

*BRANFORD PARKS & RECREATION*

# HOLIDAY AND WINTER PROGRAM BROCHURE **2023-2024**



Photo courtesy of: Wesley Bunnell/The Sound



*WHERE THE BENEFITS  
ARE ENDLESS!*

Contact us:

[recreation@branford-ct.gov](mailto:recreation@branford-ct.gov)



203-488-8304

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

REVISED ON 12/13/23



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:  
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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 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 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.

### "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. 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](mailto:apalluzzi@branford-ct.gov)  
**Dale Izzo - Assistant Director**  
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**Victor Amatori, Jr. - Program Supervisor**  
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**Marcel "Butch" Cote - Lead Maintainer**  
**Nicholas Polastri - Maintainer**  
**Jeffrey Sitz - Maintainer**  
**Colin Tracy - Maintainer**



FOR MORE INFORMATION  
SCAN WITH YOUR SMART PHONE



### Branford Parks & Recreation Closings

Fri.	Nov. 10th	Veteran's Day
Thur. & Fri.	Nov. 23rd & 24th	Thanksgiving
Fri & Mon.	*Dec. 22nd & 25th	Christmas
Fri. & Mon.	*Dec. 29th & Jan. 1st	New Years
Mon.	Jan. 15th	MLK Day
Mon.	Feb. 19th	President's Day

*\*Dec. 22nd & Dec. 29th our office will close at 12pm.*

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# UPCOMING HOLIDAY PROGRAMS AND EVENTS

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## BEDTIME STORIES WITH MRS. CLAUS

Have a special story read to your child by Mrs. Claus all the way from the North Pole! Each week will be a new story. Video link will be sent the morning of. Pre-registration is required.

**FREE! FOR AGES 11 & UNDER**



**December 1st**  
**December 8th**  
**December 15th**  
**December 22nd**  
**December 24th**

To register go to [BranfordRecreation.org](http://BranfordRecreation.org)

## CUPCAKE DECORATING with the British Baker

CLASS COST

**\$50**

Boys & Girls 7 yrs-13yrs.



### What You'll Learn:

- Piping Techniques
- What is buttercream
- decorating tips
- Creativity
- working with fondant

**Saturday Dec. 9 2023**  
**11:30 am - 1:30 pm**

The British Baker will lead students in creating cupcakes for the Holiday Season! They will learn how to mask in buttercream using different piping tips, candy and fondant to create beautiful themed Christmas cupcakes! All students will leave with their own creations in a box and a certificate of completion. All supplies are included.



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

## BRANFORD PARKS & RECREATION

North Pole Experience



Join us for a NORTH POLE Experience...

**Santa's Workshop is Open!**

Sunday, December 3rd  
11:30am-1:30pm

Joe Trapasso Community House

### See SANTA and other special guests up close.

You will be able to talk to Santa, play in some reindeer games, deliver your letter to Santa in his official "North Pole Mailbox", check to see if you are on the "Nice List", become one of Santa's Helpers, work in his workshop and earn your Elf Hat, receive some special reindeer food, meet Rudolph and much more!!

Mrs. Claus and her elves will have a sweet treat for each child. Space is limited! Register early to reserve your spot!  
\$12.00 per child (ages 1-12)

Show Santa and his workshop friends some Christmas Spirit!

Wear a Christmas shirt, sweater, pajamas or dress.  
Don't forget your camera!



CALLS TO

# SANTA

Would your child like to chat with Santa? HO!HO!

HO! Register at the office or on-line at [www.Branfordrecreation.org](http://www.Branfordrecreation.org)

**Dates:**

Monday - Dec. 4th

Tuesday - Dec. 5th

Wednesday - Dec. 6th

**FREE! FOR AGES 10 & YOUNGER**

Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# UPCOMING HOLIDAY PROGRAMS AND EVENTS



## BRANFORD PARKS & RECREATION INVITES ALL TO THE *Annual Holiday Tree Lighting & Parade*

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Come join the fun and celebrate the holiday season!

**SATURDAY, NOVEMBER 25, 2023**

(RAIN DATE SUNDAY, Tree Lighting only Nov. 26th)

**Small Business Saturday ~ Shop Local 10 AM-6 PM**

**\*Parade Kick-off 6:30 PM**



Kick off 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. This year the parade will step off at 6:30 PM from Branford High School and march down East Main & Main Street, concluding with the tree lighting on the town green. All are welcomed to line the parade route. Those who would like to join in on the fun and participate in the parade, carrying a festive banner, creating a float, or wearing holiday costumes, are required to submit a participation form, which can be found online at: [www.branfordrecreation.org](http://www.branfordrecreation.org). Forms must be received no later than Friday, November 17, 2023. All marchers MUST submit a form and follow all parade rules.

### *Schedule of Events*

10:00 AM – 6:00 PM ~ Shop Small Business Saturday – Shop Branford Local!

6:30 PM ~ Parade Kickoff

7:15 PM ~ Holiday Tree Lighting

***Bring a non-perishable food item to benefit the Branford Food Council. HELP US FILL THE CARTS!***

For more information visit [www.branfordrecreation.org](http://www.branfordrecreation.org) or call 203-488-8304

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Special thanks to Branford Public Works, Branford Police & Fire Departments, the Town of Branford, Main Street Merchants, J. Witkowsky & Sons Tree Service, Guilford Fence, VanWilgen's Garden Center, Flower Wonderland and the many volunteers for making this a wonderful holiday community event.

## UPCOMING HOLIDAY PROGRAMS AND EVENTS

2023

Fundraiser to support the Branford Volunteer Firefighters & Branford Parks and Recreation



# SANTA GIFT DELIVERY

**BROUGHT TO YOU BY PARKS AND REC. AND THE BRANFORD VOLUNTEER FIREFIGHTERS!**

Santa Claus is coming to town to spread some holiday cheer by hand delivering gifts on a firetruck to residents of Branford. Imagine how excited your loved one will be when Santa arrives at their house!

**SANTA WILL MAKE THESE SPECIAL DELIVERIES THE WEEK OF DECEMBER 17TH!**

Fee:  
**\$30 per house**

Submit registration form at [BranfordRecreation.org](http://BranfordRecreation.org) no later than December 1st.

Gifts should be no bigger than a shoebox, wrapped and dropped off to Parks and Rec. no later than December 8th. Household is limited to those who physically live at that address.

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

# UPCOMING HOLIDAY PROGRAMS AND EVENTS



## Write to *Santa* 2023

**Mail Box Opens Nov. 27th**

**Letters must be received by Dec. 15th**

Write a letter to Santa telling him your Christmas Wishes! Drop it off in Santa's special mailbox located at the Joe Trapasso Community House (Red and White Mailbox) or mail to that address below. Please include your child's full name and home address. Hurry as Santa will be accepting letters until Dec. 15th.

**Santa Claus, North Pole  
46 Church Street  
Branford, CT. 06405**

**Letters will be delivered to Santa and he will send a personalized letter to your home.**



## KIDS ZONE NIGHT: A CHARLIE BROWN CHRISTMAS THEME

**DECEMBER 1ST @ 5:30-8:30PM  
JOSEPH TRAPASSO COMMUNITY HOUSE  
\$30 per child (resident only)**

Join Branford Parks & Rec Staff and kick off the holiday season with the Peanuts Gang as we set out to find the true meaning of Christmas, just like Charlie!

Activities will include holiday decorating, Charlie Brown Movie, & other fun Charlie Brown activities. Food and snacks will be provided.



203-488-8304 | [recreation@branford-ct.gov](mailto:recreation@branford-ct.gov)

## Reindeer Games & Holiday Fun



Join us for a morning of fun reindeer games & then join your friends for a special Reindeer treat!

**DATE:**  
Wednesday, December 13th

**TIME**  
11:00 a.m.-11:45 a.m.

**LOCATION**  
Joe Trapasso Community House

**FEE:**  
\$12.00

**AGE:**  
1yrs.-5yrs.

\* Parent or caregiver must be present

Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# UPCOMING HOLIDAY PROGRAMS AND EVENTS



## SNOWFLAKE SCAVENGER HUNT

DECEMBER 11 - DECEMBER 15  
FREE FOR ALL YOUNG AGES!

**SNOWFLAKES WILL BE HIDDEN ALL AROUND BRANFORD 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 FOR A CHANCE TO RECEIVE A PRIZE!**

PRIZES FOR 1ST,  
2ND, & 3RD  
PLACE  
FINISHERS!

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



JOIN US FOR

# COOKIE



&



# Pottery Decorating

FRI, DEC. 8 | 4:00 - 5:30pm

Joseph Trapasso Community House  
Ages 5-13 | \$45 a person

Join the staff from *Fired Up* and *Sweets on Main* while you enjoy decorating holiday cookies and pottery pieces in new, creative ways!



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



## CANDY CANE HUNT

DECEMBER 11 - DECEMBER 15

AGES 1-9

\$15 PER CHILD

HAVE YOU HEARD ABOUT OUR EXCITING CANDY CANE HUNT EVENT? WE'D LOVE TO BRING YOU ALL THE FUN, STRAIGHT TO YOUR DOORSTEP! WE'LL DROP OFF A DELIGHTFUL CANDY CANE CRAFT FOR YOUR CHILD TO ENJOY.

AFTER COMPLETION, PLACE YOUR CANDY CANES IN YOUR FRONT YARD FOR OTHERS TO HUNT FOR! SPREAD SOME FUN AND JOY THIS HOLIDAY SEASON!

REGISTER AT [WWW.BRANFORDRECREATION.ORG](http://WWW.BRANFORDRECREATION.ORG)  
(203) 488-8304 | RECREATION@BRANFORD-CT.GOV

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Register at [BranfordRecreation.org](http://BranfordRecreation.org)



# UPCOMING HOLIDAY PROGRAMS AND EVENTS

## Holiday Cards

FOR SENIORS



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 2023

Do you love to decorate for the holidays? Be a part of Branford's Reindeer Route! Let's "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! Register your home or business with Parks and Recreation by December 1st The official List will be sent Dec. 8th

To register go to [BranfordRecreation.org](http://BranfordRecreation.org) or call the Office at (203) 488 - 8304



## Peppermint the Elf is Coming To Town!



Peppermint, the Parks and Recreation Elf, will be back again visiting Branford! He will be visiting various locations throughout Branford. Be sure to watch for clues to see where he might be! Be the first to spot him and submit a selfie for a chance to win a prize. The more pictures you submit, the more chances you have to win! HAVE FUN!

PEPPERMINT WILL BE IN TOWN  
DEC. 1ST - DEC. 20TH  
FREE FOR ALL!

Pre-register before November 29th to receive your clues



Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# UPCOMING HOLIDAY PROGRAMS AND EVENTS

Join Re-Loved Designs  
for some "Craft Therapy"



# Yarn Tree Workshops



@Branford Parks & Rec. Dept.

Wednesday Nov. 29th

**Kids session - \$20 - 4:00-5:00pm**

Kid Friendly version. Set of 2 small trees.

Assorted embellishments will be available to personalize their masterpiece.

**Adults session - \$55 - 6:00-8:30pm**

Fee includes all supplies to make a set of 3 beautiful wrapped cone trees. 11"/15"/18"

Assorted yarns and embellishments provided to match your holiday decor.

Call parks & rec  
or register here:



Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# UPCOMING HOLIDAY PROGRAMS AND EVENTS

Join Re-Loved Designs  
for some "Craft Therapy"

# Holiday Gnome Workshop

@Branford Parks & Recreation Dept.

Thursday Dec. 14th

Kids Class - 4:00-5:30pm - \$20 (set of 3)

Adult Class - 6:30-8:30 (set of 6)

Fee includes all supplies to make your very own holiday gnomes.  
Each can be an ornament (think gifts!) or a set can be made into garland.  
Assorted yarns and embellishments provided to match your holiday decor.



Contact Parks & Rec  
or Register here:



Register at [BranfordRecreation.org](http://BranfordRecreation.org)

## UPCOMING HOLIDAY PROGRAMS AND EVENTS

# "Fill a Box"

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! Simply purchase the items on the list, put them in a box and drop it off to our department between Dec. 18th - 20th.

**Nov 29: Can of Soup**

**Nov 30: Pasta**

**Dec. 1: Can or box of Vegetable Broth**

**Dec. 2: Can of Vegetables**

**Dec. 3: Applesauce (unsweetened)**

**Dec. 4: Mac and Cheese (Annie's or Organic)**

**Dec. 5: Can or box of Chicken Broth**

**Dec. 6: Jar Pasta Sauce**

**Dec. 7: Can of Diced Tomatoes**

**Dec. 8: Can of Chicken**

**Dec. 9: Oatmeal (Individual Packets)**

**Dec. 10: Can of Beans**

**Dec. 11: Peanut Butter or Peanut Butter Filled Crackers**

**Dec. 12: Oil (Vegetable or Olive)**

**Dec. 13: Bag of Lentils**

**Dec. 14: Bag or Bag of Brown Rice**

**Dec. 15: Jar of Salsa**

**Dec. 16: Lite Salad Dressing**

**Dec. 17: Pancake Mix**

**Dec. 18: Tea Bags**

**Dec. 19: Can of Coffee**

**Drop off your box between  
Dec. 18th-20th**

*Please purchase low sodium items when available*



203-488-8304



BranfordRecreation.org

# UPCOMING HOLIDAY PROGRAMS AND EVENTS



## HAPPY HANUKKAH

Sundown December 7th through nightfall December 15th

To all our Jewish residents that celebrate, we wish you and your families a very Happy Hanukkah!

- To celebrate this Festival of Lights, the Menorah on the Town Green will be lit for each of the eight nights.



SAVE THE DATE: UPCOMING EVENTS!



BRIDGEPORT ISLANDERS &  
BRANFORD PARKS & REC PRESENT



# BRANFORD PARKS & REC GAME DAYS

AT TOTAL MORTGAGE ARENA IN BRIDGEPORT, CT

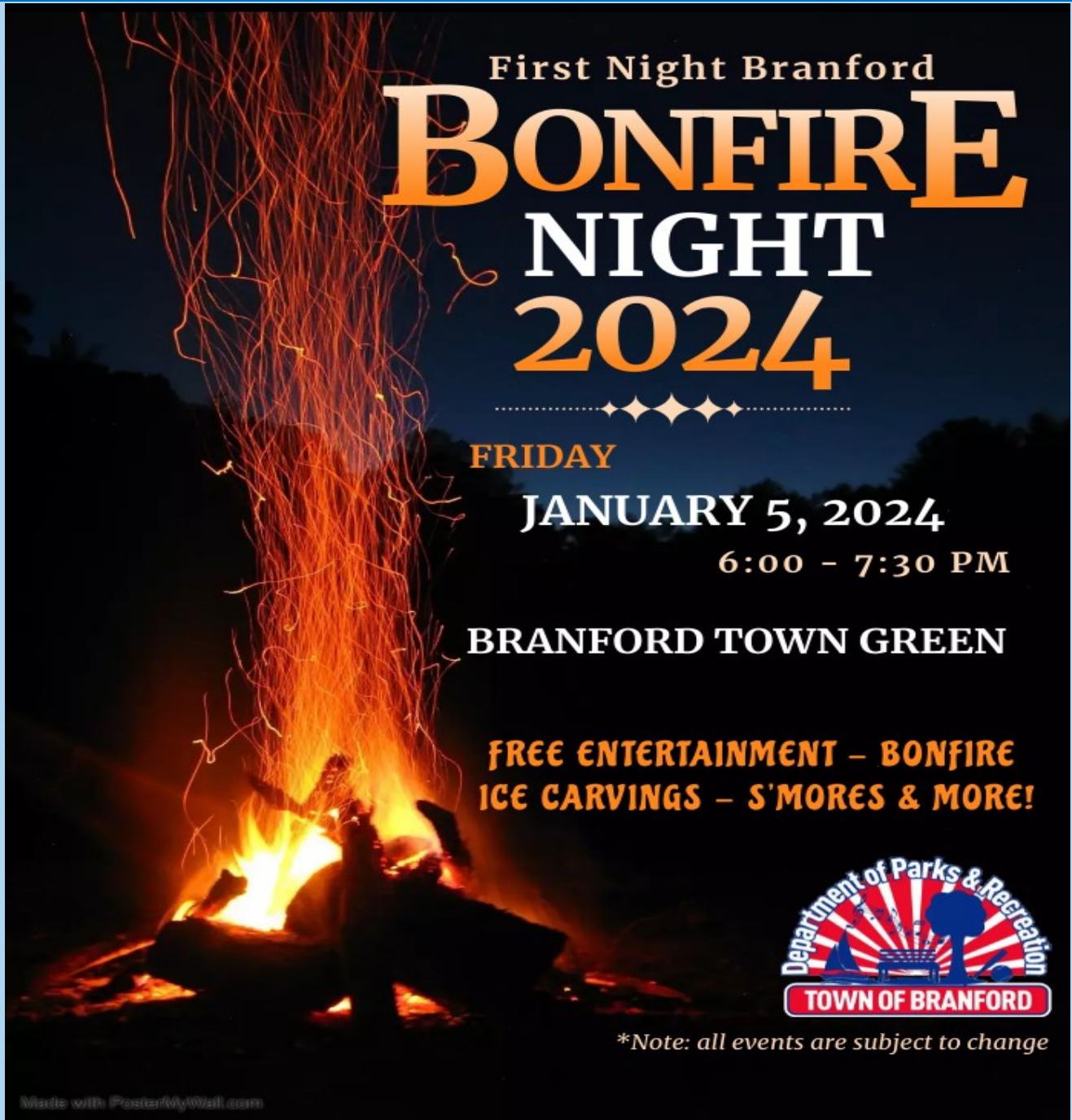
WED, DEC. 27 @ 7PM VS  
PROVIDENCE BRUINS  
(WINTER RECESS)

MON, JAN 15 @ 3PM VS  
HERSHEY BEARS  
(MLK, JR. DAY)

SEATS LOCATED AT CENTER ICE. EVERYONE WILL RECEIVE A HAT  
AND A GROUP PHOTO ON THE ICE. A SMALL PORTION OF ALL TICKET  
SALES WILL BENEFIT OUR CAMP SCHOLARSHIP FUND.

TICKETS MUST BE PURCHASED USING THE UNIQUE  
TICKET LINK FOUND ON OUR WEBSITE AT  
[WWW.BRANFORDRECREATION.ORG](http://WWW.BRANFORDRECREATION.ORG)


SAVE THE DATE: UPCOMING EVENTS!



First Night Branford  
**BONFIRE**  
**NIGHT**  
**2024**

FRIDAY  
JANUARY 5, 2024  
6:00 - 7:30 PM  
BRANFORD TOWN GREEN

**FREE ENTERTAINMENT – BONFIRE  
ICE CARVINGS – S'MORES & MORE!**



*\*Note: all events are subject to change*

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# TODDLER WINTER PROGRAMS

## SOCCER SQUIRTS

Ages: 2-3

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!



<b>Dates:</b> Fridays, Jan. 5th - Feb. 2nd	<b>Time:</b> 11:00 - 11:30 AM	<b>Location:</b> Joe Trapasso CH	<b>Fee:</b> \$50
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## "STAYING FIT" WINTER RECESS FUN

Ages: 1 - 4

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.



### SESSION 1:

<b>Date:</b> Tuesdays, Jan. 9th - Jan. 30th	<b>Time:</b> 11:00 - 11:30 AM	<b>Location:</b> Joe Trapasso CH	<b>Fee:</b> \$50
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### SESSION 2:

<b>Date:</b> Tuesdays, Feb. 6th - Feb. 27th	<b>Time:</b> 11:00 - 11:30 AM	<b>Location:</b> Joe Trapasso CH	<b>Fee:</b> \$50
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### SESSION 3:

<b>Date:</b> Tuesdays, Mar. 5th - Mar. 26th	<b>Time:</b> 11:00 - 11:30 AM	<b>Location:</b> Joe Trapasso CH	<b>Fee:</b> \$50
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## LITTLE LACROSSE STARS

Ages: 2-4

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.



<b>Dates:</b> Thursdays, Jan. 11th - Feb. 15th	<b>Time:</b> 11:00 - 11:30 AM	<b>Location:</b> Joseph Trapasso CH	<b>Fee:</b> \$60
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*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

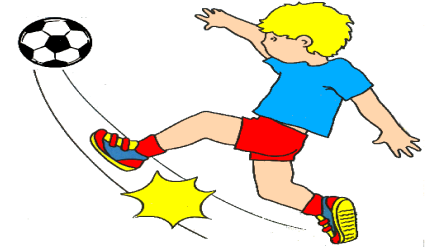


# TODDLER WINTER PROGRAMS *(continued)*

## LITTLE KICKS- INTRO TO SOCCER W/ VICTORY SOCCER

Ages: 3-5

Instructed by the popular coaches from Victory Soccer, "Little Kicks" is an introductory program to soccer where coaches will strive to incorporate "Adventure Soccer" to all little, future soccer stars. This consists of fun soccer themed activities, fun games and storytelling. Parent participation is encouraged! Check out more about Victory Soccer [here!](#) All classes are held at Connecticut Sportsplex (216 Foxon Rd, North Branford, CT 06471)



Dates:	Time:	Location:	Fee:
Sundays, Jan. 7th - Feb. 18th	1:00 - 1:45 PM	Connecticut Sportsplex	\$120

## ULTIMATE BALL TIME

Ages: 2-5

Led by Parks & Rec Coaches Vic & Ricky, come have fun with your child in this informal introduction to the basic of fun in sports. Any ball game that you can imagine will take place this Winter at the Joe Trapasso Community House Gymnasium! Games will include using soccer balls, nerfballs, kickballs, basketballs, baseballs, and many more. You will laugh with your child as they learn everything there needs to know about balance, hand-eye coordination, and teamwork.



Dates:	Time:	Location:	Fee:
Wednesdays, Jan. 10th - Jan. 31st	10:30 - 11:00 AM	Joe Trapasso CH	\$50

## PEE WEE READ AND MOVEMENT

Ages: 2 - 4

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:
Thursdays, Feb. 29th - Mar. 28th	11:00 AM - 11:30 AM	Joe Trapasso CH	\$50

## ABRAKADOODLE : Classes for Toddlers

Ages: 1.5 - 4

Join us as your little one explores art with Abrakadoodle! Young Abrakadoodle artists will create a masterpiece each week to a special theme. They will create using many different materials. Let's have fun together creating and making new friends!

Dates:	Time:	Location:	Fee:
Tuesdays, Jan. 16th - Fe. 20th.	10:00 AM - 10:45 AM	Joe Trapasso CH	\$80
Tuesdays, Mar. 5th-Apr. 9th	10:00 AM-10:45 AM	Joe Trapasso CH	\$80

*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# TODDLER WINTER CLASSES (continued)

## STUDIO ONE DANCE CENTER CLASSES

*4 Brushy Plain Road, Branford CT*

### TODDLER AND ME CREATIVE MOVEMENT

Ages: 1.5 - 3

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.

Session 1:

Date:	Time:	Location:	Fee:
Tuesdays. Jan. 9th - Jan. 30th	9:30 — 10:00 AM	Studio One	\$60

Session 2:

Date:	Time:	Location:	Fee:
Tuesdays. Feb. 6th - Mar. 5th	9:30 — 10:00 AM	Studio One	\$60

*\*No Class Feb. 20th*



*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# YOUTH WINTER PROGRAMS

## BRANFORD ELKS BASKETBALL HOOPS SHOOT

Ages: 8 yrs.-13 yrs.

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.



Date:  
Saturday, Nov. 18th

Time:  
1:30 PM

Location:  
Joe Trapasso CH

Fee:  
FREE

## WIZARDS SCHOOL OF MAGIC

Grades: 1st-5th

Instructor: Tom O'Brien

Participants will learn 3 magic tricks in a fun and safe way from a professional magician. Each class will teach a new set of tricks! Participants will receive a magic kit containing the props necessary to perform what they learn at home.



Dates:  
Wednesday, Dec. 13th  
Wednesday, Jan. 10th

Time:  
4:00 - 5:00 PM  
4:00 - 5:00 PM

Location:  
Joe Trapasso CH  
Joe Trapasso CH

Fee:  
\$30  
\$30

## MULTI-SPORTS CAMP with VICTORY SOCCER (Winter Recess)

Ages: 5-13

Instructed by the popular coaches from Victory soccer, this Winter Recess camp will feature fun indoor sports activities, sport highlight videos that include bloopers or a movie, and small 'break activities' such as board games or coloring. Players will be grouped together with their appropriate age groups. Check out more about Victory Soccer [here!](#)



Dates:  
Tue, Dec. 26th – Thu, Dec. 28th

Time:  
9:00 AM – 12:00 PM

Location:  
Joseph Trapasso CH

Fee:  
\$75

## INTRO TO FUTSAL with VICTORY SOCCER

Ages 8-11



Have you ever heard of Futsal? Now's your chance to learn this fun game! Instructed by the popular coaches from Victory Soccer, Futsal is similar to soccer, but the ball that players use is a special, no bounce Futsal ball that's specifically made for gymnasium surfaces or any indoor field space. This program will combine ball skills, technical training and conclude with small

scrimmages/games or a small round-robin tournament! Players will be grouped together with their appropriate age groups. Check out more about Victory Soccer's Futsal program [here!](#)

Dates:  
Wednesdays, Jan. 10th – Feb. 21st

Time:  
4:00 – 5:00 PM

Location:  
Joseph Trapasso CH

Fee:  
\$95

*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# YOUTH WINTER PROGRAMS (continued)

## Mad Science- Mad Reactions & Explosions (Winter Recess)

Grades: 1-6

Dates: Tue, Dec. 26th – Thu. Dec. 28th

Time: 9:00 AM – 3:00 PM (or can choose a half day option)

Location: Joseph Trapasso CH

Fee: \$250 for full day ; \$160 for half day

Description: Let's get crazy with chemicals and see what happens in our lab! Every day campers will have the best reactions to our "MAD" reactions as they witness the mysteries of dry ice and mix up colorful explosions, foaming elephant toothpaste, new slime daily, bubbling solutions, sticky polymers, different states of matter, and much, much more! This camp will bring chemistry to life and have children bursting with excitement about science! Campers will receive a Mad Science Lab coat, goggles, lab wear, Mad Science Certification, and specially designed take homes to help extend learning at home! Register for the full day (9:00a-3:00p) or choose a half day option (9:00a-12:00p or 12:00p-3:00p).



## Mad Science – After School Programs

### Session 1: "Winter Fun Stem," Grades K-1

Date/Time: Mondays, Jan. 8th– Feb. 26th (No Class 1/15 & 2/19), 4:00 – 5:00 PM

### Session 2: "Science In Action Lab," Grades 2-5

Date/Time: Mondays, Jan. 8th– Feb. 26th (No Class 1/15 & 2/19), 5:15 – 6:15 PM

Location: Joseph Trapasso CH

Fee: \$160 per person

Session 1 Description: This winter come mix up some crazy science in our Mad Science Lab! We will scientifically create snow, batter up some slime, and discover all the colors and lights behind rainbows! Each week, we will dig deep

into science and explore exciting topics such as creepy crawly bugs, the science behind magic, and mysteries! Every class, students will receive specially designed take home activities to help extend learning at home!

Session 2 Description: Let's put SCIENCE IN ACTION! Just when you thought you knew everything about science, this lab will show you why you do NOT! We will use all different types of science tools to put interesting science concepts to the test and discover why some things "break the rules!" This brand new, hands on, program will have you explore levitation, crazy slime, snap circuits, waterpower, fizzy reactions, extreme forces, and much, much more! Every student receives a lab coat, goggles, and specially designed Mad Science Take Homes to help extend learning at home!

Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# YOUTH WINTER PROGRAMS (continued)

## Play-Well TEKnologies- LEGO-Inspired Engineering (Winter Recess)

**Dates:** Tue, Dec. 26th – Thu, Dec. 28th

**Session 1:** “Pokemon Engineering,” Ages 5-7, 9:00 AM – 12:00 PM

**Session 2:** “Minecraft Engineering,” Ages 8-10, 1:00 – 4:00 PM

**Location:** Joseph Trapasso CH

**Fee:** \$100 per child

**Session 1 Description:** Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch ‘em all!



**Session 2 Description:** Venture into the world of Minecraft in our unique LEGO Experience. Get ready to build your base, craft your tools, use your Minecraft to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well Instructor.



## Play-Well TEKnologies “Adventures in STEM with LEGO Materials” - After School Programs

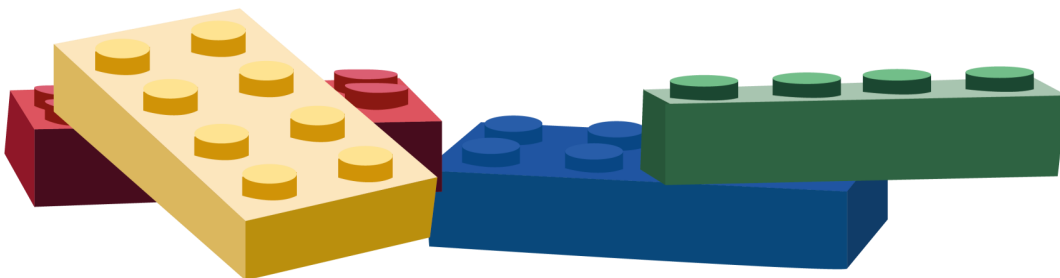
**Session 1:** Wednesdays, Jan. 10th – Jan. 31st, Ages 5-7, 4:00 – 5:00 PM

**Session 2:** Wednesdays, Feb. 7th – Feb. 28th, Ages 8-10, 4:00 – 5:00 PM

**Location:** Joseph Trapasso CH

**Fee:** \$100 per child

**Description:** Let your imagination run wild with tens of thousands of LEGO parts! Build your engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO building system.



*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# YOUTH WINTER PROGRAMS (continued)

## LEARN TO SWIM PROGRAMS

Swim lessons are offered through our "Learn to Swim Program" taught by American Red Cross certified staff. We believe that all children need basic aquatic safety and swimming skills. Classes are held at the **Walsh Intermediate School** 185 Damascus Road (enter through door 165). Please make sure that you park in the parking lot and not in any NO PARKING ZONES). Only the parent and the child will be allowed to attend classes. Levels include water safety topics & basic water skills. Children must be in a swim diaper if not potty trained. Classes will be held rain or shine and will NOT run if there is thunder or lightning.

**Parent-Infant/Toddler Swim Lessons:** 6 mos. - 3yrs.

Child will be introduced to the water & encouraged to feel comfortable through water play, songs & games. 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.)

**Preschool Aquatics 1:** 4 & 5 years old

This class is designed to familiarize the child with the water and prepare them for Preschool Aquatics levels. (Class is 20 mins.)

**Preschool Aquatics 2:** 4 & 5 years old

**\*Pre-requisite:** Successful completion of Preschool Aquatics 1. This class is designed to build upon and improve skills learned in Preschool Aquatics Level 1 including increasing knowledge of water safety topics and working to combine arm and leg motions on front and back (Class is 20 mins.)

**Level 1: Introduction to Water Skills:** 6yrs. & up

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

**Level 2: Fundamental Aquatics:** 6yrs. & up

**Must** have completed Level 1. Participants gain success with fundamentals skills: learning to float without support & recover to a vertical position.

**Level 3: Stroke Development:** 6yrs. & 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 :** 6yrs. & up

**Must** have completed Level 3. Students will gain confidence while improving their strokes & learning additional aquatic skills.

<b>MONDAYS \$60.00</b>	
<b>Jan. 22-Mar. 4 (no class 2/19)</b>	
LEVEL	TIME
Pre-School Aquatics	6:00p-6:20p
Pre-School Aquatics 2	6:25p-6:45p

<b>WEDNESDAYS \$60</b>	
<b>Jan. 24-Mar. 6 (no class 2/14)</b>	
LEVEL	TIME
Pre-School Aquatics	6:00p-6:20p
Level 2	6:15p-6:45p
Level 1	6:30p-7:00p
Level 3	6:50p-7:20p

<b>SATURDAYS \$60.00</b>	
<b>Jan. 20-Feb. 24</b>	
LEVEL	TIME
Parent Infant/Toddler	9:00a-9:20a
Level 1	9:25a-9:55a
Level 2	10:00a-10:30a
Pre-School Aquatics	10:00a-10:20a
Level 1	10:30a-11:00a
Level 3	10:35a-11:05a
Level 4	11:10a-11:40a
Preschool Aquatics 2	11:10a-11:30a



<b>ADULT SWIM LESSONS: THURSDAYS \$72.00 (FLYER ON PAGE 35)</b>	
<b>Jan. 25-Mar. 7 (No Class 2/22)</b>	
LEVEL	TIME
Adult Beginner	7:00p-7:45p
Adult Intermediate	7:45p-8:30p

*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# MINI SUNFISH SWIM CLUB

Boys & Girls Grades 3rd-8th

**\$60**

Join Branford High School Girls Swim Coach, Sally Noel & BHS Girl Swim Team Members for a fun Swim Club!

## CLUB DETAILS

Calling all current swimmers and swimmers who are ready to learn more about the sport of competitive swimming. Sunfish

Swim Club is a good introduction to 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!

### Dates:

**SESSION 1:**  
Mondays, Jan. 22nd - Feb. 26  
(No Class Feb. 19th)

### SESSION 2

Mondays, Mar. 4th - Apr. 1st

### 3rd – 8th Grades

### Time:

6:00 - 7:00 PM  
Fee: \$60 / session

### Location

Walsh Intermediate  
School Pool

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Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# 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 WS Afterschool Swim Club. Coach Sally has swum competitively for more than 4 decades and has taught countless kids the fundamentals of swimming (including her own).

**Open to all WS boys & girls in grades 5th-8th**

**DATE:**

Session 1: Tuesday & Thursday, January 9th-Feb. 15th, 2024

Session 2: Tuesdays & Thursdays, Feb. 27th -April 4th

**TIME:**

3:00 PM-3:45PM

(class will end in time for the late bus)

**LOCATION:**

WIS Pool

**FEE:**

\$50.00 / Session



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

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 to day and try competitive swimming for the first time or grow as a competitive swimmer with your peers.

**Must be able to complete 1 lap (25 yards) of the pool with your face in the water freestyle.**



Register at [BranfordRecreation.org](http://BranfordRecreation.org)



## YOUTH WINTER PROGRAMS (continued)

# MARY'S CULINARY COOKING CLASSES FOR KIDS

**INSTRUCTOR:** Chef Mary Amter

**AGES:** 6 - 13 yrs.

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! Class size is limited.

Fee: \$40  
per class

- Jan. 9** Italian Meatball Sub & Hot Cocoa Cookies
- Jan. 23** Snowman Pizza and Snowman Cupcakes
- Feb. 6** Double Crunch Honey Garlic Chicken and Chocolate Ganache Raspberry Tarts
- Feb. 20** Spinach Artichoke Fettuccine Alfredo and S'mores Cheesecake Dessert Cups
- Mar. 5** Romano Chicken with Lemon Garlic Pasta and Chocolate Mint Oreo Trifle
- Mar. 19** Gnocchi with Parmesan Pasta Sauce and Broccoli and Green Sandwich Stack Cookies
- Apr. 2** Meatloaf "Cupcakes" for dinner and Cookie "Hamburgers" for dessert
- Apr. 23** Garlic Parmesan Pasta with Spinach & Mushrooms and Peep Cupcakes
- May 7** Lazy man's Lasagna and Boston Cream Pie Lasagna
- May 21** White Chicken Enchiladas and Flower Cookies
- June 11** Tortellini Pesto Pasta Salad and Triple Vanilla Brownies

**TIME: 4:30 PM - 6:30 PM**

**Location: Joe Trapasso Community House**

Register at [BranfordRecreation.org](http://BranfordRecreation.org) or call (203) 488 - 8304

*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# YOUTH WINTER PROGRAMS (continued)



## Branford Parks & Recreation



# Kidz Zone Nights

## KIDS NIGHT OUT!



**DATES:**

**Friday Nights!**

Jan. 26th

Feb. 23rd

Mar. 22nd

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



**Grades:**  
K thru 4th

**Time:**  
5:30p-8:30p

**Fee:**  
\$30  
per night/per child

**Pre-registration is required. Space is limited!**

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*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# 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! Please note, the final two classes of each below session may be held at Legacy Theatre! Confirmation will be addressed when the dates approach.



## LEGACY THEATRE'S TODDLER TIME!

Ages: 3 - 5

Instructor: Chelsea Dacey and Nick Fetherston

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:
Tuesdays, Jan. 9th—Feb. 6th	9:15 - 10:00 AM	Joe Trapasso CH	\$150
OR			
Saturdays, Jan. 20th - Feb. 17th	9:15 - 10:00 AM	Joe Trapasso CH	\$150

## LEGACY THEATRE'S DRAMA CLASS!

Session 1 is for Grades K-2 & Session 2 is for Grades 3-4

Instructor: Chelsea Dacey and Nick Fetherston

A perfect intro to theatre! Students will explore scenes, music and dance from musicals and plays.

### Session 1:

Date:	Time:	Location:	Fee:
Saturdays, Jan. 20th - Feb. 17th	10:15 - 11:00 AM	Joe Trapasso CH	\$150

### Session 2:

Date:	Time:	Location:	Fee:
Saturdays, Jan. 20th - Feb 17th	11:15AM - 12:00 PM	Joe Trapasso CH	\$150

## LEGACY THEATRE'S MUSICAL THEATER PERFORMANCE!

Session 1 is for Grades 5-8 & Session 2 is for Grades 9-12

Instructor: Chelsea Dacey

Students will dive into musical theatre songs and explore how to connect to their songs in meaningful ways.

### Session 1

Date:	Time:	Location:	Fee:
Saturdays, Jan. 20th - Feb 24th	12:15 - 1:15 PM	Joe Trapasso CH	\$160

### Session 2:

Date:	Time:	Location:	Fee:
Saturdays, Jan. 20th - Feb 24th	1:30 - 2:30 PM	Joe Trapasso CH	\$160

*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

## ADULT WINTER PROGRAMS

# UNIFIED COOKING & GAME NIGHT

Monday Dec. 11th: Christmas Cookie Making

Monday Jan. 8th: Chicken Chilli

Monday Feb. 5th: Creamy Ranch Chicken

Monday Mar. 4th: Garlic Parmesan Pasta with Spinach and Mushrooms

Monday: Apr. 8th: Meatloaf "Cupcakes"

Monday May 6th: Creamy Spinach & Tomato Tortellini

Monday Jun. 3rd: Lemon Pepper Fettuccine

AGES: 18+

**Class Times: 5:00 - 7:00 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, combine ingredients, learn team building, and operate a burner to cook a simple meal. Join Chef Mary as she teaches you to prepare a basic Chicken Dish & Salad. After making the perfect dinner, participants will eat together and have fun socializing, playing board games and more!



*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

## ADULT WINTER PROGRAMS (continued)

# Charcuterie Board Workshops

### with Perfectly Planned Parties



Discover the art of creating a beautiful charcuterie board to impress your guests with Perfectly Planned Parties! Participants will learn how to display various types of cheeses, style cured meats and incorporate seasonal items to make the perfect board. These workshops include cheese, meats, accompaniments, a plate/platter and box to take your beautiful creation home. Join us for a two hour class with family, friends, co-workers or other groups while learning the art of artistic food presentation!

**Instructed By: Andrea Savino & Courtney Rosenberg**

Thanksgiving Board		Date	Time
Thurs.	Fee: \$65	Nov. 9th	6:00p-8:00p
Christmas Board		Date	Time
Sat.	Fee: \$65	Dec. 16th	10:00a-12:00p
Winter Board		Date	Time
Thurs	Fee: \$70	Jan. 11th	6:00p-8:00p
Valentine's Day Board		Date	Time
Sat.	Fee: \$70	Feb. 10th	10:00a-12:00p
Easter Boars		Date	Time
Thurs.	Fee: \$70	Mar. 28th	6:00p-8:00p

**Class Location: Joe Trapasso CH**

**Register at [BranfordRecreation.org](http://BranfordRecreation.org)**

# INTRO CLASSIC PILATES

Participants will learn the 18 beginner mat exercises in this introduction class with certified Pilates Instructor Cindy Kondziela. Classical Pilates strengthens the core, improves flexibility, balance and posture. Lower back pain may even be alleviated!

Beginners are welcomed! Join a class today! Classes are designed for each participant to go at their own pace.

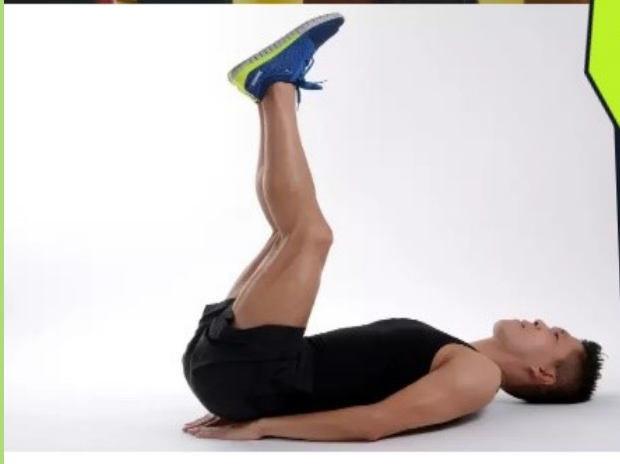
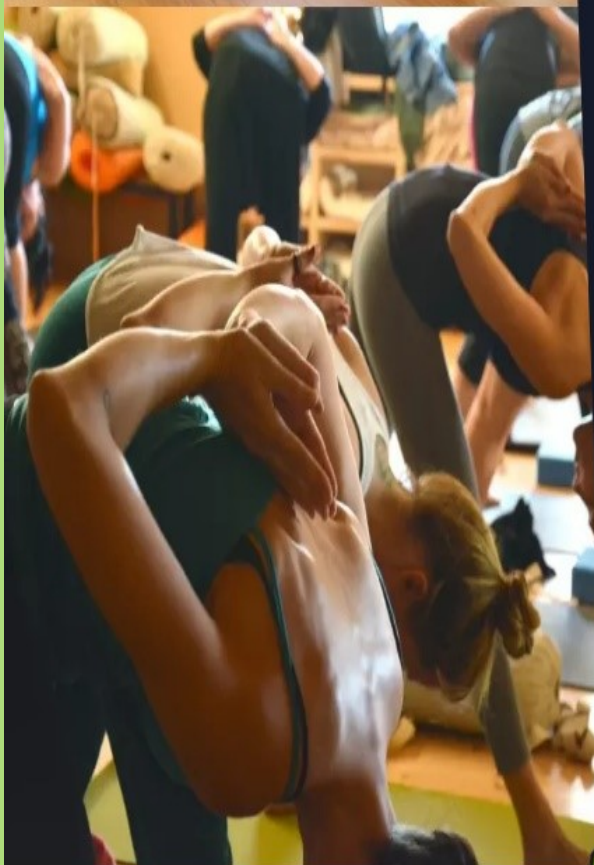
**THURSDAYS**

**\$70**

**SESSION 1:**  
Nov. 9, 16, 30  
Dec. 7, 14, 21

**SESSION 2:**  
Jan. 11, 18, 25  
Feb. 1, 8

**6:00 - 6:45 PM**



Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# CARDIO KICKBOXING

**Instructor: Annie Marchitto**

Get ready to sweat! 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.



**\$50**

**Mini Session:**

**Thursdays, Nov. 30th - Dec. 28th**

**Full Session:**

**Thursdays, Jan. 4th - Mar. 7th**

**\$100**

**Class Time:  
6:00 - 7:00 PM**

**Location:  
Joe Trapasso CH Fitness Room**



*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# ADULT WINTER PROGRAMS (continued)



Let's get moving! Start your day in the best possible way in the best exercise class with an Personal Trainer Jill Temple!

## "Do Your Best Training" Staying Fit with Coach Jill Temple

### Adult Sunrise Workday Workouts

Tuesdays & Thursday  
6:30 - 7:30 AM  
Joseph Trapasso CH  
\$100 per person

Session 1:  
Thu, Jan. 4th to Tue, Feb. 6th  
Session 2:  
Tue, Feb. 13th to Thu, Mar.  
14th

### Adult Saturdays Fitness Workout

8:00 - 9:00 am  
Joseph Trapasso CH  
\$50 per person

Session 1:  
Jan. 6th to Jan. 27th  
Session 2:  
Feb. 3rd to Feb. 24th

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

Register at [BranfordRecreation.org](http://BranfordRecreation.org)



# ADULT WINTER PROGRAMS (continued)

## VINYASA POWER YOGA

Instructor: Dr. Audra Stawicki, Doctor of Physical Therapy, Certified Yoga Instructor & Wellness Enthusiast  
This energizing and uplifting yoga class will take you on a journey of sun salutations, warrior series and detoxifying twists. Suitable for all levels; modifications will be given to allow the practitioner to develop their foundational poise in each posture allowing them to access the more challenging postures as the class matures. Bliss out in a final relaxation to culminate a well-deserved repose. Please bring a yoga mat and water bottle.

Date:	Time:	Location:	Fee:
Session 1: Wednesdays, Jan. 3rd - Feb. 7th	6:00 - 7:00 PM	Joe Trapasso CH	\$100
Session 2: Wednesdays, Feb. 21st - Mar. 27th	6:00 - 7:00 PM	Joe Trapasso CH	\$100



## SOUL CHILL YOGA FOR ALL

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.

**\$80** Session 1: Tuesdays, Jan. 23rd - Mar. 12th \*no class Feb. 20th

**\$65** Session 2: Tuesdays, Mar. 19th - Apr. 30th \*no class Apr. 9th

**\$65** Session 3: Tuesdays, May 14th - Jun. 18th

**7:00 - 8:00 PM**

**Joe Trapasso Community House**



Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# ADULT WINTER PROGRAMS (continued)

## Fall Fitness Classes with Attitude Dance & Fitness, LLC.

Nov. 13th - Dec. 21st \*

For \$165 you can drop into any or all of these classes  
each week for the next two months!

### Qigong

Qigong is an ancient Chinese practice that involves the cultivation and balance of Qi, the body's vital energy. This class focuses on mindfulness, breathing, posture, movement, and visualization. Connect with your energy! All levels of experience welcome. Bring your own mat.

**Wednesdays**

class starts at 6:30 PM

### Power Barre

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 provided. Bring a mat.

**Mondays**

class starts at 5:45 PM

### Lean Machine

This strength training class helps build bone and muscle vital to the aging process and utilizes 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 provided. Bring your own mat.

**Tuesdays**

class starts at 5:45 PM

### Tabata/HIIT

Research shows that a balance of high intensity interval, resistance and low intensity training have been proven to increase overall health and fitness, especially seniors! This class has it all and all moves can be modified to all levels. This is a class where you'll learn to challenge yourself at your own pace.

**Thursdays**

class starts at 5:45 PM

\* no class Nov. 23



**TOWN OF BRANFORD**

**All classes held at:  
Attitude Dance &  
Fitness, LLC.**

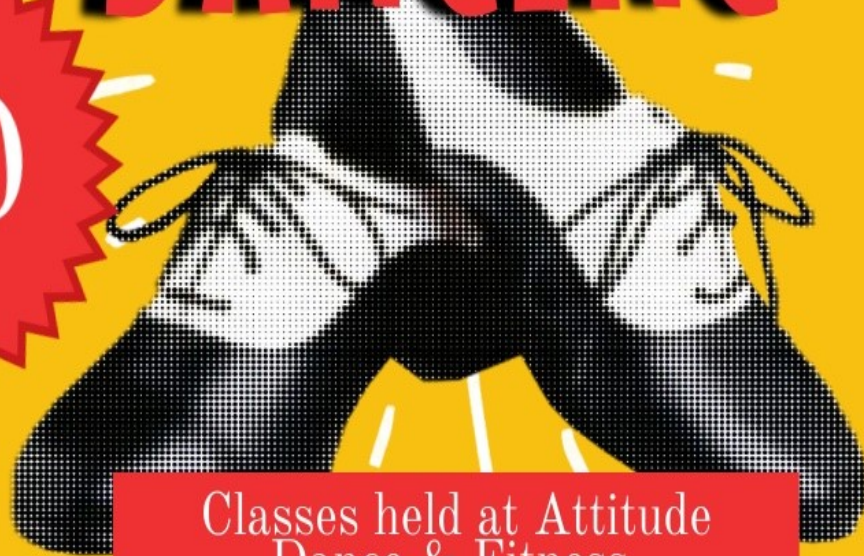
**116 N. Main Street  
Branford, CT 06405**

*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

## ADULT WINTER PROGRAMS (continued)

# ADULT BASIC TAP DANCING

\$90



Classes held at Attitude  
Dance & Fitness

Learn the basics of tap dancing: Have you always wanted to learn to tap dance? Join us today! Classes are designed to be a fun dance workout for beginners. Class will take place at the Attitude Dance & Fitness Studio at 116 North Main Street. Have fun dancing while getting in a workout! Tap shoes are required!

Class Dates: Monday Nov. 6th-Dec. 11th



Class Times : 5:00 - 5:45 PM



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



203-488-8304

*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

## ADULT WINTER PROGRAMS (continued)

# MAHJONG

BEGINNER/INTERMEDIATE

MAHJONG CLASS

\$60

Learn how to play the American version of the Chinese tile-based game. This game is a fun exciting and challenging game. In this 6 week class, participants will learn the basics: set up, play and scoring.

Wednesdays, Jan. 10th - Feb. 21st (No class Feb. 14th)  
6:00 - 7:30 PM

## PLAYERS CLUB

Continue playing the game you love with others to improve your game. Sets will be provided for you (no instruction). Space is limited.

Wednesdays,  
Jan. 3rd - Mar. 13th  
5:30 - 9:00 PM

\$30



Registration required.  
Visit [Branfordrecreation.org](http://Branfordrecreation.org) or  
call 203-488-8304

Register at [BranfordRecreation.org](http://BranfordRecreation.org)

# BRIDGE LESSONS

## Learn To Play Bridge

**Fridays, Jan. 12th - Mar. 1st | 10:00 - 11:30 AM**

**\$90**

Instructor: Rick Seaburg

Beginner Bridge Class, designed for first time players or those who played many years ago and would like to get back in the game. The focus will be on bidding and playing bridge hands. The book for the class is Bridge Basics 1 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.

## Play of the Hand

**Mondays, Jan. 8th - Mar. 11th\* | 10:00 - 11:30 AM**

**\*no class Jan. 11th & Feb. 19th**

**\$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 not trump strategy and tactics. The book for this class is Watson's Play of the Hand (Red Cover has large print)

## Conventions You Should Know

**Mondays, Mar. 25th - May 13th | 10:00 - 11:30 AM**

**\$100**

Instructor: Don Brueggeman

Conventions are tools that help us better communicate with our partner. It is important to learn to use our tools effectively. This eight week class will consist of discussions and a set of pre-arranged hands prepared for the students to play prepared in advance. In addition to practicing the use of conventions, the exercises will also involve bidding, declarer play and defense.

## ADULT WINTER PROGRAMS (continued)

# *Aquacise Classes at the Walsh Intermediate School Pool*

Join our Low-Impact, High-Energy  
Water Aerobics Workout

*Have fun  
while staying healthy!*




Mondays  
Jan. 22nd - Mar. 18th  
(No class Feb. 19th)  
7:00 - 8:00 PM

Wednesdays  
Jan. 24th - Mar. 20th  
(No class Feb. 14th)  
7:30 - 8:30 PM

**\$80 PER SESSION**

Call the office or visit us on-line to register. Pre-registration is required!

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

 203-488-8304



*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# ADULT SWIM LESSONS

Fee:  
\$72

**ADULTS 18 AND OVER. ALL ABILITIES WELCOME.**  
It is never too late to learn to swim or fine tune strokes.

## BEGINNERS

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.

## **THURSDAYS**

**JAN. 25th - Mar. 7th**

**7:00 - 7:45 PM**

## 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.

## **THURSDAYS**

**Jan. 25th - Mar. 7th**

**7:45 - 8:30 PM**



*Register at [BranfordRecreation.org](http://BranfordRecreation.org)*

# BEGINNER PICKLEBALL LESSONS

**MONDAYS**  
**9:30 AM - 10:30 AM**

**SESSION 1:**  
**NOV. 20TH-DEC. 11TH**

\* Make up 12/18

**SESSION 2:**  
**JAN. 8TH-FEB. 5TH \***

\* Make up 2/12

**SESSION 3:**  
**MAR. 4TH-MAR. 25TH \***

\* Make up 4/1

Instructors Bill & Kim share the love of the game with you in this 4 week class. Classes 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!

**JOE TRAPASSO COMMUNITY HOUSE**

**GYMNASIUM**

**BRANFORD, CT 06405**

**AGES:**  
**18+**

**FEE:**  
**\$125**

Register today at [BranfordRecreation.org](http://BranfordRecreation.org)  
or call the office at (203) 488 - 8304

Made with PosterMyWall.com

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





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

**SUMMER PLAYGROUND CAMP**  
**TEEN TRAVEL**  
**LITTLE EXPLORERS CAMP**



**SAVE THE DATE**

**SUMMER CAMP  
 REGISTRATION  
 OPENS**

**MARCH 1, 2024**

**SHORELINE THEATRE CAMP**






Payment plans and limited scholarships are available.  
 All account balances must be paid in full by May 1st.  
 Applications for scholarships will be accepted through March 1st.



Branford Parks & Recreation Shoreline Theatre Company

# UPCOMING SHOWS

BRANFORD PARKS AND RECREATION

**SHORELINE**  
THEATRE COMPANY

High School & Adult Production

Jun. 20th & 21st @ 7:00 PM

Jun. 27th & 28th @ 7:00 PM



Entering 3rd – 9th Grade  
Summer Camp Experience

Jun. 24th – Aug. 2nd

Performances the evenings of

Jul. 31st and Aug. 1st

Registrations begin MARCH 1st

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

To learn more visit [ShorelineTheatreCompany.com](http://ShorelineTheatreCompany.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 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 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



# BRANFORD YOUTH SPORTS & CLUBS CONTACTS



**Branford Little League**  
Tricia Lougal  
Email: [tricia23lougal@aol.com](mailto:tricia23lougal@aol.com)  
Website: [branfordlittleleague.net](http://branfordlittleleague.net)  
Contact #: 203-645-5286



**Branford Girls Softball**  
Dave Falcigno  
Email: [davidfalcigno@gmail.com](mailto:davidfalcigno@gmail.com)  
Website: [www.branfordgirlssoftball.sportssignup.com](http://www.branfordgirlssoftball.sportssignup.com)  
Contact #: 203-627-1424



**Branford Youth Cheerleading**  
Diana Vaicunas  
Email: [byccoordinator@gmail.com](mailto:byccoordinator@gmail.com)  
Website: [www.branfordyouthfootball.org](http://www.branfordyouthfootball.org)



**Branford Soccer**  
Katie Buckley  
Email: [president@branfordsoccer.org](mailto:president@branfordsoccer.org)  
Website: [www.branfordsoccer.org](http://www.branfordsoccer.org)  
Contact #: 203-500-0953



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



**Branford Youth Lacrosse**  
Vinnie Giordano  
Email: [vg3@giordano.build](mailto:vg3@giordano.build)  
Website: [www.branfordyouthlax.com](http://www.branfordyouthlax.com)  
Contact #: 203-627-6182



**Jr. Hornets Baseball**  
Don Lawrence  
Email: [dlawrence06@snet.net](mailto:dlawrence06@snet.net)  
Contact #: 203-804-5029



**Flag Football**  
Dave Malick  
Email: [dave@cleancutlandscaping.com](mailto:dave@cleancutlandscaping.com)  
Website: [www.branfordyouthfootball.org](http://www.branfordyouthfootball.org)  
Contact #: 203-410-5680



**Youth Football**  
AJ Pace  
Email: [tonyp1012@gmail.com](mailto:tonyp1012@gmail.com)  
Website: [www.branfordyouthfootball.org](http://www.branfordyouthfootball.org)  
Contact #: 203-927-2072



**Junior/Travel Basketball**  
Kevin Fitzpatrick  
Email: [info@branfordbasketball.com](mailto:info@branfordbasketball.com)  
Website: [www.branfordbasketball.com](http://www.branfordbasketball.com)

