• be happier • build family unity • feel great • take care of latch key children • reduce unemployment • increase communication
• lose weight • diminish chance of disease • build self-esteem • reduce stress • promote sensitivity to cultural diversity • eliminate loneliness • increase community pride • reduce crime • provide safe places to play • generate revenue • lower health care costs • meet friends • educate children and adults • relax • keep business from leaving • elevate personal growth • strengthen neighborhood involvement • conquer boredom • provide child care • boost economy • curb employee absenteeism • increase tourism • build strong bodies • increase property value • attract new business • preserve plant and animal wildlife • instill teamwork • live longer • protect the environment • create memories • clean air and water • boost employee productivity • look better • enhance relationship skills • decrease insurance premiums • control weight • offer
**CONTACT US:**
Brookfield Parks & Recreation  
162 Whisconier Rd.  
Brookfield, CT 06804  
203-775-7310  
www.brookfieldct.gov/rec

**Office Hours:**
Monday – Friday 8:30am – 4:30pm

Like us on Facebook for up to date information and announcements. @ Brookfield, Connecticut Parks & Recreation

**RECREATION STAFF:**
Mary Knox       Director, Parks & Recreation  
Dan Gagne       Recreation Supervisor  
Liz Gavagan Burandt Administrative Assistant

**PARKS STAFF:**
Chris Rabuse   Parks Supervisor  
Chris Shaw     Crew Leader  
Rob Haggarty   Parks Maintainer  
Mike Schaniel  Parks Maintainer  
Chris Montchal Parks Maintainer

**COMMISSION:**
Joei Grudzinski, Chair  
Ed Butt, Vice Chair  
Bryan Chnowski   Rob Blick  
Cassie Dunn   Renee Santiago  
Tom Murphy  
Liz Gavagan Burandt, Recording Secretary

**Mission Statement**
It is the mission of the Brookfield Parks & Recreation Department to respond to the ever-changing needs of our residents by providing the foundation for enhanced community interaction and enjoyment. To enhance the quality of life for all ages and abilities by providing healthy and affordable recreation opportunities with an emphasis on safe, attractive and well managed public properties, parks, and school grounds.

**Program Proposals Wanted!**
Brookfield Parks & Recreation is always in search of new ideas and instructors to lead programs for our residents. We like it best when these ideas come from you! If you have a skill or expertise you would like to share, please fill out our program proposal form available online at the Brookfield Parks and Recreation website under *Downloadable Forms* or email Dan Gagne at dgagne@brookfieldct.gov.

**Sponsorship Opportunities**
For more information, or to sponsor a program, call 203-775-7310.

**Youth Basketball League**
Brookfield Parks & Recreation basketball leagues take place each winter with over 300 Brookfield boys and girls participating through grades 1-12. T-shirt sponsorships are available each season for local businesses and organizations who would like their name or logo featured on the front chest of each players shirt. Basketball leagues are viewed by families and friends who come to watch and cheer on the kids. Sponsors are paired with a team and receive their own team t-shirt.

**One Sponsorship:** $125.00 includes youth team sponsorship in age group of your choice.  
**Additional Teams:** $100.00 each. Includes additional youth team sponsorship in age group of your choice.

**Halloween 5k**
Sponsorships are available each year for the annual Halloween 5k. Typically, around 300 runners participate in the race which begins and ends at Brookfield Town Hall. **Associate sponsorships are $200** and businesses have their name or logo printed on the back of all t-shirts as well as the option of setting up an information table outdoors the day of the race. Gift certificates and merchandise are also accepted as raffle prizes. The deadline for associate sponsorships is 9/30/22.  

**2023 Cadigan Park Banners and Concerts**
If you are interested in receiving information on 2023 sponsorships for Cadigan Park Banners or the Summer Concert Series, please email lburandt@brookfieldct.gov.
Mini-Golf League

Adult and parent/child leagues are now forming! Test out your putt putt skills against friends and neighbors at JJ Stacks this fall. Teams of two can register for this weekly league with recorded scores and rankings kept. League play will be on Tuesday nights beginning at 5:30pm for parent/child and 6:00pm for adults. Rotating foursomes will be scheduled each week so your duo will play alongside others. Teams will arrive, check in, play a round, and submit scores to Parks & Rec. Weekly updates will emailed to the group. An end of season tournament will be planned.

Day: Tuesday  Dates: 9/20—10/25 (6 wks)
Time: 5:30—6:30pm  Fee: $50.00/team
Place: JJ Stacks, 537 Federal Rd. Brookfield, CT

20th Annual Trick or Treat at Town Hall!

SAVE THE DATE!  Monday, 10/31, 2:00—3:45pm

THIS EVENT IS FREE!

Participants are asked to bring a non-perishable, “kid-friendly” food item such as peanut butter, jelly, canned spaghetti, or ravioli for the food pantry OR a monetary donation for the Brookfield Emergency Fund. The Emergency Fund is a non-tax dollar supported fund, which aids the Brookfield food pantry.

Paint a Pumpkin in the Park!

Join us with your little ones at Kids Kingdom for some play time and mini-pumpkin painting! Painting stations will be set up for your child to come choose a pumpkin, paint, and play! Registration is required by 10/20. $3.00 per pumpkin paid at the event. Please bring exact change. This is not a drop-off program. The pumpkins are yours to take home when finished! Rain date is Friday, 10/28.

Day: Friday  Time: 4:00—5:30pm
Date: 10/21  Fee: $3.00/pumpkin
Place: Town Hall Bandstand, 100 Pocono Rd.

NEW ~ Women Building Community

Based on Shelly Tygielski’s book, “Sit Down to Rise Up” we will explore specific ideas on self-care practices and learn why creating communities of women who support each other is so important. There are exercises in the book that will allow the reader to dig deep into what holds them back from attaining their goals as they strive for health, happiness, and careers that excite them. Purchase of book is recommended but not required.

Day: Tuesday  Time: 6:00—8:00pm
Dates: 11/15  Place: Town Hall Room
Fee: $20.00  Instructor: Terri Sorrentino

Annual Scarecrow Decorating Day

If you’ve ever seen people driving around Town with scarecrows sticking out of their trunks, they were likely on their way home from this popular event! Join us on Wednesday, October 5th at 3:30pm in front of the Bandstand at Town Hall, 100 Pocono Road. Please bring along old clothes (shirt and pants), string, scissors, a brown bag or sack for the head and whatever accessories you would like to decorate with. We’ll supply the directions, hay, and stakes. Come make some memories on a fall afternoon! There is no charge but pre-registration is required by calling the Parks & Rec. office at 203-775-7310.

Day: Wednesday  Time: 3:30pm
Date: 10/5  Fee: Free
Place: Town Hall Bandstand, 100 Pocono Rd.

5k Halloween Run

The annual 5k lands on Sunday, Oct. 30th! This USATF certified course begins and ends at the Brookfield Municipal Center. Features include a T-shirt for the first 150 registrations, prizes to top runners in nine age groups, post-race raffle and refreshments. Costumes encouraged and walkers welcome! Register online at https://runsignup.com/Race/CT/Brookfield/5KHalloweenRun. More information and full details can be found on Page 23.
Special Events

Movies in the Park
Grab your blankets, chairs and snacks for family friendly outdoor movies this fall at the Town Hall Bandstand! Movies are FREE, open to the public, and are shown on a 13’ x 8’ screen. Start times are approximate.

**Movie: SING 2**
Day: Saturday  
**Date:** 9/24  
**Time:** 7:30pm

**Movie: The Addams Family**
Day: Saturday  
**Date:** 10/22  
**Time:** 7:00pm

**Place:** Town Hall Bandstand, 100 Pocono Rd.

Home for the Holidays Light Tour
Let’s light up the Town! Join the fun by decorating your home with an outdoor light display for others to enjoy from the comfort of their cars. A map will be created with the locations of participating homes throughout Brookfield. Lights will be on display each evening from 5:00 – 9:00pm, Monday December 12th through Sunday December 25th. To register your home, or to receive a map, email brookfieldartscommissionct@gmail.com or call 203-775-7310 by 12/7. Brought to you by the Brookfield Arts Commission and Brookfield Parks & Recreation. Please consider passing on the kindness of your Brookfield neighbors who decorate their homes by making a donation in support of the Brookfield Food Pantry.

“Brookfield Creates”
Gingerbread House Contest!
We’re back in person!! After posting spectacular gingerbread houses online the past two years, the Brookfield Arts Commission is back to hosting a Gingerbread House Contest for all Brookfield residents. Here’s your chance to have your creative masterpieces displayed for all of Brookfield to view! Gingerbread houses should be dropped off at Town Hall on Monday, December 5, from 4 p.m. to 6 p.m. Houses and all decorative components must be made from edible materials. Entry displays should be no more than 2’ by 2’ and all structures should be mounted on a solid base. For a required registration form and more information, please email brookfieldartscommissionct@gmail.com

Special Events

Candy Cane Clean-up
The abundance of unusual weather is forecasted to continue this December with the first ever Candy Cane Storm coming for Brookfield! Storm clean-up will be sweet! Brookfield children, ages 0-10, are needed to help pickup all the red and white striped debris at Kids Kingdom! Registration is required by calling 203-775-7310. This event may be impacted by weather.

**Day:** Saturday  
**Dates:** 12/10
**Time:** 10:00am  
**Fee:** FREE

**Place:** Kids Kingdom, 100 Pocono Rd.

Letters to Santa
Receive a genuine letter from Santa Claus himself! Drop your child’s personal letter in the North Pole Mailbox at the Parks & Recreation Office (located in the Old Town Hall at 162 Whisconier Road), or mail it to Santa, Attn: Parks & Recreation Department at P.O. Box 5106 Brookfield, CT 06804. Your child’s letter must include a self-addressed, stamped envelope. Santa will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted Nov. 28th—Dec. 15th.

WMS & BHS Ski Club
A detailed flier including dates and fees will be sent out through the schools in mid-October and posted on our website.

Registration will open in late October for this program that does fill up. Join us for fun-filled Friday nights at Mohawk Mountain in Cornwall, CT. Whether you already love to ski or snowboard, or you want to learn, this program will provide your lift tickets, coach bus transportation to and from the mountain, and adult supervision on the bus and mountain. Students have the option of adding equipment rentals and/or lessons. This program is open to Whisconier and Brookfield High School students and has limited seats available. Separate busses pick up and return to each school.

**Day:** Friday Nights  
**Dates:** January/February 2023
**Time:** School dismissal – approximately 9:45pm

**Place:** Mohawk Mountain, Cornwall, CT

WMS & BHS Ski Club

WMS & BHS Ski Club

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WMS & BHS Ski Club

WMS & BHS Ski Club

WMS & BHS Ski Club

WMS & BHS Ski Club
**Special Events**

**Tree Lighting ~ Save the Date!**
Ring in the season with the Brookfield Girl Scouts holiday tree lighting on Saturday, December 3rd at Brookfield Town Hall. The festivities begin at 5pm. More information and details will be available as the date approaches.

**Craft Kits—To Go!**
Seasonal craft kits are available for purchase from the Parks & Recreation Department. Each kit contains 4-5 crafts with all materials and instructions included. Most crafts are pre-packaged and appropriate for ages 3-10. Some adult assistance may be required for younger crafters.

- Fee: $10 per kit
- **Location:** Parks & Rec Office, 162 Whisconier Rd.

**Halloween Craft Kit**
Available for pickup after 10/3

**Thanksgiving Craft Kit**
Available for pickup after 11/7

**Winter Craft Kit**
Available for pickup after 12/5

**Elf of the Shelf, Antics To Go!**

*ELF NOT INCLUDED ~* As December begins, let us help you fill in the gaps with your Elf on the Shelf ideas. This kit packages 10 days of elf fun and mischief with easy to follow directions. Most supplies are included and others are typically found around the house. Some prep and/or assembly is required. Your children will enjoy your elf’s antics without all of the stress! Some antics may be the same as the 2021 kit.

- **Pickup after 11/28.**
- **Fee:** $12.00/kit
- **Location:** Parks & Rec Office, 162 Whisconier Rd.

**Kids Craft Workshops**

**Haunted House Workshop**
What do you get when you mix chocolate frosting, puffed cereal, pretzel sticks, and candy? A haunted house that your child will be excited to make and proud to show off. Ages 3 – kindergarten participate with parent or caregiver; for grades 1-4 this is a drop off program. Please bring an empty, rinsed ½ gallon cardboard milk or juice container to use as the base. Registration required.

- **Day:** Saturday
- **Date:** 10/29
- **Time:** Ages 3-K: 9:30am—10:30am
  Grades 1-4: 10:30am—11:30am
- **Place:** Town Hall Room, 100 Pocono Rd.

**Thanksgiving Craft Workshop**
Time to start thinking about turkey, gravy, and mashed potatoes! This craft workshop will have your little ones creating a festive craft for the upcoming holiday! Ages 3 – kindergarten participate with parent or caregiver; for grades 1-4 this is a drop off program.

- **Day:** Saturday
- **Date:** 11/19
- **Time:** Ages 3-K: 9:30am—10:30am
  Grades 1-4: 10:30am—11:30am
- **Place:** Town Hall Room, 100 Pocono Rd.

**Elf of the Shelf, Antics To Go!**

*ELF NOT INCLUDED ~* As December begins, let us help you fill in the gaps with your Elf on the Shelf ideas. This kit packages 10 days of elf fun and mischief with easy to follow directions. Most supplies are included and others are typically found around the house. Some prep and/or assembly is required. Your children will enjoy your elf’s antics without all of the stress! Some antics may be the same as the 2021 kit.

- **Pickup after 11/28.**
- **Fee:** $12.00/kit
- **Location:** Parks & Rec Office, 162 Whisconier Rd.

**Adult Art Classes**

**Beginning Knitting**
Learn to knit and purl. Basic casting on, knitting, purl and binding off stitches will be taught. Leave with a finished potholder or learn to make a beautiful scarf. Participants should purchase and bring their own supplies including size 7 knitting needles and one skein of Lion Brand or Red Heart yarn. Two skeins needed for the scarf project. Yarn and needles are available to practice with if you are unable to purchase before the first class.

- **Day:** Wednesday
- **Time:** 6:30—7:30pm
- **Dates:** 10/5—11/9 (6 wks)
- **Fee:** $66.00
- **Place:** Brookfield Town Hall
- **Instructor:** Kathleen Huntington

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Parks & Recreation...The Benefits are Endless  
203-775-7310  
www.brookfieldct.gov/rec
Unlocking Your Musical Creativity
This program is for adults who want to expand their musical creativity, create their own musical ideas and turn them into songs! No experience is necessary. Topics will include how to create basic rhythmic & melodic ideas and turn them into real compositions. Participants are encouraged to bring their own instruments, but basic percussion will be provided for those who don’t have their own. The class will be led by Premik Russell Tubbs who has been a musical instructor, performer and workshop leader since 1987. He has been a member of Sting’s house band at his concerts for the Rainforest since 2008 and also toured and recorded with famous artists such as Carlos Santana, Whitney Houston, James Taylor, Bruce Springsteen and many more.

Day: Monday       Dates: 11/7—12/12 (6 wks)
Time: 6:00—7:00pm  Fee: $72.00
Place: Brookfield Town Hall

Adult, Child & Infant CPR/AED/First Aid
This course covers CPR/AED and basic first aid for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real-life scenarios. Upon completion, course includes American Health & Safety Institute certification in Adult and Pediatric CPR/AED with basic first aid, valid for two years and hard case pocket mask.

Day: Saturday       Time: 9:00am—2:00pm
Dates: 11/5       Fee: $119.00
Place: Town Hall Meeting Room
Instructor: Charles Teich

Cut Your Cable TV
Millions of Americans have cut their cable TV over the past few years and opted for streaming services. The shows you love to watch are most likely available over streaming but the number of options can be overwhelming. This program will cover the terminology and technology you’ll need to know and discuss the fundamentals of cutting cable and start streaming TV.

Day: Tuesday       Time: 7:00 - 9:00pm
Date: 12/6
Fee: $20.00pp
Instructor: Ray DiStephan  Place: Town Hall
Adult Education

“Superpower Strategies” for Single Parents and Kids

Are you a single parent struggling after divorce or feel like you are lacking the strength and support you need to move forward?

“Superpower Strategies” for Single Parents and Kids is designed to help navigate your way after divorce or separation. We aren’t taught how to pick up the pieces after our family unit has been destroyed. This life-changing event can impact us for the rest of our lives if we do not learn how to heal and move forward.

Superpower Strategies was created to eliminate that lost feeling, provide a safe space to learn, heal, and feel supported.

This program offers separate parent and child classes that cover a variety of topics such as learning to accept, being ok with where you are, getting out the emotions, healing the pain, and many more. These lessons will give parents and children the tools to deal with divorce, communicate, and grow from their experiences. The Parent course will guide you through the hard stuff to take you on a journey to find a renewed commitment to yourself and your kids, unpacking the emotional weight, tactics to deal with stress, and getting your strength and confidence back to start your new beginning. Child care is provided for the Wednesday evening adult classes in a separate WMS space. The kids’ course will pilot them through a path of grieving, healing, and empowerment, as they learn to see the new normal as an adventure. These lessons will be experienced through games, discussions, meditations, crafts, and role-plays.

Instructor Kelly Viera is a single mom that had to start from the ground up, and it took her almost 6 years to make the single-parent chaos work. Her mess has become her message as she created her company “My Happy Place”. She has made it her mission to help single parents and kids move from divorce and teach life lessons to make life easier.

This program is made possible through a Brookfield Education Foundation grant.

Parents: Day: Wednesdays Time: 6:00—7:00pm
Dates: 10/19—12/14 (8 wks ~ no class 11/23)

Kids: Day: Thursdays Time: 6:00—7:00pm
Dates: 10/20—12/15 (8 wks ~ no class 11/24)
Fee: $20.00 parent/child

Place: WMS Room

Adult Education

Intro to Budgeting & Cash Management

A personal budget is an important tool to help you plan for both your short-term and long-term goals. In this class we will explore useful steps to begin the process, the tools we will need, how to create a simple cash flow report and the role that credit plays in managing a budget. We will also review the importance of reconciling your bank and credit card statements monthly. The class will offer instruction, group discussion and handouts for individual work.

Day: Saturday Time: 9:00—10:30am
Dates: 11/5 Fee: $20.00
Place: Town Hall Meeting Room
Instructor: Terri Sorrentino

Adult Fitness

Intro to Tai Chi Qi Gong

Qi gong is the art of moving Qi (life energy) around the body in a mindful way over time with concentrated effort and patience. It involves repeating different sequences of natural flowing poses using deep abdominal breathing to guide motions. This moving Qi keeps the energy channels in the body open and free from obstructions that can cause sickness and disease. Frequent or daily practice can keep the body energized, limber, relaxed, fit and healthy. It is suitable for everyone regardless of age, gender, physical condition, even those suffering from chronic conditions. Benefits of regular practice include - stronger immune system, improved core strength and balance, reduces or eliminates bodily pain, reduces stress and anxiety, improves glucose metabolism and bone density, promotes more efficient waste elimination, can improve chronic headaches, insomnia and other neurological conditions. No special equipment required, wear loose comfortable clothing and footwear. Suitable for all levels of experience.

Days: Fridays Time: 6:30—7:30pm
Date: 11/18—12/16 (4 wks ~ no class 11/25)
Fee: $44.00 Place: CES Gym
## Adult Fitness

### Intro to Tai Chi Quan
Tai Chi Quan is a fist system (Chinese boxing) that blends softness with energetic movement in accordance with the theory of yin and yang energies. It is suitable for everyone regardless of age, gender, physical condition, even those suffering from chronic conditions. The characteristics of a Tai Chi Quan system are stillness, lightness, agility, slowness, relaxation of the entire body, with everything guided by using the mind and not force. It is performed in the moment, slowly with internal focus fully conscious of every breath and movement the body makes. The slow flowing movements are practiced over time to bring precision and beauty to form. The major benefits being overall fitness and health and ultimately increasing longevity. In older practitioners it is said to return the vigor of youth. This class will introduce standing meditation, qi gong exercises and the Tai Chi form. Wear flat soled shoes & loose clothing.

**Days:** Fridays  
**Date:** 10/7—11/11 (6 wks)  
**Fee:** $66.00  
**Instructor:** Vinny Candela  
**Place:** CES Gym

### Simply Slowly Stretch
Would you like to increase your flexibility? Strengthen the muscles that support your back and core? Through standing postures and floor work, you’ll use the resistance of your own body to gently increase your flexibility, strength and stability. This program can be modified for all fitness levels. Participants should be comfortable working on the floor (mats). Bring a water bottle & mat or towel.

**Day:** Tuesday  
**Date:** 10/4—11/15 (6 wks ~ no class 11/8)  
**Instructor:** Phyllis Babuini  
**Fee:** $66.00

### Cardio Sculpt
This low impact class will use the concentrated resistance of bands and light weights to work your core, build muscle, and work on your positive posture and balance. Please bring two sets of weights; one lighter, one heavier (1, 3, or 5lb recommended) and a towel or mat for floor work. Be sure to wear sneakers bring a water bottle, and mat or towel, too.

**Day:** Thursday  
**Date:** 10/6—11/17 (6 wks ~ no class 10/27)  
**Instructor:** Phyllis Babuini  
**Fee:** $66.00  
**Place:** CES Gym, 8 Obtuse Hill Rd.

## Adult Fitness

### Train for a 5k
Are you interested in running a 5k road race (3.1 miles)? Are you a walker who wants to try running or try to get your fitness back? Join Cassie Dunn in a group setting for a series of training runs this fall. Each participant will be given an individualized workout schedule to follow and new workouts will be introduced as you progress. Come dressed in layers to run & bring a water bottle. All levels of fitness welcome! The location for this class is the BHS track which is subject to change depending on availability.

**Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning Instructor.**

**Day:** Saturday  
**Date:** 10/1—10/29 (5 wks)  
**Fee:** $60.00

### Cardio Sculpt
This low impact class will use the concentrated resistance of bands and light weights to work your core, build muscle, and work on your positive posture and balance. Please bring two sets of weights; one lighter, one heavier (1, 3, or 5lb recommended) and a towel or mat for floor work. Be sure to wear sneakers bring a water bottle, and mat or towel, too.

**Day:** Thursday  
**Date:** 10/6—11/17 (6 wks ~ no class 10/27)  
**Instructor:** Phyllis Babuini  
**Fee:** $66.00  
**Place:** CES Gym, 8 Obtuse Hill Rd.

### Yoga in the Park
This mixed level class strings yoga postures together in a flowing, vinyasa style sequence of breath and movement. Class is infused with balance work and optional challenges; with modifications provided for all levels (beginners are welcome). The outdoor setting will allow you to connect with nature, improve your health, relax, unwind, and breathe in the fresh air. Class held on lawn at the Town Hall Bandstand or under the Bandstand if raining. Bring your own water, mat, blocks or straps if you have them and like to use them.

**Day:** Tuesday  
**Date:** 9/27—11/1 (6 wks)  
**Fee:** $66.00

### Simply Slowly Stretch
Would you like to increase your flexibility? Strengthen the muscles that support your back and core? Through standing postures and floor work, you’ll use the resistance of your own body to gently increase your flexibility, strength and stability. This program can be modified for all fitness levels. Participants should be comfortable working on the floor (mats). Bring a water bottle & mat or towel.

**Day:** Tuesday  
**Date:** 10/4—11/15 (6 wks ~ no class 11/8)  
**Instructor:** Phyllis Babuini  
**Fee:** $66.00

### Adult Fitness

### Yoga in the Park
This mixed level class strings yoga postures together in a flowing, vinyasa style sequence of breath and movement. Class is infused with balance work and optional challenges; with modifications provided for all levels (beginners are welcome). The outdoor setting will allow you to connect with nature, improve your health, relax, unwind, and breathe in the fresh air. Class held on lawn at the Town Hall Bandstand or under the Bandstand if raining. Bring your own water, mat, blocks or straps if you have them and like to use them.

**Day:** Tuesday  
**Date:** 9/27—11/1 (6 wks)  
**Fee:** $66.00

### Simply Slowly Stretch
Would you like to increase your flexibility? Strengthen the muscles that support your back and core? Through standing postures and floor work, you’ll use the resistance of your own body to gently increase your flexibility, strength and stability. This program can be modified for all fitness levels. Participants should be comfortable working on the floor (mats). Bring a water bottle & mat or towel.

**Day:** Tuesday  
**Date:** 10/4—11/15 (6 wks ~ no class 11/8)  
**Instructor:** Phyllis Babuini  
**Fee:** $66.00

### Train for a 5k
Are you interested in running a 5k road race (3.1 miles)? Are you a walker who wants to try running or try to get your fitness back? Join Cassie Dunn in a group setting for a series of training runs this fall. Each participant will be given an individualized workout schedule to follow and new workouts will be introduced as you progress. Come dressed in layers to run & bring a water bottle. All levels of fitness welcome! The location for this class is the BHS track which is subject to change depending on availability.

**Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning Instructor.**

**Day:** Saturday  
**Date:** 10/1—10/29 (5 wks)  
**Fee:** $60.00

### Cardio Sculpt
This low impact class will use the concentrated resistance of bands and light weights to work your core, build muscle, and work on your positive posture and balance. Please bring two sets of weights; one lighter, one heavier (1, 3, or 5lb recommended) and a towel or mat for floor work. Be sure to wear sneakers bring a water bottle, and mat or towel, too.

**Day:** Thursday  
**Date:** 10/6—11/17 (6 wks ~ no class 10/27)  
**Instructor:** Phyllis Babuini  
**Fee:** $66.00  
**Place:** CES Gym, 8 Obtuse Hill Rd.
Tennis & Pickleball

Fairfield County Tennis (FCT)

Tennis Clinics for ages 3 & up
Weekly tennis lessons will be offered with FCT professionals at Cadigan Park. All skill levels are invited to join these clinics to learn and develop forehand, backhand, serve and volley skills. Whether you are ready to jump into the sport or want to hone your skills, these group lessons are designed for maximum participation and skill development to get you there! Quick start red and orange balls will be used for younger players. Age appropriate racquets are available for purchase from the instructor at the first meeting. All FCT lessons take place at Cadigan Park and may be cancelled for inclement weather.

Day: Wednesdays
Dates: 9/14—10/19 (5 wks ~ no class 10/5)
Pee Wee: 3:15—4:00pm
Grades K-2: 4:00—5:00pm
Grades 3-5: 5:00—6:00pm
Grades 5-7: 5:00—6:00pm OR 6:00—7:00pm
Grades 8-10: 4:00—5:00pm OR 7:00—8:00pm
Adults: 7:00—8:00pm
Fee: $90.00 Pee Wee/$145.00 Juniors & Adults
Place: Cadigan Park, 500 Candlewood Lake Rd.

Advanced Beginner Pickleball Lessons
Time to step up your game in the fastest growing sport in the country! Certified instructor Sharon Eisen will lead this advanced beginner class for those who have played before and want to improve their skills and pickleball fitness. Please dress for outdoor play and bring a water bottle. Each class is limited to 8 people to allow for individual attention. Classes will be postponed for inclement weather/wet courts. Makeups will be added, if necessary.

Days: Tuesdays & Fridays
Time: 4:00—5:30pm
Fee: $100.00
Advanced Beginner Class: 10/4, 10/7, 10/11, 10/14
Place: Cadigan Park, 500 Candlewood Lake Rd.
**Yoga Basics**
The perfect class series for beginners or someone who is looking to bring their yoga “back to basics”! 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! **Buy one, six class pass and attend any of the following classes for $79.00.** Mixing and matching of days is allowed.

- **Day:** Monday  
  **Time:** 12:00—1:15pm  
  **Instructor:** Debbie Isaacs  
  **Dates:** 10/3—11/21 (pick 6 classes over 8 weeks)

- **Day:** Wednesday  
  **Time:** 6:00—7:15pm  
  **Instructor:** Debbie Isaacs  
  **Dates:** 10/5—11/23 (pick 6 classes over 8 weeks)

- **Day:** Saturday  
  **Time:** 10:00—11:15am  
  **Instructor:** Heather Morgado  
  **Dates:** 10/1—11/19 (pick 6 classes over 8 weeks)

**Yin Restorative Yoga**
The Yin practice focuses on postures that lengthen the muscles surrounding the hips, pelvis, and lower back. Postures are held with support for 3-5 minutes to stimulate tissue surrounding the joints, making Yin essential for injury prevention and joint health as we age. The class can bring you to a meditative physical and mental state and each class will end with seated meditation. All levels welcome.

- **Day:** Tuesday  
  **Time:** 7:30—8:45pm  
  **Instructor:** Rob Farella  
  **Dates:** 10/4—11/22 (pick 6 classes over 8 weeks)  
  **Fee:** $79.00

**LYT Yoga**
The LYT Yoga method was created to help Yogis find freedom through smarter, safer, and sustainable movement patterns that challenges both mentally and physically in the most enjoyable ways. All levels welcome! Beginner classes on Saturdays and Slow Flow on Wednesday evenings.

- **Day/Time:** Wed/7:30pm ~ Sat/11:30am ~ Sun/10:30am  
  **Dates:** 10/5—11/23 (pick 6 classes over 8 weeks)  
  **Instructor:** Julie Glick  
  **Fee:** $79.00

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**Art of Mediation**
This 4-week meditation course is an excellent program for beginners as well as the seasoned practitioner who desires to go deeper and find more in their meditation. The course will help you rediscover your inner stillness and silence while building a deep understanding of the practice and its many values and benefits. Regular practice helps restore balance, generate deeper calm, boost health and healing, increase concentration & productivity, create greater joy, clarity, creativity & purpose. Meditation can open your eyes and improve your quality of life.

- **Day:** Tuesday  
  **Time:** 6:00—7:00pm  
  **Instructor:** Rob Farella  
  **Dates:** 10/4—10/25  
  **Fee:** $49.00

**Pre/Post Natal Yoga**
This nurturing and fun gentle yoga class is designed to strengthen, stretch and embrace changes in a woman's body during and after pregnancy. Soon to be moms and recent moms will learn what poses are appropriate for them, as well as meditation and breathing techniques to promote concentration, relaxation and renewed energy. Connect with other moms and build that special bond with your baby. Be prepared to practice yoga, but also know its completely fine to stop to attend to your baby. No experience necessary and permission from your doctor is highly recommended.

- **Day:** Tuesday  
  **Time:** 6:00—7:15pm  
  **Instructor:** Heather Morgado  
  **Dates:** 10/4—11/22 (pick 6 classes over 8 weeks)  
  **Fee:** $79.00

**Discover Kundalini Yoga**
The science of Kundalini Yoga is an ancient technology and is considered one of the most powerful and comprehensive forms and the fastest way to establish an aligned relationship between body, mind, and spirit. This is an introductory class and will review all the basics of Kundalini Yoga, including postures (asanas) dynamic movement, sound current (mantra) breath (pranayam) and meditation. All levels welcome. $79.00 for 6 classes.

- **Day:** Friday  
  **Time:** 6:00—7:30pm  
  **Instructor:** Susan Shaner MA, MS, RYT, PCC  
  **Dates:** 10/7—11/25 (pick 6 classes over 8 weeks)  
  **Fee:** $79.00

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All YogaSpace classes are livestreamed and at YogaSpace, 78 Stony Hill Rd., Bethel, CT.  
www.yogaspace-ct.com

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YogaSpace, 78 Stony Hill Rd., Bethel, CT.

www.yogaspace-ct.com

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*NEW* INTRO STUDIO ($36) & INTRO LIVE STREAM ($20) PASSES  
Take any 3 classes within 30 days. Pass activates at first class.
Open Gyms

Open Basketball
Monday night open gym for Brookfield residents and their guests age 18+. Purchase a season pass for $60.00 (a 20% savings off the nightly rate) or pay $5 each night at the door. There is no open gym on 12/26, 1/2/23, 1/16/23, 2/20/23 and on days when school is not in session or dismisses early because of inclement weather. Open gyms dates may be cancelled at any time due to school programs or athletics.

Days: Monday
Dates: 11/2—3/20/23
Fee: $60.00/Season Pass or $5.00/night

Open Volleyball
Wednesday night play for Brookfield residents and their guests age 18+. Purchase a season pass for $85.00 (a 15% savings off the nightly rate) or pay $5 each night at the door. Passes will not be sold after 12/21 and no credit for nightly passes will be given. Open gym is canceled on 11/23 and 12/28 and on days when school is not in session or dismisses early because of inclement weather. Open gyms dates may be cancelled at any time due to weather, school programs, or athletics.

Days: Wednesday
Dates: 11/2—4/5/23
Fee: $85.00/Season Pass or $5.00/night

Open BHS Volleyball
Wednesday night drop in play for Brookfield High School students. $5 each night at the door with student ID. Open gym is canceled on days when school is not in session or dismisses early due to weather. Open gyms dates may be cancelled at any time due to weather, school programs, or athletics.

Days: Wednesday
Dates: 2/1/23—4/5/23
Fee: $5.00 per person per night

Golf Lessons

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 get them prepared to play and enjoy the game. Beginners, who have never played, and more experienced players who want to improve their game will benefit from these classes.

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.

During classes, the group will also work on faults and fixes, drills, rules & etiquette, course management and strategy, some computer video swing analysis and more. Bring your own clubs or Golf Quest will provide them for you. A 7 & 5-iron will be used during the first class. Women’s only classes are offered for those who may feel more comfortable in that setting. If there are not enough participants, these classes may be combined. www.golfquestranges.com

Adult Novice Lessons
Time: 6:00—7:00pm
October: Wednesdays, 10/5—10/26
November: Tuesdays 11/8—11/29
December: Thursdays 12/8—12/29

Women’s Only Beginner Lessons
Time: 6:00—7:00pm
October: Thursdays, 10/6—10/27
November: Mondays, 11/7—11/28
December: Wednesdays. 12/7—12/28

Junior Lessons (Ages 7-14)
Time: 4:30—5:30pm
October: Wednesdays, 10/5—10/26
November: Tuesdays 11/8—11/29
December: Thursdays 12/8—12/29
All Lessons:
Fee: $150.00 (1 Month, 4 classes)
Place: Golf Quest, 1 Sand Cut Rd., Brookfield
Parent & Me Multi-Sport Squirts (Ages 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 each class, which may include soccer, lacrosse, T-ball & flag football. Each child receives a US Sports Institute t-shirt.

Class Options:
- Day: Saturday  Time: 9:00—9:50am
- Day: Sunday  Time: 11:00—11:50am
- Day: Thursday  Time: 3:00—3:50pm

Squirts Multi-Sport (Ages 3-4)

This USSI program allows children to experience a different sport each week. This is the perfect intro to athletics for your future athlete! All sports are taught in a safe, structured and fun learning environment. Each session is comprised of games & activities designed to ensure learning & most importantly, FUN! Participants will experience lacrosse, soccer, t-ball, track & field & flag football. Each child receives a USSI t-shirt.

Class Options:
- Day: Saturday  Time: 11:00—11:50am
- Day: Sunday  Time: 10:00—10:50am

Senior Squirts Multi-Sport (Ages 5-6)

Multi-Sports Senior Squirts classes introduce beginners and those with some experience to a variety of different sports. Our professional sports coaches will ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Players will have the opportunity to try Lacrosse, Soccer, T-Ball, & Track & Field. They will learn the basic principles of each sport and will be encouraged to apply these skills to a series of fun challenges, structured activities, and scrimmages.

Class Options:
- Day: Thursday  Time: 5:00—5:50pm

Parent & Me T-Ball Squirts (Ages 2-3)

Parent & Me T-Ball Squirts is a fun and positive introduction to t-ball for young children with a helping hand from Mom or Dad!! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through fun-based games & activities. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence.

Class Options:
- Day: Sunday  Time: 9:00—9:50am

Squirts T-Ball (Ages 3-4)

USSI T-Ball Squirts is a great way to introduce your young slugger to the game of baseball or softball. Open to boys and girls, the program will utilize fun games and activities to help develop their skills in hitting, throwing, base running, and fielding. At the end of each session, participants will apply these skills into realistic mini game situations. Each child receives a US Sports Institute t-shirt.

Class Options:
- Day: Saturday  Time: 10:00—10:50am
- Day: Sunday  Time: 12:00—12:50pm
- Day: Thursday  Time: 4:00—4:50pm

USA Sport Group Late Fall Sessions

Dates: Thursdays 11/17—12/15  Fee: $100
Dates: Sundays 11/20—12/18  Fee: $100
* no classes 11/24 & 11/27

Parent & Me Multi-Sport Squirts
- Day: Thursday  Time: 2:00—2:50pm
- Day: Sunday  Time: 10:30—11:20am

Squirts T-Ball
- Day: Thursday  Time: 3:00—3:50pm
- Day: Sunday  Time: 12:30—1:20pm

Multi-Sport Squirts
- Day: Thursday  Time: 4:00—4:50pm
- Day: Sunday  Time: 11:30—12:20pm

More information and online registration available at:
www.ussportsinstitute.com
Tot Programs

Ballet for Tots
This class will introduce boys and girls, ages 3-5, beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a final performance at the end of the last class for family and friends. This is a drop-off class and all dancers need to be potty trained. Recommended attire: Girls – leotard, tights, ballet shoes. Boys – t-shirt, sweatpants, and ballet shoes. Day: Thursday Time: 9:30 – 10:30am Dates: 10/20—12/1 (6 wks ~ no class 11/24) Fee: $90.00 Instructor: Tatiana Prip Place: Congregational Church Room

Music Together: Sing, Dance, and Jam Along with Us!
Fall classes now forming! The cornerstone of the Music Together® program is their Mixed-Age music class, for children from birth through age 5, and the grownups who love them! Gathering babies, toddlers, and preschoolers together makes each class fun for all. Each week, a trained Music Together teacher leads the class in singing, dancing, and playing songs that range from tender lullabies to boisterous jams using child-friendly percussion instruments. Program details and registration online at www.mtdanbury.com.

Fall Classes begin at the Town Hall Bandstand Tuesday, Sept. 13th and Friday, Sept. 16th.

Affinity Esports Programs
Introducing Affinity Esports programming! Located in Sandy Hook, this computer lab offers variety of coding and gaming programs are available for young programmers to learn their skill. Using Scratch software and fan favorite games like Minecraft, Knockout City, and Rocket League, Affinity Esports will help build foundational coding skills in a fun, safe, and supportive space. www.affinityesports.gg

CHECK OUT OUR FULL PROGRAM LIST AT www.brookfieldct.gov/rec

Squirts Gaming & Technology Exploration for ages 4-6 ~ NEW
Affinity Esports is on a mission to create safe, happy, and healthy spaces for youth exploration. We use technology as a vehicle to help participants develop life skills through experiential learning and highly engaging social activities. This program presents the opportunity for parents and children to explore the world of technology, gaming, and esports together! Embrace the future possibilities while learning about positive and healthy ways to introduce children to technology at an early age in a way the reinforces responsibility, safety, and focus on future growth. Join us to explore, learn, and meet new friends as part of the Affinity Esports Squirts Program! Classes meet twice a week. Two days and two time slots offered.

Day: Mondays & Wednesdays Time: 10:00am—12:00pm OR 1:00—3:00pm Dates: 9/26—12/14 (24 Classes) Day: Tuesdays & Thursdays Time: 10:00am—12:00pm OR 1:00—3:00pm Dates: 9/27—12/15 (24 Classes) Fee: $650 per parent/child ($27/Session) Place: 27 Glen Rd Suite #408, Sandy Hook, CT

Introduction to Chess ~ Ages 7-11
Join the Affinity Esports Computer Chess Club! Learn everything about chess—from the basics to the most advanced tactics. Start playing as a beginner and make it all the way to the top of the leaderboard.

Day: Friday Time: 4:00—5:00pm Dates: 9/30—12/16 (11 classes ~ no class 11/25) Fee: $199.00 Place: 27 Glen Rd Suite #408, Sandy Hook, CT
Grit Ninja

The Grit Ninja has packed up equipment and is ready to turn Town Hall into a unique ninja warrior obstacle course! During each action-packed class, aspiring ninjas will climb, swing, jump and run on our ever-changing equipment (which includes a warped wall, rock wall, rings swings, rope swings, pipe sliders, parkour stations, balance games and so much more)! Our program is designed by The Grit Ninja’s professional coaches - many of whom have competed on NBC’s American Ninja Warrior. Our coaches will guide ninjas as they tackle our fun obstacle course! During each action and is ready to turn Town Hall Activity Field, 100 Pocono Rd.

Intro to Taekwondo ~ Ages 4 & up

Now more than ever before, Taekwondo is needed. Students can learn to socialize, speak up, build confidence and self-esteem. Master Kris focuses on respect and the love of the family. Taekwondo teaches much more than kicks, punches, and defense. It can also help children focus, become peaceful, and gain the confidence needed in school and life in a fun way while making new friends with similar interests. Dress in loose, comfortable clothing. Two classes a week for four weeks. This program is open to first time students only. Uniforms included.

Ages 4—12: (choose any 2 times weekly)
Days: Mon., Wed., Fri. at 4:20pm ~ Tue. at 5:40pm
Junior & Adult 13+: (choose any 2 times weekly)
Days: Tue. & Thurs. at 6:20pm or 7pm
Dates: 9/19—10/14 (2 classes per week)
Fee: $129.00

Kids Pilates ~ Ages 5-10

This class will teach children basic Pilates mat exercises while strengthening their core for improved strength, flexibility, balance, and mobility! Classes are geared for fun in a supportive fitness environment.

Day: Sunday Time: 10:00—10:30am
Dates: 10/16—11/13 (4 wks ~ no class 10/23)
Fee: $60.00 Instructor: Alysa O’Donovan
Place: Fit for You Studio, 195 Federal Rd, Brookfield

Kids 305 Fitness with Miss Christina

Perfect for our younger 305 Fitness fans! Kids 6-11 years old get the chance to be active and jam out to some fabulous music! 305 Fitness kids classes feature kid-friendly routines based on original 305 choreography. We break down the steps giving their minds and bodies the workout they need! Help develop a healthy lifestyle and incorporate fitness as a natural part of children’s lives by making fitness fun!

Day: Sunday Time: 10:30—11:00am Fee: $60.00
Dates: 10/16—11/13 (4 wks ~ no class 10/23)
Instructor: Christina Van de Water
Place: Fit for You Studio, 195 Federal Rd, Brookfield

Music Programs

Guitar Lessons

Have fun learning the fundamentals of guitar from our talented local singer, songwriter, and guitarist! Frank Enea, creator of “The Night Begins to Shine” and character on Cartoon Network’s hit show “Teen Titans Go!” will offers weekly lessons. Playing guitar is a lifelong hobby and assists in a child's development, instills confidence, inspires creativity, and yeah, it's cool too! This one on one lesson is customized to meet the students own goals and skill sets. Lesson times are set after registration. More info available at www.satellitemusicstudios.com

Lessons: Four, 30-min. Lessons Fee: $200.00

Drumming Lessons

Face the Music Together() with Don O'Keefe, private drum instructor and a Berklee College of Music Alumni with over 40 years experience performing and teaching. He believes that every drummer, teacher and student alike, has a voice to offer to the drumming community and those willing to put in the time can become proficient at the drums. Don can offer you or your kids the proper guidance on a musical journey! Register via email.

Website: www.facethemusictogether.com
Email: faceTheMusicTogether@yahoo.com

www.brookfieldct.gov/rec
**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 self-regulation, learning to calm their bodies down through self-awareness 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 Brookfield Schools with certifications as a yoga instructor.

**Day:** Tuesday  
**Time:** 3:30 – 4:30pm  
**Dates:** 9/27—11/1 (6 wks)  
**Fee:** $60.00  
**Place:** CES Library  
**Instructor:** Sharon Poarch RPT, RYT-200

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**Wizards School of Magic K/1**

Students in grades K & 1 will learn four magic tricks from full-time professional magician Tom O’Brien after school at Center School. Tom has performed hundreds of shows around Litchfield and Fairfield counties and appeared on Fox 61 and WSFB’s Better Connecticut. Tom O’Brien is a master of his craft and is superb at entertaining children while teaching. Students will receive their own magic kits with props to perform at home, and a magic wand! Register before the spaces – alakazaam – disappear!

**Instructor:** Tom O’Brien  
**Place:** CES Room

**Abracadabra - Magic Workshop 1:**  
**Date:** Friday 9/30  
**Time:** 3:30 – 4:30pm

**Hocus Pocus – Magic Workshop 2:**  
**Date:** Friday 11/4  
**Time:** 3:30 – 4:30pm  
**Fee:** $18.00/workshop

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**Drawing Mixed Media**

Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. Two sessions offered. For more info, visit [www.paintdrawmore.com](http://www.paintdrawmore.com).

**Day:** Thursday  
**Time:** 3:30—4:30pm  
**Dates:** 9/29—10/20 (4 wks)  
**Fee:** $96.00/session  
**Dates:** 11/10—12/8 (4 wks ~ no class 11/24)  
**Instructor:** Steve Burke  
**Place:** CES Room

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**Ballet for K/1**

This class will introduce boys and girls in grades K and 1 to age appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a final performance in the last class for family and friends. All students of this age are welcome even if they do not attend CES.

**Recommended attire:** Girls – leotard, tights, ballet shoes. Boys – t-shirt, sweatpants, and ballet shoes.

**Day:** Friday  
**Time:** 3:30 – 4:30pm  
**Dates:** 10/7—11/18 (6 wks ~ no class 10/28)  
**Fee:** $78.00  
**Place:** CES Gym  
**Instructor:** Tatiana Prip
**Center After School**

**Mad Science: Fall Fun Stem!**
Put on your science goggles and come on a Science Adventure! Scientists-in-Training will gain a basic understanding of all different areas of science while doing intriguing, hands-on, experiments! This program covers everything from cool dry ice to hot air balloons, from dinosaurs to a rocket launch that is out of this world, and much more! Every student receives a lab coat, goggles, and specially designed Mad Science Take Homes to help extend the learning.

**Day:** Monday  
**Time:** 3:30 – 4:30pm  
**Dates:** 11/7—12/12 (6 wks)  
**Fee:** $155.00  
**Place:** CES Room

**Net Generation Tennis**
This program is for beginners or players on a path to develop their tennis skills in grades K/1. The program is taught with Net Generation games and lesson plans, a USTA national program for beginner and intermediate players. The class is highly interactive with all players constantly participating. Players should wear loose comfortable clothing, sneakers and bring a water bottle. Extra racquets are available.

**Day:** Tuesday  
**Time:** 3:30—4:30pm  
**Dates:** 10/18—11/29 (6 wks ~ no class 11/8)  
**Place:** CES Gym  
**Fee:** $96.00

**Sports Celebrated**
This long running program offers boys and girls in grades K/1 the opportunity to participate in a variety of sports related games and activities each week. These activities will help students to learn and develop their hand-eye coordination, balance and agility while teaching some of the basics of various sports and games. Pack an extra water bottle for the class.

**Day:** Thursday  
**Time:** 3:30 – 4:30pm  
**Fee:** $72.00  
**Place:** CES Gym  
**Dates:** 10/13—12/1 (6 wks ~ no class 10/27, 11/24)  
**Instructor:** Dan Gagne

**TAG! You’re It!**
This high energy program will be a great way to end the school day! This classic backyard game has hundreds of variations and includes capture the flag style games with teamwork and strategy! Each week the group will play the favorites and explore new ones. Please pack an extra water bottle for the class.

**Day:** Monday  
**Time:** 3:30 – 4:30pm  
**Fee:** $72.00  
**Place:** CES Gym  
**Dates:** 10/17—11/21 (6 wks)  
**Instructor:** Ashley DeFreitas

**1st Grade Basketball**
First graders can stay after school to start learning the skills needed in the game of basketball! Fun games and activities will be played each week, working on dribbling, passing and shooting fundamentals.

Students should wear sneakers and bring an extra water bottle.

**Day:** Wednesday  
**Time:** 3:30 – 4:30pm  
**Date:** 10/12—11/30 (6 wks ~ no class 10/26, 11/23)  
**Fee:** $72.00  
**Place:** CES Gym  
**Instructor:** Dan Gagne

**HHES After School**

**Mad Science: Science Wizards**
Come with us on this enchanting journey in the world of science! We will mix up some crazy and colorful potions, discover some magical and glowing tricks, create hair-rising, mystifying, and electrifying experiments, build levitating objects, discover precious stones, witness charming illusions and learn how it is all powered by science! Students will transform into Science Wizards! Every student receives a lab coat, goggles, and specially designed Mad Science Take Homes to help extend the learning.

**Day:** Thursday  
**Time:** 3:30 – 4:30pm  
**Dates:** 11/3—12/15 (6 wks ~ no class 11/24)  
**Fee:** $155.00  
**Place:** HHES Room
Net Generation Tennis

This program is for beginners or players on a path to develop their tennis skills in grades 2-4. The program is taught with Net Generation games and lesson plans, a USTA national program. The class is highly interactive with all players constantly participating. Players should wear loose comfortable clothing and sneakers. Extra racquets are available for use.

Day: Wednesday  
Time: 3:30—4:30pm  
Dates: 10/12—11/17 (5 wks ~ no class 10/26)  
Place: HHES Lower Gym  
Fee: $75.00

Flag Football

Students in grades 2-4 will learn the rules and fundamentals in this non-contact class. Drills, activities and scrimmages will be played each week. Two classes offered.

Time: 3:30—4:30pm  
Fee: $66.00

Day: Monday  
Dates: 10/17—11/21 (6 wks)  
Day: Thursday  
Dates: 10/6—11/17 (6 wks ~ no class 10/27)  
Place: HHES Lower Gym  
Instructor: Matt Cudney

Floor Hockey

Students in grades 3 & 4 are invited to join Mr. Cudney in learning the basic rules of Floor Hockey through games and activities.

Day: Tuesday  
Time: 3:30—4:30pm  
Fee: $66.00

Dates: 10/11—11/22 (6 wks ~ no class 11/8)  
Instructor: Matt Cudney  
Place: HHES Lower Gym

Find Your Happy Place

Are you prepared to make new friends, play games, use your mind to create and learn some really awesome life lessons? Then this journey is for you. Boys and girls will visit topics on gratitude, positive-thinking, self-love, self-esteem building, resilience, good decision-making and compassion. Each week, discover a different topic through games, crafts, writing, role-playing, and meditation. Come join this voyage and learn about yourself and the connection to the others around you!

Day: Thursday  
Time: 3:30—4:30pm  
Fee: $72.00

Dates: 10/13—12/1 (6 wks ~ no class 10/27, 11/24)  
Place: HHES Classroom  
Instructor: Kelly Viera

Kids Yoga (Grades 2-4)

Yoga fosters creativity, sharing, focus, self-esteem and rewards each student with a peaceful mind and body. This yoga class 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 self-regulation, learning to calm their bodies down through self-awareness 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 Brookfield Schools with certifications as a yoga instructor.

Day: Wednesday  
Time: 3:30 – 4:15pm

Dates: 10/19—12/7 (6 wks ~ no class 10/26, 11/23)  
Fee: $60.00  
Place: HHES Room  
Instructor: Sharon Poarch RPT, RYT-200

Robotics Codemaker 101

In our Robotics programs, kids learn how to build and program a variety of robots using LEGO® bricks and award-winning software. Kids bring their LEGO creations to life! Each theme-based session encourages creativity and imagination as kids brainstorm, build and experiment with amazing robots. Each day, there will also be free time to code, play with art and design projects, use LEGO’s and gears, among other activities. Chromebooks are provided however if a student would like to load class software for use at home, they can bring their own laptops with necessary passwords for loading software. This program is led by instructors from Sylvan Learning of Brookfield.

Day: Tuesday  
Time: 3:30—4:30pm

Dates: 10/25—12/6 (6 wks ~ no class 11/8)  
Fee: $150.00  
Place: HHES Room

Floor Hockey

Students in grades 2-4 are invited to participate in a non-contact class. Drills, activities and scrimmages will be played each week. Two classes offered.

Time: 3:30—4:30pm  
Fee: $66.00

Day: Monday  
Dates: 10/17—11/21 (6 wks)  
Day: Thursday  
Dates: 10/6—11/17 (6 wks ~ no class 10/27)  
Place: HHES Lower Gym  
Instructor: Matt Cudney

Find Your Happy Place

Are you prepared to make new friends, play games, use your mind to create and learn some really awesome life lessons? Then this journey is for you. Boys and girls will visit topics on gratitude, positive-thinking, self-love, self-esteem building, resilience, good decision-making and compassion. Each week, discover a different topic through games, crafts, writing, role-playing, and meditation. Come join this voyage and learn about yourself and the connection to the others around you!

Day: Thursday  
Time: 3:30—4:30pm  
Fee: $72.00

Dates: 10/13—12/1 (6 wks ~ no class 10/27, 11/24)  
Place: HHES Classroom  
Instructor: Kelly Viera
HHES After School

Drawing Mixed Media
Paint Draw & More is proud to have perfected the art of igniting children’s creative instincts. Our fun and informative drawing and painting classes for older students and tweens are specially designed to build on your child’s knowledge of drawing and teach them technical skills as they develop their own unique style. This program will provide a variety of drawing and painting mediums, or students can choose to bring their own. We encourage students to work in black and white, or color; whichever best achieves their vision. Two fall sessions offered. For more information visit, www.paintdrawmore.com.

Day: Friday Time: 3:30—4:30pm
Dates: 9/30—10/21 (4 wks) Fee: $96.00
Instructor: Susan Jackson Place: HHES Café

Everyone Can Be An Author!
Learn how to organize and structure your own great story! Join local author, Terri Sorrentino, as she reads her book “I Am a Bird on Candlewood Lake”. Activities each week, with Terri’s guidance, will teach each student how to turn their interests into a great book!

Day: Wednesday Time: 3:30—4:30pm
Dates: 10/12—11/16 (4 wks ~ no class 10/26, 11/2)
Fee: $48.00 Place: HHES Classroom

Let’s Make Music!
Students in grades 2-4 are invited to join musician Premik Russel Tubbs in making music! Students will start in learning basic rhythms as the foundation for musical creativity. Along with learning how to create and play these rhythms, fundamentals of Jazz and American music history will be discussed. Premik is a professional musician who has toured and recorded with performers like Lady Gaga, James Taylor, Elton John, and Carlos Santana. He is a member of Sting’s house band at his concerts for the rainforest and teaches in schools and libraries. Bring an instrument if you have one! Basic percussion tools are provided.

Day: Friday Time: 3:30—4:30pm
Dates: 10/21—12/9 (6 wks ~ no class 10/28, 11/25)
Fee: $72.00 Place: HHES Room

Ballet for Gr. 2-4
This advanced ballet class will help students make significant progress in gaining strength and flexibility. Dancers will build upon the skills they have learned in other classes or jump right in and experience class for the first time. Each dancer will be challenged and guided through artistic and technical leaps at their own level. Along with ballet technique, your dancer will learn about ballet history, music theory, classical ballet choreography, and French ballet terminology.

Recommended attire: Girls – leotard, tights, ballet shoes. At this level, hair must be worn in a ballet bun or other style pulled back off the face. Boys – t-shirt, athletic shorts or pants, and ballet shoes.

Day: Monday Dates: 10/17—11/21 (6 wks)
Fee: $78.00 Time: 3:30 – 4:30pm
Place: HHES café Instructor: Tatiana Prip

Wizards School of Magic 2-4
Students in grades 2-4 will learn four magic tricks from full-time professional magician Tom O’Brien after school at Huckleberry. Tom has performed hundreds of shows and appeared on Fox 61 and WSFB’s Better Connecticut. Tom O’Brien is a master of his craft and is superb at entertaining children while teaching. Students will receive their own magic kits containing props to perform at home, and a magic wand! Register before the spaces – alakazaam – disappear!

Abracadabra - Magic Workshop 1:
Date: Tuesday, 10/4 Time: 3:30 – 4:30pm
Hocus Pocus – Magic Workshop 2:
Date: Tuesday, 11/1 Time: 3:30 – 4:30pm
Fee: $18.00/workshop Place: HHES Room

Field Day Friday ~ New
Students in grades 2–4 are invited to this Friday afternoon program designed for fun! Each week, our camp director Ashley DeFreitas will lead various camp and gym style games such as tag, four corners, capture the flag, and relays will be played. Students should be ready to run and play! Wear sneakers and bring a water bottle.

Day: Friday Time: 3:30—4:30pm
Dates: 10/7—11/18 (6 wks ~ no class 10/28)
Fee: $72.00 Place: HHES Lower Gym

Parks & Recreation...The Benefits are Endless 203-775-7310 www.brookfieldct.gov/rec
Enjoying Your Journey
Middle school can be a roller coaster if you are looking to stay grounded, make new friends and have fun, then look no further. My Happy Place presents "Enjoying Your Journey" a course that teaches compassion, friendship, resilience, and emotional well-being skills. Each week we will discover a different topic through games, role-playing, movement, crafts, journaling, and meditation. Come spend some time getting to know yourself and others around you.

Day: Tuesday  
Time: 2:45 – 3:45pm  
Dates: 10/11—11/22 (6 wks ~ no class 11/8)  
Fee: $72.00  
Place: WMS Library  
Instructor: Kelly Viera

Let’s Make Music! ~ New!
Students in grades 5-8 are invited to join musician Premik Russel Tubbs in making music! Students will start in learning basic rhythms as the foundation for musical creativity. Along with learning how to create and play these rhythms, fundamentals of Jazz and American music history will be discussed. Premik is a professional musician who has toured and recorded with performers like Lady Gaga, James Taylor, Elton John, and Carlos Santana. He is a member of Sting’s house band at his concerts for the rainforest and teaches in schools and libraries. Bring an instrument if you have one! Basic percussion tools are provided.

Day: Monday  
Time: 2:45—3:45pm  
Dates: 10/31—12/5 (6 wks)  
Fee: $72.00  
Place: WMS Music Room

Robotics Codemaker 101
In our Robotics programs, kids learn hot to build and program a variety of robots using LEGO® bricks and award-winning software. Kids bring their LEGO creations to life! Each theme-based session encourages creativity and imagination as kids brainstorm, build and experiment with amazing robots. Each day, there will also be free time to code, play with art and design projects, use LEGO’s and gears, among other activities. Chromebooks are provided however if a student would like to load class software for use at home, they can bring their own laptops with necessary passwords for loading software. This program is led by instructors from Sylvan Learning of Brookfield.

Day: Thursday  
Time: 2:45—3:45pm  
Dates: 10/20—12/8 (6 wks ~ no class 11/10, 11/24)  
Fee: $150.00  
Place: WMS Room

Youth Wrestling Program
This Brookfield Youth Wrestling Program is open to boys and girls in grades 5-8 and no prior wrestling experience is necessary. This program will emphasize enhancing proper techniques, strength, and coordination skills and cover all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. Techniques are taught in sequence to help wrestlers learn and understand. The program will meet twice a week for ten total classes. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling shirt. This program is led by Josh Levine, USA Wrestling Certified.

Day: Monday & Thursday  
Time: 7:00—8:00pm  
Dates: 2/13—3/20 (10 classes ~ no class 2/20)  
Fee: $120.00  
Place: HHES Gym
**Friday Funday**

Parks & Rec will host a Friday Funday for students in grades 5/6 and 7/8 this fall in the WMS gyms. Students are invited to drop-in for casual games and activities with their friends. Pick-up basketball, corn hole, pickle ball, crafts and other games will be available to play or just hang out with your friends! Music will be playing and some light snacks and drinks available for purchase. Permission slips will be sent home through WMS on the Monday prior to the date with instructions to RSVP. $5 pp payable at the door, no pre-payment required. This program will have a capacity limit to those who RSVP in time.

**Day:** Friday  
**Time:** 6:30—8:00 pm  
**Grades 5 & 6:** Dates: 10/14 & 12/16  
**Grades 7 & 8:** Date: 11/18  
**Fee:** $5.00 pp  
**Place:** WMS Gyms

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**Musical Theater Workshop**

In this workshop, students will explore the many aspects of live theater! Students will have the chance to find their strengths and choose various studies within theater including acting, singing, creative movement, writing, directing, and technical design, all within a positive, team building environment. Each week, students will get to work on their parts that come together in a small performance. This workshop is led by Stacey Snyder, a trained professional singer in all styles and background in theater, acting, and literature. Students should bring a snack and water bottle each week.

**Day:** Mondays  
**Time:** 2:45—4:45 pm  
**Dates:** 10/17—12/7 (8 wks ~ no class 11/23)  
**Fee:** $120.00  
**Place:** WMS Café

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**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 class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Red Cross Babysitter Certification will be awarded upon successful completion. Please bring a lunch, drink and a pencil.

**Day:** Tuesday  
**Time:** 9:00am - 3:00pm  
**Date:** 11/8 (Election Day)  
**Fee:** $70.00  
**Place:** Town Hall Room  
**Instructor:** Nancy Wolf

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**WMS & BHS Ski Club**

A detailed flier including dates and fees will be sent out through the schools in mid-October and posted on our website. Registration will open in late October for this program that does fill up. Join us for fun-filled Friday nights at Mohawk Mountain in Cornwall, CT. Whether you already love to ski or snowboard, or you want to learn, this program will provide your lift tickets, coach bus transportation to and from the mountain, and adult supervision on the bus and mountain. Students have the option of adding equipment rentals and/or lessons. This program is open to Whisconier and Brookfield High School students and has limited seats available. Separate busses pick up and return to each school.

**Day:** Friday Nights  
**Dates:** January/February 2023  
**Time:** School dismissal – approximately 9:45pm  
**Place:** Mohawk Mountain, Cornwall, CT

**Ski Club Volunteers**

Parent Volunteers are needed each winter to help out during the ski club trips. If your child is planning on doing ski club, please consider donating a night of your time to help out the program. Parent chaperones ski for free! A parent volunteer meeting will be held in December to get ready for the program. The date and time of the meeting will be published with updated ski club information in October.
Iddy Biddy Basketball—Grade 1
This introductory program for boys and girls in first grade looking to learn about the game of basketball and start developing foundational dribbling, passing, and shooting skills. The group will meet for an hour each week and participate in drills, activities and games led by our basketball supervisors. Elements of teamwork and sportsmanship will also be introduced.
Days: Saturday
Time: 8:00—9:00am
Dates: 1/7/23—2/25/23
(7 wks ~ no meeting 2/18)
Place: HHES Lower Gym
Fee: $84.00

Biddy Basketball—Grades 2 & 3
Biddy basketball continues to teach and develop core basketball skills while in a team setting. Evaluations will be held the first week to help determine current skill levels. Based on these evaluations, teams will be formed and provided a schedule for the remaining weeks of the season. Teams will have two weeks of practice and beginning in January, weekly practices followed by scrimmages against other teams. Volunteer coaches will run the scrimmages as learning tools to help continue teaching the necessary skills. Teams in this age group will have 90 minutes each week between 9am and 1:30pm. Times subject to change. There will be no meetings 12/24, 12/31 & 2/18/23.
Days: Saturday
Dates: 12/3—2/25/23
(10 wks)
Place: HHES/WMS Gyms
Fee: $120.00

Basketball—Grades 4 & 5
Our 4th & 5th grade basketball program for boys & girls is an intramural league for all skill levels. This is a recreational league to help players continue to learn and develop their skills within a game setting. Evaluations will be held on the first day to help determine teams and players will be notified of their team assignment and be sent a schedule. Teams will have two weeks of practice prior to each game. Teams in this age group will have 90 minutes each week between 12:00pm and 4:30pm. Times subject to change. There will be no meetings 12/24, 12/31 & 2/18/23.
Days: Saturday
Dates: 12/3—2/25/23 (10 wks)
Place: HHES/WMS Gyms
Fee: $120.00

Girls Basketball—Grades 6—9
This is a recreational league for girls in grades 6-9 that focuses participation and fun, not competition. No experience is necessary and girls of all skill levels can join. Evaluations will be held the first two weeks with the participating in drills and scrimmages that will help determine teams. Schedules will be emailed to each player once teams are set. Teams will have practices followed by a game each week. Games are played between other Brookfield teams and are officiated by high school certified officials. Game times for girls teams are generally 12:00pm, 1:30pm, or 3pm each week. Late season games and playoffs may be played on a weeknight. Supervisors for the program are Steve Kolitz, Jason Maxwell, Lisa DiLullo, and Desirae Smyser.
Days: Saturday
Dates: 1/7/23—3/4/23
(9 wks)
Place: BHS Gyms
Fee: $108.00

Boys Basketball—Grades 6 & 7, 8 & 9, 10-12
Boy’s rec basketball leagues will begin on Jan. 7th 2023 at Brookfield High School with two weeks of evaluations. Regular season games will begin the week of Jan. 21st and run 7 weeks. Games are played between other Brookfield teams and are officiated by high school certified officials. Time and format of the league will vary depending on the number of players and teams. Generally, boys in grades 6/7 play at 8:00 or 9:30am, boys in grades 8/9 at 11:00am or 12:30pm, and boys in grades 10-12 at 2:30 or 3:45pm. Late season games and playoffs may be played on a weeknight. Supervisors for the program are Steve Kolitz, Jason Maxwell, Lisa DiLullo, and Desirae Smyser.
Days: Saturday
Dates: 1/7/23—3/4/23 (9 wks)
Place: BHS Gyms
Fee: $108.00
Community

YOUTH SPORTS ORGANIZATIONS:

Brookfield Baseball & Softball Association (BBSA)
www.brookfieldbbsa.com
Steve Harding Sr. - President
proff1960@aol.com ~ 203-770-4424

Brookfield Pop Warner Football & Cheer
www.brookfieldpopwarner.com
Kori Kermashek - President - korik412@hotmail.com

Brookfield Lacrosse Club
www.brookfield-lax.org
Jeff Praissman – Boys President
jpraiissman@gmail.com
Holli Carl—Girls President

Brookfield Soccer Club www.brookfieldsoccer.org
Sam Ramzy-Registrar
registrar@brookfieldsoccer.org

Brookfield Basketball Association (BBA)
www.bbabrookfield.com
Chris Travis - brookfieldbbapresident@gmail.com

Take Control of Your Health:
Do you have high blood pressure? Are you at risk for developing Type 2 Diabetes? If you answered "yes" to either of those questions, the YMCA can offer you the support to take control of your health. Join Lisa O’Connor, Wellness Director at the Regional YMCA of Western CT to learn about programs that are available to you to help you make lifestyle changes to improve your health. To learn more about the evidence-based programs the Y offers and how you may qualify, please join Lisa for an open discussion and information session. Residents of Brookfield may be eligible for grant funding. Please contact Lisa at 203-775-4444 ext. 135 or loconnor@regionalymca.org to attend the information sessions.

- Monday, October 3 6:30-7:30pm
- Thursday, October 13 10:30-11:30am
Location: Town Hall Room 129

Brookfield Parent Support Network
For parents concerned about their kids who struggle with anxiety, depression and/or emotional dysregulation. For more information, please email brookfieldpsn@ymhproject.org. Sponsored by Brookfield Cares, Brookfield Education Foundation and The Youth Mental Health Project.

BROOKFIELD VOLUNTEER FIRE DEPT.
SANTA VISITS on a FIRETRUCK!
*BROOKFIELD RESIDENTS ONLY*
Out of an abundance of caution for our volunteers and your family, we will be doing our visits with minimal contact between Santa, Mrs. Claus and your family. The truck will stop so the children can talk to and take an appropriately distanced picture with Santa but Santa will remain in the firetruck!

Dates: Sunday 12/11 and Saturday 12/17.
Times: Starting at 9:00am until we are done!
Suggested donation for a stop is $25 per family/household. Information and registration available at www.brookfieldfire.com and at the Brookfield Volunteer Fire Company Facebook page. Direct questions to santavisits@brookfieldfire.com.

Frequently Requested Contact Information

Boy Scouts
Ken Witmyer ken.witmyer@gmail.com
Airielle Smith aerielle.smith@yahoo.com

Cub Scouts
Sara Vannucci
Katie Rose Cscout135@gmail.com
Orie

Brookfield Education Foundation (BEF)
brookfieldeducationfoundation@gmail.com

Conservation Commission
Land Use Office (203) 775-7316

Garden Club brookfieldgardenclub@yahoo.com

Girl Scouts https://www.gsofct.org

Brookfield Lion’s Club
Alan Peck—President
Membership Info—diezemann@sbcglobal.net

MOMS Club® of Brookfield themomsclubofbrookfield@gmail.com

Senior Center (203) 775-5308

Women’s Club of Brookfield
Cynthia Buzoeck (203) 470-7291
Laura Pizzirusso (203) 775-6283
Brookfield Parks & Recreation presents….

The 30th Annual 5K Halloween Run

Date: Sunday October 30, 2022

Time: 10:00am start

Place: Brookfield Municipal Center, 100 Pocono Road, Brookfield, CT

Pre-Registration Fee: $30.00 (must be received by noon on 10/28)

Register online at https://runsignup.com/Race/CT/Brookfield/5KHalloweenRun

Registration closes at noon on Friday, 10/28. No race day registration.

Come celebrate our 30th year! Our certified course begins and ends at the Brookfield Municipal Center, 100 Pocono Road, Brookfield, CT. Race features chip-timing, short sleeve dri-fit T’s to first 150 registered, awards to top runners in nine age groups (8 and under; 9-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+), prizes for best costumes, post-race raffle and excellent post-race refreshments. USATF certified #CT06013JHP. Walkers welcome! Costumes encouraged! Course route available at www.brookfieldct.gov/rec.

The 5K Halloween Run is the final event in the “Four Seasons Challenge Series.” Runners who register for and complete all four races (New Year’s Day Run for Sight 4-Miler; We Care Mother’s Day 5K, Brookfield Lions Club JDRF Strides to Cure Diabetes 5-Miler and the 5K Halloween Run) will receive a commemorative gift to be distributed following the Halloween Run.

Online registration preferred at https://runsignup.com/Race/CT/Brookfield/5KHalloweenRun

To register in person: visit Brookfield Parks & Recreation, 162 Whisconier Road, Brookfield CT

Bring cash, credit card or check payable to “Town of Brookfield”

To register by phone with credit card: call Brookfield Parks & Recreation at (203) 775-7310.

Entry Form: (Detach & Return)

EVENT: (circle one)  5K Run  5K Walk

NAME:____________________________________________ PHONE:____________________________________________

ADDRESS:________________________________________________________ CITY:________________________________________

STATE:_______  ZIP:___________ ADULT SHIRT SIZE:  S  M  L  XL  GENDER: M_____ F_______

EMAIL:________________________________________________________ DATE OF BIRTH: _____/____/_____  AGE RACE DAY:_____

Have you competed in the other 3 races as part of the Four Seasons Challenge Series*?  YES____  NO_____ 

WAIVER: I hereby certify that I have sufficiently trained for this event. In signing this form, I understand that I agree to absolve and hold harmless the Town of Brookfield, Parks & Recreation Department, and all sponsors, be they individuals or organizations, singly or collectively, of all blame for any injury, misadventure, harm, loss or inconvenience suffered in any of the activities associated with said event.

__________________________________________________________________________________________________________________

Signature of Participant (Parent/Guardian if under 18)  Date
RECREATION STAFF:
Mary Knox, Director Parks & Recreation
Dan Gagne, Recreation Supervisor
Liz Gavagan Burandt, Administrative Assistant

PARKS MAINTENANCE STAFF:
Chris Rabuse Parks Supervisor
Chris Shaw Crew Leader
Rob Haggarty Parks Maintainer
Mike Schaniel Parks Maintainer
Chris Montchal Parks Maintainer

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 NOW OPEN FOR FALL PROGRAMS.

You may register over the phone when paying by credit card, in person at the Parks and Recreation Office (located at 162 Whisconier Road).