

Special Events

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 **Friday, October 5 at 3:00 p.m.** 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 775-7310 if you plan to attend.

Day: Friday

Date: 10/5

Time: 3:00 – 4:00pm

Fee: FREE

Place: Bandstand

Singing and Signing Time with Ms.

Janine at Kids Kingdom

Singer/Signer/Songwriter/Guitarist, Janine LaMendola "Ms. Janine" will be playing children's music with sign language fun at Kids Kingdom Playground this fall. It doesn't matter if

you come with your infant, toddler or preschooler, or if you're a teenager. You're guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome, no registration is required, and it's free!

Day: Wednesdays

Time: 4:15-5:00pm

Dates: 10/3, 10/10, 10/17, 10/24

Place: Kids Kingdom Playground, 100 Pocono Road

18th Annual Trick or Treat at Town Hall

Parents and children are invited to "trick or treat" at Town Hall this year on Halloween Day, Wednesday, October 31 from 2:00 – 3:45 p.m. Office doors will be decorated, and we will be passing out lots of candy! Please be sure to dress in costume and to bring your own candy bag to hold all of your treasures. There is no charge for this event.



However, we are asking that each child bring either 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 Brookfield families in crisis. The collection box for any items will be at the food pantry in Town Hall, located on the first floor across from the Tax Collector's Office. Please pre-register by calling Parks & Rec. at 775-7310 by October 30.

Day: Wednesday

Date: 10/31

Time: 2:00 – 3:45pm

Fee: FREE

Place: Town Hall

Special Events, continued

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. **Pre-registration & payment is required by calling 775-7310.**

Day: Saturday

Date: 10/27

Time: Age 3 - K: 10:00 – 11:00am

Fee: \$10.00

Grades 1-4: 11:00 – 12:00pm

Place: Town Hall Meeting Room

Thanksgiving Turkey Workshop

Children will enjoy creating a decorative turkey centerpiece for their table. Ages 3 – kindergarten participate with parent or caregiver; for grades 1-4 this is a drop off program. **Pre-registration and payment is required by calling 775-7310.**

Day: Saturday

Date: 11/17

Time: Age 3 - K: 10:00 – 11:00am

Fee: \$10.00

Grades 1-4: 11:00 – 12:00pm

Place: Town Hall Meeting Room

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 (now located in the Old Town Hall



at 162 Whisconier Road), or mail it to Santa, Attn: Parks & Recreation Department at P.O. Box 5106. Your child's letter must include a self-addressed stamped envelope. Santa himself will mail

a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 - 14.

Youth Basketball Leagues



Our popular youth basketball leagues will begin in December and January for boys in grades 1 – 12 and girls in grades 1 – 9. All practices and games take place on Saturdays in various town gyms. Younger grades participate in drills and fun games to help develop skills working towards playing in games. More

information can be found on page 13. **Volunteer coaches are needed for most leagues! If you can help out, please email dgagne@brookfieldct.gov**

A Bock and Blu Concert

Save the Date – A Bock and Blue Concert to benefit the Brookfield Systemwide Music Department will be held on Friday, December 14th in the BHS Auditorium beginning at 7:00pm. More information to follow in early December. Please visit the Parks and Rec. website or Facebook page for updates. Sponsorship opportunities are available.

Get Out of Town

Macy's Thanksgiving Day Parade



Join us on our 22nd annual *pilgrimage*, enjoying all of the fun with none of the hassle! Leave from Town Hall at 6:30 a.m., travel by coach bus to witness this NYC tradition, and still be home by approximately 1:30 p.m. to watch football and eat dinner. Register before all the seats are *gobbled* up!

Day: Thursday **Date:** 11/22
Time: 6:30 a.m. departure **Fee:** \$36.00

Radio City Christmas Spectacular

This is our longest running trip for good reason! We were able to purchase discounted prime orchestra tickets and pass the savings on to you. We'll be leaving from Brookfield Town Hall at 8:00 a.m. for an 11:00 a.m. matinee performance. There will be plenty of time after the show for lunch, visit Rockefeller Center, take in the holiday windows at Saks or finish up your holiday shopping. We'll be leaving NYC at 4:00 p.m. Fee includes ticket (Prime Orchestra Rows OO-RR in 300 sections) and coach bus transportation. Don't miss out, register early!

Day: Monday **Date:** 12/3
Time: 8:00 a.m. departure **Fee:** \$137

Adult Education

Simplify Life with Kids

Overwhelmed with the volume of stuff in your home? Have kid's stuff, school work, coats and sports equipment taken over? Almost 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 in this journey. She has appeared as the organizing expert on TLC's Hoarding:Buried Alive and is a recommended organizer with Hartford Hospital's Institute of Living Anxiety Disorders Center.

Day: Wednesday **Time:** 7:00 – 8:30pm
Dates: 10/3 (1 wk)
Place: Town Hall Meeting Room
Fee: \$25.00

Simplify, Organize and Focus on what you are Passionate About



Reduce clutter and reduce your overwhelm! Empower yourself with practical organizing strategies & discover time for the activities you love to do. Professional Organizer Kerri Colombo will share tips with for you to create a

home environment that reflects who you are and who you wish to be. You'll leave with the skills and confidence to tackle your organizing projects in a mindful way. Kerri is passionate about guiding others in this journey and has appeared as the organizing expert on TLC's Hoarding:Buried Alive and is also a recommended organizer with Hartford Hospital's Institute of Living Anxiety Disorders Center.

Day: Wednesday **Time:** 7:00 – 9:00pm
Dates: 11/7 (1 wk)
Place: Town Hall Meeting Room
Fee: \$25.00

Adult Education, continued

Chef Suchada's Thai Cooking

Traditional Thai meals are known for aromatic spices, fresh fruits and vegetables, and a careful blend of salty, sweet, bitter and spicy to play with your senses. Chef Suchada has spent years perfecting her traditional Thai recipes. Join her to learn how to make several dishes, which may include; Pad Thai, Red and Green Curry, Massaman Curry, Panang Curry, Drunken Noodle, Veg' Spring roll, Crab Rangoon, Wontons, Coconut Soup, Papaya Salad and Basil chicken. You'll have the chance to eat what you make during class and will leave with the recipes, too.

Day: Wednesday **Time:** 6:30 – 8:30pm
Dates: 10/3 – 10/24 (4 wks) **Fee:** \$82.00
Place: BHS Culinary Arts Room #204

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. 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: Wednesday **Time:** 7:00 – 9:00pm
Date: 10/10 (1 wk) **Fee:** \$25.00
Place: Town Hall Meeting Room
Instructor: Ray DiStephan

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. Includes Red Cross certification in Adult and Pediatric First Aid/CPR/AED which is valid for two years.

Session 1: Saturday, 10/27, 3:00-6:00pm
Session 2: Wednesday, 11/14, 6:00 – 9:00pm
Place: Town Hall Room 129
Instructor: Cari Hallion **Fee:** \$89.00

Beginning Italian

Learn conversation skills including introductions, 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 – 8:00pm
Dates: 10/15 – 12/10 (8 wks ~ no meeting 11/12)
Instructor: Anna Prendi
Place: Town Hall Meeting Room **Fee:** \$79.00

Spanish for Adults

Get an introduction to the Spanish language including basic grammar and essential concepts for conversation and everyday use. This class is designed for beginners as well as those who may have studied before who could benefit from a refresher.

Day: Thursday **Time:** 7:00 – 8:00pm
Dates: 10/11 – 12/6 (8 wks ~ no meeting 11/22)
Instructor: Anna Prendi
Place: Town Hall Meeting Room **Fee:** \$79.00

Adult Education, continued

Digital and Video Photography



In just five weeks this class will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do.

Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice. This season we'll study the video capability of your camera too. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Wednesday **Time:** 7:00 – 9:00pm

Dates: 10/24 – 11/28 (5 wks ~ no meeting 11/22)

Place: Town Hall Room 129 **Fee:** \$70.00

Instructor: Mary Ann Kulla

iPhone Photography

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

Day: Thursday **Time:** 7:00 – 9:00pm

Date: 12/6 (1 wk) **Place:** Town Hall Meeting Room

Fee: \$25 **Instructor:** Mary Ann Kulla

Make Your Own Kombucha & Fermented Vegetables

Get the benefits of probiotics into your diet, save money and enjoy delicious fermented vegetables. Cabbage, beets, carrots and other veggies can be preserved with just a little work. Science is showing that they have numerous health benefits. In this class we'll spend an evening making sauerkraut or another pickled vegetable that is better than anything you can get in the grocery store. The we'll go through the process of making the fermented beverage, kombucha, step by step. You'll leave with a kombucha starter and prepared vegetables which you can continue to ferment at home.

Day: Monday **Time:** 7:00 – 9:00pm

Dates: 10/22 (1 wk) **Place:** Town Hall Room 119

Fee: \$29.00 **Instructor:** Mary Ann Kulla

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 included on your receipt when you register. (The approximate cost of materials is \$60).

Day: Tuesdays **Time:** 6:00 – 8:00pm

Dates: 10/2 – 11/20 (8 wks)

Place: Senior Center Craft Room

Instructor: Victoria Lange **Fee:** \$88.00

Adult Education, continued

Beginning Sewing

Have you ever wanted to learn to sew? This class will get you comfortable with sewing from a commercial pattern using a home sewing machine (provided). You will learn how to cut out a pattern, make sense of the instructions and construct a finished article of clothing or project of your choice. The first class will meet at Jo-Ann Fabrics in Brookfield (143 Federal Road) where the instructor will help you pick out a pattern and the materials that you will need for the project that you'd like to complete. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. Class size is limited to 5 for lots of individual attention.

Day: Wednesday **Time:** 6:00 – 8:00pm

Dates: 9/26 – 11/7 (6 wks ~ no meeting 10/31)

Place: Town Hall Meeting Room **Fee:** \$90.00

Instructor: Karen Ryavec Lubensky

Mindful Movie Nights

Inspired Movies & More. Interesting, inspiring, curious movies, documentaries, Ted Talks, ideas, conversation and more. Soft drinks and popcorn included. Topics: evolving humanity, earth/nature, new technologies that sustainably serve, whole foods, new economic models, inclusive spirituality, simple living, the awake mind, new education, intentional community living, action oriented ideas opportunities and more. Group sharing after the movie.

Day: Friday **Time:** 7:30pm

Dates: 9/28, 10/26, 11/30 **Fee:** \$9.00/movie

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

Instructor: Veronica Marr

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 at Brookfield High track. The

group will train together on Saturdays & each participant will be given an individualized workout schedule to follow. Each week, new workouts will be introduced as you progress.

Come dressed in layers to run & bring a water bottle. This program will prepare you for the Halloween Run on Sunday Oct. 28th. Race registration is included in your fee. In the Spring, we have the same program to prepare for the Mother's Day 5K on Sunday May 12th, 2019. All levels of fitness welcome! Come try a great sport, get fit, and make some new friends! *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.*

FALL

Day: Saturday **Time:** 8:00-9:00am

Dates: 10/6 – 10/27 (4 wks) **Fee:** \$50.00

Place: BHS Track

SPRING

Day: Saturday **Time:** 8:00-9:00am

Dates: 4/6/19 – 5/11/19 (6 wks) **Fee:** \$70.00

Place: BHS Track

Simply (Slowly) Stretch and Strengthen



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 weight to gently increase your flexibility, strength and stability. This program can be modified for all fitness levels, but participants should be comfortable working on the floor (mats). Dress in comfortable clothing to allow for movement & bring a towel, water bottle & yoga mat if you have one.

Day: Tuesday **Time:** 6:30 – 7:30pm
Dates: 10/2 – 11/13 (6 wks ~ no meeting 11/6)
Place: Center School Gym **Instructor:** Phyllis Babuini
Fee: \$59.00

Cardio Sculpt

This low impact class will use the concentrated resistance of bands and light weights to work your core, build muscle, 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 and bring a water bottle, too.

Day: Thursday **Time:** 6:30 – 7:30pm
Dates: 10/4 – 11/15 (6 wks ~ no meeting 11/1)
Place: Center School Gym **Fee:** \$59.00
Instructor: Phyllis Babuini

Ballroom Dance for Beginners – Level I

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

Ballroom dance shoes or dress shoes with leather soles required.
Day: Thursdays **Time:** 6:00-7:00pm
Dates: 9/27 – 11/8 (6 wks ~ no meeting 11/1)
Place: Whisconier Middle School Café
Instructor: Jen DiBella **Fee:** \$72.00pp

Ballroom Dance for Beginners – Level II

This course is designed for students who have already been introduced to the fundamentals of ballroom dancing and are looking to expand upon step patterns and increase technique. Students will learn to develop more comfort and confidence with their social dancing. Dances covered may include Waltz, Foxtrot, Tango, Rumba, Swing, and Cha Cha. Sign up on your own or with a partner. *Ballroom dance shoes or dress shoes with leather soles are required.*

Day: Thursdays **Time:** 7:00-8:00pm
Dates: 9/27 – 11/8 (6 wks ~ no meeting 11/1)
Place: Whisconier Middle School Café
Instructor: Jen DiBella **Fee:** \$72.00pp

Zumba

Zumba is based on the principal that exercise should be fun, which helps you stick with the program until you get results & helps long-term health. It is a feel good exercise program designed with a fusion of world music and spicy dance rhythms. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high-energy, heart-pumping workout you'll want to do over & over.

Day: Monday **Time:** 6:00 – 7:00pm
Dates: 10/15 – 12/10 (8 wks ~ no meeting 10/29)
Fee: \$80.00 **Place:** CES Gym **Instructor:** Mary Lou Peters

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! **Buy one pass and attend any of the following classes for \$90.00.**

Session 1: Monday
Dates: 10/8 – 11/26 (pick 6 classes over 8 weeks)
Time: 12:00 – 1:15pm or 7:30 – 8:45pm
Place: YogaSpace, 78 Stony Hill Rd. Bethel, CT
Instructor: Debbie Isaacs

Session 2: Thursday
Dates: 10/4 – 12/6 (pick 6 classes over 8 weeks)
Time: 12:00pm – 1:15pm
Place: YogaSpace, 78 Stony Hill Rd. Bethel, CT
Instructor: Terri Jennings

Session 3: Saturday
Dates: 10/13 – 12/1 (pick 6 classes over 8 weeks)
Time: 10:15am – 11:45am
Place: YogaSpace, 78 Stony Hill Rd. Bethel, CT
Instructor: Heather Morgado

Yoga Beyond the Basics: Six Class Pass

Ready to take your yoga practice to the next level? Or perhaps you would like to explore something new? YogaSpace offers 25 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 deeper in the yoga experience with a Gentle or Yin class. Schedule: <https://www.yogaspacespace-ct.com/schedule>

Day: Varies (see scheduled at link above)
Dates: 10/8 -12/1 (pick 6 classes over 8 weeks)
Place: YogaSpace, 78 Stony Hill Road, Bethel CT
Fee: \$90.00

Discover Kundalini Yoga

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) 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: Friday **Time:** 6:00 – 7:30pm
Dates: 10/12 – 11/30
Place: YogaSpace, 78 Stony Hill Road, Bethel CT
Fee: \$90.00 (pick 6 classes over 8 weeks)
Instructor: Susan Shaner MA, MS, RYT, PCC (Darshan Jot Kaur)

Restorative Yoga ~ Unwind From the Grind

Take time out for yourself and let YogaSpace be your "sanctuary of sanity". Restorative Yoga is a passive practice, which just about anyone can do. You don't need to be particularly athletic, fit or flexible. We'll use props (pillows, blankets, straps, etc.) to support your body so you can rest, stretch your muscles; lower your heart rate and blood pressure; calm your nervous system, and experience a peaceful state of deep relaxation. Please sign up early the workshop often sells out. You'll say it was the best gift you could have given yourself. Just wear super comfy layers. We have everything else you'll need. The perfect antidote to anxiety and overwhelm! Limited to 16 lucky students.

Day: Saturday **Time:** 3:00 – 5:00pm

Dates: 10/6 or 11/10

Place: YogaSpace, 78 Stony Hill Road, Bethel CT

Instructor: Gloria Owens

Fee: \$35.00 (1 day workshop)

Art of Meditation

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

Day: Sunday **Time:** 6:00 – 7:15pm

Dates: 10/14, 10/21, 10/28 **Fee:** \$45.00

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

Instructor: Rob Farella

What's your Dosha? Intro to Ayurveda



Introduction to Ayurveda and how your tongue tells your state of health. Ayurveda, the "Science of Life", is the sister science to yoga. Originating in India some 4,000 years ago and is considered to

be the world's oldest healthcare system. It is a holistic and ancient form of medicine that draws on the principle that good health is a balanced connection between body, breath and brain. Find out which types of food are good or bad for your body type, what yoga exercise is best suited to your body type, what common ailments you are prone to, & much more. You will learn about your unique constitution (dosha), how it affects your health & practical tools to create more balance & harmony in your life. No experience necessary.

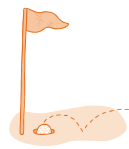
Day: Saturday **Time:** 1:30 – 3:30pm

Dates: 10/13 (1 wk) **Fee:** \$39.00

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

Instructor: Karen Pierce

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: \$130.00 for any one month of four classes.

Place: Golf Quest, 1 Sand Cut Rd.

October: Wednesdays: 10/3, 10/10, 10/17, 10/24

November: Mondays: 11/5, 11/12, 11/19, 11/26

December: Thursdays: 12/6, 12/13, 12/20, 12/27

Women Only Classes for Beginners

October: Thursdays: 10/4, 10/11, 10/18, 10/25

November: Tuesdays: 11/6, 11/13, 11/20, 11/27

December: Wednesdays: 12/5, 12/12, 12/19, 12/26

Pickleball Lessons



Learn the fastest growing sport in America!

You'll have so much fun playing; you may not remember that you are exercising too! Certified instructor Sharon Eisen will be starting with the basics of this lifelong sport, so this program is best suited to absolute beginners or those with

a very limited experience. Please dress for outdoor play and bring a water bottle. Each class is limited to 6 people to allow for individual attention. This class will postpone in inclement weather.

Day: Monday & Thursday **Time:** 4:30-6pm

Dates: 9/24, 9/27, 10/1, 10/4, 10/8 (5 classes)

Fee: \$135.00 **Place:** Cadigan Park Tennis Courts

Instructor: Sharon Eisen

Tai Chi Quan for Beginners

Tai Chi is the ultimate system for health and self-defense. It is practiced for its power to prevent and cure many diseases and ailments. The slow gradual movements are rooted in ancient traditional Chinese Medicine to help reduce stress, increase balance, core strength and greatly improve overall health. This class will explore the 30 movement Wu style Tai Chi short form. Please wear flat soled shoes and loose comfortable clothing.

Day: Friday **Time:** 7:15 – 8:30pm

Dates: 10/19 – 12/14 (7 wks~ no meeting 11/23, 12/7)

Place: Center School Gym **Fee:** \$69.00

Instructor: Vincent Candela

Adult Fitness - Open Gyms

Open Basketball



Ongoing Monday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for \$72.00 (a 15% savings off the nightly rate) or pay \$5.00 each night at the door. There is no open gym on 12/24, 12/31, 1/21, 2/18 and on days when school is not in session or dismisses early because of inclement weather.

Days: Monday **Time:** 7:30 – 9:30pm
Dates: 11/5 – 3/25/19 (17 Ses) **Place:** BHS Gym
Fee: \$5.00/night or \$72.00/season pass

Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. 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 12/20 and no credit for nightly passes will be given. Open gym is canceled on 11/14, 11/21, 12/26 and on days when school is not in session or dismisses early because of inclement weather.

Days: Wednesday **Time:** 7:30-9pm
Dates: 11/7 – 4/10 (21 Ses) **Place:** WMS Gym
Fee: \$5.00/night or \$85.00/season pass

Tots Activities

Singing and Signing Time with Ms.

Janine at Kids Kingdom

Singer/Signer/Songwriter/Guitarist, Janine LaMendola “Ms. Janine” will be playing children’s music with sign language fun at Kids Kingdom Playground this fall. It doesn’t matter if

you come with your infant, toddler or preschooler, or if you’re a teenager. You’re guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome, no registration is required, and it’s free!

Day: Wednesdays **Time:** 4:15-5:00pm
Dates: 10/3, 10/10, 10/17, 10/24
Place: Kids Kingdom Playground, 100 Pocono Road

Tiny Toes Dancersize

Boys and girls ages 3 to 5 will work it out to beat-pumping music, easy to follow dance moves, and interactive fitness games designed just for them. Children should wear sneakers and comfortable clothing. Bring a water bottle.

Day: Monday **Time:** 4:45 – 5:30pm
Session 1: 10/1 -11/5 (4 wks ~ no meetings 10/8 or 10/29)
Session 2: 11/12 -12/3 (4 wks)
Place: HHES Lower Gym **Fee:** \$35.00/session
Instructor: Amanda DosSantos



Youth Basketball leagues are on Saturdays for boys in grades 1 – 12 and girls in grades 1 – 9. Full information is available on page 13.

Tots Activities, continued

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.

Recommended attire:

Girls – leotard, tights, ballet shoes.

Boys – t-shirt, sweatpants, and ballet shoes.

Day: Monday **Time:** 12:30 - 1:30pm
Dates: 10/15 – 11/19 (6 wks)
Place: Congregational Church Pre-School Room
Instructor: Angelia Prip
Fee: \$54.00

USSI Tot Programs

Online registration available for USSI programs at ussportsinstitute.com

Parent & Me Multi Sports 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, basketball, floor hockey and flag football. *The program will not meet in inclement weather. One makeup class will be offered in the event of a weather cancellation.*

Day: Saturday **Time:** 9:00-10:00am
Dates: 9/22 – 11/3 (7 wks) **Fee:** \$134.00
Place: Huckleberry Hill Elementary Front Fields

Parent & Me Soccer Squirts® (ages 2-3)

With a parent participating by their side, toddlers have fun learning the fundamentals of soccer through a series of structured activities, fun-based games, and scrimmages. Each session focuses on maximizing participation and learning through a variety of games designed to stimulate a child’s imagination and develop motor skills. Parents can spend quality time with their child while easing them into social situations with support and confidence. *The program will not meet in inclement weather. One makeup class will be offered in the event of a weather cancellation.*

Day: Saturday **Time:** 9:00-10:00am
Dates: 9/22 – 11/3 (7 wks) **Fee:** \$134.00
Place: Huckleberry Hill Elementary Front Field

Multi Sports Squirts® (ages 3-5)

This USSI program allows children to experience a different sport each week. It 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 a series of games and activities designed to ensure learning and most importantly, FUN! Participants will experience sports such as lacrosse, soccer, basketball, t-ball, track and field, hockey and flag football. Two times offered at 10 or 11am. *The program will not meet in inclement weather. One makeup class will be offered in the event of a weather cancellation.*

Day: Saturday
Time: 10:00-11:00am or 11:00am-12:00pm
Dates: 9/22 – 11/3 (7 wks) **Fee:** \$134.00
Place: Huckleberry Hill Elementary Front Fields

USSI Tot Programs, continued

T-Ball Squirts® (ages 3-5)

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.

The program will not meet in inclement weather. One makeup class will be offered in the event of a weather cancellation.

Day: Saturday **Time:** 11:00am-12:00pm
Dates: 9/22 – 11/3 (7 wks) **Fee:** \$134.00
Place: Huckleberry Hill Elementary Front Fields

Center After School

Sports Celebrated!



Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports. Children should wear sneakers and bring a snack and drink.

Day: Tuesday **Time:** 3:30 -4:30pm
Dates: 10/2 – 11/27 (8 wks ~ no meeting 11/6)
Place: CES Gym **Fee:** \$48.00
Instructor: Ryan Halloran

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. Please wear sneakers. Bring a snack and refillable water bottle.

Day: Thursday **Time:** 3:30 – 4:30pm
Dates: 10/4 – 12/6 (8 wks ~ no meeting 11/22)
Place: CES Gym **Fee:** \$48.00
Instructor: Ryan Halloran

The Wizard’s School of Magic



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

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

Instructor: Tom O’Brien **Fee:** \$15

Abacadabra - Magic Workshop 1:

Friday 11/16, 3:30 – 4:30pm CES Multi-Purpose Room

Hocus Pocus – Magic Workshop 2:

Friday 12/14, 3:30 – 4:30pm CES Multi-Purpose Room

Quick Start Tennis

Students in grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.) Children should wear sneakers and bring a snack & water.

Day: Monday **Time:** 3:30 – 4:30pm
Dates: 10/1 – 11/19 (6 wks ~ no meeting 10/8 or 10/29)
Place: CES Gym **Fee:** \$60.00
Instructor: Kelley Clancy

Center After School, continued

NEW ~ Legendary Karate

Learn Martial Arts in a serious yet seriously fun environment. Classes are fast paced and high energy with a focus on self-control, self-discipline, respect and character building skills. Each class will challenge your child to set new goals and give the guidance to achieve them. Children will receive a white belt and series of stickers leading towards earning their yellow belt. Our mission is to empower students to succeed beyond their Martial Arts training, in school work as well as in life!

Day: Monday **Time:** 3:30 – 4:30pm
Dates: 10/1 – 12/3 (8 wks ~ no 10/8, 10/29)
Place: CES Café **Fee:** \$64.00
Instructor: Scott Craigue

Ballet for Grades 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 at the end of the last class for family and friends. Recommended attire: Girls – leotard, tights, ballet shoes. Boys – t-shirt, sweatpants, and ballet shoes.

Day: Tuesday **Time:** 3:30 – 4:30pm
Dates: 10/9 – 12/4 (8 wks ~ no meeting 11/6)
Place: CES Music Room **Fee:** \$64.00
Instructor: Angelia Prip

Lego in Motion at Center



Young budding engineers in grades K and 1 love this “hands-on, minds-on” program. Concepts of simple machines such as gears, pulleys, levers and wheels are introduced through a series of activity-card LEGO building projects. Class limited to 12 students.

Day: Tuesday **Time:** 3:30 – 4:45pm
Dates: 10/2 – 10/30 (5 wks)
Place: CES Multi-Purpose Room **Fee:** \$102.00
Instructor: Techstars

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 the Brookfield Public Schools with additional certifications as a yoga instructor.

Day: Thursday **Time:** 3:30 – 4:30pm
Dates: 10/4 – 12/6 (8 wks ~ no meeting 11/1, 11/22)
Place: CES Pre-School Room **Fee:** \$72.00
Instructor: Sharon Poarch RPT, RYT-200

Center After School, continued

Drawing Mixed Media



Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways.

Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts.

For more information visit, www.paintdrawmore.com.

Day: Thursday **Time:** 3:30-4:30pm

Session 1: 10/4 – 10/25 (4 wks)

Session 2: 11/8 – 12/13 (4 wks ~ no 11/15 or 11/22 meeting)

Place: Center School Classroom **Fee:** \$72.00/ses

Intro to Taekwondo

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 and exciting way. World Champion Taekwondo's instructors will allow your child to try out the sport right after school. Dress in loose comfortable clothing & bring a water bottle.

Day: Friday **Time:** 3:30-4:15pm

Dates: 10/12 – 11/30 (6 wks ~ no meeting 11/2 or 11/23)

Place: Center School Gym **Fee:** \$60.00

Intro to Field Hockey

This program is designed for girls in grades K-1 with no previous experience. Girls will learn fundamentals 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 – 6:00pm

Dates: 9/27 - 10/25 (5 wks)

Place: HHES Lower Gym **Fee:** \$35.00

Instructor: Kate Culbreth

Intro to Lacrosse



Designed for students in Grades K/1 who would like to learn how to play the sport of Lacrosse. Be a part of this fast paced, high scoring game that offers lots of fun! This program will provide a foundation for the sport and teach stick skills, ball handling, and teamwork. No equipment necessary!

This program will be led by Brookfield teachers who are also Brookfield youth lacrosse coaches.

Day: Wednesday **Time:** 3:30 – 4:30pm

Dates: 10/3 – 10/24 (4 wks)

Place: CES Gym **Fee:** \$32.00

Huckleberry After School

Mad Science ~ Academy of Future Space Explorers - NASA



Explore the farthest reaches of our solar system and create a lunar eclipse in a "Mad" planetary tour. Journey through a soapy galaxy as you investigate the life cycle of the

stars. Race a balloon rocket and design your own car engine as you learn about thrust. Investigate the four forces of flight with the help of a unique flying object. Build your own *Skyblazer II* rocket plus other cool experiments that you can take home. These classes are out of this world!

Day: Friday **Time:** 3:30 – 4:30pm

Dates: 10/12 - 11/16 (5 wks ~ no 11/2)

Place: HHES Classroom **Fee:** \$90.00

Build, Code, Learn = Fun

This is the ultimate Lego experience! We will use the all-time favorite Lego bricks to build various models to demonstrate basic properties of simple machines. Basic coding concepts such as loops, conditional statements are introduced when students use computer software to bring these models to life. A user friendly drop-and-drag interface provides a positive introduction to computer programming.

Day: Tuesday **Time:** 3:30 – 4:45pm

Dates: 11/13 – 12/11 (5 wks)

Place: HHES Room 101 **Fee:** \$102.00

Instructor: Techstars

The Wizard's School of Magic



Students in grades 2 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a

master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, & a magic wand! Register soon before the spaces – alakazam - disappear!

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

Abracadabra - Magic Workshop 1:

Tuesday 10/2, 3:30 – 4:30pm HHES Room # 204

Hocus Pocus – Magic Workshop 2:

Tuesday 10/16, 3:30 – 4:30pm HHES Room # 204

NEW ~ Legendary Karate

Learn Martial Arts in a serious yet seriously fun environment. Classes are fast paced and high energy with a focus on self-control, self-discipline, respect and character building skills. Each class will challenge your child to set new goals and give the guidance to achieve them. Children will receive a white belt and series of stickers leading towards earning their yellow belt. Our mission is to empower students to succeed beyond their Martial Arts training, in school work as well as their life!

Day: Wednesday **Time:** 3:30 – 4:30pm

Dates: 10/3 – 12/5 (8 wks ~ no 10/31, 11/21)

Place: HHES Upper Gym **Fee:** \$64.00

Instructor: Scott Craigie

Quick Start Tennis



Students in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in).

Children should wear sneakers and bring a snack and drink.
Day: Thursday **Time:** 3:30 – 4:30pm
Dates: 10/4 – 11/15 (5 weeks ~ no meeting 11/1)
Place: HHES Upper Gym **Fee:** \$50.00
Instructor: Kelley Clancy

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 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 the Brookfield Public Schools with additional certifications as a yoga instructor.
Day: Monday **Time:** 3:30 – 4:30pm
Dates: 10/1 – 12/10 (8 wks ~ no meeting 10/8, 10/29, 11/5)
Place: HHES Music Room **Fee:** \$72.00
Instructor: Sharon Poarch RPT, RYT-200

Intro to Field Hockey

This program for girls in grades 2-4 will provide a foundation in stick skills, ball handling, sport rules, and teamwork. This fall, we are including a few weekend times to allow girls to put their skills to use on the turf at Cadigan. Students should bring a stick, shin guards and a water bottle. (If you don't have a stick, we will have some you can borrow.) Additional Saturday dates will be shared with those registered once they are finalized.
Day: Thursday **Time:** 5:00 – 6:00pm
Dates: 9/27 - 10/25 (5 wks) **Instructor:** Kate Culbreth
Place: HHES Lower Gym **Fee:** \$35.00

Boys & Girls Flag Football



Students in grades 2- 4 will be introduced to the basics in this non-contact class through activities and drills.

Time: 3:30-4:30pm
Place: HHES Lower Gym
Boys: Thursday 10/4 – 12/6 (8 wks ~ no 11/1, 11/22)
Instructor: Matt Cudney **Fee:** \$48.00
Girls: Friday 10/12 – 12/14 (7 wks ~ no 11/2, 11/23, 12/7)
Instructor: Kim Rajcula **Fee:** \$42.00

Mixing it Up!

Join us for a variety of sports and sport related games after school! Students will have the opportunity to participate in a number of different indoor and outdoor sports with friends. Sneakers and comfortable athletic clothes are recommended. Please bring a refillable water bottle.

Day: Monday **Time:** 3:30 – 4:30pm
Dates: 10/1 – 12/3 (8 wks ~ no meeting 10/8, 10/29)
Place: HHES Upper Gym **Fee:** \$48.00
Instructor: Amanda DosSantos

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. All materials are included in the fee. For more information about programs, visit www.paintdrawmore.com

Day: Friday **Time:** 3:30-4:30pm
Session 1: 9/28 – 10/26 (4 wks ~ no meeting 10/5)
Session 2: 11/9 – 12/14 (4 wks ~ no meeting 11/23 or 12/7)
Place: HHES Room **Fee:** \$72.00/session

Youth Wrestling Program

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



Day: Mondays & Thursdays **Time:** 6:30 – 7:30pm
Dates: 11/8 -12/13 (10 Classes ~ no meeting 11/29)
Fee: \$95.00
Place: TBA. Registered participants will be emailed.
Instructor: Josh Levine, USA Wrestling Certified

Intro to Taekwondo

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 and exciting way. World Champion Taekwondos' instructors will allow your child to try out the sport right after school. Dress in loose comfortable clothing & bring a water bottle.

Day: Tuesday **Time:** 3:30-4:15pm
Dates: 10/9 – 11/20 (6 wks ~ no meeting 11/6)
Place: HHES Upper Gym **Fee:** \$60.00

Huckleberry After School, continued

Intro to Lacrosse



Designed for students who would like to learn how to play the sport of Lacrosse. Be a part of this fast paced, high scoring game that offers lots of fun! This program will provide a foundation for the sport and teach stick skills, ball handling, and

teamwork. No equipment necessary!

Day: Friday **Time:** 3:30 – 4:30pm

Dates: 11/9 – 12/14 (4 wks ~ no meeting 11/23 or 12/7)

Place: HHES Upper Gym **Fee:** \$32.00

Team Handball

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

Day: Tuesday **Time:** 3:30 – 4:30pm

Dates: 10/2 – 11/27 (8 wks ~ no meeting 11/6)

Place: HHES Lower Gym **Fee:** \$48.00

Junior Floor Hockey

Students in grades 3 and 4 will learn basic rules of floor hockey and participate in games. Students are asked to bring their own goggles.

Day: Monday **Time:** 3:30 – 4:30pm

Dates: 10/1 – 12/3 (8 wks ~ no meeting 10/8 or 10/29)

Place: HHES Lower Gym **Fee:** \$48.00

Whisconier After School

ARC Babysitter's Training



American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course

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

Day: Tuesday **Time:** 9:00 – 3:00pm

Date: 11/6 (Election Day) **Fee:** \$65.00

Place: Town Hall Room 133 **Instructor:** Peggy Boyle

Italian for Beginners

Cool kids speak Italian: All activities will be based on a beginner's basic conversation activities. The topics covered will be Greetings And Introductions, Numbers, Colors, Pets, Drinks and Pizzas. Each topic will begins with a page full of images and the Italian words for the topic. Progression throughout each topic has been carefully planned as the activities practice only a few of the new words at any one time, and gradually introduce simple sentence structures.

Day: Tuesdays & Wednesdays **Time:** 2:45 – 4:00pm

Date: 10/10, 10/16, 10/24, 10/30, 11/7, 11/20 (6 classes)

Place: WMS Room **Instructor:** Anna Prendi

Fee: \$50.00

Whisconier After School, cont.

Learn to/Love to Ski/Snowboard

Join us for 5 fun-filled Friday nights at Mohawk Mountain in Cornwall, CT. Whether you already love to ski or snowboard, or you want to learn to ski or snowboard, this program will provide you with 5 nights of skiing, deluxe 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 students. Separate busses pick up and return to each school. **A detailed flier will be sent out through the schools in early Nov. and posted on our website.**

Day: Friday Nights

Time: School dismissal – approximately 9:45pm

Dates: January/Early Feb.

Place: Mohawk Mountain, Cornwall, CT

Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion of one or more paintings. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program. A supply list will be emailed to you along with your receipt at registration and is estimated at an additional \$60. Sharing paper/paints with friends is allowed.

Day: Monday **Time:** 2:40 – 4:10pm

Dates: 10/1 – 11/26 (8 wks ~ no meeting 10/8)

Instructor: Victoria Lange **Place:** WMS Art Room

Fee: \$95.00



Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class.

Fee: \$130.00 for any one month of four classes.

Time: 4:30 – 5:30pm

Place: Golf Quest, 1 Sand Cut Road.

October: Wednesdays: 10/3, 10/10, 10/17, 10/24

November: Mondays: 11/5, 11/12, 11/19, 11/26

December: Thursdays: 12/6, 12/13, 12/20, 12/27

Whisconier After School, cont.

Youth Wrestling Program



The Brookfield Youth Wrestling Program is open to boys and girls in grades 5 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills.

The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Affiliated with CT USA Wrestling.

Day: Mondays & Thursdays **Time:** 6:30 – 8:00pm

Dates: 11/8 -12/13 (10 Classes ~ no meeting 11/29)

Fee: \$120.00/session

Place: TBA. Registered participants will be emailed.

Instructor: Josh Levine, USA Wrestling Certified

New ~ Fencing

Over this 8 week session, students will learn the basics of fencing footwork, mobility and blade work. The class will consist of fencing drills, fencing-related games & introduce competitive tactics. Students will improve their strength, speed and coordination while learning a fun and exciting new sport. Throughout the session, students will have opportunities to test their skills by fencing with each other!

Day: Thursday **Time:** 2:40 – 3:40pm

Dates: 10/4 – 12/6 (8 wks ~ no meeting 11/15, 11/22)

Instructor: Jeremy Roun **Place:** WMS Gym

Fee: \$99.00

Mindful Stretching & Meditation

Students in grades 5-8 are sure to benefit from the chance to relax and unwind after the school day. Certified yoga instructor Katie Oeser will guide students through a gentle flow of mindful movement ending with a final relaxation. Students will leave with a general feeling of increased wellness and reduced anxiety. Be sure to dress in comfortable clothing (you can change before class) and bring a water bottle. Students should bring their own yoga mats.

Day: Thursday **Time:** 2:45 – 3:45pm

Dates: 10/11 – 11/29 (no meeting 11/15 or 11/22)

Instructor: Katie Oeser **Place:** WMS Room

Fee: \$72.00

Brookfield High School

Mindful Stretching & Meditation

Students in grades 9-12 are sure to benefit from the chance to relax and unwind after the school day. Certified yoga instructor Katie Oeser will guide students through a gentle flow of mindful movement ending with a final relaxation. Students will leave with a general feeling of increased wellness and reduced anxiety. Be sure to dress in comfortable clothing (you can change before class) & bring a water bottle. Students should bring their own yoga mats.

Day: Tuesdays **Time:** 2:45 – 3:45pm

Dates: 10/9 – 11/20 (no meeting 11/6)

Instructor: Katie Oeser **Place:** BHS Room

Fee: \$72.00

Brookfield High School

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 – 4:00pm

Dates: 10/3 – 12/12 (8 wks ~ no meeting 10/31, 11/14, 11/21)

Instructor: Victoria Lange **Place:** BHS Room

Fee: \$95.00

Learn to/Love to Ski/Snowboard

Join us for 5 fun-filled Friday nights at Mohawk Mountain in Cornwall, CT. Whether you already love to ski or snowboard, or you want to learn to ski or snowboard, this program will provide you with 5 nights of skiing, deluxe 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 students. Separate busses pick up and return to each school. A detailed flier will be sent out through the schools in early Nov. and posted on our website.

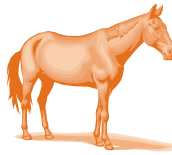
Day: Friday Nights

Time: Dismissal – approximately 9:45pm

Dates: January/Early Feb.

Place: Mohawk Mountain, Cornwall, CT

Riding Lessons – All Ages



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 October 16 (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: 1/2 hour private lessons 1 hour private lessons
4 Pack \$240, 8 Pack \$460 4 Pack \$460, 8 Pack \$880

Youth Basketball Leagues



Iddy, Biddy Basketball – Grade 1

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt. Our referees serve as coaches, no parent coaches are needed. No program 2/16. Should we need to cancel for weather, our make-up dates will be Saturday, March 2, March 9, and March 16 (if necessary).

Day: Saturday

Dates: 1/5/19 – 2/23/19

Place: Huckleberry Hill School– Upper Gym

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

Fee: \$70.00



Biddy Basketball for Boys or Girls Grades 2/3 and 4/5

This educational league is divided into divisions for boys or girls by grade level. Following an evaluation clinic the first day, participants will be placed on teams and compete against other teams in their division, followed by a week or two of playoffs. There will also be team practices scheduled on weekday evenings starting in January. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register. No program 12/22, 12/29, and 2/16/19. Should we need to cancel for weather, our make-up dates will be March 2, March 9 and March 16 (if necessary).

Day: Saturday

Dates: 12/8/18 – 2/23/19

Place: Huckleberry Hill School Upper Gym

Fee: \$90.00

Boys Grades 2 – 3 (Biddy A)

Time: 9:30 - 11:00 a.m. on 12/8. Will play for 1½ hours between 8:00 –11:00 a.m. starting 12/15.

Boys Grades 4 – 5 (Biddy B)

Time: 3:00 – 4:30 p.m. on 12/8. Will play for 1½ hours between 1:30 – 4:30 p.m. starting 12/15.

Girls Grades 2 – 3 (Biddy G 2-3)

Time: 12:00 – 1:30 p.m.

Girls Grades 4 – 5 (Biddy G 4-5)

Time: 1:30 – 3:00 p.m.



Girls' Basketball for Grades 6 - 9

Girls who are currently playing basketball, who used to play basketball or who have never played basketball are welcome and encouraged to play! We'll have two days of evaluations and practices on January 5 and January 12 to see what skills the girls have coming into the program in order to make balanced teams. Over the next several weeks, teams will have scheduled practice and game time weekly. All games are played in Brookfield against other teams also in the program, no travel required. We use adult "patched" referees to help consistently reinforce the rules of the game and adults volunteer as coaches. **If a parent is able to coach or assistant coach, please let us know when registering.** Times may vary from what is advertised depending on the number of players and teams. Games may be scheduled for Saturday, February 16 if we have a significant number of weather cancelations or lose gym space to BHS. Late season playoffs may be played on weeknights in March.

Day: Saturday

Dates: 1/5 – 3/9 (9 weeks) followed by weeknight and/or Saturday playoffs for teams that qualify

Time: 1:00 – 2:30 p.m.

Place: Brookfield High School

Supervisors: Steve Kolitz, Jason Maxwell, Lisa DiLullo, Desirae Smyser

Fee: \$90.00



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

We'll have two days of evaluation clinics and practices on January 5 and January 12 to determine the skill levels of players in order to make balanced teams. Our season will begin on Saturday, January 19. Games are played in Brookfield at Brookfield High School (unless otherwise indicated) on Saturdays against other teams also in the program, no travel required. We use adult "patched" referees to consistently reinforce the rules of the game and adult volunteer coaches. **If a parent is able to coach or assistant coach, please let us know at registration.** Times and formats of the leagues may vary depending on the number of players and teams. Generally, boys in grades 6/7 are scheduled between the hours of 8:00 – 11:00 a.m., boys in grades 8/9 between 10:30 a.m. – 1:30 p.m. and boys in grades 10-12 between 2:30 – 5:00 p.m. Detailed schedules for the season will be given to all participants (once established) before league play begins on. Games will not be scheduled for Saturday, February 16 unless we have a significant number of weather cancelations. Late season playoffs may be played on weeknights in March.

Boys Grades 6/7: Jan. 5th and 12th practice from 9:00 - 10:30 a.m. at Brookfield High School

Boys Grades 8/9: Jan. 5th and 12th practice from 11:00 a.m. – 12:30 p.m. at Brookfield High School

Boys Grades 10-12: Jan. 5th and 12th practice from 3:00 – 4:30 p.m. at Brookfield High School

Day: Saturday

Dates: 1/5/19 – 3/9/19

Place: Brookfield High

Fee: \$90.00

Supervisors: Steve Kolitz, Jason Maxwell, Lisa DiLullo, Desirae Smyser

Community Connection

Brookfield Conservation Commission presents



**Brookfield Farmfest
Saturday, October 13th
11:00 a.m. – 3:00 p.m.**

Gurski Homestead, Route 133

The Brookfield Conservation Commission is hosting the annual Brookfield Farmfest on Saturday, October 14th from 11:00 a.m. – 3:00 p.m. at the Gurski Homestead located on Route 133 by Brookfield Center. The event features hayrides, animals, farm equipment, a blacksmith demonstration, pumpkin painting, food, games, and interactive displays from local organizations and vendors. This event is free and fun for the whole family. Follow the signs for parking.

“BROOKFIELD CREATES” GINGERBREAD HOUSE CONTEST



The Brookfield Arts Commission is once again 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 10, 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

Brookfield Volunteer Fire Company, Inc. announces its annual SANTA VISITS on a FIRETRUCK!



**** BROOKFIELD RESIDENTS ONLY ****

Santa will come to your home on a fire truck, deliver gifts to your children and pose for photos with your family! Santa will come to your home on a fire truck, deliver gifts to your children and pose for photos with your family!

Dates: Saturday, December 8th and

Sunday, December 9th

Time: Starting at 9:30 am until we are finished

\$50 per household, \$100 min. for a stop with 3+ families.

Applications can be found at www.bvfc.net. Please email all questions to: Brookfieldsantavisit@gmail.com

Holiday Tree Lighting



Ring in the Holiday Season with the Brookfield Girl Scouts at their Annual Holiday Tree Lighting on Saturday, December 8th at the Brookfield Town Hall. The festivities begin at 5:00 p.m. sharp and include caroling, refreshments & Santa. Bring the family and your best caroling voice to join in the fun!

Community Connection

Brookfield Basketball Association

Pre-Season Fun & Skill Development:

Bball Bounce: 9/17, 9/18, 9/24, 10/1, 10/3 & 10/9

Open to Boys & Girls Grades 4-9

\$5 per player/per session paid at door

6:00 – 8:00pm at Whisconier Middle School Gym

Bring a marked basketball, water and energy!

Try outs held at end of September.

For more information and registration, visit:

www.bbabrookfield.com



Frequently Requested Phone Numbers

Boy Scouts	Ray Pflomm	(203) 775-8167
Cub Scouts	Rob Janofsky cscout135@gmail.com	(203) 313-1578
Brookfield Baseball & Softball Association (BBSA) www.brookfieldbbbsa.com Steve Harding (703) 859-3307		
Brookfield Education Foundation (BEF) www.brookfieldeducationfoundation.org Kristen Joshi (203) 775-6239		
Brookfield Pop Warner Football & Cheer http://www.brookfieldpopwarner.com/		
Brookfield Lacrosse Club	http://www.brookfieldlax.org/ Jeff Praisman jpraisman@gmail.com	
Brookfield Soccer Club	http://www.brookfieldsoccer.org/ Field Hotline (203) 775-5239	
Brookfield (Travel) Basketball Association (BBA) brookfieldbbapresident@gmail.com		
Conservation Commission	Alice Dew	(203) 775-7316
Garden Club	Diane Flood brookfieldgardenclub@yahoo.com	(203) 546-8142
Girl Scouts	https://www.gsfcct.org/	
Brookfield Lion's Club	Jackie Kettunen jkettunen@earthlink.net Cathy Westervelt cathywestervelt@msn.com	
MOMS Club® of Brookfield Rosa Fernandez (203) 648-2463 themomsclubofbrookfield@gmail.com		
Brookfield Neighbors Patrice Young (203) 775-4760 www.brookfieldnewcomers.com		
Positive Discipline of Western CT, Inc.	Carol Does	(203) 794-6106 http://www.positivedisciplinect.org/
Rotary Club	Russ Cornelius	(203) 775-8010
Senior Center	(203) 775-5308	
Women's Club of Brookfield	Jeanine Hanewicz	(203) 313-0643 Jhh322@aol.com



Brookfield Parks & Recreation presents...
The 27th Annual "Well Adjusted, LLC"
Halloween Run

Date: Sunday, October 28, 2018

Time: 5 K Race begins at 10:00 a.m.

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

Pre-registration fee: \$25.00 (must be received by 4:30 p.m. on 10/26)

Register online at Brookfield.usaxc.com. (Online registration closes at 4:30 p.m. on 10/25)

Race Day Registration: \$30.00 (cash or check only) starting at 8:30 a.m.

Our chip-timed race features long sleeve T's to first 200 registered, awards to top three overall runners as well as in nine age groups (8 and under; 9-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+), water station, splits at mile marks, prizes for best costumes, post race raffle, and excellent post race refreshments. USATF certified #CT06013JHP. Walkers welcome! Course route available at www.brookfieldct.gov/rec.

Kids K Fun Run

Kids K registration includes short sleeve t-shirt and medal and is suggested for children ages 3 - 8.

Date: Sunday, October 28, 2018

Time: Kids K begins at 9:30 a.m. SHARP! No Race Day Registrations accepted for KIDS K.

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

Pre-registration Fee: \$12.00 (must be received by 4:30 p.m. on 10/26)

Register online at: Brookfield.usaxc.com (Online registration closes at 4:30 p.m. on 10/25)

Make checks payable to "Town of Brookfield" and return form to:

Brookfield Parks & Recreation
162 Whisconier Road
Brookfield, CT 06804

Entry Form: (Detach and Return)

EVENT: (circle one) 5K Run 5K Walk Kids K Fun Run - (Children's Shirt S M L XL)

NAME: _____ PHONE: _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ ADULT SHIRT SIZE: S M L XL (5K Run or Walk only) 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
(*New Year's Day 1/1/18, Mother's Day 5/13/18, Strides to Cure Diabetes 6/10/18)

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 and 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