

City of **STAMFORD**

Mayor David R. Martin

Stamford Recreation Services



Fall Brochure 2015



at Stamford Recreation Department

**Online Registration
Begins September 8th
Walk-in registration
Begins September 9th**

**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 7th - **Labor Day**

Monday, October 12th - **Columbus Day**

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

Thursday, November 26th - **Thanksgiving**

Friday, November 27th - **Thanksgiving Break**

Parks & Recreation Commission

Joseph Andreana: **Commissioner/Chairman**

Althea Brown: **Commissioner**

Beth Cooper: **Commissioner**

Lyda Ruijter: **Commissioner**

David Winston: **Commissioner**

Office Hours

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

Registration begins on-line Sept.8th, 2015

Walk-in registration begins Sept. 9th, 2015

Partial Music Scholarships Available

Stamford Recreation Services has partial scholarships available for all music programs listed pages 9 & 10. 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 by cash, check and credit card only. **Credit cards will be accepted at the Recreation Services Office, or on line 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 for the Fall Boston Bus Trip, Soccer Tikes, Eagle Soccer Academy and the Horse Back Riding Lessons begin on-line and in the office August 17th, 2015. Registration for all other programs begin on-line September 8th & walk-in registration begins September 9th, 2015.

Department Polices

Special Events

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.

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, **no exceptions!** 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.**

On-Line Registration Is Easy

We now have on line registration available for residents by logging on to **www.stamfordrecreation.com** Registrations can only be paid by credit card on line with a Visa or Master card. **On-Line registration for fall programs begins Tuesday, September 8th at 8:30am and walk - in registrations begins Wednesday, September 9th, 2015 at 8:30am.** For more information regarding On-Line registration, please call 977-5214.

Registration Forms

Mail in registration forms are available on line at **www.stamfordrecreation.com** or at our office.



Trunk or Treat Halloween Event

Where: Cummings Beach Parking lot

When: October 24th, 2015

Day: Saturday **Time:** 10:00AM - 11:15AM

Fee: \$10.00 per family to register a car for the event

Staff: Recreation Services Staff

Program#: 2801 - Sec. A

Description: This program is a great way for children & families to trick or treat in a safe environment. It also allows adults to have some fun decorating their trunk, hatchback or bed of a truck for Halloween theme. **Next open up your decorated trunk, set up a lawn chair, pass out treats (we supply) and amaze the crowd.** There will be prizes for the best decorated trunk such as funniest, scariest and most creative. Children should come in their costumes to enjoy this event.

We will supply all the candy for the event!

Theme Ideas for Trunks:

Holidays

Cartoons

Movies

Sports

60's, 70's



The 16th Annual Hay Ride With Santa At Cove Island

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

When: Saturday, December 5th, 2015 -**Day 1**

Sunday, December 6th 2015 -**Day 2**

Time: 10:00AM -1:00PM & 2:00PM -5:00PM - **Sat.**

10:00AM - 3:30PM only - **Sunday**

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

Staff: SANTA, and The Recreation Services Staff

Program #: 2802 - Saturday / 2803 - Sunday

Come join us for the 16th 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. 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 2nd , 2015.** The event has **sold out for the past 15 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 ON LINE !

Preschool Programs

Let's Play Together (Ages 1-2)

Where: TOR Presbyterian Church at 49 Turn of River Rd.

When: September 29 - November 17th (No class 11/3)

Time: 10:30AM - 11:00AM

Day: Tuesday

Fee: \$42.00 per child for 7 weeks

Instructors: Victoria DiMeglio

Program#: 2804 - Sec. A

Description: This program will help your children discover themselves & the world around them by using various play equipment, puzzles, books and more. The program also includes hands-on activities, singing, movement and story times. **A parent & me program.**



Adventures In Storytime (ages 1-2)

Where: TOR Presbyterian Church at 49 Turn of River Rd.

When: September 29 - November 7th (No class 11/3)

Time: 9:45AM - 10:15AM

Day: Tuesday

Fee: \$42.00 per child for 7 weeks

Instructors: Victoria DiMeglio

Program#: 2805 - Sec. A

Description: This class will allow your toddler to enter the world of books! Join us as we read age appropriate stories and incorporate a snack, and craft or cooking activity related to our book of the day. This class is a fantastic way to start your child's love of reading through play. **A parent & me program.**



Munchkin Crafts (Ages 3-4)

Where: TOR Presbyterian Church at 49 Turn of River Rd.

When: September 30th - November 18th (No class 11/11)

Time: 9:45AM - 10:30AM

Day: Wednesday

Fee: \$47.00 per child for 6 weeks

Instructors: Victoria DiMeglio

Program#: 2806 - Sec. A

Description: Using various art materials, children will be creating a fun and sometimes messy art activity! We'll practice different art skills during our class, and help develop important fine motor skills all while having fun! We will also provide a snack each class. We may get a little dirty so please bring a smock for your child. **A parent and me program**



Movers & Shakers (Ages 1-2)

Where: Break Thru Family Fitness 4 Life/ 48 Union St.

When: October 1st - November 12th

Time: 9:45AM - 10:30AM

Day: Thursday

Fee: \$47.00 per child for 7 weeks

Instructors: Victoria DiMeglio

Program#: 2808 - Sec. A / **A parent and me program**

Description: This class allows children to explore various movements. Tots will socialize with other children & exercise in a fun comfortable setting. Songs, dance and parachutes play are a few fun things that we will do!

Pee-Wee Chefs (Ages 3-4)

Where: TOR Presbyterian Church at 49 Turn of River Rd.

When: September 30th - November 18th (No class 11/11)

Time: 10:45AM - 11:30AM

Day: Wednesday

Fee: \$45.00 per child for 7 weeks

Instructors: Victoria DiMeglio

Program#: 2807- Section A

Description: Children will read a book each class, followed by a fun food activity that relates to our story. We will learn about fruits, vegetables, and other varieties of food, all while relating them to colors, shapes and food types in this fun class! We will be using our food of the day to either cook with, taste test or for our art project. **A parent and me program.**



Nerfkins (Ages 3-5)

Where: Break Thru Family Fitness 4 Life/ 48 Union St.

When: October 1st - November 12th

Time: 10:45AM - 11:30AM

Day: Thursday

Fee: \$47.00 per child for 7 weeks

Instructors: Victoria DiMeglio

Program#: 2809 - Sec. A

Description: Nerfkins is a class for your energetic three to five year olds. Using Nerfballs and other soft equipment, your child will be introduced to sports while learning basic ball handling skills and developing hand-eye coordination. They will play and develop skills in basketball, soccer, baseball and other gym games. **Parents must stay in the gym during the class.**



Gymnastics For Preschoolers - New

Where: Break Thru Family Fitness 4 Life/48 Union St.

When: September 28th - December 7th

Time: 9:30AM - 10:00AM (Ages 2) - Sec. A

10:15AM - 11:00AM (Ages 3-4) - Sec. B

Day: Monday

Fee: \$185.00 per child for ten weeks

Instructors: Matt Rowan, **certified instructor**

Program#: 2810

Description: The Gym on Wheels program will have your children tumbling, tucking, and jumping out of their shoes until their next encounter with us. This class will help your children develop fundamental gymnastics skills, while also teaching them skills in areas such as coordination, balance, agility, listening to instruction, and the importance of teamwork. We are Team USA Gymnastics team members. We teach children the basic skills used for pommel horse, high bars, balance beams, parallel bars, springboards, and much more....all while making sure your children are doing the one thing that is most important to us...SMILING & HAVING FUN!



Preschool Sports & Dance Programs

Soccer Tikes For Preschoolers

Where: Scalzi Park Field
When: September 12 - October 17th
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 #: 2811

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 17th, 2015 at 8:00AM on-line or at the Recreation Office. Note: Saturday mornings if there is inclement weather, please call 203-977-5214 for the program status.**

Parent & Me Total Sports (Ages 2 - 3)

Where: Scalzi Park Field
When: September 22nd - October 27th
Day: Tuesday
Times: 9:30AM - 10:20AM
Fee: \$120.00 per child for 6 weeks
Instructors: Us Sports Institute Staff
Program#: 2812 - Sec. 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

Tiny Tu - Tus (Age 2)

Where: Terry Connors Rink/Second floor class room
When: October 2nd - November 20th
Day: Friday
Times: 9:30AM - 10:15AM
Fee: \$144.00 per child for 8 weeks
Instructors: Ms. Danette
Program#: 2814 - Sec. 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.**

Shake It Up & Dance (Ages 2 - 3)

Where: Terry Connors Rink/Second Floor classroom
When: October 2nd - November 20th
Days: Friday
Times: 10:15AM - 11:00AM
Fee: \$144.00 per child for 8 weeks
Instructors: Ms. Danette
Program#: 2815 - Sec. A
Description: Children will bang on a drum, shake, rattle and roll in this fun class. Movement and music will be incorporated into this program.

Broadway Babies Ballet/Tap (Ages 4-5)

Where: Terry Connors Rink/Second Floor classroom
When: October 2nd - November 20th
Day: Friday
Time: 11:00AM - 11:45AM
Fee: \$144.00 per child for 8 weeks
Instructors: Ms. Danette
Program#: 2816 - Sec. 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.



Ballet/Tap Combo (Pre K - 3 Grade)

Where: Terry Connors Rink/Second Floor classroom
When: October 2nd - December 11th (No class 11/27)
Days: Friday
Time: 4:00PM - 5:00PM (Pre - K) - **Section A**
5:00PM - 6:00PM (Gr. K-3) - **Section B**
Fee: \$180.00 per child for 10 weeks
Instructor: Ms. Danette
Program #: 2817
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.

Pre-School Yoga (Ages 3 - 5) - New

Where: Family Tree Yoga 980 Hope Street
When: September 22nd - December 1st (No class 11/3)
Day: Tuesday
Times: 1:45PM - 2:30PM
Fee: \$185.00 for 10 weeks
Instructors: Kimberly Motill
Program#: 2818 - Sec. A
Description: Your independent little one will enjoy this fun 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 & Youth Programs

Total Sports Squirts (Ages 3 - 5)

Where: Scalzi Park Field
When: September 22nd - October 27th
Day: Tuesday
Times: 10:30AM - 11:30AM
Fee: \$120.00 per child for 6 weeks
Instructors: US Sports Institute
Program#: 2813 - Sec. A



Description: The Total Sport Squirts program introduces 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!

Art Explosion (Gr. K - 2)

Where: Zion Lutheran Church/132 Glenbrook Rd
When: October 6th - November 17th
Day: Tuesday
Time: 4:00PM - 5:00PM
Instructor: Nancy & Nicole
Fee: \$85.00 for six weeks
Program#: 2825 - Sec. A



Description: Art Explosion - creative, colorful and imaginative art using all types of media! Dress for a mess and come join the fun!

Playful & Joyful Music Making For Kindergartners - New

Where: First Presbyterian Church/ 1101 Bedford St.
When: October 6th - November 17th
Day: Tuesdays
Time: 3:45PM - 4:30PM
Instructor: Music Therapist from Arts of Healing Inc.
Fee: \$100.00 per child for six weeks
Program#: 2891 - Sec. A

Description: The purpose of this program is to give kindergartners the opportunity to express themselves through singing and playing different percussive and melodic instruments. The children will also explore rhythm and movement as well as interacting within a group using familiar and improvisational songs. The session will be led by a trained music therapist. **All of the instruments necessary will be supplied.**

Junior Aerospace Engineering For Grades (K - 2)

Where: Westover Elementary School
When: October 1st - November 19th
Day: Thursday
Time: 4:00PM - 5:00PM
Fee: \$175.00 per child for 8 weeks / **Includes all supplies**
Instructor: Engineering For Kids staff
Program#: 2826 - Sec. A



Description: The Junior Aerospace Engineering classes introduce our youngest engineers to fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, hot air balloons, and more. **Taking In The Skies!**

Glow In The Dark Yoga Party (Ages 6 & Up)

Where: Family Tree Yoga 980 Hope Street
When: December 5th, 2015
Day: Saturday
Times: 6:00PM - 8:00PM
Fee: \$35.00 per child
Instructors: Kimberly Motill
Program#: 2819 - Sec. 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.

Creative & Fun Music Making (Gr. 1-2)

Where: First Presbyterian Church/ 1101 Bedford St.
When: October 7th - November 18th (No class 11/11)
Day: Wednesday
Time: 3:45PM - 4:30PM
Instructor: Music Therapist from Arts of Healing Inc.
Fee: \$100.00 per child for six weeks
Program#: 2890 - Sec. A

Description: The purpose of this program is to give children the opportunity to express themselves through singing and playing different percussive and melodic instruments. The children will also explore rhythm and movement as well as interacting within a group using familiar and improvisational songs. The session will be led by a trained music therapist. **All of the instruments necessary will be supplied.**



Youth Science, Engineering & Chess Programs

Marine Engineering (Gr. 3 - 5) - New

Where: Roxbury Elementary School
When: October 5th - November 30th (No class 10/12)
Day: Monday
Time: 4:00PM - 5:00PM
Fee: \$175.00 per child for 8 weeks / **Includes all supplies**
Instructor: Engineering For Kids staff
Program#: 2827 - Sec. A
Description: During the Marine Engineering classes, students use the Engineering Design Process to design, create, test, and refine several types of marine based devices and vehicles. Students construct working prototypes that teach and reinforce the concepts of above water transportation, underwater exploration, and harnessing the power of water. They gain exposure to careers in naval, ocean, and marine engineering as well as naval architecture. **Max 16 kids!**

Engineering & Motors(Ages 5-12)- New

Where: Davenport School
When: Sept. 21st , 28th , Oct. 5th & 19th , November 2nd
Day: Monday
Time: 4:00PM - 5:15PM
Fee: \$109.00 per child for 5 weeks
Instructor: CT Computer Education Staff
Program#: 2829 - Sec. A
Description: Join us as we investigate and solve problems while we learn about the building blocks of mechanical engineering. This class combines Lego® Education and Lego® Technic™ materials, to build hands on activities. Children will work in groups to build various motorized engineering challenges. Possible models to include a beach chair, carousel, motorized vehicles, a bench grinder. No Legos® will be taken home. Please bring a snack every class. Pictures will be e-mailed home.

Lego Minecraft 3D (Ages 5-12) - New

Where: Davenport School
When: November 16th - December 14th
Day: Monday
Time: 4:00PM - 5:15PM
Fee: \$109.00 per child for 5 weeks
Instructor: CT Computer Education Staff
Program#: 2830 - Sec. A
Description. This class combines Engineering and Legos® in one class. Come join the fun with Steve as he takes an adventure through the caves of Tikki Land exploring zombies and spiders .Have fun making a pickaxe and playing various games. Bring your tablet with Minecraft already installed or use our Craft games on our tablets. No Legos® will be taken home. Please bring a snack every class. Pictures will be e-mailed home.



Lego Mine Craft On The Farm

Where: Zion Lutheran church at 132 Glenbrook Rd.
When: October 12th (No School) - **Columbus Day**
Day: Monday
Time: 8:30AM - 2:30PM
Fee: \$47.00 per child
Instructor: CT Computer Education Staff
Program#: 2831 - Sec. A
Description: **For Ages 5-12** . Join the fun for the day ...this class combines Engineering, Paper crafts and Legos® in one class. You'll need food to survive, so fence in the livestock and channel the flowing water to nurture the crops. Children will work in groups to design their own creation. This class includes Micro-figs, torches, mob figures and custom blocks. No Legos® will be taken home. Please bring a lunch and a snack to class. Bring your tablet preloaded with Minecraft or use our craft games on our tablets

Wacky Chemical Camp - New

Where: Zion Lutheran church at 132 Glenbrook Rd.
When: November 3rd (No School) - **Election Day**
Day: Tuesday
Time: 8:30AM - 2:30PM
Fee: \$47.00 per child
Instructor: CT Computer Education Staff
Program#: 2832 - Sec. A
Description: Join in on the fun as we make some wacky inventions. Children will experiment with different household cooking and baking products to produce reactions to make gak, a tornado, flubber, a volcano, shrinky dinks and other favorites. Please advise instructor of any allergies before class by e-mail. All children will be required to wear safety goggles throughout experiments. Please bring a snack and a lunch to class. **For Ages 5-12.**

Chess Wizards (Gr. K & UP)

Where: First Presbyterian Church/ 1101 Bedford St.
When: October 3rd - November 21st
Day: Saturdays
Time: 9:30AM - 10:30AM
Fee: \$135.00 per child for 8 weeks
Instructor: Certified Chess Wizard Staff
Program#: 2834 - Sec. A
Description: 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 participate in a mini-chess tournament.**



Youth American Doll, Art & Yoga Programs

American Girl Doll Day Of Fun Event 1 (Ages 6 & Up)

Where: Family Tree Yoga 980 Hope Street

When: October 3rd

Day: Saturday

Times: 3:00PM - 5:15PM

Fee: \$55.00 per child - **Sec. A**

\$10.00 materials fee - **Sec. B**

Instructors: Kimberly Motill

Program#: 2820

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 2 (Ages 6 & Up)

Where: Family Tree Yoga 980 Hope Street

When: October 24th

Day: Saturday

Times: 3:00PM - 5:15PM

Fee: \$55.00 per child - **Sec. A**

\$10.00 materials fee - **Sec. B**

Instructors: Kimberly Motill

Program#: 2821

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!



Paint Draw & More Art Program (Ages 5 - 12)

Where: Davenport School

When: September 30th - December 9th

Day: Wednesday

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

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

Fee: \$173.00 per person for 9 weeks

Instructor: Jo-Anne Claybourne

Program #: 2835

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. No class 11/11 & 11/25/2015

Performing Arts Acting Classes (K-6)

Where: Westover School Auditorium

When: October 7th - November 18th

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#: 2836

This fun 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

Kids Yoga (Ages 6 - 12) - New

Where: Family Tree Yoga 980 Hope Street

When: September 22nd - December 1st (No class 11/3)

Day: Tuesday

Times: 4:15PM - 5:15PM

Fee: \$185.00 for 10 weeks

Instructors: Kimberly Motill

Program#: 2822 - Sec. 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.



Empower Girls - Yoga, Art & Self Discovery (Ages 10-12) - New

Where: Family Tree Yoga 980 Hope Street

When: September 25th - November 13th

Day: Friday

Times: 6:30PM - 8:30PM

Fee: \$250.00 per child for 8 weeks

Instructors: Kimberly Motill

Program#: 2823 - Sec. A

Description: Don't miss out on this special series, where girls will gain tools to cultivate self-awareness, self-love and self-esteem. We will practice yoga, meditation, and create! Dream boards, eye pillows, inspiring art, and working with essential oils, will be just some of our activities. We will also create a group project to be of service to our community. Participating in this series, will empower girls to make positive decisions and create a healthy and meaningful lifestyle.

Tae Kwon Do Programs For Youth & Teens

Team Wrigley Tae Kwon Do Beginner

Training for Youth (Ages 7 & Up)

Where: Westover School Gym

When: September 14th - December 9th

Days: Monday & Wednesday (must attend twice a week)

Time: 6:00PM - 6:45PM

Fee: \$150.00 per student (Twice a week)

Instructors: Mr. Tim Wrigley, 6th Degree Black Belt

Program#: 2837 - Sec. A

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, have a sense of achievement and show their progress. **No classes on 9/23, 10/5, 10/6, 10/8, 10/12 & 11/11.**



Team Wrigley Tae Kwon Do (Ages 7 & Up)

Where: Westover School Gym

When: September 21st - December 9th

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: \$165.00 per student (Twice a week)

Instructors: Mr. Tim Wrigley, 6th Degree Black Belt

Program#: 2838

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 beyond. 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 completed by the Instructor determine starting rank. **No class on 9/23, 10/5, 10/6, 10/8, 10/12 & 11/11.**



Youth & Teen Music Lessons



Violin Lessons (Ages 8-13)

Primary Level - New

Where: Westover Elementary School

When: November 10th - January 12th

Day: Tuesdays

Time: 5:30PM - 6:30PM (Ages 8-10) - Sec. A

6:45PM - 7:45PM (Ages 11-13) - Sec. B

Fee: \$240.00 per child for 8 weeks

Instructor: Jose Bastardes, Professional Violinist

Program#: 2839

Description: This program is designed for introducing the violin in a fun setting where the students will learn how to hold the instrument, the bow, basic theory and music reading and the basic principles for how to develop the ability to play the violin. **A Max of Three Students Per Class!**
No class December 22nd & December 29th, 2015

Violin Lessons (Ages 8-13)

Intermediate Level - New

Where: Westover Elementary School

When: November 4th - January 20th

Day: Wednesday

Time: 5:30PM - 6:30PM (Ages 8-10) - Sec. A

6:45PM - 7:45PM (Ages 11-13) - Sec. B

Fee: \$240.00 per child for 8 weeks

Instructor: Jose Bastardes, Professional Violinist

Program#: 2840

Description: For students with already a basic understanding of the Violin, **that have had two plus years of violin lessons.** In this course the students will learn how to develop higher technical abilities for both left hand and right hand, sensitivity to purity of tone and proper intonation. **A Max of Three Students Per Class! No class Nov. 11th Dec. 23rd & 30th 2015**



Youth & Teen Music Programs

Musikids Keyboard I (Ages 6 - 8)

Where: Westover Elementary School
When: September 30th - December 2nd (No class 11/11)
Day: Wednesday
Time: 6:00PM - 7:00PM
Fee: \$195.00 per child for 8 weeks
Instructor: Bob Fiorito
Program#: 2841 - 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: September 30th - December 2nd (No class 11/11)
Day: Wednesday
Time: 7:00PM - 8:00PM
Fee: \$195.00 per child for 8 weeks
Instructor: Bob Fiorito
Program#: 2842 - 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. A max of 8 students.



Piano Lessons With Mr. Fiorito

Where: Westover School
When: October 1st - November 19th
Day: Thursday
Time: 4:00PM - 4:45PM
Fee: \$165.00 per student for 8 weeks
Program#: 2843 - 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.



Voice Lessons With Mrs. Herrera - Crilly

Where: Dolan Middle School
When: October 1st - November 19th
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#: 2846
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.

Piano Lessons With Mr. Fiorito II

Where: Westover School
When: October 1st - November 19th
Day: Thursday
Time: 4:45PM - 5:30PM
Fee: \$165.00 per student for 8 weeks
Program#: 2844 - 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 1st - November 19th
Day: Thursday
Time: 5:30PM - 6:15PM
Fee: \$165.00 per student for 8 weeks
Program#: 2845 - 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.**



Guitar Lessons With Mr. Truglio

Where: Westover Elementary School
When: September 30th - December 2nd **Day:** Wednesday
Time: 5:15PM - 6:00PM
Fee: \$155.00 per student for 8 weeks/ **Max of 6 student!**
Program#: 2847 - 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.
No class 11/11 & 11/25 !

Higher Level Guitar Lessons With Mr. Truglio

Where: Westover School
When: September 30th - December 2nd
Day: Wednesday
Time: 6:00PM - 6:45PM
Fee: \$155.00 per student for 8 weeks /**Max of 6 students!**
Program#: 2848 - 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.
No class 11/11 & 11/25 !

Partial Music Scholarships Available

Limited partial scholarships available on all music programs listed on this page. To qualify, students must receive free or reduced lunch in the Stamford School System.
For information call 977-5214!

Youth After School Sports Programs

Soft Sports & Games (Gr. K-1)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 5th- November 23rd (No class 10/12)

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$45.00 for seven weeks

Instructor: Recreation Staff

Program #: 2849 - Sec. A

Description: Each week participants will be involved in playing a new game or sport using soft equipment. A great way to blow off steam after school with your friends and a great way to make new friends.



Peanut Basketball (Gr. 1-2)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 6th - November 24th

Day: Tuesday

Time: 4:00PM - 5:00PM

Fee: \$45.00 for seven weeks

Instructor: Recreation Staff

Program #: 2850 - Sec. A

Description: 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



Indoor Soccer (Gr. 3-5)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 7th - December 2nd (No class 11/11 & 11/25)

Day: Wednesday

Time: 4:00PM - 5:00PM

Fee: \$45.00 for seven weeks

Instructor: Recreation Staff

Program #: 2851 - Sec. A

Description: Each week students will be broken up into two equal teams and will enjoy a full hour of indoor soccer. Participants should wear appropriate clothing and sneakers.



Sports Academy (Gr. 3-4)

Where: The Zion Lutheran Church 132 Glenbrook Road

When: October 8th - November 19th

Day: Thursday

Time: 4:00pm - 5:00pm

Fee: \$45.00 per child for seven weeks

Instructor: Recreation Staff

Program#: 2852 - Sec. A

Description: If you enjoy sports and running around, then you will love this afterschool class. Each week we will play an indoor sport like soccer, basketball, floor hockey, whiffle ball and more. All participants should wear sneakers and comfortable gym clothing



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

Where: Davenport School Upper Field

When: September 16th - October 28th (No class 9/23)

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 #: 2855

Our goal is for all children to leave with a smile on their face 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.

Neighborhood Soccer (Gr.1-2)

Where: The Zion Lutheran Church 132 Glenbrook Rd

When: October 9th - November 20th

Day: Fridays

Time: 4:00PM - 5:00PM

Fee: \$45.00 for seven weeks

Instructor: Recreation Staff

Program #: 2853- Section A

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 stress free way for your child to learn the proper way to play the game in a recreational setting.



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

Where: Gold Coast All Stars, 64 Research Drive

When: September 29th - October 27th

Day: Tuesday

Times: 7:30PM - 8:30PM

Fee: \$102.00 per child per five week Section

Instructor: Gold Coast All Star Staff

Program#: 2854 - Sec. A

Description: A basic introduction to the sport of competitive cheerleading and an opportunity to increase cheer skill levels for those interested in cheerleading in the community and on competition teams. Work with experienced staff on the proper techniques for cheer motions, jumps, and tumbling.



Youth Fitness & Tennis Programs

Teen Yoga (Ages 12 & UP) - New

Where: Family Tree Yoga 980 Hope Street
When: September 24th - December 3rd (No class 11/26)
Day: Thursday
Times: 4:30PM - 5:30PM
Fee: \$185.00 for 10 weeks
Instructors: Kimberly Motill
Program#: 2824 - Sec. 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.



Pee Wee Tennis Lessons (Ages 5 - 7)

Where: Scalzi Park Tennis Courts
When: September 19th - October 17th
Days: Saturdays
SESSION ONE- (9:30-10:00 a.m.) - **Sec. A**
SESSION ONE- (9:30-10:00 a.m.) - **Sec. B**
SESSION TWO- (10:15-10:45 a.m.) - **Sec. C**
SESSION TWO- (10:15-10:45 a.m.) - **Sec. D**
SESSION THREE- (11:00-11:30 a.m.) - **Sec. E**
SESSION THREE- (11:00-11:30 a.m.) - **Sec. F**
FEE: \$60.00 per child per section for 5 weeks
Program#: 2857
Staff: Classes will be taught by **GSTA staff**
Description: This program is designed to be a fun-filled introduction to tennis for children ages 5-7 with a game-oriented theme and utilizing 10 and under tennis program.



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

Where: Break Thru Family Fit 4 life/ 48 Union Street
When: September 21st - November 27th
Days & Times: Mon, Wed. & Fri. 5:00PM - 5:45PM
Fee: \$199.00 per student two days per week - **Sec. A**
\$249.00 per student three days per week - **Sec. B**
Instructor: Tom Bacha & Kimberly Colletto
Programs#: 2859 - Sec. A
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 Awareness drills where flash cards are used to develop instinctive responses to dangerous situations.

Real Gym For Kids (Ages 7 & UP)

Where: Break Thru Family Fit 4 Life
When: September 21st - November 29th
Day & Time: 4:00PM - 6:00PM - **Mon. - Fri.**
9:00AM - 12:00PM - **Sat & Sun**
Fee: \$149.00 per student / **Unlimited days**
Instructor: Kimberly Colletto, **ACE Certified Trainer**
Program #: 2860 - Sec. A
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 condition-ng. Program is customized to each child based on his/her individual needs. **Only 15.00 dollars per week for your child to feel good!** All students must call Break Through Fitness (203 - 355-9395) for first time orientation.

Youth Tennis Lessons (Ages 8 - 12)

Where: Scalzi Park Tennis Courts
When: September 19th - October 17th
Days: Saturdays
SESSION ONE: (9:15AM-10:15 AM) - **Sec. A**
SESSION TWO: (10:30AM-11:30 AM) - **Sec. B**
FEE: \$150.00 per child for 5 weeks
Program#: 2858
Staff: Classes will be taught by **GSTA staff**
Description: This program is designed to teach basic groundstrokes and volleys to children ages 8-12 who have already played some tennis or athletic rookies who are looking to test their talents in a new sport.

BINGO BASH (Grades 2 - 4) - New

Where: Davenport School Caf 
When: October 9th, 2015
Day: Friday
Time: 6:00PM - 7:30PM
Instructor: Recreation Staff
Fee: \$15.00 per student, includes food & beverage
Program#: 2828 - Sec. A
Description: Grab some friends and head to this great program where you can eat, socialize and win fabulous prizes. We will also serve pizza and beverages before this event begins, so don't eat dinner before you come. **There will be no registration taken on site and you must sign up ahead of time.** If car pooling, we must have a note stating whose parent will be signing out the specific group of children.
Limited space so sign up today!



PROGRAMS FOR KIDS BY BODYWISE BY BETTY

Heart Smart & Bodywise Fit Kids After School Program

Where: Bodywise Studio 990 Hope Street
When: September 16th - October 28th - **Session 1**
October 29th - December 16th - **Session 2**
Days: Tuesday (Zumba & Yoga) - **Sec. A**
Wednesday (Rebounding) - **Sec. B**
Thursday (Cardio Boxing/Boot Camp) - **Sec. C**
Time: 4:15PM - 5:30PM
Fee: \$85.00 per student one day per week
Instructor: Betty Kelly Camlin, Certified Instructor
Program #: 2864 - Session 1
2865 - Session 2

Description: If you have a child that needs to **GET MOVING** or if you just want to find a **FUN** unique **HEALTHY** alternative to your after-school routine, this pediatrician approved program provided in a kid friendly Fitness Studio in Springdale is it!! Program includes a world-class nutrition curriculum, **"Nutrition Detectives"** by Dr. David Katz of Yale. This innovative program **held at Bodywise Studio** provides fun, never boring fitness classes like. **For Boys and Girls.**
Note: Arrangements can be made with Betty to arrive at 2pm on the WED 1/2 days for additional fee. Book 2 classes/wk, both sessions, and arrangements can be made with Betty for pick up at the following schools at their dismissal times for an additional fee: Stillmeadow, Newfield, TOR, RIPP, Davenport, Springdale.

Kids Night Out - Parents Night Off

Where: Bodywise Studio 990 Hope Street
When: September 26th - Fall Yoga Spa Theme **Sec. A**
October 24th - Halloween Costume Party - **Sec. B**
November 21st - Thanksgiving Theme Fitness - **Sec. C**
December 19th - Holiday Secret Santa Theme - **Sec. D**
Days: Saturdays
Time: 6:00PM - 10:00PM
Fee: \$80.00 per student per session
Instructor: Betty Kelly Camlin, Certified Instructor
Program #: 2867

Description: This Saturday evening program allows students grades 1-6 to enjoy an evening out with friends. Each evening includes fun fitness, Rebounding & Yoga, Zumba, Games, & dinner. We will also make healthy snacks, have Karoke, active video games, popcorn and a movie. Each one has a different theme and students should bring a water bottle and a towel.

Visit website@www.bodywisebybetty.com for more details



Hoop Girl Dance & Yoga Program For Ages 7-13

Where: Davenport Elementary School
When: September 21st - November 2nd- **Sec. A**
November 9th - December 14th- **Sec. B**
Days: Mondays
Time: 4:40PM - 5:30PM
Fee: \$80.00 per student per session
Instructor: Betty Kelly Camlin, Certified Instructor
Program #: 2866
Description: **Girls** will be hooping it up to their favorite pop tunes using beautiful, specially designed **FITNESS/DANCE** hoops that are handmade, slightly weighted, larger hoops, which makes learning hooping easier for beginner and challenging for the pro. We will start with a dynamic warm up using the hoops, eventually learn to move and dance with the hoop or can improve their hooping skills. **YOGA BREATHING:** Adding breath to the movements, by inhaling as the hoop moves away from the body and exhaling when the hoop comes close to the body stimulates circulation adding oxygen to the brain and energizes the body and cardiovascular activity while toning muscles and strengthening the core. We will use the hoop with Yoga poses at the end of class to add balance, extend stretches and to help rotate the torso, creating body awareness in a playful new form of exercise. **Hoops are provided.**

FUN TO BE FIT KIDS 4 Fun Fitness (Gr.1-4)

Where: Davenport Elementary School
When: September 21st - November 2nd - **Sec. A**
November 9th - December 14th- **Sec. B**
Days: Mondays
Time: 3:50PM - 4:30PM
Fee: \$80.00 per student per session
Instructor: Betty Kelly Camlin, Certified Instructor
Program #: 2868
Description: **JUMP ROPE** (including Chinese Jump Rope), **HOOPING** , **YOGA** for Boys & Girls. Fun Fitness, obstacle courses and games using a variety of fitness tools, that will improve their dexterity, stamina, endurance, agility , strengthen and core muscles **Performed to energizing kids pop music. Changes every two weeks during the session.**



Fall Aquatics Lessons & Open Swim

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 Monday and Friday lessons. The cost for Wednesday lessons is \$105.00 per child for 7 weeks this fall.

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 #: 2872

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 #: 2873

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 #: 2874

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#: 2875

Swim Class Days & Times

Mon. September 21st - November 16th (No class 10/12)

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**

Wed. September 30th - November 18th (No class 11/11)

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**

Fri. September 25th - November 13th

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 22nd - November 17th (No Class 11/3)

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#: 2876

Description: Lessons are designed for beginner adults 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 21st - November 18th** and will follow the school closing schedule. The pool will not be open on October 11th or November 11th, 2015. **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 28th, 2015 - 10:00AM - 3:00PM

Tuesday, December 29th, 2015 - 10:00AM - 3:00PM

Wednesday, December 30th, 2015 - 10:00AM - 3:00PM

Thursday, December 31st, 2015 - 10:00AM - 3:00PM

Saturday, January 2nd - 2016 - 10:00AM - 3:00PM

Fee: \$400.00 per student

Program#: 2877 - Sec. A

Note: Payment Plan Available



Ski Bums, Election Day Trip & Horseback Riding

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

Where: Thunder Ridge Ski Area

When: Friday, January 8th, 2016 – **Section A**

Friday, January 22nd, 2016 - **Section B**

Friday, February 5th, 2016 - **Section C**

Friday, February 19th, 2016 - **Section D**

Departure: 4:00PM from the Government Center

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

Fee:

\$33.00 per trip for lift ticket & transportation per trip

\$20.00 per person extra for ski rentals per trip

\$25.00 per person extra for ski lessons per trip

\$20.00 per person extra for snow boards plus deposit per trip

Program #: 2878

Description: Back this winter by popular demand for the twelfth 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 Patter-son New York to enjoy an evening of skiing and/or snow board- ing. 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 Stam- ford. 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**

Horse Back Riding Lessons

Where: Mead Farm at 107 June Road, Stamford

When: Sunday - October 18th - November 8th

Time: 3:30PM - 4:30PM

Day: Sunday - **Max 16 students - No Make ups!**

Fee: \$220.00 per person /per section

Program#: 2856 - Section A

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! **Required**

Forms: All participants must fill out the required waiver forms that can be down loaded from our website at

www.stamfordrecreation.com and **returned to Mead Farm by October 12th, 2105** to participate in the program

Election Day Field Trip (Gr. K-5)

When: November 3rd, 2015

Day: Tuesday

Time: 8:15AM - 4:00PM

Depart: Government Center Lobby

Fee: \$35.00 per child/ includes ticket & Transportation

Staff: Full Time & Seasonal Staff Chaperones

Program#: 2879 - Sec. A

Description: The Intrepid Sea, Air & Space Museum is dedicated to the exhibition & interpretation of history, science and services is related to it's home aboard the aircraft carrier Intrepid, a National Historic Landmark. Students will **enjoy this fun day in New York on their day off from school.**



Birthday Party Info

We offer 5 types of fun birthday parties for ages 4 - 10 on Saturdays Only

Held at: Zion Lutheran Church-Glenbrook Road
First Presbyterian (Fish Church) - Bedford Street
Fort Stamford –Westover Road.

Party Types:

Classic Party – Just like the Good Old Days

Super Sports Party- A Great Active Party for the Sports Lover

Butterfly Party - A Fun Time for your Butterfly Princess

Hawaiian Luau - Party in Paradise with Island Fun

Zoo Party - A Great Party for your Animal Lover

Fee \$275.00 per party - includes Party Staff, Goodie Bags, card & small gift for the birthday child, and all equipment you needed for the party you choose.

Program#: 993

For more information or to schedule your party contact :

Bobby Pentino, Recreation Leader at (203)977-4645
rpentino@ci.stamford.ct.us or **Erica Grant Birthday**

Party Coordinator at egrantstamford@gmail.com

Stamford Recreation Services 888 Washington Blvd-
Stamford CT 06901



December School Break Programs

BATTLETRAX Program - Free For Children Ages 5-12

Where: First Presbyterian Church/1101 Bedford Street

When: November 21st

Day: Saturday

Time: 2:00PM - 3:00PM

Fee: Free

Instructor: Play - Well TEKologies Staff

Program#: 2880 - Sec. A

Description: Compete for the title of BattleTrack Champion! Build a motorized train that will take on other competitors on our monorail tracks. Students can let their imagination run wild with designing, building, and testing different mechanisms till the right parts are combined into the ultimate Battletrack machine **You must preregister for this event and it is open to a max of 24 children.**



Winter Wonderland Workshop With Lego (Ages 5-6)

Where: Davenport School Caf 

When: December 28th - December 30th

Day: Monday, Tuesday & Wednesday

Time: 9:00AM - 12:00PM

Fee: \$118.00 per child

Instructor: Play - Well TEKologies Staff

Program#: 2881 - Sec. A

Description: In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas and more. We will build a hilltop village complete with slopes for our LEGO skiers and sleds, and even holiday lighting. **Max of 24 spots in this program!**



Winter Wonderland Workshop With Lego (Ages 7 - 12)

Where: Davenport School Caf 

When: December 28th - December 30th

Day: Monday, Tuesday & Wednesday

Time: 1:00PM - 4:00PM

Fee: \$118.00 per child

Instructor: Play - Well TEKologies Staff

Program#: 2882 - Sec. A

Description: In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas and more. We will build a hilltop village complete with slopes for our LEGO skiers and sleds, and even holiday lighting. **Max of 24 spots in this program!**



Peak Performance Sports Camps

December Vacation Camp

Where: Davenport Elementary School Gym

When: December 28th - December 31st

Days: Monday - Thursday

Time: 9:00AM - 12:30PM - 2 Half Days \$66.00 - **Sec. A**
9:00AM - 4:00PM - 2 Full Days \$110.00 - **Sec. B**
9:00AM - 12:00PM - 3 Half Days \$99.00 - **Sec. C**
9:00AM - 4:00PM - 3 Full Days \$165.00 - **Sec. D**
9:00AM - 12:30PM - 4 Half Days - \$132.00 - **Sec. E**
9:00AM - 4:00PM - Full Days - \$220.00 - **Sec. F**

Program#: 2883

Description#: Stamford Recreation is proud to present Peak Performance School Vacation Camps! The programs will provide children a unique opportunity to participate in various sports and activities that they play during their physical education classes but during vacation breaks. These programs will be an all sports format for children ages 4-12 year old. The camp will allow children the chance to play everything they see during the school year! Floor hockey, Pinball, Battleship, Basketball, Tag Games, Wiffleball, Soccer, Flag Football and much more. All the camps supervised by Physical education teachers.

Lego , Erector, K'Nex December Vacation Camp (Ages 5-12)

Where: Westover Elementary School Caf 

When: December 28th - December 31st

Day: Monday - Thursday

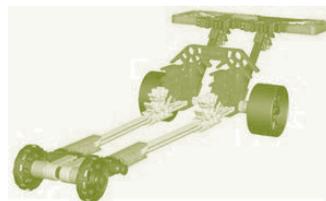
Time: 8:30AM - 2:30PM

Fee: \$131.00 per child for three days - **Sec. A**
\$175.00 per child for the four days - **Sec. B**

Instructor: CT Computer Education Staff

Program#: 2833

Description: **It's never too early to start planning for the holiday break!** So what's the easiest way to build a car, plane or tractor? What type of building blocks can make better machines? This class breaks down the three building types with directions and using your imagination to build the most awesome things you can dream up. Children will work in groups and teams to challenge each others ideas. Please bring a snack and a lunch every day to class. No building blocks will be taken home. Pictures will be e-mailed home.



FALL PROGRAM

Eagles of Stamford Soccer Clinics (ages 5-13)

Where: Lione Park

When: September 8th - October . 29th 2015

Days: Tuesdays and Thursdays

Fee: \$150.00 per child for or 8 weeks
\$105.00 for siblings

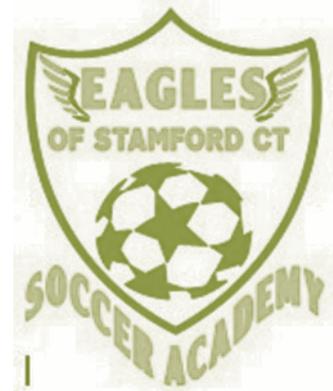
Time: 5:15PM - 6:15PM / **5 - 7 year olds Sec. A**
5:15PM -6:15PM / **8 - 10 year olds. Sec. B**
6:15PM -7:15PM / **11 - 13 years olds. Sec. C**
6:15PM -7:15PM / **8-10 years olds. Sec. D**

Instructors: Eddy, Jhonatan and Ricky Certified Soccer Instructors

Program #: 2884

Description: "Where seeds grow to harvest a bright future"

At Eagles of Stamford we create a fun, safe, and friendly environment that provides the necessary tools to enable each player to achieve success through motor skills as well as tactical learning while promoting physical fitness. **Please bring a bottle of water.**



Seasonal After School Positions For Students This Fall

Stamford Recreation Services is looking for students ages 16 & up to work after school programs, special events and other programs throughout the school year. Applications are available at the Recreation Office located on the first floor of the Government Center at 888 Washington Blvd. For more information regarding the positions, **please contact Bobby Pentino at 203-977-4645 or email him at RPentino@StamfordCT.gov**



Adult Fall/Winter Leagues 2015-16

Stamford Recreation Services offers Adult Basketball, Soccer, Flag Football and Volleyball Leagues . Our leagues are open to all Stamford Residents and companies. For more information please go to our web site at www.stamfordrecreation.com or join us at one of the information meetings listed below!

Come to one of our interest/registration meetings:

August 12th – Indoor Volleyball League Registration
6:00 PM – Recreation Office

August 12th – Fall Softball Registration –Recreation Office
Starting at 6:00 pm

August 12th – Men's Flag Football League—Recreation Office
Starting at 7:00pm



Registration for the Fall Philadelphia Bus Trip, Soccer Tikes, Eagle Soccer Academy and the Horse Back Riding Lessons begin on-line and in the office August 17th, 2015. Registration for all other programs begin on-line September 8th & walk-in registration begins September 9th, 2015.

Adult Fitness, Tennis & Voice Lessons

Zumba, Cardio Pump, Box & Barre Fusion For Adults

Where: Bodywise Fitness Studio 990 Hope Street
When: September 17th - October 23rd - **Program#:** 269
October 29th - December 15th - **Program#:** 2870
Day: Tuesday - 6:15PM (Step/Box) - **Sec. A**
Thursday - 6:15PM (Zumba/Box) - **Sec. B**
Friday - 9:15AM (Zumba/Box) - **Sec. D**
Fee: \$90.00 per person once a week for 6 weeks
Instructor: Betty Kelly Camlin, Certified Instructor
Description: This is new “HYBRID” class fuses the best of the most popular fitness venues into one to re-shape and tone your body entirely. **Zumba, Steps, Ballet Barre, Cardio Boxing moves for interval cardio training, and Bar Bells, Free weights, Body Weight, Resistance Tubing, Stability Balls, Pilates Balls, Barre and more for Body sculpting/strength training.** This class fires up all the muscles of the body and allows you to burn tons of calories, and get in the best shape of your life. **Consistency is key!!** These tools are used in an inspiring, motivating group environment with fantastic music, and great women participating. Class ends with Abd work/ Pilates and a Yoga stretch. **Please bring a water bottle clean sneakers and towel.**

Personal Training For Women

Where: Studio B - 990 Hope Street in the State Theater
When: September 21st - October 29th - **Program#:** 2871
November 2nd - December 17th - **Program#:** 2872
Days: Monday & Wednesday - 5:45PM - **Section A**
Tuesday & Thursday - 10:30AM - **Section B**
Tuesday & Thursday - 7:30PM - **Section C**
Fee: \$270.00 per person per section for 6 weeks/ 2 clients
\$240.00 per person per section for 6 weeks / 3clients
Instructor: Betty Kelly Camlin, Certified Instructor
Description: SMALL GROUP 2-3 WOMEN Research shows that working out with a friend significantly increases fitness results and goals. So grab a friend or two and get fit affordably (1/2 the cost of most trainers) while using the “buddy system” to keep you motivated to “stick to it” **Betty will make it challenging and fun!!**

Note: Betty is a cert. personal trainer, Master Rebound instructor, Zumba, Step, Barre, Boxing, Yoga & Strength cert. specializing in women’s health, wellness, fitness and Nutrition. Studio is located at 990 Hope Street- corner of the Sate Theater Building. Parking s in the back of building.

Rebounding - Strength & Barre Fusion

Where: Studio B - 990 Hope Street in the State Theater
When: September 19th - October 29th
Days: Monday - 6:15PM (Beginner Health Bounce) - **Sec. A**
Tuesday - 9:15AM (All Levels Strength Training) - **Sec. B**
Wednesday - 7:00PM (All Levels of Strength) - **Sec. C**
Saturday - 9:15AM (All Levels Strength Training) - **Sec. D**
Fee: \$85.00 one class per week/ 6 week classes most chose one
Instructor: Betty Kelly Camlin, Certified Instructor
Program #: 2892
Description: REBOUNDING (mini-trampoline aerobics) is one of the best-healthiest workouts around. Class leaves you feeling exhilarated with unbelievable energy. This class uses standard aerobic moves, dance moves, plyo specific training, core stabilization techniques, strength training using free weights, bars and Ballet Barre routines performed both on and off the Rebounder, ending with abdominal work, performed to high-energy music with an enthusiastic instructor! **ONLY** exercise that detoxes your cells, as it challenges your heart and lungs, while continually engaging your core

Teen/Adult Tennis Lessons (Ages 16 Plus)

Where: Scalzi Park Tennis Courts
When: September 19th - October 17th
Day: Saturday
Time: 9:30AM - 10:30AM
Fee: \$175.00 per person for weeks
Instructor: GSTA STAFF
Program#: 2885 - **Sec. A**



Description: This program is designed to be an introduction to tennis. Participants will be taught the fundamentals of forehand, backhand, serves and volleys as well as the rules of the game.

Voice Lessons For Adults - NEW

Where: Dolan Middle School
When: October 7th - December 9th
Day: Wednesday
Time: 7:00PM - 7:45PM
Fee: \$150.00 per person for 8 weeks
Instructor: Virginia Herrera - Crilly
Program#: 2886 - **Sec. a**



Description: If you can speak you can sing² 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 of your choice. We will end each session with a performance for your family and friends!
No class November 11th and November 25th

Adult Fitness Programs & Bus Trips

Krav Maga Adults (KMX)

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

When: September 21st - November 29th

Days & Time: 11:15AM - **Sunday**

7:30PM - **Monday**

6:30PM - **Tuesday & Thursday**

10:30AM - **Saturday**

Fee: \$249.00 per person for **10 weeks unlimited**

Instructor: Tom Bacha

Program#: 2861 - **Sec. 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.

Women's Group Training Class

Where: BreakThru Family Fit For Life

When : September 23rd - December 2nd (No class 11/25)

Day: Wednesday

Time: 6:30PM - 7:30PM

Fee: \$149.00 per person for 10 weeks/includes free

Membership to the gym 7 days a week.

Instructors: Kimberly Colletto

Program#: 2862 - **Sec. 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 with a great cardio cross training and strength workout! **Ace certified personal trainer specializing in women's fitness.**

Women's Only Gym

Where: BreakThru Family Fit For Life

When: September 21st - November 29th

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

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

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

Fee: \$125.00 per person for 10 weeks/ Unlimited days

Instructors: Personal Trainer: Kimberly Colletto

Program#: 2863 - **Sec. 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!

Philadelphia On Your Own In The Fall

When: September 26th, 2015

Day: Saturday

Depart: Government Center Lobby at 7:30AM

Return: Government Center Lobby at 6:30PM

Fee: \$35.00 per person for residents

\$45.00 per person for non - residents

Program #: 2887 - **Sec. A**

Back By Popular Demand! Come join us this spring as we travel to Philadelphia, a city filled with great American history. Spend the day with family or friends as you are dropped off at the National Constitution Center. You can then enjoy this site or travel to the Franklin Institute, Adventure Aquarium, Philadelphia Zoo, Please Touch Museum or the 5 Eastern state Penitentiary where Al Capone spent several years. What ever you choose to do or see you **will love this day in Philadelphia.**



Mohegan Sun Trip

Where: Mohegan Sun Casino

When: October 10th, 2015

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$30.00 per person per trip/includes drivers tip

Program #: 2888 - **Sec. 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.



Woodbury Common Holiday Shopping Trip

Where: Central Valley New York

When: October 24th, 2015

Day: Saturday

Departure Time: 9:00AM

Return Time: 6:00PM

Fee: \$30.00 per person per trip / includes drivers tip

Program #: 2889 - **Sec. A**

Description: **With the holidays right around the corner,** come join as we travel to this 220 Premium Outlet Center and enjoy a day of shopping. Sit back and relax and leave the driving to us and get a jump on that holiday shopping season!



Youth Recreation Sponsorship Initiative

A GREAT WAY TO HELP MAKE A CHILD FEEL SPECIAL!

The objective of this initiative is to match individuals or businesses who would like to sponsor a child/children in one or more Stamford Recreation Services programs throughout the year. Stamford Recreation Services will manage a database of sponsors and children and link them together. Interested sponsors should contact the Recreation Services Division at 977-5214. Gifts will pay directly for the child's program, and the parent or guardian of the child will be responsible for getting the child registered and to the program. Children and their families will be kept anonymous to the donor. Sponsorship forms for children will be available at the Stamford Recreation Services Office and on our web site at **www.Stamfordrecreation.com**. All Stamford youth ages 3 -13 who are qualified to receive free lunch in the Stamford school system will be eligible. Private or parochial school children must meet the same personal financial criteria to qualify for the public school free lunch program. There will be a limit of one sponsorship per year, per child and selections will be made via a lottery system. This scholarship program allows children an equal opportunity to participate in after school activities and recreation programs, such as swimming lessons, sports, camps, etc. and this initiative allows such families the opportunity to have their child(ren) become actively involved in organized after school and recreation programs.*

We look forward to the citizens of Stamford taking advantage of this wonderful program.!

**For more information about this sponsorship program, please contact the
Recreation Services Office at 977 - 5214.**



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