and older, a welcoming, inclusive and supportive environment to participate in recreational, educational and wellness programs. The Center is committed to these core principles, focusing on the integration of best practices in program development and continued community collaboration. We are here to meet the needs of our active adult citizens in Coventry.

Address: Patriots Park, 172 Lake Street, Coventry, CT 06238
Phone: 860-742-3525; Fax: 860-742-3506
Website: www.coventryct.org/SeniorCenter
“Friend” Us: www.facebook.com

STAFF
Brenda Bennett, Senior Center Coordinator; bbennett@coventryct.org
Leah Whitaker, Senior Center Assistant; lwhitaker@coventryct.org

HOURS OF OPERATION
Open Daily: Mon-Wed, 9am-4pm; Thurs, 9am-6pm, Fri 9am-1pm

Coventry Senior Center

The 4th Wednesday of each month from 11am-noon; blood pressure checks and general health questions. The service is FREE and sponsored by ECHN Visiting Nurse & Health Services of CT.

Health and Wellness Programs

Ask The Nurse
The 4th Wednesday of each month from 11am-noon; blood pressure checks and general health questions. The service is FREE and sponsored by ECHN Visiting Nurse & Health Services of CT.

Spa Day – Hair & Nails
The 2nd Monday of each month. Hope Mayhew and Amy Brewer from Hope & Wellness Salon offers pedicures and haircuts for $15, payable directly to Hope and Amy at the time of your appointment.

Massage Appointments
Tami Toscano – schedule a 25 minute appointment for $22, payable at time of appointment. Tami is at the Center the 4th Monday of each month and specializes in Swedish and deep tissue massage, therapeutic stretching, reiki and reflexology.

Michelle Rach – schedule a 25 minute appointment for $20, payable at time of appointment. Michelle is at the Center the 2nd Thursday of each month and has been practicing massage for 6 years and specializes in Deep Tissue, Trigger Point, Sports and Myofascial Release.

Hearing Appointments
Appointments are available for hearing tests, hearing aid checks, cleanings and repairs and wax inspections with Audiology Concierge. Dates: June 19 and October 16. Call the front desk to schedule.

Podiatrist
Appointments are available with Anthony Morgan, D.P.M. for complete foot care, podiatric evaluations and nail clippings. Dates: May 16 and July 25. Call the front desk to schedule.

Entertainment/Leisure/Social Activities

Our groups are self-lead by a participant facilitator.

Book Club - The group meets the 3rd Monday of each month from 1pm-2pm. Call the Center to see which book we’re reading and join us on:

April 15 – The All-Girl Filling Station’s Last Reunion by Fanny Flagg
May 20 – The President is Missing by James Patterson and Bill Clinton
June 17 – TBD

Folk Music Group – Tuesdays at 10:30am-11:30am, singing folk songs popularized in the 1960s.

Crafternoons - the 4th Wednesday of every month beginning at 11:00 A.M. Cost: FREE or nominal fee based on the craft. All levels welcome. Contact Leah for more information.

Movie & Popcorn – FREE, 3rd Thursday each month at 1pm. RSVP required.

Quilting – Friday at 9:30am
Setback – Thursday at 1:00pm
Cribbage – Monday at 9:30am
Beginner Bridge – 1st and 3rd Friday at 10:30am
Mahjongg – Thursday at 9:00am
Wii Bowling – Wednesday and Friday at 9:15am
Bingo – Tuesday at 1-4pm
Billiards – Tuesday, Thursday and Friday at 9:30am
**CHOICES**
The CHOICES Program helps Connecticut’s older adults and persons with disabilities understand their Medicare coverage and healthcare options. Certified counselor, Penny Whitaker provides objective, free person-centered assistance so Medicare recipients can make informed choices about their benefits. CHOICES also provides community outreach, application assistance, and information and referral services on a variety of topics including long term care services and support. CHOICES is managed by the State Department on Aging through a partnership with the Center for Medicare Advocacy and Connecticut’s Area Agencies on Aging, with funding from the State of Connecticut and the Administration for Community Living. Wednesdays, 9am-3pm by appointment.

**Technology**
**Tech Monday – with Kayla**
Have a question about your smart phone, tablet or iPad? Let Kayla, Reference Librarian from Booth & Dimock Library assist you with your questions here at the Center. 15 minute one-on-one appointments beginning at 10am the 3rd Monday of each month. Future Tech Mondays – April 15, May 20, June 17. Call the Center to schedule your appointment.

**Fitness Room**
Located in the back of the Center overlooking the lake are commercial fitness equipment: 2 treadmills, 1 recumbent bicycle, 1 elliptical, fitness bands, hand weights and yoga mats. Before your first workout, we require a doctor’s approved Release Form which you can pick up at the Center. Each month we run a fitness room challenge and offer small prizes. We have a certified fitness instructor available to help with orientation. The fitness room is available FREE of charge and available during regular Center hours.

**Monthly Luncheons**
**Dates:** 2nd and 4th Wednesday each month, offering healthy, nutritious and affordable luncheons in collaboration with Coventry Food Service, dining in the lodge.

**Cost:** Varies based on menu

RSVP is required 1 week prior to luncheon

**Out to Lunch Bunch** – the 1st Wednesday of each month bringing seniors to local restaurants. Please sign up at the front desk or contact Claudette. RSVP is required.

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**Compassionate & Caring**
The Caring Funeral Directors at Pietras Funeral Homes provide specialized Funeral Services designed to meet the needs of each family. Our professional dedicated staff will assist you in making funeral service arrangements. We will guide you through all aspects of the funeral, from pre-need planning, casket options, cremations, flowers to local accommodations. Feel free to contact one of our licensed funeral directors at any time... Philip & Jessica Pietras, Jennifer A. West, Jacqueline L. Teske, Corrine M. Jones and Haley S. Bohadik. We are here to help you with any questions you may have.

Email: pietrasfh@aol.com

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860-875-1415

**Small & Pietras Funeral Home**
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76 Prospect St
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**Coventry - Pietras Funeral Home**
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Coventry CT
860-742-1255

**Bassinger & Dowd Funeral Home**
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East Windsor CT
860-623-4292
Coventry Senior Center

Coventry Rides Transportation Program

Coventry Rides Transportation Program provides free handicap-accessible service for Coventry Seniors and residents with disabilities to the towns of Bolton, Tolland, Vernon, and Manchester. The program has an all-volunteer team of drivers who are available Monday, Tuesday and Thursday from 9-1pm.

Rides can be requested no later than 48 hours prior (and by noon on Thursday for a Monday ride) and no more than two weeks in advance. Priority will be given to those with medical appointments; however rides can be scheduled for errands, shopping, the bank, employment etc. For more information or to schedule a ride please call 860-742-3525.

Coventry Rides is funded with grants from the CT Department of Transportation and the Town of Coventry.

STAFF: Sarah Leete, Transportation Coordinator; sleetecoventryct.org
HOURS: Mon, Tues, Thurs 8:30am-1:30pm
CONTACT: 860-742-3525

VOLUNTEER DRIVERS NEEDED! In order to make the Coventry Rides program a continued success we need individuals who are willing to volunteer one morning per month. A valid driver’s license is required and training is provided. Please call 860-742-3525 to find out more about being part of a great team of volunteers!

Transportation Options

WRDT – Dial-A-Ride: WRDT (Windham Region Transit District)
Dial-A-Ride services are available for Coventry-to-Coventry transit, as well as to the 9 towns within the Windham region. Reservations can be scheduled a minimum of one business day in advance and up to two weeks prior. To schedule a ride or for more information call WRDT 860-456-2223.

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Upcoming Trips

Roger Williams Zoo, UCONN Dairy Bar/William Benton Museum of Art, Hammonasset Beach, PEZ Factory/IKEA. Dates and times to be decided!

Senior Transportation Trips

HARTFORD YARD GOATS
Date: 5/22/19
Departure Time: 9:15am (doors open at 9:30am and game starts at 10:35am)
Return Time: by 2pm
Cost: $12 (includes lunch of hot dogs, chips, water)
Tickets are limited: 8 tickets for small group outing; first come, first served

MATINEE MOVIE MORNINGS – Throughout the summer check the Senior Centers monthly calendar for re-occurring dates and times. Transportation is free. Participants are responsible for price of tickets and refreshments.
The following programs are all offered in collaboration with Coventry Parks & Recreation and require pre-registration through the Parks & Recreation Office or online at www.coventryct.org (unless otherwise indicated). For more information, please contact the Parks & Recreation Office at 860-742-4068.

**Intro to Line Dance**
Join the Coventry Senior Center for some Country Line Dancing! Instructor Susan Beeching will teach you the basics and get you moving! Join your friends and neighbors for a fun afternoon of music, dancing & socializing.

**Instructor:** Susan Beeching  
**Date:** Thurs., 5/2 – 9/26  
**Time:** 4pm - 5pm  
**Location:** Patriots Park Lodge  
**Fee:** $12 Per 4-Class Punchcard  
$5 Per Class, Drop-In

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**All Levels Yoga**
Yoga is widely regarded in the fitness world as the best in rest and relaxation. Suitable for both beginners and more experienced students, this class will help you build muscle strength, improve flexibility & balance, and increase energy. Just 1 class can lift your spirits and brighten your day! *Punch Cards are available in 6-class or 10-class increments: Purchase 5 classes and get the 6th for FREE, or purchase 9 classes and get the 10th for FREE!*

**Instructor:** Lindsey Sienkiewicz, Certified Yoga Instructor  
**Date:** Weds., 5/1 – 9/25  
**Time:** 3pm - 4pm  
**Location:** Patriots Park Lodge  
**Fee:** $6 Per Class, Punch Card*  
$8 Per Class, Drop-In Fee

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**Fitness with Mary**
Boost your endurance, build your strength, and challenge your balance with this combination of shadow kick boxing and weight training movements. Format of class is in timed intervals for all fitness levels.

**Instructor:** Mary Hurley  
**Date:** Thurs., A: 4/25 – 5/16  
B: 5/30 – 6/20  
C: 7/11 – 8/1  
D: 8/15 – 9/5  
**Time:** 5:30pm – 6:30pm  
**Location:** Patriots Park Lodge  
**Fee:** $35 Per 4-Week Session  
$10 Drop-In Fee

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**Fitness, Level 1–**
This class focuses on a low impact workout and the class is lead by a Mary Hurley, Certified Fitness Instructor.

**Drop-in Fee:** $3.00  
Tuesdays and Thursdays from 9:30am-10:30am

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**Coming Soon…**
- Paint Nites  
- Veterans Coffee Hour  
- Wine & Cheese on the Deck  
- Movie Days!  
- AARP Educational Programs  
- Golf Clinic  
- Coventry Camera Club  
- Walking Club
FREE Pickleball Clinics! – NEW!!

What is Pickleball? Pickleball is the hottest new game sweeping the country! Pickleball is a combination of tennis, ping-pong, racquetball and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. The net is about the height of a tennis net. It is easy for beginners to learn, but can develop into a competitive game for experienced players. It includes fast volley exchanges, lobs and overhead slams. Advanced play can also focus on dink shots, 3rd shot strategies, partner-play, etc. Participants should have good court/tennis shoes and equipment will be provided! Rain Dates: 4/24 & 4/26. Space is limited - Sign-up is available at the front desk of the Senior Center, or by calling 860-742-3525.

Instructor: Jason Hill, USAPA Ambassador
Date/Time: A: 4/23, 9am – 10am
B: 4/23, 10am - 11pm
C: 4/25, 9am – 10am
D: 4/25, 10am – 11pm
Location: Patriots Park
Fee: FREE!

Gloucester Lobster Cruise

Step aboard the elegant Beauport Princess and settle back in luxury for a cruise from one of New England’s most photogenic harbors, Gloucester, MA. Cruise historic Gloucester Harbor which is the oldest fishing community in the United States. Enjoy your lobster buffet lunch while cruising. See downtown Gloucester with its historic homes, churches and city hall. The scenery is best seen from vantage viewpoints on the ship’s deck. Then, get your sea legs back by spending time in the little artisan town of Rockport, MA where you can enjoy the shops, art museums, or a relaxing time watching the boats go by. For ages 18+.

Date: Friday, June 14th
Registration Deadline: Wed., May 5th
Departure Time: 7:45am
Departure Location: Coventry Senior Center
Return Time: 7:15pm
Fee: $117 Per Person

Plan Ahead! Here’s a peek at upcoming trips:

*Look for full descriptions & registration info in the Fall/Winter Edition of this publication!

December 5th: Westchester Broadway Theater

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www.coventryct.org

REGISTER ONLINE AT www.coventryct.org

Beautiful Brooklyn

Spend the day in Brooklyn, New York! Our first stop of the day is at the Brooklyn Museum of Art where you will partake in a guided tour of the museum’s expansive collections of Egyptian, African and American art, in addition to 17th, 18th, 19th and 20th century paintings, sculpture and decorative art.

After the museum, we will head over to the Brooklyn Botanical Gardens, which holds over 14,000 different kinds of plants and each year has over 900,000 visitors! After our visit to the Gardens, we will head over to a well-known and loved Brooklyn classic, Junior’s Restaurant which has consistently been awarded the prize for best cheesecake in NYC! Please indicate your choice of meal when registering: Fresh Brisket of Beef; Roast Half Chicken; Fried Cod or Broiled Cod. All entrees will be served with fruit salad, tossed salad, choice of potato, vegetable & dessert (to be selected at the restaurant). For ages 18+.

Date: Sunday, October 13th
Registration Deadline: Thurs., September 12th
Departure Time: 7am
Departure Location: Coventry Senior Center
Return Time: 8:45pm
Fee: $127 Per Person
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The choroid is composed primarily of blood vessels

- True
- False

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