

NORTH BRANFORD



PARKS AND RECREATION

SPRING & SUMMER 2020

Photo by: Elizabeth Dwyer

STW Community Center 1332 Middletown Avenue, Northford, CT 06472

www.nbcreation.com | 203-484-6017

THE DANCER'S STUDIO

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Northford, CT 06472

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Sharon DiCrosta, Director



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NORTH BRANFORD PARKS AND RECREATION SPRING & SUMMER



Letter From The Rec Supervisor

Happy Spring!!

All of us here at North Branford Parks & Recreation and Senior Center are thrilled to share with you our upcoming Spring and Summer activities! Although we have experienced some transitions, we still have the same great programs and more!

We have developed a fantastic partnership with our local AAA and will be offering new programs such as 'It's Uber Easy to get a Lyft' for those of you who have ever wondered how to access ride hailing services, as well as a 'Car Seat Installation Clinic' to help install, inspect and educate on the importance of car seat safety. Additionally, we have teamed up with Yale University to offer workshops on pre and post-natal fitness called 'Dancing Thru Pregnancy' and 'Mom-Baby Fitness'.

We have been working on expanding our programming for all ages and have new offerings from family science classes to an eight-day New England/Canada cruise. We are also excited to announce 'Friday Night Socials' for our teen and older crowd. This will be an opportunity for our young adults to meet up with friends for an open recreation night that includes supervised games, movies and snacks. Also, in addition to weekly field trips and entertainers, we will be enhancing our Kids Camp with weekly classes such as yoga, science and circus arts!

Whether it's something you have enjoyed in the past or you are trying something for the very first time — we hope you will take advantage of what we have to offer! Please stop by and meet our dedicated staff and don't forget to visit the 19th Annual Potato & Corn Festival! Wishing you all a happy, healthy & safe summer!

Warm Regards,
Kerry Haynes
Recreation Supervisor

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GENERAL INFORMATION

STAFF

Parks, Recreation & Senior Director
recreationdirector@townofnorthbranfordct.com

Kerry Haynes Recreation Supervisor
recreationsupervisor@townofnorthbranfordct.com

Kathy Poston Senior Program Coordinator
seniorcenter@townofnorthbranfordct.com

Jessica Cave Secretary
recreationsecretary@townofnorthbranfordct.com

Festival Coordinator
potatofest@townofnorthbranfordct.com

Linda Javins Receptionist
Toni DeLizio Cook

PART-TIME FRONT DESK ATTENDANTS

Steve Bernstein, Phyllis DaCunto, Anthony Leone,
John Leone, Lou Paternoster, Erica Sellers

PART-TIME STAFF

Sandy D 'Urso, Gerald Fucci

Frequently Requested Contacts

Town Manager,	Mike Paulhus	203-484-6000
Public Works,	Fran Merola	203-484-6060
Social Services,	Luisa Breen	203-484-6006
NBHS Athletic Director,		203-484-1465
Superintendents Office		203-484-1440
Police (non-emergency)		203-484-2703
Little League	northbranfordlittleleague.org	
Youth Basketball	nbyb.org	
Soccer Club	nbsoccer.com	
Youth Football	nbyfc.org	
Youth Lacrosse	nbylax.org	

FACILITY HOURS/INFO

STW Community Center

1332 Middletown Ave, Northford, CT 06472

Monday-Friday 8:30 am - 4:30 pm

DiLungo Fitness Center Hours

Monday - Thursday 5:30 am - 8:00 pm

Friday 5:30 am - 4:30 pm

Saturday - Sunday 6:30 am - 1:00 pm

Holiday Hours

Friday, April 10 5:30 am - 12:00 pm

Sunday, April 12 CLOSED

Monday, May 25 5:30 am - 12:00 pm

Friday, July 3 5:30 am - 12:00 pm

Saturday, July 4 CLOSED

Monday, Sept. 7 5:30 am - 12:00 pm

Parks & Recreation Commission

Jennifer Ash
Craig Miller
John Onofrio
Michelle Provencher
Steve Torino
Jessica DellaCamera—Clerk

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

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

Website: **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.

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.

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.

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 less 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!

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Monday-Thursday 8 am – 9 pm, Friday 8 -5 pm
 Saturdays 8 - 4 pm
 (9 Saturdays per year... call for specific dates)

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- Vinyl Liner Pools
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- Pool Renovations
- Landscape Design
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(Lighthouse Square)
(203) 458-SERV (7378)

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

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 nbrecreation.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
STW Community Center Room	\$30/hr	\$50/hr	\$50/hr	\$60/hr	\$25/hr
STW Gym	\$40/hr	\$60/hr	\$60/hr	\$75/hr	\$25/hr
Park Pavilion	\$60/3 hr	\$75/3 hr	\$75/3 hr	\$85/3 hr	

All fees are at the discretion of the Director.



**OPEN FROM
SUNRISE TO SUNSET**



**Located on the town owned Augur Property
290 Forest Road, Northford**

**Dogs can frolic in a fenced area without
leashes at the North Branford park!**

COMMUNITY EVENTS

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

PIZZA WARS

TUESDAY, APRIL 28

6:00-8:30 PM

FIRST SEATING 6:00 - 7:00

SECOND SEATING 7:30 - 8:30

TVES CAFETERIA

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 17th

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

***NEW* Car seat installation clinic**

See page 14 for details

HIGH SCHOOL CULINARY LUNCHEON

Wednesday, April 8th - 11:30 am

North Branford High School Gym

Adults \$5

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



North Branford Community Night At the Bridgeport Sound Tigers

Sunday, April 5, 2020

3:00 pm

Come to this family fun event!

Watch the Sound Tigers take on the Hartford Wolfpack. Tickets are \$20 and a portion of ticket sales will go to North Branford Public Schools.

Purchase Tickets here:

<https://fevo.me/northbranford20>

COMMUNITY EVENTS

SENIOR PICNIC

Co-sponsored with the North Branford Rotary

Thursday, June 25, 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.



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

*Please register by
Thursday, June 4th.*



SENIOR APPRECIATION LUNCHEON

Wednesday, August 19th, 12:00 pm

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 12th

Saturday, March 14, 2020
9:30 to 11:30 am

Totoket Mountain/Mattabesett Trail Hike

Come explore the highest peak in North Branford, 720' (360' elevation gain). Follow a steep ravine through an old vineyard and hemlock grove up to the high point. This is the junction of North Branford, Durham, and Guilford. Look for old border markers. Pass intermittent streams and a waterfall. There will be at least one stream crossing.

**Due to the terrain, this hike is not recommended for young children.
Rain date March 15, same time.**

Approximate round-trip distance: 2.5 miles. Meet at: Stage Coach Rd, off Route 17, in Durham. From Northford Center, go 4.1 miles north on Rte 17. Turn right onto Stage Coach Rd. Go 300 yards to a sharp left turn. The trailhead is on the right at the turn. Please do not block the entrance for emergency vehicles. Park along the road wherever possible. Meet by 9:15 am.



North Branford Land Conservation Trust Hikes

www.nblandtrust.org

Saturday, June 6, 2020

9:30 to 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, a vernal pool, and some recently built animal habitat. Meet by 9:15 at the trail sign at 95 North St. Park on the cul-de-sac at the end of North St, along North St, or at Atwater Library. Rain date June 7, same time.

Pre-registration is APPRECIATED.
www.nblandtrust.org

Sunday, June 7, 2020

9:30 to 11:30 am

Farm River Trail

Explore the largest town-owned open space in North Branford. This will be an easy walk for all ages. We will pass through forest, farms, and fields, following the path of the Farm River. Meet at North Branford Fire Training Facility by 9:15 at Totoket Valley Park, 290 Forest Road (Rte 22). Pre-registration is APPRECIATED.

www.nblandtrust.org
Heavy rain cancels event.

BUS TRIPS

New York Jets Game

When: TBD

Cost: \$150

Description: Travel aboard a motor coach bus to Metlife Stadium to watch the New York Jets. 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!

Boston Red Sox Game

When: Saturday, June 6

Cost: \$102

Description: Take me out to the Ballgame! Travel to Fenway Park to see the Boston Red Sox take on the Milwaukee Brewers. Seats are located in the Outfield/Grandstand 7. Game time is 7:15 pm. Bus leaves the STW parking lot at 2:30 pm. Bus departs from Fenway 30 minutes after the game.

One World 9-11 Memorial

When: Tuesday, September 22

Cost: \$118

Description: The National September 11 Memorial Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events, and exploring 9/11's continuing significance. The Museum displays artifacts associated with the events of 9/11 and presents stories of loss and recovery. Ascend to the top of the World Trade Center (which is the tallest building in the Western Hemisphere) to the One World Observatory, then look toward the horizon and feel the city's invincible spirit. With a 360° view, take in the panoramic sights of New York City and beyond! Then spend some time at Chelsea Market (for lunch on your own) which is part of the High-Line Infrastructure.

Radio City Christmas Spectacular

When: December date TBD

Cost: \$130

Description: Come enjoy the Rockettes and the story of Christmas. 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.

Colors of Vermont

When: Tuesday, October 6

Cost: \$108

Description: Begin your day with a visit the Hawkins House, a 3,200 square foot crafts market. It includes an extraordinary selection of handcrafted jewelry, pottery, blown glass, wooden ware, clothing, handbags, accessories, Vermont products and more! Lunch will be at the Mt. Anthony Country Club. Your meal choices are: Spinach and Mozzarella Stuffed Pork Loin, Chicken Francaise with Lemon and White Wine Buerre Blanc or Grilled Steak with a Mushroom Demi Glaze. Lunch also includes salad, dessert and a coffee and tea station. After lunch, take a trip to the Bennington Battle Monument. And end the day with a visit to the Apple Barn and Country Bake Shop, also located in Bennington VT. Enjoy a narrated bus ride to the top of the Apple Orchard and upon returning to the bake shop, you will be treated to a slice of hot apple pie a la mode and choice of beverage.

Cruise Canada and New England with Princess Cruises on The Sky Princess (New Ship!)

Who: Everyone Welcome **PASSPORT REQUIRED**

When: October 24 - 31

PORTS OF ARRIVAL

- New York City (Manhattan or Brooklyn), New York
- Newport, Rhode Island
- Boston, Massachusetts
- Bar Harbor, Maine
- Saint John (for the Bay of Fundy), New Brunswick
- Halifax, Nova Scotia

LODGING OPTIONS

Inside Cabin Category ID \$1,370
Balcony Cabin Category BD \$1,970
Balcony Cabin Category BC \$2,010

Rates are per person double occupancy and include roundtrip motor coach transportation to/from the cruise pier, cruise, port charges, and government fees. Stop by STW Community Center for more information.

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.

Touch A Truck • Potato Fest • Pizza Wars

North Branford Potato and Corn Festival *and more!*

(203) 484-6017



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 over the rainbow cupcakes to caprese paninis these exciting new classes will engage children in delicious creations.

Ages 5-14

STW Community Center • Tuesdays 5:30 - 7:30 pm

Cost \$40 per class

March 10, 2020 - Leprechaun Traps & Over the Rainbow Cupcakes

April 7, 2020 - Caprese Panini & Bunny Cupcakes

May 5, 2020 - Quesadillas & Sombrero Hat Cookies



PRE-SCHOOL

Toddler Time Art

Who: Ages 3 - 4
Session I: March 3 - March 24
Session II: March 31 - April 21 (no class 4/14)(\$42)
Session III: May 5 - May 26
Time: Tuesday, 12:30 - 1:30 pm
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.

Sizzling Science

Who: Ages 5 - 8
Session I: March 3 - March 24
Session II: March 31 - April 21 (no class 4/14)(\$42)
Session III: May 5 - May 26
Time: Tuesday, 4:00 - 5:00 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 Sensory Science

Who: Ages 3 - 4
Session I: March 3 - March 24
Session II: March 31 - April 21 (no class 4/14)(\$42)
Session III: May 5 - May 26
Time: Tuesday, 11:00 - 12:00 pm
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!

Imagination Station

Who: Ages 2 - 3
When: March 18 - May 6
Time: Wednesday, 9:00 - 9:30 am
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, April 19 - June 28
(no class 6/21)
Time: Ages 2 - 3 : 9:00 - 9:45 am
Ages 4 - 5: 10:00 -10:45 am
Where: Northford Park
Fee: \$130 (Jersey Included)
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.

Family Science Spectacular!

Who: Ages 5 - 9 & Caregivers
When: June 13 - July 25 (no class July 4)
Time: Saturday, 11:00 - 12:00 pm
Where: STW Community Center
Fee: \$130 per team of 2 (includes materials)
Instructor: Kids Corner CT
Description: *Attention students & caregivers!* Join this hands on class to explore chemistry, engineering and physics. Build a roller coaster, bridges and launchers. Put on your goggles and lab coats to learn about (safe) chemical mixtures, atoms, acids, molecules, electrons, metals and the periodic table elements. Then explore the exciting world of how things work by experimenting with heat, magnetism, magnetic fields, electricity, simple circuits and more!

Adventureland

Who: Ages 4 - 7
When: July 7 - July 28
Time: Tuesday, 9:00 - 10:00 am
Where: STW Community Center
Fee: \$60
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

Who: Ages 4 - 7
When: July 7 - July 28
Time: Tuesday, 10:30 - 11:30 am
Where: STW Community Center
Fee: \$60
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!

YOUTH SPORTS CAMPS

Skilz & Drillz Basketball

Who: Ages 10 - 14
Session I: June 15 - June 19
Session II: June 22 - June 26
Time: Monday - Friday, 8:30 am - 2:30 pm
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.

SESSION/SIBLING DISCOUNTS

Tennis Camp

Who: Grades 3 - 9
Session I: June 22- June 26
Session II: August 24 - August 28
Time: Monday - Friday, 9:00 am - 12:00 pm
Where: Memorial Park Tennis Courts
Fee: \$150
Instructor: Phillip Guliano
Description: Grab your tennis racket and get ready to play! Whether you're a beginning, an intermediate or an advanced player, this program will improve your game and help you get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Each player is given personal attention and taught through repetition in an enjoyable, lively atmosphere.

Field Hockey Camp

Who: Entering Grades 2 - 8
When: July 6- July 9
Time: Monday - Thursday, 9:30 - 11:00 am
Where: North Farms Park
Fee: \$80
Instructor: Cheryl Canada- Former Division 1 Associate Head Coach, 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 attacking 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

Who: Grades 3 - 9
When: August 3 - August 7
Time: Monday - Friday, 9:00 am - 1:00 pm
Where: North Branford Intermediate School
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

Mary's Culinary Classes

Who: Ages 5 -14
Session I: March 10
Session II: April 7
Session III: May 5
Time: Tuesdays, 5:30 - 7:30 pm
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 over the rainbow cupcakes to caprese paninis these exciting new classes will engage children in delicious creations.

Recharge Yoga

Who: Ages 13+
Session I: March 30 - May 18
Session II: June 8 - July 27
Session III: August 17 - October 19 (no class 9/7, 10/12)
Time: Monday, 9:30 - 10:30 am
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.

Intro to Guitar & Singing

Who: Ages 6 - Adult
When: April 16 - May 21
Time: Thursday, 6:30 - 7:15 pm
Where: STW Classroom
Fee: \$50
Instructor: Debra K. Levi
Description: Learn to strum, pick and harmonize in this combination guitar & singing class! This is an opportunity for all ages, families, and individuals to learn how to play and sing a variety of songs and have fun with all the basic techniques and more! Guitars are available to rent.

Creative Youth Drumming

Who: Ages 5+
When: April 16 - May 21
Time: Thursday, 5:30 - 6:15 pm
Where: STW Classroom
Fee: \$50
Instructor: Debra K. Levi
Description: NO drums necessary for this innovative class! Have FUN and learn the basics of rhythm and timing while drumming on common household items! Please bring a pair of drumsticks and a non-traditional drum to class such as a pot, pan, small trash cans, bucket, etc.

AAA: Teen Driving Prep Course

Who: New Teen drivers and their parents
When: May 7
Time: Thursday, 6:00 - 7:30 pm
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!

Beginner Tennis

When: May 12 - June 16
Who: Ages 8 - 11
Time: Tuesday, 5:00 - 6:00 pm
Who: Ages 12+
Time: Tuesday, 6:00 - 7:00 pm
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. Please bring your own racquet.

YOUTH / ADULT

Transform LIVE/Piyo

Who: 16+
Session I: March 25 - May 13
Session II: June 3 - July 22
Session III: August 12 - September 30
Time: Wednesdays, 6:00 - 7:00 pm
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.

Yoga to Release the Week

Who: Ages 13+
Session I: March 12 - April 30
Session II: May 21 - July 9
Session III: July 30 - September 17
Time: Thursday, 6:30 - 7:30 pm
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 meet individual student needs.

Intermediate & Advanced Tennis

Who: Ages 12+
When: May 14 - June 18
Time: Thursday, 5:00 - 6:00 pm
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. Please bring your own racquet.

Cardio Tennis

Who: Ages 12+
When: May 14 - June 18
Time: Thursday, 6:00 - 7:00 pm
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. Please bring your own racquet and plenty of water.

Pickleball

Who: Ages 16+
When: Ongoing
Time: Thursday, 6:00 - 8:00 pm
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 ahead check availability.

Gentle Yoga

Who: Ages 13+
Session I: March 13 - May 8 (no class 4/10)
Session II: May 22 - July 17 (no class 7/3)
Session III: July 31 - September 18
Time: Friday, 9:30 - 10:30 am
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.

Babysitter's Certification

Who: Ages 12 - 15
When: June 6
Time: Saturday, 9:00 am - 2:00 pm
Where: Ambulance Co. #4 - Northford
Fee: \$65
Instructor: Company 4 Certified Instructor
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

Friday Night Socials

Who: Ages 15+
Session I: April 24
Session II: June 26
Session III: August 28
Time: Friday, 6:00 - 9:00 pm
Where: STW Community Center
Fee: \$5
Description: Calling ALL young adults! Meet up with friends at the STW Community Center for an open rec night! Hang out and watch a movie, play games or participate in open gym. Door prizes and snacks provided! Kindly register in advance.
**Supervision provided*

Car Seat Installation Clinic

When: May 17
Time: Friday, 11:30 - 1:30 pm
Where: STW Community Center
Fee: FREE
Instructor: Adelle Zocher
Description: Keep your little one safe! Adelle is a certified child passenger safety technician and instructor with AAA. She will help install, inspect, and educate on car seat safety. Please call ahead to schedule an appointment, you will be asked to provide the year, make and model of your vehicle as well as the number and type of car seat(s) needing installation.

ADULT

Dancing Thru Pregnancy Workshop

Who: Moms-to-be
When: June 6
Time: Saturday, 10:30 - 12:00 pm
Where: STW Community Center
Fee: \$5
Instructor: Ann Cowlin, MA CSM CCE, Yale University movement specialist, textbook author on women's fitness, and founder/director of Dancing Thru Pregnancy® and Mom-Baby Fitness™.
Description: Total Pregnancy Fitness meet-up for moms-to-be. Enjoy this time-tested, evidence-based program with excellent research outcomes for participants. Learn activities to prepare for birth and recovery, improve prenatal fitness, build body trust, and find friendships. Receive help with discomforts from workshop facilitator and women's fitness expert Ann Cowlin, MA CSM CCE, Yale University movement specialist and founder/director of Dancing Thru Pregnancy®, the global program of pre/postnatal fitness.



Mom-Baby Fitness Workshop

Who: Moms & babies
When: May 2
Time: Saturday, 10:30 - 12:00 pm
Where : STW Community Center
Fee: \$5
Instructor: Ann Cowlin, MA CSM CCE, Yale University movement specialist, textbook author on women's fitness, and founder/director of Dancing Thru Pregnancy® and Mom-Baby Fitness™.
Description: A special meet-up for moms and babies – social support combined with fitness, posture, muscle tone, endurance and wellbeing. Moms say: "Builds community, and is fun and effective." Bring baby (6 weeks up to walking), stroller, water, sneakers and extra diapers.



ADULT

T'ai Chi Ch'uan - Qigong

Who: Ages 18+
Session I: March 10 - April 28
Session II: May 19 - July 7
Session III: July 28 - September 8
Time: Tuesday, 6:30 - 8:00 pm
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.*

Cornhole League

Who: Ages 18+
When: March 23 - May 18 (skip 4/27)
Time: Monday, 6:00 - 8:00 pm
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 I: March 10 - May 5 (no class 3/17)
Time: Tuesday, 6:00 - 7:00 pm
Fee: \$75
Session II: May 12 - June 2 (mini - session)
Fee: \$40
Where: STW Clarino Room
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.

NRA Basic Pistol Safety Course

Who: Ages 21+
When: TBA
Time: Saturday, 9:00 am - 5:00 pm
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.

CO-ED SOFTBALL - JUNE - AUGUST

TUESDAY NIGHTS | \$350 PER TEAM

10 GAMES PLUS PLAYOFFS

Register with the North Branford Parks & Recreation

Contact Kerry at

recreationsupervisor@townofnorthbranfordct.com

Or call (203) 484-6017 For more information

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: April 2 - April 23
Session II: August 6 - August 27
Time: Thursday, 3:00 - 3:30 pm
Fee: \$45
Where: Tom Smith's Forge Martial Arts Academy
Instructor: Tom Smith & Staff

Youth Self Defense

Who: Ages 7 - 12
Session I: April 4 - April 25
Session II: August 8 - August 29
Time: Saturday, 10:50 - 11:30 am
Fee: \$45
Where: Tom Smith's Forge Martial Arts Academy
Instructor: Tom Smith & Staff

Child Self Defense

Who: Ages 5 - 6
Session I: April 4 - April 25
Session II: August 8 - August 29
Time: Saturday, 12:30 - 1:00 pm
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 Jiu Jitsu 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 pm
Who: Ages 10 - 15
Time: Wednesday, 5:10 - 5:50 pm
Session I: April 1 - April 22
Session II: August 5 - August 26
Fee: \$45
Where: Tom Smith's Forge Martial Arts Academy
Instructor: Tom Smith & Staff

Adult Brazilian Jiu Jitsu

Who: Ages 16+
Session I: April 7 - April 28
Session II: August 4 - August 25
Time: Tuesday, 8:05 - 9:15 pm
OR Thursday, 7:00 - 8:15 pm
Fee: \$45
Where: Tom Smith's Forge Martial Arts Academy
Instructor: Tom Smith & Staff

KIDS CAMP 2020



REGISTRATION INFORMATION:

- * ***Register and be paid in full by May 1st 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 KIDS CAMP 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 2020 Kids Camp 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.
- * Kids Camp will remain open on trip days.

KIDS CAMP 2020

FIELD TRIPS

Field Trip days are on Wednesdays unless otherwise noted

- | | |
|---|---|
| 1. June 22 - June 26 | Only Game in Town (mini golf/arcade) |
| 2. June 29 - July 2 <i>No Camp July 3rd</i> | Dave & Buster's
(Includes Lunch) |
| 3. July 6 - July 10 | CT Science Center |
| 4. July 13 - July 17 | Movies & Bowling |
| 5. July 20 - July 24 | Skyzone |
| 6. July 27 - July 31 | New Britain Bees Baseball
(Includes Lunch) |
| 7. August 3 - August 7 | POCO
*Friday |
| 8. August 10 - August 14 | Quassy |
| 9. August 17 - August 21 | At Camp Party
*Friday |

Information for Kids Camp 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 Kids Camp. CITs preserve traditions, are bridges between campers and counselors, and they have energy and enthusiasm! This is 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. **Here are the 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.

KIDS CAMP 2020

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: _____ 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 7:30 - 9	Kids Camp 9 - 4	After Care 4 - 6	Hot Lunch Option	Field Trip	
Week 1:	Jun 22- Jun 26	\$15	\$100 res /\$120nr	\$20	\$20	Only Game	\$30 _____
Week 2:	Jun 29 - July 2	\$15	\$90 res /\$110nr	\$20	\$20	Dave & Buster's	\$30 _____
Week 3:	July 6 - July 10	\$15	\$100 res /\$120nr	\$20	\$20	CT Science Center	\$30 _____
Week 4:	July 13 - July 17	\$15	\$100 res /\$120nr	\$20	\$20	Movies & Bowling	\$30 _____
Week 5:	July 20- July 24	\$15	\$100 res /\$120nr	\$20	\$20	Skyzone	\$30 _____
Week 6:	July 27 - July 31	\$15	\$100 res /\$120nr	\$20	\$20	New Britain Bees	\$30 _____
Week 7:	Aug 3 - Aug 7	\$15	\$120 res /\$140nr	\$20	\$20	POCO - price included in fee	
Week 8:	Aug 10- Aug 14	\$15	\$100 res /\$120nr	\$20	\$20	Quassy	\$30 _____
Week 9:	Aug 17 - Aug 21	\$15	\$100 res /\$120nr	\$20	\$20	No Trip — Camp party	

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

- 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 Kids Camp 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

Camp Week Totals \$ _____
 B/A Care Totals \$ _____
 Camp Trip Totals \$ _____
 Lunch Totals \$ _____
 Sibling Discount \$ _____
TOTAL FEE DUE \$ _____

FABULOUS 55+

Social Services

When: Thursday, March 12
Time: 12:45 - 1:45 pm
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.

Effective Communication Strategies

When: Friday, March 13
Time: 12:45 pm
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.

Introduction to Senior Tai Chi

When: Wednesday, March 18 - May 6
Time: 12:45 pm - 1:45 pm
Fee: \$40 res / \$45 nr
Instructor: Marty 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.

Hot Topics with East Shore Health

Session I: March 30
Session II: April 27
Session III: May 25
Session IV: June 29
Session V: July 27
Session VI: August 31
Time: Fridays, 10:45 - 11:45 am
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.

Strongercise

Session I: March 20 - April 27
Session II: May 4 - June 15 (no class May 25)
Session III: June 22 - August 3 (no class July 3)
Time: Mon. & Fri., 9:30 - 10:30 am
Fee: \$30 res / \$35 nr
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

Session I: April 8 - June 10
Session II: June 24 - Sept. 2 (no class Aug. 19)
Session III: September 9 - November 11
Time: Wednesday, 10:30 - 11:30 am
Fee: \$20 res / \$25 nr
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.

Art with Karen

Session I: Monday, April 13 - *Painting Session*
Session II: Monday, May 11 - *Craft Session*
Time: 11:00 am - 12:00 pm
Fee: Free
Instructor: Karen Kelly
Description: Come expecting to create something simple yet beautiful while having a fun time. Register in advance: Seating is limited.


It's Uber Easy to get a Lyft

A ride hailing workshop

When: Monday, April 20
Time: 10:30 am
Fee: Free
Instructor: Adelle Zocher, AAA
Description: Here's one great way to maintain your mobility if you choose not to drive. Utilizing a ride-hailing service can be a practical transportation solution as you choose to reduce or stop driving. This one hour program that will show you how to install and use the Uber and Lyft apps on your smartphone.

FABULOUS 55+

Why You Really Need to Have an Estate Plan

When: April 23
Time: Thursday 12:45 - 1:45 pm 
Fee: Free
Instructor: Attorney Erin Duques
Description: Did you know that if you don't create your own estate plan, some of your end of life decisions are dictated by the state of Connecticut? If you're OK with this, you really don't need to attend this program! But if you would like to decide how your estate is divided, who is responsible for your care, and more... this course is for you! Come learn from an experienced elder law attorney about important documents EVERY ADULT should have. You'll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You'll walk away knowing what these documents are for, and what you need to do to create them. Even if you already have an estate plan, there's a good chance it needs updating because laws often change.

How to Play Pickleball

When: May 4, 7, 11, 14
Time: 12:45 - 1:45 pm
Fee: \$10
Instructor: Judy Sullivan
Description: What is Pickleball? Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Learn the art of pickleball in this 4 session workshop.

AAA Driving Improvement Course

Who: Drivers 50 and over
When: Wednesday, May 6
Time: 1:00 - 5:00 pm
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.*

Summertime Supper Club

When: TBD
Time: 4:30 pm
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!

The Truth About Medicaid Rules and Long-Term Care Costs

When: Thursday, May 21
Time: 12:45 - 1:45 pm
Fee: Free
Instructor: Attorney Erin Duques
Description: Long-term care is necessary for a lot of people. But long-term care is expensive... especially in Connecticut. CT is the second most expensive in the USA! Come learn how to plan for long-term care from an experienced elder law attorney. You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs. You'll learn strategies to protect money if a crisis arises. Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be covered.

Armchair Detectives

When: Thursday, June 4, 18, July 9, 23
August 6, 27
Time: 12:45 - 1:45 pm
Fee: Free
Instructor: Senior Staff
Description: Do you enjoy a good crossword puzzle, Sudoku, or reading a good mystery? Are you an armchair detective, a board game enthusiast, a fan of the crime genre? *This new group may be just what you are looking for!*

Learning to use your electronics

Session I: Wednesday, June 10
Session II: Wednesday, July 8
Session III: Wednesday, Aug. 12
Time: 12:45 - 1:45 pm
Fee: Free
Instructor: Marc Lillie
Description: Bring your phones, tablets, laptops and questions to this drop in clinic, Marc is here to help!

Brain and Body Wellness with Circus Moves

Session I: Monday, July 6
Session II: Monday, July 20
Session III: Monday, August 3
Time: 1:00 - 2:00 pm
Fee: Free
Instructor: Cynthia Rauschert of Circus Moves
Description: So much fun you won't know you're exercising! Activities promote core strength and balance, cardiovascular health, mental skills and memory, physical and mental flexibility, and most can be done sitting or standing. All abilities welcome.

DAY EXCURSIONS

(round trip transportation on our passenger van)

Nelson Hall/The Jersey Tenors

Who: Adults
When: Friday, April 17
Time: Departs STW 11:30 am
Fee: \$40 res / \$45 nr
Description: The Jersey Tenors is the newest Opera/Rock Mash-up sensation that creates an explosive blend of the most iconic Opera classics alongside such Rock 'N Roll industry greats as Queen, Journey, Elton John, and Billy Joel to name but a few. We highlight some of Jersey's finest like Frankie Valli and The Four Seasons, Sinatra, Bon Jovi, Bruce Springsteen, Kool and The Gang, and even Whitney Houston (Jersey Girl)!. Lunch at Vespucci's prior to the show, on your own.

Nelson Hall/A Tribute to the King

Who: Adults
When: Friday, May 15
Time: Departs STW 11:30 am
Fee: \$40 res / \$45 nr
Description: Travis LeDoyt is not an Elvis impersonator – he's a seasoned entertainer with an authentic tribute to the early music of Elvis, between 1954-1970. With his sly southern drawl and his charming demeanor, Travis and his live band will knock your bobby socks off! Experience this truly incredible concert. Lunch at Vespucci's prior to the show, on your own.

New Britain Bees Ball Game 🌻

Who: Adults
When: Monday, June 1
Time: Departs STW 9:00 am
Fee: \$15 res / \$20 nr
Description: Come enjoy America's favorite pastime! The New Britain Bees will be playing against the Brockton Rox. A traditional ballpark lunch is included.

Mystic Village

Who: Adults
When: Friday, June 12
Time: Departs STW 10:30 am
Fee: \$3 res / \$5 nr
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.

Aqua Turf/Celebrate Italia!

Who: Adults
When: Tuesday, July 14
Time: Departs STW 10:30 am
Fee: \$45 res / \$50 nr
Description: Featuring the Sam Vinci Band! Sam and his band have played at numerous Italian festivals throughout CT, now they are making their way to the Aqua Turf! . Your meal will be melon, salad, penne, meatballs & sausage, chicken parmesan, vegetable and dessert. Receive a complimentary glass of wine or beer.

Mark Twain House

Who: Adults
When: Friday, July 31
Time: Departs STW 9:15 am
Fee: \$25 res / \$30 nr
Description: The Mark Twain House & Museum has restored the author's Hartford, Connecticut, home, where the author and his family lived from 1874 to 1891. Twain wrote his most important works during the years he lived there, including *Adventures of Huckleberry Finn*, *The Adventures of Tom Sawyer*, and *A Connecticut Yankee in King Arthur's Court*. A tour of the house, a "talk back", short film and shopping time in the store is included. A local lunch stop will follow, on your own.

Aqua Turf/Katz n Jammers Band

Who: Adults
When: Tuesday, August 18
Time: Departs STW 10:30 am
Fee: \$45 res / \$50 nr
Description: Get your dancing shoes ready! Dance the day away to this 13 piece swing band specializing in timeless Big Band Classics! Miller, Baise, Herman, Shaw, Goodman, Gershwin and Porter. Your meal will be salad, pasta, marinated flank steak, chicken marsala, vegetable and dessert. Receive a complimentary glass of beer or wine.

Bradley Air museum 🌻

Who: Adults
When: Friday, September 11
Time: Departs STW 10:30 am
Fee: \$20 res / \$25 nr
Description: This is the largest aviation museum in New England. It is dedicated to preserving and presenting historically significant aircraft and related artifacts, engaging visitors through high-quality exhibits. Local lunch stop, on your own.





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 <i>(Including name above if participating)</i>	DOB	Male/ Female	PROGRAM #	PROGRAM/TRIP <i>(Please note there are no refunds)</i>	FEE
<div style="border: 1px dashed black; padding: 5px;"> T-SHIRT (If applicable) CIRCLE ONE: YS YM YL AS AM </div>				Non-Resident Fee - \$5.00 Per program, per person	
				Send a Child to Camp Scholarship \$10	
				TOTAL FEE	

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: _____
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DiLungo Fitness Room

Membership Options and Pricing

Resident:

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

Includes two family members + one child 26 & under.
(additional Children between the ages of 12 and 26
residing in same household may be added for \$50 each)
Under 15 needs to be accompanied by an adult.

Monthly: \$25/Month

Senior \$100 55 years and older

Non - Resident: \$10 additional fee

Drop-in: \$5 per visit

*Here's an opportunity to check out our gym, or perhaps
you just want to get some extra steps in while a child or
family member is taking a class.*

Monday - Thursday

5:30 am - 8:00 pm

Friday

5:30 am - 4:30 pm

Saturday & Sunday

6:30 am - 1:00 pm



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





19th Annual Potato & Corn Festival

Held at the Augur Farm ~ 290 Forest Road

August 7, 8, & 9!



Featuring:

All Weekend

Carnival Rides - Weekend Wristbands!

FREE Contests & Games

Live Entertainment

Talent Showcase

Crafts & Food

Petting Zoo

Car & Bike Show - Friday Night

Tractor Pull - Saturday

Hayrides - Saturday & Sunday

Fireworks - Saturday Night

Rain date Sunday

Beer & Wine Garden - Sunday

5K Cross Country Race - Sun. Morning

Friday 5pm - 11pm | Saturday 10am - 11pm | Sunday 10am - 4pm

Welcome back Fiesta Shows!

Featuring new rides & games for 2020!



*For vendor applications, sponsorship information
and updated information visit our website or give us a call!*

nbpotatofest.com - (203) 484-6017



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**PROUD TO SERVE
THE RESIDENTS OF NORTH BRANFORD**

**Purchase (1) Round of Laser Tag at Regular
Price and Receive a Second Round**

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combined with any other offer.



Expires December 31, 2020



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