

OCTOBER 20th - DECEMBER 22nd, 2025



JOE TRAPASSO GYM SCHEDULE

MONDAYS:

8:30a - 9:30a (*starts Nov. 10*)
9:30a - 11:30a
11:45a - 1:45p (*starts Nov. 10*)
*2:00p - 3:30p (*starts Nov. 10*)
3:30p - 5:15p
5:15p - 7:30p
*7:45p - 9:15p (*starts Nov. 10*)

Canoe Brook Senior Activities
Parks & Recreation Programming
Canoe Brook Senior Activities
*Adult Open Pickleball Courts
Afterschool Activities
Branford Youth Basketball
*Adult Open Pickleball Courts

TUESDAYS:

6:30a - 7:30a
8:30a - 10:45a (*starts Nov. 18*)
11:00a - 12:30p
12:30p - 2:30p
3:30p - 5:15p
5:15p - 9:00p

Parks & Recreation Programming
Canoe Brook Senior Activities
Parks & Recreation Programming
Lunchtime Basketball- Adults 18+
Afterschool Activities
Branford Youth Basketball

WEDNESDAYS:

8:30a - 9:30a (*starts Nov. 12*)
10:30a - 11:15a
*11:30a - 1:30p (*starts Nov. 12*)
3:30p - 5:15p
5:15p - 6:15p
6:15p - 9:00p

Canoe Brook Senior Activities
Parks & Recreation Programming
*Adult Open Pickleball Courts
Afterschool Activities
Branford Youth Basketball
Parks & Recreation-Men's Basketball League

THURSDAYS:

6:30a - 7:30a
8:30a - 10:45a (*starts Nov. 13*)
11:00a - 12:30p
12:30p - 2:30p
3:30p - 5:15p
5:15p - 9:00p

Parks & Recreation Programming
Canoe Brook Senior Activities
Parks & Recreation Programming
Lunchtime Basketball- Adults 18+
Afterschool Activities
Branford Youth Basketball

FRIDAYS:

*8:30a - 10:30a (*starts Nov. 14*)
11:00a - 12:30p
1:00p - 2:30p (*starts Nov. 14*)
3:30p - 5:15p
5:15p - 9:00p

*Adult Open Pickleball Courts
Parks & Recreation Programming
Canoe Brook Senior Activities
Afterschool Activities
Branford Youth Basketball

SATURDAYS:

8:00a - 7:30p (**starts Dec. 6*)
1:00p - 3:00p (*ends Nov. 22*)
3:00p - 5:00p (*ends Nov. 22*)
5:00p - 7:00p (*ends Nov. 22*)
7:00p - 9:00p (*ends Nov. 22*)

Parks & Recreation Programming/*BFD JR Basketball
Open Play Basketball Courts- Grades K-4
Open Play Basketball Courts- Grades 5-8
Open Play Basketball Courts- Grades 9-12
Open Play Basketball Courts- Adults 18+

***Branford Residents Only: Indoor Membership Required**

revised 10-15-25

SCHEDULE: SUBJECT TO CHANGE | BRANFORD RESIDENTS ONLY

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