



JOE TRAPASSO GYM SCHEDULE

MON MARCH 30th - SAT APRIL 11th, 2026

MONDAYS:

8:30a - 9:30a
9:30a - 11:30a
11:45a - 1:45p
*2:00p - 3:30p
3:30p - 5:00p
*7:30p - 9:00p

Canoe Brook Senior Activities
Parks & Recreation Programming
Canoe Brook Senior Activities
*Adult Open Pickleball Courts (*ends Apr 6th*)
Afterschool Activities
*Adult Open Pickleball Courts (*ends Apr 6th*)

TUESDAYS:

8:30a - 10:45a
11:00a - 12:30p
12:30p - 2:30p
3:30p - 5:00p

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

WEDNESDAYS:

8:30a - 9:30a
10:30a - 11:15a
*11:30a - 1:30p
2:00p - 3:30p
3:30p - 5:00p

Canoe Brook Senior Activities
Parks & Recreation Programming
*Adult Open Pickleball Courts (*ends Apr 8th*)
Canoe Brook Senior Activities
Afterschool Activities

THURSDAYS:

8:30a - 10:45a
11:00a - 12:30p
12:30p - 2:30p
3:30p - 5:00p

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

FRIDAYS:

*8:30a - 10:30a
11:00a - 12:30p
1:00p - 2:30p
3:30p - 5:00p

*Adult Open Pickleball Courts (*ends Apr 10th*)
Parks & Recreation Programming
Canoe Brook Senior Activities
Afterschool Activities

SATURDAYS:

8:00a - 1:00p
1:00p - 3:00p
3:00p - 5:00p
5:00p - 7:00p
7:00p - 9:00p

Parks & Rec Programming
Open Play Basketball— Grades K-4th (*resident only*)
Open Play Basketball— Grades 5th-8th (*resident only*)
Open Play Basketball— Grades 9th-12th (*resident only*)
Open Play Basketball— Adults 18+ (*resident only*)

**Branford Residents Only: Parks & Rec Indoor Membership Required*

Revised: 3-30-26

SCHEDULE: SUBJECT TO CHANGE | BRANFORD RESIDENTS ONLY

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