



be happier • build family  
unity • feel great • take  
care of latch key children  
• reduce unemployment •  
in-crease communication  
skills • expand knowl

edge • 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

## Winter 2016 Program Guide

## Special Events



### Afternoon of Ice Skating at Danbury Ice Arena

Join us and your friends and neighbors for an afternoon of ice-skating at the Danbury Ice Arena! We've rented out one of the rinks from 12:50 – 2:20 p.m. for an afternoon of fun! Skate rentals are included for those who need them, but please bring your own if you can. We encourage you to bring bike helmets from home, too. (We're told that bike helmets work great for ice-skating!) Light refreshments will be served. There is no charge for this event, but you must pre-register, as we can only accommodate up to 250 people. Please plan to arrive at the Ice Arena by 12:30 p.m. to make sure that you get your skates laced up and can enjoy your full time on the ice!

Day: Sunday                      Time: 12:50 – 2:20 p.m.  
Date: 2/28                        Place: Danbury Ice Arena  
Fee: Free

### 17<sup>th</sup> Annual Flashlight Egg Hunt



Just for students in grades 3 – 5! The hunt will be held on the grounds of Town Hall at 8:00 p.m. sharp, and will last approximately 20 minutes. All participants must bring their own flashlights. Bags will be provided for collecting. Call the Parks & Recreation Office to pre-register. Cost is \$1.00 per student. Pay on the evening of the hunt in front of the Town Hall.

Day: Friday                      Time: 8:00 p.m.  
Date: 3/18                        Fee: \$1.00

### 20<sup>th</sup> Annual Egg Hunt



Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, March 19. Additional features include a jellybean counting contest, and a special appearance by the Easter Bunny. Bags will be provided for egg collecting. Call the Parks & Rec. Office to pre-register. Cost is \$1.00 per child. Pay on the day of the hunt in the lobby of Town Hall. Rain date is Sunday, March 20.

#### Age Divisions:

- Under 3 at 12:00 p.m.
- 3- 4 year olds at 12:15 p.m.
- 5 - 6 year olds at 12:30 p.m.
- 7 - 8 year olds at 12:45 p.m.

Day: Saturday                      Time: See above  
Date: 3/19                        Fee: \$1.00

*We are still fine tuning the details on a couple of family friendly activities during February vacation. More information to follow on flyers through the schools and our website by the end of January.*

## Special Events, continued

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

9:00 a.m. Start at Brookfield High School  
To Benefit the BHS Track  
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.

Please visit our website for more information or to download an application. Walkers welcome!

## 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 ~ Digital Camera Essentials**

If you have a small digital camera - one that fits in your pocket - which you've put off using, this class is for you. In two evenings you'll become familiar with what your little camera can do, and what it can't. Start having fun with your digicam! Decide if you want to progress to a DSLR with interchangeable lenses or just use your smart phone. All participants must bring their camera manual and charged batteries. Expect homework after the first class.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Dates: 2/3 – 2/10 (2 wks)

Place: Town Hall Meeting Rm. Fee: \$40.00

Instructor: Mary Ann Kulla

**iPhone Photography**

The 8 megapixel iPhone 4,5,5s and 6 cameras 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.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Date: 2/24 (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 that you can download a song or two for practice.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Date: 3/9 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

**New ~ Simplify, Organize, Focus on What you are Passionate About**

Are you overwhelmed by clutter? Spending too much time tidying and not enjoying your home? Want to get organized without the stress? Professional Organizer Kerri Colombo of Cornerstone Organizing will share tips for you to tackle your projects in a stress free atmosphere. You'll leave with the skills and confidence to tackle your organizing projects in a thoughtful way. Kerri 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 – 9:00 p.m.

Date: 1/27 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Room

**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: Tuesday Time: 7:00 – 9:00 p.m.

Date: 3/22 Fee: \$20.00

Place: Town Hall Meeting Room

**Mindfulness-Based Stress Reduction**

Mindfulness provides a simple but powerful route for getting ourselves unstuck from dwelling on the past or worrying about the future. It is being fully aware and at peace in the present moment, without judgement or strife. Numerous research studies have proven the effectiveness of MBSR in helping to reduce stress, enhancing mental clarity, and improving health and emotional well-being. This eight week experiential program combines the art and science of mindfulness meditation to help reduce stress, promote physical health, and cultivate emotional well-being.

Day: Monday Time: 10:00 a.m. – 12:00 p.m.

Dates: 1/25 – 3/21 (8 wks) – no class 2/15

Instructor: Ann Reeves, Psy.D., Licensed Psychologist, certified MBSR

Place: SOUND, 31 Hawleyville Road, Newtown

Fee: \$295.00

**New ~ Introduction to Energy Medicine**

Energy Medicine works to increase your overall health and vitality. Donna Eden, one of the pioneers of Energy Medicine, has developed some profound and simple techniques that take only a few minutes a day. You will learn her 5-minute Daily Energy Routine that will balance your energies, strengthen your immune system, increase your strength and vitality, balance your body's chemistry and help you think more clearly. You will learn techniques based upon acupuncture points to strengthen and maintain the flow within your natural energy system. These techniques will help you overcome many different types of illnesses, keep you strong and resilient and empower you to own your personal health and well-being. This will be an active session with full attendee participation and one on one coaching in the technique. Dress comfortably and casually. Choose one session to attend.

Session 1: Wednesday, 1/27, 7:30 – 9:30 p.m.

Session 2: Thursday, 1/28, 10:00 a.m. – 12:00 p.m.

Place: SOUND, 31 Hawleyville Road, Newtown

Fee: \$45.00

**Mediterranean Vegetable Cooking 101**

Everyone knows that the heart-friendly “Mediterranean Diet” is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Classes will be conducted as a combination demonstration and hands-on workshop. Each night you’ll make and sample three recipes featuring the vegetable of the week (zucchini, peppers, eggplant, and escarole) and you’ll leave with handouts of the recipes and other helpful hints. Instructor Ann Salinger’s first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge and enthusiasm for cooking with friends and students.

Day: Tuesday Time: 6:30 – 8:30 p.m.  
 Dates: 1/26 – 2/23 (4 wks) – no class 2/16  
 Place: BHS Culinary Arts Room #204  
 Fee: \$82.00

**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: 3/8 – 3/29 (4 wks)  
 Place: BHS Culinary Arts Room #204  
 Fee: \$82.00

**New ~ 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: Thursday Time: 6:30 – 8:30 p.m.  
 Dates: 1/28 – 2/25 (4 wks) – no class 2/18  
 Instructor: Ann Salinger Fee: \$82.00  
 Place: BHS Culinary Arts Room #204

**Spring on the Amalfi Coast?**

Well, if you can’t have that, perhaps you can enjoy some of these authentic Southern Italian specialties on your deck (once the snow melts of course) and pretend you are there. Springtime offers new choices for fresh vegetable dishes, although this class goes beyond vegetables (but is still vegetarian) to include a traditional *pizza rustica* (a ricotta-based pie), peach gelato, and a few other surprises. *Buon appetito!*

Day: Thursday Time: 6:30 – 8:30 p.m.  
 Dates: 3/10 – 3/31 (4 wks) Fee: \$82.00  
 Instructor: Ann Salinger  
 Place: BHS Culinary Arts Room #204

**New ~ 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. Students will need to purchase an instruction book and bring their own guitar.

Day: Monday Time: 7:30 – 8:10 p.m.  
 Dates: 2/1 – 3/21 (8 wks) Fee: \$165.00  
 Place: SOUND, 31 Hawleyville Road, Newtown  
 Instructor: John Bracket

**New ~ Intro to the Didgeridoo**

Learn the basic elements of playing the didgeridoo. Casey will cover the drone animal sounds, simple rhythms and concepts of circular breathing. Practicing the didge is a meditation; a form of prana yana and just a few minutes of playing is a powerful experience. The intuitive nature of the didgeridoo makes it accessible to everyone. Didges provided for use during class or bring your own.

Day: Sunday Time: 4:00 – 6:00 p.m.  
 Date: 1/24 (1 wk) Fee: \$45.00  
 Place: SOUND, 31 Hawleyville Road, Newtown

**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: 1/25 – 3/21 (8 wks) – no class 2/15  
 Place: Town Hall Meeting Room  
 Instructor: Anna Prendi Fee: \$79.00

**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: 1/28 – 3/17 (8 wks)  
 Place: Town Hall Meeting Room  
 Instructor: Anna Prendi Fee: \$79.00

## 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.

Day: Saturday                      Time: 10:00 a.m. – 2:00 p.m.  
Date: 1/30                              Fee: \$89.00  
Place: Town Hall Room            Instructor: Jerry Kochman

## 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 1/30, 2:00 – 4:00 p.m.  
Session 2: Wednesday, 2/17, 7:00 – 9:00 p.m.  
Session 3: Saturday, 2/27, 2:00 – 4:00 p.m.  
Session 4: Wednesday, 3/16, 7:00 – 9:00 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. Includes both cat and dog first aid.

Day: Saturday                      Time: 10:00 a.m. – 2:00 p.m.  
Date: 2/27                              Fee: \$56.00  
Place: Town Hall Meeting Room  
Instructor: Jerry Kochman

WERACE (Western Connecticut Regional Adult Education) is a regional program that provides FREE State mandated adult education services to adults 17 years of age and older who live in Brookfield and surrounding towns. For more information about these services, contact:

WERACE 203-797-4731  
10 Crosby Street, Danbury, CT 06810  
<https://sites.google.com/a/danbury.k12.ct.us/werace/>

Please note all Adult Education classes included in this program guide are provided by the Brookfield Parks & Recreation Department. Questions and registrations should be directed to us at 203-775-7310.

## 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. Please ask for a materials list when registering (approximate cost \$40).

Day: Thursday                      Time: 5:30 – 7:30 p.m.  
Dates: 1/21 – 3/10 (8 wks)        Fee: \$88.00  
Place: Senior Center Craft Room  
Instructor: Victoria Lange

## 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: 1/27 – 3/9 (6 wks) – no class 2/17  
Place: Whisconier Middle School Rm #1515  
Instructor: Karen Ryavec Lubensky  
Fee: \$90.00

## New ~ Scrapbook Workshop

Do you like or want to try scrapbooking, card making or paper crafting? We are offering affordable crop workshops where you can work on your own projects with friends and learn new techniques with a Stampin' Up demonstrator. A coordinated kit of new supplies to use will be provided.

Day: Wednesday                      Time: 7:00 – 9:00 p.m.  
Date: 2/24 (1 wk)                      Fee: \$25.00  
Place: Town Hall Meeting Room  
Instructor: Laura Pizzirusso

## New ~ Project Life Memory Keeping Workshop

Have you heard about "Project Life" memory keeping with photo pockets? You can use it as a photo album or create pocket page scrapbook layouts. Each participant will receive an Intro to Project Life kit including; a 12x12 Project Life Pocket Page, journaling pen, coordinating accessories (embellishments), and access to coordinated stamp sets along with a Stampin Up demonstrator on hand for advice, how tos and samples.

Day: Wednesday                      Time: 7:00 – 9:00 p.m.  
Date: 3/9 (1 wk)                      Fee: \$30.00  
Place: Town Hall Meeting Room  
Instructor: Laura Pizzirusso

## Adult Fitness



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: 1/25 – 3/21 (8 wks) – no class 2/15

Place: Center School Gym Fee: \$75.00

Instructor: Ariana Mesaros

## New ~ Tai Chi for Beginners

Tai Chi is practiced for health and self-defense. 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: 1/27 – 3/23 (8 wks) – no class 2/17

Place: Center School Gym Instructor: Vincent Candela

Fee: \$79.00

## 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 AM

Place Brookfield High School Track

Fee: \$70.00

## Adult Fitness, continued

## Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both disciplines. 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: 1/19 – 3/15 (8 wks) – no class 2/16

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$75.00

## 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. Please bring a set of weights (1,3 or 5 pound is recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:00 – 7:00 p.m.

Dates: 1/21 – 3/17 (8 wks) – no class 2/18

Place: Center School Gym Fee: \$75.00

Instructor: Phyllis Babuini

## 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. Childcare is available during class. Register for this program and receive a free gym pass for two weeks.

Day: Tuesday Time: 9:15 – 10:15 a.m.

Dates: 1/26 – 3/15 (8 wks) Fee: \$90.00

Place: NO LIMIT Health and 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. Childcare is available.

Day: Thursday Time: 9:15 – 10:15 a.m.

Dates: 1/28 – 3/17 (8 wks)

Instructor: Marni McNiff Fee: \$90.00

Place: NO LIMIT Health & Fitness, 1120 Federal Road

## Adult Fitness, continued

### New ~ Adult Strength & Conditioning

Do you want to increase strength, stamina, balance and flexibility; improve key health indicators; lose weight; and charge up your overall fitness level? Then this class is for you! Each one-hour class is a challenging mix of body weight, dumbbell, barbell, and kettlebell movements; heart-pumping metabolic conditioning exercises; and a bit of unexpected; in an encouraging group atmosphere. This class is led by a nationally-certified performance coach and adapted to participant fitness level. If you are ready to get results, this is the perfect training experience for you! Your registration includes an eight-week full gym membership.  
Days: Saturday Time: 10:00am – 11:00am  
Dates: 1/30 - 3/19 (8 wks) Fee: \$120.00  
Place: No-Limit Health & Fitness, 1120 Federal Rd



### 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, January 25 through March 19 (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, 6:15 – 7:15 p.m.  
Thursday, 6:15 – 7:15 p.m.  
Saturday, 9:15 – 10:15 a.m.

### 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: 1/25 – 3/28 (6 classes) – choose any 6 to attend  
Instructor: Christina Rojas

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

Dates: 1/27 – 3/30 (6 classes) – choose any 6 to attend  
Instructor: Stacey Orris

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

Dates: 1/28 – 3/31 (6 classes) – choose any 6 to attend  
Instructor: Mimi Mathew

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

Dates: 1/30 – 4/2 (6 classes) – choose any 6 to attend  
Instructor: Heather Morgado  
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT  
Fee: \$90.00 per session

## Adult Fitness, continued

### Yoga Beyond the Basics – 6 Class Pass

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; Flow; or Vigorous classes. Or perhaps do a little deeper within the yoga experience with a Gentle, Yin or Kundalini class. The class schedule and descriptions may be found at: <http://yogaspace-ct.com/sp/schedule1.htm>.  
Dates: 1/25 – 3/28 (6 classes) – choose any 6 to attend  
Place: YogaSpace, 78 Stony Hill Road, Bethel CT  
Fee: \$90.00

### New ~ FREE Six Week Mindfulness Mediation Series

Mindfulness meditation helps reduce stress, promote physical health, and cultivate emotional well-being. This six week series will enable you to learn the foundations of mindfulness meditations including awareness of body, thoughts and emotions. You will learn how to apply mindfulness in your everyday life through everyday activities such as walking and eating. This course will help you lay the foundation for a daily practice of mindfulness in your life. YogaSpace is excited to be able to offer this Meditation series for free thanks to sponsorship from the Newtown Yoga Festival.  
Day: Sunday Time: 6:00 – 7:00 p.m.  
Dates: 1/24 - 2/28 (6 wks)  
Fee: Free; pre-registration required through Parks & Rec.  
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT  
Instructor: Andy Lee and Alisha Aum of Mindful Spirit

## Adult Fitness - Open Gyms



### Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over. Open Gym is canceled on 1/18, 2/15 and on days when school is not in session or dismisses early because of inclement weather.  
Days: Monday Time: 7:30 – 9:30 p.m.  
Dates: 11/16/15 – 3/21/16 (16 ses) Place: BHS Gym  
Fee: \$5.00/night or \$64.00/season pass

### Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Open gym is canceled on 11/25, 12/23, 12/30, 2/17 and on days when school is not in session or dismisses early because of inclement weather.  
Days: Wednesday Time: 7:30 – 9:00 p.m.  
Dates: 11/4/15 - 4/6/16 (19 ses) Place: WMS Gym  
Fee: \$5.00/night or \$76.00/season pass

### Mandatory Men's Softball League Meeting

For new and returning teams interested in playing during the 2016 season in our newly renovated Cadigan Park. Thursday, February 11 at 6:30 p.m. in Town Hall. Information only, no deposits due. For more information please contact League Director Jason Maxwell at [jamaxwell@hotmail.com](mailto:jamaxwell@hotmail.com).

## 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. Classes meet 6:00–7:00 p.m.

January: Wednesdays – 1/6, 1/13, 1/20, 1/27

February: Thursdays – 2/4, 2/11, 2/18, 2/25

March: Tuesdays – 3/1, 3/8, 3/15, 3/22

April: Mondays – 4/4, 4/11, 4/18, 4/25

### Women Only Classes for Beginners

January: Tuesdays – 1/5, 1/12, 1/19, 1/26

February: Mondays – 2/8, 2/15, 2/22, 2/29

March: Wednesdays – 3/2, 3/9, 3/16, 3/23

April: Thursdays – 4/7, 4/14, 4/21, 4/28

## Tots Activities

### 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: 1/25 – 3/21 (8 wks) – no class 2/15

Place: Congregational Church – Fellowship Hall (lower level)

Instructor: Dolly Pinto Fee: \$70.00

### New ~ 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: 1/26 – 3/22 (8 wks) – no class 2/16

Place: Congregational Church Pre-School Room

Instructor: Anna Prendi Fee: \$70.00

## Tots Activities, continued

### 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.

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

Session 1: 1/25, 2/1, 2/8, 2/22 (4 wks)

Session 2: 3/7, 3/14, 3/21, 3/28 (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: 1/20, 1/27, 2/3, 2/10 (4 wks)

Session 2: 3/2, 3/9, 3/16, 3/23 (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: 1/22, 1/29, 2/5, 2/12 (4 wks)

Session 2: 3/4, 3/11, 3/18, 4/1 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

### 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 2: 2/3 – 2/24 (4 wks) Fee: \$60.00/session

Session 3: 3/2 – 3/23 (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 2: 2/3 – 2/24 (4 wks) Fee: \$45.00/session

Session 3: 3/2 – 3/23 (4 wks)

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

## Tots Activities, continued

### 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 2: 2/5 – 2/26 (4 wks)

Session 3: 3/4 - 4/1 (4 wks) – no class 3/25

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

Fee: \$60.00/session

## Center After School

### 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: 1/26 – 3/29 (8 wks) – no class 2/16, 3/22

Instructors: Ryan Halloran and Ashley Defreitas

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

Dates: 1/22 – 3/18 (8 wks) – no class 2/19

Instructors: Vicki Rapela and Zoe DiPinto

Place: Center School Gym Fee: \$44.00/session



### 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: 1/25 – 3/21 (8 wks) – no class 2/15

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

Dates: 1/21 – 3/17 (8 wks) – no class 2/18

Instructors: Jack Egan and Molly Bomba

Place: Center School Gym Fee: \$44.00/session

### Quick Start Tennis

Students in 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. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 1/20 – 3/2 (6 wks) – no class 2/17

Place: Center School Gym Fee: \$66.00

Instructor: Elaine Gregory, BHS Girls Coach

## Center After School, continued

### 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:**

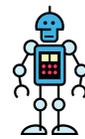
Tuesday 2/2, 3:30 – 4:30 p.m. Center School Room

**Hocus Pocus – Magic Workshop 2:**

Tuesday 3/1, 3:30 – 4:30 p.m. Center School Room

**Presto – Magic Workshop 3:**

Tuesday 3/29, 3:30 – 4:30 p.m. Center School Room



### Lego in Motion

Calling all Lego enthusiasts and builders in grades K and 1! We put fun in motion as students learn how to use wheels and axles, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. All new models to tinker with this session. Class limited to 12 students.

Day: Wednesday Time: 3:30 – 4:45 p.m.

Dates: 1/20, 1/27, 2/3, 2/10, 2/24 (5 wks)

Place: Center School Room Fee: \$95.00

Instructor: Computer Explorers



### 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: 1/25, 2/1, 2/8, 2/22 (4 wks)

Session 2: 3/7, 3/14, 3/21, 3/28 (4 wks)

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

Session 1: 1/26, 2/2, 2/9, 2/23 (4 wks)

Session 2: 3/8, 3/15, 3/29, 4/5 (4 wks)

Place: Center School PreSchool Room

Fee: \$48.00/session

Instructor: Ann Salinger

## Center After School, continued

### 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: 1/21 – 3/10 (6 wks) – no class 2/11, 2/18

Place: HHES Gym Fee: \$46.00

Instructor: Danielle Olivier

### Pre-Ballet

This class will introduce boys and girls in kindergarten and grade 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: 1/21 – 3/17 (8 wks) - no class 2/18

Place: Center School Music Room

Instructor: Dolly Pinto Fee: \$70.00



### 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: 1/21, 1/28, 2/4, 2/11 (4 wks)

Place: Center School Cafeteria

Instructor: Tyler Raymond, Hammerhead Martial Arts

Fee: \$28.00

### Iddy, Biddy Basketball – Grade 1

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt. Our referees serve as coaches, no parent coaches are needed at this level.

Day: Saturday Time: 11:00 a.m. - 12:00 p.m.

Dates: 1/9 – 3/5 (7 wks) – no class 2/13, 2/20

Place: Huckleberry Hill School– Upper Gym

Supervisor: Fern Smenyak Fee: \$63.00

## Center After School, continued



### 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 we can to help our students obtain the best results for their efforts. For more information visit [www.paintdrawmore.com](http://www.paintdrawmore.com)

Day: Thursday Time: 3:30 – 4:30 p.m.

Session 1: 1/21 – 2/11 (4 wks)

Session 2: 3/3 – 3/31 (4 wks) – no class 3/24

Place: Center School Art Room

Fee: \$72.00/4 week session

## Huckleberry After School

### Video Animation Gaming

Students in grades 2-4 will be using the software program 'Scratch' developed by MIT Media Institute to create animation, music videos, Pac man like video games and more. Creations from this class along with a copy of this software will be sent home so they can continue to have fun! Class is limited to 12 students.

Day: Monday Time: 3:30 – 4:45 p.m.

Dates: 1/25, 2/1, 2/8, 2/22, 2/29 (5 wks)

Place: HHES Library Fee: \$95.00

Instructor: Computer Explorers

### Minecraft Adventure

Imagine playing the popular game Minecraft while learning! Students in grades 2-4 will access a proprietary Minecraft.edu mod created for this class to address all of the 21st century skills: critical thinking, creativity, problem solving, decision making, collaboration, communication, ICT literacy and more. Come hang with your friends as you mine, craft and build together to survive! Class is limited to 12 students

Day: Monday Time: 3:30 – 4:45 p.m.

Dates: 3/14, 3/21, 3/28, 4/4, 4/11 (5 wks)

Place: HHES Library Fee: \$95.00

Instructor: Computer Explorers



*We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Class proposals should be received by 2/1/16 to be considered for the spring/summer program guide.*

## Animation Moviemaker

Clay and animation, what a perfect combination! Working in teams, students do it all, from story creation to making the characters and building the sets. As they learn the production process they will use DIGITAL CAMERA and COMPUTER SOFTWARE to animate, record, download, assemble and edit their own movies.  
 Day: Thursday Time: 3:30 – 4:45 p.m.  
 Dates: 1/21, 1/28, 2/4, 2/11, 2/25 (5 wks)  
 Place: HHES Library Fee: \$95.00  
 Instructor: Computer Explorers



## The Wizard's School of Magic

Students in grades 2 – 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 them at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!  
 Instructor: Tom O'Brien Fee: \$15.00 each  
Abracadabra - Magic Workshop 1:  
 Tuesday 1/26, 3:30 – 4:30 p.m. HHES Room  
Hocus Pocus – Magic Workshop 2:  
 Tuesday 2/23, 3:30 – 4:30 p.m. HHES Room  
Presto – Magic Workshop 3:  
 Monday 3/21, 3:30 – 4:30 p.m. HHES Room

## 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.  
 Session 1: 1/22, 1/29, 2/5, 2/12 (4 wks)  
 Session 2: 3/4, 3/11, 3/18, 4/1 (4 wks)  
 Place: Huckleberry Hill Upper Gym  
 Instructor: Ariana Mesaros Fee: \$35.00/4 wk session



## Quick Start Tennis

Students in grades 2 - 4 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. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.  
 Day: Tuesday Time: 3:30 – 4:30 p.m.  
 Dates: 1/19 – 3/8 (6 wks) – no class 2/9, 2/16  
 Place: HHES Lower Gym Fee: \$66.00  
 Instructor: Elaine Gregory, BHS Girls Coach



## Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.  
 Day: Friday Time: 3:30 – 4:30 p.m.  
 Dates: 1/22 – 3/11 (7 wks) – no class 2/19  
 Place: HHES Lower Gym Fee: \$39.00  
 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: Thursday Time: 3:30 – 4:30 p.m.  
 Dates: 1/21, 1/28, 2/25, 3/10 (4 wks)  
 Place: HHES Lower Gym Fee: \$22.00  
 Instructor: Danielle Olivier

## New ~ 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: Monday Time: 3:30 – 4:30 p.m.  
 Dates: 1/25, 2/8, 2/22, 3/7 (4 wks)  
 Place: HHES Upper Gym Fee: \$22.00  
 Instructor: Matt Cudney

## 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: 1/21 – 3/10 (6 wks) – no class 2/11, 2/18  
 Place: HHES Gym Fee: \$46.00  
 Instructor: Danielle Olivier

### Mixing it Up with Ms. Olivier

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

Day: Monday Time: 3:30 – 4:30 p.m.  
 Dates: 1/25 – 3/7 (6 wks) – no class 2/15  
 Place: HHES Lower Gym Instructor: Danielle Olivier  
 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 asked to bring their own goggles.

Day: Wednesday Time: 3:30 – 4:30 p.m.  
 Dates: 1/20 – 3/9 (6 wks) – no class 2/10, 2/17  
 Place: HHES Lower Gym Instructor: Matt Cudney  
 Fee: \$33.00

### You'll Flip!

Students in grades 2 – 4 who can't get enough tumbling and gymnastics during P.E. class will continue to practice their basic tumbling and gymnastics skills. The students will use a variety of gymnastics apparatus and equipment under the watchful eyes of Huckleberry's own Ms. Olivier and Mr. Cudney, to develop their flexibility, strength, and coordination.

**Session 1:** Monday, 3/21 – 4/11 (4 wks)  
**Session 2:** Wednesday, 3/23 – 4/13 (4 wks)  
 Time: 3:30 – 4:30 p.m.  
 Place: HHES Lower Gym Fee: \$30.00/session  
 Instructors: Danielle Olivier and/or Matt Cudney

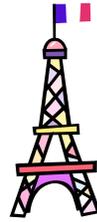


### Bowling

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.  
 Session 1: 1/21, 1/28, 2/4, 2/11 (4 wks)  
 Session 2: 3/3, 3/10, 3/17, 3/31 (4 wks)  
 Instructor: Dave Miller  
 Place: Brookfield Lanes Fee: \$52.00/session



### 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: 1/21 – 3/3 (6 wks) – no class 2/18  
 Place: HHES Room Fee: \$59.00  
 Instructor: Margee Minier

### Sign Language Club

Students in grades 2-4 will learn how to communicate using American Sign Language. Basics including the alphabet, numbers, and simple sentences will be taught in a fun and engaging way. No previous experience necessary!

Day: Tuesday Time: 3:30 – 4:30 p.m.  
 Dates: 1/26 – 3/29 (8 wks) – no class 2/16, 3/22  
 Place: HHES Room Fee: \$72.00  
 Instructor: Laura Cookfair, Certified Teacher of the Deaf

### 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. Please make us aware of any food allergies or cultural restrictions when registering.

Day: Wednesday Time: 3:30 – 4:30 p.m.  
 Session 1: 1/27, 2/3, 2/10, 2/24 (4 wks)  
 Session 2: 3/9, 3/16, 3/23, 3/30 (4 wks)  
 Day: Thursday Time: 3:30 – 4:30 p.m.  
 Session 1: 1/28, 2/4, 2/11, 2/25 (4 wks)  
 Session 2: 3/10, 3/17, 3/31, 4/7 (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 his or her ability level, culminating with the completion of a painting. A supply list will be emailed to you along with your receipt at registration. (Materials cost is approximately \$40.00). Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.  
 Dates: 1/26 – 3/29 (8 wks) – no class 2/16, 3/22  
 Place: Huckleberry Hill School Fee: \$85.00

## Huckleberry After School, continued

### New ~ Kids in Harmoni: Peaceful & Positive Kids

This class will provide children ages 6 – 9 with tools and skills that nurture peace, positivity and compassion for self and others. It will focus on cooperative activities, positive affirmations, crafts, mindfulness activities, guided imagery, positivity, and soulful stories to engage children in a small group setting. Class size is capped at 6 so please register early. Instructor Kelly Grich has worked with children for more than 15 years. She is a CT licensed massage therapist and has earned certifications in Pediatric Massage, Touch Therapy for Children with Autism, ADHD and ADD, Holistic Health Coaching, Relaxation Therapy, and more.

Day: Thursday Time: 4:15 – 5:00 p.m.

Session 1: 2/4, 2/11, 2/18, 2/25 (4 wks)

Session 2: 3/3, 3/10, 3/17, 3/24 (4 wks)

Instructor: Kelly Grich Fee: \$88.00/session

Place: SOUND, 31 Hawleyville Road, Newtown



### 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.

Session 1: 1/22 – 2/12 (4 wks)

Session 2: 3/4 - 4/1 (4 wks) no class 3/25

Place: HHES Fee: \$72.00/session

### Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 3 – 4. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Affiliated with CT USA Wrestling. Details on our program for grades 5-8 is listed under Whisconier Activities.

Day: Monday, Wednesday, or Friday (see below)

Time: 6:30 – 7:30 p.m.

Session 2: 1/4, 1/6, 1/11, 1/13, 1/18, 1/20, 1/25, 2/1, 2/3, 2/8 (10 classes)

Fee: \$90.00/session

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine, USA Wrestling Certified

## Whisconier After School



### 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: 2/19 (No school) Fee: \$65.00

Place: Town Hall Room 133 Instructor: Peggy Boyle

### Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 5 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Affiliated with CT USA Wrestling.

Day: Monday, Wednesday, or Friday (see below)

Time: 6:30 – 8:00 p.m.

Session 2: 1/4, 1/6, 1/11, 1/13, 1/18, 1/20, 1/25, 2/1, 2/3, 2/8 (10 classes)

Fee: \$95.00/session

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine, USA Wrestling Certified

### 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: 1/25 – 3/7 (6 wks) – no class 2/15

Place: HHES Lower Gym Fee: \$46.00

Instructor: Danielle Olivier

### 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 his or her ability level, culminating with the

completion of a painting. A supply list will be emailed to you along with your receipt at registration. 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: 1/25 – 3/21 (8 wks) – no class 2/15

Instructor: Victoria Lange Place: WMS Art Room

Fee: \$85.00



### Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 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. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

January: Wednesdays – 1/6, 1/13, 1/20, 1/27

February: Thursdays- 2/4, 2/11, 2/18, 2/25

March: Tuesdays – 3/1, 3/8, 3/15, 3/22

April: Mondays – 4/4, 4/11, 4/18, 4/25

### Youth Employment Program

Need help shoveling your driveway? How about a night out of the house, but have no one to watch your children?

Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process.

Our list of services includes not only babysitting and shoveling, but weeding, mowing, raking, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to.

For a list of interested workers, and for students seeking employment, please contact Donna Korb at [dkorb@brookfieldct.gov](mailto:dkorb@brookfieldct.gov) or call 775-7310.



**Parks & Rec. Youth Basketball Leagues for Grades 6 through 12 begin on Saturday, January 9.**

### High School Sports Performance Training

This program, for grades 9-12, is ideal for current high school athletes that are looking to gain an edge on the competition. Whether you're looking to make a varsity team or earn a college scholarship, No-Limit's Sports Performance Training Program will help you maximize your potential. We provide coaching and guidance to increase strength, stamina, coordination, speed, and power that will enhance the students ability to compete in a sporting event. Students will also learn how to use weight training equipment in a safe and supervised format with emphasis on proper form and technique. At this level the strength program will start to look very similar to what they will experience at the college level. Classes limited to no more than 10 students.

Day: Tuesday & Friday Time: 3:15 – 4:15 p.m.

**Session 1:** 2/2, 2/5, 2/9, 2/12, 2/16, 2/19, 2/23, 2/26 (8 classes)

**Session 2:** 3/1, 3/4, 3/8, 3/11, 3/15, 3/18, 3/22, 3/25 (8 classes)

Fee: \$80.00 per session

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: 1/27 – 3/23 (8 wks) – no class 2/17

Instructor: Victoria Lange Place: BHS Room

Fee: \$88.00



We are currently accepting applications for the following seasonal summer positions:

Lifeguard, Camp Counselor

Applicants for camp counselor must be at least 16 years old by the start of the camp season in

June. The Town of Brookfield is an equal opportunity employer.

Contact the Parks & Recreation Office at 775-7310 for more information or to request an application. Applications are also available for download from our website. Deadline for applications:

3/28/16

## Youth Basketball Leagues

### Girls' Basketball for Grades 6 - 9



Girls who are currently playing basketball, who used to play basketball or who have never played basketball are welcome and encouraged to play! We'll have two days of evaluations and practices on January 9 and

January 16 to see what skills the girls have coming into the program in order to make balanced teams. Over the next several weeks, teams will have scheduled practice time and play in game(s) each Saturday. All games are played in Brookfield against other teams also in the program, no travel required. We use adult "patched" referees to help consistently reinforce the rules of the game and adults volunteer as coaches. If a parent is able to coach or assistant coach, please let us know when registering. Times may vary from what is advertised depending on the number of players and teams. No program on Saturday, February 20.

Day: Saturday Time: 1:00 – 2:30 p.m.  
Dates: 1/9– 3/12\* (9 weeks) \*followed by weeknight and/or Saturday playoffs for teams that qualify  
Place: Brookfield High Old Gym  
Fee: \$88.00



### Boys' Basketball Grades 6-7, 8-9, and 10-12

We'll have two days of evaluation clinics and practices on January 9 and January 16 to determine the skill levels of players in order to make balanced teams. Games will begin on Saturday, January 23 and are played in Brookfield (at Brookfield High School) on Saturdays against other teams also in the program, no travel required. We use adult "patched" referees to consistently reinforce the rules of the game and adult volunteer coaches. If a parent is able to coach or assistant coach, please let us know at registration. Times and formats of the leagues may vary depending on the number of players and teams. Generally, boys in grades 6/7 are scheduled between the hours of 8:00 – 11:00 a.m., boys in grades 8/9 between 10:30 a.m. – 1:30 p.m. and boys in grades 10-12 between 2:30 – 5:00 p.m. Detailed schedules for the season will be given to all participants (once established) before league play begins on January 23. Dates: 1/9– 3/12\* (9 weeks) \*followed by weeknight and/or Saturday playoffs for teams that qualify  
Place: Brookfield High School  
Fee: \$88.00

#### Boys Grades 6/7:

1/9 and 1/16 practice 9:00 - 10:30 a.m. at BHS

#### Boys Grades 8/9:

1/9 and 1/16 practice 11:00 a.m. – 12:30 p.m. at BHS

#### Boys Grades 10-12:

1/9 and 1/16 practice 3:00 – 4:30 p.m. at BHS

## Community Connection



### Brookfield Soccer Club

### Spring 2016 Registration

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

Keep an eye on the website as registration will be opening soon. Register early to avoid being turned away! Travel registrations (U9 through U14) will be closed by early March. In-house registrations (U6 and U8 programs) will remain open through the beginning of April.

### Brookfield Baseball and Softball Association

### Spring 2016 Registration

<http://BrookfieldCt.BabeRuthonline.com>

Wednesday, January 6 7:00 - 9:00 p.m. BHS Cafeteria  
Wednesday, January 20 7:00 - 9:00 p.m. BHS Cafeteria  
Wednesday, February 10 7:00- 9:00 p.m. BHS Cafeteria  
\*\*Wednesday, February 24 7:00 – 9:00 p.m. BHS Cafeteria\*\*

BBSA Spring 2016 registration will be held in the cafeteria of Brookfield High School. Registration is open to Brookfield residents only. First time players must provide a copy of their birth certificate. Fee due at registration and will vary according to league. White baseball pants and black softball shorts will be available for purchase at registration. \*\*A \$25.00 per child late fee will be assessed on all registrations received after the last registration date (2/24/16).\*\*

### Brookfield Lacrosse Club

### Spring 2016 Registration

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

Brookfield Lacrosse Spring 2016 Registration is Now Open! Register now for the spring season and become part of one of the fastest growing sports in the country! Brookfield Lacrosse is open to Boys and Girls grades K-8, and operates in partnership with Brookfield High Lacrosse Programs. Kids new to the sport are welcomed and encouraged to come out and try this fast paced and exciting sport. Teams are formed based on age and skill level. We currently have open slots on all teams for first time players. Spring season begins the first week of April. Register by January 8th to take advantage of the early registration discount. Visit the Brookfield Lacrosse Club website for more information.



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 is ongoing for all basketball and youth wrestling programs.  
Registration for all other winter programs begins Wednesday, January 6.**