Come Bloom With Us!

WHAT’S INSIDE

ADULT FITNESS
FAMILY ACTIVITIES
BOO BASH
TREE LIGHTING & HOLIDAY PARADE

Register On-Line @ www.Bloomfieldrec.com
# Bloomfield Leisure Services Department - Registration Form

**Contact Information**

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<tr>
<th>First Name (Parent or Guardian)</th>
<th>Last Name (Parent or Guardian)</th>
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<th>Town</th>
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<td>[330 Park Avenue]</td>
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<tr>
<th>Parent / Guardian Signature / Self</th>
<th>Print Name</th>
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### Participant Information

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<tr>
<th>First / Last Name</th>
<th>Gender</th>
<th>Date of Birth</th>
<th>Grade</th>
<th>Activity Name</th>
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### Payment Information

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### Photo Policy

- By registering for a program, you give the Bloomfield Leisure Services Department permission to use and use your child’s photo used in programs. You must indicate this request, in writing, with the registration form.
- If you do not want to have your child’s photo used in the program, please circle on the form.

**Waiver of Participant or Self and Photo Release**

In consideration of my child’s participation in the Town of Bloomfield Leisure Services Program, including travel, I, for myself / ourselves, my child, ward, heirs, assigns, successors, executors, administrators, and legal representatives, hereby release the Town of Bloomfield and its agents, servants or employees from any and all claims, suits or demands by anyone arising out of my child’s use of the Town of Bloomfield Leisure Services Program, the Early Learning Center, or the Bloomfield Extensions program. I / we have read this waiver, hold harmless agreement and release of liability and fully understand its terms. I / we attest that the above information is correct and that my son / daughter is in good health and physically able to participate in Bloomfield Leisure Services Programs. I / we authorize the release of any medical information necessary for the Bloomfield Leisure Services Department, The Early Learning Center, or the Bloomfield Extensions program to process my child’s registration in either recreation program or before & after care services. I / we authorize all representatives of the Bloomfield Leisure Department to act on my behalf or my child’s behalf for the purpose of obtaining emergency medical treatment for the registrant. Please note: Insurance: All persons participating in Leisure Services programs should carry their own personal health insurance. The Town of Bloomfield is not responsible for personal injuries. Participants in all department sponsored programs do so at their own risk. Only those used in the program for the department’s promotional purposes. If you do not want to have your child’s photo used in programs, you must indicate this request, in writing, with the registration form.
Registration Information

When to Register
It is recommended that individuals register as soon as possible because space is limited. Non-Resident adults may register for instructional classes for an additional fee. All other programs are for the exclusive enjoyment of Bloomfield residents.

Register online at: www.bloomfieldrec.com

By Mail or Walk-In
In order to ensure your registration for programs, your registration must be received by the Leisure Services Office one week prior to the first class of the program you want to attend, unless otherwise noted. Registrations may be made mailed in to the following address:

Bloomfield Leisure Services Department
330 Park Avenue
Bloomfield, CT 06002

Payment
Check or money order. No cash should be sent through the mail. Cash and credit cards including Discover, Mastercard & Visa are accepted for all registrations. Make checks payable to the Bloomfield Leisure Services Department. Registrations are ONLY processed at time of payment.

Residency
All Youth Programs are for residents unless otherwise noted. Non-residents may attend classes as indicated at an additional fee. Proof of residency requirements:

Adults - Adults may use the following forms of identification to prove residency: Driver’s License, Car Registration, Auto Insurance Card, A utility bill (electric, gas or cable major credit card bill),

Youth 17 & Under - Enrollment in Bloomfield Public School or eligibility to attend a Bloomfield Public School.

***Register Early***
Please keep in mind most classes require a minimum number of registrants for the activity to take place. If that requirement is not fulfilled three days prior to the start of that program, the activity will be cancelled. Registration is on a first-come, first-serve basis and class sizes are limited. It is important you sign up early for programs to make sure you get a spot in the activity and to ensure the activity is not cancelled.

Notification
Depending on how you register for programs will determine how you will be notified. If you register in person, you will receive a receipt of your transaction. If you register online or by mail you will be emailed a receipt for the activities you registered for. If your program is cancelled for any reason, you will receive a phone call from the Leisure Services Department to inform you of the cancellation and your refund options.

Refund Policy
Refunds for programs will be given only if a recreational activity is cancelled due to lack of registration or a department activity schedule change is made. Refunds for recreational activities will be given for proven medical reasons. However, refunds must be requested before the first activity period and must be put in writing. Once an activity begins there will be no refunds for that program. Checks returned for insufficient funds will be charged an additional $25.
Table of Contents

2
Registration Form
Registration Information

4
Table of Contents, Important Phone Numbers
Department Information

6
Bloomfield Facilities, Parks & Schools
Wintonbury Land Trust

8
Bus Trips, Family & Special Events
Special Events & Youth Art Classes

10
After School at the Youth Center & Drop in
Youth Sports

12
Youth Activities
Pre-School Activities

14
Adult Activities
Adult Activities

16
Bloomfield Farmers’ Market

The Bloomfield Leisure Services Department has made every effort to prepare this publication as accurately as possible. However, errors may make it into print and circumstances may require program adjustments to fees, schedules, etc. We reserve the right to make such changes. We apologize in advance should you find an error or for any inconvenience these errors or adjustments may cause.
Leisure Services Mission
The Bloomfield Leisure Services Department is committed to providing quality recreational opportunities, preserving natural resources, and managing a comprehensive system of parks and facilities dedicated to enriching the lives of a diverse and changing community.

Bloomfield Leisure Services
Alvin & Beatrice Wood
Human Services Center
330 Park Avenue
Bloomfield, CT 06002

Phone Numbers
Leisure Office 860-243-2923
Leisure Fax 860-242-4267
Youth Center 860-769-3566

Office Hours
Monday - Friday
9:00 AM - 5:00 PM

Website Information
Town of Bloomfield website
www.bloomfieldct.gov
Bloomfield Leisure Services online registration
www.bloomfieldrec.com

Program Suggestion
If you have an idea for a program or have seen a program elsewhere that you would like to see in Bloomfield contact Matthew Mace at 860-243-2923 or MMace@bloomfieldct.org

Leisure Services Staff
David Melesko
Director of Leisure Services
Melissa Satchell
Administrative Analyst II

Matthew Mace
Assistant Director of Leisure Services
Taij Howe
Clerk Typist II

Gail Nolan (R)
Seth M. Pitts (R)

Lincoln L. Anderson (UA)

Recreation Committee
Louis Blumenfeld (D)
Donna Banks (D)
Paula M Jones (D)
Jamelle White (D)
Orindel O. Kidd (D)
Keith Temple (D)

Bloomfield Leisure Services Holidays
It is the policy of the Bloomfield Leisure Services Department to curtail or cancel regularly scheduled recreation programs and activities on the following dates:
Labor Day, Monday, September 2nd
Veterans Day, Monday, November 11th
Thanksgiving Day, Thursday November 28th
Christmas Day, Wednesday, December 25th
New Year’s Day, Wednesday, January 1st
### Bloomfield Facilities, Parks & Schools

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<tr>
<th>Bloomfield Facilities, Parks, &amp; Schools</th>
<th>Address</th>
<th>Baseball / Softball</th>
<th>Basketball</th>
<th>Community Gardens</th>
<th>Cricket Fields</th>
<th>Fishing</th>
<th>Football</th>
<th>Golf</th>
<th>Hiking / Walking</th>
<th>Little Free Libraries</th>
<th>Monuments / Memorials</th>
<th>Green Space</th>
<th>Picnic Areas</th>
<th>Playground</th>
<th>Soccer</th>
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**Shred Day - Bloomfield Residents Please NO Businesses**

**Sponsored By CEEC (Conservation Energy & Environment Committee)**

We are delighted to offer its fifth FREE Shred Day for BLOOMFIELD RESIDENTS Saturday, October 12th from 10:00 AM to 2:00 PM at the Bloomfield Town Hall. Earthlight Solar Energy Solutions and Homestead Comfort are providing financials support for this event. Please bring a non-perishable food item for the Bloomfield Food Bank. Social Services and Public Works will be on site to collect the food items. Please come early and take advantage of this FREE Shred Day for BLOOMFIELD RESIDENTS the truck has filled up the last four times out. Your sensitive materials, both paper and electronics, will be collected from your vehicle and brought to the trucks to keep the traffic flowing. Thanks again to the Bloomfield High School Graphics department for helping us with our signs and flyers.
BLACK BEARS IN CONNECTICUT

SPONSORED BY Senior Services, Leisure Services and the Wintonbury Land Trust

★ Wednesday, September 18th at 6:00 PM ★ 330 Park Avenue, Bloomfield

- Light refreshments and enjoy a fascinating talk on Bears
- Rides provided for seniors who need transportation
- Power Point presentation in our new multi-media room
- Question and Answer period
- Register at the Leisure Services Department or on-line at www.bloomfieldrec.com

Paul Colburn, a Connecticut Master Wildlife Conservationist (MWC) and avid outdoorsman, will speak on “Black Bears in Connecticut”. His talk will focus on the natural history of black bears, an overview of their habitat, diet, behavior, reproduction and current research efforts. He will also provide practical recommendations for optimum co-existence with our black bear population. Black bear artifacts will be shared to help dispel myths and common misunderstandings. For more information, contact Leisure Services Department at 860.243.2923 or Senior Services at 860.243.8361

OVER THE MOUNTAIN HIKE

SPONSORED BY Leisure Services and the Wintonbury Land Trust  https://www.wintonburylandtrust.org/events-list/
Saturday, October 26, 9:00 AM - 1:00 PM

MEET US AT
The Oliver Filley House, 130 Mountain Ave., LaSalette Park, Bloomfield

Enjoy an invigorating hike from Simsbury to Bloomfield co-sponsored by the WLT and SLT and Bloomfield Leisure Services. Along with the scenery, the free hike will showcase WLT and SLT properties that provide town-to-town trail connectivity linking through Penwood State Park.

For the approximately 5.5-mile hike, we’ll meet at 9:00 a.m. at the hike’s official (see note below) end point: the historic 1834 Oliver Filley House in Bloomfield’s LaSalette Park. Bloomfield Leisure Services will provide a bus to shuttle hikers to the starting point, the SLT’s Owen Mortimer property in Simsbury.

From there, we’ll ascend to Penwood via SLT’s gorgeous Tanager Hill property. We’ll take a rest stop in Penwood, visiting Lake Louise and The Pinnacle.

Then we’ll descend into Bloomfield by way of WLT’s Stout Family Fields and Hawk Hill Farm, arriving back at LaSalette Park with (hopefully) some stunning views of Hartford.

Note: We hope this year to be able to add an extension from LaSalette to the recently-renovated Filley Park in Bloomfield Center for those interested. Details and arrangements will be available the day of the hike.
Bus trips, Family & Special Events

Lyman Orchard’s Corn Maze

Join us for a trip to Lyman Orchard's Amazing Corn Maze. Shopping in the Lyman Acres store will be available as well. Families must pre-register by Tuesday, October 2nd. Bus leaves promptly at 12:00 PM & leaves Lyman Orchards by 5:00 PM. Its just about an hour by bus.

Who: Bloomfield Families & guests
Dates: Saturday, October 5th
Time: 12:00 PM - 5:00 PM
Fee: 
  - Children 3 and under - Free
  - Children Ages 4 - 12 - $7
  - Children & Adults 13 & Up - $12

Location: Bus departs from the Alvin & Beatrice Wood Human Services Center

Pumpkin Carving

Join us for our pumpkin carving night. Pumpkins, carving utensils, paints and a light refreshment will be provided. Must pre-register by Thursday, October 10th. (No registration at the Door)

Who: Bloomfield Families
Dates: Friday, October 11th
Time: 7:00 PM - 8:30 PM
Fee: $15 / Pumpkin

Location: Alvin & Beatrice Wood Human Services Center - Picasso Room 149

Paint Night

Fun-filled, "create your very own work of art" paint night party! Make it a family event or bring a friend. No experience necessary. We will provide supplies; artist, (Multi-media Exploration instructor) Karen Wright will explain what to do, and you will go home with your own original work of art! Register at Leisure Services or The Senior Center.

Who: Bloomfield Families
Dates: Friday, September 13th & Friday, November 7th
Time: 5:30 PM - 8:30 PM
Fee: $15 / Person
Instructor: Karen Wright
Location: Alvin & Beatrice Wood Human Services Center - Picasso Room 149

The Boston Christmas Festival - At Seaport World Trade Center

An Annual favorite for all ages the Boston Christmas Festival is a blockbuster event for a special holiday trip. With 350 exhibitors, this award winning show is the largest arts and crafts festival in New England. It features handcrafted gifts, holiday decorations, jewelry, clothing, pottery, folk art, delicious foods to buy and sample and much much more. Pick up time and location will be determined by Silver Mills Tours after registration.

Who: Everyone
Time: TBD
Date: Saturday, November 9th
Fee: $90 /adults
Provider: Silver Mill Tours
Location: Boston, MA

Macy’s Thanksgiving Day Parade

Welcome the Holiday Season at one of the most beloved Holiday Events ever: the Macy’s Thanksgiving Day Parade. This spectacular and colorful parade descends through the streets of Manhattan. The size and scale of the Parade is massive with 3.5 million people attending the parade and another 50 million watching on tv and online. Pick up time and location will be determined by Silver Mills Tours after registration.

Who: Everyone
Time: TBD
Date: Saturday, November 28th
Fee: $85 /adults
Provider: Silver Mill Tours
Location: Manhattan, NY
Boo Bash
The Fifth Boo Bash is sponsored by the Social and Youth Services and Bloomfield Leisure Services. Children as well as parents are encouraged to dress up. Families must preregister by Tuesday October 22nd. Participants are encouraged to register early as the event sold out last year.

Families must preregister starting Tuesday, October 1st at Leisure Services and proof of residency is required for each child registered. Stay tuned for more details.

Who: Bloomfield Families
Dates: Friday, October 25th
Time: 6:30 PM - 9:00 PM
Fee: $2 / Child
Location: Alvin & Beatrice Wood Human Services Center - Gym

Tree Lighting & Holiday Parade
Come join us at the Bloomfield Town Green for a holiday parade, music and hot cocoa. The night will conclude with the lighting of the Town Hall, Town Green and the Prosser Library. For more information or if you would like to participate in this parade or as a vendor, please contact Matthew Mace at the Bloomfield Leisure Services Department no later than Friday, November 22nd. For more information please call (860) 243-2923.

Who: Bloomfield Families
Date: Saturday, December 7th
Time: 6:00 PM
Location: Bloomfield Town Green

Little Hands Big Things Fall Workshop
Join us in creating two Fall art projects one for home and one for the display at the Wintonbury Mall. (Pre-registration required)

Who: All Ages
Date: Saturday, October 12th
Time: 10:30 AM - 12:30 PM
Fee: Free
Instructor: Tatiana Ponder
Location: Alvin & Beatrice Wood Human Services Center - Picasso Room 149

Little Hands Big Things Nature Workshop
Express your thanks creating you own Thanksgiving Card and a project you can take home. One of the projects will be displayed at the Wintonbury Mall. (Pre-registration required)

Who: All Ages
Date: Saturday, November 23rd
Time: 10:30 AM - 12:30 PM
Fee: Free
Instructor: Tatiana Ponder
Location: Alvin & Beatrice Wood Human Services Center - Picasso Room 149

Family Bingo
Bloomfield families are welcome to join us for an exciting night of bingo and refreshments. Prizes will be awarded throughout the evening. Children must be 5 years of age or older and must be accompanied by a parent. Pre-registration required by Wednesday, November 13th & January 8th.

Who: Bloomfield Families
Date: Friday, November 15th & Friday, January 10th
Time: 7:00 PM (until prizes run out)
Fee: $5 / person
Location: Alvin & Beatrice Wood Human Services Center - Great Room B Room 128
After School at the Youth Center

After School Drop in at the Youth Center

After school at the Youth Center is a program for youth in grades 5-8 operating Monday - Friday from 3-6 pm at the Community Center. Parents will be responsible for transportation to and from the program. Many recreational activities will be available for the children including sports, arts & crafts and video games. Children will also have access to a dedicated homework room with limited homework assistance provided by staff. There is no program during school holidays or vacations. The drop-in program will have a membership fee and parents will need to complete a Pick-up and Medical information form before their child may attend. Children will sign into the program and will be supervised by Leisure Service’s Staff.

Who: Grades 5-8
Times: 3:00 PM - 6:00 PM
Dates: Mon - Fri, September 9th - January 17th
Fee: $100
Location: Alvin & Beatrice Wood Human Services Center - Youth Center Lounge

Youth Center

Located at the Alvin & Beatrice Wood Human Services Center, the Youth Center is a facility strictly for Bloomfield youth in grades 5-12 featuring a gymnasium, pool table, a foosball table, and ping pong table. The lounge area is a place for friends to hang out. If the mood strikes, participants may watch TV or videos or play one of the many board games available. The Youth Center is the home for the After School Program. At night, the center becomes a drop-in facility. Membership is required to participate in the Youth Center at a rate of $10 for the season! The schedule of hours for the Youth Center are listed below.

Fee: $10 / membership
Grades: 5 - 12
Dates: October 1st - May 29th
  Tuesday - Saturday: 7:00 PM - 9:30 PM

Winter Break Camp

Looking for something to do during Winter Break? Join us at the Alvin & Beatrice Wood Human Services Center for Winter Break Camp. Children in Grades K-8 will be able to do Art’s & Crafts, board games, Xbox 360, the Nintendo switch, sports in the gym or hang out in the youth center and play pool or foosball. (Parents must provide a lunch and snacks for the day)

Who: Grades K-8
Time: 9:00 AM - 4:00 PM
Dates: Monday - Friday: December 23rd - 31st
(No Class 12/25)
Fee: $75 / Resident $150/ Non-Resident
Location: Alvin & Beatrice Wood Human Services Center - Youth Center Lounge

NIA Arts Modern Dance

Modern Dance Classes that will focus on techniques such as Dunham, Horton, and contemporary styles. The Class is for all Levels of experience.

Who: Ages 13 & Up
Time: 6:00 PM - 7:00 PM
Dates: Wednesday, Sept 4th - Oct 23rd
Instructor: Nikia Pinkney
Fee: $60 / Resident $65/ Non-Resident
$10 / drop in
Location: Alvin & Beatrice Wood Human Services Center - Get Fit Room 150

Family Drop-In Gym Time

This activity is designed for Adults and children in pre-school and up who want to get some Open Gym time at the Rec. Children under 11 must be accompanied by a parent or guardian.

Who: Pre-K to Grade 4
When: Saturdays, October 5th - April 30th
Time: 9:00 AM - 3:00 PM
Fee: $10 / Youth Membership
Location: Alvin & Beatrice Wood Human Services Center - Gym
Start Smart Basketball
Teaches children the basic motor skills necessary to play organized basketball. The program focuses on teaching children and their parents to focus on skills in dribbling, passing, and shooting. One parent must participate with the child. Each participant will receive a t-shirt.
Who: Children ages 3 - 7
Dates: Ses I - Fridays, October 4th - November 22nd
Ses II - Fridays, December 6th - January 31st
(No Class 11/29)
Times: 6:30 PM - 7:30 PM
Instructor: Travis Waldon
Fee: $50
Location: Alvin & Beatrice Wood Human Services Center - Gym

Basketball Developmental Skills
The focus of this class will be on developing offensive and defensive Basketball skills. Each lesson will introduce one or more of the skills necessary to play the game of basketball.
Who: Children in grades 3 - 8
Dates: Ses I - Tuesdays, October 1st - November 12th
Ses II - Tuesdays, November 26th - January 14th
(No Class 11/5, 12/24, 12/31)
Time: 6:30 PM - 8:00 PM
Fee: $70
Instructor: Travis Waldon
Location: Alvin & Beatrice Wood Human Services Center - Gym

Jukido Class
Jukido is a jujitsu system of maximum efficiency in self-defense. We stress anti-bullying strategies and emphasize building confidence. Our techniques use the attacker’s strength against them by a targeted use of leverage and motion. All instructors are certified black belts with additional training to teach this amazing art. Jukido is a group activity with individual progress and attention. Everyone is encouraged to do their personal best. Classes, while disciplined, are fun! For more information you can contact the Sensei Phillip Brennan at bloomfieldjukido@yahoo.com
Who: Children Ages 6 - 15
Dates: Ses I: Saturday’s - September 28th - October 26th
Ses II: Saturday’s - November 9th - December 21st
(No Class - November 30th)
Time: Ages 6-15 - 10:00 AM - 11:00 AM
Ages 16 & Up - 12:00 AM - 1:00 PM
Fee: $40/ Resident $50 / Non-Resident
Instructor: Phillip Brennan
Location: Alvin & Beatrice Wood Human Services Center - Get Fit Room - 150

Little Chefs
Aspiring young cooks; Grades 2 - 8. Learn fun and easy cooking: Learn to make delicious recipes, from main courses to desserts and snacks, with plenty of tasting along the way. This is a very hands on class! Class size limited to 12
Who: Children in Grades 2 - 8
Dates: Ses I - Wednesdays, September 18th - October 23rd
Ses II - Wednesdays, November 6th - December 18th
(No Class 11/27)
Times: 6:00 PM - 7:30 PM
Fee: $30 Resident Only
Instructor: Rosalind Best
Location: Alvin & Beatrice Wood Human Services Center - Cooking Classroom 151

Holiday Baking Workshop
Please join us as we bake some of your favorite Holiday treats. In this workshop you will learn the basics of baking while making some of your favorite baked goods. This class is perfect for beginners or those looking to brush up on their skills. Please bring your own apron and appetite.
Who: Ages 8 - 16
Dates: Saturday, December 14th
Times: 12:00 PM - 4:00 PM
Fee: $20 Resident Only
Instructor: Rosalind Best
Location: Alvin & Beatrice Wood Human Services Center - Cooking Classroom 151

Introduction to Jewely Design & Crafts
This program is a six week introduction to jewelry design and crafts. Participants will learn the art of jewelry design and the origin of beads/stones and their properties. Participants will create a variety of pieces (necklaces, bracelets, earrings and rings).
Who: Children in Grades 5 - 12
Dates: Wednesday, October 2nd - November 6th
Times: 2:30 PM - 4:00 PM
Fee: $60
Instructor: Jackie Bright
Location: Alvin & Beatrice Wood Human Services Center - Picasso Room 149
Pre-School Activities

Tiny Food Explorers
Bring your tiny food explorer to learn all about new foods in this four week series. Learn how to introduce new foods in a fun and exciting way, from a registered dietician. Each week will focus on a new concept around food picky eating, and making a tasty snack together. Get ready to get messy and play with some food. All recipes are nut free but may contain dairy.

Who: Children ages 3 - 5
Dates: Fridays, November 1st - November 22nd
Times: 10:00 AM - 11:00 AM
Fee: $35
Instructor: Katie Shepperd
Location: Alvin & Beatrice Wood Human Services Center - Cooking Classroom 151

Mad Science Workshops
There are two 30 minute back to back workshops. The children perform experiments, and participate in demonstrations and get a take home item at the end of the program.

Space Frontier: Take a trip through the solar system and sign up for the Mad Science Astronaut in Training program where they will learn about space.

Lights On: Interactive and hands-on activities will assist preschoolers with this introduction to light. Children will learn all about light and how it helps us see.

Who: Children Ages 3 - 5
Dates: Saturday, September 13th
Times: 5:00 PM - 6:00 PM
Fee: $20 / workshop
Location: Alvin & Beatrice Wood Human Services Center

Mommy & Me Gym Time
Sponsored by the Family Resource Center (FRC)
Open gym time for parents, day care providers and pre-schoolers to spend quality playtime together. Visit with other FRC Family Resource Center parents while your children play together. Social time is important for everyone. Mats & soft balls will be available.

Who: Parents, Day Care Providers and Children
Dates: Thursdays, October 10th - May 7th
Times: 10:00 AM - 12:00 PM
Fee: Free
Organization: Family Resource Center - 860-769-5518
Location: Alvin & Beatrice Wood Human Services Center Gym

Little Hands Big Things Fall Workshop
Join us in creating two Fall art projects one for home and one for the display at the Wintonbury Mall.
(Pre-registration required) For Registration Information Please See Page 9

Little Hands Big Things Nature Workshop
Express your thanks creating you own Thanksgiving Card and a project you can take home.
(Pre-registration required) For Registration Information Please See Page 9
Central CT Jaguars XC Meet

The Central CT Jaguars will be holding two XC meets this Fall at Bloomfield High School. The races are from 2k to 4k and have divisions for 8 and under, 9-10, 11-12, and 13-14. Races start at 9:00 AM depending on the amount of competitors some of the events will be combined and coaches will be notified prior to the start of events. Race ages use the USATF rules Age race date is age as on December 31, 2019. Order of Events: • 8-Under Girls 2k, 8-Under Boys 2k • 9-10 Girls 3k, 9-10 Boys 3k, 11-12 Girls 3k, 11-12 Boys 3k, 13-14 Girls 4k, 13-14 Boys 4k

register online at https://athletic.net

Who: Children ages 5 - 14
Dates: Saturday, September 21st
       Sunday, September 29th
Times: 8:00 AM Check in Race start at 9:00 AM
Fee: $ 5
Meet Director: Yolanda McDonald-Wesley - 860-543-1445
      Garfield White - 860-794-2403

Location: Bloomfield High School

Tennis Lessons by the Bloomfield Tennis Club

Children will learn basic fundamentals of tennis, such as how to hold a racket, swing properly, and move their feet. The Instructor will run the children through series of drills, where he will feed tennis balls and instruct the kids as they move through the drills. The drills will incorporate forehands, backhands, and volleys. Serves will also be worked on. The class will conclude with some fun games, like Stuck in the Mud. We have a Professional Tennis Instructor from the Bloomfield Tennis Club, Andre Downes, who will be conducting the lessons for us.

Who: Children Ages 6 - 13
Dates: Wednesdays
       Ses I: September 11th – October 9th
       Ses II: October 16th – November 13th
       Ses III: November 20th – December 18th
Times: 5:30 PM - 6:30 PM (Ages 6 - 9)
       6:30 PM - 7:30 PM (Ages 10 - 13)
Fee: $ 100 / session
Location: Bloomfield Tennis Club * 45 Douglas Street * Bloomfield, CT 06002
Couch to 5K

Have you ever considered the idea of taking up running but just didn’t know where to begin? Then Bloomfield Leisure Services may have just the solution to help get you started. Couch to 5K is designed for anyone who is feeling out of shape or unfit and who want to take up physical activity but hasn’t a clue on how to go about it. Whether you’ve never run before or if you just want to get more active, Couch to 5K is designed especially for absolute beginners and is a great way to work towards improving your fitness and stamina, with sessions using a mix of running and walking, gradually building up to a steady jog. Couch to 5K offers a social and supportive environment where everyone is in it together, led by an RRCA (Road Runners Club of America) certified running coach.

Important Information
Group training plan, No running experience necessary, Running shoes, dress to run outside, bring a water bottle, Group accountability and Encouragement. Training for the East Windsor Veterans 5K on November 9th.

Who: Adult’s
Dates: Tuesday’s, September 17th - November 5th
Time: 6:00 PM - 7:00 PM
Fee: $65 / resident $75 / non-resident
Location: BHS - Track

Introduction to Jewelry Design & Crafts

This program is a six-week introduction to jewelry design and crafts. Participants will learn the art of jewelry design and the origin of beads/stones and their properties. Participants will create a variety of pieces (necklaces, bracelets, earrings, and rings).

Who: Adults
Dates: Wednesday, October 2nd - November 6th
Times: 6:00 PM - 7:30 PM
Fee: $120
Instructor: Jackie Bright
Location: Alvin & Beatrice Wood Human Services Center - Picasso Room 149

Pickleball Anyone?

Pickleball is an increasingly popular sport which is much like playing Ping-Pong on a badminton court. We have two courts set-up for players to use.

Who: Adults 18 and up
Dates: Mon, Sept 30th - Dec 23rd - Mon, 6:00 PM - 9:00 PM
      Tues, Oct 1st - Dec 24th - Tues, 9:00 AM - 1:00 PM
      Thurs, Oct 3rd - Dec 26th - Thurs, 6:00 PM - 9:00 PM
      Fri, Oct 4th - Dec 27th - Fri, 9:00 AM - 1:00 PM
Fee: $20 / Residents $40 / Non-Resident
Location: Alvin & Beatrice Wood Human Services Center - Gym

Quilters

This class will give you an opportunity to begin, find your place to continue, restart an old quilt or put the finishing touches on your projects. Classes will be once a month for two-hrs. sessions. You can attend one class or multiple classes to reach your completion goal. Beginners will learn rotary cutting techniques, basic piecing skills including sewing through intersections while creating a rail fence block. Bring your sewing machine and general sewing supplies.

Who: Adults
Dates: Wednesdays, 9/18/19, 10/16/19, 11/20/19, 3/18/20, 4/15/20, 5/13/20, 6/17/20
Time: 6:30pm - 8:30pm
Fee: $15 / Resident / class $30 / Non-Resident / class $70 / Resident / program $140 Non-Resident / program
Location: Alvin and Beatrice Wood Human & Services Center - Fiber Arts - Room 111

Adult Basketball

Drop-In Basketball for adults 18 and older Proof of Age and residency required for registration. Register in advance of the program starting. RESIDENTS ONLY

Who: Bloomfield Adults 18 and up
Fee: $25 Resident ONLY
Dates: 18 + - Sundays, October 5th - January 19th - 11:00 AM - 2:00 PM
      55 + - Wednesdays, October 2nd - January 22nd - 11:00 AM - 2:00 PM
Location: Alvin & Beatrice Wood Human Services Center - Gym

Adult Activities
Adult Activities

Therapeutic Yoga Classes
Therapeutic yoga is a system of self-care that focuses on easy to learn yoga postures, breathing exercises and meditation that can be done anywhere and anytime to help manage stress and to promote:
1) Health and balance in the physical body  2) Efficiency in breathing and energy levels
3) Relaxation, calm and ease in the mind. Classes are easy to moderate and suitable for beginners and can be done on a yoga mat or in a chair. Please wear loose comfortable clothing. Bring a yoga mat and a light blanket. All levels welcome. For more information or questions about the class, call Beth Gibbs, at 860-219-1039 or Email her at bethagibbs@comcast.net
Who:  Adults
Dates:  Ses I: Thursdays, September 5th - October 31st
          Ses II: Thursdays, November 14th - January 16th  (No Class 11/29 12/26)
Fee:  $56 / Resident  $66 / Non-Resident
Time:  7:00 PM - 8:30 PM
Location:  Alvin & Beatrice Wood Human Services Center - Multi-Purpose A Room 157

Steppin’(Chicago-Style)
For Beginners and Advanced Beginners! Come and step your way into fitness in an 8-week Chicago style Steppin’ class. Get a good, low impact, aerobic workout while learning the fundamental Footwork of this exciting dance. No partners are necessary. Equipment required: comfortable shoes, preferably with leather soles. (Women can bring flats or low heels; No sneakers).
Who:   Adults
Dates:  Mondays, October 21st - December 16th
          Tuesday - October 22nd - December 17th  (No Class 11/4 & 11/5)
Time:  Monday - 6:30 PM - 8:00 PM
          Tuesday - 11:00 AM - 12:30 PM
Fee:  $60 / Resident  $70 / Non-Resident
Instructor:  Richard Harris
Location:  Alvin & Beatrice Wood Human Services Center - Get Fit Room

Fierce Fitness Boot Camp
Join us for the Fierce Fitness Boot camp in Bloomfield! Get your year started strong with one hour of body weight exercise, light weights, ab-work and a high impact workout designed to burn the calories, tone, sculpt and shred those extra pounds away. Bring your towel, some water, and a mind to push through and have fun!
Who:  Adults
Dates:  Ses I:  Tuesdays & Thursdays - September 24th - October 31st
          Ses II:  Tuesdays & Thursdays - November 12th - December 16th  (No Class 11/28)
          Ses III:  Tuesdays & Thursdays - January 6th - February 13th
Time:  6:00 PM - 7:00 PM
Fee:  $60 / Resident  $70 / Non-Resident
Instructor:  Romana Chung
Location:  Alvin & Beatrice Wood Human Service Center - Gym
Bloomfield Farmers’ Market

August 24th - October 26th
Saturdays- 9:00 AM- 12:00 PM
Bloomfield, CT Town Hall Parking Lot

The Bloomfield Farmers’ Market is a WIC (FMNP) and Senior Farmers Market Current products available: Honey, Maple Syrups, Maple Candy, Maple cream, Maple Jelly, Spring Greens, root Crops, cucumbers, eight ball zucchini, golden zucchini, cherry tomatoes variety, ground cherry tomatoes heirloom tomatoes green frying tomatoes, early berries, such as raspberries, blueberries, Blueberry Jam and herbs, early tomatoes, corn, peaches, Kale, Swish Chard, Basil red and green, parsley, cilantro, dill, chives, scallions, mushrooms, Callao and Beautiful fresh cut flowers.

In Support of Bloomfield’s food Share program we will have drawing with five dollar donation for ten tickets, for a nice table top grill, valued at $80.00. Drawing will be held on August 22nd, need not be present to win.

Farmers, Connecticut Craft Vendors, Food Trucks, Restaurants, Sponsors, and Volunteers needed

Contact Beverley Cartwright @ 860-810-1286 or bloomfieldfarmersmarket@yahoo.com for applications and more information about the Bloomfield Farmers Market.