



# PARKS AND RECREATION



SPRING  
SUMMER  
**2019**

Photo by: Debi Caron

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

[www.nbparkrec.com](http://www.nbparkrec.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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Come say hi to the goats!



**Spring & Easter Plants  
are Ready!**

Lilies, tulips, hyacinths, daffodils,  
hydrangea - Just  
to name a few!

**COMING THIS SUMMER!**  
**Stewards of the Land Brewery**

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**Mother's Day • Easter Specials • Spring Planting**

### 2019 Farmers Harvest Program (CSA)

Don't miss out on 14 weeks of good eating!

**Stop by the farm stand  
and Sign up After April 1!**

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[defrancescofarm@att.net](mailto:defrancescofarm@att.net) and  
we'll send you the application.



no GMO in our seeds



**A Great variety of  
Mother's day & Spring  
plants Available!**

Hanging Baskets of all sizes,  
patio planters, garden  
statues, and lots of new  
items for the season!



# NORTH BRANFORD PARKS AND RECREATION SPRING & SUMMER



## TABLE OF CONTENTS

|                          |       |
|--------------------------|-------|
| General Information      | 2     |
| Registration Information | 3     |
| Land Conservation Hikes  | 4     |
| Our Business Supporters  | 4-5   |
| Community Events         | 6-7   |
| Park & Facility Rentals  | 8     |
| Bus Trips                | 9     |
| Pre-School               | 10    |
| Youth                    | 11    |
| Youth Sports Camps       | 12    |
| Youth/Adult              | 13-14 |
| Adult                    | 15-16 |
| Kidz Kamp                | 17-18 |
| Kidz Kamp Registration   | 19    |
| Fabulous 55+             | 20-21 |
| Day Excursions           | 21-22 |
| Registration Form        | 23    |
| Fitness Room             | 24    |

### **Letter From The Director**

Dear Friends,

North Branford is an amazing place to live. Here in our little town we have farms that feed not just us, but people all over New England. There are companies here that manufacture and build things that are exported around the world. Trap Rock from our quarries has been the building material to drive growth in our region for more than a century! And not to mention one of our native sons was the 25th Commander of the US Coast Guard. Who knew our little town could be packed with so much history and meaning.

We are so lucky to have such an involved and enthusiastic community! Which is what makes North Branford so special. How do I know that? Because it is you who comes to the community center and uses the gym, or takes a fitness class, or goes on a trip, or attends a community event. Don't miss the new bocce court outside of STW Community Center this spring!

Last summer our Kidz Kamp campers had an exclusive day to themselves at the Potato and Corn Festival to enjoy rides with their friends. We are excited to be able to give them the same opportunity this year. Our seniors were busy with day trips, seminars, crafts, and a senior appreciation lunch (with more than a hundred in attendance!). We took them out in the evening hours with a well-attended supper club, as well as special dinner and holiday light viewing at the Fantasy of Lights in New Haven. Our fitness classes served hundreds of students and welcomed new and returning faces. And our bus trips drove thousands of miles around New England and New York.

Moving forward our Parks & Recreation and Senior Center staff look forward to serving our community with great passion and commitment this summer. Take a look at what we have to offer, we know you'll find something you like! We also hope you will let us know what else you are looking for. Is there a new skill you'd like to learn? Is there a place you'd like to visit? Tell us. This is YOUR Parks & Recreation Department.

Finally, we can hardly believe we are headed to our 18th year of the Potato and Corn Festival! Oh, how much we've grown. From an afternoon standing around a charcoal grill with some *energetically* roasted potatoes to a three day festival featuring rides & games, a community photography exhibit, a talent showcase and our favorite display - fireworks! It is such a pleasure to have worked all eighteen years with the supervisors, volunteers, town departments, business vendors and everyone else involved. We have such a great group of volunteers that make this event a success. If you are interested in volunteering or helping in any capacity, please contact us. It will surely be an experience you wished you had done sooner.

We have an open door and are always here for you.  
May you all have a happy and safe summer,

Warmly, Lauren MacKay-Munro, Director  
North Branford, Recreation and Senior Center

# GENERAL INFORMATION

## YOUR STAFF

Lauren MacKay-Munro  
Parks, Recreation & Senior Director  
[recreationdirector@townofnorthbranfordct.com](mailto:recreationdirector@townofnorthbranfordct.com)

Shawn Keogh                      Recreation Supervisor  
[recreationsupervisor@townofnorthbranfordct.com](mailto:recreationsupervisor@townofnorthbranfordct.com)

Kathy Poston                      Senior Program Coordinator  
[seniorcenter@townofnorthbranfordct.com](mailto:seniorcenter@townofnorthbranfordct.com)

Kerry Haynes                      Senior Program Coordinator  
[seniorprograms@townofnorthbranfordct.com](mailto:seniorprograms@townofnorthbranfordct.com)

Jessica Cave                      Secretary  
[recreationsecretary@townofnorthbranfordct.com](mailto:recreationsecretary@townofnorthbranfordct.com)

Jennifer McCulloch      Interim Festival Coordinator  
[admin@nbpotatofest.com](mailto:admin@nbpotatofest.com)

Linda Javins                      Receptionist  
Toni DeLizio                      Cook

**PART-TIME FRONT DESK ATTENDANTS**  
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

Friday, April 19                      5:30 a.m. - 12:00 p.m.  
Sunday, April 21                      CLOSED  
Monday, May 27                      5:30 a.m. - 12:00 p.m.  
Wednesday, July 4                      CLOSED  
Monday, Sept. 2                      5:30 a.m. - 12:00 p.m.

## Parks & Recreation Commission

|                     |               |
|---------------------|---------------|
| Brian Lynch,        | Chairman      |
| Michelle Provencher | Vice Chairman |
| Mary Caruso         | Clerk         |
| John Onofrio        |               |
| Victor Palma        |               |
| 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:**                      **[nbparkrec.com](http://nbparkrec.com)**  
**Register:**                      **[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**. 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**. 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.





# North Branford Land Conservation Trust Hikes

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

## Saturday, March 30

9:30 - 11:30 am  
Farm River Walk

Explore the largest town-owned open space in North Branford. This will be an easy 2-mile walk for all ages. It is a very scenic area of flood plain, woodland, and farming along the path of the Farm River. Meet at Totoket Valley Park, 290 Forest Road (Rte 22). Co-sponsored by the North Branford Land Conservation Trust and the North Branford Parks & Recreation Department.

Pre-registration is APPRECIATED.

*Rain date, same time Sunday, March 31*

## Saturday, June 1

9:30 - 11:30 am  
Harrison Farm Preserve

Join us on this family friendly hike on the recently donated Harrison Farm Preserve. While walking the red, white, blue, and yellow trails, hear stories about the history of the land; see a mature forest, and a vernal pool. Meet by 9:15 at the trail sign at 95 North St. Park on the cul-de-sac at the end of North St or along North St.

*Rain date June 2, same time.*

# BOCCE COURT NOW OPEN!

## Medical transportation for our North Branford/ Northford residents available now!

*Call us to schedule your appointments!*

203-484-6017

Medical Transportation runs on  
Monday's, Thursday's, and Friday's  
from 9:30-2:30pm



**Thank you for the support of our local businesses!**



**SKYLINE**  
AERIAL IMAGES

[SkylineAerialimages.com](http://SkylineAerialimages.com)

203.464.5042



Jim Betulia Jr  
Owner

2049 Foxon Rd  
North Branford, CT 06471

203-208-1115

[JimJr\\_GuilfordTexaco@comcast.net](mailto:JimJr_GuilfordTexaco@comcast.net)



Thank you for the support of our local businesses!

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Saturdays 8 - 4 pm

(9 Saturdays per year... call for specific dates)

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# COMMUNITY EVENTS

**WHO HAS THE BEST  
PIZZA IN TOWN?**

**PIZZA WARS**

**TUESDAY, APRIL 23**

**6:00-8:30 PM**

**FIRST SEATING 6:00 - 7:00  
SECOND SEATING 7:30 - 8:30**

**STW COMMUNITY CENTER**

*Limited Seating  
Reservations Recommended  
\$5 presale/ \$10 at the door*

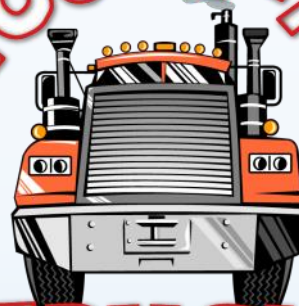
**Ages 3 and under - FREE**

**FUN, FOOD, RAFFLES and MORE!**

**One lucky winner will be chosen as a guest judge for  
the specialty pizza category!**

*Must purchase a presale ticket to qualify*

**TOUCH-A-**



**TRUCK**

**Sunday, May 19th**

**11:30am-1:30pm**

**Quiet Time 1-1:30pm**

Come touch, climb, explore and experience the excitement of many interesting & unique vehicles!

*Dig for treasure in our*

**EXCAVATION STATION**

**FREE ADMISSION**

STW Community Center Parking Lot

## **HIGH SCHOOL CULINARY LUNCHEON**

**Thursday, March 28th - 11:30 a.m.**

**North Branford High School Gym**

**Adults \$2**

Enjoy a delicious lunch provided by the culinary students at the high school.

Entertainment will be provided by

NBHS Chamber Ensemble

Call 203-484-6017 to reserve your seat/  
Van transportation available

*Brought to you by the following NBHS Programs*

Culinary program

Music program

National honor society

**Community wide Tag Sale**

**JUNK  
IN YOUR  
TRUNK**

**Saturday May 4th**

**9 am - 1 pm**

**Rain Date May 5th**

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

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

**BYOT - Bring Your Own Table  
To display your goods  
STW Community Center Parking Lot**



# COMMUNITY EVENTS

## GET FIRED UP! FOR SPRING BREAK

Thursday, April 18th - \$20  
10:30 a.m. - STW Community Center  
*Seating is limited please register  
By Friday April 12*

Join us for your Spring Break or perhaps you have the day off...  
This activity is fun for EVERYONE!  
Fired Up! of Branford is bringing the fun of painting ceramics here to the Community Center! There will be a few different items to choose from, be creative and have fun!

*Parents, please accompany your  
child during this activity*  
[www.nbcreation.com](http://www.nbcreation.com)

## SENIOR PICNIC

Co-sponsored with the North Branford Rotary

Thursday, June 27, 4:30-6:00pm  
STW COMMUNITY CENTER

Our seniors celebrate summer right! Nothing says summer like hot dogs, hamburgers, all the fixings, and lots of friends.

After our meal we will head over to Totoket Valley Park for the Summer concert from 6:30 - 8:30 p.m.



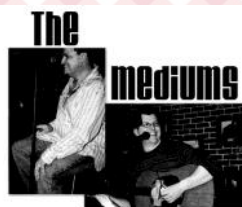
*Free to the  
Seniors in our community.  
\$5 for non resident Seniors*

*Please register by  
Thursday, June 6th.*

## SUMMER KICKOFF CONCERT

*with The Mediums!*

Bring your  
picnic basket  
& lawn chair



**Thursday June 27**  
**6:30-8:30pm**  
**Totoket Valley Park**  
Food trucks on site



## SENIOR APPRECIATION LUNCHEON

Wednesday, August 21st, 12:00 noon  
STW Community Center

For those 55 and over, join us for a luncheon to say **THANK YOU** for all you do and bring to our community. Enjoy a delicious meal with friends and entertainment.

This event fills quickly, please register by  
Wednesday, August 14th

# Park & Facility Rentals

Whether you are planning a picnic in the park, a birthday party, or want to hold a special event we have a space for you. Our Recreation department offers facilities available for rental. In order to best serve the community, you will need to complete a permit application at least two weeks before your event. Applications are available online at [nbparkrec.com](http://nbparkrec.com) or from the Department office. Each rental also requires a minimum \$100 refundable security deposit, checks only please.

- **PARK PAVILIONS** - Are located at North Farms Park on Rt. 139 and Northford Park on Rt. 17.
- **STW COMMUNITY CENTER** - Has three classroom size rooms as well as a small gymnasium for rental.



| Facility                         | Resident  | Non-Resident | Res. Business | N/Res Business | After Hours Charge |
|----------------------------------|-----------|--------------|---------------|----------------|--------------------|
| <b>STW Community Center Room</b> | \$30/hr   | \$50/hr      | \$50/hr       | \$60/hr        | \$25/hr            |
| <b>STW Gym</b>                   | \$40/hr   | \$60/hr      | \$60/hr       | \$75/hr        | \$25/hr            |
| <b>Park Pavilion</b>             | \$60/3 hr | \$75/3 hr    | \$75/3 hr     | \$85/3 hr      |                    |

All fees are at the discretion of the Director.

## SUNFLOWERS BLOOMING IN NORTH BRANFORD



Photo - William Dellacamera



Photo - Roberta Schwartz

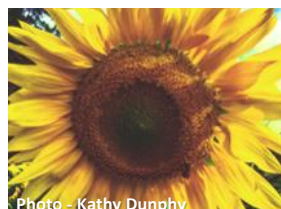


Photo - Kathy Dunphy



Photo - Rosa Crisanti



Photo - Emily Bergeron

The North Branford Economic Development Commission is establishing a central theme and identity to promote events and increase Tourism. The sunflower has gained popular presence in the last few years and the EDC has

plans to emphasize the sunflower for this purpose. Look for sunflowers popping up in new places around town. At businesses, in food, and right before your eyes! For more information please contact [edc@townofnorthbranfordct.com](mailto:edc@townofnorthbranfordct.com)



# BUS TRIPS

## *Introducing our new Tours of Distinction Incentive Program*

Go on three trips marked "TOD" and receive a *4th trip free!*

Earned trips never expire so keep a look out for future brochures to get your third trip. Grab your friends and start collecting your stamps so you



can go on a free trip. Be sure to enjoy and have fun. Let this passport card be your passport to adventure and memories.

### **Jersey Boys - #19007**

**When:** Saturday, March 30th

**Cost:** \$45

**Description:** Jersey Boys at Toyota Oakdale Theater is a smash hit jukebox musical that gives us the true, sometimes gritty, and always spectacularly entertaining story of falsetto idol Frankie Valli and the Four Seasons. The blue collar boys in the shiny Lurex suits burst onto the scene in the 60's with several classic hits. But before fame and fortune, came a difficult, troublesome journey to stardom.



### **Boston Red Sox VS. Tampa Bay Rays - #19001**

**When:** Sunday, June 9th

**Cost:** \$95

**Description:** Visit Fenway Park, home of the Red Sox, and watch them take on the Rays. Watch this afternoon game from great seats in the Right Field section 7. Includes motor coach transportation. Take me out to the ball game!



### **Frozen on Broadway - #19008**

**When:** Wednesday, June 26th

**Cost:** \$120

**Description:** Frozen is the timeless tale of two sisters, pulled apart by a mysterious secret. As one young woman struggles to find her voice and harness her powers within, the other embarks on an epic adventure to bring her family together once and for all. Come see the magic of the Disney film brought to life on stage.



### **TOD: Riding Through the Times - #19009**

**When:** Tuesday, July 9

**Cost:** \$124

**Description:** Head off to Newport for grand adventure that consists of vehicles of today and antiques. Explore the great outdoors and the rails as you ride on the Rail Explorers. These open-air vehicles are easy to pedal and are perfect for all ages and abilities. You will also get to see the Newport Car Museum with some old classic cars. There will be some free time where you can shop or enjoy lunch on your own. You may bring snacks to enjoy along the way as well.



### **TOD: Sail Away Argia - #19010**

**When:** Monday, August 12th

**Cost:** \$110

**Description:** Board the 81 foot Schooner Argia for a narrated sightseeing cruise. You will hear about the rich maritime history of the area. After the cruise enjoy lunch at Steak Loft then have some time on your own in Olde Mistick Village. Please give your meal choice at time of registration.



### **New England Patriots @ New York Jets - #49000**

**When:** Game Details TBD

**Description:** Travel aboard a motor coach bus to MetLife Stadium to watch the New York Jets host the New England Patriots. This trip will be in the fall/winter and details will be released once the NFL schedule is released. Register early to hold your spot! Fees will be collected once ticket and bus costs are determined.



### **Radio City Christmas Spectacular - #49001**

**When:** Details TBD

**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.





# PRE-SCHOOL

## Imagination Station - #16112

**Who:** Ages 2 - 3  
**Session I:** March 6 - April 24  
**Session II:** September 25 - November 13  
**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!

## TinyTykes Soccer - #16121

**Who:** Ages 2 - 5  
**When:** Sunday, May 5 - June 9  
**Time:** 2 - 3 year olds: 9:00 - 9:45 a.m.  
4 - 5 year olds: 10:00 - 10:45 a.m.  
**Where:** STW Community Center Front Field  
**Fee:** \$90 *Jersey Included*  
**Instructor:** Challenger Sports Coaches

**Description:** . TinyTykes is an exciting child development program delivered through soccer. Our soccer and child development professionals have designed an innovative curriculum that takes children on 'Immersive Interactive Adventures' through fun and exciting themes. It is through these semi-structured adventures that every child has an ability to build their own experiences and be introduced to the basic skills needed in soccer; motor, social, and psychological skills. Our British coaches are experts at working with young children and will combine soccer and adventure in a way that keeps your child entertained and enthused to return next week. *Must register at least 10 days in advance in order to receive jersey on time*

## Sizzling Science - #16102

**Who:** Ages 4 - 8  
**Session I:** March 19 - April 2 (\$40)  
**Session II:** April 9 - May 7 (Skip April 16)  
**Session III:** Sept 3 - Sept 24  
**Time:** Tuesday, 4:00 - 5:00 pm  
**Where:** STW Community Center  
**Fee:** \$55  
**Instructor:** Kidscapades

**Description:** Children will become junior scientists with our engaging hands on experiments. Each class features a different experiment, some experiments will have an eruption component!

## Toddler Time Art - #16100

**Who:** Ages 3 - 4  
**Session I:** March 12 - April 2  
**Session II:** April 9 - May 7 (Skip April 16)  
**Session III:** Sept 3 - Sept 24  
**Time:** Tuesday, 9:00 - 10:00 a.m.  
**Where:** STW Community Center  
**Fee:** \$55  
**Instructor:** Kidscapades

**Description:** Children will create craft projects based on seasons, holiday, characters, or books. A variety of materials are provided for the children to explore and create their masterpieces!

## ABC's for 3's - #16101

**Who:** Age 3  
**Session I:** March 12 - April 2  
**Session II:** April 9 - May 7 (Skip April 16)  
**Session III:** Sept 3 - Sept 24  
**Time:** Tuesday, 10:30 - 11:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$80  
**Instructor:** Kidscapades

**Description:** Children will be introduced to letters and numbers, days of the week, seasons, and holidays through hands-on activities. They will participate in art, sensory play, songs, science and movement. Designed to foster independence for the child not yet enrolled in a preschool or child care center.

## Ballet & Tap - #16110

**Who:** Ages 3 - 6  
**Session I:** May 4 - June 15 (skip 5/25)  
**Time:** Saturday, 8:15 - 9:15 a.m.  
**Session II:** July 13 - Aug 24 (skip 8/10)  
**Time:** Saturday, 8:30 - 9:30 a.m.  
**Where:** STW Gym  
**Fee:** \$45  
**Instructor:** Brittini 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.



# PRE-SCHOOL & YOUTH

## Adventureland - #16123

**Who:** Ages 3 - 7  
**When:** August 6, 13, 20  
**Time:** Tuesday, 9:00 - 10:00 a.m.  
**Where:** STW Community Center  
**Fee:** \$55  
**Instructor:** Kidscapades

**Description:** Each day will be focused on fantastic adventures! Children will transform themselves into pirates as they go in search of treasures, fairies as they create beautiful fairy houses, become rock stars, and of course paleontologists and dig for dinosaur fossils. Join us for adventures of epic proportions!

## Disney Princess Days- #16124

**Who:** Ages 3 - 7  
**When:** August 6, 13, 20  
**Time:** Tuesday, 10:30 - 11:30 a.m.  
**Where:** STW Community Center  
**Fee:** \$55  
**Instructor:** Kidscapades

**Description:** Each day a different Disney Princess will be explored inside our castle walls. Everything princess from art projects to games. If your child loves princesses, this is the perfect program choice!

## Babysitter's Certification - #16104

**Who:** Ages 12 - 15  
**When:** June 15  
**Time:** Saturday, 9:00 a.m. - 2:00 p.m.  
**Where:** Ambulance Co. #4 - Northford  
**Fee:** \$65  
**Instructor:** David Burich

**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)

## Beginner Tennis - #16105 B2

**Who:** Ages 8 -14  
**When:** June 18 - July 23  
**Time:** Tuesday, 5:00 - 6:00 p.m.  
**Where:** Memorial Park Tennis Courts  
**Fee:** \$60  
**Instructor:** Phillip Guliano

**Description:** Led by a qualified instructor, the beginner course includes learning forehand, backhand, serve, volley, scoring, and playing points. Need to provide your own racquet.

## Archery - #16111

**Who:** Grades 4 - 8  
**Time:** Wednesday, 6:00 - 7:00 p.m.  
**Who:** Grades 9 - 12  
**When:** April 24 - May 29  
**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.

## Cupcake & Canvas Paint Night - #16103

**Who:** Ages 8 - Adult  
**When:** May 3  
**Time:** Friday, 6:00 - 8:00 p.m.  
**Where:** STW Community Center  
**Fee:** \$55 includes materials  
**Instructor:** Kidscapades

**Description:** A creative **night out to spend with that special child in your life!** In this 2 hour session, our professional artist leads class brushstroke by brushstroke to create a unique canvas painting. In addition cupcakes and bottled water are provided to indulge in. No experience necessary.

## AAA: Teen Driving Prep Course - #16125

**Who:** New Teen drivers and their parents  
**When:** May 7  
**Time:** Tuesday, 6:00 - 7:30 p.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** AAA

**Description:** Learning to drive is an important rite of passage for many teens and one of the many ways they gain independence as they become adults. While it is exciting, this transition to more responsibility can be scary for teens (and their parents)! Let AAA prepare both teens and parents as we discuss the steps to becoming licensed, as well as important facts about the developing teen brain. We will focus on helpful tips you need to know about the licensing process, driver preparedness, and risk factors such as impairment from drugs and alcohol, distractions, drowsy driving, and more!

# YOUTH SPORTS CAMPS

## Skilz & Drillz Basketball - #16126



**Who:** Ages 10 - 14  
**Session I:** June 17 - June 21  
**Session II:** June 24 - June 28  
**Time:** Monday - Friday 8:30 a.m. - 2:30 p.m.  
**Where:** North Branford High School  
**Fee:** \$150  
**Instructor:** Cliff Yerkes and Malik White  
**Description:** Run by the head coach of the NBHS Varsity Boys Basketball team, this program is perfect for boys or girls trying to improve their skills to the high school level. A typical day includes ball handling drills, fundamental stations, full court game, lunch, individual contests, team contests, and more. All campers will receive a t-shirt and a personal evaluation from their counselor/coach and awards will be given out at the end of the week.

## Challenger Sports Soccer Camp - #16127



**Who:** Ages 6 - 16  
**When:** July 22 - July 26  
**Time:** 9:00 a.m. - 12:00 p.m.  
**OR** 9:00 a.m. - 3:30 p.m.  
**Where:** Northford Park Rear Soccer Field  
**Fee:** \$145 half day / \$195 full day  
**Instructor:** Challenger Sports  
**Description:** Challenger Sports is bringing summer soccer to the community with a brand new approach to player development. Challenger's International Soccer Camp is a new program that combines the best practices from around the world with an interactive digital coaching component that will accelerate the player's learning experience both on the field and at home. This camp caters to players of all abilities. Join us for this exciting, fun, and challenging program! Register at [www.challengesports.com](http://www.challengesports.com) to be eligible for prizes and monthly offers

### DON'T LET A GOOD PROGRAM DIE!

Nothing kills a good program quicker than waiting until the last minute to register. Any program under-enrolled one-week prior to the start date can be cancelled. Calls and registrations received after the registration deadline cannot reactivate a cancelled program. Please register early!

## Field Hockey Camp - #16116

**Who:** Entering Grades 2 - 8  
**When:** July 22 - July 25  
**Time:** Monday - Thursday, 9:30 - 11:00 a.m.  
**Where:** North Farms Park  
**Fee:** \$80  
**Instructor:** Cheryl Canada-Associate Head Coach at Quinnipiac University, USA Field Hockey Level II Accreditation, CPR and First Aid Certified  
**Description:** Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This camp is designed to develop the basic skills each athlete has by focusing on tactical game awareness, 1v1 defense, elevated passing, elimination and shooting skills. This camp is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.



## Slamma Jamma Basketball - #16114

**Who:** Grades 3 - 9  
**When:** July 8 - July 12  
**Time:** Monday - Friday, 9:00 a.m. - 1:00 p.m.  
**Fee:** \$150  
**Instructor:** Slamma Jamma Coaches  
**Description:** The Slamma-Jamma staff shows campers how to develop basketball fundamentals and a winning attitude. With 35 years of experience, the knowledgeable and skilled camp directors and clinicians hold each camper's best interests as their priority as they work on skills to help create great players and great kids on and off the courts.



# YOUTH / ADULT

## Recharge Yoga - #12105

**Who:** Ages 13+  
**Session I:** April 29 – June 24 (skip 5/27)  
**Session II:** July 8 – August 26  
**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.

## Gentle Yoga - #12108

**Who:** Ages 13+  
**Session I:** May 1 – June 19  
**Session II:** July 10 – August 28  
**Time:** Wednesday, 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.

## Yoga to Release the Week - #12106

**Who:** Ages 13+  
**Session I:** May 2 – June 20  
**Session II:** July 11 – August 29  
**Time:** Thursday, 6:30 - 7:30 p.m.  
**Where:** STW Community Center  
**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.

## Safe Boating/Personal Watercraft Class - #16108

**Who:** Ages 12+  
**When:** May 7, 9 & 14th  
**Time:** TU, TH & TU, 6:00 - 9:00 p.m.  
**Where:** STW Community Center  
**Fee:** \$20  
**Instructor:** DEEP  
**Description:** A complete, basic, safe boating certification course taught in three evenings. With successful completion of this basic safe boating class students will be able to obtain a Connecticut Certificate of Personal Watercraft Operation, enabling them to operate recreational vessels up to 65 feet in length, including Jet Skis. State-certified instructors go over topics such as: choosing the right boat, equipment requirements, state boating laws, safety regulations, navigation rules, buoy systems, trailering, safe fueling, weather, accident prevention, special topics and much more. All students receive an official diploma and state certificate application upon successful completion of the course. Students must obtain a CT Conservation number before attending. See [ct.gov/deep](http://ct.gov/deep).

## Dog Obedience Basic Level - #12112

**Who:** Ages 18+  
**When:** May 14 - June 11  
**Time:** Tuesday, 6:30 - 7:30 p.m.  
**Where:** STW Field  
**Fee:** \$85  
**Instructor:** Robin Viele,  
Certified Professional Dog Trainer  
**Description:** Come teach your dog simple, basic commands and manners. This class will be stress free, fun, informative, and will help you form a stronger bond with your dog. This class is for dogs 4 months - 2 years old.

## Dog Obedience Intermediate Level #12113

**Who:** Ages 18+  
**When:** July 9 - August 6  
**Time:** Tuesday, 6:30 - 7:30 p.m.  
**Where:** STW Field  
**Fee:** \$85  
**Instructor:** Robin Viele,  
Certified Professional Dog Trainer  
**Description:** Challenge your dog and yourself to learn more than the basics! More advanced behaviors like loose leash walking, heel, working through distractions, impulse control and maintaining/strengthening commands will be taught. This class is for dogs 6 months and older.

# YOUTH / ADULT

## Intro to Guitar - #16118

**Who:** Ages 6 - Adult  
**When:** May 9 - June 13  
**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.

## Beginner Tennis - #16105 B1

**Who:** Ages 15+  
**When:** June 18 - July 23  
**Time:** Tuesday, 6:00 - 7:00 p.m.  
**Where:** Memorial Park Tennis Courts  
**Fee:** \$60  
**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.

## Intermediate Tennis - #16105 B3

**Who:** Ages 15+  
**When:** June 20 - July 25  
**Time:** Thursday, 6:00 - 7:00 p.m.  
**Where:** Memorial Park Tennis Courts  
**Fee:** \$60  
**Instructor:** Phillip Guliano

**Description:** Learn advanced techniques for forehand and backhand, serve, volley, specialty shots, footwork and playing strategy. Need to bring your own racquet.

## Cardio Tennis - #16105 B4

**Who:** Ages 15+  
**When:** June 20 - July 25  
**Time:** Thursday, 5:00 - 6:00 p.m.  
**Where:** Memorial Park Tennis Courts  
**Fee:** \$60  
**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.

## CPR/AED Certification - #12011

**Who:** Ages 12 - Adult  
**When:** June 22  
**Time:** Saturday, 9:00 a.m. - 12:00 p.m.  
**Where:** Ambulance Co. #4 - Northford  
**Fee:** \$65  
**Instructor:** David Burich  
**Description:** Learn how to perform CPR as well as use an AED on both infants and adults. Taught by an EMT. This certification is good for two years.

## Kids Hula Hoop Star - #16128

**Who:** Ages 6 - 12  
**Session I:** July 8 - July 29  
**Session II:** August 5 - August 26  
**Session III:** September 9 - September 30  
**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.

## Adult Hoop Dance Fit - #12114

**Who:** Ages 13+  
**Session I:** July 8 - July 29  
**Session II:** August 5 - August 26  
**Session III:** September 9 - September 30  
**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.



# ADULT

## Cornhole League - #12100

**Who:** Ages 18+  
**When:** March 25 - May 20 (skip 5/13)  
**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!



## Drones 101- #12115

**Who:** Ages 16+  
**When:** April 16  
**Time:** Tuesday, 6:00 - 8:00 p.m.  
**Where :** STW Community Center  
**Fee:** Free  
**Instructor:** Skyline Aerial Images  
**Description:** Learn all the basics of using your drone. This class will include how to register your drone, safety regulations, what is legal and what is not, and when and where it is okay to fly your drone. No flying will be done during this program, it is strictly informational.

## Drone Flight School - #12116

**Who:** Ages 16+  
**Session I:** April 13 - April 27  
**Session II:** September 7 - September 21  
**Time:** Saturday, 8:30 - 10:00 a.m.  
**Where :** STW Community Center  
**Fee:** Free  
**Instructor:** Skyline Aerial Images  
**Description:** Bring your drone! This course will teach you how to make sure your drone stays safe while it's in the air. You will learn how to properly take off and safely land your drone, hover, do 360° shots and more. Participant is responsible for bringing drone to class and responsible for loss or damage of drone during flying.

## Strength Training - #12110

**Who:** Ages 18+  
**When:** April 23 - June 11  
**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- #12102

**Who:** Ages 18+  
**Session I:** April 23 - June 11  
**Session II:** June 25 - August 13  
**Session III:** August 27 - October 15  
**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 simultaneously and save \$10.*

## NRA Basic Pistol Safety Course - #12010

**Who:** Ages 21+  
**Session I:** April 20  
**Session II:** June 22  
**Session III:** September 21  
**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.

# ADULT

## Pickleball Tournament - #32101

**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.

## 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 Pickleball cancelation.

# MARTIAL ARTS CLASSES

## Self Defense Training - Krav Kempo-Jitsu

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.

**Where:** Tom Smith's Forge Martial Arts Academy  
**Instructor:** Tom Smith & Staff

### Pre School KKJ - #16516

**Who:** Ages 3-4  
**Session I:** April 4 - April 25  
**Session II:** August 15 - Sept 5  
**Time:** Thursday  
 3:00 - 3:30 p.m.  
**Fee:** \$45

### Child KKJ - #16517

**Who:** Ages 5 - 6  
**Session I:** April 6 - April 27  
**Session II:** August 10 - Aug 31  
**Time:** Saturday  
 12:30 - 1:00 p.m.  
**Fee:** \$45

### Youth KKJ - #16518

**Who:** Ages 7 - 12  
**Session I:** April 6 - April 27  
**Session II:** August 10 - Aug 31  
**Time:** Saturday  
 10:50 - 11:30 a.m.  
**Fee:** \$45

## 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 JiuJitsu 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 Jujitsu - #16509

**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:** April 3 - April 24  
**Session II:** August 14 - September 4  
**Fee:** \$45

### Adult Brazilian Jujitsu - #12013

**Who:** Ages 16+  
**Session I:** April 2 - April 25  
**Session II:** August 13 - September 5  
**Time:** Tuesday, 8:05 - 9:15 p.m.  
 Thursday, 7:00 - 8:15 p.m.  
**OR**  
**Fee:** \$45



# KIDZ KAMP 2019



## REGISTRATION INFORMATION:

- \* *Register and be paid in full by April 26th to be entered in a raffle to win a free week of camp! Includes before care, after care, lunch and the trip of the week.*
- \* Payment is required in FULL to reserve a space. Cash, Check, or Credit Card accepted. Due to staff costs and materials for participants, cancellation/changes fee is \$5 per camper per week and must be done at least one week in advance. No refunds will be given after a session has started. No refunds will be given for a future cancellation that is less than a week away from beginning.
- \* Please register for all weeks you are attending at time of initial registration. \$10 sibling discount per week.
- \* Please use KIDZ KAMP REGISTRATION FORM ONLY!
- \* Non-Residents are welcome for an additional \$20 fee per week.

## TRIP POLICIES:

- \* All field trips are optional and have an additional charge.
- \* The trips fill on a first-come, first-served basis. Check at the camp site the day prior to the trip for schedule changes. Trips are subject to changes or cancellations due to weather.
- \* Cancellations are not guaranteed to be made up another day.
- \* No refunds will be given unless a trip is cancelled or your spot is filled (minus a \$5 fee).
- \* CAMPERS ARE REQUIRED to wear their 2019 Kidz Kamp t-shirt on all field trips. Campers without a t-shirt will not be allowed to go on the trip. There will be no refunds for trips not attended. Trips are non-refundable.
- \* Kidz Kamp will remain open on trip days.

# KIDZ KAMP 2019

## FIELD TRIPS

Field Trip days are on Wednesdays unless otherwise noted

- |                                     |  |
|-------------------------------------|--|
| 1. June 17 - June 21                | Rockin' Jump                                       |
| 2. June 24 - June 28                | Dave & Buster's                                    |
| 3. July 1 - July 5 No Kamp July 4th | Movies & Bowling                                   |
| 4. July 8 - July 12                 | Beardsley Zoo                                      |
| 5. July 15 - July 19                | Hartford Yardgoats                                 |
| 6. July 22 - July 26                | Pirate Adventure Cruise<br>*trip leaves at 8:15 am |
| 7. July 29 - August 2               | POCO<br>*Friday                                    |
| 8. August 5 - August 9              | Quassy   |
| 9. August 12 - August 16            | At Kamp Party<br>*Friday                           |

### Information for Kidz Kamp CIT Applicants (must be 14 years old by the start of week hired)

CITs (Counselors in Training) have always played an important role at camp and it is no different at Kidz Kamp. CITs preserve traditions, are bridges between campers and counselors, and they have energy and enthusiasm in ways the adults sometimes can't. They also find themselves in an awkward position: not a typical camper and not quite yet adult staff. It takes a special person to walk that line, and that could be you. This is also a great way to see if you would be a good fit to join our staff once you turn 16.

We often have more applicants than spots available, and some people are more ready than others. Not everyone will be able to be a CIT. **There are several steps to becoming a CIT:**

1. Fill out an employment application form. We know you may not have a lot to enter in terms of your work experience, etc. but just do the best you can. It's good practice and gives you a chance to think about what you have accomplished. (The CIT applicant should be filling this out. We are sure you have wonderful parents, but THEY won't be working with us!)
2. Write a paragraph or two about why you want to be a CIT. It looks like fun, and it sure can be, but it also has responsibilities, and camp is NOT necessarily for YOU to have fun, it is for the campers to have fun and be safe.
3. Complete a registration form so we have emergency contacts as well as your preferred sessions. Please note, we generally only allow CITs to attend two sessions. List as many sessions as you like with an order of preference. We will do our best to give you the session(s) you want. (It is first come, first served.)
4. Return all forms with payment for the number of sessions you want to attend. (\$50 per one-week session)

To get an application packet, please visit the community center.  
Once we have all of your information, we will schedule a time for interviews.



# KIDZ KAMP 2019

One Registration form per child.

Please print clearly.

This form may be duplicated if needed.

Camper: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Rising Grade: \_\_\_\_\_ Gender: \_\_\_\_\_  
 (Last) (First) (Grades 1-6)

Address: \_\_\_\_\_

Parent 1: \_\_\_\_\_ Parent 2: \_\_\_\_\_

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 (Other than parent)

Allergies, medications, medical conditions: \_\_\_\_\_

Please **circle** the session and activities your child will attend  
 (\*Non-residents pay \$20 more per session\*):

|         |                   | Before Care<br>7:30 - 9 | Kidz Kamp<br>9 - 4  | After Care<br>4 - 6 | Hot Lunch<br>Option | Field Trip                          |            |
|---------|-------------------|-------------------------|---------------------|---------------------|---------------------|-------------------------------------|------------|
| Week 1: | Jun 17 - Jun 21   | \$15                    | \$100 res / \$120nr | \$20                | \$20                | Rockin' Jump                        | \$30 _____ |
| Week 2: | Jun 24 - Jun 28   | \$15                    | \$100 res / \$120nr | \$20                | \$20                | Dave & Buster's                     | \$30 _____ |
| Week 3: | July 1 - July 5   | \$15                    | \$90 res / \$110nr  | \$20                | \$20                | Movies & Bowling                    | \$30 _____ |
| Week 4: | July 8 - July 12  | \$15                    | \$100 res / \$120nr | \$20                | \$20                | Beardsley Zoo                       | \$30 _____ |
| Week 5: | July 15 - July 19 | \$15                    | \$100 res / \$120nr | \$20                | \$20                | Hartford Yardgoats                  | \$30 _____ |
| Week 6: | July 22 - July 26 | \$15                    | \$100 res / \$120nr | \$20                | \$20                | Pirate Cruise                       | \$30 _____ |
| Week 7: | July 29 - Aug 2   | \$15                    | \$120 res / \$140nr | \$20                | \$20                | <u>POCO - price included in fee</u> |            |
| Week 8: | Aug 5 - Aug 9     | \$15                    | \$100 res / \$120nr | \$20                | \$20                | Quassy                              | \$30 _____ |
| Week 9: | Aug 12 - Aug 16   | \$15                    | \$100 res / \$120nr | \$20                | \$20                | <u>No Trip — At camp party</u>      |            |

Please list anyone, including yourself, that will have permission to pick up your child(ren) from Kamp

- 1.
- 2.
- 3.
- 4.
- 5.

**T-SHIRT SIZE** (Circle One)    **YS**    **YM**    **YL**    **AS**

I give permission for my child to participate in the Recreation Department's Kidz Kamp program under the Direction of the Town of North Branford. I hereby waive, release, absolve, indemnify and agree to hold harmless the Town of North Branford, its directors, agents, employees, volunteers and any person transporting my child to or from any activities, for any claim arising out of any injury(s) to my child. I give permission to have photographs of my child or children taken during this program used for publicity purposes of the NB Recreation Department.

\_\_\_\_\_  
 Parent/Guardian Signature

\_\_\_\_\_  
 Date

Kamp Week Totals    \$ \_\_\_\_\_  
 B/A Care Totals    \$ \_\_\_\_\_  
 Kamp Trip Totals    \$ \_\_\_\_\_  
 Lunch Totals    \$ \_\_\_\_\_  
 Sibling Discount    \$ \_\_\_\_\_  
**TOTAL FEE DUE**    \$ \_\_\_\_\_

# FABULOUS 55+

## Get Fit

**Who:** Adults  
**Session I:** Mar 6 - May 8  
**Session II:** May 22 - July 24  
**Session III:** August 7 - October 30  
(no class 9/4, 9/11, 9/18)  
**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.

## Senior Sitterclse

**Who:** Adults  
**When:** March 11 - June 3 (no class May 27)  
**Time:** Monday, 12:45 - 1:45 p.m.  
**Where:** STW Community Center  
**Fee:** \$17  
**Instructor:** VNA Community Healthcare  
**Description:** Increase muscle strength and improve flexibility, gait and balance to prevent falls. Can be done standing or in a chair. A specially designed program for those 50 and older.

## Healthy Conversations

**Who:** Adults  
**Session I:** March 13  
**Session II:** April 17  
**Session III:** May 15  
**Session IV:** June 19  
**Session V:** July 17  
**Session VI:** August 21  
**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.

## Summertime Supper Club

**Who:** Adults  
**When:** TBD  
**Time:** 4:30 p.m.  
**Where:** Location varies  
**Fee:** On your own  
**Description:** We will be offering our popular Supper Club again for the summer months! We will choose one evening in May, June, July and August and have an early meal at a local restaurant. *Location varies based on the specials available.* Don't miss this great opportunity to enjoy an evening meal out and with the company of friends!

## Strongercise

**Who:** Adults  
**Session I:** April 12 - May 20  
**Session II:** May 31 - July 12  
**Session III:** July 15 - August 23  
**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!

## Books on Wooster Square

**Who:** Adults  
**When:** Thursday, April 18  
**Time:** 1:00 - 2:00 p.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Presenter:** Rich Biondi  
**Description:** Join local author and member of the Wooster Square Italian American community, Richard Biondi, as he shares his strong passion for the famous New Haven neighborhood. He will discuss his series of books in this interactive presentation and will have books available for purchase.

## AAA Driving Improvement Course

**Who:** Drivers 50 and over  
**When:** May 8  
**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.*

## Social Services

**Who:** Adults  
**When:** June 12  
**Time:** Wednesday, 1:00 - 2:00 p.m.  
**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+

## Live Well with Diabetes Program

**Who:** Adults  
**When:** Tuesdays, April 2 - May 7  
**Time:** 10:30 a.m. - 12:00 p.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** East Shore Health District Nurse Educators

**Description:** This class is for people with diabetes, pre-diabetes, or those who live with or care for someone with diabetes and may help you make better nutrition and exercise choices. Small changes can make a happier, healthier life!

## Healthy & Active Aging

**Who:** Adults  
**When:** Friday, April 26  
**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 and experiences in the fitness industry. He will describe the importance of regular exercise, specifically strength training, on the aging body. As well as the types and quantity of exercise that are best to stay as healthy and active as possible during your aging years!

## Companionship & Intimacy

**Who:** Adults  
**When:** Friday, May 24  
**Time:** 11:00 a.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** Beverly Kidder - Agency on Aging

**Description:** For an aging population, intimacy and companionship bring new adventures, problems and possibilities. Join us for this interactive and relevant conversation.

## RSVP Volunteer Program

**Who:** Adults  
**When:** Monday, June 10  
**Time:** 11:00 a.m.  
**Where:** STW Community Center  
**Fee:** Free  
**Instructor:** Cherie L. Strucaly - Agency on Aging  
**Description:** RSVP Volunteer program provides adults 55 and older an opportunity to use their skills and experiences to help strengthen and improve their communities, assist the individuals that live in them and maintain a sense of value and purpose. Come learn about the volunteer opportunities available.

# DAY EXCURSIONS

(round trip transportation on our 16 passenger van)

## Nelson Hall /The Andrew Sisters

**Who:** Adults  
**When:** Thursday, March 21  
**Time:** Departs 11:30 a.m.  
**Fee:** \$40  
**Description:** Join us in a high energy nostalgic trip down memory lane featuring the signature sound of the Andrew Sisters! Enjoy "Boogie Woogie Bugle Boy," "Apple Blossom Time" and many more musical arrangements. Audiences of all ages will enjoy the chemistry and vocal harmony of the singers thoughtfully strung together with stories and anecdotes. Lunch at Vespucci's prior to the show, on your own.

## Magic Wings/Yankee Candle Village

**Who:** Adults  
**When:** Wednesday, April 10  
**Time:** Departs 9:00 a.m.  
**Fee:** \$18  
**Description:** Enjoy a tour of the 8,000 sq. foot glass conservatory filled with butterflies, moths and tropical vegetation. Then head over to the Yankee Candle Village aptly named the "Scenter of the Universe". Lunch stop to be determined.

## Nelson Hall/Music of Van Morrison

**Who:** Adults  
**When:** Friday, April 5  
**Time:** Departs 11:30 a.m.  
**Fee:** \$40  
**Description:** Rock and roll doesn't get any better than Van Morrison. *Moondance* captures the Van Morrison concert experience like no other. You'll hear classic tunes- "Brown Eyed Girl," "Moondance," "Domino," "Tupelo Honey," "Wild Night," and more. The show is packed with one Van Morrison classic after the next. Lunch at Vespucci's prior to the show, on your own.

## Ivoryton Playhouse/Mamma Mia!

**Who:** Adults  
**When:** Wednesday, July 10  
**Time:** Departs 11:00 a.m. (show at 2:00)  
**Fee:** \$45  
**Description:** Over 60 million people worldwide have fallen in love with the characters, the story and the music that make *Mamma Mia!* the ultimate feel-good show! Set on a Greek island paradise, the story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship.

# DAY EXCURSIONS

(round trip transportation on our 16 passenger van)

## Mystic Village

**Who:** Adults  
**When:** Friday, June 7  
**Time:** Departs 10:30 a.m.  
**Fee:** \$3

**Description:** Spend a casual day of shopping and enjoy lunch with friends. Once we are at the Village this trip is on your own. We will provide a list of eateries and stores for you to enjoy.

## Norman Rockwell Museum

**Who:** Adults  
**When:** Friday, July 26  
**Time:** Departs 9:30 a.m.  
**Fee:** \$20

**Description:** Founded in 1969 with the help of Norman and Molly Rockwell, the Norman Rockwell Museum with 998 original paintings and drawings is dedicated to the enjoyment and study of Rockwell's work and his contributions to society, popular culture and social commentary. Lunch on your own at the museum's Terrace Café.



## Essex Steam Train & Riverboat Pirate Adventure Cruise/Lenny and Joe's

**Who:** Adults  
**When:** Wednesday, August 7  
**Time:** Departs 8 :15 a.m.  
**Fee:** \$35

**Description:** Hop on board The Essex Steam Train as it heads to Deep River Landing to Meet the riverboat, Becky Thatcher. The commander of the "ship" Captain Molly Bones - known as the gem of the high seas - will take you on a fully immersive, one-of-a-kind Treasure Hunt on the Connecticut River! We will then head to Lenny and Joe's for lunch on your own.

## Harkness Park & Lunch

**Who:** Adults  
**When:** Friday, September 6  
**Time:** Departs 10:30 a.m.  
**Where:** STW Community Center  
**Fee:** Free

**Description:** Enjoy the panoramic views of Long Island Sound, the sweeping lawns, the stately trees and spectacular gardens set on over 230 seaside acres. Includes a stop at the fabulous Captain Scott's Lobster Dock for lunch on your own.

## AQUA TURF

**\*All Aqua Turf events include a delicious family style meal and complimentary glass of beer or wine.**

### Aqua Turf/St. Patrick's Day Celebration

**Who:** Adults  
**When:** Tuesday, March 19  
**Time:** Departs 10:30 a.m.  
**Fee:** \$45

**Description:** Pdraig Allen and The Maclean Avenue Band have their very own sound with the Irish Celtic folklore and rock pop Celtic music of today. Your meal will be salad, pasta, corned beef & cabbage, baked scrod, carrots & potatoes, dessert.

### Aqua Turf/Celebrate Italia

**Who:** Adults  
**When:** Tuesday, July 16  
**Time:** Departs 10:30 a.m.  
**Fee:** \$45

**Description:** Sophisticated, versatile and polished; FIRST KISS ORCHESTRA will be the perfect fit to celebrate Italia! Your meal will be salad, penne ala norm, chicken parmesan, veal & peppers, vegetables, potato and spumoni.

### Aqua Turf/Song, Dance & Romance

**Who:** Adults  
**When:** Tuesday, August 13  
**Time:** Departs 10:30 a.m.  
**Fee:** \$45

**Description:** A musical journey of great songs all designed with the dancing romantic in mind! Richie and hos entourage will bring the songs from yester-year as well as favorites from today. Your meal will be salad. Pasta ala Norma, chicken Kathryn, sliced roast pork loin, vegetable, potato and dessert.







# 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 |
|--|-----|-----------------|-----------|---|-----|
|  |     |                 |           |   |     |
|  |     |                 |           |   |     |
|  |     |                 |           |   |     |
| <div style="border: 1px dashed black; padding: 5px;"> <b>T-SHIRT (If applicable) CIRCLE ONE: YS YM YL AS AM</b> </div> |     |                 |           | 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, it's 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 between the ages of 12 – 26. Under 15 needs to be accompanied by an adult.

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



Try us first for  
3 Days!  
No Enrollment fee!



## FITNESS ROOM OPEN HOUSE

**Come try the gym for FREE!**

**Saturday, May 4th, 9:00am - 1:00pm**

- Meet the Staff
- Get familiar with our equipment
- Ask questions



**THE BEST KEPT SECRET in North Branford!**







# 18th Annual Potato & Corn Festival

Held at the Augur Farm ~ 298 Forest Road

## August 2, 3, & 4!



### ***Featuring:***

#### *All Weekend*

**Carnival Rides - NEW: Weekend Wristbands!**

**FREE Contests & Games**

**Live Entertainment**

**Talent Showcase**

**Crafts & Food**

**Photo Exhibit**

**Petting Zoo**

**Car & Bike Show - Friday Night**

**Tractor Pull - Saturday**

**Hayrides - Saturday & Sunday**

**Fireworks - Saturday Night**

*\*Rain date Sunday\**

**Beer & Wine Garden - Sunday**

*\*Pending Town Council Approval\**

**5K Cross Country Race - Sun. Morning**

**Friday 5pm - 11pm | Saturday 10am - 11pm | Sunday 10am - 6pm**

### ***Welcome Fiesta Shows!***

**Featuring new rides & games for 2019!**



**For Vendor applications, Food Vendor applications, Sponsorship information and updated information on the weekend's events visit our website or give us a call!**

**[nbpotatofest.com](http://nbpotatofest.com) - (203) 484-6017**





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