

# SUMMER 2023

## PROGRAMS AND OFFERINGS



**Summer 2023 Registration opens:**  
 - Tuesday, April 11th for Residents  
 - Wednesday, April 12th for Non-Residents

Community members may register by visiting [www.BristolRec.com](http://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](http://www.BristolRec.com)  
[parksandrecreation@bristolct.gov](mailto: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, CPRP**  
Recreation Supervisor

**Madison Fostervold**  
Recreation Program Assistant

## Aquatics Division

**Jaimie Clout - CPRP, CPO, LGIT**  
Aquatics Supervisor

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

**Craig Vibert - CPO**  
Facilities Maintenance Technician

## Youth & Community Services Division

**Stephen Bynum**  
Youth & Community Services Supervisor

**Alyson Phelan - MSW**  
Youth & Family Coordinator

**Aubrey Minkler**  
Community Services  
Coordinator

## Bristol Eliminating Substance Use Together (BEST)

**Michael Tingley - MPH**  
Drug Free Communities  
Project Coordinator

**Aurelia Murrall**  
Project Associate

## 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

**Steven Schriver**  
Landscape Gardener

**Brian Beaudoin**  
Park Maintainer

**Anthony Connors**  
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

## 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

**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**



## Message from the Superintendent

### BPRYCS - Where Community Grows!

The Bristol Parks, Recreation, Youth and Community Services (BPRYCS) Department plays a vital role in bringing people together, providing essential services and fostering the growth of our community. Over the past few months the parks have experienced growth through the opening of a 66-acre Pigeon Hill Open Space Preserve off Shrub Road, upgraded recreation amenities including a beautiful playground at Stocks, parafitness equipment at Rockwell Park and refurbished tennis, basketball and pickleball courts across the system. Our professional team has worked hard growing services to meet diverse needs through new programs like Intro to Cricket, a performing arts theater camp, and exciting "On the Go" Mobile parks that bring the fun directly to neighborhoods. BPRYCS continues to support the healthy growth of our residents through essential services such as youth counseling, instructional swim lessons, summer camps, SNAP/EBT at the Bristol's Farmer's Market, and more. We are excited for you to explore the many offerings and invite you to come grow with us this summer!



Sincerely,

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

Department of Parks, Recreation, Youth and  
Community Services  
City of Bristol



# PARK & FACILITY LOCATIONS

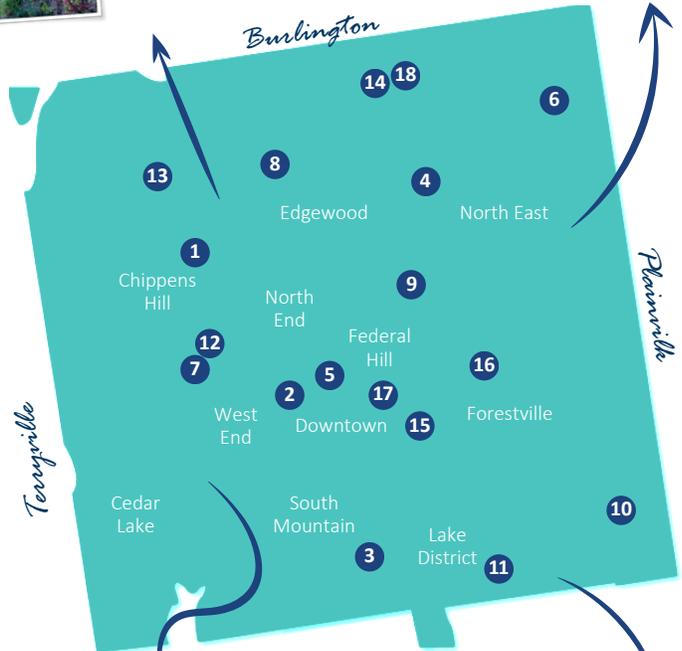
## VISIT OUR PARKS AND FACILITIES

- 1 Hoppers / Birge Pond Nature Preserve**  
Located on Beech Street
- 2 Brackett Park**  
Entrances on School and North Main Streets
- 3 Casey Field / E.G. Stocks Playground**  
Located on Middle Street
- 4 Dennis Malone Aquatics Center**  
325 Mix Street
- 5 Federal Hill Green**  
Located on Maple and Queen Street
- 6 Kern Park**  
Located off Ivy Drive and Primrose Lane
- 7 Muzzy Field**  
Located on Muzzy Street
- 8 Nelson's Field**  
Corner of Burlington Avenue & Maple Avenue
- 9 Page Park**  
651 King Street
- 10 Peck Park**  
Entrance on Daley Street
- 11 Pine Lake**  
Located off Pine Street / Birch Street / Emmett Street
- 12 Rockwell Park**  
Entrances on Jacob Street / Dutton Avenue / Terryville Road
- 13 Roberts Property Park**  
Located at James P. Casey Road and Perkins Street
- 14 Seymour Park**  
Entrance on Shrub Road
- 15 Veterans Memorial Boulevard**  
Parking off of Wozenski Way and South Street
- 16 Wilson Field**  
Located on King Street
- 17 BPRYCS Main Office**  
51 High Street
- 18 Pigeon Hill Preserve**  
Entrance on Shrub Road



Hoppers Birge Pond Nature Preserve

Page Park Pool



Rockwell Park

Pine Lake

### Looking to Host an Event or Practice?

#### Rent indoor and outdoor park spaces!

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](http://www.bristolrec.com). Click the "Facilities" tab and then select the facility/ space you are seeking to reserve. Here, community members are able to see full facility schedules and availability. Applicants must then log in or create an account in order to finalize the reservation request. Proper insurance certificates and payment (when applicable) will be requested prior to a permit being issued.

#### Please Submit Field Requests by:

- July 1st for Fall
- March 1st for Spring
- May 1st for Summer



### Board of Park Commissioners

**Meets the 3rd Wednesday of every month at 6:00 p.m. at 51 High St.**

The Board consults with and makes recommendations to the City Council, the Mayor, and the Superintendent regarding BPRYCS' policies for the planning, development and use of the City's parks and facilities. Members are appointed by the Mayor's office.



# WHAT'S HAPPENING

## Splash Pads

Open Memorial Day to Labor Day

Open 7 days a week

11:00 am - 7:00 pm

Splash pads are located at Page Park within the lower playground area, Rockwell Park, adjacent to the pool, and at Stocks Playground.

Splash pads are free and open to residents and non-residents.

Experiencing splash pad issues? Please message us on Facebook @bristolparksandrecreation or email Parksandrecreation@bristolct.gov



### NEW - Stocks Splash Pad Opening Soon!

Renovations for a new Splash Pad are underway at E.G. Stocks Playground! The New Splash Pad will include gentle tactile sprays, a grand splash zone, and discovery and adventure features.

**Anticipated Opening Memorial Day Weekend - Stay Tuned!**

## Perry J. Spinelli Pavilion Grand Opening

Coming July 2023

Situated on the Page Park Lagoon, amongst the disc golf course, and over looking over the Page Park Pool, the Perry J. Spinelli Pavilion is located at the heart of Page Park. We're thrilled to be wrapping up Phase II of the renovations as we prepare for the Grand Opening of the Perry J. Spinelli Pavilion. The final renovations include updated lighting, new windows, and cosmetic enhancements.



## Parks Project Portal

Stay up to date with park and facility improvement projects, timelines, and plans!

In an effort to continue to increase transparency and community engagement, we are pleased to offer an interactive Parks Project Portal that provides residents access to up-to-date information on projects, presentations, and opportunity to **provide real time feedback!**



## Pickleball Anyone? Grab your Paddles!

**Pickleball Courts are Located at:**

**Peck Park** - Entrance located on Daley Street

- Features four (4) pickleball courts
  - Pickleball equipment available onsite (call our office for the equipment access code)

**Seymour Park (Coming Soon)** - Entrance on Shrub Road

- Features six (6) dedicated pickleball courts

## Looking for more organized play?

Check out Adult Co-Ed Pickleball on Page 11!

Stay tuned for ribbon cutting and grand opening!



## Where to Play Disc Golf?

Disc golf is a relaxing way to get outdoors, take a stroll in the woods and engage in some friendly competition! When you get into Disc Golf, you get into an active, healthy sport that will provide just the right amount of relaxation and challenge to keep you coming back for more.

Bristol is home to two Disc Golf Courses - one at Page Park and one at Rockwell Park -

### • Page Park Disc Golf

- The Page Park Disc Golf Course is located on 24 acres of public park land. Designed by James Lane in 2009, it is a free 18-hole disc golf course open year round. The course has both long and short tee options, making it perfect for both beginner players and tournament play. This hilly course features both open and wooded holes as well as a water hazard.

### • Rockwell Park Disc Golf

- The Rockwell Park Disc Golf Course was just built in 2016 and provides long, challenging lines through the woods along a scenic creek with several open holes. This course is also a free 18-hole disc golf course open year round. Rockwell Park Disc Golf Course uses elevation and scenery to challenge players.



# COMMUNITY EVENTS

## Rockin' Out at Rockwell Summer Concert Series

Tuesdays, June 20 - August 15, 2023\*  
Rain Date - Wednesdays (the following day)  
6:30 - 8:00 PM

Enjoy live music by your favorite local area bands! Concerts will feature a variety of genres including Pop, Funk, Rhythm & Blues, Country & Classic Rock and more to fill the air! Bring your family and friends, blankets and chairs, and grab dinner at the food trucks each week! Concerts are free and open to all. Please visit [www.BristolRec.com](http://www.BristolRec.com) for schedule updates.

\*Please note there is no concert on July 4th

## Summer Concert Series Schedule - Tuesdays



June 20 **Cajun Ray & the Steamers**  
Variety

July 25 **Sideways**  
Country

June 27 **Radio Waves**  
Pop

Aug 1 **Goza**  
Latin

July 11 **Soul Sound Review**  
Motown

Aug 8 **Shakedown**  
Grateful Dead Tribute

July 18 **Spirit Shaker**  
Rock

Aug 15 **Latanya Farrell**  
Soul R&B

## Movie Night

Friday, July 14, 2023

Movie Begins at 8:30 PM at the Rockwell Park Amphitheater

The big screen in your backyard! Grab your family, friends, and neighbors this summer for a FREE Movie Night in the Park. Bring a blanket or lawn chair and enjoy the big screen under the stars. Seating is first come first serve. No registration necessary.

## Green Team

Join the Bristol Green Team on the second Saturday of the month (July – August) from 9:00 – 11:00 AM for a friendly competition cleaning up trash in our local parks!

All volunteers receive a free T-shirt (while supplies lasts). All supplies are provided upon arrival. The Green Team promotes local efforts to recycle more, waste less, and become environmental stewards in the Bristol community. No registration necessary.

- Saturday, July 15th - Rockwell Park
  - Meeting at the Front Entrance Arch
- Saturday, August 12th - Page Park
  - Meet by the All Children's Playground

## 3rd Annual Pride Night with the Bristol Blues

Wednesday, June 21, 2023

6:30 pm at Muzzy Field (Gates open at 5:30 pm)

Support Bristol's LGBTQ+ community, friends, family, and organizations to celebrate Pride Night at a Bristol Blues game! We'll be on the concourse before the game with giveaways, raffles, and more! This is a Bristol Blues ticketed event and tickets can be purchased at the box office.

## Pooch Plunge

Monday, August 21, 2023

4:30 - 6:30 PM at the Rockwell Park Pool

Mark your calendars for the 12th Annual Pooch Plunge! - Rain or Shine! Why should humans have all the FUN? Bring your four-legged friends out for a doggy-only pool party! Dogs should not be under six months old and MUST have current vaccinations and tags. No registration necessary. Admission to Pooch Plunge is \$3.00 at the gate (includes canine and companions).

## Neon Nights

Friday, August 4, 2023

6:00 - 9:00 PM at the Rockwell Park Pool

Join us for an electric evening of floating fun at the 8th Annual Neon Nights event! The brightest bash in the neighborhood will feature an array of colorful events including: glowing pool, live DJ, foam party, drone dome, & the "light up lounge". Admission is \$5.00 per person. Neon Nights is for Ages 5+.

## Back to School

### Back to School Backpack Program

Referrals are due by August 1, 2023

A referral based program to help families provide the basic needs for their child/children's return to school. The program will offer school supplies, and backpacks. For more information please contact please contact Youth and Family Coordinator, Alyson Phelan, at [AlysonPhelan@bristolct.gov](mailto:AlysonPhelan@bristolct.gov) or (860) 314-4690.

### Mayor's Back to School Pencil Hunt

Thursday, August 24, 2023

5:00 - 7:00 PM at Muzzy Field

BPRYCS invites all community members in pre-kindergarten through eighth grade, and family to participate in a scavenger hunt for school supplies! Kick-off the school year with the Back to School Pencil Hunt! This FREE event will include door prizes, vendors, and a pencil hunt, where participants will hunt for pencils correlating to prizes. Advance registration is required.



## Family Camp Out

Saturday, September 9, 2023 - Overnight

Begins at 6:00 PM at Muzzy Field

Keep the summer fun going! Enjoy a night sleeping under the stars at Muzzy Field. We will provide a host of activities including lawn games, family activities, and a PG rated movie when it's dark! BPRYCS staff will help you set up your tent, provide snacks and breakfast treats, and lead a night time program. Register early! A limited number of tents are available to be provided if you do not have one. Each household/ registrant will have an assigned space. Spaces are limited and advance -registration is required.

# RECREATION

## Pre-School Programs

### Little Explorers Camp

Little Explorers Camp provides a safe, nurturing, and fun environment in which children can make new friends, explore new activities, create works of art, and experience age appropriate independence. Camp is held daily Monday - Friday from 9:00 AM to 3:00 PM.

Please review the Little Explorers Camp Handbook and Theme Week Calendar for more information regarding Little Explorers Camp.

Location: Mountain View School

71 Vera Road, Bristol, CT 06010

Fee: \$125.00/Week for Residents & \$135.00/Week for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Week 1	06/26/23 - 06/30/23	3 - 5	Mon - Fri	9:00 AM - 3:00 PM	151064
Week 2	07/03/23 - 07/07/23 No Camp 07/04/23	3 - 5	Mon, Wed - Fri	9:00 AM - 3:00 PM	151065
Week 3	07/10/23 - 07/14/23	3 - 5	Mon - Fri	9:00 AM - 3:00 PM	151066
Week 4	07/17/23 - 07/21/23	3 - 5	Mon - Fri	9:00 AM - 3:00 PM	151067
Week 5	07/24/23 - 07/28/23	3 - 5	Mon - Fri	9:00 AM - 3:00 PM	151068
Week 6	07/31/23 - 08/04/23	3 - 5	Mon - Fri	9:00 AM - 3:00 PM	151069
Week 7	08/07/23 - 08/11/23	3 - 5	Mon - Fri	9:00 AM - 3:00 PM	151070



### Skyhawks Mini Hawk Camp - Soccer, Baseball, and Basketball

This multi-sport program gives children ages 4 to 6 their first step into athletics. The essentials of soccer, baseball, and basketball are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace.

Location: Chippens Hill Middle School - Gymnasium

551 Peacedale St, Bristol, CT 06010

Fee: \$79.00/Session 1 for Residents and \$84.00/Session 1 for Non-residents

\$99.00/Session 2 for Residents and \$104.00/Session 2 for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/26/23 - 06/29/23	4 - 6	Mon - Thurs	5:40 PM - 6:40 PM	151151
Session 2	07/05/23 - 07/07/23	4 - 6	Wed - Fri	9:00 AM - 12:00 PM	151152



### Skyhawks Tiny Hawk Camp - Soccer and Basketball

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sports-specific games tailored to their attention spans.

Location: Chippens Hill Middle School - Gymnasium

551 Peacedale St, Bristol, CT 06010

Fee: \$69.00/Session for Residents and \$74.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/26/23 - 06/29/23	3 - 4	Mon - Thurs	4:45 PM - 5:30 PM	151150



### Gymnastics with FCG (Future Champions Gymnastics)

This program offers participants an introduction into 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. Participants 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.

Location: Future Champions Gymnastics

390 West Street Bristol, CT 06010

Fee: \$80.00/Session for Residents and \$85.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Tiny Twisters Session 1	06/22/23 - 08/03/23 No Class 07/27/23	3 - 4	Thurs	5:30 PM - 6:15 PM	151304



# RECREATION

## Pee Wee Tennis Lessons

This program is designed to introduce participants to the sport of tennis in a fun and engaging way. Structured around play-based learning and designed to help children develop basic tennis skills and hand-eye coordination. Participants will be introduced to the basic rules of tennis, including how to hold a racquet, how to hit a ball, and how to move around the court. Focus is on fun and play-based learning, and children will have the opportunity to make new friends, learn new skills, and have fun!

Location: Page Park Tennis Courts

DeWitt Page Park Road Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/29/23 - 08/03/23	4 - 5	Thurs	5:30 PM - 6:00 PM	151295
Session 2	08/31/23 - 10/05/23	4 - 5	Thurs	5:30 PM - 6:00 PM	151296



## Youth Programs

### Summer Fun Camp

Summer Fun Camp provides children with the opportunity to engage in fun and informative activities, while forming new friendships with other children and positive relationships with camp staff. We encourage children of all abilities within camp to participate in activities and experiences that strive to benefit the camper's emotional, physical, and social well-being. Summer Fun Camp is packed with entertainers, field trips, swimming, and much more to keep each camper engaged. Our staff strives to provide each camper a lifetime experience while providing a fun and safe environment. Please check out the Camp Handbook and Camp Theme Weeks under the forms section of this program for more information regarding Summer Fun Camp.

Location: Bristol Eastern High School - Cafeteria

632 King Street, Bristol, CT 06010

Fee: \$125.00/Week for Residents & \$135.00/Week for Non-residents

Please note there is a \$10 price difference for Week 2 in adjustment for the July 4th holiday

### Grades 1 - 3

Activity	Date	Grades	Day	Time	Activity ID
Week 1	06/26/23 - 06/30/23	1 - 3	Mon - Fri	9:00 AM - 3:00 PM	151071
Week 2	07/03/23 - 07/07/23 No Camp 07/04/23	1 - 3	Mon, Wed - Fri	9:00 AM - 3:00 PM	151072
Week 3	07/10/23 - 07/14/23	1 - 3	Mon - Fri	9:00 AM - 3:00 PM	151073
Week 4	07/17/23 - 07/21/23	1 - 3	Mon - Fri	9:00 AM - 3:00 PM	151074
Week 5	07/24/23 - 07/28/23	1 - 3	Mon - Fri	9:00 AM - 3:00 PM	151075
Week 6	07/31/23 - 08/04/23	1 - 3	Mon - Fri	9:00 AM - 3:00 PM	151076
Week 7	08/07/23 - 08/11/23	1 - 3	Mon - Fri	9:00 AM - 3:00 PM	151077



### Summer Fun Field Trips

- Week 1: Berlin Batting Cages
- Week 2: Lake Compounce
- Week 3: Fun City Trampoline Park
- Week 4: CT Sun Basketball Game
- Week 5: CT Science Center
- Week 6: AMC Movie Theater
- Week 7: IT! Ropes Course

### Grades 4 - 6

Activity	Date	Grades	Day	Time	Activity ID
Week 1	06/26/23 - 06/30/23	4 - 6	Mon - Fri	9:00 AM - 3:00 PM	151078
Week 2	07/03/23 - 07/07/23 No Camp 07/04/23	4 - 6	Mon, Wed - Fri	9:00 AM - 3:00 PM	151079
Week 3	07/10/23 - 07/14/23	4 - 6	Mon - Fri	9:00 AM - 3:00 PM	151080
Week 4	07/17/23 - 07/21/23	4 - 6	Mon - Fri	9:00 AM - 3:00 PM	151081
Week 5	07/24/23 - 07/28/23	4 - 6	Mon - Fri	9:00 AM - 3:00 PM	151082
Week 6	07/31/23 - 08/04/23	4 - 6	Mon - Fri	9:00 AM - 3:00 PM	151083
Week 7	08/07/23 - 08/11/23	4 - 6	Mon - Fri	9:00 AM - 3:00 PM	151084



### Before and After Care

#### Extend the camp day with us!

BPRYCS understands that some families may need childcare outside of the regular schedule camp times. We are happy to offer Before and After Care at our Summer Fun Camp location.

- **Before Care Hours: 8:00 am - 9:00 am**
- **After Care Hours: 3:00 pm - 4:00 pm**

Fee: \$20/week for Before Care

\$20/week for After Care

Space is limited and registration is first come, first served. Please make sure that you are registered for the corresponding summer camp week.

# RECREATION

## Food Explorers Culinary Summer Camps

Explore new flavors, cooking techniques and cuisines by delving into new recipes each day! You'll also discover fun facts about food and nutrition through interactive games and activities between recipes.

### Chopped: Around the World

- Each day, two teams will be tasked with creating a recipe together, selecting from a pantry of ingredients, and working as a group. Participants will be making dishes such as: Gnocci, Lo Mein, Trifle Cups, Breakfast Tacos, and Cannoli Cones. All recipes are nut free., and working as a group. Participants will be making dishes such as: Gnocci, Lo Mein, Trifle Cups, Breakfast Tacos, and Cannoli Cones. All recipes are nut free.

### Tapas & Tacos

- Each day, participants will create a tasty tapas recipe for a snack, followed by a new taco recipe for lunch. Participants will be making recipes such as: Zucchini Fritters, Bruschetta, Banana Split Bites, Greek Tacos, and Mushroom Tacos. All recipes are nut free.

Location: Bristol Senior Community Center

240 Stafford Ave, Bristol, CT 06010

Fee: \$140.00/Chopped Session for Residents & \$145.00/Chopped Session for Non-residents

\$130.00/Tapas & Tacos Session for Residents & \$135.00/Tapas & Tacos Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Chopped: Around the World	08/21/23 - 08/25/23	7 - 12	Mon - Fri	9:00 AM - 12:00 PM	151140
Tapas & Tacos	08/21/23 - 08/25/23	7 - 12	Mon - Fri	1:00 PM - 4:00 PM	151141



## Horsemanship at Shepard Meadows

Learn or improve your child's current knowledge of horse care, safety, grooming, tacking, untacking and riding at a beautiful 26 acre farm. Horse related games and crafts will be incorporated. The program is open to all levels and participants will benefit from increased confidence, animal knowledge, communication, safety and core strength and stability.

- Level 1 Class - Shepard Meadows will teach horse skills to challenge participants perseverance, problem-solving, and communication. This program helps participants connect with their peers socially, as well as promotes the development of self-esteem.
- Level 2 Class - Participants are able to build on skills that were learned in Horsemanship Level 1. Registrants must complete Horsemanship Level 1 prior to enrolling in the Horsemanship Level 2.

Location: Shepard Meadows Equestrian Center

733 Hill St, Bristol, CT 06010

Fee: \$80.00/Session for Residents and \$85.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Level 1	05/31/23 - 06/28/23	7 - 16	Wed	5:30 PM - 6:15 PM	151429
Level 2	07/19/23 - 08/16/23	7 - 16	Wed	5:30 PM - 6:15 PM	151430



## Gymnastics with FCG (Future Champions Gymnastics)

Gymstars: This is a beginner level classes. Session 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 members will learn include: cartwheels, progressions to handstands, bridges/backbends, pull-overs, casts, balancing skills, running, jumping, leaping, and agility movements.

Location: Future Champions Gymnastics

390 West Street Bristol, CT 06010

Fee: \$80.00/Session for Residents and \$85.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Gymstars Session 1	06/22/23 - 08/03/23 No Class 07/27/23	5 - 8	Thurs	6:15 PM - 7:00 PM	151305



## Intro to Cricket

This program is designed for youth who are interested in learning the basics of cricket. Cricket is a team sport, played outdoors, that involves a combination of physical, mental, and behavioral skills that can be used by players to not only learn the game, but to apply in other areas, too. Participants will enjoy running, catching the ball, batting, and engaging in a fun and friendly team sporting event that has millions of followers across the world.

Location: Rockwell Park - Open Field

Rockwell Park Road North Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/07/23 - 07/12/23	8 - 12	Wed	5:30 PM - 7:00 PM	151307
Session 2	08/09/23 - 09/13/23	8 - 12	Wed	5:30 PM - 7:00 PM	151308



# RECREATION

## Backyard Sports & Fitness Camp

The Backyard Sports & Fitness Camp program will focus on all the fun that backyard games has to offer. Some examples of activities include kickball, capture the flag, and different forms of dodgeball. This is a way for participants to connect with their peers while playing backyard games that they love. This program is meant to be an extension of a Physical Education class outside of school. This program will encourage team building, while allowing participants to have a lot of fun!

Location: Chippens Hill Middle School

551 Peacedale Street, Bristol, CT 06010

Fee: \$125.00/Session for Residents and \$130.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	08/14/23 - 08/18/23	8 - 12	Mon - Fri	9:00 AM - 12:00 PM	151160



## Skyhawks Soccer Camp

Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using a progressive curriculum, boys and girls will gain technical skills & sports knowledge required to excel on the soccer field. Campers will have the opportunity to participate in many skill-building drills that are age appropriate for all participants.

Location: Page Park - Ingraham Field

DeWitt Drive, Bristol, CT 06010

Fee: \$89.00/Session for Residents and \$94.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	07/17/23 - 07/20/23	5 - 6	Mon - Thurs	5:00 PM - 6:30 PM	151158



## Skyhawks Lacrosse Camp

Athletes will learn all the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. Participants should wear appropriate athletic attire and bring protective gloves, a helmet with a full mask (or goggles), and a lacrosse stick. (Limited lacrosse kits available for rent through Skyhawks.)

Location: Page Park - Ingraham Field

DeWitt Drive, Bristol, CT 06010

Fee: \$149.00/Session for Residents and \$154.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	07/31/23 - 08/03/23	7 - 12	Mon - Thurs	9:00 AM - 1:00 PM	151165



## Skyhawks Volleyball Camp

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This program is designed for the beginning and intermediate level player. Skyhawks staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

Location: Chippens Hill Middle School - Gymnasium

551 Peacedale Street, Bristol, CT 06010

Fee: \$149.00/Session for Residents and \$154.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	07/17/23 - 07/21/23	10 - 12	Mon - Fri	9:00 AM - 1:00 PM	151156



## Skyhawks Sports and Games Camp

This camp will use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate Frisbee, basketball, kickball, baseball, 4 square, flag football, team handball, and many more. Kids will play 2-4 different games/sports each day.

Location: Chippens Hill Middle School - Gymnasium

551 Peacedale Street, Bristol, CT 06010

Fee: \$175.00/Session for Residents and \$180.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	07/10/23 - 07/14/23	6 - 10	Mon - Fri	9:00 AM - 3:00 PM	151153



## Youth Training and Conditioning

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 fitness levels and abilities.

Location: Mrs. Rockwell's Pavilion

Entrances on Jacob Street, Dutton Ave. and Terryville Rd.

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/03/23 - 07/08/23	8 - 12	Sat	10:00 AM - 10:45 AM	151442
Session 2	07/22/23 - 09/02/23	8 - 12	Sat	10:00 AM - 10:45 AM	151443
No Class 08/19/23					



# RECREATION

## Little Tennis Lessons

This program is designed to introduce young children to the basics of tennis in a fun and engaging way. Participants will learn the fundamental skills of tennis, such as how to hold a racquet, how to hit a ball and how to move around the court. Participants will also be introduced to the equipment utilized in tennis such as racquets, balls, and nets. Fun warm-up games and exercises will get the participants moving and excited about the sport. This is a supportive and encouraging environment for young athletes to feel comfortable and confident in trying new things.

Location: Page Park - Tennis Courts

DeWitt Page Park Road Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/29/23 - 08/03/23	6 - 7	Thurs	6:15 PM - 6:45 PM	151297
Session 2	08/31/23 - 10/05/23	6 - 7	Thurs	6:15 PM - 6:45 PM	151298



## Youth Beginner Tennis Lessons

This program is designed to introduce young children to the sport of tennis and provide them with a fun and engaging experience. The goal of this program is to teach participants the basic fundamentals of tennis and provide them with a love for the game. Activities and drills will focus on developing hand-eye coordination, footwork and racquet skills. This is an opportunity for children to learn new skills, make friends, and develop a love for the game that can last a lifetime.

Location: Page Park - Tennis Courts

DeWitt Page Park Road Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/26/23 - 07/31/23	8 - 12	Mon	5:30 PM - 6:15 PM	151287
Session 2	08/28/23 - 10/09/23	8 - 12	Mon	5:30 PM - 6:15 PM	151288
No Class 09/04/23					



## Youth Intermediate-Advanced Tennis Lessons

This program is a chance for young players wanting to advance their journey in the sport of tennis. Fundamental skills will be reiterated and improved upon. Develop your skills, make new friends and have fun playing tennis in a supportive and engaging environment. Participants will practice hitting forehands, backhands, volleys, serves, as well as footwork exercises and movement around the court. Games and challenges will keep the participants motivated and enthusiastic.

Location: Page Park - Tennis Courts

DeWitt Page Park Road Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/26/23 - 07/31/23	8 - 12	Mon	6:30 PM - 7:15 PM	151289
Session 2	08/28/23 - 10/09/23	8 - 12	Mon	6:30 PM - 7:15 PM	151290
No Class 09/04/23					



## Youth & Teen Programs

### Youth Soccer Clinic

Participants will learn and practice soccer skills including trapping, passing, shooting, dribbling, heading and goalie techniques. Half and full field matches will be held if time allows.

Location: Bristol Eastern High School - Soccer Fields

632 King Street, Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/05/23 - 06/08/23	7 - 14	Mon - Thurs	5:30 PM - 7:00 PM	151436



### Skyhawks Track & Field Camp

Using special equipment, our exercises and drills will prepare athletes for a future in cross-country and track and field events, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique programs. The week ends with a Skyhawk track meet!

Location: Bristol Eastern High School - Track

632 King Street, Bristol, CT 06010

Fee: \$89.00/Session for Residents and \$94.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	07/24/23 - 07/27/23	7 - 13	Mon - Thurs	6:00 PM - 7:30 PM	151159



# RECREATION

## Pony League Baseball

BPRYCS Pony League Baseball program is for boys entering 8th - 11th grade for the 2023-2024 school year (players in 7th-10th grade at time of registration). The Pony League season will run from June to August and consists of 15+ regular season games with each team making the playoffs. Teams will play 2 games a week and have at least 1 practice. Games are played on weekday evenings and occasionally during the day on weekends. All games occur at either Page Park, Riley Field or Muzzy Field.

Tryouts will occur on Saturday, June 10th at 4:00 PM (rain date: Sunday, June 11th at 4:00 PM). Tryouts will occur at Page Park.

Location: Alternates - Page Park, Riley Field or Muzzy Field

Fee: \$75.00/Session for Residents and \$80.00/Session for Non-residents

Activity	Date	Grades	Day	Time	Activity ID
Pony League 2023	06/11/23 - 08/20/23	8 - 11	Sun - Fri	6:30 PM - 8:30 PM	151125



## Special Needs Bowling

Specialized Bowling is for youth who are physically or mentally disabled. Participants may register in advance or drop in for a fee. Participation includes two bowling games and a rental pair of bowling shoes.

Location: Spare Time Bristol

177 Farmington Ave, Bristol, CT 06010

Fee: \$8.00/week for Residents and Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/21/23 - 07/26/23	6 - 17	Wed	6:30 PM - 8:30 PM	151167



## Teenage Tennis Lessons

This program focuses on developing skills, technique, and overall enjoyment of tennis. Coaches work with participants on serving, ground strokes, strategy, volleying, and footwork. Participants will have opportunities for friendly competition in the form of singles and doubles matches or team games. This program is a fun and rewarding experience for young players who are serious about improving their skills and love for the game of tennis.

Location: Page Park - Tennis Courts

DeWitt Page Park Road Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/27/23 - 08/08/23 No Class 07/04/23	13 - 17	Tues	5:30 PM - 6:15 PM	151291
Session 2	08/29/23 - 10/03/23	13 - 17	Tues	5:30 PM - 6:15 PM	151292



## Teen Adventure Camp

Teen Adventure Camp is available for teens entering grades 7 - 10. This field trip based camp will get your teens engaged this summer with weekly excursions and entertainment. Teens are dropped off at Bristol Eastern High School and will get plenty of opportunities to learn, socialize, and build relations with their peers through constant activities and trips. Space is limited and this camp is expected to fill quickly. Please check out the Camp Handbook and the Theme Week Calendar for more information regarding Teen Adventure Camp.

Location: Bristol Eastern High School - Small Gym

632 King Street Bristol, CT 06010

Fee: \$155.00/Week for Residents and \$165.00/Week Non-residents

Please note the \$10 price difference for Week 2 in adjustment for the July 4th holiday

Activity	Date	Grades	Day	Time	Activity ID
Week 1	06/26/23 - 06/29/23	7 - 10	Mon, Tu Wed, Thurs	9:00 AM - 3:00 PM 8:30 AM - 6:00 PM	151085
Week 2	07/03/23 - 07/06/23 No Camp 07/04/23	7 - 10	Mon Wed, Thurs	9:00 AM - 3:00 PM 8:30 AM - 6:00 PM	151086
Week 3	07/10/23 - 07/13/23	7 - 10	Mon, Tu Wed, Thurs	9:00 AM - 3:00 PM 8:30 AM - 6:00 PM	151087
Week 4	07/17/23 - 07/20/23	7 - 10	Mon, Tu Wed, Thurs	9:00 AM - 3:00 PM 8:30 AM - 6:00 PM	151088
Week 5	07/24/23 - 07/27/23	7 - 10	Mon, Tu Wed, Thurs	9:00 AM - 3:00 PM 8:30 AM - 6:00 PM	151089
Week 6	07/31/23 - 08/03/23	7 - 10	Mon, Tu Wed, Thurs	9:00 AM - 3:00 PM 8:30 AM - 6:00 PM	151090
Week 7	08/07/23 - 08/10/23	7 - 10	Mon, Tu Wed, Thurs	9:00 AM - 3:00 PM 8:30 AM - 6:00 PM	151091

### Check Out Some of the Scheduled Field Trips!

- AMC Theaters
- Brass City Raceway
- Brownstone Adventure Sports Park
- CT Sun Basketball Game
- Dave & Buster's
- Extreme Paintball
- Farmington River Tubing
- Fun City Trampoline Park
- Hammonasset Beach State Park
- New England Aquarium
- Ocean Beach Park
- Powder Ridge Mountain Park
- Six Flags
- Thrillz Adventure Park

Visit Teen Adventure Camp on [www.BristolRec.com](http://www.BristolRec.com) for the weekly schedule!

# RECREATION

## Adult Programs

### Pilates and Yoga Fusion

We are very excited to bring this amazing class that helps tone and tighten your core which will 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 all the way up to advanced so please do not be afraid to give it a try. We ask that you please bring your own mat.

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

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/20/23 - 08/01/23 No Class 07/04/23	18+	Tues, Thurs	5:30 PM - 6:30 PM	151161
Session 2	06/20/23 - 08/01/23 No Class 07/04/23	18+	Tues, Thurs	6:30 PM - 7:30 PM	151162



### Adult Co-Ed Pickleball

This program allows participants the opportunity to play round robin style "pick-up" games in a structured and organized setting. Register in advance to reserve your spot. (In the case of inclement weather, class will be moved to the Bristol Senior Center to avoid cancellations)

Location: Page Park - Tennis Courts  
DeWitt Page Park Road Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 3	07/24/23 - 08/28/23	18+	Mon	5:00 PM - 7:00 PM	151144
Session 4	07/24/23 - 08/28/23	18+	Mon	7:00 PM - 9:00 PM	151145



### Adult Fitness & Conditioning

This class offers a fun, upbeat full body workout. A combination of different workouts and muscle groups will be targeted to ensure that you get the most out of this program. 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. Program benefits include: improved cardiovascular fitness, increased strength, and increased confidence

Location: Mrs. Rockwell's Pavilion  
Entrances on Jacob Street, Dutton Ave. and Terryville Rd.

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/03/23 - 07/08/23	18+	Sat	8:00 AM - 8:45 AM	151140
Session 2	07/22/23 - 09/02/23 No Class 08/19/23	18+	Sat	8:00 AM - 8:45 AM	151141



### Adult Tennis Lessons

his program is designed for players of all skill levels who want to improve their game and take their skills to the next level. Geared towards adults of all ages who are passionate about the sport and want to learn from an experienced coach. Lessons will focus on all aspects of the game including serving, ground strokes, volleys, footwork and strategy. This is an excellent way for passionate tennis players to take their skills to the next level, meet like-minded people, and have a fun and engaging experience.

Location: Page Park - Tennis Courts  
DeWitt Page Park Road Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/27/23 - 08/08/23 No Class 07/04/23	17+	Tues	6:30 PM - 7:45 PM	151293
Session 2	08/29/23 - 10/03/23	17+	Tues	6:30 PM - 7:45 PM	151294



### Zumba

Grooving to the beats of salsa, flamenco, and merengue music makes this class feel more like a dance party than a workout, which is exactly what makes Zumba so popular. 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 Senior Community Center  
240 Stafford Ave, Bristol, CT 06010

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

Activity	Date	Ages	Day	Time	Activity ID
Session 2	07/12/23 - 08/16/23	18+	Wed	5:00 PM - 5:50 PM	151148



# RECREATION

## Special Needs Bowling & Social Program

The Adult Special Needs Bowling and Social Program is for adults (18 years & older) who are physically or mentally disabled. Scheduled activities take place on Tuesdays or Wednesdays. The fee, times and location is dependent on the activity schedule. Social activities will take place on Tuesdays and group bowling occurs on Wednesdays. On out-of-town activities, the van will leave from the Rockwell Park parking lot. Outdoor activities are subject to cancellation in the event of inclement weather.

Location: Varies by Activity

Fee: Bowling = \$8.00/week for Residents and Non-residents (includes includes two bowling games and a rental pair of bowling shoes)

Fee: Social Activity Fee Varies by Scheduled Activity

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/20/23 - 08/01/23	18+	Tues, Wed	Varies by Activity	151168
	No Activity on 07/04/23				



## 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 10 weeks with the last week being a tournament to determine the league champion. A competitive and recreational league is offered. League winners will receive championship t-shirts. If you are an individual player interested in playing in this league but do not have enough players to fill a complete team, please email League Coordinator, Jim Michaud, at michaudtool@snet.net and Recreation Supervisor, Amry Shelby, at amryshelby@bristolct.gov with your interest.

Location: Stocks Playground - Volleyball Courts

Entrances on Lake Avenue and Middle Street, Bristol, CT 06010

Fee: \$300.00/Team

Activity	Date	Ages	Day	Time	Activity ID
Competitive - Outdoor	08/03/23 - 10/05/23	18+	Thurs	6:30 PM - 9:30 PM	151301
Recreational - Outdoor	08/03/23 - 10/05/23	18+	Thurs	6:30 PM - 9:30 PM	151302



## Men's 18+ Weeknight Softball League

BPRYCS offers a competitive Men's Slow-pitch Softball League for individuals 18 & older each Spring. The season runs for 4 months with teams playing a guaranteed 18 game regular season (9 doubleheaders). Each team will have 1 bye week, and the top 8 teams (out of 10) make the double-elimination playoffs. League winners receive championship t-shirts. BPRYCS is currently only taking full team registrations. If you are an individual looking to join, or have a group of players but not enough for a full team, please reach out to League Director Shawn Mirmina at shawnmirmina@bristolct12.org. Games will take place Monday - Friday evenings at Mix Street Field in Bristol. Games typically start at 7:00 and 8:00 PM. Some games may be played at Casey Field in Bristol with start times adjusted based on field availability.

Location: Mix Street Field or Casey Field (Varies based on game timing)

Fee: \$800.00/Team

Activity	Date	Ages	Day	Time	Activity ID
Fall	08/14/23 - 11/03/23	18+	Mon - Fri	6:00 PM - 11:00 PM	151127



## Men's 40-and-Over Softball League

BPRYCS will be offering a Spring and Fall Men's 40-and-Over Slowpitch Softball league. Games will take place on Sunday mornings at either Mix Street Field or Casey Field. Each team is guaranteed 18 regular season games (9 double headers), and all teams will make the playoffs. League winners will receive championship t-shirts.

Location: Mix Street Field or Casey Field (Varies based on game timing)

Fee: \$800.00/Team

Activity	Date	Ages	Day	Time	Activity ID
Fall	08/13/23 - 10/29/23	40+	Sun	8:00 AM - 2:00 PM	151129



## For the Household

### Puppy Training @ Camp Canine

Every interaction with your dog is a learning opportunity. 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. We've 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 for Residents and \$155.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Puppy Training	07/06/23 - 08/10/23	18+	Thurs	6:30 PM - 7:30 PM	151299



# ARTS AND CULTURE

## Art Camps

Expand artistic skills and creativity! Participants will work on take-home projects, learn about 2D and 3D projects, and explore a wide variety of mediums. Campers will spend the day creating crafts, engaging in water play, art games, and manipulatives, such as Legos. By the end of class, enrollees will better understand how to plan and follow through on a project, and what self-expression is. Register for a morning half day or a full day option.

Location: Page Park Ski Lodge

(Next to the Playground) DeWitt Page Park Road Bristol, CT 06010

Fee: \$95.00/Session for Residents & \$100.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Clay Camp - Session 1	06/26/23 - 06/30/23	7 - 12	Mon - Fri	9:00 AM - 4:00 PM	151438
General Art Camp - Session 2	07/17/23 - 07/21/23	7 - 12	Mon - Fri	9:00 AM - 4:00 PM	151439



## Exploration in Painting Camp

Participants will explore various techniques in both watercolor and tempera paints including impasto, scraping, color mixing, salt and texture. The week will begin with mini skill-camps where artists will focus on the painting process and explorations. The week will culminate in a unique, take-home painting project based on the artist's individual style and interests.

Location: Rockwell Park - Mrs. Rockwell's Pavilion

Entrances on Jacob Street, Dutton Ave. and Terryville Rd. in Bristol, CT 06010

Fee: \$95.00/Session for Residents & \$100.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Exploration in Painting - Session 1	07/10/23 - 07/14/23	6 - 10	Mon - Fri	9:00 AM - 4:00 PM	151306



## Dance Classes

### Tiny Tots Combo

Attention all tiny dancers! We are excited to announce that we have partnered with Get Up N' Dance - 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. Please note - This is a beginners class for those who haven't registered for a Get Up N Dance program in the past.

Location: Get Up N' Dance Studio

255 N. Main St, Bristol, CT 06010

Fee: \$100.00/Session for Residents and \$105.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Tiny Tots Combo - Session 1	07/05/23 - 08/23/23	2 - 5	Wed	10:00 AM - 11:15 AM	151455



## Theater Camp

Join BPRYCS in collaboration with Getup Stage Company for a fun summer theater experience culminating in a full performance at the brand new Rockwell Theater located inside of Bristol Arts & Innovation Magnet School. The camp is separated into two age groups.

**Participation costs a ONE-TIME fee that will allow them to be a part of the camp for the ENTIRE Summer.**

### Footlights (Grades 3-6) - Moana Jr.

- Teamwork, Commitment, and Responsibility are the primary focus of the Footlights program. Through large group numbers, small group numbers, and theatrical games, participants learn the basics of theater.

### Spotlights (Grades 7-10) - Rock of Ages

- Confidence and Presence are the primary focus of the Spotlights program. Building upon Teamwork, Commitment and Responsibility, participants will expand their theater knowledge by putting on a full length musical. Through rehearsal and theater games, participants are taught to both physically and vocally inhabit their given character.

Location: Bristol Arts & Innovation Magnet School

70 Memorial Blvd, Bristol, CT 06010

Fee: \$300.00/Footlights Session for Residents and \$305.00/Footlight Session for Non-residents

\$350.00/Spotlights Session for Residents and \$355.00/Spotlights Session for Non-residents

Activity	Date	Grades	Day	Time	Activity ID
Footlights Moana Jr.	06/19/23 - 07/21/23	3 - 6	Mon, Wed, Fri	9:00 AM - 1:00 PM	151475
Spotlights Rock of Ages	06/19/23 - 07/28/23	7 - 10	Mon, Wed, Fri	9:00 AM - 3:00 PM	151476

### Footlights Performance Moana Jr.

Saturday, July 22, 2023

### Spotlights Performance Rock of Ages

Saturday, July 29, 2023



# YOUTH AND COMMUNITY SERVICES

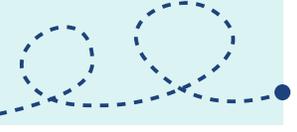
## "On the Go" Mobile Parks

A mobile pop-up parks event series to be held at varying neighborhoods around Bristol! We bring the park to you! Our goal is to strengthen families and neighborhoods, and engage youth with activities such as arts and crafts, field games, and trivia contests. Be on the lookout for the "On the Go" van at the following Locations:



- Lake Avenue
- Cambridge Park
- Coppermine Village
- Huntington Woods
- Union Street
- AND other Bristol neighborhoods...

Fee: There is no cost to participate in On The Go Activities  
Check back this summer for an On The Go schedule!



## Basketball League at Brackett Park

This free recreational Basketball League is run in collaboration with local Bristol Police Department School Resource Officers, BPRYCS staff, and special guests. The league runs for six weeks and includes team drafts, exhibition games, six regular season games, playoffs and championships. This is an opportunity to develop sportsmanship, meet new friends in a team environment, and spend time in the park! This is a free program; however, registration is required.

Location: Brackett Park

Entrances on School and North Main Streets

Fee: No Cost to Participate (Registration is Required)



Activity	Date	Ages	Day	Time	Activity ID
Session 1	07/05/23 - 08/23/23	9 - 12	Thurs	11:00 AM - 1:00 PM	151444

## Youth Bowling Night

A positive recreational activity to beat the summer heat. Join us for some fun leisure time activity and social skill development. A great opportunity to meet new friends, learn a new skill and have fun!

Location: Spare Time Entertainment

177 Farmington Ave. Bristol, CT

Fee: No Cost to Participate



Activity	Date	Ages	Day	Time	Activity ID
Week 1	07/11/23	9 - 17	Tues	6:00 PM - 8:00 PM	151445
Week 2	07/18/23	9 - 17	Tues	6:00 PM - 8:00 PM	151446
Week 3	07/25/23	9 - 17	Tues	6:00 PM - 8:00 PM	151447
Week 4	08/01/23	9 - 17	Tues	6:00 PM - 8:00 PM	151448
Week 5	08/08/23	9 - 17	Tues	6:00 PM - 8:00 PM	151449
Week 6	08/15/23	9 - 17	Tues	6:00 PM - 8:00 PM	151450

## Bus Around Bristol

Join us for an interactive learning day around Bristol. Designed as an educational scavenger hunt, the objective of the event is to get teens familiar with using public transportation to connect with their community. For more information, please contact: Aubrey Minkler, Community Services Coordinator, at (860) 314 - 4690 or aubreyminkler@bristolct.gov

Location: BPRYCS Main Office

51 High Street, Bristol, CT 06010

Fee: No Cost to Participate



Activity	Date	Ages	Day	Time	Activity ID
Bus Around Bristol	07/19/23	12 - 17	Wed	11:00 AM - 1:00 PM	151451

## Learning Through Books

Learning Through Books is a free 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.

Location: BPRYCS Main Office

51 High Street, Bristol, CT 06010

Fee: No Cost to Participate



Activity	Date	Ages	Day	Time	Activity ID
Session 1	05/05/23 - 06/23/23	2.5 - 4	Fri	10:00 AM - 11:15 AM	151472
Session 2	07/21/23 - 09/08/23	2.5 - 4	Fri	10:00 AM - 11:15 AM	151473

# YOUTH AND COMMUNITY SERVICES



The Bristol Youth Service Bureau is a member of the Connecticut Youth Services Association (CYSA), a unified network of Bureaus dedicated to promoting the wellbeing of Connecticut's children, youth, and families.

## Youth Services Request for Information

BPRYCS holds a strong commitment to meeting the needs of youth by providing a variety of services including providing resources and referrals, service needs assessments, individual & family counseling, crisis mitigation, case management, youth employment training, and 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 and take a few moments to complete the form. Someone from our office will contact you to schedule an intake meeting.



## What is 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 agencies and residents in need.

### Services Include:

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

## SNAP/EBT Accepted at the Bristol Farmers Market!

June - October

Saturdays, 10:00 AM - 1:00 PM

Visit the BPRYCS staff at the Bristol Farmers Market and use your SNAP/EBT card to shop for local, nutritious foods!

The Bristol Farmers Market is an authorized SNAP/EBT farmers market and is recognized by the Connecticut Department of Agriculture as accepting payment vouchers from the Women, Infants, and Children Farmers Market Nutrition Program and Senior Farmers Market Nutrition Program. All participating farms are certified by the Connecticut Department of Agriculture.



## Parent and 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

#### By Appointment Only

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 BPRYCS Office at 51 High St. Bristol, CT.



To make an appointment, please contact: Aubrey Minkler, Community Services Coordinator, at (860) 314-4690 or [AubreyMinkler@bristolct.gov](mailto:AubreyMinkler@bristolct.gov)

# YOUTH AND COMMUNITY SERVICES



## Bristol Eliminating Substance Use Together

Bristol Eliminating Substance Use Together (BEST) is a Drug-Free Community Coalition 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 polities 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 Project Coordinator, Michael Tingley, at MichaelTingley@bristolct.gov or (860) 584-6160.

Location: Bristol Public Library

Meeting Room 2 or 3

Fee: No cost to participate

Activity	Date	Ages	Day	Time	Activity ID
Monthly Meeting	05/11/23	7 - 10	Thurs	9:00 AM - 3:00 PM	151085
Monthly Meeting	06/08/23	7 - 10	Thurs	9:00 AM - 3:00 PM	151086
Monthly Meeting	07/13/23	7 - 10	Thurs	9:00 AM - 3:00 PM	151085
Monthly Meeting	08/10/23	7 - 10	Thurs	9:00 AM - 3:00 PM	151086
Monthly Meeting	09/14/23	7 - 10	Thurs	9:00 AM - 3:00 PM	151085

### BEST Youth Leaders

The BEST Youth Leaders Coalition brings together Youth Leaders to prevent substance misuse throughout the community. BEST Youth Leaders promote the Peer Education Model to assist in reducing youth substance use in Bristol. The Beyond Coalition aims 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 ages 13 to 17 are welcome to join. To get involved or learn more, please contact the BEST Project Coordinator, Michael Tingley, at MichaelTingley@bristolct.gov or (860) 584-6160.



### Looking for Financial Assistance?

#### Scholarship Request Information

Bristol Youth and Community Services' Scholarship Fund has been established to aid children living in high risk situations and in need of social, emotional and recreational programming in order to thrive. Funds are available to children who struggle to cope with neurological, mental health or cognitive challenges, physical disabilities, severe family distress, trauma and /or complicated grief and loss issues.

Scholarships shall go towards a program of the child's choice that will enhance his/her positive social and emotional development and physical well-being. Types of programs may range from music lessons, to swim classes, basketball clinics, self-defense training, performing arts programs, Boys and Girls club membership or to a summer camp. Scholarship funds may also cover costs of supplies needed to participate in a program, such as, a scout uniform, art supplies, or special equipment for a sporting activity.



Scholarship Request Forms

Referral forms are available under "General Info" at [www.BristolRec.com](http://www.BristolRec.com)

# AQUATICS

## INDOOR AND OUTDOOR POOLS

Bristol operates two outdoor pool facilities during the Summer season and one indoor pool year round!

### ROCKWELL PARK POOL



#### Rockwell Park

238 Jacobs Street  
Bristol, CT 06010  
Phone: (860) 584 - 7787

#### Open Everyday

June 24 - August 19, 2023  
1:00 - 7:00 PM

#### Features

- Adjacent to Rockwell Park Splashpad
- Depth: 1.5 ft. - 5 ft.
- Four (4) lanes of open swimming space

### PAGE PARK POOL



#### Page Park

DeWitt Page Park Road  
Bristol, CT 06010  
Phone: (860) 584-7760

#### Open Everyday

June 24 - August 19, 2023  
1:00 - 7:00 PM

#### Features

- Zero-depth entry ramp
- Water spray features
- Depth: Entry Ramp - 5 ft.
- Six (6) lanes of open swimming space

### DENNIS MALONE AQUATIC CENTER (DMAC)



#### Dennis Malone Aquatic Center (DMAC)

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

#### Open Monday - Friday:

7:00 AM - 9:00 PM

#### Saturday - Sunday:

1:00 - 6:00 PM

#### Features

- Open year round
- One-meter diving board
- Depth: 4 ft. - 12 ft.
- Six (6) lanes of open swimming space
- Pool temperatures kept at 82 - 84 degrees

**DMAC will be closed for maintenance August 13 - August 20, 2023.**

**Thank you for your understanding.**

## SUMMER POOL MEMBERSHIPS

**Valid June 1st - August 31st**

Includes access to three pools!

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

Residents must present proper ID to prove residency

### DMAC

Fee: Adults (18 - 64) .....	\$7.00
Children (6-17) .....	\$3.00
Seniors/College (65+) .....	\$6.00

### Page and Rockwell Pool

Fee: Adults (18 - 64) .....	\$2.00 for Residents/ \$8.00 for Non-Resident
Children (0-17) .....	\$1.00 for Residents/ \$4.00 for Non-Resident
Seniors/College (65+) .....	\$1.50 for Residents/ \$6.00 for Non-Resident

## 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](http://www.BristolRec.com)



**By checking into a BPRYCS pool facility, you are agreeing to adhere to all pool rules.**

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.

# AQUATICS

## American Red Cross Learn to Swim (LTS)

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.

Location: Varies amongst Page Park Pool, Rockwell Park Pool, and DMAC.

Fee: \$45.00/Session for Residents and \$65.00/Session for Non-residents

### Attention

Registration for Summer Learn to Swim will open on Monday, June 5th for Residents & Tuesday, June 6th for Non-Residents, following the final Spring Learn to Swim session to accommodate for level recommendations.



**American Red Cross**



### 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

## LTS Summer: Page Park Pool - Saturdays

Saturday Learn to Swim at Page Park Pool spans 7-weeks and consists of Parent and Child (PCA), Preschool Aquatics (PSA) 1-3, Learn to swim (LTS) 1-2.

Activity	Date	Ages	Day	Time	Activity ID
PCA	06/24/23 - 08/12/23	6 mos+	Sat	9:00 AM - 9:30 AM	151222
PCA	06/24/23 - 08/12/23	6 mos+	Sat	10:30 AM - 11:00 AM	151223
PSA 1	06/24/23 - 08/12/23	3 - 6	Sat	9:45 AM - 10:15 AM	151224
PSA 1	06/24/23 - 08/12/23	3 - 6	Sat	10:30 AM - 11:00 AM	151225
PSA 1	06/24/23 - 08/12/23	3 - 6	Sat	11:15 AM - 11:45 AM	151226
PSA 2	06/24/23 - 08/12/23	3 - 6	Sat	9:00 AM - 9:30 AM	151227
PSA 2	06/24/23 - 08/12/23	3 - 6	Sat	9:45 AM - 10:15 AM	151228
PSA 2	06/24/23 - 08/12/23	3 - 6	Sat	11:15 AM - 11:45 AM	151229
PSA 3	06/24/23 - 08/12/23	3 - 6	Sat	9:45 AM - 10:15 AM	151231
PSA 3	06/24/23 - 08/12/23	3 - 6	Sat	10:30 AM - 11:00 AM	151232
LTS 1	06/24/23 - 08/12/23	6 - 15	Sat	9:00 AM - 9:30 AM	151233
LTS 1	06/24/23 - 08/12/23	6 - 15	Sat	9:45 AM - 10:15 AM	151234
LTS 1	06/24/23 - 08/12/23	6 - 15	Sat	11:15 AM - 11:45 AM	151235
LTS 2	06/24/23 - 08/12/23	6 - 15	Sat	9:00 AM - 9:30 AM	151236
LTS 2	06/24/23 - 08/12/23	6 - 15	Sat	10:30 AM - 11:00 AM	151237
LTS 2	02/04/23 - 04/01/23	6 - 15	Sat	11:15 AM - 11:45 AM	151238

## LTS Summer: Dennis Malone Aquatics Center (DMAC) - Saturdays

Saturday Learn to Swim at DMAC spans 7-weeks and consists of LTS 3 through LTS 5.

Activity	Date	Ages	Day	Time	Activity ID
LTS 3	06/24/23 - 08/12/23	7 - 15	Sat	9:00 AM - 9:45 AM	151195
LTS 3	06/24/23 - 08/12/23	7 - 15	Sat	10:00 AM - 10:45 AM	151196
LTS 3	06/24/23 - 08/12/23	7 - 15	Sat	11:00 AM - 11:45 AM	151197
LTS 4	06/24/23 - 08/12/23	7 - 15	Sat	9:00 AM - 9:45 AM	151198
LTS 4	06/24/23 - 08/12/23	7 - 15	Sat	10:00 AM - 10:45 AM	151199
LTS 4	06/24/23 - 08/12/23	7 - 15	Sat	11:00 AM - 11:45 AM	151200
LTS 5	06/24/23 - 08/12/23	7 - 15	Sat	9:00 AM - 9:45 AM	151201
LTS 5	06/24/23 - 08/12/23	7 - 15	Sat	11:00 AM - 11:45 AM	151202
LTS 6	06/24/23 - 08/12/23	7 - 15	Sat	10:00 AM - 10:45 AM	151203

## LTS Summer: Rockwell Park Pool - Saturdays

Saturday Learn to Swim at Rockwell Park Pool spans 7-weeks and consists of Parent and Child (PCA), Preschool Aquatics (PSA) 1-3, Learn to swim (LTS) 1-2.

Activity	Date	Ages	Day	Time	Activity ID
PCA	06/24/23 - 08/12/23	6 mos+	Sat	9:00 AM - 9:30 AM	151311
PCA	06/24/23 - 08/12/23	6 mos+	Sat	10:30 AM - 11:00 AM	151312
PSA 1	06/24/23 - 08/12/23	3 - 6	Sat	9:45 AM - 10:15 AM	151313
PSA 1	06/24/23 - 08/12/23	3 - 6	Sat	10:30 AM - 11:00 AM	151314
PSA 1	06/24/23 - 08/12/23	3 - 6	Sat	11:15 AM - 11:45 AM	151315
PSA 2	06/24/23 - 08/12/23	3 - 6	Sat	9:00 AM - 9:30 AM	151316
PSA 2	06/24/23 - 08/12/23	3 - 6	Sat	9:45 AM - 10:15 AM	151317
PSA 2	06/24/23 - 08/12/23	3 - 6	Sat	11:15 AM - 11:45 AM	151318
PSA 3	06/24/23 - 08/12/23	3 - 6	Sat	9:45 AM - 10:15 AM	151319
PSA 3	06/24/23 - 08/12/23	3 - 6	Sat	10:30 AM - 11:00 AM	151320
LTS 1	06/24/23 - 08/12/23	6 - 15	Sat	9:00 AM - 9:30 AM	151321
LTS 1	06/24/23 - 08/12/23	6 - 15	Sat	9:45 AM - 10:15 AM	151322
LTS 1	06/24/23 - 08/12/23	6 - 15	Sat	11:15 AM - 11:45 AM	151323
LTS 2	06/24/23 - 08/12/23	6 - 15	Sat	9:00 AM - 9:30 AM	151324
LTS 2	06/24/23 - 08/12/23	6 - 15	Sat	10:30 AM - 11:00 AM	151325
LTS 2	02/04/23 - 04/01/23	6 - 15	Sat	11:15 AM - 11:45 AM	151326

# AQUATICS

## LTS Summer: Rockwell Park Pool - Weekdays

Weekday Learn to Swim at Rockwell Park Pool is offered for Parent and Child (PCA), Preschool Aquatics (PSA) 1-3, Learn to swim (LTS) 1-2., and consists of daily lessons Monday through Friday for two-weeks.



American Red Cross



Activity	Date	Ages	Day	Time	Activity ID
PCA	06/26/23 - 07/07/23	6 mos+	Mon - Fri	10:30 AM - 11:00 AM	151353
PCA	07/10/23 - 07/21/23	6 mos+	Mon - Fri	9:00 AM - 9:30 AM	151413
PCA	07/10/23 - 07/21/23	6 mos+	Mon - Fri	10:30 AM - 11:00 AM	151354
PCA	07/24/23 - 08/04/23	6 mos+	Mon - Fri	9:00 AM - 9:30 AM	151414
PCA	07/24/23 - 08/04/23	6 mos+	Mon - Fri	10:30 AM - 11:00 AM	151355
PCA	08/07/23 - 08/18/23	6 mos+	Mon - Fri	9:00 AM - 9:30 AM	151415
PCA	08/07/23 - 08/18/23	6 mos+	Mon - Fri	10:30 AM - 11:00 AM	151356
PSA 1	07/10/23 - 07/21/23	3 - 6	Mon - Fri	9:00 AM - 9:30 AM	151416
PSA 1	07/24/23 - 08/04/23	3 - 6	Mon - Fri	9:00 AM - 9:30 AM	151418
PSA 1	08/07/23 - 08/18/23	3 - 6	Mon - Fri	9:00 AM - 9:30 AM	151419
PSA 1	06/26/23 - 07/07/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151257
PSA 1	07/10/23 - 07/21/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151260
PSA 1	07/24/23 - 08/04/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151252
PSA 1	08/07/23 - 08/18/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151255
PSA 1	06/26/23 - 07/07/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151358
PSA 1	07/10/23 - 07/21/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151361
PSA 1	07/24/23 - 08/04/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151364
PSA 1	08/07/23 - 08/18/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151367
PSA 1	06/26/23 - 07/07/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151359
PSA 1	07/10/23 - 07/21/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151362
PSA 1	07/24/23 - 08/04/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151365
PSA 1	08/07/23 - 08/18/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151368
PSA 2	07/10/23 - 07/21/23	3 - 6	Mon - Fri	9:00 AM - 9:30 AM	151420
PSA 2	07/24/23 - 08/04/23	3 - 6	Mon - Fri	9:00 AM - 9:30 AM	151421
PSA 2	08/07/23 - 08/18/23	3 - 6	Mon - Fri	9:00 AM - 9:30 AM	151422
PSA 2	06/26/23 - 07/07/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151369
PSA 2	07/10/23 - 07/21/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151371
PSA 2	07/24/23 - 08/04/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151374
PSA 2	08/07/23 - 08/18/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151377
PSA 2	06/26/23 - 07/07/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151370
PSA 2	07/10/23 - 07/21/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151373
PSA 2	07/24/23 - 08/04/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151376
PSA 2	08/07/23 - 08/18/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151379
PSA 3	06/26/23 - 07/07/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151380
PSA 3	07/10/23 - 07/21/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151383
PSA 3	07/24/23 - 08/04/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151385
PSA 3	08/07/23 - 08/18/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151387
PSA 3	06/26/23 - 07/07/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151381
PSA 3	07/10/23 - 07/21/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151372
PSA 3	07/24/23 - 08/04/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151375
PSA 3	08/07/23 - 08/18/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151378
PSA 3	06/26/23 - 07/07/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151382
PSA 3	07/10/23 - 07/21/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151384
PSA 3	07/24/23 - 08/04/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151386
PSA 3	08/07/23 - 08/18/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151388

### Attention

Registration for Summer Learn to Swim will open on Monday, June 5th for Residents & Tuesday, June 6th for Non-Residents, following the final Spring Learn to Swim session to accommodate for level recommendations.

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



### Weather Protocol

Thunder & Lightning Closure Policy - The Dennis Malone Aquatic Center (DMAC), Page Park Pool, and Rockwell Park Pool close for increments of 20 minutes for each clap of thunder heard. BPRYCS Aquatics Division reserves the right to close at any time due to inclement weather.

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

# AQUATICS

## LTS Summer: Rockwell Park Pool - Weekdays (Continued)

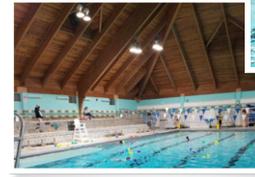
Weekday Learn to Swim at Rockwell Park Pool is offered for Parent and Child (PCA), Preschool Aquatics (PSA) 1-3, Learn to swim (LTS) 1-2., and consists of daily lessons Monday through Friday for two-weeks.

Activity	Date	Ages	Day	Time	Activity ID
LTS 1	07/10/23 - 07/21/23	6 - 15	Mon - Fri	9:00 AM - 9:30 AM	151423
LTS 1	07/24/23 - 08/04/23	6 - 15	Mon - Fri	9:00 AM - 9:30 AM	151424
LTS 1	08/07/23 - 08/18/23	6 - 15	Mon - Fri	9:00 AM - 9:30 AM	151425
LTS 1	06/26/23 - 07/07/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151389
LTS 1	07/10/23 - 07/21/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151392
LTS 1	07/24/23 - 08/04/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151395
LTS 1	08/07/23 - 08/18/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151398
LTS 1	06/26/23 - 07/07/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151390
LTS 1	07/10/23 - 07/21/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151393
LTS 1	07/24/23 - 08/04/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151399
LTS 1	08/07/23 - 08/18/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151396
LTS 1	06/26/23 - 07/07/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151391
LTS 1	07/10/23 - 07/21/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151394
LTS 1	07/24/23 - 08/04/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151397
LTS 1	08/07/23 - 08/18/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151400
LTS 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	9:00 AM - 9:30 AM	151426
LTS 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	9:00 AM - 9:30 AM	151428
LTS 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	9:00 AM - 9:30 AM	151427
LTS 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151410
LTS 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151409
LTS 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151404
LTS 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151403
LTS 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151411
LTS 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151408
LTS 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151405
LTS 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151402
LTS 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151412
LTS 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151407
LTS 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151406
LTS 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151401

## LTS Summer: Dennis Malone Aquatics Center (DMAC) - Weekdays

Weekday Learn to Swim at DMAC is offered for LTS 3 through LTS 5, and consists of daily lessons Monday through Friday for two-weeks.

Activity	Date	Ages	Day	Time	Activity ID
LTS 3	06/26/23 - 07/07/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151204
LTS 3	07/10/23 - 07/21/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151206
LTS 3	07/24/23 - 08/04/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151208
LTS 3	06/26/23 - 07/07/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151205
LTS 3	07/10/23 - 07/21/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151207
LTS 3	07/24/23 - 08/04/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151209
LTS 4	06/26/23 - 07/07/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151210
LTS 4	07/10/23 - 07/21/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151211
LTS 4	07/24/23 - 08/04/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151212
LTS 5	06/26/23 - 07/07/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151213
LTS 5	07/10/23 - 07/21/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151216
LTS 5	07/24/23 - 08/04/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151218
LTS 5	06/26/23 - 07/07/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151214
LTS 5	07/10/23 - 07/21/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151216
LTS 5	07/24/23 - 08/04/23	7 - 15	Mon - Fri	11:00 AM - 11:45 AM	151218
LTS 6	06/26/23 - 07/07/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151219
LTS 6	07/10/23 - 07/21/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151220
LTS 6	07/24/23 - 08/04/23	7 - 15	Mon - Fri	10:00 AM - 10:45 AM	151421



American Red Cross



### Attention

Registration for Summer Learn to Swim will open on Monday, June 5th for Residents & Tuesday, June 6th for Non-Residents, following the final Spring Learn to Swim session to accommodate for level recommendations.

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



# AQUATICS

## LTS Summer: Page Park Pool - Weekdays

Weekday Learn to Swim at Page Park Pool is offered for Parent and Child (PCA), Preschool Aquatics (PSA) 1-3, Learn to swim (LTS) 1-2., and consists of daily lessons Monday through Friday for two-weeks.



American Red Cross

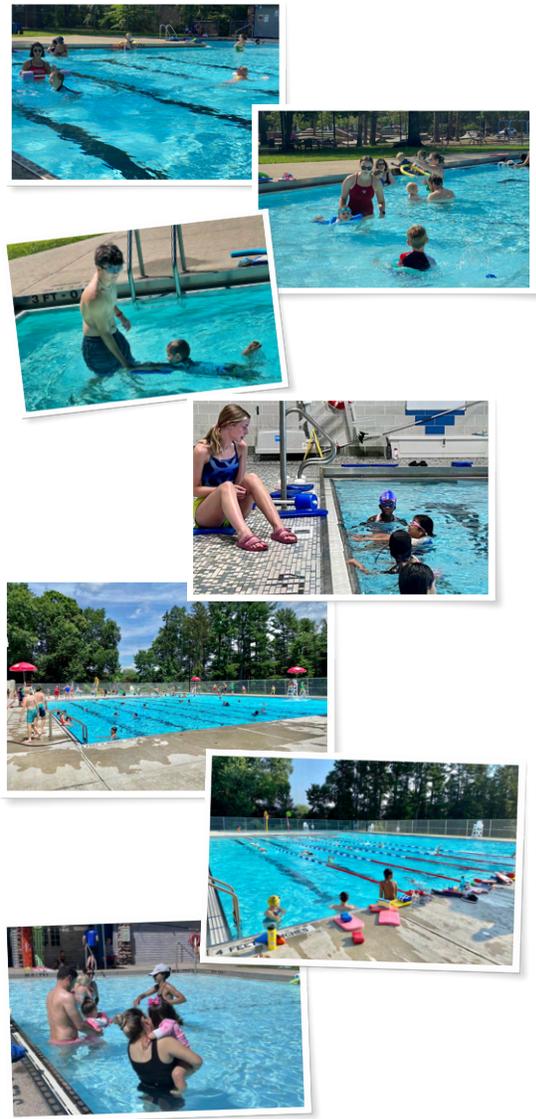


Activity	Date	Ages	Day	Time	Activity ID
PCA	06/26/23 - 07/07/23	6 mos+	Mon - Fri	10:30 AM - 11:00 AM	151240
PCA	07/10/23 - 07/21/23	6 mos+	Mon - Fri	10:30 AM - 11:00 AM	151241
PCA	07/24/23 - 08/04/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151242
PCA	08/07/23 - 08/18/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151243
PSA 1	06/26/23 - 07/07/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151244
PSA 1	07/10/23 - 07/21/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151253
PSA 1	07/24/23 - 08/04/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151256
PSA 1	08/07/23 - 08/18/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151259
PSA 1	06/26/23 - 07/07/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151250
PSA 1	07/10/23 - 07/21/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151254
PSA 1	07/24/23 - 08/04/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151257
PSA 1	08/07/23 - 08/18/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151260
PSA 1	06/26/23 - 07/07/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151252
PSA 1	07/10/23 - 07/21/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151255
PSA 1	07/24/23 - 08/04/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151258
PSA 1	08/07/23 - 08/18/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151261
PSA 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151262
PSA 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151264
PSA 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151267
PSA 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151270
PSA 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151265
PSA 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151268
PSA 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151271
PSA 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151263
PSA 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151266
PSA 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151269
PSA 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151272
PSA 3	06/26/23 - 07/07/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151278
PSA 3	07/10/23 - 07/21/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151281
PSA 3	07/24/23 - 08/04/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151283
PSA 3	08/07/23 - 08/18/23	3 - 6	Mon - Fri	9:45 AM - 10:15 AM	151285
PSA 3	06/26/23 - 07/07/23	3 - 6	Mon - Fri	10:30 AM - 11:00 AM	151279
PSA 3	06/26/23 - 07/07/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151280
PSA 3	07/10/23 - 07/21/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151282
PSA 3	07/24/23 - 08/04/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151284
PSA 3	08/07/23 - 08/18/23	3 - 6	Mon - Fri	11:15 AM - 11:45 AM	151286
LTS 1	06/26/23 - 07/07/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151328
LTS 1	07/10/23 - 07/21/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151331
LTS 1	07/24/23 - 08/04/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151335
LTS 1	08/07/23 - 08/18/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151338
LTS 1	06/26/23 - 07/07/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151329
LTS 1	07/10/23 - 07/21/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151332
LTS 1	07/24/23 - 08/04/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151336
LTS 1	08/07/23 - 08/18/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151339
LTS 1	06/26/23 - 07/07/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151330
LTS 1	07/10/23 - 07/21/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151333
LTS 1	07/24/23 - 08/04/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151337
LTS 1	08/07/23 - 08/18/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151340

### Attention

Registration for Summer Learn to Swim will open on Monday, June 5th for Residents & Tuesday, June 6th for Non-Residents, following the final Spring Learn to Swim session to accommodate for level recommendations.

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



### Schedule a Swim Test!

#### Unsure of what level is right for your child?

Call the Dennis Malone Aquatic Center at (860) 584-3837 to speak with staff about scheduling your swim test. Set up time for our trained and certified staff to evaluate your child skills and abilities in the water to determine which which level is the best fit.

# AQUATICS

## LTS Summer: Page Park Pool - Weekdays (Continued)

Weekday Learn to Swim at Page Park Pool is offered for Parent and Child (PCA), Preschool Aquatics (PSA) 1-3, Learn to swim (LTS) 1-2., and consists of daily lessons Monday through Friday for two-weeks.

Activity	Date	Ages	Day	Time	Activity ID
LTS 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151350
LTS 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151349
LTS 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151344
LTS 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	9:45 AM - 10:15 AM	151343
LTS 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151351
LTS 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151348
LTS 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151345
LTS 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	10:30 AM - 11:00 AM	151342
LTS 2	06/26/23 - 07/07/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151352
LTS 2	07/10/23 - 07/21/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151347
LTS 2	07/24/23 - 08/04/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151346
LTS 2	08/07/23 - 08/18/23	6 - 15	Mon - Fri	11:15 AM - 11:45 AM	151341



## Specialized Swim Lessons - Saturdays

Summer Specialized Learn to Swim spans 8-weeks. 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: Varies

Fee: \$45.00/Session for Residents and \$65.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Page Pool	06/24/23 - 08/12/23	5+	Sat	12:00 PM - 12:30 PM	151171
DMAC	06/24/23 - 08/12/23	5+	Sun	12:00 PM - 12:30PM	151169
Rockwell Pool	06/24/23 - 08/12/23	5+	Sat	12:00 PM - 12:30 PM	151172



## 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 \$235.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/01/23 - 06/04/23	15+	Th, F	5:00 PM - 9:00 PM	151177
			Sat, Sun	9:00 AM - 6:00 PM	
Session 2	07/10/23 - 07/13/23	15+	M,Tu,W	10:00 AM - 5:00 PM	151178
			Th	10:00 AM - 3:00 PM	



## Summer Competitive Swimming Training Camp

Get a head start on the High School swim season! Now offering an exclusive one-week intensive training camp at Page Park Pool. This clinic style camp is offered to swimmers ages 13 and up and includes a multi-stage workout program designed to safely build cardiovascular and muscle strength in preparation for the competitive season. Stroke clinics will refine participant technique and improve efficiency. This program is instructed by Coach Dick Allison, Professional USMS Coach. Dick brings 20 years of one-on-one stroke instructor experience, seven of which have been spent as a Level 2 U.S. Masters swim coach.

Location: Page Park Pool

Dewitt Page Park Road, Bristol, CT 06010

Fee: \$49.00/Session for Residents and \$69.00/Session for Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Camp	08/14/23 - 08/18/23	13+	M - F	3:00 PM - 5:00 PM	151180



# AQUATICS

## Summer Splash Swim Team

The Splash Swim Team is a recreational swim team available for youth ages 9 to 18 who meet the following requirements:

1. Swim 1 width of pool demonstrating freestyle with rhythmic breathing
2. Swim 1 width of pool demonstrating backstroke continuously

The Splash Summer Swim Team will compete against other area teams in the Central Connecticut Swim League.

Location: Page Park Pool

Dewitt Page Park Road, Bristol, CT 06010

Fee: \$60.00/Session for Residents and \$90.00/Session for Non-residents



Activity	Date	Ages	Day	Time	Activity ID
AM Session	06/26/23 - 07/28/23	9 - 18	M - F	7:30 AM - 9:30 AM	151181



## 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, \$55.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/06/23 - 07/25/23	16+	Tues	6:15 PM - 7:00 PM	151187



## 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.

### 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 1	06/07/23 - 07/26/23	18+	Wed	7:15 AM - 8:00 AM	151247
Session 2	06/08/23 - 08/03/23	18+	Thurs	7:15 AM - 8:00 AM	151190
Session 3	06/08/23 - 08/03/23	18+	Thurs	6:15 PM - 7:00 PM	151246
Session 4	06/12/23 - 07/31/23	18+	Mon	7:15 AM - 8:00 AM	151248
Session 5	06/12/23 - 07/31/23	18+	Mon	6:15 PM - 7:00 PM	151191
Session 6	06/16/23 - 08/04/23	18+	Fri	7:15 AM - 8:00 AM	151249

## 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, \$55.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/07/23 - 07/26/23	18+	Wed	6:15 PM - 7:00 PM	151188



# AQUATICS

## 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 1	06/28/23 - 08/16/23	18+	Wed	9:00 AM - 9:45 AM	151183
Session 2	06/30/23 - 08/18/23	18+	Fri	9:00 AM - 9:45 AM	151184



### 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 1	06/28/23 - 08/16/23	18+	Wed	9:45 AM - 10:30 AM	151185
Session 2	06/30/23 - 08/18/23	18+	Fri	9:45 AM - 10:30 AM	151186



## Aqua Boot Camp

This high-intensity 45 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 participants in a fast-paced environment. Classes will differ and are meant to incorporate variety and fresh content each class.

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

Fee: \$40.00/Session - Residents, \$55.00/Session - Non-residents

Activity	Date	Ages	Day	Time	Activity ID
Session 1	06/09/23 - 07/28/23	18+	Fri	6:15 PM - 7:00 PM	151189



## HOW TO REGISTER

Online via [www.BristolRec.com](http://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 Office 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](mailto:EricaBenoit@bristolct.gov) if you are not receiving the BPRYCS newsletter.

## HOURS

**Bristol Parks Recreation Youth and Community Services - Main Office - 51 High St., Bristol, CT 06010**

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

\*Please Note - Offices close at 2:00 PM on Fridays during the summer\*

**Dennis Malone Aquatic Center:**

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

 @bristolctparksrecservices

 @BristolCTParksandRecreation

