BRANFORD PARKS & RECREATION

www.BranfordRecreation.org

WINTER PROGRAM BROCHURE

Department of Parks & Recreation
TOWN OF BRANFORD

Contact us:

recreation@branford-ct.gov

203-488-8304

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 then 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 10:00 AM. 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.

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.

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.

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.
A non-resident fee may apply.

Parks and Recreation Staff

Alex Palluzzi, Jr. – Director Parks & Recreation
apalluzzi@branford-ct.gov
Dale Izzo– Assistant Director
dizzo@branford-ct.gov
Victor Amatori, Jr.– Program Supervisor
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Program Coordinator
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csheehan@branford-ct.gov
Monica Sullivan– Administrative Assistant
msullivan@branford-ct.gov
Marissa Dugan—Administrative Assistant
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

SCAN ME

Branford Parks & Recreation Closings

Monday	Jan. 16th	MLK Day
Monday	Feb. 20th	President's Day
Friday	April 7th	Good Friday
Monday	May 29th	Memorial Day
Tuesday	July 4th	Independence Day
Monday	Sept. 4th	Labor Day
Monday	Oct. 9th	Columbus Day

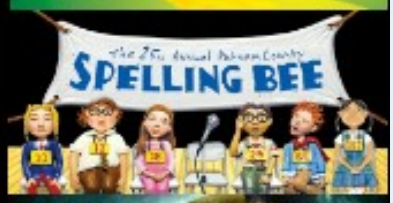
"SMOKE FREE POLICY":

"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."

First Night Branford
BONFIRE
NIGHT
2023
FRIDAY
JANUARY 6, 2023
6:00 - 7:30 PM
FREE ENTERTAINMENT – BONFIRE
ICE CARVINGS – S'MORES &
MORE!
Department of Parks & Recreation
TOWN OF BRANFORD
*Note: all events are subject to change

CELEBRATING 5 YEARS!!!

BRANFORD PARKS AND RECREATION
SHORELINE THEATRE COMPANY



5 YEAR ANNIVERSARY CABARET!

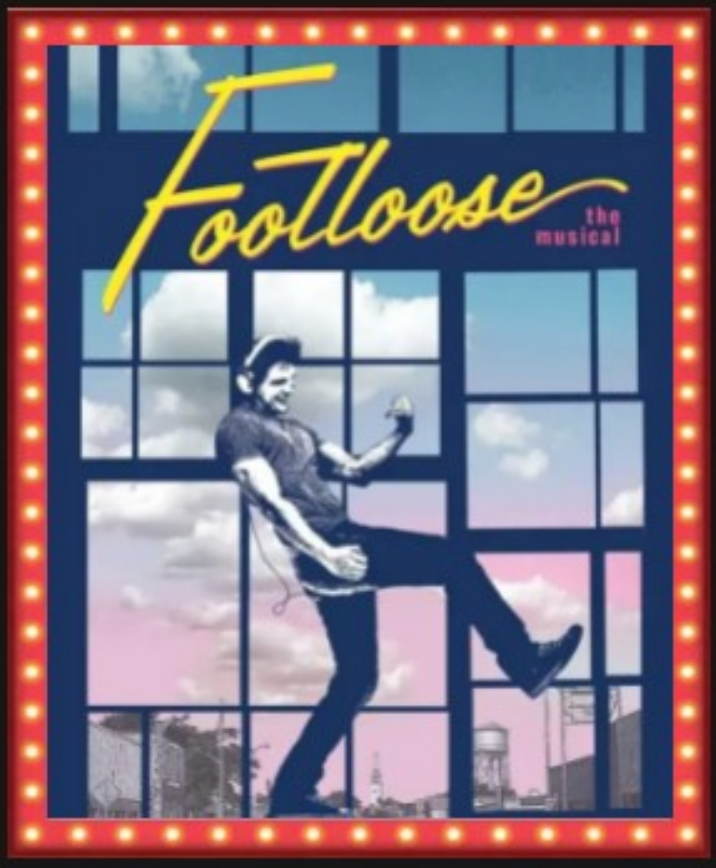
January 13, 2023
7:00 PM
The Cathyann Roding Auditorium
at Branford High School

ShorelineTheatreCompany.com

Students (under 18): $10
Adults (18+): $20

Branford Parks & Recreation Shoreline Theatre Company

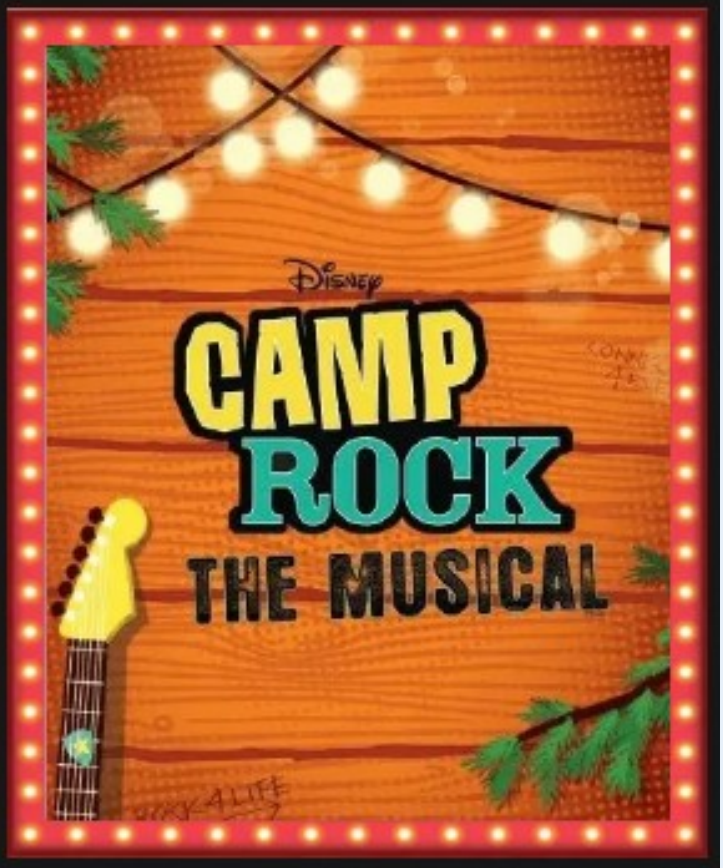
UPCOMING SHOWS



High School & Adult Production

June 29th & 30th @ 7:00 PM

July 6th & 7th @ 7:00 PM



2nd – 8th Grade

Summer Camp Experience

June 26th – July 28th

Performances the evenings of

July 26th and July 27th

SAVE THE DATE Camp Registration

Opens: March 1st

BRANFORD PARKS AND RECREATION

SHORELINE

THEATRE COMPANY

LEGACY THEATRE ARTS PROGRAMS

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!
March 11th and 18th will be held at Legacy Theatre.
March 11th is a rehearsal and March 18th will be the Showcase Performances!

LEGACY THEATRE'S TODDLER TIME! Ages 3 - 5 yrs.
Instructor: Chelsea Dacey
Sing and dance! Each week will explore a new theme - Princesses and Princes, Pajama Week, Rainbow Day, etc. Class will include singing and dancing with ribbons, learning pitch and notes, sing-a-longs, and make believe games perfect for your toddler.

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	9:15 AM - 10:00 AM	Joe Trapasso Community House	$125

LEGACY THEATRE'S FAIRY TALE MUSICAL: Ages 6 - 11 yrs.
Instructor: Chelsea Dacey
Learn all about musicals and plays using classic and familiar Fairy Tales, while preparing to perform at the end of the session at the Legacy Theatre! All levels of experience welcome.

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	10:15 AM - 11:00 AM	Joe Trapasso Community House	$125

LEGACY THEATRE'S AUDITIONING CLASS FOR PLAYS & MUSICALS: Ages 8 yrs. and up
Instructor: Chelsea Dacey
Prepare your audition for your school or community play with Chelsea! Practice scenes, songs, and monologues for audition prep and just for fun!

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	11:15 AM - 12:00 PM	Joe Trapasso Community House	$125

LEGACY THEATRE'S SHAKESPEARE POPS! Ages 5th Grade and up
Instructor: Chelsea Dacey
Scenes from Shakespeare with a modern twist: act the Bard's scene and then recreate the classic tale in a contemporary style!

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	12:15 PM - 1 :00PM	Joe Trapasso Community House	$125

INTRO TO IMPROV: Ages 16 yrs. and up
Instructor: Mary Lou Lauricella
Enjoy the exploration of Improvisation in fun, supportive, and engaging exercises and scenes. This class will teach basic improv skills, helping one to get out of one's head, embrace spontaneity, sharpen listening skills, and build confidence. The final class meeting will showcase an hour of improv at the Legacy Theatre.

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	1:15 PM - 2:15 PM	Joe Trapasso Community House	$175

ADVANCED IMPROV PERFORMANCE GROUP: Intro To Long Form Improv
Prerequisite: Legacy's Beginners Improv Class or past improv experience
Instructor: Mary Lou Lauricella
This class will review the fundamentals of basic improv. Through exercises and scene work, this class will work to deepen themes, emotions, and characters - all necessary tools to stage long-form improv pieces. The final class meeting will showcase an hour of improv at the Legacy Theatre.

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	2:30 PM - 3:30 PM	Joe Trapasso Community House	$175

LEGACY THEATRE ARTS PROGRAMS

SHAKESPEARE AND THE VETERAN'S JOURNEY
Instructor: Mary Lou Lauricella
A special class for Veterans curious about theatre, who enjoy exploring Shakespeare and his relevance today. Vets will have the opportunity in this workshop to explore monologues and scenes drawn from Shakespeare's *Henry IV, Othello, Macbeth,* and *Richard III.* As the workshop progresses, classmates may interweave their own writings with the Shakespeare monologue of their choice. Their work will then be rehearsed and culminate in a performance at Legacy Theatre.

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	12:00 PM - 1:00 PM	Joe Trapasso Community House	FREE

WHEEL LIFE THEATRE TROUPE: All ages
Instructor: Julie Fitzpatrick and Keely Baisden Knudsen
Join our group of actors who use assisted devices (and their buddies!) as we explore storytelling with original and classic works.

Date:	Time:	Location:	Fee:
Sat. January 14th - March 18th	2:00 PM - 3:00 PM	Joe Trapasso Community House	FREE

WINTER CLASSES WITH STUDIO ONE

TODDLER AND ME-CREATIVE MOVEMENT: Ages 1 - 3 yrs.
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. This is a wonderful bonding experience and a great way to introduce our toddlers into new environments. Two time sessions will be offered.

Date:	Time:	Location:	Fee:
Tues. January 3rd - Jan. 24th	9:00 AM - 9:30 AM	Studio One Dance Studio	$60

ACROBATICS AND TUMBLING: Ages 3 - 5 yrs.
Get your little one moving with the basics of acrobatics and tumbling!

Date:	Time:	Location:	Fee:
Fri. January 6th - February 3rd	5:00 PM - 5:45 PM	Studio One Dance Studio	$75

TIK TOK DANCE CLASS: Ages
Have you ever wanted to learn those fun dances you see on Tik Tok? Well, here is your chance! In this class we will break down the moves to some popular (and age appropriate of course) Tik Tok dances. This class will be a great way to get some exercise while having fun!

Date:	Time:	Location:	Fee:
Fri. January 6th - February 3rd	5:45 PM - 6:00 PM	Studio One Dance Studio	$75

BEGINNER ADULT TAP CLASS: Ages 18 yrs. and up
Here is your chance to either learn to tap or brush the dust off of those tap shoes. Come join us for a fun beginners tap class, a great way to have fun while being active and getting some exercise.

Date:	Time:	Location:	Fee:
Mon. January 2nd - 30th	6:00 PM - 6:45 PM	Studio One Dance Studio	$75

TODDLER WINTER PROGRAMS

PEE WEE READ AND MOVEMENT
Ages: 2 - 4 yrs. old
Join us for a morning of reading and fun! Give your child the first stages into enjoying sports and fitness. The first part of class we will read a short story and then get into the groove with a fun fitness activity.

Dates:	Time:	Location:	Fee:
Mondays, Jan. 23rd - Feb. 27th *	11:00 AM - 11:30 AM	Joe Trapasso CH	$45

*no class 2/20

WINTER RECESS PLAYGROUND FUN
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 in a fun "recess" setting.
Instructor: Jillian Temple
Ages: 1 - 4 yrs. old

SESSION 1: Date:	Time:	Location:	Fee:
Tuesdays, Jan. 10th - Jan. 31st	11:15 AM - 12:00 PM	Joe Trapasso Gym	$50

SESSION 2: Date:	Time:	Location:	Fee:
Tuesdays, Feb. 7th - Mar. 7th*	11:15 AM - 12:00 PM	Joe Trapasso Gym	$50

* no class 2/21

PARENT TODDLER SPORTS R US
Ages: 1– 3 yrs. old
Calling all toddlers and their caregivers to spend some fun time learning the basics of a different sport each week.

Dates:	Time:	Location:	Fee:
Wednesdays Jan. 25th - Feb. 22nd	11:15 AM - 12:00 PM	Joe Trapasso CH	$50

LITTLE DUNKERS & LUNCH BUNCH
Ages: 3 - 5 yrs. old
The first part of class will focus on a group game focusing on socialization and gross motor skills. The second part, your little one will join their peers for a light lunch.

Dates:	Time:	Location:	Fee:
Thursdays, Jan. 26th - Feb. 23rd	11:15 AM - 12:00 PM	Joe Trapasso CH	$50

*no class 10/13

T-BALL FUN
Ages: 2 - 4 yrs.
This program is designed to introduce toddlers to the fundamentals of baseball with guardians by their side. Fun drills of running, hitting the ball off a tee, throwing, catching, and much more!

Dates:	Time:	Location:	Fee:
Fridays, Jan. 27th - Feb 24th	9:30 AM - 10:00 AM	Joe Trapasso Gym	$50

abrakadoodle®

Remarkable Art Education For Toddlers!

Abrakadoodle Classes offer enrichment opportunities for toddlers 20 mos-36 mos. & 3yrs.-5yrs by incorporating Art Education in a fun way!

Artists Like Me! Ages: 20 months – 4 yrs. old

Young Abrakadoodle artists can do what famous artists do! Do you like to fling, splatter and mix paint colors? So did the groundbreaking Abstract Expressionists who changed world art with their daring vision and use of paint! Do you like beautiful gardens, teeming with colorful flower blooms? So did the world renowned Impressionist, Claude Monet! Do you like sweet, yummy treats? So does the colorful American painter, Wayne Thiebaud! These special artists, plus others in this series, strive to paint and create like a child while maintaining that child-like magic!

Date:	Time:	Location	Fee:
Mon. January 23rd-March 6th*	9:15 AM - 10:00 AM	Joe Trapasso Community House	$75

*No Class 2/20

KIDS CREATIVE ART CLASSES

LOCAL ARTIST AND EDUCATOR KRISTIN CAFFERTY BRINGS BEAUTIFUL, FUN, ONE-LESSON PROJECTS TO AGES 7 TO 11. LEARN THE BASICS OF CREATING A MASTERPIECE AND USE YOUR IMAGINATION! ALL SUPPLIES INCLUDED.

Wed. January 11th	**Aurora Borealis Oil Pastel Silhouette**
Wed. February 15th	**Winter Lantern**
Tues. March 14th	**Texture Metal Design**
Tues. April 18th	**Fantasy Mushrooms**
Tues. May 9th	**Seahorse Watercolor Collage**

$20 PER CLASS

EACH CLASS RUNS FROM 4:30 PM - 5:30 PM AT THE JOE TRAPASSO COMMUNITY HOUSE 46 CHURCH STREET, BRANFORD, CT

Branford Parks & Recreation Staff

Kidz Zone Nights

KIDS NIGHT OUT!

Adults...Enjoy a night out going to dinner or shopping while we take care of your children! Your child will enjoy a night of entertainment, refreshments, arts & crafts, games movies and more!!!

DATES:

January 27th

February 24th

March 24th

Grades: K thru 4th

Time: 5:30p-8:30p

Fee: $20 per night/per child

Pre-registration is required. Space is limited!

www.branfordrecreation.org

AFTERSCHOOL YOGA

Open to Boys & Girls grades 2nd-4th. Class will be a balance of quite and active poses combined with music, games, singing, storytelling, drawing and simple breaths, mediation and rest.

Date

Thursdays ~ Jan. 12th -Feb. 16th

Time

3:45 pm to 4:45pm

Location

Joe Trapasso Community House

$60

BrranfordRecreation.org / TEL 203-488-8304

NORTHEAST TAE KWON DO

空手道

Classes

ADVANTAGES

Courtesy
Integrity
Self-Control
Indomitable Spirit
Perseverance

BEGINNER CLASSES:

Fee: $80

This beginner class will offer students physical benefits of strength, flexibility, improve cardiovascular capacity, while teaching life skills, modifying behavior, and reinforcing character development.

Grades: K-4th

Session 1: Fri: Jan. 13- Feb. 17th
Session 2: Fri: Feb. 24th-Mar. 31st
Time: 4:15 pm-5:15 pm

Grades: 5th-8th

Session 1: Fri: Jan. 13- Feb. 17th
Session 2: Fri: Feb. 24th-Mar. 31st
Time: 5:30 pm-6:30pm

Class Location: Joe Trapasso Community House

INTRO TO ADULT TAE KWON DO:

Fee: $99

Ages: 18+

This intro class will teach traditional Taekwondo exercises, techniques, patterns, sparring and self-defense. All skill levels and physical abilities wellcome. Benefits include muscle strength, flexibility, improvement of cardiovascular capacity and concentraton

Session 1: Tues./Thurs Jan. 17- Feb. 9th
Session 2: Tues. /Thurs. Feb. 16th-Mar. 14th
Time: 6:30 pm-7:30 pm

Class Location:
Northeast Studio 845 West Main Street Branford

Class taught by:
Master
Donte Branch

Department of Parks & Recreation
TOWN OF BRANFORD

To register visit
branfordrecreation.org

PH: 203-488-8304

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JANUARY THROUGH MARCH

MARY'S COOKING CLASSES FOR CHILDREN!

JOIN MARY IN THE KITCHEN FOR A UNIQUE HANDS-ON CULINARY EXPERIENCE THAT WILL ENGAGE CHILDREN IN CREATING DELICIOUS DINNERS AND DESSERTS!

Wednesday, January 11th	Eggplant Parmesan & Hot Chocolate Cupcakes
Thursday, January 26th	Chicken Milanese & Snowman Meringue Cookies
Thursday, February 2nd	Heart Shaped Calzones & Chocolate Raspberry Hearts
Thursday, February 16th	Spinach Artichoke Fettuccine & Boston Creme Lasagna
Tuesday, March 7th	Copycat "Panera" Mac and Cheese & End of the Rainbow Cupcakes
Tuesday, March 21st	April Fool's Meatball & "Cupcakes and Cookie Hamburgers"

AGES 6 - 13 YRS. | 4:30 - 6:30 PM | $40 PER CLASS

JOE TRAPASSO COMMUNITY HOUSE

www.branfordrecreation.org

APRIL THROUGH JUNE

MARY'S COOKING CLASSES FOR CHILDREN!

JOIN MARY IN THE KITCHEN FOR A UNIQUE HANDS-ON CULINARY EXPERIENCE THAT WILL ENGAGE CHILDREN IN CREATING DELICIOUS DINNERS AND DESSERTS!

Thursday, April 6th	Carrot Shaped Croissant Stuffed with Chicken Salad & Easter Basket Cupcakes
Tuesday, April 18th	Ramen and Sugar Cookie Layer Cake
Tuesday, May 2nd	Chicken Marsala & Chocolate Chip Cooke Dough Layer Cake
Tuesday, May 16th	Parmesan Crusted Tortellini Bites & Twix Bars
Tuesday, June 6th	Double Crunch Honey Garlic Chicken & Banana Split Icebox Cake

AGES 6 - 13 YRS. | 4:30 - 6:30 PM | $40 PER CLASS

JOE TRAPASSO COMMUNITY HOUSE

www.branfordrecreation.org

Cooking with Friends & Game Night

Ages: 18+

Jan. 24, 2023 5:00 pm - 8:00 pm
Joe Trapasso Community House

This young adult inclusive "Cooking with Friends" class is a great opportunity for young adults to develop skills needed to live on their own. Participants will learn to follow a recipe, measure, chop, combined ingredients, learn team building, and operate a burner to cook a simple meal. Join Chef Mary as she teaches you a basic "CopyCat" Panera Mac & Cheese recipe. After making the perfect dinner, participants will eat together and have fun socializing, playing board gams and enjoy a holiday movie.

To register: branfordrecreation.org or 203488-8304

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Cooking for One (or Two)
with Chef Mary

Cooking for One (or Two).
Join Chef Mary for a fun morning cooking and socializing with new and old Friends! Learn how to make a delicious meal while learning new skills and having fun cooking together then sit with your peers and enjoy your delicions masterpiece!

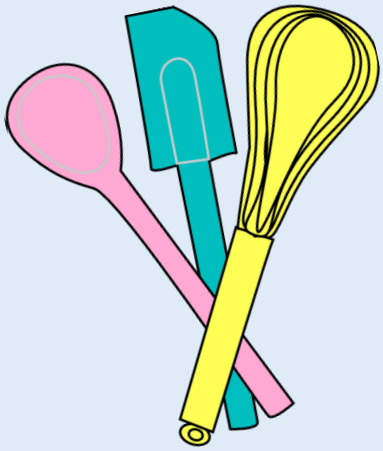
Mary has been cooking her whole life. She learned sitting on the counters as a young child, like many Italian children do, watching her mother bake and cook traditional Italian cuisine. Join her as she shares her knowledge and love of cooking with you.

Jan. 19th: Creamy Sausage Tuscan Gnocchi

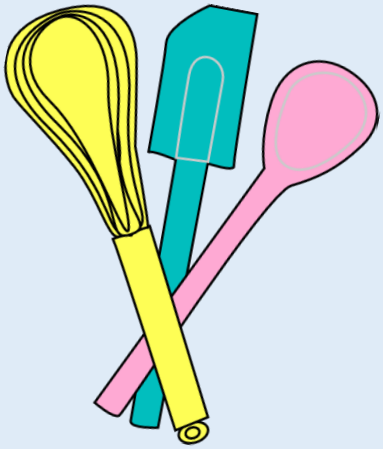
Feb. 16th: Garlic Parmesan Pasta with Spinich & Mushrooms

Mar. 21st: Chicken Milanese with Fettuccine Alfredo

Fee: $ 25/ class
Class Time: 10:30 am-12:00 pm
Class Location: Joe Trapasso Community House



Let's get Cooking!



Adult Cookie Decorating with My One Delight Bakery!

This cookie decorating class will teach beginner decorators the art of sugar cookie decorating. Each participant will learn icing consistency, dough basics and step-by-step instructions for decorating an intricate set of sugar cookies. Everyone will leave the class with their own box of delicious cookies and recipes to take home. This class is interesting, memorable and a lot of fun!
Join Baker Jenna Moulton share her talents with you.

Escape to the Tropics
Saturday January 21, 2023
10:00 am - 11:30 am
Joe Trapasso Community House

CLASSES WITH THE BRITISH BAKER

LOVE BUG CUPCAKE DECORATING CLASS

Ages: 7 - 13 yrs. old

The British baker is back with a Valentines cupcake class extravaganza. Students will learn how to decorate six cupcakes in all different designs with a valentines theme. All supplies included. Students leave with 6 different cupcakes in a carrying case and a certificate of completion.

Fee: $50

Saturday February 4th, 2023
2:00 pm - 4:00 pm
Joe Trapasso Community House

BRANFORD PARKS & RECREATION PRESENTS...

Fee: $65

Adult CAKE Decorating Class

THURSDAY FEBRUARY 9, 2023
7:00 PM-9:00 PM | JOE TRAPASSO COMMUNITY HOUSE

Learn to make this masterpiece with The British Baker! Participants will learn how to properly stack a cake, mask a cake in buttercream and decorate a cake with belgium chocolate, macaroons & flowers that will surely wow friends and family!

TO REGISTER GO TO BRANFORDRECREATION.ORG
OR CALL THE OFFICE AT (203) 488 - 8304

ADULT WINTER PROGRAMS

MAHJONG CLASSES & CLUBS

LEARN TO PLAY 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 games. In this six week class, participants will learn the basics: set up, play and scoring.

Fee: $60

Session 1: January 11th - February 15th | 6:30 PM - 8:00 PM

Session 2: March 1st - April 5th | 6:30 PM - 8:00 PM

Joe Trapasso Community House

MAHJONG WINTER CLUB

Continue playing the game you love with others to improve your game. Sets will be provided for you.

January 11th - March 29th

5:30 PM - 9:00 PM

Joe Trapasso Community House

Fee: $30

BRIDGE LESSONS

Competitive Bidding Bridge Basics 2

$100

Instructor: Rick Seaburg

This class will cover all aspects of Competitive bidding including cue bids, overcalls, takeout doubles and negative doubles. Students should already be familiar with partnership bidding. The book for the class is Bridge Basics 2 by Audrey Grant, which you can get at your favorite book store or online. Each class will feature a review of the previous week's topic, introduction of new material and playing of pre-arranged hands.

Fridays, Jan. 13 - Mar. 3 | 10:00 am - 11:30 am

Play of the Hand

$100

Instructor: Rick Seaburg

This class is for the intermediate level player who want to improve their play. Topics will include planning, trump management, the Finesse, entry management and no trump strategy and tactics. The book for this class is Watson's Play of the Hand (Red Cover has larger print).

Mondays, Jan. 9 - Mar. 16* | 10:00 am - 11:30 am

*no class 1/16 and 2/20

To register go to BranfordRecreation.org or call the office at (203) 488 - 8304

Standard American vs. Two Over One

$100

Instructor: Don Brueggemann

There are many different bidding systems in the Bridge world, but the most common in North America are "Standard American" or "Two Over One." This class will teach you the fundamentals and advantages of using Two Over One in your bidding with a partner or improve your understanding of Standard American. This class will use the book "2 Over 1 Game Force" by Audrey Grant and Eric Rodwell. For more information on the class, please visit our website.

Wednesdays Jan. 18 - Mar. 8| 10:00 am - 11:30 am

Staying Fit...

SUNRISE & MORNING WORKOUTS!

Begin your day in the best possible way. Join Personal Trainer, Jill Temple in body-weight routines that will challenge, motivate and energize you. A full bodywork mixed with Cardio! Bring a mat and water bottle.

Join the Fun

Tue/Thurs.
January 10th - January 24th
6:30am-7:30am
Joe Trapasso Community House Gymnasium

$100

Saturday.
Session 1: January 7th-28th
Session 2: Feb. 4-25
Session 3: March 4th-25th
8:00am-9:00am
Joe Trapasso Community House Fitness Room

$50

TABATA CLASS

Instructor: Personal Trainer Jillian Temple

Working for Home? Take a break and join us for this 30 minute Tabata music style class via Zoom! A Tabata workout is 8 cycles of exercise where you work hard for 20 seconds and then rest for 10 seconds. A great cardio workout....get your heart rate high type of class. Each exercise has a different song. All abilities welcome, advanced or new to exercising, we love to work out with you! ZOOM link will be sent prior to class.

Fee: $32

Wednesdays
January 4th - January 25th
6:30 PM - 7:00 PM

Cardio KICKBOXING CLASSES

with Annie Marchitto

Thursdays: | Jan. 5th - Feb. 23nd
6:00 - 7:00 PM | Fee: $80 8 weeks

Do you like to sweat? If so, then this is your class! Learn kickboxing technique 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.

Ages: 18 yrs. & up

SUN SALUTATIONS, WARRIOR SERIES, DETOXIFYING TWISTS

VINYASA

POWER YOGA

INSTRUCTOR: DR. AUDRA STAWICKI, DOCTOR OF PHYSICAL THERAPY, CERTIFIED YOGA INSTRUCTOR & WELLNESS ENTHUSIAST

Session 1: Mon. January 9th - February 27th*

Session 2: Mon. March 13th - April 17th

6:00 - 7:00 PM

*NO CLASS 1/16, 2/20

Joe Trapasso Community House

SOUL CHILL YOGA FOR ALL

$100 for the class

Instructor: Sally Noel, certified Yoga Instructor and owner of Raven's Wing Yoga

Come back into alignment and release stress in a calm environment. We'll engage in mindful movement to help soothe tension and rejuvenate energy. Yoga postures will be guided promoting key strength, balance, and focus. Sessions will end with positive relaxation and guided mediation. All levels of practice welcome. Beginners encouraged and modifications offered for all to enjoy. Please bring a blanket/towel, yoga mat, and water bottle.

Session 1: Tuesdays ~ January 10th - February 14th

Session 2: Tuesdays ~ February 28th-April 4th

7:00 pm - 8:00 pm

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. 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 addresses to the group leader. For more information visit the our website or call the office.

Website: www.branfordrecreation.org
Office: 203-488-8304

Adult Spring Basketball League

The return of our Adult Basketball League at the Joe Trapasso Community House invites all adults 18+

Draft Day: Monday, March 13th
Time: 7:30 p.m.
Location: Joe Trapasso Community House

The 2023 season begins Mon. April 3rd.
Game Times : 6:30, 7:30 and 8:30 p.m.
Game Location: Joe Trapasso Community House

Copy of photo ID required for draft.

REGISTRATION FEE: $110.00

LIMITED TO THE FIRST 48 PLAYERS REGISTERED.

To register visit :
www.branfordrecreation.org
OFFICE: (203)488-8304

Department of Parks & Recreation
TOWN OF BRANFORD

Aquacise

Join our Low-Impact, High Engery Water Aerobics workout. This class is held in shallow water with a medium to low intensity. This is a total body workout alternating cardio and muscle conditioning.

Session 1: Mondays, Jan. 9th - March 13th*

*no class 1/16 & 2/20

Session 2: Wednesdays, Jan. 11th - March 1st

6:30 PM - 7:30 PM

Walsh Intermediate School Pool

WIS TIDAL WAVES

BRANFORD PARKS & RECREATION
Afterschool Swim Club

The Parks and Recreation Department along with current HS Girls Swim Coach Sally Noel will be hosting the Tidal Waves Afterschool Swim Club. Sally has swum competitively for more then 4 decades and has taught countless kids the fundamentals of swimming (including her own).

DATE:

Session 1:Tuesday & Thursday, January 10th-Feb. 16th, 2023

Session 2: Tuesdays & Thursdays, Feb. 28th –April 6th

TIME:

3:00 PM-3:45PM

(class will end in time for the late bus)

LOCATION:

WIS Pool

FEE:

$45.00 / Session

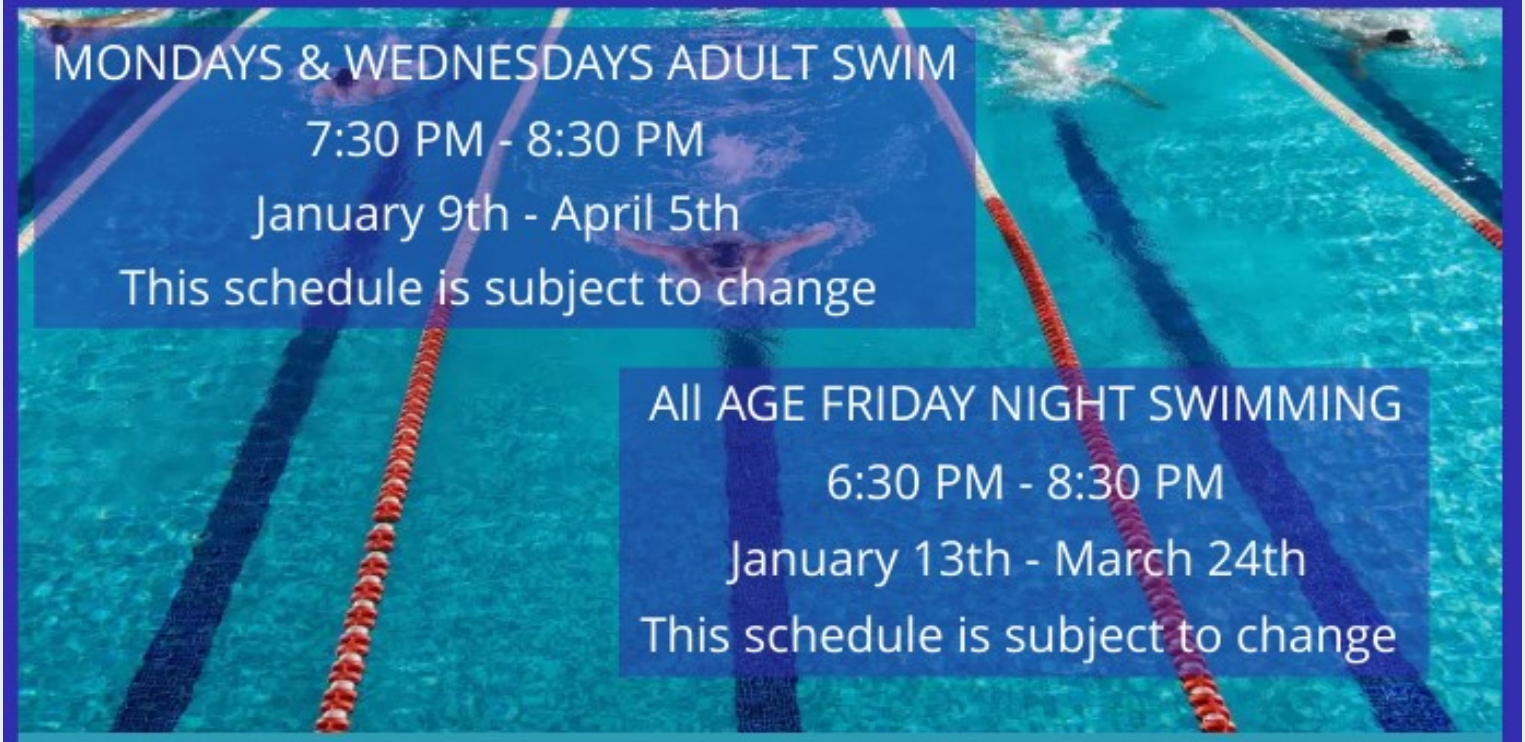
We welcome current swimmers and swimmers who are ready to learn more about the sport of competitive swimming. Tidal Waves will introduce a swim team environment: teaching and refining the different strokes, fundamentals of flip turns, dives and the cooperation of a swim practice all while having fun!

Our mission is to spread the fun and empowerment of swimming while helping you to grow stronger mentally and physically. Join today and try competitive swimming for the first time or grow as a competitive swimmer with your peers.

Department of Parks & Recreation

TOWN OF BRANFORD

WIS POOL SCHEDULE
January- April 2023



MONDAYS & WEDNESDAYS ADULT SWIM

7:30 PM - 8:30 PM

January 9th - April 5th

This schedule is subject to change

All AGE FRIDAY NIGHT SWIMMING

6:30 PM - 8:30 PM

January 13th - March 24th

This schedule is subject to change

TUESDAY & THURSDAY MORNINGS ADULT SWIM

January 10th - April 6th

6:30 AM - 7:30 AM

This schedule is subject to change

BRANFORD RESIDENTS ONLY!

Please enter through door 165. You must be out of the building before 7:45 AM (mornings) & 8:45 PM (evenings) Sharp!

The WIS Pool is Closed on the following dates:

January 10,16,17,19,Feb. 20,23,28, Mar. 31, Apr. 1, 7,

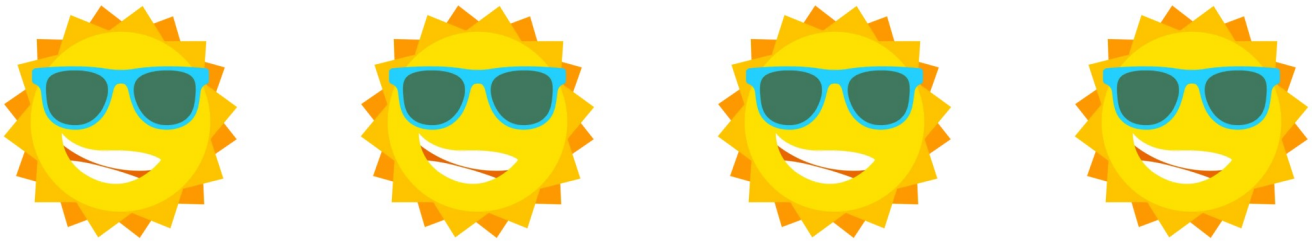
SCHEDULE: SUBJECT TO CHANGE | BRANFORD RESIDENTS ONLY

Department of Parks & Recreation
TOWN OF BRANFORD

WINTER GYM SCHEDULE

MON	8:30 am - 10:30 am 11:00 am - 12:00 pm 5:30 pm -7:30 pm 7:30 pm - 9:00 pm	Open Pickleball Courts Inter./Adv Players Park & Rec. Toddler Class Junior Basketball League Adult Pickleball Lessons
TUE	9:00 am - 9:45 am 10:00 am - 11:00 am 12:00 pm - 2:00 pm 4:00 pm - 5:00 pm 5:30 pm - 9:30 pm	Parks & Rec. Toddler Class Canoe Brook Senior Pickleball Lunchtime Basketball 18+ Parks & Rec Hoops at the Q Junior League Basketball
WED	11:00 am - 11:45 am 5:30 pm - 9:30 pm	Parks & Rec. Toddler Class Junior League Basketball
THU	9:00 am - 11:00 am 11:15 am - 12:00 pm 12:00 pm - 2:00 pm 4:00 pm - 5:00 pm 5:30 pm - 9:30 pm	Canoe Brook Senior Walking & Pickleball Parks & Rec. Toddler Class Lunchtime Basketball (18+) Parks & Rec Hoops at the Q Junior League Basketball
FRI	9:30 am -10:00 am 10:30 am - 12:30 pm 5:30 pm - 9:30 pm	Parks & Rec Toddler Class Open Pickleball Courts Beginner Players Junior League Basketball
SAT	8:00 am - 7:00 pm 7:00 pm - 9:30 pm	Junior League Basketball Open Gym - All Ages

46 CHURCH STREET | BRANFORDRECREATION.ORG | OFFICE #: (203) 488 - 8304

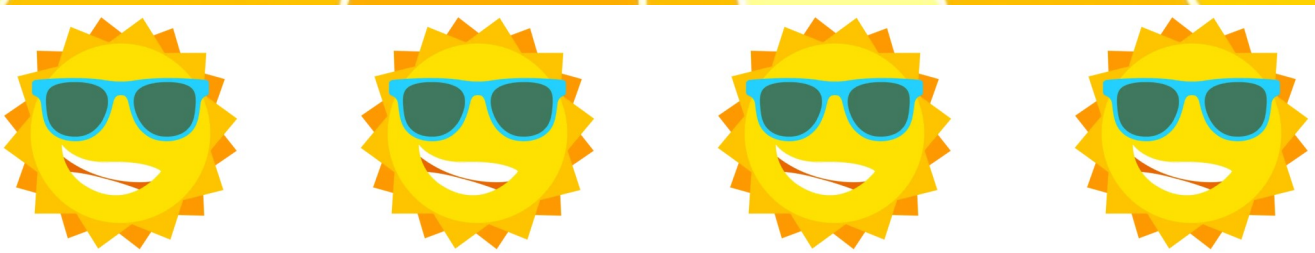


Gift cards make a great gift!
Call us today to purchase a gift card
203-488-8304

SAVE THE DATE

SUMMER CAMP REGISTRATION OPENS MARCH 1, 2023

Payment Plans and Limited Scholarships are available.
All account balances must be paid in full by May 1st.
Applications for scholarships will be excepted through March 1st.



BRANFORD YOUTH SPORTS & CLUBS CONTACTS

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

Branford Youth Lacrosse
Vinnie Giordano
Email: vg3@giordano.build
Website: www.branfordyouthlax.com
Contact #: 203-627-6182

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

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

Branford Youth Cheerleading
Diana Vaicunas
Email: byccoordinator@gmail.com
Website: www.branfordyouthfootball.org

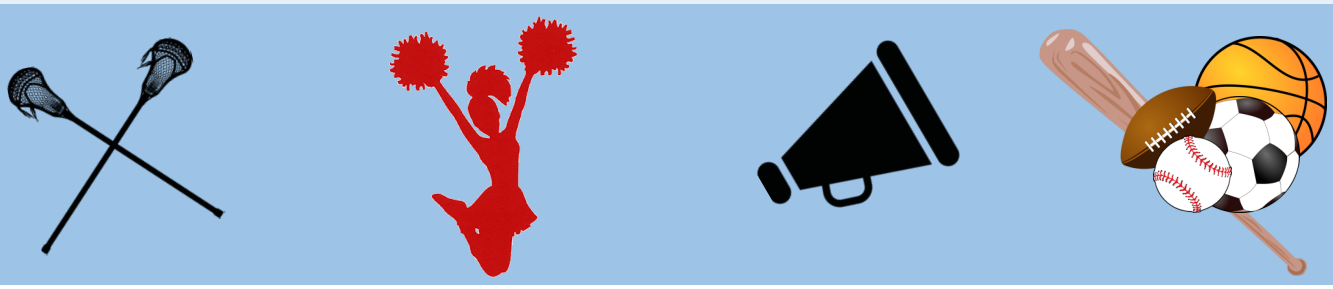
Flag Football
Dave Malick
Email: dave@cleancutlandscaping.com
Website: www.branfordyouthfootball.org
Contact #: 203-410-5680

Branford Soccer
Katie Buckley
Email: president@branfordsoccer.org
Website: www.branfordsoccer.org
Contact #: 203-500-0953

Youth Football
AJ Pace
Email: tonyp1012@gmail.com
Website: www.branfordyouthfootball.org
Contact #: 203-927-2072

Cub Scouts/Scouts BSA (Boys & Girls Troop)
Crystal & Michael Loffredo
Email:scoutmaster@troop633ct.org
Website: www.pack633ct.org / www.troop633ct.org

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



www.BranfordRecreation.org