

#### **CONTACT US**

BRANFORDRECREATION.ORG RECREATION@BRANFORD-CT.GOV (203) 488-8304





#### **SPECIAL EVENTS!**

- HOLIDAY PARADE & TREE LIGHTING
- SANTA'S WORKSHOP
- SANTA GIFT DELIVERY
- HAPPY HANUKKAH MENORAH LIGHTING
- FIRST NIGHT
- AND MANY MORE!

#### **PROGRAMS!**

- SPORT ACTIVITIES
- ARTS & CRAFTS
- DANCING
- THEATRE
- AND MANY MORE FOR ALL AGES!



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

Web: www.branfordrecreation.org Email: recreation@branford-ct.gov

Follow Us:



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#### **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 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. A non-resident fee may apply.

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 Dale Izzo - Assistant Director

dizzo@branford-ct.gov

Victor Amatori, Jr.- Program Supervisor vamatori@branford-ct.gov

Ricky DiRago - Program Coordinator rdirago@branford-ct.gov

Colin Sheehan - Arts, Culture & Special Events csheehan@branford-ct.gov

Kelly Gesuero - Administrative Assistant kgesuero@branford-ct.gov

Nicholas Polastri - Lead Maintainer

Kyle Lynch - Maintainer Jeffrey Sitz - Maintainer Colin Tracy - Maintainer

#### **Board of Recreation**

Paul Criscuolo - Chairman Helen "Bimmie" Herget - Clerk Jeanne Crowely Nancy Drevins William T. O'Brien

## FOR MORE INFORMATION SCAN WITH YOUR SMART PHONE



#### **Branford Parks & Recreation Closings**

Nov. 11th Veteran's Day Mon. Thur. & Fri. Nov. 28th & 29th Thanksgiving Tues. & Wed. \*Dec. 24th & 25th Christmas Tues. & Wed. \*Dec. 31st & Jan. 1st **New Years** Mon. Jan. 20th MLK Day Feb. 17th Mon. President's Day

\*Dec. 24th & Dec. 31st our office will close at 12pm.

#### "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."

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# 2024 Holiday Parade & Tree Lighting

Saturday November 30, 2024



Start the holiday season with an evening of festive lights and holiday cheer as the Branford Parks & Recreation Department invites everyone to the Annual Tree Lighting & Parade on the Branford Town Green.

Parade kicks off from Branford High School at 6:30 PM
To participate in the parade, please email recreation@branford-ct.gov

Small Business Saturday: Shop local before the parade from 10:00 AM - 6:00 PM



BranfordRecreation.org

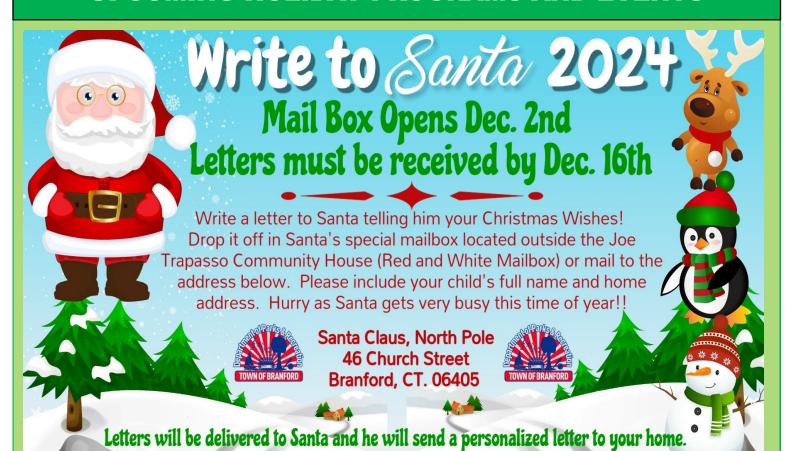
Made with DoctorMvMall.com

and dropped off to the Parks and Rec office no later than

December 6th. Household is limited

to those who physically live at that address.









HO! HO! HO! Would your child like to chat with Santa? Register at the office or online at BranfordRecreation.org

Dates:

Monday - Dec. 2nd Tuesday - Dec. 3rd Wednesday - Dec. 4th

**AGES 10 &** 

**YOUNGER** 











#### SNO WFLAKE SCAVENGER HUN

# DECEMBER 9 - 13 FREE FOR ALL YOUNG AGES!

SNOWFLAKES WILL BE HIDDEN ALL AROUND THE JOSEPH TRAPASSO COMMUNITY HOUSE THIS HOLIDAY SEASON! CAN YOU FIND THEM ALL?! EACH SNOWFLAKE WILL HAVE A LETTER CORRESPONDED TO IT THAT UNLOCKS A SECRET WORD. RIDDLES WILL BE PROVIDED TO FIND EACH SNOWFLAKE. ONCE YOU FOUND THEM ALL, TURN IN YOUR ENTRY TO OUR PARKS & REC OFFICE TO RECEIVE A PRIZE!



(203) 488-8304 | recreation@branford-ct.gov | BranfordRecreation.org



DECEMBER 9 - DECEMBER 13 AGES 9 & YOUNGER \$15 PER CHILD

YOU HEARD ABOUT OUR EXCITING FOR OTHERS TO HUNT FOR! SPREAD SOME FUN AND JOY THIS



(203) 488-8304 | RECREATION@BRANFORD-CT.GOV



# Holiday Cards



Looking for ways to spread a little holiday cheer and feel good doing so? Take the time to create a holiday card (premade is ok) and share the joy of spreading cheer and the true meaning of the holiday season! Cards should be delivered to the Branford Parks & Recreation Office or mailed to 46 Church Street, Branford, CT. 06405
Our goal is to deliver 100 cards by Dec. 20th

# LIGHT-UP BRANFORD 2024

Do you love to decorate for the holidays?

Be a part of Branford's Reindeer Route & "Light Up"

Branford for the holidays. Register your house or

business to get on our Reindeer Route and share

your holiday spirit. Prizes are awarded for Most

Creative, Holiday Spirit, Most Colorful, Most

Original, and more! Decorate, be creative, and share
those holiday lights! Limited to Branford residents.

Register at BranfordRecreation.org or call 203-488-8304 by December 6th.
The official List will be sent Dec. 11th.

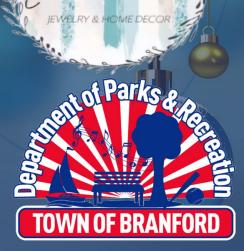




November **21St** 

2 Sessions: 10am-12pm or 6-8pm

With Re-Loved Designs Craft Classroom



@Branford Parks & Rec. Dept

\$60

Fee Includes:
5x7 Frame, assorted colored crushed glass, sand, add-ins and decorative embellishments to customize your tree to suit your holiday decor style.





Wed. Dec. 11th
10am-12pm or 6-8pm
\$30 per person

Join us for a festive ornament workshop where you'll create an adorable collection of tree-themed ornaments. All materials are included, with a variety of embellishments to customize each piece to match your holiday style. Make 6 trees.

This class is open to both kids (ages 10 & up) and adults, making it the perfect creative





Please join the Branford Parks & Recreation Dept for our annual 20 days of giving to support the Community Dining Room "Fill A Box" program during the Holidays! Simple purchase the items on the list, put them in a box and drop it off to our department on Dec. 19th or 20th.





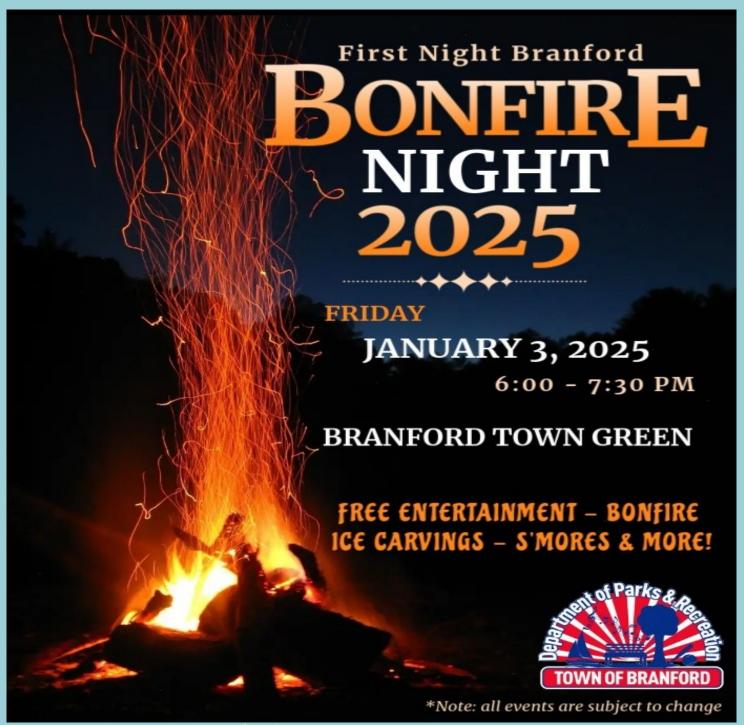
#### SAVE THE DATE: UPCOMING EVENTS!



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#### WINTER PROGRAMS

ON THE NEXT SET OF PAGES, CHECKOUT UPCOMING
PROGRAMS THAT YOU CAN SIGN UP FOR TODAY!

PLEASE NOTE EACH PROGRAM'S DAYS & START
TIMES AS SOME ARE LISTED IN 2024 AND SOME

ARE IN 2025!

MORE PROGRAMS STARTING IN 2025 ARE COMING
SOON AND WILL BE ANNOUNCED CLOSER TO THE
NEW YEAR!! REFER TO PAGE 27 TO VIEW A SNEAK
PEEK OF THESE PROGRAMS!

#### WINTER RECESS & SCHOOL HALF DAY PROGRAMS

## WINTER WONDERLAND LEGO WORKSHOP W/ PLAY-WELL TEKnologies - WINTER RECESS

Instructor: Play-Well TEKnologies

In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles and gondolas, or a hilltop village with slopes for LEGO® skiers and sledders, all with the guidance of an experienced Play-Well instructor. Exact class details to come very soon!



mistractor. Exact class actaits to come very soon:

DATE: AGES: TIME: FEE: LOCATION:

TBA 5-9 \$

#### NOON YEARS EVE PARTY- WINTER RECESS

Join Parks & Rec staff as we ring in the New Year together with a small, fun party that will include food, snacks, party favors, games, music and more! The countdown and ball drop showing will be at 12:00pm!



DATE: AGES: TIME: FEE: LOCATION:

Monday, Dec. 30th 6 - 11 11:00 AM - 1:00 PM \$20 Joe Trapasso CH

#### CHALLENGE ISLAND- HALF DAY SCHOOL PROGRAM

Spend your half day with us! Challenge Island Staff will be on-site leading a fun filled STEAM island adventure for you to explore, use your imagination and have fun with others.



ISLAND NAME: DATF: GRADE: TIME: FEE: LOCATION: Slimetopia Wed. Jan. 29th K - 4 1:45 - 4:00 PM \$45 Joe Trapasso CH K - 4 Joe Trapasso CH Arcade Mania Wed. Mar. 26th 1:45 - 4:00 PM \$45 Awesome Sauce Wed. Apr. 30th K - 4 1:45 - 4:00 PM \$45 Joe Trapasso CH

CHEF MARY COOKING- HALF DAY SCHOOL PROGRAM: Ages 6yrs-12yrs
Looking for a fun way to spend your half day from school? Look no further. Join Chef
Mary in the kitchen to create a fun meal and dessert.

DATÉ:	CLASS:	TIME:	FEE:	LOCATION:
Jan. 29th	Snowman Cheesy Garlic Bread & Oreo Truffles	1:45 - 3:45 PM	\$45	Joe Trapasso CH
Mar.26th	Clover Calzone & Rainbow Flower Fruit Cookie	1:45 - 3:45 PM	\$45	Joe Trapasso CH
Apr. 30th	Bunny Butt Cheeseball & Easter Cookie Blossom	1:45 - 3:45 PM	\$45	Joe Trapasso CH
May 21st	Baked Pesto Gnocchi & Butterfly Cupcakes	1:45 - 3:45 PM	\$45	Joe Trapasso CH

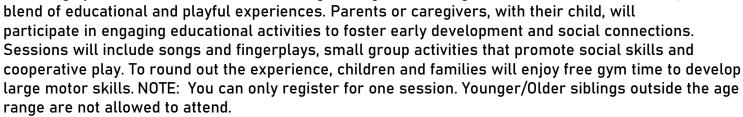


#### TODDLER WINTER PROGRAMS

## COMMUNITY PLAYGROUP W/ FAMILY RESOURCE CENTER

Instructor: Family Resource Center Educators

A new playgroup for Branford residents only, this program offers a nurturing space for families to connect and grow together through a



Dates:	Ages:	Time:	Fee:	Location:
Session 1: Thu, Nov. 7th - Dec. 19th*	2 - 4	10:30 AM - 12:00 PM	FREE	Joe Trapasso CH
Session 2: Thu, Jan. 9th - Feb. 27th	2 - 4	10:30 AM - 12:00 PM	FREE	Joe Trapasso CH
Session 3: Thu, Mar. 6th - Apr. 24th	2 - 4	10:30 AM - 12:00 PM	FREE	Joe Trapasso CH
*skin Nov 28th				•

#### INDOOR PLAYGROUND & SOCIAL GROUP

Bring your little one indoors to have fun with friends and other caregivers on the cold days of winter. You will have access to our toddler room to explore play using your fine motor skills and then go into the BIG gym to get your energy out and work on those gross motor skills with your friends. Big KIDS (AKA Parents) will be able to socialize and network with others and play as well. Participants need to wear sneakers and all children need to be with an adult/guardian



caregiver. No lead instruction is provided for this program. Choose from either Tuesday only, Friday only, or both Tuesday & Friday.

DATE:	AGES:	TIME:	FEE:	LOCATION:
Tue. Jan. 7th - Mar. 25th	1 - 4	11:00 AM - 12:30 PM	\$35	Joe Trapasso CH
Fri. Jan. 10th - Mar. 28th	1 - 4	11:00 AM - 12:30 PM	\$35	Joe Trapasso CH
Tue. & Fri. Jan. 7th - Mar. 28th	1 - 4	11:00 AM - 12:30 PM	\$60	Joe Trapasso CH

#### STAYING FIT" WINTER RECESS FUN

Instructor: Jillian Temple

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! This program is designed for you and your child to get moving in a fun way! Your children will have a blast as they get their wiggles and giggles out in a fun recess setting.



DATE:	AGES:	TIME:	FEE:	LOCATION:
Session 1: Tue. Jan. 7th - Jan. 28th	1 - 4	11:00 - 11:30 AM	\$50	Joe Trapasso CH
Session 2: Tue. Feb. 4th - Feb. 25th	1 - 4	11:00 - 11:30 AM	\$50	Joe Trapasso CH
Session 3: Tue. Mar. 4th - Mar. 25th	1 - 4	11:00 - 11:30 AM	\$50	Joe Trapasso CH

#### TODDLER WINTER PROGRAMS

#### **TODDLER & ME CREATIVE MOVEMENT W/ STUDIO ONE**

Instructor: Studio One Instructors

Come join us for a dynamic creative movement class that teaches toddlers the joy of music and dance. The toddlers must be accompanied by an adult. This is a wonderful bonding experience and a great way to introduce our toddlers into new environments. Class is held at Studio One's Dance Studio located at 4 Brushy Plain Road.



DATES:	AGES:	TIME:	FEE:	LOCATION:
Session 1: Tue. Jan. 7th - Jan. 28th	1.5 - 3	9:30 - 10:00 AM	\$60	Studio One
Session 2: Tue. Feb. 4th - Feb. 25th	1.5 - 3	9:30 - 10:00 AM	\$60	Studio One
Session 3: Tue. Mar. 4th - Mar. 25th	1.5 - 3	9:30 - 10:00 AM	\$60	Studio One

#### **ULTIMATE BALL TIME**

Instructor: Led by Parks & Recreation Coaches Vic & Ricky Come have fun with your child in this informational program where any ball game that you can imagine (soccer balls, nerf balls, kick balls, basketballs, baseballs,

golf balls, foam balls, and many more) will be used. Children will learn everything there needs to know about balance, hand eye coordination and teamwork. Parent participation is

encouraged.

DATES: AGES: TIME: FEE: LOCATION: Wed. Jan. 8th - Feb. 5th 2 - 5 10:30 - 11:00 AM \$50 Joe Trapasso CH

#### **SOCCER SQUIRTS**

Instructor: Led by Parks & Recreation Coaches Vic & Ricky Led by Parks & Rec Coaches Vic & Ricky, come have fun with your children as they learn basic fundamentals of the game of soccer each week. New drills and activities will be taught each week that will keep players excited and on their toes!





DATES: AGES: TIME: FEE: LOCATION:
Thu. Jan. 9th - Feb. 6th 2 - 5 11:00 - 11:30 AM \$50 Joe Trapasso CH

#### LITTLE LACROSSE STARS

Instructor: Jillian Temple

Led by Coach Jill Temple, your child will experience all the introductory fundamentals of the fun game of Lacrosse. Currently a Division II Lacrosse Coach herself at Southern Connecticut University, Jill is extremely passionate of the game and will strive to emphasize fun, teamwork, and proper hand eye coordination and motor skills of all players in a fun, recess setting. Small lacrosse sticks and bouncy balls will be provided. No additional equipment needed.

DATE: AGES: TIME: FEE: LOCATION:

Fri. Jan. 10th - Jan. 31st 2 - 4 11:00 - 11:30 AM \$50 Joe Trapasso CH

#### TODDLER WINTER PROGRAMS

#### LITTLE TRACK & FIELD STARS

Instructor: Jillian Temple

Does your child love to move? Try out this class led by Coach Jill Temple! You and your little ones will move (and even run!) alongside Coach Jill. Class will involve various running exercises and games that will get your little ones moving non-stop like a Track & Field star. Burn off that energy in a fun & safe recess setting during the cold Winter months with Coach Jill!

DATE: AGES: TIME: FEE: LOCATION:

Fri. Feb. 7th - Feb. 28th 2 - 4 11:00 - 11:30 AM \$50 Joe Trapasso CH

#### **OBSTACLE COURSE FUN & GAMES**

Instructor: Led by Parks & Recreation Coaches Vic & Ricky
Each week, come experience a new makeshift obstacle course that
will test your child's gross motor skills and challenge their thinking.
This fun, new program will emphasize teamwork and hand eye
coordination as each child works through cool, little obstacle
challenges. Class will also incorporate small group games at the tail end of class.

DATES: AGES: TIME: FEE: LOCATION:

Wed, Feb. 12th - Mar. 12th 2 - 4 10:30 - 11:00 AM \$50 Joe Trapasso CH

#### PEE WEE READ AND MOVEMENT

Instructor: Led by Parks & Recreation Coaches Vic & Ricky Join us for a morning of reading and fun! The first part of class we will read a short story and then go into the gym to participate in a fun activity that correlates to the plot of each story.

DATES: AGES: TIME: FEE: LOCATION:
Thu, Feb. 13th - Mar. 13th 2 - 4 11:00 - 11:30 AM \$50 Joe Trapasso CH

LITTLE MULTI-SPORTS

Instructor: Jillian Temple

Led by Coach Jill Temple, your child will experience a variety of multi-sport games and activities which will emphasize teamwork, proper hand eye coordination, motor skills, and of course fun for all players in a friendly, recess setting.

DATE: AGES: TIME: FEE: LOCATION: Fri. Mar. 7th - Mar. 28th 2 - 4 11:00 - 11:30 AM \$50 Joe Trapasso CH

#### YOUTH WINTER PROGRAMS

#### BRANFORD ELKS BASKETBALL HOOP SHOOT

Join the Branford Elks & Rec Staff for the Annual Hoops Shoot Shoot-Out! Test your shooting skills in this fun challenging event. This is a fun accuracy skilled activity that is fun for all levels of play. Pre-Registration is preferred. On-site registration will be available. Arrive anytime between 10a-12p. See event flyer here!



DATE: AGES: TIME: FEE: LOCATION:

Saturday, Nov. 16th 8 - 13 10:00 AM - 12:00 PM FREE Joe Trapasso CH

#### HOLIDAY POTTERY DAYS WITH FIRED UP

Instructor: Fired Up!

Join Fired Up Pottery for a night of various holiday-themed pottery crafts and create your own piece!



DATE: GRADE: TIME: FEE: LOCATION: Thanksgiving: Wednesday Nov. 20th K - 5 6:00 - 7:30 PM \$32 Joe Trapasso CH Christmas/Hanukkah: Tuesday Dec. 10th K - 5 6:00 - 7:30 PM \$32 Joe Trapasso CH

#### HOOPS AT THE Q-HOUSE

Led by Parks & Rec 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. *DUE TO LIMITED SPACE IN THIS PROGRAM, PLEASE REGISTER FOR ONLY ONE SESSION.* 



DATE: GRADES: TIME: FEE: LOCATION:

Session 1: Tue. Dec. 3rd - Jan. 21st\* K - 1 4:00 - 4:45 PM \$60 Joe Trapasso Gym

\*skip Dec. 24th & 31st

Session 2: Thu. Dec. 5th - Jan. 16th\* K - 1 4:00 - 4:45 PM \$60 Joe Trapasso Gym

\*skip Dec. 26th

#### LEGO 'RADICAL RIDES' AFTER SCHOOL CLASS W/ PLAY-WELL

Instructor: Play-Well TEKnologies

Start your engines with tens of thousands of LEGO® parts as you dive into the vast world of vehicles! Build and design an array of exciting machines, traversing land, sea, and air, with the assistance of experienced Play-Well instructors. Learn about the engineering principles behind motors, gears, and everything that vrooms and zooms! Exact class details to come very soon!



DATES: AGES: TIME: FEE: Location:

TBA 5 - 9 4:00 - 5:00 PM \$ Joe Trapasso CH

#### YOUTH WINTER PROGRAMS



#### UNIFIED PROGRAMS

# UNIFIED COCKING & GAME NIGHT

AGES: 16+

\$30 per class

**Wednesday Evenings** 

Jan. 29th Mar. 26th

Apr. 30th May 21st

Class Times: 5:00 PM - 6:30 PM Location: 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 to prepare a basic Dish. After making the perfect meal, participants will eat together and have fun socializing, playing board games, sing and more!



To register visit BranfordRecreation.org or call (203) 488 - 8304

Marie with PosteriWWWall.com

#### YOUTH WINTER PROGRAMS

# LIFEGUARD TRAINING CLASS



#### American Red Cross CERTIFIED LIFEGUARD

To register and receive online training materials email rathsacklisak@sbcglobal.net

#### CLASS SCHEDULE

Location: Walsh Intermediate School

John O'Connor Pool Time: 5:30-8:30 pm

Dates: Mon, Dec 9, Wed, Dec 11, Fri, Dec 13, Sat, Dec 14 (10 am-1:30 pm), Mon, Dec 16, Wed, Dec 18, Fri, Dec 20

Fee: \$200 (refundable upon successful employment with Branford Park & Rec)

Must be 15 years old by the last day of class, able to complete a sequence including a 200 yard swim and two minute tread w/out hands, and timed brick retriavel from the deep end.

#### TODDLER & YOUTH SWIM LESSONS

American Red Cross We offer swim lessons through our "Learn to Swim Program" taught by American Red Cross certified staff. We believe that all participants need basic aquatic safety and swimming skills.

Classes are held at the Walsh Intermediate School, 185 Damascus Road, Branford. Please make sure that you park in the parking lot (not in any NO PARKING ZONES) and enter through Door 157. Classes include water safety topics, basic water skills and stroke techniques. The prerequisite for each level is successful demonstration of the skills from the preceding level. If there is a wrong enrollment, every effort will be made to transfer into the appropriate level depending on space.

#### PARENT & CHILD AQUATICS - LEVEL 1: 6mos. - 3yrs.

Children will be introduced to the water and encouraged to feel comfortable through water play, songs & games. Classes are designed to familiarize the child with the water and prepare them for Preschool Aquatics levels as they age up. Classes are not designed to teach them to swim or to survive in the water. A parent must be in the water with their child. (Class is 20 mins.)

PARENT & CHILD AQUATICS - LEVEL 1: 6mos. - 3yrs.

Children will build on the skills taught in level 1. Skills taught include bubble blowing, safely exiting the water, gliding on front and back, and rolling to back. A parent must be in the water with their child. (Class is 20 mins long) Must have completed Parent-Child Level 1

#### PRESCHOOL AQUATICS SWIM LESSONS: 4 & 5 years old

Preschoolers will be oriented to the aquatic environment while building upon basic aquatic skills and being safe around the water. (Class is 20 mins.)

#### LEVEL 1 - INTRODUCTION TO WATER SKILLS: 6 YEARS & UP

Students will begin to develop self confidence, good swimming habits & learn safe practices in & around the water.

#### LEVEL 2 - FUNDAMENTAL AQUATICS: 6 YEARS & UP

Must have completed Level 1. Participants gain success with fundamental skills, including learning how to float without support and to recover to a vertical position.

#### LEVEL 3 - STROKE DEVELOPMENT: 6 YEARS & UP

Must have completed Level 2. Through additional guided practice and building on previous skills, this level will help improve swimming skills in deeper water.

#### LEVEL 4 - STROKE REFINEMENT: 6 YEARS & UP

Must have completed Level 3. Through additional guided practice and building on previous skills, this level will help

improve swimming skills in deeper water.

MONDAYS \$65					
Jan. 27-Mar. 10 (no class 2/17)					
LEVEL	TIME				
<b>Pre-School Aquatics</b>	6:30p-6:50p				
Level 1	6:55p-7:25p				

WEDNESDAYS \$65				
Jan. 29-Mar. 5				
LEVEL	TIME			
<b>Pre-School Aquatics</b>	6:30p-6:50p			
Level 2	6:30p-7:00p			
Level 1	7:00p-7:30p			
Level 3	7:00p-7:30p			

SATURDAYS \$65 Feb. 1-Mar. 15 (no class 2/15)					
LEVEL	TIME				
Parent Infant/Toddler-Level 1	9:00a-9:20a				
Parent Infant/Toddler-Level 2	9:25a-9:55a				
Pre-School Aquatics	10:00a-10:20a				
Level 3	10:30a-11:00a				
Level 1	10:30a-11:00a				
Level 2	10:35a-11:05a				
Pre-School Aquatics	11:10a-11:30a				
Level 4	11:10a-11:55a				
Level 3	12:00p-13:30p				

#### **ADULT WINTER PROGRAMS**

#### MAHJONG PLAYERS CLUB

Continue playing the game you love with others to improve your game. Sets will be provided. Please note there is no game instruction provided in the Players Club.



DATE: AGES: TIME: FEE: LOCATION: Wednesdays, Oct. 23rd - Jan. 15th\* 18+ 5:30 - 9:00 PM \$30 Joe Trapasso CH

\*skip Nov. 27th, Dec. 25th, & Jan. 1st

#### **ATTITUDE DANCE & FITNESS**

Instructor: Robyn Dinatale & Mike Griffin from Attitude Dance & Fitness <u>Power Barre (Mon.)</u>: A total body workout mix of low to no impact movements structured with an element of basic ballet. Combine with light hand-held weights and the result is toned, lean muscle. The ultimate fun fat burner. All



levels of experience welcome. Weights are limited, so please come with your own if possible. Bring a mat.

<u>Strong & Lean (Wed.)</u>: This strength training class helps build bone and muscle vital to the aging process and ulilizes various resistance tools including dumbbells, resistance bands and even your own body weight. There's always something different and something for everyBODY! All levels of experience welcome. Weights are limited, so please come with your own if possible. Bring a mat. <u>Qi-Gong (Mon. or Wed.)</u>: Qigong is an ancient Chinese practice that involves the cultivation and balance of Qi, pronounced (Chee), the body's vital energy. Coordination of body-posture, body movement, breathing, and meditation are involved in this exercise as you improve on your physical and emotional well-being. Register for one day or both days. Class is taught by Mike Griffin.

DATE:	AGES:	TIME:	FEE:	LOCATION:
Power Barre: Mon. Nov. 18th - Dec. 16th*	18+	5:45 - 6:45 PM	\$28	Joe Trapasso CH
Strong & Lean: Wed. Oct 30th - Dec. 4th**	18+	5:45 - 6:45 PM	\$28	Joe Trapasso CH
Qi-gong: Mon. Nov. 18th - Dec. 9th	18+	6:45 - 7:45 PM	\$28	Joe Trapasso CH
Qi-gong: Wed. Nov. 6th - Dec. 4th**	18+	6:45 - 7:45 PM	\$28	Joe Trapasso CH
*skin Mon Dec 9th				

<sup>\*</sup>skip Mon. Dec. 9th \*\*skip Wed. Nov. 27th

#### AED/CPR SKILLS TRAINING COURSE:

Instructor: Randy McNamara, Shoreline CPR Services

This AED & CPR skills training course will cover the techniques to successfully perform CPR in conjunction with the use of an



Automated External Defibrillator (AED). Participants will develop the skills necessary to effectively perform CPR & operate an AED in an emergency situation. You could be a life saver for your love ones! This is a perfect learning experience for all to partake in. Please note this is a skills training course!! For those choosing to take this course for Red Cross certification or re-certification, an additional \$30 cost must be paid to the instructor day-of.

DATE:	AGES:	TIME:	FEE:	LOCATION:
Session 1: Tuesday Nov. 19th	14+	6:00 PM - 8:30 PM	\$60	Joe Trapasso CH
Session 2: Tuesday Dec. 17th	14+	6:00 PM - 8:30 PM	\$60	Joe Trapasso CH

#### ADULT WINTER PROGRAMS

#### ADULT BEGINNER PICKLEBALL LESSONS

Instructor: PPR Certified Coach Bill Sadick.

This class is for those who have limited experience or have never played the game of pickleball. This 4 week class will focus on game rules, understanding the court, scoring, paddle use, dinking, serving and return of serve, transition, third shot drop, blocking the bangers, punch volley and more!



DATE: AGES: TIME: FEE: LOCATION:
Mondays, Jan. 6th - Feb. 3rd\* 18+ 9:30 - 11:00 AM \$125 Joe Trapasso CH

\*skip Jan. 20th

#### CARDIO KICKBOXING:

Instructor: Annie Marchitto, Kickboxing Instructor

Do you like to sweat? If so then this us your class. Learn kickboxing technique in a high intensity, high impact, high calorie-burning workout covering footwork, balance, endurance, agility, body strength training and improving your cardio. This is a full body workout. No experience needed. Please bring a jump rope, floor mat and a water bottle with you to each class. All levels welcome.



 DATE:
 AGES:
 TIME:
 FEE:
 LOCATION:

 Thu. Dec. 5th - Feb. 6th
 18+
 6:00 - 7:00 PM
 \$120
 Joe Trapasso CH

 Fri. Jan. 3rd - Mar. 21st
 18+
 6:00 - 7:00 PM
 \$120
 Joe Trapasso CH

#### KICKBOXING PLUS: FOCUS PAD & CONDITIONING:

Instructor: Annie Marchitto & Jim Lvons

Learn Kickboxing fundamental skills including foundation in punching and kicking technique, agility, circuits, core training, and cardio to allow you to gain skills to help improve physically and mentally while having fun.



Medicine ball work will be included in some of the classes for added strength training. Participants must bring a jump rope, water bottle, fitness mat, Ringside Mexcian Style Hand Wraps 180 (can be bought here), and a Ringside Apex Boxing Glove (can be bought here) or bring your own boxing glove if you have). Both can be found on Amazon.

DATE:	AGES:	TIME:	FEE:	LOCATION:
Thu. Dec. 5th - Feb. 6th	18+	7:00 - 8:00 PM	\$250	Joe Trapasso CH
Sat. Jan. 4th - Feb. 1st	18+	8:00 - 9:00 AM	\$125	Joe Trapasso CH

#### STAYING FIT- "DO YOUR BEST TRAINING" SUNRISE WORKDAY WORKOUTS:

Instructor: Jill Temple, Personal Trainer

Let's get moving!!! Start your day in the best possible way... exercise classes with Personal Trainer Coach Jill! Indulge in body-weight routines that will challenge, motivate and energize you. Bring a mat and water bottle.



DATE:	AGES:	TIME:	FEE:	LOCATION:
Tue./Thu. Nov. 12th - Dec. 12th*	18+	6:30 - 7:30 AM	\$100	Joe Trapasso CH
Tue./Thu. Jan. 7th - Feb. 6th	18+	6:30 - 7:30 AM	\$100	Joe Trapasso CH
Tue./Thu. Feb. 11th - Feb. 13th	18+	6:30 - 7:30 AM	\$100	Joe Trapasso CH
*skip Nov. 28th				•

#### **ADULT WINTER PROGRAMS**

#### STAYING FIT- "DO YOUR BEST TRAINING" SATURDAY FITNESS WORKOUTS:

Instructor: Jillian Temple, Personal Trainer

Let's get moving!!! Start your weekend in the best possible way with an exercise class. Personal Trainer Jill Temple will demonstrate in body-weight routines that will challenge, motivate and energize you. Please bring a mat and water bottle. All levels welcome!



DATE: AGES: TIME: FEE: LOCATION: Sat. Feb. 8th - Mar. 8th 18+ 8:00 - 9:00 AM \$50 Joe Trapasso CH

#### AQUACISE:

Instructor: Lisa Rathsack

Join this low-impact, high energy 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.



DATE: AGES: TIME: FEE: LOCATION: Session 1: Mon. Jan. 27th - Mar. 24th 18+ 7:30 - 8:30 PM \$80 WIS Pool

\*skip Feb. 17th

Session 2: Wed. Jan. 29th - Mar. 19th 18+ 7:30 - 8:30 PM \$80 WIS Pool

#### **DEEP WATER AQUACISE:**

Instructor: Lisa Rathsack

Join this high energy water aerobics workout in deep water. This workout is a medium to a high intensity that is a total body workout.



DATE: AGES: TIME: FEE: LOCATION: Sat. Feb. 1st - Mar. 29th\* 18+ 8:00 - 8:45 AM \$80 WIS Pool

\*skip Feb. 15th

#### **ADULT SWIM LESSONS:**

<u>Beginner:</u> This is an introduction to basic aquatic skills and swimming strokes including floats, glides, the front crawl (free style), breaststroke, and elementary backstroke, in a comfortable and supportive class setting.



Intermediate: Work on gaining the skills needed to swim one length of the pool using strokes including front crawl, breaststroke, elementary backstroke, back crawl and sidestroke. Participants should be comfortable swimming with their face in the water and be able to use combined arm and leg motions.

 DATE:
 AGES:
 TIME:
 FEE:
 LOCATION:

 Beginner:
 Thu. Jan. 30th - Mar. 13th\*
 18+
 7:00 - 7:45 PM
 \$75
 WIS Pool

 Intermediate:
 Thu. Jan. 30th - Mar. 13th\*
 18+
 7:45 - 8:30 PM
 \$75
 WIS Pool

 \*skip Feb. 20th

#### SNEAK PEEK OF UPCOMING PROGRAMS





## Sneak Peek!

#### TODDLER PROGRAMS

- Legacy Theatre Classes
- STEM Activities

#### YOUTH PROGRAMS

- Bridgeport Islanders Game Day
- Cooking Classes with Chef Mary
- Legacy Theatre Classes
- Sunfish Swim Club
- WIS Tidal Waves
- WS Students After School Enrichment Programs
- Toddler & Me Creative Movement w/ Studio One

#### ADULT PROGRAMS

- Bridge Classes
- Mahjong Lessons & Club
- Pilates
- Salsa Dancing
- Setback
- Yoga

#### INDOOR PICKLEBALL MEMBERSHIP

# 2024/2025 INDOOR PICKLEBALL MEMBERSHIP

CHOOSE BETWEEN THE FOLLOWING MEMBERSHIPS:

SEASON MEMBERSHIP (\$40): NOV. 18TH - APR. 5TH

MONTHLY MEMBERSHIP (\$12 PER MONTH): NOV./DEC.; JAN.; FEB.; MAR./APR.

MONDAY EVENING PLAY ONLY (\$10): NOV. 18TH - MAR. 31ST

'schedule subject to change

"No Open Play from Dec. 21 - Jan. 3, Jan. 20, Feb. 17, No Evening Play During Annual Bradley/Kinney Basketball Tournament (dates TBD, held in late Feb/early Mar)

Come enjoy playing on three indoor Pickleball Courts at the Joe Trapaso Community House Gym during the Winter months! Choose your membership based on your availability/interest. All players must scan in upon arrival and follow all gym rules. Space is limited. Join today!

#### JOE TRAPASSO COMMUNITY HOUSE



GYMNASIUM BRANFORD, CT 06405



You MUST call the office at (203) 488 - 8304 or come in person to claim your membership!

#### WIS POOL SCHEDULE





#### WALSH INTERMEDIATE SCHOOL POOL SCHEDULE Sept.9, 2024 –Dec. 20, 2024

#### NEW NEW NEW NEW NEW NEW NEW NEW

To access the pool please park in the rear of the building and enter through door 157. You can access the pool and locker rooms from this hallway.

MONDAYS:	6:30p-8:30p	PUBLIC SWIM - Adults Only (18+) 2 Lap Lanes only	
	6:30p-7:25p	Learn to Swim Classes (pre-registration required)	
	6:30p-8:00p	Learn to Dive Lessons (pre-registration required)	
	7:30p-8:30p	Aquacise (pre-registration required)	
TUESDAYS:	6:30a -*7:30a	Morning Adult Swim Only (18+)	
		*you must be out of the building by 7:45 a.m.	
	6:30p-8:30p	Adult Swim Only (18+)	
WEDNESDAYS:	6:30p-8:30p	Learn to Swim Classes * pre-registration required	
	6:30p-7:30p	PUBLIC SWIM-All Ages	
	7:30p-8:30p	PUBLIC SWIM - Adults Only (18+) 2 Lap Lanes Only	
	7:30p-8:30p	Aquacise (pre-registration required)	
THURSDAYS:	6:30a -*7:30a	Morning Adult Swim Only (18+)	
		*you must be out of the building by 7:45 a.m.	
	6:30p-8:00P	Adult Learn to Swim Classes (pre-registration required)	
	6:30p-8:30p	Adult Swim Only (18+) Lap Lanes Only	
FRIDAYS:			
	6:30p-8:30p PUBLIC SWIM – All Ages		

SATURDAYS: 10:00a-11:30a Adult Swim Only (18+) 2 Lap Lanes Only

10:00-12:30p Learn to Swim Classes (pre-registration required)

11:30a-1:30p PUBLIC SWIM – All Ages

SCHEDULED POOL CLOSINGS: (Subject to change) Sept. 10, Oct. 4, 11, 14, 31, Nov. 5, 27-29, Dec. 23-Jan. 1

\*\*ADDITIONAL CLOSINGS MAY OCCUR FOR SCHOOL FUNCTIONS, STAFFING ISSUES AND WEATHER CONDITIONS\*\*

Revised: 8/20/2024

#### WIS POOL SCHEDULE



#### **NEW YEAR 2025**



#### WALSH INTERMEDIATE SCHOOL WINTER POOL SCHEDULE

Jan. 2, 2025 - Apr. 3, 2025

NEW NEW NEW NEW NEW NEW NEW NEW

Branford Residents Only! To access the pool, please park in the rear of the building and enter through door #157. You can access the pool and locker rooms from this hallway.

\*Pre-registration required

\*\*Morning hours you MUST be out of the building by 7:45am. Evening hours by 8:45pm & Saturdays by 1:45pm.

MONDAYS:	6:30p-7:25p* 6:30p-8:30p 7:30p-8:30p*	Learn To Swim Classes PUBLIC SWIM – Adults Only (18+) 2 Lap Lanes Aquacise
TUESDAYS:	6:30a -7:30a** 6:30p-8:30p	Morning Adult Swim Only (18+) Adult Swim Only (18+)
WEDNESDAYS:	6:30p-7:30p 6:30p-7:30p 7:30p-8:30p* 7:30p-8:30P	Learn To Swim Classes PUBLIC SWIM-All Ages Aquacise (pre-registration required) PUBLIC SWIM-Adults Only (18+) 2 Lap Lanes
THURSDAYS:	6:30a -7:30a** 6:30p-8:30p* 7:00p-8:30p*	Morning Adult Swim Only (18+) 3 Lap Lanes Adult Swim Only (18+) Adult Swim Lessons (pre-registration required)
FRIDAYS:	6:30p-8:30p	PUBLIC SWIM – All Ages
SATURDAYS:	8:00a-11:30a 8:00a-8:45a 9:00a-12:30a 11:30a-1:30p	Adult Swim Only (18+) 2 Lap Lanes Deep Water Aquacise (pre-registration required) Learn To Swim Classes(pre-registration required) PUBLIC SWIM – All Ages

SCHEDULED POOL CLOSINGS: (Subject to change) Jan.\*14,\*16, 17, 18, 20, \*23, Feb. 17,\*18, \*20, \*25

\*(evenings only)

\*\*\*ADDITIONAL CLOSINGS MAY OCCUR FOR SCHOOL FUNCTIONS, STAFFING ISSUES AND WEATHER CONDITIONS\*\*\*

Scheduled was revised as of 11-8-2024

#### JOE TRAPASSO INDOOR GYM SCHEDULE

OCTOBER 21 - DECEMBER 21, 2024



# JOE TRAPASSO GYM SCHEDULE

MONDAYS: 8:30a - 9:30a (starts Nov. 4)

> 9:30a - 11:30a 11:45a - 1:45p

\*2:00p - 3:30p (starts Nov. 18)

3:30p - 5:30p

5:30p - 7:30p (starts Oct. 28) \*7:45p - 9:15p (starts Nov. 18)

TUESDAYS: 6:30a - 7:30a

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

5:30p - 9:00p (starts Oct. 29)

WEDNESDAYS: 8:30a - 9:30a

10:30a - 11:15a

\*11:30a - 1:30p (starts Nov. 20)

3:30p - 5:30p

5:00p - 6:00p (starts Oct. 30)

6:15p - 9:00p

THURSDAYS: 6:30a - 7:30a

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

5:30p - 9:00p (starts Oct. 31) 6:30p - 8:30p (ends Oct. 24)

FRIDAYS: \*8:30a - 10:30a (starts Nov. 22)

> 11:00a - 12:30p 3:30p - 5:30p

5:30p - 9:00p (starts Nov. 1)

7:30p - 9:30p (ends Oct. 25)

SATURDAYS: 8:00a - 7:30p (starts Dec. 7)

12:00p - 5:00p (all of Nov.)

5:00p - 7:00p (ends Nov. 30) 7:00p - 9:00p (ends Nov. 30) Parks & Recreation Programming

Canoe Brook Senior Activities

\*Adult Open Pickleball Courts

Afterschool Activities

Branford Junior Basketball

\*Adult Open Pickleball Courts

Parks & Recreation Programming Canoe Brook Senior Activities

Parks & Recreation Programming

Lunchtime Basketball- Adults 18+

Afterschool Activities Branford Junior Basketball

Canoe Brook Senior Activities

Parks & Recreation Programming

\*Adult Open Pickleball Courts

Afterschool Activities

**Branford Junior Basketball** 

Parks & Recreation-Men's Basketball League

Parks & Recreation Programming

Canoe Brook Senior Activities Parks & Recreation Programming

Lunchtime Basketball- Adults 18+

Afterschool Activities

Branford Junior Basketball

Adult Open Play Pickleball

\*Adult Open Pickleball Courts

Parks & Recreation Programming

Afterschool Activities

Branford Junior Basketball

Open Play Basketball Courts-Grades 5-8

Parks & Recreation Programming/BFD JR Basketball

Branford Junior Basketball

Open Play Basketball Courts-Grades 9-12 Open Play Basketball Courts-Adults 18+

\*Branford Residents Only: Indoor Membership Required

SCHEDULE: SUBJECT TO CHANGE | BRANFORD RESIDENTS ONLY

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













### Registration Begins March 3rd

Payment Plans & Limited Scholarships Available

LITTLE EXPLORERS CAMP! Ages 4-5
SUMMER PLAYGROUND CAMP! Ages 5-12

SHORELINE THEATER CO. YOUTH CAMP! Grades 3-9

TEEN TRAVEL CAMP! Ages 11-14





VISIT BRANFORDRECREATION.ORG OR CALL 203-488-8304 FOR MORE INFORMATION!

Payment plans and limited scholarships are available. Applications for scholarships will be accepted through March 3rd.

Branford Parks & Recreation Shoreline Theatre Company

# BRANFORD PARKS AND RECREATION



#### RENT!

High School & Adult Production

Jun. 19th & 20th

Jun. 26th & 27th





#### DESCENDANTS THE MUSICAL!

Youth Summer Camp
Entering 3rd - 9th Grade
June 23rd - July 25th
Performances the evenings of
Jul. 23rd & 24th
Registrations begin March 3rd
BranfordRecreation.org

To learn more visit ShorelineTheatreCompany.com

#### GIFT CARDS

#### **BRANFORD PARKS & RECRETION DEPTMENT**

# GIFT Cards

Gift Cards make the best gift!

**\$25, \$30, or \$50** -VALUES-



203-488-8304 | recreation@branford-ct.gov | BranfordRecreation.org

Gift a family member, friend, neighbor, coworker, or anyone else a Branford Parks & Rec Gift Card this Holiday Season! Choose between a \$25, \$30, or \$50 value. Gift Cards can be applied towards our programs or events (excludes party/room rentals). Visit our website or call the office today to get yours!

Made with PosterMyWall.com

#### 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 every Friday at 8:45 AM and hiking starts at 9:00 AM from the site locations.

Please check the Parks and Recreation website for updated monthly schedules or call the office (203-488-8304)

Questions about individual hikes should be addressed to the group leader when you arrive.

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

Website: BranfordRecreation.org

Office: 203-488-8304



#### **BRANFORD YOUTH SPORTS & CLUBS CONTACTS**



Branford Little League
Tony Colagiovanni
Email: tonycolagiovani008@gmail.com
Website: branfordlittleleague.net
Contact #: 203-627-8797



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

Branford Girls Softball



Branford Youth Cheerleading

Katy Gomes

Email: byccoordinator@gmail.com

Website: www.gomotionapp.com/team/vtbyc/page/home



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



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



Branford Youth Lacrosse
Erica Palmer
Email: erica.palmer6@gmail.com
Website: www.branfordyouthlax.com
Contact #: (203) 464-5395



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



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



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



Junior/Travel Basketball Kevin Fitzpatrick Email: info@branfordbasketball.com Website: www.branfordbasketball.com







