

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 selfesteem · 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

## **Spring and Summer 2017 Program Guide**

#### **Special Events**



#### 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.
Time: See above

Fee: \$1.00

Day: Saturday Date: 4/8



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

Singer/Signer/Songwriter/Guitarist, Janine LaMendola "Ms. Janine" will be playing children's music with sign language fun at Kids

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

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

Dates: 5/3, 5/10, 5/17, 5/24 (4 wks)

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

Dates: 7/5, 7/12, 7/19, 7/26 (4 wks)

Place: Kids Kingdom Playground, 100 Pocono Road

Fee: Free



#### Discount Tickets for Lake Compounce

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

Compounce Amusement Park in Bristol, CT. Tickets are available for purchase beginning June 1 through August 25 and can be used for daily admission through September 2017. Price is \$29.00 for either adult or junior tickets. At the gate general admission is \$48.39 and junior admission (under 52") is \$37.39. When you are ready to purchase tickets, don't forget that our office is now located at 162 Whisconier Road.

#### Special Events, continued

#### Our 7th Great Weight Loss Challenge

Looking for some motivation to lose weight this spring? Healthy Weighs Wellness Center is hosting another healthy weight loss challenge for local residents ages 18 and over. In order to participate, you must be overweight or obese according to your BMI (Body Mass Index). At the end of the 5 week challenge, the winner will be calculated based on the contestant who loses the most healthy weight as a percentage of their body weight. (A healthy weight loss is no more than one percent of your body weight per week.) The initial weigh-in is on Monday, May 1 from 9:00 a.m. until 6:00 p.m. and the final weigh in will be on Monday, June 5 from 9:00 a.m. to 6:00 p.m., both at Healthy Weighs Wellness Center. Participants cannot be weighed in on any other dates to make it fair for all. The winner will receive a \$200 gift certificate good for any wellness services at Healthy Weighs Wellness Center. Space is limited and registration is required by April 28 by calling the Parks and Recreation Department at 203-775-7310. More details will be provided to you at the initial weigh in on May 1. The cost for the challenge is only \$25 and includes a Great Weight Loss Challenge T-Shirt! All proceeds from the Challenge will go to the Brookfield Food Pantry.



#### "Drive In" Movie Series

Now on Friday night...come for the concert, stay for the movie! We're going to be reliving all of the excitement of the Danbury Drive In right here

in Brookfield at the fifteenth annual drive in movie series. Bring your friends and family, along with blankets, chairs, and snacks. The show starts at dusk at Town Hall, and will be shown on a 10 x 10 foot video screen. Seating will be on the lawn in front of the bandstand. This event is free! A flyer detailing the movies will be sent through the schools in June and will also be available on our website. Sponsored by Brookfield Democrats.

Day: Friday Time: Starts at dusk

Dates: 7/14, 7/28, 8/11 Fee: Free



#### Junior Golf League

This golf league provides students ages 6-18 the opportunity to have fun learning and playing the sport of golf with friends old and new. Play will begin on Thursday, June 22 starting at 1:00 p.m. and will

continue on Thursdays for eight weeks through August 10. Students will be grouped by age to play and their handicaps will be calculated. "Clubhouse cash" will be awarded as prizes for students to purchase snacks and drinks, more golf play or golf balls and tees at the Sunset Hill Clubhouse. Students will need to provide their own clubs, balls and tees. Sneakers are acceptable footwear, no need to purchase golf shoes. \$15.00 registration fee to Parks & Rec to join and \$15.00 each week to play payable directly at Sunset Hill to cover 9-hole green fees, prizes, etc. Students are not expected to attend every week and will only pay for days attended.

#### Get Out of Town

#### New ~ Intrepid Museum, Circle Line Cruise

The USS Intrepid is an important part of America's history at sea. The Intrepid's role spans two major wars, the space program and rescue and recovery efforts in the days following 9/11. Explore the USS Intrepid, see the Space Shuttle Enterprise, and 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 at the Mess Deck Café (food not included in cost of trip). Then we'll board the Circle Line and enjoy a two hour 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 Brookfield Town Hall at 8:45 a.m. Estimated return time to Brookfield is 6:30 p.m.

Day: Sunday Date: 5/21 Time: 8:45 a.m. departure 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.

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

#### **Adult Education**

#### 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: Wednesday Time: 7:00 - 9:00 p.m.

Date: 5/17 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

#### New ~ Cut Your Cable TV Bill

Intrigued by the thought of going cable-less, but not quite sure where to begin? "Cord cutting" is a growing phenomenon due to the high cost of cable. Learn how to watch anything you want without cable to and save money in the process.

Day: Wednesday Time: 7:00 – 9:00 p.m. Date: 5/24 (1 wk) Fee: \$20.00

Place: Town Hall Meeting Room Instructor: Ray DiStephan

#### Adult Education, continued

#### **New ~ Cooking with International Friends**

Are you tired of preparing the same meals every week? Allow your taste buds to travel around the world without leaving Brookfield when you join Ann Salinger and four guest chefs who will share their favorite authentic specialties from the Middle East, Brazil, the Dominican Republic and Peru. Classes will be a combination of demonstration and "handson" participation and meals will be enjoyed family style at the end of each class. You'll receive the recipes each week and will be able to recreate your favorite new dishes at home.

- Vivianne AlHayek has been cooking homemade, authentic Middle Eastern specialties in her restaurant (and shop) in Danbury for the last 17 years. She is sharing her recipe for Spinach Pies and showing us how to make a delicious dessert with *kataifi* (shredded filo).
- Queila Bento has a four-year degree in Gastronomy from UNISUAM in Brazil. She worked as a restaurant chef in Brazil and continued her culinary studies in Lima and Paris. She is the founder of the Facebook recipe blog Bentos Gastro and works as a personal chef here in Connecticut. She will be sharing recipes for traditional Brazilian favorites—Coxinha (both the original and the current versions), and a wonderful chocolate treat, Brigadeiro.
- Willians Peña is a trained chef who works in two local restaurants and as a personal chef. He will be sharing some Dominican specialties with us— Plantain "Canoes" (you won't believe what they are stuffed with!), Empanada de pollo dominicana, and Batida de lechoza.
- Melina Sanchez de Osambela is a talented Peruvian amateur chef interested in introducing authentic Peruvian flavors to her North American friends. She will be showing us how to make Peruvian Fried Rice, Choclo salad, and Cancha (an appetizer) with chifle.

Day: Thursday Time: 6:30 - 8:30 p.m.

Dates: 4/20, 5/4, 5/11, 5/18 (4 wks) Place: BHS Culinary Arts Room #204

Fee: \$82.00

#### **Pastabilities**

This class starts with the theme of pasta—wheat flour, water, sometimes eggs—and takes off from there. So yes, we make pasta, but we are also exploring some of the condiments we use to dress it, and some of the other ways we can mix those basic ingredients to produce something a little different—cream puffs stuffed with homemade cannoli cream for example, *pizzettas*, or a savory Swiss chard pie made with an olive-oil based crust. Our Stuff Shells are filled with zucchini, ham, and mushrooms in a béchamel sauce. So come join us to explore the pastabilities—but first make sure your treadmill is in good working order!

Day: Tuesday Time: 6:30 - 8:30 p.m.

Dates: 5/9 - 5/30 (4 wks)

Instructor: Ann Salinger Fee: \$82.00

Place: BHS Culinary Arts Room #204

#### Adult Education, continued

#### **Beginning Italian**

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

Day: Monday Time: 7:00 - 8:00 p.m.

Dates: 4/24 – 6/19 (8 wks) – no class 5/29 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: 4/27 – 6/15 (8 wks)
Place: Town Hall Meeting Room

Instructor: Anna Prendi Fee: \$79.00

#### 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: 6/7 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Room

#### Reiki Share Gathering

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

Day: Wednesday Time: 6:00 - 7:00 p.m.

Dates: 5/24 (1 wk) Fee: \$10.00

Place: Healthy Weighs Wellness Center, 366 Federal Rd. Instructors: Amy Fernandez, MS, RMT, Reiki Master/Teacher

#### Adult Education, continued

#### 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. Participants must attend all four classes in the same

**session**. Adults must present a picture ID (driver's license) at the first class. Children under age 16 must be accompanied by a parent and the parent must remain with the child for the duration of the class. (No charge for the parent to attend if not seeking certification.) There is an additional \$50 license fee to the State, which you will pay online after successful completion of the class.

#### Session 1:

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

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

Dates: 4/17, 4/19, 4/24, 4/26 (4 classes)

Fee: \$25.00 **Session 2:** 

Day: Tuesday and Thursday (twice a week for 2 weeks)

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

Dates: 5/2, 5/4, 5/9, 5/11 (4 classes)

Place: Whisconier Middle School Seminar Room

Fee: \$25.00

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

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

Session 1: Sunday, 4/30, 2:00 - 5:00 p.m. Session 2: Sunday, 5/14, 3:00 - 6:00 p.m.

Place: Town Hall Meeting Room Instructor: Jerry Kochman

Fee: \$89.00

#### **Red Cross CPR**

#### **Re-Certification for Lay Responders**

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

Register for any one session.

Session 1: Friday, 4/28, 10:00 a.m. – 12:00 p.m. Session 2: Tuesday, 5/16, 6:00 – 8:00 p.m. Session 3: Thursday, 6/22, 6:00 – 8:00 p.m.

Place: Town Hall Meeting Room Instructor: Jerry Kochman

Fee: \$55.00/session

#### **Decorative Arts**

#### **Watercolor for Adults**

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

 Day:
 Thursday
 Time:
 5:30 - 7:30 p.m.

 Session 1:
 4/20 - 6/8 (8 wks)
 Fee:
 \$88.00/session

 Session 2:
 6/29 - 8/17 (8 wks)
 Instructor:
 Victoria Lange

Place: Senior Center Craft Room

#### 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: Wednesday Time: 6:00 – 8:00 p.m.

Dates: 4/26 - 5/31 (6 wks)

Place: Whisconier Middle School Rm #1521

Instructor: Karen Ryavec Lubensky

Fee: \$90.00

#### Adult Fitness - Tennis



#### **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: 6/3 - 6/24 (4 wks)

Place: BHS Tennis Courts Fee: \$44.00

Instructor: Elaine Gregory, Former BHS Girls' Coach

#### Tennis partner, anyone?

If you are interested in being contacted by other residents who enjoy tennis or would like to contact others, please email Liz Burandt, Administrative Assistant at <a href="mailto:lburandt@brookfieldct.gov">lburandt@brookfieldct.gov</a> by May 6. She may also be reached by phone at 775-7310.

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

#### Adult Fitness, 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



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: 4/17 – 6/19 (8 wks) – no class 5/22, 5/29 Place: Center School Gym Fee: \$75.00

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: 4/26 - 6/14 (8 wks)

Place: Center School Gym Fee: \$75.00

Instructor: Mary Lou Peters

#### **Ballroom Dance for Beginners**

Participants will learn the fundamentals of a variety of ballroom dances, such as the Waltz, Foxtrot, Rumba, and Swing, that can be used when attending fun events like parties or weddings. 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: 4/26 – 6/14 (8 wks)

Place: Whisconier Middle School Cafeteria Instructor: Jen DiBella Fee: \$92.00

#### Adult Fitness, continued



#### **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: 4/25 - 6/13 (8 wks)

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. Bring two sets of weights one lighter, one heavier (1,3 or 5 pound are recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:30 - 7:30 p.m.

Dates: 4/27 – 6/15 (8 wks)

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$75.00

#### Tai Chi and Qi Gong for Beginners I

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

Day: Wednesday Time: 7:00 – 8:30 p.m.

Dates: 4/26 – 6/14 (8 wks) Fee: \$79.00

Place: Center School Gym Instructor: Vincent Candela

#### Tai Chi and Qi Gong for Beginners II

This program picks up where part one leaves off, allowing participants to learn more of the 30 movements of the short form. The slow, gradual movements help reduce stress, promote longevity and increase balance and core strength. Please wear flat soled shoes and loose, comfortable clothing. Participants must have completed Tai Chi and Qi Gong for Beginners I (see above) in order to register for this program. Day: Friday

Time: 7:00 – 8:30 p.m.

Dates: 4/21 – 6/16 (8 wks) – no class 5/26
Place: Center School Gym Fee: \$79.00

Instructor: Vincent Candela

#### Adult Fitness - Yoga



#### Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-

rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary!

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

Dates: 4/17 – 6/5 (6 classes) – choose any 6 to attend

Instructor: Christina Rojas

**Session 2: Thursdays, 12:00 – 1:15 p.m.** 

Dates: 4/20 - 6/8 (6 classes) - choose any 6 to attend

Instructor: Kriss Anderson

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

Dates: 4/22 - 6/10 (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

Ready to take your yoga practice to the next level? Or perhaps you would like to explore something new? YogaSpace offers 30 classes per week, with some classes beginning as early as 7:00 a.m.! Use this specially discounted pass to sample any of YogaSpace's regularly scheduled classes. Choose from a variety of styles, teachers, days and times. If you're new to yoga, join us for a Basics class; if you're ready to move beyond Basics, check out our Balanced or Flow; classes. Or perhaps go a little deeper within the yoga experience with a Gentle or Yin class. Class schedule and descriptions may be found at: <a href="http://yogaspace-ct.com/sp/schedule1.htm">http://yogaspace-ct.com/sp/schedule1.htm</a>

Dates: 4/17 – 6/10 (6 classes) - choose any 6 to attend Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Fee: \$90.00

## 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: 4/19 – 6/7 (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 – Yoga and Meditation

#### The Art of Meditation

This six week meditation course is an excellent program for beginners and also a great place for seasoned practitioners 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: 5/21–6/25 (6 wks) Fee: \$90.00 Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Instructor: Rob Farella

#### "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: 4/19 – 5/24 (6 classes)

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT Instructor: Michelle Wenis Fee: \$120.00

#### New ~ Yoga Camp for Adults

Let your inner child come out and play for a week of yoga, healing & creative arts, contemplative nature hikes and more ~ specifically designed for adults! Each day you'll experience a full yoga class at the studio, plus fun, educational and inspirational activities, often to beautiful natural surroundings (whether permitting). Along the way you'll discover valuable life skills, new buddies and ways of incorporating yoga, breath, play, meditation and mindfulness throughout the day. This is a daily mini-retreat to counteract the stress of our busy lives and leave you feeling more open, alive, creative and refreshed! Price includes 4+ hours of guided practice/ experience with a break for snacks/lunch. You provide your own transportation (or we may choose to carpool to field trip locations). Bring your curiosity, a yoga mat, sturdy walking/hiking shoes (no flip flops please), hat, sunscreen, etc. along with a water bottle, snacks/lunch. We'll provide all the other elements like wonderful certified teachers, art supplies, take-home resources, and plenty of inspiration. Consider YogaSpace's Yoga Camp for Adults your excuse to be a kid again!

Day: Monday - Friday Time: 9:30 a.m. - 2:00 p.m.

Dates: 7/10 – 7/14 (1 wk) Fee: \$225.00 Place: YogaSpace, 78 Stony Hill Road, Bethel, CT Instructor: YogaSpace staff and guest instructors

#### Adult Fitness - Golf

## Golf Club A Priendly Place To Play

#### Senior Golf League - 55+

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

Sunset Hill Golf Course in Brookfield. Expected start date of Tuesday, April 18 with play continuing on Tuesday mornings through late October/early November (weather permitting). Rotating foursomes and a variety of formats will keep play fresh all season. Choice of playing 9 or 18 holes with or without cart (fees vary per week depending on option selected and ranged from \$15 – \$40 in 2016.) 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 <a href="https://www.brookfieldct.gov/rec">www.brookfieldct.gov/rec</a>.



#### 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 \$130.00 for any one month of four classes. Classes meet 6:30 – 7:30 p.m.

May: 5/4, 5/11, 5/18, 5/25 (Thursdays) June: 6/7, 6/14, 6/21, 6/28 (Wednesdays) July: 7/3, 7/10, 7/17, 7/24 (Mondays) Aug: 8/1, 8/8, 8/15, 8/22 (Tuesdays)

#### **Women Only Classes (Beginner)**

May: 5/3, 5/10, 5/17, 5/24 (Wednesdays) June: 6/8, 6/15, 6/22, 6/29 (Thursdays) July: 7/5, 7/12, 7/19, 7/26 (Wednesdays) Aug: 8/3, 8/10, 8/17, 8/24 (Thursdays)

#### **Adult Intermediate**

May: 5/2, 5/9, 5/16, 5/23 (Tuesdays) June: 6/5, 6/12, 6/19, 6/26 (Mondays) July: 7/6, 7/13, 7/20, 7/27 (Thursdays) Aug:8/2, 8/9, 8/16, 8/23 (Wednesdays)

#### **Tots Activities**

#### 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.

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

Dates: 4/23 – 6/18 (8 wks) – no class 5/28 Place: Huckleberry Hill School, front field

Fee: \$150.00

Spring Session 2: Sunday, 10:00 - 11:00 a.m.

Dates: 4/23 – 6/18 (8 wks) – no class 5/28 Place: Huckleberry Hill School, front field

Fee: \$150.00

Summer Session: Thursdays, 9:30 - 10:30 a.m.

Dates: 6/29 – 8/3 (6 wks) Place: Town Hall Field

Fee: \$110.00

#### 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.

#### Spring Session 1: Sundays, 11:00 a.m. - 12:00 p.m.

Dates: 4/23 – 6/18 (8 wks) – no class 5/28 Place: Huckleberry Hill School, front field

Fee: \$150.00

Spring Session 2: Sundays, 12:00 - 1:00 p.m.

Dates: 4/23 – 6/18 (8 wks) – no class 5/28 Place: Huckleberry Hill School, front field

Fee: \$150.00

Summer Session: Thursdays, 10:30 - 11:30 a.m.

Dates: 6/29 – 8/3 (6 wks) Place: Town Hall Field

Fee: \$110.00

**Summer Camp: Monday through Friday, 4:30 – 5:30 p.m.** 

Dates: 8/21 – 8/25 (1 wk) Place: Cadigan Park

Fee: \$90.00

#### Lacrosse Squirts®

Players age 3 to 5 will learn how to cradle, shoot, catch, and scoop. Throughout the program participants will have fun developing their knowledge and understanding of scrimmaging in Lacrosse. More details available online, please visit: <a href="http://ussportsinstitute.com/programs/sports-squirts/lacrosse-squirts.html">http://ussportsinstitute.com/programs/sports-squirts/lacrosse-squirts.html</a>.

Summer Session: Thursdays, 11:30 a.m. - 12:30 p.m.

Dates: 6/29 – 8/3 (6 wks) Place: Town Hall Field

Fee: \$110.00

#### Tots Activities, continued

#### **Mother's Morning Out**

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

#### <u>Day: Wednesday</u> <u>Time: 9:15 – 11:15 a.m.</u>

Session 1: 4/19, 4/26, 5/3, 5/10 (4 wks) Session 2: 5/17, 5/24, 5/31, 6/7 (4 wks) Session 3: 6/14, 6/21, 6/28, 7/5 (4 wks)

Place: Congregational Church Pre-School Room Instructors: KidsFit Fee: \$96.00/session **Day: Friday Time: 9:15 – 11:15 a.m.** 

Session 1: 4/21, 4/28, 5/5, 5/12 (4 wks) Session 2: 5/19, 6/2, 6/9, 6/16(4 wks)

Place: Congregational Church Pre-School Room Instructors: KidsFit Fee: \$96.00/session

#### **Ballet & Tap for Tots**

This class will introduce boys and girls ages 3.5 through 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, coordination and will begin learning the basic postures and positions of ballet. Recommended attire: Girls- leotard, tights, ballet and tap shoes. Hair must be pulled back. Boys- t-shirt and shorts or sweatpants, ballet and tap shoes.

Day: Monday Time: 12:30 – 1:15 p.m.

Dates: 4/24 - 6/12 (7 wks) - no class 5/29

Place: Congregational Church – Fellowship Hall (lower level)

Instructor: Dolly Pinto Fee: \$61.00

#### 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: 4/25 - 5/30 (6 wks)

Place: Congregational Church Pre-School Room Instructor: Anna Prendi Fee: \$48.00/session



Looking for more summer activities for your preschooler? Be sure to check out our Camp PeeWee (page 15) and swimming lessons

(page 21). There are also sport camps and specialty camps available for 3 – 5 year olds (page 17).

#### Center After School



#### Get into the Kitchen

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

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

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

Session 1: 5/1, 5/8, 5/15, 5/22 (4 wks)

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

Session 1: 5/2, 5/9, 5/16, 5/23 (4 wks) Place: Center School Cafeteria

Instructor: Ann Salinger Fee: \$48.00/session

#### 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: 4/26 - 6/14 (8 wks) Fee: \$44.00

Place: Center School Gym

Instructors: Ryan Halloran and Austin Pacific

#### Just for Kicks (Grades K-1)

This 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 fall. Time: 3:30 - 4:30 p.m. Day: Friday

Dates: 4/28 - 6/9 (6 wks) - no class 5/26 Place: Center School Gym Fee: \$33.00 Instructor: Lucas Rodrigues and Andrew DeCosta

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

Dates: 4/25 - 6/13 (6 wks) - no class 5/23, 5/30

Place: Center School Gym

Instructor: Ariana Mesaros Fee: \$52.50

#### Center After School, continued



#### **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 and gliders – 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: Friday Time: 3:30 - 4:30 p.m.

Dates: 5/5 - 6/9 (5 wks) – no class 5/26

Place: Center School Cafeteria Fee: \$85.00

Instructor: Hobby Quest Instructors



#### 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: Monday Time: 3:30 - 4:30 p.m.

Dates: 4/24 - 6/5 (6 wks) - no class 5/29 Place: Center School Gym Fee: \$33.00

#### Little Dragons



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

and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Hammerhead Martial Arts directly prior to the first class. Contact them at 775-7150. Time 3:30 - 4:00 p.m.

Day: Thursday Dates: 4/27 – 5/18 (4 wks) Fee: \$28.00

Place: Center School Cafeteria



#### The Wizard's School of Magic

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

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

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

Abracadabra - Magic Workshop 1:

Tuesday 4/25, 3:30 – 4:30 p.m. Center School Room

Hocus Pocus - Magic Workshop 2:

Tuesday 5/9, 3:30 – 4:30 p.m. Center School Room

Presto – Magic Workshop 3:

Tuesday 5/23, 3:30 - 4:30 p.m. Center School Room

#### Center After School, continued

#### New ~ Kids Yoga (Grades K/1)

Yoga fosters creativity, sharing, focus, self-esteem and rewards each student with a peaceful mind and body. This yoga class for grades K and 1 meets each child where they are and playfully invites children to improve strength, flexibility, and coordination through basic yoga poses. Children will learn strategies to improve focus and selfregulation, learning to calm their bodies down through selfawareness and breathing techniques. Through the practice of relaxation, yoga poses, partner and group poses, and yoga games children will learn self-respect and respect for others. Kids should wear comfortable clothes that are easy to move in and will participate barefoot. Please bring a water bottle; yoga mats will be provided. Instructor Sharon Poarch is a Physical Therapist with the Brookfield Public Schools with additional certifications as a yoga instructor. Day: Thursday Time: 3:30 - 4:30 p.m.

Dates: 4/27 – 5/25 (5 wks) Fee: \$45.00

Place: Center School Music Room Instructor: Sharon Poarch RPT, RYT-200

#### **Lego Robotics**

Lego WeDo provides wonderful hands-on opportunities for students in grades K and 1 to experiment and learn about the fundamentals of robotics, construction and computer programming. We

will be using familiar Lego bricks to build around a microcomputer and using computer software will bring the

robot to life! Class limited to 12 students.

Day: Wednesday Time: 3:30 - 4:45 p.m.

Dates: 5/3, 5/10, 5/17, 5/24, 5/31 (5 wks)
Place: Center School Room Fee: \$95.00

Instructor: Computer Explorers

#### **Drawing Mixed Media**

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

Day: Thursday

Time: 3:30 – 4:30 p.m.

Dates: 5/4 – 5/25 (4 wks) Fee: \$72.00

Place: Center School Art Room

#### Intro to Field Hockey

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

Day: Thursday Time: 5:00 – 6:00 p.m. Dates: 4/27 – 6/1 (6 wks) Fee: \$46.00

Instructors: Kate Culbreth and Danielle Olivier

#### Place: HHES Lower Gym

#### **Huckleberry After School**



#### The Wizard's School of Magic

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

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

spaces - alakazaam - disappear!

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

Abracadabra - Magic Workshop 1:

Thursday 4/27, 3:30-4:30 p.m. HHES Music Room

Hocus Pocus - Magic Workshop 2:

Thursday 5/11, 3:30 - 4:30 p.m. HHES Music Room

Presto – Magic Workshop 3:

Thursday 5/25, 3:30 – 4:30 p.m. HHES Music Room

#### New ~ Computer Coding in Minecraft

This class is more than just "mining" and "crafting" in Minecraft. Students in grades 2 through 4 will conceptualize, design and learn how to create mods and modify the game using JAVA. This is a fun introduction to object oriented computer programming for students who have good listening skills and an interest in computer programming. Class is limited to 12 students. Day: Thursday

Time: 3:30 – 4:45 p.m.

Dates: 4/27, 5/4, 5/11, 5/18, 5/25 (5 wks)
Place: HHES Library Fee: \$95.00

Instructor: Computer Explorers

#### Flag

#### Flag Football

Students in grades 2- 4 will be introduced to

the basics in this non-contact class.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 4/25 – 6/13 (7 wks) – no class 5/16
Place: HHES Lower 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: 4/24, 5/8, 5/15, 5/22, 6/12 (5 wks)
Place: HHES Upper Gym Fee: \$27.50

#### **Junior Floor Hockey**

Students in grades 3 and 4 will learn the basic rules of floor hockey and participate in games. All students are required to bring their own goggles. Please note no class on 5/26 or 6/2.

Day: Friday Time: 3:30 – 4:30 p.m.

Dates: 4/21 - 6/16 (7 wks) - no class 5/26, 6/2

Place: HHES Lower Gym Instructor: Matt Cudney

Fee: \$38.50

#### Mixing it Up with Ms. Olivier

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

sports and games.

Day: Wednesday Time: 3:30 – 4:30 p.m.

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

Place: HHES Lower Gym Instructor: Danielle Olivier

#### Huckleberry After School, continued

#### Playground Basketball

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

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 4/24, 5/15, 5/22, 6/12 (4 wks) Fee: \$22.00

Place: HHES Lower Gym 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: 4/27 – 6/15 (8 wks) Fee: \$44.00

Place: HHES Lower Gym Instructor: Matt Cudney

#### **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: Thursday Time: 3:30 - 4:30 p.m.

Dates: 4/27 – 6/8 (6 wks) – no class 5/25 Place: Huckleberry Hill Upper Gym

Instructor: Ariana Mesaros Fee: \$52.50

#### Intro to Field Hockey

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

Day: Thursday Time: 5:00 - 6:00 p.m.

Dates: 4/27 – 6/1 (6 wks) Fee: \$46.00 Instructors: Kate Culbreth and Danielle Olivier

Place: HHES Lower Gym

#### French Fantastique

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: 4/25 - 6/13 (7 wks) - no class 5/23

Place: HHES Room Instructor: Margee Minier

Fee: \$69.00

#### Huckleberry After School, continued

#### **Kids are Cooking**

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

Day: Wednesday Time: 3:30 – 4:30 p.m.

Session 1: 5/3, 5/10, 5/17, 5/24 (4 wks)

<u>Day: Thursday</u> <u>Time: 3:30 – 4:30 p.m.</u>

Session 1: 5/4, 5/11, 5/18, 5/25 (4 wks)

Place: HHES Art Room Fee: \$48.00/session

Instructor: Ann Salinger



#### **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 and gliders – 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: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 5/3 – 5/31 (5 wks) Fee: \$85.00

Place: HHES Classroom



#### **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.

Dates: 5/5 - 6/2 (4 wks) – no class 5/26

Place: HHES Room Fee: \$72.00

#### Huckleberry After School, continued

#### New ~ Kids Yoga

Yoga fosters creativity, sharing, focus, self-esteem and rewards each student with a peaceful mind and body. This yoga class for grades 2 through 4 meets each child where they are and playfully invites children to improve strength, flexibility, and coordination through basic yoga poses. Children will learn strategies to improve focus and selfregulation, learning to calm their bodies down through selfawareness and breathing techniques. Through the practice of relaxation, yoga poses, partner and group poses, and yoga games children will learn self-respect and respect for others. Kids should wear comfortable clothes that are easy to move in and will participate barefoot. Please bring a water bottle; yoga mats will be provided. Instructor Sharon Poarch is a Physical Therapist with the Brookfield Public Schools with additional certifications as a yoga instructor. Day: Monday Time: 3:30 - 4:30 p.m.

Dates: 4/24 – 5/22 (5 wks) Fee: \$45.00

Place: HHES Music Room

Instructor: Sharon Poarch RPT, RYT-200

#### **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: 4/28, 5/5, 5/12, 5/19 (4 wks)

Place: Huckleberry Hill School Music Room

Instructor: Tyler Raymond, Hammerhead Martial Arts

Fee: \$28.00

#### **USTA Junior Tennis**

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

The season will begin the week of June 5 with a practice once a week and four to six matches during the season. At least two home matches will be played on Saturday afternoons on the BHS Courts and at least two away matches TBA in towns throughout Fairfield County. Depending on the number of kids on each team, each player may not play in every match officially. Every effort will be made to have practice on a set day and time each week when all team members can participate. Practices may or may not be rescheduled if cancelled due to the weather, but matches will be rescheduled.

Total fee to participate is \$123.00. \$100 will be paid directly to Parks & Rec. at registration for coaches' fees and team t-shirt. \$23 will be paid when you register for your team online.

To learn more about Junior Team Tennis please join us for an informational meeting on Thursday, May 18 at 7:00 p.m. in Town Hall. We are always looking for coaches. If you are interested, please attend the meeting on May 18 or call the Parks & Recreation Office at 775-7310.

#### Whisconier After School

#### **Basic Drawing and Watercolor**



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

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

Day: Monday Time: 2:40 – 4:10 p.m.

Dates: 4/24 - 6/19 (8 wks) -no class 5/29

Place: WMS Art Room Instructor: Victoria Lange

Fee: \$95.00



#### **ARC Babysitter's Training**

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

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

Day: Thursday Time: 9:00 a.m. – 3:00 p.m.

Date: 4/13 Fee: \$65.00

Place: Town Hall Room 133 Instructor: Peggy Boyle

#### **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: 4/26 – 5/31 (6 wks) Fee: \$70.00 Place: Whisconier Middle School Cafeteria

Instructor: Jen DiBella

#### **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: 4/28 – 5/19 (4 wks) Fee: \$35.00

Place: WMS Cafeteria Instructor: Ariana Mesaros

#### Whisconier After School, continued

#### New ~ Beginner Sewing for Grades 5-8

Have you ever wanted to learn how to sew? 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 home sewing machine. Meet with the instructor at Jo-Ann Fabrics in Brookfield (143 Federal Road) at 5:00 p.m. on April 26. She will to 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.

Day: Wednesday Time: 2:40 - 4:10 p.m. Dates: 5/3 - 5/31 (5 wks) and 5:00 - 5:45 p.m. on 4/26

Place: WMS Rm #1521 Fee: \$90.00

Instructor: Karen Ryavec Lubensky

#### New ~ Beginner Tennis Grades 5-8

This class is designed for students in grades 5-8 who have never really played much tennis but want to learn. We will cover the basic strokes of tennis including forehand, backhand, volley, serve, overhead and lob. Students will also learn basic USTA rules of the game. Students should wear a good pair of sneakers, and bring a water bottle and a racquet whose grip fits comfortably in their hand. (We do have a few racquets for those who need one.)

Day: Wednesday Time: 4:30 - 5:30 p.m.

Date: 9/6 – 9/27 (4 wks)

Place: Cadigan Park Tennis Courts

Instructor: Elaine Gregory, Former BHS Girls' Tennis Coach

#### 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: 4/24 – 6/5 (6 wks) – no class 5/29
Place: HHES Lower Gym Fee: \$46.00
Instructors: Danielle Olivier and Kate Culbreth



#### Golf Lessons for Juniors

These classes are intended to provide students ages 8-15 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before

and for more experiences players who want to improve one or all aspects of their game. Also included will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$130.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

May: 5/4, 5/11, 5/18, 5/25 (Thursdays) June: 6/7, 6/14, 6/21, 6/28 (Wednesdays) July: 7/3, 7/10, 7/17, 7/24 (Mondays) August: 8/1, 8/8, 8/15, 8/22 (Tuesdays)

#### Brookfield High School

#### **USTA Junior Tennis**

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

The season will begin the week of June 5 with a practice once a week and four to six matches during the season. At least two home matches will be played on Saturday afternoons on the BHS Courts and at least two away matches TBA in towns throughout Fairfield County. Depending on the number of kids on each team, each player may not play in every match officially. Every effort will be made to have practice on a set day and time each week when all team members can participate. Practices may or may not be rescheduled if cancelled due to the weather, but matches will be rescheduled.

Total fee to participate is \$123.00. \$100 will be paid directly to Parks & Rec. at registration for coaches' fees and team t-shirt. \$23 will be paid when you register for your team online.

To learn more about Junior Team Tennis please join us for an informational meeting on Thursday, May 18 at 7:00 p.m. in Town Hall. We are always looking for coaches. If you are interested, please attend the meeting on May 18 or call the Parks & Recreation Office at 775-7310.

#### **Advanced Drawing and Watercolor**

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

Day: Wednesday Time: 2:30 – 4:00 p.m.

Dates: 4/26 – 6/7 (7 wks) Fee: \$77.00

Instructor: Victoria Lange Place: BHS Staff Room

#### **Youth Employment Program**

The Youth Employment Program is a non-profit program designed to assist students (12 years and older) seeking part-time employment for after school and summer employment in Brookfield. The students are employed by a local resident in performing such tasks as: Babysitting, Yardwork, Housecleaning, Office Assistance, Pet Sitting, Painting, Car washing and Snow Shoveling in the winter. The local resident (employer) pays the student for performing these tasks a mutually agreed upon hourly rate. Email Liz Burandt at lburandt@brookfieldct.gov for more information.

#### Full Day Camps - Camp Cadicopia

#### **CAMP REGISTRATION BEGINS APRIL 12.**

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

**WEEK 1: June 26 - June 30** 

WEEK 2: July 3-7 (no camp 7/4)

WEEK 3: July 10 - 14
WEEK 4: July 17 - 21
WEEK 5: July 24 - 28
WEEK 6: July 31 - August 4
WEEK 7: August 7 - 11

August 14-18: Camp Cadicopia Only

#### Camp Cadicopia – for Grades 3-6

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

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

Days: Monday - Friday
Place: Cadigan Pavilion
Time: 9:00 a.m. to 5:00 p.m.
Weeks: See above

Fee: \$259.00/week\*

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

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

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

9:30 - 10:15 a.m. Group Games

10:15 - 10:30 a.m. Snack

10:30 a.m. - 12:00 p.m. Town Beach

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

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

4:30 - 5:00 p.m. Activities at Pavilion

#### Full Day Camps - Camp Voyager

#### **CAMP REGISTRATION BEGINS APRIL 12.**

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

**WEEK 1: June 26 – June 30** 

WEEK 2: July 3-7 (no camp 7/4)

WEEK 3: July 10 - 14 WEEK 4: July 17 - 21 WEEK 5: July 24 - 28

WEEK 6: July 31 - August 4 WEEK 7: August 7 – 11

#### Camp Voyager – for Grades 6-9

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

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

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

Place: HHES Gym Weeks: See above

Fee: \$292.00/week

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

#### Camp Voyager Extended Hours

Campers can come to Camp as early as 8:00 a.m., and stay as late as 6:00 p.m. **PRE-REGISTRATION IS REQUIRED**. Fee is \$20.00 per week (\$4.00 per day) for either early drop off or late pick up.

### Where are some of the places that Camp Voyager went during the summer of 2016?

Avery's Beverages, Kent Falls, Rocky Neck State Park,
Lake Compounce, Lore's Lanes, Prime Climb, Bridgeport
Bluefish, PEZ Visitor's Center, Maritime Aquarium, R&B
Sportsworld, and Brownstone Discovery Park &

Exploration Center (just to name a few)

#### Half-Day Camps

#### **CAMP REGISTRATION BEGINS APRIL 12.**

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

WEEK 1: June 26 - June 30

WEEK 2: July 3-7 (no camp 7/4)

WEEK 3: July 10 - 14 WEEK 4: July 17 - 21 WEEK 5: July 24 - 28

WEEK 6: July 31 - August 4

**WEEK 7:** August 7 – 11

#### **Summer Better Than Others**

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

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

Place: Huckleberry Hill School

Weeks: See Above Fee: \$85.00/week

\*Please note that the fee for week #2 has been discounted to

\$68.00 because of the shortened week.



#### Camp Pee Wee

For children ages 3.5, 4 or entering kindergarten. Campers will be involved in arts & crafts, games, story time, and daily

theme activities. Our camper to counselor ratio will not exceed 6:1 and is often lower. All children attending must have turned 3 years old by December 31, 2016.

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

Place: Huckleberry Hill School

Weeks: See above Fee: \$85.00/week

\*Please note that the fee for week #2 has been discounted to

\$68.00 because of the shortened week.

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

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

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

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

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

#### Half-Day Camps, continued

#### **CAMP REGISTRATION BEGINS APRIL 12.**

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

WEEK 1: June 26 - June 30

WEEK 2: July 3-7 (no camp 7/4)

WEEK 3: July 10 - 14 WEEK 4: July 17 - 21 WEEK 5: July 24 - 28

WEEK 6: July 31 - August 4 WEEK 7: August 7 - 11

#### Counselor in Training Program

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

Days: Monday to Friday Time: 9:00 a.m. to 12:30 p.m. Weeks: See above Place: Huckleberry Hill School

Fee: \$70.00/week

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

#### **Sports Camps**



#### **Summer Riding Camp Program**

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

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

 $brushyhill farm@gmail.com\ or\ visit\ www.brushyhill farm.com.$ 

Day: Monday – Friday Time: 9:00 a.m. – 12:30 p.m. Session 1: June 19 – 23 Session 2: June 26- 30 Session 3: July 5 – 7 (no 7/3-7/4) Session 4: July 10 – 14

Session 5: July 17 – 21 Session 6: July 24 – 28 Session 7: July 31 – August 4 Session 7: August 7 - 11

Session 8: August 14-18

Fee: \$295.00/session (Session 3 is 3 days and \$177.00) Place: Brushy Hill Farm, 15 Coachmans Drive, Southbury

#### Sports Camps, continued

CAMP REGISTRATION BEGINS APRIL 12.
Please plan ahead; we will not accept registrations for camps on the day they begin.



#### **Field Hockey Camp**

Students entering grades 5 – 9 will practice passing, dribbling, shooting, and field hockey concepts. This camp is the perfect introduction for girls who are interested in trying a new sport without making a big commitment as well as those

who have played before and are looking to reinforce their skills. Campers should bring a water bottle and snack each day and a stick if they have one. (Sticks will be provided for those who need one.) A T-shirt is included for all participants.

Days: Monday – Friday Dates: 7/31 – 8/4 (1 wk)
Time: 9:00 a.m. - 12:00 p.m. Place: Cadigan Park

Instructors: Kate Culbreth and Danielle Olivier

Fee: \$105.00



#### **Junior Volleyball Camp**

Open to students in grades 5 - 8 who want to learn or practice the basics including serving, passing, and hitting. This program is a great

opportunity for middle school students who are considering trying out for the BHS team. Please bring a snack and a water bottle. A T-shirt is included for all participants.

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

Dates: 7/10 – 7/14 (1 wk) Place: WMS Gym

Fee: \$85.00

#### **Volleyball Camp**

Recreational volleyball program for those entering grades 9-12. Returning players will greatly benefit by honing their skills and learning new ones, and is a great opportunity to keep your skills up in the summer. Beginning players will learn the basics of passing, setting, hitting, serving, blocking, and court positioning. Conditioning will be incorporated into the camp as well. Bring a lunch and a water bottle, and get ready for some fun! Sign up for individual weeks (7/17-7/21 or 7/24-7/28) at a cost of \$95.00 a week or both weeks for \$180.00. A T-shirt for all participants is included.

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

Dates: 7/17 – 7/28 (2 wks) Fee: \$180.00

Place: WMS Gym

#### **Youth Employment Program**

The Youth Employment Program is a non-profit program designed to assist students (12 years and older) seeking part-time employment for after school and summer employment in Brookfield. The students are employed by a local resident in performing such tasks as: Babysitting, Yardwork, Housecleaning, Office Assistance, Pet Sitting, Painting, Car washing and Snow Shoveling in the winter. The local resident (employer) pays the student for performing these tasks a mutually agreed upon hourly rate. Email Liz Burandt at <a href="mailto:lburandt@brookfieldct.gov">lburandt@brookfieldct.gov</a> for more information.

#### Sports Camps, continued



#### Kevin McGinniss' Slamma Jamma Basketball Camp

Now for students entering grades 1-9! Participants will receive individual and group instruction on all aspects of the game of

basketball as taught by Coach Kevin McGinniss and his assistants. This co-ed camp for students entering grades 1-3 and grades 4-9 also features a shirt for every player, games, and contests. All participants will receive their own regulation game ball. All campers should bring a water bottle. For those campers staying until 2:00 p.m., pizza, snacks and drinks are available for purchase each day or campers can bring their own lunch and drink. Please note that grades 4-9 will be further grouped by age on-site based upon enrollment.

Days: Monday - Friday Dates: 7/10 - 7/14 (1 wk) Grades 1- 3: 9:00 a.m. - 12:00 p.m. Fee: \$85.00 Grades 4 - 9: 9:00 a.m. - 2:00 p.m. Fee: \$135.00

Place: Brookfield High School Gyms

#### **Golf Camp**



Junior golfers ages 7 – 14, with or without previous experience, will enjoy learning the game of golf in a fun atmosphere. Camp includes fundamentals of the golf swing, playing with woods and irons, pitching and sand play, chipping

and putting, contests, rules and etiquette, video analysis of your swing, mini-golf tournament, and awards. Campers may bring their own clubs or use those provided. The fee is \$209.00 per week, Monday through Thursday. Parents must provide all transportation. Camp schedule:

Monday - Wednesday 9:00 a.m. -12:00 p.m. at Golf Quest Thursday 9:15 - 11:30 a.m. at Gainfield Farms in Southbury

 Week 1: June 26 - 29
 Week 2: July 3 - 6

 Week 3: July 10 - 13
 Week 4: July 17 - 20

 Week 5: July 24 - 27
 Week 6: July 31 - August 3

 Week 7: August 7 - 10
 Week 9: August 14 - 17

#### **Beginning Golf Camp**

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

Days: Monday – Friday Time: 9:00 a.m. – 12:00 p.m. Dates: 6/26 – 6/30 (1 wk) Place: WMS-front field

Fee: \$125.00

#### Sports Camps, continued

**CAMP REGISTRATION BEGINS APRIL 12.** 

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

#### Mini Hawk Multi Sport Camp (Ages 4-7)

This multi-sport program gives children ages 4 to 7 a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff members are trained to handle the specific needs of young athletes. Camper to coach ratio will not exceed 8:1. Campers should bring along 2 snacks and a water bottle and wear weatherappropriate clothing for outdoor play including sneakers. Every camper receives a t-shirt and merit award. In case of rain the program will meet in the gym of Whisconier School. Time: 9:00 a.m. – 12:00 p.m. Days: Monday – Friday

Place: WMS Back Field

Dates: 8/14 – 8/18 (1 wk) Fee: \$125.00

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

Our Multi-Sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine baseball, basketball, soccer and flag football into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of (2 or 3) new sports along with vital life lessons such as respect, teamwork, and self-discipline. Campers should bring along 2 snacks and a water bottle and wear weatherappropriate clothing for outdoor play including sneakers. Every camper receives a t-shirt and merit award. In case of rain the program will meet in the gym of Whisconier School.

Days: Monday – Friday Time: 9:00 a.m. – 1:00 p.m. Dates: 8/14 – 8/18 (1 wk) Place: WMS Back Field

Fee: \$125.00

#### Total Play Multi Sports Camps

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

http://ussportsinstitute.com/sports-camps/multi-sports/totalplay-multi-sports.html.

Days: Monday through Friday Dates: 8/21 – 8/25 (1 wk)

Times/Fees: 9:00 a.m. - 12.30 p.m. (5-11 year olds) \$169

1:00 p.m. - 4:00 p.m. (5-11 year olds) \$139 9:00 a.m. - 4:00 p.m. (5-11 year olds) \$199

Place: Cadigan Park

#### Sports Camps, continued

**CAMP REGISTRATION BEGINS APRIL 12.** Please plan ahead; we will not accept registrations for camps on the day they begin.

#### **Total Sports Squirts Camp**

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

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

Dates: 8/21 – 8/25 (1 wk) Fee: \$90.00

Place: Cadigan Park



#### **Melendez Tennis Camp**

Melendez Tennis Camps are high-quality, half-day camps that offer boys and girls entering grades 2-8 an opportunity to develop lifetime skills in the sport of tennis. Campers will work with qualified instructors in small, age and skill appropriate groups and will be taught the skills

and etiquette necessary to become successful tennis players. Campers will also have the opportunity to develop interpersonal and social skills as they enjoy organized offcourt activities with their peers. A few reasons why Melendez Tennis Camps stand above the rest:

6:1 student to Instructor ratio

- Weekly individual progress reports
- Live videotape stroke analysis
- Culminating award ceremony and exhibition tournament.

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

Days: Monday – Friday Time: 8:30 a.m. – 12:00 p.m. Session 1: 7/17 – 7/21 (1 wk) Place: BHS Tennis Courts

Session 2: 7/24 – 7/28 (1 wk)

Fee: \$149.00/week (Or two weeks for \$290.00)

#### **Quick Start Tennis**

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

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

Dates: 7/10 - 7/14 (1 wk) Fee: \$49.00

Place: Cadigan Park Tennis Courts

#### Sports Camps, continued

**CAMP REGISTRATION BEGINS APRIL 12.** 

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

#### Football and Cheer Camp

Brookfield Parks & Recreation is pleased to be partnering with the BHS Varsity Football and Cheer Coaching Staffs, along with Brookfield Pop Warner coaches to offer this program for ages 5-14. Campers will learn fundamental skills in a fun, safe environment. Cheer camp includes jumps, stunting, cheers and conditioning. Football Camp focuses on offensive and defensive techniques, safety and conditioning. Campers should dress for the weather and bring plenty of fluids. A drifit t-shirt for every camper is included in the fee. Please indicate t-shirt size (child S,M,L, or Adult S,M,L,XL) when registering. Rain date if needed is 7/27.

Day: Tuesday and Wednesday Dates: 7/25 - 7/26

Time: 6:00 - 8:00 p.m. (arrive at 5:45 p.m.)

Place: Cadigan Park Fee: \$30.00

#### Specialty Camps – Art



#### Camp Watercolor

Campers will enjoy learning drawing and watercolor painting techniques from professional artist Victoria Lange. Each

camper will receive individualized attention to be successful at their ability level, culminating with the completion of a painting or paintings. Please bring a snack and a drink each day. A materials list will be emailed to you along with your receipt at registration. (Materials cost is approximately \$40.00 and all materials are available locally).

Session 1: Grades 9 - 12, 7/17 - 7/21 (1 wk)

Time: 1:30 – 4:30 p.m. Fee: \$115.00

Place: Town Park Beach, Lakeside Community Room

<u>Session 2: Grades 9 – 12, 8/7 – 8/11 (1 wk)</u> Time: 1:30 – 4:30 p.m. Fee: \$115.00

Place: Town Park Beach, Lakeside Community Room Session 3: Grades 5 – 8, 8/14, 8/16, 8/17, 8/18 (4 days)

Time: 9:00 a.m. - 12:00 p.m. Fee: \$92.00

Place: Town Park Beach, Lakeside Community Room

#### Paint, Draw & More Camp

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

Day: Monday – Friday Time: 8:30 a.m. - 2:30 p.m.

Dates: 8/7 – 8/11 (1 wk) Fee: \$299.00

Place: HHES Classroom

#### Specialty Camps – Theater, Dance

CAMP REGISTRATION BEGINS APRIL 12.
Please plan ahead; we will not accept registrations for camps on the day they begin.



#### **Performing Arts Camp**

Performing Arts Camp for 6 to 14 year olds is an intensive, fun, highly charged one-week performing arts program. Campers who participate in this camp will receive training in acting, dancing and singing by performing

artists. The end of the week will culminate with a performance for family and friends. For more detailed information, please visit <a href="https://www.performingartsprograms.biz">www.performingartsprograms.biz</a> or call 860-432-9890 for more information. If you prefer to register online for this program, you may do so through the website listed above.

Days: Monday – Friday Time: 9:00 a.m. – 2:30 p.m.

Dates: 7/17 – 7/21 (1 wk) Fee: \$235.00 Instructor: Performance Arts Programs, Inc.

Place: WMS Café/Stage

#### New ~ Hip Hop Dance Camp

Love to dance but classical styles aren't for you? Campers age 8-12 will have fun while learning some of the summer's most popular hip hop dance moves, as well as style, musicality and technique. A great introduction for beginners, although experienced performers are welcome, too. Be sure to bring a water bottle and wear a t-shirt, shorts and sneakers.

Day: Monday – Friday Time: 9:30 a.m.–12:30 p.m.

Dates: 7/10 - 7/14 (1 wk) Fee: \$115.00

Place: WMS Cafeteria

Instructor: Morghan Moroney

#### Riding Lessons



#### **Horseback Riding Lessons**

Brushy Hill Farm is a full service equestrian facility that takes pride in its warm and welcoming environment. The lesson program caters to students of all ages from beginners to seasoned veterans. Lessons are hand

tailored for each rider's needs to ensure that everyone may achieve their goals and full potential. Closely supervised instruction in a safe and nurturing atmosphere will provide students with solid foundations, the necessary skills to communicate properly with their horse and become good horsemen. During each lesson, students will learn and practice basic horse care, grooming, tacking up, and correct terminology. In case of inclement weather, lessons will be held in an indoor ring. Register with the Parks & Recreation Office, and Brushy Hill Farm will contact you directly to set up a mutually convenient lesson time. Lessons begin the week of April 24<sup>th</sup> (or at your convenience) and meet weekly. Brushy Hill Farm is located in Southbury. Long pants and shoes with heel are recommended. Hard hats will be provided.

Fee: ½ hour private lessons 4 Pack \$240, 8 Pack \$460 4 Pack \$460, 8 Pack \$880

#### Specialty Camps – STEM, Technology

## CAMP REGISTRATION BEGINS APRIL 12. Please plan ahead; we will not accept registrations for camps on the day they begin.

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

#### Lego Robotics (Ages 6-10)

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

Day: Tuesday – Thursday Time: 8:45 – 11:45 a.m. Dates: 6/27 – 6/29 (3 days) Fee: \$114.00

Place: HHES Classroom

#### Modding in Minecraft (Ages 7-12)

Are you interested in checking out modpacks that let you ride an ender dragon or a creeper pig? Or get a NASA workbench to build a rocket and blast off to the moon and plant your own flag on the surface? The possibilities are endless with different modpacks – come have fun!

Day: Tuesday - Thursday Time: 8:45 – 11:45 a.m. Dates: 7/18 – 7/20 (3 days) Fee: \$114.00

Discos 11150 Olssons

Place: HHES Classroom

#### **Video Animation Gaming (Ages 7-12)**

Students 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!

Day: Tuesday - Thursday Time: 8:45 – 11:45 a.m.

Dates: 7/25 – 7/27 (3 days) Fee: \$114.00

Place: HHES Classroom

#### **Computer Coding in Minecraft (Ages 8-13)**

This class is more than just "mining" and "crafting" in Minecraft. Students will conceptualize, design and learn how to create mods and modify the game using JAVA. For students who have good listening skills and interested in computer programming, this is a fun introduction to object oriented computer programming

Day: Tuesday - Thursday Time: 8:45 – 11:45 a.m. Dates: 8/1 – 8/3 (3 days) Fee: \$114.00

Dates: 8/1 – 8/3 (3 days) Place: HHES Classroom

#### Passes

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

**Beach Passes** — Come and enjoy your newly renovated Town Park Beach. Swimming, basketball, sand volleyball, new restrooms and changing facilities (including a family restroom), more plentiful seating, BBQ grills and more await you. The beach is staffed with some of the best trained, most helpful and friendly lifeguards you'll find anywhere on Candlewood Lake. Season passes will **ONLY** be sold at the Parks & Rec. Office (located at 162 Whisconier Road) and are available for purchase beginning April 24, 2017.

Family Pass \$95.00 Individual Pass \$70.00

Senior Family \$82.00 (age 65+ and up to 4 grandchildren)

Senior Individual FREE (age 65+)

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

#### 2017 Brookfield Town Park Beach Hours

## Memorial Day WeekendSaturday, May 2711:00 a.m. - 6:00 p.m.Sunday, May 2812:00 - 6:00 p.m.Monday, May 2911:00 a.m. - 6:00 p.m.

### Early Season - Before the last day of school (Tuesday, May 30 through June 20)

Weekdays CLOSED
Saturdays 11:00 a.m. – 6:00 p.m.
Sundays 12:00 – 6:00 p.m.

## <u>Summer Season</u> - Begins the last day of school (June 21 through August 27)

Weekdays 10:30 a.m. – 6:30 p.m.
Wednesdays NOODLE HOUR 6:00 – 7:00 p.m.

Saturdays 11:00 a.m. – 6:30 p.m. Sundays 12:00 – 6:00 p.m.

#### **Late Summer Season**

(Monday, August 28 – Friday, September 1)
CLOSED

#### Labor Day Weekend

#### (Saturday, September 2 – Monday, September 4)

Saturday, September 2 11:00 a.m. – 6:00 p.m. Sunday, September 3 12:00 – 6:00 p.m. Monday, September 4 11:00 a.m. – 6:00 p.m.

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

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

#### Passes, continued



**Boat Passes** — Available April 10, 2017. Brookfield Residents and/or homeowners only. You **MUST** bring your boat and trailer registrations to the Parks & Recreation Office (located at 162 Whisconier Road) in order to obtain your pass. We

do not keep copies on file from prior years.

Boat Pass – On Trailer \$90.00 Boat Pass – Car Top \$45.00

Senior Boat Pass-On Trailer \$53.00 (age 65+)

Senior Boat Pass – Car Top \$27.00 (age 65+)

#### William's Park Tennis Passes -

Available for purchase April 24, 2017.
Well maintained Har-Tru clay courts. A court will be available when you get there by reserving it through the Parks & Rec. Office. Pass holders may reserve a court up to two hours per day and up to one week in advance. Full details on reservations will be provided by email in advance of the season. Courts are expected to open before Memorial Day Weekend, with a target date of May 13, and will remain open through October or as long as weather permits.

Individual Tennis Pass \$95.00

Senior Tennis Pass \$75.00 (age 65+)

#### Brookfield Muskrats Swim Team

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

The season begins on Thursday, June 22 and continues through early August. Daily practices (Monday through Friday) are held at the Town Park Beach. The team participates in five or six meets each season, about half of which are "home" meets at the Town Park Beach. Away meets are scheduled with other local teams in the Stateline Swim League, and are no more than a thirty minute drive from Brookfield. During the meets, swimmers are placed into events and compete against others of similar age and ability. At the end of the season we host a pot-luck team picnic, where all swimmers receive a record of their swimming achievements, a team picture and a medal or trophy.

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

More details are available on page 21 or by attending our parent meeting on Monday, June 12, 7:00 p.m. in Town Hall.

#### Rental Facilities

#### **Lakeside Community Room**

460 Candlewood Lake Road

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

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

Available Dates	<b>Available Times</b>
Preseason (April 8 – May 26)	
Saturdays & Sundays	1-7 pm
Monday – Friday	1 – 7 pm
During Season (May 27 – Sept. 4)	
Saturdays	1 – 8 pm
Sundays (June & July only)	1 – 8 pm
Post Season (Sept. 5 – Oct. 14)	
Saturdays	1 – 7 pm
Monday - Friday	1 – 7 pm

#### **Cadigan Pavilion**

500 Candlewood Lake Road

Reservations limited to groups of 50. Includes use of picnic tables and BBQ grills. Electric available. During the summer season, your reservation includes use of the Town Beach amenities (across the street) during regular beach hours. Reservation may include access to adjoining athletic fields (if available). Reservation forms available at www.brookfieldct.gov/rec.

#### **Town Hall Bandstand**

100 Pocono Road

Located in close proximity to the Kids Kingdom Playground, the Bandstand is frequently reserved for children's birthday parties. Reservations include use of two picnic tables under the Bandstand, use of playground (along with general public) and use of athletic fields if available. No charcoal grills permitted. Reservation forms available at www.brookfieldct.gov/rec.

#### Swim Lessons and Brookfield Muskrats Swim Team

Your choice of two formats daily or weekly lessons.

Once a week for 6 weeks (6/26 – 8/4) 40 minutes classes (Preschool meets for 30 min.)

#### SWIM LESSON REGISTRATION BEGINS APRIL 24.

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

3:50 – 4:30	Monday	Tuesday** No class 7/4	Wednesday	Thursday
Instructor #1	Level 1	Level 3	Level 4	Level 5
Instructor #2	Pre-School*	Level 1	Level 2	Pre-School*
4:40 – 5:20	Monday	Tuesday** No class 7/4	Wednesday	Thursday
Instructor #1	Level 2	Level 2	Level 3	Level 4
Instructor #2	Level 1	Pre-School*	Level 1	Level 2

Lessons meet once a week for 40 minutes each day, June 26 through August 4 (6 weeks). One class per session will be made up if cancelled due to weather. Make up classes to be held the week of August 8-11 on the same day/time. \*Pre-School classes will meet for 30 minutes. \*\*Tuesday classes will meet for 6 weeks, 6/27 – 8/8 with no class on 7/4. There will be no make up class offered for Tuesday classes.\*\*

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

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

Lessons meet **Monday through Thursday** for a total of 8 classes. Up to 2 classes per session will be made-up for classes cancelled due to weather. Choose from the following dates:

Session 1: 6/26 – 6/29 and 7/3 – 7/7 (no class 7/4. Make up class 6/30, no make-up class for week 2.

Session 2: 7/10 – 7/13 and 7/17 – 7/20 (make up classes 7/14, 7/21)

Session 3: 7/24 – 7/27 and 7/31 – 8/3 (make up classes 7/28, 8/4)

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

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

A detailed list of skills covered at each level is available for your review at the Parks & Recreation Office (located at 162 Whisconier Road). We do our best to work with you to ensure that your child is placed at the correct level. However, swim instructors evaluate all swimmers on the first day of lessons, and you may be asked to switch levels so that your child will attain the maximum benefit.



#### **Brookfield Muskrats Swim Team**

The Brookfield Muskrats is a great first experience in competitive swimming for children age 6-16 that are able to swim 25 yards and a wonderful opportunity for all children to enjoy the comradery of a team sport and improve their skills through frequent, small group instruction. Daily practices teach new skills, improve existing skills and develop strength and endurance. Swimmers will also participate in several meets to compete against those of similar age and ability. Practice begins Thursday, June 22 at the Town Park

Beach. There will be an orientation meeting for the parents of new and returning swimmers on Monday, June 12, 7:00 p.m. in Town Hall. Season calendars and handbooks will be distributed at this time. Practices are held weekdays; times vary depending on age group and may change from times advertised depending on enrollment. A swimmer's age is as of July 1, 2017. The purchase of a beach pass is *required* to register for the Muskrats. Fee is \$145.00 per swimmer with a family maximum of \$290.00. All swimmers will receive a Muskrats Team T-shirt and swim cap. Please specify t-shirt size (Youth L or Adult S, M, L, XL) when registering.

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

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

#### Community Connection

#### The Garden Club of Brookfield's Plant Sale www.thegardenclubofbrookfieldct.org

The Garden Club of Brookfield's Plant Sale will be held on Saturday, May 20 from 8:00 AM to 12:00 Noon at the Brookfield Library. We will be selling perennials, annuals, vegetables, herbs, bushes and shrubs and homemade baked goods. Please come and help support the beautification of Brookfield. For questions, call Diane Flood at 203-546-8142

#### **Brookfield Conservation Commission** Celebrate Earth Day/Arbor Day at **Gurski Homestead** 26 Obtuse Hill Road, Brookfield, CT **April 22, 2017** 1:00 to 3:00 p.m.

- Give Us Your Ideas About the Future of the Homestead
- Help Plant Trees and a Flower Garden at the Homestead
- 20 Free Trees to Take Home (First Come First Served)
- · Learn About Pollinators and Help Plant a Pollinator Garden at the Homestead
- Prepare a Pollinator Seed to Take Home
- Check Out Springtime Chickens and Baby Chicks
- Take a Hike Through Gurski Homestead & Williams Park
- Guest Speaker to Discuss Conservation Ideas for Your Home and Garden
- •Take the survey about Gurski Homestead anytime at https://www.surveymonkey.com/r/gurski.

#### **Connecticut Trail Day** Saturday, June 3 12:00 p.m. Still River Greenway North Trail Head

Saturday, June 3 is the annual statewide Connecticut Trails Day. To celebrate, the Brookfield Conservation Commission is hosting a 5K Run beginning and ending at the North Trail Head of the new Still River Greenway (just south of Four Corners). The race will encompass the round-trip length of the paved trail. The race is free and open to the public. No pre-registration is necessary. The event begins at 12:00 p.m. Parking is limited so please plan accordingly.



The 5th Annual Sunset Sizzler 5K will take place on Friday, August 4, 2017 at 7:00 p.m. This USATF certified 5K will begin/end at Brookfield High School (BHS). The race is hosted by BHS All

Sports Booster Club and benefits the high school student athletes and athletic programs. Our Brookfield youth programs and walkers are welcomed. Register at: http://aratrace.com. Medals awarded to top male and female in overall and nine age groups, including youth under 10. We will have a post-race raffle and all entrants are automatically entered. Race bags will be distributed to runners and filled with great goodies and coupons!

#### **Community Connection**

#### Mother's Day 5K - Sunday, May 14

9:00 a.m. start at Brookfield High School Fee is \$25.00 by May 12; \$30.00 race day Awards to top three finishers in nine age groupsnew age groups for 2017, 8 and under and 9-13. Special team awards for top finishers in mother/daughter, mother/son, grandmother/granddaughter and grandmother/grandson categories. Online registration for individuals is available at http://brookfield.usaxc.com at \$27.25 per person. Online registration closes at 4:30 p.m. on Thursday, May 11. Teams cannot register online; teams must be registered through the Parks & Rec Office. Visit www.brookfieldct.gov/rec to download an application. Proceeds benefit the continued maintenance of the BHS Track.



Rob Janofsky **Cub Scouts** (203) 313-1578 Janofsky5@aol.com

#### **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

n Alice Dew	(203) 775-7316		
Diane Flood	(203) 546-8142		
www.brookfieldscouts.org			
Lyn Lyon	(203) 775-6190		
lyonpride@charter.net			
	Diane Flood ww.brookfieldscou Lyn Lyon		

MOMS Club® of Brookfield Rosa Fernandez (203) 648-2463 themomsclubofbrookfield@gmail.com

**Brookfield Newcomers and Neighbors** www.hrookfieldnewcomers.com

WWW.brookheldriewcomers.com				
Positive Discipline of	Carol Dores (203	3) 794-6106		
Western CT, Inc.	http://www.positivedisciplinect.org/			
Rotary Club	Russ Cornelius	(203) 775-8010		
Senior Center		(203) 775-5308		
Women's Club of	Jeanine	(203) 313-0643		
Brookfield	Hanewicz	Jhh322@aol.com		



## Newtown Savings Bank The Experience Matters®

# 2017

Concerts are cohoduled Friday

Concerts are scheduled Friday evenings from 6:30 to 8:00 PM at the Bandstand, Town Hall, 100 Pocono Road Family fun! Bring a chair or blanket and picnic in the park! June 16 Potato Fest Grade A Shop Rite

**Drama Bad** 70's - Today

**Brookfield Lions Club** 

Dr. Claire A Free, M.D., LLC

June 23 Older than Dirt Classic Rock

Hegarty Real Estate
Brookfield Neighbors

June 30 Generation Blues Blues

McCaffrey Realty Professionals of Coldwell Banker

Chick-fil-A

July 7 Scratch Dance Party

**Dental Associates** 

**Addessi Fence** 

July 14\* Jamnesia Classic Rock

Clayton's Mercantile Supply

July 21 Bock & Blu Funk-a-licious

The Brookfield Chamber of Commerce July 22 (Saturday) Brookstock VI Music Festival 3-8 P.M. Variety

Hosted By BHS Class of 1978

To Benefit Local Charities

July 28\*
Top Dead Center
70's & 80's

**Key Business Building Networking Group** 

**Independent Realty** 

August 4 Already Gone Eagles Tribute

Republican Town Committee

**Ryer Associates** 

August 11\*
Sweet Little Bloodhound
Soulful Rock

**Housatonic Rotary of Brookfield** 

The Maids of Brookfield

August 18 Gold Rush Bluegrass

Moms Club of Brookfield

**Sippin Energy Products** 

August 25 Dan's Garage Classic Book

Matson Financial Services

Jim Eagan, Nationwide Insurance

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



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

## POSTAL PATRON

PRSRT STD ECRWSS USPOSTAGE PAID EDDM RETAIL



#### <u>RECREATION STAFF:</u>

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 Renee Santiago
John Mangold Cassie Dunn
Elaine Rajcula, Commission Secretary



The Brookfield Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

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

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#### Registration for spring programs begins Thursday, April 6.

Register over the phone when paying by credit card, in person at the Parks and Recreation Office (now located at 162 Whisconier Road) or by mail.

Please note dates for summer program registration

(camps, swimming lessons/swim team and passes) within the program guide.