



be happier • build family
unity • feel great • take
care of latch key children
• reduce unemployment •
in-crease communication
skills • expand knowl-

edge • lose weight • diminish chance of disease • build self-
esteem • reduce stress • promote sensitivity to cultural di-
versity • eliminate loneliness • increase community pride
• reduce crime • provide safe places to play • generate reve-
nue • lower health care costs • meet friends • educate
children and adults • relax • keep business from leaving
• elevate personal growth • strengthen neighborhood involve-
ment • conquer boredom • provide child care • boost economy
• curb employee absenteeism • increase tourism • build
strong bodies • increase property value • attract new
business • preserve plant and animal wildlife • instill
teamwork • live longer • protect the environment • **create
memories** • clean air and water • boost employee
productivity • look better • enhance relationship skills •
decrease insurance premiums • control weight • offer
places for social interaction • diminish gang violence •
teach vital life skills • provide space to enjoy nature . . .
THE BENEFITS ARE ENDLESS

Fall 2017 Program Guide

The 26th Annual “Well Adjusted, LLC” 5K Halloween Run

Date: Sunday, October 29

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

Race Day Registration 8:30 to 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration fee: \$25.00

Race Day Registration: \$30.00

Walkers welcome! Race features long sleeve T's to first 300 registered, prizes to top runners in nine age groups, water station, splits at mile marks, prizes for best costumes, raffles and excellent post-race refreshments. USATF certified #CT06013JHP. Chip timed, online registration available.

Annual Kids K Fun Run



Date: Sunday, October 29

Time: Kids K begins at 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration Fee: \$12.00
(Includes medal and t-shirt)

No Race Day Registrations for KIDS K!

Kids K is recommended for ages 3 through 8.

Register online at: Brookfield.usaxc.com
Online registrations must be completed by 4:30 p.m. on Thursday, October 26.

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 6 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.



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 pre-registration is required, and it’s free!

Day: Wednesday

Time: 4:15 – 5:00 p.m.

Dates: 10/4, 10/11, 10/18, 10/25 (4 wks)

Place: Kids Kingdom Playground, 100 Pocono Road

17th Annual Trick or Treat at Town Hall

Parents and children are invited to “trick or treat” at Town Hall this year on Halloween Day, Tuesday, 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.

A Bock and Blu Concert

Save the Date - A Bock and Blu Concert to Benefit the Brookfield Systemwide Music Department will be held on Friday, December 15 in the BHS Auditorium beginning at 7:00 p.m. More information to follow in early December. Please visit the Parks & Rec. website or Facebook page for updates. Sponsorship opportunities are available. Please contact Brookfield Parks & Recreation for more information.

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.

Day: Saturday

Date: 10/28

Time: Age 3 - K: 3:00 – 4:00 p.m.

Fee: \$10.00

Grades 1-4: 2:00 – 3:00 p.m.

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.

Day: Saturday

Date: 11/18

Time: Age 3 - K: 3:00 – 4:00 p.m.

Fee: \$10.00

Grades 1-4: 2:00 – 3:00 p.m.

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 - 15.

Get Out of Town

Macy's Thanksgiving Day Parade



Join us on our 21st 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: 11/23

Time: 6:30 a.m.

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 UU-ZZ in 500 section) and coach bus transportation/driver gratuity. Please register early to avoid disappointment.

Day: Wednesday

Date: 12/20

Time: 8:00 a.m. departure

Fee: \$134.00

Adult Education

Foundations in Mediterranean

Vegetable Cooking I

Take a trip along the Mediterranean without leaving Brookfield, exploring cuisine and preparations unique to the region. Each night you'll make three recipes featuring the vegetable of the week (zucchini, peppers, eggplant, and escarole). Classes will be conducted as a combination demonstration and hands-on workshop and food will be enjoyed family style at the end - no need to eat before class! You'll leave with copies of the recipes and other helpful hints. Instructor Ann Salinger's first cooking teacher was her mother, who grew up on a farm in Southern Italy. Ann has spent much of her adult life living or travelling abroad, and has taken cooking classes throughout Europe and Asia. She is passionate about cooking and enjoys sharing her knowledge with her students.

Day: Wednesday

Time: 6:30 – 8:30 p.m.

Dates: 10/18, 10/25, 11/1, 11/8 (4 wks)

Place: BHS Culinary Arts Room #204

Fee: \$82.00

Foundations in Mediterranean

Vegetable Cooking II

For those of you who have taken Foundations in Mediterranean Vegetable Cooking I, Ann is offering this follow-up series featuring additional recipes for some of the same ingredients and the opportunity to explore some new ingredients including artichokes, mushrooms, and Swiss chard. These classes build on the material covered in Med Veg I and explore some traditional, but perhaps less familiar, ingredients and recipes.

Day: Wednesday

Time: 6:30 – 8:30 p.m.

Dates: 11/29, 12/6, 12/13, 12/20 (4 wks)

Place: BHS Culinary Arts Room #204

Fee: \$82.00

A Mediterranean Harvest

For those who've taken some of our other Mediterranean Vegetable classes you won't be surprised to see even more eggplant recipes in these new classes, as well as recipes using pumpkins, grapes, chard, plums, cauliflower, beans, and greens. We'll be making appetizers, pastas, tortas, and desserts—all vegetarian but not always vegan. Come hungry—the best part of the class is the feast at the end!

Summer Harvest: 10/17, 10/24, 11/14, 11/21 (4 wks)

Fall Harvest: 11/28, 12/5, 12/12, 12/19 (4 wks)

Day: Tuesday

Time: 6:30 – 8:30 p.m.

Place: BHS Culinary Arts Room #204

Fee: \$82.00 for 4 week session (either summer or fall)

New ~ 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: Monday

Time: 6:30 – 8:30 p.m.

Dates: 11/6 – 11/27 (4 wks)

Fee: \$82.00

Place: BHS Culinary Arts Room #204

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. Choose either session to attend.

Session 1: Wednesday, 10/25, 6:00 - 9:00 p.m.

Session 2: Saturday, 11/18, 3:00 – 6:00 p.m.

Place: Town Hall Meeting Room

Instructor: Cari Hallion

Fee: \$89.00

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 – 9:00 p.m.

Dates: 11/8 – 12/13 (5 wks) – no class 11/22

Place: Town Hall Meeting Rm. 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: Wednesday Time: 7:00 – 9:00 p.m.

Date: 10/25 (1 wk)

Fee: \$25.00

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

New ~ Taking Your Photography Up a Notch

In this 3 class series we'll explore the hidden rules of composition and the art of seeing that allow some people to create beautiful photographs. The goal is to make you a better photographer who can produce pictures that reflect what you were seeing or feeling at the time you shot them. We'll do some exercises to improve your visual imagination. And we'll talk about light, color, subject matter and composition. You are expected to have a good grasp of how your camera operates and of the basics of photography. Each week you will have a photo assignment to complete and it will be critiqued (gently) in the next class.

Day: Thursday Time: 7:00 – 9:00 p.m.

Dates: 10/19, 11/2, 11/16 (3 wks) Fee: \$45.00

Place: Town Hall Meeting Room

Instructor: Mary Ann Kulla

New ~ Cut Your Cable TV Bill Basics

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 about and discuss the fundamentals of cutting cable and "streaming" TV.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Date: 11/15 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Room

Instructor: Ray DiStephan

New~ Cut Your Cable TV Bill - Advanced

This program assumes that you are already familiar with things like Netflix and Hulu and devices like a Roku or Amazon Fire TV, but you want to know more about how to get the content that you really want. You'll learn how to watch anything you want without cable tv and save money in the process.

Day: Wednesday Time: 7:00 – 8:30 p.m.

Date: 11/29 (1 wk) Fee: \$20.00

Place: Town Hall Meeting Room

Instructor: Ray DiStephan

Simplify Life with Kids

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

Day: Tuesday Time: 7:00 – 8:30 p.m.

Date: 11/14 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Room

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

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

Day: Thursday Time: 7:00 – 9:00 p.m.

Date: 11/30 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Room

Adult Education, continued

Beginning Italian

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

Day: Monday Time: 7:00 – 8:00 p.m.
Dates: 10/16 – 12/4 (8 wks) Instructor: Anna Prendi
Place: Town Hall Meeting Rm Fee: \$79.00

Intermediate Italian

Those who have had some prior instruction will expand their practical vocabulary and grammar to support everyday conversations. Participants will also read simplified dialogues and texts with focus on using clear pronunciation and correct intonation and write simple Italian sentence structures stressing the communicative approach. This class is for those who want a review of more advanced Italian grammar and vocabulary.

Day: Wednesday Time: 7:00 – 8:00 p.m.
Dates: 10/18 – 12/13 (8 wks) – no class 11/22
Place: Town Hall Meeting Room
Instructor: Anna Prendi Fee: \$79.00

Decorative Arts

Watercolor for Adults

Whether you are an artist just starting out, or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. A materials list will be included at the bottom of your receipt when you register. (The approximate cost of materials is \$60).

Day: Tuesday Time: 5:30 – 7:30 p.m.
Dates: 10/10 – 12/5 (8 wks) – no class 10/31
Place: Senior Center Craft Room
Instructor: Victoria Lange Fee: \$88.00

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: Tuesday Time: 6:00 – 8:00 p.m.
Dates: 10/17, 10/24, 11/14, 11/21, 11/28, 12/5 (6 wks)
Place: Whisconier Middle School Rm #1521
Instructor: Karen Ryavec Lubensky Fee: \$90.00

Adult Fitness



Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is based on the principal that exercise

should be fun, so you'll stick with the program until you get results - the key to long term good-health. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday Time: 5:30 – 6:30 p.m.
Dates: 10/23 – 12/11 (8 wks) Fee: \$75.00
Place: Center School Gym Instructor: Ariana Mesaros

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 provided). Please dress in comfortable clothing to allow for movement and bring a towel and water bottle. Bring a yoga mat if you have one, too.

Day: Tuesday Time: 6:30 – 7:30 p.m.
Dates: 11/14 – 12/19 (5 wks) – no class 11/28
Place: Center School Gym Instructor: Phyllis Babuini
Fee: \$49.00

Why Weight?

Don't be daunted by preconceived perfectly fit images, Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using bands and light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Please bring two sets of weights; one lighter, one heavier (1,3 or 5 pound recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:30 – 7:30 p.m.
Dates: 11/2 – 12/14 (5 wks) – no class 11/23, 11/30
Place: Center School Gym Fee: \$49.00
Instructor: Phyllis Babuini

Ballroom Dance for Beginners

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

Day: Tuesday Time: 7:00 – 8:00 p.m.
Dates: 10/17 – 12/19 (8 wks) - no class 10/31, 11/7
Place: Whisconier Middle School Cafeteria
Instructor: Jen DiBella Fee: \$80.00

Tai Chi and I Gong for Beginners I

Tai Chi and Qi Gong are health and fitness exercises for the mind, body and spirit, and are practiced for its power to prevent and cure many diseases and ailments. They incorporate deep abdominal breathing, meditation and body alignment and mindful stretching. 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 traditional Qi Gong and introduce the 30 movement Wu style Tai Chi short form. Please wear flat soled shoes and loose comfortable clothing.

Day: Wednesday Time: 7:00 – 8:30 p.m.
 Dates: 10/18 – 12/13 (8 wks) – no class 11/22
 Place: Center School Gym Instructor: Vincent Candela
 Fee: \$79.00

Tai Chi and I Gong for Beginners II

This class picks up where part one leaves off, allowing participants to learn more of the 30 movement short form. Tai Chi and Qi Gong incorporate deep abdominal breathing, meditation and body alignment and mindful stretching. The slow gradual movements are rooted in ancient Traditional Chinese Medicine to help reduce stress, increase balance, core strength and greatly improve overall health. Please wear flat soled shoes and loose comfortable clothing. Participants must have completed Tai Chi and I Gong for Beginners I in order to register for this program.

Day: Friday Time: 7:00 – 8:30 p.m.
 Dates: 10/20 – 12/15 (8 wks) – no class 11/24
 Place: Center School Gym Fee: \$79.00
 Instructor: Vincent Candela



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! Fee is \$90.00 for any one, six-week session.

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

Dates: 10/2 – 11/20 (6 classes) – pick 6 classes from dates listed
 Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
 Instructor: Debbie Isaacs

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

Dates: 10/5 – 11/30 (6 classes) – pick 6 classes from dates listed
 Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
 Instructor: Terri Jennings

Session 3: Saturdays, 10:15 – 11:45 a.m.

Dates: 10/7 – 12/2 (6 classes) – pick 6 classes from dates listed
 Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
 Instructor: Heather Morgado

Yoga Beyond the Basics – 6 Class Pass

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

Dates: 10/2 – 11/20 (pick any 6 classes within dates listed)
 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) and meditation. Through specific sets of practices, called "kriyas," you'll learn to strengthen and balance your bodily systems, cultivate objective awareness, and experience greater clarity & emotional balance. All levels welcome. "Travel light, live light, spread the light, be the light."

Day: Wednesday Time: 7:30 – 9:00 p.m.
 Dates: 10/4 – 11/22 (6 classes) – choose any 6 to attend
 Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
 Fee: \$90.00
 Instructor: Susan Shaner MA, MS, RYT, PCC (Darshan Jot Kaur)

New ~ Pre-Natal/Post-Natal Yoga

This nurturing and fun gentle yoga class is designed to strengthen, stretch and embrace the 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. This class is a perfect way to connect with other moms and build a special bond with your baby. Post-natal moms, feel free to bring your baby (up to 1 year old) with you in a carrier or bring a blanket to rest the baby on. Be prepared to practice yoga, but also know it's completely fine to take breaks to attend to, feed or change your baby. Anything goes in our Pre-Natal/Post-Natal Class! No prior yoga experience is necessary and permission from your doctor is highly recommended.

Day: Tuesday Time: 6:00 – 7:15 p.m.
 Dates: 10/3 – 11/21 (6 classes) - choose any 6 to attend
 Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
 Instructor: Heather Morgado Fee: \$90.00

Adult Fitness, continued

Art of Meditation

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

Day: Sunday Time: 6:00 – 7:15 p.m.
Dates: 10/8 – 11/19 (6 wks) Fee: \$90.00
Place: YogaSpace, 78 Stony Hill Road, Bethel, CT
Instructor: Rob Farella

Introduction to Meditation

Are you seeking calmness, peace of mind, joy, vibrant health, greater energy, positive relationships and fulfillment in life? Do you wish to be deal with life's stressors in a more balanced way? You can enjoy these benefits and so much more with meditation. If you've wanted to develop your own practice of meditation but didn't know where to start this Introduction to meditation class series is for you. In these six weeks you'll be introduced to six powerful types of meditation techniques the difference between them, why they are used and how they can benefit and enhance your own life. By the end of the series you will have enough tools and information to create a practice *unique to you* and your own life! Each participant will receive a voucher for a free cup of tea or coffee at ViBe Café at SOUND.

Session 1: Wednesdays, 7:00 – 7:50 p.m.

Dates: 10/4 – 11/8 (6 wks)

Session 2: Thursdays, 10:00 – 10:50 a.m.

Dates: 10/5 – 11/9 (6 wks)

Place: SOUND, 31 Hawleyville Rd, Newtown, CT

Facilitator: Jennifer Auréla

Fee: \$150.00/session

Sound Healing Journey

Take time in this special series to calm the mind, relax the body and nourish the soul with sacred sound healing. In sacred sound healing, Kelvin uses the crystal and Tibetan singing bowls, tuning forks, rattles, hand drum and other healing instruments to release any blockages in the energy fields, calm the mind, relax the body and nourish the soul. The vibrations from these healing instruments have been found to positively affect the human body on many levels. The vibrations assist in releasing any tight muscles, pain, stress, depression and anxiety. Take time out for yourself to practice self-care and bring yourself back into balance.

Day: Tuesday Time: 7:00 – 8:15 p.m.
Dates: 9/26 – 10/31(6 wks) Fee: \$120.00
Place: SOUND, 31 Hawleyville Rd, Newtown, CT
Practitioner: Kelvin Young

Adult Fitness, continued

The Sacred Art of Bellydance

All Women are invited to join in and unlock the mystery and secrets of this ancient Feminine Dance. Bellydance will guide you in exploring your sensual, powerful and beautiful self and will enable you to embrace the amazing woman living within yourself! The movements are simple and gentle on your body, while they tone and built strength and health (by aligning your pelvis and back correctly, and building your core strength). Beautiful movements, divinely inspired music, colorful coin belts and silk scarves (both provided) combine to create a class that will leave you feeling as if you have gone on a vacation to an exotic world.

Day: Wednesday Time: 8:00 – 9:00 p.m.

Dates: 10/4 – 11/15 (6 wks) – no class 10/25

Place: SOUND, 31 Hawleyville Rd, Newtown, CT

Instructor: Kristie Liotta Fee: \$132.00

Family Yoga with Jen Avgerinos

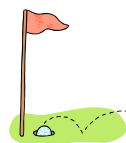
Yoga connects and empowers families and communities through creative expression, embodied play and co-authored culture. Artfully designed to engage all ages, this fun class blends the consciousness of yoga with the celebration of circus, reconnecting us all to the "Human art of Play".

Day: Saturday Time: 9:30 – 10:15 a.m.

Dates: 10/7 – 11/4 (5 wks) Fee: \$100.00 per family

Place: SOUND, 31 Hawleyville Rd, Newtown, CT

Adult Fitness - Golf



Adult Golf Lessons

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

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

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

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$130.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

October: Wednesdays – 10/4, 10/11, 10/18, 10/25

November: Tuesdays – 11/7, 11/14, 11/21, 11/28

December: Thursdays – 12/7, 12/14, 12/21, 12/28

Women Only Classes for Beginners

October: Thursdays – 10/5, 10/12, 10/19, 10/26

November: Mondays – 11/6, 11/13, 11/20, 11/27

December: Wednesdays – 12/6, 12/13, 12/20, 12/27

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. Open Gym is canceled on 12/25, 1/1, 1/15, 2/19 and on days when school is not in session or dismisses early because of inclement weather.

Days: Monday Time: 7:30 – 9:30 p.m.
Dates: 11/6/17 – 3/26/18 (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 \$80.00 (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 11/15, 11/22, 12/27 and on days when school is not in session or dismisses early because of inclement weather.

Days: Wednesday Time: 7:30 – 9:00 p.m.
Dates: 11/8/17- 4/4/18 (19 ses) Place: WMS Gym
Fee: \$5.00/night or \$80.00/season pass

Tots Activities

Mother's Morning Out

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

Day: Wednesday Time: 9:15 – 11:15 a.m.

Session 1: 10/18, 10/25, 11/1, 11/8 (4 wks)

Session 2: 11/15, 11/29, 12/6, 12/13 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

Day: Friday Time: 9:15 – 11:15 a.m.

Session 1: 10/20, 10/27, 11/3, 11/10 (4 wks)

Session 2: 11/17, 12/1, 12/8, 12/15 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$96.00/session

Tots Activities, continued



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 pre-registration is required, and it's free!

Day: Wednesday Time: 4:15 – 5:00 p.m.

Dates: 10/4, 10/11, 10/18, 10/25 (4 wks)

Place: Kids Kingdom Playground, 100 Pocono Road

Italiano: Bambino Mio!

Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce preschool children aged 3-5 to conversational Italian and to the colorful Italian vocabulary and basic expression through songs, games, and crafts.

Day: Tuesday Time: 10:00 – 10:45 a.m.

Session 1: 10/17 – 11/14 (4 wks) – no class 11/7

Session 2: 11/21 – 12/12 (4 wks)

Place: Congregational Church Pre-School Room

Instructor: Anna Prendi Fee: \$32.00/session

Spanish: Buenos días!

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

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

Session 1: 10/19 – 11/9 (4 wks)

Session 2: 11/16 – 12/14 (4 wks) – no class 11/23

Place: Congregational Church Pre-School Room

Instructor: Anna Prendi Fee: \$32.00/session

New ~ 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, and bring a water bottle.

Day: Monday Time: 4:45 – 5:30 p.m.

Session 1: 10/16 – 11/6 (4 wks)

Session 2: 11/13 – 12/4 (4 wks)

Place: HHES Lower Gym

Instructor: Amanda DosSantos

Fee: \$24.00/session

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 – 4:30 p.m.
Dates: 10/10 – 12/19 (8 wks) – no class 10/31, 11/7, 11/28
Place: Center School Gym Fee: \$44.00
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 and bring a snack and a drink each week.

Day: Thursday Time: 3:30 - 4:30 p.m.
Dates: 10/12 – 12/14 (8 wks) – no class 11/23, 11/30
Place: Center School Gym Fee: \$44.00
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: \$15.00 each

Abracadabra - Magic Workshop 1:

Friday 10/13, 3:30 – 4:30 p.m. Center School Room

Hocus Pocus – Magic Workshop 2:

Friday 11/10, 3:30 – 4:30 p.m. Center School Room

Presto – Magic Workshop 3:

Friday 12/1, 3:30 – 4:30 p.m. Center School Room

Hobby Quest Airplane Captains (Grades K-1)

Get into the cockpit and fly this fall with Hobby Quest's Airplane Captains! As a commander in this exclusive flying club, you'll learn fundamental STEM concepts to build your own aircrafts. This year we are back with ALL NEW high-flying models! The Batman is a super-high-flying rubber-band powered helicopter that will shoot for the stars! When you're ready to fly as far as a football field, we'll build the electric Seagull, a battery-powered plane that will fly incredibly far and long! Class is the perfect combination of STEM learning, building and flying fun! Build it! Fly it! Keep it!

Day: Tuesday Time: 3:30 – 4:30 p.m.
Dates: 11/14, 11/21, 12/5, 12/12, 12/19 (5 wks)
Place: Center School Cafeteria Fee: \$85.00
Instructor: Hobby Quest Instructors



We offer Youth Basketball Leagues on Saturdays for boys in grades 1-12 and girls in grades 1 - 9. More information is available on page 14.

Center After School, continued

Quick Start Tennis

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

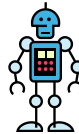
Day: Friday Time: 3:30 – 4:30 p.m.
Dates: 10/27 – 12/15 (6 wks) – no class 11/24, 12/8
Place: Center School Gym Fee: \$60.00
Instructor: Elaine Gregory

Zumba Kids at Center School

Zumba Kids is a perfect way to give children in grades K and 1 the opportunity to be active and jam out to their favorite music. Zumba Kids classes offer kid-friendly and fun routines that are based on original Zumba choreography, but modified to fit their needs. The steps are broken down, games are added, and other physical activities are conducted. Zumba Kids helps to develop healthy lifestyles for children and incorporates fitness as a natural part of children's lives by making fitness fun.

Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Kids should wear comfortable clothes that are easy to move around in, with socks and sneakers. Having a water bottle is also suggested. Get ready to have some fun!!

Day: Wednesday Time: 3:30 - 4:30 p.m.
Dates: 10/25 - 12/13 (6 wks) – no class 11/23, 11/30
Place: Center School Gym
Instructor: Ariana Mesaros Fee: \$52.00



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: Wednesday Time: 3:30 – 4:45 p.m.
Dates: 11/8, 11/15, 12/6, 12/13, 12/20 (5 wks)
Place: Center School Room Fee: \$102.00
Instructor: TechStars



Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. This session includes; sweet pizza with fruit topping, Chef Suchada's "birdhouse", apple pie pops, and mummy dogs and banana ghosts. Please make

us aware of any food allergies or cultural restrictions when registering.

Day: Monday Time: 3:30 – 4:30 p.m.
Dates: 10/16, 10/23, 10/30, 11/6 (4 wks)
Place: Center School Cafeteria Fee: \$48.00
Instructor: Chef Suchada

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 – 4:30 p.m.

Session 1: 10/12, 10/19, 10/26, 11/2 (4 wks)

Session 2: 11/9, 11/16, 12/7, 12/14 (4 wks)

Place: Center School Music Room

Instructor: Sharon Poarch RPT, RYT-200

Fee: \$36.00/session

**Drawing Mixed Media**

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

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

Day: Thursday Time: 3:30 – 4:30 p.m.

Session 1: 10/5, 10/12, 10/19, 10/26 (4 wks)

Session 2: 11/2, 11/9, 11/16, 12/7 (4 wks)

Place: Center School Art Room Fee: \$72.00/session

Intro to Field Hockey

Designed for girls in grades K-1 with no previous experience playing. This program will provide a foundation for stick skills, ball handling, sport rules, and teamwork. Students should bring a stick and shin guards. (If you don't have a stick, we will have some you can borrow.)

Day: Thursday Time: 5:00 – 6:00 p.m.

Dates: 10/5 – 11/16 (7 wks)

Place: HHES Lower Gym Fee: \$56.00

Instructor: Kate Culbreth and Danielle Olivier

New ~ Minecraft Survival Adventure

We may be dodging fireballs from exploding volcanos or hiding from a snow giant on Mt. Everest. This will take team work and collaboration as we mine, craft, build and problem solve our precarious situation. Students in grades 2-4 will be solving this survival adventure on a teacher-monitored closed server. Class is limited to 12 students.

Day: Monday

Time: 3:30 – 4:45 p.m.

Dates: 11/13, 11/20, 11/27, 12/4, 12/11 (5 wks)

Place: HHES Library

Fee: \$102.00

Instructor: TechStars

Claymation Moviemaker

Clay and animation, what a perfect combination!

Working in teams, students in grades 2-4 do it all, from story creation to making the characters with clay and building the sets. As they learn the production process they will use digital cameras and computer software to animate, record, download, assemble and edit their own movies. Class is limited to 12 students.

Day: Thursday

Time: 3:30 – 4:45 p.m.

Dates: 11/9, 11/16, 12/7, 12/14, 12/21 (5 wks)

Place: HHES Library

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, and a magic wand! Please register soon before the spaces – alakazam - disappear!

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

[Abracadabra - Magic Workshop 1:](#)

Monday 10/16, 3:30 – 4:30 p.m. HHES Music Room

[Hocus Pocus – Magic Workshop 2:](#)

Monday 11/6, 3:30 – 4:30 p.m. HHES Music Room

[Presto – Magic Workshop 3:](#)

Monday 12/4, 3:30 – 4:30 p.m. HHES Music Room

**Quick Start Tennis**

Students in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by former BHS Girls

Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.) Children should wear sneakers and bring a snack and drink.

Day: Wednesday

Time: 3:30 – 4:30 p.m.

Dates: 10/25 – 12/13 (6 wks) – no class 11/23, 11/29

Place: HHES Lower Gym

Fee: \$60.00

Instructor: Elaine Gregory

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 – 4:30 p.m.
 Session 1: 10/16, 10/23, 10/30, 11/6 (4 wks)
 Session 2: 11/13, 11/20, 11/27, 12/4 (4 wks)
 Place: HHES Music Room Fee: \$36.00/session
 Instructor: Sharon Poarch RPT, RYT-200

Hobby Quest Airplane Captains (Grades 2-4)



Get into the cockpit and fly this fall with Hobby Quest's Airplane Captains! As a commander in this exclusive flying club, you'll learn fundamental STEM concepts to build your own aircrafts. This year we are back with ALL NEW high-flying models! The

Batman is a super-high-flying rubber-band powered helicopter that will shoot for the stars! When you're ready to fly as far as a football field, we'll build the electric Seagull, a battery-powered plane that will fly incredibly far and long! Class is the perfect combination of STEM learning, building and flying fun! Build it! Fly it! Keep it!

Day: Wednesday Time: 3:30 – 4:30 p.m.
 Dates: 11/1, 11/8, 11/15, 12/6, 12/13 (5 wks)
 Place: HHES Classroom Fee: \$85.00

Intro to Field Hockey

This program for girls in grades 2-5 will provide a foundation in stick skills, ball handling, sport rules, and teamwork. This fall, we are including a few Saturday afternoon games to allow girls to put their skills to use against other area teams. 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. All players will receive a reversible jersey.

Day: Thursday Time: 5:00 – 6:00 p.m.
 Dates: 10/5 – 11/16 (7 wks)
 Place: HHES Lower Gym Fee: \$89.00
 Instructor: Kate Culbreth and Danielle Olivier



We offer Youth Basketball Leagues on Saturdays for boys in grades 1-12 and girls in grades 1 - 9. More information is available on page 14.

Zumba Kids at HHES

Zumba Kids is a perfect way to give children in grades 2 - 4 the opportunity to be active and jam out to their favorite music. Zumba Kids classes offer kid-friendly and fun routines that are based on original Zumba choreography, but modified to fit their needs. The steps are broken down, games are added, and other physical activities are conducted. Zumba Kids helps to develop healthy lifestyles for children and incorporates fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Kids should wear comfortable clothes that are easy to move in, with socks and sneakers and bring a water bottle. Get ready to have some fun!!

Day: Monday Time: 3:30 - 4:30 p.m.
 Session 1: 10/23, 10/30, 11/6, 11/13 (4 wks)
 Session 2: 11/20, 11/27, 12/4, 12/11 (4 wks)
 Place: Huckleberry Hill Upper Gym
 Instructor: Ariana Mesaros Fee: \$35.00/4 wk session



Flag Football

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

Session 1: Tuesday, 3:30 – 4:30 p.m. \$38.50 (7 wks)

Dates: 10/17 - 12/19 (7 wks) – no class 10/31, 11/7, 11/28

Session 2: Friday, 3:30 – 4:30 p.m. \$38.50 (7 wks)

Dates: 10/20 – 12/15 (7 wks) – no class 11/24, 12/8

Place: HHES Lower Gym Instructor: Matt Cudney

Girls Only Flag Football

This class is by request and only for girls in grades 2 through 5. Girls will develop skills of the sport including throwing and catching, and will play games in this non-contact class instructed by Huckleberry's own Ms. Olivier.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 10/19 – 12/21 (8 wks) – no class 11/23, 11/30

Place: HHES Lower Gym Fee: \$44.00

Instructor: Danielle Olivier

Playground Basketball

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

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 10/19 – 12/14 (7 wks) - no class 11/23, 11/30

Place: HHES Upper Gym Fee: \$37.50

Instructor: Matt Cudney

Mixing it Up

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

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 10/16 – 12/4 (8 wks) Place: HHES Lower Gym

Instructor: Amanda DosSantos

Fee: \$44.00

Kids are Cooking

Students in grades 2 through 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. This session includes: sweet pizza with fruit topping, Chef Suchada's "birdhouse", apple pie pops, and mummy dogs and banana ghosts. Please make us aware of any food allergies or cultural restrictions when registering.

Day: Tuesday Time: 3:30 – 4:30 p.m.
 Dates: 10/17, 10/24, 11/14, 11/21 (4 wks)
 Place: HHES Art Room Fee: \$48.00
 Instructor: Suchada Palmer

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 Paint Draw and More programs, visit www.paintdrawmore.com

Day: Friday Time: 3:30 – 4:30 p.m.
 Session 1: 10/13, 10/20, 10/27, 11/3 (4 wks)
 Session 2: 11/10, 11/17, 12/1, 12/15 (4 wks)
 Place: HHES Room Fee: \$72.00/session

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 3 – 4. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Affiliated with CT USA Wrestling. Details on our program for grades 5-8 is listed under Whisconier Activities.

Day: Monday and Thursday Time: 6:30 – 7:30 p.m.

Fall Session: 11/9 – 12/18 (10 classes)

Winter Session: 1/4 - 2/26 (10 classes)

Fee: \$95.00/session

Place: Various school gyms in Brookfield. Locations and dates to be confirmed closer to start of program. Details will be emailed to participants.

Instructor: Josh Levine, USA Wrestling Certified



We offer Youth Basketball Leagues on Saturdays for boys in grades 1-12 and girls in grades 1 - 9. More information is available on page 14.

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 a.m. – 3:00 p.m.
 Date: 11/7 Fee: \$65.00
 Place: Town Hall Room 133 Instructor: Peggy Boyle

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 \$40.

Day: Monday Time: 2:40 – 4:10 p.m.
 Dates: 10/16 – 12/4 (8 wks)
 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 is \$130.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

October: Wednesdays – 10/4, 10/11, 10/18, 10/25

November: Tuesdays – 11/7, 11/14, 11/21, 11/28

December: Thursdays – 12/7, 12/14, 12/21, 12/28



Think Snow! We are planning our 19th Annual "Learn to/ Love to ski/snowboard program" for 5 – 8th graders on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after school to and from WMS, and is scheduled to run for 5 weeks beginning in January 2018. A detailed flyer will be sent out through WMS in early November and posted on our website.

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: Monday and Thursday Time: 6:30 – 8:00 p.m.

Fall Session: 11/9 – 12/18 (10 classes)

Winter Session: 1/4 - 2/26 (10 classes)

Fee: \$120.00/session

Place: Various school gyms in Brookfield. Locations and meeting dates to be confirmed closer to start of program. Details will be emailed to participants.

Instructor: Josh Levine, USA Wrestling Certified

Zumba Kids at WMS

Zumba Kids at WMS is a great way to give students in grades 5-8 the opportunity to be active and jam out to their favorite music. Middle-school friendly and fun routines are based on original Zumba choreography, but modified to fit their needs. Classes make fitness fun and incorporate key life skills such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Students should wear comfortable clothes that are easy to move in, with socks and sneakers and bring a water bottle. Get ready to have some fun!!

Day: Tuesday Time: 2:40 - 3:45 p.m.

Dates: 11/14 – 12/5 (4 wks) Fee: \$35.00

Place: WMS

Instructor: Ariana Mesaros

New ~ Intro to Drawing and Acrylics

Students in grades 5 - 8 will learn the fundamentals and more advanced drawing and painting techniques to create highly realistic works of art based on photos. Students will be mentored on ways to improve their work, 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 \$85.00.

Day: Thursday Time: 2:40 – 4:10 p.m.

Dates: 10/19 – 12/14 (6 wks) – no class 11/16, 11/23

Instructor: Andrea Rios Place: WMS Art Room

Fee: \$83.00



We offer Youth Basketball Leagues on Saturdays for boys in grades 1-12 and girls in grades 1 - 9. More information is available on page 14.

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 – 4:00 p.m.

Dates: 10/18 – 12/20 (8 wks) – no class 11/15, 11/22

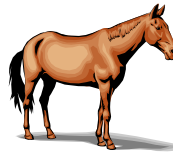
Instructor: Victoria Lange Place: BHS Room

Fee: \$95.00



Think Snow! We are planning our 19th Annual “Learn to/ Love to ski/snowboard program” for BHS Students on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after school to and from BHS, and is scheduled to run for 5 weeks beginning in January 2018. A detailed flyer will be sent out through BHS in early November and posted on our website.

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: $\frac{1}{2}$ 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 2/17. Should we need to cancel for weather, our make-up dates will be Saturday, March 3, March 10, and March 17 (if necessary).

Day: Saturday

Dates: 1/6 – 2/24 (7 wks)

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 12/23, 12/30, and 2/17. Should we need to cancel for weather, our make-up dates will be March 3, March 10 and March 17 (if necessary).

Day: Saturday

Dates: 12/9 – 2/24 (9 weeks) – no program 12/23, 12/30, 2/17

Place: Huckleberry Hill School Upper Gym

Fee: \$90.00

Boys Grades 2 – 3 (Biddy A)

Time: 9:30 - 11:00 a.m. on 12/9. Will play for 1½ hours between 8:00 –11:00 a.m. starting 12/16.

Boys Grades 4 – 5 (Biddy B)

Time: 3:00 – 4:30 p.m. on 12/9. Will play for 1½ hours between 1:30 – 4:30 p.m. starting 12/16.

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 6 and January 13 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 will not be scheduled for Saturday, February 17 unless we have a significant number of weather cancellations. Late season playoffs may be played on weeknights in March.

Day: Saturday

Dates: 1/6 – 3/10 (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 Koltitz, 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 6 and January 13 to determine the skill levels of players in order to make balanced teams. Our season will begin on Saturday, January 20. Games are played in Brookfield at Brookfield High School (unless otherwise indicated) on Saturdays against other teams also in the program, no travel required. We use adult "patched" referees to consistently reinforce the rules of the game and adult volunteer coaches. **If a parent is able to coach or assistant coach, please let us know at registration.** Times and formats of the leagues may vary depending on the number of players and teams. Generally, boys in grades 6/7 are scheduled between the hours of 8:00 – 11:00 a.m., boys in grades 8/9 between 10:30 a.m. – 1:30 p.m. and boys in grades 10-12 between 2:30 – 5:00 p.m. Detailed schedules for the season will be given to all participants (once established) before league play begins on January 20. Games will not be scheduled for Saturday, February 17 unless we have a significant number of weather cancellations. Late season playoffs may be played on weeknights in March.

Boys Grades 6/7: January 6 and January 13 practice from 9:00 - 10:30 a.m. at Brookfield High School

Boys Grades 8/9: January 6 and January 13 practice from 11:00 a.m. – 12:30 p.m. at Brookfield High School

Boys Grades 10-12: January 6 and January 13 practice from 3:00 – 4:30 p.m. at Brookfield High School

Day: Saturday

Dates: 1/6 – 3/10 (9 weeks) followed by weeknight and/or Saturday playoffs for teams that qualify

Place: Brookfield High Supervisors: Steve Koltitz, Jason Maxwell, Lisa DiLullo, Desirae Smyser

Fee: \$90.00

Community Connection

Brookfield Conservation Commission presents

Brookfield Farmfest

Saturday, October 14, 2017

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

Back by popular demand, the Brookfield Arts Commission is hosting a Gingerbread House Contest. 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

Friday, December 1, 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 required registration form and more information, please email brookfieldartscommissionct@gmail.com

Holiday Tree Lighting

Ring in the Holiday Season with the Brookfield Girl Scouts at their Annual Holiday Tree Lighting on Saturday, December 2 at the Brookfield Town Hall. The festivities begin at 5:00 p.m. sharp and include caroling, refreshments and Santa.

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 9 and
Sunday, December 10

Time: Starting at 9:30 am until we are finished
\$50 per household, \$100 minimum for a stop with 3 or more families.

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

Community Connection

Did you know that 5 trillion plastic bags are produced worldwide every year? The US alone uses 100 billion of them, but only 1-3% of all of these bags are properly recycled. The rest are put in landfills where they only fully degrade after 1,000 years, but still leave behind toxins. That means that all the plastic we have ever created is sitting around on this Earth!

Wouldn't it be great if you could put those single-use plastic bags to good use? The Town of Brookfield has begun a plastic recycling program that will accept plastic bags, as well as several other types of plastic films, and send them to the Trex Decking Company to be turned into decking material.

The collection bin is located in the lobby of the Town Hall for all community members to use. Please drop off your plastic bags and help be part of the solution! To learn more about Trex Decking and the accepted types of plastics go to: <http://www.trex.com>.

(Information provided by Natalie White, a senior at Brookfield High School who is working on her Girl Scout Gold Award project.)



Frequently Requested Phone Numbers

Boy Scouts	Ray Pflomm	(203) 775-8167
Cub Scouts	Rob Janofsky Janofsky5@aol.com	(203) 313-1578
Brookfield Baseball & Softball Association (BBSA)		
www.brookfieldbbsa.com Steve Harding (703) 859-3307		
Brookfield Education Foundation (BEF)		
www.brookfieldeducationfoundation.org Susan Queenan (203) 775-6239		
Brookfield Pop Warner Football & Cheer		
http://www.brookfieldpopwarner.com/		
Brookfield Lacrosse Club http://www.brookfieldlax.org/ Jeff Praissman jpraisman@gmail.com		
Brookfield Soccer Club http://www.brookfieldsoccer.org/ Field Hotline (203) 775-5239		
Brookfield (Travel) Basketball Association (BBA)		
Shawn Sylvester (203) 460-0923 Sylvester.shawn@yahoo.com		
Conservation Commission	Alice Dew	(203) 775-7316
Garden Club	Diane Flood	(203) 546-8142
Girl Scouts	https://www.gsofct.org/	
Brookfield Lion's Club	Candice Smith, President	(203) 775-8716 anniekatesmom@gmail.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 Dores	(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



PRSR STD
 ECRWSS
 USPOSTAGE
PAID
 EDDM RETAIL

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

RECREATION STAFF:

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

POSTAL PATRON

Brookfield, CT 06804

PARKS MAINTENANCE STAFF:

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



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.

COMMISSION:

Bryan Chnowski, Chair
 Ed Butt, Co-Vice Chair
 Joei Grudzinski, Co-Vice Chair
 Rob Blick Renee Santiago
 John Mangold Cassie Dunn
 Tom Murphy

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

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Registration for fall programs begins Thursday, September 28.