

# City of **STAMFORD**

Mayor David R. Martin

Stamford Recreation Services ❄️ Winter Brochure 2015



Online Registration Begins December 9th  
Walk-in Registration Begins December 10th

*Photo By Steven Greenhouse*



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Stamford Recreation Department

Stamford Recreation Services • 888 Washington Blvd  
Tel 203-977-5214 • Fax 203-977-5504 • [www.stamfordrecreation.com](http://www.stamfordrecreation.com)

# Welcome To Stamford Recreation Services

## Department Staff

**Superintendent:** Laurie Albano

**Assist. Superintendent:** Scott Kassouf

**Assist. Superintendent:** Matthew Nordt

**Recreation Supervisor:** Megan Gearhart

**Recreation Leader:** Robert Pentino

**Office Support Specialist:** Tina Baines

**Office Support Specialist:** Maura Rudd

## Recreation Office Holidays

Thursday, December 25th - **Christmas Day**

Thursday, January 1st - **New Years Day**

Monday, January 19th - **Martin Luther King Jr. Day**

Monday, February 16th - **Washington's Birthday**

## Parks & Recreation Commission

Joseph Andreana: **Commissioner/Chairman**

Althea Brown: **Commissioner**

Lyda Ruijter: **Commissioner**

David Winston: **Commissioner**

Beth Cooper: **Commissioner**

## Office Hours

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

**Registration begins on-line December 9th, 2014**

**Walk-in registration begins December 10th, 2014**

**[www.stamfordrecreation.com](http://www.stamfordrecreation.com)**



## Partial Music Scholarships Available

Stamford Recreation Services has partial scholarships available for all music programs listed pages 10 & 11. 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**

## Update Your On-Line Account

Make sure your on-line account is up to date and you have your password set for the first day of registration which will be on December 9th, 2014. If you are having trouble with your account or have forgotten your pass word, please contact our front desk at 203-977-5214 before the first day of on-line registration. It is very difficult for our staff to assist customers during the first day of on-line registration

# 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.

## 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 WTNH Channel 8 News, Channel 12 News or by calling our cancellation phone line at **977-4641 EXT. 111 or 977-5214.**



## 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.**

## On-Line Registration Is Easy

We 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 winter programs begins December 9th 2014 at 8:30am and walk - in registrations begins December 10th, 2014 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

## Calls From Santa

Once again this holiday season, children ages **3-8** can receive a personal call from Santa Claus. All calls from the North Pole will be made on Tuesday, December 16th and Wednesday, December 17th, 2014 from 6:00PM - 8:00PM. This program is free for Stamford residents and **NO LONG DISTANCE CALLS from Stamford will be made! This program is only a phone call from Santa and no gifts are supplied.** Please also remember that Santa will place the call. North Pole operators will not accept calls from your child/children. To have your child receive a call, please download a form from the recreation website at [www.stamfordrecreation.com](http://www.stamfordrecreation.com) or pick one up at the recreation office. **Forms must be received by December 12th, 2014 at 4:00PM at the Recreation Services Office.** They can also be faxed to 203-977-5504. For more information, please call Santa's helpers at 203-977-5214.



## Christmas Tree Ornament Workshop

**Where:** TOR Presbyterian Church/49 Turn of River Rd

**When:** December 16th, 2014

**Day:** Tuesday

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

**Fee:** \$10.00 per child

**Instructor:** Kathleen & Tania

**Program#:** 2500 Sec. A

Start a tradition with your child creating their very own hand made ornaments to enjoy each year!! Children will add their special touch to the ornaments with paints, glitters glue and more. All supplies for this enjoyable program will be supplied. After making the ornaments, we will have a holiday story and snack. Each child will receive a small holiday treat when they leave. This program is for children ages 2-5 with a parent or caregiver.



# Preschool Programs

## Let's Eat The Alphabet (Ages 1-2)

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

**When:** January 13th - February 24th (No class 2/17)

**Time:** 9:45AM - 10:30AM

**Day:** Tuesday

**Fee:** \$40.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2501 Sec. A

**Description:** A fun yummy way to learn the alphabet. Each week your child will learn their letters and their sounds through activities. They will also get to enjoy a yummy snack that starts with the letter and its sound.



## Little Artist (Ages 1 - 2)

**Where:** Zion Lutheran Church at 132 Glenbrook Road

**When:** January 15th - February 26th (No class 2/19)

**Time:** 9:45AM - 10:30AM

**Day:** Thursday

**Fee:** \$40.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2505 Sec. A

**Description:** Give your child's world a splash of colorful creations with this class! We encourage creative expression and socialization. Activities include painting, drawing, collage and working using various utensils and materials to challenge the sensory experience.



## Cooking With The Rainbow (Ages 3-5)

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

**When:** January 13th - February 24th (No class 2/17)

**Time:** 10:45AM - 11:30AM

**Day:** Tuesday

**Fee:** \$40.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2502 Sec. A

**Description:** Let's get our little toddlers cooking! In this toddler friendly class your child will get to create their very own recipes, try new foods and learn their colors. This will be done by using healthy tasty foods that are high in nutrients and rich in color.



## Music For Toddlers (Ages 3-5)

**Where:** Zion Lutheran Church at 132 Glenbrook Road

**When:** January 15th - February 26th (No class 2/19)

**Time:** 10:45AM - 11:30AM

**Day:** Thursday

**Fee:** \$35.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2506 Sec. A

**Description:** In this musical creative class, toddlers will get the opportunity to learn how to make different sounds and create their own music using different objects that you can find in your home. They will also be making their own instruments like maracas, tambourine and their own drum!



## Just Mommy & Me (Ages 1 - 2)

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

**When:** January 14th - February 25th (No class 2/18)

**Time:** 9:45AM - 10:30AM

**Day:** Wednesday

**Fee:** \$40.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2503 Sec. A

**Description:** In this program we will follow a new and unique theme each week. Various art and sensory activities, stories and songs will coincide with the theme. Parents participate with their child, and also take advantage of the opportunity to meet other families.



## Scamper Tots (Ages 1 - 2)

**Where:** Break Thru Family Fit 4 Life/48 Union Street

**When:** January 16th - February 27th (No class 2/13)

**Time:** 9:45AM - 10:30AM

**Day:** Friday

**Fee:** \$40.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2507 Sec. A

**Description:** This is a parent/child class to help children develop and improve gross motor skills and coordination. Children will enjoy tunnels, hoops, balls, balance beams, bowling pins, parachute games, different stations and songs with puppets.



## Toddler Time (Ages 3-5)

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

**When:** January 14th - February 25th (No class 2/18)

**Time:** 10:45AM - 11:30AM

**Day:** Wednesday

**Fee:** \$35.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2504 Sec. A

**Description:** Together let's make a mess, be creative, read stories, dance to music, play and just have fun!



## Hola Spanish Classes For Kids (Ages 3-5)

**Where:** Break Thru Family Fit 4 Life/48 Union Street

**When:** January 16th - February 27th (No class 2/13)

**Time:** 10:45AM - 11:30AM

**Day:** Friday

**Fee:** \$40.00 per child for 6 weeks

**Instructors:** Kathleen & Tania

**Program#:** 2508 Sec. A

**Description:** Children learn Spanish in this hands-on interactive class using songs, stories and a variety of games, colorful visual and fun arts & crafts.



# Preschool Age & Youth Programs

## Fun & Adventure For Ages 3-5

**Where:** TOR Presbyterian Church at 49 Turn of River Rd  
**Day:** Friday  
**Time:** 10:00AM - 10:45AM  
**Instructor:** Kathleen & Tania  
**Fee:** \$10.00 per program / includes all supplies  
**Description:** Come join us for 6 one day programs throughout the winter as we offer a new and exciting program that includes singing, crafts, stories, science, , snacks and more. Each week will be a new topic! **Max of 14 students per program.**

**Oh Christmas Tree ( December 19th )** - Let's get together for a song and craft, enjoy ginger bread cookies, candy canes and hot cocoa! **Program#: 2509 - Sec. A**

**Frozen ( January 9th )** - Based on the hit movie Disney's Frozen, Lets build a snowman, read a story and enjoy a frozen treat. **Program #: 2510 - Sec. A**

**What is Hibernation ( February 13th )**- Learn about all the animals that hibernate in the winter and make your own bear in a cave. **Program#: 2511 - Sec A**

**Colors With Kaleidoscopes( March 13th)** Learn about colors, do some fun activities using our colors, sing a song and make your own Kaleidoscopes.  
**Program#: 2512 - Sec. A**

**A Camping We Will Go ( March 20th )** - Bring your lanterns and enjoy a fun day by the camp fire singing songs, story telling and enjoying a tasty treat that we will make our selves - Smores! **Program #: 2513 - Sec. A**

**Mixing Madness ( March 27th )** - Become a mini Scientist & do some fun mixing and color experiments. As well as a experimental craft you can take home.  
**Program#: 2514 - Sec A**

## Mommy & Me Yoga For Pre-Crawlers to 6 weeks

**Where:** First Presbyterian Church /1101 Bedford St.  
**When:** January 9th - February 27th ( No class 2/13)  
**Day:** Friday  
**Times:** 11:15AM - 12:00PM  
**Fee:** \$40.00 per child  
**Instructors:** Kimberly Motill, Family Tree Yoga  
**Program#: 2516 Sec. A**  
**Description:** Mom and baby will practice yoga together! Moms will restore and rejuvenate through stretching and strengthening poses. Babies will enjoy yoga poses to aid in digestion and sleep. This class is great opportunity to bond with your baby and to connect with other moms. **Max of 3 spots available!**

## Indoor Soccer Tykes For Preschoolers

**Where:** Gym at Zion Lutheran Church/ 132 Glenbrook Rd.  
**When:** January 17th - February 21st  
**Day:** Saturdays ( **Max of 20 kids per class**)  
**Time:** 9:00AM -10:00AM - Koalas/ 3 year olds - **Sec. A**  
10:15AM - 11:15AM - Bears/4- 5 year olds - **Sec. B**  
**Fee:** \$120.00 for 6 weeks per child  
**Instructor:** Kevin Fallon, Certified Soccer Tots Program  
**Program#: 2515**  
**Description:** Kids should wear sneakers & comfortable clothing. At Soccer Tykes, we stress a non-competitive environment. This is a child development program for kids **ages 3- 5**. 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 Listed above are the two sessions we will offer this winter.

## American Girl Doll

### After School Fun ( Ages 6 & Up)

**Where:** First Presbyterian Church /1101 Bedford St.  
**When:** January 12th - March 2nd  
**Day:** Mondays  
**Times:** 4:00PM - 5:00PM  
**Fee:** \$140.00 for 6 weeks - **Sec. A**  
\$15.00 materials fee - **Sec. B**  
**Instructors:** Kimberly Motill  
**Program#: 2517**  
**Description:** Bring your American Girl Doll and join us for a great time! We will have a special activity each week.  
**American Doll Bingo** - We will play this fun AG doll themed game with candy pieces. **Yoga Class** - We will have a playful yoga class with our girls. Wear comfortable clothes. Yoga mats provided. **Fashion Design** - We will make no-sew clothes for our girls. **Dance Party** - Lets blow off some steam & dance the day away! **Craft**— We will make pretty masks for you & your girl and another craft. **Tea Party** - We will have a tea party with our girls! **Minimum of 5 students!**  
**No class on 1/19 & 2/16/2014**



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

**Where:** First Presbyterian Church /1101 Bedford St.  
**When:** January 24th, 2015  
**Day:** Saturday  
**Times:** 1:00PM - 2:30PM  
**Fee:** \$55.00 per child - **Sec. A**  
\$10.00 materials fee - **Sec. B**  
**Instructors:** Kimberly Motill  
**Program#: 2518**  
**Description:** During this fun day, we will have American Doll Bingo, Yoga ( dress Comfortable), Masquerade craft— We will make pretty masks for your girl to wear at the tea party, Tea Party—We will have a tea party with our dolls. **Minimum of 5 students.**



# Youth Programs

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

**Where:** First Presbyterian Church /1101 Bedford St.  
**When:** January 31st, 2015  
**Day:** Saturday  
**Times:** 1:00PM - 2:30PM  
**Fee:** \$55.00 per child - **Sec. A**  
\$10.00 materials fee - **Sec. B**  
**Instructors:** Kimberly Motill  
**Program#:** 2519



**Description:** During this fun day, we will have American Doll Bingo, Fashion design - We will make now sew clothes for our American doll, American Girl Craft—Decorate a frame for a photo of you and your American doll.

## American Girl Doll After School Fun (Ages 6 & Up)

**Where:** First Presbyterian Church /1101 Bedford St.  
**When:** February 7th, 2015  
**Day:** Saturday  
**Times:** 3:00PM - 4:30PM  
**Fee:** \$40.00 per child  
**Instructors:** Kimberly Motill  
**Program#:** 2520 - **Sec. A**



**Description:** Come join the fun for this amazing Frozen experience! We will recreate the movie Frozen, with songs, movement and props. Come dressed as yourself or your favorite character. **Get ready to "Let it go"!** **Minimum of 7 students needed to run the program!**

## Family Tree Yoga With Kimberly Motill (Ages 6-11)

**Where:** First Presbyterian Church /1101 Bedford St.  
**When:** January 6th - February 24th (No class 2/17)  
**Day:** Tuesday  
**Times:** 4:15PM - 5:15PM  
**Fee:** \$140.00 per student for 7 weeks  
**Instructors:** Kimberly Motill  
**Program#:** 2521 - **Sec. A**

**Description:** Yoga postures, games and partner poses will provide a fun non - competitive environment which will help each child build self-esteem & experience teamwork. This class will improve flexibility and strength. Concentration will improve through breathing exercises, and simple relation techniques. **Max of 5 spaces available.**

## Tiny Tots Summer Camp

If your child enjoys our preschool classes during the school year and will be between the ages of 3-5 this summer, they will love our preschool summer program. Our preschool Camp runs for six weeks and is broken up into two week sessions. Information on this summer program will be in our 2015 Spring & Summer Brochure that will be out in February. **Registration will begin in Mid to late March**

## Shake It Up & Dance (Ages 2 - 3)

**Where:** Terry Connors Rink/Second Floor classroom  
**When:** January 14th - March 4th  
**Days:** Wednesday  
**Times:** 10:00AM - 10:45AM  
**Fee:** \$144.00 per child for 8 weeks  
**Instructors:** Ms. Danette  
**Program#:** 2522 - **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.



## Tiny Tu - Tus (Age 2 - 3)

**Where:** Terry Connors Rink/Second Floor classroom  
**When:** January 16th - March 13th (No class 2/13)  
**Day:** Friday  
**Times:** 9:30AM - 10:15AM  
**Fee:** \$144.00 for 8 weeks  
**Instructors:** Ms. Danette  
**Program#:** 2523 - **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.**



## Broadway Babies Ballet/Tap (Ages 4-5)

**Where:** Terry Connors Rink/Second Floor classroom  
**When:** January 16th - March 13th (No class 2/13)  
**Day:** Friday  
**Time:** 10:30AM - 11:15AM - **Sec. A**  
2:00PM - 2:45PM - **Sec. B**  
**Fee:** \$144.00 per child for 8 weeks  
**Instructors:** Ms. Danette  
**Program#:** 2524  
**Description:** Tiptoe into the world of ballet, explore movements, tempo and more. Students are required to wear their hair up out of their face, leotard and tights & leather ballet slippers or bare feet. **Pink tights & pink ballet slippers required.**



## Ballet/Tap Combo (Pre K & UP)

**Where:** Terry Connors Rink/Second Floor classroom  
**When:** January 16th - March 13th (No class 2/13)  
**Days:** Friday  
**Time:** 5:15PM - 6:15PM (Gr. K-3) - **Section A**  
6:15PM - 7:15PM (Gr. 4-6) - **Section B**  
**Fee:** \$144.00 per child for 8 weeks  
**Instructor:** Ms. Danette  
**Program #:** 2525  
**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.

# Youth & Teen Programs

## Triple Treat Divas ( Gr. 4 - 6 ) - NEW

**Where:** Westover School Dance Room  
**When:** January 12th - March 16th ( No class 1/19 & 2/16)  
**Day:** Monday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$144.00 for 8 weeks  
**Instructor:** Ms. Jennifer  
**Program #: 2526 - Sec. A**  
**Description:** Ms. Jennifer will lead students through acting, singing and dance techniques. Performers will present a Broadway song and dance for their families in the last class.

## Family Tree Yoga

### With Kimberly Motill ( Ages 12 & Up)

**Where:** First Presbyterian Church /1101 Bedford St.  
**When:** January 8th - February 19th  
**Day:** Thursday  
**Times:** 4:15PM - 5:15PM  
**Fee:** \$140.00 per student for 7 weeks  
**Instructors:** Kimberly Motill  
**Program#: 2591 - Sec. A**  
**Description:** Through the unity of breath & 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. The class will improve flexibility and strength as well as cultivate an overall feeling of peace. . **Max of 5 spaces available**



## Recyclables ( Ages 10 -12 ) - NEW

**Where:** Rogers International School  
**When:** January 15th -February 19th  
**Day:** Thursday  
**Time:** 3:40PM - 4:40PM  
**Fee:** \$75.00 for 6 weeks  
**Instructor:** Tania Palermo  
**Program #: 2527 - Sec. A**  
**Description:** Think outside the box! Learn to create beautiful Art pieces using recycled items that you can find right in your home, such as: water bottles, paper towel rolls, bottle caps and the possibilities are endless in this Eco-friendly class. **Why waste? Create!**



## Creative Crafts ( Grades K-1 ) - New

**Where:** Roxbury Elementary School  
**When:** January 15th - February 19th  
**Day:** Thursday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$75.00 for six weeks  
**Instructor:** Jennifer Giannitti  
**Program #: 2530 - Sec. A**  
**Description:** This class is for “crafters” who enjoy working on new projects every week. They will delight in creating unique and fun craft projects using a wide range of materials.



## Express Yourself ( Grades 2 - 4 ) - New

**Where:** Westover School  
**When:** January 12th - March 2nd ( no class 2/16)  
**Day:** Monday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$75.00 for six weeks  
**Instructor:** Jennifer Giannitti  
**Program #: 2531- Sec. A**  
**Description:** This creative, fun, interactive class is designed to develop your child’s art skills by using a varied assortment of art supplies and crafts. Enhance your child’s understanding of the concepts of form, color and self-expression



## Mixed Media ( Ages 11-13 ) - NEW

**Where:** Westover Elementary School  
**When:** January 13th - February 24th (No class 2/17)  
**Day:** Tuesday  
**Time:** 3:45PM - 4:45PM  
**Fee:** \$80.00 for six weeks  
**Instructor:** Tania Palermo  
**Program #: 2528 - Sec. A**  
**Description:** This is not your typical Art Class! In this class students will get the opportunity to explore using different mediums such as paints, markers, watercolors and oil pastels to name a few. Students will also learn to apply all elements of art including, line, texture, color, form shapes and much more. Artists or Not, come express yourself and use your creativity to the max!



## Photography For Kids ( Ages 11-13 ) - NEW

**Where:** Westover Elementary School  
**When:** January 13th - February 24th (No class 2/17)  
**Day:** Tuesday  
**Time:** 5:00PM - 6:00PM  
**Fee:** \$95.00 for six weeks / Includes all supplies  
**Instructor:** Tania Palermo  
**Program #: 2529 - Sec. A**  
**Description:** students will learn to use different settings and functions. Have fun taking candid pictures, capturing your surroundings and creating memories. **Camera included !**



## Summer Camp News 2015

Summer is right around the corner and watch for our Spring & Summer Brochure in February with all of our great summer camp programs. Day Camp, Activity & Playground Program Registration will be in early March and watch our website for registration information starting in February. [www.stamfordrecreation.com](http://www.stamfordrecreation.com)

# Youth & Teen Programs

## After School Special ( Ages 6 - 8 ) - New

**Where:** The Zion Lutheran Church 132 Glenbrook Road.  
**When:** January 12th - March 2nd ( No class 1/19 & 2/16)  
**Day:** Monday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$40.00 for six weeks / **includes all supplies**  
**Instructor:** Recreation Staff  
**Program #: 2532 - Sec. A**

**Description:** Come join us for After - School fun & Adventure. .crafts, games, sports, cooking, nature and more. Each Monday throughout the Winter you will be able to make new friends and be active on a cold winter day!

## Peanut Basketball ( Gr. K-1 )

**Where:** The Zion Lutheran Church 132 Glenbrook Road.  
**When:** January 13th February 24th ( No class 2/17)  
**Day:** Tuesday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$40.00 for six weeks  
**Instructor:** Recreation Staff  
**Program #: 2533 - Sec. A**



This program is designed to teach the fundamentals and basic skills of basketball. Each class will end with a game. What a great stress free way for your child to learn the proper way to play the game & meet some new friends! All students should wear sneakers & comfortable gym clothing.

## World Cup Soccer ( Gr. 2 - 3 )

**Where:** The Zion Lutheran Church 132 Glenbrook Rd  
**When:** January 14th - February 25th ( No class 2/18)  
**Day:** Wednesday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$40.00 for six weeks  
**Instructor:** Recreation Staff  
**Program #: 2534 - Sec. A**



**Description:** If you enjoy playing soccer then you will not want to miss this afterschool class. Each week we will break the class into two teams and enjoy a full hour of indoor soccer. What a great stress free way for your child to learn the proper way to play the game in a recreational setting.

## Sports Skills Express ( Ages 8 & Up ) For children With Disabilities

**Where:** Break Thru Family Fit 4 Life/48 Union Street  
**When:** January 11th - March 15th  
**Day:** Sunday 10:00am - 11:00AM  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$80.00 per child  
**Instructor:** Andre Woodberry  
**Program #: 2537 - Sec. A**



**Description:** Play Ball! Play Games! Move To The Beat! Have fun while developing motor skills and hand/eye coordination. The priority is always on fun with very creative, coordinated and kid friendly Andre Woodberry. For children of all abilities

## Peanut Basketball II ( Gr. 2-3 )

**Where:** The Zion Lutheran Church 132 Glenbrook Road  
**When:** January 15th - February 26th ( No class 2/19)  
**Day:** Thursday  
**Time:** 4:00pm - 5:00pm  
**Fee:** \$40.00 per child for six weeks  
**Instructor:** Recreation Staff  
**Program#: 2535 - Sec. A**



A great way for students to tune up their game whether they play on a competitive team or just enjoy playing the game. Each week includes drills, games and contests. A fun enjoyable and relaxing way to play your favorite game with friends. All participants should wear sneakers & comfortable gym clothing

## Neighborhood Soccer ( Gr. K-1 )

**Where:** The Zion Lutheran Church 132 Glenbrook Rd  
**When:** January 16th - February 27th ( No class 2/13)  
**Day:** Fridays  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$40.00 for six weeks  
**Instructor:** Recreation Staff  
**Program #: 2536 - Sec. A**



**Description:** This fun filled class teaches young students the basic skills and fundamentals of soccer each week. Each class will end with a game. What a great way to make new friends and enjoy the game of soccer!

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

**Where:** Gold Coast All Stars, 64 Research Drive  
**When:** January 20th - February 24th ( No class 2/17)  
**Day:** Tuesday  
**Times:** 7:30PM - 8:30PM  
**Fee:** \$102.00 per child per five week Section  
**Instructor:** Gold Coast All Star Staff  
**Program#: 2538 - Sec. A**

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

## Update Your On-Line Account

Make sure your on-line account is up to date and you have your password set for the first day of registration **which will be December 9th, 2014.** If you are having trouble with your account or have forgotten your pass word, please contact our front desk at 203-977-5214 before the first day of on-line registration



# Youth & Teen Programs

## Performing Arts Acting Classes ( K - 6 )

**Where:** Westover School Auditorium  
**When:** February 11th - April 1st ( No class 2/18)  
**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#:** 2539

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](http://www.performingartsprograms.biz)**

## Basic Cartooning ( Ages 7 - 10 )

**Where:** Stark Elementary School  
**When:** January 26th - March 9th ( No class 2/16)  
**Day:** Monday  
**Time:** 3:45PM - 4:45PM  
**Fee:** \$99.00 per child for 6 weeks/ **supplies included**  
**Instructor:** Mike Pannone / Cartoonist  
**Program #:** 2540 - **Sec. A**

**Description:** Participants will learn the basics of creating funny characters, famous characters, and making up their own creatures with fun drawing lessons. You will also learn how to make comic strip art and comic book characters as well as super heroes.

## Animal Speed Drawing ( Ages 8 - 12 )

**Where:** Rogers International School  
**When:** January 14th - February 18th  
**Day:** Wednesday  
**Time:** 3:45PM - 4:45PM  
**Fee:** \$99.00 per child for 6 weeks/ **supplies included**  
**Instructor:** Mike Pannone / Cartoonist  
**Program #:** 2541 - **Sec. A**

**Description:** Come to learn to draw the exciting world of animals in our "animal quick - draw class"! This is an exciting class in which everyone can learn to draw and animal. Draw owls, hummingbirds, parrots, eagles, wolves, tigers, foxes , and more! You'll be amazed at what you can draw, all within a class session. All the materials for this class are included.



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

**Where:** Davenport School  
**When:** January 14th - March 11th  
**Day:** Wednesday  
**Time:** 4:00PM - 5:00PM - **Ages 5-8 - Section A**  
5:00PM - 6:00PM - **Ages 9 - 12 - Section B**  
**Fee:** \$152.00 per person for 9 weeks  
**Instructor:** Jo-Anne Claybourne  
**Program #:** 2542

This program teaches children to draw what they see, while enhancing their drawings with their own ideas and concepts and 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](http://www.paintdrawmore.com)**



## What's Cookin II ( Grades K-1 )

**Where:** Zion Lutheran Church  
**When:** January 15th - February 19th  
**Day:** Thursday  
**Time:** 4:00PM - 5:15PM  
**Fee:** \$75.00 for six weeks  
**Instructor:** Nancy Ferullo  
**Program #:** 2543 - **Sec. A**

If you took the fall program you will love this winter class! Each week our little chefs will chop, slice, dice, mix and measure as we create a delicious recipe together. This is a hand on - everyone join in class! The added bonus - Amazing math, science and language skills are developed through cooking! Each little chef will create a recipe book so they can prepare & share their talents at home! Space is limited and all supplies are included.



## Chess Wizards ( Gr. K - 5 )

**Where:** First Presbyterian Church/ 1101 Bedford St.  
**When:** January 10th - February 21st - **Session 1**  
March 7th - April 18th - **Session 2**  
**Day:** Saturday  
**Time:** 9:30AM - 10:30AM - **Beginners & Intermediate**  
**Fee:** \$135.00 per child **per 7 week session**  
**Instructor:** Certified Chess Wizard Staff  
**Program#:** 2544 - **Sec. A**

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 di-vided into groups according to their chess experience. **At the end of this session, each student will have had the chance to participate in a mini-chess tournament. No class 2/14 and 4/4/2014.**

# Youth & Teen Programs

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

**Where:** Westover School Gym  
**When:** January 5th - March 18th  
**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#:** 2545 - Sec. A / No class 1/19, & 2/16  
**Description:** Taught safely with traditional values, Tae Kwon Do will help your child develop their physical coordination along with their concentration skills. Much more than learning the basic physical skills to defend themselves, Tae Kwon Do will help in all aspects of life - teaching respect for all things, giving them the positive influence and self confidence they will need to be successful at anything they do. Of course it is lot of fun to learn, and a good workout for our youth! Brand new students who enroll will start out with the rank of "White Belt" and will work towards higher ranks (also indicated by color) which are designed to help them with goal setting, having a sense of achievement and showing their progress.

## Team Wrigley Tae Kwon Do ( Ages 7 & Up )

**Where:** Westover School Gym  
**When:** January 5th - March 18th  
**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#:** 2546

**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 be completed by the Instructor to determine starting rank. **No class 1/19, 2/16, & 2/17**



## Horseback Riding Lessons With Mead Farm

**Where:** Mead Farm on 107 June Road, Stamford  
**When:** **Sunday** - March 1st, 8th, 15th & 22nd - **Sec. A**  
**Monday** - March 2nd, 9th, 16th & 23rd - **Sec. B**  
**Time:** 3:30PM - 4:30PM - **Sunday** - Max 16 students  
6:00PM - 7:00PM - **Monday** - Max 8 Students  
**Fee:** \$180.00 per person /per section  
**Instructor:** Mead Farm Staff  
**Program#:** 2547

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](http://www.meadfarm.com)**  
**Note:** Any child with Special needs please contact Mead Farm at 203-322-4984 to arrange for a smaller class. **Please arrive 15 minutes early and No Make Ups!**  
**Required Forms:** All participants must fill out the required waiver forms that can be down loaded from our website at [www.stamfordrecreation.com](http://www.stamfordrecreation.com) and returned to **Mead Farm by February 16th, 2015 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.**



## Recorder Lessons With Mrs. Herrera - Crilly

**Where:** Dolan Middle School  
**When:** January 14th - March 11th ( No class 1/28)  
**Day:** Wednesday  
**Times:** 3:00PM - 3:45PM - Grades 5 & UP- **Section A**  
4:00PM - 4:45PM - Grades 2 - 4 - **Section B**  
**Fee:** \$150.00 per student for 8 weeks  
**Program#:** 2548

**Description:** "Let's have fun playing the recorder" By learning how to play the recorder students will be learning how to read music and develop their ear training on the way. Students only need to bring their own Recorder! Great for introduction to music to beginners! Learn how to play all your favorite tunes! We will end each session with a performance for friends and family members. **We will supply the recorder!**



# Youth & Teen Programs

## Musikids Keyboard I (Ages 6 - 8)

**Where:** Westover Elementary School

**When:** January 14th - March 4th

**Day:** Wednesday

**Time:** 6:00PM - 7:00PM

**Fee:** \$195.00 per child for 8 weeks

**Instructor:** Bob Fiorito

**Program#: 2550 - 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:** January 14th - March 4th

**Day:** Wednesday

**Time:** 7:00PM - 8:00PM

**Fee:** \$195.00 per child for 8 weeks

**Instructor:** Bob Fiorito

**Program#: 2551- Sec. A**

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



## Guitar Lessons With Mr. Truglio

**Where:** Westover Elementary School

**When:** January 14th - March 4th

**Day:** Wednesday

**Time:** 5:15PM - 6:00PM

**Fee:** \$155.00 per student for 8 weeks

**Program#: 2555 - Sec. A**

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



## Higher Level Guitar Lessons With Mr. Truglio

**Where:** Westover School

**When:** January 14th - March 4th

**Day:** Wednesday

**Time:** 6:00PM - 6:45PM

**Fee:** \$155.00 per student for 8 weeks

**Program#: 2556 - Sec. A**

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



## Voice Lessons

### With Mrs. Herrera - Crilly

**Where:** Dolan Middle School

**When:** January 15th - March 5th

**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#: 2549**

**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

**Where:** Westover School

**When:** January 15th - March 5th

**Day:** Thursday

**Time:** 4:00PM - 4:45PM

**Fee:** \$165.00 per student for 8 weeks

**Program#: 2552 - Sec. A**

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



## Piano Lessons With Mr. Fiorito II

**Where:** Westover School

**When:** January 15th - March 5th

**Day:** Thursday

**Time:** 4:45PM - 5:30PM

**Fee:** \$165.00 per student for 8 weeks

**Program#: 2553 - 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:** January 15th - March 5th

**Day:** Thursday

**Time:** 5:30PM - 6:15PM

**Fee:** \$165.00 per student for 8 weeks

**Program#: 2554 - 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.



# Youth & Teen Programs

## Engineering: Crazy Gears & Wheels (Gr. K-5)

**Where:** Davenport Elementary School

**When:** January 12th - February 23rd ( No class 2/16)

**Day:** Monday

**Time:** 4:00PM - 5:15PM

**Fee:** \$109.00 for 5 weeks

**Instructor:** CT Computer Education Staff

**Program#:** 2557 - Sec. A

**Description:** If you love building and inventing, our hands on building activities will inspire you! Students will work individually and in groups to create various LEGO™ engineering components to build a racer, speedster, spinner and various other LEGO™ projects. Students will build models, and discuss the engineering science behind each model. Students will be challenged to improve on their models and customize their own creations. Please bring a snack to each class. No Legos will be taken home. **NEW**

## Robotic Builders ( Gr. K - 4 ) - NEW

**Where:** Davenport Elementary School

**When:** March 16th - April 20th

**Day:** Monday

**Time:** 4:00PM - 5:15PM

**Fee:** \$109.00 per child for 5 weeks

**Instructor:** CT Computer Education Staff

**Program#:** 2558 - Sec. A

**Description:** With the Lego™@WeDO Robotics System, young students can build and program their own robotic creations. Students will work individually and in groups to create simple machines. Models may include a Rescue Plane, Spinner, an Alligator, Dancing Birds and even a Soccer Pal or two. Please bring a snack to each class. No Legos will be taken home.



## Lego - Minecraft & Engineering ( Gr. K - 5 )

**Where:** Westover Elementary School

**When:** March 30th - April 2nd

**Day:** Monday - Thursday

**Time:** 8:30AM - 2:30PM

**Fee:** \$175.00 per child for this 4 day holiday break camp

**Instructor:** CT Computer Education Staff

**Program#:** 2559 - Sec. A

**Description:** A small scale version using engineering of building blocks and paper crafts. This class isn't Minecraft but we can build and create your own version with Legos and paper crafts. Come challenge your friends using paper crafts and Legos to create your own secret world. This class includes Micro-figs, torches, mob figures custom blocks and terrains. No Legos will be taken home. Please bring a lunch and a snack everyday to class. **Maximum 16!**



## Academy of Future Space Explorers - NASA (Gr. K-1)

**Where:** Rogers International School

**When:** January 26th - March 2nd ( No class 2/26)

**Day:** Monday

**Time:** 3:40PM - 4:40PM

**Fee:** \$90.00 for 5 weeks

**Instructor:** Mad Science Staff

**Program #:** 2560 - Sec. A

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



## Sensational Science (Gr. 2-4 )

**Where:** Rogers International School

**When:** January 27th - March 3rd

**Day:** Tuesday

**Time:** 3:40PM - 4:40PM

**Fee:** \$90.00 for 5 weeks

**Instructor:** Mad Science Staff

**Program #:** 2561 - Sec. A

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



## Introductory Tennis Lessons ( Ages 5 - 8 )

**Where:** Zion Lutheran Church Gym/ 132 Glenbrook Road

**When:** January 24th - February 28th ( No class 2/14) - **Sec. A**  
April 4th - May 2nd - **Sec. B**

**Day:** Saturdays

**Time:** 1:00PM - 1:45PM

**Fee:** \$75.00 per child for 5 weeks per section

**Instructor:** GSTA Instructors

**Program#:** 2562

**Description:** The Greater Stamford Tennis Association and Stamford Recreation Services is offering a 5 week introductory tennis program for kids age 5-8. The classes will feature age appropriate tennis equipment (shorter racquets, foam and low compression tennis balls) on short tennis courts. **Racquets will be provided for classes.**



# Vacation & Ski Programs

## Legos & More Legos Phase 1.5

### Holiday Break Camp For ( ages 5 - 10 )

**Where:** Zion Lutheran Church on 132 Glenbrook Road

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

**Day:** Monday, Tuesday, Wednesday, Friday

**Time:** 8:30AM - 2:30PM

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

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

**Instructor:** CT Computer Education Staff

**Program #: 2455**

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

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

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

**Where:** Thunder Ridge Ski Area

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

Friday, January 23rd, 2015 - **Section B**

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

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

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

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

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

**Program #: 2457**

**Staff:** Bobby Pentino and Part Time Staff

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



## Lego Land Discovery Land Trip ( Gr. K - 5 )

**Where:** Westchester, New York

**When:** December 29th, 2014

**Day:** Monday

**Time:** 8:30AM - 3:30PM

**Fee:** \$35.00 per student includes ticket & bus transportation

**Instructor:** Bobby Pentino & Recreation Staff

**Program#: 2563 - Sec. A**

**Description:** Looking for something for your child/children to do during the holiday break, well look no further. **Come See what's inside the World's biggest box of LEGO® bricks?** Explore LEGOLAND Discovery Center Westchester and see New York's top landmarks made out of LEGO bricks, learn secrets from the Master Model Builder, experience our indoor soft play. **Students should bring money as we will stop for lunch on the way home and also must wear white socks on the trip for playing in the Lego Fire Academy!**

## Peak Performance Sports Camps

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.

## December Vacation Camp

**Where:** Davenport School

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

**Time:** 9:00AM - 12:30PM Half Day \$132.00 - **Sec. A**

12:30PM - 4:00PM Half Day \$132.00 - **Sec. B**

9:00AM - 4:00PM Full Day \$219.00 **Sec. C**

2 Half Days 9:00AM - 12:30PM \$66.00 **Sec. D**

2 Full Days 9:00AM - 4:00PM \$110.00 - **Sec. E**

**Program#: 2564**

## February Vacation Camp

**Where:** Davenport School

**When:** February, Friday 13th & Tuesday, February 17th

**Time:** 9:00AM - 12:30PM (two half days) - \$66.00 - **Sec. A**

12:30PM - 4:00PM (two half days) - \$66.00 - **Sec. B**

9:00AM - 4:00PM (two full days) - \$110.00 - **Sec. C**

**Program#: 2565**

**Instructors:** Peak Performance Staff

To register online visit [www.peakperformancesports.net](http://www.peakperformancesports.net) or [www.stamfordrecreation.com](http://www.stamfordrecreation.com)

# Youth & Teen Programs

## Fun To Be Fit Girls ( Gr. 1 - 5 )

**Where:** Davenport Ridge Elementary School

**When:** January 26th - March 16th

**Day:** Monday

**Time:** 4:00PM - 4:45PM

**Fee:** \$99.00 per child

**Instructor#:** Betty Kelly Camlin, Certified Instructor

**Program #:** 2566 - Sec. A

**Description:** Get moving this winter & have fun doing so in our Fit Kids Boot Camp that includes Rebounding ( aerobics on mini trampoline), Zumba, our Hoop Dance and Yoga all together. This is a fun, high energy and never boring fitness program for girls that includes age appropriate nutrition and healthy education. **This is perfect for girls who enjoy fitness!**

## Hula Hoop Dance Team For Girls For Girls Ages 8 - 13

**Where:** Davenport Ridge & Rippowam Middle School

**When:** January 26th - March 16th

**Day:** Monday

**Time:** 2:15PM - 3:15PM - Rippowam School - Sec. A

4:45PM - 5:30PM - Davenport School - Sec. B

**Fee:** \$99.00 per child

**Instructor:** Betty Camlin, Certified Instructor

**Program#:** 2567

**Description:** Hoop Aerobics/Hoop dance class. Girls will have a whirl of a time, IN THE GYM, hooping it up to their favorite pop tunes using beautiful, specially designed Fitness/Dance hoops. Bodywise Hoops are handmade, slightly weighted, larger hoops, which makes learning hooping easier for beginner and challenging for the pro. We start with a dynamic warm up using the hoops, followed by hooping, hula hoop games, obstacle courses and learning hooping tricks. The class ends with body strengthening yoga and stretch. Please bring a large beach towel and water bottle to class.

## Kids Night Out ( Grades 1 - 6 )

**Where:** Bodywise Studio 990 Hope Street

**When:** February 14th, 2015 - Sec. A

March 21st, 2015 - Sec. B

April 18th, 2015 - Sec C

**Day:** Saturdays

**Time:** 5:30PM - 10:00PM

**Fee:** \$40.00 per child per section/ \$35.00 pp family of 2 or more

**Instructor:** Betty Camlin, Certified Instructor

**Program#:** 2568

**Description:** Includes fun fitness & games, dinner, making fun healthy snacks, Karoke during dinner, popcorn and a movie.

Each night has a different theme. For more details please go to

[www.bodywisebybetty.com](http://www.bodywisebybetty.com)



## Rebounding & Strength For High School Girls ( Gr. 9 - 12 )

**Where:** Bodywise Studio 990 Hope Street

**When:** January 26th - March 2nd

**Day:** Monday

**Time:** 6:15PM - 7:15PM

**Fee:** \$80.00 per Student

**Instructor#:** Betty Kelly Camlin, Certified Instructor

**Program #:** 2569 - Sec. A

**Description:** Rebounding (aerobics on mini-trampoline) that includes nutritional guidance is highly effective and safe, because the aerobic portion is done on a Rebounder instead of the hard floor. Each class offers a blend of cardiovascular training and strength training. Rebounding is the only exercise that enhances the immune system and detoxifies your cells. Classes are Fun yet Challenging. Classes are held in a beautiful, clean air conditioned studio with awesome sound system.

## Fit To Go Holiday/School Break Camps

**Where:** Bodywise Studio 990 Hope Street

**When:** January 19th ( MLK Day) - Sec. A

February 16th & 17th - Sec. B

February 13th, 16th & 17th - Sec. C

March 30th - April 3rd - Sec. D

March 30th & April 1st & 2nd - Sec. E

**Time:** 10:00AM - 4:00PM

**Fee:** \$50.00 per student - Sec A

\$100.00 per student - Sec. B

\$150.00 per student - Sec. C

\$150.00 per student - Sec. D

\$250.00 per student - Sec. E

**Instructor#:** Betty Kelly Camlin, Certified Instructor

**Program #:** 2570

**Description:** Our very popular school break camps are back and better than ever. Rebounding, Hooping Playground boot camp, boot Camp,, Zumba, Bokwa, Drums Alive, Yoga & Yoga Circus, Active Video Gaming, Karoke Lunches, Healthy Snack Prep, Fit Art (May Decorate Yoga Mats , Glow Tees For Zumba, or Cooking Aprons ) Field Trips To Farmers Market, Playground, Dairy Inn, Subway - All tied into nutrition & healthy life style education. **Must pay additional \$20 per camper/day to Betty for extended day. \$5 Craft fee per Winter/Spring Break Camp.** Bring a healthy lunch, water bottles and large beach towel. Wear clothes for exercise. Bring lots of energy and good cheer!!



# Youth & Teen Fitness Programs

## Real Gym For Kids (Ages 7 & UP)

**Where:** Break Thru Family Fit 4 Life

**When:** January 5th - March 29th

**Day & Time:** 4:00PM - 6:00PM - **Mon. - Fri.**  
9:00AM - 12:00PM - **Sat & Sun**

**Fee:** \$180.00 per student/ Unlimited days for 12 weeks

**Instructor:** Kimberly Colletto, ACE Certified Trainer

**Program #: 2580**

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. **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.**

## Kids Boot Camp ( Gr. 6 - 8 )

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

**When:** January 6th - March 26th

**Day:** Tuesday or Thursday

**Time:** 4:30PM - 5:15PM

**Fee:** \$145.00 per student once a week - **Sec. A**

\$240.00 per student twice a week - **Sec. B**

**Instructor:** Kimberley Colletto, ACE Certified Trainer

**Program#: 2581**

A 45 minute continuous cardiovascular exercise class 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 .

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

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

**When:** January 5th - March 27th

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

**Fee:** \$299.00 per student for 3 days per week/12 weeks

**Instructor:** Tom Bacha & Kimberly Colletto

**Programs#: 2582 - 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.



## Red Cross Babysitter's Training - New

**Where:** Government Center/ 888 Washington Blvd

**When:** February 17th, 2015

**Day:** Tuesday

**Time:** 9:00AM - 4:00PM

**Fee:** \$110.00 per student

**Instructor:** Certified Staff

**Program#: 2587 - Sec. A**

**Description:** Babysitting is often a teenager's first business. Babysitter's Training from the American Red Cross brings the best in child development and safety training. It builds confidence to hold, feed, and care for infants and toddlers, work with children safely, and deal with emergencies. Just as importantly, it teaches lifelong entrepreneurial and career development skills. Topics covered , leadership training, the business of babysitting, including how to set your pricing, understanding & caring for kids ages 0-10, safety skills picking up, , feeding, and diapering infants and toddlers. First Aid and More. **This program is for students ages 11 -16! This program will help jumpstart your teenagers first business.**



## Pilates For Teens (Ages 13 - 17 ) - New

**Where:** Precisely Pilates, 9 High Ridge Road

**When:** January 13th - March 10th ( No class 2/17)

**Day:** Monday or Tuesday

**Time:** 6:00PM - 7:00PM

**Fee:** \$140.00 per student once a week - **Sec. A**

\$240.00 per student twice a week - **Sec. B**

**Instructor:** Certified Staff

**Program#: 2586**

**Description:** Pilates is a form of exercise that emphasizes the balanced development of the body through core strength, flexibility, and body awareness in order to support efficient, graceful movement. By doing Pilates, you will become stronger, longer, leaner and have better posture. The most important benefits to teens is increased focus and body awareness. Students improve both mental and physical balance and centering.



# Winter Aquatics Programs

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 winter session.

## Swim Lesson Level Description

### Primary Skills (Ages 4 - 6)

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

**Program #: 2575**

### 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 #: 2576**

### 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 #: 2577**

### 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#: 2578**

## Swim Class Days & Times

**Mondays, January 5th - March 9th (No class 1/19 & 2/16)**

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, January 7th - February 25th**

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, January 9th - March 13th (No class 1/16 & 2/13)**

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:** January 6th - March 3rd (No class 2/17)

**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#: 2579**

**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 **January 5th through March 13th, 2015** and will follow the school schedule for closings. **Public Swim will not meet on (1/16, 1/19, 2/13, 2/16, 3/4 & 3/11/2015)** 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 29th, 2014 - 10:00AM - 4:00PM**

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

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

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

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

**Fee:** \$375.00

**Program#: 2471**

For future Lifeguard Training Classes go to  
[www.stamfordrecreation.com](http://www.stamfordrecreation.com)

# Teen Summer Jobs & Birthday Parties

## Counselor In Training Program For Teens Ages 14-15

The program is designed to train students to be future camp counselors. Students that are accepted into the program will work during the summer from 8:30AM– 3:00PM Monday through Friday and will be placed at one of our two large Day Camps. All applicants must be 14 by March 2nd, 2015 which is the application deadline. Applications will be available beginning January 5th, 2015 at the Stamford Recreation Office or on-line at [www.stamfordrecreation.com](http://www.stamfordrecreation.com) The program is limited to 16 counselors in training. Interviews will begin in early March and the application deadline will be March 13th 2015. Interviewing for the position does not guarantee the applicant a position in the program. Interviews will be held Monday through Friday afterschool from 2:00PM - 5:00PM only! This program does not guarantee a future position as a camp counselor with Stamford Recreation Services. The C.I.T program is not a paid position, but looks great on college applications. However, if the applicant turns 15 years old by May 31st, 2015 he or she will be eligible to receive a \$500.00 stipend if they successfully complete the program. All candidates will be required to go through an interview to be selected. **For more information please call Bobby Pentino at 203 - 977-4645.**

## Summer Camp Counselor

If you enjoying working with children and looking for an enjoyable summer job then look no further. We are currently looking for summer day camp, activity program , playground program and preschool camp staff. Camp counselor positions are open to students ages 16 and older. Applications will be available beginning in January or if you are a college students home on break please email Scott Kassouf at [scottk@stamfordrecreation.com](mailto:scottk@stamfordrecreation.com) while you are home. Camp Counselors work 40 hours per week during the summer and all of our camps run 7 weeks except for preschool camp. Preschool camp staff work 20 - 22 hours per week for 6 weeks during the summer. All counselors are required to go through staff training which consists of two days. No hired staff will be permitted to miss staff training.

We are also looking for art instructors and sports instructors to work in our camp programs. All candidates must be at least 21 year of age and older and have experience working with children grades K-5. Anyone interested in the art or sports instructor positions should contact Scott Kassouf, Assistant Superintendent of Recreation by email at [Scottk@stamfordrecreation.com](mailto:Scottk@stamfordrecreation.com)

**Interviews for all summer positions will begin in January and are held in the afternoons between 2:00PM - 4:30PM. If you are a college student home for the winter break and would like to set up an interview during that time, please contact Bobby Pentino at 203-977-4645.**

## Camp Art & Sports Instructors

We are currently looking for arts & crafts Instructors and Sports/Gym Instructors to work in our summer camp programs **37.5 to 40 hours per week**. Art Instructors must have prior experience in running, preparing projects and lesson plans for students ages 6 –12. As for the Sports/Gym Instructor all applicants must have a background in sports and working with children ages 6 - 12 with the experience in planning gym games as well as outdoor activities. Anyone interested in applying for either of the above positions, please contact Scott Kassouf, Assistant Superintendent of Recreation at [scottk@stamfordrecreation.com](mailto:scottk@stamfordrecreation.com)

## Your Party Place



## 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.

**Classic Party** – A Birthday 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

\$275 includes Party Staff, Goodie Bags, card and small gift for the birthday child, and all equipment needed for the party you choose.

**For more information or to schedule your party contact:**

**Bobby Pentino, Recreation Leader at (203)977-4645**

[rpentino@ci.stamford.ct.us](mailto:rpentino@ci.stamford.ct.us)

**or Erica Grant Birthday Party Coordinator at**

[egrantstamford@gmail.com](mailto:egrantstamford@gmail.com)

Stamford Recreation Services

888 Washington Blvd-Stamford CT 06901



# Adult Trips & Programs

## Bodywise Body Fusion & Boot Camp

**Where:** Bodywise Fitness Studio 990 Hope Street

**When:** January 12th - March 7th

**Time & Day:**

Monday - 6:15PM ( Rebounding Beginner) - **Sec. A**

Tuesday - 9:15AM ( Rebounding Strength) - **Sec. B**

Wednesday - 7:15PM ( Rebounding & Barre) - **Sec. C**

Saturday - 9:00PM ( Rebounding Strength/all levels) - **Sec. D**

**Fee:** \$110.00 per section// Free yoga mat when booking  
Two or more classes.

**Instructor:** Betty Camlin, Certified Instructor

**Program#:** 2571

**Description:** Mini - Trampoline Aerobics, Interval Strength, Improve Balance, Endurance, Stamina, Includes Free Weights, Plyometrics/Agility Body Strength, Pilates, Core Work, Plus Free Nutritional Guidance. This aerobic activity, in a class format, is performed to high-energy music with an enthusiastic instructor! This thrilling and exhilarating workout challenges your heart and lungs, continually challenges balance, coordination and proprioception. Its fun and it's exciting. Rebounding is easy to learn, it's non-competitive, and it is extremely easy on joints and backs and it's fun!! In addition, Rebounding is the only exercise that detoxifies and rids the body of toxins, while enhancing the immune system. Each Rebounding class is combined with either Free weights, Body Bars or Barre work.

## BodyWise Body Pump Fusion-Women Only

**Where:** Bodywise Fitness Studio 990 Hope Street

**When:** January 13th - March 8th

**Days & Times:**

Tuesday - 6:15PM - **Sec. A**

Thursday - 6:15PM - **Sec. B**

Thursday - 9:15AM - **Sec. C**

Sunday - 10:15AM - **Sec. D**

**Fee:** \$110.00 per section per person

**Instructor:** Betty Kelly Camlin, Certified Instructor

**Program#:** 2572

**Description:** This 60 minute barbell-and free weight, interval cardio - strength training class in an inspiring, motivating group environment. Using Steps, Bar Bells, Body Bars, Free weights, Tubing in Eve classes, Stability Balls and more added in Morning classes. 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 and won't hurt your joints or back. In fact, it will strengthen them. **Strength training a minimum a 2x per week is highly recommended for women to maintain muscle and bone mass and to manage weight. No winter break. Comes with Free Yoga Mat when you book 2 or more sessions.**



## Cardio Barre Fusion New Year - New You

**Where:** Bodywise Fitness Studio 990 Hope Street

**When:** January 12th - March 7th

**Days & Times:**

Monday - 7:30PM - **Sec. A**

Wednesdays - 6:00PM - **Sec. B**

Thursday - 9:15AM - **Sec. C**

Saturday - 10:15AM - **Sec. D**

**Fee:** \$110.00 per section Comes with Free Yoga Mat when  
You book 2 or more sessions.

**Instructor:** Betty Kelly Camlin, Certified Instructor

**Program#:** 2573

**Description:** Cardio Barre Fusion is our latest fitness class that reshapes your body entirely. The program focuses on Cardio-Core conditioning and fusing Boxing & Ballet Barre routines, Pilates, Yoga, strength training, using light weights or body weight for resistance with stretching, into one powerful, body sculpting routine giving you long, lean muscles, a flatter stomach, toned legs, and a high, rounded seat. Increases strength flexibility, improves posture, strength & energy level, boost your metabolism, & burn fat. Other Barre class can cost between \$20 -\$22 per class. Why pay so much? Our classes are affordable.



## Zumba Core & Zumba Barre - Women

**Where:** Bodywise Fitness Studio 990 Hope Street

**When:** January 13th - March 9th - Tuesday

January 15th - March 5th - Thursday

January 18th - March 15th - Sunday

**Days & Times:**

Tuesday ( Zumba Barre) - 7:30PM - **Sec. A**

Thursday ( Zumba Core Fusion)- 7:30PM - **Sec. B**

Sunday ( Zumba Core Fusion) -9:00AM - **Sec. C**

**Fee:** \$88.00 per section

**Instructor:** Betty Kelly Camlin, Certified Instructor

**Program#:** 2574

**Description:** ZUMBA is the Latin Inspired now Multi-Cultural Fitness program that will have you shaking and grooving to a new you!! Come shake off the calories and dance your way to better fitness and health in these two unique Zumba Formats. **ZUMBA BARRE** - 45 min of interval Zumba followed by 15 min of Barre Fitness, Abs and Flexibility work. Total of 60min. **ZUMBA CORE FUSION** - 45min of interval Zumba followed by 15 min of Core Strength training via Pilates using Pilates Balls and Bands. Total 60 min.



# Adult Programs

## Philadelphia On Your Own In April

**When:** April 11th, 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 #: 2589 - Sec. A**

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 Trips

**Where:** Mohegan Sun Casino

**When:** February 16th, 2015

**Day:** Monday

**Departure Time:** 8:00AM

**Return Time:** 6:00PM

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

**Program #: 2590 - 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 Shopping Trip

**Where:** Central Valley New York

**When:** April 25th, 2015

**Day:** Saturday

**Departure Time:** 9:00AM

**Return Time:** 6:00PM

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

**Program #: 2591 - Sec. A**

**Description:** Come enjoy a spring day as we travel too this 220 Premium Outlet Center and enjoy a day of shopping. Sit back and relax and leave the driving to us!



## Pre - Natal Yoga

**Where:** First Presbyterian Church /1101 Bedford St.

**When:** January 8th - February 19th

**Day:** Thursday

**Times:** 7:30PM - 8:45PM

**Fee:** \$140.00 per person for 7 weeks

**Instructors:** Kimberly Motill

**Program#: 2588 - Sec. A**

**Description:** For all stages of pregnancy. This class is the perfect way to connect with your changing body and your baby during pregnancy. Class will combine yoga postures, breath work and relaxation techniques, which will help to release tension and fatigue and prepare for delivery. **Max of 5 adults!**

## Krav Maga Adults ( KMX )

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

**When:** January 5th - March 28th

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

7:30PM - Monday

6:30PM -Tuesday & Thursday

10:30AM - Saturday

**Fee:** \$299.00 per person for 12 weeks/Unlimited days

**Instructor:** Tom Bacha

**Program#: 2583 - Sec. A**

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 Only Gym

**Where:** BreakThru Family Fit For Life

**When:** January 5th - March 29th

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

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

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

**Fee:** \$150.00 per person for 12 weeks/ Unlimited days

**Instructors:** Personal Trainer: Kimberly Colletto

**Program#: 2584 - 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!**

## Women's Group Training Class

**Where:** BreakThru Family Fit For Life

**When :** January 7th - March 25th

**Day:** Wednesday

**Time:** 6:30PM - 7:30PM

**Fee:** \$180.00 per person for 12 weeks

**Instructors:** Kimberly Colletto

**Program#: 2585 - 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. **Fee also includes a free membership to the gym!**





**City of Stamford Adult Softball League  
Meeting Dates and Times for Spring/Summer 2015  
City of Stamford Softball League**

**Tentative Meeting Dates and Times for Spring/Summer 2015**

<b>DAY/DATE</b>	<b>LEAGUE</b>	<b>TIME</b>
Wed, February 11	Weekday Men's Open Leagues BCD	6:15 pm
Wed, February 11	Men's Tuesday A	6:45 pm
Wed, February 11	Sunday Open Men's	7:15 pm
Wed, February 11	Modified	7:45 pm
Thu, February 19	Men's Industrial	6:15 pm
Thu, February 19	Coed Industrial	6:45 pm
Thu, February 19	Women's League	7:15 pm
Thu, February 19	Coed Open	7:45 pm
Wed, March 4	New Men's Industrial	6:15 pm
Wed, March 4	New Coed Teams	6:45 pm
Wed, March 4	New Men's Open Teams	7:15 pm

All dates for season start/end are tentative

Questions: Contact Matt Nordt, [mnordt@stamfordct.gov](mailto:mnordt@stamfordct.gov)



Are you Whistle Worthy?  
Do you think you have what it takes to keep  
people safe at our beaches and pools?  
We are currently hiring lifeguards to work during  
**the 2015 season.**

All candidates must have:

- Current certification in Lifeguard and/or Waterfront Training
  - First Aid Certification
  - AED, First Admin and CPR Training.

**16 Years old at the start of employment**

For more information check us out at [www.stamfordrecreation.com](http://www.stamfordrecreation.com) under beaches/pools

Questions ? Contact Assistant Superintendent,  
Matthew Nordt, at 203-977-4644 or [mnordt@ci.stamford.ct.us](mailto:mnordt@ci.stamford.ct.us)

Interested in becoming a lifeguard but don't have your certifications yet?

Contact our Waterfront Director, Dione Clinkenbeard, [dclinkenbeard1@ci.stamford.ct.us](mailto:dclinkenbeard1@ci.stamford.ct.us) about possible Life Guard  
Training/Classes