

**NORTH BRANFORD**



**PARKS AND  
RECREATION  
FALL & WINTER 2019**



Photo by: Debi Caron

**STW Community Center 1332 Middletown Avenue, Northford, CT 06472**

[www.nbrecreation.com](http://www.nbrecreation.com) | 203-484-6017

# THE DANCER'S STUDIO

855 Forest Road - PO Box 536  
Northford, CT 06472

SHORELINE, INC.

Sharon DiCrosta, Director



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**NORTH BRANFORD**



**PARKS AND RECREATION**  
**FALL & WINTER**



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**Letter From The Rec Supervisor**

It's hard to believe summer is gone and school is back in session already. As we prepare for the change of seasons, we want to acknowledge a big change within our department. Lauren Munro retired as Parks and Recreation Director on July 12th. After 20+ years in varying roles, Lauren is moving on to the next phase in her life. Lauren's impact on this department and town go beyond words. She was truly passionate about her job and serving the town of North Branford. Her work ethic and contributions to the many programs and events we offer has been an inspiration to us all. On behalf of the Parks and Recreation Department, I want to say thank you Lauren, we wish you the best in your new adventures.

We hope you will take advantage of some of our offerings this upcoming season. As you flip through the brochure, you will notice we are bringing back a lot of our continued programs as well as a variety of new ones. Kids can enjoy learning to cook with Mary's Culinary Classes, or work on their art skills with Crafts with Sylvia, both new programs. A new highlight for this fall is the Shoreline Haunted Hayride event that we are teaming up with Guilford Parks and Recreation, Branford Parks and Recreation, and the Ben Callahan Foundation to produce. Whatever your interests may be, we encourage you to take a look at our offerings and you are sure to find something that you and your family can participate in.

Our next project for this fall will be the reconstruction of the Northford Tennis Courts. That will begin after Labor Day and hopefully be completed in time for the spring.

Lastly I want to thank all the staff in our department, other town departments, and many volunteers that made our summer such a success. Without them our two summer features; the Potato and Corn Festival and Kidz Kamp would not run as smoothly as they do every year.

I want to wish you all a great year and we hope to see you at some events and programs this year!

Shawn Keogh,  
Recreation Supervisor

# GENERAL INFORMATION

## YOUR STAFF

Parks, Recreation & Senior Director

*recreationdirector@townofnorthbranfordct.com*

Shawn Keogh                      Recreation Supervisor  
*recreationsupervisor@townofnorthbranfordct.com*

Kathy Poston                      Senior Program Coordinator  
*seniorcenter@townofnorthbranfordct.com*

Kerry Haynes                      Senior Program Coordinator  
*seniorprograms@townofnorthbranfordct.com*

Jessica Cave                      Secretary  
*recreationsecretary@townofnorthbranfordct.com*

Gayle McMillan                      Festival Coordinator  
*admin@nbpotatofest.com*

Linda Javins                      Receptionist  
Toni DeLizio                      Cook

### **PART-TIME FRONT DESK ATTENDANTS**

Steve Bernstein, Phyllis DaCunto, Frank Garitta,  
Lou Paternoster, Erica Sellers

### **PART-TIME STAFF**

Sandy D 'Urso, Gerald Fucci, AJ SantaMaria

## Frequently Requested Contacts

|                         |              |  |
|-------------------------|--------------|--|
| Town Manager,           | Mike Paulhus | 203-484-6000   |
| Public Works,           | Fran Merola  | 203-484-6060   |
| Social Services,        | Louisa Breen | 203-484-6006   |
| NBHS Athletic Director, |              | 203-484-1465   |
| Superintendents Office  |              | 203-484-1440   |
| Police (non-emergency)  |              | 203-484-2703   |
| Little League           |              | <a href="http://northbranfordlittleleague.org">northbranfordlittleleague.org</a> |
| Youth Basketball        |              | <a href="http://nbyb.org">nbyb.org</a>   |
| Soccer Club             |              | <a href="http://nbsoccer.com">nbsoccer.com</a>                                   |
| Youth Football          |              | <a href="http://nbyfc.org">nbyfc.org</a>   |
| Youth Lacrosse          |              | <a href="http://nbylax.org">nbylax.org</a>                                       |

## FACILITY HOURS/INFO

### **Community Center Address & Office Hours**

1332 Middletown Ave, Northford, CT 06472

Monday-Friday                      8:30 a.m. - 4:30 p.m.

### **DiLungo Fitness Center Hours**

Monday - Thursday                      5:30 a.m. - 8:00 p.m.

Friday                                      5:30 a.m. - 4:30 p.m.

Saturday - Sunday                      6:30 a.m. - 1:00 p.m.

### **Holiday Hours**

Monday, Oct. 14                      5:30 a.m. - 12:00 p.m.

Monday, Nov. 11                      5:30 a.m. - 12:00 p.m.

Thursday, Nov. 28                      CLOSED

Friday, Nov. 29                      5:30 a.m. - 12:00 p.m.

Tuesday, Dec. 24                      5:30 a.m. - 12:00 p.m.

Wednesday, Dec. 25                      CLOSED

Tuesday, Dec. 31                      5:30 a.m. - 12:00 p.m.

Wednesday, Jan. 1                      CLOSED

Monday, Jan. 20                      5:30 a.m. - 12:00 p.m.

Monday, Feb. 17                      5:30 a.m. - 12:00 p.m.

Friday, April 10                      5:30 a.m. - 12:00 p.m.

Sunday, April 12                      CLOSED

Monday, May 25                      5:30 a.m. - 12:00 p.m.

## Parks & Recreation Commission

Michelle Provencher  
John Onofrio  
Steve Torino

Meetings are on the 4th Tuesday of the month  
at 6:00 p.m. at STW Community Center.

**Huge thanks to these dedicated volunteers!  
Thank you for your time and commitment**

**Website:                      [nbrecreation.com](http://nbrecreation.com)**

**Phone:                              203-484-6017**

**Fax:                                      203-484-1063**

# REGISTRATION INFORMATION

## **REGISTRATION & PAYMENT PROCESS**

**ONLINE REGISTRATION** You may register with a credit card online at [NBRecreation.com](http://NBRecreation.com). If you have registered with us anytime in the past and are currently in our computer system, you can follow the temporary password directions on the website. If you have ***NEVER participated in any of our programs in the past***, you must sign in as a BRAND NEW USER, or simply call our office and we will lead you through the first time registration process.

- **REGISTRATION BY MAIL OR IN PERSON** A registration form for classes, programs and trips is inside the brochure. Please take the time to check that all appropriate information has been filled in. Completed forms may be hand delivered or mailed to: 1332 Middletown Ave, Northford, CT 06472

## **RESIDENTS**

Resident registration begins immediately. Payment must be made in full at the time of registration (unless program states that there is a partial payment option). The Parks & Recreation Department reserves the right to set cut-off dates as necessary. For open non-registration programs town residents have precedence but must sign in at front desk.

## **PAYMENT**

Payment may be by check, made out to "Town of North Branford," cash, credit card or you may pay on-line at [NBRecreation.com](http://NBRecreation.com). Payment must be made in full at the time of registration. There is a \$20 charge for all returned checks.

## **OOPS!**

Our department apologizes in advance for any mistakes you may find in this brochure. Due to the continuous program information updates, rescheduling issues, and other circumstances, some information may be subject to change. Thank you in advance for your cooperation and understanding.

## **CHANGES, CANCELLATIONS & CLOSINGS**

Occasionally, changes in instructors, dates, fees or location may occur. Participants in the program will be notified as soon as possible. The Department reserves the right to cancel classes which do not meet minimum enrollments one week prior to its start date.

## **CLASS CONFIRMATION**

Written confirmations are not issued for our classes. If you need confirmation, please call. If registering by mail please call our Department to confirm your check was received. We will call if for some reason you will not be able to participate in the class or if there is a change to the program.

## **ATTENDANCE POLICY**

Only persons registered in a program may attend class at any time. Sorry, but "visitors/family" will not be permitted in the classroom unless invited by the instructor.

## **REFUNDS**

Since programs are self-supporting and commitments need to be made to instructors and staff, the following is our refund policy:

- A full refund will automatically be given for any program cancelled by this Department.
- Once the decision has been made to run a particular program, no refund will be given unless a substitute can be found by this Department, minus a \$10 processing fee, or there is a medical emergency (doctor's note must be provided).
- No refunds will be given for any unused portion of a program.
- There are no refunds for bus trips unless your seat can be filled in which case we will refund you minus a \$10 processing fee per seat.

## **MAKEUP CLASSES**

Every effort will be made to makeup any cancelled class date. However, due to extenuating circumstances, this is not always possible. We apologize for any inconvenience.

## **SPECIAL NEEDS ACCOMMODATION**

Individuals who need accommodations in order to participate are welcome in all programs. If you have special needs, please call the Recreation Director in advance in order to best serve you.

## **NON-RESIDENTS**

There is an additional **\$5 fee per person**, per program/trip for non-residents. There is also an additional fee to join our Community Center Fitness Room. For open non-registration programs, \$5 fee applies and you must sign in at front desk.



*Look for the sunflower icon to indicate new programs!*



Photo - Rachael DaCunto

All hours of operation and policies will be reviewed periodically to best meet the needs of the community and best serve our members. The Town of North Branford reserves the right to make any necessary changes in scheduling, fees, or hours in order to maintain a high level of service and cover any changes that need to be made. With all changes we will make every effort to inform you well in advance.

Thank you for the support of our local businesses!

# COMMON SENSE FITNESS, LLC

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Saturdays 8 - 4 pm  
(9 Saturdays per year... call for specific dates)



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1437 Middletown Avenue, Northford (Next to Post Office) 203-239-SWIM (7946)

# COMMUNITY EVENTS



## North Branford Land Conservation Trust Hikes

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

Saturday, September 14  
9:30-11:30am  
Evergreen Woods Trails

Join the North Branford Land Conservation Trust for a leisurely walk on the trail system at Evergreen Woods. The 1.5-mile walk will be family-friendly. Meet at the Evergreen Woods' visitor's parking lot at the Community Building by 9:15 am.

*Heavy rain cancels.*

# COMMUNITY EVENTS

Community wide Tag Sale

## JUNK IN YOUR TRUNK

**Saturday October 5th**

**9 am - 1 pm**

Rain Date October 6th

**Sell your tag sale items from  
the trunk of your car!**

**Register in advance  
\$10 per parking space**

**STW Community Center Parking Lot**

## SHORELINE HAUNTED HAYRIDE

**OCTOBER  
25 & 26**

**6:30PM - 9:30PM**

**AUGUR PROPERTY  
290 FOREST ROAD  
NORTHFORD**

**PRESENTED BY**

**NORTH BRANFORD  
PARKS AND  
RECREATION**

**\$7 PRE-SALE  
\$10 AT DOOR**

**REGISTER NOW AT  
STW COMMUNITY CENTER**

**COSPONSORED BY**



## SCARECROW Contest

Make it as simple or elaborate as you like! Fun for families, clubs, or businesses! We'll display them around Town Hall for everyone to see.

Voting will take place at our Trunk or Treat event on October 27th by our attendees. The scarecrow with the most votes will win a prize!



Display your scarecrow at the  
Town Hall Green from October 14- 21st

The display will be up  
through October 31st

## TRUNK OR TREAT

**Sunday October 27**

**3:30-6pm**

**Rain or Shine**



**Games**

**Contests**

**Food Trucks**

**Prizes!**

**STW Parking Lot  
1332 Middletwon Ave.**

# COMMUNITY EVENTS

## Veteran's Day Luncheon

with Speakers

Wednesday, November 6

11:00 a.m.

STW Community Center

Please join us for a special luncheon  
Honoring our Veterans.

Enjoy a meal of grilled hot dogs and  
hamburgers, salad, & dessert!

We will have guest speakers starting at  
11:00, continuing through the afternoon  
speaking on veteran related topics.

*Free for veterans / others \$5*

Hosted in partnership with the  
North Branford Social Services Office

## FAMILY TRIVIA

Friday, January 31st

6:00 - 8:30pm

STW Community Center

Register as a family or group

\$10 per team

Teams of 2-6 people

must register in advance

*Game begins at 6:30 sharp*

Bring your smart phone  
to use as your controller!

*Some tablets will be provided*  
snacks & refreshments will be served



Cosponsored by the  
North Branford Rotary

## Join your community on Friday, December 6th for our Annual Tree Lighting

Town owned Augur Property  
290 Forest Road, Northford

6:30 - 8:30pm

*Rain or shine*

Ice Sculpting  
Marshmallow  
Roasting

Hay Rides  
Musical  
Entertainment

Hot Chocolate  
& Cookies  
Petting Zoo



*And Santa!*

Food Trucks Available:  
JJ's Food Truck  
Sugar Cupcake Truck



Marshmallow roasting  
Sticks provided by:  
**SMORSTIX**  
The Perfect Marshmallow Roasting STIX

# COMMUNITY EVENTS

## SHORELINE HAUNTED HAYRIDE IS LOOKING FOR VOLUNTEERS!

OCTOBER 25 & 26

6:30PM - 9:30PM

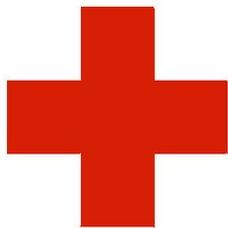
AUGUR PROPERTY 290 FOREST ROAD NORTHFORD

DO YOU HAVE A KNACK FOR THE SPOOKY?  
A TALENT FOR THE CREEPY? WE ARE  
LOOKING FOR GROUPS TO VOLUNTEER TO  
CREATE SCENES FOR  
OUR FIRST SHORELINE HAUNTED HAYRIDE!

PRESENTED BY



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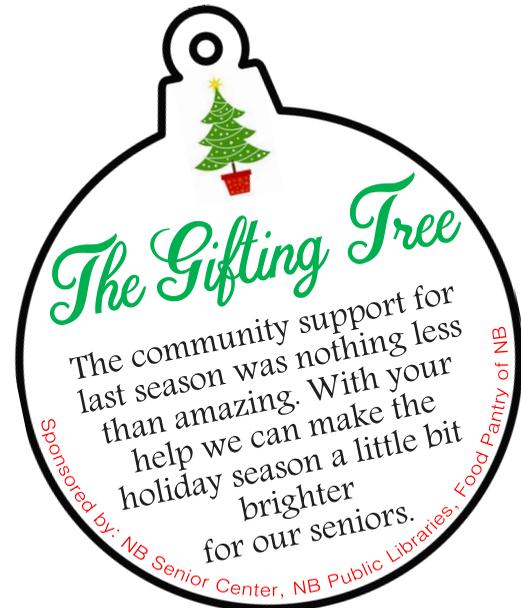
**BLOOD DRIVE**

Saturday September 7, 2019

9am - 2pm

STW Community Center  
1332 Middletown Ave. Northford

*Help a senior who may be in  
need this holiday Season!*



Look for our 'Gifting Trees' at the Atwater Library, Smith Library and STW Community Center in Early December!

# Mary's Culinary Classes

Join Mary Amter in this unique, hands on Culinary experience where children can explore, create, and learn basic cooking techniques. From monster meatloaf to hot cocoa cupcakes these exciting new classes will engage children in delicious creations.

**Ages 5-14**

**STW Community Center • Tuesday 5:30 - 7:30 p.m.**

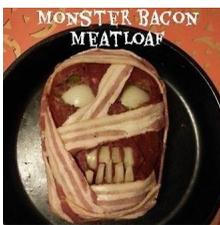
**Cost \$40 per class**

September 24, 2019 - Personal Pizza and Pumpkin Sugar Cookies

October 22, 2019 - Monster Meatloaf and Graveyard Dirt Cups

November 19, 2019 - Turkey Chili and Apple Crisp

December 17, 2019 - Pepperoni Stromboli and Hot Cocoa Cupcakes



## BUS TRIPS

### **New York Giants @ New York Jets**

**When:** Sunday November 10

**Cost:** \$150

**Description:** Travel aboard a motor coach bus to Metlife Stadium to watch the New York Jets host the New York Giants. Seats are in the upper end zone. We will arrive to the stadium around 10:30 for time on your own to explore the stadium or tailgate in the parking lot!

### **TOD: Mystic Boat Parade**

**When:** Saturday, November 30

**Cost:** \$84

**Description:** Enjoy some free time in Olde Mistick Village and stroll through all the shops in the village. Then, enjoy an early bird dinner at the Steak Loft Restaurant, Mystic's best steakhouse and top seafood restaurant. Choose from Chicken Teriyaki, baked New England Cod, or Baked Salmon. The evening will be spent at Mystic River Park. Before the annual boat parade starts, you can see the Christmas tree lighting. You can watch from both sides of the river as the decorated and glowing procession of ships float past!

### **Radio City Christmas Spectacular**

**When:** Thursday December 5

**Cost:** \$125

**Description:** Come enjoy the Rockettes and the story of Christmas. Orchestra seats to the 2:00 p.m. show. Fun for the whole family. See the show and still have time for shopping, the Rockefeller Center Tree and so much more! Register early to hold your spot. Fees will be collected once ticket and bus costs are determined. Driver gratuity not included.

### **TOD: Covered Bridges of Vermont**

**Details TBD please call for more info**

**Description:** Head to Vermont for a day of exploring authentic covered bridges. Join a local tour guide and learn the history timeline of Vermont and the towns you travel through. You may also be able to enjoy the fall foliage as you travel from town to town. There will be a lunch stop at Bentley's Restaurant. The day's final stop will be for some time on your own in Quechee George Village, one of the best shopping attractions in the state of Vermont.

# PRE-SCHOOL

## Imagination Station

**Who:** Ages 2 - 3  
**Session I:** October 2 - November 20  
**Session II:** January 8 - March 4  
**Time:** Wednesday, 9:00 - 9:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$35  
**Instructor:** Sharon DiCrosta, Owner of The Dancer's Studio

**Description:** Imagination Station is a creative movement class that introduces children to the joy of movement and music. Basic motor skills will be challenged as we develop rhythm and imagination in an atmosphere of fun!

## Tiny Feet Soccer

**Who:** Ages 2 - 5  
**When:** Sunday, September 22 - November 10  
**Time:** 2 - 3 year olds: 9:00 - 9:45 a.m.  
4 - 5 year olds: 10:00 - 10:45 a.m.  
**Where:** Northford Park  
**Fee:** \$130

**Instructor:** North Branford Youth Soccer Coaches  
**Description:** Come join one of the most popular and fast growing sports in America. Not only is soccer fun but it will also help your child discover fundamental soccer skills. Helping to develop their motor, social, and psychological skills through our youth programs instructed by professional coaches. Registration fee also includes a jersey for all participants.

## Sizzling Science

**Who:** Ages 4 - 8  
**Session I:** October 1 - October 22  
**Session II:** October 29 - November 19  
**Session III:** January 7 - January 28  
**Time:** Tuesday, 4:30 - 5:30 pm  
**Where:** STW Community Center  
**Fee:** \$55  
**Instructor:** Elena Bigio, Kidscapades

**Description:** Come fizz, pop, and boom with Sizzling Science! Each week children will discover the fun and fascinating world of science through amazing hands-on experiments, some with an eruption component. Future scientists will be engaged and inspired!

## Toddler Time Art

**Who:** Ages 3 - 4  
**Session I:** October 1 - October 22  
**Session II:** October 29 - November 19  
**Session III:** January 7 - January 28  
**Time:** Tuesday, 9:00 - 10:00 a.m.  
**Where:** STW Community Center  
**Fee:** \$55  
**Instructor:** Elena Bigio, Kidscapades

**Description:** Does your child like to glue, paint, and use glitter but you don't want the mess at home? In this class we explore different materials and the mess stays here! Creativity is encouraged and unique art projects are made based on seasons, holidays, books and characters.

## ABC's for 3's

**Who:** Age 3  
**Session I:** October 1 - October 22  
**Session II:** October 29 - November 19  
**Session III:** January 7 - January 28  
**Time:** Tuesday, 10:30 - 11:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$80

**Instructor:** Elena Bigio, Kidscapades  
**Description:** A fun hands-on introduction to letters and numbers through art, sensory exploration, songs, science, and movement. Designed to provide structure, build confidence and independence from caregiver. Perfect for children not yet enrolled in preschool or need an extra day of structured activities!

## Toddler Sensory Science

**Who:** Ages 3 - 4  
**Session I:** February 4 - February 25  
**Time:** Tuesday, 9:30 - 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$55  
**Instructor:** Elena Bigio, Kidscapades

**Description:** Squish, pop, mix, and fizz with Toddler Sensory Science! Toddlers will discover the fun world of sensory and science through hands on science experiments and messy sensory explorations!

# PRE-SCHOOL & YOUTH

## Archery

**Session I:** September 25—October 30  
**Session II:** November 13 - December 18  
**Session III:** January 15 - February 26  
**Session IV:** March 4 - April 8  
**Who:** Grades 4 - 8  
**Time:** Wednesday, 6:00 - 7:00 p.m.  
**Who:** Grades 9 - 12  
**Time:** Wednesday, 7:00 - 8:00 p.m.  
**Where:** STW Community Center  
**Fee:** \$50  
**Instructor:** Debbie Gibilaro  
**Description:** Learn and hone the basic skills as you develop using the classic recurve bow. Practice great shooting habits and learn to put your arrow in the bullseye every time, all in a safe and supportive environment.

## Ballet & Tap

**Who:** Ages 3 - 6  
**Session I:** September 26 - November 14  
**Session II:** December 5 - January 30 (skip 12/26)  
**Session III:** February 13 - April 2  
**Time:** Thursday, 9:00 - 10:00 a.m.  
**Where:** STW Gym  
**Fee:** \$45  
**Instructor:** Brittni D'Urso, Owner of Revolution Academy of Dance  
**Description:** Learn the basic techniques and fundamentals of both ballet and tap as well as the vocabulary of each style. There will be creative movement along with learning basic skills. Wear dance-able clothing, appropriate shoes and bring water. Children learning to dance while having fun is a plus.

## Sports of all Sorts

**Who:** Ages 5 - 9  
**Session I:** September 28 - November 2  
**Session II:** January 18 - February 22  
**Time:** Saturday, 9:00 - 10:00 a.m.  
**Where:** STW Community Center  
**Fee:** \$90  
**Instructor:** Kids Corner CT  
**Description:** Kids will engage in a different activity each day to introduce non contact sports that may include: badminton, volleyball, kickball, basketball, floor hockey, whiffle ball, ga-ga pit, and some scooter fun. We will work on skills, sportsmanship, and teamwork but primarily stay active and have fun!

## Robotics

**Who:** Ages 5 - 9  
**Session I:** September 28 - November 2  
**Session II:** January 18 - February 22  
**Time:** Saturday, 10:30 - 11:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$90  
**Instructor:** Kids Corner CT  
**Description:** This class introduces the gadgetry that powers our household devices. We will be making devices together, then individually. Participants can build a robot that will clean anyone's bedroom on command. We use the LEGO Mindstorms EV kits. Learn mechanical design, construction, programming and teamwork skills.

## Kids Yoga

**Who:** Ages 5 - 12  
**Session I:** September 28 - November 16  
**Session II:** January 11 - February 29  
**Session III:** March 14 - May 2  
**Time:** Saturday, 9:00 - 10:00 a.m.  
**Where:** STW Community Center  
**Fee:** \$75  
**Instructor:** Bhogah Yoga Staff  
**Description:** Kids are introduced to the practices of yoga through creative play, movement, games, music and postures. This fun filled class teaches children the foundation of yoga on and off the mat. This practice is structured in a way to balance their physical, mental and sensory needs. Benefits of children's yoga include: helps teach self-regulation, aids in focus, supports self-esteem, assists with stress, builds confidence, builds strength and flexibility. Parents are welcome but not needed.

## Youth Ski Club at Mt. Southington

**Who:** Grades 6 -12  
**Session:** January 10 - February 7  
**Time:** Fridays, 2:15 - 9:00 p.m.  
**Location:** Pick up & drop off at NBIS Lot/STW Lot  
**Fee:**  

|                        |       |
|------------------------|-------|
| Lift Only              | \$255 |
| Lift & Lessons         | \$295 |
| Lift & Rental          | \$325 |
| Lift, Lessons & Rental | \$350 |

**Description:** Enjoy the evening skiing at Mount Southington!! Packages available for either skiing or snowboarding. Supervision as well as roundtrip school bus transportation with a pick up and drop off at NBIS and STW Community Center. Registration needs to be done by Nov. 15. Call for further information (203)484-6017.

## Babysitter's Certification

**Who:** Ages 12 - 15  
**When:** January 20  
**Time:** Monday, 9:00 a.m. - 2:00 p.m.  
**Where:** Ambulance Co. #4 - Northford  
**Fee:** \$65  
**Instructor:** Ambulance Co. 4  
**Description:** Girls & Boys Welcome! Ideal class for current and future sitters. This training gives you the knowledge, skills, and confidence to care for infants and school-aged children. This course addresses safety issues, preventing injuries and illnesses, and basic childcare. Students learn by doing and will be required to demonstrate the skills to be certified by the American Pediatric Association. (Bring a lunch)

# YOUTH / ADULT

## Recharge Yoga

**Who:** Ages 13+  
**Session I:** September 23 - November 25 (no class 10/14, 11/11)  
**Session II:** January 6 - March 9 (No class 1/20, 2/17)  
**Time:** Monday, 9:30 - 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$75  
**Instructor:** Bhogah Yoga Staff  
**Description:** A fluid (vinyasa) class taught with basic foundation poses, alignment and options for the beginner students, as well as, seasoned practitioners. This class will use yoga poses, breathing techniques and meditation to help students build a strong flexible body while creating a platform for balanced energy throughout the day. All classes are taught specific to the needs of those who attend. Appropriate for all ages and levels.

## Kids Hula Hoop Star

**Who:** Ages 6 - 12  
**Session I:** September 9 - September 30  
**Session II:** March 3 - March 24  
**Time:** Monday, 5:00 - 5:45 p.m.  
**Where:** STW  
**Fee:** \$60 Hoops are provided  
**Instructor:** Kailey, Owner of Hipnotic Hoopla  
**Description:** Join Kailey for an exciting hula hoop class! We will explore the world of hooping through play and movement. Learn how to hoop, play interactive games, and have fun. This class will foster creativity, improve balance, social skills, motor skills, and coordination.

## Beginner Tennis

**Who:** Ages 10+  
**When:** September 24 - October 17  
**Time:** Tuesday & Thursday, 5:00 - 6:00 p.m.  
**Where:** Memorial Park Tennis Courts  
**Fee:** \$80  
**Instructor:** Phillip Guliano  
**Description:** Led by a qualified instructor, this beginner course includes learning forehand, backhand, serve, volley, scoring, and playing points. Need to bring your own racquet.

## Intro to Guitar

**Who:** Ages 6 - Adult  
**Session I:** October 3 - November 7  
**Session II:** January 16 - February 20  
**Time:** Thursday, 6:30 - 7:15 p.m.  
**Where:** STW Classroom  
**Fee:** \$50  
**Instructor:** Debra K. Levi  
**Description:** This is a class for all ages, families, and individuals. All are welcome to learn how to play a variety of songs and have fun with all the basic techniques including; chords, strumming, tabs, and more. Guitars are available to rent.

## Yoga to Release the Week

**Who:** Ages 13+  
**Session I:** September 26 - November 14  
**Session II:** January 9 - February 27  
**Session III:** March 12 - April 30  
**Time:** Thursday, 6:30 - 7:30 p.m.  
**Where:** STW Community Center  
**Fee:** \$75  
**Instructor:** Bhogah Yoga Staff  
**Description:** Appropriate for all ages and levels. A fluid (vinyasa) class taught with basic foundation poses, alignment and options for the beginner students, as well as, seasoned practitioners. This class will focus on releasing the stress of your busy week in both the mind and body leaving all students with more space to breathe, ease in their body and calm in their mind. All classes will be specifically designed to the students' needs who are attending.

## Gentle Yoga

**Who:** Ages 13+  
**Session I:** September 27 - November 15  
**Session II:** January 10 - February 28  
**Session III:** March 13 - May 1  
**Time:** Friday, 9:30 - 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$75  
**Instructor:** Bhogah Yoga Staff  
**Description:** A gentle yoga class designed to softly open tight areas of the body while strengthening muscles and reinforcing balance. Breathing and relaxation techniques will be taught to assist in releasing stress and finding mental clarity. Much of this class is taught on the floor with very little transitioning between standing and sitting. The use of props serves to make the yoga poses more accessible to those attending the class. This class is supportive of people working with injuries or chronic conditions. This practice is suitable for all ages and levels.

## Mary's Culinary Classes

**Who:** Ages 5 - 9  
**Session I:** September 24  
**Session II:** October 22  
**Session III:** November 19  
**Session IV:** December 17  
**Time:** Tuesdays, 5:30 - 7:30 p.m.  
**Where:** STW Community Center  
**Fee:** \$40  
**Instructor:** Mary Amter  
**Description:** Join Mary Amter in this unique, hands on Culinary experience where children can explore, create, and learn basic cooking techniques. From monster meatloaf to hot cocoa cupcakes these exciting new classes will engage children in delicious creations.

# YOUTH / ADULT

## Cardio Tennis

**Who:** Ages 16+  
**When:** September 24 - October 17  
**Time:** Tuesday & Thursday, 5:00 - 6:00 p.m.  
**Where:** Memorial Park Tennis Courts  
**Fee:** \$80  
**Instructor:** Phillip Guliano  
**Description:** It's about the workout, not the competition. Fun, group activities with total body workout program includes warm up, cardio workout, and cool down activities. Need to bring your own racquet and plenty of water.

## Adult Hoop Dance Fit

**Who:** Ages 13+  
**Session I:** September 9 - September 30  
**Session II:** March 2 - March 23  
**Time:** Monday, 6:00 - 7:00 p.m.  
**Where:** STW  
**Fee:** \$60 Hoops are provided  
**Instructor:** Kailey, Owner of Hipnotic Hoopla  
**Description:** Hoop dance is a fun low impact, total body workout and anyone can do it! Not to mention you burn 7 calories per minute. We will focus on the basics of hula hooping through mix of fitness and dance. You will be amazed at what you can do with the right sized hula hoop and a professional instructor by your side. Join us to strengthen your core, improve flexibility, build confidence, relieve stress and have fun! No experience is needed.

## Cornhole League

**Who:** Ages 18+  
**When:** September 23 - November 25  
(skip 10/14 & 11/11)  
**Time:** Monday, 6:00 - 8:00 p.m.  
**Where :** STW Community Center  
**Fee:** \$80  
**Description:** Register as a team for our indoor Cornhole league. Teams will play three best-of-3 series a night for 7 weeks. The last week will be playoffs for the top eight teams in the standings and a cash prize will go to the two finalists!

## Strength Training

**Who:** Ages 18+  
**Session:** September 24 - November 12  
**Session II:** January 7 - March 3 (No class 2/18)  
**Session III:** March 17 - May 5 (No class 4/14)  
**Time:** Tuesday, 6:00 - 7:00 p.m.  
**Where:** STW Clarino Room  
**Fee:** \$75  
**Instructor:** Deb Vita  
**Description:** Designed to help you get strong and healthy, this class combines strength training with low-impact cardiovascular exercises to benefit your heart, strengthen your bones, improve balance, flexibility, and endurance. Build long lean muscles to rev up your metabolism and add tone to your physique. Strength training also has many mental and emotional health benefits as well.

## T'ai Chi Ch'uan - Qigong

**Who:** Ages 18+  
**Session I:** October 29 - December 17  
**Session II:** January 7 - February 25  
**Session III:** March 10 - April 28  
**Time:** Tuesday, 6:30 - 8:00 p.m.  
**Where:** STW Community Center  
**Fee:** \$70  
**Instructor:** Richard Dicine  
**Description:** Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Taught by an instructor with 30 years of martial arts experience and a Gold Medal Winner of the T'ai Chi Ch'uan nationals. Students practice relaxation, balance and flexibility while learning to understand the body/mind relationship. *Sign up for two sessions in this series and save \$10. Must sign up for two sessions at time of initial registration to receive discount.*

## NRA Basic Pistol Safety Course

**Who:** Ages 21+  
**Session I:** September TBA  
**Session II:** December 7  
**Time:** Saturday, 9:00 a.m. - 5:00 p.m.  
**Where:** STW Community Center  
**Fee:** \$159  
**Instructor:** Tom Smith  
**Description:** Acquire the necessary knowledge, skills, and attitude needed to safely handle handguns. Upon completion of this one day course, you will earn a certificate which can then be presented to your local municipality as part of the requirements to apply for a pistol carry permit. After education live fire of assorted pistol calibers at a range. Please bring a notebook and good attitude.

## Pickleball Tournament

**Who:** Ages 16+  
**When:** September 21  
**Time:** 9:00 a.m.  
**Where:** STW Gym/STW Courts  
**Fee:** \$10 per team  
**Description:** Sign up with a partner to compete in our first ever Pickleball Tournament! Space is limited so sign up fast.

# ADULT

## Pickleball

**Who:** Ages 16+  
**When:** Ongoing  
**Time:** Thursday, 6:00 - 8:00 p.m.  
**Where:** STW Gym/STW Courts  
**Fee:** Free res / \$5 nr drop in fee  
**Description:** Join this drop-in-style program. Wins and losses are not recorded each week, just a fun way to get some exercise with friends. Call prior to coming to avoid prior reservation and Pickeball cancelation.

## Transform LIVE/Plyo

**Who:** 16+  
**Session I:** September 25 - November 13  
**Session II:** January 15 - March 4  
**Time:** Wednesdays, 6:00 - 7:00 p.m.  
**Where:** STW Community Center  
**Fee:** \$65  
**Instructor:** Jennifer Arabolos  
**Description:** Get ready to sculpt your core, legs, glutes, and upper body through the use of a step! Transform LIVE offers progressions and regressions that make the class accessible and effective for everyone. Modifications can be made for those who cannot use a step.

## Water Workout

**Who:** Ages 18+  
**MONDAY**  
**Session:** September 16 - December 16 (No class 10/14, 11/11)  
**Time:** 1:30 - 2:30 p.m.  
**Fee:** \$70  
**WEDNESDAY**  
**Session I:** September 18 - December 18  
**Session II:** January 8 - April 8  
**Time:** 1:30 - 2:30 p.m.  
**Fee:** \$75  
**Where:** Soundview YMCA  
**Instructor:** YMCA Staff  
**Description:** Part workout, part dance party, part splashing in the water! Water Workout is a fun way to get and stay fit. The gentle resistance of the water is a perfect way to gain both strength and endurance while taking it easy on your joints.

## Men's Open Basketball

**Who:** Ages 18+  
**When:** November 13 - March 26  
**Time:** Tuesday, 6:00 - 8:30 p.m.  
**Where :** JHS Gym  
**Fee:** \$30  
**Description:** Pre-register for this adult men's drop in basketball. Space is limited. Program cancellations will follow the Board of Education Schedule.

# CRAFTS WITH SYLVIA

**Who:** Kids (7 and up) & Adults of all ages \*Kids under 12 need an adult present to help during class  
**Where:** STW Community Center **Instructor:** Sylvia Brewster **Fee:** \$25 per class

### DREAM CATCHERS

**When:** Wednesday, September 18th, 2:00 - 3:30 p.m.  
**Description:** Create your own Dream Catcher weaving with twigs, feathers, yarn, beads and other found objects.

### PRINTED TOTE BAGS

**When** Wednesday, October 23rd, 2:00 - 3:30 p.m.  
**Description:** Learn Various Printing techniques such as Potato, Relief and Transfer as we create unique and useful shopping bags.

### SEED FRAMES AND ART

**When:** Tuesday, November 5th, 2:00 - 3:30 p.m.  
**Description:** Create unique frames and artwork with your own design or provided patterns using seeds and glue.

### VICTORIAN CHRISTMAS ORNAMENTS

**When:** Wednesday, December 11th, 2:00 - 3:30 p.m.  
**Description:** We will decorate foam balls with luxurious fabrics, ribbons and beads to create opulent Christmas decorations using pins and glue.

### TEA TOWEL PRINTING

**When:** Wednesday, January 15th, 2:00 - 3:30 p.m.  
**Description:** Learn various printing techniques such as Potato, Relief and Transfer as we create unique and useful tea towels.

### CHEVRON VALENTINE FRAME

**When:** Wednesday, February 12th, 2:00 - 3:30 p.m.  
**Description:** Learn masking, color mixing and stenciling techniques as we create one-of-a-kind frames using the fashionable chevron pattern.

### PAINTED BIRD HOUSE

**When:** Wednesday, March 18th, 2:00—3:30 p.m.  
**Description:** Learn Painting Techniques and glue decorative elements on your own charming bird house.



# MARTIAL ARTS CLASSES

## Self Defense Training - Krav Maga

Students will be taught modern self-defense techniques and will work fun fitness and coordination drills in this well rounded martial arts program of Krav Kempo Jitsu. Classes are professionally taught in a friendly environment and strive to instill respect and determination.

### **Pre School Self Defense**

**Who:** Ages 3-4  
**Session I:** October 3 - October 24  
**Session II:** February 6 - February 27  
**Time:** Thursday  
3:00 - 3:30 p.m.  
**Fee:** \$45  
**Where:** Tom Smith's Forge Martial Arts Academy  
**Instructor:** Tom Smith & Staff

### **Youth Self Defense**

**Who:** Ages 7 - 12  
**Session I:** October 5 - October 26  
**Session II:** February 8 - February 29  
**Time:** Saturday  
10:50 - 11:30 a.m.  
**Fee:** \$45  
**Where:** Tom Smith's Forge Martial Arts Academy  
**Instructor:** Tom Smith & Staff

### **Child Self Defense**

**Who:** Ages 5 - 6  
**Session I:** October 5 - October 26  
**Session II:** February 8 - February 29  
**Time:** Saturday  
12:30 - 1:00 p.m.  
**Fee:** \$45  
**Where:** Tom Smith's Forge Martial Arts Academy  
**Instructor:** Tom Smith & Staff



## Brazilian Jiu Jitsu

Brazilian Jiu Jitsu is a style of martial arts that focuses on grappling and ground fighting. Students will learn this style in a safe and supportive environment which fosters respect for self and others. Brazilian Jujitsu is not solely a martial art, it is also a sport; a method for promoting physical fitness, building character, and a way of life.

### **Youth Brazilian Jiu Jitsu**

**Who:** Ages 7 - 9  
**Time:** Wednesday, 4:30 - 5:10 p.m.  
**Who:** Ages 10 - 15  
**Time:** Wednesday, 5:10 - 5:50 p.m.  
**Session I:** October 2 - October 23  
**Session II:** February 5 - February 26  
**Fee:** \$45  
**Where:** Tom Smith's Forge Martial Arts Academy  
**Instructor:** Tom Smith & Staff

### **Adult Brazilian Jiu Jitsu**

**Who:** Ages 16+  
**Session I:** October 1 - October 24  
**Session II:** February 4 - February 27  
**Time:** Tuesday, 8:05 - 9:15 p.m.  
OR Thursday, 7:00 - 8:15 p.m.  
**Fee:** \$45  
**Where:** Tom Smith's Forge Martial Arts Academy  
**Instructor:** Tom Smith & Staff

# FABULOUS 55+

## Healthy Conversations

**Who:** Adults  
**Session I:** September 18  
**Session II:** October 16  
**Session III:** November 20  
**Session IV:** December 18  
**Session V:** January 15  
**Session VI:** February 19  
**Time:** Wednesdays, 1:00 - 2:00 p.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** East Shore Nurse Educators  
**Description:** Explore healthy aging topics such as understanding body language inside and out: foods, water and digestion as we age; keeping our mind sharp, signs your loved one may need help, and more.

## Introduction to Senior Tai Chi

**Who:** Adults  
**When:** October 2 - November 20  
**Time:** Wednesdays 1:00 - 2:00 p.m.  
**Where:** STW Community Center  
**Fee:** \$40  
**Instructor:** Martin Reichgut, MD  
**Description:** Marty will use the flowing, meditative movements of this ancient Chinese martial art to improve balance, strength, endurance, flexibility, coordination, concentration, and memory. He will demonstrate how we can use Tai Chi's self-defense strategies to reduce our stress and protect ourselves from the repeated assaults of everyday life.

## AAA Driving Improvement Course

**Who:** Drivers 50 and over  
**When:** October 9  
**Time:** Wednesday, 1:00 - 5:00 p.m.  
**Where:** STW Community Center  
**Fee:** Free—bring driver's license to class  
**Description:** Classroom instruction teaching preventative measures to use when driving. Learn how aging affects reaction time, hear tips to sharpen driving skills, review the new state laws and regulations, refine existing skills, and develop safe defensive driving techniques that save lives. Pre-registration is required. *You will be eligible for insurance discount after completion.*

## Heart Healthy Solutions

**Who:** Adults  
**When:** Friday, October 18  
**Time:** 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** George Norden  
**Description:** Join George Norden, exercise physiologist and owner of *Joint Effort Exercise* in Branford, Guilford and Old Saybrook as he shares his knowledge on heart disease & prevention.

## Strongercise

**Who:** Adults  
**Session I:** October 21 - December 2  
**Session II:** December 9 - January 24  
**Session III:** January 31 - March 9  
**Time:** Mon. & Fri., 9:30 - 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$30  
**Instructor:** Vicky Struk  
**Description:** High-energy, low-impact exercise class with upbeat music. This class is for the more active adult. This class will get you moving and feeling good!

## Get Fit

**Who:** Adults  
**Session I:** October 23 - January 8  
**Session II:** January 22 - March 11  
**Session III:** April 8 - June 10  
**Time:** Wednesday, 10:30 - 11:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$20  
**Instructor:** Vicky Struk  
**Description:** Whether you've joined other group fitness classes or you are trying it out for the first time, you can customize this class to meet your individual needs. Improve your strength, mobility, flexibility and balance in an easy-to-follow workout.

## Fall Lunch Bunch

**Who:** Adults  
**When:** 4th Monday  
**Time:** 11:45 a.m.  
**Where:** Location varies  
**Fee:** On your own  
**Description:** Enjoy lunch with friends on the 4th Monday of September, October and November at a local restaurant. *Location varies based on the availability.* Don't miss this great opportunity to enjoy a meal out and with the company of friends!

## Social Services

**Who:** Adults  
**When:** March 11  
**Time:** 12:45 - 1:45  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** Luisa Breen, Assistant Director of Social Services  
**Description:** Luisa will explain the social service programs offered within our town and answer any questions you may have.

# FABULOUS 55+

## Steady Steps

**Who:** Adults  
**When:** Wednesday, January 29  
**Time:** 12:30 p.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** VNA  
**Description:** Learn strategies for increasing stability and preventing falls, as well as a fall prevention screening. Join us for this interactive and relevant conversation.

## Know the Ten Signs

**Who:** Adults  
**When:** Friday, February 7  
**Time:** 12:45 p.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** Alzheimer's Association  
**Description:** This program will focus on the difference between typical age-related changes in cognition and the warning signs or symptoms of Alzheimer's disease as well as the diagnosis process, value the early detection and resources that can help.



## Effective Communication Strategies

**Who:** Adults  
**When:** Friday, March 13  
**Time:** 12:45 p.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** Alzheimer's Association  
**Description:** Communication is more than just talking and listening, it's about sending and receiving messages through attitude, tone of voice, facial expressions and body language. Join us to explore how communication takes place when someone has Alzheimer's disease and other dementias.

## Holiday Shopping Fridays

Get your Christmas Shopping done with ease!

**November 8** Depart 10:30 a.m.  
Wallingford Walmart/ 99 steak house.

**November 15** Depart 10:30 a.m.  
Meriden Square

**December 6** Depart 12:30 p.m.  
Target

**December 20** Depart 12:30 p.m.  
Branford Walmart



**East Shore Flu Shot Clinic** - Wednesday, October 16 ~ 12:30 - 2:00 p.m. at the STW Community Center. Free flu shot clinic sponsored by the East Shore Health Department. Please remember to bring your insurance card and photo id. *All are welcome!*

**Senior Thanksgiving Luncheon** - Thursday, November 21 ~ 12:00 p.m.  
Enjoy a traditional Thanksgiving feast (cost is \$5.00) with your friends at the Senior Center.

**Slightly Used Bag Sale** - Thursday & Friday, December 5 + 6 ~ 8:30 a.m. - 7:00 p.m.  
Gently used pocket books, backpacks and duffel bags for sale. Come support the Senior Center and purchase an almost new, quality bag as a gift or for yourself!

**Holiday Fun with the NBHS Student Council** - DATE TBA ~ 10:30 a.m. Come have lunch (cost: \$3) and enjoy a fun-filled day of sing-a-longs, holiday treats and much more with the students. Advance registration is needed.

**Trees of Hope** - Friday, December 13 ~ Departs 10:30 a.m. \$2 bus, lunch on your own. Tour the beautifully decorated trees and shop for the perfect gift in the holiday boutique, all while supporting The Ronald McDonald House.

**Senior Holiday Luncheon** - Thursday, December 19 ~ 12:00 - 1:30 p.m. Come celebrate the holidays with a delicious meal (cost \$5), fun with friends and musical entertainment.

# DAY EXCURSIONS

(round trip transportation on our 16 passenger van)

## The Big E

**Who:** Adults  
**When:** Wednesday, September 18  
**Time:** 10 :00 a.m.  
**Fee:** \$25 res/\$30 nr  
**Description:** Come celebrate Connecticut Day, enjoy the fair, shop the vendors, experience the agricultural events, explore the State Buildings and dine on some fun fair food!

## POLKA at the Aqua Turf

**Who:** Adults  
**When:** Tuesday, October 15  
**Time:** Departs 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$45 res/\$50 nr  
**Description:** Enjoy an energetic day filled with both Polka dance standards and your favorite American traditional music. Your family style meal will include salad, mac & cheese, kielbasa & kraut, stuffed cabbage, pierogis, vegetable and dessert. Complimentary glass of wine or beer included.

## Ivoryton Playhouse/An Actor's Carol

**Who:** Adults  
**When:** Wednesday, December 18  
**Time:** Departs 11:00 a.m. (show at 2:00)  
**Fee:** \$35 res/\$40 nr  
**Description:** AN ACTOR'S CAROL - Burned-out actor Hugh Pendleton, not-so-fresh from playing Scrooge one too many times in the backwater community theatre where his once promising career has met its unglamorous end, is surprised to encounter three spirits of his own in this quirky and compelling ode to the holiday classic. Lunch stop on your own prior to show to be determined.

## Pequot Museum

**Who:** Adults  
**When:** Friday, November 1  
**Time:** Departs 8:30 a.m.  
**Fee:** \$20 res/\$25 nr  
**Description:** Tribally owned-and-operated since it opened in August of 1998, the Museum brings to life the story of the Mashantucket Pequot Tribal Nation. The Museum is a 308,000-square-foot complex and serves as a major resource on the histories and cultures of Native Americans in the northeast and on the region's rich natural history. Lunch on your own at the museum's Pequot Café.

## New England Carousel Museum

**Who:** Adults  
**When:** Monday, November 18  
**Time:** Departs 10:00 a.m.  
**Fee:** \$25 res/\$30 nr  
**Description:** **\*Must register by October 18\***  
The New England Carousel Museum is home to one of the largest collections of antique carousel art in the country. The story of the carousel highlights the American immigrant experience, the rise of the American middle class, and how we lived, worked and played. Come take a spin through history! A catered lunch will be provided at the museum.

## Holiday Winter Wishes at the Aqua Turf

**Who:** Adults  
**When:** Tuesday, December 10  
**Time:** Departs 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$45 res/\$50 nr  
**Description:** Spend the day in an elegant atmosphere dancing and tapping your toes to a fabulous band. Your plentiful meal will include salad, pasta, sliced roast turkey, sliced roast beef, vegetable, potato and dessert. Complimentary glass of wine or beer included.

## Fascia's Chocolates

**Who:** Adults  
**When:** Friday, January 24  
**Time:** Departs 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$15 res/\$20 nr  
**Description:** Join us for a trip to Fascia's Chocolates, handcrafted in Waterbury since 1964. This visit will include a chocolate tasting, tour and opportunity to craft your own chocolate bar! Lunch stop on your own to be determined.

## Ireland's Great Hunger Museum

**Who:** Adults  
**When:** Friday, February 28  
**Time:** Departs 10:00 a.m.  
**Where:** STW Community Center  
**Fee:** \$7 res/\$12 nr  
**Description:** The mission of Ireland's Great Hunger Museum at Quinnipiac University is to collect, preserve, exhibit and study its collection of art, artifacts and literature related to the Irish Famine/ Great Hunger that occurred from 1845-52. In doing so, it seeks to educate audiences of all ages about the underlying political, social, economic and historic causes of the Great Hunger, and the magnitude of the disaster on Ireland and its people.



## REGISTRATION FORM

FOR CLASSES, CLINICS, LESSONS & TRIPS  
203-484-6017 • www.nbrecreation.com

**MAKE CHECKS PAYABLE TO: TOWN OF NORTH BRANFORD**

MAIL TO: North Branford Parks and Recreation Department,  
1332 Middletown Avenue, Northford, CT 06472

THIS FORM MAY BE DUPLICATED FOR ADDITIONAL REGISTRATIONS

ADULT NAME (Of person completing this form): \_\_\_\_\_

Home # ( ) \_\_\_\_\_ Work# ( ) \_\_\_\_\_ Cell# ( ) \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

In case of emergency call: \_\_\_\_\_ Phone: \_\_\_\_\_  
(Other than spouse/parent/guardian, i.e., friend, neighbor, grandparent)

| PARTICIPANT NAME<br><i>(Including name above if participating)</i> | DOB | Male/<br>Female | PROGRAM # | PROGRAM/TRIP<br><i>(Please note there are no refunds)</i> | FEE |
|--|-----|-----------------|-----------|---|-----|
|  |     |                 |           |   |     |
|  |     |                 |           |   |     |
|  |     |                 |           |   |     |
| <b>T-SHIRT (If applicable) CIRCLE ONE: YS YM YL AS AM</b>          |     |                 |           | Non-Resident Fee - \$5.00<br>Per program, per person      |     |
|  |     |                 |           | Send a Child to Camp Scholarship<br>\$10                  |     |
|  |     |                 |           | <b>TOTAL FEE</b>  |     |

**Allergies/Medications/Other Information (Please specify):** \_\_\_\_\_

**RELEASE OF LIABILITY:**

I waive all rights and release all claims that might be had against the Town of North Branford, its hired or contracted instructors, their employees and agents, for any and all injuries or losses which may be suffered because of my participation or my child's or my children's participation in the above activity offered by the Town of North Branford, in consideration of permission of the district to participate in the activity. I consent to my child's participation in the above activity, and authorize the district and its employees or agents to provide emergency medical treatment for my child on my behalf. I give permission to have my photo or the photo of my child or children taken during classes, used for publicity purposes of the North Branford Parks & Recreation Department. I understand the North Branford Parks & Recreation Department will not be held responsible for injuries as a result of participation in any of the programs. I also understand that I must carry accident and liability insurance for my child.

Signature of Participant (18 years or older): \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

|  |
|--|
| For Office Use Only: Date: _____ Cash: _____ Check #: _____ Credit _____ Initials: _____ |
|--|

# DiLungo Fitness Room

## Membership Options and Pricing

### Resident:

Individual        \$175 (15 years and older)  
Family             \$275

Family includes two adults in the same household & one child under 15. (Children between the ages of 12 and 26 residing in same household may be added for \$50)  
*Under 15 needs to be accompanied by an adult.*

### \*NEW\*

Monthly:         \$25/Month

Senior             \$100 55 years and older

Non - Resident: \$10 additional fee

Monday - Thursday

5:30 a.m. - 8:00 p.m.

Friday

5:30 a.m. - 4:30 p.m.

Saturday & Sunday

6:30 a.m. - 1:00 p.m.



### *Strength Equipment:*

Chest Press, Shoulder Press, Lat Pull Down, Bicep Curl, Tricep Extension, Leg Press, Leg Extension, Leg Curl, Abduction & Adduction, Cable Cross Over Station, Sit up Bench, Abdominal Crunch and Dumbbells.



### *Cardiovascular Equipment:*

Treadmills, Elliptical Cross Trainers, ArcTrainer, Upright & Recumbent Bikes and Rowing machine



# CALL FOR VOLUNTEERS

Have fun while making a difference in your community!



North Branford Parks and Recreation is always looking for volunteers for our events.

Tree Lighting • Trunk or Treat • Pizza Wars

North Branford Potato and Corn Festival *and more!*

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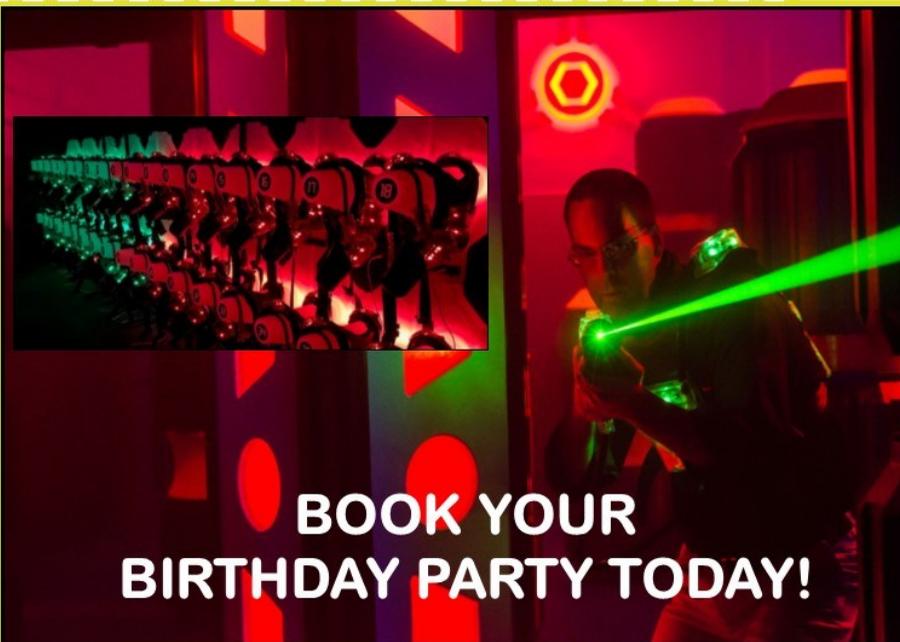
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