

TOWN OF BROOKFIELD PARKS & REC

FALL 2023 PROGRAM GUIDE



FALL 2023 Highlights

Registration Dates:

- Registration opens 9/11
- Basketball Registration 10/2
- Ski Club Registration 11/1

Events:

- Scarecrow Decorating 10/5
- Halloween 5k 10/29

FALL 2023



CONTACT US:

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162 Whisconier Rd.
Brookfield, CT 06804
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OFFICE HOURS:

Monday – Friday
8:30am – 4:30pm



Like us on Facebook for up to date information and announcements.

@ Brookfield, Connecticut Parks & Recreation



RECREATION STAFF:

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Renee Santiago, Vice Chair Rob Blick
Cassie Dunn Tom Murphy
Robert Fischetto Kylie D’Arcangelo
Liz Gavagan Burandt, Recording Secretary



MISSION STATEMENT:

It is the mission of the Brookfield Parks & Recreation Department to respond to the ever changing needs of our residents by providing the foundation for enhanced community interaction and enjoyment. To enhance the quality of life for all ages and abilities by providing healthy and affordable recreation opportunities with an emphasis on safe, attractive and well managed public properties, parks, and school grounds.



FALL 2023



ONLINE REGISTRATION IS HERE!

WWW.BROOKFIELDPARKSANDREC.COM



Programs listed in this guide are online!

Visit the link above to visit our website where you can browse programs, register and pay.

In the spring of 2023, Brookfield Parks & Recreation began using MyRec Software to offer our own website and online registration. The site allows families to create their own household account, browse programs, register and pay online. Previous household information did not carry over to MyRec. Families who have not participated in any programs since April 1st, 2023 will need to create a new account before registering.

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SPECIAL EVENTS



ANNUAL SCARECROW DECORATING

Join us for this fun, family-friendly event and learn how to and build your own unique scarecrow for fall decorating. We will provide the stakes, hay and instructions, you bring the outfit! Families should bring along old adult-sized clothes (shirt and pants) that you want to dress your scarecrow in, scissors, a brown bag or pillow case for the head and whatever accessories you would like to decorate with. Come make some memories on a fall afternoon! There is no charge but registration is required. Rain date is 10/6 at 4pm.



Day: Thursday **Date:** 10/5 **Time:** 4:00pm—5:00pm **Fee:** Free **Location:** Town Hall Bandstand

SINGING & SIGNING WITH MS. JANINE!

Musician/Author/Signer, Janine LaMendola “Ms. Janine” will be playing children’s music with sign language fun at Kids Kingdom Playground this fall. It doesn’t matter if you come with your infant, toddler or preschooler, or if you’re a teenager. You’re guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome, no registration is required, and it’s free!



Day: Saturday **Date:** 10/14 **Time:** 10:30am—11:30am
Fee: Free **Location:** Kids Kingdom Playground

21ST ANNUAL TRICK OR TREAT AT TOWN HALL!

SAVE THE DATE! Tuesday, 10/31, 2:00pm—3:30pm

Join us for a last hurrah trick or treating at Brookfield Town Hall with your youngest treaters. Department offices will decorate and hand out candy to your goblin, ghoul, or gremlin! Participants are asked to bring a non-perishable, “kid-friendly” food item such as peanut butter, jelly, canned spaghetti, or ravioli for the food pantry OR a monetary donation for the Brookfield Emergency Fund. The Emergency Fund is a non-tax dollar supported fund, which aids the Brookfield food pantry. [Please RSVP on the parks & rec website.](#)



SPECIAL EVENTS



LETTERS TO SANTA



Receive a genuine letter from Santa Claus himself! Drop your child's personal letter in the North Pole Mailbox at the Parks & Recreation Office (located in the Old Town Hall at 162 Whisconier Road), or mail it to Santa, Attn: Parks & Recreation Department at P.O. Box 5106 Brookfield, CT 06804. *Your child's letter must include a self-addressed, stamped envelope.* Santa will mail a personalized letter back in time for Christmas.

In order for a timely response, letters will be accepted 11/27—12/13.

CANDY CANE CLEAN-UP

The abundance of unusual weather is forecasted to continue this December with a Candy Cane Storm coming for Brookfield! Storm clean-up will be sweet! Brookfield children, ages 0-10, are needed to help pickup all the red and white striped debris at Kids Kingdom! [Please RSVP by registering online.](#) This event may be impacted by weather.



Day: Saturday

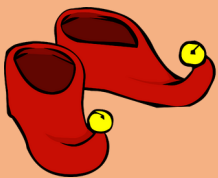
Dates: 12/9

Time: 10:00am—10:30am

Fee: FREE

Location: Kids Kingdom, 100 Pocono Rd.

ELF ON THE SHELF ANTICS KITS



ELF NOT INCLUDED ~ As December begins, let us help you fill in the gaps with your Elf on the Shelf ideas. This kit packages 10 days of elf fun and mischief with easy to follow directions. Most supplies are included and others are typically found around the house. Some prep and/or assembly is required. Your children will enjoy your elf's antics without all of the stress! Some antics may be the same as last years kit.

Fee: \$12.00/kit

Pickup: After 11/29

Location: Parks & Rec Office, 162 Whisconier Rd.

HOME FOR THE HOLIDAYS LIGHT TOUR



Let's light up the Town! Join the fun by decorating your home with an outdoor light display for others to enjoy from the comfort of their cars. A map will be created with the locations of participating homes throughout Brookfield. Displays will be asked to be illuminated each evening from 5:00 – 9:00pm, Monday 12/11 through Monday 12/25. **To register your home, or to receive a map, [register online before 12/6.](#)** Brought to you by the Brookfield Arts Commission and Brookfield Parks & Recreation. Please consider passing on the kindness of your Brookfield neighbors who decorate their homes by making a donation in support of the Brookfield Food Pantry.

KIDS CRAFTS



CRAFT KITS TO GO!

Seasonal craft kits are available for purchase from the Parks & Recreation Department. Each kit contains 4-5 crafts with all materials and instructions included. Most crafts are pre-packaged and appropriate for ages 3-10. Some adult assistance may be required for younger crafters.

Fee: \$10 per kit

Pickup: Parks & Rec Office, 162 Whisconier Rd.

Kits Available After:

Halloween Kit: 10/13

Thanksgiving Kit: 11/10

Winter Kit: 12/8

FALL CRAFT WORKSHOP



Your little ones are invited to a fall themed craft workshop at the Town Hall Bandstand! Boys and girls can register for this program that will have them creating some fun and tasty fall themed crafts. Decorate your own pumpkin, create popsicle stick people, and build a fall themed treat! This is a drop off program and open to children in grades 1-5.

Day: Saturday

Date: 10/14

Time: 9:30am—11:00am

Fee: \$15.00

Location: Town Hall Bandstand

BEGINNING CROCHET/KNITTING FOR TEENS

Students in grades 9-12 are invited to learn a life long skill and hobby! Make scarfs/hats for the family holiday or bookmarks as gifts for friends. Come try something new! Participants should purchase and bring their own supplies including a G crochet hook and size 7 knitting needles. One or two skeins of Lion Brand or Red Heart yarn. Scarfs will require at least two skeins. Needles are available to use at the first class if you have not purchased them yet.

Day: Tuesday

Date: 10/17—12/5 (8 wks)

Time: 6:30pm—7:30pm

Fee: \$88.00

Location: Town Hall

Instructor: Kathleen Huntington



HAUNTED HOUSE WORKSHOP



What do you get when you mix chocolate frosting, puffed cereal, pretzel sticks, and candy? A haunted house that your child will be excited to make and proud to show off. Ages 3 – kindergarten participate with parent or caregiver; for grades 1-4 this is a drop off program. Please bring an empty, rinsed ½ gallon cardboard milk or juice container to use as the base. Registration required.

Day: Saturday

Date: 10/28

Fee: \$15.00

Time: Ages 3-K: 9:30am-10:30am Grades 1-4: 10:45am-11:45am

Location: Brookfield Town Hall, 100 Pocono Rd.

ADULT EDUCATION



ADULT, CHILD & INFANT CPR/AED/FIRST AID

This course covers CPR/AED and basic first aid for adults, infants and children in an approach that complements adult learning styles, hands-on practice and real-life scenarios. Upon completion, course includes American Health & Safety Institute certification in Adult and Pediatric CPR/AED with basic first aid, valid for two years and hard case pocket mask.

Day: Saturday

Date: 11/4

Time: 9:00am—2:00pm

Fee: \$119.00

Instructor: Charles Teich

Location: Town Hall Room, 100 Pocono Rd.

WOMEN'S CIRCLES

When women gather, there is a collective power to heal, find our voice, to create a place to trust, love, and dream together. A women's circle is a space safe where we meet to share, meditate, create, play, and connect. Women's circles have been used throughout history to build community, friendships, and harmony for so many. When you participate in a circle, you will leave feeling free, loved, and peaceful just because you showed up! No Expectations, No judgment. Come as you are and see! Take this time for yourself to be surrounded by the kindness and gentleness of other women. Come as a stranger, leave as a sister.

Day: Wednesday

Date: 10/4—11/15 (6 wks)

Time: 6:30pm—7:45pm

Fee: \$78.00

Instructor: Kelly Viera

Location: WMS Library

UNLOCKING YOUR MUSICAL CREATIVITY

This program is for adults who want to expand their musical creativity, learn to create basic rhythmic & melodic ideas and turn them into real compositions. No experience is necessary. Participants are encouraged to bring their own instruments, but basic percussion will be provided for those who don't have their own. The class will be led by Premik Russell Tubbs who has been a musical instructor, performer and workshop leader since 1987. He has been a member of Sting's house band at his concerts for the Rainforest since 2008 and also toured and recorded with famous artists such as Carlos Santana, Whitney Houston, James Taylor, and Bruce Springsteen among others.

Day: Thursday

Dates: 10/19—11/30 (6 wks ~ no class 11/23)

Time: 6:00pm—7:00pm

Fee: \$72.00

Location: TBD

ADULT ARTS



WATERCOLOR WITH VICTORIA

Whether you are just starting out, or someone that has painted for a while, this class is perfect to meet you at your level. Participants will learn to use color in exciting ways: the group will focus on color theory, learning to mix colors with the color wheel, mixing compliments, mix various grays, discussing how color can express a wide range of emotions, learn about value and intensity, and many different watercolor techniques. By the third class, you will have a painting to work on at your own speed while applying the knowledge you have learned. There will be demonstrations and individual attention each class. Each participant will work from a photo that inspires them or a still life you want to bring to class. All participants will walk away with a strong understanding of watercolor painting.



The ***Plein Air watercolor painting on Candlewood Lake*** will take place on Thursday mornings this September and October. Only in the fall can you experience all the pure hue, semi-neutral and complements from the color wheel all at once! It is the most exciting time of year for painters.

Victoria's classes are designed for all skill levels. Beginners, experienced artists and professionals can all participate! Come enjoy painting the beautiful changing colors around us each week.

| | | | |
|----------------------|--|-----------------------------------|---|
| Fall: | Fee: \$120.00 | Instructor: Victoria Lange | |
| Day: Tuesday | Dates: 9/12—10/31 (8 wks) | Time: 5:30pm—7:30pm | Location: Brookfield Senior Center |
| Day: Thursday | Dates: 9/14—11/2 (8 wks) | Time: 10:00am—12:00pm | Location: Lakeside Community Room |
| Late Fall: | Fee: \$90.00 (Tue.) \$75.00 (Thur.) | | |
| Day: Tuesday | Dates: 11/7—12/12 (6 wks) | Time: 5:30pm—7:30pm | Location: Brookfield Senior Center |
| Day: Thursday | Dates: 11/9—12/7 (5 wks) | Time: 10:00am—12:00pm | Location: Town Hall Room |



ADULT ARTS



ACRYLIC CREATIONS



The theme for this program is *Think Beyond the Canvas!* Acrylics, a versatile medium, can be applied to a variety of surfaces. The result...some very unique creations. This program will be three sessions, each dedicated to a different surface. Session 1 will focus on glass, Session 2 on fabric, and Session 3, wood. This program is for beginners and those with some painting experience. We will cover different painting techniques, how-tos, and tips for turning ordinary surfaces into art. All materials and surfaces are provided by the instructor for a \$20.00 materials fee, payable at the first class.

Day: Thursday

Dates: 11/2– 11/16 (3 wks)

Time: 5:30pm—8:00pm

Fee: \$60.00

Instructor: Pamela Cassidy

Location: Brookfield Town Hall

BEGINNING CROCHET

Learn basic single and double crochet stitches. These basic stitches will enable you to make many items such as blankets, scarfs and dishcloths, just to name a few. Participants should purchase and bring their own supplies including a size G crochet hook and one or two skeins of Lion Brand or Red Heart yarn. Scarfs will require at least two skeins. Needles are available if you unable to obtain for the first class.



BEGINNING KNITTING

Learn to knit and purl. Basic casting on, knitting, purl and binding off stitches will be taught. Leave with a finished potholder or learn to make a beautiful scarf. Participants should purchase and bring their own supplies including size 7 knitting needles and one skein of Lion Brand or Red Heart yarn. Two skeins needed for the scarf project. Needles are available if you are unable to purchase for the first class.

Day: Wednesday

Dates: 10/18—12/13 (8 wks ~ no class 11/22)

Fee: \$88.00

Crochet: 6:30—7:30pm

Knitting: 7:30pm—8:30pm

Location: Town Hall Room

Instructor: Kathleen Huntington

ADULT FITNESS



TAI CHI QUAN FOR BEGINNERS



BROOKFIELD
Tai Chi

Tai Chi Quan is a fist system (Chinese boxing) that blends softness with energetic movement in accordance with the theory of yin and yang energies. It is suitable for everyone regardless of age, gender, and physical condition, even those suffering from chronic conditions.

brookfieldtaichi.com

The characteristics of a Tai Chi Quan system are stillness, lightness, agility, slowness, relaxation of the entire body, with everything guided by using the mind and not force. It is performed in the moment, slowly with internal focus fully conscious of every breath and movement the body makes. The major benefits being improved overall fitness and health and ultimately increasing longevity. In older practitioners it is said to return the vigor of youth.

This class will introduce standing meditation, qi gong stretching for balance and strength along with the principals and theories of the Tai Chi form. Wear flat sole shoes and loose clothing. No experience necessary.

| | | |
|---------------------|---|----------------------------|
| Day: Monday | Date: 10/2—11/13 (6 wks ~ no class 10/9) | Time: 6:30pm—8:00pm |
| Day: Friday | Dates: 11/3—12/15 (6 wks ~ no class 11/24) | Time: 6:30pm—8:00pm |
| Fee: \$90.00 | Instructor: Vinny Candela | Location: WMS Café |

LIANGONG (SERIES 1) FOR STRESS, STRAINS AND SPRAINS

Liangong is a health exercise system that combines orthopedic science and sports medicine. It was developed in the 1970's by Dr. Zhuang, one of the top 100 orthopedic physicians in China. Dr. Zhuang was trained in western and eastern medicine and a Master of Chinese Martial Arts. The class introduces the 18 exercises to address chronic pain in a the neck, shoulders, arms, back, hips, knees, and feet.



The system of varied exercises emphasizes correct posture and movements, builds flexibility and strength in the muscles and connective tissue while also building the confidence to address and manage ailments and the challenges of daily life. Wear flat sole shoes and loose clothing. No experience necessary.

| | | |
|---------------------|----------------------------------|----------------------------|
| Day: Monday | Date: 11/27—12/18 (4 wks) | Time: 6:30pm—7:30pm |
| Day: Friday | Dates: 9/29—10/20 (4 wks) | Time: 6:30pm—7:30pm |
| Fee: \$44.00 | Instructor: Vinny Candela | Location: WMS Café |

ADULT FITNESS



SIMPLY SLOWLY STRETCH

Would you like to increase your flexibility? Strengthen the muscles that support your back and core? Through standing postures and floor work, you'll use the resistance of your own body to gently increase your flexibility, strength and stability. This program can be modified for all fitness levels. Participants should be comfortable working on the floor (mats). Bring a water bottle & mat or towel.

Day: Tuesday

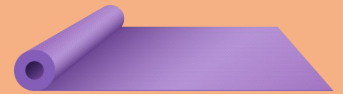
Dates: 10/3— 11/7 (6 wks)

Time: 6:30pm—7:30pm

Fee: \$66.00

Instructor: Phyllis Babuini

Location: CLES Room



NEW ~ DUST OFF YOUR DANCING SHOES!



Are you someone who used to dance and now feel like something is missing? Whether you stopped dancing a year ago, or 20 years ago, it is always a good time to jump back in! Join Alison DiPinto, a modern dancer of 35 years, to help you find that joy once again...because a dancer's got to dance no matter their age! Some knowledge of dance technique is required. Class will include a yoga inspired warm-up, modern/contemporary across the floor and center combinations that will have your body feeling good!

Day: Wednesday

Dates: 10/4—12/13 (8 wks ~ no class 10/25, 11/22)

Time: 6:00pm—7:00pm

Fee: \$88.00

Instructor: Alison DiPinto

Location: CLES Room

OPEN BASKETBALL

Monday night open gym for Brookfield residents and their guests age 18+. Purchase a season pass for \$65.00 (a 19% savings) or pay \$5.00 each night at the door. There is no open gym on 12/25, 1/1/24, 1/15/24, 2/19/24 and on days when school is not in session or dismisses early because of inclement weather. Open gyms dates may be cancelled at any time due to school programs or athletics.

Days: Monday

Dates: 11/13—3/25/24

Time: 8:00pm— 9:30pm

Fee: \$60.00/Season Pass or \$5.00/night

Location: BHS Small Gym



OPEN VOLLEYBALL

Wednesday night play for Brookfield residents and their guests age 18+. Purchase a season pass for \$85.00 (a 23% savings) or pay \$5 each night at the door. Season passes sold until 12/20. Open gym is canceled on 11/22 and 12/27 and on days when school is not in session or dismisses early because of inclement weather. Open gyms dates may be cancelled at any time due to weather, school programs, or athletics.

Days: Wednesday

Dates: 11/1—4/10/24

Time: 8:00pm – 9:30pm

Fee: \$85.00/Season Pass or \$5.00/night

Location: WMS Gym



ADULT FITNESS



TRAIN FOR A 5K



Are you interested in running a 5k road race (3.1 miles)? Are you a walker who wants to try running? Do you want to work on getting your fitness back, walking or running, in a group setting? Join Cassie Dunn in a group setting for a series of training runs this spring. Each participant will be given an individualized workout schedule to follow and new workouts will be introduced as you progress. Come dressed in layers to run & bring a water bottle. All levels of fitness welcome! *Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning Instructor.*

Day: Saturday

Dates: 9/30—10/28 (5 wks)

Time: 8:00am—9:00am

Fee: \$60.00

Instructor: Cassie Dunn

Location: Cadigan Park

FUNCTIONAL STRENGTH & BALANCE



The class is geared towards helping individuals, ages 55+, maintain strong and healthy bodies as they age. Using dumbbells and body weight exercise, each class will work on upper and lower body strength, stability, balance and core strength to give participants a full body workout. This program is for all levels of fitness and can be modified for anyone. Please bring a mat, light dumbbells, and water. *Cassie Dunn is a former BHS cross country and track coach, a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning Instructor.*

Day: Monday

Dates: 10/16 – 11/20 (6 wks)

Time: 5:30pm—6:30pm

Fee: \$72.00

Instructor: Cassie Dunn

Location: CLES Room

ADULT YOGA



This mixed level class strings yoga postures together in a flowing, vinyasa style sequence of breath and movement. Class is infused with balance work and optional challenges; with modifications provided for all levels (beginners are welcome). Bring your own water, mat, blocks or straps if you have them and like to use them.

Day: Tuesday

Dates: 10/10—12/12 (8 wks ~ no class 10/31, 11/7)

Time: 5:00pm—6:00pm

Fee: \$88.00

Instructor: Sharon Poarch RPT, RYT-200

Location: CLES Room

Class Location: YogaSpace 78 Stony Hill Rd, Bethel, CT 06801

YOGA BASICS



The perfect class series for beginners or someone who is looking to bring their yoga “back to basics”! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary! **Buy one, six class pass and attend any of the following classes over the course of eight weeks for \$79.00.** Mixing and matching of days is allowed.

| | | | |
|-----------------------|--------------------------|------------------------------|------------------------------------|
| Day: Monday | Dates: 10/2—11/20 | Time: 12:00pm—1:15pm | Instructor: Debbie Isaacs |
| Day: Wednesday | Dates: 10/4—11/22 | Time: 6:00pm—7:15pm | Instructor: Debbie Isaacs |
| Day: Saturday | Dates: 10/7—11/25 | Time: 10:00am—11:15am | Instructor: Heather Morgado |

YIN RESTORATIVE YOGA



The Yin practice focuses on postures that lengthen the muscles surrounding the hips, pelvis, and lower back. Postures are held with support for 3-5 minutes to stimulate tissue surrounding the joints, making Yin essential for injury prevention and joint health as we age. The class can bring you to a meditative physical and mental state and each class will end with seated meditation. All levels welcome.

Pick 6 classes over 8 weeks. \$79.00.

| | | | |
|---------------------|--------------------------|----------------------------|--------------------------------|
| Day: Tuesday | Dates: 10/3—11/21 | Time: 7:30pm—9:00pm | Instructor: Rob Farella |
|---------------------|--------------------------|----------------------------|--------------------------------|

ART OF MEDIATION



This 4-week meditation course is an excellent program for beginners as well as the seasoned practitioner who desires to go deeper and find more in their meditation. The course will help you rediscover your inner stillness and silence while building a deep understanding of the practice and its many values and benefits. Regular practice helps restore balance, generate deeper calm, boost health and healing, increase concentration & productivity, create greater joy, clarity, creativity & purpose. Meditation can open your eyes and improve your quality of life. **\$49.00 for 4 week class.**

| | | | |
|---------------------|--------------------------|----------------------------|--------------------------------|
| Day: Tuesday | Dates: 11/7—11/28 | Time: 6:00pm—7:00pm | Instructor: Rob Farella |
|---------------------|--------------------------|----------------------------|--------------------------------|

Class Location: YogaSpace 78 Stony Hill Rd, Bethel, CT 06801

LYT YOGA



The LYT Yoga method was created to help Yogis find freedom through smarter, safer, and sustainable movement patterns that challenges both mentally and physically in the most enjoyable ways. All levels welcome! Three classes offered. Beginner classes on Saturdays and Slow Flow on Wednesday evenings.

| | | |
|-----------------------|--------------------------------|---|
| Day: Wednesday | Time: 7:30pm—8:45pm | Dates: 10/4—11/22 (<i>pick 6 classes over 8 weeks</i>) |
| Day: Saturday | Time: 8:30am—9:45am | Dates: 10/7—11/25 (<i>pick 6 classes over 8 weeks</i>) |
| Day: Sunday | Time: 10:30am—11:45am | Dates: 10/8—11/26 (<i>pick 6 classes over 8 weeks</i>) |
| Fee: \$79.00 | Instructor: Julie Glick | |

PRE/POST NATAL YOGA

This nurturing and fun gentle yoga class is designed to strengthen, stretch and embrace changes in a women's body during and after pregnancy. Soon to be moms and recent moms will learn what poses are appropriate for them, as well as meditation and breathing techniques to promote concentration, relaxation and renewed energy. Connect with other moms and build that special bond with your baby. Be prepared to practice yoga, but also know its completely fine to stop to attend to your baby. No experience necessary and permission from your doctor is highly recommended.



| | | |
|---------------------|---|----------------------------|
| Day: Tuesday | Dates: 10/3—11/21 (<i>pick 6 classes over 8 weeks</i>) | Time: 6:00pm—7:15pm |
| Fee: \$79.00 | Instructor: Heather Morgado | |

DISCOVER KUNDALINI YOGA

The science of Kundalini Yoga is an ancient technology and is considered one of the most powerful and comprehensive forms and the fastest way to establish an aligned relationship between body, mind, and spirit. This is an introductory class and will review all the basics of Kundalini Yoga, including postures (asanas) dynamic movement, sound current (mantra) breath (pranayam) and meditation. All levels welcome.



| | | |
|---------------------|---|----------------------------|
| Day: Friday | Dates: 10/6—11/24 (<i>pick 6 classes over 8 weeks</i>) | Time: 6:00pm—7:30pm |
| Fee: \$79.00 | Instructor: Susan Shaner MA, MS, RYT, PCC | |

INTRO PASSES: Intro to studio: \$36.00 Intro to Live Stream: \$20.00

[Try any 3 classes over 30 days.](#) Pass activates after your first class.

Class Location: Fit 4 You Studio, 195 Federal Rd. Brookfield, CT 06804

BARRE CLASS WITH KRISSY

Krissy's 45 minute barre classes are designed to give you a full body workout that will improve strength, flexibility, and endurance. Classes focus on proper form, alignment and are accessible and safe for all fitness levels. Krissy's goal is for clients to challenge their bodies, have fun, & move with greater ease in their daily life.

Day: Friday

Dates: 10/20—11/10 (4 wks)

Time: 9:30am—10:15am

Fee: \$80.00

Instructor: Krissy Christensen

BEGINNER REFORMER WITH CHRISTINA

This class is perfect for beginner/intermediate students! You will get a total body workout in using the reformer. This, low impact form of strength training, is for all abilities. Sticky socks required for safety. Four classes offered.

Day: Monday

Dates: 10/16—11/6 (4 wks)

Time: 10:00am—10:45am

Day: Monday

Dates: 10/16—11/6 (4 wks)

Time: 5:15pm—6:00pm

Day: Wednesday

Dates: 10/18—11/8 (4 wks)

Time: 10:15am—11:00am

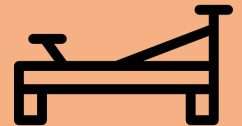
Day: Friday

Dates: 10/20—11/10 (4 wks)

Time: 5:30pm—6:15pm

Fee: \$140.00

Instructor: Christina Van de Water



BARRE

Classes will consist of barre/mat Pilates & cardio elements to provide a total body workout! Mats are available for use but feel free to bring your own! Grip socks are required to be worn to prevent injury; socks are available for purchase.

Day: Wednesday

Date: 10/18—11/8 (4 wks)

Time: 5:30pm—6:15pm

Fee: \$80.00

Instructor: Christina Van de Water



CARDIO + CORE WITH CHRISTINA

This program is a fast paced, full-body workout that will get your pulse pumping! Short interval bursts of cardio blended with core focused mat work will be rotated through this 45 minute workout.

Day: Friday

Date: 10/20—11/10 (4 wks)

Time: 10:30am—11:15am

Fee: \$80.00

Instructor: Christina Van de Water

PICKLEBALL



PICKLEBALL POWER CLASSES WITH NEXT LEVEL PICKLEBALL

Location: Cadigan Park Tennis Courts, 500 Candlewood Lake Rd.

Advanced Beginner Class—Sunday, 9/24 5:00pm—7:30pm: Designed for those with some pickleball experience but want to master key fundamental skills. Dinking, serving, volleying, blocking at the net and resetting the ball. We will help move your game beyond beginner to a more proficient and confident pickleball player.

Intro to Pickleball—Thursday, 9/28 5:00pm—6:45pm: Beginner/novice players can learn the basics such as dinking, serve, serve return and rules. .

Strengthen Your Net Play—Thursday, 9/28 7:00pm—8:45pm: Intensive course working on all aspects of net play inc. blocking, volleying, defending hard shots and attacking.

Intro to Pickleball—Sunday, 10/1 5:00pm—7:30pm: Beginner/novice players can learn the basics such as dinking, serve, serve return and rules.

How to Stop Pop Ups—Monday, 10/2 5:30pm—8:00pm: Work on keeping the pickleball low and unattackable. Skills include 3rd drop shot, resets, defending hard shots and more.

Year End Social and Open Play—Tuesday, 10/3 6:00pm—8:00pm: Free event for all past class participants. Supervised open play. Bring a dish to share, play and hang out with pickleball friends.

Classes are filling up quick! Register today to confirm your spot.

To Register and for more information: Download the "Team Reach" app on your phone and enter group code "Moe". Click on the calendar to sign up for the class you are interested in.

Registration details are available in the team reach app.



TENNIS



FALL PEE WEE, JUNIOR & ADULT CLINICS

Location: Cadigan Park Tennis Courts, 500 Candlewood Lake Rd.

Wednesdays, 9/20—10/18

5 week session; Rain Makeup 10/25 & 11/1.



Weekly tennis lessons are offered with Fairfield County Tennis (FCT) professionals at Cadigan Park. All skill levels are invited to join these clinics to learn and develop forehand, backhand, serve and volley skills. Whether you are ready to jump into the sport or want to hone your skills, these groups lessons are designed for maximum participation and skill development to get you there!

Junior & Adult Clinics: \$145.00

Minimum of 3, Maximum of 6 per instructor (5 max for adults)

Grades K-2: Beginner to Intermediate 4:00pm—5:00pm

Grades 8-10: Low Intermediate to Intermediate 4:00pm—5:00pm

Grades 3-5: Beginner to Intermediate 5:00pm—6:00pm

Grades 5-7: Beginner to Intermediate 5:00pm—6:00pm

Grades 5-7: Beginner 6:00pm—7:00pm

Grades 5-7: Intermediate 6:00pm—7:00pm

ADULTS: Advanced Beginner to Low Intermediate 7:00—8:00pm



NEW ~ CLAY COURT ADULT TENNIS CLINIC

This five week tennis program is for players who wish to improve their double skill sets. The clinics will cover effective court positioning, doubles strategies, tactics, and improve your shot making for some strokes. The clinic will also provide some simple plans for you to develop your skills. This program is instructed by local tennis professional, David Mwanza, with over 20 years teaching experience.

Day: Tuesday

Date: 9/26—10/24 (5 wks)

Time: 5:00pm—6:00pm

Fee: \$140.00

Instructor: David Mwanza

Location: Williams Park Court

TOT PROGRAMS



BALLET FOR TOTS

This class will introduce boys and girls, ages 3-5, beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance and coordination. There will be a final performance at the end of the last class for family and friends. This is a drop-off class and all dancers need to be potty trained. This program takes place at the Congregational Church of Brookfield in Fellowship Hall.



Day: Mondays

Dates: 10/2—11/27 (8 wks ~ no class 10/9)

Time: 10:30am—11:30am

Fee: \$120.00

Instructor: Tatiana Prip

Location: CCB Room

MUSIC TOGETHER AT THE BANDSTAND

Join us for the Bongos Song Collection this fall for families with little ones, ages 0-5! These songs include lots of upbeat, active songs like “See How I’m Jumping,” our take on the timeless nursery rhyme “Hey, Diddle, Diddle,” and beautiful melodies such as the Japanese song “Hotaru Koi” and “Walking through the Woods.” In addition to your weekly classes, tuition includes recordings and materials for you to use at home, a family newsletter with more at-home music-making ideas, and online access to the songs through the Music Together App. Join us for the fall session and bring music into your families life! Two classes offered. [Details and registration available by visiting www.mtdanbury.com](#).



Day: Thursday

Date: 9/14—11/2 (8 wks)

Time: 10:00—10:45am

Day: Friday

Date: 9/15—11/3 (8 wks)

Time: 10:00—10:45am

SINGING & SIGNING WITH MS. JANINE!

Musician/Author/Signer, Janine LaMendola “Ms. Janine” will be playing children’s music with sign language fun at Kids Kingdom Playground this fall. It doesn’t matter if you come with your infant, toddler or preschooler, or if you’re a teenager. You’re guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome, no registration is required, and it’s free!



Day: Saturday

Date: 10/14

Time: 10:30am—11:30am

Fee: Free

Location: Kids Kingdom Playground

TOT PROGRAMS



Brookfield Parks & Recreation is proud to partner with USA Sport Group to offer youth programs for tots, ages 2-4.

Fall classes begin Saturday 9/16 and Sunday 9/17!

Instructors are provided by USA Sport Group.

[Visit \[www.usasportgroup.com\]\(http://www.usasportgroup.com\) for full details, schedules, and registration!](http://www.usasportgroup.com)

Squirts T-Ball: Age 3-5 | \$180.00pp

T-Ball Squirts is the perfect class for introducing a child to baseball or softball where children are engaged in fun, inclusive activities, in a positive learning environment. This class encourages players to develop motor skills and basic t-ball techniques in hitting, throwing, catching, base running, fielding, and more. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success.

PRESCHOOL Multi-Sports: Parent & Me: Age 2-3 | T-Ball Squirts: Age 3-5 | \$180.00pp

Sports included: Lacrosse, Soccer, T-Ball, & Track & Field.

Parent & Me Multi-Sports Squirts is a fun and positive introduction to a variety of sports for young children, with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of each sport through fun-based games and activities. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence.

Multi-Sports Squirts allows children to experience a variety of sports throughout the program. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. In addition to emphasizing the fundamentals of each sport, each activity is designed to improve hand-eye coordination, balance, agility, and movement. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success.

PRESCHOOL Soccer: Parent & Me: Age 2-3 | Squirts: Age 3-5 | \$180.00pp

Parent & Me Soccer Squirts is a fun and positive introduction to soccer for young children with a helping hand from Mom or Dad participating by their side! Kids will have fun learning the fundamental skills of soccer through fun-based games and activities. This is an excellent opportunity for you to spend quality time together while easing your child into social situations with support and confidence.

Soccer Squirts is the perfect class for introducing a child to soccer. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Players will learn the fundamental skills of soccer, including dribbling, passing, shooting, and defending. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success.

ALL AGES



HORSEBACK RIDING LESSONS

Brushy Hills' lesson program caters to students of all ages from beginners to seasoned veterans. Ev offers her lifetime of experience to hand tailored lessons to each rider's needs, ensuring that riders achieve their goals and full potential. Lessons are closely supervised in a safe and nurturing atmosphere that provides students with solid foundations, necessary skills to communicate properly with their horse and become good horsemen.

Brushy Hill (15 Coachmans Dr. Southbury) has a large indoor facility and lessons are held year round. Hard hats will be provided. Once registered, call 203-470-4353 to schedule lesson date and time.

Fee: ½ hour private lessons

4 Pack \$280, 8 Pack \$560.00

1 hour private lessons

4 Pack \$560, 8 Pack \$1,120.00



INTRO TO TAEKWONDO ~ AGES 4 & UP

Now more than ever before, Taekwondo is needed. Students can learn to be active, socialize, speak up, and build confidence and self-esteem in a positive environment. Master Kris focuses on respect and the love of the family. Taekwondo can also help children focus, become peaceful, and gain the confidence needed in school and life. Registration includes two classes a week for four weeks. This program is open to first-time students only. Uniforms included. Teens and parents are welcome as well. We have awesome Juniors and Adults students who will welcome you. Email wctbrookfield@gmail.com with any questions. See you at the Dojang!

Ages 4—12: (choose any 2 times weekly)

Days: Mondays & Fridays at 4:40pm, Tuesdays at 6:00pm, Wednesdays at 4:00pm, Saturdays at 9:30am

Junior & Adult 13+: (choose any 2 times weekly)

Days: Tuesdays & Thursdays at 6:40pm or 7:20pm

Dates: Classes are ongoing ~ Start Anytime!

Fee: \$149.00 **Location:** WCT, 317 Federal Rd.



DRUMMING LESSONS

Face the Music Together(!) with Don O'Keefe, private drum instructor and a Berklee College of Music Alum with over 40 years experience performing and teaching. He believes that every drummer, teacher and student alike, has a voice to offer to the drumming community and those willing to put in the time can become proficient. Don can offer you or your kids the proper guidance on a musical journey! Register via email, facethemusictogether@yahoo.com or visit www.facethemusictogether.com for more info.



GUITAR LESSONS



Have fun learning the fundamentals of guitar from our talented local singer, songwriter, and guitarist Frank Enea, creator of "The Night Begins to Shine" and character on Cartoon Network's hit show "Teen Titans Go!". Playing guitar is a lifelong hobby and assists in a child's development, instills confidence, inspires creativity, and yeah, it's cool too! This one on one lesson is customized to meet the students own goals and skill sets. **\$200 for 4, 30 minute lessons.** Lesson times will be set with Frank after registration. www.satellitemusicstudios.com

CLES After School



KIDS YOGA

Yoga fosters creativity, sharing, focus, self-esteem and rewards each student with a peaceful mind and body. This yoga class meets each child where they are and playfully invites children to improve strength, flexibility, and coordination through basic yoga poses. Children will learn strategies to improve focus and self-regulation, learning to calm their bodies down through self-awareness and breathing techniques. Through the practice of relaxation, yoga poses, partner and group poses, and yoga games children will learn self-respect and respect for others. Kids should wear comfortable clothes that are easy to move in and will participate barefoot. Please bring a water bottle; yoga mats will be provided.



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|----------------------------------|--|------------------------------|
| Grades K-1: Day: Tuesday | Dates: 10/10—12/12 (8 wks ~ no class 10/31, 11/7) | Time: 3:30pm – 4:30pm |
| Grades 2-5: Day: Monday | Dates: 10/16—12/4 (8 wks) | Time: 3:30 pm– 4:30pm |
| Instructor: Sharon Poarch | Location: CLES Room | Fee: \$80.00 |

BALLET



This class will introduce boys and girls to age appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students begin to explore the world of dance through exercises that enhance musicality, performance and coordination.

For grades 2-5, the advanced ballet class will help students make significant progress in gaining strength and flexibility. Returning dancers welcome or new comers can jump right in and experience class for the first time. Each dancer will be challenged and guided through artistic and technical leaps at their own pace. Along with ballet technique, your dancer will learn about ballet history, music theory, classical ballet choreography, and French ballet terminology.

Dancers in these classes need to have their hair pulled back in a pony tail, braids, or bun. Dancers are welcome to bring pins, a hair elastic, and a brush, and the instructors will help them with their hair.

There will be a final performance in the last class for family and friends.

Recommended attire: Girls – leotard, tights, ballet shoes. Boys – t-shirt, sweatpants, and ballet shoes.

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|--------------------------------------|---|------------------------|----------------------------|
| <u>Ballet for Grades K-1:</u> | Time: 3:30pm—4:30pm | Fee: \$104.00pp | Location: CLES Room |
| Day: Mondays | Dates: 10/2—11/27 (8 wks ~ no class 10/9) | | |
| Day: Tuesdays | Dates: 10/3—11/28 (8 wks ~ no class 11/7) | | |
| <u>Ballet for Grades 2-5:</u> | Time: 3:30pm—4:30pm | Fee: \$104.00pp | Location: CLES Room |
| Day: Fridays | Dates: 10/6—12/8 (8 wks ~ no class 10/27, 11/24) | | |

Instructor: Tatiana and Chrys Prip

CLES After School



LEARN TO PLAY PIANO!



The Village Music School Foundation will offer after school piano lessons for students in Kindergarten through 5th grade. This age appropriate curriculum includes singing, playing, analyzing, creating and listening to music. Students will learn the fundamentals of understanding music through popular songs and hand on experience that will lead the way for future musical exploration. Portable, roll-up pianos are provided and students can bring them home between classes. Pianos must be returned at the end.

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|----------------------------|----------------------|--|------------------------------|
| Grades K-2: | Day: Monday | Dates: 10/16—12/4 (8 wks) | Time: 3:30pm— 4:15pm |
| Grades 3-5: | Day: Tuesday | Dates: 10/10—12/5 (8 wks ~ no class 11/7) | Time: 3:30pm – 4:15pm |
| Location: CLES Room | Fee: \$232.00 | Instructor: Village Music School Instructor Denis | |

WIZARDS SCHOOL OF MAGIC

Students at CLES are invited to join an after school lesson in wizardry. Full time professional magician Tom O'Brien will teach the your aspiring magician four new magic tricks. Tom has performed hundreds of shows and appeared on Fox 61 and WSFB's Better Connecticut. He is a master of his craft and is superb at entertaining children while teaching. Students will receive magic kits containing props to perform at home, and a magic wand! Tom is constantly changing his program so tricks are rarely repeated in workshops.

Register before the spaces – alakazam – disappear!

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|------------------------------------|-----------------------------------|----------------------------|
| Time: 3:30pm—4:30pm | Fee: \$18/workshop | Location: CLES Room |
| Grades K-2: Tuesdays | Grades 3-5: Fridays | |
| Abacadabra Workshop: 9/26 | Abacadabra Workshop: 9/29 | |
| Hocus Pocus Workshop: 10/31 | Hocus Pocus Workshop: 11/3 | |

LET'S MAKE MUSIC!



Students in grades 2-5 are invited to join musician Premik Russel Tubbs in making music! Students will start in learning basic rhythms as the foundation for musical creativity. Along with learning how to create and play these rhythms, fundamentals of Jazz and American music history will be discussed. Premik is a professional musician who has toured and recorded with performers like Lady Gaga, James Taylor, Elton John, and Carlos Santana. He is a member of Sting's house band at his concerts for the rainforest and teaches in schools and libraries. Bring an instrument if you have one! Basic percussion tools are provided.

| | | |
|---------------------|--|----------------------------|
| Day: Friday | Dates: 10/20—12/8 (6 wks ~ no class 10/27, 11/24) | Time: 3:30pm—4:30pm |
| Fee: \$72.00 | Location: CLES Room | |

CLES After School



FOOD EXPLORERS: FALL BAKING CLUB

FOOD EXPLORERS 

Students in **grades 2-4** and invited to join Food Explorers for some delicious fall desserts! Each week you'll make a brand new recipes focused on fall flavors and ingredients. You'll be making: Vanilla Chai Cake Pops, Apple Cinnamon Pancakes, Pumpkin Lasagna, Chocolate Orange Energy Bites. All recipes are nut free.

Day: Tuesday

Dates: 10/3—10/24 (4 wks)

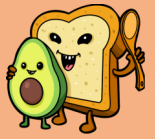
Time: 3:30pm— 4:45pm

Fee: \$88.00

Location: CLES Room

Instructor: Food Explorers Instructor

FOOD EXPLORERS: BRUNCH CLUB



Students in **grades 3-5** and invited to join Food Explorers for our brand new Brunch Club! Each week you'll make a new brunch recipe, with a mixture of sweet and savory flavors. Blueberry Cream Cheese Quesadillas, Avocado Toast, Cheese & Chive Pancakes, Sweet Grilled Cheese. All recipes are nut free.

Day: Thursday

Dates: 10/19—11/16 (4 wks ~ no class 10/26)

Time: 3:30pm – 4:45pm

Fee: \$88.00

Location: CLES Room

Instructor: Food Explorers Instructor

CLES After School



TAG! YOU'RE IT.

This high energy program will be a great way to end school day for grades K-4! This classic backyard game has hundreds of variations and includes capture the flag style games with teamwork and strategy! Each week the group will play the favorites and explore new ones. Students will be split into smaller age groups and play larger group games when appropriate for the style of tag.

Day: Thursday **Dates:** 10/12—12/14 (8 wks ~ no class 10/26, 11/23) **Time:** 3:30pm – 4:30pm
Fee: \$80.00 **Location:** CLES Gym **Instructor:** Christa Piccorelli

MAD SCIENCE: FALL FUN STEM (K-1)



Kindergarten and first graders are invited to put on some goggles and come on a science adventure! Scientists-in-training will gain a basic understanding of all different areas of science while doing intriguing, hands on, experiments! The program covers everything from cool dry ice to hot air balloons, from dinosaurs to a rocket launch that is out of this world and much more!

Day: Friday **Dates:** 10/20 – 12/8 (6 wks ~ no class 10/27, 11/24) **Time:** 3:30 pm– 4:30pm
Fee: \$168.00 **Instructor:** Mad Science Instructor **Location:** CLES Room

MAD SCIENCE: CRAZY CHEMWORKS! (GRADES 2-5)

Second through 5th graders, put on your goggles and lab coats with Mad Science! Bubbling dry ice potions, crazy chemical reactions, and big explosions will be happening in the MAD LAB! Your scientists will be doing hands on chemistry while learning the basic knowledge of the science. They will be creating chemical reactions such as the infamous elephant toothpaste that they can't stop talking about and slime they think they have perfected but have not. Every student receives a lab coat, goggles, and specially designed Mad Science take homes to help extend the learning.

Day: Thursday **Dates:** 11/2 – 12/14 (6 wks ~ no class 11/23) **Time:** 3:30pm – 4:30pm
Fee: \$168.00 **Instructor:** Mad Science Instructor **Location:** CLES Room



MUSICAL: ANNIE!

The show goes on! Parks and Rec will offer another musical production in the spring. Under the direction of Stacey Snyder, students in grades 4-8 are invited to join this immersive theater program. This is a student run show including lights, sound, set design, costume, and of course, the performance! Those participating will have the opportunity to contribute in multiple aspects of the show that interest them. Practices and auditions will begin in 2024 with performances at the end of April at the BHS auditorium. More information available in November.

CLES After School



NEW ~ CIRCLE OF FRIENDS



Whether you are outgoing or like to keep to yourself, this after school group will help students develop and strengthen connection with others. Girls in grades 2-5 will learn the importance of true friendship, how to be compassionate, how to be their own hero, and how to deal with emotions. We will create a foundation for confidence and empowerment. The group will learn and practice meditation, activities, games, crafts, and teamwork projects to achieve our goals.

Day: Wednesday

Dates: 10/11—11/29 (6 wks ~ no class 10/25, 11/22)

Time: 3:30pm – 4:45pm

Fee: \$120.00

Location: CLES Room

Instructor: Kelly Viera

ROBOTICS CODEMAKER 101



In our Robotics programs, kids in grades 2-5 can learn how to build and program a variety of robots using LEGO® bricks and award-winning software. Kids bring their LEGO creations to life! Each theme-based session encourages creativity and imagination as kids brainstorm, build and experiment with amazing robots. There will also be free time to code, play with art and design projects, use LEGO's and gears, among other activities. Chromebooks are provided however if a student would like to load class software for use at home, they can bring their own laptops with necessary passwords. This program is led by instructors from Sylvan Learning of Brookfield.

Day: Monday

Date: 10/16—11/20 (6 wks)

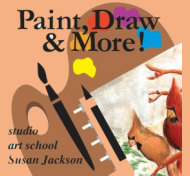
Time: 3:30pm - 4:30pm

Fee: \$180.00

Location: CLES Room

DRAWING MIXED MEDIA

Paint, Draw & More! drawing classes teach young artists, grades K-3 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. Classes are kept small to ensure each student gets proper instructor attention to work at their ability. We use the highest quality materials we can to help our students obtain the best results for their efforts.



www.georgetownarts.com/paint-draw-more

Day: Thursday

Dates: 10/5—12/7 (8 wks ~ no class 10/26, 11/23)

Time: 3:30pm—4:30pm

Fee: \$176.00

Instructor: Steve Burke

Location: CLES Room

WMS After School



NEW ~ GIRLS ON FIRE (6TH & 7TH GRADERS)



Being in middle school can be complicated and messy! Whether you are soaring in school or just trying to get by, this program can help round out your school year. Experience the adventure that is getting to know yourself and others. This is a girl bonding program that focuses on support, connection, fun and being unique. Participants will learn to use their compassion, sensitivity, emotions, and strength to become comfortable in their own skin. The group will accomplish this through team building activities, meditation, movement, mindfulness, crafts and more!

Day: Tuesday

Dates: 10/17—11/28 (6 wks ~ no class 11/7)

Time: 2:45pm—4:00pm

Fee: \$120.00

Location: WMS Room

Instructor: Kelly Viera

NEW ~ FIERCE FEMALES (8TH GRADERS)



Young women are enthralled with trying to be older than they are, fitting in, or just trying to find someone who gets them. This program will get you! The group will travel the roads of understanding, clarity, focus, self-respect, self-reflection, emotions, and empowerment. Together, the group will discuss and unpack the topics that mean the most to students and celebrate being perfectly imperfect. Come together to help ourselves and each other. There will be weekly exercises as well as meditation, mindfulness, games, crafts, and more!

Day: Thursday

Dates: 10/19—12/7 (6 wks ~ no class 11/16, 11/23)

Time: 2:45pm—4:00pm

Fee: \$120.00

Location: WMS Room

Instructor: Kelly Viera

GIRLS GETTING GOOD GRADES!



This class is designed to help girls feel empowered in the classroom. It is led by Angela Termotto, a Connecticut certified teacher. Her daughter Ava, a BHS junior, will share her experiences and provide insights for succeeding in middle school without feeling overwhelmed. Topics include: setting goals, organizing your time and space, note taking strategies, identifying your learning style, reducing test anxiety, and learning how to study.

Day: Thursday

Date: 10/26 - 12/14 (6 wks ~ no class 11/16, 11/23)

Time: 2:45pm—3:45pm

Fee: \$102.00

Instructor: Angela Termotto

Location: WMS Room

NET GENERATION TENNIS



This program is for beginners or players on a path to develop their tennis skills in grades 6-8. Net Generation, a USTA national program, games and lesson plans are followed. The class is highly interactive with constant participation. Players should wear loose comfortable clothing and sneakers. Bring your racquet! Extras available.

Day: Monday

Dates: 10/16—11/20 (6 wks)

Time: 2:45pm—3:45pm

Fee: \$96.00

Location: WMS Gym

Instructor: David Mwanza

WMS After School



ROBOTICS CODEMAKER



In our Robotics programs, kids learn how to build and program a variety of robots using LEGO® bricks. Each theme-based session encourages creativity and imagination as kids brainstorm, build and experiment with amazing robots. There will also be free time to code, play with art and design projects, use LEGO's and gears. Chromebooks are provided however if a student would like to load class software for use at home, they can bring their own laptops with necessary passwords. This is a Sylvan Learning of Brookfield program.

Day: Thursday

Date: 10/12—11/16 (6 wks)

Time: 2:45pm—3:45pm

Fee: \$180.00

Location: WMS Room

VOCAL PERFORMANCE

Vocal Performance is designed to provide students with tools to find their unique singing voice and improve their overall vocal technique and general musicianship skills. Additional areas of study include sight-singing, critical listening, improvisation, acting through song, and music composition. Repertoire is selected to challenge student's technical skills, and broaden their awareness of time and place as expressed through art. Vocal Performance is a multi-level class designed to develop vocal skills and techniques to prepare students for high school choral or musical theater programs.

Day: Monday

Date: 10/16—11/20 (6 wks)

Time: 2:45pm—3:45pm

Fee: \$72.00

Instructor: Stacey Snyder

Location: WMS Room



INTRO TO ACTING

Learn the basics of this fun art form in a comfortable after school setting. Students will begin with ensemble building exercises, improvisation games, creative movement, and storytelling. The group will then explore acting tools via character play and scene study. The theme that "to act is to PLAY" will be incorporated in class to ensure an atmosphere of fun, creativity, self awareness, and teamwork, using relaxed positive reinforcement.

Day: Friday

Date: 10/13—11/17 (6 wks)

Time: 2:45pm—3:45pm

Fee: \$72.00

Instructor: Stacey Snyder

Location: WMS Room



MUSICAL: ANNIE!



The show goes on! Parks and Rec will offer another musical production in the spring. Under the direction of Stacey Snyder, students in grades 4-8 are invited to join this immersive theater program. This is a student run show including lights, sound, set design, costume, and or course, the performance! Those participating will have the opportunity to contribute in multiple aspects of the show that interest them. Practices and auditions will begin in 2024 with performances at the end of April at the BHS auditorium. More information available in November.

WMS After School



NEW ~ GAMING FOUNDATIONS



Join Affinity Esports for this new after school program! This class offers students in grades 6-8 an overview of gaming, including digital content creation, game creation, and competitive organized gaming (also known as esports). Participants will experience a variety of games such as Minecraft, Rocket League, Fall Guys, Super Smash Bros, and Mario Kart in a collaborative setting, emphasizing character-building, communication, and teamwork. This class is perfect for young enthusiasts to discover their digital passions and potential future pathways, while emphasizing the importance of balance, wellness, and basic internet safety.

Day: Tuesday

Dates: 10/3—11/14 (6 wks ~ no class 11/7)

Time: 2:45pm—4:30pm

Fee: \$199.00

Location: WMS Room

NEW ~ BEGINNER GAME CREATION, MODDING & CODING

This evening class is open to children ages 7-13 and will require them to problem-solve, be creative, think critically, and hone basic computer skills to achieve their game creation goals. Start by learning code basics through Scratch, the world's largest coding community and visual coding language for children, to create their own games. Participants will also practice coding through a variety of fun challenges and coding courses in Minecraft Education Edition and Roblox.

Day: Tuesday

Dates: 10/3—11/14 (6 wks ~ no class 11/7)

Time: 4:45pm—6:30pm

Fee: \$199.00

Location: WMS Room

YOUTH WRESTLING PROGRAM



This Brookfield Youth Wrestling Program is open to boys and girls in grades 5-8 and no prior wrestling experience is necessary. This program will emphasize enhancing proper techniques, strength, and coordination skills and cover all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. Techniques are taught in sequence to help wrestlers learn and understand. The program will meet twice a week for ten total classes. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling shirt.

This program is led by Josh Levine, USA Wrestling Certified.

Fall Session: 11/13—12/18 (No class 11/23)

Winter Session: 1/8—2/12/24 (No class 1/15)

Day: Mondays & Thursdays

Time: 7:00pm—8:00pm

Fee: \$120.00

Location: TBD

AFFINITY ESPORTS



Affinity Esports is on a mission to create safe spaces for happier and healthier gaming experiences.

[Full class descriptions and details are available online by clicking here.](#)

All classes listed below are held at the Affinity Esports studio at [27 Glen Rd., Suite 408, Newtown, CT 06482](#).

GAMING FOUNDATIONS (AGES 7-13)

This class offers an overview of gaming, including digital content creation, game creation, and competitive organized gaming (also known as esports). Participants will experience a variety of games such as Minecraft, Rocket League, Fall Guys, Super Smash Bros, and Mario Kart in a collaborative setting, emphasizing character-building, communication, and teamwork. This class is perfect for young enthusiasts to discover their digital passions and potential future pathways, while emphasizing the importance of balance, wellness, and basic internet safety.



Day: Mondays

Time: 4:45pm—6:30pm

Fee: \$195.00

A Session: 9/18—10/23 (6 wks)

B Session: 11/6—12/18 (6 wks ~ no class 11/20)

BEGINNER GAME CREATION, MODDING & CODING (AGES 7-13)

This class will require your child to problem-solve, be creative, think critically, and hone basic computer skills to achieve their game creation goals. Start by learning code basics through Scratch, the world's largest coding community and visual coding language for children, to create their own games. Participants will also practice coding through a variety of fun challenges and coding courses in Minecraft Education Edition and Roblox.

Day: Tuesday

Time: 4:45pm—6:30pm

Fee: \$240.00

A Session: 9/19—10/24 (6 wks)

B Session: 11/7—12/19 (6 wks ~ no class 11/21)

BEGINNER CONTENT CREATION & STREAMING (AGES 7-17)

Join us for our Beginner Content Creation and Streaming class, where your child can learn the fundamentals and develop skills necessary to become a successful content creator. In this class, they will have the opportunity to explore their creativity, build their personal brand, and produce unique content. Students will receive an overview of hardware and software requirements, streaming platforms, lighting, audio, video editing, graphic design, and more. They will learn how to configure their setup, get behind the camera and microphone, and share the final results online with family and friends.

Day: Wednesday

Time: 4:45pm—6:30pm

Fee: \$225.00

A Session: 9/20—10/25 (6 wks)

B Session: 11/8—12/20 (6 wks ~ no class 11/22)

AFFINITY ESPORTS



Affinity Esports is on a mission to create safe spaces for happier and healthier gaming experiences.

[Full class descriptions and details are available online by clicking here.](#)

All classes listed below are held at the Affinity Esports studio at [27 Glen Rd., Suite 408, Newtown, CT 06482.](#)

INTERMEDIATE GAME CREATION, MODDING & CODING (AGES 10-17)

Enroll your child in our Intermediate Game Creation, Modding, and Coding program, where they will collaborate with others to problem-solve, develop creative solutions, think critically, and gain a more advanced understanding of computational thinking and execution. This course is anchored in Game Maker Studio, where they will expand their coding knowledge by building, collaborating, and sharing their own unique games.



Day: Thursdays

Time: 4:45pm—6:30pm

Fee: \$240.00

A Session: 9/21—10/26 (6 wks)

B Session: 11/9—12/21 (6 wks ~ no class 11/23)

INTERMEDIATE CONTENT CREATION & STREAMING (AGES 13-17)

This class focuses on individual experiences and needs, helping each participant grow. We will assess their existing broadcasting and streaming skills and curate a plan to help them create more content, stream regularly, and gain the confidence to present themselves to the outside world. This class is designed for kids aged 13 and up who have a basic understanding of broadcasting software (such as OBS), a passion for creating content, and the skills required to do so.

Day: Saturday

Time: 10:30am—12:00pm

Fee: \$225.00

A Session: 9/23—10/28 (6 wks)

B Session: 11/11—12/23 (6 wks ~ no class 11/25)



REC BASKETBALL



League Details Grades 1-5:

Times & Location: TBD

Day: Saturdays

Dates: 12/2/23—2/17/24 (10 weeks)

*There will be no basketball 12/23 & 12/30

Registration Fee: \$120.00

League Supervisors:

Matt Cudney

Buddy Hine

Danielle Olivier

Officials: Brookfield High School Students

IDDY BIDDY BASKETBALL ~ Grade 1 ~ Starts 12/9 (9 weeks)

This introductory program is for boys & girls in grade 1 who are interested in learning about the game and begin to develop the foundational skills of dribbling, passing, and shooting. This program is led by our basketball supervisors and meets for one hour each week to participate in drills and activities. Elements of teamwork and sportsmanship will be introduced.

BOYS & GIRLS BASKETBALL ~ Grades 2 & 3

This developmental program continues to teach core basketball skills in a team setting. Player evaluations are held at the beginning of the season to help determine teams which will be led by volunteer coaches. Each team will then receive a weekly practice schedule for the remainder of the season. For the Biddy Program, there is no league and no standings kept. The program is purely for the skill development and understand of the game of basketball for the kids. Once prepared, teams will have the opportunity to scrimmage against others to learn about game rules and settings.

BOYS & GIRLS BASKETBALL ~ Grades 4 & 5

The 4th & 5th grade basketball program for boys and girls is an intramural recreation league for all skill levels. The goals of the league is to encourage participation and continued skill development. Evaluations are held the on the first day of the program to help determine teams, which will be coached by volunteer parents. Team schedules will be produced for the remainder of the season and meet for 90 minutes each Saturday, half an hour of practice followed by a game.

REC BASKETBALL



LEAGUE DETAILS:

Location: Brookfield High School Gyms

Day: Saturdays

Dates: 1/6/24—3/2/24 (9 weeks)

Registration Fee: \$108.00

LEAGUE SUPERVISORS:

Steve Kolitz

Jason Maxwell

Desirae Smyser

Officials: High School Certified Officials

GIRLS BASKETBALL ~ GRADES 6-9

This recreational basketball league for girls in grades 6-9 focuses on participation and fun, not competition. All skill levels are welcome as well as new players who are looking to spend time with friends and stay active. Evaluations will be held the first week of the program to help our supervisors determine teams. Schedules will then be provided for the remainder of the season. Teams will meet each Saturday and practice for 30 minutes followed by a 60 minutes of game play. This is an intramural league. All games are held at Brookfield High School and are officiated by high school certified officials. Game times vary from week to week but generally start at 12:00pm or 1:30pm each week. Late season playoffs or makeups may be held on weeknights.

BOYS BASKETBALL ~ GRADES 6 & 7, 8 & 9, 10-12

Boys rec basketball leagues for WMS and BHS students will take place on Saturdays at Brookfield High School. Leagues will begin on January 6th. Game times on Saturday and format of the league vary based on the number of participants. Generally, evaluations will be held over the first week or two followed by a regular season schedule and single elimination playoff. This is an intramural league and all games are played in Brookfield. Boys in grades 6-7 will have 8:00am or 9:30am start times. Boys in grades 8-9 play at 11:00am or 12:30pm and boys in grades 10-12 play at 2:30pm or 3:45pm.

WMS/BHS Ski Club



A detailed flier including dates and registration fees will be available in mid-October.

Registration will open online on Wednesday, November 1st.

Join us for fun-filled Friday nights at Mohawk Mountain in Cornwall, CT!

This long running program is a favorite amongst our Whisconier and Brookfield High School Students. Whether you already love to ski or snowboard, or you are brand new and want to learn, this program will provide you with everything you need! Each trip, students take coach bus transportation to Mohawk Mountain to ski and snowboard with buddies. Adult supervision is provided by parent volunteers on the bus and mountain. This program has separate busses for WMS and BHS students. Students have the option of adding on lessons or rental equipment. Those looking for rental equipment are encouraged to go to Ski Haus in New Milford for seasonal rentals. The cost of seasonal rentals is comparable to renting at the mountain, you will be sized up properly and get to hold the rental for the entire winter!

Ski Club Volunteers are needed each winter to help out during trips. If your child is planning on participating in ski club, please consider helping out. Skiing parents ski for FREE! A parent chaperone meeting will be held in mid-December that will provide you with all the details

Day: Friday Nights

Date: January & February 2024

Time: School dismissal—approximately 9:30pm

Fees: Available in October



Whisconier Middle School:

2 Busses (100 seats available)

*Should both busses fill up, a waitlist will be taken and third bus added if there is enough demand.

Brookfield High School:

1 Bus (50 seats available)

HALLOWEEN 5K



Register Online at www.brookfieldparksandrec.com!

Date: Sunday, October 29th 2023

Time: 10:00am

Place: Brookfield Municipal Center

100 Pocono Rd. Brookfield, CT 06804

Registration Fee: \$30.00 (Deadline 10/27 at noon)



Registration closes at noon on Friday, 10/27. Race day registration will be accepted starting at 8:30am. Packet pickup begins at 8:30am race day.

Online registration preferred.

To register in person, visit Brookfield Parks & Recreation at 162 Whisconier Rd. in Brookfield.

Cash, check and credit are accepted.

Come celebrate our 31st year! Our certified course begins and ends at the Brookfield Municipal Center, 100 Pocono Road, Brookfield, CT. Race features chip-timing, short sleeve dri-fit T's to first 150 registered, awards to top runners in nine age groups (8 and under; 9-13,14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+), prizes for best costumes, post-race raffle and excellent post-race refreshments. USATF certified #CT06013JHP.

Walkers welcome! Costumes encouraged! Course route available at www.brookfieldct.gov/rec.

The 5K Halloween Run is the final event in the "Four Seasons Challenge Series." Runners who register for and complete all four races (New Year's Day Run for Sight 4-Miler; We Care Mother's Day 5K, Brookfield Lions Club JDRF Strides to Cure Diabetes 5-Miler and the 5K Halloween Run) will receive a commemorative gift to be distributed following the Halloween Run.

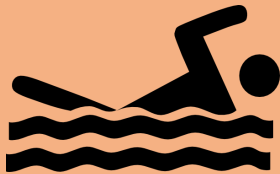


YMCA Swimming



SWIM LESSONS

Whether you have a fear of the water or want to work on strokes, the Y has a class for you! Private and group swim lessons are available for children and adults. 6 months to seniors!



Private swim lessons are available for individuals, groups or two, or groups of 3 people. Member, non-member pricing, and details are available by [clicking here](#).

Group swim lessons are available from [swim basics](#) (Level 1-3) through [stroke mechanics](#) (Level 6). Classes and are 30 minutes in length are held Saturday mornings beginning 9/9.

[Click here to visit the YMCA program page for full level details and times.](#)

MAKO SWIM TEAM

The Mako Swim Team is the Regional YMCA's competitive swimming program for swimmers 6 years and above. The program is led by a professional coaching staff and supported by a strong volunteer group. The program offers opportunities for young swimmers, teenagers, and adults to develop friendships, in addition to improving their swimming skills. Members of the Mako program are provided with a positive structure that enhances physical conditioning along with good sportsmanship, leadership skills, discipline, responsibility, honest and respect.



For more information about the Mako Swim Team please visit www.makoswim.org or contact Sarah Basile at 203-775-1077 or sbasile@regionalyymca.org.

All new swimmers must complete a skills evaluation to determine group placement.

COMMUNITY



BROOKFIELD EDUCATION FOUNDATION GIVING GALA



December 1st, 2023 @ Candlewood Inn
7:00—12:00pm

Mark your calendars now and join us for a fun night at the beautiful Candlewood Inn. We'll have an open bar, delicious dinner, DJ, dancing along with live and silent auctions. Proceeds from the event support our mission to provide resources for lifelong learning for Brookfield residents of all ages. **Tickets go on sale 9/15.**

[Visit our website for more details and to purchase your tickets!](#)

"BROOKFIELD CREATES" GINGERBREAD HOUSE CONTEST!



The Brookfield Arts Commission will be hosting their annual Gingerbread House Contest again for all Brookfield residents. Here's your chance to have your creative masterpieces displayed for all of Brookfield to view! Prizes will be awarded to winning entries. Gingerbread houses should be dropped off at Town Hall on Monday, 12/4 from 4 p.m. to 6 p.m. Houses and all decorative components must be made from edible materials. Entry displays should be no more than 2' by 2' and all structures should be mounted on a solid base. To register, and for more information, please email brookfieldartscommissionct@gmail.com

SANTA VISITS ON A FIRETRUCK! PRESENTED BY BROOKFIELD VOLUNTEER FIRE DEPT.

*BROOKFIELD RESIDENTS ONLY: Out of an abundance of caution for our volunteers and your family, we will be doing our visits with minimal contact between Santa, Mrs. Claus and your family. The truck will stop so the children can talk to and take an appropriately distanced picture with Santa but Santa will remain in the firetruck!

Dates: Sunday, 12/3 and Saturday, 12/9. **Times:** Starting at 9:00am until we are done!

Suggested donation is \$25 per family/household. Info and registration available at www.brookfieldfire.com and at the Brookfield Volunteer Fire Company Facebook page. Direct questions to santavisits@brookfieldfire.com.

TRUNK OR TREAT!



PRESENTED BY BROOKFIELD VOLUNTEER FIRE DEPT. BROOKFIELD PUBLIC SCHOOLWIDE PTO.

Saturday, October 28th from 5:00pm—7:00pm at the Brookfield Firehouse, 92 Pocono Rd. Donations for nonperishable food items will be collected to benefit Brookfield Social Services.

TREE LIGHTING ~ SAVE THE DATE!

Ring in the season with the Brookfield Girl Scouts holiday tree lighting on Saturday, 12/2 at Brookfield Town Hall. The festivities begin at 5pm! More information and details will be available as the date approaches.



SPONSORSHIPS



YOUTH BASKETBALL LEAGUE



Brookfield Parks & Recreation basketball leagues take place each winter with over 300 Brookfield boys and girls participating through grades 1-12. T-shirt sponsorships are available each season for local businesses and organizations who would like their name or logo featured on the front chest of each players shirt. Basketball leagues are viewed by families and friends who come to watch and cheer on the kids. Sponsors are paired with a team and receive their own team t-shirt.

One Sponsorship: \$125.00 includes youth team sponsorship in age group of your choice.

Additional Teams: \$100.00 each. Includes additional youth team sponsorship in age group of your choice.

HALLOWEEN 5K



Varying levels of sponsorships are available each year for the annual Halloween 5k, held the Sunday morning closest to Halloween. The race is in its 31st year and USATF certified which draws around 200 runners.

Associate sponsorships: \$200 - At this level, sponsors name or logo is printed on the back of all t-shirts and included on social media and advertising for the race. Sponsors also have the option of setting up an information table outdoors the day of the race. The deadline for associate sponsorships is 9/29.

Community Supporter: Gift certificates and merchandise are also needed and used for race leaders and raffle prize winners. Businesses and organizations who donate are recognized at the day of the race and on social media posts before and after the race.

CADIGAN PARK BANNERS



Banners are available for local sponsorship at Cadigan Park. The 3' x 6' banners are displayed from April—October and are uniform in color, white print on forest green background. If you are interested in receiving information on 2024 sponsorships for Cadigan Park Banners please email lburandt@brookfieldct.gov.

SUMMER CONCERT SERIES



Sponsors are sought each summer to assist in putting on our “Concerts in the Park” at the Town Hall Bandstand. These concerts take place on Friday nights throughout the summer and draw in 300-500 people from the local area. Depending on the sponsorship option chosen, contributors are included in spring/summer program guide, recognized at the concert and can set up a table to promote their business or organization. If you are interested in receiving information on summer concert series sponsorships, please email lburandt@brookfieldct.gov.