

**NORTH BRANFORD**



**PARKS AND  
RECREATION**  
**FALL & WINTER 2020**

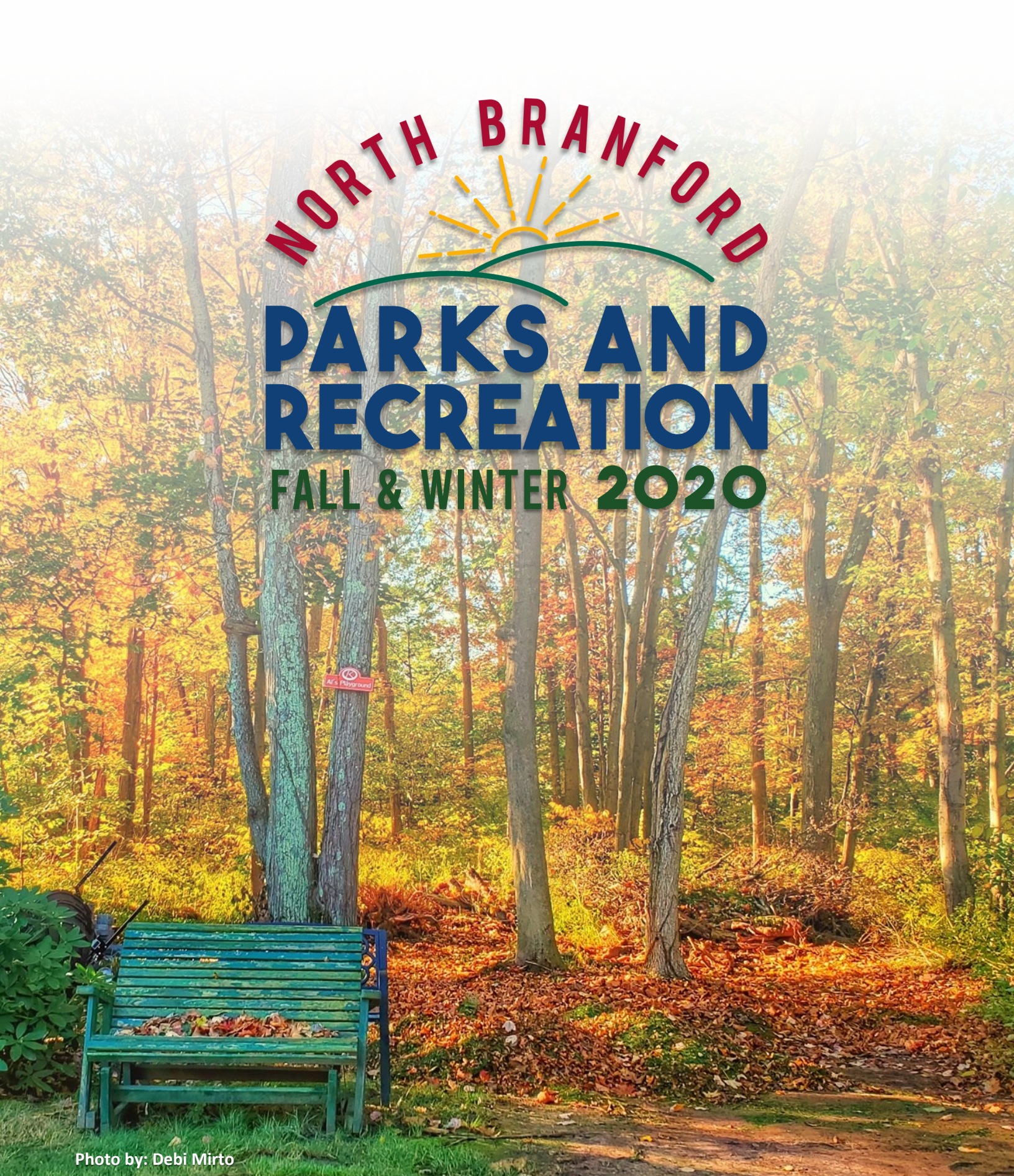


Photo by: Debi Mirto

**STW Community Center 1332 Middletown Avenue, Northford, CT 06472**  
[www.nbrecreation.com](http://www.nbrecreation.com) | 203-484-6017



# PRIDE IN OUR PARKS

With the absence of many of our traditional programs this summer, the team here in collaboration with the Public Works Department has been hard at work making improvements to our parks and facilities. Some of our changes include new benches and new concrete pads for the facilities at Northford and North Farms Park. At the Stanley T. Williams Community Center (STW), new flooring and a fresh coat of paint will greet you when the fitness room re-opens. We are so excited to be collaborating with NatureWorks to design two beautiful front gardens to offer a relaxing outdoor space and contribute to the pollinator pathway. In addition to the tennis courts at STW, four pickleball courts and a roller hockey court have been added and are open for use. Before the snow falls, a new fence will adorn the soccer field at North Farms Park and while things may not be fully back to normal we are still committed to making your parks and facilities local destinations.

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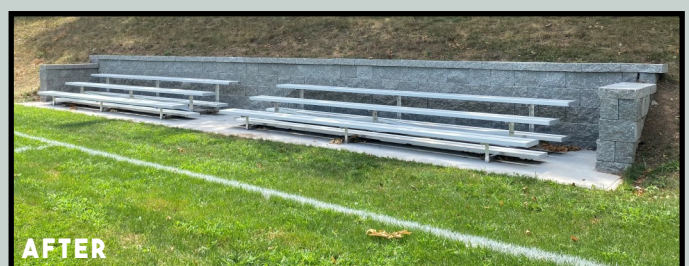
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### FROM THE DIRECTOR

As the heat of summer begins to give way to the wonderful colors of fall, our department is pleased to present our Fall/Winter Brochure. Despite many changes and challenges this year, we are eager to invite the community back to the center and safely offer exceptional programs and services for every member of your family. From time honored traditions such as our annual Trunk or Treat, Veteran's Luncheon, and Tree Lighting to new programs like our Parents Night Out and Turkey Shoot. We aim to thrill and delight all ages.

Our department is always searching for better ways to meet your needs so if you have an idea or suggestion please do not hesitate to contact our team. Thank you for allowing us the opportunity to serve the community!

Jessie Caetano  
Parks, Recreation & Senior Center Director



# FEATURING

## PICKLEBALL

### COACHED PLAY 🌻

For players who are currently playing the game, want to sharpen their skills and incorporate the strategies of more advanced play. Each week will begin with a drill and transition into coached play in game situations to cover mechanics, proper court position and shot selection. Let's add some new tools to your toolbox to help you to better enjoy the game and to play competitively against any type of player.

**Who:** Ages 14+  
**When:** September 8 - September 29  
**Where:** Memorial Court at NBIS  
**Time:** Tuesday, 6:30 - 8:00 p.m.  
**Fee:** \$75  
**Instructor:** Toby Neubig, PPR certified instructor, 2018 US Open Gold Medalist and District Ambassador for USA Pickleball



### INTRODUCTION TO PICKLEBALL 🌻

Have you been hearing about pickleball and wondered what exactly people are talking about? Here's your chance to check out the fastest growing sport in the country! Learn the basics and get in on the fun! With elements of tennis, ping pong and badminton, this paddle and ball sport is played on a smaller sized tennis court. Pickleball is enjoyed all over the world by athletes of every age and ability level. Anyone can learn to play this game! We'll focus on doubles play and go over the fundamentals of swing mechanics, court position, basic strategy and score keeping. By the end of this series, players will be ready to join in on the fun at their local courts.

**Who:** Ages 14+  
**When:** September 12- October 3  
**Where:** STW Courts  
**Time:** Saturday, 9:00 - 10:30 a.m.  
**Fee:** \$75  
**Instructor:** Toby Neubig, PPR certified instructor, 2018 US Open Gold Medalist and District Ambassador for USA Pickleball  
**Description:** Participants should be steady on their feet, cleared for exercise and able to swing a paddle without pain. Sneakers required. Paddles will be provided.

# WINTER BREAK DAY CAMP 🌻

**December 28, 29, & 30, 2020**

**STW Community Center - 9am - 4pm**

**Grades 1 - 6 • \$25/Child per day**

**Enjoy a range of activities from arts and crafts, sports and games, and hands on exploration! Each day has a special theme in-store.**

**DECEMBER 28**

**Winter Wonderland**



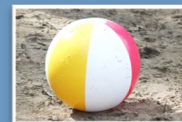
**DECEMBER 29**

**Let's Go Camping**



**DECEMBER 30**

**Beach Party**



**Limited number of openings, register today at [www.nbrecreation.com](http://www.nbrecreation.com)**

# GENERAL INFORMATION

## STAFF

Jessie Caetano Parks, Recreation & Senior Center 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*

Jennifer McCulloch Festival Coordinator  
*potatofest@townofnorthbranfordct.com*

Linda Javins Receptionist

Toni DeLizio Cook

Gerald Fucci Van Driver

Ken Zocher Custodian

Dale Hausman Park Ranger

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

Phyliss DaCunto, Anthony Leone, Lou Paternoster, Erica Sellers

### **PART-TIME STAFF**

Sandy D'Urso

## 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

**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

#### Abbreviated Hours Upon Opening

Monday - Thursday 5:30 a.m. - 12:00 p.m.

4:30 p.m. - 8:00 p.m.

Friday 5:30 a.m. - 12:00 p.m.

Saturday - Sunday 5:30 a.m. - 11:00 a.m.

\*Please check our website for updates on regular hours

### Holiday Hours

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

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

Thursday, Nov. 26 CLOSED

Friday, Nov. 27 5:30 a.m. - 12:00 p.m.

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

Friday, Dec. 25 CLOSED

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

Friday, Jan. 1 CLOSED

Monday, Jan. 18 5:30 a.m. - 12:00 p.m.

Monday, Feb. 15 5:30 a.m. - 12:00 p.m.

Friday, April 2 5:30 a.m. - 12:00 p.m.

Sunday, April 4 CLOSED

## Parks & Recreation Commission

Jennifer Ash

Craig Miller

John Onofrio

Steve Torino

(Vacant Position)

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

## **COMMITMENT TO CLEANLINESS**

Our staff is working hard to maintain a safe and clean environment. Frequent sanitizing and cleaning of equipment will be performed throughout the day. We ask that participants join us in maintaining a healthy atmosphere and let us know if there are any areas that need additional attention.

## **REGISTRATION & PAYMENT PROCESS**

- **ONLINE REGISTRATION** You may register and pay 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 register as a BRAND NEW USER, or simply call our office and we will lead you through the first time registration process.
- **REGISTRATION IN PERSON** A registration form for classes, programs and trips can be found on our website, nbrecreation.com or can be picked up from the STW Community Center. 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 can 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.

## **MAKE-UP CLASSES**

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

## **ACCOMMODATION**

Individuals who need accommodations in order to participate are welcome in all programs. If you or a loved one needs accommodations please call the Recreation Supervisor 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: Ashley Abel

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.

# COMMUNITY EVENTS



## BACK TO SCHOOL MOVIE NIGHT

Movie Sponsored by  
North Branford Rotary Club



**FEATURING:**  
Dora and the Lost City of Gold



**PoCo Festival  
Grounds**  
290 Forest Rd.  
**September 12**  
**8:00 p.m.**

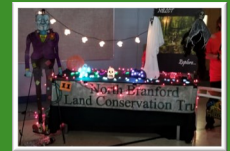
**Parking: \$10.00 per car**  
**Must Register in Advance**  
[www.nbcreation.com](http://www.nbcreation.com)

## TRUNK OR TREAT

**Saturday October 24**

**3:30 - 6pm**

**Rain Date Sunday, October 25**



**Games! Contests! Prizes!**  
**STW Parking Lot • 1332 Middletown Ave.**

## SCARECROW Contest

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

Voting will take place at our Trunk or Treat event on October 25th by our attendees. The scarecrow with the most votes will win a prize!

*Display your scarecrow at the  
Town Hall Green beginning October 10th*



## TURKEY SHOOT

**SATURDAY, NOVEMBER 14, 2020**

**STW Community Center**

**Starts at 9:30 a.m.**

The Turkey Shoot Basketball Contest is an event where parent/child duos compete in basketball foul shooting contests for a chance to win a prize.

*Winners from each division will receive a prize*

Event is **FREE**, but each child must be pre-registered. To register go to [www.nbcreation.com](http://www.nbcreation.com)

**Age Divisions:**

9:30am - 4 & 5yrs

10am - 6 & 7yrs

10:30am - 8 & 9yrs

11am - 10 & 11yrs

11:30am - 12 & 13yrs



# COMMUNITY EVENTS

## Annual Tree Lighting

COSPONSORED BY NORTH BRANFORD ROTARY CLUB



### Friday, December 4th

Town owned Augur Property

290 Forest Road, Northford • 6:30 - 8:30pm

*Snow or Shine*

Ice Sculpting  
Marshmallow  
Roasting

Hay Rides  
Musical  
Entertainment

Hot Chocolate  
& Cookies  
Petting Zoo



Marshmallow roasting  
Sticks provided by:

**SMORSTIX**  
The Perfect Marshmallow Roasting STIX



*And Santa!*

Food Trucks  
To be announced

**\*NEW THIS YEAR\***

Letters to the North Pole

Mail a letter to Santa, Mrs.  
Claus, or your favorite elf  
or reindeer!

Find the template  
on page 7.



# TRIVIA

Friday January 29th

6:00 - 8:30pm

STW Community Center

Register as a family or group and test your  
general knowledge for \$10 per team

Teams of 2-6 players

Must register in advance

*Game begins at 6:30 sharp*

Bring your smart phone  
to use as your controller

Some tablets will be provided

snacks & refreshments will be served

# JUNK IN YOUR TRUNK

Saturday March 20th

9 am - 1 pm

Rain Date March 21st

Register in advance  
\$10 per parking space

Community wide Tag Sale  
Sell your items from the trunk  
of your car!

STW Community Center Parking Lot

# COMMUNITY EVENTS

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



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



## Parents' NIGHT OUT!

Leave the kids with us (at STW) and have a night to yourself. These evenings will include games, activities, and a cheese pizza dinner.

November 20th	5:00pm ~ 9:00pm
December 11th	Ages 5-12 \$20/child
February 12th	Sibling discount \$35

For an additional fee add on Craft classes By Re-Loved Designs  
String Art \$15 | Dream Catchers \$16 | Button Art \$18  
*See our website for more craft details*



## North Branford Land Conservation Trust Hikes



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

### NORTH FARMS PARK TRAIL HIKE

Saturday, September 12, 2020

9:30 to 11:30 a.m.

Join the NBLCT for a hike of the North Farms Park Trail System. You will see the beauty of the arched bridge (over the Branford River), the remnants of the dam, mill, and mill race, and the variety of the trails. There might also be some evidence of when the area was used to make charcoal. This is a family friendly hike.

Meet at the Trail Map board by 9:15.

Rain date is Sunday, September 13, same time.

*Masks are encouraged and proper social distancing will be maintained during these hikes.*

### VILLAGE STREET PROPERTY

### TREE IDENTIFICATION WALK

Saturday, December 12, 2020

9:30 to 11:30 a.m.

Join NBLCT for a short walk in the woods, and a chance to learn about some of the trees we'll see along the way. Participants will sharpen their tree identification skills. The trails are level and we will take it slow, so this walk is suitable for all ages and abilities. Also hear about some of the future trail improvements we have planned.

Rain date Sunday, December 13, same time.

Meet at the property entrance on Village Street, just north of the intersection of Salem and Cedar by 9:15.



# PRE-SCHOOL

## Fairies & Potions 🌻

**Who:** Ages 3 - 4 **Where:** Virtual  
**When:** Wednesday, September 16, 10 - 10:30 a.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** Join us for a class mesmerizing fun with engaging experiences perfect for both genders. We will make magical fairy/ wizard potions, sparkling fairy dust and a wand fit for both fairies and wizards! A Zoom link and materials list will be emailed.

## Pirate Adventures 🌻

**Who:** Ages 3 - 4 **Where:** Virtual  
**When:** Wednesday, October 21, 10 - 10:30 a.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** Calling all pirates of both genders! Our adventure takes us to create a one of a kind treasure box, a pirate ship and sword. The adventure concludes with a treasure bottle eruption! A Zoom link and materials list will be emailed.

## Dino Day 🌻

**Who:** Ages 3 - 4 **Where:** Virtual  
**When:** Wednesday, November 18, 10 - 10:30 a.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** Put on your paleontologist hat and dig into some dinosaur fun with dino art projects, volcanic eruptions and dino fossil excavations. A Zoom link, materials list and templates for projects will be emailed!

## Gingerbread Baby 🌻

**Who:** Ages 3 - 4 **Where:** Virtual  
**When:** Wednesday, December 16, 10 - 10:30 a.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** Based on the classic story Gingerbread Baby by Jan Brett we will take a quick story walk to familiarize the children with the Gingerbread Baby, if they have not already met the little rascal. The rest of class will be spent engaging in gingerbread baby centered activities. A Zoom link and materials list will be emailed.

## Imagination Station

**Who:** Ages 2 - 3 **Where:** TBA  
**When:** January 25 - March 22 (no class 2/15)  
**Time:** Monday, 9:00 - 9:30 a.m.  
**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 **Where:** Northford Park  
**When:** Sunday, September 20 - November 8  
**Time:** 2 - 3 year olds: 9:00 - 9:45 a.m.  
4 - 5 year olds: 10:00 - 10:45 a.m.  
**Fee:** \$130  
**Instructor:** North Branford Youth Soccer Coaches  
**Description:** Come join one of the most popular and fast growing sports in America. Not only is soccer fun but it will also help your child discover fundamental soccer skills. Helping to develop their motor, social, and psychological skills through our youth programs instructed by professional coaches. Registration fee also includes a jersey for all participants.

Dear \_\_\_\_\_,

My name is \_\_\_\_\_ I am \_\_\_\_\_ years old.

My Christmas wishes are:



Thank you!

# YOUTH

## Spooky Science 🌻

**Who:** Ages 5 - 8 **Where:** Virtual  
**When:** Wednesday, October 21, 4:30 - 5:00 p.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** Science is super fun, especially during Halloween! Get into the spirit and fun of both by conjuring up a witches potion, make a ghostly bubble concoction and create a haunted light show! Ghosts and goblins will have so much fun, they won't realize they are learning too! A Zoom link and materials list will be emailed.

## Create A Calm Box 🌻

**Who:** Ages 5 - 8 **Where:** Virtual  
**When:** Wednesday, September 16, 4:30 - 5:00 p.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** Stress/Anxiety Relief For Kids: Ages 5-8 A hands-on approach to relieve some stress and anxiety kids are feeling these days by incorporating sensory calming activities. Sensory calming activities will also help your child when they are feeling restless, anger and frustration and may be helpful to prevent meltdowns. In this class we will create calming putty, calming bottle to keep inside the calm box for future use. A Zoom link and materials list will be emailed.

## Candy Science 🌻

**Who:** Ages 5 - 8 **Where:** Virtual  
**When:** Wednesday, November 18, 4:30 - 5:00 p.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** What do you do with all the Halloween candy? Tune in to see how candy is used for science experiments! Ms. B. will lead these fun science activities. Discover surprising things about some popular candy! A Zoom link and materials list will be emailed.

## Grinch Day 🌻

**Who:** Ages 5 - 8 **Where:** Virtual  
**When:** Wednesday, December 16, 4:30 - 5:00 p.m.  
**Fee:** \$17  
**Instructor:** Elena Bigio, Kidscapades  
**Description:** Don't let the Grinch steal Christmas. Kidscapades will lead this fun filled class of Grinch activities! Each child will pour and mix their own bag of magic Grinch dust! Complete with directions on where and when to sprinkle the magic dust to keep the Grinch away. We then stir up a cup of exploding Grinch punch to help keep the Christmas magic in the air! A Zoom link and materials list will be emailed.

## Family Science Spectacular! 🌻

**Who:** Ages 5 - 9 & Caregivers  
**When:** October 10 - November 7 (no class 10/31)  
**Time:** Saturday, 11:00 - 12:00 pm  
**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!



Return Letters to the North Branford Tree Lighting  
on Friday December 4th

Name: \_\_\_\_\_  
Return Address: \_\_\_\_\_

# YOUTH

## Kids Yoga

**Who:** Ages 5 - 12  
**Session I:** September 26 - November 14  
**Session II:** February 6 - March 27  
**Time:** Saturday, 10:30 - 11:30 a.m.  
**Fee:** \$75  
**Instructor:** Bhogah Yoga Staff  
**Description:** Kids are introduced to the practices of yoga through creative play, movement, games, music and postures. This fun filled class teaches children the foundation of yoga on and off the mat. This practice is structured in a way to balance their physical, mental and sensory needs. Benefits of children's yoga include: helps teach self-regulation, aids in focus, supports self-esteem, assists with stress, builds confidence, builds strength and flexibility. Parents are welcome but not needed.

## Babysitter's Certification

**Who:** Ages 12 - 15  
**When:** January 18  
**Time:** Monday, 9:00 a.m. - 2:00 p.m.  
**Where:** Ambulance Co. #4 - Northford  
**Fee:** \$65  
**Instructor:** Company #4 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)

## Food Explorers: Let's Make Dinner! 🌻

**Who:** Ages 7-11 **Where:** Virtual  
**When:** October 2 - October 23  
**Time:** Friday, 4:00 - 5:00 p.m.  
**Fee:** \$45  
**Instructor:** Food Explorers  
**Description:** Let's make dinner for your family! Each week you'll learn how to cook a new recipe with a Registered Dietitian. You'll be guided through the steps and learn some facts about food and nutrition as you cook. Each week a grocery list will be provided. You'll learn how to make the following recipes: Lightened Up Mac & Cheese, Southwest Quesadillas, Pizza from Scratch and Crustless Quiche.

## Friday Night Socials 🌻

**Who:** Ages 13+  
**Session I:** October 16  
**Session II:** December 18  
**Session III:** February 19  
**Time:** Friday, 6:00 - 9:00 pm  
**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.

## Youth Ski Club at Mt. Southington

**Who:** Grades 6 -12  
**Session:** January 8 - February 5  
**Time:** Fridays, 2:15 - 9:00 p.m.  
**Location:** Pick up & drop off at NBIS Lot/STW Lot  
**Fee:**  

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

**Description:** Enjoy the evening skiing at Mount Southington!! Packages available for either skiing or snowboarding. Supervision as well as roundtrip school bus transportation with a pick up and drop off at NBIS and STW Community Center. **Registration needs to be done by Nov. 16.** Call for further information (203)484-6017.

## Field Hockey Camp

**Who:** Entering Grades 2 - 8  
**When:** Sept. 19 - October 10  
**Time:** Saturday, 9:00 - 10:00 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.

## After School Beginner Tennis 🌻

**Who:** Grades 6 - 8  
**When:** September 22 - October 15  
**Time:** Tuesday & Thursday, 2:30 – 3:30 p.m.  
**Where:** Memorial Park Tennis Courts  
**Fee:** \$90  
**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.

## AAA: Teen Driving Prep Course

**Who:** New Teen drivers and their parents  
**When:** Thursday, March 4, 6:00 - 7:30 pm  
**Fee:** Free  
**Instructor:** AAA - Adelle Zocher  
**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!

# ADULT

## Recharge Yoga

**Who:** Adults  
**Session I:** September 21 - Nov. 16 (no class 10/12,)  
**Session II:** January 4 - March 8 (No class 1/18, 2/15)  
**Time:** Monday, 9:30 - 10:30 a.m.  
**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.

## Transform LIVE/Piyo

**Who:** 16+  
**Session I:** September 23 - November 18 (No class 11/11)  
**Session II:** January 13 - March 3  
**Time:** Wednesday, 6:00 - 7:00 p.m.  
**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:** Adults  
**Session I:** September 24 - November 12  
**Session II:** January 7 - February 25  
**Session III:** March 11 - April 29  
**Time:** Thursday, 6:30 - 7:30 p.m.  
**Fee:** \$75  
**Instructor:** Bhogah Yoga Staff  
**Description:** Appropriate for all ages and levels. A fluid (vinyasa) class taught with basic foundation poses, alignment and options for the beginner students, as well as, seasoned practitioners. This class will focus on releasing the stress of your busy week in both the mind and body leaving all students with more space to breathe, ease in their body and calm in their mind. All classes will be specifically designed to the students' needs who are attending.

## Gentle Yoga

**Who:** Adults  
**Session I:** September 25 - November 13  
**Session II:** January 8 - February 26  
**Session III:** March 12 - May 7 (no 4/2)  
**Time:** Friday, 9:30 - 10:30 a.m.  
**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.

## Strength Training

**Who:** Ages 18+  
**Session I:** September 22 - November 10  
**Session II:** November 24 - January 12  
**Session III:** January 26 - March 16  
**Time:** Tuesday, 5:45 - 6:45 p.m.  
**Fee:** \$75  
**Instructor:** Deb Vita  
**Description:** Designed to help you get strong and healthy, this class combines strength training with low-impact cardiovascular exercises to benefit your heart, strengthen your bones, improve balance, flexibility, and endurance. Build long lean muscles to rev up your metabolism and add tone to your physique. Strength training also has many mental and emotional health benefits as well.

## T'ai Chi Ch'uan - Qigong

**Who:** Ages 18+  
**Session I:** September 22 - November 10  
**Session II:** November 24 - January 12  
**Session III:** January 26 - March 16  
**Time:** Tuesday, 7:00 - 8:00 p.m.  
**Fee:** \$70  
**Instructor:** Richard Dicine  
**Description:** Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Taught by an instructor with 30 years of martial arts experience and a Gold Medal Winner of the T'ai Chi Ch'uan nationals. Students practice relaxation, balance and flexibility while learning to understand the body/mind relationship. *Sign up for two sessions in this series and save \$10. Must sign up for two sessions at time of initial registration to receive discount.*

## NRA Basic Pistol Safety Course

**Who:** Ages 21+  
**Session I:** October 17  
**Session II:** December 5  
**Session III:** February 20  
**Time:** Saturday, 9:00 a.m. - 5:00 p.m.  
**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.

## Dog Obedience Basic Level 🌻

**Who:** Ages 18+  
**When:** September 23 - October 28  
**Time:** Wednesday, 6:00 - 7:00 p.m.  
**Where:** STW Field  
**Fee:** \$90  
**Instructor:** Jon Bruneau, 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.

# ADULT

## Dog Obedience Intermediate Level 🌻

**Who:** Ages 18+  
**When:** September 23 - October 28  
**Time:** Wednesday, 7:00 - 8:00 p.m.  
**Where:** STW Field  
**Fee:** \$90  
**Instructor:** Jon Bruneau, 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.

## SH1FT 🌻

**Who:** Ages 18+  
**When:** September 22 - November 10  
**Time:** Tuesday, 6:00 - 6:40 a.m.  
**Fee:** \$65  
**Instructor:** Brittini D'Urso, Owner of Revolution Academy of Dance  
**Description:** SH1FT is a HIIT fitness class that is a full body workout that includes body weight. Each work out is themed and you can torch up to 500 calories in 30 minutes. You'll work hard enough to keep burning extra calories for up to a whole day after your workout. It's not just about looking fit, it's about being fit too. SH1FT will not only help to improve your fitness, but also strength, mobility, balance, speed and agility. This class will offer modifications and ways advance each exercise to make sure everyone is getting the most out their work out no matter your fitness level!

## Lake Galliard Walk 🌻

**When:** Wednesday, October 21, 10:00 a.m.  
**Where:** Meet at the end of Great Hill Rd.  
**Fee:** \$5 - A portion to NB Land Conservation Trust  
**Instructor:** Otto Schaefer, NHWCO/RWA  
**Description:** Rain date October 22. Join us on this informal walk/talk about the landscape and history of the development of Lake Galliard. Photographs of several former buildings will be available for viewing. The walk will be about a mile plus, up the east side of the reservoir, as far as Roses Brook. We will return via the same route. Estimated time is about two hours.

## Introduction to Dog Agility 🌻

**Who:** Ages 12+  
**Where:** The Fieldhouse Agility Center  
15 Augur Rd, Northford  
**When:** September 11 - October 2  
**Time:** Friday, 6:00-7:00 p.m.  
**Fee:** \$100  
**Instructor:** Fieldhouse Staff  
**Description:** Must have willing dog, 6 months and up. Maybe you've watched dog agility on television, and thought, my dog could do that! Or perhaps you've never heard of the sport called dog agility. Did you know that a newly built training center right in Northford is one of the top facilities for dog agility enthusiasts across the Northeast? Come see what all the fuss is about! The 3 trainers at the Fieldhouse Agility Center have each represented the USA in international competition and are eager to introduce you and your pooch to this fast, exciting, and fun activity! During this 4 week session, you will have an opportunity to handle trained, experienced dogs, as well as begin the basic training with your own dog to see if you both might have what it takes to excel as a team together! Give it a try! Further details sent with confirmation of registration.

## Car Seat Installation Clinic 🌻

**When:** September 19  
**Time:** Saturday, 9:00 - 12:00 p.m.  
**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.

## 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 cancellation.

## Cornhole League

**Who:** Ages 18+  
**When:** October 19 - December 7  
**Time:** Monday, 6:00 - 8:00 p.m.  
**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!

# FABULOUS 55+

Please join us for a wonderful Thanksgiving meal on Wednesday, **November 18th at 12:00 p.m.**

Enjoy a traditional Thanksgiving meal  
Turkey, stuffing and gravy, sweet potatoes  
whipped potatoes, vegetable, cranberry sauce  
and pumpkin pie.

**\$5**



## SAVE THE DATE!

Join us for our Christmas  
Celebration Lunch  
**December 18th at 12:00p.m.**  
\$5 • Menu to be announced

# FABULOUS 55+

## Hot Topics

**Session I:** Monday, October 26  
**Session II:** Monday, November 30  
**Session III:** Monday, December 28  
**Session IV:** Monday, January 25  
**Session V:** Monday, February 22  
**Time:** 10:30 - 11:30 a.m.  
**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.

## Beginner Tai Chi

**When:** October 7 - November 25  
**Time:** Wednesday, 1:00 - 2:00 p.m.  
**Fee:** \$40  
**Instructor:** Martin Reichgut, MD  
**Description:** Beginner level and a great refresher class! 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.

## Intermediate Tai Chi

**When:** October 7 - November 25  
**Time:** Wednesday, 2:00 - 3:00 p.m.  
**Fee:** \$40  
**Instructor:** Martin Reichgut, MD  
**Description:** Open to all students who have completed Beginner Tai Chi. Learn new movements and increase energy (chi), balance, relaxation and well-being.

## AAA Driving Improvement Course

**Who:** Drivers 50 and over  
**Where:** Virtual  
**When:** Wednesday, October 7  
**Time:** 1:00 - 5:00 p.m.  
**Fee:** Free  
**Description:** 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.*

## Medicare Made Clear

**When:** Thursday, October 22  
**Time:** 12:45 - 1:45 p.m.  
**Fee:** Free  
**Instructor:** Jeffrey Comen  
**Description:** What's new for 2021? Mr. Comen will educate you on all 4 pieces of Medicare and what's new for 2021. What is covered and not covered, when to sign up and what options are available. A free educational guide will be provided.

## Strongercise

**Session I:** October 5 - November 16 (no 10/12)  
**Session II:** November 20 - January 8 (no 11/27, 12/25, 1/1)  
**Session III:** January 11 - March 1 (no 1/8, 2/15)  
**Time:** Mon. & Fri., 9:30 - 10:30 a.m.  
**Fee:** \$30  
**Instructor:** Vicky Struk  
**Description:** High-energy, low-impact exercise class with upbeat music. This class is for the more active adult. This class will get you moving and feeling good!

## Get Fit

**Session I:** October 7 - January 6 (no 11/11, 11/25)  
**Session II:** January 13 - March 31  
**Time:** Wednesday, 10:30 - 11:30 a.m.  
**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.

## Social Services

**When:** October 15  
**Time:** 12:45 - 1:45 p.m.  
**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.

## Chair Yoga

**When:** Monday, November 2 - December 21  
**Time:** 12:45 p.m.  
**Fee:** \$20  
**Instructor:** Pat Valleca  
**Description:** Chair yoga is practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting students where they are. This class is ideal for students with limited mobility or healing from injury.

# DILUNGO FITNESS CENTER REOPENING

With a focus on the safety of our members and the community our fitness facility will reopen in phases following all state and local safety guidelines. Our reopening date is TBA, and adhere to the guidelines below:

## 1. CHECK-IN PROCEDURE

Members and staff will be screened upon entry with questions and a temperature check. Anyone who has a temperature of 100 degrees Fahrenheit or higher will not be permitted to enter the facility and will need to be without a fever for 72 hours before returning. All members must check in and out of the facilities and comply with all policies. Non-compliance can result in suspension of membership and possible termination.

## 2. MAINTAINING A HEALTHY ENVIRONMENT

Staff will wear masks and members must bring and wear their own masks in the facility. Masks must be worn while walking into the facility and anytime you are not working out. Masks may be taken off while 12 feet away on exercise equipment or in group classes. During all other times in the facility masks must be worn and members are to maintain a 6-foot distance from others. Signs with safety reminders including handwashing instructions will be throughout the facility. Sanitation stations are located directly outside the fitness room and members are required to wipe down equipment before and after use.

## 3. RESERVATIONS REQUIRED

Due to social distancing and capacity limitations, we will be utilizing a reservation system. Members will be able to call 203-484-6017 to reserve a time slot of one hour. No back to back reservation or walk-ins will be permitted.

## 4. SAFE DISTANCING

Equipment, members, and participants in classes will be spread out following safety guidelines. Some equipment items may be roped off to ensure that members can maintain proper social distance. Please respect closed equipment. If you have questions, please feel free to speak with a member of our staff.

## 5. COMMITMENT TO CLEANLINESS

We are committed to maintaining a safe and clean environment for our members. We will close the fitness center daily from 12pm- 4pm for additional cleaning.

## 6. ABBREVIATED HOURS

Monday 5:30am-12pm & 4:30pm-8:00pm  
Tuesday 5:30am-12pm & 4:30pm-8:00pm  
Wednesday 5:30am-12pm & 4:30pm-8:00pm  
Thursday 5:30am-12pm & 4:30pm-8:00pm  
Friday 5:30am-12pm  
Saturday 5:30am-11am  
Sunday 5:30am-11am

## MEMBERSHIP OPTIONS

### 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+)

**Veteran:** FREE (w/ ID, residents only)

**Non - Resident:** \$10 additional fee

## MEMBERSHIP QUESTIONS?

If your membership was scheduled to expire in:

**March 2020**, your expiration day has been extended to the end of **September 2020**

**April 2020**, your expiration day has been extended to the end of **October 2020**

**May 2020**, your expiration day has been extended to the end of **November 2020**

**June 2020**, your expiration day has been extended to the end of **December 2020**

**July 2020**, your expiration day has been extended to the end of **January 2021**

**August 2020**, your expiration day has been extended to the end of **February 2021**

If you have a questions about your membership please email Jessica Cave at [recreationsecretary@townofnorthbranfordct.com](mailto:recreationsecretary@townofnorthbranfordct.com) or call (203) 484-6017.



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PARKS AND RECREATION  
& SENIOR CENTER

**Scan the code above for your all access pass to North Branford Parks & Recreation and Senior Center programming!**

## **PARK & FACILITY RENTALS**

Do you want to have a picnic in the park or host an outdoor or indoor party? Maybe your sports team is looking for field space, or perhaps your club or community organization is looking for a place to meet. Our department has a wide variety of facilities available to meet your needs. In order for us to better serve you, requests should be submitted at least two weeks before your event. Applications may be submitted online at [nbrecreation.com](http://nbrecreation.com).

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