

Adult Programs

Digital and Video Photography

In just five weeks this class 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: Tuesday

Time: 7:00 – 9:00 p.m.

Dates: 5/12 – 6/9 (5 wks)

Place: Town Hall Meeting Rm.

Fee: \$70.00

Instructor: Mary Ann Kulla

iPhone Photography

The 8 megapixel iPhone 4,5,5s and 6 cameras can take great pictures. And since you have it with you all the time, you will be more likely to use it than a more complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the phone, as well as 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: Monday

Time: 7:00 – 9:00 p.m.

Date: 5/18 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Rm.

Instructor: Mary Ann Kulla

Tune in to your iPhone

Would you like to be able to use the "music" options on your iPhone without stressing? In one evening this class will explain how to browse for the music you like, 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 teenager does. Please come in knowing your Apple ID and password, so that you can download a song or two for practice.

Day: Monday

Time: 7:00 – 9:00 p.m.

Date: 6/1 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Rm

Instructor: Mary Ann Kulla

The ABC's of Photo Organizing

Are you overwhelmed with your photos? Are you not sure what to do with them? We can help! This class will help you organize, plan and give you tips to preserve your memories to pass on to your children and grandchildren. Whether your photos are printed or digital, Linda and Sharon can help you organize them all. Bring in a box of your printed photos and/or your digital camera, phone, laptop, tablet, memory cards. Make sure that electronics are fully charged and don't forget your connecting cables!

Day: Wednesday

Time: 7:00 – 8:30 p.m.

Date: 5/6 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Room

Instructors: Sharon Gialo and Linda Thomas

New ~ 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: Wednesday

Time: 6:30 – 8:30 p.m.

Dates: 4/29 – 5/20 (4 wks)

Fee: \$82.00

Instructor: Ann Salinger

Place: BHS Culinary Arts Room #204

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: Monday

Time: 6:30 – 8:30 p.m.

Dates: 4/20 – 5/11 (4 wks)

Fee: \$82.00

Place: BHS Culinary Arts Room #204

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: Monday

Time: 6:30 – 8:30 p.m.

Dates: 5/18 – 6/15 (4 wks) – no class 5/25

Place: BHS Culinary Arts Room #204

Fee: \$82.00

Beginning Italian: Ciao. Mi chiamo...

Learn conversation skills including introductions, polite greetings and daily interactions. We will build up basic vocabulary and grammar concepts. Beginners and intermediates are welcomed. No prior Italian language experience is necessary.

Day: Thursday

Time: 7:00 – 8:00 p.m.

Dates: 4/23 – 6/11 (8 wks)

Place: Town Hall Meeting Room

Instructor: Anna Prendi

Fee: \$79.00

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: Tuesday

Time: 7:00 – 9:00 p.m.

Date: 4/28

Fee: \$20.00

Place: Town Hall Meeting Room

Intro to Essential Oils for Health & Joy

This four week series will explore using certified pure therapeutic grade essential oils for a variety of benefits. Each person will receive a sample set of the 10 chakra balancing oils at the last session.

4/22 - Introduction to Plant-Based Medicine Learn the basics of what essential oils are, how to use them safely, and how you can incorporate them into your medicine cabinet.

4/29 - Green Cleaning, Repelling Insects, & Gearing up for Summer Get tips on how you can save money and eliminate toxic products by using pure essential oils around the house.

5/6 - Supporting Mind, Mood, Sleep & Hormones

Relaxation, peace, restful sleep, and balance....learn simple and soul-nourishing ways that you can cultivate more of these.

5/13 - Chakra Balancing Experience this powerful, yet simple way to enhance your health and well-being.

Day: Wednesday

Time: 6:30 – 7:30 p.m.

Dates: 4/22 – 5/13 (4 wks)

Fee: \$100.00

Place: SOUND, 31 Hawleyville Road, Newtown

Relaxing Ukulele for Adults (Beginners)

Come and have fun while relaxing and learning this fun and easy to learn instrument that is experiencing a surge in popularity. The classes will cover basic chords, simple strums, and lots of great songs that can be played with two or three chords. Even if you've never picked up the uke before, you will be well on your way by the end of this first 6 week session. Ukulele and book are included.

Day: Tuesday

Time: 7:00 – 7:45 p.m.

Dates: 4/28 – 6/2 (6 wks)

Fee: \$170.00

Place: SOUND, 31 Hawleyville Road, Newtown

Introduction to Meditation

Are you seeking calmness, peace of mind, joy, vibrant health, greater energy, positive relationships and fulfillment in life? Do you wish to deal with life's stressors in a more balanced way? You can enjoy these benefits and so much more with meditation. If you've wanted to develop your own practice of meditation but didn't know where to start, this introduction is for you. In these six weeks you will be introduced to six different types of meditation techniques, the differences between them, why they are used, and how they can benefit and enhance your own life. All students who register for this program will receive a complimentary reiki session at The Wellness Center at SOUND.

Day: Monday

Time: 6:45 – 7:35 p.m.

Dates: 4/20 – 6/1(6 wks) – no class 5/25

Place: SOUND, 31 Hawleyville Road, Newtown

Fee: \$150.00

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. All children who do not have a picture id must be identified by their parent at the first class. Children under age 12 must be accompanied by a parent. (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.

Day: Monday and Wednesday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 5/4, 5/6, 5/11, 5/13 (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.

Day: Wednesday

Time: 6:30 – 8:30 p.m.

Date: 5/13 – 5/20 (2 wks)

Fee: \$89.00

Place: Town Hall Meeting 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.

Day: Wednesday

Time: 6:30 – 8:30 p.m.

Date: 4/22 **OR** 6/3

Fee: \$49.00

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

New ~ 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: 12:00 – 4:00 p.m.

Date: 6/6

Fee: \$75.00

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

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. Please ask for a materials list when registering (approximate cost \$80).

Day: Thursday Time: 5:30 – 7:30 p.m.

Session 1: 4/23 – 6/11 (8 wks)

Session 2: 6/25 – 8/13 (8 wks)

Place: Senior Center Craft Room

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

Session 1: 6/25 – 8/27 (8 wks) – no class 7/23, 8/6

Place: Town Hall Meeting Room

Instructor: Victoria Lange

Fee: \$88.00/session

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!

Session 1: Tuesday Time: 6:00 – 8:00 p.m.

Dates: 4/28 – 6/2 (6 wks)

Session 2: Wednesday Time: 6:00 – 8:00 p.m.

Dates: 4/29 – 6/3 (6 wks)

Place: Whisconier Middle School Rm #1515

Instructor: Karen Ryavec Lubensky

Fee: \$90.00 per session

Youth Employment Program

Need help mowing your lawn? Or do you need 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 mowing, but weeding, raking, shoveling, 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 or call 775-7310.

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 10, 2015. (Race registration is included in the fee.) In the fall, we have the same program to prepare for the Halloween 5K on Sunday, October 25, 2015. 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 4 – Sunday, May 10

Time 8:00 – 9:00 a.m.

Place: Brookfield High School Track

Fee: \$70.00

Halloween 5K Workshop

Day: Saturday, September 19 – Sunday, October 25

Time: 8:00 – 9:00 a.m.

Place: Brookfield High School Track

Fee: \$70.00

Zumba

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: 7:00 – 8:00 p.m.

Dates: 4/20 – 6/15 (8 wks) – no class 5/25

Place: Center School Gym Fee: \$75.00

Instructor: Ariana Mesaros

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: 6:30 – 7:30 p.m.

Dates: 4/21 – 6/9 (8 wks) Fee: \$75.00

Place: Center School Gym

Instructor: Phyllis Babuini

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: 6:30 – 7:30 p.m.
Dates: 4/23 – 6/11 (8 wks)
Fee: \$75.00
Place: Center School Gym
Instructor: Phyllis Babuini

New ~ Journey Dance

Journey Dance is a conscious dance form that combines freestyle and structured movement to inspire you to get out of your mind and into your body. You will be guided through a flow of movements that help breakdown old patterns and build conscious new ones. It's a healing personal journey through breath, sweat, and authentic expression. It's cathartic, fun and soulful. Are you ready to get back in touch with your purpose and passion? JourneyDance is a bare foot ecstatic celebration of the human spirit! No experience or dance training necessary.

Day: Wednesday
Time: 7:30 - 9:00 p.m.
Dates: 4/22 – 5/27 (6 wks)
Fee: \$120.00
Instructor: Joanne Keane
Place: SOUND, 31 Hawleyville Road, Newtown

Healthy Start Program

Our Healthy Start Program is designed for the beginner to exercise or anyone who has been away from exercise for some time. It's a 60 day program, with lots of supervision to help you get fit. Here's what you'll get:

- Oversight by one of our staff trainers
- Full use of the entire facility during your 6 weeks
- Unlimited use of our Group Exercise classes
- Unlimited use of our Smart Start classes
- Learn how to work out properly, effectively, safely

Place: No-Limit Health & Fitness, 1120 Federal Road
Dates: Start anytime the week of April 20 (6 weeks)
Fee: \$75.00

Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumb bells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE with advanced reservation. Sign up for this class and receive a free gym pass for two weeks.

Day: Tuesday

Time: 9:15 – 10:15 a.m.

Dates: 4/21 – 6/9 (8 wks)

Fee: \$90.00

Place: No Limit Health & Fitness, 1120 Federal Rd.

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. **BABYSITTING AVAILABLE** with an advanced reservation! Sign up for this class and receive a free gym pass for two weeks.

Day: Friday

Time: 9:15 – 10:00 a.m.

Dates: 4/24 – 6/12 (8 wks)

Fee: \$90.00

Instructor: Abi Scudder

Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Self Defense for Women

World Champion Martial Artist Master Clinton Murphy teaches this invaluable self-defense class for Women to help prepare them to escape and/or defend themselves against any type of assault. Our 1-hour introductory class will cover multiple strikes, escapes from various holds and chokes and teach awareness and avoidance of situations that can turn violent or deadly. A must-have course for women and girls over the age of 15. Those under 15 may register and attend with a parent or guardian.

Day: Monday

Time: 7:00 – 8:00 p.m.

Session 1: 4/27, 5/4, 5/11, 5/18 (4 wks)

Session 2: 6/1, 6/8, 6/15, 6/22 (4 wks)

Place: Modern Self Defense & Training Center, 1120 Federal Road (inside No-Limit Health & Fitness Facility)

Fee: \$60.00 per session

New ~ Martial Arts for Adults

Learn an effective and practical self-defense based martial art while reducing stress, gaining confidence and endurance as well as becoming healthy and fit! This one hour class is taught by World Champion Martial Artist and 5th Degree Master Clinton Murphy and includes learning a variety of strikes, throws and escapes. Your size and strength do not matter. This class is perfect for a beginner student new to the Martial Arts, or an

advanced student looking to expand their knowledge base and learn a new style. Open to students ages 15 and over.

Day: Monday, 6:00 – 7:00 p.m.

Session 1: 4/27, 5/4, 5/11, 5/18 (4 wks)

Session 2: 6/1, 6/8, 6/15, 6/22 (4 wks)

Day: Wednesday, 7:00 – 8:00 p.m.

Session 1: 4/29, 5/6, 5/13, 5/20 (4 wks)

Session 2: 6/3, 6/10, 6/17, 6/24 (4 wks)

Place: Modern Self Defense & Training Center, 1120 Federal Road (inside No-Limit Health & Fitness Facility)

Fee: \$60.00/session

Training Power Hour

This class is like having a personal trainer for 1 hour!!! For women who want a TOTAL body workout. In this class you will burn calories, while firming, shaping and toning, the arms, back, chest, shoulders, legs, glutes and abs. Learn proper form and technique, and obtain your best body possible, by using hand held weights, bands, steps, balls and more. No two classes are the same!!! For people of all physical levels, this class will challenge the beginner AND advanced student. A fun class, with individual attention, that will get you results! Class includes a warm up, cool down and stretching. Bring water and a towel. BABYSITTING AVAILABLE with an advanced reservation! Sign up for this class and receive a free gym pass for two weeks.

Day: Thursday

Time: 9:15 – 10:15 a.m.

Dates: 4/23 – 6/11 (8 wks)

Fee: \$90.00

Place: NO LIMIT Health and Fitness, 1120 Federal Road

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!

Mondays, 7:30 p.m. - 8:45 p.m.

Session 1: 4/20 – 6/15 (6 classes)-no 5/25, pick 2 to miss out of 8 listed

Session 2: 7/6 – 8/24 (6 classes) – pick 2 to miss out of 8 listed

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

Instructors: Christina Rojas (ses 1), Juliet Ben-Ami (ses 2)

Fee: \$90.00/session

Saturdays, 10:15 – 11:45 a.m.

Session 1: 4/25 – 6/13 (6 classes) – pick two to miss out of 8 listed

Session 2: 7/11 – 8/29 (6 classes) – pick two to miss out of 8 listed

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

Instructor: Mimi Mathew

Fee: \$90.00/session

New ~ 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 six class 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. If there is already enough crazy in your life, join us for a Gentle or Yin class. You can even check out Meditation! The class schedule and descriptions may be found at: <http://yogaspace-ct.com/sp/schedule1.htm>. The six classes must be taken during the dates specified below for the session you choose.

Session 1: 4/20 – 6/14 (6 classes)

Session 2: 7/6 – 8/29 (6 classes)

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

Fee: \$90.00/session

Adult Beginner Tennis Lessons

This class is designed for the beginner adult who has never really played much tennis but wants to learn. We will cover the basic strokes in tennis: forehand, backhand, volley, serve, overhead and lob. In addition, you will learn basic USTA rules of the game, how to play the game, and keep score. Please wear a good pair of sneakers, and bring a racquet whose grip fits comfortably in your hand, sunscreen and plenty of water. (We do have a few racquets if you do not have one.) Hats and sunglasses and a water bottle are suggested.

Day: Saturday

Time: 8:30 - 9:30 a.m.

Dates: 6/20 – 7/25 (5 wks) – no class 7/4

Place: BHS Tennis Courts

Fee: \$55.00

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 by May 1. 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.

Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this!

Choose any class on any day April 20 through June 13 for unlimited spinning for \$90.00. Just pre-register for each class at NO LIMIT Health and Fitness (775-8548). BABYSITTING AVAILABLE! 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, 9:30 – 10:30 a.m.

Tuesday, 6:15 – 7:15 p.m.

Thursday, 6:30 – 7:30 p.m.

Saturday, 9:15 – 10:15 a.m.

Men's Softball League

Interested teams should attend the next meeting on Monday April 6, 7:00 p.m. in Town Hall. \$200 deposits are due. Interested individuals who are looking to be placed on a team should also attend the April 6 meeting. Interested teams or individuals who cannot attend the scheduled meeting should contact League Director Jason Maxwell before April 6 at jamaxwell@hotmail.com.

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: 4/2, 4/9, 4/16, 4/23 (Thursdays)
May: 5/4, 5/11, 5/18, 5/25 (Mondays)
June: 6/9, 6/16, 6/23, 6/30 (Tuesdays)
July: 7/8, 7/15, 7/22, 7/29 (Wednesdays)
Aug: 8/6, 8/13, 8/20, 8/27 (Thursdays)

Women Only Classes (Beginner)

May: 5/5, 5/12, 5/19, 5/26 (Tuesdays)
June: 6/8, 6/15, 6/22, 6/29 (Mondays)
July: 7/8, 7/15, 7/22, 7/29 (Wednesdays)
Aug: 8/6, 8/13, 8/20, 8/27 (Thursdays)

Adult Intermediate

May: 5/6, 5/13, 5/20, 5/27 (Wednesdays)
June: 6/4, 6/11, 6/18, 6/25 (Thursdays)
July: 7/6, 7/13, 7/20, 7/27 (Mondays)
Aug: 8/4, 8/11, 8/18, 8/25 (Tuesdays)

Senior Golf League – 55+

This golf league entering its sixth 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, May 5 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 \$10 – \$40 in 2014.) 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.