



Winter/Spring 2022



MEET THE STAFF

ADMINISTRATION

Dr. Joshua Medeiros - Ed.D., CPRE
Superintendent

Sarah Larson - CPRP
Deputy Superintendent

Jazz Coakley
Assistant to the
Superintendent

Erica Benoit
Community Engagement
Coordinator

RECREATION DIVISION

Amry Shelby - MS
Recreation Supervisor

Martha Bravo
Program/Admin Assistant

AQUATICS DIVISION

Jaimie Clout - CPRP, CPO, LGIT
Aquatics Supervisor

Raelynne Andrews - M.S.W., CPO, LGI, WSIT
Aquatics Coordinator

Ronald Dionne - CPO
Facilities Maintenance Technician



PARKS, GROUNDS, & FACILITIES MAINTENANCE DIVISION

Robert Lincoln
Parks, Grounds &
Facilities Supervisor

Douglas Trillo
Assistant Parks, Grounds
& Facilities Supervisor

Todd Anderson
Group Leader

Matthew Newton
Group Leader

Stephen Alvarez
Skilled Utility Craftsman

Tim Rollins
Skilled Utility Craftsman

Walter Kalbach
Mechanic

Richard Klett
Truck Driver

Steven Schriver
Landscape Gardener

Brian Beaudoin
Park Maintainer

Marc Davis
Park Maintainer

BRISTOL ELIMINATING SUBSTANCE USE TOGETHER

Jenelle Howard - MBA, MA
Project Coordinator

YOUTH & COMMUNITY SERVICES DIVISION

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Alyson Phelan
Youth & Family Coordinator

Kyana Anderson
Youth & Family Coordinator

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Community Services
Coordinator

Lauren Kittle
Parent & Child
Program Consultant

Erika Treannie
Juvenile Review
Board Coordinator

Linda Rich
Counseling Consultant

ARTS & CULTURE

Lauren Imholte - MPA
Arts & Culture
Supervisor

Board of Park Commissioners

Mayor Jeffrey Caggiano
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Youth Commissioners

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Karen Hintz

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Dr. Corey Nagle - Ed.D.

Ramon Peters

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Lance Washington

Arts & Culture Commissioners

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Samantha Buonafede

April Dews

Juliet Norton

Mark Walerysiak



ABOUT BPRYCS

MESSAGE FROM THE SUPERINTENDENT

The City of Bristol Parks, Recreation, Youth & Community Services Department (BPRYCS) continues to impact the lives of all Bristol residents shaping positive perceptions of the city, fostering cultural unity by building community and creating responsible and healthy citizens through our high quality youth, recreational services and essential public parks.

This past fall our team developed the first ever Strategic Plan to guide the work of our staff over the next 3 years to best serve the residents of Bristol. Part of this plan is continuing to elevate and amplify community voices to shape the spaces around the city. In November, we launched a community engagement survey to have families help pick the newest playground for E. G. Stocks. The voters spoke and the top rated playground will be installed later this spring.



This year we are pleased to be launching a transformative multi-phased revitalization project at Page Park that will benefit generations of Bristol families for years to come. The planned improvements were established through our 2020 parks master plan where YOU, the Bristol resident, provided input on a vision for the park. Through a statistically valid survey, online survey, various focus groups and stakeholder interviews, the revitalization of Page Park will include extensive improvements to parking, new pickleball courts, basketball court, pavilion, fitness pad, turf field, and more! You can see full details of the plan at www.bristolrec.com and can look forward to seeing the project come to life in the near future.

As we welcome 2022, many of us may be looking to set New Year's Resolutions to spend more time outdoors, tone up, or maybe just venture out of our comfort zones to try something new. Our BPRYCS team is standing by ready to help you achieve your goals. If you are looking for fitness support we offer a number of youth and adult programs both on land and in the water. Everything from tennis lessons, sports fun, co-ed football, and low to high impact water exercise classes. New this year we are partnering with Bell City CrossFit to offer an Introduction to CrossFit class for students seeking tougher challenges. Perhaps your goal was to explore your creative side and bring out your untapped potential in the arts. We are incredibly pleased to be offering over 20 new adult and youth programs at our Arts & Culture Center (472 East Road). Classes are varied in ability level, ages, and interests offering a variety of mediums for you to enjoy including Abstract Painting, Fashion Design, Drawing, Belly dancing, Jewelry Making, Clay and Slime Time!

Finally, I invite you to save the date for an exciting new event being planned for May 21, 2022 called "Dinner on the Diamond", a special night out enjoying dinner and drink with family, friends and neighbors on historic Muzzy Field. Special entertainment is being planned and all event proceeds support our youth scholarships through the Friends of Bristol Parks and Recreation Fund. We look forward to seeing you on the field!

A handwritten signature in black ink, reading "Joshua T. Medeiros".

Dr. Joshua T. Medeiros, Ed.D., CPRE
Superintendent
Department of Parks, Recreation, Youth and Community Services
City of Bristol



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.



SEE YOU IN THE PARKS

VISIT OUR PARKS & FACILITIES

- 1 Arts & Culture Center**
472 East Street
- 2 Hoppers / Birge Nature Preserve**
Located on Beech Street
- 3 Brackett Park**
Entrances on School and North Main Streets
- 4 Casey Field / Stocks Playground**
Located on Middle Street
- 5 Dennis Malone Aquatics Center**
325 Mix Street
- 6 Federal Hill Green**
Located on Maple and Queen Street
- 7 Kern Park**
Located off Ivy Drive and Primrose Lane
- 8 Muzzy Field**
Located on Muzzy Street
- 9 Nelson's Field**
Corner of Burlington Avenue & Maple Avenue
- 10 Page Park**
651 King Street
- 11 Peck Park**
Entrance on Daley Street
- 12 Pine Lake**
Located off Pine Street / Birch Street / Emmett Street
- 13 Rockwell Park**
Entrances on Jacob Street, Dutton Avenue,
and Terryville Road



- 14 Roberts Property Park**
Located at James P. Casey Road and Perkins Street
- 15 Seymour Park**
Entrance on Shrub Road
- 16 Veterans Memorial Boulevard**
Parking off of Wozenski Way and South Street
- 17 Wilson Playground**
Located on King Street
- 18 Youth & Community Services**
51 High Street

SLEDDING

Looking for a place to spend that "snowy day"? Why not visit one of our popular sledding hills at Page Park or Nelson Field! Grab your friends and hang on to your hats! See who can race down the hill first – winner gets his or her sled carried back up the hill by the other racers! Whether you have fresh new snow or are sledding down the dips and jumps created by other sledders it's a fun way to spend the afternoon. Please note, sledding hill availability is subject to change depending on weather conditions. Sledders assume full risk and responsibility for determining safe conditions.

Nelson Field Sledding

Corner of Burlington and Maple Ave.

Page Park Sledding Hill

651 King Street

ICE SKATING

Looking for a classic winter wonderland ice skating experience? Look no further. Ice skating is available on select weekends during the winter months. Once conditions are suitable, Page Park Lagoon will be flooded, swept and maintained by the parks, facilities and grounds crew. Ice skating is weather permitting and requires sustained temperatures at or below 30 degrees. Please follow all posted signage and do not play on the ice during hazardous conditions. Please check our website and/or Facebook for winter activity schedules and weather condition updates.

Page Park Lagoon

651 King Street



SAVE THE DATE

— SPECIAL EVENTS —

LETTERS OF LOVE

Monday, January 24 - Friday, February 11

We're collecting Valentine's Day Cards for our local elders in Bristol senior facilities! Participants are encouraged to make their own cards, draw pictures, or simply sign boxed Valentine's cards. Once you've written your letter and dropped it off, BPRYCS will deliver it to a senior in need of a little love. Completed cards can be mailed or dropped off at the following locations:

- Youth & Community Services (51 High St.)
- Dennis Malone Aquatics Center (325 Mix St.)



PARENTS NIGHT OUT

Monday, February 14 @ 5:00 - 9:00 pm

Location: Dennis Malone Aquatic Center
325 Mix St., Bristol, CT 06010

Join us for a parent's night out on Valentines Day! Drop off your child (under 12) for an evening of fun crafts, swimming, pizza, and snacks. The evening will include age-appropriate activities and advanced registration is required.

Fee: \$10/Participant

LUCK O' THE LAP

Wednesday, March 16 - Sunday, March 20

Location: Dennis Malone Aquatic Center
325 Mix St., Bristol, CT 06010

See how far you can swim over the course of five days! The more you swim, the more chances there are to win. Participants will receive raffles tickets at 250, 500, 750, 1,000, 3,000, and 5,000 yards. All participants who register by March 2nd will receive a T-shirt. Laps can be logged during open swim times for the duration of the event.

Fee: \$10/Participant

DINNER ON THE DIAMOND - FUNDRAISER

Saturday, May 21 at Muzzy Field

Dinner on the Diamond is a fundraiser event to benefit the Friends of the Bristol Parks and Recreation Fund through the Main Street Community Foundation. This exclusive experience brings you across the grass of historic Muzzy Field, to dine where baseball greats have created generations of memories.



71st ANNUAL PERRY J. SPINELLI FISHING DERBY

Saturday, April 30 @ 7:00 - 10:00 am

Location: Page Park Lagoon

Join us for a morning of fishing family fun. Children aged 13 and under should bring their own fishing poles and legal bait. There will be a variety of prizes awarded for fishes caught throughout the morning. This event is free and does not require registration.



ALL HEART NESTS

Saturday, May 7 @ 1:00 - 4:00 pm

Location: Mrs. Rockwell's Pavilion

We're teaming up with the Public Works Department for the return of an exciting workshop this spring! This May we'll be painting birdhouses to be hung up in Bristol's parks. All materials will be salvaged from Bristol's transfer station and repurposed into birdhouses. Participants will be provided with paint, stain, hammers and miscellaneous tools to build the house. Open to all ages and abilities. This event is free but requires pre-registration.



Visit BristolRec.com for tickets beginning Feb 1st!



RECREATION

— YOUTH PROGRAMS —

YOUTH SOCCER

This program is open to players of all skill levels and abilities. Participants will learn the basic rules of soccer, as well as practice the skills and techniques needed to be successful in the sport. This program will increase the participants overall knowledge of the sport.

Location: Chippens Hill Middle School
551 Peacedale St., Bristol, CT

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 2 - Mar 9	6 - 8	W	6:00 - 6:50 pm
	Feb 2 - Mar 9	9 - 12	W	7:00 - 7:50 pm

BASKETBALL SKILLS

This program will teach the vital basketball skills of dribbling, passing and shooting to participants. Techniques and gameplay will be taught to enhance the overall knowledge of the game of basketball.

Location: Chippens Hill Middle School
551 Peacedale St., Bristol, CT

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 8 - Feb 12	5 - 8	Sa	10:00 - 10:45 am
Winter 2	Jan 11 - Feb 15	5 - 8	Tu	6:50 - 7:35 pm
Spring 1	Mar 12 - Apr 23	5 - 8	Sa	10:00 - 10:45 am
Spring 2	Mar 15 - Apr 26	5 - 8	Tu	6:50 - 7:35 pm

MINI HOOPS

This program will introduce participants to the sport of basketball. Participants will learn basic skills and techniques in a friendly and safe environment. Lessons will be conducted with parent participation, and will utilize skill-building activities.

Location: Chippens Hill Middle School
551 Peacedale St., Bristol, CT

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 8 - Feb 12	3 - 5	Sa	9:00 - 9:45 am
Winter 2	Jan 11 - Feb 15	3 - 5	Tu	6:00 - 6:45 pm
Spring 1	Mar 12 - Apr 23	3 - 5	Sa	9:00 - 9:45 am
Spring 2	Mar 15 - Apr 26	3 - 5	Tu	6:00 - 6:45 pm

GYMNASTICS at FLIPS

This programs offers participants an introduction to gymnastics. These classes encourage whole body exercise, including development in strength, flexibility and coordination. Classes are structured and allow for participants to socialize with others in a safe and controlled environment.

Location: Flips Gymnastics Center - Unit 2
50 Emmett St., Bristol, CT

Fee: \$80/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 9 - Feb 13	3 - 4	Su	10:00 - 10:40 am
	Jan 9 - Feb 13	5 - 8	Su	11:00 - 11:40 am
	Jan 9 - Feb 13	9 - 13	Su	11:45 - 12:25 am
Spring 1	Mar 13 - Apr 24	3 - 4	Su	10:00 - 10:40 am
	Mar 13 - Apr 24	5 - 8	Su	11:00 - 11:40 am
	Mar 13 - Apr 24	9 - 13	Su	11:45 - 12:25 am

CO-ED 3 on 3 BASKETBALL

Participants in this program will develop fundamental skills associated with the game of basketball, as well as participate in organized games of 3 on 3. Each week, teams will be changed to ensure that games are fair and players have maximum opportunity to socialize.

Location: Chippens Hill Middle School
551 Peacedale St., Bristol, CT

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 11 - Feb 15	9 - 13	Tu	7:40 - 8:25 pm
Spring 1	Mar 15 - Apr 26	9 - 13	Tu	7:40 - 8:25 pm

FOOD EXPLORERS DINNER CLUB

Learn to make some delicious after-school snacks! Each week, kids will make or bake a new delicious snack. Banana Bread Cake Pops, Strawberry Shortcake Parfaits, Three Cheese Pizza Bites, and Broccoli Cheese Balls are on the menu. Participants will learn about food by taking part in some fun games and activities with a registered Dietitian. Each recipe is nut free, but may contain dairy or eggs.

Location: Arts & Culture Center
472 East Rd., Bristol, CT

Fee: \$60/Session

Session	Date	Ages	Day	Time
Spring 1	Mar 7 - Mar 28	7 - 12	M	5:00 - 6:00 pm



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.



RECREATION



VACATION CAMPS

Join us at our February and April Vacation Camp for fun games and activities while Bristol Public Schools are on break. Campers will enjoy field trips, crafts, activities, and games. Meals are not provided.

Location: Page Park – Perry J. Spinelli Pavilion

Fee: \$50/BPS Mid-Winter Break

\$100/BPS Spring Break

Session	Date	Ages	Day	Time
February Vacation Camp	Feb 21 - 22	6 - 12	M - Tu	9:00 am - 3:00 pm
April Vacation Camp	Apr 11 - 14	6 - 12	M - Th	9:00 am - 3:00 pm

CO-ED FLAG FOOTBALL

Participants will be introduced to the game of football while utilizing flags. Players will work on basic football skills in a controlled environment. Each week, teams will be formed to give players an opportunity to socialize with everyone in the program.

Location: Chippens Hill Middle School

551 Peacedale St., Bristol, CT

Fee: \$40/Session

Session	Date	Grade	Day	Time
Winter 1	Jan 28 - Mar 4	3 - 4	F	6:00 - 6:50 pm
	Jan 28 - Mar 4	5 - 8	F	7:00 - 7:50 pm
Spring 1	Apr 1 - May 13	3 - 4	F	6:00 - 6:50 pm
	Apr 1 - May 13	5 - 8	F	7:00 - 7:50 pm

TENNIS LESSONS

Tennis lessons are offered to players of all ages and skill levels. New players are able to learn the rules of the game and the basic skills needed to have an enjoyable experience. Older and advanced players have the opportunity to learn drills and sharpen their skillset.

Location: Page Park Tennis Courts

Fee: \$40/Session

Session	Date	Grades	Day	Time	Skill Level
Spring 1	Apr 18 - May 23	8 - 14	M	5:00 - 5:45 pm	Beginner
	Apr 18 - May 23	8 - 14	M	6:00 - 6:45 pm	Int. / Adv.
	Apr 19 - May 24	6 - 12	Tu	5:30 - 6:15 pm	Middle School / HS
	Apr 25 - May 23	4 - 5	Th	5:00 - 5:30 pm	Little
	Apr 25 - May 23	6 - 7	Th	5:45 - 6:45 pm	Pee Wee

HORSEMANSHIP LESSONS

Our friends at Shepard Meadows help teach horse skills such as grooming, tacking, and leading. This program provides the opportunity for participants to persevere, problem-solve, and communicate. Horsemanship helps participants connect with their peers socially, as well as promotes self-esteem.

Location: Shepard Meadows Equestrian Center

733 Hill St, Bristol, CT 06010

Fee: \$75/Session for Residents

\$80/Session for Non-Residents

Session	Date	Grades	Day	Time
Winter 1	Jan 5 - Feb 2	7 - 16	W	4:15 - 5:00 pm
Winter 2	Feb 16 - Mar 16	7 - 16	W	4:15 - 5:00 pm
Spring 1	Apr 7 - May 5	7 - 16	Th	5:00 - 5:45 pm

SPORTS FUN

This program introduces participants to a number of sports and games in a safe and controlled environment. Participants are able to socialize and learn sportsmanship through fundamentally appropriate activities. This program will keep participants engaged and promote teamwork.

Location: Stafford Elementary School

212 Louisiana Ave., Bristol, CT

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 9 - Mar 16	2 - 3	W	5:00 - 5:30 pm
	Feb 9 - Mar 16	4 - 5	W	5:35 - 6:05 pm
	Feb 9 - Mar 16	6 - 12	W	6:10 - 6:55 pm
Spring 1	Apr 20 - May 25	2 - 3	W	5:00 - 5:30 pm
	Apr 20 - May 25	4 - 5	W	5:35 - 6:05 pm
	Apr 20 - May 25	6 - 12	W	6:10 - 6:55 pm



RECREATION

— ADULT PROGRAMS —

PILATES & YOGA FUSION

This program will help tone and tighten your core, which will not only improve your posture, but your body awareness and flexibility. Use techniques from Yoga to flow through movements and work your body while gaining strength of the body and mind. This program is for all skill levels.

Location: Stafford Elementary School
212 Louisiana Ave., Bristol, CT

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 4 - Feb 10	18+	Tu+Th	6:00 - 7:00 pm
Spring 1	Mar 1 - Apr 7	18+	Tu+Th	6:00 - 7:00 pm

INTRO TO CROSSFIT

This program is a form of interval training, combining strength and conditioning that is made of functional movements. These movements are actions performed in day-to-day life, like squatting, lifting, pushing, and pulling. This class is run by CrossFit trained coaches to ensure that you are moving safely and effectively with high energy, great music and camaraderie amongst your classmates.

Location: Bell City CrossFit
650 Emmett St., Unit 3, Bristol, CT

Fee: \$90/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 3 - 31	18+	M+W	6:45 - 7:30 am
Spring 1	Mar 7 - 30	18+	M+W	6:45 - 7:30 am

DOG OBEDIENCE CLASS

Every interactions with your dog is a learning opportunity. A successful relationship with your dog is based on trust and mutual understanding. These programs are designed to work for you, your dog and your lifestyle. These goals are achieved through motivational and result oriented training. We've partnered with Camp Canine to provide you with the tools and knowledge needed to effectively community with your dog for the most progressive and successful training!

Location: Camp Canine
74 Broderick Rd., Bristol, CT

Fee: \$150/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 13 - Feb 17	18+	Th	6:30 - 7:30 pm

ADULT CO-ED PICKLEBALL

Pickleball is a combination of badminton and ping pong played on badminton court with a tennis sized net. The rules are simple and the game is easy for beginners to learn but can develop into a fast paced, competitive game for experienced players!

Location: Bristol Senior Center
240 Stafford Ave., Bristol, CT

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 7 - Mar 21	18+	M	6:00 - 9:00 pm
Spring 1	Apr 18 - May 23	18+	M	6:00 - 9:00 pm

BELL CITY LEGENDS

This functional fitness class is specifically designed with the 55+ community in mind. Workouts will be programmed with an emphasis on strength/resistance training, cardiovascular fitness, as well as balance and mobility. Classes utilize resistance training, aerobic activity and general movement to help increase bone density, combat chronic disease, and improve overall quality of life. This class is specifically designed to keep you healthy and independent for years to come.

Location: Bell City CrossFit
650 Emmett St., Unit 3, Bristol, CT

Fee: \$90/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 4 - 27	55+	Tu+Th	9:15 - 10:00 am
Spring 1	Mar 8 - 31	55+	Tu+Th	9:15 - 10:00 am



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AQUATICS



DENNIS MALONE AQUATICS CENTER (DMAC)

325 Mix Street
Bristol, CT 06010
(860) 584 - 3837

The Dennis Malone Aquatics Center or "DMAC" as many call it, is home to five local swim teams, features six-lanes of open swimming space, a one-meter diving board, and spectator seating.

SEASONAL POOL MEMBERSHIPS

Escape winter and head over to the Dennis Malone Aquatics Center (DMAC) for a taste of the summer amidst the cold. Swimming is a great way to stay in shape during the winter months and is a beneficial skill for community members of all ages.

Valid December 1 - March 30

Fee:

Adults (18 - 64)..... \$40.00 Residents / \$80.00 Non-Residents
Children (0 - 17)..... \$25.00 Residents / \$50.00 Non-Residents
Seniors/College (65+).... \$35.00 Residents / \$70.00 Non-Residents

DAILY SWIM FEES

It may be cold outside, but it's always swimming season at the DMAC indoor pool. Whether your child is clamoring to splash around or you're looking to enjoy lap swim and recreational exercise, daily swim passes are a great way to stay active or have a guest join you.

Fee:

Adults (18 - 64)..... \$7.00
Children (0 - 17)..... \$3.00
Seniors/College (65+).... \$6.00

AMERICAN RED CROSS LEARN TO SWIM

Children as young as 6 months can begin their learn-to-swim journey at DMAC. Students are taught a range of developmentally appropriate water skills, from water safety and breath techniques, to different strokes and diving. Children who participate in our LTS program will receive complimentary membership to the facility for the duration of their lessons. Registration, class timing, and detailed information regarding descriptions of each level are available at www.BristolRec.com

Location: Dennis Malone Aquatic Center

325 Mix St., Bristol, CT 06010

Fee: \$45.00 Residents / \$55.00 Non-Residents

Session	Date	Ages	Day	Time
Winter 1	Feb 5 - Apr 2	6 mo - 15	Sa	Varies by ability level
	Feb 6 - Apr 3	6 mo - 15	Su	Varies by ability level



Winter Weather Closure Policy

When the Bristol schools are closed, DMAC will be closed. When the Bristol schools are delayed in opening, DMAC will open at noon. When the Bristol schools dismiss early, DMAC may close early as well, check BristolRec.com for the most up-to-date information.



Sensory Bags Available

Call (860) 584-3837 to reserve a Sensory Swim Bag for your planned visit to the indoor pool!



AQUATICS

— WATER EXERCISE PROGRAMS —

Adult Water Exercise classes are offered throughout the year with a variety of levels for all abilities. Programs are offered weekday mornings from 10:45 - 11:30 am and weekday evenings from 6:15 - 7:00 pm. Bring a friend or drop into a class for a \$5 fee.

FIT FLOAT

This 45-minute floating pool mat workout allows you to explore core stabilization and various exercises like yoga, pilates, and high intensity training. The best quality of the FitFloat workout is the fact that it is low impact and safe for all fitness levels. If you like stand up paddle boarding this class is definitely for you! Designed for indoor pool use, students will get all the benefits of core stabilization and the challenge of instability.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 3	Jan 19 - Mar 9	18+	W	6:15 - 7:00 pm

LOW - MID INTENSITY WATER EXERCISE CLASS

A slower experience with focus on traditional water exercise movements designed to improve flexibility, recovery, balance, and the mind-body connection. Appropriate for all levels of fitness but most appropriate for anyone experiencing a bio-kinetic impediment.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 3	Jan 17 - Mar 7	18+	M	10:45 - 11:30 am

MID INTENSITY AQUA AEROBICS

This aqua aerobics class provides a moderate intensity workout utilizing the natural resistance of water. This class is designed to improve cardiovascular fitness, muscular strength and endurance. Appropriate for all levels of fitness.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 3	Jan 17 - Mar 7	18+	M	6:15 - 7:00 pm
Winter 3	Jan 20 - Mar 10	18+	Th	6:15 - 7:00 pm

WATER WALKING EXERCISE CLASS

A fitness experience that will take you across the pool! Come take a journey with our instructor-led water walking class where participating at your own pace is the name of the game. Bring a friend and enjoy your time burning calories in a fun, invigorating environment.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 3	Jan 18 - Mar 8	18+	Tu	10:45 - 11:30 am

HIGH INTENSITY WATER EXERCISE CLASS

A faster-paced fitness experience tailored to what each participant can do! An upgrade to traditional programming that will keep you coming back for more! A well-balanced experience for all levels of fitness. Classes will work in both the shallow and the deep ends and will utilize a variety of equipment such as barbells and noodles.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 3	Jan 19 - Mar 9	18+	W	10:45 - 11:30 am

HIGH INTENSITY AQUA AEROBICS

This aqua aerobics class provides a high intensity workout utilizing all muscle groups. Travel in the water while performing exercises with varied equipment. Increase endurance and strength and improve balance. Aqua Aerobics is an excellent way to meet your fitness goals with less impact on your joints.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 3	Jan 20 - Mar 10	18+	Th	10:45 - 11:15 am

More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.



AQUATICS

AQUA BOOT CAMP

This forty-five minute workout will get you into shape fast using a variety of unconventional training methods on land and in the water. Workouts are designed to sculpt, tone, and motivate in a fun group environment.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 1	Jan 20 - Mar 24	18+	F	10:45 - 11:30 am

HIGH INTENSITY AQUA BOOT CAMP

This intense forty-five minute workout will kick start your workout into high gear using a variety of unconventional training methods on land and in the water. Workouts are designed to sculpt, tone and motivate in a fun group environment.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 1	Jan 20 - Mar 24	18+	F	6:15 - 7:00 pm



— AQUATICS FOR ARTHRITIS —

Now offering programs through the American Arthritis Foundation taught by our certified Arthritis Foundation Program Leader. The Arthritis Foundation Aquatic Program (AFAP) is a community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. Leaders are trained to teach community, aquatics-based group exercise classes designed specifically for individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions.

FOUNTAIN OF YOUTH - ARTHRITIS

This 45-minute class focuses on exercises approved by the Arthritis Foundation including walking, gentle stretching, flexing, extension and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, moving a joint through your range of motion and holding it to feel a gentle stretch in the muscle.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 1	Jan 18 - Mar 8	18+	Tu	9:00 - 9:45 am
	Jan 20 - Mar 10	18+	Th	9:00 - 9:45 am

AQUA INTERVAL - ARTHRITIS

This 45-minute class is designed for the older adult population. In this class, the instructor leads participants through cardio movements such as walking, jogging, kicking, cross-country ski movements and jumping jacks. Low-impact, perfect for a beginner.

Location: Dennis Malone Aquatics Center
325 Mix St., Bristol, CT 06010

Fee: \$30/Session for Residents
\$35/Session Non-Residents

Session	Date	Ages	Day	Time
Winter 1	Jan 18 - Mar 8	18+	Tu	9:45 - 10:30 am
	Jan 20 - Mar 10	18+	Th	9:45 - 10:30 am



YOUTH SERVICES

The Youth Services Division provides a network of resources and opportunities for youth and their families. Services and programs offered are designed for positive development and to function as responsible members of their communities. Youth Services is a community-based social service bureau caring for the well-being of Bristol's youth. The Bureau holds a commitment to diverting youth from involvement with the juvenile justice system or becoming victims of violence and abuse. Programs aim to develop young people's self esteem and reduce barriers accessing services.

For more information,
please contact:
Stephen Bynum
Youth & Community Services Supervisor
at (860) 314-4690



YOUTH AND COMMUNITY SERVICES BUILDING

51 High Street
Bristol, CT 06010
(860) 314 - 4690

BANANA'S SPLIT, TOO!

Banana's Split, Too is an 11 session support group for children of divorced, separated, single parent families, or families going through transition within their family dynamic. The group will participate in activities geared toward developing communication, coping skills, identifying feelings, and understanding family transitions in a healthy way! Group discussions will include:

- Blended families
- Parents living in separate homes
- Talking about feelings and how to communicate them to parents
- Individualized groups for parent and child to learn about topics concurrently
- And more!

Designed for elementary aged children who have experienced a loss due to their parent/guardians' separation, divorce, incarceration or absence in their life.

For more information, please contact:
Kyana Anderson, Youth & Family Coordinator,
at 860-314-4690 or KyanAanderson@bristolct.gov.
Location: Youth & Community Services Building
51 High St., Bristol, CT

Fee: Free

Session	Date	Ages	Day	Time
Spring 1	Mar 10 - May 26	6 -10	Th	4:15 - 5:15 pm

MAN UP!

A confidential support group for young men to discuss issues, receive support, develop new skills, and learn to form positive relationships with peers, mentors, and family members. Group discussions include:

- Developing an understanding of male socialization messages
- Developing skills and techniques to manage stress and reduce reactive aggressive responses
- Learning to improve communication, identify feelings, and build social skills
- Participating in fun creative indoor/outdoor activities

For more information, please contact:
Stephen Bynum, Youth & Community Services Supervisor at (860) 314-4690 or StephenBynum@bristolct.gov.
Location: Youth & Community Services Building
51 High St., Bristol, CT

Fee: Free

Session	Date	Ages	Day	Time
Spring 1	Mar - June	11 - 14	Tu	5:30 - 6:45 pm



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.

YOUTH SERVICES

EMPOWER HOUR

An after school empowerment program for elementary school age children. Participants will enjoy social skill building activities focused on adjusting to change, controlling impulsive behaviors and emotions, improving self-esteem, and making new friends!

For more information, please contact:

Alyson Phelan, Youth & Family Coordinator,
at 860-314-4690 or AlysonPhelan@bristolct.gov.

Location: Youth & Community Services Building
51 High St., Bristol, CT

Fee: Free

Session	Date	Ages	Day	Time
Winter 1	Feb - May	7 - 10	W	4:00 - 5:00 pm

YOUTH SERVICES REQUEST FOR INFORMATION

Bristol Parks, Recreation, Youth and Community Services holds a strong commitment to meeting the needs of youth by providing a variety of services including information and referral, service needs assessments, individual & family counseling, crisis & case management, youth employment training, in school groups and advocacy.

If you're a parent, guardian, or provider seeking mental health services for a local youth please scan the QR code below & take a few moment to complete the form. Someone from our office will contact you to schedule an intake meeting.



Open the camera app. Focus the camera on the QR code by gently tapping the code. Follow the prompted instructions on the screen to complete the action.

SKILLS TO PAY THE BILLS - MEN'S EDITION

This 1-week Boot-camp, is an independent living skills program for high school males. The group will participate in activities & field trips geared toward developing future goals, planning and understanding money, budgeting and savings, apartment hunting, healthy relationships, physical fitness and more. This program is made possible by supportive funding through the Men & Boy's Fund. For more information, please contact:

Alyson Phelan, Youth & Family Coordinator, at
AlysonPhelan@bristolct.gov

or

Stephen Bynum, Youth & Community Services
Supervisor at StephenBynum@bristolct.gov
or by calling 860-314-4690.

Location: Youth & Community Services Building
51 High St., Bristol, CT

Fee: Free

Session	Date	Ages	Day	Time
Winter 1	Apr 11 - 14	14 - 18	M - Th	9:30 am - 2:30 pm



LOOKING TO SUPPORT LOCAL YOUTH?

Donate to the "Friends of the Bristol Parks and Recreation Fund" through the Main Street Community Foundation. All donations support children's scholarships, future projects, and programs for local youth in the Bristol Community. Donate through the Main Street Community Foundation website and you can direct your donation to a specific program, park, or project of interest.

More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.



COMMUNITY SERVICES

The Community Services branch is housed within the Youth & Community Services division; and works closely with Bristol residents to assess basic needs and provide equitable opportunities for residents to advance their lives through housing, family, employment, and social service assistance. Community Services aims to reduce the causes of poverty, increase opportunity and economic security for individuals and families, and revitalize communities. Community Services accepts referrals from a variety of agencies/sources and serves as a crucial link between the serving agencies and the residents in need.

Services Include

- Financial and technical resources to state, local, public and private agencies
- Support services to adults, elderly, and residents in need
- Local housing assistance
- Advocacy, referrals, and guidance
- Local resources, information, strategies for asset building
- Short-term case management
- Food security assistance

For more information,
please contact:
Aubrey Minkler
Community Services Coordinator
at (860) 314-4690 or AubreyMinkler@bristolct.gov



PARENT & CHILD PROGRAM

The Parent and Child program provides information, programs, and services that assist parents in raising healthy and happy children. Programs range from learning about pregnancy and being a parent, to developing children's literacy skills, and healthy lifestyles.

Classes and support groups are offered to mothers, fathers, grandparents, children, kinship and foster parents. Topics may include healthy relationships, stress management, communication and discipline. Start a program today to gain resources, a positive community, and most importantly ensure your family is healthy and happy!



CARING CLOSET

The Caring Closet offers income eligible families basic need items free-of-charge. Services are intended for community members who are experiencing difficulty meeting their daily needs. The program operates on a first-come, first-served basis. All items are supplied through community donations and may not always be in stock.

The Caring Closet is currently operating via curbside pick-up/drop-off by appointment only. Supply availability includes diapers, baby food, clothing, baby wash, and wipes. The Caring Closet is housed at the Youth & Community Services Building at 51 High St., Bristol, CT.

If interested in pick-up or drop off,
please contact:

Lauren Kittle, Clinical/Program Supervisor,
at (860) 314-4690 or LaurenKittle@bristolct.gov.



COMMUNITY SERVICES

— PARENT AND CHILD PROGRAM —

EMPOWERING FATHERS

A support group for fathers that occurs every other Tuesday of each month via Zoom. Facilitators use the 24/7 Dads curriculum to empower fathers to build a strong, meaningful relationship with their child, and share the triumphs and struggles of being a father.

For more information, please contact:

Lauren Kittle, Clinical/Program Supervisor,
at (860) 314-4690 or LaurenKittle@bristolct.gov.

Location: Virtual

Fee: Free

Session	Date	Ages	Day	Time
Rolling Admission	Jan - May	16+	Tu	6:00 - 7:00 pm

MOM'S GROUP

A support group for mothers with children ranging from infants to 5 years of age. Mom's Group is a safe place to discuss anything from post-partum experiences and toddler tantrums to potty-training and developmental milestones.

For more information, please contact:

Lauren Kittle, Clinical/Program Supervisor,
at (860) 314-4690 or LaurenKittle@bristolct.gov.

Location: Youth & Community Services Building
51 High Street, Bristol, CT 06010

Fee: Free

Session	Date	Ages	Day	Time
Rolling Admission	Jan - May	16+	Th	10:00 - 11:00 am

LEARNING THROUGH BOOKS

A developmental play group where parents and children ages 2.5 - 4 years use books and crafts to explore language, social emotional skills, counting, and engage with other parents, caregivers and children. Books are read aloud to the group and provided for each child to take home. Craft materials are provided for each session as well.

For more information, please contact:

Lauren Kittle, Clinical/Program Supervisor,
at (860) 314-4690 or LaurenKittle@bristolct.gov.

Location: Youth & Community Services Building
51 High St., Bristol, CT

Fee: Free

Session	Date	Ages	Day	Time
Winter 1	Jan 12 - Mar 2	2.5 - 4	W	10:00 - 11:00 am
Spring 1	Apr 6 - May 25	2.5 - 4	W	10:00 - 11:00 am

PARENTING 101

A group for parents and caregivers who are looking to gain knowledge on developmental skills and expectations, routines, minimizing tantrums and behavioral issues and helping your child build healthy attachments and boundaries.

For more information, please contact:

Lauren Kittle, Clinical/Program Supervisor,
at (860) 314-4690 or LaurenKittle@bristolct.gov.

Location: Youth & Community Services Building
51 High Street, Bristol, CT 06010

Fee: Free

Session	Date	Ages	Day	Time
Winter 1	Jan 11 - Mar 1	16+	Tu	11:00 am - 12:00 pm

SOCIAL EQUITY, INCLUSION, AND ADA STATEMENT

The mission of the City of Bristol Parks, Recreation, Youth and Community Services Department (BPRYCS) is to deliver high-quality services and facilities that enhance the community's quality of life, meet the diverse needs of all citizens, and build a sustainable future.

The City of Bristol Parks, Recreation, Youth & Community Services Department believes that equitable access to high-quality services, resources, and facilities is a right, not just a privilege. Our team is committed to providing financial scholarships to families in need, inclusion services and reasonable accommodations to foster environments that are safe, fun and respectful to all. The City of Bristol will comply with the requirements of the Americans with Disabilities Act.



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.

BEST

BEST is a Drug-Free Community Coalition that began in the early 1990s with a focus on reducing youth substance misuse in the Bristol community. BEST works to unify the community and promote wellness through increasing education, implementing strategies, and enforcing policy to prevent substance misuse by youth and those who impact their development. BEST hopes to develop a culture of awareness and sustained action that will promote positive youth development and a healthier Bristol community.

Visit the BEST Website!



Open the camera app.
Focus the camera on
the QR code by gently
tapping the code.
Follow the prompted
instructions on the
screen to complete
the action.

BEYOND COALITION

BEYOND (Bristol Empowering Youth Opportunities and Nurturing Development) brings together Youth Leaders to prevent substance misuse throughout the community. BEYOND promotes the Peer Education Model to assist in reducing youth substance use in Bristol. The Beyond Coalition looks forward the following mission: To promote wellness through increasing education, to implement strategies to show ways to have fun without using substances, and enforce policies to prevent youth substance misuse. All Middle School and High School students are welcome to join.

To get involved or learn more, please contact the BEST program coordinator, Jenelle Howard, at JenelleHoward@bristolct.gov or (860) 584 - 6160. Location: Varies monthly

Session	Date	Ages	Day	Time
Winter 1	Jan 4	11 - 17	Tu	5:30 - 7:00 pm
	Jan 18	11 - 17	Tu	5:30 - 7:00 pm
	Feb 1	11 - 17	Tu	5:30 - 7:00 pm
	Feb 15	11 - 17	Tu	5:30 - 7:00 pm
	Mar 1	11 - 17	Tu	5:30 - 7:00 pm
	Mar 15	11 - 17	Tu	5:30 - 7:00 pm
	Apr 5	11 - 17	Tu	5:30 - 7:00 pm
	Apr 19	11 - 17	Tu	5:30 - 7:00 pm
	May 3	11 - 17	Tu	5:30 - 7:00 pm
	May 17	11 - 17	Tu	5:30 - 7:00 pm



**Bristol
Eliminating
Substance Use
Together**

TEEN NIGHTS

Be on the lookout for Teen Night socials! Teen Nights provide teens with a safe space and a variety of activities to make friends, engage in positive development, and provide an alternative to using harmful substances.

Teen Nights take place on the 2nd and 4th Thursday of every month.

Stay up to date with the Teen Night schedule and register for socials at www.BristolRec.com.



COMMUNITY COALITION

The Community Coalition meets the second Thursday of every month and looks to develop a culture of awareness and sustained action that will promote positive youth development and a healthier community. Together we create change by promoting wellness through increased education, implementing strategies that show ways to have fun without using substances and to enforce policies in the hopes of preventing youth substance misuse. The Community Coalition also has a virtual component for those who are unable to join in person. All Bristol residents and employees above the age of 18 are encouraged to join us.

To get involved or learn more, please contact the BEST program coordinator, Jenelle Howard, at JenelleHoward@bristolct.gov or (860) 584 - 6160. Location: City Hall - 1st Floor Meeting Room
111 North Main Street, Bristol, CT 06010

Session	Date	Ages	Day	Time
Winter 1	Jan 13	18+	Th	3:30 - 4:45 pm
	Feb 10	18+	Th	3:30 - 4:45 pm
	Mar 10	18+	Th	3:30 - 4:45 pm
	Apr 14	18+	Th	3:30 - 4:45 pm
	May 12	18+	Th	3:30 - 4:45 pm



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.

ARTS & CULTURE

— YOUTH PROGRAMS —

SLIME TIME

Ooze into this one-time gooey hour of awesome slimey demos and hands-on slime making! Learn how to be the best slime chef ever using our Mad Science recipe and products. Create and take home three unique slimes at our Mad Slime Station with your choice of ingredients included

Location: Arts & Culture Center
472 East Road, Bristol, CT 06010
Fee: \$30/Participant

Session	Date	Ages	Day	Time
Winter 1	Jan 8	7 - 13	Sa	11:00 am - 12:00 pm



COME CLAY WITH ME

Explore color mixing and the coil technique while creating colorful cupcake sculptures inspired by the famous American artist, Wayne Thiebaud. Learn more about his cake art while discovering color saturated oil pastels. You'll have a craving for cupcakes after this funshop!

Location: Arts & Culture Center
472 East Road, Bristol, CT 06010
Fee: \$30/Participant

Session	Date	Ages	Day	Time
Winter 1	Jan 8	5 - 12	Sa	1:00 - 2:00 pm

RAP CLASS

Rapping is spoken or chanted rhyming lyrics that are recited in time to a beat. In this class, you'll learn the components of rap (content, flow, and delivery) and how to perform with accurate timing. Not only will participants learn study tools, but they will have the chance to express their feelings in an alternate way.

Location: Arts & Culture Center
472 East Road, Bristol, CT 06010
Fee: \$135/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 13 - Feb 17	10 - 13	Th	5:30 - 6:30 pm
	Jan 13 - Feb 17	14 - 16	Th	7:00 - 8:00 pm



ARTS & CULTURE CENTER

472 East Road
Bristol, CT 06010

*Formerly known as
The Montessori School*

SPOKEN WORD CLASS

Looking for a new way to express yourself, or to gain confidence in performing? Spoken word involves performance-based poetry that focuses on word play and story-telling. It includes experimentation with other art forms such as music, theater and dance, and focuses on the performance of the words themselves, the dynamics of tone, gestures, facial expressions, and more.

Location: Arts & Culture Center
472 East Road, Bristol, CT 06010
Fee: \$135/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 11 - Feb 15	10 - 13	Tu	5:30 - 6:30 pm
	Jan 11 - Feb 15	14 - 16	Tu	7:00 - 8:00 pm

IMPROV JAM

How quick can you think on your feet?! Participants will learn to work together responsively to define the parameters and action of the scene in a process of co-creation. This class offers a great deal of silliness, laughter, and creativity for all!

Location: Arts & Culture Center
472 East Road, Bristol, CT 06010
Fee: \$145/Session

Session	Date	Ages	Day	Time
Winter 1	Mar 9 - Apr 13	8 - 12	Tu	5:30 - 6:30 pm
	Mar 9 - Apr 13	13 - 16	Tu	7:00 - 8:00 pm



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.

ARTS & CULTURE

JEWELRY MAKING CLASS

Do you love the creative expression of wearing jewelry? Take that creativity up a notch by designing your own! Participants will make everything that dazzles: earrings, bracelets, rings, and more!

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$210/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 9 - Mar 30	8 - 12	W	6:00 - 7:00 pm

ABSTRACT PAINTING FOR YOUTH

Abstract art encompasses a wide range of art including paintings, sculpture, mixed media, photography, and video! An abstract painting may be inspired by an object, idea, emotions or even music. Participants will find their inspiration and learn to turn it into a stunning painting.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$240/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 8 - Mar 15	8 - 12	Tu	5:30 - 6:30 pm
	Feb 8 - Mar 15	13 - 16	Tu	7:00 - 8:00 pm



JUST FOR FUN ART-VENTURES

Get ready to "create some fun"! Just for Fun Art-ventures lead children on an imaginary tour through the world's greatest art museums, inspiring creativity through exposure to the fundamentals of artist's tools, techniques and art forms, many inspired by the masters. But don't just admire these great works—decorate your home with masterpieces of your own! Draw Oil Pastel Flowers like O'Keefe, create colorful canvases in the style of Matisse, and design upside down and inside out Watercolor Dream Paintings inspired by Chagall. Talented instructors encourage children's creative spirit and imagination; each participant will create art that is uniquely their own!

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$93/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 9 - Mar 16	5 - 12	W	4:00 - 5:00 pm



DRAWING CLASS

New to drawing or a seasoned expert? This class is for you! Grid drawing, drawing on a grid over a reference photo, will be the main focus of class. Participants will focus on a square at a time until the entire image is transferred. Learn to replicate a beautiful work of art through this method, and take it home to frame by the end of class!

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$240/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 10 - Mar 17	5 - 10	Th	5:30 - 6:30 pm

FASHION CLASS

Test the limits of fashion and learn to create your own unique outfits for different occasions! You'll learn about fashion around the world, different types of material used for clothing, how to create your own clothing designs, and how to style mannequins and (classmate) models!

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$215/Session

Session	Date	Ages	Day	Time
Spring 1	Apr 12 - May 31	10 - 14	Tu	6:00 - 7:00 pm

MAD SCIENCE:

ENERGY, FORCES, FLIGHT & ROBOTS

In this exciting after school series, participants explore inertia, gravity, and centripetal force! You will learn about tension and compression as we experiment to see what the strongest shapes are. Humans aren't the only ones who built things – robots can too....once you build them! Participants will also learn through play about potential and kinetic energy.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$104/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 10 - Mar 17	5 - 12	Th	4:00 - 5:00 pm

More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.



ARTS & CULTURE

JUMP ROPING TEAM

Learn skill and coordination to jump rope with ease! It takes special focus to jump with a team. Join with others to make routines and creative styles!

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$135/Session

Session	Date	Ages	Day	Time
Spring 1	Apr 5 - May 10	5 - 10	W	6:00 - 7:00 pm



HULA HOOPING CLASS

How long can you spin it? Join us for a class of music, grooving, and balancing the hoops! Participants will learn techniques to keep the hoop up, various ways to explore rhythm, and spend the whole class moving.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$135/Session

Session	Date	Ages	Day	Time
Spring 1	Apr 4 - May 9	5 - 10	Tu	6:00 - 7:00 pm

VIRTUAL YOUTH SMART PHONE PHOTOGRAPHY

Turn your Smartphone/iPad photos into works of art with creative apps! Students will learn how to use better photos using their smartphone and/or iPad to wow their family and friends. Once photos are taken, learn to tell a story using a dynamic movie app! Please note: A fully-charged smartphone and/or iPad is required. Snapseed & Dropbox apps are required to be downloaded on device before the first class (both are free).

Location: Zoom (Virtual)

Fee: \$50/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 4 - Jan 25	11-15	Tu	5:30 - 6:30 pm

DRAWING FOR TEENS

Drawing, Painting, and Self Expression for teens that love art, and serious teens interested in building a portfolio. The class is specifically designed to accommodate teens that are looking for a category that meets their needs. We will explore the fundamentals of art and learn basic techniques to learn how to draw. Teens will be encouraged to tap into their creativity and express their imagination freely. We will explore subject matter, such as realism, abstraction, expressionism; we will learn about art history's influence on today's modern artists. Each student will be led based on their own personal interests, needs at their level.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$240/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 14 - Feb 18	13 - 17	F	7:00 - 9:00 pm



YOUTH & ADULT DIGITAL PHOTOGRAPHY

Is your camera (DSLR, Point & Shoot &/or Mirrorless) still in the box? Did you try using it a few times and it ended up in the closet? Well, it's time to blow off the dust! Students will learn tips on photo composition and what the buttons do on your camera. You will get better-quality images by learning about shutter speed, aperture, and ISO settings. Discover simple editing techniques for the best exposure and how to pick out the most successful photos in your collection.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$130/Session

Session	Date	Ages	Day	Time
Winter 1	May 2 - Jun 13	18+	M	6:00 - 8:00 pm
	May 4 - Jun 8	11 - 15	W	6:00 - 8:00 pm



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.

ARTS & CULTURE

ADULT PROGRAMS

INTRODUCTION TO BELLYDANCE

Bellydance is an ancient art form that combines the offerings of exercise, expression, and confidence building. In this six week course, students will learn the foundational movement vocabulary that makes up bellydance while learning several fun and beautiful dance combinations.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$50/Session

Session	Date	Ages	Day	Time
Winter 1	Feb 22 - Mar 29	16+	Tu	5:30 - 6:30 pm

BASIC DRAWING

Students will learn the importance of identifying and recognizing the difference between seeing and perceiving to draw with high accuracy. They will learn how to better understand their subject and how to view it; how to make the rudimentary mental shift vital to unleashing their creative side; how to stay in creative mode, connected and fully engaged with their subject. Students will also learn about the importance of measuring and how to do it.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$240/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 11 - Feb 15	18+	Tu	10:00 am - 12:00 pm

ARTS & CULTURE COMMISSION

The Bristol Arts & Culture Commission serves to provide guidance on enhancing the lives of Bristol residents through the arts by developing ways to improve the experience of living, working, playing and visiting the city. The Arts & Culture Commission meets every third Wednesday of the month at 6:30 pm at City Hall (111 North Main Street).

Open the camera app.
Focus the camera on
the QR code by gently
tapping the code.
Follow the prompted
instructions on
the screen to
complete the action.



SPRING INTO SPRING

Whether or not there is still snow on the ground, join us to prepare for all things SPRING! Learn about native plants, garden prep and how to embrace seasonal eating. Assemble a floral arrangement to go to bring the spring feelings into your home.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$15/Session

Session	Date	Ages	Day	Time
Winter 1	Mar 27	16+	Su	1:00 - 2:00 pm

ABSTRACT PAINTING

This class offers a fundamental exploration into the beauty of abstract and semi-abstract painting. Instruction focuses on composition, techniques, form, texture and color. Students will develop their own artistic vision while referencing the works of contemporary painters. This class is ideal for beginners and intermediate painters.

Location: Arts & Culture Center

472 East Road, Bristol, CT 06010

Fee: \$250/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 11 - Feb 15	18+	Tu	1:00 - 3:00 pm



More details about programs and offerings can be found on our website at www.BristolRec.com. For assistance registering, contact us at (860) 584 6160.



ARTS & CULTURE

YOUTH PROGRAM

ART INSTRUCTION

Expand your artistic skills! Ms. Tisa offers guided art instruction with plenty of room for individual creativity. She is a certified art teacher from Central Connecticut State University and teaches in Simsbury. Each week students will work on take-home projects and explore using a wide variety of mediums!

Location: Page Park Ski Lodge

Fee: \$40/Session

Session	Date	Ages	Day	Time
Winter 1	Jan 8 - Feb 12	4 - 5	Sa	9:00 - 9:45 am
	Jan 8 - Feb 12	6 - 7	Sa	10:00 - 10:45 am
	Jan 8 - Feb 12	8 - 10	Sa	11:00 - 11:45 am
	Jan 8 - Feb 12	11 - 13	Sa	12:00 - 12:45 pm
	Jan 8 - Feb 12	13 - 17	Sa	1:00 - 1:45 pm
Winter 2	Feb 26 - Apr 2	4 - 5	Sa	9:00 - 9:45 am
	Feb 26 - Apr 2	6 - 7	Sa	10:00 - 10:45 am
	Feb 26 - Apr 2	8 - 10	Sa	11:00 - 11:45 am
	Feb 26 - Apr 2	11 - 13	Sa	12:00 - 12:45 pm
	Feb 26 - Apr 2	13 - 17	Sa	1:00 - 1:45 pm
Spring 1	Apr 16 - May 21	4 - 5	Sa	9:00 - 9:45 am
	Apr 16 - May 21	6 - 7	Sa	10:00 - 10:45 am
	Apr 16 - May 21	8 - 10	Sa	11:00 - 11:45 am
	Apr 16 - May 21	11 - 13	Sa	12:00 - 12:45 pm
	Apr 16 - May 21	13 - 17	Sa	1:00 - 1:45 pm



HOW TO REGISTER

Online

The easiest way to register any time of day or night! Select any program and register using Visa/MC/Discover.

Phone

Main Line..... (860) 584 - 6160
Youth & Community Services (860) 314 - 4690
Dennis Malone Aquatic Center..... (860) 584 - 3837

In Person

Youth & Community Services 51 High Street
Dennis Malone Aquatic Center..... 325 Mix Street

WEEKLY NEWSLETTER

Newsletters go out to interested community members each week. Archived versions of the newsletter are available under the News tab at www.BristolRec.com. Please contact Erica Benoit at EricaBenoit@bristolct.gov if you are not receiving weekly emails.

HOURS

Youth & Community Services:

Monday-Friday 8:30 am- 5:00 pm
(or by appointment)

Dennis Malone Aquatic Center:

Monday-Friday 7:00 am - 9:00 pm
Saturday & Sunday 1:00 - 6:00 pm

CONNECT WITH US

Share photos by using
#AllHeartParks



@bristolctparkservices



@BristolCTParksandRecreation





New Playscape Headed for Stocks Playground

As part of the current Master Plan, Stocks Playground and Casey Field will be getting a new playground. (BPRYCS) launched a public vote in November asking Bristol residents to vote for their favorite playground design. Four playscape design options were provided that all met the size, scope, and budget requirements for the project. Over 2,000 votes were cast on between four different design options. The design chosen features:

- 25 Total Play Components
- 7 Elevated Play Components Accessible by Ramp
- User Capacity 125
- 3 Slides
- Rock-N-Wave
- Hand Pedaler
- Climbing Wall
- Telescope Panel



Improvements Being Made at Pine Lake

We're working to clean up Pine Lake and enhance the park with upgrades. The team is reviewing plans for a prefabricated bathroom, new pavilion, storage space, and enhanced Adventure Park course elements. Downed trees are continually being cleared and trail paths are being cleaned up and lined. A paved parking lot and turnaround area was completed in late 2021. Improvements will continue to be made as weather allows.



Perry J. Spinelli Pavilion Phase 1 Renovations Completed

Phase 1 of the renovations at Perry J. Spinelli Pavilion wrapped up in December 2021. The Perry J. Spinelli Pavilion overlooks Page Park Lagoon and is surrounded by trails, woodlands, and the ever-popular disc course course. New enhancements include an updated kitchen, updated HVAC system, upgraded ADA accessible entry and pathways, and cosmetic enhancements. As part of the larger Page Park revitalization and Master Plan, the Pavilion is expected to begin Phase 2 of the renovations early in the new year. Bristol parks, fields, and facilities can be reserved by residents and organizations. Requests for fields, pavilions, park spaces, and the showmobile can be made at www.bristolrec.com.

* WE'RE MOVING TEMPORARILY *

PLEASE NOTE:

Bristol City Hall will be undergoing renovations in an effort to create a modernized and accessible facility for residents. The work is expected to take place from early 2022 to 2024.

The Main Office at City Hall will be closed beginning in late January/Early February 2022 and will reopen upon the project's completion. BPRYCS Main Office Staff will be relocating to Youth & Community Services at 51 High St. during construction.



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