



be happier • build family  
unity • feel great • take  
care of latch key children  
• reduce unemployment •  
increase communication  
skills • expand knowledge

• lose weight • diminish chance of disease • build self-  
esteem • reduce stress • promote sensitivity to cultural di-  
versity • eliminate loneliness • increase community pride  
• reduce crime • provide safe places to play • generate reve-  
nue • lower health care costs • meet friends • educate  
children and adults • relax • keep business from leaving  
• elevate personal growth • strengthen neighborhood involve-  
ment • conquer boredom • provide child care • boost economy  
• curb employee absenteeism • increase tourism • build  
strong bodies • increase property value • attract new  
business • preserve plant and animal wildlife • instill  
teamwork • live longer • protect the environment • **create  
memories** • clean air and water • boost employee  
productivity • look better • enhance relationship skills •  
decrease insurance premiums • control weight • offer  
places for social interaction • diminish gang violence •  
teach vital life skills • provide space to enjoy nature . . .  
THE BENEFITS ARE ENDLESS

**Spring and Summer 2016 Program Guide**

## Special Events



### Singing and Signing Time with Ms. Janine at the Playground

Singer/Signer/Songwriter/Guitarist, Janine LaMendola "Ms. Janine" will be playing children's music with sign language fun at Kids Kingdom this spring and summer. You're guaranteed to learn several signs and have fun at the same time! All ages are welcome. In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome!

**Spring Session: Wednesday, 4:15 – 5:00 p.m.**  
Dates: 5/4, 5/11, 5/18, 5/25 (4 wks)  
**Summer Session: Wednesday, 3:00 – 3:45 p.m.**  
Dates: 7/6, 7/13, 7/20, 7/27 (4 wks)  
Place: Kids Kingdom Playground, 100 Pocono Road  
Fee: Free

### 5th Annual Speed Sitting

"Speed Sitting" helps parents find a babysitter for their child(ren) in just one hour. Each hour we will have up to twelve parents and twelve prospective babysitters. Every five minutes you will interview a new babysitter and at the end of an hour you will leave with the contact information for all twelve babysitters. If you are looking for some help over the summer or someone to watch your children for an occasional night out, this is an event not to be missed.

We are currently accepting reservations for a 6:00 p.m. start time (finishing at 7:00 p.m.) as well as a 7:15 p.m. start time (finishing at 8:15 p.m.). Interested parents and babysitters should contact Parks & Rec. at 775-7310 to pre-register.

Day: Wednesday                      Time: 6:00 – 8:15 p.m.  
Date: 5/18                                Fee: Free  
Place: Center School Cafeteria

### Our Fourth Great Weight Loss Challenge

Looking for some motivation to make healthier choices this spring? Healthy Weighs Wellness Center is hosting another healthy weight loss challenge for local residents ages 18 and over. In order to participate, you must be overweight or obese according to your BMI (Body Mass Index). At the end of the 6 week challenge, the winner will be calculated based on the contestant who loses the most healthy weight as a percentage of their body weight. (A healthy weight loss is no more than one percent of your body weight per week.) The initial weigh-in is on Monday May 2, 2016 from 9:00 a.m. and 6:00 p.m. and you'll be asked for an alias to use during the challenge to maintain confidentiality. The final weigh in will be on Monday June 13, 2016 from 9:00 a.m. to 6:00 p.m. at Healthy Weighs Wellness Center. Participants cannot be weighed in on any other dates to make it fair for all. The winner will receive a fantastic prize! Space is limited and registration is required by April 29, 2016 by calling the Parks and Recreation Department at 203-775-7310. Complete guidelines and details will be emailed to you once registered. The cost for the challenge is only \$20 and includes a Great Weight Loss Challenge T-Shirt! All proceeds from the Challenge will go to the Brookfield Food Pantry.

## Special Events, continued

### Mother's Day 5K - Sunday, May 8

9:00 a.m. start at Brookfield High School

Fee is \$25.00 by May 6; \$30.00 race day

Awards to top three finishers in eight age groups.

Special team awards for top finishers in mother/daughter, mother/son, grandmother/granddaughter and grandmother/grandson categories.

Online registration for individuals is available at <http://brookfield.usaxc.com> at \$27.25 per person. Please note the last day to register online is 5/5/16. Teams cannot register online; teams must be registered through the Parks & Rec Office. Visit [www.brookfieldct.gov/rec](http://www.brookfieldct.gov/rec) to download an application. Proceeds benefit the continued maintenance of the BHS Track.



### "Drive In" Movie Series

Now on Friday night...come for the concert, stay for the movie! We're going to be reliving all of the excitement of the Danbury Drive In right here in Brookfield at the fifteenth annual drive in movie series. Bring your friends and family, along with blankets, chairs, and snacks. The show starts at dusk at Town Hall, and will be shown on a 10 x 10 foot video screen. Seating will be on the lawn in front of the bandstand. This event is free! A flyer detailing the movies will be sent through the schools in June and will also be available on our website. Sponsored by Brookfield Democrats.

Day: Friday                                      Time: Starts at dusk  
Dates: 7/15, 7/29, 8/12                      Fee: Free



### Discount Tickets for Lake Compounce

We are pleased to offer you the opportunity to purchase discount tickets to Lake

Compounce Amusement Park in Bristol, CT. Tickets will be available for purchase beginning June 1 through August 26, and can be used for daily admission through September 2016. Price is \$28.50 for either adult or junior tickets. That's over \$18.00 less than the price at the gate for adult tickets!



### New ~ Junior Golf League

This golf league provides students ages 6-18 the opportunity to have fun learning and playing the sport of golf with friends old and new. Play will begin on Thursday, June 23 starting at 1:00 p.m. and will continue on Thursdays for eight weeks through August 11. Students will be grouped by age to play and their handicaps will be calculated. "Clubhouse cash" will be awarded as prizes for students to purchase snacks and drinks, more golf play or golf balls and tees at the Sunset Hill Clubhouse. Students will need to provide their own clubs, balls and tees. Sneakers are acceptable footwear, no need to purchase golf shoes. \$15.00 registration fee to Parks & Rec to join and \$15.00 each week to play payable directly at Sunset Hill to cover 9-hole green fees, prizes, etc. Students are not expected to attend every week and will only pay for days attended.

## Get Out of Town

### New ~ NY Botanical Garden – Impressionism: American Gardens

The New York Botanical Garden presents: Impressionism: American Gardens on Canvas, an exhibition that examines the art-historical and horticultural significance of the wildly popular garden subjects that prevailed in the US between 1887 and 1917. In the Conservatory, a horticultural exhibition will evoke several gardens depicted in American Impressionistic paintings on display in the Art Gallery. The Art Gallery will feature several paintings and sculptures by William Merritt Chase, Childe Hassam, John Singer Sargent and other leading painters of the American Impressionistic Movement; focusing solely on their American subjects. Our day trip features access to over 250 acres of breathtaking gardens and displays; unlimited access to the Tram Tour; entrance to all special exhibitions and daily programs; and time on Arthur Avenue to grab a bite to eat and shop for wonderful Italian goodies. Leave Brookfield Town Hall at 8:30 a.m. and travel with a tour director by coach bus. Arrive back in Brookfield approximately 6:00 p.m.

Day: Saturday Date: 5/21  
Time: 8:30 a.m. departure Fee: \$77.00

### New ~ Connecticut Lighthouse Cruise

Board the comfortable high-speed Sea Jet, a smooth sailing, wave piercing catamaran. The Sea Jet is equipped with modern airline style seating on two enclosed air conditioned passenger decks with spacious outdoor decks for viewing the scenery as you listen to an expert narrator. Our 12:30 p.m. cruise will be approximately two hours in length. We'll see eight lighthouses: New London Ledge, Harbor, Avery Point, North Dumpling and Race Rock and learn about Fort Trumbull, Fort Griswold and Plum Island. Enjoy a late lunch/early dinner at The Steak Loft in Olde Mystick Village. Begin with their salad bar, choice of chicken teriyaki, crab cakes or BBQ baby back ribs, potato, dessert and coffee. (Entrée choice required in advance.) Leave from Brookfield Town Hall at 9:30 a.m. and travel with a tour director by coach bus. Return to Brookfield at approximately 8:00 p.m.

Day: Saturday Date: 6/25  
Time: 9:30 a.m. departure Fee: \$103.00

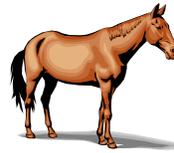
### New ~ Great Jack O Lantern Blaze

This spooky and magical event takes place at Van Cortlandt Manor deep in Sleepy Hollow country, in nearby Tarrytown NY. See more than 4,000 individually hand carved, illuminated jack o'lanterns in this elaborate walk through experience. Meander through a historic 18<sup>th</sup> century riverside landscape and discover a breathtaking display. Prior to our early evening visit to the Blaze we will have time in the delightful village of Tarrytown to enjoy the shops and have a bite to eat at one of the many restaurants (at your own cost). Please note that there is considerable walking down a cobblestone path at the Blaze. Leave from Brookfield Town Hall at 2:30 p.m. and travel with a tour director by coach bus. Return to Brookfield at approximately 9:30 p.m.

Day: Saturday Date: 10/22  
Time: 2:30 p.m. departure Fee: \$82.00

## Riding Lessons

### Horseback Riding Lessons



Brushy Hill Farm is a full service equestrian facility that takes pride in its warm and welcoming environment. The lesson program caters to students of all ages from beginners to seasoned veterans. Lessons are hand tailored for each rider's needs to ensure that everyone may achieve their goals and full potential.

Closely supervised instruction in a safe and nurturing atmosphere will provide students with solid foundations, the necessary skills to communicate properly with their horse and become good horsemen. During each lesson, students will learn and practice basic horse care, grooming, tacking up, and correct terminology. In case of inclement weather, lessons will be held in an indoor ring. Register with the Parks & Recreation Office, and Brushy Hill Farm will contact you directly to set up a mutually convenient lesson time. Lessons begin the week of April 25<sup>th</sup> (or at your convenience) and meet weekly. Brushy Hill Farm is located in Southbury. Long pants and shoes with heel are recommended. Hard hats will be provided.

Fee: ½ hour private lessons      1 hour private lessons  
4 Pack \$200, 8 Pack \$380      4 Pack \$240, 8 Pack \$460

## Adult Education

### Digital and Video Photography

In just five weeks this class led by MaryAnn Kulla will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice. This season we'll study the video capability of your camera too. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Monday Time: 7:00 – 9:00 p.m.  
Dates: 5/2 – 6/6 (5 wks) – no class 5/30  
Place: Town Hall Meeting Rm. Fee: \$70.00

### iPhone Photography

The 8-12 megapixel iPhones can take great pictures. And since you have your phone with you all the time, you'll be more likely to use it than a complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the iPhone, as well as to test out a few useful apps. We'll also address the iPhone's limits as compared to a small digital camera or DSLR camera. Be sure your phone battery is charged before coming.

Day: Thursday Time: 7:00 – 9:00 p.m.  
Date: 6/2 (1 wk) Fee: \$25.00  
Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

### iPhone Music

Would you like to be able to use the "music" options on your iPhone without stressing? In one evening this class will show you how to browse for the music you love, create a playlist, display the lyrics and even use Siri for voice commands to manage playback. We'll also touch on podcasts and iTunes Radio. You'll leave class able to do the same things your favorite teenager does. Please come in knowing your Apple ID and password so you can download a few songs for practice. Be sure your phone battery is charged.

Day: Thursday Time: 7:00 – 9:00 p.m.  
Date: 5/19 (1 wk) Fee: \$25.00  
Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

**Mediterranean Vegetable Cooking 201**

For those of you who have taken Med Veg 101 and want to learn additional recipes for some of the same ingredients and explore some new ingredients (including artichokes, mushrooms, and Swiss chard) Ann is offering a follow-up class. This class is built on the material covered in the first program, and explores some traditional, but perhaps less familiar, ingredients and recipes.

Day: Tuesday Time: 6:30 – 8:30 p.m.  
 Dates: 5/10 – 5/31 (4 wks) Fee: \$82.00  
 Place: BHS Culinary Arts Room #204

**Pollo Rustico, Mama's Chicken Recipes**

Once again Ann has updated traditional Neapolitan recipes she learned from her mother—this time sharing cooking tips to prepare simple and fast chicken dinners for your family and guests.

Day: Wednesday Time: 6:30 – 8:30 p.m.  
 Dates: 5/11 – 6/1 (4 wks)  
 Instructor: Ann Salinger Fee: \$82.00  
 Place: BHS Culinary Arts Room #204

**Beginning Italian**

Learn conversation skills including introductions and polite greetings and interactions. Essential basic vocabulary and grammar will be introduced. This class is for absolute beginners or those who want a review of basic Italian grammar and vocabulary.

Day: Monday Time: 7:00 – 8:00 p.m.  
 Dates: 4/25 – 6/13 (7 wks) – no class 5/30  
 Place: Town Hall Meeting Room  
 Instructor: Anna Prendi Fee: \$69.00

**Intermediate Italian**

Those who have had some prior instruction will expand their practical vocabulary and grammar to support everyday conversations. Participants will also read simplified dialogues and texts with focus on using clear pronunciation and correct intonation and write simple Italian sentence structures stressing the communicative approach. This class is for those who want a review of more advanced Italian grammar and vocabulary.

Day: Thursday Time: 7:00 – 8:00 p.m.  
 Dates: 4/28 – 6/9 (7 wks)  
 Place: Town Hall Meeting Room  
 Instructor: Anna Prendi Fee: \$69.00

**Pathways to Resiliency: An Introduction**

Do you wish you could "bounce back" from stressful situations...faster? Are you tired of focusing on what's wrong in your life, instead of what's good? Come join Certified Positive Psychology Practitioner and Brookfield psychotherapist, Marianne Seeber, one of the first 100 people in the country to receive this certification. Discover how you can unlock your secret to life-long happiness. Learn how our brains are naturally programmed for negativity and what you can do to increase life satisfaction.

Day: Thursday Time: 7:00 – 9:00 p.m.  
 Date: 5/5 Fee: \$20.00  
 Place: Town Hall Meeting Room

**Simplify, Organize, and Focus on what you are Passionate about**

Are you overwhelmed by clutter? Spending too much time tidying and not enough enjoying your home? Do you desperately want more free time to do things you enjoy? Professional Organizer Kerri Colombo of Cornerstone Organizing will share tips for you to create a home environment that reflects who you are and who you wish to be. You'll leave with the skills and confidence to tackle your organizing projects in a mindful way. Kerri is passionate about guiding others on this journey. She has appeared as the Organizing Expert on TLC's Hoarding: Buried Alive and is a recommended Organizer with Hartford Hospital's Institute of Living Anxiety Disorders Center. Please bring with you to class, 1-2 items that you are ready to let go of, suitable to give away or donate.

Day: Wednesday Time: 7:00 – 9:00 p.m.  
 Date: 4/27 (1 wk) Fee: \$25.00  
 Place: Town Hall Meeting Room

**New ~ Simplify Life with Kids**

Overwhelmed with the volume of stuff in your home? Have kid's toys, coats and sports equipment taken over? Wish you could get rid of it all and start fresh? Professional Organizer Kerri Colombo of Cornerstone Organizing will inspire you to make changes in your home to simplify your everyday living and free up time to do more of what you love. You will leave class with actionable change strategies and motivated to move forward. Kerri is passionate about guiding others on this journey. She has appeared as the Organizing Expert on TLC's Hoarding: Buried Alive and is a recommended Organizer with Hartford Hospital's Institute of Living Anxiety Disorders Center.

Day: Wednesday Time: 7:00 – 8:30 p.m.  
 Date: 5/11 (1 wk) Fee: \$25.00  
 Place: Town Hall Meeting Room

**Reiki Healing & Meditation Circle**

Have you been wondering what "Reiki" is all about? And why people are talking about its benefits? Come learn about the 7 main chakras (energy centers) in the body and effective ways to keep them balanced. Join us and experience a chakra healing meditation which will leave you feeling so relaxed with a greater sense of well-being!

Day: Tuesday Time: 5:45 – 6:45 p.m.  
 Dates: 5/10 – 5/17 (2 wks) Fee: \$30.00  
 Place: Healthy Weighs Wellness Center, 366 Federal Rd.  
 Instructors: Amy Fernandez, MS, RMT, Reiki Master/Teacher and Laura Nugent, Reiki I

**Introduction to Guitar for Adults**

Learn the basics of guitar in a fun and supportive group setting! Students will receive guidance and direction in solving problems related to playing the guitar at a beginning level and will learn many of the different styles, skills and techniques required to become a successful guitarist. Areas of concentration include: correct posture, note reading, aural skills, flat-picking, singing songs, rhythmic patterns, chord study, finger-picking styles, musical forms, improvisation and performing experiences. \*Adult, 8-week class. Students will need to purchase an instruction book and bring a guitar.

Day: Monday Time: 7:30 – 8:10 p.m.  
 Dates: 4/25 – 6/20 (8 wks) – no class 5/30  
 Place: SOUND, 31 Hawleyville Road, Newtown  
 Instructor: John Bracket Fee: \$170.00

### D.E.E.P. Boating Safety Course



Students of all ages successfully completing this course will satisfy the education requirements for the Connecticut State Boating Certificate, required for anyone who operates a boat. **Participants must attend**

**all four classes in the same session.** Adults must present a picture ID (driver's license) at the first class. Children under age 15 must be accompanied by a parent and the parent must remain with the child for the duration of the class. (No charge for the parent to attend if not seeking certification.) There is an additional \$50 license fee to the State, which you will pay online after successful completion of the class.

#### **Session 1:**

Day: Monday and Wednesday (twice a week for 2 weeks)  
 Time: 7:00 - 9:30 p.m.  
 Dates: 5/2, 5/4, 5/9, 5/11 (4 classes)  
 Place: WMS Seminar Rm. Fee: \$25.00

#### **Session 2:**

Day: Tuesday and Thursday (twice a week for 2 weeks)  
 Time: 7:00 - 9:30 p.m.  
 Dates: 5/17, 5/19, 5/24, 5/26 (4 classes)  
 Place: WMS Seminar Rm. Fee: \$25.00

### Red Cross Adult and Pediatric First Aid/CPR/AED for Lay Responders

This course covers CPR/AED and first aid for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes Red Cross certification in Adult and Pediatric First Aid/CPR/AED which is valid for two years. Choose any one session to attend.

Session 1: Saturday, 4/30, 10:00 a.m. – 2:00 p.m.  
 Session 2: Saturday, 5/21, 10:00 a.m. – 2:00 p.m.  
 Session 3: Saturday, 6/11, 10:00 a.m. – 2:00 p.m.  
 Place: Town Hall Meeting Room  
 Instructor: Jerry Kochman  
 Fee: \$89.00

### Red Cross CPR Re-Certification for Lay Responders

This course provides individuals with the opportunity to review course content and practice skills before taking a written exam and performing skills for evaluation. Includes two-year Red Cross certification following successful completion. Register for either session.

Session 1: Saturday, 4/30, 2:00 – 4:00 p.m.  
 Session 2: Saturday, 5/21, 2:00 - 4:00 p.m.  
 Session 3: Saturday, 6/11, 2:00 – 4:00 p.m.  
 Place: Town Hall Meeting Room  
 Instructor: Jerry Kochman  
 Fee: \$49.00/session

### Red Cross Pet First Aid

Learn how to respond to health emergencies and provide basic first aid for the four-legged members of your family. Practice and preparation will help you be calm and effective in an emergency, protecting you and your animal from further injury or suffering. Managing breathing and cardiac emergencies, treating wounds, administering medicine, caring for eye, foot and ear injuries and other important topics will be covered for the care of cats and dogs.

Day: Saturday Time: 10:00 a.m. – 2:00 p.m.  
 Date: 5/7 Fee: \$56.00  
 Place: Town Hall Meeting Room  
 Instructor: Jerry Kochman

### New ~ Middle Stages of Alzheimer's Program

Are you a family member, friend or caregiver of someone with Alzheimer's? Join us for a free, three part series on the Middle Stages of Alzheimer's Disease at the Brookfield Senior Center. Come to all or any of the sessions. Please call the Senior Center at (203) 775-5308 to confirm your attendance.

Day: Wednesday Time: 1:00 – 3:00 p.m.  
 Dates: 3/30, 4/6, 4/13 (3 wks) Place: Senior Center  
 Speaker: Tina Hogan, Northwest Regional Director of the CT Alzheimer's Association

### Decorative Arts

#### Watercolor for Adults

Whether you are an artist just starting out or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. A materials list will be emailed to you along with your receipt at registration (approximate materials cost \$80).

**Day: Thursday Time: 5:30 – 7:30 p.m.**

Session 1: 4/28 – 6/16 (8 wks) Fee: \$88.00/session  
 Session 2: 6/23 – 8/11 (8 wks) Instructor: Victoria Lange  
 Place: Senior Center Craft Room

#### Beginning Sewing

Have you ever wanted to learn to sew? This class will get you comfortable with sewing from a commercial pattern. You will learn how to cut out a pattern, make sense of the instructions and construct a finished, well-fitting skirt or top using a sewing machine. The first class will meet at Jo-Ann Fabrics in Brookfield (143 Federal Road) where the instructor will help you pick out a pattern and the materials that you will need for the project that you'd like to complete. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. Class size is limited to 5 for lots of individual attention. Students age 14 and older are welcome!

Day: Wednesday Time: 6:00 – 8:00 p.m.  
 Dates: 5/4 – 6/8 (6 wks) Fee: \$90.00  
 Place: Whisconier Middle School Rm #1515  
 Instructor: Karen Ryavec Lubensky

## Decorative Arts, continued

### New ~ DIY Handmade Greeting Cards

Learn how to make your own handmade greeting cards. Instructor Laura Pizzirusso will provide helpful advice and materials including: card stock, envelopes, stamp sets, ink and embellishments. The themed cards are Thank You, Birthday, Coffee (or Tea) and Hello.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Session 1: Wednesday, 5/4 Fee: \$25.00/session

Session 2: Wednesday, 5/18

Place: Town Hall Meeting Room

Instructor: Laura Pizzirusso

### New ~ Zentangle Basics for Adults

Zentangle is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Zentangle is a journey of self-discovery with a focus on the process of drawing. The Zentangle method provides a structured path for creating art from patterns by breaking them down into elemental strokes. It requires no art training. Zentangle can open a door to art and creativity for people of all ages and abilities. This class will provide beginners with a background in the history of Zentangle, introduce them to the basic steps of the method and expose them to its vocabulary and tools. Students will be immersed in creating actual Zentangle tiles and will leave with a clear understanding that “anything is possible one stroke at a time”. All supplies provided.

Day: Tuesday Time: 7:00 – 8:30 p.m.

Dates: 5/3 – 6/7 (6 wks) Fee: \$82.00

Place: Town Hall Meeting Room

Instructor: Kathy Phillips

## Adult Fitness



### Train for a 5K

Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Do you want to get your fitness back? Come join Cassie Dunn in a group setting, for a

series of training runs at the Brookfield High School track. We will train together on Saturdays at the high school track and then each participant will be given an individualized workout schedule to follow during the week. Each week you will be given new workouts as you progress. (Come dressed (in layers) to run and bring a water bottle. This program will prepare you for the Mother's Day 5K on Sunday, May 8, 2016. (Race registration is included in the fee.) In the fall, we have the same program to prepare for the Halloween 5K on Sunday, October 30, 2016. All fitness levels are welcome! Come try a great sport, get fit and make some new friends! Cassie Dunn, former BHS cross-country and track coach, is a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

#### Mother's Day 5K Workshop

Day: Saturday, April 2 – Sunday, May 8

Time 8:00 – 9:00 a.m.

Place Brookfield High School Track

Fee: \$70.00

#### Halloween 5K Workshop

Day: Saturday, September 24 - October 29

Time: 8:00 – 9:00 a.m.

Place: Brookfield High School Track

Fee: \$70.00

## Adult Fitness, continued



Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the

mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday Time: 7:30 – 8:30 p.m.

Dates: 4/25 – 6/13 (7 wks) – no class 5/30

Place: Center School Gym Fee: \$66.00

Instructor: Ariana Mesaros

### New ~ Zumba Gold

Zumba Gold is a total workout using Latin and world rhythms focusing on low impact cardio, emphasizing balance, range of motion, and coordination. Zumba Gold is perfect for active older adults and anyone who wants a low impact fun way to get fit. It's exercise in disguise!

Day: Monday Time: 5:00 – 5:45 p.m.

Dates: 4/25 – 6/13 (7 wks) – no class 5/30

Place: Center School Gym Fee: \$66.00

Instructor: Mary Lou Peters

### Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath,

and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 6:00 – 7:00 p.m.

Dates: 4/26 – 6/14 (7 wks)- no class 5/31

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$66.00

### Why Weight?

Don't be daunted by preconceived perfectly fit images. Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Bring two sets of weights one lighter, one heavier (1,3 or 5 pound are recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:30 – 7:30 p.m.

Dates: 4/28 – 6/16 (7 wks) – no class 6/2

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$66.00

## Adult Fitness, continued

### Tai Chi and Qi Gong for Beginners

Tai Chi is practiced for health and self-defense. Qi Gong, (energy cultivation) incorporates breathing, meditation and body alignment with stretching and is practiced for its power to prevent and cure many diseases and ailments. The slow, gradual movements help reduce stress, promote longevity and increase balance and core strength. The Wu style Tai Chi will be introduced, which has 30 groups of movements and takes eight minutes to perform once learned. Please wear flat soled shoes and loose, comfortable clothing.

Day: Wednesday Time: 7:00 – 8:30 p.m.  
Dates: 4/27 – 6/15 (8 wks) Fee: \$79.00  
Place: Center School Gym Instructor: Vincent Candela

### Celestial Belly Dancing

Unlock the mystery and secrets of this ancient feminine dance, while toning your body and having fun. Belly dance will guide you in exploring your powerful and beautiful self and will enable you to embrace the amazing woman living within yourself! The movements are simple and gentle on your body, while they tone and build strength and health (by aligning your pelvis and back correctly and building your core strength). Beautiful movements, divinely inspired music, colorful coin belts and silk scarves (both provided) combine to create a class that will leave you feeling as if you have gone on a vacation to an exotic world.

Day: Wednesday Time: 7:30 – 8:45 p.m.  
Dates: 4/27 – 6/1 (6 wks) Fee: \$130.00  
Instructor: Kristie Liotta  
Place: SOUND, 31 Hawleyville Road, Newtown

### New ~ Adult Strength & Conditioning... ...“Train Like An Athlete”

Adult Strength & Conditioning is a program for men and women that provides athletic-based training with accountability, direction and encouragement. Our hour-long training sessions include total body training, strength and resistance exercises, core work, and balance training to get you into shape. No-Limit Strength & Conditioning also consists of nutritional advice, so you get the most out of your training. This class is appropriate for any training level. ADDED VALUE: Class also includes full gym membership to No-Limit for the duration of the program.

Day/Time: Wed. 5:00 – 6:00 p.m. and Sat. 10:30-11:30 a.m.  
Session 1: 5/4 - 6/29 (15 classes) - no class 5/14, 6/11  
Session 2: 7/6 - 8/13 (12 classes)  
Fee: \$180.00 for session 1, \$145.00 for session 2  
Place: No-Limit Health & Fitness, 1120 Federal Road

### Interval Training With Marni

Combining strength training and short bursts of cardio exercise, this class will burn calories while toning your body. Cardio bursts include kickboxing, step, and elements of a boot camp class. The strength training portion includes the use of weights, bands, bodyweight resistance exercises, and more. All levels are encouraged. Watch your body change! Register for this program and receive a free gym pass for 2 weeks.

Day: Thursday Time: 9:15 – 10:15 a.m.  
Dates: 5/5 – 6/23 (8 wks) Fee: \$80.00  
Instructor: Marni McNiff  
Place: NO LIMIT Health & Fitness, 1120 Federal Road

## Adult Fitness, continued

### Total Body Conditioning

This class offers a total body workout that will improve overall strength, flexibility, muscle tone, stamina, and core strength. We tone your body in this class using weights, resistance bands, Pilates, and more. Instructor Marni McNiff modifies the class for each individual fitness level. From beginners to the avid exerciser, you can expect a complete body workout. Register for this program and receive a free gym pass for two weeks.

Day: Tuesday Time: 9:15 – 10:15 a.m.  
Dates: 5/3 – 6/21 (8 wks) Fee: \$80.00  
Place: NO LIMIT Health and Fitness, 1120 Federal Road

### Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pull-ups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. Sign up for this class and receive a free gym pass for two weeks.

Day: Friday Time: 9:15 – 10:00 a.m.  
Dates: 5/6 – 6/24 (8 wks) Fee: \$80.00  
Instructor: Abi Scudder  
Place: NO LIMIT Health and Fitness, 1120 Federal Rd

## Adult Fitness - Yoga

### Yoga Basics



The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary!

#### **Session 1: Mondays, 7:30 p.m. - 8:45 p.m.**

Dates: 4/25 – 6/27 (6 classes) – choose any 6 to attend  
Instructor: Christina Rojas

#### **Session 2: Wednesdays, 7:30 p.m. - 8:45 p.m.**

Dates: 4/27 - 6/29 (6 classes) – choose any 6 to attend  
Instructor: Stacey Orris

#### **Session 3: Thursdays, 12:00 – 1:15 p.m.**

Dates: 4/28 – 6/30 (6 classes) – choose any 6 to attend  
Instructor: Mimi Mathew

#### **Session 4: Saturdays, 10:15 – 11:45 a.m.**

Dates: 4/30 – 7/2 (6 classes) – choose any 6 to attend  
Instructor: Heather Morgado  
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT  
Fee: \$90.00 per session

### New ~ Plus Yoga

Big? Tall? Inflexible? Uncoordinated? Think yoga is not for you? Think again! In this class, yoga postures will be introduced with modifications offered to enable different body types to access a variety of yoga poses. Yoga is not about touching your toes, it's about touching your soul!

Day: Sunday Time: 2:00 – 3:15 p.m.  
Dates: 5/1 – 6/26 (6 classes) – choose any 6 to attend  
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT  
Instructor: Khaladie Darcy Fee: \$90.00

## Adult Fitness – Yoga and Meditation

### Yoga Beyond the Basics

Ready to take your yoga practice to the next level? Or perhaps you would like to explore something new? YogaSpace offers 30 classes per week, with some classes beginning as early as 7:00 a.m.! Use this specially discounted pass to sample any of YogaSpace's regularly scheduled classes. Choose from a variety of styles, teachers, days and times. If you're new to yoga, join us for a Basics class; if you're ready to move beyond Basics, check out our Balanced or Flow; classes. Or perhaps go a little deeper within the yoga experience with a Gentle or Yin class. Class schedule and descriptions may be found at:

<http://yogaspace-ct.com/sp/schedule1.htm>

Dates: 4/25 – 6/27 (6 classes) - choose any 6 to attend

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Fee: \$90.00

### New ~ Yoga for Abundance

Learn techniques to shift your energy and open up to receive abundance in your life. This class incorporates Kundalini yoga, breathwork, chanting, and meditation techniques in a fun and supportive atmosphere. The yoga can be modified and done in a chair if needed. Basic homework will be given each week to help participants implement the teachings and transform their thought patterns. Bring an open mind, a notebook, a towel or blanket, and water.

Day: Tuesday Time: 7:30 – 9:00 p.m.

Dates: 5/3 – 5/24 (4 wks) Fee: \$104.00

Instructor: Gina Cassetta

Place: SOUND, 31 Hawleyville Road, Newtown

### Yoga by the Beach

Have you ever wanted to do yoga out in the open air? Come join an all levels vinyasa style yoga practice and build strength, flexibility and peace of mind. Please wear comfortable clothing and bring your own yoga mat. The program will meet on the beach; in case of inclement weather inside the Lakeside Community Room.

Day: Friday Time: 9:00 – 10:00 a.m.

Dates: 7/15 – 8/5 (4 wks) Place: Town Park Beach

Instructor: Alison DiPinto Fee: \$24.00

### New ~ The Art of Meditation

This six-week class will guide you in meditation and its many facets, and may reveal hidden treasures of understanding and peacefulness along the way. Whether you are a beginner or seasoned meditator, the classes will help you to rediscover your inner stillness and silence while building a deep understanding of the practice and its many values and benefits. A regular meditation practice will help to restore balance in thought and actions; cultivate a deeper calm; boost your health and ability to heal; increase concentration and productivity; create greater joy; and experience more clarity, creativity and purpose. Both new and seasoned practitioners benefit from group practice, as the energy created from a room of like-purposed individuals elevates the practice of each person. Please come and experience all of these benefits for yourself! Chairs and cushions will be available.

Day: Sunday Time: 6:00 – 7:00 p.m.

Dates: 5/15 – 6/26 (6 wks)- no class 5/29

Fee: By donation (\$10 per class suggested)

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Instructor: Rob Farella

## Adult Fitness – Tennis

### New ~ Beginner to Intermediate Adult Tennis Workshops



These workshops are designed to focus on specific skills and strategies associated with those skills. Instruction will be based on an individual's goal or need. Sign up for the individual workshops which you would like to

attend. Please wear a good pair of sneakers, and bring a racquet whose grip fits comfortably in your hand. Hats, sunglasses and a water bottle are also suggested.

**June 11** - Forehand and backhand groundstrokes

**June 18** - Volleys and half volleys

**July 23** - Serve and return

**July 30** - Overheads and lobs

**August 6** - Scoring, rules and etiquette

Day: Saturday Time: 8:30 – 9:30 a.m.

Dates: See above Fee: \$15.00/session

Place: BHS Tennis Courts

Instructor: Elaine Gregory, BHS Girls' Coach

### Tennis partner, anyone?

We have had requests from several residents who are looking for additional people to play. If you are interested in being contacted by other residents who enjoy tennis or would like to contact others, please email Donna Korb, Administrative Assistant at [dkorb@brookfieldct.gov](mailto:dkorb@brookfieldct.gov) by May 6. She may also be reached by phone at 775-7310.

Please include your name and preferred method of contact (including phone number or email address). It would also be helpful if you noted whether you prefer singles or doubles as well as your approximate playing level if known. We will be compiling a list to distribute to all who responded in mid-May.

## Adult Fitness – Cycling



### Indoor Group Cycling

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises all to high energy and motivating music – you will LOVE this, and burn a ton of calories doing it! Take as many classes as you'd like, May 2 through June 25 (eight weeks) for \$90.00. After you sign up with Parks & Rec., just pre-register for each class at NO LIMIT Health and Fitness by calling 775-8548. Participants receive a free two-week gym pass with registration. NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes.

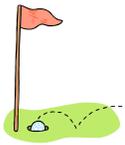
Choose from any of the following class sessions:

Monday, 6:00 – 7:00 p.m.

Thursday, 6:00 – 7:00 p.m.

Saturday, 9:15 – 10:15 a.m.

## Adult Fitness – Golf



### Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and

to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. April classes meet 6:00 – 7:00 p.m. May through August classes meet 6:30–7:30 p.m.

April: 4/4, 4/11, 4/18, 4/25 (Mondays)

May: 5/5, 5/12, 5/19, 5/26 (Thursdays)

June: 6/6, 6/13, 6/20, 6/27 (Mondays)

July: 7/5, 7/12, 7/19, 7/26 (Tuesdays)

Aug: 8/3, 8/10, 8/17, 8/24 (Wednesdays)

### Women Only Classes (Beginner)

April: 4/7, 4/14, 4/21, 4/28 (Thursdays)

May: 5/4, 5/11, 5/18, 5/25 (Wednesdays)

June: 6/9, 6/16, 6/23, 6/30 (Thursdays)

July: 7/5, 7/12, 7/19, 7/26 (Tuesdays)

Aug: 8/4, 8/11, 8/18, 8/25 (Thursdays)

### Adult Intermediate

May: 5/3, 5/10, 5/17, 5/24 (Tuesdays)

June: 6/8, 6/15, 6/22, 6/29 (Wednesdays)

July: 7/7, 7/14, 7/21, 7/28 (Thursdays)

Aug: 8/2, 8/9, 8/16, 8/23 (Tuesdays)



### Senior Golf League – 55+

This golf league entering its seventh season provides men and women age 55 and over the opportunity to have fun playing with friends old and new at

Sunset Hill Golf Course in Brookfield. Expected start date of Tuesday, April 19 with play continuing on Tuesday mornings through late October/early November (weather permitting). Rotating foursomes and a variety of formats will keep play fresh all season. Choice of playing 9 or 18 holes with or without cart (fees vary per week depending on option selected and ranged from \$15 – \$40 in 2015.) League entry fee of \$15.00 to Parks & Recreation due before you will be scheduled and must be paid 1 week before your first match. Complete details will be available in mid-April on our website

[www.brookfieldct.gov/rec](http://www.brookfieldct.gov/rec).

## Tots Activities

### Parent & Me Total Sports Squirts®

Ideal for any child age 2 – 3 just starting out in the world of sports, this program introduces to children to a new sport each session. With a helping hand from Mom or Dad children have the opportunity to try T-Ball, lacrosse, soccer, basketball, floor hockey, parachute games and more in a safe and structured environment. This is an excellent opportunity for you to spend quality time together whilst easing your child into social situations with support and confidence. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication. More details are available online, please visit: <http://ussportsinstitute.com/parent-a-me-home/parent-a-me-sports.html>.

#### **Spring Session: Sunday, 10:00 – 10:50 a.m.**

Dates: 4/17 – 6/12 (8 wks) – no class 5/29

Place: Huckleberry Hill School, front field

Fee: \$145.00

#### **Summer Session: Friday, 9:00 – 9:50 a.m.**

Dates: 7/1 – 8/12 (7 wks)

Place: Town Hall Field

Fee: \$125.00



### Total Sports Squirts®

Children age 3 to 5 will experience a new sport each week including lacrosse, soccer, basketball, t-ball, floor hockey, parachute games and more in a safe, structured environment. The Total Sports Squirts program is ideal for the child who wants to try their hand at a little of everything. The emphasis is on safety, fun and learning. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication.

More details are available online, please visit:

<http://www.ussportsinstitute.com/squirts-home/sports-squirts.html>.

#### **Spring Session 1: Sunday, 11:00 a.m. – 12:00 p.m.**

Dates: 4/17 – 6/12 (8 wks) – no class 5/29

Place: Huckleberry Hill School, front field

Fee: \$145.00

#### **Spring Session 2: Monday, 10:15 – 11:15 a.m.**

Dates: 4/18 – 6/6 (7 wks) – no class 5/29

Place: Town Hall Horse Field

Fee: \$125.00

#### **Summer Session: Friday, 10:00 – 11:00 a.m.**

Dates: 7/1 – 8/12 (7 wks)

Place: Town Hall Horse Field

Fee: \$125.00

### New ~ Lacrosse Squirts®

Players age 3 to 5 will learn how to cradle, shoot, catch, and scoop. Throughout the program participants will have fun developing their knowledge and understanding of scrimmaging in Lacrosse. More details available online, please visit:

<http://ussportsinstitute.com/programs/sports-squirts/lacrosse-squirts.html>.

#### **Spring Session 1: Monday, 9:00 – 10:00 a.m.**

Dates: 4/18 – 6/6 (7 wks) – no class 5/29

Place: Town Hall Horse Field

Fee: \$125.00

#### **Summer Session: Friday, 11:15 a.m. – 12:15 p.m.**

Dates: 7/1 – 8/12 (7 wks)

Place: Town Hall Horse Field

Fee: \$125.00

**New ~ Total Sports - Senior Squirts®**

Players age 5-7 will learn key skills through small-sided scrimmages in a variety of sports, including Lacrosse, Soccer and Flag Football. All senior curriculums create an environment which allows players to develop and progress within each sport. More details available online, please visit: <http://ussportsinstitute.com/squirts-home/sports-squirts.html>.

**Spring Session 1: Sunday, 12:00 – 1:00 p.m.**

Dates: 4/17 – 6/12 (8 wks) – no class 5/29

Place: Huckleberry Hill School, front field

Fee: \$145.00

**Singing and Signing Time with Ms. Janine at the Playground**

Singer/Signer/Songwriter/Guitarist, Janine LaMendola "Ms. Janine" will be playing children's

music with sign language fun at Kids Kingdom this spring and summer. You're guaranteed to learn several signs and have fun at the same time! All ages are welcome. In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome at these free programs!

**Spring Session: Wednesday, 4:15 – 5:00 p.m.**

Dates: 5/4, 5/11, 5/18, 5/25 (4 wks)

**Summer Session: Wednesday, 3:00 – 3:45 p.m.**

Dates: 7/6, 7/13, 7/20, 7/27 (4 wks)

Place: Kids Kingdom Playground, 100 Pocono Road

**Time for 2 Gymnastics (Parent/Child)**

Two year olds and their parent or caregiver will work together under the guidance of an instructor. Children will explore how to stretch, and how to coordinate their body movements. Skills introduced include rolling and handstands. Classes are limited to only 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday Time: 9:00 – 9:45 a.m.

Session 1: 4/27 – 5/18 (4 wks) Fee: \$60.00/session

Session 2: 5/25 – 6/15 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

**Pre-School Gymnastics (Age 2.5 – 3)**

Children age 2.5 – 3 will work with a qualified instructor to improve coordination, strength, and motor skills through movement and play, and begin learning basic gymnastics skills including rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday Time: 10:00 – 10:30 a.m.

Session 1: 4/27 – 5/18 (4 wks) Fee: \$45.00/session

Session 2: 5/25 – 6/15 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

**Pre-School Gymnastics Age 3 or Age 4**

Children age 3 or 4 will practice following directions and taking turns as they move through independent and spotted gymnastics skill stations. Skills introduced include walking on a low balance beam, hanging on a low bar, rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

**Age 3 – Fridays, 9:00 – 9:45 a.m.****Age 4 – Fridays, 10:00 – 10:45 a.m.**

Session 1: 4/29 – 5/20 (4 wks)

Session 2: 5/27 – 6/17 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Fee: \$60.00/session

**Mother's Morning Out**

This pre-school readiness program is designed for children age 2 – 4 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. As part of our group gym time, we are incorporating SPARK, a research-based, nationally recognized Physical Activity program for Pre-K children. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class. There is a \$ 10.00 discount off the price for the second child registered for the same day/session.

**Day: Monday Time: 9:15 – 11:15 a.m.**

Session 1: 4/11, 4/25, 5/2, 5/9 (4 wks)

Session 2: 5/16, 5/23, 6/6, 6/13 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

**Day: Wednesday Time: 9:15 – 11:15 a.m.**

Session 1: 4/13, 4/27, 5/4, 5/11 (4 wks)

Session 2: 5/18, 5/25, 6/1, 6/8 (4 wks)

Session 3: 6/22, 6/29, 7/6, 7/13 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

**Day: Friday Time: 9:15 – 11:15 a.m.**

Session 1: 4/15, 4/29, 5/6, 5/13 (4 wks)

Session 2: 5/20, 5/27, 6/3, 6/10 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session



*Looking for more summer activities for your preschooler? Be sure to check out our Camp PeeWee (page 17) and swimming lessons (page 23). There are also sport camps and specialty camps available for 3 – 5 year olds (pages 19 and 20).*

## Tots Activities, continued

### Pre-Ballet for Tots

This class will introduce boys and girls ages 3-5 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet. Recommended attire: Girls- any color leotard, pink tights, pink ballet shoes. Hair must be pulled back. Boys- solid color t-shirt and shorts or sweatpants and black ballet shoes.

Day: Monday Time: 10:00 – 10:45 a.m.

Dates: 4/25 – 6/13 (7 wks) – no class 5/30

Place: Congregational Church – Fellowship Hall (lower level)

Instructor: Dolly Pinto Fee: \$61.00

### Italiano: Bambino Mio!

Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce preschool children aged 3-5 to conversational Italian and to the colorful Italian vocabulary and basic expression through songs, games, and crafts.

Day: Tuesday Time: 10:00 – 10:45 a.m.

Dates: 4/26 – 6/14 (8 wks)

Place: Congregational Church Pre-School Room

Instructor: Anna Prendi Fee: \$70.00

### New ~ Peaceful Warriors Yoga (ages 4-6)

During this 45-minute class, children are brought to an awareness of themselves through the imaginative power of stories. Sharing, turn taking, kindness, staying calm, expressing feelings, and self-love come to life through creative breath work, mindful movement, cooperative games, guided meditations, and a cozy relaxation period that travels off the mat.

Day: Monday Time: 2:15 - 3:00 p.m.

Dates: 5/2 – 6/13 (6 wks) – no class 5/30

Instructor: Sharon Poarch, RPT Fee: \$112.00

Place: SOUND, 31 Hawleyville Road, Newtown

## Center After School



### Get into the Kitchen

Students in grades K and 1 will enjoy making a variety of no cook and cooked foods. As a small group they work together, following the steps in recipes and taking turns to make a dish they then share. This is a hands-on class, so there is a strong emphasis on clean hands and

good kitchen hygiene, safe use of kitchen tools, good listening skills, and following instructions. At the end of each class students will sample the dish they created and go home with the recipe. Recipes are duplicated in both the Monday and Tuesday classes, but do change each session. Please make us aware of any food allergies or cultural restrictions when registering.

**Day: Monday Time: 3:30 – 4:30 p.m.**

Session 1: 5/9, 5/16, 5/23, 6/6 (4 wks)

**Day: Tuesday Time: 3:30 - 4:30 p.m.**

Session 1: 5/10, 5/17, 5/24, 5/31 (4 wks)

Place: Center School PreSchool Room

Instructor: Ann Salinger Fee: \$48.00/session

## Center After School, continued

### Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

**Session 1: Tuesday, 3:30 – 4:30 p.m.**

Dates: 4/26 – 6/14 (8 wks) Fee: \$44.00 (8 classes)

Instructors: Ryan Halloran and Ashley Defreitas

**Session 2: Friday, 3:30 – 4:30 p.m.**

Dates: 4/29 – 6/10 (6 wks) – no class 5/27 Fee \$33.00 (6 classes)

Instructors: TBA

Place: Center School Gym

### New ~ Total Sports - Senior Squirts®

Players age 5-7 will learn key skills through small-sided scrimmages in a variety of sports, including Lacrosse, Soccer and Flag Football. All senior curriculums create an environment which allows players to develop and progress within each sport. More details available online, please visit: <http://ussportsinstitute.com/squirts-home/sports-squirts.html>.

**Spring Session 1: Sunday, 12:00 – 1:00 p.m.**

Dates: 4/17 – 6/12 (8 wks) – no class 5/29

Place: Huckleberry Hill School, front field

Fee: \$145.00



### Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and nerf equipment is used.

**Session 1: Monday, 3:30 – 4:30 p.m.**

Dates: 4/25 – 6/13 (7 wks) – no class 5/30

**Session 2: Thursday, 3:30 – 4:30 p.m.**

Dates: 4/28 – 6/9 (7 wks)

Instructors: Jack Egan and Molly Bomba

Place: Center School Gym Fee: \$39.00/session

### Little Dragons



Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board

and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Hammerhead Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time 3:30 – 4:00 p.m.

Dates: 5/5 – 5/26 (4 wks) Fee: \$28.00

Place: Center School Cafeteria

### Intro to Field Hockey

Designed for students in grades K-4 with no previous experience playing. This program will provide a foundation for stick skills, ball handling, sport rules, and teamwork. Students should bring a stick and shin guards. (If you don't have a stick, we will have some you can borrow.)

Day: Thursday Time: 5:00 – 6:00 p.m.

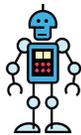
Dates: 4/28 – 6/2 (6 wks) Fee: \$46.00

Place: HHES Gym Instructor: Kate Culbreth

**Pre-Ballet**

This class will introduce boys and girls grades K and 1 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet. Recommended attire: Girls- any color leotard, pink tights, pink ballet shoes. Hair must be pulled back. Boys- solid color t-shirt and shorts or sweatpants and black ballet shoes.

Day: Thursday Time: 3:30 – 4:30 p.m.  
 Dates: 4/28 – 6/9 (7 wks) Fee: \$61.00  
 Place: Center School Instructor: Dolly Pinto

**Lego in Motion**

Young budding engineers love this "hands-on, minds-on" program. Concepts of simple machines such as gears, pulleys, levers and wheels are introduced through a series of activity-card LEGO building projects. With the use of a motor and electrical controls, the models come alive right before their eyes! All new models to tinker with this spring. Class limited to 12 students.

Day: Tuesday Time: 3:30 – 4:45 p.m.  
 Dates: 5/3, 5/10, 5/17, 5/24, 5/31 (5 wks)  
 Place: Center School Room Fee: \$95.00  
 Instructor: Computer Explorers

**The Wizard's School of Magic**

Students in grades K and 1 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut.

Tom O'Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazaam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each  
Abacadabra - Magic Workshop 1:  
 Wednesday 4/27, 3:30 – 4:30 p.m. Center School Room  
Hocus Pocus – Magic Workshop 2:  
 Wednesday 5/11, 3:30 – 4:30 p.m. Center School Room  
Presto – Magic Workshop 3:  
 Wednesday 6/8, 3:30 – 4:30 p.m. Center School Room

**Drawing Mixed Media**

Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials (included in cost of class.)

Day: Thursday Time: 3:30 – 4:30 p.m.  
 Dates: 4/28 – 5/26 (5 wks) Fee: \$90.00  
 Place: Center School Art Room

**The Wizard's School of Magic**

Students in grades 1 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his craft

and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform the tricks at home, and a magic wand! Please register soon before the spaces – alakazaam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each  
Abacadabra - Magic Workshop 1:  
 Tuesday 4/26, 3:30 – 4:30 p.m. HHES Room  
Hocus Pocus – Magic Workshop 2:  
 Tuesday 5/10, 3:30 – 4:30 p.m. HHES Room  
Presto – Magic Workshop 3:  
 Tuesday 6/7, 3:30 – 4:30 p.m. HHES Room

**Flag Football**

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Day: Monday Time: 3:30 – 4:30 p.m.  
 Dates: 5/2 – 6/13 (6 wks) – no class 5/30  
 Place: HHES Lower Gym Fee: \$33.00  
 Instructor: Matt Cudney

**Girls Only Flag Football**

This class is by request and only for girls in grades 2 through 4. Girls will develop skills of the sport including throwing and catching, and will play games in this non-contact class instructed by Huckleberry's own Ms. Olivier.

Day: Monday Time: 3:30 – 4:30 p.m.  
 Dates: 5/2 – 6/13 (6 wks) – no class 5/30  
 Place: HHES Upper Gym Fee: \$33.00  
 Instructor: Danielle Olivier

**Playground Basketball**

Students in grades 2-4 will enjoy playing basketball games common to playgrounds and driveways such as Knock-out, H.O.R.S.E., Around the World, 3-on-3, and more. A great opportunity for students who just want to have some fun with friends and also for those who already play organized basketball but who just can't get enough time in front of a hoop.

Day: Tuesday Time: 3:30 – 4:30 p.m.  
 Dates: 5/3 – 6/7 (6 wks) Place: HHES Lower Gym  
 Instructor: Matt Cudney Fee: \$33.00

**Junior Floor Hockey**

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are required to bring their own goggles. Please note no class on 5/5 or 6/2.

Day: Thursday Time: 3:30 – 4:30 p.m.  
 Dates: 4/28, 5/12, 5/19, 5/26, 6/9 (5 wks)  
 Place: HHES Lower Gym Instructor: Matt Cudney  
 Fee: \$28.00

### New ~ Just for Kicks

This new program is designed for students in grades 2-4 who want to learn more about the sport of soccer, practice skills and participate in pick-up games, who may not be interested in playing in a more structured league setting. Weather permitting we'll be going outside. Please bring a water bottle and dress for outdoor play.

Day: Friday Time: 3:30 – 4:30 p.m.  
 Dates: 4/29 – 6/10 (6 wks) – no class 5/27  
 Place: HHES Lower Gym Instructor: Matt Cudney  
 Fee: \$33.00

### Mixing it Up with Ms. Olivier

Students in grades 2 – 4 will play a variety of indoor and outdoor sports and games.

Day: Wednesday Time: 3:30 – 4:30 p.m.  
 Dates: 4/27 – 6/8 (7 wks) Fee: \$39.00  
 Place: HHES Lower Gym Instructor: Danielle Olivier

### Zumba Kids at HHES

Zumba Kids is a perfect way to give children in grades 2 - 4 the opportunity to be active and jam out to their favorite music. Zumba Kids classes offer kid-friendly and fun routines that are based on original Zumba choreography, but modified to fit their needs. The steps are broken down, games are added, and other physical activities are conducted. Zumba Kids helps to develop healthy lifestyles for children and incorporates fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Kids should wear comfortable clothes that are easy to move in, with socks and sneakers and bring a water bottle. Get ready to have some fun!!

Day: Friday Time: 3:30 - 4:30 p.m.  
 Dates: 4/29 – 6/10 (6 wks) – no class 5/27  
 Place: Huckleberry Hill Upper Gym  
 Instructor: Ariana Mesaros Fee: \$52.00

### Intro to Field Hockey

Designed for students in grades K-4 with no previous experience playing. This program will provide a foundation for stick skills, ball handling, sport rules, and teamwork. Students should bring a stick and shin guards. (If you don't have a stick, we will have some you can borrow.)

Day: Thursday Time: 5:00 – 6:00 p.m.  
 Dates: 4/28 – 6/2 (6 wks) Fee: \$46.00  
 Instructor: Kate Culbreth Place: HHES Lower Gym



### Bowling

Each class features two games of bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending in a note each week to the school, please include

that your child is attending bowling on bus #9. Pick-up is at Brookfield Lanes. Students may bring money with them in order to purchase a snack at the snack bar. Please note that the 3:30 p.m. start includes transportation time. Students do not arrive at Brookfield Lanes until approximately 4:15 p.m.

Day: Thursday Time: 3:30 – 5:30 p.m.  
 Dates: 4/28, 5/5, 5/12, 5/19 (4 wks)  
 Instructors: Dave Miller and Lucas Rodrigues  
 Place: Brookfield Lanes Fee: \$52.00

### Kids are Cooking

Students in grades 2 through 4 will enjoy making a variety of no cook and cooked foods. As a small group they work together, following the steps in recipes and taking turns to make a dish they then share. This is a hands-on class, so there is a strong emphasis on clean hands and good kitchen hygiene, safe use of kitchen tools, good listening skills, and following instructions. At the end of each class students will sample the dish they created and go home with the recipe. Recipes for the session include items such as: waffles and pancakes, tacos with shredded chicken, turkey sloppy joes, pizza panini, or ice cream. Recipes are duplicated in both the Wednesday and Thursday classes, but do change each session. Please make us aware of any food allergies or cultural restrictions when registering.

Day: Wednesday Time: 3:30 – 4:30 p.m.  
 Session 1: 5/11, 5/18, 5/25, 6/1 (4 wks)  
 Day: Thursday Time: 3:30 – 4:30 p.m.  
 Session 1: 5/12, 5/19, 5/26, 6/2 (4 wks)  
 Place: HHES Art Room Fee: \$48.00/session  
 Instructor: Ann Salinger

### Basic Drawing and Watercolor

Students in grades 2 – 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their ability level, culminating with the completion of a painting. Please ask for a materials list when registering. (Materials cost is approximately \$40.00.) Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.  
 Dates: 4/26 – 6/14 (8 wks)  
 Place: Huckleberry Hill Room  
 Instructor: Victoria Lange Fee: \$85.00



### Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 2 – 4 to draw what they see, to enhance their drawings with

their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit [www.paintdrawmore.com](http://www.paintdrawmore.com)

Day: Friday Time: 3:30 – 4:30 p.m.  
 Dates: 4/29 – 6/3 (5 wks) – no class 5/27  
 Place: HHES Room  
 Fee: \$90.00



### French Fantastique

Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings, alphabet, counting, colors and lots of vocabulary. Each student

will receive a folder full of creative activities in French.

Day: Thursday Time: 3:30 – 4:30 p.m.  
 Dates: 4/28 – 6/2 (6 wks) Fee: \$59.00  
 Place: HHES Room Instructor: Margee Minier

### New ~ Yoga Exploration:

#### Friendship & Fun Yoga (ages 6-9)

This 45-minute class playfully invites children to turn inward and become aware of thoughts and feelings towards themselves and the world around them. Through creative breath work, mindful movement, cooperative games, partner poses, guided meditations and a cozy relaxation period with peppermint or lavender scented foot massages (ahhh!) children find happiness in the present moment.

Day: Monday Time: 4:30 - 5:15 p.m.  
 Dates: 5/2 – 6/13 (6 wks) – no class 5/30  
 Instructor: Sharon Poarch, RPT Fee: \$112.00  
 Place: SOUND, 31 Hawleyville Road, Newtown

#### USTA Junior Tennis

USTA Jr. Team Tennis is a recreational tennis league for children ages 5–18 with some previous tennis experience. Children play on co-ed teams offering a fun and competitive environment. Participants (adv. beginner, intermediate and advanced) will gain match play experience as they compete with and against individuals of similar age from surrounding areas. Older players should already be comfortable with keeping score, serving, and have knowledge of the basic rules when playing singles and doubles matches.

The season will run approximately June 10 through August 7 with a practice once a week and four to six matches during the season. At least two home matches will be played on Saturday afternoons on the BHS Courts and at least two away matches TBA in towns throughout Fairfield County. Depending on the number of kids on each team, each player may not play in every match officially. Every effort will be made to have practice on a set day and time each week when all team members can participate. Practices may or may not be rescheduled if cancelled due to the weather, but matches will be rescheduled.

Total fee to participate is \$143.00. \$100 will be paid directly to Parks & Rec. at registration for coaches' fees and team t-shirt. \$43 will be paid when you register for your team online and includes USTA membership and the fee for the league. You MUST register with Parks and Recreation by Friday, May 13 in order to play.

To learn more about Junior Team Tennis please join us for an informational meeting on Monday, May 9 at 6:30 p.m. in Town Hall. We are always looking for coaches. If you are interested, please attend the meeting on May 9 or call the Parks & Recreation Office at 775-7310.

### Basic Drawing and Watercolor



Students in grades 5 – 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at their ability level, culminating

with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.  
 Dates: 4/25 – 6/13 (7 wks) -no class 5/30  
 Place: WMS Art Room Instructor: Victoria Lange  
 Fee: \$74.00

### Volleyball Clinic

Students in grades 5 – 8 will learn the basics of volleyball including: serving, hitting, passing, setting and court position. This is a great program for those who are considering playing volleyball at BHS and want to learn more about the sport, as well as for those who just want to get some exercise and have some fun! This clinic is taught by the BHS Freshmen Volleyball Team Coach.

Day: Tuesday Time: 2:40 – 4:10 p.m.  
 Dates: 4/26 – 5/31 (6 wks) Place: WMS Gym  
 Instructor: Cecelia Laskauskas  
 Fee: \$59.00



### ARC Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training

in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification will be awarded upon successful completion.

Please bring a lunch and drink and a pen or pencil.

Day: Friday Time: 9:00 a.m. – 3:00 p.m.  
 Date: 4/22 Fee: \$65.00  
 Place: Town Hall Room 133  
 Instructor: Peggy Boyle

### New ~ Connect & Relax: Yoga for Tweens

Tweens live in a constant state of stress. Their bodies have become far too accustomed to functioning in a stress response mode. In this 60-minute class, participants age 10-14 explore the art of opening to the relaxation response. Through breath work, flowing yoga sequences, and guided meditation participants turn inward and find peace in the present moment. Yoga restores their capacity for calm and self-appreciation.

Day: Monday Time: 3:25 - 4:25 p.m.  
 Dates: 5/2 – 6/13 (6 wks) – no class 5/30  
 Instructor: Sharon Poarch, RPT Fee: \$125.00  
 Place: SOUND, 31 Hawleyville Road, Newtown

**Intro to Field Hockey**

Designed for students in grades 5 - 8 with no previous experience playing. This program will provide a foundation for stick skills, ball handling, sport rules, and teamwork. Students should bring a stick and shin guards. (If you don't have a stick, we will have some you can borrow.)

Day: Monday Time: 5:00 – 6:00 p.m.  
 Dates: 5/2 – 6/13 (6 wks) – no class 5/30  
 Place: HHES Lower Gym Fee: \$46.00  
 Instructor: Danielle Olivier

**USTA Junior Tennis**

USTA Jr. Team Tennis is a recreational tennis league for children ages 5–18 with some previous tennis experience. Children play on co-ed teams offering a fun and competitive environment. Participants (adv. beginner, intermediate and advanced) will gain match play experience as they compete with and against individuals of similar age from surrounding areas. Older players should already be comfortable with keeping score, serving, and have knowledge of the basic rules when playing singles and doubles matches.

The season will run approximately June 10 through August 7 with a practice once a week and four to six matches during the season. At least two home matches will be played on Saturday afternoons on the BHS Courts and at least two away matches TBA in towns throughout Fairfield County. Depending on the number of kids on each team, each player may not play in every match officially. Every effort will be made to have practice on a set day and time each week when all team members can participate. Practices may or may not be rescheduled if cancelled due to the weather, but matches will be rescheduled.

Total fee to participate is \$143.00. \$100 will be paid directly to Parks & Rec. at registration for coaches' fees and team t-shirt. \$43 will be paid when you register for your team online and includes USTA membership and the fee for the league. You MUST register with Parks and Recreation by Friday, May 13 in order to play.

To learn more about Junior Team Tennis please join us for an informational meeting on Monday, May 9 at 6:30 p.m. in Town Hall. We are always looking for coaches. If you are interested, please attend the meeting on May 9 or call the Parks & Recreation Office at 775-7310.

**Golf Lessons for Juniors**

These classes are intended to provide students ages 8 – 15 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. Also included will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.  
 May: 5/5, 5/12, 5/19, 5/26 (Thursdays)  
 June: 6/7, 6/14, 6/21, 6/28 (Tuesdays)  
 July: 7/6, 7/13, 7/20, 7/27 (Wednesdays)  
 August: 8/1, 8/8, 8/15, 8/22 (Mondays)

**New ~ HS Summer Strength & Conditioning**

"Get stronger, faster, and better prepared than the competition!" The NO-LIMIT Summer Strength and Conditioning Program is for high school athletes who are looking to enhance their current abilities through incorporating Advanced Cross Training methods into their training. Training is done in a class setting with a coach to ensure training is done correctly with proper form and mechanics. This program is open to all skill levels and abilities. Our programming focuses on basic elements of strength, speed, agility, intensity, endurance, and variety. It prepares you to be a better overall athlete. The more athletic you become, the better you will be able to meet the demands of your sport. To improve overall performance, mobility, recovery techniques and nutritional guidance are also used to educate young athletes on how decisions off the field, between games, and at practices can also improve their athletic ability. ADDED VALUE: Class also includes full gym membership to No-Limit for the duration of the program.

Day/Time: Tuesday and Thursday 4:00 – 5:00 p.m.  
 Session 1: 5/3 – 6/9 (11 classes) – no class 5/26  
 Session 2: 6/21 – 8/11 (15 classes) – no class 7/5  
 Fee: \$125.00 for session 1, \$160 for session 2  
 Place: No-Limit Health & Fitness, 1120 Federal Road

**Advanced Drawing and Watercolor**

Beneath every painting there should be an accurate line drawing. Students in grades 9-12 will learn how to train their eyes to see accurate shapes, values and colors. They will learn how to use color theory; primary, secondary and complementary colors, along with warm and cool colors. Classes will involve drawing and painting sharp focus realistic still life paintings. This class is for the serious student who would like to produce exhibit worthy paintings and drawings. Instructor Victoria Lange is a professional artist and graduate of Paier College of Art. She has designed and illustrated for many greeting card companies including C.R. Gibson, Dayspring, and Henson Associates. Supplies are provided by the student and are estimated at \$125 for the session. (A supply list will be emailed to you along with your receipt at registration.)

Day: Wednesday Time: 2:30 – 4:00 p.m.  
 Dates: 4/27 – 6/15 (8 wks) Fee: \$88.00  
 Instructor: Victoria Lange Place: BHS Room

**New ~ SAW II- Success at Work**

Many high school students can build independence and start making money with a first job....but how? This six week program, led by a HR professional, will help students prepare for employment. Weekly topics include: applying for a job, successful interviewing, understanding employer expectations, professional interactions with employers and basic financial planning. Through mock interviews, classroom participation and practice applications, this hands-on class will teach real-life skills to build confidence and better prepare students to enter the workforce.

Day: Tuesday Time: 2:30 – 4:00 p.m.  
 Dates: 4/26 – 5/31 (6 wks) Place: BHS Room  
 Instructor: Kelly McGovern  
 Fee: \$60.00

## Full Day Camps – Camp Cadicopia

**CAMP REGISTRATION BEGINS APRIL 11.**

*We will be sending important camp information via email this summer, please confirm your email address when registering. Please plan ahead; we will not accept registrations for camps on the day they begin.*

**June 20-24: Camp Cadicopia (Pre-Season)**

**WEEK 1: June 27 – July 1**

**WEEK 2: July 5 – 8 (Tuesday – Friday, no camp 7/4)**

**WEEK 3: July 11 - 15**

**WEEK 4: July 18 - 22**

**WEEK 5: July 25 – 29**

**WEEK 6: August 1 – 5**

**WEEK 7: August 8 – 12**

**August 15-19: Camp Cadicopia (Post-Season)**

## New ~ Camp Cadicopia

*We're putting a new spin on an old favorite!*

- Full-Day Camp for students entering grades 3 – 6.
- Meets at Cadigan Pavilion in our newly renovated Cadigan Park. We have use of the Lakeside Community Room in case of inclement weather.
- Campers will visit the Town Park Beach each day for swimming, basketball and volleyball/nukem.
- Trips are taken by school bus three afternoons a week to local entertainment venues in the Greater Danbury Area to bowling, mini-golf, movies, trampoline parks, etc.
- Now featuring weekly tennis lessons and more sport specific instruction in soccer, basketball and lacrosse.
- Campers also registered for the Brookfield Muskrats Swim team or swimming lessons will be escorted to them by our camp staff. Parents must register for lessons or swim team (morning sessions only please) at an additional charge.
- Experienced, college-aged counselors. Our camper to counselor ratio does not exceed 6:1 and is often quite lower.
- Pizza lunch on Wednesdays is included.
- Extended hours available at an additional charge. (8:00 – 9:00 a.m. and/or 5:00 – 6:00 p.m.) Fee is \$20.00 per week (\$4.00 per day) for either early drop off or late pick up.

Detailed letters will be emailed out to the parent(s) of all registered campers the Friday before their session begins.

Days: Monday - Friday Time: 9:00 a.m. to 5:00 p.m.

Place: Cadigan Pavilion Weeks: See above

Fee: \$259.00/week\*

\*Please note that the fee for week #2 has been discounted to \$207.00 because of the shortened week.

### What is a typical day at Camp Cadicopia?

**9:00 – 9:30 a.m.** Camper's Choice (Board Games)

**9:30 – 10:15 a.m.** Group Games

**10:15 – 10:30 a.m.** Snack

**10:30 a.m. – 12:00 p.m.** Town Beach

**12:00 – 12:45 p.m.** Lunch/Camper's Choice/Craft

**1:00 – 4:30 p.m.** Trip OR Sport Lesson and Town Beach

**4:30 – 5:00 p.m.** Activities at Pavilion

## Full Day Camps – Camp Voyager

**CAMP REGISTRATION BEGINS APRIL 11.**

*We will be sending important camp information via email this summer, please confirm your email address when registering. Please plan ahead; we will not accept registrations for camps on the day they begin.*

**WEEK 1: June 27 – July 1**

**WEEK 2: July 5 – 8 (Tuesday – Friday, no camp 7/4)**

**WEEK 3: July 11 - 15**

**WEEK 4: July 18 - 22**

**WEEK 5: July 25 – 29**

**WEEK 6: August 1 – 5**

**WEEK 7: August 8 – 12**

## Camp Voyager – Now for Grades 6-9

- Full-Day Camp for students entering grades 6 – 9.
- College-aged, experienced counselors. Camper to counselor ratio will not exceed 8:1 and is often quite lower.
- Every day is a new destination: State Parks, bowling, miniature golfing, amusement parks, water parks, baseball games and more.
- All trips, bus transportation, and a T-shirt for each camper are included in fee.
- Air-conditioned coach buses are used to transport campers on all trips 45 minutes away or longer. On shorter trips (usually Mondays) we use school buses.
- Extended hours available at an additional charge.
- We're sorry, but we do not have schedules available at registration. We do our best to ensure that each week provides a variety of activities and experiences for campers, including a visit to Lake Compounce or Brownstone Exploration & Discovery Park.

A schedule of all activities, as well as detailed letters will be emailed to the parent(s) of all registered campers the Friday before their session begins.

Days: Monday - Friday

Time: 9:00 a.m. to 5:00 p.m.

Place: HHES Gym

Weeks: See above

Fee: \$292.00/week

\*Please note that the fee for week #2 has been discounted to \$234.00 because of the shortened week.

## Camp Voyager Extended Hours

Campers can come to Camp as early as 8:00 a.m., and stay as late as 6:00 p.m. **PRE-REGISTRATION IS REQUIRED.**

Fee is \$20.00 per week (\$4.00 per day) for either early drop off or late pick up.

### Where are some of the places that Camp Voyager went during the summer of 2015?

Avery's Beverages, Kent Falls, Rocky Neck State Park, Lake Compounce, Lore's Lanes, Prime Climb, New Britain Rock Cats, PEZ Visitor's Center, Maritime Aquarium, R&B Sportsworld, and Brownstone Discovery Park & Exploration Center (just to name a few)

## Half-Day Camps

### CAMP REGISTRATION BEGINS APRIL 11.

We will be sending important camp information via email this summer, please confirm your email address when registering. Please plan ahead; we will not accept registrations for camps on the day they begin.

**WEEK 1: June 27 – July 1**

**WEEK 2: July 5 – 8 (Tuesday – Friday, no camp 7/4)**

**WEEK 3: July 11 - 15**

**WEEK 4: July 18 - 22**

**WEEK 5: July 25 – 29**

**WEEK 6: August 1 – 5**

**WEEK 7: August 8 - 12**

## Summer Better Than Others

*New longer hours for 2016 - 9:00 a.m. until 12:30 p.m.!*

Campers will participate in arts & crafts, games, daily theme days, weekly trips to the Town Park Beach (grades 2- 5), and much more. Children must be entering 1<sup>st</sup> – 5<sup>th</sup> grade in order to attend camp. Camper to counselor ratio will not exceed 8:1 and is often much lower.

Days: Monday to Friday Time: 9:00 a.m. - 12:30 p.m.

Place: Huckleberry Hill School

Weeks: See Above Fee: \$85.00/week

\*Please note that the fee for week #2 has been discounted to \$68.00 because of the shortened week.



## Camp Pee Wee

*New longer hours for 2016 - 9:00 a.m. until 12:30 p.m.!* For children ages 3.5, 4 or entering kindergarten. Campers will be

involved in arts & crafts, games, story time, and daily theme activities. Our camper to counselor ratio will not exceed 6:1 and is often lower. **All children attending must have turned 3 years old by December 31, 2015.**

Days: Monday to Friday Time: 9:00 a.m. - 12:30 p.m.

Place: Huckleberry Hill School

Weeks: See above Fee: \$85.00/week

\*Please note that the fee for week #2 has been discounted to \$68.00 because of the shortened week.

### Important Information for Camp Summer Better than Others and Camp PeeWee:

Camp groups are made the week before the start of each session. Counselors will be calling the parents of all campers the weekend before the camp week starts to let them know what room to report to. Once your child is assigned to a group, you can assume that they will be with that group for the duration of their camp experience.

Children should be brought to their assigned rooms no earlier than 8:55 a.m. During drop off and pick up times, parents are required to accompany their child to his/her group and sign in, as well as sign out at the end of the day.

If your child is to be picked up by any other adult, a note stating this needs to be given to your child's counselors in the morning.

Children should apply sunscreen at home and wear sneakers and comfortable clothing to camp. There is also a snack time for campers each day. Please send snacks in containers clearly marked with your child's name. We are an allergy aware camp; snacks containing peanuts or tree nuts are not permitted at camp in order to keep those campers with severe allergies safe.

## Half-Day Camps, continued

### Counselor in Training Program

Students age 14 and 15 will learn the skills they will need to become successful camp counselors including; characteristics of children, leadership skills, games and arts & crafts. C.I.T's will receive instruction during camp hours (9:00 a.m. - 12:30 p.m.), and will be assigned to work with experienced counselors. Each participant will receive a CIT staff T-shirt and a folder of information. Space is limited to 12 participants each session. Sign up for any or all sessions.

Days: Monday to Friday Time: 9:00 a.m. to 12:30 p.m.

Weeks: ← Place: Huckleberry Hill School

Fee: \$70.00/week

\*Please note that the fee for week #2 has been discounted to \$56.00 because of the shortened week.

### New ~ Community Service Camp

Help us make a difference in our community and beyond!

Under the supervision of Laurie Lazorchak, students age 13-15 will complete several different service projects each week.

Some projects include making blankets for Ann's Place, maintenance of the Lion's Club Community Garden, packing lunches for Loaves and Fishes Hospitality House and visiting the residents of Bethel Health Care. Volunteers from different organizations will come in as guest speakers to make students aware of other opportunities to give back. Students can earn up to 20 hours of community service each session and certificates will be awarded at the completion of camp each week. Transportation must be provided to the project location each day, and will vary throughout Brookfield and nearby Bethel. Complete details and locations will be emailed the week before camp begins.

Days: Monday – Friday Time: 9:00 a.m. – 1:00 p.m.

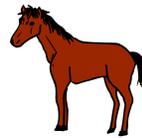
Session 1: June 27- July 1

Fee: \$125.00/session

Session 2: July 11-15

## Sports Camps

### Summer Riding Camp Program



This program welcomes riders of all ability levels ages 3 and up. It includes a daily riding lesson, basic horsemanship, farm safety, grooming, horse care, and tacking up. There are lots of horse related games, contests,

professional demonstrations, and prizes. Photographs will be taken. During the daily riding lesson beginner levels will have a 1 to 1 ratio with a leader while intermediate and advanced levels will have a 1 to 3 ratio. Our indoor facility allows camp to be held rain or shine. Orientation for parents will be held the Monday starting each camp week at 8:00 a.m. Long pants, shoes with a heel, and a snack and drink are required. Brushy Hill Farm will provide helmets. For more information please contact Ev at 203-470-4353, email brushyhillfarm@gmail.com or visit our website at www.brushyhillfarm.com.

Day: Monday – Friday

Time: 9:00 a.m. – 12:30 p.m.

Session 1: June 27 - July 1

Session 2: July 5 – 8 (no 7/4)

Session 3: July 11 - 15

Session 4: July 18 - 22

Session 5: July 25 – 29

Session 6: August 1 – 5

Session 7: August 8 - 12

Fee: \$250.00/session (Session 2 is 4 days and \$200)

Place: Brushy Hill Farm, 15 Coachmans Drive, Southbury

## Sports Camps, continued



### New ~ Field Hockey Mini-Camps

Students entering grades K - 4 and 5 - 9 will practice passing, dribbling, shooting, and field hockey concepts. These mini-camps are the perfect introduction for girls who are interested in trying a new sport without making a big commitment as well as those who have played before and are looking to reinforce their skills. Campers should bring a water bottle and snack each day and a stick if they have one.

(Sticks will be provided for those who need one.) A T-shirt is included for all participants. Session 1 has use of Huckleberry Hill School Gym in case of rain. All other sessions will use Thursday as a make-up date in case of rain cancellation.

Days: Monday - Wednesday Place: Cadigan Park  
Time: 9:00 a.m. - 12:00 p.m. Fee: \$75.00

Session 1 for Grades K-4: June 20-22\* HHES Gym in case of rain

Session 2 for Grades 5-9: June 27-29 (rain date 6/30)

Session 3 for Grades K-4: July 25-27 (rain date 7/28)

Session 4 for Grades 5-9: August 1-3 (rain date 8/4)

Instructors: Kate Culbreth and Danielle Olivier

### Junior Volleyball Camp

Open to students in grades 5 - 8 who want to learn or practice the basics including serving, passing, and hitting. This program is a great opportunity for middle school students who are considering trying out for the BHS team. Please bring a snack and a water bottle. A T-shirt is included for all participants.

Days: Monday - Friday Time: 9:00 a.m. - 12:00 p.m.  
Dates: July 11 - 15 (1 wk) Place: WMS Gym  
Fee: \$75.00

### Volleyball Camp

Recreational volleyball program for those entering grades 9-12. Returning players will greatly benefit by honing their skills and learning new ones, and is a great opportunity to keep your skills up in the summer. Beginning players will learn the basics of passing, setting, hitting, serving, blocking, and court positioning. Conditioning will be incorporated into the camp as well. Bring a lunch and a water bottle, and get ready for some fun! Sign up for individual weeks (7/18 - 7/22 or 7/25 - 7/29) at a cost of \$95.00 a week or both weeks for \$180.00. A T-shirt for all participants is included.

Days: Monday - Friday Time: 9:00 a.m. - 1:00 p.m.  
Dates: July 18 - July 29 (2 wks) Fee: \$180.00  
Place: WMS Gym



### Basketball Camp

Participants will receive individual and group instruction on all aspects of the game of basketball as taught by Coach Kevin McGinniss and his assistants.

This co-ed camp for students entering grades 3 - 8 also features a shirt for every player, 2 games a day, contests, prizes, and trophies. All participants will receive their own regulation game ball. Pizza, snacks and drinks are available for purchase each day or campers can bring their own lunch and drink.

Days: Monday - Friday Time: 9:00 a.m. - 2:00 p.m.  
Dates: July 11 - 15 (1 wk) Instructor: Kevin McGinniss  
Place: BHS Gyms Fee: \$125.00

## Sports Camps, continued

**CAMP REGISTRATION BEGINS APRIL 11.**

**Please plan ahead; we will not accept registrations for camps on the day they begin.**



### Golf Camp

Junior golfers ages 7 - 14, with or without previous experience, will enjoy learning the game of golf in a fun atmosphere. Camp includes fundamentals of the golf swing, playing with woods and irons, pitching and sand play, chipping and putting, contests, rules and etiquette, video analysis of your swing, mini-golf tournament, and awards. Campers may bring their own clubs or use those provided. The fee is \$199.00 per week, Monday through Thursday. Parents must provide all transportation. Camp schedule:

Monday - Wednesday 9:00 a.m. - 12:00 p.m. at Golf Quest

Thursday 9:15 - 11:30 a.m. at Gainfield Farms in Southbury

Week 1: June 27 - 30

Week 2: July 5 - 8 (Tue-Fri)

Week 3: July 11 - 14

Week 4: July 18 - 21

Week 5: July 25 - 28

Week 6: August 1 - 4

Week 7: August 8 - 11

Week 9: August 15 - 18

### Beginning Golf Camp

Skyhawks Beginning Golf Camp focuses on building the confidence of young athletes ages 5 - 7 through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. For safety reasons we utilize special helmets for all campers and keep the instructor-to-camper ratio for this program very low (8:1), resulting in limited availability. Campers should wear/bring weather appropriate clothing, a water bottle and two snacks, sneakers and sunscreen. All campers will receive a T-shirt and merit award. In case of rain, this program will meet in the Whisconier School gym.

Days: Monday - Friday Time: 9:00 a.m. - 12:00 p.m.

Dates: 6/20 - 6/24 (1 wk) Place: WMS-front field

Fee: \$119.00

### Football and Cheer Camp

Brookfield Parks & Recreation is pleased to be partnering with the BHS Varsity Football and Cheer Coaching Staffs, along with Brookfield Pop Warner coaches to offer this program for ages 5-14. Campers will learn fundamental skills in a fun, safe environment. Cheer camp includes jumps, stunting, cheers and conditioning. Football Camp focuses on offensive and defensive techniques, safety and conditioning. Campers should dress for the weather and bring plenty of fluids. A dri-fit t-shirt for every camper is included in the fee.

Dates: Tuesday and Wednesday, July 19-20 (rain date 7/21)

Times: 6:00 - 8:00 p.m. (arrive by 5:45 p.m.)

Place: Cadigan Park

Fee: \$30.00

**CAMP REGISTRATION BEGINS APRIL 11.****Please plan ahead; we will not accept registrations for camps on the day they begin.****Mini Hawk Multi Sport Camp (Ages 4-7)**

This multi-sport program gives children ages 4 to 7 a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff members are trained to handle the specific needs of young athletes.

Camper to coach ratio will not exceed 8:1. Campers should bring along 2 snacks and a water bottle and wear weather-appropriate clothing for outdoor play including sneakers.

Every camper receives a t-shirt and merit award. In case of rain the program will meet in the gym of Whisconier School.

Days: Monday – Friday      Time: 9:00 a.m. – 12:00 p.m.  
 Dates: 8/15 – 8/19 (1 wk)      Place: WMS Back Field  
 Fee: \$125.00

**Multi Sport Camp (Ages 7-11)**

Our Multi-Sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine baseball, basketball, soccer and flag football into one fun-filled week. 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 (2 or 3) new sports along with vital life lessons such as respect, teamwork, and self-discipline. Campers should bring along 2 snacks and a water bottle and wear weather-appropriate clothing for outdoor play including sneakers.

Every camper receives a t-shirt and merit award. In case of rain the program will meet in the gym of Whisconier School.

Days: Monday – Friday      Time: 9:00 a.m. – 1:00 p.m.  
 Dates: 8/15 – 8/19 (1 wk)      Place: WMS Back Field  
 Fee: \$125.00

**Total Play Multi Sports Camps**

Experience over 16 different sports from around the world including; soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and more at this camp. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, fun. All participants will receive a t-shirt and certificate. This sports camp for boys and girls ages 5 through 11 is truly dedicated to children of all abilities. In case of rain, indoor activities will be substituted in the Lakeside Community Room at the Town Beach. More details are available online, please visit:

<http://ussportsinstitute.com/sports-camps/multi-sports/total-play-multi-sports.html>

Days: Monday through Friday  
 Dates: 8/22 – 8/26 (1 wk)  
 Times/Fees: 9:00 a.m. - 12:30 p.m. (5-11 year olds) \$165  
 1:00 p.m. - 4:00 p.m. (5-11 year olds) \$125  
 9:00 a.m. – 4:00 p.m. (5-11 year olds) \$195

Place: Cadigan Park

**Total Sports Squirts Camp**

The Total Sport Squirts program introduces children age 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun! In case of rain, indoor activities will be substituted in the Lakeside Community Room at the Town Beach.

Days: Monday through Friday      Time: 4.30 - 5.30 p.m.

Dates: 8/22 – 8/26 (1 wk)      Fee: \$100.00

Place: Cadigan Park

**Melendez Tennis Camp**

Melendez Tennis Camps are high-quality, half-day camps that offer boys and girls entering grades 2-8 an opportunity to develop lifetime skills in the sport of tennis. Campers will work with qualified instructors in small, age and skill appropriate groups and will be taught the skills and etiquette necessary to become successful tennis players. Campers will also have the opportunity to develop interpersonal and social skills as they enjoy organized off-court activities with their peers. A few reasons why Melendez Tennis Camps stand above the rest:

- 6:1 student to Instructor ratio
- Weekly individual progress reports
- Live videotape stroke analysis
- Culminating award ceremony and exhibition tournament.

Campers should wear sneakers and athletic clothing and bring a water bottle and two snacks each day. A camp t-shirt is included in the fee. We are still working on a rain plan for camp; details will be emailed in advance of the camp week.

Visit [www.MelendezTennis.com](http://www.MelendezTennis.com) for more information.

Days: Monday – Friday      Time: 8:30 a.m. – 12:00 p.m.

Session 1: 7/18 – 7/22 (1 wk)      Place: BHS Tennis Courts

Session 2: 7/25 – 7/29 (1 wk)

Fee: \$145.00/week (Or two weeks for \$280.00)

**Quick Start Tennis**

Children entering grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Students may bring their own rackets. (Rackets will be supplied for anyone who needs one.) Students should dress appropriately for outdoor play, wear sneakers and bring a water bottle.

Day: Monday - Friday      Time: 9:00 - 10:00 a.m.

Dates: 8/1 – 8/5 (1 wk)      Fee: \$49.00

Place: Brookfield High School Tennis Courts

## Specialty Camps – Nature

**CAMP REGISTRATION BEGINS APRIL 11.**

**Please plan ahead; we will not accept registrations for camps on the day they begin.**

### The Great Outdoors

No one can be expected to care about and protect the natural world that does not understand it. Campers age 7-12 will explore the great outdoors through hikes, games, experiments and projects. They will investigate topics including the weather, wild flowers, local plants, trees and birds and pond wildlife. Camp will meet at the entrance to Williams Park (across from the Brookfield Library) at 9:00 a.m. Pick up will be in the same location at 1:00 p.m. Please bring a snack, lunch and water, wear bug spray and sunscreen and your most comfortable hiking shoes! Be sure to make the instructor aware of any allergies at drop off on the first day, and to bring your child's emergency plan and medications. In case of inclement weather, Friday 7/29 will be our make-up date.

Day: Monday - Thursday      Time: 9:00 a.m. – 1:00 p.m.  
Dates: 7/25 – 7/28 (4 days)      Fee: \$125.00  
Place: William's Park      Instructor: Pam Zavarelli

## Specialty Camps – Art

### Camp Watercolor

Campers entering grades 5 through 10 will enjoy learning drawing and watercolor painting techniques. Each camper will

receive individualized attention to be successful at their ability level, culminating with the completion of a painting. Bring a snack and a drink each day. Please ask for a materials list when registering. (Materials cost is approximately \$40.00 and all materials are available locally).

Days: Monday, Wednesday, Thursday, Friday (4 days)  
Time: 9:00 a.m. - 12:00 p.m.  
Session 1: July 18 – 22 (no class Tuesday, 7/19)  
Session 2: August 1 – 5 (no class Tuesday, 8/2)  
Instructor: Victoria Lange      Place: HHES Classroom  
Fee: \$89.00/session

### Paint, Draw & More Camp

This fun summer art camp is offered by Paint, Draw & More for students entering grades 1 - 4. Each day is comprised of a full day of creating fine art, some of which may include drawing, painting, mask making, sculpture, bookmaking, cartooning, collage, print making, and group projects. Story telling, music making and movement will also be added as time allows. Activities will take place in and out of doors depending on the weather. Students will explore a variety of mediums and be encouraged to break artistic boundaries and express their creativity in new and exciting ways. Campers should bring a lunch, snack and smock.

Day: Monday – Friday      Time: 8:30 a.m. - 2:30 p.m.  
Dates: 8/8 – 8/12 (1 wk)      Fee: \$299.00  
Place: HHES Classroom

## Specialty Camps – Cooking

### International Kitchen Kids

Campers entering grades 3 – 6 will learn to use new cooking techniques, fresh ingredients, and menu planning while creating delicious and nutritious meals and desserts from around the world. Different themes for each day will focus on regional cuisines or cooking techniques so that students get a taste of a variety of different regions. Space is limited to 12 participants each session. Please bring a water bottle and let us know when registering if your child has any food allergies or special dietary restrictions.

Day: Monday - Friday      Time: 9:30 – 11:30 a.m.  
Dates: 7/18 – 7/22 (1 wk)      Place: TBA  
Instructor: Pam Zavarelli      Fee: \$86.00

## Specialty Camps – Theater, Dance

### Summer Theater Workshop

Be part of a cabaret production! Learn and participate in different areas of theater from stage blocking and dance, to costumes and lighting. The Workshop is led by John LaMendola, BHS Choral/Theatre Director and long-time professional actor (and Brookfield resident). Open to students entering grade 5 through 12 (graduating senior). Please bring a snack and beverage. Final cabaret performances for friends and family will be held on Friday, August 12 at 10:00 a.m. and 12:00 p.m. in the BHS Auditorium.

Day: Monday - Friday      Time: 9:00 a.m. – 1:00 p.m.  
Dates: 8/1 – 8/12 (2 wks)  
Place: BHS Auditorium      Fee: \$230.00



### Performing Arts Camp

Performing Arts Camp for 6 to 14 year olds is an intensive, fun, highly charged one-week performing arts program. Campers who participate in this camp will receive training in acting, dancing and singing by performing artists. The end of the week will culminate with a performance for family and friends. For more detailed information, please visit [www.performingartsprograms.biz](http://www.performingartsprograms.biz) or call 860-432-9890 for more information. If you prefer to register online for this program, you may do so through the website listed above.

Days: Monday – Friday      Time: 9:00 a.m. – 2:30 p.m.  
Dates: 7/18 – 7/22 (1 wk)      Fee: \$210.00  
Instructor: Performance Arts Programs, Inc.  
Place: WMS Café/Stage

### New ~ Frozen Dance Camp

This *Frozen* themed camp for children ages 3-5 is designed to combine an age-appropriate dance education with a creative summer experience. Each day will include ballet class, games, story time, crafts and more! Children will have the opportunity to explore movement through dance and learn technique in a fun, nurturing environment. On the last day of camp, the students will perform a dance in front of family and friends. Ballet shoes and attire are recommended. Please bring a healthy snack and water bottle or drink each day.

Days: Monday – Friday      Time: 9:30 a.m. – 12:00 p.m.  
Dates: 7/18 – 7/22 (1 wk)      Fee: \$125.00  
Instructor: Dolly Pinto  
Place: TBA

## Specialty Camps – STEM

### Camp Invention

Camp Invention is a nationally recognized summer program focused on creativity, innovation, real-world problem solving and the spirit of invention. Through hands-on programming, Camp Invention encourages children entering grades 1-6 to explore Science, Technology, Engineering and Mathematics curriculum inspired by some of the world's great inventors. Further information and all registration for this camp can be found online at [www.campinvention.org](http://www.campinvention.org). The Camp Invention Counselor-in-Training (CIT) Program is designed for 7th, 8th and 9th graders who are looking to gain leadership skills and a behind-the-scenes look at what it takes to run a successful summer camp. Students set daily goals and work toward meeting each goal with the help of a Leadership Intern. Register online at [www.campinvention.org](http://www.campinvention.org). Please note that this camp has its own payment and refund rules and that by registering online you are accepting their rules.

Day: Monday – Friday      Time: 8:30 a.m. – 2:30 p.m.  
Dates: July 18 – 22 (1 wk)      Fee: \$255.00  
Place: TBA (in Brookfield)

## Specialty Camps – STEM, Technology

TechStars by Computer Explorers are a series of technology classes designed to facilitate STEM (Science, Technology, Engineering, Mathematics) learning. The educational materials or equipment that is used in the curriculum came from various sources like Lego Education and MIT Media Lab who emphasize STEM education and 21st Century Skills. But most importantly, our classes provide a hands-on educational setting to make learning FUN! The following camps will be offered this summer:

### Lego Robotics (Grades 2-5)

Lego WeDo provides wonderful hands-on opportunities for the students to experiment and learn about the fundamentals of robotics, construction and computer programming. We will be using the all-time familiar Lego bricks to build around a micro computer and using computer software to bring the robot to life! All new models to tinker with this summer.

Day: Tuesday – Thursday      Time: 9:00 a.m. – 12:00 p.m.  
Dates: 6/28 – 6/30 (3 days)      Fee: \$114.00  
Place: HHES

### Minecraft Power Users (Grades 3-6)

Are you an enthusiastic PC Minecraft user who is well-versed in a vanilla minecraft world and crafting recipes? Are you interested in checking out modpacks that let you ride an ender dragon or a creeper pig? Or get a NASA workbench to build a rocket and blast off to the moon and plant your own flag on the surface? The possibilities are endless with different modpacks – come have fun! Camp is limited to 14 campers.

Day: Tuesday - Thursday      Time: 9:00 a.m. – 12:00 p.m.  
Dates: 7/5 – 7/7 (3 days)      Fee: \$114.00  
Place: HHES

## Specialty Camps – STEM, Technology

### Techstars Programmer-Scratch (Grades 4-7)

Children use a visual programming language called SCRATCH developed by MIT Media Institute to create and program animations, games, music, interactive stories and more. Scratch is designed to teach computational thinking using a building-bloc approach to software development that focuses on problem solving.

Day: Tuesday - Thursday      Time: 9:00 a.m. – 12:00 p.m.  
Dates: 7/26 – 7/28 (3 days)      Fee: \$114.00  
Place: HHES

### Techstars Programmer - Minecraft Mods (Grades 4-7)

This class is more than just “mining” and “crafting” in Minecraft. Students will learn a range of coding concepts like loops, functions and conditionals using JAVA to create MODS for the game. This is a fun introduction to object oriented programming

Day: Tuesday - Thursday      Time: 9:00 a.m. – 12:00 p.m.  
Dates: 8/9 – 8/11 (3 days)      Fee: \$114.00  
Place: HHES

## Brookfield Muskrats Swim Team

The Brookfield Muskrats is one of the longest running programs offered by Brookfield Parks and Rec. Any child, age 6 to 16, that is able to swim 25 yards is encouraged to join. Brookfield Muskrats is a great first experience in competitive swimming and a wonderful opportunity for all children to enjoy the comradery of a team sport and improve their skills through frequent, small group instruction. Daily practices are designed to teach new skills, to improve existing skills and to develop strength and endurance.

The season begins on Monday, June 20 and continues through early August. Daily practices (Monday through Friday) are held at the Town Park Beach. Swimmers 10 and under practice from 10:45 until 11:30 a.m. and swimmers 11 and over from 11:30 a.m. until 12:30 p.m. The team participates in five or six meets each season, about half of which are “home” meets at the Town Park Beach. Away meets are scheduled with other local teams in the Stateline Swim League, and are no more than a thirty minute drive from Brookfield. During the meets, swimmers are placed into events and compete against others of similar age and ability level. Parents need to provide or arrange for transportation to meets and are also asked to volunteer in some capacity during the season. At the end of the season we host a pot-luck team picnic, where all swimmers receive a record of their swimming achievements, a team picture and a medal or trophy.

This is a summer swim team with an emphasis on fun and we expect for swimmers to miss practices and/or meets to go on vacation or attend other activities. If a swimmer is attending Camp Cadicia during the season, we will work with the camp staff to get swimmers back and forth from camp to practice.

Fee to participate is \$145 per swimmer with a family maximum of \$290. The purchase of a family beach pass is required to participate. Fees include a team t-shirt and swim cap. Swimmers will also need to purchase a team suit.

Need more information? There will be an orientation meeting for the parents of new and returning swimmers on Monday, June 13, 7:00 p.m. in Town Hall. We'll be handing out the schedule for the season and answering any questions you may have.

## Passes

**All passes are for Brookfield Residents only.**

**For purposes of our passes, a family is defined as two married adults and dependents living in the same household. We reserve the right to ask for proof of age and residency.**

**Beach Passes** – Come and enjoy your newly renovated Town Park Beach. Swimming, basketball, sand volleyball, new restrooms and changing facilities (including a family restroom), more plentiful seating, BBQ grills and more await you. The beach is staffed with some of the best trained, most helpful and friendly lifeguards you'll find anywhere on Candlewood Lake.

Season passes will **ONLY** be sold at the Parks & Rec. Office and are available for purchase beginning April 25, 2016.

Family Pass	\$95.00
Individual Pass	\$70.00
Senior Family	\$82.00 (age 65+ and up to 4 grandchildren)
Senior Individual	FREE (age 65+)

Brookfield residents may also choose to pay the daily guest fee at the gate. The daily fee is \$7.00 per person. New for 2016, children two and under and patrons 65 and older are free when entering the park as a Brookfield resident or guest of a resident. Please be sure to bring your driver's license with you to the gate should you choose to pay daily.



**Boat Passes** – Available April 1, 2016. Brookfield Residents and/or homeowners only. You **MUST** bring in your boat and trailer registrations in order to obtain your pass. We do not keep copies on file.

Boat Pass – On Trailer	\$90.00
Boat Pass – Car Top	\$45.00
Senior Boat Pass–On Trailer	\$53.00 (age 65+)
Senior Boat Pass – Car Top	\$27.00 (age 65+)



**William's Park Tennis Passes** - Well maintained Har-Tru clay courts. A court will be available when you get there by reserving it through the Parks & Rec. Office. Family pass holders may reserve up to two consecutive hours a day; individual pass holders up to one hour per day. Full details on reservations will be provided by email upon purchase. Courts are expected to be open early this season with a target date of May 1 and will remain open through October or as long as weather permits. Available for purchase April 25, 2016.

Family Tennis Pass	\$85.00
Individual Tennis Pass	\$70.00
Senior Tennis Pass	\$65.00 (age 65+)

**A note about the water quality at the Beach:**

Water quality monitoring is performed twice a week at the Town Park Beach during the swimming season, for coliform bacteria and E. coli. In addition, the Candlewood Lake Authority carries out periodic tests in multiple areas around the Lake. If harmful levels of bacteria are detected, or other potentially injurious substances are found, beach closings may occur to protect the safety and health of residents. Such occurrences are extremely rare.

## 2016 Brookfield Town Park Beach Hours

### Memorial Day Weekend

Saturday, May 28	11:00 a.m. – 6:00 p.m.
Sunday, May 29	12:00 – 6:00 p.m.
Monday, May 30	11:00 a.m. – 6:00 p.m.

### Early Season - Before the last day of school (Tuesday, May 31 through June 15)

Weekdays	<b>CLOSED</b>
Saturdays	11:00 a.m. – 6:00 p.m.
Sundays	12:00 – 6:00 p.m.

### Summer Season - Begins the last day of school (June 16 through August 28)

Weekdays	10:30 a.m. – 6:30 p.m.
Wednesdays	NOODLE HOUR 6:00 – 7:00 p.m.
Saturdays	11:00 a.m. – 6:30 p.m.
Sundays	12:00 – 6:00 p.m.

### Late Summer Season (Monday, August 29 – Friday, September 2)

**CLOSED**

### Labor Day Weekend (Saturday, September 3 – Monday, September 5)

Saturday, September 3	11:00 a.m. – 6:00 p.m.
Sunday, September 4	12:00 – 6:00 p.m.
Monday, September 5	11:00 a.m. – 6:00 p.m.

## Lakeside Community Room

The Lakeside Community Room at the Town Park Beach is an ideal location to host casual meetings, birthday parties, baby showers, retirement parties and other celebrations for groups of up to 50 people. The seasonal main room measures 26' x 24', is climate controlled and features spectacular views of Candlewood Lake. Weather permitting your reservation includes use of the adjacent 12' x 40' stone patio deck as well as the other amenities in the park including a modified basketball court and sand volleyball court.

Reservations are accepted for three consecutive hours during the available hours below. Set up is permitted one hour prior to your scheduled reservation and clean up for up to one hour after. Set up and clean up times are provided as a courtesy and are not to be used as additional event time. Fee for use by Brookfield residents is \$175.00. Additional fees apply for events with swimming or extended hours. Due to Fire Code restrictions all events must end by 8:00 pm. No indoor cooking permitted. Reservation forms available at [www.brookfieldct.gov/rec](http://www.brookfieldct.gov/rec).

**Available Dates**

**Available Times**

***Preseason (April 9 – May 27)***

<i>Saturdays &amp; Sundays</i>	<i>1 – 7 pm</i>
<i>Monday – Friday</i>	<i>1 – 7 pm</i>

***During Season (May 28 – Sept. 5)***

<i>Saturdays</i>	<i>1 – 8 pm</i>
<i>Sundays (June &amp; July only)</i>	<i>1 – 8 pm</i>

***Post Season (Sept. 6 – Oct. 16)***

<i>Saturdays</i>	<i>1 – 7 pm</i>
<i>Monday - Friday</i>	<i>1 – 7 pm</i>

# Swim Lessons and Brookfield Muskrats Swim Team

**Your choice of two formats - daily or weekly lessons.**

**Once a week for 6 weeks (6/27 – 8/5) 40 minutes classes (Preschool meets for 30 min.)**

**Every day (M-TH) for 8, 30 minute classes. Choose from 3 sessions.**

## SWIM LESSON REGISTRATION BEGINS APRIL 25.

Participants **MUST** have a family beach pass in order to attend lessons. Lessons will be cancelled in event of heavy rain or thunder and lightning. We are not able to accept registrations once a session begins.

<b>3:50 – 4:30</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Instructor #1	Level 1	Level 3	Level 4	Level 5
Instructor #2	Pre-School*	Level 1	Level 2	Pre-School*
<b>4:40 – 5:20</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Instructor #1	Level 2	Level 2	Level 3	Level 4
Instructor #2	Level 1	Pre-School*	Level 1	Level 2

*Lessons meet once a week for 40 minutes each day, June 27 through August 5 (6 weeks). One class per session will be made up if cancelled due to weather. Make up classes to be held the week of August 8-11 on the same day/time. \*Pre-School classes will meet for 30 minutes.*

	<b>10:45-11:15</b>	<b>11:25-11:55</b>	<b>12:05-12:35</b>	<b>12:35-1:20</b>	<b>1:20-1:50</b>	<b>2:00-2:30</b>	<b>2:40-3:10</b>
<b>Instructor #1</b>	Level 1	Level 3	Level 1	-----	Level 2	Level 3	Level 4
<b>Instructor #2</b>	Level 2	Pre-School	Pre-School	-----	Level 1	Level 2	Pre-School

*Lessons meet **Monday through Thursday** for a total of 8 classes. Up to 2 classes per session will be made-up for classes cancelled due to weather. Choose from the following dates:  
Session 1: 6/27 – 6/30 and 7/5 – 7/8 (meets Tues. – Fri, no class 7/4. Make up class 7/1)  
Session 2: 7/11 – 7/14 and 7/18 – 7/21 (make up classes 7/15, 7/22)  
Session 3: 7/25 – 7/28 and 8/1 – 8/5 (make up classes 7/29, 8/6)*

**Fee per session is \$40.00 for one child, \$75.00 for two children, \$110.00 family maximum**

LEVEL:	AGE:	DESCRIPTION:
Pre School Level	3 - 4 yrs	Beginning instruction, water intro, class without parent
Water Exploration Level 1	5 and up	Aquatics orientation, supported floating/kicking
Primary Skills Level 2		Expand fundamental locomotion & safety skills
Stroke Readiness Level 3		Increase swimming competency, safety/rescue
Stroke Development Level 4		Develop confidence & competency in strokes
Stroke Refinement Level 5		Refinement of crawl, back, breast & side strokes

A detailed list of skills covered at each level is available for your review at the Parks & Recreation Office. We do our best to work with you to ensure that your child is placed at the correct level. However, swim instructors evaluate all swimmers on the first day of lessons, and you may be asked to switch levels so that your child will attain the maximum benefit.



## Brookfield Muskrats Swim Team

Swimmers will enjoy the many benefits of the Muskrats Swim Team including daily practices, competing in meets, pasta parties, and team trips. Practice begins Monday, June 20 at the Town Park. There will be an orientation meeting for the parents of new and returning swimmers on Monday, June 13, 7:00 p.m. in Town Hall. Season calendars and handbooks will be distributed at this time. Practices are held weekdays; times vary depending on age group. Please note that a swimmer's age is as of July 1, 2016.

The purchase of a beach pass is *required* to register for the Muskrats. Fee is \$145.00 per swimmer with a family maximum of \$290.00. All swimmers will receive a Muskrats Team T-shirt and swim cap. Please specify t-shirt size (Youth L or Adult S, M, L, XL) when registering. Team suits are required for meets and will need to be purchased at the start of season. More detailed information about the Muskrats program is available on page 21.

10 and under\* 10:45 - 11:30 a.m.                      11 and over    11:30 a.m. - 12:30 p.m.

\*Must pass an evaluation by the Swim Team Coach. All first time 8 and under swimmers will be evaluated on the first day of the program and must be able to swim 25 yards. It is recommended that all swimmers be at Red Cross Level 4 or above.

**Brookfield Wellness Festival**  
**A Town-Wide Event held in the Brookfield High School Gym**  
**Tuesday, April 12th**  
**4pm-7pm**

**Vision and Hearing Screenings, Seatbelt Simulator, Door Prizes, Food Trucks**

Featuring vendors and activities focusing on *all things healthy!* **Free Admission**

For information on becoming a vendor call 203-822-7598 or email at [Executivedirector@brookfieldchamber.org](mailto:Executivedirector@brookfieldchamber.org)

**The Garden Club of Brookfield's Plant Sale**

[www.thegardenclubofbrookfieldct.org](http://www.thegardenclubofbrookfieldct.org)

The Garden Club of Brookfield's Plant Sale will be held on Saturday, May 14 from 8:00 AM to 12:00 Noon at the Brookfield Library. We will be selling perennials, annuals, vegetables, herbs, bushes and shrubs and homemade baked goods. Please come and help support the beautification of Brookfield.

**Brookfield Conservation Commission's Letterboxing and Trail Run Day**  
**Saturday, June 4 at 12:00 p.m.**  
**Brookfield Homestead Open Space**

The Brookfield Conservation Commission is sponsoring a Letterboxing and Trail Run event as part of the statewide CT Trails Weekend. Letterboxing is a fun activity for kids to use clues to find letterboxes scattered throughout the Brookfield Homestead Open Space and Williams Park. It is a great way for families to enjoy nature while going on a treasure hunt-type activity!

In addition, the second annual Trail Run will also take place at the Brookfield Homestead. This is a fun race open to all ages. The trail run is over two miles and will include running in both open fields and woodland on moderate terrain.

Both events begin at 12pm at the Brookfield Homestead on route 133 just east of Brookfield Center. Parking is at the entrance on Rt. 133. No pre-registration necessary.

**Alzheimer's Support Group**

For Caregivers, Friends and Family of those afflicted with Alzheimer's

Brookfield Senior Center  
 Second Wednesday of the month 6:30-8:00pm  
 Fourth Wednesday of the month 1:00-2:30pm

Need more information?  
 Email Darlene at [dar4alz@gmail.com](mailto:dar4alz@gmail.com).



The 4th Annual Sunset Sizzler 5K will take place on Friday, August 5, 2016 at 7PM. This USATF certified 5K will begin/end at Brookfield High School (BHS). The race is hosted by BHS All

Sports Booster Club and benefits the high school athletic program and every sports team. Walkers are welcome and youth are welcomed. Register at: <http://aratrace.com>.

Medals awarded to Top Male and Female in Overall and nine age groups, including youth under 10. We will have a Post-Race Raffle and all entrants are automatically entered. Race kits will be distributed to all runners and filled with great goodies and coupons!



**Frequently Requested Phone Numbers**

AARP	Shirley Gervasoni (203) 740-0067 Shirley.gervasoni@sbcglobal.net
Boy Scouts	Ray Pflomm (203) 775-8167
<b>Brookfield Baseball &amp; Softball Association (BBSA)</b>	<a href="http://BrookfieldCt.BabeRuthonline.com/">http://BrookfieldCt.BabeRuthonline.com/</a>
Brookfield Education Foundation (BEF)	<a href="http://www.brookfieldeducationfoundation.org">www.brookfieldeducationfoundation.org</a> Colette Sturm (203) 740-0826
<b>Brookfield Pop Warner Football &amp; Cheer</b>	<a href="http://bpw.sportngin.com/">http://bpw.sportngin.com/</a> Janette Lupinacci, Secretary (203) 512-3854
<b>Brookfield Lacrosse Club</b>	<a href="http://www.brookfieldlax.org/">http://www.brookfieldlax.org/</a> Kevin Madden (203) 775-4434
<b>Brookfield Open Space Legacy (BOSLI)</b>	<a href="http://www.bosli.org">www.bosli.org</a>
<b>Brookfield Soccer Club</b>	<a href="http://www.brookfieldsoccer.org/">http://www.brookfieldsoccer.org/</a> Field Hotline (203) 775-5239
Candlewood Lake Authority	Larry Marciano (860) 354-6928
CT DEEP Boating Division	(860) 434-8638
Conservation Commission	Alice Dew (203) 775-7316
Garden Club	Diane Flood (203) 546-8142
Girl Scouts	<a href="http://www.brookfieldscouts.org">www.brookfieldscouts.org</a>
Lions Club	Lyn Lyon (203) 775-6190
MOMS Club® of Brookfield	Gesette Jewett (203) 546-8568
Brookfield Neighbors	<a href="http://www.brookfieldnewcomers.com">www.brookfieldnewcomers.com</a>
Positive Discipline of Western CT, Inc.	Carol Does 203-794-6106 <a href="http://www.positivedisciplinect.org">http://www.positivedisciplinect.org</a>
Rotary Club	Russ Cornelius (203) 775-8010
Senior Center	(203) 775-5308
Women's Club of Brookfield	Jeanine Hanewicz (203) 313-0643 Jhh322@aol.com

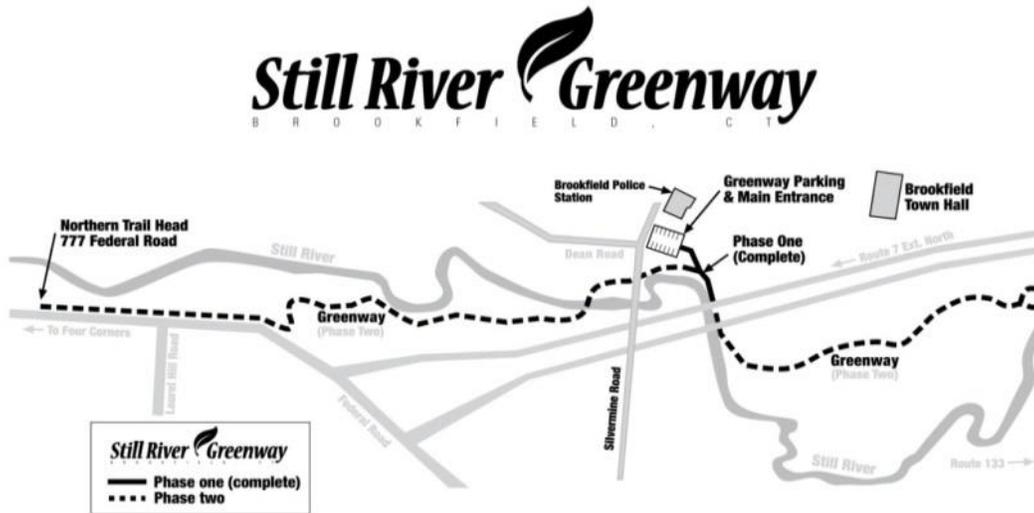
## From the Director:

### Still River Greenway Update

The project is back underway following our planned winter shutdown period. For those of you who have enjoyed the southern portion of the trail during this unseasonably warm winter, we ask that you please note the signs at the trail head that could change on a daily basis. Please do not assume that the trail will be as available as it was over recent months.

Folks should be aware that the northern section of the trail (the area just north of Silvermine Road to the Four Corners area) will remain closed. This section of the trail will include the installation of a 170 foot pedestrian bridge to be installed in mid-April followed by hundreds of feet of pier supported wetland crossings and boardwalks.

Estimated project completion date is August 1, 2016.



### Parks Revitalization Update

It seems the dust has now settled on our Parks Revitalization projects at Cadigan Park and the Town Park Beach and we are looking forward to our first fully operational season! Updated park features include:

- a beach that is now three times larger
- a beautiful, temperature controlled Lakeside Community Room
- renovated tennis\*, basketball\* and volleyball courts (\*Lights available until 10:00 p.m. starting April 1)
- ½ mile walking path
- state of the art playing fields
- improved parking area
- new playground equipment
- renovated and now accessible public restrooms, concessions and pavilion
- all new storm water management and sea wall

Let this be the year that you take full advantage of what these facilities have to offer.

Your recreation and park staffs continue to maximize the department's limited resources by improving upon Brookfield's recreational programs and facilities.

***"The Benefits are Endless"***

Dennis DiPinto

Director Parks & Recreation

<http://www.brookfieldct.gov/rec>

# MOTHER'S DAY 5K

Presented by Dr. Philip Mascia

SUNDAY, MAY 8, 2016

9:00 A.M. START

BROOKFIELD HIGH SCHOOL, 45 LONGMEADOW HILL ROAD

TO BENEFIT THE BROOKFIELD HIGH SCHOOL TRACK

**REGISTRATION:** \$25.00 BY MAY 6, \$30.00 RACE DAY. Online registration for individuals is available at <http://brookfield.usaxc.com> at \$27.25 per person. The last day to register online is 5/5/16. (Teams must still register through the Parks & Rec Office). T-shirts to first 225 entrants, chip timing. WALKERS WELCOME!

**AWARDS:**

WINNER: MALE AND FEMALE

TOP THREE: U14, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79

TOP THREE MOTHER/DAUGHTER AND GRANDMOTHER/GRANDDAUGHTER TEAMS\*

TOP THREE MOTHER/SON AND GRANDMOTHER/GRANDSON TEAMS\*

\*RUNNERS MUST ENTER TOGETHER AS A TEAM, PAY AS INDIVIDUALS. TEAMS ARE NOT ELIGIBLE FOR INDIVIDUAL AWARDS.

**COURSE ROUTE:**

Start at Brookfield High School. Longmeadow Hill Road, right onto Hop Brook Road (cone turnaround) and return on Longmeadow Hill Road to Brookfield High.

**DIRECTIONS:**

**184 Eastbound:** Exit 9, left off ramp onto Rt. 25. 4 miles through light at junction Rt. 133, bear right at Brookfield Library onto Long Meadow Hill Road, Brookfield High School on right.

**184 Westbound:** Exit 9, right off ramp onto Rt. 25, then same as above.

**The Mother's Day 5K is the second event in the "Four Seasons Challenge Series." The 2016 race calendar includes:**

January 1, 2016 28<sup>th</sup> Annual Brookfield Lions/ James O'Brien New Year's Day Run for Sight 4-Miler

May 8, 2016 Annual Mother's Day 5K to benefit the BHS track  
9:00 a.m. start at Brookfield High School

June 5, 2016 10<sup>th</sup> Annual Brookfield Lions - JDRF Strides to Cure Diabetes 5-Miler  
9:00 a.m. start at Cadigan Park, 500 Candlewood Lake Road Brookfield  
Contact: Mark Lyon at (203) 775-6190 or [lyonpride@charter.net](mailto:lyonpride@charter.net)

October 30, 2016 25<sup>th</sup> Annual 5K Halloween Run and Kid's K Fun Run  
10:00 a.m. start at the Brookfield Municipal Center (Kid's K starts at 9:30 a.m.)  
Contact: Brookfield Parks & Recreation (203) 775-7310 or [www.brookfieldct.gov/rec](http://www.brookfieldct.gov/rec)

Runners who register for and complete all four races in the "Four Seasons Challenge Series" will receive a commemorative gift, to be distributed during the awards ceremony at the 2016 Halloween Run.

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To register by mail, make checks payable to "Town of Brookfield" and mail to:  
Brookfield Parks and Recreation, "ATTN: Mother's Day 5K", P.O. Box 5106, Brookfield, CT 06804.  
To register by phone with credit card call Brookfield Parks & Recreation at (203) 775-7310.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

EMAIL: \_\_\_\_\_

T-SHIRT SIZE \_\_\_\_\_ PARENT'S SIGNATURE \_\_\_\_\_

TEAM CATEGORY AND PARTICIPANT NAMES: MD, MS, GD, GS \_\_\_\_\_



# Newtown Savings Bank

The Experience Matters®

# Concerts in the Park 2016

Concerts are scheduled Friday evenings from 6:30 to 8:00 PM at the Bandstand, Town Hall, 100 Pocono Road  
Family fun! Bring a chair or blanket and picnic in the park!

**June 17**  
**Potato Fest**  
**Grade A Shop Rite**  
**Four Barrel Billy**  
American Roots  
**A-Z Property**  
**Maintenance, LLC**  
**Dr. Claire A Free, M.D.,**  
**LLC**

**June 24**  
**Older than Dirt**  
Classic Rock  
**Haggerty & Co., Inc.**  
**Real Estate**  
**Brookfield Neighbors**

**July 1**  
**Scratch**  
Dance Party  
**McCaffrey Realty**  
**Professionals of**  
**Coldwell Banker**  
**Chick-fil-A**

**July 8**  
**Blonde Ambition**  
Motown - Blues  
**Brookfield Chamber**  
**of Commerce**

**July 15\***  
**Jamnesia**  
Classic Rock  
**Clayton's Mercantile**  
**Supply**

**July 16 (Saturday)**  
**Brookstock VI Music**  
**Festival 3-8 P.M.**  
Variety

**Hosted By BHS Class of**  
**1978**

**To benefit Brookfield &**  
**Candlewood Volunteer**  
**Fire Departments**

**July 22**  
**Top Dead Center**  
70's & 80's

**Available**

**Available**

**July 29\***  
**Zero Proof**  
Jazz/Fusion

**Available**

**Available**

**August 5**  
**Bock & Blu**  
Funk-a-licious

**Dental Associates**

**Brookfield Lions Club**

**August 12\***  
**Already Gone**  
Eagles Tribute

**Housatonic Rotary of**  
**Brookfield**

**Available**

**August 19**  
**Gold Rush**  
Blue Grass

**Ryer Associates**

**Sippin Energy Products**

**August 26**  
**Dan's Garage**  
Classic Rock

**Matson Financial**  
**Advisors**

**Jim Eagan, Nationwide**  
**Insurance**

\* Followed by a "drive in" movie at dusk.



PRSR STD  
ECRWSS  
USPOSTAGE  
**PAID**  
EDDM RETAIL

P.O. Box 5106 Brookfield, CT 06804  
(203)775-7310

### **RECREATION STAFF:**

Dennis DiPinto, Director  
Mary Knox, Recreation Supervisor  
Donna Korb, Administrative Assistant

### **PARKS MAINTENANCE STAFF:**

Chris Rabuse, Parks Supervisor  
Chris Shaw, Crew Leader  
Rob Haggerty Rick Lamparelli

### **COMMISSION:**

Bryan Chnowski, Chair  
Ed Butt, Co-Vice Chair  
Joei Grudzinski, Co-Vice Chair  
Sara Kincade Rob Blick  
Tony Tomaino Renee Santiago  
Elaine Rajcula, Commission Secretary

**POSTAL PATRON**  
**BROOKFIELD, CT 06804**



*The Brookfield 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.*

*The Brookfield Parks & Recreation Department is complying with the Americans with Disabilities Act (ADA) Public Law 101336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program accommodations will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.*

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**Registration for spring programs begins Thursday, April 7.**

**Register over the phone when paying by credit card, in person at the Parks and Recreation Office or by mail. Please note dates for summer program registration within the program guide.**