



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

• lose weight • diminish chance of disease • build self-esteem • reduce stress • promote sensitivity to cultural diversity • eliminate loneliness • increase community pride • reduce crime • provide safe places to play • generate revenue • lower health care costs • meet friends • educate children and adults • relax • keep business from leaving • elevate personal growth • strengthen neighborhood involvement • 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 2017 Program Guide

Tom O'Brien's Magic Show

Looking for a fun way to spend some time with your children on a day off from school? Join us for a Comedy Magic Show by Tom O'Brien. Tom has delighted children at our summer camp program, and is also the instructor of our popular after school magic workshops. This performance is age appropriate for children ages 3 – 10, and will be held in the Brookfield High School Auditorium, 10:00 – 10:45 a.m. This event is free with no pre-registration required. We look forward to seeing you there!

Day: Friday Time: 10:00 a.m.
Date: 2/17 Place: BHS Auditorium
Fee: Free



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 10:45 a.m. to make sure that you get your skates laced up and can enjoy your full time on the ice!

Day: Sunday Time: 11:00 – 12:30 p.m.
Date: 2/19 Place: Danbury Ice Arena
Fee: Free

18th 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 the lobby of the Town Hall.

Day: Friday Time: 8:00 p.m.
Date: 4/7 Fee: \$1.00



21st Annual Egg Hunt

Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, April 8. 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, April 9.

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: 4/8 Fee: \$1.00

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New – Philadelphia Flower Show

Come and enjoy the first breath of spring! The PHS Philadelphia Flower Show is the nation's largest and longest-running horticultural event, and features stunning displays by the world's premier floral and landscape designers. The mammoth indoor Marketplace is full of unique crafts and products with something for everyone. The 2017 Show celebrates the wonders of Holland; from windmills and wooden shoes, cheeses to bicycles, canals and vibrant flower fields. There will be time for lunch on your own at the Convention Center or at Reading Market next door. Leave from Brookfield Town Hall at 7:40 a.m. and travel with a tour director by coach bus. Arrive back in Brookfield at approximately 9:30 p.m.

Day: Thursday Date: 3/16
Time: 7:40 a.m. departure Fee: \$99.00

New ~ Intrepid Museum and Circle Line Cruise

Explore the 900 foot USS Intrepid; this Aircraft Carrier fought in WWII, and served in the Cold War and the Vietnam War. See the Space Shuttle Enterprise, climb aboard the Submarine Growler, the only American guided missile submarine open to the public. You'll enjoy a bite to eat on the Intrepid (food not included in cost of trip) and then we'll board the Circle Line and enjoy a 90 minute narrated cruise where you'll witness famous landmarks of midtown and lower Manhattan such as the Statue of Liberty, Wall Street, the United Nations Building and more. Leave from and return to Brookfield Town Hall. Departure and arrival times will be confirmed by April 10.

Day: Sunday Date: 5/21
Time: TBA Fee: \$99.00

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. Please note that itinerary (including departure and arrival times) is subject to change but will be confirmed by April 10.

Day: Saturday Date: 6/10
Time: 9:30 a.m. departure Fee: \$103.00

Digital 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. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Monday Time: 7:00 – 9:00 p.m.
 Dates: 2/27 – 3/27 (5 wks) Fee: \$70.00
 Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

iPhone Photography

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

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

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

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

Day: Wednesday Time: 7:00 – 9:00 p.m.
 Date: 2/8 (1 wk) Fee: \$25.00
 Place: Town Hall Meeting Room

Simplify Life with Kids

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

Day: Wednesday Time: 7:00 – 8:30 p.m.
 Date: 3/8 (1 wk) Fee: \$25.00
 Place: Town Hall Meeting Room

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: 1/31 – 2/28 (4 wks) – no class 2/21
 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: 3/7 – 4/4 (4 wks) – no class 3/14
 Place: BHS Culinary Arts Room #204
 Fee: \$82.00

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: 1/26 – 2/16 (4 wks)
 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: 3/2 – 3/23 (4 wks) Fee: \$82.00
 Instructor: Ann Salinger
 Place: BHS Culinary Arts Room #204

Adult Education, continued

Make Your Own Kombucha and Sauerkraut

Get the benefits of probiotics in your diet and save money at the same time. Kombucha and sauerkraut are both easy to make and are reputed to have numerous health benefits. Enjoy a glass of home brewed kombucha while we go through the process of how to brew it, step by step, and answer any questions you may have. Next we'll chop cabbage and get some sauerkraut going. Homemade is much better than anything in the supermarket. And you can use the same techniques to ferment beets or carrots. You'll leave with some sauerkraut to ferment at home and a starter SCOBY for kombucha.

Day: Monday Time: 7:00 – 9:00 p.m.
Date: 1/30 (1 wk) Fee: \$29.00
Place: Town Hall Room 119
Instructor: Mary Ann Kulla

New~ Prime Time Health

Is 2017 the year you'll improve your overall health? World renowned physician and author Dr. William Sears and Martha Sears, RN have developed a simple, healthy aging program to help adults and seniors. Each night has a different focus and teaches participants how to:

Open Your Internal Pharmacy
Make Health Your Hobby
Move Waste from Your Waist and
Live without Pain and Inflammation.

Through interactive classes with hands-on activities, you'll learn simple and practical tools that you can use in your everyday life to avoid chronic illness and gain lasting wellness.

Day: Tuesday Time: 5:30 – 7:00 p.m.
Dates: 2/7 – 2/28 (4 wks) Fee: \$120.00
Place: Town Hall Meeting Room
Instructor: Maria Abraham, MHA, Certified Health Coach

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: 1/30 – 3/27 (8 wks) – no class 2/20
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: 2/2 – 3/23 (8 wks)
Place: Town Hall Meeting Room
Instructor: Anna Prendi Fee: \$79.00

Adult Education, continued

Looking for American Red Cross First Aid and CPR classes? We don't have any planned for the winter, but expect to offer them again starting in April. Details will be available in our combined spring/summer program guide, due out in early April 2017.

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 \$40).

Day: Thursday Time: 5:30 – 7:30 p.m.
Dates: 1/26 - 3/16 (8 wks) Fee: \$88.00
Place: Senior Center Craft Room
Instructor: Victoria Lange

Sewing – Beginner to Advanced

Have you had your eye on a project, but aren't quite sure you have the machine sewing skills to tackle it? Or maybe you've always wanted to learn how to sew, but don't know where to begin? This class is limited to only five students a session to allow our instructor to provide each student with individualized attention to allow them to complete their goal for the class. 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.

Day: Tuesday Time: 6:00 – 8:00 p.m.
Dates: 1/31 – 3/14 (6 wks) – no class 2/21
Place: Whisconier Middle School Rm #1521
Instructor: Karen Ryavec Lubensky
Fee: \$90.00

New ~ Sweet Sayings with Sally



In this class we will learn how to make a chocolate valentine sweet treat along with several mini cards and envelopes with tips and tricks with paper-crafting for beginners as well as seasoned paper-crafters! We will learn how to cut a basic card, make your own envelope, basic rubber stamping secrets and use die cut embellishments for fabulous, fun valentines.

Day: Wednesday Time: 6:30 – 8:30 p.m.
Date: 2/1 (1 wk) Fee: \$20.00
Place: Town Hall Meeting Room
Instructor: Sally Hessenius

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: 1/23 – 3/20 (7 wks) – no class 2/20, 3/13
Place: Center School Gym Fee: \$66.00
Instructor: Ariana Mesaros

Zumba Gold

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

Day: Wednesday Time: 5:00 – 6:00 p.m.
Dates: 1/25 – 3/15 (8 wks) Fee: \$75.00
Place: Center School Gym Instructor: Mary Lou Peters

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: 6:30 – 7:30 p.m.
Dates: 1/24 - 3/21 (8 wks) – no class 2/21
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: 6:30 – 7:30 p.m.
Dates: 1/26 – 3/16 (8 wks)
Place: Center School Gym Fee: \$75.00
Instructor: Phyllis Babuini

Adult Fitness, continued

Ballroom Dance for Beginners

Participants will learn the fundamentals of a variety of social dances including the Waltz, Foxtrot, Tango, Rumba, Swing, and Cha Cha. The focus will be on footwork, lead/follow, timing and fun! Sign up on your own, or with a partner. Ballroom dance shoes or dress shoes with leather soles are recommended.

Day: Wednesday Time: 7:30 – 8:30 p.m.
Dates: 2/1 – 3/8 (6 wks)
Place: Whisconier Middle School Cafeteria
Instructor: Jen DiBella Fee: \$70.00

Stress Relief & Relaxation with Julie

Come and unwind through a series of gentle stretching, breathing and relaxation exercises. Learn techniques that can be applied to daily life to help ease your stress and tension. Please bring a yoga mat or beach towel.

Day: Thursday Time: 4:00 – 5:00 p.m.
Session 1: 1/26, 2/2, 2/9, 2/16 (4 wks)
Session 2: 3/2, 3/9, 3/16, 3/23 (4 wks)
Place: Whisconier School Chorus Room
Instructor: Julie Oakley Fee: \$32.00/session

Tai Chi and Qi Gong for Beginners

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

Day: Wednesday Time: 7:00 – 8:30 p.m.
Dates: 1/25 – 3/15 (8 wks)
Place: Center School Gym Instructor: Vincent Candela
Fee: \$79.00

New ~ Art of Meditation

This six week meditation course is an excellent program for beginners and also a great place for seasoned practitioner who desire to go deeper, to find more in their meditations. This course will introduce you to meditation and its many facets revealing hidden treasures along the way. Whether you are a beginner or seasoned practitioner the classes will help you to rediscover your inner stillness and silence while building a deep understanding of the practice and its many values & benefits. Regular practice will help restore balance, generate deeper calm, boost your health & healing, increase concentration & productivity, create greater joy, experience more clarity, creativity & purpose. Meditation will open your eyes and improve the quality of your life.

Day: Sunday Time: 6:00 – 7:15 p.m.
Dates: 2/5 – 3/12 (6 wks) Fee: \$90.00
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
Instructor: Rob Farella

Adult Fitness, continued

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 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 and Kid's Fun Run on Sunday, May 14, 2017. 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.

Day: Saturday Time: 8:00 – 9:00 a.m.
Dates: 4/8 – 5/13 (6 wks) Fee: \$70.00
Place: Brookfield High School Track

Barre Fusion

Barre Fusion is a mixture of ballet barre work, Pilates, and functional strength training. It is a fun, energizing workout both at the ballet barre and on the mat using exercise equipment such as balls, bands, and small weights. This workout will strengthen your core muscles and lift, tone, and sculpt your hips, legs, and arms. This barre program is invigorating and challenging for all levels.

Day: Tuesday Time: 9:00 – 10:00 a.m.
Dates: 1/24 – 3/14 (8 wks) Fee: \$80.00
Instructor: Marni McNiff
Place: No-Limit Health & Fitness, 507 Danbury Rd., New Milford

New ~ Sculpt and Tone

Get ready to sweat! Squats, lunges, abs, and more are in this workout that combines floor work with weights for a sculpted and toned physique and strong core. With elements of pilates, circuit training, and more, this is the 60 minute class that includes 15 minutes of abdominal work along with exercises targeting different muscle groups in each class. Whether you are new to group classes or have been taking them for a while, this class offers modifications for people of all abilities.

Day: Thursday Time: 9:00 – 10:00 a.m.
Dates: 1/26 – 3/16 (8 wks) Fee: \$80.00
Instructor: Marni McNiff
Place: No-Limit Health & Fitness, 507 Danbury Rd., New Milford

New ~ Excel

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) 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.

Day: Friday Time: 9:15 – 10:00 a.m.
Dates: 1/27 – 3/17 (8 wks) Fee: \$80.00
Instructor: Abigail Scudder
Place: No-Limit Health & Fitness, 507 Danbury Rd., New Milford

Adult Fitness, continued

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: 1/23 – 3/13 (6 classes) – choose any 6 to attend
Instructor: Christina Rojas

Session 2: Saturdays, 10:15 – 11:45 a.m.

Dates: 1/28 – 3/18 (6 classes) – choose any 6 to attend
Instructor: Heather Morgado
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
Fee: \$90.00 per session

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: 1/23 – 3/20 (6 classes) – choose any 6 to attend
Place: YogaSpace, 78 Stony Hill Road, Bethel CT
Fee: \$90.00

New ~ Discover Kundalini Yoga (as taught by Yogi Bhajan)

The science of Kundalini Yoga is an ancient technology that was kept secret for thousands of years until Yogi Bhajan came to the west in 1968. It is considered one of the most powerful and comprehensive forms of yoga and the fastest way to establish an aligned relationship between body, mind, and spirit. This is an introductory class, taught by Susan Shaner, who will review all the basics of Kundalini Yoga, including postures (asanas) dynamic movement, sound current (mantra) breath (pranayam) and meditation. Through specific sets of practices, called "kriyas," you'll learn to strengthen and balance your bodily systems, cultivate objective awareness, and experience greater clarity & emotional balance. All levels welcome. "Travel light, live light, spread the light, be the light."

Day: Wednesday Time: 7:30 – 9:00 p.m.
Dates: 1/25 – 3/15 (6 classes) – choose any 6 to attend
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
Fee: \$90.00
Instructor: Susan Shaner MA, MS, RYT, PCC (Darshan Jot Kaur)

Adult Fitness, continued

"Everything Calm Baby" Mommy & Me

Celebrate LITTLE seed Program's unique "Everything Calm Baby" offering to combine gentle to moderate Postnatal exercises for both mom and baby's benefit. Learn to pair loving stretches and movements to beautifully visual original music and lyrics written to enhance "face to face" mom and baby bonding time within and beyond class. Community time allotted to share new mommy experiences, facilitated by Maternity Services guru Michelle Wenis. Appropriate for babies 8 weeks through pre crawlers.

Day: Wednesday Time: 12:30 – 1:45 p.m.
Dates: 1/25 – 3/8 (6 classes) - choose any 6 to attend
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
Instructor: Michelle Wenis Fee: \$120.00

Adult Fitness - Open Gyms



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over. Pay \$5.00 each night at the door. Open Gym is

canceled on 1/16, 2/20 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: 11/14/16 – 3/27/17 (16 ses) Place: BHS Gym
Fee: \$5.00/night

Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Pay \$5.00 each night at the door. Open gym is canceled on 3/15 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: 11/2/16- 4/5/17 (19 ses) Place: WMS Gym
Fee: \$5.00/night

Men's Softball League – Spring 2017

Mandatory Men's Softball League Meeting

For new and returning teams interested in playing during the 2017 season in our newly renovated Cadigan Park. Join us on Thursday, February 16 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.



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 2/1/17 to be considered for the spring/summer program guide.

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.

February: Wednesdays – 2/1, 2/8, 2/15, 2/22
March: Thursdays – 3/2, 3/9, 3/16, 3/23
April: Tuesdays – 4/4, 4/11, 4/18, 4/25

Women Only Classes for Beginners

February: Thursdays – 2/2, 2/9, 2/16, 2/23
March: Wednesdays – 3/1, 3/8, 3/15, 3/22
April: Mondays – 4/3, 4/10, 4/17, 4/24

Tots Activities

Ballet & Tap for Tots

This class will introduce boys and girls age 3-5 to age appropriate beginning ballet and tap exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a final performance in June for family and friends. Recommended attire: Girls- leotard, tights, ballet and tap shoes. Hair must be pulled back. Boys- t-shirt, sweatpants, ballet and tap shoes.

Session 1: Monday, 12:30 – 1:15 p.m.

Dates: 1/23 – 3/20 (8 wks) – no class 2/20
Place: Congregational Church Fellowship Hall (lower level)

Session 2: Wednesday, 4:30 – 5:15 p.m.

Dates: 1/25 – 3/15 (8 wks)
Place: Center School Music Room
Instructor: Dolly Pinto Fee: \$70.00/session

New ~ Spanish: Buenos días!

This play-based program will introduce preschool children ages 3-5 to Spanish vocabulary, basic introductions, numbers and colors through songs, games, and crafts.

Day: Tuesday Time: 10:00 - 10:45 a.m.
Dates: 2/7 – 3/21 (6 wks) – no class 2/21
Place: Congregational Church Pre-School Room
Instructor: Anna Prendi Fee: \$48.00/session

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: Wednesday Time: 9:15 – 11:15 a.m.

Session 1: 1/25, 2/1, 2/8, 2/15 (4 wks)

Session 2: 3/1, 3/8, 3/15, 3/22 (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: 1/27, 2/3, 2/10, 2/24 (4 wks)

Session 2: 3/10, 3/17, 3/24, 3/31 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

Pre-School Gymnastics for Ages 2.5 – 3

Girls 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. Classes are limited to 5 and children will participate independently, without the assistance of the parent or caregiver. A leotard is recommended; everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday Time: 9:15 – 9:45 a.m.

Session Winter 3: 2/1 – 2/22 (4 wks)

Session Spring 1: 3/1 – 3/22 (4 wks)

Fee: \$50.00/session

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

Pre-School Gymnastics for Age 4

Girls 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. Classes are limited to 5 and children will participate independently, without the assistance of the parent or caregiver. A leotard is recommended; everyone will participate with bare feet. Please bring a water bottle.

Day: Thursday Time: 10:00 – 10:45 a.m.

Session Winter 3: 2/2 – 2/23 (4 wks)

Session Spring 1: 3/2 – 3/23 (4 wks)

Fee: \$65.00/session

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

Tots Activities, continued

Total Sports-Parent & Me Squirts® (age 2-3)

With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport within each class, including soccer, lacrosse, T-ball, basketball, floor hockey and flag football. This program will not meet in event of inclement weather. One make up class will be offered on 6/25 if needed for weather cancelation.

Day: Sunday Dates: 4/23 – 6/18 (8 wks) – no class 5/28

Session 1: 9:00 – 10:00 a.m.

Session 2: 10:00 – 11:00 a.m.

Place: Huckleberry Hill School, front field

Fee: \$150.00

Total Sports Squirts® (age 3-5)

Participants have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment. This program will not meet in event of inclement weather. One make up class will be offered on 6/25 if needed for weather cancelation.

Day: Sunday Dates: 4/23 – 6/18 (8 wks) – no class 5/28

Session 1: 11:00 a.m. – 12:00 p.m.

Session 2: 12:00 – 1:00 p.m.

Place: Huckleberry Hill School, front field

Fee: \$150.00

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.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 1/25 – 3/15 (8 wks) Fee: \$44.00

Place: Center School Gym

Instructors: Ryan Halloran and Austin Pacific



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.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/26 – 3/16 (8 wks) Fee: \$44.00

Place: Center School Gym

Instructor: Lucas Rodrigues

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 retired 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: 1/24 – 2/28 (5 wks) – no class 2/21

Place: Center School Gym Fee: \$55.00

New ~ Just for Kicks (Grades K-1)

This new program is designed for students in grades K-1 who want to learn more about the sport of soccer and practice the basic skills of shooting, passing and dribbling. Modified pick-up games will also be introduced. This is a great opportunity for students to try out the sport before joining a league in the spring.

Day: Friday Time: 3:30 – 4:30 p.m.
 Dates: 1/27 – 3/10 (6 wks) Fee: \$33.00
 Place: Center School Gym
 Instructor: Lucas Rodrigues

Zumba Kids at Center School

Zumba Kids is a perfect way to give children in grades K and 1 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 around in, with socks and sneakers. Having a water bottle is also suggested. Get ready to have some fun!!

Day: Thursday Time: 3:30 - 4:30 p.m.
 Session 1: 1/26, 2/2, 2/9, 2/16 (4 wks)
 Session 2: 2/23, 3/2, 3/9, 3/30 (4 wks)
 Place: Center School Cafeteria
 Instructor: Ariana Mesaros Fee: \$35.00/4 wk session

**New ~ Hobby Quest Aviators**

Hobby Quest's Flying Machines are taking off! Your Flight Captain will teach you everything you need to know about building and flying amazing machines! In this high-flying adventure we'll build helicopters,

gliders and even motorized planes – that the students get to bring home. As if building incredible planes wasn't enough, we'll even take them outside and see them fly! At the end of the session each aviator will receive a special certificate showing they are on their way to becoming a Flight Captain – how high will your rank go?

Day: Tuesday Time: 3:30 – 4:30 p.m.
 Dates: 1/24 – 2/28 (5 wks) – no class 2/21
 Place: Center School Cafeteria Fee: \$95.00
 Instructor: Hobby Quest Instructors

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 – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

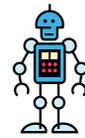
Monday 1/30, 3:30 – 4:30 p.m. Center School Room

Hocus Pocus – Magic Workshop 2:

Thursday 2/23, 3:30 – 4:30 p.m. Center School Room

Presto – Magic Workshop 3:

Monday 3/20, 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: 3/1, 3/8, 3/15, 3/22, 3/29 (5 wks)
 Place: Center School Room Fee: \$95.00
 Instructor: Computer Explorers

**Get into the Kitchen**

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. 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: 1/30, 2/6, 2/13, 2/27 (4 wks)

Session 2: 3/13, 3/20, 3/27, 4/3 (4 wks)

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

Session 1: 1/31, 2/7, 2/14, 2/28 (4 wks)

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

Instructor: Ann Salinger Place: Center School Room
 Fee: \$48.00/session

Center After School, continued

Intro to Field Hockey Grades K-4

Designed for students in grades K-4 with little or 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: 1/26 – 3/9 (7 wks)

Place: HHES Lower Gym Fee: \$56.00

Instructor: Kate Culbreth and Danielle Olivier

Ballet & Tap

This class will introduce boys and girls in grades K and 1 to age appropriate beginning ballet and tap exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a final performance in June for family and friends. Recommended attire: Girls- leotard, tights, ballet and tap shoes. Hair must be pulled back. Boys- t-shirt, sweatpants, ballet and tap shoes.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 1/25 – 3/15 (8 wks)

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.

Day: Thursday Time: 3:30 – 4:00 p.m.

Dates: 2/2, 2/9, 2/16, 2/23 (4 wks)

Place: Center School Music Room

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. No program 2/18. Should we need to cancel for weather, our make-up dates will be Saturday, March 4 and March 11 if necessary. Due to the availability of the gyms, no additional dates will be scheduled. Registrations are accepted after the program begins (until we reach capacity).

Day: Saturday Dates: 1/7 – 2/25 (7 wks)

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

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

Day: Thursday Time: 3:30 – 4:30 p.m.

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

Session 2: 3/9, 3/16, 3/30, 4/20 (4 wks)

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: 1/23, 1/30, 2/6, 2/13, 2/27 (5 wks)

Place: HHES Library Fee: \$95.00

Instructor: Computer Explorers

New ~ Minecraft Power Users

Are you interested in checking out modpacks that let you ride an ender dragon or a creeper pig? Or race against time to save a village from exploding volcanoes? The possibilities are endless with different modpacks - come have fun! Class is limited to 12 students in grades 2 – 4.

Day: Monday Time: 3:30 – 4:45 p.m.

Dates: 3/13, 3/20, 3/27, 4/3, 4/17 (5 wks)

Place: HHES Library Fee: \$95.00

Instructor: Computer Explorers

Intro to Field Hockey Grades K-4

Designed for students in grades K-4 with little or 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: 1/26 – 3/9 (7 wks)

Place: HHES Lower Gym Fee: \$56.00

Instructor: Kate Culbreth and Danielle Olivier



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:

Wednesday 1/25, 3:30 – 4:30 p.m. HHES Room

Hocus Pocus – Magic Workshop 2:

Wednesday 2/22, 3:30 – 4:30 p.m. HHES Room

Presto – Magic Workshop 3:

Tuesday 3/28, 3:30 – 4:30 p.m. HHES Room



New ~ Hobby Quest Aviators

Hobby Quest's Flying Machines are taking off! Your Flight Captain will teach you everything you need to know about building and flying amazing machines! In this high-flying adventure we'll build helicopters,

gliders and even motorized planes – that students get to bring home. As if building incredible planes wasn't enough, we'll even take them outside and see them fly! At the end of the session each aviator will receive a special certificate showing they are on their way to becoming a Flight Captain – how high will your rank go?

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 2/1 – 3/1 (5 wks)

Place: HHES Classroom Fee: \$95.00

Instructor: Hobby Quest Instructors

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

Dates: 1/24 - 3/7 (6 wks) – no class 2/21

Place: HHES Music Room

Instructor: Ariana Mesaros Fee: \$52.00



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: Friday Time: 3:30 – 4:30 p.m.

Dates: 1/27 – 3/10 (6 wks) – no class 2/17

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: Monday Time: 3:30 – 4:30 p.m.

Dates: 1/23 – 3/27 (7 wks) – no class 2/6, 2/20, 3/6

Place: HHES Upper Gym Fee: \$38.50

Instructor: Matt Cudney

Girls Only Flag Football

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

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 1/23, 1/30, 2/13, 2/27 (4 wks)

Place: HHES Lower Gym Fee: \$22.00

Instructor: Danielle Olivier

Playground Basketball

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

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 1/24, 1/31, 2/14, 2/28, 3/7 (5 wks)

Place: HHES Lower Gym Fee: \$27.50

Instructor: Matt Cudney

Team Handball

Team handball is a fun, fast, and exciting game that incorporates skills and strategies found in many popular sports including football, soccer, basketball and hockey. In this fast and exciting game players in grades 2-4 will use skills such as throwing and catching and tactical strategies such as moving to open space and fast breaks in order to score on their opponent's goal!

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 1/19 – 3/9 (7 wks) – no class 2/9

Place: HHES Lower Gym Fee: \$38.50

Instructor: Matt Cudney

Mixing it Up with Ms. Olivier

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

Day: Wednesday Time: 3:30 – 4:30 p.m.
 Dates: 1/18 – 3/8 (7 wks) – no class 2/8
 Place: HHES Lower Gym Instructor: Danielle Olivier
 Fee: \$38.50

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: Friday Time: 3:30 – 4:30 p.m.
 Dates: 1/20 – 3/10 (7 wks) – no class 2/17
 Place: HHES Upper Gym Instructor: Matt Cudney
 Fee: \$38.50

You'll Flip!

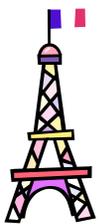
Students in grades 2 – 4 who can't get enough tumbling and gymnastics during P.E. class will continue to practice their basic tumbling and gymnastics skills. The students will use a variety of gymnastics apparatus and equipment under the watchful eyes of Huckleberry's own Ms. Olivier and Mr. Cudney,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

Session 1: Tuesday, 3/14 – 4/4 (4 wks)
Session 2: Wednesday, 3/15 – 4/5 (4 wks)
 Time: 3:30 – 4:30 p.m.
 Place: HHES Lower Gym Fee: \$30.00/session
 Instructors: Danielle Olivier and/or Matt Cudney

Intro to Martial Arts

Students in grades 2 - 4 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.

Day: Friday Time: 3:30 – 4:00 p.m.
 Dates: 2/3, 2/10, 2/24, 3/3 (4 wks)
 Place: Huckleberry Hill School Music Room
 Instructor: Tyler Raymond, Hammerhead Martial Arts
 Fee: \$28.00



French Fantastique

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

Day: Tuesday Time: 3:30 – 4:30 p.m.
 Dates: 1/24 – 4/4 (8 wks) – no class 2/21, 3/14, 3/21
 Place: HHES Room Fee: \$79.00
 Instructor: Margee Minier

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: 1/25, 2/1, 2/8, 2/15 (4 wks)
 Session 2: 3/1, 3/8, 3/15, 3/22 (4 wks)
Day: Thursday Time: 3:30 – 4:30 p.m.
 Session 1: 1/26, 2/2, 2/9, 2/16 (4 wks)
 Session 2: 3/2, 3/9, 3/16, 3/30 (4 wks)
 Place: HHES Art Room Fee: \$48.00/session
 Instructor: Ann Salinger



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

Day: Friday Time: 3:30 – 4:30 p.m.
 Session 1: 1/27 – 2/24 (4 wks) – no class 2/17
 Session 2: 3/10 - 4/21 (4 wks) – no class 3/24, 4/7, 4/14
 Place: HHES Room 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 or Wednesday (10 classes, dates below)
 Time: 6:30 – 7:30 p.m.
Winter Session: 1/4(W), 1/9(M), 1/11(W), 1/18(W), 1/23(M), 1/25(W), 1/30(M), 2/1(W), 2/6(M), 2/8(W)
 Fee: \$95.00
 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: 2/17 (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 or Wednesday (10 classes, dates below)
Time: 6:30 – 8:00 p.m. Fee: \$120.00/session

Winter Session: 1/4(W), 1/9(M), 1/11(W), 1/18(W),
1/23(M), 1/25(W), 1/30(M), 2/1(W), 2/6(M), 2/8(W)

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 – 3/6 (5 wks) – no class 2/6, 2/20

Place: HHES Lower Gym Fee: \$38.00

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: 1/30 – 3/27 (8 wks) – no class 2/20

Instructor: Victoria Lange Place: WMS Art Room

Fee: \$95.00



Whisconier After School, cont.

New ~ Sweet Sayings with Sally

Students in grades 5 - 8 will learn how to make a chocolate valentine sweet treat along with several mini cards and envelopes. We will learn how to cut a basic card, make your own envelope, basic rubber stamping secrets and use die cut embellishments for fabulous, fun valentines to share with friends and family.

Day: Thursday

Time: 2:40 – 4:10 p.m.

Date: 2/2 (1 wk)

Fee: \$15.00

Place: WMS Classroom

Instructor: Sally Hessenius

New ~ Ballroom for Grades 5-8

Students in grades 5-8 will be introduced to Ballroom and Latin dances including Waltz, Tango, Foxtrot, Salsa, Cha Cha, and Swing. Focus will be on dance basics and technique, self-confidence, etiquette, and social skills. No partner necessary. Ballroom dance shoes or dress shoes with leather soles are recommended.

Day: Wednesday

Time: 6:30 – 7:30 p.m.

Dates: 2/1 – 3/8 (6 wks)

Fee: \$70.00

Place: Whisconier Middle School Cafeteria

Instructor: Jen DiBella

New ~ Zumba Kids at WMS

Zumba Kids at WMS is a great way to give students in grades 5-8 the opportunity to be active and jam out to their favorite music. Middle-school friendly and fun routines are based on original Zumba choreography, but modified to fit their needs. Classes make fitness fun and incorporate key life skills such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Students 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: 2:40 - 3:45 p.m.

Dates: 2/3 – 3/10 (5 wks) – no class 2/17

Place: WMS

Fee: \$44.00

Instructor: Ariana Mesaros

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.

February: Thursdays- 2/2, 2/9, 2/16, 2/23

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

April: Mondays – 4/3, 4/10, 4/17, 4/24

Brookfield High

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: 2/1 – 3/22 (8 wks)

Instructor: Victoria Lange Place: BHS Staff Room

Fee: \$95.00

**Help
Wanted**

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: 3/31/17



Parks & Rec. Youth Basketball Leagues for Grades 6 through 12 begin on Saturday, January 7.

Registrations are accepted after the program begins.

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 Liz Burandt at lburandt@brookfieldct.gov or call 775-7310.

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 7 and

January 14 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 and game time weekly. 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. Games will not be scheduled for Saturday, February 18 unless we have a significant number of weather cancelations.

Day: Saturday Time: 1:00 – 2:30 p.m.

Dates: 1/7– 3/11* (9 weeks) *followed by weeknight and/or Saturday playoffs for teams that qualify

Place: Brookfield High Old Gym

Fee: \$90.00



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

We'll have two days of evaluation clinics and practices on January 7 and January 14 to determine the skill levels of players in order to make balanced teams. Our season will begin on Saturday, January 21. Games are played in Brookfield at Brookfield High School (unless otherwise indicated) 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 21. Games will not be scheduled for Saturday, February 18 unless we have a significant number of weather cancelations.

Dates: 1/7– 3/11* (9 weeks) *followed by weeknight and/or Saturday playoffs for teams that qualify

Place: Brookfield High School

Fee: \$90.00

Boys Grades 6/7:

1/7 and 1/14 practice 9:00 - 10:30 a.m. at BHS

Boys Grades 8/9:

1/7 and 1/14 practice 11:00 a.m. – 12:30 p.m. at BHS

Boys Grades 10-12:

1/7 and 1/14 practice 3:00 – 4:30 p.m. at BHS



Brookfield Soccer Club

Spring 2017 Registration

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) generally remain open through the beginning of April.

Brookfield Baseball and Softball Association

Spring 2017 Registration

<http://www.brookfieldbbsa.com>

Wednesday, January 11 7:30 - 9:00 p.m. BHS Cafeteria
 Wednesday, February 8 7:30 - 9:00 p.m. BHS Cafeteria

For the first time, BBSA is offering online registration. Please visit www.brookfieldbbsa.com to register online. BBSA is also offering two opportunities for in-person registration (details above). 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.

Brookfield Lacrosse Club

Spring 2017 Registration

www.brookfieldlax.org

Brookfield Lacrosse Spring 2017 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. Spring season begins the first week of April. Register early to take advantage of the early registration discount. Visit the Brookfield Lacrosse Club website for more information.



AN UPDATE...

On November 19, 2016 on an unseasonably warm day it happened! We finally cut the ceremonial ribbon, officially opening the Still River Greenway to the public.

Please note during winter months the Greenway is not maintained for winter pedestrian usage. Folks should use caution when wet or icy conditions exist. Enjoy this beautiful facility.

P Preferred parking at any of the three following locations:

- 1) **North end of the trail at 763 Federal Rd.**
- 2) **Next to the Police Dept.**
- 3) **Town Hall**



Frequently Requested Phone Numbers

Boy Scouts	Ray Pflomm	(203) 775-8167
Cub Scouts	Rob Janofsky Janofsky5@aol.com	(203) 313-1578
Brookfield Baseball & Softball Association (BBSA)		
www.brookfieldbbsa.com Steve Harding (703) 859-3307		
Brookfield Education Foundation (BEF)		
www.brookfieldeducationfoundation.org Susan Queenan (203) 775-6239		
Brookfield Pop Warner Football & Cheer		
http://www.brookfieldpopwarner.com/ Janette Lupinacci, Secretary (203) 512-3854		
Brookfield Lacrosse Club http://www.brookfieldlax.org/ Kevin Madden (203) 775-4434		
Brookfield Soccer Club http://www.brookfieldsoccer.org/ Field Hotline (203) 775-5239		
Conservation Commission	Alice Dew	(203) 775-7316
Garden Club	Diane Flood	(203) 546-8142
Girl Scouts	www.brookfieldscouts.org	
Lion's Club	Lyn Lyon lyonpride@charter.net	(203) 775-6190
MOMS Club® of Brookfield	Rosa Fernandez themomsclubofbrookfield@gmail.com	(203) 648-2463
Brookfield Newcomers and Neighbors www.brookfieldnewcomers.com		
Positive Discipline of Western CT, Inc.	Carol Dores http://www.positivediscipline.org/	(203) 794-6106
Rotary Club	Russ Cornelius	(203) 775-8010
Senior Center	(203) 775-5308	
Women's Club of Brookfield	Jeanine Hanewicz	(203) 313-0643 Jhh322@aol.com



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EDDM RETAIL

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

RECREATION STAFF:

Dennis DiPinto, Director
Mary Knox, Recreation Supervisor
Liz Burandt, Administrative Assistant

PARKS MAINTENANCE STAFF:

Chris Rabuse, Parks Supervisor
Chris Shaw, Crew Leader
Rob Haggerty Jimmy Docktor

COMMISSION:

Bryan Chnowski, Chair
Ed Butt, Co-Vice Chair
Joei Grudzinski, Co-Vice Chair
Rob Blick Tony Tomaino
Renee Santiago John Mangold
Cassie Dunn
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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As of 10/3/16 our office is located in the Old Town Hall at 162 Whisconier Road.

Registration for winter programs begins on Wednesday, January 11.