

City of **STAMFORD**

Mayor David R. Martin

STAMFORD RECREATION FALL BROCHURE 2014



Online Registration Begins September 9th

Walk-in Registration Begins September 10th

Please see page 2 for a select few programs that begin registration on August 18th



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Stamford Recreation Department

Stamford Recreation Services • 888 Washington Blvd
Tel 203-977-5214 • Fax 203-977-5504 • www.stamfordrecreation.com

Welcome To Stamford Recreation Services

City Officials

Mayor: David Martin

Director Of Operations: Ernie Orgera

Department Staff

Superintendent: Laurie Albano

Assist. Superintendent: Scott Kassouf

Assist. Superintendent: Matthew Nordt

Recreation Supervisor: Megan Gearhart

Recreation Leader: Bobby Pentino

Office Support Specialist: Tina Baines

Office Support Specialist: Maura Rudd

Recreation Office Holidays

Monday, September 1st - **Labor Day**

Monday, October 13th - **Columbus Day**

Tuesday, November 11th - **Veteran's Day**

Thursday, November 27th - **Thanksgiving**

Friday, November 28th - **Thanksgiving Break**

Parks & Recreation Commission

Joseph Andreana: **Commissioner**

Althea Brown: **Commissioner**

Lyda Ruijter: **Commissioner**

David Winston: **Commissioner**

Beth Cooper: **Commissioner**

Office Hours

Monday - Friday - 8:30AM - 4:30PM

Registration begins online Sept.9th, 2014

Walk-in registration begins Sept. 10th, 2014

Partial Music Scholarships Available

Stamford Recreation Services has partial scholarships available for all music programs listed page thirteen. To qualify, students must receive free or reduced lunch in the Stamford School System. For more details please call 203-977-5214.

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Registration Procedure

Stamford residents are given first priority to register for all programs. Non-Residents may register for programs on an availability basis one week prior to the start of the program, with a \$10.00 surcharge. This does not apply to athletic leagues which have separate eligibility polices. Registrations are not accepted at any of our programs & must be done in advance at the Recreation Office or ONLINE.

Fee Payment

Instructors **CANNOT** accept registration at the class. Fees must be paid at the Recreation Services Office in advance or on-line. Payments may be made via cash, check or credit card only. Credit cards will be accepted at the Recreation Services Office, or online with Visa and Master Card Only! You must be 16 years old to register for adult programs and 21 years of age for casino trips.

All checks should be made payable to the City Of Stamford

Registration Starts August 18th For The Programs Listed Below Only!

Registration for the Fall Boston Bus Trip, Soccer Tikes, Horseback Riding Lessons, and programs taught by Kim Motill on pages 5 & 7 begin online and in the office August 18th. Registration for all other programs begin on-line September 9th & walk-in registration begins September 10th, 2014.

Department Polices

Reduced Fee Policy

Any child that receives free or reduced lunch in the Stamford Public School System is eligible for a reduced fee on selected programs, events & camps. A copy of the school lunch certificate must be supplied at the time of registration to receive the reduced rate. **Programs that this applies to are marked in the pages ahead.** There is also a maximum number of reduced fee slots available per program or camp. Applicable programs marked in the pages ahead.

Refund Policy

Refunds shall be granted before a class begins for an incapacitating medical hardship with a doctor's note, relocation with documented proof or if a waiting list is available and the spot can be filled. **Any approved refund will be granted minus a 15% processing fee. If we cancel a program for any reason, there will be a full refund with no processing fee.** Any refund granted after a class begins shall be prorated in addition to the 15% processing fee. **If false information is given on a registration form, the registration is null and void and there will be no refund.**

Returned Check

If a check is returned to Recreation Services for any reason, a cash or money order payment of \$50.00 plus the face value of the check is required immediately.

Class Cancellation

Whenever schools are closed due to bad weather or holidays, all youth recreational programs scheduled will be cancelled. Cancellation announcements can be heard on WSTC 1400 AM , WTNH Channel 8 News, Channel 12 News or by calling our cancellation phone line at **977-4641 EXT. 111 or 977-5214.**

Online Registration Is Easy

We now have online registration available for residents. Log on to **www.stamfordrecreation.com** Registrations can only be paid by credit card on line with a Visa or Master card. Online registration for fall programs begins Tuesday, September 9th at 8:30am and walk-in registrations begins on Wednesday, September 10th at 8:30am. For more information regarding Online registration, please call 977-5214.

Registration Forms

Mail in registration forms are available online at www.stamfordrecreation.com or at our office.



Special Events

Halloween Bingo Party

Where: Westover Elementary School

When: October 24th, 2014

Day: Friday

Time: 6:00PM - 7:30PM

Fee: \$6.00 per child/ **Parents do not need a ticket**

Staff: Recreation Services Staff

Program#: 2400 - Section A

Description: Kids wear your costume and come join us for an evening of Bingo filled with prizes, snack and beverages for all. All participants will receive a goodie bag at the end of the night and we will also have raffles during the event. **The event is open to children ages 5-10** who must attend with a parent, A maximum of 125 Tickets will be sold for the event. No tickets will be sold at the door and tickets will be sold at the Recreation Services Office beginning September 10th, 2014. For more information call 203-977-5214.

The 14th Annual Hay Ride With Santa At Cove Island

Where: Cove Island Park - Ride starts by the Pavilion.

When: Saturday, December 6th, 2014 -**Day 1**

Sunday, December 7th 2014 -**Day 2**

Time: 9:00AM -1:00PM & 2:00PM -5:00PM - **Sat.**
11:00AM - 3:00PM only - **Sunday**

Fee: \$6.00 per person (**all riders must have a ticket**)

Staff: SANTA, and The Recreation Services Staff

Program #: 2401 - Saturday / 2402 - Sunday

Come join us for the 14th Annual Hay Ride with Santa at Cove Island Park. This wonderful family event is open to Stamford residents. Bring the family or come with friends, and enjoy a horse drawn trip around Cove Island Park with Santa. Santa will sing holiday songs with the children and at the end of each ride they will get to sit on Santa's lap and receive a small treat. After the ride, participants can enjoy holiday music, cookies, and cocoa under the decorated pavilion. Don't miss this wonderful holiday event. Let us help your children create memories that last a lifetime. **Tickets must be purchased in advance for this event and will go on sale November 3rd, 2014.** The event has **sold out for the past 13 years.**

Note: Tickets will be sold per half hour slot and there will be a maximum of 26 tickets per ride sold. A max of 10 tickets per family may be purchased and no tickets will be sold the day of the event.

NO TICKETS WILL BE SOLD Online!



Preschool Programs

Toddler Time (Ages 1 - 2)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: September 30th - November 15th
Time: 9:45AM - 10:30AM
Day: Tuesday - No class (11/4 & 11/11)
Fee: \$40.00 per child for six weeks
Instructors: Lori Palma & Staff
Program#: 2403 - Section. A
Description: Join the Fun! Meet new friends and playmates. Children and their parent/caregiver will enjoy a variety of activities including arts and crafts, stories, paints, glue, Glitter and more will be used during activities. Please wear appropriate clothing, **children must be accompanied by an adult, this is a mom and me program!**

Just Mommy & Me (Ages 1 - 2)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: September 30th - November 15th
Time: 10:45AM - 11:30:AM
Day: Tuesday - No class (11/4 & 11/11)
Fee: \$40.00 per child for six weeks
Instructors: Lori Palma & Staff
Program#: 2404 - Section A
Description: This preschool program is designed to provide young children with a great opportunity to socialize & make new friends. Each class will start with free play using various types of balls, balance beams, trampolines and more. Also a great way for moms/caregivers to meet new friends.
Child & Parent/Caregiver Program

Let's Make A Mess (Ages 3 - 5)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: October 1st - November 5th
Time: 9:45AM - 10:30AM
Day: Wednesday
Fee: \$40.00 per child for 6 weeks
Instructors: Lori Palma & Staff
Program#: 2405-Section A
Description: Lots of ooey, goopy fun for children and parents. New concoctions each week to get those sensory skills ready. Each week children will mix or paint or squish something new. We make the mess here so you can keep your home clean. Children should wear old clothes and parents bring a smock for this fun class. **Parent & child Program**

We would like to welcome Lori Palma as the new Preschool Coordinator. Mrs. Palma brings over 20 years of experience in programming and teaching preschool age children!

Music & Movement Ages (3 - 5)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: October 1st - November 5th
Time: 10:45AM - 11:30AM
Day: Wednesday
Fee: \$40.00 per child for six weeks
Instructors: Lori Palma & Staff
Program#: 2406 - Section A
Description: Let's sing, dance and exercise to music in this fun filled high energy class. Using musical instruments, scarves & exercise equipment children get a great workout while having fun. **Adult & Child Program.**

Toddler Open Gym (Ages 2 - 3)

Where: Zion Lutheran church at 132 Glenbrook Rd.
When: October 2nd - November 6th
Time: 9:45AM - 10:30AM
Day: Thursday
Fee: \$40.00 per child for six weeks
Instructors: Lori Palma & Staff
Program#: 2407 - Section A
Description: There growing and need more space to play? Well look no further because we have the perfect program. Held in a gym with age appropriate equipment and space to run around makes this program perfect for toddlers. We will also do small structured activities like songs, finger play, reading books and more. **Adult and Child Program**

Munchkin Gym Time (Ages 4-5)

Where: Zion Lutheran Church at 132 Glenbrook Rd.
When: October 2nd - November 6th
Time: 10:45AM - 11:30AM
Day: Thursday
Fee: \$40.00 per child for six weeks
Instructors: Lori Palma & Staff
Program#: 2408 - Section A
Description: This class will allow children to learn new gym games, activities and sports without the assistants of their parent/caregiver. A beginning warm up and ending activity will be done by the instructors as a group. **Parents can sit and watch and make new friends as their child participates in this fun gym program.**

Halloween Fun (Ages 2-5)

Where: TOR Presbyterian Church/49 Turn of River Rd
When: October 31st, 2014
Day: Friday
Time: 10:00AM - 10:45AM
Fee: \$7.00 per child
Instructor: Lori Palma & Staff
Program#: 2409 - Section A
Description: Kids wear your costume ! You will enjoy an Halloween story followed by a craft and enjoy a special treat for snack, Each child will take home a goodie bag! Limited Spots.

Preschool & Youth Programs

Our Unique World (Ages 3-5)

Where: TOR Presbyterian Church/ 49 Turn of River Rd.
When: October 2nd - November 20th
Time: 11:00AM - 12:15PM
Day: Thursday
Fee: \$109.00 per child for 8 weeks
Instructors: CT Computer Education Staff
Program#: 2410 - Section A
Description: CT Computer Education is now offering instruction to children ages three through five years of age. This exciting new program combines French and Spanish into a computer technology eight week program. Each week your child will visit a different country by interacting with computer programs, creating crafts, and playing games. The children will bring home daily sheets of their lesson so that you can continue the learning at home. Please bring a snack.

Soccer Tikes / Preschoolers

Where: Scalzi Park
When: September 13th - October 18th
Day: Saturdays
Time: 9:00AM - 10:00AM - Koalas / 3 year olds - **Sec. A**
10:00AM - 11:00AM - Koalas / 3 year olds - **Sec. B**
11:00AM - 12:00PM - Bears / 4 - 5 years old - **Sec. C**
12:00PM - 1:00PM - Tigers / 5 - 6 years old - **Sec. D**
Fee: \$117.00 for 6 weeks
Instructor: Kevin Fallon, Certified Soccer Instructor
Program #: 2415
Description: At Soccer Tikes, we stress a non-competitive environment. This is a child development program for kids ages 3 - 6. Classes are designed to develop motor skills, promote physical fitness, and create self-confidence. We also mix fun, skill development activities with actual small sided games. **A great relaxing and fun way for your child to learn about soccer! Registration for this program only begins August 18th, 2014!**
Note: Saturday mornings if there is inclement weather, please call 203-977-5214 for the program status.

Toddler Yoga (18 months - years)

Where: First Presbyterian Church /101 Bedford St
When: September 9th - October 21st
Time: 10:00AM - 10:45AM
Day: Tuesday
Fee: \$140.00 per child
Instructors: Kimberly Motill
Program#: 2416 - Section A
Description: Partner with your little one for animated yoga poses, games, music and breathing exercises that help to strengthen coordination and build body awareness. This fun class is a great opportunity for bonding with your child, while strengthening their growing muscles. **Max of 5 Students.**



Tots - Crawling (17 months)

Where: First Presbyterian Church /101 Bedford St.
When: September 12th - October 24th
Time: 12:30PM - 1:15PM
Day: Friday
Fee: \$140.00 per child
Instructors: Kimberly Motill
Program#: 2417 - Section A
Description: Partner with your little one for animated yoga poses, games, music and breathing exercises that help to strengthen coordination and build body awareness. This fun class is a great opportunity for bonding with your child, while strengthening their growing muscles. **Max of 5 kids!**



Mommy & Me Yoga (6 weeks - pre crawl)

Where: First Presbyterian Church /101 Bedford St.
When: September 9th - October 24th
Days & Times: Tuesday - 11:15AM - 12:00PM - **Sec. A**
Friday - 11:15AM - 12:00PM - **Sec. B**
Fee: \$140.00 per child per section for 7 weeks
Instructors: Kimberly Motill
Program#: 2418
Description: Mom and baby will practice yoga together! Moms will restore and rejuvenate through stretching and strengthening poses. Babies will enjoy yoga poses to aid in digestion & sleep. This class is a great opportunity to bond with your baby and to connect with other moms. **Max of 5**

Tots Yoga (Crawling - 17 Months)

Where: First Presbyterian Church /101 Bedford St.
When: September 9th - October 21st
Time: 12:30PM - 1:15PM
Day: Tuesday
Fee: \$140.00 per child for 7 weeks
Instructors: Kimberly Motill
Program#: 2419 - Section A
Description: Partner with your little one for animated yoga poses, games, music and breathing exercises that help to strengthen coordination and build body awareness. This fun class is a great opportunity for bonding with your child, while strengthening their growing muscles. **Max of 5.**



Preschool Yoga (Ages 3 - 5)

Where: First Presbyterian Church /101 Bedford St.
When: September 9th - October 21st
Time: 2:00PM - 2:45PM
Day: Tuesday
Fee: \$140.00 per child/**Max of 5 kids**
Instructors: Kimberly Motill
Program#: 2420 - Section A
Description: Your independent little one will enjoy this drop-off class. Pre-schoolers will learn yoga poses by imitating animals and elements in nature. They will experience teamwork through yoga games and partner poses. They will also learn to connect with their breath, creating an inner calm.

Preschool Ballet & Youth Programs

Tiny Tu - Tus (Age 2)

Where: Terry Connors Rink/Second Floor classroom

When: October 3rd - November 21st

Day: Friday

Times: 9:30AM - 10:15AM

Fee: \$175.00 per child for 8 weeks

Instructors: Ms. Danette

Program#: 2427 - Section A

Description: Get your tu-tus out! It's time to twirl and leap to classical music. During this 45 minute class, your little dancer will learn the basic ballet techniques as they move to the beautiful sounds of classical music. * **Pink leotard, tights and pink ballet slippers required.**



Swan Ballet (Age 3)

Where: Terry Connors Rink/Second Floor classroom

When: October 3rd - November 21st

Day: Friday

Time: 10:30AM - 11:15AM

Fee: \$175.00 per child for 8 weeks

Instructors: Ms. Danette

Program#: 2428 - Section A

Description: Tiptoe into the world of ballet, explore movements, tempo and more. Students are required to wear their hair up out of their face, leotard and tights & leather ballet slippers or bare feet. **Pink tights & pink ballet slippers required.**



Princess Ballet (Ages 4 - 5)

Where: Terry Connors Rink/Second Floor classroom

When: October 3rd - November 21st

Days: Friday

Times: 11:30AM - 12:15PM

Fee: \$175.00 per child for 8 weeks

Instructors: Ms. Danette

Program#: 2429 - Section A

Description: Waltz and skip to beautiful Princess music, as well as classical music from famous ballets. Students are required to wear their hair up out of their face. Light blue leotard, pink tights & pink ballet slippers required.



Ballet/Tap Combo (Pre K & UP)

Where: Westover School Dance Studio

When: September 30th - December 2nd

Days: Tuesday

Time: 4:00PM - 5:00PM (Ages Pre - K) - Section A

5:00PM - 6:00PM (Gr. K-3) - Section B

6:00PM - 7:00PM (Gr. 4-6) - Section C

Fee: \$144.00 per child for 8 weeks

Instructor: Ms. Danette

Program #: 2430 - (No class 11/4& 11/11)

Description: Shuffle your way into a new and exciting Ballet/Tap class! Dancers will learn the basics of good dance habits while enjoying the opportunity to explore space. Students are required to wear their hair up out of their face.

Pixie's Playhouse (Ages 3 - 5)

Where: Terry Connors Rink/Second Floor classroom

When: September 29th - November 24th (No class 10/13)

Day: Monday & Wednesday

Times: 10:00AM - 12:00PM

Fee: \$425.00 per child for 8 weeks

Instructors: Ms. Danette

Program#: 2426 - Section A

Description: Pixie's Playhouse is a two hour drop off for ages 3 and up. Children will have the opportunity to explore the arts in a variety of ways. Whether dancing to well known children's songs, famous concertos, or newly created rhythms the children are sure to enjoy learning traditional dance moves, as well as creating moves of their very own. During the music portion, children will get to gather around a huge drum, or select from different instruments offered in class. In art they will paint, draw and explore. Art supplies included. Children should wear dance wear or sweats. They should bring a marked bottle of water and a smock.

Parent & ME Sports Squirts (Ages 3 - 5)

Where: Barrett Park on Newfield Ave

When: September 18th - October 30th (No class 9/25)

Day: Tuesday

Times: 9:30AM - 10:20AM

Fee: \$140.00 per child for 6 weeks

Instructors: Us Sports Institute

Program#: 2432 - Section A

Description: Each day your USSI coach will lead you and your child through a series of fun games and activities, designed to encourage learning, develop gross motor skills, and promote social interaction. All our progressive curriculums enable you and your child to work together to learn the key skills and techniques in each sport. Parent & Me classes are offered in Total Sports Squirts, Soccer Squirts, Basketball Squirts and Golf Squirts

Total Sports Squirts (Ages 3 - 5)

Where: Barrett Park on Newfield Ave

When: September 18th - October 30th (No class 9/25)

Day: Tuesday

Times: 10:30AM - 11:30AM

Fee: \$140.00 per child for 6 weeks

Instructors: Us Sports Institute

Program#: 2433 - Section A

Description: The Total Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Spongebob Squarepants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!



American Girl Doll Programs & More

American Girl Doll

After School Fun (Ages 6 & Up)

Where: First Presbyterian Church /101 Bedford St.
When: September 12th - October 24th (No class 11/26)
Day: Friday
Times: 4:00PM - 5:00PM
Fee: \$140.00 for 6 weeks / plus \$15.00 materials fee
Instructors: Kimberly Motill
Program#: 2421 - Section A

Description: Bring your American Girl Doll, and join us for a great time! We will have a special activity each week. Pajama Party – Dress your girl in cozy clothes & get ready for fun! (Pajamas optional for big girls and dolls). Yoga Class – We will have a playful yoga class with our girls. Wear comfortable clothes. Fashion Design – We will make no-sew clothes for our girls! Dance Party- Let's blow off some steam & dance the day away! Masquerade - We will make pretty masks for you & your girl! Tea Party – We will have a tea party with our girls !

American Girl Doll

Day of Fun Event I (Ages 6 & UP)

Where: First Presbyterian Church /101 Bedford St.
When: October 4th, 2014
Day: Saturday
Times: 1:00PM - 3:00PM
Fee: \$65.00 per child / plus \$10.00 materials fee
Instructors: Kimberly Motill
Program#: 2422 Section A

Description: American Girl Doll Bingo – We will play this fun American Girl Doll themed game with candy game pieces ! Yoga – We will have a playful yoga class with our American Girls! Please wear comfortable clothes. Masquerade craft - We will make pretty masks for you & your girl to wear to the tea party! Tea Party – We will have a tea party with our girls!



American Girl Doll

Day of Fun Event II (Ages 6 & UP)

Where: First Presbyterian Church /101 Bedford St.
When: November 1st, 2014
Day: Saturday
Times: 1:00PM - 3:00PM
Fee: \$65.00 per child / plus \$10.00 materials fee
Instructors: Kimberly Motill
Program#: 2423 - Section A

Description: American Girl Doll Bingo -We will play this fun American Girl Doll themed game with candy game pieces ! Fashion design – We will make no sew clothes for our American Girls! American Girl Craft – Decorate a frame for a photo of you and your American Girl!
Dance Party - Let's blow off some steam & dance our cares away!



Glow in the dark yoga party (ages 7 & up)

Where: First Presbyterian Church /101 Bedford St.
When: November 8th, 2014
Day: Saturday
Times: 6:00PM - 8:00PM
Fee: \$45.00 per child
Instructors: Kimberly Motill
Program#: 2424 - Section A



Description: Come join the fun for this amazing experience! We will do playful yoga, create, colorful art, and move our bodies to great music, All while glowing in dark! Be sure to wear white, and/or neon colors for a fun glow in the dark experience! **Glowing accessories will be provided.**

Chess Wizards (Gr. K & UP)

Where: First Presbyterian Church/ 1101 Bedford St.
When: September 20th - October 25th - **Session 1**
November 5th - December 20th - **Session 2**
Day: Saturday (No class 11/29)

Time:
9:30AM - 10:30AM - Beginners & Intermediate - **Sec. A**
10:30AM - 11:30AM - Intermediate & Advanced - **Sec. B**
Fee: \$135.00 per child **per 7 week session**
Instructor: Certified Chess Wizard Staff
Program#: 2434

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. **At the end of this session, each student will have had the chance to participate in a mini-chess tournament.**

Birthday Party Information

Stamford Recreation Services offers 3 different types of birthday parties for children **ages 4-10**. Party types are as follows: Standard Party, Super Sports Party & Princess Party. All Princess Parties & Standard Parties are held at Fort Stamford on Westover Road & First Presbyterian Church . Standard & Sports Parties will be held at Zion Lutheran Church Gym at 132 Glenbrook Road in Stamford. Parties are only run on Saturdays. We supply goodie bags, a small gift for the birthday child, card, staff and all of the equipment for the party you select. Parents must supply a cake, paper goods, beverages & whatever food they would like to serve. **Please contact Bobby Pentino** to check available dates & times at 203-977-4645 Cost of each party is \$225.00 and for more information please go to our website at www.stamfordrecreation.com



Youth Horseback Riding & Technology Programs

Horseback Riding Lessons With Mead Farm

Where: Mead Farm on 107 June Road, Stamford
When: **Sunday** - September 14th - October 5th - **Sec. A**
Monday - September 15th - October 6th - **Sec. B**
Time: 3:30PM - 4:30PM - **Sunday**
6:00PM - 7:00PM - **Monday**
Fee: \$180.00 per person /per section
Instructor: Mead Farm Staff
Program#:2435

We have teamed up with Mead Farm in Stamford to offer horseback riding lessons for children ages 5 & up. Teenagers and even adults are welcome. Each session with an instructor includes a 1/2 hour horseback riding lesson in an outdoor ring plus 1/2 hour horsemanship classes covering general horse care, grooming, tacking & untacking. Requirements are a signed waiver, long pants & boots with heels. Mead Farm will supply the helmet. Participants must wear warm clothing for this outdoor program.

For more information go to www.meadfarm.com

Note: Any child with Special needs please contact Mead Farm at 203-322-4984 to arrange for a smaller class. Please arrive 15 minutes early and No Make Ups!

Required Forms: All participants must fill out the required waiver forms that can be down loaded from our website www.stamfordrecreation.com and returned to Mead Farm by September 5th, 2014 to participate in the program. Also, this is an introductory program and anyone looking to return from the spring session should contact Mead Farm directly for other programs. Max of 16 in Sundays program and a max of 8 in the Mondays program. There will be No make up classes.

Note: Registration for this program only, begins on Monday, August 18th, 2014 at 8:00am on-line or at the Recreation Office.

Engineering Fundamentals With Lego (Gr. 3-5)

Where: Davenport Elementary School
When: October 7th - December 9th (No class 11/4 & 11/11)
Day: Tuesday
Time: 4:00PM - 5:30PM
Fee: \$168.00 per child for 8 weeks
Instructor: Play - Well TeKnologies
Program#: 2436- Section A
Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® novices to "maniacs." This class is not affiliated with the LEGO Group. For more information about our organization, please visit our website, www.play-well.org

Lego Movie 123 Go (Ages 5-10)

Where: Davenport School
When: September 29, October 6, 20, 27 November 3
Day: Mondays
Time: 4:00pm to 5:30pm
Fee: \$109.00 per child for five weeks
Program#: 2411 - Section A
Description: So you seen the Lego Movie, TM come create your own movie with your friends. Using Lego mini figures and sets from the movie you can create your own short movie flick. The final movie flick will be uploaded to You Tube. Children are welcome to bring in their own Lego Movie Lego's to aid in their movie production.

Mind Storms Robotics

ALL NEW CREATIONS (Ages 5-10)

Where: Davenport School
When: November 17, 24, December 1,8,15
Day: Monday
Time: 4:00pm to 5:30pm
Fee: \$109.00 per child per student for five weeks
Program#: 2412 - Section A
Description: Attended other Lego classes? Join in on the fun creating robots that move and turn around. This class uses technology to bring your creation to life. Don't know the computer use a preprogrammed brick! No Lego's will be taken home. Please bring a snack every class. This class can be varied from beginner to intermediate builder.

Catapults & Other Structures (Ages 5 - 10)

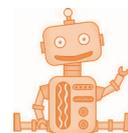
Where: Fort Stamford on Westover Road
When: October 13th, 2014 - Columbus Day
Day: Monday
Time: 8:30AM - 2:30PM
Fee: \$45.00 per child
Program#: 2413 - Section A



Description: Miss the summer programs come join our fun filled one day camp. Did you say Catapult made of Lego's K'Nex or wood? What type of building product produces the best catapult? Investigate which launches faster and further! This class includes experiments so come prepared to get messy. Please bring a lunch and a snack.

Rockin Robots (Ages 5 - 10)

Where: Fort Stamford on Westover Road
When: November 4th, 2014 - Election Day
Day: Tuesday
Time: 8:30 to 2:30pm
Fee: \$45.00 per child
Program#: 2414 - Section A



Description: Learn about Robotics! This programmed is designed for MIT, this unique system teaches children about simple machines, engineering, programming and basic building with Lego's. Children will work in groups.

Youth Art, Cooking Performing Arts Programs

Little Artists (Grades K-2)

Where: Zion Lutheran Church/132 Glenbrook Road

When: September 30th - November 18th

Day: Tuesday

Time: 4:00PM - 5:00PM

Fee: \$75.00 for 6 weeks

Instructor: Ms. Nancy

Program #: 2437 - Section A

Description: Paint, glue, draw and creatively explore all areas of art in this colorful class! Dress for a mess and come ready to let your inner artist free as we create with different types of materials—indoors and out! A fun and relaxing after school class. **No class 11/4 & 11/11/2014!**



Kids In The Kitchen (grades k-2)

Where: Zion Lutheran Church/132 Glenbrook Road

When: October 2nd - November 6th

Day: Thursday

Time: 4:00PM - 5:00PM

Fee: \$80.00 for 6 weeks (all supplies included)

Instructor: Ms. Nancy

Program #: 2438 - Section A

Description: Grab your apron and meet us in the kitchen for this exciting, delicious culinary adventure. Each week little chefs will measure, mix, slice and dice ingredients to create a variety of dishes together. **Please note: due to food allergies, we will not be using any peanut products, but please advise the instructor if your child has any food allergy.**



Paint Draw & More

Art Program (Ages 5 - 12)

Where: Davenport School

When: October 1st - December 10th (No class 10/29 & 11/26)

Day: Wednesday

Time: 4:00PM - 5:00PM - Ages 5-8 - Section A

5:00PM - 6:00PM - Ages 9 - 12 - Section B

Fee: \$152.00 per person for 9 weeks

Instructor: Jo-Anne Claybourne

Program #: 2439

This program teaches children to draw what they see, while enhancing their drawings with their own ideas and concepts using different materials in creative ways. The class environment is non-competitive and fun. This program helps children to build self-esteem through their drawing success and enhances hand-eye coordination, as well as spatial and color relationships. **Offered by Paint, Draw and More Studios.**

www.paintdrawmore.com



Performing Arts Acting Classes (K-6)

Where: Westover School Auditorium

When: October 8th - November 19th

Day: Wednesday

Time: 4:00PM - 4:45PM (Gr. K-2) - Section A

5:00PM - 6:00PM (Gr. 3-6) - Section B

Fee: \$132.00 per child for 7 weeks

Instructor: Performing Arts Programs Staff

Program#: 2440

This acting program offers theater games, concentration exercises, voice, speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills and more. The program is a fun -filled way for children to get started in acting classes in a non stressful environment.

For more go to www.performingartsprograms.biz

Cartooning With Mike (Gr. 1-2)

Where: Davenport Elementary School

When: October 1st - November 5th

Day: Wednesday

Time: 3:45PM - 4:45PM

Fee: \$110.00 per child for 6 weeks / **supplies included**

Instructor: Mike Pannone /Cartoonist

Program #: 2441 - Section A

If you love drawing and doodling, you will love this after school cartooning program. Each week students will work with a different theme from sports, pirates, gags and popular cartoon characters. Come enjoy learning the correct way to draw while having fun.

Cartooning & Doodling (Gr. 3-4)

Where: Julia Stark Elementary School

When: October 2nd- November 6th

Day: Thursday

Time: 3:45PM - 4:45PM

Fee: \$110.00 per child for 6 weeks/ **supplies included**

Instructor: Mike Pannone /Cartoonist

Program #: 2442- Section A

If you love drawing and doodling, you will love this after school cartooning program. Each week students will work with a different theme from sports, pirates, gags and popular cartoon characters. Come enjoy learning the correct way to draw while having fun.

Registration Starts August 18th For The Programs Listed Below Only!

Registration for the Fall Boston Bus Trip, Soccer Tikes, the Horse Back Riding Lessons, and program taught by Kim Motill on pages 5 & 7 begin on-line and in the office August 18th, 2104. Registration for all other programs begin online September 9th & walk-in registration begins September 10th, 2014.

Tae Kwon Do, Cheerleading & Yoga For Youth

Team Wrigley Tae Kwon Do Beginner Training for Youth (Ages 7 & Up)

Where: Westover School Gym
When: September 15th - November 24th
Days: Monday & Wednesday (must attend twice a week)
Time: 6:00PM - 6:45PM
Fee: \$142.00 per student (Twice a week)
Instructors: Mr. Tim Wrigley, 6th Degree Black Belt
Program#: 2443 - Sec. A (No class 10/13)
Description: Taught safely with traditional values, Tae Kwon Do will help your child develop their physical coordination along with their concentration skills. Much more than learning the basic physical skills to defend themselves, Tae Kwon Do will help in all aspects of life - teaching respect for all things, giving them the positive influence and self confidence they will need to be successful at anything they do. Of course it is lot of fun to learn, and a good workout for our youth! Brand new students who enroll will start out with the rank of "White Belt" and will work towards higher ranks (also indicated by color) which are designed to help them with goal setting, having a sense of achievement and showing their progress.

Team Wrigley Tae Kwon Do (Ages 7 & Up)

Where: Westover School Gym
When: September 15th - December 11th
Day & Time: By Rank (Must attend twice a week)
White: Monday & Wednesday : 6:00PM - 6:45PM - Sec. A
Yellow & Orange Belts: Monday & Wednesday 6:45PM - 7:30PM - Sec. B
Green & Blue Belts: Tuesday & Thursday 6:00PM - 7:00M - Sec. C
Red & Brown Belts: Tuesday & Thursday 7:00PM - 7:45PM - Sec. D
Black Belts: Monday & Wednesday 7:30PM - 8:30PM -Sec. E
Fee: \$162.00 per student (Twice a week)
Instructors: Mr. Tim Wrigley, 6th Degree Black Belt
Program#: 2444

Description: This Martial Art Program is designed specifically for returning students or those children who may have had prior martial arts experience elsewhere*. Students enrolled who know the true benefit of Tae Kwon Do and how much fun it can be, will continue on their path to the eventual rank of Black Belt and be-yond. Note that classes are separated by rank. Students can now expect to develop to more advanced level Tae Kwon Do skills than they have ever achieved before. Returning students should enroll in a class time according to their rank. *(Limited allowances may be possible with Instructor's approval, but we encourage all students to participate at their designated time slot).* *Students with prior martial arts experience elsewhere should enroll in the White Belt Class timeslot. A skill assessment of the student (during first week of classes) will be completed by the Instructor determine starting rank. **No class 9/25, 10/13, 11/4, 11/11)**

Gold Coast All-Stars Cheer Tumble Class (Ages 6 - 12 ,Co-ed)

Where: Gold Coast All Stars, 64 Research Drive
When: September 24th - October 22nd - Section A
November 5th - December 10th - Section B
Day: Wednesday
Times: 5:00PM - 6:00PM
Fee: \$102.00 per child per five week Section
Instructor: Gold Coast All Star Staff
Program#: 2445
Description: A basic introduction to the sport of competitive cheerleading & an opportunity to increase cheer skill levels for those interested in cheerleading in the community & on competition teams. Work with experienced staff on the proper techniques for cheer motions, jumps, dance & tumbling. **No class 11/26/14**

Hip Hop For Girls

Where: Westover School Dance Studio
When: September 29th -November 24th (No class 10/13)
Day: Monday
Time: 4:00PM - 5:00PM (Gr. K-3) - Sec. A
5:00PM - 6:00PM (Ages 10-12) - Sec. B
Fee: \$144.00 per child for 8 weeks per section
Instructor: Ms. Fujiko
Program#: 2431
Description: Come try out the latest moves to the hottest new "edited "music". With or without any dance experience your child will love this workout. Bring clean sneakers & a water bottle to each class.

Yoga For Kids (Ages 6-11)

Where: Davenport School
When: September 30th - November 25th
Time: 4:15Pm - 5:15PM
Day: Tuesday
Fee: \$140.00 per child
Instructors: Kimberly Motill
Program#: 2425 - Section A
Description: Yoga postures, games, and partner poses, will provide a fun, non- competitive environment which will help each child build self-esteem and experience teamwork. This class will improve flexibility and strength. Concentration will improve through breathing exercises, and simple relaxation techniques **No class 11/4 & 11/11)**



Youth After School Sports Programs

Ball Brigade (Gr. 1-2)

Where: The Zion Lutheran Church 132 Glenbrook Road.
When: October 6th - November 17th (No class 10/13)
Day: Monday
Time: 4:00PM - 5:00PM
Fee: \$40.00 for six weeks
Instructor: Recreation Staff
Program #: 2446 - Section A
Description: Each week students will enjoy a new gym game using all types of balls and equipment. A fun relaxing way to get exercise after school. Sneakers must be worn!

Peanut Basketball (Gr. K-1)

Where: The Zion Lutheran Church 132 Glenbrook Road.
When: October 7th - December 2nd (No class 11/4 & 11/11)
Day: Tuesday
Time: 4:00PM - 5:00PM
Fee: \$40.00 for six weeks
Instructor: Recreation Staff
Program #: 2447 - Section A
This program is designed to teach the fundamentals and basic skills of basketball. Each class will end with a game. What a great stress free way for your child to learn the proper way to play the game & meet some new friends! All students should wear sneakers & comfortable gym clothing.



World Cup Soccer (Gr.2 - 3)

Where: The Zion Lutheran Church 132 Glenbrook Rd
When: October 8th - November 12th
Day: Wednesday
Time: 4:00PM - 5:00PM
Fee: \$40.00 for six weeks
Instructor: Recreation Staff
Program #: 2448 - Sec. A
Description: If you enjoy playing soccer then you will not want to miss this afterschool class. Each week we will break the class into two teams and enjoy a full hour of indoor soccer. What a great stress free way for your child to learn the proper way to play the game in a recreational setting.



Peanut Basketball II (Gr. 2-3)

Where: The Zion Lutheran Church 132 Glenbrook Road
When: October 9th - November 13th
Day: Thursday
Time: 4:00pm - 5:00pm
Fee: \$40.00 per child for six weeks
Instructor: Recreation Staff
Program#: 2449 - Section A
A great way for students to tune up their game whether you play on a competitive team or just enjoy playing the game. Each week includes drills, games and contests. A fun enjoyable and relaxing way to play your favorite game with friends. All participants should wear sneakers & comfortable gym clothing



Neighborhood Soccer (Gr. K-1)

Where: The Zion Lutheran Church 132 Glenbrook Rd
When: October 10th - November 14th
Day: Fridays
Time: 4:00PM - 5:00PM
Fee: \$40.00 for six weeks
Instructor: Recreation Staff
Program #: 2450 - Sec. A
Description: This fun filled class teaches young students the basic skills and fundamentals of soccer each week. Each class will end with a game. What a great way to make new friends and enjoy the game of soccer!



Pro Impact Soccer Academy Program For Youth (Gr. K-5)

Where: Davenport School Upper Field
When: September 17th - October 22nd
Day: Wednesday
Time: 4:00PM - 4:50PM (Gr. K-2) - Section A
5:00PM - 5:50PM (Gr. 3-5) - Section B
Fee: \$100.00 per child for six weeks
Instructor: Pro Impact Academy Staff
Program #: 2451
Our goal is for all children to leave with a smile on their faces after each class. Soccer is not only a great game, but a great source of exercise & teamwork. We want every participant to learn in an exciting non-competitive environment. The classes will be focused on participant enjoyment while learning soccer skills through exciting and energetic games with a soccer ball. They will also work on becoming more comfortable with controlling their body, feet and the ball. The older class is a great start into more competitive and instructional soccer. The classes will be more focused on honing fundamental skills while introducing all aspects of soccer from dribbling, one v one, defense and small sided play. The older program entails more instruction through our drills and teachings of becoming a better soccer player.

Total Golf Adventures (Gr. K - 5)

Where: Davenport School
When: September 18th - October 30th (No class 9/25)
Day: Thursday
Time: 4:00PM - 5:00PM
Fee: \$129.00 per child for 6 weeks
Instructor: TGA Certified Instructor
Program#:2452 - Section A
Learn how to play golf in a safe & fun environment. Students will learn swing fundamentals along with basic rules and etiquette of the game. This TGA Golf Enrichment Program is designed to develop each child's passion for golf while improving their motor skills and coordination, helping with focus, concentration and boosting self confidence. All golf equipment provided! Over time our 5 level program will advance children through all aspects of the game and will prepare them to play on a course.



Youth Science, Vacation Programs & Ski Trips

Academy of Future

Space Explorers - Nasa (gr. K-2)

Where: Roxbury Elementary School

When: October 6th - November 10th (No class 10/13)

Day: Monday

Time: 3:45PM - 4:45PM

Fee: \$90.00 for 5 weeks

Instructor: Recreation Staff

Program #: 2453- Section A

Description: Explore the farthest reaches of our solar system and create a lunar eclipse in a "Mad" planetary tour. Journey through a soapy galaxy as you investigate the life cycle of stars. Race a balloon rocket and design your own car engine as you learn about thrust. Investigate the four forces of flight with the help of a unique flying object! Build your own *Skyblazer II* rocket plus other cool experiments that you can take home. The classes are out of this world!



Sensational Science (Gr. 1-4)

Where: Davenport Elementary School

When: October 7th - November 18th (No class 11/4 & 11/11)

Day: Tuesday

Time: 3:45PM - 4:45PM

Fee: \$90.00 for 5 weeks

Instructor: Recreation Staff

Program #: 2454 - Section A

Description: Stimulate your senses and explore the world around you as Science charges you up. Have a hair-raising experience with our Van De Graf machine. Learn the science behind making Cotton Candy. Color your world with a Technicolor Blender. Find out why you can't taste without smell. Listen closely as you travel with sound and see things before your very eyes. This session is sure to excite and intensify how you experience the world around you through your senses.

Lego's & More Lego's Phase 1.5

Holiday Break Camp For (ages 5 - 10)

Where: Zion Lutheran Church on 132 Glenbrook Road

When: December 29th, 30th, 31st & January 2nd

Day: Monday, Tuesday, Wednesday, Friday

Time: 8:30AM - 2:30PM

Fee: \$175.00 per child for 4 days - **Section A**

\$150.00 per child for 3 days - **Section B**

Instructor: CT Computer Education Staff

Program #: 2455

Description: Attention!!! All Lego builders beginner through advanced! If you attended previous classes, this program has new challenges to master. Come experience a fun and new way of building with Lego's. This program will focus on individual and group building. Students will learn how to use wheels, axles, levers, gears, pulleys and the RCX brick. No Lego's will be taken home. Please bring a lunch and a snack each day.

Election Day Field Trip (Gr. K-5)

When: November 4th, 2014 (Election Day)

Day: Tuesday

Time: 8:15AM - 4:00PM

Depart: Government Center Lobby

Fee: \$35.00 per child

Staff: Full Time & Seasonal Staff Chaperones

Program#: 2456 - Section A

Description: Come join us as we travel to the **CT Science Center in Hartford CT**. Participants will enjoy this hands on museum. We will travel by coach bus with a movie each way. Don't miss a great way to spend a day off with your friends. Each participant should bring a bagged lunch and spending money on the trip.



Ski Bums Friday Night Ski Program (Gr. 4-8)

Back this winter by popular demand for the fourteenth straight season! This Friday night ski program is open to students grades 4 through 8 and will be offered on four Friday evenings this winter. We will travel to Thunder Ridge Ski Area in Patterson New York to enjoy an evening of skiing and/or snowboarding. If your child does not know how to ski or they just want to brush up on their skills, lessons are available. Ski rentals are also available. If you want to rent a snowboard at the ski area, you will be required to put down a \$350.00 deposit on a credit card that evening at the ski area. If you would prefer to talk to our staff ahead of time, we can refer you to a local dealer in Stamford. Students can pack a meal for each trip or bring spending money and enjoy dinner at the ski lodge. What a great way for your child to spend a Friday night with friends! We travel by Coach Bus with a movie each way.

Where: Thunder Ridge Ski Area

When: Friday, January 9th, 2015– **Section A**

Friday, January 23rd, 2105 - **Section B**

Friday, February 6th, 2015 - **Section C**

Departure Time: 4:00PM from the Government Center

Return Time: 10:00PM at the Government Center Lobby

Fee: \$33.00 per trip for lift ticket & transportation/ \$15.00 per person extra for ski rentals

\$25.00 per person extra for ski lessons/ \$20.00 per person extra for snowboards plus deposit

Program #: 2457

Staff: Bobby Pentino and Part Time Staff

All prices are based on a per trip basis. Early registration is encouraged since this program fills up!



Youth Music Lessons

Musikids Keyboard I (Ages 6 - 8)

Where: Westover Elementary School
When: October 1st - November 19th
Day: Wednesday
Time: 6:00PM - 7:00PM
Fee: \$195.00 per child for 8 weeks
Instructor: Bob Fiorito
Program#: 2458 - Sec. A



Description: This beginner program is a great way to introduce your child to the world of music. Unlike traditional piano instruction where students must plod through weeks of seemingly unrelated exercises, this program will have your child playing notes and music in no time at all.

Musikids Keyboard II (Ages 6-10)

Where: Westover Elementary School
When: October 1st - November 19th
Day: Wednesday
Time: 7:00PM - 8:00PM
Fee: \$195.00 per child for 8 weeks
Instructor: Bob Fiorito
Program#: 2459- Sec. A

Description: This keyboard program is designed for students who have successfully completed our beginner program or have had prior lessons. The program will build on their current keyboarding skills, and will have them playing their favorite songs. Max 8 students. **Partial Scholarships available see page two.**

Guitar Lessons With Mr. Truglio

Where: Westover Elementary School
When: October 1st - November 19th
Day: Wednesday
Time: 5:15PM - 6:00PM
Fee: \$155.00 per student for 8 weeks
Program#: 2463 - Sec. A



Description: **For grades 6 and up:** Introduction to guitar. For beginners and players with a little experience. Finger dexterity, reading, chords & getting around the guitar is all part of this program. You must supply your own acoustic or electric guitar. Max of 6 students! **Partial Scholarships available see page two**

Higher Level Guitar Lessons With Mr. Truglio

Where: Westover School
When: October 1st - November 19th
Day: Wednesday
Time: 6:00PM - 6:45PM
Fee: \$155.00 per student for 8 weeks
Program#: 2464 - Sec. A



Description: Continued study of guitar techniques for students with 2 plus years of lessons. Music that is age appropriate will be used. You must supply your own acoustic or electric guitar. **Max of 6 students! For Grades 6 & UP!**

Piano Lessons With Mr. Fiorito

Where: Westover School
When: October 2nd - November 20th
Day: Thursday
Time: 4:00PM - 4:45PM
Fee: \$165.00 per student for 8 weeks
Program#: 2460 - Sec. A



Description: You will need a piano or keyboard at home to practice. **For grades 4 & up / Gr. 3 & up** if the student has completed our Musikids Keyboard II program. The basics of piano note & rhythm reading will be taught in this class as well as learning to play the piano correctly.

Piano Lessons With Mr. Fiorito II

Where: Westover School
When: October 2nd - November 20th
Day: Thursday
Time: 4:45PM - 5:30PM
Fee: \$165.00 per student for 8 weeks
Program#: 2461 - Sec A



Description: This program is designed for students with 2 plus years of study **experience grades 5 & up.** Younger students permitted with instructors approval. Students should already have basic reading skills. Assignments will continue to build piano skills.

Piano Lessons With Mr. Fiorito III

Where: Westover School
When: October 2nd - November 20th
Day: Thursday
Time: 5:30PM - 6:15PM
Fee: \$165.00 per student for 8 weeks
Program#: 2462- Sec. A

Description: This program is designed for students with 3 plus years of study experience or intermediate level grades 6 and up. Students must have reading skills. Assignments are progressively more complex. You also need a piano or keyboard at home to practice.

Voice Lessons With Mrs. Herrera - Crilly

Where: Dolan Middle School
When: October 2nd - November 20th
Day: Thursday
Times: 3:00PM - 3:45PM - Grades 6-8 - **Section A**
4:00PM - 4:45PM - Grades 4-5 - **Section B**
Fee: \$150.00 per student for 8 weeks
Program#: 2465

Description: "If you speak you can sing" We work on basic vocal technique (breathing, support, develop vocal & quality range) - Develop your ear training through exercises and songs (all music Styles). You will also develop the skill to sing with other voices in a group. Learn repertoire and preparation for auditions. We will end each session with a performance for your family!

Fall Aquatics Lessons & Open Swim At Westhill

Swim Lessons will take place at Westhill High School, 125 Roxbury Road. All Registrations must take place at the Stamford Government Center at the Recreation office on the 1st Floor, or online. Call 977-5214 for more information. **Swim lessons are limited to 8 children per section and fill up fast. Swim lesson fees \$120.00 for 8 weeks per child for the fall session.**

Swim Lesson Level Description

Primary Skills (Ages 4 - 6)

This beginning level is intended for children who are just beginning their aquatic experiences. The objective is to help children feel safe & comfortable in the water. Children will learn how to float & kick while becoming familiar with basic arm & leg movement.

Program #: 2466

Stroke Readiness (Ages 6 - 7)

Children will learn fundamentals of freestyle & backstroke while improving kicking skills. Children will also learn to float without support, recover to a vertical position, front & back locomotion skills & rhythmic breathing.

Program #: 2467

Stroke Development (Ages 7 - 9)

Children will continue to improve freestyle & backstroke while also being introduced to new skills such as breast stroke & surface dives. Children will also learn to tread water & increase endurance by swimming familiar strokes for greater distance.

Program #: 2468

Stroke Refinement (Ages 10 - 12)

Children will refine their skills in all strokes while being introduced to the advanced stroke of butterfly. They will learn flip turns & proper starts in order to increase their speed, power, efficiency & smoothness while swimming.

Program#: 2469

Swim Class Days & Times

Mondays, Sept. 22nd - Nov. 17th (No class 10/13)

6:30PM-7:00 PM Primary Skills - Sec. A

7:00PM-7:30 PM Stroke Readiness - Sec. A

7:30PM-8:00 PM Stroke Development - Sec. A

8:00PM-8:30 PM Stroke Refinement - Sec. A

Wednesdays, Sept. 24th - Nov. 12th

6:30PM-7:00PM Primary Skills-Sec. B

7:00PM-7:30PM Stroke Readiness-Sec. B

7:30PM-8:00PM Stroke Development - Sec. B

8:00PM-8:30PM Stroke Refinement - Sec. B

Fridays, Sept. 19th - Nov. 14th (No class 9/26)

6:30PM-7:00PM Primary Skills - Sec. C

7:00PM-7:30PM Stroke Readiness - Sec. C

7:30PM-8:00PM Stroke Development - Sec. C

8:00PM-8:30PM Stroke Refinement - Sec. C

Adult Swim Lessons (Ages 18 & up)

When: September 23rd - November 18th (No class 10/13)

Day: Tuesday

Time: 7:00PM - 7:30PM - Section A

7:30PM - 8:00PM - Section B

8:00PM - 8:30PM - Section C

Fee: \$140.00 per adult

Program#: 2470

Description: Lessons are designed for beginner adult who have no prior swimming experience. Emphasis will be placed on making the swimmer comfortable in the water on both their front and back sides. The swimmer will learn how to float, kick, and swim basic freestyle.



Free Public Swim

Monday, Wednesday & Friday

Public Swim takes place from 7:00pm - 8:45pm at Westhill High School Pool. The Fall session will run from **September 22nd through November 14th, 2014** and will follow the school schedule for closings. **Public Swim will not meet on (9/26 or 10/13/2014)**

For more information please call the Recreation Office at 203-977-5214.

Lifeguard Training Class

Want to become a Red Cross Lifeguard? Stamford Recreation Services is offering a class this winter. The class will certify you in pool and waterfront lifeguarding. You must attend all of the dates and times to complete the course. You will also be assigned a night to come and lifeguard during the open swim program we run. **All participants must be ages 16 and older.** For more information call Matt Nordt, Assistant Superintendent of Recreation at 203-977-4644.

Program Dates

Monday, December 29th, 2014 - 10:00AM - 4:00PM

Tuesday, December 30th, 2014 - 10:00AM - 4:00PM

Wednesday, December 31st, 2014 - 10:00AM - 4:00PM

Friday, January 2nd, 2015 - 10:00AM - 4:00PM

Saturday, January 3rd, 2015 - 10:00AM - 4:00PM

Fee: \$375.00

Program#: 2471



Youth & Teen Fitness Programs

Fun To Be Fit Kids (GR. 1-5)

Where: Davenport Ridge School
When: September 15th - November 17th (No class 11/10)
Day: Monday
Time: 4:00PM - 4:45PM
Fee: \$99.00 per child
Instructor: Betty Camlin, Certified Instructor
Program#: 2472 - Section A
Description: FOUR UNIQUE FITNESS PROGRAMS IN ONE. **A.** FIT KIDS FIT **A.** KIDS MOVE BOOT CAMP INCLUDES REBOUNTING **B.** ZUMBA & YOGA **C.** KIDZ VIBE HOOPING **D.** KICK BOXING KIDS combined with JUMP ROPE TRAINING will be added to the mix in this fun, high energy, and never boring fitness program for kids that includes age appropriate nutrition and healthy lifestyle education. This perfect for a child who is enjoys variety or just needs to be moving more.

Hula Hoop Dance Team For Girls For Girls Ages 9 - 14

Where: Davenport Ridge & Rippowam Middle School
When: September 15th - November 10th
Day: Monday
Time: 2:15PM - 3:15PM - Rippowam School - **Sec. A**
4:45PM - 5:30PM - Davenport School - **Sec. B**
Fee: \$99.00 per child
Instructor: Betty Camlin, Certified Instructor
Program#: 2473
Description: Hoop Aerobics/HOOP dance class. Girls will have a whirl of a time, hooping it up to their favorite pop tunes using beautiful, specially designed FITNESS/DANCE hoops. Bodywise Hoops are handmade, slightly weighted, larger hoops, which makes learning hooping easier for beginner and challenging for the pro. We start with a dynamic warm up using the hoops, followed by hooping, learning 'hooping tricks and choreographing and entire Hoop dance routine. The class will end with body strengthening yoga that is infused with Pilates for girls to further work core/ abdominal muscles, strengthen upper & lower body while improving flexibility and a relaxing Shavasana! Please bring a large beach towel and water bottle to class. **Need a minimum of 8 girls in each class to start a team.**

Kids Boot Camp (Gr. 6 - 8)

Where: Break Thru Family Fit 4 Life/ 48 Union St.
When: September 23rd - December 11th
Day: Tuesday/Thursday
Time: 4:30PM - 5:15PM
Fee: \$145.00 for once a week - **Sec. A**
\$240.00 for twice a week - **Sec. B**
Instructor: Kimberley Colletto, ACE Certified Trainer
Program#: 2474
Description: A 45 minute continuous cardiovascular exercise that includes obstacle courses, jump ropes, hopping balls, rebounders, cardio machines and more! Core training also included. Class is taught by a certified personal trainer .

Family Zumba & Yoga

Where: Bodywise Fitness Studio/ 990 Hope Street
When: September 20th - November 1st (No class 10/11)
Day: Saturday
Time: 10:30AM - 11:25AM
Fee: \$99.00 per family of 2/ one adult up to two kids
Instructor: Betty Camlin, Certified Instructor
Program#: 2475 - Section A
Description: COME JOIN THE FAMILY ZUMBA PARTY and get you and your kids in better shape while setting an important example. Dance in a fun disco like atmosphere to your favorite songs from Teen Beach, Frozen, Despicable Me and other pop tunes of the day. Wear lots of white or neon colors so you can glow while you dance your way to better fitness and health. **Class will end with a nice yoga stretch and relaxation.** Must have a minimum of 6 families to start the class.

Zumba & Spanish For Kids (Gr. 2 - 5)

Where: Break Thru Family Fit 4 life/ 48 Union Street
When: September 17th - November 19th
Day: Wednesday
Times: 4:15PM - 5:15PM
Fee: \$150.00 per child
Instructor: Ms. Miriam
Program#: 2482 - Section A
Description: **GET 30 MIN OF ZUMBA FITNESS FUN FOLLOWED BY 30 MIN OF LEARNING BASIC SPANISH FOR KIDS!!** Kids will have a blast dancing Zumba under our black lights and disco balls to music from Frozen, Teen Beach and other popular movies and pop songs. When the Zumba is over, Ms. Miriam a certified spanish teacher and Zumba instructor will teach them "Spanish for Kids" Wear lots of white so you can "glow under our black lights and disco balls. Wear sneaker and bring water bottle.

Yoga For Teens (Ages 12 & Up)

Where: Westover School Dance Studio
When: October 2nd - November 14th
Day: Thursday
Time: 4:30PM - 5:30PM
Fee: \$140.00 per child for 7 weeks
Instructor: Kimberly Motill
Program #: 2481 - Section A
Description: Through the unity of breath and movement, students will become more connected to their inner selves. Greater emphasis is placed on correct alignment in poses. We will also learn tools to manage stress, and we will incorporate themes to empower each student. This class will improve flexibility and strength and cultivate an overall feeling of peace.



Youth & Teen Fitness Programs

Krav Maga Kids (KMX) (Ages 7 - 13)

Where: Break Thru Family Fit 4 life/ 48 Union Street

When: September 22nd - December 12th

Days: Mon, Wed. & Fri.

Times: 5:00PM - 5:45PM

Fee: \$299.00 per child for **Section A / 3 day option**

\$240.00 per child for **Section B / 2 day option**

Instructor: Tom Bacha & Kimberly Colletto

Programs#: 2483

Description: This is a unique kids version of the Israeli Self-Defense and Military Training System for ages 7-13. It uses drills and games to teach children life skills, self-reliance. Personal Protection. Discipline, Focus, Common Sense, and also Self Confidence. Classes begin with a full 20 minutes of fun cardio drills (obstacle course, boot camp drills etc.), followed by realistic self-defense drills and end with Stranger Danger.

Kid's Fitness Circuit (Ages 7-13)

Where: Break Thru Family Fit 4 Life

When: September 22nd - December 12th

Day & Time: 4:00PM - 6:00PM - **Mon. - Fri.**

9:00AM - 12:00PM - **Sat & Sun**

Fee: \$180.00 per child/ unlimited days

Instructor: Kimberly Colletto, ACE Certified Trainer

Program #: 2484 - **Section A**

Description: A one-of-a-kind kids' fitness circuit with 10-12 strength and cardio machines. A REAL GYM, the only one around, with Kid sized equipment. Kids learn the right way to work out independently & form good habits for life. Great for kids who don't like competitive sports & a great supplement for sports conditioning. Program is customized to each child based on his/her individual needs.

Note: All new students must call for an orientation for their first time.

Healing Hearts for Kids of all Abilities Fall 2014 Schedule

"Healing Hearts Recreational Social Division" is dedicated to improving the lives of children with a wide range of developmental disabilities and neuro-motor challenges. However, classes are open to children of all abilities. "Healing Hearts" staff has vast experience in education and the acquisition of play, sensory and motor/sensory skills. Each class emphasizes the importance of peer interaction while increasing language skills through age appropriate activities.

Zumba & Lunch Bunch

Where: Break Thru Family Fit 4 life/ 48 Union Street

When: September 22nd - November 24th

Days: Mon, Wed. & Fri.

Times: 12:15PM - 1:15PM - Lunch Bunch

1:15PM - 2:00PM—Zumba

Fee:

\$15.00 per session for Zumba - **Section A**

\$10.00 per session for lunch bunch - **Section B**

\$120.00 for 10 sessions of Zumba - **Section C**

\$90.00 for 10 sessions of lunch bunch - **Section D**

\$170.00 for 10 sessions of Zumba/ lunch bunch - **Section E**

Programs#: 2485

Description: "Lunch Bunch" with Iris begins at 12:15pm and consists of games, movies, play, chat and general fun. The kids decide the activities themselves. Children bring their own lunch but snacks are provided. Ringleader Iris Muniz has many years of professional experience working with children of varied abilities including over 20 years at "Abilis" in Greenwich. "Zumba" begins at 1:15pm and it's dance, dance, dance with Zumba instructor par excellence Mags O'Brien! The kids choose the music. (Mags runs the "Atomic Zumba" classes at BreakthruFit4life.)

Sports Skills Express(Ages 8 & Up)

Where: Break Thru Family Fit 4 life/ 48 Union Street

When: September 27th - November 22nd

Days: Saturday

Times: 10:00AM - 12:00PM

Fee: \$140.00 per child for 10 week session

Programs#: 2486

Description: Play ball! Play games! Move to the beat! Have fun while developing motor skills and hand/eye coordination. (The priority is always fun.) with the very creative, coordinated and kid friendly Andre Woodberry. (Andre is both a Krav Maga Instructor and a Black Belt in Tae Kwon Do)

Dance with Maria Fiora

Dance with an emphasis on Ballroom, Latin and jazzstyles with Maria Fiora of "Maria Fiora Dance Studio". Dance is great fun, good for you both physically and mentally and Maria loves to teach it!

**MONDAYS 4PM- STARTING IN
SEPTEMBER-FOR MORE INFORMATION
Call Break thru Fitness today!**

Adult Trips & Fitness Programs

Boston On Your Own

When: September 20th, 2014

Day: Saturday

Depart: Government Center Lobby at 7:00AM

Return: Government Center Lobby at 7:00PM

Fee: \$40.00 per person for residents

\$50.00 per person for non - residents

Program #: 2490 - Section A

Come enjoy a Fall day in beautiful Boston with your family or friends. We will drop you off at Quincy Market and you will have over 6 hours to enjoy the sights, shopping and lunch. **Registration for this program only begins August 18th, 2014 at 8:00AM.**

Mohegan Sun Trips

Where: Mohegan Sun Casino

When: October 4th, 2014

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$25.00 per person per trip/includes tip

Program #: 2491 - Section A

Come let us do the driving and enjoy a day at the Mohegan Sun Casino. Try your luck at the hundreds of table games, novelty games, keno and slot machines. Enjoy a day of great entertainment and food.



Foxwoods Trip

When: November 8th, 2014

Where: Foxwoods Casino

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$25.00 per person/ includes tip

Chaperones: Recreation staff

Program #: 2492 - Section A

Spend the day with us as we travel to the MGM Grand at the Foxwoods Resort. Try your luck at the hundreds of table games, novelty games, keno, slot machines and more. Enjoy great food and entertainment this fall.



Women's Only Gym

Where: BreakThru Family Fit For Life

When: September 22nd - December 14th

Time: 7:30AM - 7:30PM - **Mon. through Thurs.**

7:30AM - 6:00PM - **Fri.**

8:00AM - 3:00PM - **Sat. & Sun.**

Fee: \$150.00 per person for 12 weeks

Instructors: Personal Trainer: Kimberly Colletto

Program#: 2487 - Section A

Intimidated by free weights? Don't like large gyms? Hate the crowds? This easy, 30-minute workout combines cardiovascular exercise and strength training utilizing machines designed specifically for women. A staff personal trainer will get you started with a fitness evaluation, equipment instructions and help you establish goals. BreakThru to a new you!!! Includes one free body conditioning class per week. **Unlimited 7 days per week**

Women's Boot Camp

Where: BreakThru Family Fit For Life

When : September 24th - December 10th

Day: Mondays

Time: 6:30PM - 7:30PM

Fee: \$180.00 (includes free gym membership to the gym)

Instructors: Kimberly Colletto

Program#: 2488 - Section A

Want a personal trainer, but can't afford the prices? One-on one instruction in a group setting!!! Learn how to work out efficiently for your individual body type, utilizing a women's only fitness circuit.

Krav Maga Adults (KMX)

Where: Break Thru Family Fit 4 life/48 Union Street

When: September 22nd - December 14th

Days & Time: 11:15AM - Sunday

7:30PM - Monday

6:30PM -Tuesday & Thursday

10:30AM - Saturday

Fee: \$299.00 per person for 12 weeks unlimited days

Instructor: Tom Bacha

Program#: 2489 - Section A

Description: Krava Maga is the official Self-Defense and Fighting System of the Israeli Defense Forces and various police departments through the United States. This highly effective, easy to learn system of Self -defense is offered for men/women of all ages & skill levels.



Attention Residents: We are always looking to add new trips as well as programs for adults. If you have any suggestions regarding new trips or programs, please email Scott Kassouf, Assistant Superintendent at SKassouf@ci.stamford.ct.us

Adult Fitness Programs

REBOUNding FOR WOMEN

Where: Bodywise/990 Hope Street/Corner State Theater

When: September 16th - October 21st - **Tuesday**
September 17th - October 22nd - **Wednesday**
September 18th - October 23rd - **Thursday**
September 20th - October 25th - **Saturday**

Time: 9:30AM - 10:30AM (Tuesday) - **Sec. A**
7:15PM - 8:15PM (Wednesday) - **Sec. B**
9:30AM - 10:30AM (Thursday) - **Sec. C**
10:00AM - 11:00AM (Saturday) - **Sec D**

Fee: \$90.00 for 6 weeks per section

Instructor: Betty Camlin Kelly, Certified Instructor

Program#: 2476

Description: Awesome mini-trampoline (non impact) class that is highly effective and safe. Cardiovascular training on Re-bouncer is performed at different intensities referred to as cross/metabolic training. This technique combined with boxing, strength training, Pilates and Barre Work burns tons of calories in a short period of time. This class will truly change your body inside and out!! Rebounding is the only exercise that enhances the immune system, detoxifies your cells and is proven to be 87% more effective in burning calories than jogging. For more info www.bodywisebetty.com Bring a water bottle and towel to class— carry clean sneakers in to the studio.
No class 10/, 10,12 & 10/13

Burn At The BARRE (Cardio Class)

Where: Bodywise/990 Hope Street/Corner State Theater

When: September 15th - October 20th - **Monday**
September 17th - October 22nd - **Wednesday**

Day: Monday & Wednesday

Time: 9:00AM - 9:50AM - (Monday) - **Sec. A**
6:00PM - 6:50PM (Wednesday) - **Sec. B**

Fee: \$99.00 per person for 6 weeks per section

Instructor: Betty Camlin Kelly, Certified Instructor

Program#: 2477

Description: In just 50 minutes you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals, and arms. We begin with some interval upper body boxing cardio segments followed by interval Strength using light weights, Barre segments & Pilate segments. The entire Barre Class is low-impact, protecting your joints by avoiding any high impact. Each strength section of the workout is followed by a stretching session in order to create the long, lean muscles of a dancer. You will leave feeling energized and alive with a body that is transforming. Bring a water bottle and towel to class— carry clean sneakers in to the studio.



BODY FUSION FOR WOMEN

Where: Bodywise/990 Hope Street/Corner State Theater

When: September 24th - November 19th - **Tuesday**
September 26th - November 21st - **Thursday**
September 22nd - November 10th - **Sunday**

Day: Tuesday, Thursday & Sunday

Time: 9:30AM - 10:30AM (Tuesday) - **Sec. A**
7:15PM - 8:15PM (Tuesday) - **Sec. B**
6:00PM - 7:00PM - (Thursday) - **Sec. C**
10:00AM - 11:00AM - (Sunday) - **Sec. D**

Fee: \$99.00 per person for 6 weeks per section

Instructor: Betty Camlin Kelly, Certified Instructor

Program#: 2478

Description: This is a fun 60 minute program, in an inspiring, motivating group environment, fantastic music, awesome instructors. Steps, Bar Bells, Body Bars, Free Weights, Tubing, stability balls, burn tons of calories get ripped and Sculpted. You will also improve endurance, stamina, strength, flexibility, tone, tighten and lose pounds.

ZUMBA - LATES & BARRE Women Only (New)

Where: Bodywise /990 Hope Street

When: September 16th - November 20th

Day: Tuesday or Thursday

Time: 7:30PM - 8:30PM (Tuesday) - **Sec. A**
7:30PM - 8:30PM (Thursday) - **Sec. B**

Fee: \$99.00 per person for 10 weeks/one class per week

Instructor: Betty Camlin Kelly, Certified Instructor

Program#: 2479

Description: Come join this one of a kind 60 minute Zumba class. The first 45 minutes is a non - stop energizing Zumba party in a black lights and disco ball atmosphere, followed by Pilates & Barre work. Bring a water bottle and towel to class— carry clean sneakers in to the studio.

Punch & Crunch For Adults - New

Where: Heavy Hitting & Boxing Fitness

20 Cushing Street in Stamford

When: October 23rd - December 4th (No class 11/27)

Day: Thursday

Time: 9:30AM - 10:30AM

Fee: \$108.00 per person for six weeks

Instructor: Leslie Caney Berni

Program#: 2480 - **Sec. A**

Description: Whittle your middle and mold your muscles during this upbeat sweat/smile session for all levels. You'll punch heavy bags to get a great cardio workout, while also strengthening and toning your muscles using a variety of weights and techniques. Special emphasis will be placed on building a strong core through boxing, Pilates and yoga-inspired exercises, all set to fun music. All equipment provided and no experience necessary—just a great attitude.

Stroller Strides & Adult Leagues Tournaments

Fit4Mom Fairfield County: Stroller Strides!

Where: Cummings Beach
(Rain location: Stamford Town Center)
When: Continuous Classes
Days: Mon/Wed
Time: 9:30-10:30am (Rain time: 9-10am)
Fee: \$150 for 10 classes/Unlimited class options available
Instructors: Abbey Polito & Shanae Briggs, Certified Pre & Postnatal Fitness
Description: Stroller Strides is a total fitness program that moms can do with their babies. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Taught by certified and specially trained fitness instructors, it is a great workout for any level of exerciser. <http://fairfieldcounty.fit4mom.com>



Fit4Mom Fairfield County: Stroller Barre!

Where: Scalzi Park (Rain location: Stamford Town Center)
When: Continuous Classes
Days: Fridays
Time: 9:30-10:30am (Rain time: 9-10am)
Fee: \$180 for 10 classes/Unlimited class options available
Instructors: Shanae Briggs, Certified Pre & Postnatal Fitness
Description: Stroller Barre is a new class format from Stroller Strides which incorporates movements from pilates, ballet and barre methods to provide a unique and effective workout for the pre and postnatal mom. Stroller Barre uses tubing, the stroller and the environment to provide an all over toning and fat burning experience. <http://fairfieldcounty.fit4mom.com>



Stamford Recreation Adult Leagues & Tournaments

Fall Indoor Volleyball League	Managers Meeting	Thursday, August 7	6:00pm Gov. Center 4th floor
Fall Flag Football League	Managers Meeting	Thursday, August 7	6:45pm Gov. Center 4th floor
Fall Softball League	Managers Meeting	Monday, August 25	6:00pm Gov. Center 4th Floor
Fall Kickball League	Managers Meeting	Monday, August 25	6:45pm Gov. Center 4th Floor
Cummings Beach VB Classic	Registration info is online!	Deadline: Monday, August 25	Check out website for registration.
Dodgeball Tournament	Registration info is online!	Deadlines: Early Bird's 8/31 Late 9/15	Check out website for registration.

STAMFORD RECREATION SERVICES**888 Washington Blvd. 1st Fl., Stamford, CT, 06901**www.stamfordrecreation.com**

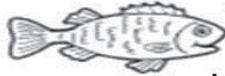
**For more information on Adult Fall Softball & Flag Football Leagues call Matt Nordt, Assistant Superintendent at 977-4644.
 For information related to Indoor Volleyball, Kickball, and Dodgeball Tournaments contact Megan Gearhart at 977-5221.**

*** * FREE * ***

FAMILY FISHING CLASS

Sponsored by CT DEEP C.A.R.E. Program in Stamford

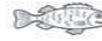
When: Friday, September 5, 2014
Where: Stamford Government Center, 4th fl.
888 Washington Blvd, Stamford, CT
Time: 6:30pm-8:30pm



IT'S FREE!



Join CT DEEP for an introduction to fishing.
Learn to fish; then get outside for real fishing!

-  Certified CARE Instructors will teach your class. All teaching materials will be provided.
-  Adults & kids (age 7 and up) are welcome. (Adults must accompany children. This is not a drop off class.)
-  Study CT Aquatic Resources. Learn to fish in, enjoy, and conserve our waters and our fisheries.
-  Learn safe angling methods, ethics, & rules of the sport; how to identify, find & catch your own fish.
-  Practice tying knots & making rigs; see different baits & lures
-  Join us to fish at our "secret fishing spot" on Oct. 4, 2014. Bring your own gear or use ours! You provide your own transportation and bait.

TO RESERVE YOUR PLACE, CALL

**Stamford Recreation Services
203-977-5214**



**Stamford Recreation Services
888 Washington Blvd. Stamford, CT 06901
Tel. 203-977-5214 Fax. 203-977-5504
www.stamfordrecreation.com**