

BRANFORD PARKS & RECREATION

www.branfordrecreation.org

NOVEMBER BROCHURE 2021



Without parks there is no *Recreation*...

Without *Recreation*, there is no parks...

but WITH the wonderful children of the Branford Community,
there IS lots of activities, fun and a lifetime of memories in the sun!





Office Hours: Monday thru Friday
8:00 AM—4:30 PM

Address: 46 Church Street, Branford, CT. 06405

Phone: 203-488-8304 / Fax: 203-315-4017

Web: www.branfordrecreation.org

Email: recreation@branford-ct.gov



Follow Us:

Facebook.com/BranfordParksandRec
@branfordparksandrecreation



REFUND POLICY



The following refund policy is in effect:

- ◆ If a program / activity is cancelled by the Parks & Recreation Dept. a full refund will be issued.
- ◆ To avoid classes being cancelled at the last minute due to insufficient enrollment & in order to accommodate waitlist, refund request must be made no later than five (5) business days before the program begins
- ◆ Refunds are generally not given once a program has begun, however in the event of injury or illness, a refund request will be considered if accompanied by a doctor's note. No refunds on tickets, trips or pool passes.
- ◆ Absolutely no refunds will be given for any unused portion of a program/activity.
- ◆ All refunds are subject to a \$10.00 processing fee.
- ◆ When a program/activity is run by a third party vendor, no refunds will be given after 5 business days prior to the start of the program/activity.
- ◆ All refunds are issued back in the original payment format, except cash.

Weather

If Branford Public Schools are cancelled or dismissed early, all Parks and Recreation programs and activities will be cancelled. If schools have a delay opening, programs will continue as scheduled, except for programs starting prior to 10AM. Please Note: If the BOE cancels their evening activities, it will be at the discretion of our Department to keep evening programs on as scheduled. For the most up to date information, please visit our website or call the office.

"SMOKE FREE POLICY":

"Smoking is prohibited at all properties under the control of the Branford Parks and Recreation Dept. at all times, including but not limited to: buildings, grounds, entrances, sidewalks, parking lots and beaches. Smoking is defined as the use of cigarettes, pipes, cigars and other devices that produce smoke including electronic cigarettes and water pipes".

Registration & COVID 19 Information

Information in this brochure will continually be updated as additional information becomes available. Please check our website for updates or call the office at 203-488-8304.

Safety is our #1 priority. Guidelines have been put in place for each program with the safety of staff and program participants in mind. We ask that you adhere to all guidelines for our programs and activities.

How to Register

You can register by phone, in-person or on-line. Need help creating an account? Call the office at 203-488-8304 or visit us on-line at www.branfordrecreation.org and click on "Create an Account."

Registration Payment

Forms of payment: Cash, Check or Credit Card. VISA & Mastercard are accepted on-line, by mail and in-person. Cash payments are only accepted during office hours. If paying by check, please make checks or money orders payable to "Treasurer, Town of Branford." A \$20 fee will be assessed for returned checks.

All programming will follow State of CT Executive Orders, Local and Town as well as East Shore District Health Department for guidelines and protocols related to COVID-19. Please see your receipt/attachments for additional COVID-19 guidelines about each program.

Parks and Recreation Staff

Alex Palluzzi, Jr. – Director Parks & Recreation
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Marcel "Butch" Cote – Lead Maintainer
Nicholas Polastri – Maintainer

Jeffrey Sitz – Maintainer
Colin Tracy-Maintainer

FOR MORE INFORMATION SCAN WITH YOUR SMART PHONE



SCAN ME

Branford Parks & Recreation Closings

Mon. Sept. 6th

Mon. Oct. 11th

Wed. Nov. 11th

Thurs. Nov. 25th & 26th

Thur. Dec. 23rd

Fri. Dec. 24th

Sat. Dec. 25th

Thurs. Dec. 30th

Fri. Dec. 31st

Sat. Jan. 1st

Labor Day

Columbus Day

Veteran's Day

Thanksgiving Holiday

Christmas Holiday office closes at noon

Christmas Eve

Christmas

New Years Holiday Office closes at noon

New Year's Eve

Happy New Year 2022!

PRE-SCHOOL & AFTERSCHOOL PROGRAMS



LITTLE DUNKERS & LUNCH: Ages: 2 yrs.-4yrs.

Instructor: Coach Vic & The Park and Recreation Staff

Toddler and caregivers will play together in a group followed by a lite lunch with their new "Teammates."

Date:	Time:	Fee:	Location:
Fri. Nov. 19-Dec. 17	11:00 AM-Noon	\$40	Joe Trapasso Gym/ Bonus Room
Note: No Class 11/26			



PEE WEE FOOTBALL: Ages: 3 yrs.— 4yrs.

Instructor: Coach Vic & The Park and Recreation Staff

This program is designed to introduce toddlers to the fundamentals of football. Ready, hut, hut, hike. Your athlete will be introduced to the basic fundamentals of football, including running, throwing and catching. Please wear sneakers and bring your own water bottle.

Date:	Time:	Fee:	Location:
Mon. Nov. 15-Dec. 6	11:00 AM-11:30 AM	\$40	Joe Trapasso Gym

PARENT TODDLER SPORTS R US: Ages: 1 yrs.—3yrs.

Instructor: Coach Vic & The Park and Recreation Staff

Your little one will take delight in every class with running, scoring a hoop, scoring goals, throwing and catching. Each week will allow your child to learn how to play together with their peers. Please wear sneakers and bring a water bottle.

Date:	Time:	Fee:	Location:
Tues. Nov. 16-Dec. 7	11:00 AM-11:30 AM	\$40	Joe T. Gym



T-BALL FUN: Ages: 2 yrs.—4yrs.

Instructor: Coach Vic & The Park and Recreation Staff

This program is designed to introduce toddlers to the fundamentals of baseball/softball, with a parent or caregiver by their side. Fun drills or running, hitting balls off a tee, throwing, catching and more! Please wear sneakers and bring a water bottle.

Date:	Time:	Fee:	Location:
Wed. Nov. 17-Dec. 8	10:00 AM-10:30 AM	\$40	Joe Trapasso Gym

"STAYING FIT" - DO YOUR BEST TRAINING:

MOMMY & ME EXERCISE: Ages: 1yr.—4yrs.

Instructor: Jill Temple

This program is designed for you and your child to get moving in a fun way! Let's get outside with Personal Trainer, Jill as she leads fun physical activities to get you and your toddler moving. Your child will have a blast as they get their wiggles and giggles out! Please bring a mat and water bottle with you.

Date:	Time:	Fee:	Location:
Tues. Nov. 16-Dec. 14	9:00 AM-9:30 AM	\$40	Joe Trapasso Gym



YOUTH PROGRAMS

HOOPS AT THE Q-HOUSE: Grades: K-1st.

Instructor: Coach Vic & The Park and Recreation Staff

Learn basic skills for the game of basketball in a non-traditional way. Participants will have fun running, dribbling, shooting, and more! Please wear sneakers and bring your own water bottle. **PLEASE PICK ONLY ONE SESSION**

Session 1 - Date:	Time:	Fee:	Location:
Tues. Nov. 30-Jan. 11	4:00 PM-4:45 PM	\$60	Joe Trapasso Gym
Note: No class 12/28			



Session 2- Date:	Time:	Fee:	Location:
Thurs. Dec. 2-Jan. 20	4:00 PM-4:45 PM	\$60	Joe Trapasso Gym
Note: No class 12/23, 12/30			

KIDS CRAFT CLASSES

NEW

Re-Loved Designs Presents:

KIDS WINTER WONDERLAND GARDEN CLASS: Grades: K & Up

Spend the afternoon with Courtney creating a winter wonderland garden in person. Each child will paint & decorate a mini house and use their imagination to design the rest of their winter landscape. All supplies are included. Kits are available for purchase with instructions if you would like to create in the comfort of your own home or makes a great gift!

Instructor: Courtney Rosenberg

Date:	Time:	Location:	Fee:
Wed. Dec. 1	4:00 PM-5:30 PM	Joe Trapasso Community House	\$25
Wed. Dec. 15	4:00 PM-5:30 PM	Joe Trapasso Community House	\$25
Kit orders: Must be purchased by Dec. 1 (pick up by December 10th)			\$25



TODDLER & ME CREATIVE MOVEMENT: Ages: 18 mos.-3 yrs.

Instructor: Paola Rarick

Come join us for a dynamic creative movement class that teaches toddler the joy of music and dance. The toddlers will be accompanied by an adult who takes the class with them. This is a wonderful bonding experience and great way to ease them into new environments.

Session1:

Date:	Time:	Fee:	Location:
Tues. Nov. 16-Dec. 7	9:00 AM-9:30 AM	\$55	Studio One



BEGINNER UKULELE CLASS

Instructor: Phyllis Nolan, Grades: 3rd-5th

Learn to play this wonderful instrument. The Ukulele will make you smile. Easy to learn and so rewarding. You will be able to play a song before you leave the first class. Come and join this fun class. Must bring a ukulele, tuner and notebook to class.

DATE: Classes coming in Jan. 2022

www.branfordrecreation.org



LEGACY THEATRE ARTS PROGRAMS



We are excited to partner with Legacy Theatre to offer many opportunities to the community to expand your creative arts and theatre experiences. Join a class today!



LEGACY THEATRE'S TOTS & TODDLER, DANCE, STORYTIME & DRAMA: Ages: 2-5yrs.

Instructor: Legacy Theatre Staff

We will explore making sounds (range, diction, volume, pace), moving our bodies, expressing our feelings through the vehicle of storytelling. Children & parents work with the Instructor to create a story (possibly based on a favorite, possibly original) to showcase during the final class at the Legacy Theatre, March 19th!

Date:	Time:	Fee:	Location:
Sat. January 15- March 19	9:30 AM- 10 AM	\$100	Joe Trapasso Community House

LEGACY THEATRE'S SHAKESPEARE FOR TEENS: Ages: 13yrs.-18yrs.

Instructor: Legacy Theatre Staff

Explore the world of Shakespeare and learn Classical Audition material that will enhance your personal repertoire and opportunities in the world of Acting and Drama History. The class will showcase classical monologues and scenes in a public performance during the final class, March 19th at the Legacy Theatre!

Date:	Time:	Fee:	Location:
Sat. January 15- March 19	1:00 PM-2:00 PM	\$200	Joe Trapasso Community House

LEGACY THEATRE'S ADULT IMPROV CLASS: Ages: 18+

Instructor: Legacy Theatre Staff

Enjoy the exploration of Improvisational Acting in fun and engaging scenes and exercises. Improve presentational skills and confidence through the art of acting with theatre professional instructors! The final class meeting will showcase scenes at the Legacy's Theatre, March 19!

Date:	Time:	Fee:	Location:
Sat. January 15- March 19	3:30 PM-4:30 PM	\$200	Joe Trapasso Community House

LEGACY THEATRE'S CABARET CLASS FOR ADULTS: Ages: 18+

Instructor: Broadway's Allison Thomas Lee & Legacy Theatre Staff

Join Broadway's Allison Thomas Lee (Broadway: In the Heights, The Addams Family) with a piano accompanist exploring different ways to sell a song of any style within a group cabaret performance. Participants will have the opportunity to sing their chosen solo pieces & receive feedback. The class will end with a public performance during the final class, March 19! All talent levels welcome!

Date:	Time:	Fee:	Location:
Sat. January 15- March 19	1:00 PM-3:00 PM	\$300	Joe Trapasso Community House

LEGACY THEATRE'S WHEEL LIFE THEATRE TROUPE:

Instructor: Jamie Petrone

Introducing a theatre troupe for those who ambulate with crutches or use wheelchairs and their siblings! Taught by THISAbility's Jamie Petrone, the troupe will meet weekly and perform at the Legacy Theatre on August 24th at 2pm. For more information please contact Keely Baisedn Knudsen at Keely@LegacyTheatreCT.org Note: Pre-registration is required!



Date:	Time:	Fee:	Location:
Saturdays Nov-June	10:30 AM-11:30 AM	FREE	Joe Trapasso Community House



LEGACY THEATRE ARTS PROGRAMS

LEGACY THEATRE'S VETERAN'S IMPROV GROUP: Ages: 18+

Instructor: Mary Lou Laurecelli, Drama Therapist

Class open to Veterans. Class will explore comedy and improv, and the final class meeting will showcase the work over the course of the term on June 26th at 2pm at the Legacy Theatre! Interested in working on being more in the moment? Improving your listening skills? Building confidence? Connecting with others? While at the same time flexing your creative muscles? Learning to play again? And having fun? Come join the Legacy's `improv group open to military veterans.



Date:	Time:	Fee:	Location:
Sat. Jan. 15–Jun. 26	12:00 PM–1:30 PM	Free	Joe Trapasso Community House

ENRICHMENT / ZOOM CLASSES WITH KIDSCAPADES

KIDSCAPADES: Have fun creating with the Kidscapades staff. A class materials list and ZOOM link will be sent out a few days before class so you can gather your supplies. *NOTE: Adult participation/supervision required.*

BEACH & OCEAN SENSORY PAINTING:

Ages 3–4

Explore and create together a beach themed sensory bin and dive into shaving cream as this magically turns into a beautiful ocean painting. The beach sensory bin is also perfect for future play on cold winter days! A Zoom link and materials list will be emailed.

Date:	Time:	Fee:
Wed. Nov. 10	10:00 AM–10:30 AM	\$15

GRINCH DAY:

Ages 3–4

Don't let the Grinch steal Christmas. Kidscapades will lead this fun filled class of Grinch activities! Each child will pour and mix their own bag of magic Grinch dust! Complete with directions on where and when to sprinkle the magic dust to keep the Grinch away. We then stir up a cup of exploding Grinch punch to help keep the Christmas magic in the air!

Date:	Time:	Fee:
Wed. Dec. 1	10:00 AM–10:30 AM	\$15

GRINCH DAY:

Ages 5–8

Don't let the Grinch steal Christmas. Kidscapades will lead this fun filled class of Grinch activities! Each child will pour and mix their own bag of magic Grinch dust! Complete with directions on where and when to sprinkle the magic dust to keep the Grinch away. We then stir up a cup of exploding Grinch punch to help keep the Christmas magic in the air!

Date:	Time:	Fee:
Wed. Dec. 1	4:00 PM–4:30 PM	\$15

GINGERBREAD BABY:

Ages 3–4

Based on the classic story Gingerbread Baby by Jan Brett we will take a quick story walk to familiarize the children with the Gingerbread Baby, if they have not already met the little rascal. The rest of class will be spent engaging in gingerbread baby centered activities. A Zoom link and materials list will be emailed.

Date:	Time:	Fee:
Wed. Dec. 8	10:00 AM–10:30 AM	\$15

COOKIE KITS AND COOKING CLASSES

Holiday Cookie Decorating Kits:

Have fun decorating your very own cookies in the comfort your kitchen. **"Sweets on Main"** will supply a half dozen cookies, icing, sprinkles and instructors to create your own masterpiece.

Thanksgiving:

Date: Pre-order before Nov. 19

Fee: \$25

Kit Pick-up: Nov. 22 or Nov. 23

7:30 PM-4:30 PM

Christmas:

Date: Pre-order before Dec. 17

Fee: \$25

Kit Pick-up: Dec. 21 or Dec. 22

7:30 PM-4:30 PM



MARY'S CULINARY COOKING CLASSES



MARY'S CULINARY COOKING CLASSES:

Ages: 6 yrs.-13 yrs.

Instructor: Mary Amter

Put your aprons on and learn some culinary skills while you make a delicious meal. Join Mary in the kitchen for a unique hands-on culinary experience that will engage children in creating delicious dinners and desserts. Participants will explore, create, and learn basic cooking techniques! They will enjoy each meal they cook with some left overs to take home. Class size is limited and social distancing and masks will be required.

Pumpkin Alfredo Pasta & Pumpkin Cream Cheese Bars

Date:
Mon. November 8

Time:
4:30 PM-6:30PM

Fee:
\$40

Location:
Joe Trapasso Community House

Ziti Bolognese & Sugar Cookie Green and Red Fudge

Date:
Thurs. December 2

Time:
4:30 PM-6:30 PM

Fee:
\$40

Location:
Joe Trapasso Community House

Red and Green Greek Quesadillas & Reindeer Rice Krispy and Grinch Bites

Date:
Mon. December 13

Time:
4:30 PM-6:30 PM

Fee:
\$40

Location:
Joe Trapasso Community House



"No one is born a great cook, one learns by doing!"

BRANFORD PARKS & RECREATION SHORELINE THEATRE COMPANY

BRANFORD PARKS AND RECREATION



www.branfordrecreation.com

www.shorelinetheatrecompany.com



Winter Theatre Camp

Tickets on sale beginning Nov. 1st
For tickets visit

www.branfordrecreation.org or 203-488-8304

December 10th

7:00pm & 11th 1:00pm

ELF JR. THE MUSICAL:

Fee: \$300

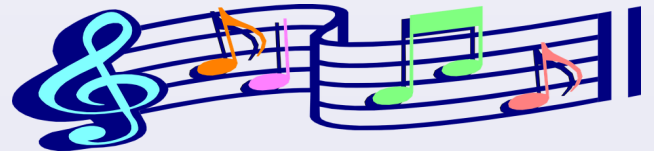
Under the direction of Colin Sheehan & Mike Martone, participants will learn and have the opportunity to work together to perform in a musical production of ELF, JR. This production is based on the beloved holiday film, this hilarious fish-out-of-water comedy follows Buddy the Elf in his quest to find his true identity. Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity.

Date: Tues/Thurs/Sat Nov. 9th-Dec. 9th

Time: Tues/Thurs. 6:00 PM - 8:00 PM Sat. 10:00 AM-12:00 PM

Location: Joe Trapasso Community House

Performance Dates: Dec. 10th @ 7:00 PM Dec. 11th @ 1:00 PM



Branford Shoreline Theatre Company (STC) started in the Spring of 2018 as a discussion with The Branford Parks and Recreation Department to try and fill a void in our community as we felt more performing arts opportunities should be available for people of all ages. Our first show, Hairspray, had a cast of 60 from 10 different towns ranging in age from 13-70. We also offered a summer theatre camp experience for 2nd through 8th graders that concluded with performances of Aladdin Jr. Due to the success of the summer theatre camp, we then offered a Winter camp opportunity with the production of Elf Jr. In one year our number of campers have doubled for this Summer's production of Alice in Wonderland Jr.

The community has been very supportive of us and we look forward to offering a wide array of shows with different sizes of cast members and immersive experiences for audiences in the future. We hope that The Branford Parks & Recreation STC continues to influence and inspire everyone that experiences a production with us whether it be onstage, behind the scenes or as a spectator. Thank YOU for supporting THE ARTS! Visit our website at www.shorelinetheatrecompany.com to learn more about us and view our gallery of previous productions.

www.branfordrecreation.org

CREATIVE CLASSES FOR ADULTS

NEW



YARN TREES CRAFT CLASS: Ages: 18+

Come spend your evening with Courtney creating a set of three staggered sized yarn trees. Participants will choose from an assortment of yarn colors to design your very own beautiful holiday décor. These trees make a beautiful mantle display or centerpiece. All materials are provided. Sets consist of 1 felt leaf tree, 2 yarn trees, embellishments & starfish topper. Feel free to bring your dinner with you to class.

Instructor: Courtney Rosenberg

Date:	Time:	Fee:	Location:
Mon. Nov. 29	6:00 PM-8:30 PM	\$52	Joe Trapasso Community House
Tues. Nov. 30	6:00 PM-8:30 PM	\$52	Joe Trapasso Community House

HOLIDAY SHELL TREE CRAFT CLASS: Ages: 18+

Come spend your evening with Courtney creating a perfect coastal tree complete from shells. You can choose to decorate your tree with embellishments. All supplies will be provided. These beautiful trees make a great gift or the perfect decoration. Feel free to bring your dinner with you to class.

Instructor: Courtney Rosenberg

Date:	Time:	Fee:	Location:
Wed. Nov. 17	6:00 PM-8:00 PM	\$30	Joe Trapasso Community House
Wed. Dec. 1	6:00 PM-8:00 PM	\$30	Joe Trapasso Community House

JEWELRY MAKING CLASSES 18+

Instructor: Phyllis Nolan

Join Phyllis as she shares her passion for making jewelry from sea glass & sea shells. Instructions & all materials are included. Makes a great holiday gift!

Wire Wrapping Sea Glass Necklace

Date:	Time:	Fee:	Location:
Sat. Nov. 13	11:00 AM-1:00 PM	\$40	Joe Trapasso Community House



Wire Wrap Glass or Shell Ornament

Date:	Time:	Fee:	Location:
Mon. Nov. 22	6:00 PM-7:30 PM	\$40	Joe Trapasso Community House

NEW

ADULT PAINT NIGHT 18+

Join us for a fun evening creating this winter masterpiece!

Pam from Pams Picasso's will give step by step instruction. No experience necessary. We will use acrylic paint on a 16" x 20" canvas. Supplies included.

Grab a friend and let's get creative!

Instructor: Pam Halligan of Pam's Picasso's

Date:	Time:	Fee:	Location:
Friday, Dec. 10	6:30 PM-8:30PM	\$35	Joe Trapasso Community House



ADULT CARD & TILE GAMES AND LESSONS

"COMMONLY USED CONVENTIONS"

Instructor: Donald Brueggemann

The class will usually cover 2 different conventions at each session, if time permits additional topics can be included. There will be pre-arranged hands to illustrate the topics covered in each class session. A "convention" is "An understanding between partners that would not ordinarily be understood by the opponents in the absence of an explanation. A convention, in contrast to a treatment, is a bid that gives or requests information unrelated to the denomination named. A convention is also a call or play with a defined meaning, which may be artificial." There is more to most conventions than people realize – bids that seem simple have multiple variations and responses, as well as partnership agreements that can change and enlarge on the meaning of responses. The language of Bridge is confined to 7 numbers and 9 words, so it is important to put as much meaning into each of those numbers and words as possible – which is why conventions are so important in communicating with partner. However, there is a limit to conventions that can be used in certain levels of competition, as outlined in the ACBL Convention Charts.



Date:	Time:	Fee:	Location:
Fridays, Nov 19 Dec 3, 10, 17	10:00 AM-11:30 AM	\$45	Joe Trapasso Community House

LEARN TO PLAY BRIDGE!

Instructor: Rick Seaburg

This course will focus on Competitive Bidding. If you've taken the first course, are returning to bridge, or need some brushing up on your bidding in competition, this is the course for you. The course will cover preemptive bids, overcalls and advances, take out doubles and advances and the competitive auction. There will be class discussion of several hands on each topic as well as playing hands involving the current topics.

Date:	Time:	Fee:	Location:
Mondays, Nov 22-Jan 10	10:00 AM-11:30 AM	\$90	Joe Trapasso Community House

MAHJONG

Instructor: Allison Friday

Learn how to play the American version of the Chinese tile-based game. This game is a fun exciting and challenging game. In this six week class, participants will learn the basics: set up, play and scoring.

Date:	Time:	Fee:	Location:
Wed. Nov. 10- Dec. 15	6:30 PM-8:00 PM	\$50	Joe Trapasso Community House
Note: No Class 11/24			

Wed. Jan. 12-Feb. 16	6:30 PM-8:00 PM	\$60	Joe Trapasso Community House
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ADULT PROGRAMS

Staying Fit “Do Your Best Training” with Personal Trainer Jill Temple



BEACH WORKOUT AT BRANFORD POINT:

Do your best training with personal trainer Jill Temple.

Date:	Time:	Fee:	Location:
Sat. Nov. 6–Nov. 27	8:00 AM–9:00 AM	\$50	Branford Point

ADULT FITNESS CLASSES: SUNRISE WORKOUTS

Looking to get in shape or continue to tone your body? Start your day the best way with an indoor workout that is fun and challenging.

Date:	Time:	Fee:	Location:
Tues./Thurs. Nov. 16–Dec. 14	6:30 AM–7:30 AM	\$100	Joe Trapasso Community House

Note: No class 11/25

ADULT KEEP MOVING EXERCISE CLASSES:

Looking to get in shape or continue to tone your body? Start your afternoon in the best way with an indoor workout that is fun and challenging.

SESSION 1:

Date:	Time:	Fee:	Location:
Wed. Nov. 10–Dec. 1	1:00 PM–1:45 PM	\$65	Joe Trapasso Community House

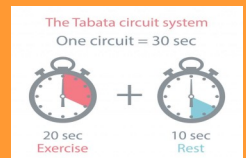
SESSION 2:

Date:	Time:	Fee:	Location:
Wed. Dec. 8–Dec. 29	1:00 PM–1:45 PM	\$65	Joe Trapasso Community House

TABATA LUNCHTIME CLASS:

Join this 30 min Tabata music style class. A tabata workout is 8 cycles of exercise where you work hard for 20 sec and then rest for 10 sec. A great cardio...get your heart rate high type of class. Each exercise has a different song. All abilities welcome, advanced or new to exercising, we loved to work out with you!

Date:	Time:	Fee:	Location:
Tue. Nov. 16–Dec. 14	12:30 PM–1:00 PM	\$40	Joe Trapasso Community House



www.branfordrecreation.org

ADULT PROGRAMS

CARDIO KICKBOXING:

INSTRUCTOR: Annie Lyons

Do you like to sweat? If so, then this is your class! Learn kickboxing techniques in a high intensity, high calorie-burning workout covering footwork, balance, endurance, body strength training and stretching. This is a full body workout. No experience needed. Please bring a mat and a water bottle with you to each class.

Class taught by Annie Lyons, Kickboxing Instructor

DATE:	TIME:	FEE:	LOCATION:
Wed. Nov. 17 to Dec. 22	6:00 PM-7:00 PM	\$60	Joe Trapasso Community House



SOUL CHILL YOGA FOR ALL:

Instructor: Sally Noel

Classes focus on stress relief and releasing tension while promoting key strength and balance. Along with movement and poses, beginning meditation, breath awareness and relaxation is taught. All welcome, practiced and beginners alike. Modifications offered for all to enjoy. Please bring a mat or towel, and a water bottle.

Session 1:

Date:	Time:	Fee:	Location:
Tues. Jan. 11, 18, 25, Feb. 1	10 AM-11 AM	\$50	Joe Trapasso Community House
	7 PM-8 PM	\$50	Joe Trapasso Community House

Session 2:

Date:	Time:	Fee:	Location:
Tues. Feb. 8, 15 Mar. 1, 8	10 AM-11 AM	\$50	Joe Trapasso Community House
	7 PM-8 PM	\$50	Joe Trapasso Community House

Session 3:

Date:	Time:	Fee:	Location:
Tues. Mar. 15, 22, 29, Apr. 5	10 AM-11 AM	\$50	Joe Trapasso Community House
	7 PM-8 PM	\$50	Joe Trapasso Community House



BRANFORD WALKERS

NOVEMBER SCHEDULE:

Join us for hikes in town and out of town and enjoy the great outdoors, socialization, exercise and more! Walks meet at 8:45 AM and hiking starts at 9:00 AM from the site locations. All hikers must practice social distancing. If you wish to stay for lunch, bring a bag lunch and a folding chair. Questions about individual hikes should be addressed to the walk leader. Please check the website for updated schedules, directions and times or call the office. Questions about individual hikes should be addressed to the group leader

Website: www.branfordrecreation.org

Office: 203-488-8304

Date:	Location:	Walk Leader:	Contact #:
Nov. 5th	Branford Trail Loop #6	Geoffrey Smith	203-488-3352
Nov. 12th	Branford Trail Loop #7	Geoffrey Smith	203-488-3352
Nov. 19th	Branford Trail Loop #8	Geoffrey Smith	203-488-3352
Nov. 26th	Madison Shoreline	Sylvia Lack	203-624-1126



SPECIAL EVENTS & FAMILY



DRIVE-IN MOVIE NIGHTS

Ages: All/Family

Join us for fun in the parking lot to kick off the holidays this fall and winter. Enjoy a classic holiday movie from the comfort of your car (or parking spot)! Together with the Peanuts Gang, we will celebrate Halloween, Thanksgiving and Christmas. Popcorn will be included.

A CHARLIE BROWN THANKSGIVING:

It will be fun watching the Peanuts gang as Peppermint Patty invites herself and her friends over to Charlie Brown's for Thanksgiving, and with Linus, Snoopy, and Woodstock, he attempts to throw together a Thanksgiving dinner. Please bring a can good to fill the shelves at the Community Dining Room for this Thanksgiving season.

Date:	Time:	Fee:	Location:
Monday, Nov. 15	6:00 PM	\$10/ car	Foote Memorial Park Parking Lot

A CHARLIE BROWN CHRISTMAS:

Join us to kick off the holiday season with the Peanuts Gang! Charlie Brown is repelled by all the commercialist he sees around him, so he sets out to find the true meaning of Christmas. Please bring a Christmas card for a Senior.

Date:	Time:	Fee:	Location:
Monday, Dec. 13	6:30 PM	\$10/ car	Foote Memorial Park Parking Lot



Branford Youth Sports & Clubs Contacts



Branford Little League
Tricia Lougal
Email: tricia23lougal@aol.com
Website: branfordlittleleague.net
Contact #: 203-645-5286



Branford Girls Softball
Dave Falcigno
Email: davidfalcigno@gmail.com
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Contact #: 203-627-1424



Branford Youth Cheerleading
Diana Vaicunas
Email: byccoordinator@gmail.com
Website: www.branfordyouthfootball.org
Contact #: 203-843-5722



Branford Soccer
Gary Sharp
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Website: www.branfordsoccer.org
Contact #: 203-500-0953



Junior/Travel Basketball
Joe Chandler
Email: coach.jchan12@gmail.com
Website: www.branfordbasketball.com
Contact #: 203-980-8021



PO Box 1022 Branford, CT
Branford Youth Lacrosse

Branford Youth Lacrosse
Vinnie Giordano
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Contact #: 203-627-6182



Jr. Hornets Baseball
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Youth Football
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Flag Football
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www.branfordrecreation.org