



be happier • build family unity
• feel great • take care of latch key
children • reduce unemployment •
increase communication skills • ex-
pand knowledge • lose weight

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

Winter 2023 Program Guide

Winter 2023

CONTACT US:

Brookfield Parks & Recreation
162 Whisconier Rd.
Brookfield, CT 06804
203-775-7310

www.brookfieldct.gov/rec



Office Hours:

Monday – Friday 8:30am – 4:30pm



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

RECREATION STAFF:

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Dan Gagne	Recreation Supervisor
Liz Gavagan Burandt	Administrative Assistant

PARKS STAFF:

Chris Rabuse	Parks Supervisor
Chris Shaw	Crew Leader
Rob Haggarty	Parks Maintainer
Mike Schaniel	Parks Maintainer
Chris Montchal	Parks Maintainer

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Ed Butt, Chair	
Renee Santiago, Vice Chair	
Bryan Chnowski	Rob Blick
Cassie Dunn	Kylie D'Arcangelo
Tom Murphy	
Liz Gavagan Burandt, Recording Secretary	

Mission Statement

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

Winter 2023

Program Proposals Wanted!



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

Weather Cancellations

Brookfield Parks and Recreation programs and events may be impacted due to weather. The following policies will be followed to help guide decisions.

- If Brookfield Schools are closed because of weather, all programs are cancelled for that day.
- If Brookfield Schools have a delayed opening, all programs which begin before 12:00pm are cancelled. All programs starting at 12:00pm or later will meet as scheduled.
- If Brookfield Schools have a weather-related early dismissal, all afternoon and evening programs are cancelled.

When weather events occur at night, on weekends, or on days when school is not in session, cancellation decisions will be made by the Parks and Recreation Office. Program cancellations will be posted on the Brookfield Parks & Recreation Facebook page. And program participants will be notified via email.

2023 Sponsorship Opportunities

Sponsorship opportunities for local businesses are available each year. For more information, please contact the Parks & Recreation office at 203-775-7310.

Summer Concert Series

Brookfield Parks & Recreation hosts weekly summer concerts on Friday nights at Brookfield Municipal Center which are free and open to the public. Sole and co-sponsorships are available for each concert.

Cadigan Park Banners

Banners are available for local sponsorship at Cadigan Park. The 3' x 6' banners are displayed from April—October and are uniform in color, white print on forest green background.

Special Events

Brookfield Community Skate at Danbury Ice Arena



Join us with your friends and neighbors for some ice skating at Danbury Ice Arena! One rink will be rented out for Brookfield residents. Skate rentals are included for those who need them, but please bring your own if you have a pair. Also bring a bicycle helmet from home if you have one for protection. Light refreshments will be served. There is no charge for this event but you must RSVP. Plan on getting to the Arena around 2:45pm so you have time to enjoy the full time on the ice.

Day: Sunday **Time:** 3:00 – 4:30pm

Date: 2/26/23 **Fee:** FREE

Place: 1 Independence Way, Danbury, CT 06801

Magic Show with Tom O'Brien



Our favorite magician is back for a community show! Join us on this Presidents Day holiday for Brookfield schools and start your day off with a laugh and some smiles. Tom has been performing shows for many years and teaches after school workshops for K-4 students in Brookfield. The show is free and open to Brookfield families.

Day: Tuesday **Time:** 10:00-10:45am

Date: 2/21/23 **Fee:** FREE

Place: Brookfield High School Auditorium

NEW ~ Women Building Community

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



Day: Wednesday **Time:** 6:00—8:00pm

Dates: 4/5 **Place:** Town Hall Room

Fee: \$20.00 **Instructor:** Terri Sorrentino

Special Events

23rd Annual Flashlight Egg Hunt

Just for Brookfield students in grades 3-5! The hunt will be held on the grounds of Town Hall. Participants should bring their own flashlight. Bags will be provided for collecting. Cost is \$5 per child with a \$10 family max. Registration is required.

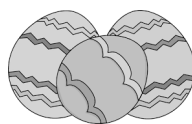


Day: Friday **Date:** 3/31 **Time:** 8:00pm

Fee: \$5.00pp/\$10.00 Family Max

Place: Brookfield Town Hall, 100 Pocono Rd.

25th Annual Egg Hunt



Join the Parks & Recreation Department on the grounds of Town Hall on Saturday, April 1st for the annual egg hunt! Students in grade 4 and below are invited to participate. Bags will be provided for egg collecting. Cost is \$5 per child with a \$10 family max. Registration is required.

Day: Saturday **Date:** 4/1

Time: Hunts every 30 minutes starting at 10:00am

Fee: \$5.00pp/\$10.00 Family Max

Place: Brookfield Town Hall, 100 Pocono Rd.

Kids Craft Workshops

Valentine's Day Workshop



Calling all crafty kids! Join us to create a fun-filled valentine's day craft to take home. This is a drop off program for parents and is open to children in Kindergarten to 4th grade. Registration is required.

Day: Friday **Date:** 2/10

Time: 5:30—6:30pm **Fee:** \$10.00

Place: Town Hall Room, 100 Pocono Rd.

St. Patrick's Day Workshop



Kindergarten to 4th grade students can participate in this drop off program. Come create a lucky charm craft at Town Hall with friends. Registration is required.

Day: Friday **Date:** 3/17

Time: 5:30—6:30pm **Fee:** \$10.00

Place: Town Hall Room, 100 Pocono Rd.

Craft Kits—To Go!



SPRING



Seasonal Craft Kits

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

Fee: \$10 per kit

Valentine's Day—Pickup after 1/30

St. Patrick's Day—Pickup after 3/1

Springtime—Pickup after 3/20

Location: Parks & Rec Office, 162 Whisconier Rd.

Adult Art Classes

Watercolor for Adults

Whether you are just starting out, or someone that has painted for a while, this class is to help students at every level.



Participants will learn to use color in exciting ways: the group will focus on color theory, learning to mix colors with the color wheel, mixing compliments, mix various grays, discuss how color can express a wide range of emotions, learn about value and intensity, and many different watercolor techniques. By the third class, you will have a painting to work on at your own speed while applying the knowledge you have learned.

There will be demonstrations and individual attention each class. Each participant will work from a photo that inspires them or a still life you want to bring to class. All participants will walk away with a strong understanding of watercolor painting. A materials list will be emailed prior to the start of the class.

Day: Tuesday **Time:** 5:30—7:30pm

Dates: 1/24—3/14 (8 wks)

Day: Thursday **Time:** 10:00am—12:00pm

Dates: 1/26—3/16 (8 wks)

Fee: \$120.00 **Instructor:** Victoria Lange

Location: Senior Center (Tues.) Town Hall (Thurs.)

Adult Art Classes

Beginning Knitting

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

Day: Wednesday

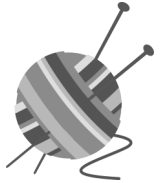
Time: 6:30—7:30pm

Dates: 2/1—3/8 (6 wks)

Fee: \$66.00

Place: Brookfield Town Hall

Instructor: Kathleen Huntington



Beginning Crochet

Learn basic single and double crochet stitches. These basic stitches will enable you to make many items such as blankets, scarfs and dishcloths, just to name a few. Participants should purchase and bring their own supplies including a size G crochet hook and one or two skeins of Lion Brand or Red Heart yarn. Scarfs will require at least two skeins. Yarn and needles are available if you unable to purchase for the first class.

Day: Wednesday

Time: 7:30—8:30pm

Dates: 2/1—3/8 (6 wks)

Fee: \$66.00

Place: Brookfield Town Hall

Instructor: Kathleen Huntington



Painting with Acrylics

Have you ever wanted to learn how to paint, but thought it may be too difficult? Or, maybe you've painted before, and want to try it again? This course is for both beginners and those with some prior experience. In this step-by-step course, you will learn to paint a landscape scene designed by the instructor while learning a variety of techniques. Paints, brushes, and basic supplies will be provided. Students will need to purchase an 11x14 canvas prior to class. Two days and times offered.

Day: Wednesday

Time: 3:00—5:00pm

Date: 3/1—4/5 (6 wks)

Day: Thursday

Time: 5:30—7:30pm

Date: 3/2—4/6 (6 wks)

Fee: \$99.00

Instructor: Pamela Cassidy

Location: Brookfield Town Hall

Adult Education

Intro to Budgeting & Cash Management



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

Day: Wednesday **Time:** 7:00—8:30pm

Dates: 2/15 **Fee:** \$20.00

Place: Town Hall **Instructor:** Terri Sorrentino

Adult, Child & Infant CPR/AED/First Aid

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



Day: Saturday **Time:** 9:00am—2:00pm

Dates: 3/18 or 5/20 **Fee:** \$119.00

Place: Town Hall Meeting Room

Unlocking Your Musical Creativity

This program is for adults who want to expand their musical creativity, learn to create basic rhythmic & melodic ideas and turn them into real compositions. No experience is necessary. Participants are encouraged to bring their own instruments, but basic percussion will be provided for those who don't have their own. The class will be led by Premik Russell Tubbs who has been a musical instructor, performer and workshop leader since 1987. He has been a member of Sting's house band at his concerts for the Rainforest since 2008 and also toured and recorded with famous artists such as Carlos Santana, Whitney Houston, James Taylor, and Bruce Springsteen among others.



Day: Monday **Time:** 6:00—7:00pm

Dates: 2/6—3/20 (6 wks ~ no class 2/20)

Fee: \$72.00 **Place:** Brookfield Town Hall

Adult Education

"Superpower Strategies" for Single Parents and Kids



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

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

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

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

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

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

Parents: Day: Wednesdays **Time:** 6:00—7:00pm

Dates: 2/15—4/5 (8 wks)

Kids: Day: Thursdays **Time:** 6:00—7:00pm

Dates: 2/16—4/6 (8 wks)

Fee: \$20.00 parent/child **Place:** WMS Room

Yoga

All YogaSpace classes are livestreamed and at
YogaSpace, 78 Stony Hill Rd., Bethel, CT.

www.yogaspace-ct.com



Yoga Basics

The perfect class series for beginners or someone who is looking to bring their yoga "back to basics"! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary! **Buy one, six class pass and attend any of the following classes for \$79.00.** Mixing and matching of days is allowed.

Day: Monday **Instructor:** Debbie Isaacs

Time: 12:00—1:15pm

Dates: 1/23—3/13 (pick 6 classes over 8 weeks)

Day: Wednesday **Instructor:** Debbie Isaacs

Time: 6:00—7:15pm

Dates: 1/25—3/15 (pick 6 classes over 8 weeks)

Day: Saturday **Instructor:** Heather Morgado

Time: 10:00—11:15am

Dates: 1/28—3/18 (pick 6 classes over 8 weeks)

Yin Restorative Yoga

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

Day: Tuesday **Time:** 7:30—8:45pm

Dates: 1/24—3/14 (pick 6 classes over 8 weeks)

Instructor: Rob Farella **Fee:** \$79.00



LYT Yoga

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

Day/Time: Wed/7:30pm ~ Sat/11:30am ~ Sun/10:30am

Dates: 1/25—3/15 (pick 6 classes over 8 weeks)

Instructor: Julie Glick **Fee:** \$79.00

Yoga

***NEW* INTRO STUDIO (\$36) & INTRO LIVE STREAM (\$20) PASSES**

Take any 3 classes within 30 days. Pass activates at first class.

Art of Meditation

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

Day: Tuesday **Time:** 6:00—7:00pm

Dates: 1/24—2/14 (4 wks) **Fee:** \$49.00

Instructor: Rob Farella



Pre/Post Natal Yoga

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

Day: Tuesday **Time:** 6:00—7:15pm

Dates: 1/24—3/14 (pick 6 classes over 8 weeks)

Instructor: Heather Morgado **Fee:** \$79.00

Discover Kundalini Yoga

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

Day: Friday **Time:** 6:00—7:30pm

Dates: 1/20—3/17 (pick 6 classes over 8 weeks)

Instructor: Susan Shaner MA, MS, RYT, PCC

Adult Fitness

Tai Chi Quan for Beginners



Tai Chi Quan is a fist system (Chinese boxing) that blends softness with energetic movement in accordance with the theory of yin and yang energies. It is suitable for everyone regardless of age, gender, and even physical condition. The characteristics of a Tai Chi Quan system are stillness, lightness, agility, slowness, relaxation of the entire body, with everything guided by using the mind and not force. It is performed in the moment, slowly with internal focus fully conscious of every breath and movement the body makes. The major benefits being overall fitness and health and ultimately increasing longevity. In older practitioners it is said to return the vigor of youth. This class is a newly expanded and enhanced 90 minute class that will introduce standing meditation, qi gong stretching for balance and strength along with the principals and theories of the Tai Chi form. No experience necessary. Two classes offered at CES gym on Fridays and WMS café on Mondays.

Days: Monday **Time:** 6:30—8:00pm

Date: 1/30—3/13 (6 wks ~ no class 2/20)

Days: Friday **Time:** 6:30—8:00pm

Date: 4/21—6/2 (6 wks)

Instructor: Vinny Candela **Fee:** \$66.00

Tai Chi Qigong: Eight Pieces of Brocade

Eight Pieces of Brocade is an ancient Chinese exercise and fitness system used as an alternative healing therapy (AKA medical Qi Gong). It consists of a series of eight exercises that follow the principals of Traditional Chinese Medicine. It is one of the most gentle and effective ways of working with the body, calming the nervous system, healing body, mind, and spirit. Eight Pieces of Brocade enables the student to correct physical and energetic imbalances, releases emotions and stress. It is a simple and effective way of directing Qi (life energy) throughout the body and remove blockages that can cause sickness or disease without acupuncture, herbs or massage. Suitable for all ages and levels of experience. No special equipment is required. Please wear comfortable, loose clothes.

Days: Monday **Time:** 6:30—7:30pm

Date: 3/27— 4/24 (4 wks ~ no class 4/10)

Place: CES Gym (Fri.) WMS Café (Mon.)

Instructor: Vinny Candela **Fee:** \$44.00/session

Adult Fitness

Intro to Meditation & Tai Chi Qigong

Qi gong is the art of moving Qi (life energy) around the body in a mindful way over time with concentrated effort and patience. It involves repeating different sequences of natural flowing poses using deep abdominal breathing to guide motions. Frequent or daily practice can keep the body energized, limber, relaxed, fit and healthy. It is suitable for everyone regardless of age, gender, physical condition, even those suffering from chronic conditions. Benefits of regular practice include stronger immune system, improved core strength and balance, reduces or eliminates bodily pain, reduces stress and anxiety, improves glucose metabolism and bone density, promotes more efficient waste elimination, can improve chronic headaches, insomnia and other neurological conditions. This class will explore standing meditation in static and dynamic flowing poses, simple mindful stretching and specific animal movements (crane, bear, deer, monkey and tiger) called animal frolics. No special equipment required. Suitable for all levels of experience. Two classes offered at CES gym on Fridays and WMS café on Mondays.

Days: Friday **Time:** 6:30—7:30pm

Date: 3/3—3/24 (4 wks)

Days: Monday **Time:** 6:30—7:30pm

Date: 5/8—6/5 (4 wks ~ no class 5/29)

Instructor: Vinny Candela **Fee:** \$44.00



Tai Chi Qigong: The Swimming Dragon

The Swimming Dragon has the power to improve our health, fitness level and promote general well-being. It is practiced by repeating a short cycle of movements specifically designed as a comprehensive care system for the internal organs. The benefits of this movement are improvements in the digestive system and ability to eliminate waste, improve breathing process, fortifies the kidneys, relieves neck, shoulder, low back, and hip pain by benefiting the spine, nervous system and meridians. Lastly, it greatly enhances the body's ability to relax reducing stress and the associated ailments. In addition to The Swimming Dragon, students will also be introduced to the Taoist relaxed and Calm Standing Meditation form to further bolster the body's immune system. No special equipment is required. Please wear comfortable, loose clothes.

Days: Friday **Time:** 6:30—7:30pm **Fee:** \$44.00

Date: 1/27—2/24 (4 wks ~ no class 2/17)

Instructor: Vinny Candela **Place:** CES Gym

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? Do you want to work on getting your fitness back, walking or running, in a group setting? Join Cassie Dunn in a group setting for a series of training runs this spring. Each participant will be given an individualized workout schedule to follow and new workouts will be introduced as you progress. Come dressed in layers to run & bring a water bottle. All levels of fitness welcome! The location for this class is the BHS track which is subject to change depending on availability. *Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning Instructor.*

Day: Saturday **Time:** 8:00—9:00am

Dates: 4/8—5/13 (6 wks) **Fee:** \$72.00

Place: BHS Track, 45 Long Meadow Hill Rd.

Adult Yoga

This mixed level class strings yoga postures together in a flowing, vinyasa style sequence of breath and movement, class infused with balance work and optional challenges, with modifications provided for all levels. Beginners are welcome. Wear comfortable clothes. Bring your own mat, water, blocks or straps if you have them and like to use them.

Day: Tuesday **Time:** 5:00—6:00pm

Dates: 1/24—3/21 (8 wks ~ no class 2/21)

Place: CES Library **Fee:** \$88.00

Instructor: Sharon Poarch RPT, RYT-200

Simply Slowly Stretch



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

Day: Tuesday **Time:** 6:30—7:30pm

Dates: 1/24—3/7 (6 wks ~ no class 2/21)

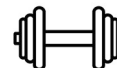
Fee: \$66.00

Place: CES Gym

Instructor: Phyllis Babuini

Adult Fitness

Cardio Sculpt



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

Day: Thursday

Time: 6:30—7:30pm

Dates: 1/26—3/2 (6 wks)

Fee: \$66.00

Instructor: Phyllis Babuini

Place: CES Gym

Pilates Barre



Classes will consist of barre/mat Pilates and cardio elements to provide a total body workout! Mats are available but feel free to bring your own. Grip socks are required to be worn to prevent injury; available for purchase.

Day: Wednesday

Time: 5:15—6:00pm

Dates: 2/1—2/22 (4 wks)

Fee: \$80.00

Instructor: Christina Van de Water

Location: Fit for You, 195 Federal Rd.

Barre Class with Krissy



Krissy's 45 minute barre classes are designed to give you a full body workout that will improve strength, flexibility, and endurance. Classes focus on proper form, alignment and are accessible and safe for all fitness levels. Krissy's goal is for clients to challenge their bodies, have fun, & move with greater ease in their daily life. Instructed by Krissy Christensen.

Day: Friday

Time: 9:30—10:15am

Dates: 2/3—3/3 (4 wks ~ no class 2/17)

Location: 195 Federal Rd. **Fee:** \$80.00

Adult Fitness

305 Fitness (Cardio Dance)

Join Christina for the most fun workout you've ever done. This class is a 45 minute cardio dance party that incorporates cardio, toning, followed by a cool down for an efficient total body workout. No dance experience necessary, please wear clean sneakers and bring water! Instructed by Christina Van de Water.

Day: Sunday **Time:** 9:30—10:15am

Dates: 2/5—3/5 (4 wks ~ no class 2/19)

Fee: \$80.00

Location: Fit for You Studio, 195 Federal Rd.

Open Gyms

Open Basketball

Monday night open gym for Brookfield residents and their guests age 18+.

\$5.00 each night at the door. There is no open gym on 1/16/23, 2/20/23, and on days when school is not in session or dismisses early because of inclement weather. Open gyms dates may be cancelled at any time due to school programs or athletics.

Days: Monday **Time:** 8:00 – 9:30pm

Dates: 1/8—3/20 **Place:** BHS Gym



Open Volleyball

Wednesday night play for Brookfield residents and their guests age 18+. \$5 each night at the door. Open gym will be canceled on days when school is not in session or dismisses early because of inclement weather. Open gyms dates may be cancelled at any time due to school programs or athletics.

Days: Wednesday **Time:** 7:30 – 9:00pm

Dates: 1/4—4/5 **Place:** WMS Gym

Open BHS Volleyball

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

Days: Wednesday **Time:** 6:30 – 7:30pm

Dates: 2/1—4/5 **Place:** WMS Gym



Golf Lessons

Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as get them prepared to play and enjoy the game. Beginners, who have never played, and more experienced players who want to improve their game will benefit from these classes.

Class 1: Introduction/set-up and swing with irons.

Class 2: Review/set-up and swing with woods.

Class 3: Pitch shots and bunker play.

Class 4: Chipping and putting.

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

www.golfquestranges.com

Adult Novice Lessons

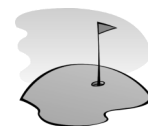
Time: 6:00—7:00pm

January: Mondays 1/9—1/30

February: Tuesdays 2/7—2/28

March: Wednesdays 3/1—3/22

April: Thursdays 4/6—4/27



Women's Only Beginner Lessons

Time: 6:00—7:00pm

January: Tuesdays 1/10—1/31

February: Wednesdays 2/1—2/22

March: Thursdays 3/2—3/23

April: Wednesdays 4/5—4/26

Junior Lessons (Ages 7-14)

Time: 4:30—5:30pm

January: Mondays 1/9—1/30

February: Tuesdays 2/7—2/28

March: Wednesdays 3/1—3/22

April: Thursdays 4/6—4/27

All Lessons:

Fee: \$160.00 (1 Month, 4 classes)

Place: Golf Quest, 1 Sand Cut Rd., Brookfield

Music Programs

Drumming Lessons

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

Website: www.facethemusictogether.com

Email: faceTheMusicTogether@yahoo.com

Guitar Lessons

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



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

Affinity Esports Programs

Brookfield Parks & Recreation is partnering with Affinity Esports in Sandy Hook to offer esports programming for Brookfield youth.



Winter 2023 classes will begin in January.

Mondays—Intermediate Coding & Game Creation in Roblox/Minecraft.

Tuesdays—Content Creation, Video Streaming & Graphic Design for Esports.

Wednesdays—Beg. Coding & Game Creation (Scratch)

Thursdays—Competitive FPS (Valorant, Overwatch).

Fridays—Intro to Team Building & Skill Development.

Gaming Clubs & Drop-Off Programs also offered!

To view the full list of programs, descriptions, and details, please visit:

affinityesport.gg/brookfield

Classes are held at Affinity Esports studios located at 27 Glen Road, suite 408 in Newtown, CT.

Men's Softball

Summer Softball at Cadigan Park

A men's softball league runs each summer with games taking place at Cadigan Park. New and returning teams interested in playing during the 2023 season should plan meeting at Brookfield Town Hall on Monday, Feb. 27th at 7pm. This is an informational meeting only, no deposits due. For more information or questions, contact League Director Jason Maxwell at jamaxwell@hotmail.com.



Youth Fitness

Intro to Taekwondo ~ Ages 4 & up



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

Ages 4—12: (choose any 2 times weekly)

Days: Mon., Wed., Fri. at 4:20pm ~ Tue. at 5:40pm

Junior & Adult 13+: (choose any 2 times weekly)

Days: Tue. & Thur. at 6:20pm or 7pm

Dates: Classes on-going ~ Start Anytime!

Fee: \$129.00

Place: WCT, 317 Federal Rd., Brookfield.

Ballet Classes for K/1 & Grades 2-4

Saturday classes are now offered with Ms. Tatiana for students in K—4th grade in addition to the after school programs. Full class descriptions are available on page 12 (K/1) and 15 (Gr. 2-4). Saturday classes are \$90.00 per child.



Day: Saturday **Instructor:** Tatiana Prip

Dates: 1/28—3/11 (6 wks ~ no class 2/18)

Time - K/1: 10:00am—11:00am

Time - 2-4: 11:00am—12:00pm

Fee: \$90.00

Place: HHES Gym

Tot Programs

Ballet for Tots

This class will introduce boys and girls, ages 3-5, beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a short observation at the end of the last class for family and friends. This is a drop-off class and all dancers need to be potty trained.



Recommended attire:

Girls – leotard, tights, ballet shoes.

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

Day: Thursday **Time:** 9:30 –10:30am

Dates: 2/2—3/9 (6 wks)

Fee: \$90.00 **Instructor:** Tatiana Prip

Place: Congregational Church Room

Preschool Sports

Parent & Me Multi-Sport Squirts (Ages 2-3)



With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport each class, which may include soccer, lacrosse, T-ball & flag football. Each child receives a US Sports Institute t-shirt.

Days: Saturday **Time:** 8:45am—9:25am

Dates: 1/21—3/4 (6 wks ~ no class 2/18)

Place: HHES Gym **Fee:** \$100.00

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

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

Days: Saturday **Time:** 9:30am—10:10am

Dates: 1/21—3/4 (6 wks ~ no class 2/18)

Place: HHES Gym **Fee:** \$100.00

Preschool Sports

T-Ball Squirts (Ages 3-4)

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

Days: Saturday **Time:** 10:15—10:55am

Dates: 1/21—3/4 (6 wks ~ no class 2/18)

Place: HHES Gym **Fee:** \$100.00

Multi-Sport Squirts (Ages 3-4)



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

Days: Saturday **Time:** 11:00am—11:40am

Dates: 1/21—3/4 (6 wks ~ no class 2/18)

Place: HHES Gym **Fee:** \$100.00

Basketball Squirts (Ages 4-5)

USSI's Basketball Squirts program for ages 4-5 is designed to introduce your budding NBA star to the high energy game of basketball! Using proportionately sized basketballs, this program encourages players to develop motor skills and basic technique in passing, dribbling and shooting. Players will be taught through a series of fun challenges, structured activities and scrimmages. Each child receives a US Sports Institute t-shirt.

Days: Saturday **Time:** 11:45am—12:25pm

Dates: 1/21—3/4 (6 wks ~ no class 2/18)


Place: HHES Gym **Fee:** \$100.00

Classes are run throughout the year with USSI. Information on spring, summer and fall programs is available online. Parents can also choose to register online for USSI programs at:

www.ussportsinstitute.com

Center After School

NEW ~ Food Explorers Chocolate Crazy

 K and 1st grade students can join Food Explorers for a 6 week cooking session all about chocolate! Get "Chocolate Crazy" while learning all about food, cooking and baking with a nutritionist. You'll be making: S'mores Cups, Dessert Tacos, Edible Brownie Batter, Chocolate Pumpkin Energy Bites, Chocolate Banana Cream Pies and Chocolate Cake Pops. All recipes are nut free but contain dairy and/or eggs.

Day: Tuesday **Time:** 3:30 – 4:45pm

Dates: 2/7—3/21 (6 wks ~ no class 2/21)

Fee: \$85.00 **Place:** CES Room

Zumba® Kids Jr. at CES

Zumba Kids Jr. is a perfect way to give children in grades K & 1 the opportunity to be active and jam out to their favorite music. 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. Kids should wear comfortable clothes, with socks and sneakers and bring a water bottle. Get ready to have fun!

Day: Thursday **Time:** 3:30 – 4:30pm

Dates: 2/16 – 3/30 (6 wks)

Place: HHES Upper Gym **Fee:** \$72.00

Instructor: Annette Kokkola-McLean



NEW ~ Learn to Play Piano!

The Village Music School Foundation will offer after school piano lessons for students in Kindergarten and 1st grade. This age appropriate curriculum includes singing, playing, analyzing, creating and listening to music. Students will learn the fundamentals of understanding music through popular songs and hand on experience that will lead the way for future musical exploration. Portable, roll-up pianos are provided and students can bring them home between classes. Pianos must be returned at the end.

Day: Monday **Time:** 3:30 – 4:15pm

Dates: 1/30—3/27 (8 wks ~ no class 2/20)

Place: CES Room **Fee:** \$235.00

Instructor: The Village Music School of Kent Staff



Center After School

Ballet for K/1

This class will introduce boys and girls in grades K and 1 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, and coordination. There will be a short observation during the last class for family and friends. At this level, dancers are encouraged to take more than one ballet class a week, if they would like to. We see a significant increase in ability in dancers who take classes more than once a week and/or attend ballet summer camp. Saturday classes are offered with information on page 10. All students of this age are welcome, even if they do not attend CES. Dancers are welcome to bring pins, a hair elastic, and a brush, and Tatiana will help them with their hair.

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

Day: Friday **Time:** 3:30 – 4:30pm

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

Fee: \$78.00 **Place:** CES Gym



Crafty Kids



Join Ms. Ashley each week after school to create fun crafts and kits to take home as decoration or gifts to friends and family.

Day: Friday **Time:** 3:30 – 4:30pm

Fee: \$72.00 **Place:** CES Room

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

Instructor: Ashley DeFreitas

Girls Only Sports Celebrated

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

Day: Thursday **Time:** 3:30 – 4:30pm

Fee: \$72.00 **Place:** CES Gym

Dates: 1/26—3/2 (6 wks)

Instructor: Adrianna Wasiczko & Emma Lonergan



Center After School

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 are provided. Instructor Sharon Poarch (RPT, RYT-200) is a Physical Therapist with Brookfield Schools with certifications as a yoga instructor.

Day: Tuesday **Time:** 3:30 – 4:30pm

Dates: 1/24—3/21 (8 wks ~ no class 2/21)

Fee: \$80.00

Place: CES Library

Drawing Mixed Media



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

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

Day: Thursday **Time:** 3:30—4:30pm

Session 1: 1/26—2/16 (4 wks)

Session 2: 3/2—3/30 (4 wks ~ no class 3/16)

Fee: \$96.00/session

Place: CES Room

Instructor: Steve Burke



Center After School

Mad Science: Winter Fun Stem!



This winter, come mix up some crazy science in our Mad Science Lab! You will create snow, batter up some slime, and discover all the colors and lights behind rainbows. Each week, you will dig deep into science and explore topics such as creepy crawly bugs, the science behind magic and mysteries! Every student receives a lab coat, goggles, and Mad Science Take Homes to help extend the learning.

Day: Wednesday

Time: 3:30 – 4:30pm

Dates: 2/1—3/8 (6 wks)

Fee: \$155.00

Place: CES Room

Wizards School of Magic K/1



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

Abracadabra - Magic Workshop 1:

Date: Friday, 3/10

Time: 3:30—4:30pm

Hocus Pocus – Magic Workshop 2:

Date: Friday, 4/21

Time: 3:30—4:30pm

Fee: \$18.00/workshop

TAG! You're It!



This high energy program will be a great way to end the school day! This classic backyard game has so many variations. Each week the group will play the favorites and explore new ones.

Day: Monday

Time: 3:30 – 4:30pm

Fee: \$72.00

Place: CES Gym

Dates: 2/6—3/20 (6 wks ~ no class 2/20)

Instructor: Ashley DeFreitas



NEW ~ Intro to Lacrosse

Students in K/1 are invited to learn proper techniques of throwing and catching, positioning, and rules while having fun in energetic activities.

Day: Wednesday

Time: 3:30 – 4:30pm

Fee: \$72.00


Place: CES Gym

Dates: 1/18—2/22 (6 wks)

Instructor: Holli Carl

HHES After School

Kids Yoga (Grades 2-4)

 Yoga fosters creativity, sharing, focus, self-esteem and rewards each student with a peaceful mind and body. This yoga class meets each child where they are and playfully invites children to improve strength, flexibility, and coordination through basic yoga poses. Children will learn strategies to improve focus and self-regulation, learning to calm their bodies down through self-awareness and breathing techniques. Through the practice of relaxation, yoga poses, partner and group poses, and yoga games children will learn self-respect and respect for others. Kids should wear comfortable clothes that are easy to move in and will participate barefoot. Please bring a water bottle; yoga mats will be provided. Instructor Sharon Poarch (RPT, RYT-200) is a Physical Therapist with Brookfield Schools with certifications as a yoga instructor.

Day: Wednesday **Time:** 3:30 – 4:15pm

Dates: 1/25—3/22 (8 wks ~ no class 2/22)

Fee: \$72.00 **Place:** HHES Room

Find Your Happy Place

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



Day: Thursday **Time:** 3:30 – 4:30pm

Dates: 2/16—3/30 (6 wks ~ no class 3/16)

Place: HHES Room **Fee:** \$72.00

Instructor: Kelly Viera

Flag Football

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



Day: Monday **Time:** 3:30—4:30pm

Dates: 1/23—3/20 (8 wks ~ no class 2/20)

Fee: \$88.00 **Place:** HHES Lower Gym

Instructor: Matt Cudney

HHES After School

NEW ~ Kids Conditioning

Students are invited to join Mr. Cudney in this fun and active class that will help improve their sport performance. Activities will help increase strength, flexibility, agility, and cardiovascular conditioning. The group will run through high energy stations and games to target each of those important fitness components in a fun and exciting way. This program will not target any specific sport but rather fitness components of all sports and is open to all students.

Day: Thursday **Time:** 3:30—4:30pm

Dates: 1/26—3/23 (8 wks ~ no class 3/17)

Fee: \$88.00 **Place:** HHES Lower Gym

Instructor: Matt Cudney

Robotics Codemaker 101



In our Robotics programs, kids learn how to build and program a variety of robots using LEGO® bricks and award-winning software. Kids bring their LEGO creations to life! Each theme-based session encourages creativity and imagination as kids brainstorm, build and experiment with amazing robots. Each day, there will also be free time to code, play with art and design projects, use LEGO's and gears, among other activities. Chromebooks are provided. This program is led by instructors from Sylvan Learning of Brookfield.

Day: Monday **Time:** 3:30—4:30pm

Dates: 2/6—3/20 (6 wks ~ no class 2/20)

Fee: \$160.00 **Place:** HHES Room

Net Generation Tennis



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

Day: Wednesday **Time:** 3:30—4:30pm

Dates: 1/25—3/1 (6 wks)

Place: HHES Lower Gym **Fee:** \$96.00

HHES After School

Drawing Mixed Media

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

Day: Friday **Time:** 3:30—4:30pm

Session 1: 1/20—2/10 (4 wks)

Session 2: 2/24—3/31 (4 wks ~ no class 3/17, 3/24)

Fee: \$96.00/session **Place:** HHES Café

Instructor: Heather Bennett

Let's Make Music!



Students in grades 2-4 are invited to join musician Premik Russel Tubbs in making music! Students will start in learning basic rhythms as the foundation

for musical creativity. Along with learning how to create and play these rhythms, fundamentals of Jazz and American music history will be discussed. Premik is a professional musician who has toured and recorded with performers like Lady Gaga, James Taylor, Elton John, and Carlos Santana. He is a member of Sting's house band at his concerts for the rainforest and teaches in schools and libraries. Bring an instrument if you have one! Basic percussion tools are provided.

Day: Friday **Time:** 3:30—4:30pm

Dates: 2/3—3/31 (6 wks ~ no class 2/17, 2/24)

Fee: \$72.00 **Place:** HHES Room

How to Write a Comic Book Story

Local author, Terri Sorrentino will work with students to develop individual story ideas and develop characters for a unique comic book! Each student will leave the four week session with a completed comic book to share with friends and family.

Day: Tuesday **Time:** 3:30—4:30pm

Dates: 1/31—2/28 (4 wks ~ no class 2/21)

Fee: \$48.00 **Place:** HHES Classroom



HHES After School

Ballet for Gr. 2-4

This advanced ballet class will help students make significant progress in gaining strength and flexibility. Returning dancers welcome or new comers can jump right in and experience class for the first time. Each dancer will be challenged and guided through artistic and technical leaps at their own pace. Along with ballet technique, your dancer will learn about ballet history, music theory, classical ballet choreography, and French ballet terminology. At this level, dancers are encouraged to take more than one ballet class a week and will see a significant increase in ability. Dancers are welcome to bring pins, a hair elastic, and a brush, and we will help them with their hair. There will be a short observation during the last class for family and friends. Recommended attire: Girls – leotard, tights, ballet shoes and hair worn in a ballet bun or style pulled back off the face. Boys – t-shirt, athletic shorts/pants, and ballet shoes. No class 2/20.

Day: Monday **Dates:** 1/30—3/13 (6 wks)

Fee: \$78.00 **Time:** 3:30 – 4:30pm

Place: HHES café **Instructor:** Tatiana Prip

Wizards School of Magic 2-4



Learn four magic tricks from full-time magician Tom O'Brien after school at Huckleberry. Tom has performed hundreds of shows and appeared on Fox 61 and WSFB's Better Connecticut. He is a master of his craft and a superb entertainer. Students receive their own magic kits with props to perform at home, and a magic wand! Sign up before space, alakazam, disappear!

Abracadabra - Magic Workshop 1: Tuesday, 3/14

Hocus Pocus – Magic Workshop 2: Tuesday, 4/4

Time: 3:30 – 4:30pm **Fee:** \$18.00/workshop

NEW ~ Intro to Lacrosse

Students in grades 2-4 are invited to learn the basics of this fast moving, engaging sport. Players will learn proper techniques of throwing and catching, positioning, and rules while having fun in energetic activities. Students must wear sneakers for this program. All equipment provided.

Day: Friday **Time:** 3:30 – 4:30pm

Fee: \$72.00 **Place:** HHES Gym

Dates: 1/20—3/3 (6 wks ~ No class 2/17)

Instructor: Holli Carl

HHES After School

Codemaker 102


Codemaker 101 is a prerequisite for this program. Aspiring coders continue creating animated stories and interactive experiences while learning essential programming concepts with Scratch and Tynker. Build a drawing-based car racing game, advance game designs skills, complete BeatBot Challenge, and create several other mini-games. This program is taught by Sylvan Learning of Brookfield instructors.

Day: Tuesday **Time:** 3:30 – 4:30pm

Dates: 2/7—3/21 (6 wks ~ no class 2/21)

Fee: \$160.00 **Place:** HHES Room

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. Kids should wear comfortable clothes, with socks and sneakers and bring a water bottle. Get ready to have fun!

Day: Tuesday **Time:** 3:30 – 4:30pm

Dates: 2/14 – 3/28 (6 wks ~ no class 2/21)

Place: HHES Upper Gym **Fee:** \$72.00

NEW ~ Food Explorers Chocolate Crazy

 2nd—4th grade students can join Food Explorers for a 6 week cooking session all about chocolate! Get “Chocolate Crazy” while learning all about food, cooking and baking with a nutritionist. You’ll be making: Chocolate Croissant Bites, S’mores Cups, Dessert Tacos, Edible Brownie Batter, Chocolate Cake Pops and White Chocolate Orange Cheesecake Cups. All recipes are nut free but will contain dairy and/or eggs.

Day: Thursday **Time:** 3:30 – 4:30pm


Dates: 2/9—3/23 (6 wks ~ no class 3/16)

Fee: \$80.00 **Place:** HHES Room



WMS After School

Robotics Codemaker 101

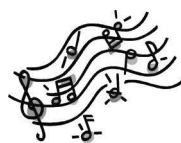
 In our Robotics programs, kids learn how to build and program a variety of robots using LEGO® bricks and award-winning software. Kids bring their LEGO creations to life! Each theme-based session encourages creativity and imagination as kids brainstorm, build and experiment with amazing robots. There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

Day: Thursday **Time:** 2:45—3:45pm

Dates: 2/16—3/23 (6 wks)

Fee: \$160.00 **Place:** WMS Room

Let's Make Music!



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

Day: Monday **Time:** 2:45—3:45pm

Dates: 2/6—3/20 (6 wks ~ no class 2/20)

Fee: \$72.00 **Place:** WMS Music Room

WMS After School

Enjoying Your Journey



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

Day: Tuesday

Time: 2:45 – 3:45pm

Dates: 2/14—4/4 (6 wks ~ no class 2/21, 3/7)

Fee: \$72.00

Instructor: Kelly Viera

Place: WMS Library

Beginner Guitar

Students begin to shine with music! Who better to unlock your child's talent than Brookfield resident, Franklin Enea creator of "The Night Begins to Shine" and character of Cartoon Networks hit show, "Teen Titans Go!" Have fun learning the fundamentals of guitar from our local talented singer, songwriter, and guitarist. Guitar can assist in a child's development, instill confidence, inspire creativity, oh yea, and its cool too! Frank's teaching nurtures individual style, creativity, and passion for the performing arts. Lessons after school at Whisconier are offered in a group setting. Students would need their own guitar. Those with questions or interested in private lessons can contact Frank at satellitemusicco@gmail.com.

Day: Wednesday

Time: 3:00 – 3:30pm

Dates: 2/8 – 3/15 (6 wks)

Fee: \$180.00

Place: WMS Room

Instructor: Frank Enea

Net Generation Tennis



This program is for beginners or players on a path to develop their tennis skills in grades 5-8. The program is taught with Net Generation games and lesson plans, a USTA national program. The class is highly interactive with all players constantly playing. Students should wear loose comfortable clothing and sneakers. Extra racquets are available for use.

Day: Thursday

Time: 3:30—4:30pm

Dates: 1/26—3/16 (8 wks)

Place: WMS Gym

Fee: \$128.00

WMS Programs

Youth Wrestling Program



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

Day: Monday & Thursday

Time: 7:00—8:00pm

Dates: 2/13—3/20 (10 classes ~ no class 2/20)

Fee: \$120.00

Place: HHES Gym

NEW ~ Improve Your Grades!

When you get good grades, you feel good about yourself! This class for middle school students is led by Angela Termotto, an educator and former 6th grade teacher, alongside her daughter Ava, a BHS sophomore who knows how difficult school can be, and is here to help: Believe in yourself, manage your time, take good notes, learn how to read a textbook, establish test taking strategies and study skills, and reduce stress!

Day: Saturday **Time:** 12:00pm—1:30pm

Date: 3/4—4/29 (6 wks ~ no class 3/25, 4/8, 4/15)

Fee: \$119.00

Place: Brookfield Town Hall

March Madness



March Madness is here! Students in grades 5-8 are invited to register for this Friday night bball celebration! A 3 vs. 3 basketball tournament will be held with boys, girls, and coed teams. Come play, watch, or hang out with friends. Students do not have to play basketball and can instead watch and cheer on friends. March Madness college basketball games will be broadcasted for viewing. Snacks and drinks will be available for purchase. This event will be hosted by Parks & Recreation staff with assistance from the BHS girls and boys basketball teams.

Day: Friday

Time: 6:30—9:00pm

Date: 3/17

Fee: \$5.00pp

Place: WMS Gyms

Musical Theater

NEW ~ Into the Woods Jr.

A musical theater production for grades 4-8.



This Musical Theater program is not only for students who enjoy and want to experience musical theater performance like acting, singing, and dance; it is also for students who enjoy the technical side of things like set design and creation, lighting, sound, stage management, etc. Much like an odyssey of the mind experience, problem solving and teamwork are prioritized among the many other benefits in this art form. Students will all work as a team alongside one another to create a fun and educational musical experience that family and friends will enjoy. Students will freely be able to choose one or more projects of interest to be a part of and have support using their creativity through the process. Rehearsals will take place Mondays and Wednesdays at Center School in the gym with a performance tentatively scheduled for April 28th & 29th.

Rehearsals: Mondays & Wednesdays

Time: 5:00—7:00pm **Place:** CES Gym

Dates: 2/6—4/26 (no rehearsals 2/20, 4/10, 4/12)

Fee: \$299.00 **Director:** Stacey Snyder

Spring Break Camp

Camp Cadigan

This half-day, multi-sport camp takes place during the Brookfield Public Schools spring break. Students in grades 1-5 are invited to attend and play a variety of sports and games at Cadigan Park. Each day, campers will participate in sport related activities and large group games in sports such as soccer, kickball, flag football, backyard games, racquet sports, and more! This program takes place outdoors and may be cancelled for inclement weather. Friday, 4/14, will be held as a makeup day in case of any postponements. Campers should wear weather appropriate clothing that is easy to run around in and sneakers. There be breaks each day so bring a snack or two and water bottles for the morning.

Day: Monday—Thursday **Time:** 8:30am –12:00pm

Dates: 4/10—4/13 (4 days) **Fee:** \$144.00

Place: Cadigan Park, 500 Candlewood Lake Rd.



REC Basketball

Iddy Biddy Basketball—Grade 1

This introductory program for boys and girls in first grade looking to learn about the game of basketball and start developing foundational dribbling, passing, and shooting skills. The group will meet for an hour each week and participate in drills, activities and games led by our basketball supervisors. Elements of teamwork and sportsmanship will also be introduced.

Days: Saturday **Time:** 8:00—9:00am

Dates: 1/7/23—2/25/23 (7 wks ~ no meeting 2/18)

Place: HHES Lower Gym **Fee:** \$84.00

Girls Basketball—Grades 6—9

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

Days: Saturday **Dates:** 1/7/23—3/4/23 (9 wks)

Fee: \$108.00 **Place:** BHS Gyms

Boys Basketball—Grades 6 & 7, 8 & 9, 10-12

Boy's rec basketball leagues will begin on Jan. 7th 2023 at Brookfield High School with two weeks of evaluations. Regular season games will begin the week of Jan. 21st and run 7 weeks. Games are played between other Brookfield teams and are officiated by high school certified officials. Time and format of the league will vary depending on the number of players and teams. Generally, boys in grades 6/7 play at 8:00 or 9:30am, boys in grades 8/9 at 11:00am or 12:30pm, and boys in grades 10-12 at 2:30 or 3:45pm. Late season games and playoffs may be played on a weeknight. Supervisors for the program are Steve Kolitz, Jason Maxwell, Lisa DiLullo, and Desirae Smyser

Days: Saturday **Dates:** 1/7/23—3/4/23 (9 wks)

Fee: \$108.00 **Place:** BHS Gyms

Community

YOUTH SPORTS ORGANIZATIONS:

Brookfield Baseball & Softball Association (BBSA)

www.brookfieldbbsa.com

Steve Harding Sr. – President

proff1960@aol.com ~ 203-770-4424

Brookfield Pop Warner Football & Cheer

www.brookfieldpopwarner.com

Kori Kermashek - President - korik412@hotmail.com

Brookfield Lacrosse Club

www.brookfield-lax.org

Jeff Praissman – Boys President

jpraissman@gmail.com

Holli Carl—Girls President

Brookfield Soccer Club www.brookfieldsoccer.org

Sam Ramzy-Registrar

registrar@brookfieldsoccer.org

Brookfield Basketball Association (BBA)

www.bbabrookfield.com

Chris Travis - brookfieldbbapresident@gmail.com

Brookfield Lacrosse Club

Spring 2023 Registration is now open! Interested parents should visit www.brookfield-lax.org for more information and to register. Questions can be emailed to the contacts located in the Youth Sport Organizations box above.

Deadlines:

Boys & Girls in 7th & 8th Grade—1/31/23.

Boys & Girls in 3rd—6th Grade—2/28/23.

Boys & Girls in K—2nd Grade—Limited to 50 kids.



Brookfield Soccer Club

Brookfield Soccer Club registration for travel will begin the week of 12/21 with the season games beginning 4/1/23. Registration birth years are 2014 to 2010. In town rec soccer registration for the Spring U6 and U8 season will open the last week of January. Please follow us on Facebook and checkout our website for the most up to date information. www.brookfieldsoccer.org



Brookfield Baseball & Softball Assoc.

Visit www.brookfieldbbsa.com for information on spring 2023 leagues and registration.

Boys who are 4 years old by 4/30/23 and girls who are 4 years old by 1/1/23 are eligible.

Must be Brookfield resident to participate.



Community

Frequently Requested Contact Information



Boy Scouts

Ken Witmyer

ken.witmyer@gmail.com

Airielle Smith

aerielle.smith@yahoo.com

Cub Scouts

Sara Vannucci

Katie Rose

Orie

Cscout135@gmail.com

Brookfield Education Foundation (BEF)

brookfieldeducationfoundation@gmail.com

Conservation Commission

Land Use Office

(203) 775-7316

Garden Club

brookfieldgardenclub@yahoo.com

Girl Scouts

<https://www.gsfc.org>

Brookfield

Alan Peck—President

Lion's Club

Membership Info—diezemann@sbcglobal.net

MOMS Club® of Brookfield

themomsclubofbrookfield@gmail.com

Senior Center

(203) 775-5308

Social Services

(203) 775-7312

Women's Club of Brookfield

Cynthia Buzcek

(203) 470-7291

Laura Pizzirusso

(203) 775-6283

Brookfield Parent Support Network

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



PRSRT STD
ECRWSS
USPOSTAGE
PAID
EDDM RETAIL

P.O. Box 5106 Brookfield, CT 06804

POSTAL PATRON

BROOKFIELD, CT 06804

RECREATION STAFF:

Vacant, Director of Parks & Recreation
 Dan Gagne, Recreation Supervisor
 Liz Gavagan Burandt, Administrative Assistant



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.

PARKS MAINTENANCE STAFF:

Chris Rabuse Parks Supervisor
 Chris Shaw Crew Leader
 Rob Haggarty Parks Maintainer
 Mike Schaniel Parks Maintainer
 Chris Montchal Parks Maintainer

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

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REGISTRATION NOW OPEN FOR WINTER PROGRAMS.

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