

All Ages

ADULT CPR

Who: Ages 11 - Adults
Session: May 15
Time: Saturday, 10:00 a.m. – 12 noon
Where: North Branford Ambulance Co. #4, Route #17, Northford Center
Fee: \$35*
Instructor: Trained American Safety and Health Institute Staff

Description: Learn to recognize and act in the following life-threatening situations: caring for an adult who stops breathing or who is choking and learning to give CPR to an adult whose heart has stopped beating. A certificate will be given upon successful completion of a written test and skills outlined in the course. Certification is good for one year.* If you register for this class and Child/Infant CPR simultaneously there is a discounted rate - \$45 for both classes.



INFANT/CHILD CPR

Who: Ages 11 - Adults
Session: May 15
Time: Saturday, 12:00 noon – 2:00 P.M.
Where: North Branford Ambulance Co. #4 Route 17 Northford
Fee: \$35*
Instructor: Trained American Safety and Health Institute Staff

Description: Learn to recognize and care for choking, breathing and cardiac emergencies in children and infants. Infant/Child Certification is valid for one year. This course would be valuable to those providers who work with young children, babysitters or new parents!! * If you register for this class and Adult CPR simultaneously there is a discounted rate - \$45 for both classes.

DOG OBEDIENCE CLASS

Who: Anyone over 16 years of age
Session: April 26 – June 7 (no class May 31)
Time: Mondays, 6:30 – 7:30 p.m.
Where: North Farms Park, Route 139, North Branford
Fee: \$40
Instructor: Paula Milnes

Class Minimum 8

Description: Have your dog barking up the right tree!! Sit, stay and heel are some of the commands taught. Train your dog to be welcomed by all!! Dogs must be four months old and have all their shots. Please, NO chain or retractable leashes. Proof of Rabies Certificate is needed. Wear sneakers or low sole shoes. One person per dog should attend the class.



CYBERSPORT LEAGUE

Who: Teens - Adults
Session: May 6 – June 3
Time: Thursdays, 7:00 p.m.
Where: CT Sportsplex, Route 80, N. Branford
Fee: \$60/person



Maximum 10 people

Description: Cyber Sport is a combination of lacrosse, basketball and hockey played with two teams driving custom cars on a court. Up to 10 players can play at a time (each team should consist of five players). Each player is equipped with a one handed scoop which is used to pick-up, pass, and shoot the ball during Cyber Sport. Goals are mounted at each end of the court and each goal has three or more openings. Points are awarded to the team who can get the ball through one of the openings of their opponent's goal. Come enjoy some fun spirited play!!

PERSONAL FITNESS TRAINING



Who: Open to all over the age of 13
Session: By appointment
Where: Fitness Room ~ North Branford Community Center
Fee: Super Single \$60
 Three Sessions \$155
 Five Sessions \$225
 Ten Sessions \$355

Instructor: Lauren Munro, Personal Trainer

Description: You will receive a workout tailored to your specific goals. We will help you get the results you have been striving for. Instructors will provide motivation while assisting in strength, cardio, stretching and core training. Create a new positive you!!

MENTAL HEALTH AWARENESS - SIGNS OF DEPRESSION

Who: Teens - Adults
Session: May 12
Time: Wednesday, 6:00 – 7:30 p.m.
Where: North Branford Community Center
Fee: Free, Call to register
Instructor: Susan Brown, MSN, CNS, APRN



Executive Director, Yale Behavioral Health Services at Hamden Clinical Faculty Yale School of Nursing Clinical Director South Central Crisis Service

Description: An interactive evening of Depression Basics. Attendees will learn the types of depression, some of the causes of depression, the warning signs and where to turn for help. Inform yourself and others!!

DON'T LET A GOOD PROGRAM DIE

Nothing kills a good program quicker than waiting until the last minute to register. Any program under-enrolled one-week prior to the start date will be cancelled. Calls and registrations received after the registration deadline cannot reactivate a cancelled program. Please register early