

# BRANFORD PARKS & RECREATION

[www.branfordrecreation.org](http://www.branfordrecreation.org)

## Winter 2022

Welcome  
2022





**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](http://www.branfordrecreation.org)

**Email:** [recreation@branford-ct.gov](mailto: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](http://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**  
[apalluzzi@branford-ct.gov](mailto:apalluzzi@branford-ct.gov)

**Dale Izzo – Assistant Director**  
[dizzo@branford-ct.gov](mailto:dizzo@branford-ct.gov)

**Victor Amatori, Jr. – Program Supervisor**  
[vamatori@branford-ct.gov](mailto:vamatori@branford-ct.gov)

**Andrea Kenney – Program Coordinator**  
[akenney@branford-ct.gov](mailto:akenney@branford-ct.gov)

**Colin Sheehan – Arts, Culture & Special Events**  
[csheehan@branford-ct.gov](mailto:csheehan@branford-ct.gov)

**Monica Sullivan – Administrative Assistant**  
[msullivan@branford-ct.gov](mailto:msullivan@branford-ct.gov)

**Marissa Dugan – Administrative Assistant**  
[mdugan@branford-ct.gov](mailto:mdugan@branford-ct.gov)

**Marcel "Butch" Cote – Lead Maintainer**  
**Nicholas Polastri – Maintainer**

**Jeffrey Sitz – Maintainer**  
**Colin Tracy-Maintainer**

## FOR MORE INFORMATION SCAN WITH YOUR SMART PHONE



## Branford Parks & Recreation Closings

<b>Thur.</b>	<b>Dec. 23rd</b>	<b>Christmas Holiday office closes at noon</b>
<b>Fri.</b>	<b>Dec. 24th</b>	<b>Christmas Eve</b>
<b>Sat.</b>	<b>Dec. 25th</b>	<b>Christmas</b>
<b>Thurs.</b>	<b>Dec. 30th</b>	<b>New Years Holiday Office closes at noon</b>
<b>Fri.</b>	<b>Dec. 31st</b>	<b>New Year's Eve</b>
<b>Sat.</b>	<b>Jan. 1st</b>	<b>Happy New Year 2022!</b>
<b>Mon.</b>	<b>Jan. 17th</b>	<b>Martin Luther King Day</b>
<b>Mon.</b>	<b>Feb. 21st</b>	<b>President's Day</b>
<b>Fri.</b>	<b>Apr. 15th</b>	<b>Good Friday</b>
<b>Mon.</b>	<b>May 30th</b>	<b>Memorial Day</b>

# TODDLER & YOUTH PROGRAMS

## BOOKS & PLAY: Ages: 2-4 years

Instructor: Coach Vic & The Park and Recreation Staff

Join us for a morning of reading and play! Give your child the first steps of enjoying a books and play. The first part of class, we will read a book and then get into the groove with a fun activity.

Date:	Time:	Fee:	Location:
Mon. Jan. 24-Feb. 14	11:00 AM-11:30 AM	\$40	Joe Trapasso Gym



## PARENT/TODDLER SPORTS R US: Ages: 1-3 years

Instructor: Coach Vic & The Parks and Recreation Staff

Calling all adults and their toddlers to spend time learning the basics. Each week class will introduce and focus on one sport. Sneakers are required.

Date:	Time:	Fee:	Location:
Wed. Jan. 26-Feb. 16	11:00 AM-11:30 AM	\$40	Joe Trapasso Gym

## PARENT CHILD PRE-SCHOOL SOCCER: Ages: 2-4 years

Instructor: Park and Recreation Staff

Calling all adults and toddlers! Come learn the basics of Soccer & show off your moves!

Date:	Time:	Fee:	Location:
Thurs. Jan. 27-Feb. 17	11:00 AM-11:30 AM	\$40	Joe Trapasso Gym



## 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. Jan. 28-Feb. 18	11:00 AM-Noon	\$40	Joe Trapasso Gym/Bonus Room



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

Instructor: Paola Rarick

Come join us for a dynamic creative movement class that teaches toddlers 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.

Date:	Time:	Fee:	Location:
Tues. Feb. 1st-Mar. 1st	9:00 AM-9:30 AM	\$55	Studio One

## Staying Fit for Toddlers/Preschool Mom & Me Exercise Classes

Let's get moving!!!! Bring your little one to the Joe Trapasso Gymnasium and join in as Personal Trainer Jill Temple leads fun physical activities to get your toddler moving. Your child will have a blast as they get their wiggles and giggles out! Bring a mat or towel and a water bottle with you.

Instructor: Jillian Temple

Date:	Time:	Location:	Fee:
Session 1 Tues. Jan. 11-Feb. 8	9:00 AM-9:30 AM	Joe Trapasso Gym	\$40
Session 2 Tues. Feb. 15-Mar. 22*	9:00 AM-9:30 AM	Joe Trapasso Gym	\$40

\*Note: No class 2/22

## 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 & join this fun class. Must bring a ukulele, tuner and notebook.

DATE: Classes coming in Jan. 2022. Call the office for more information.



[www.branfordrecreation.org](http://www.branfordrecreation.org)

## LEGACY THEATRE ARTS PROGRAMS

**NEW**

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



### LEGACY THEATRE'S TOTS & TODDLER, DANCE, STORYTIME & DRAMA: Ages: 2yrs.-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 EMERGING ACTORS ACTING CLASS: Ages: 7yrs.-12yrs.

Instructor: Legacy Theatre Staff

Come and Play! Acting through improvisation and scene work and fun theatre games with artist/teachers from Legacy Theatre! Final class meeting will showcase performances at the Legacy Theatre stage in Stony Creek!

Date:	Time:	Fee:	Location:
Sat. January 15- March 19	10:30 AM-11:30 AM	\$100	Joe Trapasso Community House





## LEGACY THEATRE ARTS PROGRAMS

### 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 6-Aug. 20, 2022	10:30 AM-11:30 AM	FREE	Joe Trapasso Community House



### 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. 25	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.*

### FROZEN:

Ages 3-4

For Frozen fans out there this class is perfect for you! We will create a beautiful Frozen wand, an Olaf project and even make and erupt snow! A Zoom link and materials list will be provided for you to gather supplies prior to the class.

Date:	Time:	Fee:
Thur. January 20	10:00 AM-10:30 AM	\$15

### SNOW DAY SCIENCE:

Ages 5-8

A science class filled with snow, and hot cocoa of course! Have the kids ever made or erupted snow? In this fun filled hands-on science class we will make and erupt snow, create a snowstorm and of course erupt some hot cocoa! Zoom link and materials list will be provided for you to gather supplies prior to class.

Date:	Time:	Fee:
Thur. January 20	4:30 PM-5:00 PM	\$15

### I LOVE YOU TO PIECES:

Ages 3-4

Celebrating Valentine's day with cute art projects made from puzzle pieces and hand prints. Adult assistance is required with prep and projects. A Zoom link and materials list will be provided for you to gather supplies prior to class.

Date:	Time:	Fee:
Thur. February 10	10:00 AM-10:30 AM	\$15

### VALENTINE SCIENCE:

Ages 5-8

Mix, pour and fizz your way into Valentines day with Valentine's Day theme related experiments. Hands-on science fun with lots of erupting experiments! A Zoom link and materials list will be provided for you to gather supplies prior to class.

Date:	Time:	Fee:
Thur. February 10	4:30 PM-5:00 PM	\$15

# BRANFORD PARKS & RECREATION SHORELINE THEATRE COMPANY

BRANFORD PARKS AND RECREATION



[www.branfordrecreation.org](http://www.branfordrecreation.org)

[www.shorelinetheatrecompany.com](http://www.shorelinetheatrecompany.com)



*Presents*



**Winter Theatre Camp**

**Tickets are on sale NOW**

For tickets visit

[www.branfordrecreation.org](http://www.branfordrecreation.org) or 203-488-8304

**Shows:**

January 14th 7:00 pm

January 15th 1:00 pm

Tickets are \$12.00 each

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](http://www.shorelinetheatrecompany.com) to learn more about us and view our gallery of previous productions.

**DUNGEON & DRAGONS : Ages: 10-15 years**

Instructor: Chris Lemieux

**RIME OF THE FROSTMAIDEN: Virtual**

North of the Spine of the World and west of the towering Reghed Glacier is a frigid expanse few dare to explore, let alone inhabit. For two long years, the god of winter's wrath has kept the sun from rising in the Icewind Dale. Suspicion and desperation eat away at settlements plunged into everlasting darkness. And still greater threats may loom on the horizon. This is a Dungeons and Dragon adventure fit for new-comers to the game and veterans alike. Will you survive the everlasting winter?

**Date:**

Tuesdays: Jan. 11. 18. 25. Feb. 1  
each class

**Time:**

6:00 PM-8:00 PM

**Fee:**

\$75

**Location:**

Online: ZOOM link will be sent prior to



[www.branfordrecreation.org](http://www.branfordrecreation.org)

## WIZARDS SCHOOL OF MAGIC



**Instructor: Tom O'Brien**

**Grade: 1st-5th**

Participants will learn magic tricks from Tom O'Brien and receive their own magic kit containing props necessary to perform at home.

Date:	Location	Time:	Fee:
Session 1: Wed. Jan. 12	Community House	1:15PM-2:15PM	\$25
Session 2: Wed. Feb. 2	Community House	1:15PM-2:15PM	\$25

## MARY'S CULINARY COOKING CLASSES FOR YOUTH

**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.

**Grilled Chicken Pesto Panini & Hot Chocolate Lasagna**

Date:	Location:	Time:	Fee:
Thursday, January 6th	Community House	4:30PM-6:30PM	\$40.00

**Blooming Quesadilla Ring & Hot Chocolate Bars**

Date:	Location:	Time:	Fee:
Thursday, January 20th	Community House	4:30PM-6:30PM	\$40.00

**Creamy Ranch Chicken & Cheesecake Dip**

Date:	Location:	Time:	Fee:
Thursday, February 3rd	Community House	4:30PM-6:30PM	\$40.00

**Chicken Francaise & Chocolate Raspberry Hearts**

Date:	Location:	Time:	Fee:
Monday, February 14th	Community House	4:30PM-6:30PM	\$40.00

**Creamy Chicken and Rice Casserole & Cookies and Cream Mousse Cups**

Date:	Location:	Time:	Fee:
Thursday, March 3rd	Community House	4:30PM-6:30PM	\$40.00

**Broccoli and Cavatelli & Mini Parfaits**

Date:	Location:	Time:	Fee:
Monday, March 14th	Community House	4:30PM-6:30PM	\$40.00

**Pasta Carbonara & Hersey Pie**

Date:	Location:	Time:	Fee:
Thursday, March 31st	Community House	4:30PM-6:30PM	\$40.00

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

[www.branfordrecreation.org](http://www.branfordrecreation.org)





**NEW**

## ADULT CULINARY COOKING CLASSES

# ADULT CULINARY COOKING CLASS

with

**CHEF GREGG & MARY**



Make some time for yourself and come cook with Chef Gregg and Mary!!! Learn a lot, have tons of fun and eat some scrumptious food! Join this fun class today. Space is limited.

Chef Gregg & Mary will teach participants advanced culinary skills to create a delicious meal complete with dessert.

A husband and wife team, both have spent many years teaching culinary arts for all ages and abilities. Chef Gregg is an award winning culinary arts and restaurant management teacher who teaches at the high school and college level. Mary shares her love for cooking with her students in many ways.

**DATE:** Thursday, January 27th

**TIME:** 5:30 PM - 8:30 PM

Fee:

**\$120/couple or \$75/person**

**JOE TRAPASSO COMMUNITY HOUSE**

### MENU

Chicken Scampi  
&  
Dessert

To register visit [branfordrecreation.org](http://branfordrecreation.org) or call the office  
203-488-8304

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[www.branfordrecreation.org](http://www.branfordrecreation.org)



# ADULT CARD & TILE GAMES AND LESSONS

## “COMMONLY USED CONVENTIONS”

Instructor: Donald Brueggemann

Defensive play is very important – at least 50% of Bridge play is based on defense but is usually overlooked. Lessons on defensive play will be held at Branford Community House beginning Friday, January 14, 2022, at 10:00 AM, and will be based on the ACBL Bridge Series book “Defense in the 21<sup>st</sup> Century: the Heart Series” (order at RJ Julia, also available at amazon.com). This will be a series of 8 lessons lasting for approximately 1 and ½ hours. This class will focus on an introduction to defensive play, opening leads against No Trump contracts, opening leads against suit contracts, play by the “second hand” defender and play by the “third hand” defender. The lessons will consist of a discussion of the material in the book and a set of pre-arranged hands prepared for the students to play based on the material covered. Maximum class size limited to 16 “students”, minimum 8. Fee is \$90.00 for Branford residents/\$100 for Non-residents.

Date:	Time:	Fee:	Location:
Fridays, Feb. 18-Apr. 8	10:00 AM-11:30 AM	\$90	Joe Trapasso CH



## 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. Jan. 12-Feb. 16	6:30 PM-8:00 PM	\$60	Joe Trapasso CH



# ADULT EXERCISE PROGRAMS

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



### SATURDAY FITNESS WORKOUTS

Let's get moving!!! Start your weekend in the best possible way with an exercise class at the JT Community House Fitness Room. Personal Trainer Jill Temple will demonstrate in body-weight routines that will challenge, motivate and energize you. Bring a mat and water bottle.

Date:	Time:	Fee:	Location:
Session 1: Sat. Jan. 8th-Jan. 29	8:00 AM-9:00 AM	\$50	Joe Trapasso CH
Session 2: Sat. Feb. 5th-Feb. 26	8:00 AM-9:00 AM	\$50	Joe Trapasso CH

### SUNRISE WORKDAY 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:
Session 1: Tues./Thurs. Jan. 11-Feb. 3	6:30 AM-7:30 AM	\$100	Joe Trapasso Community House
Session 2: Tues./Thurs. Feb. 15-Mar. 10	6:30 AM-7:30 AM	\$100	Joe Trapasso Community House

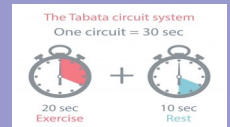
### ADULT KEEP MOVING EXERCISE CLASSES:

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.

Date:	Time:	Fee:	Location:
Session 1: Wed. Nov. 10-Dec. 1	1:00 PM-1:45 PM	\$65	Joe Trapasso Community House
Session 2: Wed. Dec. 8-Dec. 29	1:00 PM-1:45 PM	\$65	Joe Trapasso Community House

### TABATA LUNCHTIME CLASS:

A 30 min. 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 would love to work out with you!



Date:	Time:	Fee:	Location:
Session 1: Tue. Jan. 11-Feb. 1	12:30 PM-1:00 PM	\$40	Joe Trapasso Community House
Session 2: Tues. Feb. 8-Mar. 1	12:30 PM-1:00 PM	\$40	Joe Trapasso Community House

**NEW**

### FITNESS CIRCUIT:

Start your day with a great workout held at the Stanley T. Williams Community Center, 1332 Middletown Avenue, Northford. Personal Trainer Jill Temple will create and guide you through the perfect workout targeting all of your muscle groups. Bring a mat and water bottle.

Date:	Time:	Fee:	Location:
Session 1: Mon. Jan. 10-Feb. 7	6:00 AM-6:45 AM	\$60	Stanley T Williams Community Center
Session 2: Mon. Feb. 14-Mar. 14	6:00 AM-6:45 AM	\$60	Stanley T Williams Community Center

### STAY FIT FOR THE BOTH OF YOU!

Personal Trainer, Jill Temple, certified Pre/Postnatal Performance Training Specialist, is offering ZOOM classes for both of you. Private, convenient and designed for the needs of expectant and new mother's. Join this virtual community to safely develop core strength, get fit, feel strong and have fun!!!



Date:	Time:	Fee:	Location:
Session 1: Mon. Jan. 24-Feb. 14	7:00 PM-7:45 PM	\$40	ZOOM, Link will be sent prior to class
Session 2: Wed. Jan. 26-Feb. 16	8:00 AM-8:45 AM	\$40	ZOOM, Link will be sent prior to class

# 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:**

Wed. Jan. 5th-Feb. 9th

**TIME:**

6:00 PM-7:00 PM

**FEE:**

\$60

**LOCATION:**

Joe Trapasso Community House



## SOUL CHILL YOGA FOR ALL:

**Instructor:** Sally Noel

Classes focus on stress relief while promoting key strength and balance. Release your tension with movement and poses, beginning meditation, breath awareness and relaxation techniques. All are welcome, practiced and beginners alike. Modifications offered for all to enjoy.

Please bring a mat or towel, and a water bottle.



### Session 1:

**Date:**

Tues. Jan. 11,18,25, Feb. 1

**Time:**

10 AM-11 AM  
7 PM-8 PM

**Fee:**

\$50  
\$50

**Location:**

Joe Trapasso Community House  
Joe Trapasso Community House



### Session 2:

**Date:**

Tues. Feb. 8, 15 Mar. 1,8

**Time:**

10 AM-11 AM  
7 PM-8 PM

**Fee:**

\$50  
\$50

**Location:**

Joe Trapasso Community House  
Joe Trapasso Community House



### Session 3:

**Date:**

Tues. Mar. 15, 22, 29, Apr.5

**Time:**

10 AM-11 AM  
7 PM-8 PM

**Fee:**

\$50  
\$50

**Location:**

Joe Trapasso Community House  
Joe Trapasso Community House

# WALK THE BRANFORD TRAILS

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. For more information visit the our website or call the office.

**Website:** [www.branfordrecreation.org](http://www.branfordrecreation.org)

**Office:** 203-488-8304

**Date:**

Jan. 7th

Jan. 14th

Jan. 21st

Jan. 28th

**Location:**

Hammonasset Beach State Park

Bittner Park Guilford

Lake Hammonasset

\*Lake Chamberlain, Bethany

**Walk Leader:**

Neal Cohen

Leo Cristofar

Otto Shaeffer

Geoffrey Smith

**Contact #:**

203-783-9618

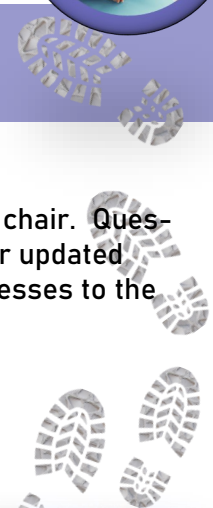
203-214-5824

203-488-2632 or 203-927-0425

203-488-3352

\* do not take Dillion Road off of RT 69.

[www.branfordrecreation.org](http://www.branfordrecreation.org)





# PICKLEBALL

Pickleball is a fun sport that combines elements of tennis, badminton and ping pong played in parks and recreational facilities. The rules are simple and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. Pickleball is FUN, a great workout, very social and easy to learn. Learn to play this fun and exciting game and then put your skills to the test in friendly games. ***Dates and times are subject to change. Please bring your own racket and balls. Limited supply will be provided. Please read the Pickleball Play Guidelines.***

## Mondays Session 1

Dates: Jan. 10, 24, 31 Feb. 7

Advanced Players: 8:30-10:00 a

Beginner Players: 10:30-12:00p

Fee: Res. \$20 / Non-res. \$30

## Mondays Session 3:

Dates: Feb. 14, 28 Mar. 7, 14

Advanced Players: 8:30-10:00 a

Beginner Players: 10:30-12:00p

Fee: Res. \$20 / Non-res. \$30

## Mondays Session 5:

Dates: Mar. 21, 28 Apr. 4, 11

Advanced Players: 8:30-10:00 a

Beginner Players: 10:30-12:00p

Fee: Res. \$20 / Non-res. \$30



## Fridays: Session 2

Dates: Jan. 14, 21, 28 Feb. 4

Beginner Players: 9:00-10:30a

Advanced Players: 12:30-2:00p

Fee: Res. \$20 / Non-res. \$30

## Fridays Session 4:

Dates: Feb. 11, 18, 25 Mar. 4

Beginner Players: 9:00-10:30a

Advanced Players: 12:30-2:00p

Fee: Res. \$20 / Non-res. \$30

## Fridays Session 6:

Dates: Mar. 11, 18, 25 Apr. 1

Beginner Players: 9:00-10:30a

Advanced Players: 12:30-2:00p

Fee: Res. \$20 / Non-res. \$30

## PICKLEBALL COVID-19 Play Guidelines

We appreciate you adhering to the following:

- ◆ Players are required to wear a mask inside the program facility at all time regardless of activity, including during play.
- ◆ Sanitize hands before and after signing in. You must sign in at the Parks and Recreation Office prior to entering the gym.
- ◆ Bring your own paddle.
- ◆ Drop in play consists of open court, inclusive, rotational play between all courts and players. No one or group of people can stay on one court by themselves without rotating with the rest of the group.
- ◆ Games are to be played to 11, win by 2 (games to 9 when courts are full)
- ◆ Players should stack sticks next to each other to determine game rotation.
- ◆ All players waiting for a court are expected to remain seated until a court becomes available. Social Distancing is expected to be practiced at all times.
- ◆ Players are encouraged to practice good hygiene as recommended by CDC guidelines.
- ◆ Please stay home if you are experiencing any symptoms, have taken a test and awaiting results, or be directly exposed regardless of vaccination status.

***The Parks and Recreation Department reserves the right to shut down this program at anytime.***

[www.branfordrecreation.org](http://www.branfordrecreation.org)

# UPCOMING COMMUNITY EVENTS

*First Night* **Branford** 2022

**BONFIRE NIGHT**

Friday January 7th

6:00 PM -7:30 PM

Branford Town Green



**JOIN US!**

THERE WILL BE FREE ENTERTAINMENT COMPLETE WITH A BONFIRE,  
AN ICE CARVING, S'MORES AND MORE!

*\*Note: All events are subject to change.*

[www.branfordrecreation.org](http://www.branfordrecreation.org)

# 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  
Website: www.branfordgirlssoftball.sportssignup.com  
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  
Email: president@branfordsoccer.org  
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



**Branford Youth Lacrosse**  
Vinnie Giordano  
Email: vgs@giordano.build  
Website: www.branforyouthlax.com  
Contact #: 203-627-6182



**Jr. Hornets Baseball**  
Don Lawrence  
Email: dlawrence06@snet.net  
Contact #: 203-804-5029



**Youth Football**  
Jamie Wieland  
Email: jamie@cthomecare.com  
Website: www.branfordyouthfootball.org  
Contact #: 203-687-2794



**Flag Football**  
Dave Malick  
Email: dave@cleancutlandscaping.com  
Website: www.branfordyouthfootball.org  
Contact #: 203-410-5680

