

MAYOR MICHAEL PAVIA

STAMFORD RECREATION SERVICES Fall Brochure 2012



ONLINE REGISTRATION BEGINS SEPTEMBER 6, 2012 FOR 50% OF ALL PROGRAMS

WALK IN REGISTRATION BEGINS FRIDAY, SEPTEMBER 7, 2012



Monika Satur Photography

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: Michael Pavia

Director Of Operations: Ernie Orgera

Department Staff

Superintendent: Laurie Albano

Assist. Superintendent: Scott Kassouf

Assist. Superintendent: Scott Beauregard

Recreation Leader: Megan Gearhart

Office Support Specialist: Tina Baines

Office Support Specialist: Maura Rudd

Recreation Office Holidays

Monday, September 3rd - Labor Day

Monday, October 8th - Columbus Day

Monday, November 12th - Veteran's Day

Thursday, November 22nd - Thanksgiving

Friday, November 23rd - Thanksgiving Break

Parks & Recreation Commission

Joseph Andreana: Commissioner

Beth Cooper: Commissioner

Michael Macari: Commissioner

Timothy McGuinness: Commissioner

David Winston: Commissioner

Office Hours

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

Registration begins on-line Sept. 6th
Walk-in registration begins Sept. 7th, 2012

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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



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.

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.**

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 Mastercard. On-Line registration for fall programs begins Thursday September 6th, 2102 at 8:30am and walk - in registrations begins on Friday September 7th 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.



Special Events For Families

Halloween Hullabaloo For Children

Come join us for this fun and relaxing Halloween Event for children ages 3-8 this fall. The event will include face painting, moon bouncers, Music, Entertainment, goodie bags and more. The event is limited to a 150 participants and tickets must be purchased in advance and will not be sold the day of the event. Roary the Tiger and his friend Sharkey the Shark will be on hand.

Where: Turn of River Middle School

When: Saturday, October 27th

Time: 10:30AM - 12:00PM

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

Staff: Recreation Services Staff

Program #: 1400

Note: Tickets will go on sale September 7th at the Recreation Office and can not be purchased on-line.

The 12th Annual Hay Ride With Santa At Cove Island

Come join us for the 12th 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 1st, 2012.** The event has **sold out for the past 11 years.**

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

When: Saturday, December 1st, 2012 -**Day 1**

Sunday, December 2nd 2012 -**Day 2**

Time: 9:00AM -1:00PM & 2:00PM -5:00PM - **Sat.**

11:00AM - 3:00PM only - **Sunday**

Fee: \$5.00 per person (**all riders must purchase a ticket**)

Staff: SANTA, and The Recreation Services Staff

Program #: 1401 - Saturday / 1402 - Sunday

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

Partners in Play: (12 -24 months)

Partner up with your toddler as they discover new age-appropriate equipment each week. Help them learn new skills as they creep, crawl, balance, throw, color and more in a new environment.

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

When: October 2nd - November 13th

Time: 9:30AM -10:00AM

Day: Tuesday

Fee: \$40.00 per child for 7 weeks

Instructors: Monica and Sean

Program#: 1403



Munchkin Craft & Story time (2-3 years)

Using various art materials and help from their care-givers, children will make a craft and then enjoy an age-appropriate book. A small snack will also be served.

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

When: October 2nd – November 13th

Time: 10:30AM -11:15AM

Day: Tuesday

Fee: \$47.00 per child for 7 weeks

Instructors: Monica and Sean

Program#: 1404



Animal Action: (3 ½ - 5 years)

Puppies, ponies, kittens, fish and more. Learn more about your favorite animal friends through crafts, stories, songs and games. **Parent participation optional.**

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

When: October 2nd – November 13th

Time: 11:30AM -12:00PM

Day: Tuesday

Fee: \$40.00 per child for 7 weeks

Instructors: Monica and Sean

Program#: 1405



Open Gym for toddlers: (2 - 3 years)

This program gives you the opportunity to meet other toddlers and their parents in a playgroup atmosphere. Children will have access to various play equipment, toys, musical instruments, simple art projects and more, to play at their own pace. **Great for bonding time with parents and grandparents.**

Where: Zion Lutheran church at 132 Glenbrook Rd.

When: October 3rd – November 14th

Time: 10:00AM – 10:45AM

Day: Wednesday

Fee: \$47.00 per child for 7 weeks

Instructors: Monica and Sean

Program#: 1406



Preschool fun club (3 - 4 years)

Lots of fun is packed into this class which is full of activities like sports, games, musical instruments, cooking, crafts, stories and more. Each class will begin with free play to encourage your child's social skills and creativity. An adult and child class.

Where: Zion Lutheran Church at 132 Glenbrook Avenue

When: October 3rd – November 14th

Time: 11:00AM – 11:45 AM

Day: Wednesday

Fee: \$47.00 per child for 7 weeks

Instructors: Monica and Sean

Program#: 1407



Jumping Jacks and Jills (3 - 3 1/2 years)

A fun way for children to learn to play with new friends. This class is structured around various sports, games and exercise set to music. The children will work with balls, hoola-hoops, parachutes etc. to improve co-ordination, strength and agility. An adult and child class.

Where: Zion Lutheran Church at 132 Glenbrook Rd.

When: October 4th – November 15th

Time: 10:00AM - 10:45AM

Day: Thursday

Fee: \$47.00 per child for 7 weeks

Instructors: Monica and Sean

Program#: 1408



Start Smart Sports (3 ½ - 5 years)

Is your preschooler getting ready to join the little leagues? This proven instructional program will prepare him/her for the world of organized sports without the fear of competition. Parents work with their child in a supportive environment to learn the fundamental skills of various sports like soccer, baseball, basketball, hockey and more!

Where: Zion Lutheran Church at 132 Glenbrook Rd.

When: October 4th – November 15th

Time: 11:00AM - 11:45AM

Day: Thursday

Fee: \$47.00 per child for 7 weeks

Instructors: Monica and Sean

Program#: 1409



Junior Chefs: (3 -5 years)

An all-time favorite, this class will introduce your child to simple kitchen skills and hopefully foster a love of cooking. Children will also learn about fruits, vegetables, tastes, temperature, shopping etc. Convenient for children who attend pre-school too.

Where: Zion Lutheran Church at 132 Glenbrook Rd.

When: October 4th – November 15th

Time: 12:30 PM - 1:15PM

Day: Thursday

Fee: \$47.00 per child for 7 weeks

Instructors: Monica Rao and Sean

Program #: 1410

Preschool & Youth Programs

Soccer Tikes For Preschoolers

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!**

Where: Scalzi Park

When: September 15th - October 20th

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 #: 1411

Note: Saturday mornings if there is inclement weather, please call 203-977-5214 for the program status.

Mommy & Me Zumba & Yoga For kids(1 1/2 - 4)

Join us as we celebrate and explore Zumba Little Stars “ fun” dance in this playful event. Our Zumba dance PARTY is followed by basic Yoga postures & a wonderful relaxation. Fun props such maracas, scarves, and jingly belly shirts are used to engaged the toddlers in this wonderful class for mom & child.

Where: Bodywise Fitness Studio 990 Hope Street

When: September 24th - December 3rd

Time: 10:45AM - 11:30AM

Day: Monday

Fee: \$99.00 per child

Instructors: Betty Camlin, Certified Instructor

Program#: 1412

Note: No class on (10/8, 11/12 & 11/19)

BORN TO READ - BREATHE YOGA

Children ages 3-5 We'll read a favorite book or tell an imaginative tale each week and engage our toddlers' creativity, self-expression, and energy. Children will explore these stories by becoming the tree, the flower, the bunny or frog in the story and do what toddlers do best--move! We'll develop strength, flexibility, balance, and focus through this imaginative, yoga-based adventure and play. Animal sounds will fill the room in this fun, lightly structured environment. Betty will provide the Yoga mats.

Where: Bodywise Fitness Studio 990 Hope Street

When: October 3rd - December 5th (**No class 11/21**)

Time: 11:00AM - 11:45AM

Day: Wednesday

Fee: \$99.00 per child

Instructors: Betty Camlin, Certified Instructor

Program#: 1413

ZUMBATOMICS/YOGA KIDS (3 1/2 - 5)

Join us as we celebrate and explore Zumba “Little Stars” and “spicy & fun” Masala Bhangra dance in this playful event. Our Zumba dance PARTY is followed by basic Yoga postures & a wonderful relaxation. Fun props such a maracas, scarves, and jingly belly shirts are used to engage the toddlers in this wonderful class.

Where: Bodywise Fitness Studio 990 Hope Street

When: September 27th - November 15th

Time: 11:00AM - 11:45AM

Day: Thursday

Fee: \$99.00 per child

Instructors: Betty Camlin, Certified Instructor

Program#: 1414

♪ Mind, Music, Movement™ Early Education Program

Mind, Music, Movement™ is a wonderful opportunity for **children ages 3 – 5 years old** to participate in a stimulating learning environment where activities are designed specifically to promote school readiness skills. Through a combination of musical awareness, introduction of yoga techniques and learning through play students build and strengthen speech and language development, intellectual development, motor development, and social-emotional development. Students will enjoy invaluable learning experiences with music teachers, certified yoga instructors, parent educators and certified teachers that are integrated through activity centers, finger plays, music and movement, storytime, literacy, celebrations and more.

When learning a song, a musical instrument, or a dance step, children experience the unique integration of body and mind that music provides. Sensory integration is a crucial factor in children's learning readiness for school subjects such as reading, writing, and math. **This program will:** help your child get ready for school and start to form the foundation for a successful education later in life, will teach critical social skills including interacting with others, learning to share, waiting his/her turn, and listening when others are talking, foster musical development in all children, create activities that activate all parts of the brain, teach the fundamentals of music, explore musical expression from around the world, help students to become strong, calm, confident, more focused and compassionate kids through yoga techniques, help students experience fun ways to actively engage in meaningful play, inspire children's love of books, story telling and language, nurture your child's imagination and curiosity value each child's unique personality and learning style.

Where: UConn Stamford Campus

When: September 10th - December 14th

Time: 9:00AM - 12:00PM

Days: Monday, Wednesdays & Fridays

Fee: \$50.00 per day per child for 15 weeks

Instructors: Wendy Gerbier

Program#: 1423



Pixalina Dance & Horse Back Riding & Art Programs

Tiny Tu - Tus (Age 2)

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 leotards, tights and pink ballet slippers required.**

Where: Pixalina Dance/929 Hope Street

When: September 28th - December 7th (No class 11/23)

Day: Friday

Times: 9:30AM - 10:15AM

Fee: \$175.00 per child for 10 weeks

Instructors: Danette Cahr

Program#: 1424



Swan Ballet (Age 3)

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. **Light blue leotard, pink tights & pink ballet slippers required.**

Where: Pixalina Dance / 929 Hope Street

When: September 28th - December 7th (No class 11/23)

Day: Friday

Time: 10:30AM - 11:15AM

Fee: \$175.00 per child for 10 weeks

Instructors: Danette Cahr

Program#: 1425



Princess Ballet (Ages 4 - 5)

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.**

Where: Pixalina Dance / 929 Hope Street

When: September 28th - December 7th (No class 11/23)

Days: Friday

Times: 11:30PM - 12:15PM

Fee: \$175.00 per child for 10 weeks

Instructors: Danette Cahr

Program#: 1426



Ballet/Tap Combo (Ages 4 - 5)

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. **Light blue leotard, pink tights & pink ballet slippers required.**

Where: Pixalina Dance / 929 Hope Street

When: September 28th - December 7th (No class 11/23)

Days: Friday

Time: 1:45PM - 2:45PM

Fee: \$175.00 per child for 10 weeks

Instructor: Ms. Tatum

Program #: 1427



Horseback Riding Lessons With Mead Farm

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

Where: Mead Farm on 107 June Road, Stamford

When: Sunday - September 9th - September 30th - **Section A Monday** - September 10th - October 1st - **Section B**

Time: 3:30PM - 4:30PM - **Sunday**

6:00PM - 7:00PM - **Monday**

Fee: \$180.00 per person /per section

Instructor: Mead Farm Staff

Program#: 1440

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 at www.stamfordrecreation.com and returned to Mead Farm by **September 1st, 2012 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 20th, 2012 at 8:00am on-line or at the Recreation Office.

Art Explosion (Gr. K -2)

In this hands-on art class, students need to dress for a messy art experience using a variety of art supplies such as paint, clay and other supplies to make sculptures as well as abstracts. Sample activities are Salty watercolor paintings and shaving cream art.

Where: Westover Elementary School

When: October 1st - November 19th (No class 10/8 & 11/12)

Day: Monday

Time: 4:00PM - 5:15PM

Fee: \$75.00 for six weeks

Instructor: Nancy & Aeisha

Program#: 1429



Youth Science, Acting & Education Programs

Little Scientists (Grades K-2)

Little Scientists is a "hands-on approach" to learning about the world of science. **Boys and girls** will discover environmental & technological wonders. Little Scientists teachers follow a curriculum with a range of topics including Digging for Fossils, What Makes a Ball Bounce, and The Wonders of the Ocean. **Topics will vary by season.**

Where: Roxbury School

When: October 1st - December 3rd

Day: Mondays

Time: 4:00PM - 4:45PM

Fee: \$159.00 per student per section for eight weeks

Instructor: Frank Lee, Certified Instructor

Program #: 1432



Performing Arts Acting Classes (K-2)

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

Where: Turn Of River Middle School Auditorium

When: October 3rd - Nov 21st (No class 10/31)

Day: Wednesday

Time: 4:00PM - 4:45PM

Fee: \$132.00 per child for 7 weeks

Instructor: Performing Arts Programs Staff

Program#: 1433



Motor Movers 1/2 (K-5) - NEW

It's a whole new dimension of Lego building when you create your own Motor Mover. Build a monkey, a bird and other fascinating creatures that move. This monkey moves hand-over-hand on the high wire, or use your imagination the sky is the limit, to create dozens of other motorized creations. Put it together, take it apart and build whatever you choose. Please bring lunch and a snack. **Space is limited!**

Where: Fort Stamford located on Westover Road

When: Monday, October 8th, 2012 - **No School**

Time: 8:30AM - 2:30PM

Fee: \$40.00 per child

K'NEX and Lego 1/2 (K-5) - NEW

Come join us for a fun filled class with using K'NEX and Lego building sets each day. Children will discover the difference between building sets and which sets are more unique than others. The class is co-ed and children will build in groups Please bring lunch and a snack. **Space is limited!**

Where: Fort Stamford located on Westover Road

When: Monday, November 12th, 2012 - **No School**

Time: 8:30AM - 2:30PM

Fee: \$40.00 per child

Program# : 1436

Flying Madness with Lego (K-5) - New

Is it a bird? A plane? No, it's a Motion Madness LEGO model! Build a crazy new creation and watch it fly up a string or ride a bike across the floor. Invent whatever you choose, then set the wheels in motion as you place your creation on a string. Max of 12 students!

Where: Davenport School

When: September 24th - October 29th (No class 10/8)

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$107.00 per child

Instructor: CT Computer Education Staff

Program#: 1437



JR.Robotics to the Extreme (K-5)

This class is scaled down from the regular Robotics program to give children a sense of building using the amazing LEGO™ Mindstorms™ system and imagination. This class focuses on building simple and complex machines using Legos. This class includes using the powerful RCX programmable brick, various sensors. A teamwork setting and computer technology. **Max of 12 students!**

Where: Davenport School

When: September 24th - October 29th (No class 10/8)

Day: Monday

Time: 5:05PM - 6:05PM

Fee: \$107.00 per child

Instructor: CT Computer Education Staff

Program#: 1438

Chemical Reaction (K-5) - New

Join in on the fun in this class as we experiment with reactions to various products we use every day. Come join this fun filled class of experiments. Please advise us if child/children are allergic to different products such as milk, baking soda, baking powder, vinegar, salt, sugar or cleaning products. Safety glasses will be provided and worn during this class at all times. Max of 12 students!

When: November 5th - December 10th (No class 11/12)

Where: Davenport School

Day: Monday

Time: 4:00PM - 5:15PM

Fee: \$107.00 per child

Instructor: CT Computer Education Staff

Program#: 1439



Registration for all programs except Horse Back Riding Lessons, Feast of San Gennaro Trip & Boston Trip begins on-line Thursday, September 6th at 8:30am for fifty percent of each program. Walk-in registration will begin on Friday, September 7th at 8:30am. **Registration for Horse Back Riding lessons, Boston Trip & The Feast of San Gennaro begin on Monday, August 20th at 8:00am.**

Youth After School Programs

Hip Hop For Girls

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 your clean sneakers and a water bottle each week. **No class October 8 or November 12th.**

Where: PixaLine Dance / 929 Hope Street

When: September 24th - December 10th

Day: Monday

Time: 4:15PM - 5:15PM (Gr. K-3) - **Sec. A**

5:30PM - 6:30PM (Ages 10-12) - **Sec. B**

6:45PM - 7:45PM (Teens) - **Sec. C**

Fee: \$175.00 per child for 10 weeks per section

Instructor: Fujiko Ueda

Program#: 1428

Performing Arts Acting Class (Gr. 3 - 6)

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. All materials included !

www.performingartsprograms.biz

Where: Turn Of River Middle School Auditorium

When: October 3rd - November 21st

Day: Wednesday

Time: 5:00PM - 6:00PM

Fee: \$132.00 per child for 7 weeks

Instructor: Performing Arts Programs Staff

Program #: 1434



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

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

Where: Davenport School

When: October 3rd - December 5th (No class 11/21)

Day: Wednesday

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

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

Fee: \$152.00 per person for 9 weeks

Instructor: Jo-Anne Claybourne

Program#: 1441



Cartooning With Mike (Gr. 1-2)

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.

Where: Westover School

When: October 3rd - November 14th

Day: Wednesday

Time: 4:00PM - 5:00PM

Fee: \$117.00 per child for 7 weeks/ **supplies included**

Instructor: Mike Pannone /Cartoonist

Program #: 1442

Get Into The Kitchen (Gr. K-1)

Each week children will enjoy making simple no cook foods as well as participating in hands on activities involving food and measurements. Please make us aware of any food allergies at the time of registration.

Where: Westover School

When: October 4th - November 8th

Day: Thursday

Time: 4:00PM - 4:50pm

Fee: \$75.00 per child (**Includes all supplies**)

Instructor: Nancy & Aeisha

Program #: 1431

Cartooning Madness (Gr 3-5)

Come bring your creativity and learn to work each week with a different theme, sport, cartoon character or gag to design your own cartoons. Not only will you be learning the correct way to draw, but you will have fun! Whether you have taken a cartooning class in the past or not, you will enjoy this six week program.

Where: Newfield School

When: October 4th - November 15th

Day: Thursday

Time: 4:00PM - 5:00PM

Fee: \$117.00 per child for 7 weeks/**supplies included**

Instructor: Mike Pannone /Cartoonist

Program #: 1443

Nancy's Kids Fundamentals (Gr K-2)

Come learn the basic fundamentals of sports in a fun and stress free environment each week. We will play games and learn new skills each week.

Where: Westover School

When: October 3rd - November 7th

Day: Wednesday

Time: 4:00PM - 5:00PM

Fee: \$45.00 for six weeks

Instructor: Nancy F

Program #: 1430



Tae Kwon Do & Youth Fitness Programs

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

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 9/26, 10/8, 11/12 & 11/21.**

Where: Westover School Gym

When: September 24th - December 12th

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#: 1444

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

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.

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

When: September 10th - October 26th - **Section A**
October 29th - December 14th - **Section B**

Days & Times: Mon, Wed. & Fri. 5:00PM - 5:45PM

Fee: \$210.00 per child per session/ Unlimited classes

Instructor: Tom Bacha & Kimberly Colletto

Program#: 1446

Kids Boot Camp (Gr. 6 - 8)

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 .

Where: Break Thru Family Fit 4 life/ 48 Union St.

When: September 13th - October 25th - **Section A**
November 1st - December 20th - **Section B**

Day: Thursday

Time: 4:15PM - 5:00PM

Fee: \$105.00 per child per section

Instructor: Kimberley & Kevin

Program#: 1447



Team Wrigley Tae Kwon Do (Ages 7 & Up)

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.

Where: Westover School Gym

When: September 24th - December 12th

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#: 1445

No classes on 9/26, 10/8, 11/6, 11/12 & 11/21



Kid's Fitness Circuit (Ages 7-13)

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.

Where: Break Thru Family Fit 4 Life

When: September 10th - October 28th - **Section A**
October 29th - December 16th - **Section B**

Day & Time: 4:00PM - 6:30PM - **Mon. - Thurs.**

4:00PM - 6:00PM - **Fri.**

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

Fee: \$120.00 per child per section / **Unlimited Days**

Instructor: Kimberly Colletto, ACE Certified Trainer

Program #: 1448

Youth & Teen Fitness Programs

FAMILY ZUMBA/DRUMS (Gr 1 - 4)

A FAMILY class with kids **grades 1 - 4** Join us in this unique program of ZUMBA DANCE and DRUMMING. Zumba is the latin inspired, dance aerobic program that is all the rage. This is a fun family friendly zumba that provides kids and adults a great workout- that's fun. We use belly skirts, scarves and other props to engage the kids. Kids Beats Cardio Drumming and dancing Zumba will challenge your fitness, memory, coordination and will stimulate both sides of the brain in this fitness/music/therapy program. Class will end with a relaxing Yoga stretch and Shavasana.

Where: Bodywise Fitness Studio 990 Hope Street

When: September 27th - November 15th

Day: Thursday and/or Saturday

Time: 4:50PM - 5:50PM (Thurs.) - **Sec. A**
10:30AM - 11:30AM (Sat.) - **Sec B**

Fee: \$99.00 per child per section

Instructor: Betty Camlin, Certified Instructor

Program#: 1415

NOTE:A family consists of one adult, and up to 2 children - min of 6 families to hold class)

YOGA FIT FAMILY (Ages 10 - 15)

This a Family friendly Yoga Flow class that is easy to follow for all levels and ends with some fun partner yoga and a relaxing Shavasana.

Where: Bodywise Fitness Studio 990 Hope Street

When: September 24th - October 29th - **Session I**
November 5th - December 10th - **Session II**

Day: Monday

Time: 6:00PM - 7:00PM

Fee: \$90.00 per session per child (ages 10-14)

\$80.00 per session per child (ages 15 & up)

Instructor: Betty Camlin, Certified Instructor

Program#: 1416

FUN TO BE FIT GIRLS (Ages 9-15)

REBOUNDING (aerobics on mini-trampoline) , ZUMBA GLOW, DRUMS ALIVE & YOGA FIT 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.

Where: Bodywise Fitness Studio 990 Hope Street

When: September 24th - December 10th

Day: Monday

Time: 4:45PM - 5:45PM

Fee: \$120.00 per child

Instructor: Betty Camlin, Certified Instructor

Program#: 1417

Note: No classes on (10/8, 11/12 & 11/19)

BODYWISE BY BETTY FITNESS STUDIO

990 HOPE STREET (corner of State Theater Building)
Parking behind the building and across street.

FUN TO BE FIT KIDS (Gr K-3)

ZUMBA, HOOPING, JUMP ROPE SPORTS, KICK BOXING KIDS, YOGA FIT 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 class is for boys & girls.

Where: Davenport School Gym

When: September 12th - December 5th

Day: Wednesday

Time: 3:45PM - 4:30PM

Fee: \$120.00 per child for 10 weeks

Instructor: Betty Camlin, Certified Instructor

Program#: 1418

Note: No classes on (9/26, 10/31 & 11/21)

YOGA HOOP DANCE (Gr 3 - 7)

HULA HOOP AEROBICS, DANCE & CONDITIONING CLASS – ENDS WITH A YOGA INFUSED WITH PILATES! Kid's Grades 3-7 will have a whirl of a time, in this session, HOOPING it up to their favorite pop tunes using beautiful, specially designed 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, hula hoop games, obstacle courses and learning "hooping tricks". We end with body strengthening YOGA for kids that is infused with Pilates for kids to work core/abdominal muscles, strengthen upper & lower body while improving flexibility.

Where: Davenport School Gym

When: September 12th - December 5th

Day: Wednesday

Time: 4:45PM - 5:30PM

Fee: \$120.00 per child for 10 weeks

Instructor: Betty Camlin, Certified Instructor

Program#: 1419

Note: No classes on (9/26, 10/31 & 11/21)



The Party Shop

Ages 4-7

We run Birthday Parties
on Saturdays during the
school year. For more
information on prices,
dates & party themes
call

Megan Gearhart at
977-5221!



Youth Ski Clinic & Election Day Field Trip

Skier's Dry Land Clinic

Children and teens age 8 and up will get in shape for the upcoming ski season. These dry land sessions are developed for the beginner, the recreational skier as well as the racer. A focus on skill development and developing in a fun way will develop muscle memory, build core strength and develop skills that can be applied first day on the slopes this winter. Isometrics Balance skills, Agility Training Speed, quickness development Video analysis Cross-training Building Core strength Technical skills, Start Gate skills Time Trials are all included.

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

When: October 16th - November 6th

Day: Tuesday

Time: 4:30PM - 5:30PM

Fee: \$180.00 per child

Instructor: Steve Van Orden -Certified level 3 PSIA Instr.

Program#: 1471

Election Day Field Trip (Gr. K-5)

Come join us as we travel to the New York Hall of Science. NYSCI's mission is to convey the excitement and understanding of science and technology to children, by galvanizing their curiosity and offering them creative, participatory ways to learn. NYSCI features the largest collection of hands-on science exhibits in New York City. Children will explore over 450 interactive exhibits. Each participant should bring a bagged lunch and spending money on the trip.

When: November 6th, 2012 (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#: 1472



Programs For Children With Special Needs

Sports Skills Express (Ages 5 - 12)

Adaptive Sports activities with a focus on social and emotional development. Your child will enjoy activities that focus on his or her physical development, through activities that work on motor planning, endurance, balance and coordination. A variety of sports are used each week such as soccer, softball, basketball, hockey and more!

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

When: September 9th - December 9th

Day: Sunday

Time: 12:30PM - Ages 8 and up - Section A

1:30PM - Ages 5- 7 - Section B

Fee: \$210.00 per child

Instructor: Special Education Teacher

Program#: 1449

Social Club (Ages 6 - 9)

This activities based group is a fun outlet to practice social skills. Activities will be geared for the appropriate age and the focus will include phone skills, making conversation, table etiquette, cooperation vs. competition and more!

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

When: September 9th - December 9th

Day: Sunday

Time: 11:30AM - 12:15PM

Fee: \$210.00 per child

Instructor: Special Education Teacher

Program#: 1450

Those Art Kids (6 - 10)

This exciting class is designed to teach and build upon your child's ability for art-making skills while encouraging creative and imaginative expression. This will enable children to express themselves, improve fine motor skills, learn about different cultures and to explore the environment and world around them.

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

When: September 12th - December 12th

Day: Wednesday

Time: 5:00PM - 6:00PM

Fee: \$245.00 per child (Includes all supplies)

Instructor: Dutchess - Venit Adomakoh

Program#: 1451



Healing Hearts Yoga

Kids will learn how to quiet their busy minds and tune into body awareness and breathe while improving stamina, strength, balance and concentration. Your kids will look forward to this every week.

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

When: September 13th - December 13th

Day: Thursday

Time: 5:15PM - 6:00PM

Fee: \$280.00 per child

Instructor: Carol Shwidock, Occupational Therapist

Program#: 1452



Youth After School Gym & Music Programs

Funsportz For Girl's (Gr. 1 - 2) - NEW

In this fun relaxing class, girls will learn the fundamentals as well as developing skills of soccer, basketball, volleyball and floor hockey. Not only will they make new friends but they will have an awesome time getting a good fitness workout after school.

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 1st - November 26th (No class 10/8 & 11/12)

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$50.00 for seven weeks

Instructor: Recreation Staff

Program #: 1456



Peanut Basketball (Gr. 1-2)

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!

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 2nd - November 20th (No class 11/6)

Day: Tuesday

Time: 4:00PM - 5:00PM

Fee: \$50.00 for seven weeks

Instructor: Recreation Staff

Program #: 1457



Spectacular Sports (Gr. 2-3) - NEW

If you enjoy sports and running around, then you will love this new afterschool class. Each week we will review the rules of the game then jump right into the fun. We will play will be indoor soccer, basketball, floor hockey, whiffle ball and more.

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 3rd - November 14th

Day: Wednesday

Time: 4:00PM - 5:00PM

Fee: \$50.00 for seven weeks

Instructor: Recreation Staff

Program #: 1458



The Basketball Academy (Gr. 3-4)

A great way for students to tune up their game! Each week includes drills, games and contests. A fun enjoyable and relaxing way to play your favorite game with friends.

Where: The Zion Lutheran Church 132 Glenbrook Road

When: October 4th - November 15th

Day: Thursday

Time: 4:00pm - 5:00pm

Fee: \$50.00 per child for seven weeks

Instructor: Recreation Staff

Program#: 1459



Neighborhood Soccer Club (Gr.1-2)

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.

Where: The Zion Lutheran Church 132 Glenbrook Rd

When: October 5th - November 16th

Day: Fridays

Time: 4:00PM - 5:00PM

Fee: \$50.00 for seven weeks

Instructor: Recreation Staff

Program #: 1460



Musikids Keyboard I (Ages 6-8)

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.

Where: Westover Elementary School

When: October 3rd - November 28th (No class 11/21)

Day: Wednesday

Time: 6:00PM-7:00PM

Fee: \$195.00 per child for 8 weeks

Instructor: Bob Fiorito

Program#: 1461



Musikids Keyboard II (Ages 6-10)

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

Where: Westover Elementary School

When: October 3rd - November 28th (No class 11/21)

Day: Wednesday

Time: 7:00PM - 8:00PM

Fee: \$195.00 per child for 8 weeks

Instructor: Bob Fiorito

Program#: 1462

Guitar Lessons (Gr. 3 - 5)

If your child enjoys music & has an interest in playing the guitar or just needs a refresher class, this is the one for them. Students will learn how to read music, improvisation, & chords, as well as properly tuning & maintaining their guitar.

Where: Davenport School Music Room

When: October 4th - November 29th (No class 11/22)

Day: Thursday

Time: 5:15PM - 6:15PM

Fee: \$155.00 per student for 8 weeks

Instructor: Frank Merendino

Program#: 1463

Note: Acoustic guitar required!



Youth Cheerleading, Fitness, Golf & Chess Programs

Gold Coast All-Stars

Tumbling Class (Ages 6 - 12 , co-ed)

This is a basic floor tumbling class opportunity to increase standing and running tumbling skill levels for those interested in learning to tumble or develop higher level tumbling skills as used in cheerleading, some martial arts and just for fun. Work with our experienced, certified staff on the proper techniques in a safe, progressive manner.

Where: Gold Coast All Stars, 64 Research Drive

Days: Tuesday

Sess. 1 - September 25th - October 23rd

Sess. 2 - October 30th - November 27th

Times: 5:00PM - 6:00PM

Fee: \$102.00 per child per five week session.

Instructor: Gold Coast All Star Staff

Program#: 1464



Girls Get Your Groove On

This class is designed to introduce girls ages 10-14 to dance technique, as well as the benefits of exercise and loving your body. Participants will improve balance, increase flexibility, and enhance cardiovascular endurance through hip-hop, street jam, and funk moves choreographed to today's hottest music.

Where: Jazzercise Fitness Center/ 633 Hope Street, 2nd Floor, back entrance

When: October 1st - October 29th (No class 10/8)

Day: Monday

Time: 4:45PM - 5:30PM

Fee: \$59.00 per child for 4 weeks

Instructor: Kristen Rzasa, Certified Instructor

Program#: 1466

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

This is 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, dance and tumbling. Join us for all four sessions.

Where: Gold Coast All Stars, 64 Research Drive

Days: Wednesday

Sess. 1 - September 26th - October 24th

Sess. 2 - October 31st - December 12th / No class 11/21

Times: 5:30PM - 6:30PM

Fee: \$102.00 per child per five week session.

Instructor: Gold Coast All Star Staff

Program#: 1465



Chess Wizards (Gr. K-5)

It is proven that chess enhances cognitive development in children, improves both verbal and mathematical skills, and increases all levels of academic performance! Playing chess stimulates the mind and helps children strengthen skills such as focusing, visualizing goals, abstract thinking, and forming concrete opinions. Our instructors (who are called "Wizards") provide all the materials necessary for your child to participate in the class and no additional purchase is required to attend. Our academy is so successful because our approach is so unique. Classes and lessons are based around our original, fun, and high-energy Chess Wizards curriculum. Regardless of a child's ability **Chess Wizards makes chess fun for all!**

Where: Westover School

When: October 3rd - December 10th (No class 11/21)

Day: Wednesday

Time: 4:00PM - 5:00PM

Fee: \$144.00 for 10 classes

Instructor: Artem Ishchenko

Program#: 1500



Total Golf Adventures (Gr. 1 - 6)

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.

Where: Davenport School

When: September 20th - October 25th

Day: Thursday

Time: 4:00PM - 5:00PM

Fee: \$129.00 per child for 6 weeks

Instructor: TGA Certified Instructor

Program#: 1501



Shape Up (Ages 10 - 17)

Shape Up is designed with kids, for kids (ages 10-17). It teaches goal setting and planning skills while instructing kids about the fundamentals of good nutrition and exercise. It helps kids and their families understand that their decisions today will affect them tomorrow. This program has the power to change the life of your child, and your whole family! **Children MUST attend with a parent**

Where: Jazzercise Fitness Center/ 633 Hope Street, 2nd Floor, back entrance

When: October 3rd - November 7th

Day: Wednesday

Time: 4:45PM - 5:30PM

Fee: \$129.00 per child for 6 weeks

Instructor: Kristen Rzasa, Certified Instructor

Program#: 1467

Musicians At Play (MAP) Music Lessons and Ensemble Groups

This is not the former, city-funded, Project Music Program of private lessons. It is a successor, fee-based program designed and administered by Mrs. Polly Jimenez, former Project Music Coordinator. For all questions/ problems, contact Mrs. Jimenez : <polly@musiciansatplay.com> or 203 219 0496. The program is for **Stamford residents**. In grades 4 (3) -12. You may register for one or more offerings. **Some instruments are available for loan from the City of Stamford. A limited number of Scholarships are available from the Amy Shapiro Fund** if you qualify for free or reduced lunch. You need to apply when you register for a class. **ALL CLASSES ARE AT WESTOVER MAGNET SCHOOL Use the auditorium !**

DRUMS with Mr. Jimmy Johnson

Beginner class : grades 5-7: An introduction to the basic principles of drumming including hand development, time signatures, reading music, and practice habits. For students with no previous drumming experience. Students must supply their own sticks, drum pads, and the class method book. (MAX 4/MIN 2)

When: September 25th- December 4th (no class 11/6)

Day and Time: Tuesdays at 4:00PM-4:45PM

Fee: \$275.00 per child **Program#:** 1473

Private, 30-minute lessons for advanced students: grades 7-12: Emphasizing exploration of different drumming styles and good stick control on a drum set. Students must supply drum sticks and the class method book. (MAX 3)

When: September 25th- December 4th (no class 11/6)

Day & Time: Tuesdays at 5:00PM, 5:30PM, or 6:00PM

Fee: \$300.00 per child **Program#:** 1474

VOICE with Mrs. Cynthia Johnson

Beginner class: grades 7-12: For singers without lesson experience. Learn to develop your voice through exercises, songs, and demonstrations in order to expand vocal range, improve voice quality, and prepare a song for performance.

When: September 25th- Dec 4th (no class 11/6)

Day and Time: Tuesdays at 4:00PM-4:45PM

Fee: \$275.00 per child **Program#:** 1475

Private, 30-minute lessons for students with lesson experience: grades 7-12: Concentrating on individual reading, voice production, performance skills, and development in all areas of singing. (MAX 3)

When: September 25- Dec 4 (no class 11/6)

Day and Time: Tuesdays at 5:00PM, 5:30PM or 6:00PM (on a first-come, first-serve basis)

Fee: \$300.00 per child **Program#:** 1476

VOICE with Mrs. Herrera-Crilly

Introduction to singing class: grades 4-6: Basic vocal technique and how to prepare a song for performance and/or audition in order to gain confidence. A variety of repertoire appropriate to the specific group will be offered. (MAX 8)

When: September 19th - Dec 5th (no class 9/26 and 11/21)

Day and Time: Wednesdays at 4:15Pm -5:00PM

Fee: \$200.00 per child **Program#:** 1477

Beyond introduction Singing class: grades 7-9: Continued study of vocal technique for older singers with more developed voices. Past lessons and experience helpful. Further study of performance skills and expanded repertoire, including singing in parts. (MAX 6)- No class 9/26 & 11/21

When: September 19th- December 5th

Day and Time: Wednesdays at 5:00PM -5:45PM

Fee: \$250.00 per child **Program#:** 1478

GUITAR with Mr. Tony Truglio

Introduction to guitar: grades 6 and up: Lessons for beginners and players with 1-2 years experience. Finger dexterity, basic reading of guitar music, chords, getting around the guitar. Students own acoustic or electric guitar. (MAX 6)

When: October 3rd- December 13th (no class 11/21)

Day and Time: Wednesdays at 5:15PM -6:00PM

Fee: \$200.00 per child **Program#:** 1479

Higher level lessons: grades 6 and up: Continued study of guitar technique for students with 2+ years of lessons. Music appropriate to the group. Harder finger and chord work. (MAX 6)

When: October 3rd - December 11th (no class 11/21)

Day and Time: Wednesdays at 6:00PM -6:45PM

Fee: \$200.00 per child **Program#:** 1480

PIANO with Bob Fiorito (Students should have a piano or keyboard on which to practice.)

Lessons for beginners: GR 4 and up/or students from Musikids Keyboard II: GR 3 and up. The basics of piano note and rhythm reading. Learning to play correctly before going forward in the assigned book. (MAX 6)

When: October 4th - December 13th (no class 11/22)

Day and Time: Thursdays at 4:00PM -4:45PM

Fee: \$200.00 per child **Program#:** 1481

Lessons for players with 2+ yrs of study.

GR 5 and up (younger by permission): Students should already have basic reading skills. Assignments designed to continue building piano skills (MAX 6)

When: October 4th- December 13th (no class 11/22)

Day and Time: Thursdays at 4:45PM-5:30PM

Fee: \$200.00 per child **Program#:** 1482

Lessons for players with 3+ yrs of study and/or at an intermediate level: GR 6 and up (younger by permission) Students must have reading skills. Assignments are progressively more complex. (MAX 6)

When: October 4th- December 12th (no class 11/22)

Day and Time: Thursdays at 5:30PM -6:15PM

Fee: \$200.00 per child **Program#:** 1483



Musicians At Play (MAP) Music Lessons Continued

A NEW STRINGS PROGRAM FOR VIOLIN, VIOLA AND CELLO

This program of classes and ensembles is intended to provide students who want to study and play a string instrument with an opportunity to do so. **The program is especially for students who are in a school situation without a string program.** But students who want more study and playing than their schools are offering may also join the program. There will be a staff of string teachers and conductors for the classes. In most cases, each student will provide their own instrument and music stand.

Middle School Group Lesson Ensemble

Grades 6-8: Each meeting will have 25 minutes of instrumental technique followed by 25 minutes of ensemble playing from the string repertoire appropriate to the group. The music will range from easy, in order to concentrate on ensemble skills, to difficult, in order to stretch everyone's technique.

When: October 2nd -December 11th (no class 11/6) or
October 4th -December 13th (no class 11/22)

Day and Time Tuesday at 4:00PM -4:50PM or
Thursday at 5:00PM -5:50PM

Fee: \$180.00 per child for either Tuesdays or Thursdays
Program#: 1484

High School Group Lesson & Ensemble:

Grades 9-12 (younger by permission): Each meeting will have 20 minutes of instrumental technique followed by 30 minutes of ensemble playing from the string repertoire appropriate to the group. The music will range from easy, in order to concentrate on ensemble skills, to difficult, in order to stretch everyone's technique.

When: October 2nd -December 11th (no class 11/6)

Day and Time: Tuesday at 5:00PM-5:50PM

Fee: \$180.00 per child

Program #: 1485

High School Ensemble (Gr. 9-12)

This class will be 50 minutes of playing string ensemble chamber orchestra pieces and an introduction to string quartet, and/or string trio, repertoire and skills.

When: October 4th -December 13th (no class 11/22)

Day and Time : Thursday at 6:00PM -6:50PM

Fee: \$180.00 per child

Program#: 1486

Elementary School Group Lesson (Gr 3 - 5)

This class is designed for children in an elementary school having no string program. If enrolling in this class, we suggest you plan to stay in the class through the second (Jan-March) and third (April and May) sessions as well. In most cases you will be asked to provide your own instrument. We will have suggestions how you can do this. The class will introduce the basics of string technique and music reading , notes and rhythms. We will make every effort to move at a pace for the individual students but slowly enough so each skill is thoroughly learned before going on.

When: October 4th -December 13th (no class 11/22)

Day and Time : Thursday at 4:00PM -4:50PM

Fee: \$180.00 per child

Program#: 1487



Music Education Program for Children with Special Needs

Play-music-day is Wednesday: Lessons on a musical instrument for 8 weeks that your child will love. The program will accommodate 6 children who will have one on one lessons **These lessons are for children from 8 – 11 years old.** Each of the participating children will have a private, 25 minute lesson with the same teacher each week. Lessons are offered on the following instruments: **violin, clarinet, trumpet, or keyboard.** The city has a few instruments to lend over the lesson period. (A parent will be responsible for the reasonable care of a borrowed instrument.) The program will be run by **Polly Jimenez the former Project Music Director for over 12 years.**

Where: Roxbury Elementary School

When: October 3rd - November 28th (No class 11/21)

Day: Wednesday

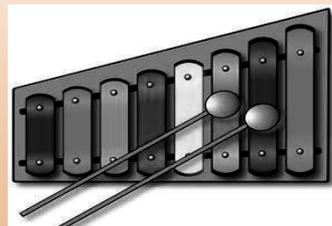
Time: 4:00PM - 4:25PM - **Section A**

4:30PM - 4:55Pm - **Section B**

Fee: \$120.00 per student for 8 weeks

Instructor: TBA– Experienced teachers

Program#: 1488



Fall Aquatics Lessons & Open Swim At Westhill Pool

Important Swim Lesson Information

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 on-line. Call 977-5214 for more information. **Swim lessons are limited to 8 children per section and fill up fast. If you are interested in registering for swim lessons we recommend that you come to registration early on the first day .** For more information regarding our swim lesson program please call the Recreation Services Office at 977 - 5214 during normal business hours. **Half of the swim lesson spots will be available on - line Thursday, September 6th, 2012 and the other half will be available for walk-in registration on Friday, September 7th, 2012**

Swim Lesson Level Description

Primary Skills (Ages 4 - 6)

Child will learn to float and kick while on their back. Participants will practice rhythmic breathing, dog paddle and become familiar with basic strokes and safety.

Program #: 1489

Stroke Readiness (Ages 6 - 7)

Child will learn fundamentals of elementary backstroke and increase swimming competency. They will learn how to tread water and perform self rescue skills.

Program #: 1490

Stroke Development (Ages 7 - 9)

Child will learn the fundamentals of the elementary backstroke and refine their skills in the crawl stroke and backstroke.

Program #: 1491

Stroke Refinement(Ages 8 - 12)

Child will refine his/her skills in all the strokes. They will swim underwater and learn how to perform surface dives.

Program#: 1492

Swim Lesson Fees

Class fees for swim lessons are **\$80.00 per child for 8 lessons.**

Swim Class Days & Times

Mondays, Sept. 24th - Nov. 26th

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. 19th - Nov. 14th

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. 21st - Nov. 9th

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**

Note: No classes on 9/26, 10/8 or 11/12!

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 24th through November 30th, 2012** and will follow the school schedule for closings.

Public Swim will not meet on 9/26, 10/8 & 11/12)

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

Suggest A Program

Share your Ideas with us! If you have a program idea that you would like to see us consider offering, please send us an email including the following information.

- Name or type of program
- Ages served
- Name of an instructor or company
- Number of people you know that have interest in this program
- We will review your idea & see if it is something we may be able to offer in the future.
- Email SKassouf@ci.stamford.ct.us

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

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 boarding. 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 4th, 2013

Friday, January 18th, 2013

Friday, February 1st, 2013

Friday, February 15th, 2013

Departure Time: 4:00PM from the Government Center Lobby

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

Fee: \$32.00 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 snow boards plus deposit

Program #: 1493

Staff: Megan Gearhart and Part Time Staff

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



Adult Trips

Boston On Your Own

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. The trip is limited to 44 participants.

When: September 15th, 2012

Day: Saturday

Depart: Government Center Lobby at 7:00AM

Return: Government Center Lobby at 7:00PM

Fee: \$35.00 per person for residents

\$45.00 per person for non - residents

Program #: 1494

Mohegan Sun Trips

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.

Where: Mohegan Sun Casino

When: October 6th, 2012

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

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

Program #: 1495



Feast Of San Gennaro In New York

Come join us as we travel to Little Italy, in lower Manhattan to enjoy this annual Salute to the Patron Saint of Naples.

This 11 day event features colorful parades, free musical entertainment every day, a wide variety of ethnic food delicacies, charming restaurants and cafes and even the world famous cannoli-eating contest. There are over 35 restaurants to dine in or out in, over 300 street vendors, shopping and Little Italy souvenirs. A great way to spend a fall afternoon at this great festival leave the driving and parking up to us.

Where: Lower Manhattan, New York

When: September 22nd, 2012

Day: Saturday

Departure Time: 2:00PM Government Center Lobby

Return: 9:00PM Government Center

Fee: \$25.00 per person

Program#: 1496

Foxwoods Trip

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.

Where: Foxwoods Casino

When: November 10th, 2012

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$25.00 per person/ includes tip

Chaperones: Recreation staff

Program #: 1497



Adult Fitness Programs

ZUMBA For Adults

ZUMBA fuses hypnotic Latin rhythms and International beats to create a dynamic dance/fitness class that will blow you away! ZUMBA is fun, easy to follow and effective! You do not need to know how to dance to ZUMBA. Imagine burning 500-1000 calories in a single class and having an absolute blast while doing so.

Where: Studio B - 990 Hope Street in the State Theater

When: September 19th - December 5th

Days: Wednesdays

Time: 6:00PM - 7:00PM

Fee: \$89.00 for 10 weeks

Instructor: Shannon Wade, Certified ZUMBA Instructor

Program #: 1498

No class on 9/26 & 11/21

Flextime Aerobics For Adults

Look no further! This aerobics class is a cardiovascular fitness program designed to strengthen your heart, lungs and overall fitness. The program combines energetic routines set to music. Participants are required to supply their own mat and should wear proper aerobic shoes.

Where: Newfield School Gym

When: September 25th - December 13th (No class 11/6)

Days: Tuesday & Thursday

Time: 7:15PM - 8:15PM

Fee: \$90.00 per person for 10 weeks

Instructor: Corinthea Linen, Certified Instructor

Program #: 1499

Bodywise Body Pump

This 60 minute barbell-interval cardio - strength training class in an inspiring, motivating group environment with fantastic music and awesome instructors. Using Steps, Bar Bells, Free weights, tubing, stability balls and more in this strength and cardio interval training class fires up all the muscles of the body and allows you to burn tons of calories. The STEP or PILOXING are used for interval training. Interval Strength Training is proven to be extremely effective at burning tons of calories (600-1000per class) so "Get Your Sweat On" while pumping the iron for major fat loss and toning results. This class is high energy but low impact & won't hurt your joints.

Where: Bodywise Fitness Studio 990 Hope Street

When: September 12th - October 24th - **Wed**

September 25th - November 8th - **Tues/ Thurs**

Day & Times: Tues & Thurs. - 6:00PM - 7:00PM

Wed - 9:30AM - 10:30AM

Fee: \$80.00 per person once a week

\$180.00 per person twice a week

Instructor: Betty Camlin, Certified Instructor

Program#: 1420

Pilox & Pump

Piloxing blends the power, speed and agility of boxing with the beautiful sculpting and flexibility moves of Pilates. You get your cardio and your conditioning in one amazing class. Add strength training to this and you have a fun energy packed, fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging. **Pilox & Pump is SLEEK, SEXY AND POWERFUL - Just like you!!**

Where: Bodywise Fitness Studio 990 Hope Street

When: September 24th - November 19th

Day: Monday

Time: 9:30AM - **Section A**

7:30PM - **Section B**

Fee: \$98.00 per person per section

Instructor: Betty Camlin, Certified Instructor

Program#: 1421

Note: No class 10/8 & 11/12



Bodywise-Body Blast

Adult Rebounding & Conditioning

REBOUNDING is an aerobic exercise performed to awesome music on a MINI-TRAMPOLINE. Rebounding has been proven to be 87% more effective in burning calories than jogging. It offers a less stressful means of reducing body fat and simultaneously firming body tissues. Rebounding is the only exercise that detoxifies or rids your cells and organs of harmful toxins, while enhancing your immune system. This unique cross-training class incorporates: **REBOUNDING**, for aerobic conditioning and detoxification, **STRENGTH TRAINING & YOGA FOR FLEXIBILITY**. These exercise segments, combined with Rebounding, will sculpt your body, firm and tone your buttock, thighs and abdominal area, strengthen your lower back and core, burn tons of calories without hurting your joints & improve well-being & helps reduce stress.

Where: Bodywise Fitness Studio 990 Hope Street

When: September 25th - November 8th

Day & Time: Tues. & Thurs.at 9:30AM

Wed. at 7:30PM

Sat. at 8:45AM

Fee: \$98.00 per person one class per week

\$180.00 per person two classes per week

Instructor: Betty Camlin, Certified Instructor

Program#: 1422



Adult Fall/Winter Leagues 2012-13

Stamford Recreation Services offers Adult Basketball, Soccer 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 you can **contact Scott Beauregard at 977-4644.**

Adult Fitness, Healthy & Bellydance Programs

Krav Maga Adults (KMX)

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.

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

When: September 10th - October 28th - **Sec. A**
October 29th - December 16th - **Sec. B**

Days & Time: 11:15AM - Sunday
7:30PM - Monday
6:30PM - Tuesday & Thursday
10:30AM - Saturday

Fee: \$201.00 per person per section/Unlimited Classes

Instructor: Tom Bacha

Program#: 1453

Women's Boot Camp

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.

Where: BreakThru Family Fit For Life

When : September 10th - October 22nd - **Sec. A**
October 29th - December 10th - **Sec. B**

Day: Mondays

Time: 6:15PM - 7:15PM

Fee: \$140.00 per session per person

Instructors: Kimberly Colletto

Program#: 1454

Women's Only Gym

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

Where: BreakThru Family Fit For Life

When: September 10th - October 28th - **Sec. A**
October 29th - December 16th - **Sec. B**

Time: 7:30AM - 7:30PM - **Mon. through Thurs.**
7:30AM - 6:00PM - **Fri.**
8:00AM - 3:00PM - **Sat. & Sun.**

Fee: \$85.00 per person per session - **Unlimited Classes**

Instructors: Personal Trainer: Kimberly Colletto

Program#: 1455



Yoga For Adults

Tired of feeling tired, stressed or out of shape? Give yoga a try and see why so many people are hooked. Lose weight, reduce pain, lower blood pressure and find more time for you. This yoga program is taught in a relaxed, pressure free atmosphere. Practice at your own comfort/skill level. All levels are welcome

Where: Jazzercise Center, 633 Hope St. 2nd Floor

When: September 24th - November 12th

Day & Time: Monday - 7:30PM - 8:30PM - **Sec. A**
Sunday - 8:30AM - 9:30AM - **Sec. B**

Fee: \$80.00 per person for 8 sessions/ you can mix days

Instructor: Mark Covello

Program#: 1468

Choosing a Healthy Lifestyle

If you are interested in weight loss and management though lifestyle change, but don't believe in diets, then this is the program for you. **TLS Slim™** is a healthy weight management system that is a multi-faceted approach to weight loss and healthy living, including an understanding of, and application of, a low-glycemic diet.

By implementing low glycemic eating, nutritional supplementation, stress reduction, relaxation techniques, exercise, menu plans and using a daily journal, you'll receive the tools you need to control your weight and body composition.

Where: Jazzercise Center, 633 Hope St. 2nd Floor

When: October 6th - November 10th

Day & Time: Saturday - 7:30AM - **Sec. A**
Tuesday - 6:30PM - **Sec. B**
Thursday - 9:30AM - **Sec. C**

Fee: \$349.00 for six weeks

Instructor: Mark Covello

Program#: 1469



Bellydance Series With Tava

Learn the basic movements of bellydance, how to identify popular Arabic rhythms, and the styling/expression that ties it all together. This low impact series will focus on posture as well as deep core muscle stabilization. Come and learn why this ancient dance continues to surge in popularity.

October 11th Dynamic shimmys - Egyptian, Turkish, shoulders, washing machine, choo choo & three quarter shimmys This is a high energy sweat-pouring class. - **Sec. A**

October 18th Waves and Undulations- Learn the soft movements of bellydance including snakearms, undulations and belly rolls. - **Sec. B**

October 25th Rhythm Clinic - Learn to identify and dance to the various rhythms of Arabic Dance. - **Sec. C**

October 11th, 18th & 25th - **Sec. D**

Where: Jazzercise Center, 633 Hope St. 2nd Floor

Time: 7:30PM - 8:30PM

Fee: \$20.00 per session or \$49.00 for all three

Instructor: Tava Auslan

Program#: 1470

Note: All classes are on Thursdays!

Wellness Now LLC dba Elements Programs

Yoga for Men

Increase flexibility and strength as well as reduce stress all in a comfortable environment just for men. Learn how to combat stress and tension, relieve back pain, lower blood pressure and enhance sports training. This program, designed by Bruce Bassock, former equity trader turned yogi and owner of Elements Yoga, is appropriate for those who are brand new to yoga or seasoned practitioners. And has also been featured in The New York Times and Yoga Journal for its effective and innovative approach.

Where: Elements Yoga Studio / 34 Heights Road in Darien

When: September 25th - November 13th

Days: Tuesday

Time: 7:30PM - 8:45PM

Fee: \$135.00 for 8weeks

Program #: 1502

Absolute Beginners Adult Yoga

This step-by-step program will introduce you to the Basics of Yoga and is designed for those who are brand new to yoga and also for those who would like to refine their practice. Focus will be on good form and alignment, how to utilize the breath in practice and how yoga provides the foundation for good health and healing.

Where: Elements Yoga Studio/ 34 Heights Rd in Darien

When: September 22nd, 29th & October 13th & 20th

Days: Saturday

Time: 12:30PM - 1:30PM

Fee: \$65.00 for 4 classes

Program #: 1503

Pre-Natal Yoga - 2 session options (day and evening)

Pregnancy is a time to explore gentle movement and to practice yoga exercises that will help you stay comfortable during your pregnancy and relaxed during labor and delivery. We will explore useful breathing techniques and will practice yoga that is safe and extremely beneficial for the mom-to-be.

Where: Elements Yoga Studio/ 34 Heights Rd in Darien

When: September 24th - November 12th

Days: Monday

Time: 12:30PM - 1:30PM - Section A

7:15PM - 8:30PM - Section B

Fee: \$155.00 per section for 8 classes

Program #: 1504



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