

Winter/Spring 2023

PROGRAMS AND OFFERINGS



2023 Winter/Spring Registration opens:
 - Tuesday, December 13th for Residents
 - Wednesday, December 14th for Non-Residents

Community members may register by visiting www.BristolRec.com, in person at the BPRYCS Main Office located at 51 High St. or by calling (860) 584 - 6160.



City of Bristol
 Parks, Recreation, Youth and
 Community Services
 51 High Street
 Bristol, CT 06010
 (860) 584 - 6160
www.BristolRec.com
parksandrecreation@bristolct.gov

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

Aquatics Division

Jaimie Clout - CPRP, CPO, LGIT
Aquatics Supervisor

Raelynne Andrews - MSW, CPO, LGI, WSIT
Aquatics Coordinator

Craig Vibert - CPO
Facilities Maintenance Technician

Parks, Grounds, & Facilities Maintenance Division

Robert Lincoln
Parks, Grounds &
Facilities Supervisor

Douglas Trillo
Assistant Parks, Grounds
& Facilities Supervisor

Todd Anderson - CPO
Group Leader

Matthew Newton
Group Leader

Stephen Alvarez - CPO
Skilled Utility Craftsman

Ronald Dionne - CPO
Skilled Utility Craftsman

Walter Kalbach - CPO
Mechanic

Carlos Rivera
Truck Driver

Steven Schriver
Landscape Gardener

Brian Beaudoin
Park Maintainer

Dean Dionne
Park Maintainer

Kevin Dragon
Park Maintainer

Candido Galindo
Park Maintainer

Jaden Laprise
Park Maintainer

Cody Lombardi
Park Maintainer

George Richter
Park Maintainer

Youth & Community Services Division

Stephen Bynum
Youth & Community
Services Supervisor

Alyson Phelan
Youth & Family Coordinator

Aubrey Minkler
Community Services
Coordinator



Board of Park Commissioners

Mayor Jeffrey Caggiano
Chair

Robert Fiorito
Vice Chair

Andrew Howe
City Council Liaison

Sandra Bogdanski

Cynthia Donovan

Leonard Lamothe

Robert Lawson

Emily Michaud

Youth Commissioners

Matthew Gotowala
Chair

Deborah Ahl
Vice Chair

Jolene Lusitani
City Council Liaison

Ryan Broderick
Makayla Cervantes

Rich Kilby

Jon Lukasiewicz

Dr. Corey Nagle - Ed.D.

Ramon Peters

Renee Singleton

Lance Washington

Arts & Culture Commissioners

Walter Lewandoski
Chair

April Dews
Vice Chair

Cheryl Thibeault
City Council Liaison

Andrea Adams

Tiffany Howe

Juliet Norton

Nigel Wynter

WHAT'S NEW

A Message From the Superintendent

Innovation may not always be a word people associate with their local government. However, the Bristol Parks, Recreation, Youth and Community Services (BPRYCS) team is proud to be leveraging innovative ways to transform the park system, increase transparency, and enhance community engagement. This includes a brand new interactive Parks Project Portal (PPP) where residents can stay informed on projects happening across the city as well as provide comments and feedback to help inform our decision-making. We also released the department's first ever Annual Report which provides a high level overview of our accomplishments, important connections and partnerships, and the impacts we made in the community. Most importantly we continue to utilize our Master and Strategic Plan to chart the course for our work as we make strides to accomplish the community's vision for our parks, programs, and services. I invite you to explore the PPP, our Annual Report, and all of our planning documents to learn more about how BPRYCS is working for you!

Sincerely,



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



Superintendent Dr. Joshua Medeiros Named 2022 Outstanding Professional of the Year

Superintendent Josh Medeiros was named the 2022 Outstanding Professional of the Year by the Connecticut Recreation and Parks Association. The Outstanding Professional award is one of the state association's top awards honoring professionals that have made outstanding contributions, over a period of 10 years or more, to the recreation and parks field. Josh was selected as a result of his local accomplishments directing the Bristol Parks, Recreation, Youth and Community Services Department, as well as his work with the National Recreation and Parks Association. Medeiros' most recent achievements include leading his team to Gold Medal finalist status with the American

Academy of Parks and Recreation Professionals, fostering the development of award-winning programs like the Annual Community Conversation and oversight of major park capital projects including a city wide Parks Master Plan, Muzzy Field improvements, and the award-winning Page Park Pool renovation. During his tenure as Bristol Superintendent, Medeiros championed for change to improve health and wellness of Bristol residents through new programs, prohibition of smoking in public parks, and development of new park amenities including a 5-mile bike trail and pump track.

Superintendent Medeiros states, "It's an honor to be recognized by CRPA for my contributions to the field of recreation and parks. The role parks and park professionals play across the country is essential; parks build community, shape people's health and wellness, enhance quality of life, boost economic development, and so much more. I'm proud of the high quality BPRYCS team and the work we are doing in the City of Bristol. This award wouldn't be possible without the continued support of our professional team, commissioners, community partners and city leaders!"

Medeiros received the award at the Annual Connecticut Recreation and Parks Association Conference on Tuesday November 22, 2022.



COMMUNITY EVENTS

Swim with Mermaids and Mermen

Join us for a one-of-a-kind aquatic experience to swim with mermaids and mermen in the pool. We will offer interactive swim times as well as fun for the whole family. We will have themed face-painting/makeup, photo booth, and fun activities for the whole family. Time slots will be available on a first-come, first-serve basis. Secure your space early as they will fill up fast, you'll even be able to select if you'd prefer the shallow end or deep end!

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$10.00

Date	Ages	Day	Time	Activity ID
01/28/2023	0 - 17	Sat	6:00 PM - 8:00 PM	151026



Letters of Love

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.)

Fee: No cost

Date	Ages	Day	Time	Activity ID
01/30/23 - 02/10/23	All	Ongoing	Ongoing	151096

Luck O' the Lap

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.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$10.00

Date	Ages	Day	Time	Activity ID
03/13/23 - 03/17/23	All	Mon - Fri	7:00 AM - 9:00 PM	150998

Educational Workshops

Stay tuned for Educational Workshops hosted by the BPRYCS Department and the Department of Public Works on:

- Urban Forestry
- Invasive Species
- Pollinators

Visit www.BristolRec.com in 2023 to Save the Date!

72nd Annual Perry J. Spinelli Fishing Derby

Join us for an exciting morning of fishing family fun. Children should bring their own fishing poles and legal bait. There will be a variety of prizes awarded for fishes caught throughout the morning. The Fishing Derby is for children 13 years of age and under! This event is free and does not require registration.

Location: Page Park - Perry J. Spinelli's Pavilion

Fee: No cost

Date	Ages	Day	Time	Activity ID
04/29/23	0 - 13	Sat	7:00 AM - 10:00 AM	151045

Nominations for Youth Recognition Awards

The City of Bristol will be celebrating the 31st Annual Youth Recognition Awards in May 2023. A ceremony is held to recognize youth who have gone above and beyond for their community. The Bristol Youth Commission will be accepting nominations in February 2023. Youth and youth groups may be nominated by adults that benefited from a community service project or volunteerism of a Bristol young person. Visit www.BristolRec.com to access the nomination form!



Ice Skating

Ice skating is available on select weekends during the winter months. Once conditions are suitable, select Park ponds 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.



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)

YOUTH & COMMUNITY SERVICES

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 by appointment only. Supply availability includes diapers, baby food, clothing, baby wash, and wipes. The Caring Closet is housed at the BPRYCS main office at 51 High St., Bristol, CT. If interested in pick-up or drop off, please contact: Aubrey Minkler, Community Services Coordinator, at (860) 314-4690 or AubreyMinkler@bristolct.gov.



Empower Hour

Empower Hour is an after school empowerment program for elementary school age children in 2nd through 5th grade. Participants will enjoy social skill building activities focused on adjusting to change, controlling impulsive behaviors and emotions, improving self-esteem, and making new friends!

Location: BPRYCS Main Office

51 High Street, Bristol, CT 06010

Fee: No cost

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/30/23 - 03/27/23	7 - 10	Mon	4:15 PM - 5:15 PM	150743



Teens Empowering Others

High school students are faced with growing stress throughout their teen years. It is often hard to navigate friendships, drama, emotions, mental health, impulses, and decision making. This mental health program will allow youth to explore issues, gain helpful information, and learn problem solving and decision making strategies that will assist with balancing emotions and behavior, enabling healthy development of each member. Participants will also have the opportunity to learn from professional presenters, participate in experiential field learning, and engage in community service to further enhance their skill set. This program is for high school students only.

Location: BPRYCS Main Office

51 High Street, Bristol, CT 06010

Fee: No cost

Activity	Date	Grade	Day	Time
Session 1	02/06/23 - 06/05/23	9th - 12th	Mon	5:30 PM - 7:30 PM



**Bristol
Eliminating
Substance Use
Together**

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.

Community Coalition

The Community Coalition looks to develop a culture of awareness and sustained action that will promote positive youth development and a healthier community. Together we can create change by promoting wellness through increased education, implementing strategies that show ways to have fun without using substances and 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. Meets the 2nd Thursday of the month. To get involved or learn more, please contact the Youth and Community Services Supervisor, Stephen Bynum, at StephenBynum@bristolct.gov or (860) 314 - 4690.

Location: BPRYCS Main Office

51 High Street, Bristol, CT 06010

Fee: No cost to participate

Activity	Date	Ages	Day	Time
Monthly Meetings	01/12/23 - 05/11/23	18+	Th	3:30 PM - 4:45 PM



AQUATICS



Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Features

- Open year round
- One-meter diving board
- Depth: 4 ft. - 12 ft.
- Six (6) lanes of open swimming space

Open Monday - Friday:

7:00 AM - 9:00 PM

Saturday - Sunday:

1:00 - 6:00 pm

Note: DMAC will be closed

Sat. 02/11/23 for Splash Team Championships



Pool Memberships

Location: Dennis N. Malone Aquatics Center (DMAC)
325 Mix Street, Bristol, CT 06010

Seasonal Memberships

Winter: December 1st through February 28th (12/01/22 - 02/28/23)

Spring: March 1st through May 31st (03/01/23 - 05/31/23)

Fee: (per season)

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

Annual Memberships

Valid: September 1st through August 31st (09/01/22 - 08/31/23)

Fee: Adults (18 - 64)..... \$100.00 Residents / \$200.00 Non-Residents

Children (0 - 17)..... \$50.00 Residents / \$100.00 Non-Residents

Seniors/College (65+)..... \$80.00 Residents / \$160.00 Non-Residents

Daily Swim Fees

Location: Dennis N. Malone Aquatics Center (DMAC)
325 Mix Street, Bristol, CT 06010

Fee: Adults (18 - 64)..... \$7.00 Residents

Children (0 - 17)..... \$3.00 Residents

Seniors/College (65+)..... \$6.00 Residents



Pool Rules to Know

- Children under 11 must be physically accompanied in the building by an adult 18 years or older.
- Children under 8 must be physically accompanied in the water by an adult at all times. No exceptions.
- No flotation devices of any kind are allowed into any of our aquatics facilities.
- No cotton materials are allowed in the pools.

For a full list of rules, please see our website:
www.BristolRec.com



Pool rule acknowledgement and understanding is the responsibility of those entering the facilities. If you have any questions, our staff is available to assist you.

American Red Cross Lifeguard Training

This course is an official certification class that follows the newest American Red Cross Lifeguard Training curriculum. Participants will learn the fundamentals of water safety, CPR/First Aid, and lifeguard skills for responding to emergency situations in and around the water. The course will feature both classroom style lectures, video, and in water skills training. Participants must pass all pre-requisite skills and attend all sessions. All classes are mandatory. Students must be 15 years of age by the end of the course.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$200.00/Session for Residents and \$225.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 2	02/17/23 - 02/21/23	15+	F,Sa,Su,M,Tu	Varies by Day	150869
Session 3	04/10/23 - 04/14/23	15+	M,Tu,W,Th,F	Varies by Day	150870
Session 4	05/18/23 - 05/21/23	15+	Th,F,Sa,Su	Varies by Day	150871



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

AQUATICS

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. Check out the level placement chart or call our office (860) 584 - 3836 to determine the proper class.

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

Fee: \$45.00/Session for Residents and
\$55.00/Session for Non-residents

Registration for Winter Learn to Swim will open on Monday, January 23rd for Residents and Tuesday, January 24th for Non-Residents, following the final Late Fall Learn to Swim session to accommodate for level recommendations.

What level is your child ready for based on their skill?

PCA - 6 Months to 4 Years

Student unable to work with an instructor without a guardian in the water

PSA 1 - 3 to 6 Years

Student unable to open eyes underwater and blow bubbles for 3 seconds

PSA 2 - 3 to 6 Years

Student unable to retrieve submerged objects or tread water for 15 seconds

PSA 3 - 3 to 6 Years

Student unable to propel themselves through the water with combined arm and leg action on their front and back

LTS 1 - 6+ Years

Student unable to open eyes underwater and blow bubbles for 3 seconds

LTS 2 - 6+ Years

Student unable to propel themselves through the water with combined arm/leg action on their front and back

LTS 3 - 6+ Years

Student unable to swim with a front crawl and back stroke for 15 yards

LTS 4 - 6+ Years

Student unable to swim with a butterfly stroke for 15 yard

LTS 5 - 6+ Years

Student unable to swim with a front stroke for 15 yards

LTS 6 - 6+ Years

Student unable to swim continuously for 500 yards



American
Red Cross



Learn to Swim: WINTER - SATURDAYS

Activity	Date	Ages	Day	Time	Activity ID
PCA	02/04/23 - 04/01/23	6 mos+	Sat	9:00 AM - 9:30 AM	150891
PCA	02/04/23 - 04/01/23	6 mos+	Sat	9:45 AM - 10:15 AM	150892
PSA 1	02/04/23 - 04/01/23	3 - 6	Sat	9:00 AM - 9:30 AM	150895
PSA 1	02/04/23 - 04/01/23	3 - 6	Sat	9:45 AM - 10:15 AM	150896
PSA 1	02/04/23 - 04/01/23	3 - 6	Sat	10:30 AM - 11:00 AM	150893
PSA 1	02/04/23 - 04/01/23	3 - 6	Sat	11:15 AM - 11:45 AM	150894
PSA 2	02/04/23 - 04/01/23	3 - 6	Sat	9:00 AM - 9:30 AM	150899
PSA 2	02/04/23 - 04/01/23	3 - 6	Sat	9:45 AM - 10:15 AM	150900
PSA 2	02/04/23 - 04/01/23	3 - 6	Sat	10:30 AM - 11:00 AM	150897
PSA 2	02/04/23 - 04/01/23	3 - 6	Sat	11:15 AM - 11:45 AM	150898
PSA 3	02/04/23 - 04/01/23	3 - 6	Sat	9:00 AM - 9:30 AM	150903
PSA 3	02/04/23 - 04/01/23	3 - 6	Sat	10:30 AM - 11:00 AM	150901
PSA 3	02/04/23 - 04/01/23	3 - 6	Sat	11:15 AM - 11:45 AM	150902
LTS 1	02/04/23 - 04/01/23	6 - 15	Sat	9:45 AM - 10:15 AM	150906
LTS 1	02/04/23 - 04/01/23	6 - 15	Sat	10:30 AM - 11:00 AM	150904
LTS 1	02/04/23 - 04/01/23	6 - 15	Sat	11:15 AM - 11:45 AM	150905
LTS 2	02/04/23 - 04/01/23	6 - 15	Sat	9:00 AM - 9:30 AM	150916
LTS 2	02/04/23 - 04/01/23	6 - 15	Sat	9:45 AM - 10:15 AM	150909
LTS 2	02/04/23 - 04/01/23	6 - 15	Sat	10:30 AM - 11:00 AM	150907
LTS 2	02/04/23 - 04/01/23	6 - 15	Sat	11:15 AM - 11:45 AM	150908
LTS 3	02/04/23 - 04/01/23	6 - 15	Sat	9:00 AM - 9:45 AM	150912
LTS 3	02/04/23 - 04/01/23	6 - 15	Sat	10:00 AM - 10:45 AM	150910
LTS 3	02/04/23 - 04/01/23	6 - 15	Sat	11:00 AM - 11:45 AM	150911
LTS 4	02/04/23 - 04/01/23	6 - 15	Sat	9:00 AM - 9:45 AM	150914
LTS 4	02/04/23 - 04/01/23	6 - 15	Sat	11:00 AM - 11:45 AM	150913
LTS 5	02/04/23 - 04/01/23	6 - 15	Sat	10:00 AM - 10:45 AM	150915

Learn to Swim: WINTER - SUNDAYS

Activity	Date	Ages	Day	Time	Activity ID
PCA	02/05/23 - 04/02/23	6 mos+	Sun	9:00 AM - 9:30 AM	150917
PCA	02/05/23 - 04/02/23	6 mos+	Sun	9:45 AM - 10:15 AM	150918
PSA 1	02/05/23 - 04/02/23	3 - 6	Sun	9:00 AM - 9:30 AM	150921
PSA 1	02/05/23 - 04/02/23	3 - 6	Sun	9:45 AM - 10:15 AM	150922
PSA 1	02/05/23 - 04/02/23	3 - 6	Sun	10:30 AM - 11:00 AM	150919
PSA 1	02/05/23 - 04/02/23	3 - 6	Sun	11:15 AM - 11:45 AM	150920
PSA 2	02/05/23 - 04/02/23	3 - 6	Sun	9:00 AM - 9:30 AM	150925
PSA 2	02/05/23 - 04/02/23	3 - 6	Sun	9:45 AM - 10:15 AM	150926
PSA 2	02/05/23 - 04/02/23	3 - 6	Sun	10:30 AM - 11:00 AM	150923
PSA 2	02/05/23 - 04/02/23	3 - 6	Sun	11:15 AM - 11:45 AM	150924
PSA 3	02/05/23 - 04/02/23	3 - 6	Sun	9:00 AM - 9:30 AM	150929
PSA 3	02/05/23 - 04/02/23	3 - 6	Sun	10:30 AM - 11:00 AM	150927
PSA 3	02/05/23 - 04/02/23	3 - 6	Sun	11:15 AM - 11:45 AM	150928
LTS 1	02/05/23 - 04/02/23	6 - 15	Sun	9:45 AM - 10:15 AM	150932
LTS 1	02/05/23 - 04/02/23	6 - 15	Sun	10:30 AM - 11:00 AM	150930
LTS 1	02/05/23 - 04/02/23	6 - 15	Sun	11:15 AM - 11:45 AM	150931
LTS 2	02/05/23 - 04/02/23	6 - 15	Sun	9:00 AM - 9:30 AM	150942
LTS 2	02/05/23 - 04/02/23	6 - 15	Sun	9:45 AM - 10:15 AM	150935
LTS 2	02/05/23 - 04/02/23	6 - 15	Sun	10:30 AM - 11:00 AM	150933
LTS 2	02/05/23 - 04/02/23	6 - 15	Sun	11:15 AM - 11:45 AM	150934
LTS 3	02/05/23 - 04/02/23	6 - 15	Sun	9:00 AM - 9:45 AM	150938
LTS 3	02/05/23 - 04/02/23	6 - 15	Sun	10:00 AM - 10:45 AM	150936
LTS 3	02/05/23 - 04/02/23	6 - 15	Sun	11:00 AM - 11:45 AM	150937
LTS 4	02/05/23 - 04/02/23	6 - 15	Sun	9:00 AM - 9:45 AM	150940
LTS 4	02/05/23 - 04/02/23	6 - 15	Sun	11:00 AM - 11:45 AM	150939
LTS 5	02/05/23 - 04/02/23	6 - 15	Sun	10:00 AM - 10:45 AM	150941

AQUATICS

Learn to Swim: SPRING - SATURDAYS

Activity	Date	Ages	Day	Time	Activity ID
PCA	04/15/23 - 06/03/23	6 mos+	Sat	9:00 AM - 9:30 AM	150969
PCA	04/15/23 - 06/03/23	6 mos+	Sat	9:45 AM - 10:15 AM	150970
PSA 1	04/15/23 - 06/03/23	3 - 6	Sat	9:00 AM - 9:30 AM	150973
PSA 1	04/15/23 - 06/03/23	3 - 6	Sat	9:45 AM - 10:15 AM	150974
PSA 1	04/15/23 - 06/03/23	3 - 6	Sat	10:30 AM - 11:00 AM	150971
PSA 1	04/15/23 - 06/03/23	3 - 6	Sat	11:15 AM - 11:45 AM	150972
PSA 2	04/15/23 - 06/03/23	3 - 6	Sat	9:00 AM - 9:30 AM	150977
PSA 2	04/15/23 - 06/03/23	3 - 6	Sat	9:45 AM - 10:15 AM	150978
PSA 2	04/15/23 - 06/03/23	3 - 6	Sat	10:30 AM - 11:00 AM	150975
PSA 2	04/15/23 - 06/03/23	3 - 6	Sat	11:15 AM - 11:45 AM	150976
PSA 3	04/15/23 - 06/03/23	3 - 6	Sat	9:00 AM - 9:30 AM	150981
PSA 3	04/15/23 - 06/03/23	3 - 6	Sat	10:30 AM - 11:00 AM	150979
PSA 3	04/15/23 - 06/03/23	3 - 6	Sat	11:15 AM - 11:45 AM	150980
LTS 1	04/15/23 - 06/03/23	6 - 15	Sat	9:45 AM - 10:15 AM	150984
LTS 1	04/15/23 - 06/03/23	6 - 15	Sat	10:30 AM - 11:00 AM	150982
LTS 1	04/15/23 - 06/03/23	6 - 15	Sat	11:15 AM - 11:45 AM	150983
LTS 2	04/15/23 - 06/03/23	6 - 15	Sat	9:00 AM - 9:30 AM	150994
LTS 2	04/15/23 - 06/03/23	6 - 15	Sat	9:45 AM - 10:15 AM	150987
LTS 2	04/15/23 - 06/03/23	6 - 15	Sat	10:30 AM - 11:00 AM	150985
LTS 2	04/15/23 - 06/03/23	6 - 15	Sat	11:15 AM - 11:45 AM	150986
LTS 3	04/15/23 - 06/03/23	6 - 15	Sat	9:00 AM - 9:45 AM	150990
LTS 3	04/15/23 - 06/03/23	6 - 15	Sat	10:00 AM - 10:45 AM	150988
LTS 3	04/15/23 - 06/03/23	6 - 15	Sat	11:00 AM - 11:45 AM	150989
LTS 4	04/15/23 - 06/03/23	6 - 15	Sat	9:00 AM - 9:45 AM	150992
LTS 4	04/15/23 - 06/03/23	6 - 15	Sat	11:00 AM - 11:45 AM	150991
LTS 5	04/15/23 - 06/03/23	6 - 15	Sat	10:00 AM - 10:45 AM	150993

Learn to Swim: SPRING - SUNDAYS

Activity	Date	Ages	Day	Time	Activity ID
PCA	04/16/23 - 06/04/23	6 mos+	Sun	9:00 AM - 9:30 AM	150943
PCA	04/16/23 - 06/04/23	6 mos+	Sun	9:45 AM - 10:15 AM	150944
PSA 1	04/16/23 - 06/04/23	3 - 6	Sun	9:00 AM - 9:30 AM	150947
PSA 1	04/16/23 - 06/04/23	3 - 6	Sun	9:45 AM - 10:15 AM	150948
PSA 1	04/16/23 - 06/04/23	3 - 6	Sun	10:30 AM - 11:00 AM	150945
PSA 1	04/16/23 - 06/04/23	3 - 6	Sun	11:15 AM - 11:45 AM	150946
PSA 2	04/16/23 - 06/04/23	3 - 6	Sun	9:00 AM - 9:30 AM	150951
PSA 2	04/16/23 - 06/04/23	3 - 6	Sun	9:45 AM - 10:15 AM	150952
PSA 2	04/16/23 - 06/04/23	3 - 6	Sun	10:30 AM - 11:00 AM	150949
PSA 2	04/16/23 - 06/04/23	3 - 6	Sun	11:15 AM - 11:45 AM	150950
PSA 3	04/16/23 - 06/04/23	3 - 6	Sun	9:00 AM - 9:30 AM	150955
PSA 3	04/16/23 - 06/04/23	3 - 6	Sun	10:30 AM - 11:00 AM	150953
PSA 3	04/16/23 - 06/04/23	3 - 6	Sun	11:15 AM - 11:45 AM	150954
LTS 1	04/16/23 - 06/04/23	6 - 15	Sun	9:45 AM - 10:15 AM	150958
LTS 1	04/16/23 - 06/04/23	6 - 15	Sun	10:30 AM - 11:00 AM	150956
LTS 1	04/16/23 - 06/04/23	6 - 15	Sun	11:15 AM - 11:45 AM	150957
LTS 2	04/16/23 - 06/04/23	6 - 15	Sun	9:00 AM - 9:30 AM	150968
LTS 2	04/16/23 - 06/04/23	6 - 15	Sun	9:45 AM - 10:15 AM	150961
LTS 2	04/16/23 - 06/04/23	6 - 15	Sun	10:30 AM - 11:00 AM	150959
LTS 2	04/16/23 - 06/04/23	6 - 15	Sun	11:15 AM - 11:45 AM	150960
LTS 3	04/16/23 - 06/04/23	6 - 15	Sun	9:00 AM - 9:45 AM	150964
LTS 3	04/16/23 - 06/04/23	6 - 15	Sun	10:00 AM - 10:45 AM	150962
LTS 3	04/16/23 - 06/04/23	6 - 15	Sun	11:00 AM - 11:45 AM	150963
LTS 4	04/16/23 - 06/04/23	6 - 15	Sun	9:00 AM - 9:45 AM	150966
LTS 4	04/16/23 - 06/04/23	6 - 15	Sun	11:00 AM - 11:45 AM	150965
LTS 5	04/16/23 - 06/04/23	6 - 15	Sun	10:00 AM - 10:45 AM	150967



American
Red Cross



Attention

Registration for Spring Learn to Swim will open on Monday, April 3rd for Residents and Tuesday, April 4th for Non-Residents, following the final Winter Learn to Swim session to accommodate for level recommendations.

Check out the level placement chart or call our office at (860) 584 - 3836 to determine the proper class fit for you.



AQUATICS

Specialized Swim Lessons

Please note: Registration for Specialized Swim Lessons will open on Monday, January 23rd for Residents and Tuesday, January 24th for Non-Residents, to accommodate for level recommendations.

This class is designed to accommodate individuals with special needs or circumstances. The instructor will work with the student to accomplish individual goals. For more information on participant eligibility, contact our front desk staff. This class runs once a week for 8 weeks on Saturdays or Sundays following the same schedule as the Learn to Swim program. Please note that we do the best that we can to take on as many students as possible. However, space is very limited and participation in one session does not automatically guarantee space in the next session.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$45.00/Session for Residents and \$55.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 5	02/04/23 - 04/01/23 Note: No Class 02/11/23	6 - 15	Sat	12:00 PM - 12:30 PM	150875
Session 6	02/05/23 - 04/02/23 Note: No class 02/12/23	6 - 15	Sun	12:00 PM - 12:30PM	150880
Session 7	04/15/23 - 06/03/23	6 - 15	Sat	12:00 PM - 12:30 PM	150889
Session 8	04/16/23 - 06/04/23	6 - 15	Sun	12:00 PM - 12:30 PM	150890



USA Swimming Splash Team Practice Continuation

This program is a continuation of Splash practice for registered USA Swimming members who will participate in USA sanctioned meets following the conclusion of the 2022-2023 Splash season. Considered, "USA Long-Course", this is an optional program for swimmers who wish to continue on in their swim season as USA Swimmers. There are separate USA Swimming fees in addition to our registration fee. Membership is not required for participation.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$400.00/Session for Residents and \$450.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	03/13/23 - 07/28/23	6 - 18	Mon-Fri	4:30 PM - 6:00 PM	150872



Toddler Time at the Pool

Calling all Toddlers! Bring an adult with you to DMAC for our newest program addition. We will provide pool equipment and dedicated space for use. Staff are also available to read books that focus on water safety. No registration required! For more information, please call the DMAC front desk at (860) 584-3837.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: No cost with membership or for Children under 5, \$7.00 for non-member adults

Activity	Date	Ages	Day	Time	Activity ID
Session 3	02/07/23 - 04/13/23	1 - 3	Tu, Th	9:00 AM - 10:00 AM	150996
Session 4	04/25/23 - 06/29/23	1 - 3	Tu, Th	9:00 AM - 10:00 AM	150995



Kid's Stroke & Fitness

Get a taste of competitive swimming! Expert coaching on stroke technique, and great exercise in a team practice environment. There will be no make-up dates for inclement weather. Reserve your space now to work on your swimming strokes in the water!

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$100.00/Session for Residents & \$150.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	03/27/23 - 05/05/23	6 - 16	M/W/Fri	5:00 PM - 6:00 PM	150873
Session 2	05/08/23 - 06/16/23	6 - 16	M/W/Fri	5:00 PM - 6:00 PM	150874



AQUATICS

Aqua Zumba

Aqua Zumba brings new meaning to the idea of an invigorating workout. Combine the South American Zumba rhythm and dance steps with a pool party. It offers a fun, but challenging, water-based, body-toning workout. Liven up your work week with some Latin fever!

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 3	01/17/23 - 03/07/23	16+	Tu	6:15 PM - 7:15 PM	151005
Session 4	03/21/23 - 05/09/23	16+	Tu	6:15 PM - 7:15 PM	151006



FitFloat

This 45-minute workout will challenge your balance and take you to new depths in your fitness journey. These revolutionary floating pool mats are the hottest trend in fitness! This class invites you to explore core stabilization and various fitness modalities 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 SUP (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 N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/18/23 - 03/08/23	18+	Wed	6:15 PM - 7:00 PM	151007
Session 2	03/22/23 - 05/10/23	18+	Wed	6:15 PM - 7:00 PM	151008



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.

Aquatics for Arthritis: Fountain of Youth

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 N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 3	01/18/23 - 03/08/23	18+	Wed	9:45 - 10:30 AM	150884
Session 4	01/20/23 - 03/10/23	18+	Fri	9:45 - 10:30 AM	150882
Session 5	03/22/23 - 05/10/23	18+	Wed	9:45 - 10:30 AM	150888
Session 6	03/24/23 - 05/12/23	18+	Fri	9:45 - 10:30 AM	150886



Aquatics for Arthritis: Aqua Interval

This 45-minute class is designed for the older adult population. In this class, the instructor leads participants through key activities including: range of motion exercises, muscle strengthening exercises and optional moderate intensity endurance exercises.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 3	01/18/23 - 03/08/23	18+	Wed	9:45 - 10:30 AM	150883
Session 4	01/20/23 - 03/10/23	18+	Fri	9:45 - 10:30 AM	150881
Session 5	03/22/23 - 05/10/23	18+	Wed	9:45 - 10:30 AM	150887
Session 6	03/24/23 - 05/12/23	18+	Fri	9:45 - 10:30 AM	150885



AQUATICS

Aqua Aerobics

Aqua aerobics classes provide a workout utilizing the natural resistance of water in an effort to improve cardiovascular fitness, muscular strength, endurance, and balance. Aqua Aerobics is an excellent way to meet your fitness goals with less impact on joints.

Aqua Aerobics: Low Intensity

Low-impact classes are performed in shallow water and designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength, using water dumbbells and flotation belts. This class is perfect for beginners, those recovering from injuries, or anyone looking for low-impact options. Exercises are performed to lively, motivating music and are effective and easy to follow.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 3	01/23/23 - 03/13/23	18+	Mon	10:45 AM – 11:30 AM	151013
Session 4	03/27/23 - 05/15/23	18+	Mon	10:45 AM – 11:30 AM	151019



Aqua Aerobics: Mid Intensity

This class combines it all – basic moves, suspended moves, and pyramids for increasing cardio fitness, strength and core stability. The low-impact, yet powerful moves will integrate your coordination and balance while increasing your overall fitness level. This class uses a variety of techniques and pool equipment to increase aerobic capacity and muscular strength.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 3	01/19/23 - 03/16/23	18+	Th	10:45 AM - 11:30 AM	151015
Session 4	01/19/23 - 03/16/23	18+	Th	6:15 PM - 7:00 PM	151014
Session 5	01/23/23 - 03/13/23	18+	Mon	6:15 PM - 7:00 PM	151016
Session 6	03/23/23 - 05/18/23	18+	Th	10:45 AM - 11:30 AM	151021
Session 7	03/23/23 - 05/18/23	18+	Th	6:15 PM - 7:00 PM	151020
Session 8	03/27/23 - 05/15/23	18+	Mon	6:15 PM - 7:00 PM	151022



Aqua Aerobics: High Intensity

Are you looking for a challenging workout in the pool? This motivating and intense class will encourage you to increase your exercise potential while taking advantage of the resistive properties of water. This high intensity class will challenge your cardio and endurance levels while using a variety of circuits and intervals to keep you moving and motivated. Increase your aerobic and anaerobic endurance, muscular strength and core stability with vigorous interval training.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 3	01/18/23 - 03/08/23	18+	Wed	10:45 AM – 11:30 AM	151017
Session 4	03/22/23 - 05/10/23	18+	Wed	10:45 AM – 11:30 AM	151023

Water Walking

This is a very basic, low-impact, light-intensity workout using the natural resistance of the water to strengthen core muscles, increase balance, coordination and flexibility. Instructors lead the class through a light-intensity cardio workout using forward, backward, and side-to-side motions. Speed and direction of walking are varied to increase or decrease the workout. Water Walking is primarily held in shallow water and back floats are provided to keep the body upright for deep water portions of the class.

Location: Dennis N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session for Residents and \$45.00/Session non Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 3	01/17/23 - 03/07/23	18+	Tu	10:45 AM - 11:30 AM	151003
Session 4	03/07/23 - 04/25/23	18+	Tu	10:45 AM - 11:30 AM	151004



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 N. Malone Aquatics Center (DMAC)

325 Mix Street, Bristol, CT 06010

Fee: \$40.00/Session - Residents, \$45.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 5	01/20/23 - 03/10/23	18+	Fri	10:45 AM - 11:30 PM	151009
Session 6	01/20/23 - 03/10/23	18+	Fri	6:15 PM - 7:00 PM	151010
Session 7	03/24/23 - 05/12/23	18+	Fri	10:45 AM - 11:30 PM	151011
Session 8	03/24/23 - 05/12/23	18+	Fri	6:15 PM - 7:00 PM	151012



RECREATION

Vacation Camp

Join us at our February and April Vacation Camp for interactive 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

DeWitt Page Park Road, Bristol, CT 06010

Fee: \$50/February Vacation Camp & \$125.00/April Vacation Camp

Activity	Date	Grades	Day	Time	Activity ID
February Vacation Camp	02/20/23 - 02/21/23	1st - 6th	Mon/Tu	9:00 AM - 3:00 PM	151018
April Vacation Camp	04/10/23 - 04/14/23	1st - 6th	Mon - Fri	9:00 AM - 3:00 PM	151024



Mini Hoops Basketball

This program will introduce participants to the sport of basketball. Participants will learn skills and techniques in a friendly, safe and fun environment. Lessons will be conducted utilizing skill-building activities and games.

Location: Chippens Hill Middle School - Gymnasium

551 Peacedale St, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/10/23 - 02/14/23	3 - 5	Tu	6:00 PM - 6:45 PM	150814
Session 2	01/14/23 - 02/18/23	3 - 5	Sat	9:00 AM - 9:45 AM	150815
Session 3	02/25/23 - 04/01/23	3 - 5	Sat	9:00 AM - 9:45 AM	150817
Session 4	02/28/23 - 04/04/23	3 - 5	Tu	6:00 PM - 6:45 PM	150816



Basketball Skills

This program will teach the vital basketball skills of dribbling, passing, and shooting. Techniques and game play will be taught in a fun and safe environment to enhance the overall knowledge of the game of basketball.

Location: Chippens Hill Middle School - Gymnasium

551 Peacedale Street, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/10/23 - 02/14/23	6 - 8	Tu	6:50 PM - 7:35 PM	150831
Session 2	01/14/23 - 02/18/23	6 - 8	Sat	10:00 AM - 10:45 AM	150832
Session 3	02/25/23 - 04/01/23	6 - 8	Sat	10:00 AM - 10:45 AM	150833
Session 4	02/28/23 - 04/04/23	6 - 8	Tu	6:50 PM - 7:35 PM	150834



RECREATION

Co-Ed 3 on 3 Basketball

Participants in this program will work on the fundamental skills of the game of basketball, as well as participate in organized games of 3-on-3 each week. Teams will be changed every week to ensure that games are fair and players have an opportunity to play with new teammates.

Location: Chippens Hill Middle School - Gymnasium

551 Peacedale Street, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/10/23 - 02/14/23	9 - 12	Tu	7:40 PM - 8:25 PM	150835
Session 2	02/28/23 - 04/04/23	9 - 12	Tu	7:40 PM - 8:25 PM	150836



Co-Ed Flag Football

Participants will be introduced to the game of football while utilizing flags. Players will work on basic football skills such as passing, catching, offense and defense in a safe and fun environment. Each week, new teams will be formed to give players a chance to socialize with everyone in the program.

Location: Chippens Hill Middle School

551 Peacedale Street, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/06/23 - 02/10/23	8 - 12	Fri	6:00 PM - 6:50 PM	150837



Gymnastics with FCG - Tiny Twisters

This program offers participants an introduction to gymnastics. Children will learn the importance of following directions, taking turns and awareness of personal space. After a fun group warm-up activity, children will be led through a series of gymnastics circuits that improve strength, flexibility, and overall coordination. Children will be introduced to all apparatuses - vault, bars, beam and floor. controlled environment.

Location: Bristol FCGymnastics

390 West St, Bristol, CT 06010

Fee: \$80.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/07/23 - 02/11/23	3 - 4	Sat	1:15 PM - 2:00 PM	150827
Session 2	03/11/23 - 04/29/23	3 - 4	Sat	1:15 PM - 2:00 PM	151053

Note: No Class 04/08/23 and 04/15/23



Gymnastics with FCG - Gymstars

This is a beginner level classes. Sessions will open with a fun warm-up and stretch, which will teach them the importance of flexibility. Athletes will learn basic gymnastics skills on each Olympic event: Vault, Bars, Beam, and Floor. Progressions and lead-ups are the key factors at this level. Some of the basic skills participants will learn include: cartwheels, progressions to handstands, bridges/backbends, pull-overs, casts, balancing skills, running, jumping, leaping, and agility movements.

Location: Bristol FCGymnastics

390 West St, Bristol, CT 06010

Fee: \$80.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/07/23 - 02/11/23	5 - 11	Sat	2:00 PM - 2:45 PM	150828
Session 2	03/11/23 - 04/29/23	5 - 11	Sat	2:00 PM - 2:45 PM	151054

Note: No Class 04/08/23 & 04/15/23



Youth Training & Conditioning

Is your child active enough? Are you looking for new ways to get your child moving? Would your child like to improve their sports performance? The BPRYCS Youth Training & Conditioning program focuses on fun ways to improve your child's coordination, build endurance and strength, as well as improve flexibility through exercises that are easy to follow. This program is a great step to get participants started on a lifestyle of healthy living. This program is for participants of all skill levels and abilities.

Location: Bristol Arts & Innovation Magnet School (BAIMS)

70 Memorial Boulevard, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/14/23 - 02/18/23	8 - 12	Sat	10:00 AM - 10:45 AM	150838
Session 2	03/11/23 - 04/29/23	8 - 12	Sat	10:00 AM - 10:45 AM	150839

Note: No Class 04/08/23 and 04/15/23



RECREATION

Sports Fun

This program introduces participants to a number of sports and games in a safe, controlled and fun environment. Participants will learn skills including sportsmanship and how to socialize with their fellow athletes. The numerous activities in the program will keep participants engaged and promote teamwork.

Location: Stafford Elementary School Gymnasium
212 Louisiana Ave, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/11/23 - 02/15/23	2 - 3	Wed	5:00 PM - 5:30 PM	150821
Session 2	01/11/23 - 02/15/23	4 - 5	Wed	5:35 PM - 6:05 PM	150822
Session 3	01/11/23 - 02/15/23	6 - 12	Wed	6:10 PM - 6:55 PM	150823
Session 4	03/15/23 - 04/26/23	2 - 3	Wed	5:00 PM - 5:30 PM	150824
Note: No Class 4/12/23					
Session 5	03/15/23 - 04/26/23	4 - 5	Wed	5:35 PM - 6:05 PM	150825
Note: No Class 4/12/23					
Session 6	03/15/23 - 04/26/23	6 - 12	Wed	6:10 PM - 6:55 PM	150826
Note: No Class 4/12/23					



Horsemanship at Shepard Meadows

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

Location: Shepard Meadows Equestrian Center
733 Hill Street, Bristol, CT 06010

Fee: \$75.00/Session - Residents, \$80/Session - Non-Residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/09/23 - 02/13/23	7 - 16	Mon	5:00 PM - 5:45 PM	151050
Note: No Class 01/16/23					



Food Explorers: After School Snacks

Join Food Explorers to make some delicious after-school snacks. Participants will create a mix of sweet and savory snacks while chopping, mixing, stirring and learning about different foods. Our participants will be making: Taco Pizzas, Apple Nachos, Chips & Dip and Red Velvet Truffles. All recipes are nut free but may contain dairy and/or eggs.

Location: Bristol Senior Center
240 Stafford Ave, Bristol, CT 06010

Fee: \$60.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/30/23 - 02/27/23	7 - 12	Mon	5:00 PM - 6:00 PM	151048
Note: No Class 02/20/23					



Food Explorers: Spring Baking Club

Join Food Explorers for some seasonal and tasty spring desserts! Each week, participants will have the opportunity to bake something delicious. Participants will be making: Black Forest Cake Bites, Cannoli Cones, Mini Lemon Pies and Peach Cobbler Cups. All recipes are nut free but may contain dairy and/or eggs.

Location: Bristol Senior Center
240 Stafford Ave, Bristol, CT 06010

Fee: \$60.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	05/01/23 - 05/22/23	7 - 12	Mon	5:00 PM - 6:00 PM	151049



Olympic Fencing

Join us for this new program that would provide participants with an introduction to the Olympic sport of fencing. Participants will learn and understand the principles of Olympic Fencing techniques, rules and tactics, as well as have the ability to partake in fencing bouts. The class is for individuals of all skill levels. All equipment needed to participate is provided.

Location: Stafford Elementary School Gymnasium
212 Louisiana Ave, Bristol, CT 06010

Fee: \$90.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/23/23 - 02/27/23	8 - 14	Mon	5:00 PM - 6:00 PM	150840
Note: No Class 02/20/23					
Session 2	03/20/23 - 04/24/23	8 - 14	Mon	5:00 PM - 6:00 PM	150841
Note: No Class 04/10/23					



RECREATION

Building Up S.T.E.A.M. Using LEGO

Children are working independently and cooperatively as they begin to explore simple machines using LEGO early childhood materials. Projects may include spin tops, cranes, and hockey players.

Location: Bristol Senior Center

240 Stafford Ave, Bristol, CT 06010

Fee: \$105.00/Session - Residents, \$110.00/Session - Non-Residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/13/23 - 02/10/23	5 - 6	Fri	5:00 PM - 6:00 PM	151055
Session 2	03/03/23 - 03/31/23	5 - 6	Fri	5:00 PM - 6:00 PM	151056



S.T.E.A.M. Works Using LEGOs

Children work with standard LEGO materials to problem-solve pre-engineering challenges involving structure, levels, gears, pulleys, and other elements of simple machines. Projects may include wall rocket racers, battle top spinners, and flywheel cruisers.

Location: Bristol Senior Center

240 Stafford Ave, Bristol, CT 06010

Fee: \$105.00/Session - Residents, \$110.00/Session - Non-Residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/13/23 - 02/10/23	7 - 10	Fri	6:30 PM - 7:30 PM	151057
Session 2	03/03/23 - 03/31/23	7 - 10	Fri	6:30 PM - 7:30 PM	151058



Skyhawks SoccerTots

SoccerTots is the flagship Skyhawk's program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun!

Location: Stafford Elementary School Gymnasium

212 Louisiana Ave, Bristol, CT 06010

Fee: \$89.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1 (Cubs)	04/22/23 - 05/20/23	2	Sat	9:00 AM - 9:45 AM	150818
Note: This is an adult participation class					
Session 2 (Bears)	04/22/23 - 05/20/23	3	Sat	10:00 AM - 10:45 AM	150819
Note: This is an adult participation class					
Session 3 (Grizzlies)	04/22/23 - 05/20/23	4 - 5	Sat	11:00 AM - 11:45 AM	150820
Note: This is an adult participation class					



Special Needs Bowling

The Special Needs Bowling program is for individuals 6 & older and provides a fun social opportunity for participants to enjoy bowling and time with friends.

Location: Spare Time Bristol

177 Farmington Ave, Bristol, CT 06010

Fee: \$8.00/week paid directly to Spare Time

Activity	Date	Ages	Day	Time	Activity ID
Adult	01/07/23 - 03/25/23	17+	Sat	10:00 AM - 11:30 AM	150830
Child	01/07/23 - 03/25/23	5 - 16	Sat	10:00 AM - 11:30 AM	150829



Puppy Training @ Camp Canine

A successful relationship with your dog is based on trust and mutual understanding. With these opportunities in mind, these programs are designed to work for you, your dog and your lifestyle. These goals are achieved through motivational and result oriented training. BPRYCS has partnered with Camp Canine to provide you with the tools and knowledge needed to effectively communicate with your dog. Camp Canine's continued education and years of experience allows for the most progressive and successful training!

Location: Camp Canine

74 Broderick Rd, Bristol, CT 06010

Fee: \$150.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/12/23 - 02/16/23	18+	Th	6:30 PM - 7:30 PM	150850
Session 2	04/13/23 - 05/18/23	18+	Th	6:30 PM - 7:30 PM	150851



RECREATION

Tennis Lessons

Tennis lessons are offered for community members of all ages and skill levels. Beginners will learn fundamentals in an engaging, learning environment. More experienced participants will refine their skills.

Location: Page Park - Tennis Courts

DeWitt Page Park Road, Bristol, CT 06010

Fee: \$40.00/Session



Activity	Date	Ages	Day	Time	Activity ID
Pee Wee	04/20/23 - 05/25/23	4 - 5	Th	5:30 PM - 6:00 PM	151046
Little	04/20/23 - 05/25/23	6 - 7	Th	6:00 PM - 6:30 PM	151047
Youth Beg.	04/17/23 - 05/22/23	8 - 14	Mon	5:30 PM - 6:15 PM	150859
Youth Int./Adv.	04/17/23 - 05/22/23	8 - 14	Mon	6:15 PM - 7:00 PM	150860
Teenage	04/18/23 - 5/23/23	13 - 17	Tu	5:30 PM - 6:15 PM	150861
Adult	04/18/23 - 5/23/23	18+	Tu	6:30 PM - 7:45 PM	150862

Adult Co-Ed Pickleball

Pickleball is a combination of badminton and ping pong played on a badminton court with tennis-sized net. The rules are simple and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game of experienced players. This program allows participants the opportunity to play "pick-up" games in a structured and organized setting. Registrants can sign up for one time slot or both depending on their interests.

Location: Bristol Senior Center

240 Stafford Ave, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/09/23 - 02/27/23	18+	Mon	5:00 PM - 7:00 PM	150842
Note: No Class 01/16/23 & 02/20/23					
Session 2	01/09/23 - 02/27/23	18+	Mon	7:00 PM - 9:00 PM	150843
Note: No Class 01/16/23 & 02/20/23					
Session 3	03/20/23 - 04/24/23	18+	Mon	5:00 PM - 7:00 PM	150844
Session 4	03/20/23 - 04/24/23	18+	Mon	7:00 PM - 9:00 PM	150845

Adult Co-Ed Volleyball Leagues

Love volleyball? Teams of 4-8 participants are welcome, with a minimum of two female participants are on the court at all times. This popular adult league will run for 12 weeks with the last week being a tournament to determine the league champion. A competitive and recreational league is offered.

Indoor Location: Chippens Hill Middle School

551 Peacedale St, Bristol, CT 06010

Outdoor Location: Stocks Playground Volleyball Courts

Fee: \$300.00/Team

Activity	Date	Ages	Day	Time	Activity ID
Indoor - Session 1 (Competitive)	01/19/23 - 03/30/23	18+	Th	6:30 PM - 9:30 PM	150852
Note: No Games 03/23/23					
Indoor - Session 2 (Recreational)	01/19/23 - 03/30/23	18+	Th	6:30 PM - 9:30 PM	150853
Note: No Games 03/23/23					
Outdoor - Session 3 (Competitive)	05/04/23 - 07/06/23	18+	Th	6:30 PM - 9:30 PM	150854
Outdoor - Session 4 (Recreational)	05/04/23 - 07/06/23	18+	Th	6:30 PM - 9:30 PM	150855

What level of Tennis is right for you?

Pee Wee Tennis

Ages 4 - 5

Younger players are able to learn the rules of the game and the basic skills needed to have an enjoyable playing experience. Older and more advanced players have the opportunity to learn drills and sharpen their skill set.

Little Tennis

Ages 6 - 7

This program incorporates fun games and activities to introduce children to the sport of tennis. More advanced players will have the opportunity to build on their skill set and learn new drills.

Youth Beginner Tennis

Ages 8 - 14

This program is for individuals who have never participated in tennis before, or have had very little exposure to the sport. Participants will be introduced to the game and learn the fundamentals of tennis.

Youth Intermediate / Advanced

Ages 8 - 14

This program is for players who have at least a moderate amount of tennis playing experience, and have a comprehensive understanding of forehand, backhand, volleying, serving and scoring. It is recommended that you have completed Youth Beginner Tennis Lessons before taking this class.

Teenage Tennis

Ages 13 - 17

These lessons are geared towards teenage players of all abilities, however we recommend players have a moderate experience level and understanding of the game of tennis. Students will learn techniques and skills to enhance their enjoyment of playing tennis.

Adult Tennis

Ages 18+

This program is for adults who are looking to get more exposure to the sport of tennis. Drills, techniques, and match-play will be a part of each class.



RECREATION

Retiree Golf League

Bristol Parks and Recreation is co-sponsoring its 9th Annual Retiree Golf League at the Pequabuck Golf Club for anyone who is retired and interested in staying active with 9-holes of golf. The league runs for 20 weeks (April 25th through September 5th) on Tuesdays 9:00 AM - 12:00 PM. Week 21 (September 12th - tentatively) will feature an 18-hole tournament sponsored by Pequabuck and banquet. There will be a pre-league meeting at Pequabuck on April 18th beginning at 10:00 AM.

Location: Pequabuck Golf Club

56 School Street, Terryville, CT 06786

Fee: \$95.00 for members/\$520.00 for non-members

Activity	Date	Ages	Day	Time	Activity ID
Session 1	04/25/23 - 09/12/23	55+	Tu	9:00 AM - 12:00 PM	151061



Senior Chair Fitness

Chair Fitness is a low impact class designed to prevent injuries while increasing muscle strength and energy levels. This 45 minute class focuses on cardiovascular aerobics, strength building, relaxing stretches using an exercise ball and resistance bands, hand held weights and a chair for those who prefer seated exercises and need additional support standing. This program is suitable for seniors of all fitness levels.

Location: Bristol Arts & Innovation Magnet School (BAIMS)

70 Memorial Boulevard, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/14/23 - 02/18/23	55+	Sat	9:00 AM - 9:45 AM	150856
Session 2	03/11/23 - 04/29/23	55+	Sat	9:00 AM - 9:45 AM	150857

Note: No Class 04/08/23 & 04/15/23



Zumba

Grooving to the beats of salsa, flamenco, and merengue music makes this class feel more like a dance party than a workout. Zumba is an interval workout. Classes move between high and low intensity moves designed to get your heart rate up and boost cardiovascular endurance. This program is perfect for participants of all skill and experience levels.

Location: Bristol Arts & Innovation Magnet School (BAIMS)

70 Memorial Boulevard, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/11/23 - 02/15/23	18+	Wed	6:00 PM - 7:00 PM	150846
Session 2	03/08/23 - 04/19/23	18+	Wed	6:00 PM - 7:00 PM	150847

Note: No Class 04/12/23



Adult Fitness & Conditioning

This class offers a fun, upbeat full body workout. This class is geared towards building cardiovascular fitness while improving muscular strength and endurance. This program is designed for all fitness levels and will help improve your overall fitness by building muscle, burning fat, and boosting overall health.

Location: Bristol Arts & Innovation Magnet School (BAIMS)

70 Memorial Boulevard, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/14/23 - 02/18/23	18+	Sat	8:00 AM - 8:45 AM	150848
Session 2	03/11/23 - 04/29/23	18+	Sat	8:00 AM - 8:45 AM	150849

Note: No Class 04/08/23 & 04/15/23



Pilates and Yoga Fusion

This amazing class will tone and tighten your core to improve not only your posture but your body awareness and flexibility! The class combines the focus on core stabilization of Pilates with the postures from yoga to flow through movements in order to work your whole body while also giving you strength of both mind and body. This class is for beginners to advanced. Please bring your own mat.

Location: Bristol Arts & Innovation Magnet School (BAIMS)

70 Memorial Boulevard, Bristol, CT 06010

Fee: \$40.00/Session

Activity	Date	Ages	Day	Time	Activity ID
Session 1	01/10/23 - 02/16/23	18+	Tu/Th	5:30 PM - 6:30 PM	150863
Session 2	01/10/23 - 02/16/23	18+	Tu/Th	6:30 PM - 7:30 PM	150864
Session 3	02/28/23 - 04/06/23	18+	Tu/Th	5:30 PM - 6:30 PM	150865
Session 4	02/28/23 - 04/06/23	18+	Tu/Th	6:30 PM - 7:30 PM	150866
Session 5	04/18/23 - 05/25/23	18+	Tu/Th	5:30 PM - 6:30 PM	150867
Session 6	04/18/23 - 05/25/23	18+	Tu/Th	6:30 PM - 7:30 PM	150868



ARTS & CULTURE

Dance Classes

We are excited to announce that we have partnered with Get Up N' Dance to offer an array of dance classes for youth of all ages!

Location: Get Up N' Dance Studio

255 N Main St, Bristol, CT 06010

Fee: \$55.00/Session for Tap, Jazz, and Ballet Classes

\$60.00/Session for Acro Dance Class

\$80.00/Session for Tiny Tots Combo Classes



Activity	Date	Ages	Day	Time	Activity ID
Tiny Tots Combo Session 1	01/14/23 - 03/04/23	2 - 5	Sat	10:00 AM - 11:00 AM	151035
Tiny Tots Combo Session 2	04/22/23 - 06/10/23	2 - 5	Sat	10:00 AM - 11:00 AM	151040
Ballet - Session 1	01/14/23 - 03/04/23	6 - 8	Sat	11:00 AM - 11:30 AM	151036
Ballet - Session 2	04/22/23 - 06/10/23	6 - 8	Sat	11:00 AM - 11:30 AM	151041
Tap - Session 1	01/14/23 - 03/04/23	6 - 8	Sat	12:00 PM - 12:30 PM	151038
Tap - Session 2	04/22/23 - 06/10/23	6 - 8	Sat	12:00 PM - 12:30 PM	151043
Jazz - Session 1	01/14/23 - 03/04/23	6 - 8	Sat	11:30 AM - 12:00 PM	151037
Jazz - Session 2	04/22/23 - 06/10/23	6 - 8	Sat	11:30 AM - 12:00 PM	151042
Acro - Session 1	01/14/23 - 03/04/23	6 - 17	Sat	12:30 PM - 1:15 PM	151039
Acro - Session 2	04/22/23 - 06/10/23	6 - 17	Sat	12:30 PM - 1:15 PM	151044



Which Dance Class is the Best Fit?

Tiny Tots Combo Class

Ages 2 - 5

Attention all tiny dancers! This tiny tot program will focus on a variety of styles within the hour. Participants can expect to practice ballet, tap and acro. This class is designed for little ones who are just learning to love music and dance! Dance attire includes: any color leotard, dance skirts, shorts, and tank tops.

Ballet

Ages 6 - 7

Ballet is the foundation behind every style of dance! This class is for beginners and will focus on learning the basic positions and techniques as well as putting together combinations. Dance attire: any color leotard, dance skirts or shorts or tank tops and ballet shoes.

Jazz

Ages 8 - 14

Join this engaging, up-beat beginner jazz class! Participants will focus on stretching and basic jazz steps, as well as putting both together for combinations. Dance attire: any color leotard, dance skirts, shorts, tank tops and jazz shoes (ballet shoes can be substituted).

Tap

Ages 8 - 14

Are you ready to make some noise? Participants will learn tap steps and shuffles. This class will also cover putting techniques together in combinations. Dance attire: any color leotard, dance skirts, shorts, tank tops, and tap shoes.

Acro

Ages 13 - 17

Get your body moving! Designed for beginners, this class will primarily focus on stretching and flexibility, as well as introduce basic tumbling tricks. Dance attire: any color leotard, dance skirts, shorts, and tank tops.

HOW TO REGISTER

Online via www.BristolRec.com

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 N Malone Aquatics Center... (860) 584 - 3837

In Person

BPRYCS Main Office 51 High Street

Dennis Malone Aquatic Center..... 325 Mix Street

NEWSLETTER

Newsletters go out to interested community members monthly. Newsletters include upcoming programs, community events, facility reminders, and ongoing project information. Please contact Erica Benoit at EricaBenoit@bristolct.gov if you are not receiving the BPRYCS newsletter.



HOURS

Bristol Parks Recreation Youth and Community Services - Main Office (51 High St.):

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

(or by appointment)

Dennis Malone Aquatic Center (325 Mix St.):

Monday-Friday 7:00 am - 9:00 pm

Saturday & Sunday 1:00 - 6:00 pm

CONNECT WITH US

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@BristolCTParksandRecreation